

Allergen Report Spring 2023 Menu

Meal Type	Menu Item	Allergen(s)
Lunch	Grilled Cheese Sandwich	Contains Gluten, Milk, Soy, Wheat.
Lunch	Turkey Sub Sandwich	Contains Gluten, Milk, Soy, Wheat.
Breakfast	Yogurt Parfait (breakfast)	Contains Milk, Wheat.
Lunch	Chicken Cesar Salad	Contains Egg, Gluten, Milk, Soy, Wheat.
Breakfast	Breakfast Burrito	Contains Egg, Gluten, Milk, Wheat.
Lunch	Tofu w/ Rice	Contains Gluten.
Lunch	Garden salad (vegetarian) w/ breadstick	Contains Egg, Gluten, Milk, Soy, Wheat.
Breakfast	Pancakes w/ syrup	Contains Egg, Gluten, Milk, Soy, Wheat.
Lunch	Pasta Bolognese	Contains Gluten, Soy, Wheat. May contain Egg.
Lunch	Sweet & Sour chicken w/ rice	Contains Egg, Gluten, Soy, Wheat.
Lunch	Vegetarian nuggets w/ fries & knotbun	Contains Egg, Gluten, Milk, Soy, Wheat.
Lunch	Italian sub Sandwich	Contains Milk, Soy.
Breakfast	Eggs w/ hashbrowns and English muffin	Contains Egg, Gluten, Milk, Soy, Wheat.
Lunch	Black Bean Burger w/ Oven baked fries	Contains Gluten, Soy, Wheat.
Lunch	Cheeseburger w/ oven baked fries	Contains Gluten, Milk, Soy, Wheat.
Lunch	Chicken Tikka Masala (from scratch) w/ rice	Contains Milk.
Lunch	Nashville hot chicken strips w/ fries & knot bun	Contains Gluten, Milk, Soy, Wheat.
Lunch	Tofu Tikka Masala (from scratch) w/ rice	Contains Milk, Soy.
Lunch	Pulled pork sandwich	Contains Gluten, Milk, Soy, Wheat.
Lunch	Chicken club sandwich	Contains Egg, Gluten, Milk, Soy, Wheat.
Lunch	Coleslaw mix	Contains Egg.

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Meal Type	Menu Item	Allergen(s)
Lunch	Nashville Chicken Wrap	Contains Egg, Gluten, Milk, Soy, Wheat.
Breakfast	Egg McMuffin	Contains Egg, Gluten, Milk, Soy, Wheat.
Breakfast	Muffin, Fatcat	Contains Egg, Gluten, Milk, Soy, Wheat.
Breakfast	Scone, Fatcat	Contains Gluten, Soy, Wheat.
Breakfast	Cinnamon roll, Rich's	Contains Egg, Gluten, Wheat. May contain Milk, Soy.
Breakfast	Bagel, parbaked, block and barrel	Contains Gluten, Wheat.
Lunch	Ranch dressing	Contains Milk.
Lunch	Philly Cheesesteak Burger	Contains Gluten, Milk, Wheat.
Lunch	Santa Fe Vegetarian wrap	Contains Egg, Gluten, Milk, Soy, Wheat.
Lunch	Meatball sub	Contains Gluten, Milk, Soy, Wheat.
Lunch	Tomato soup	Contains Gluten, Milk, Wheat.