

October 2021 SDUHSD Main Entrée Lunch Selections

Allergens: Eggs, Fish/Shellfish, Milk, Wheat, Soy, Peanut/Tree Nuts

SDUHSD Nutrition Services: www.sduhsdnutrition.com/(760) 753-6241 ext. 3426

MENU SUBJECT TO FREQUENT SUBSTITUTIONS

PLEASE CONSULT SCHOOL SITE NUTRITION SERVICES SUPERVISOR FOR VERIFICATION OF PRODUCTS USED.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hamburger/Cheeseburger on Whole Grain Bun</p> <p>Goldstar 4" Hamburger Bun: Wheat Beef Patty (Don Lee #CNQ163003): n/a *If served, Hamburger (Beef Pattie with SPP #110322): Soy American Cheese: Milk, Soy</p> <p>Patty melt</p> <p>Beef Patty (Don Lee #CNQ163003): n/a *If served, Hamburger (Beef Pattie with SPP #110322): Soy American Cheese: Milk, Soy</p>	<p>Mozzarella Breadsticks</p> <p>Bosc's 6" Mozzarella Breadsticks: Milk, Wheat</p>	<p>Grilled Chicken or Buffalo Chicken Sandwich</p> <p>Grilled Chicken:</p> <p>Buffalo Chicken Sandwich: Unseasoned Chicken: n/a Pepper Jack Cheese: Milk Frank's Buffalo Sauce: n/a Goldstar 4" Wheat Hamburger Bun (F2176) : Wheat</p> <p>*Bread (Gold Star Foods): Wheat, Soy *If Used</p>	<p>BBQ Rib Sandwich</p> <p>Sweet Baby Rays BBQ Sauce: Wheat Gayle's BBQ Sauce: GF (Gluten Free)</p> <p>*5" 51% WWW Hoagie Roll (GSF): Wheat, (soybean oil)</p> <p>*Whole Wheat Steak Roll (Galasso's Bakery): Wheat, (soybean oil)</p> <p>*If used</p>	<p>Asian Rice Bowl</p> <p>*Mandarin Chicken & Sauce: Eggs, Wheat, Soy</p> <p>*Fajita Chicken: Chicken Fajita Strips: Wheat, (Sunflower Oil) Brown Rice: n/a</p> <p>*Unseasoned Chicken: n/a</p> <p>Teriyaki Glaze (Kikkoman): Wheat, Soy</p> <p>*Less Sodium Teriyaki Marinade (Kikkoman): Wheat, Soy, (Garlic Powder)</p> <p>*Teriyaki Sauce (Nippon Shokken): Wheat, Soy Brown Rice: n/a</p> <p>*If used</p>
<p>Grilled Panini</p> <p>Goldstar Whole Grain Bread: Wheat American Cheese: Milk, Soy *Cheddar Cheese: Milk Butter Spray: n/a</p> <p>*If used</p>	<p>Vanilla Yogurt & Fruit Parfait with Granola</p> <p>1 Cup Vanilla Yogurt: Milk Fruit: n/a 2oz Chocolate or Strawberry Granola: n/a</p>	<p>Chicken Caesar Salad</p> <p>(Lettuce, Cheese, Croutons, Dressing) Ken's 1.5oz Caesar Dressing: Milk, Fish, Soybean Oil (Fresh Gourmet Brand) Croutons: Wheat, Milk. Packaged in a facility that also packages Tree Nuts. Mozzarella Cheese: Milk, Wheat Breaded Chicken Fillet: Milk, Wheat Lettuce: N/A</p> <p>*If served, 1oz Wheat Artisan Dinner Roll: Wheat</p>	<p>Deli Turkey on Whole Wheat with Cheese, Lettuce, & Tomato</p> <p>Bread (Gold Star Foods): Wheat, Soy American Cheese: Milk, Soy Turkey Breast: N/A Tomato: N/A Lettuce: N/A</p>	<p>Breaded Chicken Drumstick: Wheat</p> <p>WG Dinner Roll: 1-2oz Wheat Artisan Dinner Roll (GSF): Wheat</p>
<p>Domino's Pizza:</p> <p>Smart Slice®</p> <p>Cheese: Milk, Wheat, Soy Pepperoni: Milk, Wheat, Soy</p>	<p>Domino's Pizza:</p> <p>Smart Slice®</p> <p>Cheese: Milk, Wheat, Soy Pepperoni: Milk, Wheat, Soy</p>	<p>Domino's Pizza:</p> <p>Smart Slice®</p> <p>Cheese: Milk, Wheat, Soy Pepperoni: Milk, Wheat, Soy</p>	<p>Domino's Pizza:</p> <p>Smart Slice®</p> <p>Cheese: Milk, Wheat, Soy Pepperoni: Milk, Wheat, Soy</p>	<p>Domino's Pizza:</p> <p>Smart Slice®</p> <p>Cheese: Milk, Wheat, Soy Pepperoni: Milk, Wheat, Soy</p>
<p>Hummus Pack</p> <p>Hummus (ZeeZee's A5000): Product and facility are free from the top 8 allergens WG Wheat Cracker (MJM Savory Bites-781100): Wheat Mozz String Cheese: Milk</p>	<p>Hummus Pack</p> <p>Hummus (ZeeZee's A5000): Product and facility are free from the top 8 allergens WG Wheat Cracker (MJM Savory Bites-781100): Wheat Mozz String Cheese: Milk</p>	<p>Hummus Pack</p> <p>Hummus (ZeeZee's A5000): Product and facility are free from the top 8 allergens WG Wheat Cracker (MJM Savory Bites-781100): Wheat Mozz String Cheese: Milk</p>	<p>Hummus Pack</p> <p>Hummus (ZeeZee's A5000): Product and facility are free from the top 8 allergens WG Wheat Cracker (MJM Savory Bites-781100): Wheat Mozz String Cheese: Milk</p>	<p>Hummus Pack</p> <p>Hummus (ZeeZee's A5000): Product and facility are free from the top 8 allergens WG Wheat Cracker (MJM Savory Bites-781100): Wheat Mozz String Cheese: Milk</p>

NUTRITION DISCLAIMER:

District kitchens are NOT allergen free facilities.

This information has been obtained by one, or a combination, of the following sources:

- Supplier information, 2) Ingredient Label, 3) Certain published data, 4) USDA approved nutrient analysis software, or 5) USDA National Nutrient Database. Allergens listed include the Eight Major Food Allergens. This information is furnished without warranty, expressed or implied. No legal responsibility is assumed for the use of, or reliance on, this data. As additional information becomes available, the ingredients for products are subject to change. **The allergen information provided should only be used as a general guideline. Please work closely with your school's Nutrition Services Supervisor to verify products used prior to consuming as ingredient substitutions do occur and product formulations are subject to change.**

Additional specialty items that may be available:

Pick Up Stix: Orange Chicken with Brown Rice: Eggs, Wheat, Soy; **House Chicken with White/Brown Rice Blend:** Eggs, Wheat, Soy

Super Pretzel (soft pretzel)51% Whole Grain: Wheat, Soy; **Chocolate Chip Cookie (FatCat):** Wheat, Milk, Eggs, Soy

Hard Boiled Egg- Egg

Lite Ranch Dressing (Ken's 1.5oz, IW): Eggs, Milk, Wheat, Soy

Taco Hummus (Sabra, 2.1oz): Sesame, Soy Bean Oil

Bistro Protein Box: (PB&J) Smuckers Uncrustable Sandwich: Wheat, Peanut, (Soybean oil), String Cheese: Milk,

Fruit: n/a, Granola (Rockin' Ola) Pro: 1.5oz: Soy, Sunflower Seeds

09/30/2021 SDUHSD Nutrition Services

Additional Menu Items that may be substituted when advertised menu items are not available:

<p>All Beef Hot Dog Hot Dog Bun (GSF-51% WG Wheat): Wheat (Smithfield/Farmland Gold Beef Frank): n/a</p>	<p>Bean & Cheese Burrito Arizona Gold (5.75oz 3100575W) Individually Wrapped: Milk, Soy, Wheat</p>	<p>Rice Bowl Mandarin Chicken & Brown Rice 3.6oz Yang's Mandarin Chicken/sauce: Eggs, Wheat, Soy Brown Rice: n/a</p>	<p>BBQ Pulled Pork Sandwich Goldstar 4" Wheat Hamburger Bun (F2176) : Wheat Pulled Pork: n/a Sweet Baby Rays BBQ Sauce: Wheat Gayle's BBQ Sauce: GF (Gluten Free)</p>	<p>Pick Up Stix House Chicken & Rice 2oz chicken 6.8oz brown and white rice 0.6oz sauce (components cannot be separated) Eggs, Wheat, Soy</p>