


HIGH = Sodium > 1000 mg for entire meal





* = Vitamin C source

___ = Vitamin A source

 = Sodium >400 mg for indicated item

All meals served with low-fat milk and fruit.

4-WEEK FRESH MEAL CYCLE - ALLERGEN MENU

WEEK 1	WEEK 2	WEEK 3	WEEK 4
MEAL 1	HIGH		
Egg Salad Sandwich (E) w/Lettuce, Tomato, Onion Whole Wheat Bread x1 (W,S) * Marinated Broccoli Salad <u>Baby Carrots</u>	 Turkey & Cran Sandwich w/Lettuce & Onion Mustard, Mayonnaise (E) Whole Wheat Bread x2 (W,S) * Bayou Coleslaw <u>Carrot Raisin Salad (E)</u>	2 Hard-Boiled Eggs (E) Cheese Stick (M) <u>Spinach Salad (E)</u> w/Dressing (E,M) * Mandarin Oranges	Tuna Salad Sandwich (E,F) w/Lettuce, Tomato, Onion Whole Wheat Bread x1 (W,S) Marinated Beets & Onions * Citrus Fruit
MEAL 2			
 Seafood Louie Salad w/Mock Crab and (F,E,S,SF) * Grape Tomatoes Whole Wheat Roll (S,W,M) Thousand Island Dressing (E)	Chicken Fiesta Salad w/Chicken (S), Black Beans, Corn, Onions, Cheese (M) and Salsa * Grape Tomatoes Ranch Dressing (E,M)	 Turkey & Cheese (M) Sandwich w/Lettuce, Tomato, Onion Mustard, Mayonnaise (E) Whole Wheat Bread x2 (W,S) <u>Baby Carrots</u> * Broccoli Raisin Salad (E)	 Chicken Caesar Salad w/Chicken (S), Croutons (M,W), and Parmesan Cheese (M) Caesar Dressing (E,M,S) * Cherry Tomatoes <u>Apricots</u>

Top 8 Allergens (Key)

- Milk (M)
- Egg (E)
- Wheat (W)
- Peanut (P)
- Tree Nut (T)
- Soy (S)
- Fish (F)
- Shellfish (SF)

Allergen Disclaimer:
 Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.