



BIG 9 ALLERGY GUIDE



-  Egg
-  Dairy
-  Wheat
-  Peanut
-  Treenut
-  Soy
-  Fish
-  Shellfish
-  Sesame

Let your cafeteria staff know if you are allergic to one of these items so they can prepare a substitute for you.




Allergy Disclaimer: We do our best to keep records up to date, but sometimes new substitutes are made. Please note, these labels in this guide do not include condiments. Mayo and dressings contain dairy, egg, and soy. Soy allergy tags are for soy based products, but do not include soy lecithin and soy oil. If you are allergic to soy oil, please reach out to the School Dietitian.

Monday




PARFAIT
Blueberry

PLATTER
Turkey Sub



  

SALAD
Chicken Caesar


  

Tuesday




PARFAIT
Strawberry

PLATTER
Nachos





SALAD
Antipasto




  

Wednesday


PARFAIT
Cherry Parfait

PLATTER
Italian Sub



  

SALAD
Confetti Chopped





Thursday





PARFAIT
Peach

PLATTER
Cheese Fruit



 

SALAD
Buffalo Chicken






   

Friday

PARFAIT
Mixed Fruit

PLATTER
Tuna Boat

SALAD
Cobb

