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BIG 9 ALLERGY GUIDE

-  Egg
-  Dairy
-  Wheat
-  Peanut
-  Treenut (ex: Almond)
-  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.

NY Pizza Monday	Chicken Tuesday	Beef Wednesday	NY Harvest Thursday	Favorites Friday
Veggie Pizza  	Chicken Patty Sandwich  	All Beef Hot Dog  	Big Breakfast French Toast Sticks Scrambled Eggs   	Chopped Cheese Sandwich on Hoagie Roll   
Meat Lovers Pizza  	Mega Leg Chicken Corn Muffin    	Cheesy Beef Pasta   	Turkey Melt   	Buffalo Nachos  
Pepperoni Pizza  	Chicken Wings Dinner Roll   	Cheeseburger Classic Burger   	Chicken Chalupa  	Turkey Gravy Homemade Stuffing  
Buffalo Chicken Pizza   	Roasted Chicken Jollof Seasoned Rice	Beef Taco  	NY Chicken Dumplings Soy & Sesame Dressing     	Toasted Cheese Sandwich Tomato Soup   
Cheese Pizza  	Peanut Butter & Jelly Cheese Stick    	Cheese Sandwich   		

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.