

Menu Item Allergen Screening: Middletown School District Elementary Menus

Last Updated 10/21/2009

Based on a screening review of ingredient labels we've acquired for menu items we intend to serve, we have determined menu items may contain the allergens listed below. Please be aware that unplanned product substitutions may alter menu item nutrient and ingredient (allergen) content. **Parents and caregivers of children with food allergies should review the actual food labels to determine if menu items are safe for their child to eat before making arrangements for their child to eat school lunch.** If you would like to review the product labels, please contact Cheryl Babulak in the food service office at 732-761-3850 extension 1045 for further information.

Menu Item	Recipe Number(s)	Allergens							
		X = contains or may contain allergen							
		Contains Wheat	Contains Soy	Contains Milk	Contains Egg	Contains Peanuts	Contains Tree Nuts	May Contain Peanuts	May Contain Tree Nuts
ENTREES:									
Barbecued Chicken	2568								
Barilla PLUS Elbow Macaroni w/ Cheese Sauce & Shredded Cheddar ("Baked Cheesy Mararoni")	2297	x		x	x				
Barilla PLUS Penne Pasta Marinara w/ Shredded Cheese	2285	x		x	x				
Beef Hot Dog on a Bun	2258	x	x						
Breaded Chicken Caesar Salad w/ Croutons and Dressing	2219	x	x	x	x				
Breaded Chicken Nuggets	2563	x	x	x	x				
Breaded Chicken on a Whole Wheat Bun	2229	x	x	x	x				
Breakfast Bagel Fun Lunch: Bagel, Cream Cheese, Sliced Hard Boiled Egg	2286	x	x	x	x				
Cereal Fun Lunch: Frosted Mini Wheats Cereal, Sliced Hard Boiled Egg	2283	x			x				
Cheeseburger on a Bun	1007	x	x	x					
Cheesy Baked Ziti	0075	x	x	x	x				
Cheesy Breadsticks w/ Tomato Dipping Sauce	2215	x	x	x					
Chicken Parmesan w/ Spaghetti	2229	x	x	x	x				
Chili Cheese "Fries" (Seasoned Potato Wedges, Spicy Meat [Beef], and Cheese)	2292	x	x	x					
Cold Nachos Fun Lunch: Baked Tortilla Shell Scoops, Shredded Cheddar, Salsa	2291		x	x					

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Cold Pizza Bagel Fun Lunch: Bagel, Sauce, Shredded Cheese	2282	x	x	x					
Cracker Stacker Fun Lunch: Cheese Squares, Crackers, Oatmeal Cookie	2288	x	x	x				x	x
French Bread Pizza (Boxed)	2214	x	x	x					
French Toast Sticks w/ Sausage	1148, 2237	x	x	x	x				
Frosted Mini Wheats w/ Yogurt and Ham Cubes	6835, 2302, 2302, 2569	x		x					
Italian Hero	2217	x	x						
Meatball Hero	5084	x	x	x	x				
Nachos (Baked Tortilla Shell Scoops, Spicy Mexican Meat [Beef] , Cheese, Salsa)	2287		x	x					
Pancakes w/ Sausage	1649, 2237	x	x	x	x				
Personal Round Cheese Pizza (Boxed)	2207	x	x	x					
Roast Turkey w/ Gravy	2244	x	x	x					
Sloppy Joe Scoops (Tangy Beef BBQ Meat & Cheddar w/ Baked Tortilla Shell Scoops)	2290		x	x					
Stuffed Crust Pizza (Boxed)	2561	x	x	x					
Sweet N Sour Chicken	2243	x	x	x	x				
Taco Salad (Crisp Greens, Spicy Mexican Meat [Beef] & Cheese, Salsa; Served w/ Baked Tortilla Shell Scoops	2296		x	x					

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SIDE DISHES:									
Apple	159								
Applesauce	5997								
Baby Carrots	1837								
Banana	900402								
Brown Rice	2585								
Cinnamon Peaches (Peach Topping)	7068		x						
Crisp Green Salad w/ Dressing	2223, 2224		x						
Fruit Juice (Apple or 100% Fruit Punch Blend)	900400, 2281								
		Contains Wheat	Contains Soy	Contains Milk	Contains Egg	Contains Peanuts	Contains Tree Nuts	May Contain Peanuts	May Contain Tree Nuts
Giant Cinnamon Goldfish Crackers (graham crackers)	1827	x	x						
Golden Corn	2230								
Lettuce/Tomato Cups for Heros	2218								
Mandarin Oranges	564								
Marinated Green Bean Salad	2265		x						
Mashed Potatoes w/ Gravy	163, 4386	x	x						
Mixed Fruit	2213								
Peaches	2228								
Potato Rounds	195		x						

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SIDE DISHES, continued:									
Seasoned Broccoli	5544		x						
Seasoned Carrots	2254		x						
Seasoned Green Beans	2249		x						
Soft Pretzel 1 oz.	2952	X	x						
Sweet Corn Salad	2263		x						
Sweet Potatoes	2246		x						
Sweet Potatoes & Apples	2567		x						
Tropical Fruit Salad	1363								
Vegetable Medley	2262								
Wheat Bread (Whole)	2261	x	x						
MILK:									
All varieties- skim white, 1% white, 1% chocolate, 1% strawberry	2209, 2210, 2211, 2266			x					

