

High Tech Elementary and Middle Menu

Menu Items and Recipies Ingredients	Dairy	Eggs	Fish	Shellfish	Soy	Peanuts	Tree Nuts	Wheat
Ham/Swiss on WW								
Ham								
Swiss Cheese	X							
Mayonaise Lite		X			X			
Lettuce, Grn Leaf								
Whole Wheat Bread, Slc					X			X
Peach Cup								
Baby Carrots								
Elf Grahams					X			X
Turkey, Ham and Cheese on WW Sub								
Turkey, Breast, Slice								
Ham, Slice								
American Cheese, Slice	X							
Whole Wheat Sub Roll					X			X
Apple								
Raisins								
Zoo Crackers					X			X
Sunbutter and Jelly Sandwich								
Sunbutter					X			
Jelly, Mixed Fruit								
White Bread, Slc	tr				X			X
Graham Crackers					X			X
Turkey Ham & Swiss Subb								
Turkey Ham								
Swiss Cheese	X							
Green Leaf Lettuce								
Mayonaise Lite		X			X			
White Sub Roll	tr				X			X
Animal Snackers	X	X			X	X	X	
Yogurt w/Banana Muffin								
Yogurt w/fruit 8 oz	X							

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Menu Items and Recipies Ingredients	Dairy	Eggs	Fish	Shellfish	Soy	Peanuts	Tree Nuts	Wheat
Banana Muffin	X	X						X
Cheesy Country Sandwich								
Turkey Ham								
American Cheese	X							
Iceberg Lettuce								
White Hamburger Bun	tr				X			X
Chicken Ranch Wrap								
Chicken Fajita Strips Cooked								
Cheddar Cheese	X							
Ranch Drsng, Lite	X	X						
Lettuce, Iceberg								
Flour Tortilla					X			X
Chicken Salad Pita Sandwich								
Pita Bread	X				X			X
Chicken, Cooked, Diced								
Celery								
Pickle Relish								
Mayonaise Lite		X			X			

tr = trace amounts noted

Menus items are subject to change.

This Institution is an equal opportunity provider.