

Allergen Export

PARK TUDOR

Middle and Upper School

Dates: 3/9/20 to 3/13/20

Location: Park Tudor

3/9/20 Monday

Concept	Item Name	Allergens
Hearth	Honey Dijon Chicken Breast	
Hearth	Chickpea Nuggets	Eggs, Soybeans, Wheat
Hearth	Steamed Green Beans	
Hearth	Au Gratin Potatoes	Milk
Bread & Bowl	BLT Wrap	Eggs, Wheat
Bread & Bowl	Cream of Chicken Noodle Soup	Eggs, Milk, Wheat
Grill	Hamburger	Wheat
Grill	Chicken Nuggets	Eggs, Milk, Soybeans, Wheat
Grill	Black Bean Veggie Burger	Eggs, Wheat
Grill	Tater Tots	
Hemispheres ,Hot Dog Bar	All Beef Hot Dog	Wheat
Hemispheres ,Hot Dog Bar	Brats Dog	Wheat
Hemispheres ,Hot Dog Bar	Chili Con Carne	
Hemispheres ,Hot Dog Bar	Chips	Soybeans
Hemispheres ,Hot Dog Bar	Cheese Sauce	Milk, Soybeans, Wheat

3/10/20 Tuesday

Concept	Item Name	Allergens
Hearth	Swedish Meatballs over Egg	Eggs, Milk, Soybeans, Wheat
Hearth	Buttery Peas	
Hearth	Buttered Egg Noodles	Eggs, Milk, Wheat
Bread & Bowl	Ham & Cheese Pretzel Melt	Milk, Soybeans, Wheat
Bread & Bowl	Jalapeno Sweet Potato Chicken	Milk, Soybeans
Hemispheres, Homegrown	Mini Buffalo Chicken Sliders	Milk, Soybeans, Wheat
Hemispheres, Homegrown	Pulled Prok	Soybeans
Hemispheres, Homegrown	Sloppy Joe	Soybeans
Hemispheres, Homegrown	Buttermilk Cole Slaw	Eggs, Milk
Hemispheres, Homegrown	Potato Salad	Eggs, Milk
Hemispheres, Homegrown	House Chips	Soybeans
Grill	Hamburger	Wheat
Grill	Grilled Chicken Breast	
Grill	Garbanzo Bean Burger	Soybeans, Wheat
Grill	French Fries	Milk, Wheat

3/11/20 Wednesday

Concept	Item Name	Allergens
Hearth	BBQ Meatloaf	Eggs, Soybeans, Wheat
Hearth	Ratatouille with Rice	
Hearth	Roasted Carrots	
Hearth	Mashed Potatoes	Milk
Hearth	Poultry Gravy	Milk, Soybeans, Wheat
Bread & Bowl	Turkey Cranberry Panini	Eggs, Milk, Soybeans, Wheat

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Bread & Bowl	Cream of Broccoli Soup	Milk
Grill	Hamburger	Wheat
Grill	Breaded Chicken Breast Fillet	Wheat
Grill	Balsamic Grilled Portobello	
Grill	Waffle Fries	
Hemispheres ,Wing Toss	Baked Boneless Wings	Eggs, Milk, Wheat
Hemispheres ,Wing Toss	Celery Sticks	
Hemispheres ,Wing Toss	Carrot Sticks	
Hemispheres ,Wing Toss	Homemade Ranch Dressing	Eggs, Milk

3/12/20 Thursday

Concept	Item Name	Allergens
Hearth	Pizza Pasta	Milk, Soybeans, Wheat
Hearth	Italian Roasted Vegetables	
Hearth	Garlic Breadsticks	Eggs, Milk, Wheat
Bread & Bowl	Chicken Noodle Soup	Eggs, Soybeans, Wheat
Bread & Bowl	Buffalo Chicken Wrap	Eggs, Milk, Wheat
Grill	Hamburger	Wheat
Grill	Grilled Chicken Breast	
Grill	Black Bean Mushroom Burger	Soybeans, Wheat
Grill	French Fries	Milk, Wheat
Hemispheres ,Breakfast Bar	French Toast Sticks	Eggs, Milk, Soybeans, Wheat
Hemispheres ,Breakfast Bar	Fluffy Scrambled Eggs	Eggs, Milk
Hemispheres ,Breakfast Bar	Donut Holes	
Hemispheres ,Breakfast Bar	Hash Brown Cubes	
Hemispheres ,Breakfast Bar	Turkey Sausage Patty	

3/13/20 Friday

Concept	Item Name	Allergens
Hearth	Baked Tilapia	
Hearth	Seasoned Green Beans	
Hearth	BBQ Roasted Tofu	Soybeans
Hearth	Steamed White Rice	
Bread & Bowl	Pesto Grilled Chicken Wrap	Eggs, Milk, Wheat
Bread & Bowl	Vegetable Chili	
Grill	Hamburger	Wheat
Grill	Breaded Chicken Breast Fillet	Wheat
Grill	Garbanzo Bean Burger	Soybeans, Wheat
Grill	Waffle Fries	
Good Greens ,Salad Bar	Tiny Chop Salad Blend	
Hemispheres ,Taco Bar	Flour Tortilla	Wheat
Hemispheres ,Taco Bar	Chicken Tacos	Milk
Hemispheres ,Taco Bar	Spanish Rice	Milk, Soybeans
Hemispheres ,Taco Bar	Seasoned Black Beans	