

# Portland Public Schools

Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Thursday, December 1, 2022

Recipe #	Recipe Name	Allergen(s)
123	APPLES,FRESH maine Mini Macs	
536	BAG LUNCH -TURKEY & CHEESE	Egg, Milk, Wheat
872	BEANS, BAKED, VEGETARIAN, CAN	
1054	CUCUMBER SLICES	
1241	HOT DOG BEEF 8:1	Wheat
900364	Lunch Milk	Milk
1655	Rice and Bean Bowl	
1838	Sunbutter Bag Lunch	Milk, Wheat
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat
1336	TOMATOES, COCKTAIL LOCAL 1/2C	

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Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Friday, December 2, 2022

Recipe #	Recipe Name	Allergen(s)
1794	CORN: frozen, yellow 1/2 cup	
900358	Lunch fruit variety	
900364	Lunch Milk	Milk
900391	Philly Cheese Steak	Milk, Wheat
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1961	SALAD SPINACH with STRAW 1-CUP	
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat
1854	Vegan Chili Mac	Wheat

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Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Monday, December 5, 2022

Recipe #	Recipe Name	Allergen(s)
123	APPLES,FRESH maine Mini Macs	
896	Cheese American 160 ct	Milk
161	HAMBURGER ON A BUN	Soy, Wheat
34	LETTUCE & TOMATO:shredded/diced	
900364	Lunch Milk	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat
322	Vegan BURGER on a Roll	Soy, Wheat

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Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Tuesday, December 6, 2022

Recipe #	Recipe Name	Allergen(s)
730	BROCCOLI FLORETS, RAW 1/2C	
289	Chicken Nuggets	Soy, Wheat
422	GRAPES,Fresh	
900364	Lunch Milk	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
147	SQUASH,SMMR,ALL VAR,RAW gr/yel	
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat
322	Vegan BURGER on a Roll	Soy, Wheat
409	WAFFLE STICKS W/SYRUP	Wheat

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Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Wednesday, December 7, 2022

Recipe #	Recipe Name	Allergen(s)
1863	KIWI 117 ct	
900364	Lunch Milk	Milk
1707	Orange Chicken over Rice	Soy, Wheat
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
900267	Red Bell Pepper Slices *RESIZED*	
1655	Rice and Bean Bowl	
1645	SUGAR SNAP PEA, 1/2 cup	
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat

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Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Thursday, December 8, 2022

Recipe #	Recipe Name	Allergen(s)
1072	Bean Salad, Mexican	
1595	Chicken Burrito	Wheat
1437	CORN: frozen, yellow 1/4 Cup	
34	LETTUCE & TOMATO: shredded/diced	
900364	Lunch Milk	Milk
1627	Mango Chunks, IQF, 1/2 CUP	
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1655	Rice and Bean Bowl	
1628	Salsa, La Victoria	
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat

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# Portland Public Schools

Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Friday, December 9, 2022

Recipe #	Recipe Name	Allergen(s)
900358	Lunch fruit variety	
900364	Lunch Milk	Milk
1080	pizza CHEESE AMATO CRUST K-5	Milk, Wheat
1573	SALAD CAESAR ROMAINE 1Cup	Fish, Milk, Wheat
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat
900383	Vegan Hummus meal	Wheat

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# Portland Public Schools

Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Monday, December 12, 2022

Recipe #	Recipe Name	Allergen(s)
536	BAG LUNCH -TURKEY & CHEESE	Egg, Milk, Wheat
1642	CARROTS,BABY, 4/5# 1/2 CUP	
842	Crackers Goldfish Whl Gr	Milk, Wheat
900364	Lunch Milk	Milk
1766	PINEAPPLE CHUNKS: drained	
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
900356	Sandwich, Whole Grain, Grilled Cheese, Indivi	Milk, Soy, Wheat
1838	Sunbutter Bag Lunch	Milk, Wheat
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat
900383	Vegan Hummus meal	Wheat

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## Portland Public Schools

Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Tuesday, December 13, 2022

Recipe #	Recipe Name	Allergen(s)
47	ALL BEEF HOT DOG ON A ROLL 8-1	Wheat
872	BEANS, BAKED, VEGETARIAN, CAN	
1584	GREEN BEANS, FRESH 1/2 Cup	
1762	PEACHES: canned drained	
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1854	Vegan Chili Mac	Wheat

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# Portland Public Schools

Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Wednesday, December 14, 2022

Recipe #	Recipe Name	Allergen(s)
1078	Bean Salad, White	
1863	KIWI 117 ct	
34	LETTUCE & TOMATO:shredded/diced	
900364	Lunch Milk	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1628	Salsa, La Victoria	
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat
1718	Taco Beef with Taco Boat CK	
1854	Vegan Chili Mac	Wheat

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# Portland Public Schools

Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Thursday, December 15, 2022

Recipe #	Recipe Name	Allergen(s)
900360	Chicken & Spinach Stew	Soy
1861	CELERY STICKS 1/2 cup raw	
422	GRAPES,Fresh	
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
698	ROLL DINNER WG 1 OZ	Wheat
147	SQUASH,SMMR,ALL VAR,RAW gr/yel	
322	Vegan BURGER on a Roll	Soy, Wheat

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## Portland Public Schools

**Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022**

**Friday, December 16, 2022**

Recipe #	Recipe Name	Allergen(s)
1263	Hummus,Celery,Pita	Soy, Wheat
536	BAG LUNCH -TURKEY & CHEESE	Egg, Milk, Wheat
900358	Lunch fruit variety	
900364	Lunch Milk	Milk
1213	Marinara Sauce DIP CUP	
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1961	SALAD SPINACH with STRAW 1-CUP	
900126	sand spicy chic & cheddar	Milk, Wheat
1838	Sunbutter Bag Lunch	Milk, Wheat
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat

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# Portland Public Schools

Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Monday, December 19, 2022

Recipe #	Recipe Name	Allergen(s)
536	BAG LUNCH -TURKEY & CHEESE	Egg, Milk, Wheat
1642	CARROTS,BABY, 4/5# 1/2 CUP	
48	CHICKEN BURGER 2M 3G	Soy, Wheat
900364	Lunch Milk	Milk
1764	PEARS, drained DICED	
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1838	Sunbutter Bag Lunch	Milk, Wheat
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat
322	Vegan BURGER on a Roll	Soy, Wheat

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# Portland Public Schools

Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Tuesday, December 20, 2022

Recipe #	Recipe Name	Allergen(s)
536	BAG LUNCH -TURKEY & CHEESE	Egg, Milk, Wheat
1947	falafle sub	Wheat
308	MEATBALL SUB w/cheese HS	Milk, Wheat
748	MILK 1% oakhurst	Milk
1329	ORANGES, FRESH 138 ct	
40	PEAS: frozen	
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1838	Sunbutter Bag Lunch	Milk, Wheat
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat
1336	TOMATOES, COCKTAIL LOCAL 1/2C	

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Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Wednesday, December 21, 2022

Recipe #	Recipe Name	Allergen(s)
536	BAG LUNCH -TURKEY & CHEESE	Egg, Milk, Wheat
1816	EGG ROLL WG VEGETABLE CN	Egg, Wheat
1584	GREEN BEANS, FRESH 1/2 Cup	
900364	Lunch Milk	Milk
538	NEW Chicken Tender TY	Soy, Wheat
1762	PEACHES: canned drained	
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat
1667	Sweet & Sour Sauce Bulk	
1854	Vegan Chili Mac	Wheat

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# Portland Public Schools

Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Thursday, December 22, 2022

Recipe #	Recipe Name	Allergen(s)
1164	Chickpeas, CURRY ROASTED	Soy
900358	Lunch fruit variety	
900364	Lunch Milk	Milk
1080	pizza CHEESE AMATO CRUST K-5	Milk, Wheat
1573	SALAD CAESAR ROMAINE 1Cup	Fish, Milk, Wheat
1957	Spicy Jalapeno Beef Burger	Milk, Soy, Wheat
1092	Sunbutter&Jelly&Chz Stx 2M2G	Milk, Wheat
900383	Vegan Hummus meal	Wheat

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Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Friday, December 23, 2022

Recipe #	Recipe Name	Allergen(s)
702	NO SCHOOL	

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# Portland Public Schools

Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Monday, December 26, 2022

Recipe #	Recipe Name	Allergen(s)
702	NO SCHOOL	

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Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Tuesday, December 27, 2022

Recipe #	Recipe Name	Allergen(s)
702	NO SCHOOL	

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Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Wednesday, December 28, 2022

Recipe #	Recipe Name	Allergen(s)
702	NO SCHOOL	

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Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Thursday, December 29, 2022

Recipe #	Recipe Name	Allergen(s)
702	NO SCHOOL	

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# Portland Public Schools

Allergen List - for menu 'CASCO BAY HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Friday, December 30, 2022

Recipe #	Recipe Name	Allergen(s)
702	NO SCHOOL	

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