

Portland Public Schools

Allergen List - for menu 'PORTLAND & DEERING HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Thursday, December 1, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
14	GRILLED CHEESE SANDWICH	Milk, Wheat
161	HAMBURGER ON A BUN	Soy, Wheat
1430	Milk Variety High School	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
1573	SALAD CAESAR ROMAINE 1Cup	Fish, Milk, Wheat
996	Soup, Tomato Healthy Request	
1336	TOMATOES, COCKTAIL LOCAL 1/2C	
1954	Tour De Italy	Milk, Wheat
322	Vegan BURGER on a Roll	Soy, Wheat

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Friday, December 2, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
161	HAMBURGER ON A BUN	Soy, Wheat
1430	Milk Variety High School	Milk
1664	Nachos Cheese w/Chili	Milk, Soy
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1582	Potato Wedges	
1871	Quesadilla Chicken & Ch	Milk, Wheat
1058	SALAD BAR HS/MS	
1324	SALAD TOSSED ROMAINE 1Cup	
322	Vegan BURGER on a Roll	Soy, Wheat

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Monday, December 5, 2022

Recipe #	Recipe Name	Allergen(s)
1072	Bean Salad, Mexican	
1600	Beef Burrito	Milk, Wheat
1642	CARROTS,BABY, 4/5# 1/2 CUP	
48	CHICKEN BURGER 2M 3G	Soy, Wheat
690	CHICKEN NUGGETS Boat w/biscut5	Egg, Milk, Soy, Wheat
161	HAMBURGER ON A BUN	Soy, Wheat
1430	Milk Variety High School	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
322	Vegan BURGER on a Roll	Soy, Wheat

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Tuesday, December 6, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
1054	CUCUMBER SLICES	
900049	Eggplant parm	Milk, Wheat
1584	GREEN BEANS, FRESH 1/2 Cup	
161	HAMBURGER ON A BUN	Soy, Wheat
1430	Milk Variety High School	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
900390	Teriyaki Chicken & Rice	Soy
322	Vegan BURGER on a Roll	Soy, Wheat

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Wednesday, December 7, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
900388	Chicken Drumstick & Biscuit	Egg, Milk, Soy, Wheat
1794	CORN: frozen, yellow 1/2 cup	
161	HAMBURGER ON A BUN	Soy, Wheat
1430	Milk Variety High School	Milk
1105	Nachos Real Cheese w/Chili	Milk, Soy
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
1961	SALAD SPINACH with STRAW 1-CUP	
322	Vegan BURGER on a Roll	Soy, Wheat

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Thursday, December 8, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
161	HAMBURGER ON A BUN	Soy, Wheat
1430	Milk Variety High School	Milk
1077	Pasta Barilla&Meatballs - High	Milk, Wheat
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
1573	SALAD CAESAR ROMAINE 1Cup	Fish, Milk, Wheat
36	STEAK AND CHEESE SANDWICH	Milk, Wheat
1336	TOMATOES, COCKTAIL LOCAL 1/2C	
322	Vegan BURGER on a Roll	Soy, Wheat

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Friday, December 9, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
298	FISHBURGER w/CHEESE 2.25M 2G	Fish, Milk, Wheat
161	HAMBURGER ON A BUN	Soy, Wheat
1151	HOT DOG BEEF boat ms	Wheat
1430	Milk Variety High School	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1582	Potato Wedges	
1058	SALAD BAR HS/MS	
1324	SALAD TOSSED ROMAINE 1Cup	
322	Vegan BURGER on a Roll	Soy, Wheat

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Monday, December 12, 2022

Recipe #	Recipe Name	Allergen(s)
1902	3 Bean salad	
1623	boat chix tender & waffle HS	Soy, Wheat
1642	CARROTS,BABY, 4/5# 1/2 CUP	
48	CHICKEN BURGER 2M 3G	Soy, Wheat
900388	Chicken Drumstick & Biscuit	Egg, Milk, Soy, Wheat
161	HAMBURGER ON A BUN	Soy, Wheat
1430	Milk Variety High School	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
322	Vegan BURGER on a Roll	Soy, Wheat

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Tuesday, December 13, 2022

Recipe #	Recipe Name	Allergen(s)
791	AMERICAN CHOP SUEY HS	Wheat
48	CHICKEN BURGER 2M 3G	Soy, Wheat
1054	CUCUMBER SLICES	
161	HAMBURGER ON A BUN	Soy, Wheat
1292	KALE, salad with oranges	Soy
1430	Milk Variety High School	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
1822	sand buffalo chicken wrap hs	Egg, Milk, Wheat
322	Vegan BURGER on a Roll	Soy, Wheat

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Wednesday, December 14, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
352	CHICKEN PARMESEAN HS	Milk, Soy, Wheat
1794	CORN: frozen, yellow 1/2 cup	
161	HAMBURGER ON A BUN	Soy, Wheat
1430	Milk Variety High School	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
1961	SALAD SPINACH with STRAW 1-CUP	
1954	Tour De Italy	Milk, Wheat
322	Vegan BURGER on a Roll	Soy, Wheat

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Allergen List - for menu 'PORTLAND & DEERING HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Thursday, December 15, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
1794	CORN: frozen, yellow 1/2 cup	
1816	EGG ROLL WG VEGETABLE CN	Egg, Wheat
161	HAMBURGER ON A BUN	Soy, Wheat
1151	HOT DOG BEEF boat ms	Wheat
1430	Milk Variety High School	Milk
538	NEW Chicken Tender TY	Soy, Wheat
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
1961	SALAD SPINACH with STRAW 1-CUP	
322	Vegan BURGER on a Roll	Soy, Wheat

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Allergen List - for menu 'PORTLAND & DEERING HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Friday, December 16, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
161	HAMBURGER ON A BUN	Soy, Wheat
1430	Milk Variety High School	Milk
1056	MOZZARELLA STICK 5 w/dip	Milk, Wheat
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1582	Potato Wedges	
1058	SALAD BAR HS/MS	
1324	SALAD TOSSED ROMAINE 1Cup	
1780	SHEPHERD'S PIE HS MS	Milk
322	Vegan BURGER on a Roll	Soy, Wheat

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Allergen List - for menu 'PORTLAND & DEERING HIGH LUNCH' From: 12/1/2022 To: 12/31/2022

Monday, December 19, 2022

Recipe #	Recipe Name	Allergen(s)
1078	Bean Salad, White	
1642	CARROTS,BABY, 4/5# 1/2 CUP	
48	CHICKEN BURGER 2M 3G	Soy, Wheat
161	HAMBURGER ON A BUN	Soy, Wheat
1832	Mac and cheese	Egg, Milk, Wheat
308	MEATBALL SUB w/cheese HS	Milk, Wheat
1430	Milk Variety High School	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
322	Vegan BURGER on a Roll	Soy, Wheat

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Tuesday, December 20, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
1730	CHICKEN ORANGE STIR FRY KIT 12	Soy, Wheat
1054	CUCUMBER SLICES	
161	HAMBURGER ON A BUN	Soy, Wheat
1430	Milk Variety High School	Milk
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
139	SALAD TOSSED	
36	STEAK AND CHEESE SANDWICH	Milk, Wheat
322	Vegan BURGER on a Roll	Soy, Wheat

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Wednesday, December 21, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
1794	CORN: frozen, yellow 1/2 cup	
161	HAMBURGER ON A BUN	Soy, Wheat
1782	Mashed Potato Bowl HS MS	Egg, Milk, Soy, Wheat
1430	Milk Variety High School	Milk
1056	MOZZARELLA STICK 5 w/dip	Milk, Wheat
702	NO SCHOOL	
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
1961	SALAD SPINACH with STRAW 1-CUP	
322	Vegan BURGER on a Roll	Soy, Wheat

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Thursday, December 22, 2022

Recipe #	Recipe Name	Allergen(s)
48	CHICKEN BURGER 2M 3G	Soy, Wheat
14	GRILLED CHEESE SANDWICH	Milk, Wheat
161	HAMBURGER ON A BUN	Soy, Wheat
1430	Milk Variety High School	Milk
702	NO SCHOOL	
1286	pizza 16" amato CHEESE 8c 2M2B	Milk, Wheat
1058	SALAD BAR HS/MS	
1573	SALAD CAESAR ROMAINE 1Cup	Fish, Milk, Wheat
139	SALAD TOSSED	
996	Soup, Tomato Healthy Request	
1336	TOMATOES, COCKTAIL LOCAL 1/2C	
1954	Tour De Italy	Milk, Wheat
322	Vegan BURGER on a Roll	Soy, Wheat

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Friday, December 23, 2022

Recipe #	Recipe Name	Allergen(s)
702	NO SCHOOL	

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Allergen List - for menu 'PORTLAND & DEERING 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 'PORTLAND & DEERING 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 'PORTLAND & DEERING 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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Thursday, December 29, 2022

Recipe #	Recipe Name	Allergen(s)
702	NO SCHOOL	

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Allergen List - for menu 'PORTLAND & DEERING 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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