

SJUSD Elementary Lunch - October 2024		
Lunch Entrée	Protein Source	Allergens
Chicken Alfredo Pasta	Chicken, Dairy	Wheat, Milk
Alfredo Pasta (no chicken)	Dairy	Milk
Sunbutter Sandwich & String Cheese	Sunflower seeds, Dairy	Wheat, Milk, Soy
Yogurt, Giant Cinnamon Goldfish, String Cheese	Dairy	Wheat, Milk
Chicken Corn Dog	Chicken	Wheat, Egg, Milk, Soy
Bean & Cheese Burrito	Beans, Dairy	Wheat, Milk, Soy
Chicken Tenders	Chicken	Wheat, Soy
Spicy Chicken Tenders	Chicken	Wheat, Soy
Veggie Nuggets	Soy	Wheat, Soy
Italian Pull-Apart	Dairy	Wheat, Milk, Soy
Beef Rib B' Que	Beef	Wheat, Milk, Soy
Veggie Burger	Soy, Egg White	Wheat, Milk, Soy, Egg
Chimi Nada	Bean, Dairy	Wheat, Milk, Soy
Galaxy Cheese Pizza	Dairy	Wheat, Milk, Soy
Nachos	Turkey, Beans, Dairy	Milk
Bean & Cheese Nachos	Beans, Dairy	Milk
Chicken Caesar Salad w/ Roll	Chicken	Wheat, Dressing: Egg, Fish, Milk
Orange Chicken w/ Brown Rice	Chicken	Wheat, Soy
Veggie Nuggets w/ Orange Sauce & Brown Rice	Soy	Wheat, Soy
Grilled Cheese Sandwich	Dairy	Wheat, Milk, Soy
Galaxy Pepperoni Pizza	Turkey, Dairy	Wheat, Milk, Soy
Italian Dunkers	Dairy	Wheat, Milk, Soy, Egg
Turkey Taco Nada	Turkey, Dairy	Wheat, Milk, Soy
Cheese & Green Chile Tamale	Dairy	Milk
Chicken Burger	Chicken	Wheat, Soy
Turkey Hot Dog	Turkey	Wheat
Three Cheese Quesadilla	Dairy	Wheat, Milk, Soy
Poppin' Chicken Salad	Chicken	Wheat, Milk, Soy
Southwest Veggie Salad	Beans, Dairy	Milk
Popcorn Chicken Mashed Potato Bowl	Chicken	Wheat, Milk, Soy
Veggie Nugget Mashed Potato Bowl	Soy	Wheat, Milk, Soy
Enchirito (Bean & Cheese)	Beans, Dairy	Wheat, Milk, Soy
Beefy Macaroni	Beef, Dairy	Wheat, Milk, Soy
Beef Hot Dog	Beef	Wheat (bun)