

**SJUSD Middle and High School Lunch - October 2024**

<b>Lunch Entrée</b>	<b>Protein Source</b>	<b>Allergens</b>
Spicy Black Bean Burger	Black beans, Soy	Wheat, Egg, Milk, Soy
Sesame Chicken Salad	Chicken	Sesame,
Freshly made PB & J Sandwich	Peanut butter	Wheat, peanut
Chicken Caesar Wrap	Chicken	Wheat, Dressing: Egg, Fish, Milk
Chicken Corn Dog	Chicken	Wheat, Egg, 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
Pizza Slice, Big Daddy	Dairy	Wheat, Milk, Soy
Beef Rib B' Que	Beef	Wheat, Milk, Soy
Veggie Burger	Soy, Egg White	Wheat, Milk, Soy, Egg
Beef Taco	Beef	Wheat, Milk, Soy
Chicken Taco	Chicken	Wheat, Milk
Turkey Taco	Turkey	Wheat, Milk
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
Chicken Bahn Mi Bowl	Chicken	Egg, Milk
Tofu Bahn Mi Bowl	Tofu (soy)	Soy
Italian Dunkers	Dairy	Wheat, Milk, Soy, Egg
Turkey Taco Nada	Turkey, Dairy	Wheat, Milk, Soy
Chicken & Cheese Quesadilla	Chicken, Dairy	Wheat, Milk
Cheese Quesadilla	Dairy	Wheat, Milk
Chicken Burger	Chicken	Wheat, Soy
Spicy Chicken Burger	Chicken	Wheat, Soy
Jumbo Beef Hot Dog	Beef	Wheat
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
Yogurt Parfait (blueberry or peach)	Dairy	Milk
Yogurt Parfait (blueberry or peach) with GRANOLA	Dairy	Wheat, Milk