

SJUSD Middle and High School Lunch January 2025

Lunch Entrée	Protein Source	Allergens
Bean & Cheese Burrito	Beans, Dairy	Wheat, Milk, Soy
Bean & Cheese Nachos	Beans, Dairy	Milk
BBQ Teriyaki Chicken with Yakisobe Noodles	Chicken	Wheat, Soy
Beef Rib B' Que	Beef	Wheat, Milk, Soy
Beef Taco	Beef	Wheat, Milk, Soy
Burger - Beef	Beef	Wheat
Cheese Quesadilla	Dairy	Wheat, Milk
Chicken & Cheese Quesadilla	Chicken, Dairy	Wheat, Milk
Chicken Burger	Chicken	Wheat, Soy
Chicken Caesar Salad w/ Roll	Chicken	Wheat, Dressing: Egg, Fish, Milk
Chicken Caesar Wrap	Chicken	Wheat, Dressing: Egg, Fish, Milk
Chicken Corn Dog	Chicken	Wheat, Egg, Soy
Chicken Taco	Chicken	Wheat, Milk
Italian Dunkers	Dairy	Wheat, Milk, Soy, Egg
Nachos - Super	Turkey, Beans, Dairy	Milk
Nachos - Bean & Cheese	Cheese	Milk
PB & J Sandwich	Peanut Butter	Wheat, Peanuts
Pizza Slice - Cheese- Big Daddy	Dairy	Wheat, Milk, Soy
Popcorn Chicken Mashed Potato Bowl	Chicken	Wheat, Milk, Soy
Sesame Chicken Salad	Chicken	Sesame, Wheat
Southwest Veggie Salad	Beans, Dairy	Milk
Spicy Chicken Burger	Chicken	Wheat, Soy
Sweet & Sour Chicken w/Rice	Chicken	Wheat, Soy
Sweet & Sour Veggie Nuggets w/ Rice	Soy	Wheat, Soy
Teriyaki Veggie Nuggets with Yakisoba Noodles	Soy	Wheat, Soy
Turkey Taco	Turkey	Wheat, Milk
Turkey-ham & Cheese Hoagie	Turkey, Dairy	Wheat, Milk
Veggie Burger - Grillers Prime	Soy	Wheat, Egg, Milk, Soy
Veggie Nugget Mashed Potato Bowl	Soy	Wheat, Milk, Soy
Veggie Nugget Caesar Salad	Soy	Wheat, Soy
Yogurt Parfait (blueberry or peach)	Dairy	Wheat, Milk