

## SJUSD Middle and High School Lunch March 2025

Lunch Entrée	Protein Source	Allergens
Bean & Cheese Burrito	Beans, Dairy	Wheat, Milk, Soy
Bean & Cheese Nachos	Beans, Dairy	Milk
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 & Roll	Chicken	Wheat, Milk, Soy
Sesame Chicken Salad & Roll	Chicken	Sesame, Wheat
Southwest Veggie Salad & Roll	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
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 & Roll	Soy	Wheat, Soy
Yogurt Parfait (blueberry or peach)	Dairy	Wheat, Milk