

LONG HILL TOWNSHIP SCHOOL DISTRICT

Long Hill Lunch Menu

Allergen List

Menu Item	Listed Allergen(s)
Beef Patty	Soy, Wheat
Beef Tacos	Wheat
Biscuit	Wheat, Milk
Brown Rice	Unsure
Burger	Gluten, Soy
Cheese Pizza	Dairy, Wheat
Cheese Ravioli	Milk, Wheat
Cheesesteak	Wheat, Dairy, Soy
Chicken (Baked)	Soy
Chicken (BBQ Popcorn)	Wheat, Soy
Chicken (BBQ Sandwich)	Wheat
Chicken (Honey BBQ)	Wheat
Chicken and Broccoli Alfredo	Wheat, Dairy, Soy
Chicken and Waffles	Wheat, Soy, Egg, Milk
Chicken Caesar Salad	Soy, Gluten, Sardine Paste
Chicken Fajita	Gluten, Milk, Wheat
Chicken Fajitas	Soy, Wheat
Chicken Lo Mein	Soy, Wheat, Sesame
Chicken Mac & Cheese	Dairy, Soy
Chicken Nuggets	Wheat, Dairy, Soy
Chicken Parm	Dairy, Soy, Wheat
Chicken Patty	Wheat, Soy
Chicken Sandwich	Wheat, Soy
Chicken Stir Fry	Wheat, Soybeans, Shellfish Extract
Empanada	Soy, Gluten
French Toast Sticks	Wheat, Dairy, Egg, Milk, Soy
Grilled Cheese w/Turkey Ham	Milk, Gluten, Soy
Hot Dog	None / Wheat, Gluten
Jamaican Beef Patty	Soy, Gluten
Lasagna Roll-Ups	Wheat, Milk
Mashed Potato Bowl	Soy, Wheat
Meatballs	Wheat, Soy, Milk, Eggs
Mozzarella Sticks	Wheat, Dairy
Nachos	Wheat, Dairy, Soy
Pancakes	Wheat, Dairy
Pasta/Meatballs	Soy, Wheat, Dairy
Pizza	Wheat, Dairy
Pizza Bagel	Gluten, Dairy
Pizza Boli	Wheat, Milk
Pizza Quesadilla	Wheat, Soy, Dairy
Rolls (all rolls)	Wheat
Sausage	None
Tacos/Nachos	Wheat, Dairy
Tater Tots	Soybean
Tortilla Shells	Wheat
Vegetarian Beans	None

Important: This document reflects the allergen information provided for the menu items listed. Please contact the school district/food service provider with questions about ingredients or food allergies.