MADISON METROPOLITAN SCHOOL DISTRICT

# Elementary Lunch Cycle Menu K-5 Buildings

## Allergen Alerts

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| For more information on the menu items, such as allergens, visit **SchoolCafe.com/MMSD** | | | GLUTEN FREE<br>CAN BE PREPARED GLUTEN FREE | |
| **Chicken Tenders**<br>**Contains:** Gluten, Baked Milk<br><br>**Grilled Cheese**<br>**Contains:** Gluten, Dairy, Soy | **Cheeseburger**<br>**Contains:** Gluten, Dairy<br><br>**Cheese Pizza**<br>**Contains:** Gluten, Dairy, Soy | **Orange Chicken Lo Mein**<br>**Contains:** Gluten, Baked Milk, Sesame, and Soy<br><br>**Bento Box with Tostito's Corn Chips**<br>**Contains:** Dairy | **Penne Pasta and Meatballs**<br>**Contains:** Gluten, Baked Milk in Meatballs, Soy<br><br>**Garlic Tofu over Savory Golden Rice**<br>**Contains:** Soy | **Hot Honey Chicken Thigh over Smokey BBQ Brown Rice**<br>**Contains:** Mustard<br><br>**Bosco Sticks**<br>**Contains:** Gluten, Dairy<br>Marinara Sauce contains soybean oil. |
| ***Spicy* Chicken Patty Sandwich**<br>**Contains:** Gluten, Soy<br><br>**Cheese Pizza**<br>**Contains:** Gluten, Dairy, Soy | **Turkey and Cheese Cold Sandwich**<br>**Contains:** Gluten, Dairy, Soy<br><br>**Grilled Cheese**<br>**Contains:** Gluten, Dairy, Soy | **Chicken Drumstick with Dinner Roll**<br>**Tray Pack**: No Allergens<br>Dinner Roll: Gluten<br><br>**Cheesy Pull-Aparts**<br>**Contains:** Gluten, Dairy | **Indian Butter Chicken over Cilantro Lime Rice**<br>**Contains:** Dairy<br><br>**Bosco Sticks with Marinara Sauce**<br>**Contains:** Gluten, Dairy<br>Marinara sauce contains soybean oil. | **Beef Sloppy Joes with Tater Tots**<br>**May Contain:** Soybean Oil (Tater tots)<br>Bun Contains Gluten<br><br>**Macaroni and Cheese**<br>**Contains:** Gluten, Dairy |
| **Cheeseburger**<br>**Contains:** Gluten, Dairy<br><br>**Grilled Cheese**<br>**Contains:** Gluten, Dairy, Soy | **Chicken Tenders**<br>**Contains:** Gluten, Baked Milk<br><br>**Bean & Cheese Burrito**<br>**Contains:** Gluten, Dairy, Soy | **Turkey Hot Dog on a Bun with Potato Wedges**<br>Contains: Soy, Sunflower Oil. Bun contains Gluten<br><br>**Black Bean Burger**<br>**Contains:** Gluten, Baked Milk, Egg, and Soy | **Taco Tot Bowl with Tostito's Chips**<br>**Contains**: Soybean oil (tater tots), Dairy<br><br>**Cheese Pizza**<br>**Contains:** Gluten, Dairy, Soy | **Chicken, Cheese, Rice, and Fire-Roasted Corn Burrito Bowl**<br>**Contains:** Dairy<br><br>**Penne Pasta with Plant-Based Crumbles and Marinara Sauce**<br>**Contains:** Gluten, Dairy from Parmesan Cheese |
| **Chicken Patty Sandwich**<br>**Contains:** Gluten<br><br>**Bean and Cheese Burrito**<br>**Contains:** Gluten, Dairy, Soy | **French Toast Sticks with Sausage Patty**<br>**Contains:** Gluten, Egg, Sesame<br><br>**Grilled Cheese**<br>**Contains:** Gluten, Dairy, Soy | **Cheesy Beefy Mac**<br>**Contains:** Gluten, Dairy<br><br>**Bosco Sticks with Marinara Sauce**<br>**Contains:** Gluten, Dairy<br>Marinara sauce contains soybean oil. | **Sliced Thai Beef over Soy Saucy Rice**<br>Contains: Soy, Sunflower<br><br>**Cheese Pizza**<br>**Contains:** Gluten, Dairy, Soy | **Meatloaf with Potato Wedges and Dinner Roll**<br>**Contains:** Gluten, Cheese, Sunflower Oil in potato wedges<br><br>**Vegetarian Sloppy Joes with Tater Tots**<br>**Contains:** Mustard, soybean oil in tater tots<br>Bun contains Gluten. |
| RANCH OR CAESAR SALAD SERVED DAILY ON THE GARDEN BAR.<br>**Both dressings contain egg and milk ingredients; Ranch contains soybean oil.** | | | | |