

SJUSD Secondary Lunch -October 2026

Lunch Entrée	Protein Source	Allergens
Bean & Cheese Burrito	Beans, Dairy	Wheat, Milk, Soy
Beef Tacos	Beef	Wheat, Soy, Milk
Beef Rib B' Que	Beef	Wheat, Milk, Soy
Black Bean Burger	Black Beans	Soy, Wheat
Breaded Chicken Drumstick	Chicken	Wheat
Burger - Beef	Beef	Milk, Wheat
Burger - Beef Cheeseburger	Beef, Dairy	Milk, Wheat
Cheese Pizza	Dairy	Milk,Soy, Wheat
Cheese Quesadilla	Dairy	Milk, Soy, Wheat
Chicken Burger	Chicken	Wheat, Soy
Chicken Corn Dog	Chicken, Dairy	Egg, Milk, Soy, Wheat
Chicken Glazed Drumstick	Chicken	
Chicken Meatball Sub	Chicken	Soy, Wheat, Milk
Chicken Pozole	Chicken	
Chicken Tenders	Chicken	Soy, Milk, Wheat
Chicken Quesadilla	Chicken, Dairy	Wheat, Milk
Chili Dog	Beef	Soy, Wheat
Hot Dog Beef	Beef	Wheat
Italian Dunkers	Dairy	Wheat, Milk, Soy, Egg
Italian Cheese & Garlic Pull Apart	Dairy	Milk, Wheat, Soy
Lo Mein w/ Chicken	Chicken	Wheat, Soy
Nachos - Beans & Cheese	Dairy	Milk
Orange Popcorn Chicken	Chicken	Soy, Wheat
Parfait - Fruit & Granola	Dairy	Milk, Wheat
Pasta - Alfredo with Chicken	Chicken, Dairy	Milk, Wheat
PB&J Sandwich	Nuts	Wheat, Peanuts
Nachos - Super	Dairy	Soy, Milk
Salad - Chicken Caesar	Chicken, Dairy	Milk, Wheat, Egg, Fish
Shoyu Ramen with Chicken	Chicken	Wheat, Soy
Salad - Popcorn Chicken	Dairy	Milk,Egg, Wheat, Soy
Spicy Chicken Burger	Chicken	Wheat, Soy
Spicy Chicken Tenders w/ Pretzels	Chicken, Dairy	Milk,Wheat, Soy
Southwest Pull Apart	Dairy	Milk, Wheat, Soy
Sweet & Sour Chicken w/ Rice	Chicken	Soy, Wheat
Sweet & Sour Veggie Chicken w/ Rice	Chicken	Soy, Wheat
Turkey-Ham Cheddar Sandwich	Turkey	Wheat, Milk
Turkey, Gravy and Mashed Potatoes	Turkey, Dairy	Milk, Wheat
Veggie Burger	Dairy	Egg, Milk, Soy, Wheat
Wrap - Chicken Caesar	Chicken, Dairy	Milk, Egg, Fish, Wheat
Wrap - Hummus	Garbanzo Beans	Wheat
Wrap - Spicy Chicken	Chicken, Dairy	Milk, Soy, Wheat, Egg