

Menu Collections - Menu Allergen-Intolerance Report

Report Run: Nov 13, 2018

Date(s) Included: 11/26/2018 - 12/21/2018

Meal Period(s) included: Main Entrees, Alternate Entrees, Sides for All Meals, Milk & Condiments

Menu(s) included: SECONDARY Breakfast

CONFIDENTIAL-PROPRIETARY:

(?) indicates allergen/intolerance is at risk - varies by brand, check label

(Has) indicates allergen/intolerance is present in recipe

(Blank) indicates allergen/intolerance is NOT present in recipe

Compass cannot accept responsibility for use of this document by individuals that have not been properly trained, nor can it be held responsible for use by unauthorized individuals

This is a tool. Unit staff should ALWAYS confirm existence or absence of allergens and intolerances by reading ALL product labels.

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
11/26/2018, Monday (Main Entrees)													
2 APL CK12 Sandwich, Breakfast, Egg (34539.94)	HAS		HAS			HAS		HAS		HAS			
11/26/2018, Monday (Alternate Entrees)													
2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										
11/26/2018, Monday (Sides for All Meals)													
2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			
11/26/2018, Monday (Milk & Condiments)													
3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

(?) indicates allergen/intolerance is at risk – varies by brand, check label: (Has) indicates allergen/intolerance is present in recipe

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
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11/27/2018, Tuesday (Main Entrees)

2 APL CK12 French Toast, Sticks, WG (34512.40)	HAS					HAS		HAS		HAS			
1 MM CK12 Potato, Tater Tots (LambWe (34680)						HAS							
2 APL CK12 Syrup, Breakfast (Sysco 4 (34503.2)										HAS			

11/27/2018, Tuesday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

11/27/2018, Tuesday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

11/27/2018, Tuesday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
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11/28/2018, Wednesday (Main Entrees)

3 CK12 Pancake, Turkey Sausage on a (40463.6)	HAS					HAS		HAS		HAS			
2 APL CK12 Yogurt, Vanilla, Low Fat, (42912.4)		HAS	HAS										
2 APL CK12 Frudel, Apple, IW, WG (GM (67223)			HAS			HAS		HAS		HAS			
2 APL CK12 Strawberries, Frozen, Who (40092.2)													
1 MM CK12 Blueberries, Frozen, Thawe (67054)													
2 APL CK12 Granola, Homemade, No Rai (47534.7)								HAS		HAS			

11/28/2018, Wednesday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

11/28/2018, Wednesday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

11/28/2018, Wednesday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
11/28/2018, Wednesday (Milk & Condiments)													
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
11/29/2018, Thursday (Main Entrees)													
2 APL CK12 Sandwich, Breakfast, Chic (34534.217)			HAS			HAS		HAS	HAS	HAS		HAS	
11/29/2018, Thursday (Alternate Entrees)													
2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										
11/29/2018, Thursday (Sides for All Meals)													
2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			
11/29/2018, Thursday (Milk & Condiments)													
3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
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11/30/2018, Friday (Main Entrees)

3 CK12 Sandwich, Breakfast, Egg Patt (34534.215)	HAS		HAS			HAS		HAS		HAS			
1 MM CK12 Potato, Tater Tots (LambWe (34680)						HAS							
2 APL CK12 Syrup, Breakfast (Sysco 4 (34503.2)										HAS			

11/30/2018, Friday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

11/30/2018, Friday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

11/30/2018, Friday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
12/3/2018, Monday (Main Entrees)													
2 APL CK12 Sandwich, Breakfast, Egg (34539.94)	HAS		HAS			HAS		HAS		HAS			
12/3/2018, Monday (Alternate Entrees)													
2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										
12/3/2018, Monday (Sides for All Meals)													
2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			
12/3/2018, Monday (Milk & Condiments)													
3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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12/4/2018, Tuesday (Main Entrees)

2 APL CK12 French Toast, Sticks, WG (34512.40)	HAS					HAS		HAS		HAS			
1 MM CK12 Potato, Tater Tots (LambWe (34680)						HAS							
2 APL CK12 Syrup, Breakfast (Sysco 4 (34503.2)										HAS			

12/4/2018, Tuesday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

12/4/2018, Tuesday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

12/4/2018, Tuesday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
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12/5/2018, Wednesday (Main Entrees)

2 APL CK12 Sandwich, Breakfast, Chic (34534.217)			HAS			HAS		HAS	HAS	HAS		HAS	
2 APL CK12 Yogurt, Vanilla, Low Fat, (42912.4)		HAS	HAS										
2 APL CK12 Strawberries, Frozen, Who (40092.2)													
1 MM CK12 Blueberries, Frozen, Thawe (67054)													
2 APL CK12 Granola, Homemade, No Rai (47534.7)								HAS		HAS			

12/5/2018, Wednesday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

12/5/2018, Wednesday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

12/5/2018, Wednesday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
12/5/2018, Wednesday (Milk & Condiments)													
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
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12/6/2018, Thursday (Main Entrees)

3 CK12 Pancake, Turkey Sausage on a (40463.6)	HAS					HAS		HAS		HAS			
2 APL CK12 Frudel, Apple, IW, WG (GM (67223)			HAS			HAS		HAS		HAS			

12/6/2018, Thursday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

12/6/2018, Thursday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

12/6/2018, Thursday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
----------------	-----	------	------	---------	---------------------	-----	------	-------	--------	--------	----------	-------	--------

12/7/2018, Friday (Main Entrees)

3 CK12 Sandwich, Breakfast, Egg Patt (34534.215)	HAS		HAS			HAS		HAS		HAS			
1 MM CK12 Potato, Tater Tots (LambWe (34680)						HAS							
2 APL CK12 Syrup, Breakfast (Sysco 4 (34503.2)										HAS			

12/7/2018, Friday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

12/7/2018, Friday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

12/7/2018, Friday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
12/10/2018, Monday (Main Entrees)													
2 APL CK12 Sandwich, Breakfast, Egg (34539.94)	HAS		HAS			HAS		HAS		HAS			
12/10/2018, Monday (Alternate Entrees)													
2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										
12/10/2018, Monday (Sides for All Meals)													
2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			
12/10/2018, Monday (Milk & Condiments)													
3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
12/11/2018, Tuesday (Main Entrees)													
2 APL CK12 French Toast, Sticks, WG (34512.40)	HAS					HAS		HAS		HAS			
1 MM CK12 Potato, Tater Tots (LambWe (34680)						HAS							
2 APL CK12 Syrup, Breakfast (Sysco 4 (34503.2)										HAS			
12/11/2018, Tuesday (Alternate Entrees)													
2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										
12/11/2018, Tuesday (Sides for All Meals)													
2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			
12/11/2018, Tuesday (Milk & Condiments)													
3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
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12/12/2018, Wednesday (Main Entrees)

2 APL CK12 Sandwich, Breakfast, Chic (34534.217)			HAS			HAS		HAS	HAS	HAS		HAS	
2 APL CK12 Yogurt, Vanilla, Low Fat, (42912.4)		HAS	HAS										
2 APL CK12 Strawberries, Frozen, Who (40092.2)													
1 MM CK12 Blueberries, Frozen, Thawe (67054)													
2 APL CK12 Granola, Homemade, No Rai (47534.7)								HAS		HAS			

12/12/2018, Wednesday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

12/12/2018, Wednesday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

12/12/2018, Wednesday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
12/12/2018, Wednesday (Milk & Condiments)													
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

(?) indicates allergen/intolerance is at risk – varies by brand, check label: (Has) indicates allergen/intolerance is present in recipe

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
12/13/2018, Thursday (Main Entrees)													
3 CK12 Pancake, Turkey Sausage on a (40463.6)	HAS					HAS		HAS		HAS			
2 APL CK12 Frudel, Apple, IW, WG (GM (67223)			HAS			HAS		HAS		HAS			
12/13/2018, Thursday (Alternate Entrees)													
2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										
12/13/2018, Thursday (Sides for All Meals)													
2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			
12/13/2018, Thursday (Milk & Condiments)													
3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
12/14/2018, Friday (Main Entrees)													
3 CK12 Sandwich, Breakfast, Egg Patt (34534.215)	HAS		HAS			HAS		HAS		HAS			
1 MM CK12 Potato, Tater Tots (LambWe (34680)						HAS							
2 APL CK12 Syrup, Breakfast (Sysco 4 (34503.2)										HAS			
12/14/2018, Friday (Alternate Entrees)													
2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										
12/14/2018, Friday (Sides for All Meals)													
2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			
12/14/2018, Friday (Milk & Condiments)													
3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
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12/17/2018, Monday (Main Entrees)

2 APL CK12 Sandwich, Breakfast, Egg (34539.94)	HAS		HAS			HAS		HAS		HAS			
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12/17/2018, Monday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

12/17/2018, Monday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

12/17/2018, Monday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
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12/18/2018, Tuesday (Main Entrees)

2 APL CK12 French Toast, Sticks, WG (34512.40)	HAS					HAS		HAS		HAS			
1 MM CK12 Potato, Tater Tots (LambWe (34680)						HAS							
2 APL CK12 Syrup, Breakfast (Sysco 4 (34503.2)										HAS			

12/18/2018, Tuesday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

12/18/2018, Tuesday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

12/18/2018, Tuesday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
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12/19/2018, Wednesday (Main Entrees)

2 APL CK12 Sandwich, Breakfast, Chic (34534.217)			HAS			HAS		HAS	HAS	HAS		HAS	
2 APL CK12 Yogurt, Vanilla, Low Fat, (42912.4)		HAS	HAS										
2 APL CK12 Strawberries, Frozen, Who (40092.2)													
1 MM CK12 Blueberries, Frozen, Thawe (67054)													
2 APL CK12 Granola, Homemade, No Rai (47534.7)								HAS		HAS			

12/19/2018, Wednesday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

12/19/2018, Wednesday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

12/19/2018, Wednesday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
12/19/2018, Wednesday (Milk & Condiments)													
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

(?) indicates allergen/intolerance is at risk – varies by brand, check label: (Has) indicates allergen/intolerance is present in recipe

This is a tool. Unit staff should ALWAYS confirm existence or absence of allergens and intolerances by reading ALL product labels.

Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
12/20/2018, Thursday (Main Entrees)													
3 CK12 Pancake, Turkey Sausage on a (40463.6)	HAS					HAS		HAS		HAS			
2 APL CK12 Frudel, Apple, IW, WG (GM (67223)			HAS			HAS		HAS		HAS			
12/20/2018, Thursday (Alternate Entrees)													
2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										
12/20/2018, Thursday (Sides for All Meals)													
2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			
12/20/2018, Thursday (Milk & Condiments)													
3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										

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Menu Item Name	Egg	Fish	Milk	Peanuts	ShellfishCrustacean	Soy	Nuts	Wheat	Garlic	Gluten	Mushroom	Onion	Sesame
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12/21/2018, Friday (Main Entrees)

3 CK12 Sandwich, Breakfast, Egg Patt (34534.215)	HAS		HAS			HAS		HAS		HAS			
1 MM CK12 Potato, Tater Tots (LambWe (34680)						HAS							
2 APL CK12 Syrup, Breakfast (Sysco 4 (34503.2)										HAS			

12/21/2018, Friday (Alternate Entrees)

2 APL CK12 Cereal, Cinnamon Toast Cr (69974)						HAS		HAS		HAS			
2 APL CK12 Cereal, Cocoa Puffs, RS, (69957)													
3 CK12 Cereal, Lucky Charms, Bowl, 1 (69972)													
2 APL CK12 Bar, Cereal, Trix, 1.42 o (69951)						HAS		HAS		HAS			
3 CK12 Muffin, Blueberry, WG, IW, 2 (105102)	HAS					HAS		HAS		HAS			
DS CK12 Carolinas Muffin, Banana, WG (70559)	HAS					HAS		HAS		HAS			
3 CK12 Muffin, Apple Cinnamon, WG, I (70557)	HAS					HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cinnamon Toa (69948)						HAS		HAS		HAS			
2 APL CK12 Bar, Cereal, Cocoa Puffs, (69949)						HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Banana Choc (70448)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Bar, BeneFIT, Apple Cinna (70450)	HAS		HAS			HAS		HAS		HAS			
2 APL CK12 Pop-Tart, Strawberry, Fro (69886)						HAS		HAS		HAS			
2 APL CK12 Bagel, Plain, Sliced (Bur (34514.11)	HAS					HAS		HAS		HAS			
3 CK12 Smoothie, Strawberry, 12 fl o (44775.29)		HAS	HAS					HAS		HAS			
2 APL CK12 Smoothie, Peach & Strawbe (44775.11)		HAS	HAS										

12/21/2018, Friday (Sides for All Meals)

2 APL CK12 Apple, Red Delicious, Who (34124)													
2 APL CK12 Orange, Fresh, Whole, 113 (34123.13)													
2 APL CK12 Banana, 100-120 Ct (1318.2)													
2 APL CK12 Pears, Fresh, Bartlett (1548.1)													
3 CK12 Cheese, Mozzarella, Part-Skim (74735)			HAS										
2 APL CK12 Cream Cheese, Light, 1 oz (81100)			HAS										
2 APL CK12 Crackers, Graham, Cinnamo (71382)						HAS		HAS		HAS			

12/21/2018, Friday (Milk & Condiments)

3 CK12 Milk, White, 1% Low Fat, 8 fl (76631)			HAS										
3 CK12 Milk, Strawberry, Skim, 8 fl (82129)			HAS										
3 CK12 Milk, Chocolate, Skim, 8 fl o (78912)			HAS										