



We are committed to Healthy, Nutritious and Delicious Meals.

Locally sourced ingredients included whenever possible.

No High Fructose Corn Syrup, Trans Fats, Artificial

Sweeteners, or MSG are used in our recipes.



## **ALLERGEN KEY:**

Soy = S

Wheat = W

Egg = E

Milk = M

Fish = F

This list is comprised of the most common allergens we chart, including **eggs**, **soy**, **fish**, **wheat**, **and milk**.

Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program