MJUSD School Menus 2013-14

Allergen: Peanut

Lunch Entrees	Lunch Sides & Condiments	Breakfast
PBJ Twin Pack	Chocolate Chip Cookie	
PBJ Graham Wafer	(Manufactured on	None
	equipment that processes	
	peanuts)	

Allergen: Tree Nut

Lunch Entrees	Lunch Sides & Condiments	Breakfast
Pepperoni & Cheese Pizza w/Whole Grain	Chocolate Chip Cookie	Honey Nut Cheerios
Flour	(Manufactured on	
	equipment that processes	
	tree nuts)	

Allergen: Egg

Lunch Entrees	Lunch Sides & Condiments	Breakfast
Chicken Noodle Soup	Chocolate Chip Cookie	Bagel Pizza
Chicken Nugget	Mayonnaise	Biscuit
Chicken Strips	Ranch Dressing	Chicken Breakfast Sandwich
Crunchy Chicken Sandwich		Cinnamon Roll
Macaroni and Cheese		Colby Cheese Omelet
Mandarin Orange Chicken		Egg & Cheddar Fritata
Pepperoni & Cheese Pizza		Egg & Cheese Flatbread
Pepperoni Pocket Sandwich		Eggs: Scrambled
Pork Chop		Egg Patties
Pork Egg Roll		French Toast: Cinnamon
Spicy Chicken Sandwich		Whole Grain Maple
Sweet & Sour Chicken		Muffin: Blueberry
Tetrazzini Noodles		Cherry
Turkey Corndog		Pancake: Whole Grain
Turkey Hot Dog		Pancake Sausage On a Stick (Pork)
Waffle Stix		Sausage Egg & Cheese Bites
		Waffle Stix

Allergen: Fish

Lunch Entrees	Lunch Sides & Condiments	Breakfast
None	None	None

Allergen: Shellfish

Lunch Entrees	Lunch Sides & Condiments	Breakfast
None	None	None

Allergen: Milk

Lunch Entrees	Lunch Sides & Condiments	Breakfast
Beef Cheeseburger Slider	Chocolate Chip Cookie	Bagel, Whole Grain
Beef Honey Rib Sandwich/Bun	Ranch Dressing	Biscuit
Cheese MaxStix		Breakfast Bagel Pizza
Cheese Pizza		Breakfast Sausage Pizza Square
Cheese Puppie Bagel Dog		Chicken Breakfast Sandwich
Chicken BBQ MaxSnax		Chicken Sausage Biscuit
Chicken Fiesta Sub Sandwich/Bun		Cinnamon Roll
Chicken Strips		Cinnamon Tastrie
Chocolate Elf Graham		Colby Cheese Omelet
Country Gravy		Cream Cheese
Crunchy Chicken Sandwich/Bun		Egg & Cheddar Fritata
Grilled Cheese Sandwich		Egg & Cheese Flatbread
Macaroni & Cheese		Egg Patties
Mashed Potatoes		Eggs: Scrambled
Meatball with Marinara & Cheese		French Toast: Cinnamon
Mesquite Chicken		Pancakes: Whole Grain
Muffin Top: Sweet Potato		Pancake Sausage on a Stick (Pork)
Nacho Mix/Turkey & Cheese		Sausage Egg & Cheese Bites
Orange Chicken		String Cheese
Pepperoni & Cheese Pizza		Waffle Stix
Pepperoni Pocket Sandwich		Yogurt
Pork Carnitas Taco		
Pork Chop		
Pork Egg Roll		
Pork Honey Rib Sandwich/Bun		
Sloppy Joe Sandwich/Bun		
Taco Pocket		
Tetrazzini Noodles		
Turkey Corndog		
Turkey Sandwich/Bun		
Turkey Sandwich w/Cheese/Bun		
Turkey Taco & Cheese		
Waffle Stix		
Wheat Dinner Roll		

Allergen: Soy

Lunch Entrees	Lunch Sides & Condiments	Breakfast
Bean & Cheese Burrito	Chocolate Chip Cookie	Biscuit
Beef Cheeseburger Slider	Ranch Dressing	Breakfast Bagel Pizza
Beef Fiestada	C C	Cereal: Frosted Flakes
Beef Lasagna		Chicken Breakfast Sandwich
BBQ Beef Honey Rib Sandwich/Bun		Cinnamon Tastrie
BBQ Pork Honey Rib Sandwich/Bun		Cinnamon Roll
Beef Teriyaki Dunkers		Colby Cheese Omelet
Cheese MaxStix		Egg & Cheddar Fritata
Cheese Steak Sandwich/Bun		Egg & Cheese Flatbread
Chicken BBQ MaxSnax		EGG Patties
Chicken Fiesta Sub Sandwich/Bun		Muffin: Blueberry, Cherry
Chicken Nugget		Nutri-Grain Cereal Bar: Strawberry,
Chicken Sandwich /Bun		Raspberry, Apple Cinnamon
Chicken Strips		Pancake: Whole Grain
Chicken Taquitos		Pancake Sausage on a Stick
Chicken Teriyaki		Potato Rounds
Chocolate Chip Chortle Cookies		Sausage Egg & Cheese Bites
Chocolate Elf Graham		Sausage Pizza Square
Country Gravy		
Crunchy Chicken Sandwich/Bun		
Fried Rice		
Grilled Cheese Sandwich		
Hamburger/Bun		
Italian Pocket Thin		
Mandarin Orange Chicken		
Mashed Potatoes		
Meatball w/Marinara & Cheese		
Muffin Top: Sweet Potato		
Nacho Mix / Turkey & Cheese		
Orange Chicken		
Pepperoni & Cheese Pizza		
Pepperoni Pocket		
Popcorn Chicken		
Pork Egg Roll		
Potato Rounds		
Sloppy Joe/Bun		
Spicy Chicken Sandwich/Bun		
Sweet & Sour Chicken		
Taco Pocket		
Tortilla Chips		
Tortilla: Flour, 8"		
Turkey Corndog		
Turkey & Gravy		
Turkey Hot Dog/Bun		
Turkey Sandwich/Bun		
Turkey & Cheese Sandwich/Bun		
Wheat Dinner Roll		

Allergen: Wheat

Lunch Entrees	Lunch Sides & Condiments	Breakfast
Beef Cheeseburger Slider Bean & Cheese Burrito BBQ Beef Honey Rib Sandwich/Bun BBQ Pork Honey Rib Sandwich/Bun Beef Teriyaki Dunkers Cheese Pizza Cheese Pizza Cheese Puppie Bagel Dog Cheese Steak Sandwich/Bun Chicken BBQ MaxSnax Chicken Fiesta Sub Sandwich/Bun Chicken Noodle Soup Chicken Nugget Chicken Strips Chocolate Chip Chortle Chocolate Elf Graham Country Gravy Crunchy Chicken Sandwich/Bun Fried Rice Grilled Cheese Sandwich Italian Pocket Thin Macaroni & Cheese Mandarin Orange Chicken Meatball W/ Marinara & Cheese Muffin Top: Sweet Potato Orange Chicken Pepperoni & Cheese Pizza Pepperoni Pocket Sandwich Pizza Beef Fiestada Popcorn Chicken Pork Carnitas Taco Pork Chop Pork Egg Roll Seasoned Potato Wedges Sloppy Joe/Bun Spicy Chicken Sandwich/Bun Sun chips Sweet & Sour Chicken Taco Pocket Tetrazzini Noodles Tortilla: Flour, 8" Turkey Corndog Turkey & Gravy Turkey Mot Dog/Bun Turkey & Cheese Sandwich/Bun Vegetable Fried Rice	Chocolate Chip Cookie	Bagel, Whole Grain Biscuit Breakfast Bagel Pizza Breakfast Sausage Pizza Square Cereal: Apple Jacks: Wheat Cheerios: Wheat Cheerios: Wheat Frosted Flakes: Wheat Honey Nut Cheerios: Wheat Cereal Bar: Cinnamon Toast Crunch Golden Grahams Trix Chicken Breakfast Sandwich Chicken Breakfast Sandwich Chicken Sausage Biscuit Cinnamon Graham Cinnamon Roll Cinnamon Tastrie Egg & Cheese Flatbread French Toast: Cinnamon French Toast Sticks: Maple Muffin: Blueberry, Cherry Pancake Pancake: Whole Grain Pancake & Sausage on a Stick Sausage Egg & Cheese Bites Waffle Stix