

If your child has an allergen, please reach out to the school nurse and Jenni Lee, Food Service Supervisor [jlee@rtmsd.org](mailto:jlee@rtmsd.org)

## High School Allergen Information Sept 27-Oct 22 Menu Cycle

### **Sept 27<sup>th</sup>:**

#### Main:

Chicken Burrito Bowl (Contains Meat)

Seasoned Rice

Black Beans

#### Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)

Turkey & Cheese (Contains Wheat, Dairy and Meat)

Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

#### Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)

Breaded Chicken Salad (Contains Wheat, Dairy and Meat)

Garden Salad (Contains Dairy)

Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

#### Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)

Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)

Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat

Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat

Cheese Pizza (Contains Dairy, Wheat)

### **Sept 28<sup>th</sup>:**

#### Main:

Chicken Nuggets (Contains Meat, Wheat and Soy)

Dinner Roll (Contains wheat)

Steamed Vegetables

Potato Rounds

#### Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)

Turkey & Cheese (Contains Wheat, Dairy and Meat)

Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

#### Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)

Breaded Chicken Salad (Contains Wheat, Dairy and Meat)

Garden Salad (Contains Dairy)

Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

#### Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)

\*Products containing the following allergens are listed on this document\*  
[Peanut, Tree Nuts, Wheat, Egg, Meat, Fish, Soy, Sesame and Dairy]

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Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)  
Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat  
Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat  
Cheese Pizza (Contains Dairy, Wheat)

**Sept 29<sup>th</sup> :**

Main:

Chicken Tender Bar (Contains Wheat, Meat and Soy)  
Soft Pretzel Stick (Contains Wheat)  
Steamed Corn  
Mashed Potatoes (Contains dairy)

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)  
Turkey & Cheese (Contains Wheat, Dairy and Meat)  
Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)  
Breaded Chicken Salad (Contains Wheat, Dairy and Meat)  
Garden Salad (Contains Dairy)  
Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)  
Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)  
Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat  
Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat  
Cheese Pizza (Contains Dairy, Wheat)

**Sept 30<sup>th</sup>:**

Main:

Philly Cheesesteak Sandwich (Contains, wheat and Meat)  
Onions & Peppers  
Oven Baked Fries

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)  
Turkey & Cheese (Contains Wheat, Dairy and Meat)  
Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)  
Breaded Chicken Salad (Contains Wheat, Dairy and Meat)  
Garden Salad (Contains Dairy)  
Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

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Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)  
Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)  
Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat  
Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat  
Cheese Pizza (Contains Dairy, Wheat)

**Oct 1<sup>st</sup>:**

Main:

Hot Pork Sandwich w/ Au Jus (\*Contains Wheat and Meat)  
Steamed Vegetables  
Tater Tots

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)  
Turkey & Cheese (Contains Wheat, Dairy and Meat)  
Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)  
Breaded Chicken Salad (Contains Wheat, Dairy and Meat)  
Garden Salad (Contains Dairy)  
Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)  
Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)  
Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat  
Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat  
Cheese Pizza (Contains Dairy, Wheat)

**October 4<sup>th</sup>:**

**Brunch for Lunch!**

Dutch Waffle OR French Toast Sticks (Contains Dairy, Wheat & Soy)  
Turkey Sausage links (Contains Wheat)  
Steamed Corn  
Tater Tots

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)  
Turkey & Cheese (Contains Wheat, Dairy and Meat)  
Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)  
Breaded Chicken Salad (Contains Wheat, Dairy and Meat)  
Garden Salad (Contains Dairy)  
Chef Salad (Contains Meat, Cheese, Wheat)

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Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)

Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)

Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat

Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat

Cheese Pizza (Contains Dairy, Wheat)

**Oct 5<sup>th</sup>:**

Mac & Cheese (Contains wheat, dairy)

Dinner Roll (Contains wheat)

Steamed Broccoli

Stewed Tomatoes

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)

Turkey & Cheese (Contains Wheat, Dairy and Meat)

Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)

Breaded Chicken Salad (Contains Wheat, Dairy and Meat)

Garden Salad (Contains Dairy)

Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)

Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)

Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat

Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat

Cheese Pizza (Contains Dairy, Wheat)

**Oct 6<sup>th</sup>:**

Main:

Chicken Veggie Lo Mein (Contains Meat, Wheat, Sesame)

Sauteed Vegetables

Garden Salad

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)

Turkey & Cheese (Contains Wheat, Dairy and Meat)

Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)

Breaded Chicken Salad (Contains Wheat, Dairy and Meat)

Garden Salad (Contains Dairy)

Chef Salad (Contains Meat, Cheese, Wheat)

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Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)

Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)

Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat

Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat

Cheese Pizza (Contains Dairy, Wheat)

**Oct 7<sup>th</sup>:**

Main:

Bosco Cheese Stuffed Breadsticks (Contains Dairy, Wheat)

Marinara Sauce

Steamed Vegetables

Garden Salad

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)

Turkey & Cheese (Contains Wheat, Dairy and Meat)

Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)

Breaded Chicken Salad (Contains Wheat, Dairy and Meat)

Garden Salad (Contains Dairy)

Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)

Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)

Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat

Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat

Cheese Pizza (Contains Dairy, Wheat)

**Oct 8<sup>th</sup>:**

Main:

Nacho Bar \*Ground beef\* (Contains Meat)

Cheese sauce (Contains dairy)

Tortilla Chips

Black Beans

Salsa

Lettuce & Tomato

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)

Turkey & Cheese (Contains Wheat, Dairy and Meat)

Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

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Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)  
Breaded Chicken Salad (Contains Wheat, Dairy and Meat)  
Garden Salad (Contains Dairy)  
Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)  
Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)  
Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat  
Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat  
Cheese Pizza (Contains Dairy, Wheat)

**Oct 11<sup>th</sup> :**

Main:

Hot Ham & Cheese Melt (Contains Wheat, Meat, Dairy) **OR**  
Hot Turkey & Cheese Melt (Contains Wheat, Meat, Dairy)  
Baked Beans  
Potato Rounds

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)  
Turkey & Cheese (Contains Wheat, Dairy and Meat)  
Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)  
Breaded Chicken Salad (Contains Wheat, Dairy and Meat)  
Garden Salad (Contains Dairy)  
Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)  
Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)  
Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat  
Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat  
Cheese Pizza (Contains Dairy, Wheat)

**Oct 12<sup>th</sup>:**

Main:

B.Y.O Asian Bowls  
Breaded Popcorn Chicken (Contains wheat & meat)  
Steamed Rice

**Choice of:**

Mixed Vegetables  
Baby Carrots

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**Choice of:**

Hunan Orange Sauce (Soy)  
Korean BBQ Sauce (Soy, Sesame)

**Deli Sandwiches:**

Ham & Cheese (Contains Wheat, Dairy and Meat)  
Turkey & Cheese (Contains Wheat, Dairy and Meat)  
Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

**Pre-made Salads served with a whole-grain dinner roll:**

M-Chicken Caesar Salad (contains Wheat, Dairy and Meat)  
W-Breaded Chicken Salad (Contains Wheat, Dairy and Meat)  
F-Garden Salad (Contains Dairy)  
PB&J Sandwich (contains Wheat and Peanut Butter)

**Oct 13th:**

Meatball Hoagie on a Roll (Contains Wheat, Meat, Soy, Dairy)  
Garden Salad  
Steamed Vegetables

**Deli Sandwiches:**

Ham & Cheese (Contains Wheat, Dairy and Meat)  
Turkey & Cheese (Contains Wheat, Dairy and Meat)  
Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

**Pre-made Salads served with a whole-grain dinner roll:**

Chicken Caesar Salad (contains Wheat, Dairy and Meat)  
Breaded Chicken Salad (Contains Wheat, Dairy and Meat)  
Garden Salad (Contains Dairy)  
Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

**Additional Offerings:**

PB&J Sandwich (contains Wheat and Peanut Butter)  
Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)  
Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat  
Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat  
Cheese Pizza (Contains Dairy, Wheat)

**Oct 14<sup>th</sup>:**

Grilled Cheese Sandwich (Contains Wheat & Dairy)  
Tomato Soup  
Emoji Fries

**Deli Sandwiches:**

Ham & Cheese (Contains Wheat, Dairy and Meat)  
Turkey & Cheese (Contains Wheat, Dairy and Meat)  
Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

**Pre-made Salads served with a whole-grain dinner roll:**

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Chicken Caesar Salad (contains Wheat, Dairy and Meat)  
Breaded Chicken Salad (Contains Wheat, Dairy and Meat)  
Garden Salad (Contains Dairy)  
Chef Salad (Contains Meat, Cheese, Wheat)  
\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)  
Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)  
Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat  
Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat  
Cheese Pizza (Contains Dairy, Wheat)

**Oct 15th:**

No School

**Oct 18th:**

Pasta with Meat Sauce (Contains Wheat, Egg, Meat)  
Steamed Vegetables  
Garden Salad  
Deli Sandwiches:  
Ham & Cheese (Contains Wheat, Dairy and Meat)  
Turkey & Cheese (Contains Wheat, Dairy and Meat)  
Italian Meats & Cheese (Contains Wheat, Dairy and Meat)  
Pre-made Salads served with a whole-grain dinner roll:  
Chicken Caesar Salad (contains Wheat, Dairy and Meat)  
Breaded Chicken Salad (Contains Wheat, Dairy and Meat)  
Garden Salad (Contains Dairy)  
Chef Salad (Contains Meat, Cheese, Wheat)  
\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)  
Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)  
Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat  
Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat  
Cheese Pizza (Contains Dairy, Wheat)

**Oct 19th:**

**Fiesta Rice Bowl!**

Breaded (Contains wheat, meat & soy) or Grilled Chicken (contains meat)  
Steamed Rice  
Cheese sauce (Contains dairy & soy)  
Black Beans  
Lettuce & Tomato  
Salsa

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Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)

Turkey & Cheese (Contains Wheat, Dairy and Meat)

Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)

Breaded Chicken Salad (Contains Wheat, Dairy and Meat)

Garden Salad (Contains Dairy)

Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)

Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)

Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat

Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat

Cheese Pizza (Contains Dairy, Wheat)

**Oct 20<sup>th</sup>:**

Main:

Oven Roasted Chicken (Contains meat)

Soft Pretzel Stick (Contains wheat)

Steamed Vegetables

Emoji Fries

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)

Turkey & Cheese (Contains Wheat, Dairy and Meat)

Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)

Breaded Chicken Salad (Contains Wheat, Dairy and Meat)

Garden Salad (Contains Dairy)

Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)

Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)

Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat

Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat

Cheese Pizza (Contains Dairy, Wheat)

**Oct 21<sup>st</sup>:**

Main:

Plain or Spicy Popcorn Chicken (Contains wheat & meat)

Dinner roll (Contains wheat)

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Mashed Potatoes (Contains Dairy)

Steamed Corn

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)

Turkey & Cheese (Contains Wheat, Dairy and Meat)

Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)

Breaded Chicken Salad (Contains Wheat, Dairy and Meat)

Garden Salad (Contains Dairy)

Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)

Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)

Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat

Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat

Cheese Pizza (Contains Dairy, Wheat)

**Oct 22<sup>nd</sup>:**

Main:

Bacon Cheeseburger (\*Ground Beef)- Contains Meat on a Bun(Contains:\* Wheat)

Bacon (\*contains meat)

Sauteed Mushrooms

Lettuce & Tomatoes & Onions

French Fries

Steamed Vegetables

Deli Sandwiches:

Ham & Cheese (Contains Wheat, Dairy and Meat)

Turkey & Cheese (Contains Wheat, Dairy and Meat)

Italian Meats & Cheese (Contains Wheat, Dairy and Meat)

Pre-made Salads served with a whole-grain dinner roll:

Chicken Caesar Salad (contains Wheat, Dairy and Meat)

Breaded Chicken Salad (Contains Wheat, Dairy and Meat)

Garden Salad (Contains Dairy)

Chef Salad (Contains Meat, Cheese, Wheat)

\*Salads can be modified for GF/DF/Vegetarian Students\*

Additional Offerings:

PB&J Sandwich (contains Wheat and Peanut Butter)

Crispy Chicken Sandwich on a Whole Grain Roll (Contains Wheat, Soy, Meat)

Hamburger\* Contains Meat on a Whole Grain Roll \*Contains Wheat

Cheeseburger\* Contains Dairy and Meat on a Whole Grain Roll\* Contains Wheat

Cheese Pizza (Contains Dairy, Wheat)

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