

Dates: 1/19/21 to 1/22/21 Location: Park Tudor 1/19/21 Tuesday

Item Name	Allergens
Chicken & Dumplings	Milk, Soybeans, Wheat
Steamed Peas	
Tater Tots	
Cheeseburger	Milk, Soybeans, Wheat
Turkey & Cheese Sub	Milk, Soybeans, Wheat
Red Pepper Hummus Pita	Soybeans, Wheat
Non-Gluten Turkey & Cheese	Milk
Chef's Salad	Eggs, Milk
Garden Salad	
Fresh Fruit Salad	

1/20/21 Wednesday

Item Name	Allergens
Chicken Tenders	Eggs, Milk, Wheat
Seasoned Green Beans	
Homemade Mashed Potatoes	Milk
Chickpea Croquettes	Eggs
Cheeseburger	Milk, Soybeans, Wheat
Seasoned Crinkle Fries	
Turkey & Cheese Sub	Milk, Soybeans, Wheat
Red Pepper Hummus Pita	Soybeans, Wheat
Non-Gluten Turkey & Cheese	Milk
Chef's Salad	Eggs, Milk
Garden Salad	
Fresh Fruit Salad	

1/21/21 Thursday

1/21/21 Indioday	
Allergens	
Milk, Soybeans, Wheat	
Milk, Soybeans, Wheat	
Milk, Soybeans, Wheat	
Soybeans, Wheat	
Milk	

MIDDLE SCHOOL MENU

PARK TUDOR

Chef's Salad	Eggs, Milk
Garden Salad	
Fresh Fruit Salad	

1/21/21 Friday

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Item Name	Allergens
Chicken Parmesan	Milk, Wheat
Rotini Marinara	Wheat
Steamed Carrots	
French Dip Sandwich	Soybeans, Wheat
Potato Chips	
Turkey & Cheese Sub	Milk, Soybeans, Wheat
Red Pepper Hummus Pita	Soybeans, Wheat
Non-Gluten Turkey & Cheese	Milk
Chef's Salad	Eggs, Milk
Garden Salad	
Fresh Fruit Salad	