



Hot Lunch Allergen List

Standard Menu 2020-2021

Hamburgers: egg, wheat

Fries: soy

Cheese ravioli: milk, eggs, wheat

Caesar salad: milk, eggs, wheat, soy

Cheese/Pepperoni pizza: wheat, milk

Chicken tenders: wheat

Veggie straws: may contain milk

Waffles: milk, eggs, wheat, soy

Sausage links: soy

Chicken quesadillas: wheat, milk, eggs

Meatball subs: milk, wheat, soy

Tater tots: may contain milk, eggs, wheat, soy

Mini corn dogs: wheat, eggs, milk, soy

French toast sticks: milk, eggs, wheat, soy

Chicken sandwich: wheat, may contain milk

Macaroni and cheese: wheat, milk

Pancake and sausage on a stick: milk, egg, wheat, soy

Hash browns: may contain milk, egg, wheat, soy

Sub sandwiches: wheat, milk

Pasta with marinara: wheat, may contain eggs

Garlic bread: wheat, milk, soy

Hot dogs: wheat (bun only), soy, buns may contain milk, milk, eggs, hazelnuts

Chips: none

Mini pancakes: wheat, milk, egg, soy

Desserts: *please contact the hot lunch coordinator (Ingrid Williames: iwilliames@parkviewchristian.net) if you require an allergen-free dessert*

Sandwich cookies: wheat, soy, may contain milk, peanuts, almonds, coconut

Chocolate chip cookies: wheat, soy, may contain milk, peanuts, almonds, coconut

Cosmic brownies: wheat, soy, egg, may contain peanuts, tree nuts

Cupcakes: egg, wheat, soy, may contain milk, tree nuts, peanuts

Swiss rolls: milk, eggs, wheat, soy, may also contain pecans, walnuts, peanuts