

# Menu Calendar Nutrient Analysis Report

Site: Guthrie High School

Date: 08/26/2019 - 09/01/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/26/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2087 (3 slice)	0	54.64	2.32	0.58	0.00	201.76	0.16	7.95
White American Cheese Slice - SR1911 (1 oz.)	0	101.25	9.11	5.06	0.00	516.37	0.00	5.06
American Cheese Slice - SR1535 (1 oz.)	0	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Original Hummus - SR1412 (2/3 c.)	0	193.28	13.16	1.03	0.09	345.64	15.11	5.82
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Spicy Asian Chicken - OKR1360 (3 1/3 oz.)	0	109.93	3.31	1.64	0.00	747.21	3.72	15.12
Sliced Deli Turkey - SR1532 (3 slice)	0	55.00	2.25	0.50	0.00	185.00	0.00	8.50
Sliced Turkey Ham - SR1287 (3 slice)	0	53.92	2.45	0.74	0.00	235.29	0.49	6.86
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	29.00	6.00
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	0	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	0	11.15	0.12	0.02	0.00	23.13	2.08	1.06
Super Salad - SR1257 (1 salad)	0	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00

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<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/26/2019</b>								
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Asian Ginger Sauce - SR1789 (1 tbsp.)	0	24.24	1.80	0.20	0.00	67.19	1.64	0.63
Hot Mustard Sauce - SR1758 (1 tbsp.)	0	14.66	1.18	0.18	0.00	73.40	0.83	0.22
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	0	30.60	2.35	0.32	0.00	63.23	1.90	0.84
Sriracha Mayonnaise - SR1788 (1 tbsp.)	0	31.39	2.26	0.25	0.00	109.99	2.37	0.73
Spicy Asian Side Vegetables - SR1932 (1/4 c.)	0	6.69	0.15	0.03	0.00	63.05	1.28	0.26
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/27/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2087 (3 slice)	0	54.64	2.32	0.58	0.00	201.76	0.16	7.95
White American Cheese Slice - SR1911 (1 oz.)	0	101.25	9.11	5.06	0.00	516.37	0.00	5.06
American Cheese Slice - SR1535 (1 oz.)	0	100.00	9.00	5.00	0.00	509.99	0.00	5.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/27/2019</b>								
Original Hummus - SR1412 (2/3 c.)	0	193.28	13.16	1.03	0.09	345.64	15.11	5.82
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Spicy Asian Chicken - OKR1360 (3 1/3 oz.)	0	109.93	3.31	1.64	0.00	747.21	3.72	15.12
Sliced Deli Turkey - SR1532 (3 slice)	0	55.00	2.25	0.50	0.00	185.00	0.00	8.50
Sliced Turkey Ham - SR1287 (3 slice)	0	53.92	2.45	0.74	0.00	235.29	0.49	6.86
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	29.00	6.00
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	0	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	0	11.15	0.12	0.02	0.00	23.13	2.08	1.06
Super Salad - SR1257 (1 salad)	0	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.86	2.00	0.24

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/27/2019</b>								
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Asian Ginger Sauce - SR1789 (1 tbsp.)	0	24.24	1.80	0.20	0.00	67.19	1.64	0.63
Hot Mustard Sauce - SR1758 (1 tbsp.)	0	14.66	1.18	0.18	0.00	73.40	0.83	0.22
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	0	30.60	2.35	0.32	0.00	63.23	1.90	0.84
Sriracha Mayonnaise - SR1788 (1 tbsp.)	0	31.39	2.26	0.25	0.00	109.99	2.37	0.73
Spicy Asian Side Vegetables - SR1932 (1/4 c.)	0	6.69	0.15	0.03	0.00	63.05	1.28	0.26
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/28/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2087 (3 slice)	0	54.64	2.32	0.58	0.00	201.76	0.16	7.95
White American Cheese Slice - SR1911 (1 oz.)	0	101.25	9.11	5.06	0.00	516.37	0.00	5.06
American Cheese Slice - SR1535 (1 oz.)	0	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Original Hummus - SR1412 (2/3 c.)	0	193.28	13.16	1.03	0.09	345.64	15.11	5.82
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Spicy Asian Chicken - OKR1360 (3 1/3 oz.)	0	109.93	3.31	1.64	0.00	747.21	3.72	15.12
Sliced Deli Turkey - SR1532 (3 slice)	0	55.00	2.25	0.50	0.00	185.00	0.00	8.50

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/28/2019</b>								
Sliced Turkey Ham - SR1287 (3 slice)	0	53.92	2.45	0.74	0.00	235.29	0.49	6.86
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	29.00	6.00
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	0	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	0	11.15	0.12	0.02	0.00	23.13	2.08	1.06
Super Salad - SR1257 (1 salad)	0	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Asian Ginger Sauce - SR1789 (1 tbsp.)	0	24.24	1.80	0.20	0.00	67.19	1.64	0.63
Hot Mustard Sauce - SR1758 (1 tbsp.)	0	14.66	1.18	0.18	0.00	73.40	0.83	0.22

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<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/28/2019</b>								
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	0	30.60	2.35	0.32	0.00	63.23	1.90	0.84
Sriracha Mayonnaise - SR1788 (1 tbsp.)	0	31.39	2.26	0.25	0.00	109.99	2.37	0.73
Spicy Asian Side Vegetables - SR1932 (1/4 c.)	0	6.69	0.15	0.03	0.00	63.05	1.28	0.26
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.05	0.01	0.00	1.12	0.87	0.20
<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/29/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2087 (3 slice)	0	54.64	2.32	0.58	0.00	201.76	0.16	7.95
White American Cheese Slice - SR1911 (1 oz.)	0	101.25	9.11	5.06	0.00	516.37	0.00	5.06
American Cheese Slice - SR1535 (1 oz.)	0	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Original Hummus - SR1412 (2/3 c.)	0	193.28	13.16	1.03	0.09	345.64	15.11	5.82
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Spicy Asian Chicken - OKR1360 (3 1/3 oz.)	0	109.93	3.31	1.64	0.00	747.21	3.72	15.12
Sliced Deli Turkey - SR1532 (3 slice)	0	55.00	2.25	0.50	0.00	185.00	0.00	8.50
Sliced Turkey Ham - SR1287 (3 slice)	0	53.92	2.45	0.74	0.00	235.29	0.49	6.86
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	29.00	6.00
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00

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<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/29/2019</b>								
Flour Tortilla - SR1177 (1 tortilla)	0	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	0	11.15	0.12	0.02	0.00	23.13	2.08	1.06
Super Salad - SR1257 (1 salad)	0	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Asian Ginger Sauce - SR1789 (1 tbsp.)	0	24.24	1.80	0.20	0.00	67.19	1.64	0.63
Hot Mustard Sauce - SR1758 (1 tbsp.)	0	14.66	1.18	0.18	0.00	73.40	0.83	0.22
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	0	30.60	2.35	0.32	0.00	63.23	1.90	0.84
Sriracha Mayonnaise - SR1788 (1 tbsp.)	0	31.39	2.26	0.25	0.00	109.99	2.37	0.73
Spicy Asian Side Vegetables - SR1932 (1/4 c.)	0	6.69	0.15	0.03	0.00	63.05	1.28	0.26
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.05	0.01	0.00	1.12	0.87	0.20

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<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/30/2019</b>								
Built-to-Order Deli - SR2089 (1 serving)	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
American-style Meat Combination - SR2087 (3 slice)	0	54.64	2.32	0.58	0.00	201.76	0.16	7.95
White American Cheese Slice - SR1911 (1 oz.)	0	101.25	9.11	5.06	0.00	516.37	0.00	5.06
American Cheese Slice - SR1535 (1 oz.)	0	100.00	9.00	5.00	0.00	509.99	0.00	5.00
Original Hummus - SR1412 (2/3 c.)	0	193.28	13.16	1.03	0.09	345.64	15.11	5.82
Roasted Tuna Pesto - SR1846 (3/8 c.)	0	104.33	4.51	0.40	0.02	362.51	0.18	14.77
Spicy Asian Chicken - OKR1360 (3 1/3 oz.)	0	109.93	3.31	1.64	0.00	747.21	3.72	15.12
Sliced Deli Turkey - SR1532 (3 slice)	0	55.00	2.25	0.50	0.00	185.00	0.00	8.50
Sliced Turkey Ham - SR1287 (3 slice)	0	53.92	2.45	0.74	0.00	235.29	0.49	6.86
Oven Fired Flatbread - SR1534 (1 piece)	0	180.00	5.00	1.00	0.00	330.00	29.00	6.00
Asian Ginger Sub Roll - SR1775 (1 roll (smal))	0	170.00	3.00	0.00	0.00	290.00	29.00	6.00
Mini Sub Roll - SR1208 (1 roll (smal))	0	170.00	3.00	0.00	0.00	180.00	29.00	6.00
Flour Tortilla - SR1177 (1 tortilla)	0	180.00	4.50	0.50	0.00	230.00	29.00	5.00
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	0	47.62	0.16	0.03	0.00	0.92	12.65	0.24
Banana - SR1166 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Fresh Oranges - SR1171 (1 small (2-3))	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Mixed Salad Greens - SR1080 (1 c.)	0	11.15	0.12	0.02	0.00	23.13	2.08	1.06
Super Salad - SR1257 (1 salad)	0	57.54	0.41	0.04	0.00	43.34	11.85	2.77
Chocolate1% Milk - OKR1062 (8 oz.)	0	130.00	2.50	1.50	0.00	130.00	19.00	8.00



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<b>Taste4 Deli, Week 1, Tuna, Hummus, Asia ~ Spicy Asian Chicken - ServingDate: 08/30/2019</b>								
White 1% Milk - OKR1061 (8 oz.)	0	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	0	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Shredded Lettuce - SR1015 (1/4 cup shredd)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Diced Red Onion - SR1447 (2 tbsp.)	0	8.58	0.02	0.01	0.00	0.86	2.00	0.24
Jalapeno Pepper Slices - SR1074 (1 tbsp.)	0	0.00	0.00	0.00	0.00	174.42	0.00	0.00
Dill Pickle Chips - SR1399 (2 tbsp.)	0	0.00	0.00	0.00	0.00	255.73	0.00	0.00
Asian Ginger Sauce - SR1789 (1 tbsp.)	0	24.24	1.80	0.20	0.00	67.19	1.64	0.63
Hot Mustard Sauce - SR1758 (1 tbsp.)	0	14.66	1.18	0.18	0.00	73.40	0.83	0.22
Garlic Parmesan Mayonnaise - SR1610 (1 tbsp.)	0	30.60	2.35	0.32	0.00	63.23	1.90	0.84
Sriracha Mayonnaise - SR1788 (1 tbsp.)	0	31.39	2.26	0.25	0.00	109.99	2.37	0.73
Spicy Asian Side Vegetables - SR1932 (1/4 c.)	0	6.69	0.15	0.03	0.00	63.05	1.28	0.26
Sliced Red Tomatoes - SR1536 (2 tbsp.)	0	4.03	0.05	0.01	0.00	1.12	0.87	0.20

## Legend

(M) - Missing Nutrient Values

## Report Selections

Meal Type: Lunch  
Site Group: Taste4  
Menu Line: T4-Deli (tier I)  
Serving Group: 9-12  
Nutrients Option: Expanded

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.