



	Wheat	Gluten	Soy	Tree Nut	Peanut	Dairy	Egg	Fish	Shellfish	Corn	H.F.C. Syrup
Alphabetical List											
10 oz Delmonico Steak ²			x			x					
16 oz Delmonico Steak ²			x			x					
Alpine Chicken Sandwich ¹			x			x					
American Cheese Sandwich ¹			x			x					
American or Swiss Cheese Sandwich ⁵						x					
Apple Cider Vinaigrette Dressing			x				x				x
Apple Juice											x
Applesauce											x
Asparagus Omelet			x				x				
B.L.T. ^{3,5}							x				
Bacon											
Bacon Bleu Cheese Burger ^{1,5}						x	x				
Bacon Cheese Fries	x	x	x			x					
Bacon Cheeseburger ^{1,5}						x					
Bacon Omelet			x				x				
Bacon Sandwich ^{1,5}											
Bacon Wrap ⁵	x	x					x				
Bacon, Lettuce, & Tomato Club ^{3,5}	x	x									
Bagel with Cream Cheese	x	x	x			x	x				
Balsamic Vinaigrette Dressing			x								x
Barbequed Chicken Sandwich ¹			x								
BBQ Chicken											
Beef Barley Soup (Sat.)	x	x	x								
Beef Goulash (Wed.)							x			x	
Beef Stew (Thurs.)										x	
Belgian Waffle and Homemade Creamed Chip Beef	x	x				x	x				x
Belgian Waffle and Ice Cream	x	x				x	x				
Belgian Waffle Sundae	x	x				x	x				x
Belgian Waffle with Powdered Sugar	x	x				x	x				
Big Salad							x				
Black Friday Sandwich	x	x	x			x				x	
Blue Cheese Dressing		x	x			x	x				x
Blueberry Filling										x	x
Blueberry Muffin	x	x	x			x	x			x	x
Bottled Water											
Bowl of Cereal	x	x				x					
Bread Pudding	x	x	x			x	x				
Broccoli and Tomato Wrap	x	x	x				x				



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Alphabetical List											
Calves Liver with Bacon			x								
Calves Liver with Onion			x								
Cappuccino						x					
Center Cut Pork Chops			x								
Cereal with Banana	x	x				x					
Cheddar Cheeseburger ^{1,5}						x					
Cheddar Chicken Sandwich ¹			x			x					
Cheese Fries	x	x	x			x					
Cheese Omelet			x			x	x				
Cheese Sauce	x	x	x			x					
Cheese Steak Hoagie Wrap ¹			x			x					
Cheese Steak Hoagie ¹			x			x					
Cheese Steak Sandwich ¹			x			x					
Cheeseburger ^{1,5}						x					
Cheesecake						x	x				
Chef's Salad ⁴						x					
Chicken Ala King (Mon.)	x	x	x			x					
Chicken B.L.T Sandwich ¹			x								
Chicken Bacon Ranch Salad	x	x	x			x	x				x
Chicken Bacon Ranch Wrap ¹			x			x	x				
Chicken Cacciatore		x	x								
Chicken Caesar Salad Wrap	x	x	x			x	x				
Chicken Cheese Burger ^{1,5}						x	x				
Chicken Cordon Bleu Sandwich ¹			x			x					
Chicken Croquettes	x	x	x			x	x				
Chicken Cutlet	x	x	x			x	x				
Chicken Florentine	x	x				x					
Chicken Gravy	x	x	x								
Chicken Italiano Sandwich ¹			x			x					
Chicken Marinara	x	x	x								
Chicken Marsala	x	x	x			x					
Chicken Noodle Soup (Mon. & Wed.)	x	x	x				x				
Chicken Orzo Soup (Sun.)	x	x	x				x				
Chicken Parmigiana	x	x	x			x	x				
Chicken Piccante	x	x	x			x					
Chicken Pot Pie (Sun.)	x	x	x			x					
Chicken Salad and Bacon Club	x	x	x				x				



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Alphabetical List											
Chicken Salad and Bacon Wrap ¹			x				x				
Chicken Salad Caribbean			x				x				
Chicken Salad Platter			x				x				
Chicken Salad Sandwich ¹			x				x				
Chicken Swiss and Bacon Burger ^{1,5}						x	x				
Chicken Tender Parmigiana Sandwich	x	x	x			x	x				
Chicken Tenders	x	x	x			x	x				
Chili			x							x	
Chili Cheese Fries		x	x			x					
Chili Dog	x	x	x								
Chili Wrap	x	x	x								
Chipmunk (Roast Turkey)	x	x	x			x					
Chips & Salasa	x	x								x	
Chocolate Chip Hot Cakes	x	x	x	x		x	x				
Chocolate Chip Short Stack	x	x	x	x		x	x				
Chocolate Milk						x					
Chocolate Pudding						x					
Chopped Steak with Fried Onions	x	x	x				x				
Chopped Turkey for Salads											
Cinnamon Bun	x	x	x	x		x	x			x	x
Clams and Spaghetti in Red Sauce	x	x	x						x		
Clams and Spaghetti in White Sauce	x	x	x						x		
Cobb Salad						x	x				
Coconut French Toast	x	x	x			x	x				
Coffee											
Cold Meatloaf Sandwich	x	x	x			x	x				
Coleslaw			x				x				
Corn Bread	x	x	x			x	x			x	
Corned Beef & Cabbage (Wed.)											
Corned Beef and Swiss Club ^{3,5}	x	x				x					
Corned Beef Hash			x								
Corned Beef Hash with Two Eggs			x				x				
Corned Beef Reuben ¹			x			x	x				
Corned Beef Special ^{1,5}							x				
Cottage Cheese						x					
Cottage Cheese Delight						x					
Crab Cake & Macaroni (Fri.)	x	x	x			x	x				
Crab Cake Sandwich	x	x	x			x	x		x		



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Alphabetical List											
Cranberry Juice											x
Cream of Broccoli Soup (Sat.)	x	x	x			x					
Cream of Potato Soup (Tues.)	x	x	x			x					
Cream of Turkey Soup (Fri.)	x	x	x			x					
Creamy Italian Dressing		x	x			x	x				x
Crunchy French Toast	x	x	x			x	x				
Crystal Light Fruit Punch											
Crystal Light Lemonade											
Cup of Grits											
Daffy Duck (Chicken Burger) ¹			x				x				
Danish	x	x	x			x	x				x
Dinner Rolls	x	x	x			x	x				
Dora the Explorer (Hot Roast Beef)	x	x	x			x					
Egg Salad Sandwich ¹			x				x				
Eggplant Parmigiana Sandwich	x	x	x			x	x				
Eggs Benedict	x	x	x			x	x				
Elmo (Chicken Fingers)	x	x	x			x	x				
Elsa (House Salad)											
English Muffin	x	x	x			x					
Escarole Soup (Thurs.)	x	x	x				x				
Farmers Omelet			x				x				
Feta Cheese Omelet			x			x	x				
Flounder Marinara	x	x	x			x	x	x			
French Dip	x	x	x			x					
French Dressing			x				x				x
French Fries		x	x								
French Toast	x	x	x	x	x	x	x				
Fried Chicken Tenders for Salads	x	x	x			x	x				
Fried Deviled Clams	x	x	x			x	x		x		
Fried Deviled Clams and Homemade Crab Cake	x	x	x			x	x		x		
Fried Egg and Bacon	x	x	x				x				
Fried Egg and Cheese BLT Club ^{3,5}	x	x				x	x				
Fried Egg and Cheese Sandwich	x	x	x			x	x				
Fried Egg and Ham	x	x	x				x				
Fried Egg and Pork Roll	x	x	x				x				
Fried Egg Sandwich	x	x	x				x				
Fried Filet of Flounder	x	x	x			x	x	x			
Fried Flounder Sandwich	x	x	x			x	x	x			
Fried Homemade Crab Cake and Sea Scallops	x	x	x			x	x	x	x		



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Pot Roast (Tues.)	x	x	x								
Potato Salad							x				
Potato Skins w/Bacon	x	x	x			x					
Potato Skins w/Broccoli	x	x	x			x					
Power Ranger (Spaghetti and Meatball)	x	x	x			x	x			x	
Prime Rib (Fri, Sat, & Sun.)			x								
Rachel ^{1,5}	x	x	x			x					
Raisin Bread	x	x	x								x
Raisin Bread French Toast	x	x	x			x	x				x
Ranch Dressing			x			x	x				x
Raspberry Dressing			x								
Ravioli and Italian Sausage	x	x	x			x	x				
Ravioli and Meatballs	x	x	x			x	x				
Rice											
Rice Pudding						x	x				
Roast Beef and Swiss Cheese Club ^{3,5}	x	x				x					
Roast Beef Sandwich ^{1,5}											
Roast Loin of Pork (Sat.)										x	
Roast Sirloin of Beef			x								
Roast Turkey with Stuffing	x	x	x			x					
Roasted Chicken											
Roll and Butter	x	x	x			x	x				
Russian Dressing			x				x				x
Salisbury Steak (Mon.)	x	x	x				x				
Salmon Hollandaise						x	x	x			
Salsa											
Sausage											x
Sausage Omelet			x				x				
Sausage Wrap	x	x	x				x				
Sautéed Chicken and Broccoli	x	x	x			x					
Scallops Scampi	x	x				x			x		
Scrapple	x	x	x								
Sheppard's Pie (Tues.)	x	x	x			x					
Short Stack of French Toast	x	x	x			x	x				
Short Stack of Hot Cakes	x	x	x	x		x	x				
Short Stack with Home Made Cream Chipped Beef	x	x	x	x		x	x				
Shrimp	x	x	x			x	x		x		
Shrimp and Broccoli Scampi	x	x	x			x			x		
Shrimp Fra Diablo		x	x						x		



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Shrimp Scampi	x	x				x			x		
Shrimp, Scallops and Clams in Red Sauce		x	x						x		
Shrimp, Scallops and Clams in White Sauce		x	x			x			x		
Single Crunchy French Toast	x	x	x			x	x				
Single French Toast	x	x	x			x	x				
Single Hot Pancake	x	x	x			x	x				
Single Pork Chop	x	x	x								
Snapper Turtle Soup	x	x	x			x	x		x		
Soda											x
Spaghetti	x	x	x			x					
Spaghetti Aglio e Oilio	x	x	x								
Spaghetti and Broccoli in Red Sauce	x	x	x			x					
Spaghetti and Broccoli in White Sauce	x	x	x			x					
Spaghetti and Italian Sausage	x	x	x			x					
Spaghetti and Meatball	x	x	x			x	x				
Spaghetti Marinara	x	x	x			x					
Spaghetti or Penne Pasta	x	x									
Spanish Omelet		x	x				x				
Spider Man (Chicken Parm)	x	x	x			x	x				
Spinach and Tomato Wrap	x	x	x				x				
Spinach Omelet			x				x				
Spinach Salad							x				
Spinach, Tomato and Feta Cheese Omelet			x			x	x				
Split Pea Soup (Wed.)			x								
Spongebob (Fried Shrimp)	x	x	x			x	x		x		
Spring Salad			x	x							
Steak and Cake	x	x	x			x	x		x		
Steak and Eggs			x				x				
Steak and Shrimp	x	x	x			x	x		x		
Steak and Stuffed Flounder	x	x	x			x	x	x	x		
Steak and Stuffed Mushroom	x	x	x			x	x		x		
Steak Hoagie ¹			x								
Steak Sandwich ^{1,5}											
Strawberry Blue Cheese Salad				x		x					
Strawberry Filling											x
Stuffed French Toast w/Cream Cheese	x	x	x	x	x	x	x				
Stuffed French Toast w/Nutella	x	x	x	x	x	x	x				
Stuffed French Toast w/Peanutbutter	x	x	x	x	x	x	x				
Stuffed Mushrooms with Crabmeat	x	x	x			x	x		x		

