















































# Mesa County Valley School District 51

## K-12 Menu

### Allergen Information


































































|                                |               |    |    |    |  |    |    |              |
|--------------------------------|---------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------|
| Food Item                      | Menu Category | Contains Wheat or Gluten                                                            | Contains Eggs                                                                        | Contains Dairy/Milk                                                                   | Contains Fish and/or Shellfish                                                      | Contains Nuts, Peanuts, or Sesame                                                     | Contains Soy                                                                          | Last Updated |
| Banana Blueberry Bars          | Breakfast     |    |    |    |                                                                                     |                                                                                       |    |              |
| Biscuit with gravy             | Breakfast     |    |    |    |                                                                                     |                                                                                       |    |              |
| Biscuit, sausage, cheese & egg | Breakfast     |    |    |    |                                                                                     |                                                                                       |    |              |
| Breakfast sausage pizza        | Breakfast     |    |                                                                                      |    |                                                                                     |                                                                                       |    |              |
| Cereal, Crispy Rice            | Breakfast     |                                                                                     |                                                                                      |                                                                                       |                                                                                     |                                                                                       |                                                                                       |              |
| Cereal, frosted mini wheats    | Breakfast     |    |                                                                                      |                                                                                       |                                                                                     |                                                                                       |                                                                                       |              |
| Cereal, Honey Nut Scooter      | Breakfast     |    |                                                                                      |                                                                                       |                                                                                     |                                                                                       |                                                                                       |              |
| Cereal, raisin bran            | Breakfast     |    |                                                                                      |                                                                                       |                                                                                     |                                                                                       |                                                                                       |              |
| Eggs, scrambled, saus & toast  | Breakfast     |   |   |   |                                                                                     |                                                                                       |   |              |
| French toast sticks            | Breakfast     |  |                                                                                      |  |                                                                                     |                                                                                       |  |              |
| Pancake wrap, turkey           | Breakfast     |  |  |                                                                                       |                                                                                     |                                                                                       |  |              |
| Pancakes                       | Breakfast     |  |  |  |                                                                                     |                                                                                       |  |              |
| Toast, whole wheat, sara lee   | Breakfast     |  |                                                                                      |  |                                                                                     |                                                                                       |  |              |
| Ultimate breakfast round       | Breakfast     |  |  |  |                                                                                     |  |  |              |

**Disclaimer**
























































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**Entire document updated 01/05/2015.** (Any items updated since this date are indicated in red in last column.)


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|                                  |           |                                                                                     |                                                                                      |                                                                                       |                                                                                       |  |                                                                                       |  |
|----------------------------------|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------|--|
| Waffles                          | Breakfast |    |    |    |                                                                                       |  |    |  |
| Yogurt, straw                    | Breakfast |                                                                                     |                                                                                      |    |                                                                                       |  |                                                                                       |  |
| Yogurt, vanilla, Danimal         | Breakfast |                                                                                     |                                                                                      |    |                                                                                       |  |                                                                                       |  |
| Bronco burger                    | Lunch     |    |                                                                                      |    |                                                                                       |  |    |  |
| Cheesy hot pockets               | Lunch     |    |    |    |                                                                                       |  |    |  |
| Chicken, roasted, herb           | Lunch     |                                                                                     |                                                                                      |    |                                                                                       |  |    |  |
| Fiesta nachos                    | Lunch     |    |                                                                                      |    |                                                                                       |  |    |  |
| Frito chili pie                  | Lunch     |    |                                                                                      |    |                                                                                       |  |    |  |
| Goosey grilled cheese            | Lunch     |    |                                                                                      |    |                                                                                       |  |    |  |
| Guido's cheese pan pizza         | Lunch     |    |    |    |                                                                                       |  |    |  |
| Ham sandwich                     | Lunch     |    |                                                                                      |    |                                                                                       |  |    |  |
| Homestyle turkey & gravy         | Lunch     |    |                                                                                      |    |                                                                                       |  |    |  |
| Hot diggety dog                  | Lunch     |    |                                                                                      |    |                                                                                       |  |    |  |
| Kansas City BBQ sandwich         | Lunch     |    |                                                                                      |    |    |  |    |  |
| Luigi's Cheesy Noodles           | Lunch     |    |    |    |                                                                                       |  |    |  |
| Mario's pepperoni pizza          | Lunch     |   |   |   |                                                                                       |  |   |  |
| Meatball sub                     | Lunch     |  |                                                                                      |  |                                                                                       |  |  |  |
| Mom's best BBQ chicken           | Lunch     |                                                                                     |                                                                                      |  |  |  |  |  |
| Nana's mac & cheese              | Lunch     |  |  |  |                                                                                       |  |  |  |
| Peanut butter and Jelly Sandwich | Lunch     |  |                                                                                      |  |                                                                                       |  |  |  |
| Pizza, Pizza Hut, Cheese         | Lunch     |  |                                                                                      |  |                                                                                       |  |  |  |

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|                                 |           |                                                                                     |                                                                                      |                                                                                       |  |                                                                                     |                                                                                       |                                                                                       |
|---------------------------------|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Pizza, Pizza Hut, Pepperoni     | Lunch     |    |                                                                                      |    |  |                                                                                     |    |                                                                                       |
| Pizza, Pizza Hut, Veggie        | Lunch     |    |                                                                                      |    |  |  |    |                                                                                       |
| Pork sandwich, pulled BBQ       | Lunch     |    |                                                                                      |    |  |  |    |                                                                                       |
| Quesadilla, cheese              | Lunch     |    |                                                                                      |    |  |                                                                                     |    |                                                                                       |
| Sal's spaghetti                 | Lunch     |    |    |    |  |                                                                                     |    |                                                                                       |
| Samurai stir fry w/rice         | Lunch     |    |                                                                                      |                                                                                       |  |  |    |                                                                                       |
| Soup, chicken noodle            | Lunch     |    |    |    |  |                                                                                     |    |                                                                                       |
| Soup, tomato                    | Lunch     |    |                                                                                      |    |  |                                                                                     |    |                                                                                       |
| Super sloppy joe                | Lunch     |    |                                                                                      |    |  |  |    |                                                                                       |
| Tuna salad sandwich             | Lunch     |    |    |    |  |  |    |    |
| Turkey sandwich                 | Lunch     |    |                                                                                      |    |  |                                                                                     |    |                                                                                       |
| Beans, baked, secret ingredient | Side item |                                                                                     |                                                                                      |                                                                                       |  |                                                                                     |                                                                                       |                                                                                       |
| Beans, refried                  | Side item |                                                                                     |                                                                                      |                                                                                       |  |                                                                                     |                                                                                       |                                                                                       |
| Broccoli, steamed               | Side item |                                                                                     |                                                                                      |    |  |                                                                                     |                                                                                       |                                                                                       |
| Carrots, baby                   | Side item |                                                                                     |                                                                                      |                                                                                       |  |                                                                                     |                                                                                       |                                                                                       |
| Celery and baby carrots         | Side item |                                                                                     |                                                                                      |                                                                                       |  |                                                                                     |                                                                                       |                                                                                       |
| Coleslaw                        | Side item |                                                                                     |  |                                                                                       |  |                                                                                     |  |                                                                                       |
| Cookie, sugar, whole grain      | Side item |  |  |  |  |                                                                                     |  |  |
| Dinner roll                     | Side item |  |  |  |  |                                                                                     |  |  |
| French fries                    | Side item |                                                                                     |                                                                                      |                                                                                       |  |                                                                                     |  |                                                                                       |
| Fruit, fresh, assorted          | Side item |                                                                                     |                                                                                      |                                                                                       |  |                                                                                     |                                                                                       |                                                                                       |

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|                               |           |  |                                                                                    |                                                                                     |  |  |                                                                                     |  |
|-------------------------------|-----------|--|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--|--|-------------------------------------------------------------------------------------|--|
| Green beans, garlic           | Side item |  |                                                                                    |  |  |  |                                                                                     |  |
| Green beans, roasted parmesan | Side item |  |                                                                                    |  |  |  |                                                                                     |  |
| Mashed potatoes               | Side item |  |                                                                                    |  |  |  |                                                                                     |  |
| Peas                          | Side item |  |                                                                                    |  |  |  |                                                                                     |  |
| Pepper strips                 | Side item |  |                                                                                    |                                                                                     |  |  |                                                                                     |  |
| Potatoes, oven roasted        | Side item |  |                                                                                    |                                                                                     |  |  |                                                                                     |  |
| Tossed salad                  | Side item |  |                                                                                    |                                                                                     |  |  |                                                                                     |  |
| Juice, 100% fruit juice       | Beverages |  |                                                                                    |                                                                                     |  |  |                                                                                     |  |
| Milk, 1%                      | Beverages |  |                                                                                    |  |  |  |                                                                                     |  |
| Milk, skim                    | Beverages |  |                                                                                    |  |  |  |                                                                                     |  |
| Milk, skim, chocolate         | Beverages |  |                                                                                    |  |  |  |                                                                                     |  |
| Jalapenos                     | Condiment |  |                                                                                    |                                                                                     |  |  |                                                                                     |  |
| Ketchup                       | Condiment |  |                                                                                    |                                                                                     |  |  |                                                                                     |  |
| Mayonnaise                    | Condiment |  |  |                                                                                     |  |  |  |  |
| Mustard                       | Condiment |  |                                                                                    |                                                                                     |  |  |                                                                                     |  |
| Olives, black                 | Condiment |  |                                                                                    |                                                                                     |  |  |                                                                                     |  |
| Pancake syrup                 | Condiment |  |                                                                                    |                                                                                     |  |  |                                                                                     |  |

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