

WE TAKE ALLERGIES SERIOUSLY

*** Please be aware that we have removed our Notes boxes from the website. If you had an important allergy note in your child's account and have questions, please contact us at Jane@nofussslunch.com*

All kids should be able to eat better food and enjoy their lunch experience. However, we understand that finding food your child can eat can feel overwhelming and stressful when he or she has allergies or intolerances.

The following are resources that help you determine what foods are safe for your child:

Mark Top 8 allergies in their account.

Checking these off will filter out entrees with those allergens.

Check the entrée descriptions.

Descriptions are located directly underneath your item selection.

Refer to the Allergy Matrix below.

Know what foods contain which major allergen to help with your selection.

Keep your child's status updated, as food allergies may change at any time, or you gain more information about them.

Regularly check back to our allergy page. We make every effort to keep our product information current and as complete as possible. However, ingredient manufacturers may change their formulations at any time without notice. Ingredient changes and substitutions may also occur due to availability, recipe or preparation revisions, or changes in regional suppliers. Therefore, there is always a risk, even if small.

Questions? Want to talk to someone? Contact Jane, our Allergy Compliance Specialist, at Jane@nofussslunch.com



ALLERGY INFORMATION

For November 2019 menu items

Contains: Tree nuts Peanuts Sesame Shellfish Fish Gluten Dairy Eggs Soy Soy oil/lecithin

EVERYDAY ENTREES (excluding sides, snacks, dips)

Garden Salad										◆
Grilled Chicken Garden Salad										◆
Sesame-Free Hummus Parfait										
Acai Cup										
GF Applegate Farms Beef Hot Dog (no bun)										
Gluten Free Hot Dog Bun (sold as add-on item)	NEW!									◆
GF Bell & Evans Breaded Chicken Tenders										◆
GF Cheese and Fruit Platter										◆
Yogurt & Fruit Cup (half pint orders only)										◆
Yogurt & Cheese Stick										◆
Cereal & Cheese Stick										◆
Bell & Evans All Natural Breaded Chicken Tenders										◆
Applegate Farms Beef Hot Dog										◆
Pasta with Smart Balance										◆
2 Soy Butter & Jelly Sandwiches on Whole Wheat										◆
s Bagel, Plain										◆
s Bagel w Butter										◆
s Bagel with Cream Cheese										◆
Very Berry Yogurt Parfait with Nut-Free Granola										◆
Meatless Fried Rice										◆

s = Bagel is produced in a facility that uses sesame; may contain traces

COLD SANDWICHES/WRAPS/BOWLS/ROLLS OF THE DAY:

GF-DF Ham Sandwich										
GF-DF Turkey Sandwich										
GF Ham and Cheese Sandwich										◆
GF Turkey and Cheese Sandwich										◆
GF-DF Ham Wrap										◆
GF-DF Turkey Wrap										◆
GF Grilled Chicken Wrap										◆
GF Ham and Cheese Wrap										◆
GF Turkey and Cheese Wrap										◆
GF California Turkey Club Wrap										◆
GF Tuna Salad Sandwich										◆
Breaded Chicken Wrap										◆
Cage-Free Grilled Chicken Wrap										◆
California Turkey Club Wrap										◆

GF = gluten free

	Contains:	Tree nuts	Peanuts	Sesame	Shellfish	Fish	Gluten	Dairy	Eggs	Soy	Soy oil/ lecithin
Buffalo Chicken Sandwich							◆				◆
Cheese Sandwich							◆	◆			◆
Ham and Cheese on a Round Roll							◆	◆			◆
Turkey and Cheese on a Round Roll							◆	◆			◆
Cage-Free Ranch Chicken Wrap							◆	◆	◆		◆
Cage-Free Chicken Caesar Wrap						◆	◆	◆	◆		◆
Sesame Free Hummus Wrap							◆	◆			◆
Black Bean Burger Wrap							◆	◆	◆	◆	◆
Tuna Salad Sandwich						◆	◆		◆		◆
Spicy California Sushi Roll (made in-house)					◆	◆	◆		◆	◆	
California Sushi Roll (made in-house)					◆	◆	◆		◆	◆	
All Natural Breaded Chicken Cutlet on Whole Grain Round Roll							◆				◆
Fresh Mozzarella and Tomato Sandwich							◆	◆			◆
Italian Stallion Hero							◆	◆			◆
Ultimate Cheese Hero							◆	◆			◆
Turkey Monster Hero							◆	◆	◆		◆
Honey Ham Crunch Hero							◆	◆	◆		◆

SALAD OF THE DAY: (includes salad dressing)

Chickpea Edamame Salad										◆	
Mediterranean Chop Salad with Grilled Chicken											◆
Mediterranean Chop Salad with Hard Boiled Egg									◆		◆
Cage-Free Turkey Taco Salad								◆			
GF Grilled Chicken Caesar Salad						◆		◆			◆
Cage-Free Grilled Chicken Caesar Salad						◆	◆	◆			◆
Caprese Pasta Salad							◆	◆			
Buffalo Chicken Salad							◆	◆	◆		◆
Salad Bar - All You Can Eat *							◆	◆	◆		

* Salad Bar is self-serve, and may result in allergen cross-contact.

HOT ENTRÉE SPECIALS:

GF Grass-Fed 5.3 oz. Burger (no bun)											
Gluten Free Hamburger Bun (sold as add-on item) NEW!										◆	
GF Cage-Free Turkey and Bean Chili											
GF Cage-Free BBQ Chicken Drumsticks											
GF Grass-Fed BBQ Beef Brisket											
GF Grass-Fed 5.3 oz. Burger with Cheese (no bun)								◆			
GF Cage-Free Chicken Fajitas								dip		◆	◆
GF Cheese Quesadillas								◆		◆	◆
Better Cheddar Bacon Taters								◆		◆	◆
Better Cheddar Broccoli Taters (V)								◆		◆	◆

GF = gluten free

	Contains:	Tree nuts	Peanuts	Sesame	Shellfish	Fish	Gluten	Dairy	Eggs	Soy	Soy oil/ lecithin
GF Hard-Shell Cage-Free Turkey Tacos								◆			
GF Hard-Shell Vegetarian Bean Tacos								◆			
Pasta Bar - with choice of sauce **							◆	◆			
Chili Dog							◆				◆
Grass-Fed 5.3 oz. Burger							◆				◆
Grass-Fed Bacon Burger							◆				◆
7" Grass-Fed BBQ Beef Brisket Hero							◆				◆
Grass-Fed BBQ Beef Brisket Slider							◆				◆
Cage-Free Chicken Fajitas							◆	dip			◆
Buffalo Tenders							◆	dip	dip		◆
French Toast made with Challah							◆	◆	◆		◆
Whole Grain Pancakes							◆	◆	◆		◆
Baked Ravioli Lasagna							◆	◆	◆		
Meatballs							◆	◆		◆	
7" Meatball Hero							◆	◆		◆	◆
Mac n Cheese							◆	◆		◆	◆
French Bread Pizza							◆	◆			◆
All Natural Chicken Cutlet Parmesan							◆	◆			◆
All Natural Chicken Cutlet Parmesan Sandwich							◆	◆			◆
Grass-Fed 5.3 oz. Burgers with Cheese							◆	◆			◆
Grass-Fed Bacon Cheese Burger							◆	◆			◆
Veggie Burger							◆			◆	◆
Grilled Cheese Sandwich on Whole Wheat							◆	◆			◆
Grilled Cheese Sandwich with Turkey Bacon							◆	◆			◆
Soft Shell Cage-Free Turkey Tacos							◆	◆			◆
Soft Shell Vegetarian Bean Tacos							◆	◆			◆
Whole Grain Cheese Quesadillas							◆	◆			◆
Baked Pasta with Sauce							◆	◆			
6" Grass-Fed Philly Style Cheese Steak							◆	◆			◆

dip = Buffalo sauce only contains soybean oil. However, the bleu cheese dip on the side contains dairy, egg, soybean oil.

The dip for fajitas is sour cream, available on site along with salsa and guacamole.

*** Pasta sauces are served on-site and are also at risk of allergen cross-contact.*

SOUPS OF THE DAY:

Vegan GF Lentil Soup										◆	◆
Butternut Squash Soup										◆	◆
Cream of Broccoli Cheddar Soup								◆		◆	◆
Cage-Free Chicken Noodle Soup							◆				
Tomato Soup							◆				
Minestrone Soup							◆	◆	◆		
New England Clam Chowder					◆	◆	◆	◆		◆	

GF = gluten free

Contains:	<u>Tree nuts</u>	<u>Peanuts</u>	<u>Sesame</u>	<u>Shellfish</u>	<u>Fish</u>	<u>Gluten</u>	<u>Dairy</u>	<u>Eggs</u>	<u>Soy</u>	<u>Soy oil/ lecithin</u>
Italian Wedding Soup						◆	◆		◆	◆

ADDITIONAL ITEMS:

Organic Fruit Snacks - Various Flavors										
Musselman's Organic Unsweetened Apple Sauce										
Skinny Pop Popcorn										
Organic Tropical Smoothie										
Side Salad (smaller version of Garden Salad)										◆
Simply Organic Doritos White Cheddar Tortilla Chips							◆			
Veggie Straws							◆			
Horizon Organic Lowfat Milk							◆			
Horizon Organic Lowfat Chocolate Milk							◆			
From Scratch Gluten-Free Brownie							◆	◆		◆
Abby's Chocolate Chip Cookies						◆	◆	◆		◆
From Scratch Brownie (only with Complete Meals) FREE OF DAIRY!						◆		◆		
Chocolate Chip Cookie (only with Complete Meals)						◆	◆	◆		◆

updated: November 21, 2019