	9 Major Allergens									Please note, always read lables as product substitutions do occur.
Beef Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Beefaroni	X	X					X	X		
Beef & Broccoli							X	X	X	
Beef & Cheddar Sandwich	X						X	X		
Beefy Tostitos	X							X		
Baked Spaghetti	X	X					X	X		
Cheeseburger K-8	X						X	X		Burger Patty-No 9 major allergens Bun-Wheat; Cheese-Milk, Soy
Cheeseburger HS	X						X	X		Burger Patty-No 9 major allergens Bun-Wheat; Cheese-Milk, Soy
Cheeseburger HS w/bacon	X						X	X		Burger-None; Bun-Wheat, Cheese-Milk, Soy Bacon - contains pork
Burger Brioche Bun								X		
Sliced Cheddar Cheese	X						X			
Hamburger Patty										No 9 major allergens
Meatball Sub	X						X	X	X	Meatballs- No allergens; Cheese Slice- Milk, Soy; Sub- Wheat, Soy, Milk, Sesame
Meatballs										No 9 major allergens
Meatball with Gravy	X	X					X	X		
Meatballs in Sriracha Honey Sauce							X	X		No 9 Major allergens
Taco Meat (Recipe #677)										No 9 major allergens
Poultry Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Chicken, Popcorn (Proview)	X						X	X		
Chicken Nuggets (Gold Creek)	X						X	X		
Chicken Filet ES/MS/HS	X							X		chicken - wheat milk; Bun - wheat
Chicken Filet, Spicy ES/MS/HS	X							X		chicken - wheat; Bun - wheat
Chicken Chunks (Gold Creek)	X							X		
Chicken Breast Strips w/ Grill										No 9 major allergens
Chicken Tender, Gluten Free										No 9 major allergens
Chicken, pulled BBQ TX style										No 9 major allergens
BBQ Chicken Sandwich								X		bun - wheat
Chicken wings, oven roasted (Tyson)										No 9 major allergens
Rotisserie Chicken, Pulled										No 9 major allergens
Rotisserie Chicken with Gravy	X	X					X	X		
Mandarin Orange Chicken	X						X	X		
General Tso's Chicken	X	X					X	X		
Buffalo Chicken Pasta	X	X					X	X		
Sweet Thai Chili Chicken									X	
Sriarcha Honey Chicken	X						X	X		Chicken - wheat, wheat, milk
Chicken Enchilada Empanada, WG	X						X	X		
Chicken Quesadilla Pizza	X						X	X		
Chicken & Pastry	X	X					X	X		
Chicken & Veggie Dumplings/Pot stickers w/ Teriyaki	X	X		X			X	X	X	
Chicken & Veggie Dumplings/Pot stickers w/ Orange Sauce	X	X		X			X	X	X	
Chicken Egg Roll	X	X					X	X	X	
Chicken Egg Roll w/ Orange Sauce	X	X					X	X	X	
Turkey Ham, Sliced (Jennie-O)										No 9 major allergens
Turkey Breast, Oven Roasted (Jennie-O)										No 9 major allergens
Turkey Medallions (Butterball)										No 9 major allergens
Turkey Pot Pie	X	X					X	X		
Turkey Sausage Patty, 1.25oz										No 9 major allergens

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	9 Major Allergens									Please note, always read lables as product substitutions do occur.
Breads/Grains	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Biscuit	X	X					X	X		
Brown Rice										**No 9 major allergens**
Croissant	X	X					X	X		
Croutons, WG	X							X		
Flatbread	X						X	X		
Garlic Breadstick, WG	X							X		
Hamburger Brioche Bun								X		
Hot Dog Bun							X	X	X	
Loaf Sandwich Bread							X	X		
Corn Muffin	X	X					X	X		
Hushpuppies	X	X					X	X		
Roll, Wheat WG	X	X						X		
Dutch Waffle, WG	X	X					X	X		
Tostito Scoops/ind. bag										**No 9 major allergens**
Tostitos Scoops/Rounds										**No 9 major allergens**
Tortilla Wrap - 10" (Azteca)								X		
Veggies	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Baked Beans (Veg. & Bush's)										**No 9 major allergens**
Black Beans (Bush's)										**No 9 major allergens**
Broccoli, Steamed										**No 9 major allergens**
Broccoli with Cheese	X									**Broccoli- no 9 major allergens; Cheese Sauce- milk**
Butternut Squash										**No 9 major allergens**
California Blend										**No 9 major allergens**
California Blend with Cheese	X									**California Blend- no 9 major allergens Cheese Sauce- milk**
Candied Yams							X			
Carrots, Baby Fresh										**No 9 major allergens**
Carrots (Frz & Canned)										**No 9 major allergens**
Carrots, Glazed										
Coleslaw		X					X			
Cheesy Spinach	X						X			
Collards							X			
Corn										**No 9 major allergens**
Corn, Street	X									
Cucumber Slices										**No 9 major allergens**
Fiesta Black Beans (Bush's)										**No 9 major allergens**
French Fries, Coated (McCain)										**No 9 major allergens**
French Fries, Coated (Cavendish)										**No 9 major allergens**
Fries, Seasoned Sweet Potato (McCain)										**No 9 major allergens**
Fries, Waffle Sweet Potato (McCain)										**No 9 major allergens**
Garden Peas (Frz & Can)										**No 9 major allergens**
Green Beans										**No 9 major allergens**
Lettuce & Tomato										**No 9 major allergens**
Mashed Potatoes	X									
Oriental Stir Fry Vegetables							X			
Mixed Vegetables										**No 9 major allergens**
Pinto Beans										**No 9 major allergens**
Texas Ranchero beans (Bush's)										**No 9 major allergens**
Roasted Potatoes, Deli (McCain)										**No 9 major allergens**
Potatoes Au Gratin	X						X	X		
Salsa										**No 9 major allergens**
Salad, Caesar	X				X			X		
Salad, Chopped Romaine										**No 9 major allergens**

Sweet Potato Souffle										No 9 major allergens Contains marshmallows (pork gelatin)
Tomatoes, Cherry										No 9 major allergens
Vegtables, Fresh										No 9 major allergens

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	9 Major Allergens									Please note, always read lables as product substitutions do occur.
Breads/Grains	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Biscuit	X	X					X	X		
Brown Rice										**No 9 major allergens**
Croissant	X	X					X	X		
Croutons, WG	X							X		
Flatbread	X						X	X		
Garlic Breadstick, WG	X							X		
Hamburger Brioche Bun								X		
Hot Dog Bun							X	X	X	
Loaf Sandwich Bread							X	X		
Corn Muffin	X	X					X	X		
Hushpuppies	X	X					X	X		
Roll, Wheat WG	X	X						X		
Dutch Waffle, WG	X	X					X	X		
Tostito Scoops/ind. bag										**No 9 major allergens**
Tostitos Scoops/Rounds										**No 9 major allergens**
Tortilla Wrap - 10" (Azteca)								X		
Veggies	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Baked Beans (Veg. & Bush's)										**No 9 major allergens**
Black Beans (Bush's)										**No 9 major allergens**
Broccoli, Steamed										**No 9 major allergens**
Broccoli with Cheese	X									**Broccoli- no 9 major allergens; Cheese Sauce- milk**
Butternut Squash										**No 9 major allergens**
California Blend										**No 9 major allergens**
California Blend with Cheese	X									**California Blend- no 9 major allergens Cheese Sauce- milk**
Candied Yams							X			
Carrots, Baby Fresh										**No 9 major allergens**
Carrots (Frz & Canned)										**No 9 major allergens**
Carrots, Glazed										
Coleslaw		X					X			
Cheesy Spinach	X						X			
Collards							X			
Corn										**No 9 major allergens**
Corn, Street	X									
Cucumber Slices										**No 9 major allergens**
Fiesta Black Beans (Bush's)										**No 9 major allergens**
French Fries, Coated (McCain)										**No 9 major allergens**
French Fries, Coated (Cavendish)										**No 9 major allergens**
Fries, Seasoned Sweet Potato (McCain)										**No 9 major allergens**
Fries, Waffle Sweet Potato (McCain)										**No 9 major allergens**
Garden Peas (Frz & Can)										**No 9 major allergens**
Green Beans										**No 9 major allergens**
Lettuce & Tomato										**No 9 major allergens**
Mashed Potatoes	X									
Oriental Stir Fry Vegetables							X			
Mixed Vegetables										**No 9 major allergens**
Pinto Beans										**No 9 major allergens**
Texas Ranchero beans (Bush's)										**No 9 major allergens**
Roasted Potatoes, Deli (McCain)										**No 9 major allergens**
Potatoes Au Gratin	X						X	X		
Salsa										**No 9 major allergens**
Salad, Caesar	X				X			X		
Salad, Chopped Romaine										**No 9 major allergens**

Sweet Potato Souffle										No 9 major allergens Contains marshmallows (pork gelatin)
Tomatoes, Cherry										No 9 major allergens
Vegtables, Fresh										No 9 major allergens

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	9 Major Allergens									Please note, always read lables as product substitutions do occur.
Pork Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Pork BBQ on Bun							X	X		**Bun-wheat**
Pork BBQ (Chandler) - Meat - Only							X	X		
Breaded Pork Chop Patty							X	X		
Breaded Pork Chop Patty on Bun							X	X		
Pork Carnitas - Meat Only										**No 9 major allergens**
Bacon - Pork										Contains corn byproducts
Pasta Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Mac & Cheese, Baked	X	X						X		
Mac & Cheese (JTM)	X	X						X		
Baked Spaghetti	X	X					X	X		
Buffalo Chicken Pasta	X	X					X	X		
Cheesy Chicken Pasta	X	X					X	X		
Beefaroni	X	X					X	X		
Pizza Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
CheeseStix (Beac St Café)	X	X					X	X		
Marinara Sauce (Red Gold)										**No 9 major allergens**
Pizza, Chicken Quesadilla	X						X	X		
Pizza, Cheese (Nardone)	X						X	X		
Pizza, Pepp (Nardone)	X						X	X		**Contains Turkey**
Pizza, deep dish cheese (Nardone)	X						X	X		
Pizza, deep dish pepperoni (Nardone)	X						X	X		
Pizza, Stuffed Crust Pepp (Conagra Max)	X						X	X		**Contains Pork**
Pizza, Stuffed Crust Chz	X						X	X		
Pizza, Big Daddy Four Chz	X						X	X		
Pizza, Big Daddy Pepp	X						X	X		**Contains Beef & Turkey**
Garlic Cheese Frenchbread	X						X	X		
Stuffed Pepperoni Sandwich, Big Daddy	X	X					X	X		**Contains Beef & Turkey**
Hot Dog Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Mini Corn Dogs (House of Raeford)	X	X					X	X		**Contains Chicken**
Hot Dog ONLY- Beef (Kent)										**No major allergens, Contains Beef**
Hot Dog on/with Bun (Single & Double)							X	X	X	**Hot dog - no allergens** **Bun - wheat,soy, sesame**
Hot Sandwiches/Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Grilled Cheese	X						X	X		
Bacon Grilled Cheese	X						X	X		**Bacon - Pork**
Veggie Burger w/Cheese (Morningstar)	X	X					X	X		**Bun - wheat**
Enchilada Empanada (Albies)	X						X	X		

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	9 Major Allergens									Please note, always read lables as product substitutions do occur.
Fish Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Fish Filet - Plain	X				X			X		
Fish Filet w/Cheese on Bun	X				X		X	X		**Bun: wheat; cheese- milk, soy; fish filet- wheat, milk, fish**
Sandwich Breads/ Condiments /Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Loaf Sandwich Bread							X	X		
Croissant	X	X					X	X		
Bun, Brioche								X		
Hot Dog Bun							X	X	X	
10" Wrap (Azteca)								X		
6" Wrap (Azteca)								X		
Flatbread	X						X	X		
Mustard										**No 9 major allergens**
Mayo		X								
Honey Mustard		X								
Texas Pete							X			
Swwt & Sour							X			
Chicken Salad on Wrap		X						X		**Mayonnaise - Egg**
Chicken Salad on Croissant	X	X					X	X		
Ham & Cheese on Wrap	X						X	X		**Meat-None; Cheese-Milk, Soy; Wrap - Wheat**
Ham & Cheese on Croissant	X	X					X	X		**Meat-None; Cheese-Milk, Soy; Croissant - Milk, Egg, Wheat, Soy**
Turkey on Wrap (no Cheese)								X		**Meat- none; Wrap - Wheat**
Turkey & Cheese on Wrap	X						X	X		**Meat-None; Cheese-Milk, Soy; Wrap - Wheat**
Turkey & Cheese on Croissant	X							X		**Meat-None; Cheese-Milk, Soy; Croissant - Milk, Egg, Wheat, Soy**
Turkey Ham & Cheese Croissant (individually wrapped)	X	X					X	X		**Cheese - Milk, Soy; Croissant - Milk, Egg, Wheat, Soy**
PB&J (Sumckers)			X					X		
Soup Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Vegetable Beef Soup							X			
Chicken & Pastry	X	X					X	X		
Yogurt Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Fruit Parfaits	X						X	X		
Salad Entrees	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Chef Salad: Grilled Chicken	X						X	X		**Croutons - Milk, Wheat; Flatbread - Milk, Soy Wheat**
Chef Salad: Popcorn Chicken	X						X	X		**Chicken - Milk, Soy, Wheat; Croutons - Milk, Wheat; Flatbread - Milk, Soy Wheat**
Chef Salad: Diced Ham	X						X	X		**Croutons - Milk, Wheat; Flatbread - Milk, Soy, Wheat**
Chef Salad: Cobb	X	X					X	X		**Egg - Egg; Croutons - Milk, Wheat; Flatbread - Milk, Soy, Wheat**
Chef: Turkey & Cheese	X						X	X		**Croutons - Milk, Wheat; Flatbread - Milk, Soy, Wheat**
Bento Boxes	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**

Yogurt Box (yogurt, sunflower seeds, cheesestick, banana muffin, apple sauce, fresh veggie) proteins may vary by grade level	X	X					X	X		
Jack Link Protein Box (Jack Links Chicken Jerky, Cheese Stick, Corn Muffin, applesauce, fresh veggie)	X	X					X	X		
Egg Bento Box - Eggs (2), Cheese Stick (1), Croissant, applesauce, fresh veggie) proteins may vary with age group	X	X					X	X		

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	9 Major Allergens									Please note, always read lables as product substitutions do occur.
Fruits	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
ALL FRESH FRUIT (whole/sliced)										No 9 major allergens
Apple Cobbler	X	X					X	X		
Apple Crisp	X						X	X		
Apples, Spiced	X						X			
Applesauce, Canned										No 9 major allergens
Applesauce, Cup, Plain										No 9 major allergens
Applesauce, Cup, Strawberry										No 9 major allergens
Applesauce, Cup, Birthday Cake										No 9 major allergens
Applesauce, Cup, Sour Apple										No 9 major allergens
Blueberries, Plain										No 9 major allergens
Blueberries with Topping	X									Blueberries - No allergens; Topping-Milk
Blueberry Crisp	X						X	X		
Craisins										No 9 major allergens
Fruit Mix										No 9 major allergens
Mandarin Orange Cup										No 9 major allergens
Mango/Papaya										No 9 major allergens
Peaches (Diced or Frozen Cups)										No 9 major allergens
Peach Crisp	X						X	X		
Pears (Diced Cups)										No 9 major allergens
Pears - Baked	X						X			
Pineapple										No 9 major allergens
Raisels										No 9 major allergens
Raisins										No 9 major allergens
Strawberry Cups										No 9 major allergens
Strawberry Crisp	X						X	X		
Tropical Fruit										No 9 major allergens
Froot Jooce fruit ice (all flavors)	X						X			No 9 major allergens
Condiments	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
BBQ Sauce, Bullseye										No 9 major allergens, Contains Mustard
Cheese Sauce	X									
Cheese, Queso Blanco	X									
Cheese, Shredded	X									
Dressing, Caesar (1.5 oz)	X	X			X		X			
Dressing, French (1.5) Marzetti										No 9 major allergens
Dressing, FF Honey Mustard Kens	X	X								Contains Mustard
Dressing, Italian (Light, 1.5), Marzetti										No 9 major allergens
Dressing, Ranch (1.5 oz Sauer Cup)	X	X					X			
Dressing, FF Ranch, Kraft	X									
Ketchup, 9g										No 9 major allergens
Marinara Sauce (Red Gold)							X			
Mayonnaise, Light Kraft		X								Contains Mustard
Mustard										No 9 major allergens, Contains Mustard
Honey Mustard Sauce										No 9 allergens, Contains Mustard
Honey Mustard Sauce, Sauer		X								Contains mustard
Pancake Syrup										No 9 major allergens
Jam & Jelly (all flavors)										No 9 major allergens
Salsa Cup (Red Gold)										No 9 major allergens
Sour Cream	X									
Sweet & Sour Sauce (sauer)							X			Contains Mustard
Sliced Pickles										Contains Dyes (Yellow 5)
Sweet Relish										Contains Dyes (Yellow 5)
Dill Pickle Chip										No 9 major allergens
Tartar Sauce		X								Contains Mustard
Texas Pete Hot Sauce							X			
Texas Pete Buffalo Sauce							X			
Taco Sauce							X	X		Contains MSG
Whip Topping - Lactose Free	X									

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Breakfast Items	9 Major Allergens									Please note, always read lables as product substitutions do occur.
Biscuits	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Chicken Sausage Biscuits (Snak Time)	X						X	X		
Chicken Waffle Sandwich	X	X					X	X		
Sausage Patty, Turkey (JennieO)										No 9 major allergens
Sausage Links, Turkey (butterball)										No 9 major allergens
Chicken Waffle Sandwich	X	X					X	X		
Egg & Cheese Biscuit	X	X					X	X		
Egg & Cheese Croissant	X	X					X	X		
Turkey Ham and Cheese Croissant (IW)	X						X	X		
Pizzas	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Sausage Breakfast Pizza, IW (Tony's)	X						X	X		
Pancake/Waffles/Fr Toast	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Pancake/Sausage on Stick (Foster Farms)		X					X	X		
Pancake/mini, Maple Flavor (Eggo)	X	X					X	X		
Pancake/Mini Blueberry (Eggo)	X	X					X	X		
Pancake/Mini Strawberry (Dewafel)	X	X					X	X		
Waffle Belgian, Cinnamon (Snackn)	X	X						X		
Waffle, Belgian Liege Fruitti Cereal		X						X		
Waffles, Mini, Maple	X	X					X	X		
Waffles, Mini, Cinnamon	X	X					X	X		
Texas Toast, Apple Cinnamon	X						X	X		
French Toast Sticks	X	X					X	X		
Breads & Hot Cereal	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Cinnamon Dough Roll, WG, Proof & Bake	X						X	X		
Banana Bread	X	X					X	X		
Lemon Bread	X	X					X	X		
Pumpkin Bread	X	X					X	X		
Blueberry Bread	X	X					X	X		
Croissant	X	X					X	X		
Muffin, Chocolate Chip, Mini (ASSP)	X	X					X	X		
Muffin, Chocolate Chip	X	X					X	X		
Muffin, Blueberry, Mini (Dave's)	X	X					X	X		
Muffin, Blueberry, 2 Grain (Dave's)	X	X					X	X		
Muffin, Banana, 2 Grain (Dave's)	X	X					X	X		
Cinnamon Roll, Indivdually Wrapped							X	X		
Cinnamon Toast Crunch Pastry	X							X		
Blueberry Mini Loaf	X	X					X	X		
Mini Cinnis (Pillsbury)	X							X		
Mini Bagels, Strawberry Cream Cheese	X							X		
Donut, Individually Wrapped	X	X					X	X		
Donut, Glazed	X	X					X	X		
Donut, holes	X	X					X	X		
Donut, Powdered Mini	X	X					X	X		
Eggs/Protein	**Milk**	**Eggs**	**Peanuts**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Wheat**	**Sesame**	**Notes**
Scrambled Eggs	X	X								
Yogurt Cup (Danimals), All Flavors	X									
Yogurt Parfait (all flavors)	X						X	X		
Cheddar Cheese Stick (LandOLakes)	X									
String Chz, Mozz (LandOLakes)	X									

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Breakfast Items	9 Major Allergens									Please note, always read lables as product substitutions do occur.
Fruit Juice	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Wheat	Sesame	Notes
Apple Juice										No 9 major allergens
Apple Juice BOX										No 9 major allergens
Fruit Punch BOX										No 9 major allergens
Grape Juice										No 9 major allergens
Grape Juice BOX										No 9 major allergens
Orange Juice										No 9 major allergens
Orange Pineapple Juice										No 9 major allergens
Pineapple Juice										No 9 major allergens
Juice Box (ASSP)										No 9 major allergens
Fruit and Veggie Juice										No 9 major allergens
Milk	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Wheat	Sesame	Notes
Skim, White	X									
Skim, Chocolate	X									
Skim, Strawberry	X									
1%, White	X									
Whole	X									
Vanilla Soy Milk (Silk)							X			
Lactose Free Milk	X									
Cereals & Crackers	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Wheat	Sesame	Notes
Cereal, Cinnamon Chex										No 9 major allergens
Cereal, Blueberry Chex										No 9 major allergens
Cereal, Cinnamon Toasters							X	X		
Cereal, Honey Graham Toasters							X	X		
Cereal, Honey Bunches of Oats, 1oz								X		
Cereal, Cheerios										No 9 major allergens
Cereal, Honey Cheerios										No 9 major allergens
Cereal, Honey Scooters								X		
Cereal, Lucky Charms										No 9 major allergens; Contains Food Dyes
Cereal, Froot Loop, Reduced Sugar, 1oz								X		
Cereal, Apple Jacks, Reduced Sugar, 1oz								X		
Cereal Bar, Cin Toast Crunch							X	X		
Cereal Bar, Cocoa Puffs							X	X		
Cereal Bar, Lucky Charms							X	X		Food dyes
Animal Crackers							X	X		
Eggo graham crackers							X	X		
Eggo french toast crackers							X	X		
Giant Grahams Goldfish, Cinn								X		
Grahams, Scooby Doo							X	X		
Grahams, Tiger Bites							X	X		
Grahams, Bug Bites							X	X		
Grahams, HM Little Squares								X		
Grahams, Chat Snax							X	X		
Poptarts, All Flavors							X	X		Contains beef gelatin; Blueberry Poptarts contains dye

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Gluten Free Products	9 MAJOR ALLERGENS									Please note, always read lables as product substitutions do occur.
Gluten Free	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Wheat	Sesame	Notes
Pasta Rotini - Gluten Free										No 9 Major Allergens
Dinner Roll - UDI's Gluten Free		X								contains sunflower seeds
Hamburger Bun - UDI's Gluten Free		X								
Hotdog Bun - UDI's Gluten Free		X								
Blueberry Muffin - Gluten Free		X								
Chicken Breast Strips - Gluten Free										No 9 major allergens; contains honey

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Desserts	9 Major Allergens									Please note, always read lables as product substitutions do occur.
Cookies/Brownies	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Wheat	Sesame	Notes
Chocolate Chip Cookie (David's)		X					X	X		
Red Velvet Cookie (David's)		X					X	X		contains food dyes
Chocolate Candy Cookie (Readi Bake)										
Chocolate Chip Brownie (Buena Vista)	X	X					X	X		
Frosted Sugar Cookie (Tools for School	X	X					X	X		
Triple Fudge Filled Cookie (Rich's)	X	X	X	X			X	X		
Confetti Frosting Filled Cookie (Rich's)	X	X	X	X			X	X		
Ice Cream	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Wheat	Sesame	Notes
Strawberry Shortcake Bar	X						X	X		
Ice Cream Sandwich (DeConna)	X						X	X		
Orange Cream Bar	X									
Crumble Cookie Cone	X						X	X		
Chocolate Vanilla Cup	X									
Vanilla Cup	X									
Fudge Frezy	X									
Cherry Polar Pole	X									
Chocolate Crunch	X						X	X		
A la Carte	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Wheat	Sesame	Notes
Jacklinks Sweet BBQ Chicken										no 9 major allergens
Doritos, Cool Ranch, RF	X									
Doritos, Nacho, RF	X									
Doritos, Sweet Spicy, RF	X									
Doritos, Flamas	X									
Tostios, RF										no 9 major allergens
Lays Kettle, BBQ RF	X									
Lays Kettle, Original RF										no 9 major allergens
Lays Kettle, Sea Salt RF										no 9 major allergens
Lays Kettle, Jal Ched, RF	X									
Grandma Cookies, Choc Chip	X		X	X			X	X		
Grandma Cookies, Vanila Crisps	X		X	X			X	X		
Cheezit, all flavors	X						X	X		
Cracker, Goldfish, Cheddar WG	X						X	X		
Cheetos, all flavors	X									contain dyes
Cheese Puffs, RF	X									contain dyes
Funjuns	X									
Fruit Rollup, all flavors										no 9 major allergens
Rice Krispies, Plain	X						X			contains gelatin
Rice Krispies, Choc Chip	X						X			contains gelatin
Rice Krispies, Confetti	X						X			contains gelatin
Smartfood, Popcorn	X									
Pretzel Twists	X									
Sunflower Kernels (Zee Zee)										no 9 major allergens
Welch's Fruit Snacks										no 9 major allergens, contains dyes
Beverages	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Wheat	Sesame	Notes
Strawberry Kiwi, Fruit Juice Spark Water										no 9 major allergens
Fuji Apple, Fruit Juice, Spark Water										no 9 major allergens
Acai Berry, Fruit Juice, Spark Water										no 9 major allergens
Fruit Punch, Fruit Juice, Spark Water										no 9 major allergens
Propel, Watermelon										artifical sugars
Propel, Grape										artifical sugars
Propel, Kiwi										artifical sugars
Propel, Kiwi Strawberry										artifical sugars
Propel, Orange Mango										artifical sugars
ICE Sparking Beverage, all flavors										artifical sugars

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	Please note, always read lables as product substitutions do occur.
Dyes	**Notes**
Sweet & Sour Sauce, Individual, Sauers	Yellow #6
Mini Marshamallows (used with Sweet Potato Souffle Recipe)	Blue #1
Pickles, Sliced, Dill	Yellow #5
Pickle Relish, Individual Packet	Yellow #5
Doritios, Cheetos, Funjuns - NEW DYE FREE/NO ARTIFICAL FLAVOR VARIETIES NOW AVAILABLE IN PCS SCHOOLS and varieties with dyes/artifical flavors are being phased out!!!	Red #40, Blue #1, Yellow #5, Yellow #6
Cereal Pouches, Apple Jacks & Fruit Loops	Red #40, Blue #1, Yellow #5, Yellow #6
Cereal Cup, Lucky Charms (Dye Free variety coming in 2026-2027)	Yellow #6, Yellow #5, Blue #1, Red #40
Poptart, Blueberry (No dyes in other poptart flavors)	Red #40, Blue #1, Blue #2
Rice Krispy Treat , Confetti (sprinkles)	Red #40, Blue #1, Yellow #5, Yellow #6, Blue #2
Welches Fruit Chews, Mixed Fruit & Berries & Cherries	Red #40, Blue #1
Red Velvet Oven Baked Cookie	Red #40
Juice Alive Slushies Flavors	Red #40, Blue #1
Gatorade Varieties (Vending Machines)	Yellow #6, Yellow #5, Blue #1, Red #40

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