

	9 Major Allergens									Please note, always read labels as product substitutions do occur.
	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Wheat	Sesame	Notes
Beef Entrees										
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 labels 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
Veggies, Fresh										No 9 major allergens

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	9 Major Allergens									Please note, always read labels 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 - no allergens
Hot Dog on/with Bun (Single & Double)							X	X	X	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 labels 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			
Swrt & 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 labels 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 labels 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, Individually 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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Gluten Free Products	9 MAJOR ALLERGENS									Please note, always read labels 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
Updated 8/22/2025										
GLUTEN FREE DOES NOT MEAN ALLERGEN FREE. ALWAYS CHECK THE LABELS FOR ADDITIONAL ALLERGENS!!!!!!!										

Desserts	9 Major Allergens									Please note, always read labels as product substitutions do occur.
	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Wheat	Sesame	Notes
Cookies/Brownies										
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									contains food dyes
Doritos, Nacho, RF	X									contains food dyes
Doritos, Sweet Spicy, RF	X									contains food dyes
Doritos, Flamas	X									contains food dyes
Tostitos, 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, Vanilla 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, contains dyes
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										artificial sugars
Propel, Grape										artificial sugars
Propel, Kiwi										artificial sugars
Propel, Kiwi Strawberry										artificial sugars
Propel, Orange Mango										artificial sugars
ICE Sparking Beverage, all flavors										artificial sugars

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