



**ALLERGEN INFORMATION**

2018-2019 School Year

Allergen information is provided by FNS Department's approved food manufacturers and is regularly updated as product formulations change. This information is correct as of 1/8/19.

**BREAKFAST FOODS**

Product Description	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	Comments
<b>Entrees</b>									
Bar, Cinnamon Crisp			Y					Y	Manufactured on equipment that also processes tree nuts.
Bar, Oatmeal Cocoa Chip			Y					Y	Manufactured on equipment that also processes tree nuts.
Bar, Cocoa Cherry			Y					Y	Contains ingredients that contain corn.
Biscuit, Cheese	Y	Y	Y					Y	Contains modified corn starch.
Biscuit, Chicken	Y	Y	Y					Y	Contains modified corn starch.
Biscuit, Egg & Cheese	Y	Y	Y					Y	Contains modified corn starch.
Biscuit, Bacon, Egg & Cheese	Y	Y	Y					Y	Contains modified corn starch.
Biscuit, Sausage	Y	Y	Y					Y	Contains Pork. Contains hydrolyzed corn protein.
Breakfast, Breadstick, Egg & Bacon	Y	Y	Y					Y	Contains ingredients that contain corn.
Breakfast Pizza w/Turkey Sausage		Y	Y					Y	Contains ingredients that contain corn.
Breakfast Platter	Y	Y	Y					Y	Contains modified corn starch.
Breakfast Tornado	Y	Y	Y					Y	Contains ingredients that contain corn.
Croissant, Bacon, Egg & Cheese	Y	Y	Y						
Croissant, Egg & Cheese	Y	Y	Y					Y	
Croissant, Ham & Cheese	Y	Y	Y					Y	
Cereal, Cinnamon Toast 25% Less Sugar								Y	Contains ingredients that contain corn.
Cereal, Cocoa Puffs								Y	May contain wheat ingredients.
Cereal, Corn Chex									Made with corn. Gluten free.
Cereal, Honey Nut Cheerios					Y				Contains almonds ingredients. Contains ingredients that contain corn.
Cereal, Multigrain Cheerios									Contains ingredients that contain corn. Gluten Free.
Cereal, Trix Bar			Y					Y	May contain wheat ingredients. Contains corn and red dye.
Cheese, String Cheese		Y							
Donut Holes, WG, 9-12		Y	Y					Y	
French Toast Sticks	Y		Y					Y	Contains ingredients that contain corn.
French Toast, Mini Chocolate Chip	Y	Y	Y					Y	
Pancake & Sausage on a Stick	Y		Y					Y	Made with turkey. Contains ingredients that contain corn.
Pancakes, Blueberry Mini	Y	Y	Y					Y	Contains Red and Blue Dye. Contains ingredients that contain corn.
Peanut Butter & Jelly Graham Bar			Y	Y				Y	
Quesadilla, Cheesy Breakfast		Y	Y					Y	Contains ingredients that contain corn.
Yogurt & Grahams	Y	Y	Y					Y	Yogurt contains modified corn starch.
Vanilla Dots w/Yogurt (4 oz.)		Y						Y	Yogurt contains modified corn starch.
Waffles, Dutch	Y	Y	Y					Y	
Waffles, Maple Mini	Y	Y	Y					Y	Contains ingredients that contain corn.
Yogurt Parfait		Y	Y					Y	Made w/Cinnamon Toast Crunch. Contains modified corn starch. Contains Kosher gelatin.

**LUNCH FOODS**

<b>Entrées</b>									
BBQ Bacon Jalapeno Burger (Limited time only)		Y	Y					Y	Served w/BBQ sauce, jalapeno peppers and turkey bacon
BBQ Beef and Mac & C	Y	Y	Y					Y	
Buffalo Cheese Crunchers, w/Lite Ranch dressing		Y	Y					Y	Contains ingredients that contain corn.
Burrito, Chicken & Cheese		Y	Y					Y	Contains ingredients that contain corn.
Burrito, Cheesy Taco		Y	Y					Y	Contains ingredients that contain corn.
Calzone, Chicken & Pepperoni, WG, 9-12		Y	Y					Y	Made w/soybean oil. Contains pork.
Calzone, Ham & Cheese, WG, 9-12		Y	Y					Y	Made w/soybean oil.
Calzone, Pepperoni, 9-12		Y	Y					Y	Made w/soybean oil. Contains pork.
Calzone, Spinach & Cheese, WG, 9-12		Y	Y					Y	Made w/soybean oil.
Cheese Sticks w/Marinara		Y	Y					Y	Made with soybean oil. Contains ingredients that contain corn.
Cheeseburger		Y	Y					Y	Bun contains soy
Deluxe Bacon Cheeseburger, 9-12		Y	Y					Y	Bun contains soy
Cheesy Garlic French Bread w/Marinara		Y	Y					Y	Contains ingredients that contain corn.
Chicken & Penne Alfredo		Y	Y					Y	Contains ingredients that contain corn.
Chicken Bowl		Y	Y					Y	Gravy contains MSG/Potatoes contain sulfites. Contains corn.
Chicken, Asian Bites		Y	Y					Y	Contains ingredients that contain corn.
Chicken, Buffalo Bites		Y	Y					Y	Contains ingredients that contain corn.
Chicken Drumstick, Crispy								Y	Contains ingredients that contain corn.
Chicken, General Tso w/Rice	Y	Y	Y					Y	Contains ingredients that contain corn.
Chicken, Orange w/Rice	Y		Y					Y	Contains ingredients that contain corn.
Chicken & Queso Rice Bowl		Y	Y					Y	Contains Coconut oil.
Chicken, Snack-Atizers		Y	Y					Y	Contains ingredients that contain corn.
Chicken, Snack-Atizers, Saucy			Y					Y	Contains ingredients that contain corn.
Chicken, Sriracha Bites, 7-12			Y					Y	Contains corn flour.
Chicken Tenders			Y					Y	Contains ingredients that contain corn.

Product Description	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	Comments
Chicken Tenders, Saucy, 7-12			Y					Y	Contains ingredients that contain corn.
Chicken Teriyaki w/Rice			Y					Y	Contains ingredients that contain corn.
Chicken, Wings, Buffalo, 9-12 only									Contains ingredients that contain corn.
Chicken, Wings, Rotisserie, 9-12 only									Contains ingredients that contain corn.
Chicken, Wings, Sweet Thai Chili, 9-12 only									Contains ingredients that contain corn.
Chili Cheese Fries, 9-12		Y	Y						Contains ingredients that contain corn. Contains pork.
Corn Dog	Y		Y					Y	Made with Chicken. Contains ingredients that contain corn.
Corn Dog Nuggets	Y		Y					Y	Made with Chicken. Contains ingredients that contain corn.
Fish, Go Fish Basket		Y	Y			Y		Y	Contains ingredients that contain corn.
Fish Sticks		Y	Y			Y		Y	Made with soybean oil. Contains ingredients that contain corn.
Fish Tacos		Y	Y			Y		Y	Made with soybean oil. Contains ingredients that contain corn.
Fruit & Cheese Cup, K-8		Y	Y					Y	Made w/Whole Grain Goldfish crackers.
Fruit & Cheese Cup, 9-12		Y						Y	Made w/Whole Grain Soft Pretzel or Corn Chips-Contains ingredients that contain corn.
Hamburger								Y	Contains ingredients that contain corn. Bun contains soy.
Hot Dog w/Bun		Y	Y					Y	Contains ingredients that contain corn. Contains Butterspray.
Hummus & Veggie Platter		Y						Y	
Macaroni & Cheese	Y	Y						Y	Contains ingredients that contain corn.
Macaroni & Cheese w/Meatballs	Y	Y	Y					Y	Turkey meatballs. Contains ingredients that contain corn.
Meatloaf, Homestyle w/Gravy	Y	Y	Y					Y	Made with Beef. Contains ingredients that contain corn.
Nachos w/Cheese Sauce		Y	Y						Contains corn.
Nachos Supreme		Y	Y						Made with Pork Taco Meat. Contains corn.
Pig in a Blanket		Y	Y					Y	Made with turkey. Roll made with soybean oil. Contains ingredients that contain corn.
Philly Cheese Steak		Y	Y					Y	Contains ingredients that contain corn.
Philly Cheese Steak w/Peppers & Onions		Y	Y					Y	Contains ingredients that contain corn.
Pizza, Cheese, K-8 (5" round)		Y	Y					Y	
Pizza, Cheese, 9-12 (1 slice)		Y	Y					Y	Contains ingredients that contain corn.
Pizza Crunchers w/Marinara		Y	Y					Y	Made with soybean oil. Contains ingredients that contain corn.
Pizza, Fiestada		Y	Y					Y	Contains beef. Contains ingredients that contain corn.
Pizza, Pepperoni, K-8 (5" round)		Y	Y					Y	Made with turkey pepperoni.
Pizza, Pepperoni, 9-12 (1 slice)		Y	Y					Y	Made with pork. Contains ingredients that contain corn.
Potato, Baked Vegetarian Entrée w/Sour Cream		Y							
Quesadilla, Cheesy		Y	Y					Y	Contains ingredients that contain corn.
Quesadilla, Fajita Chicken		Y	Y					Y	Contains ingredients that contain corn.
Rice & Beans			Y						
Roast Beef & Gravy		Y	Y					Y	Contains ingredients that contain corn.
Roast Pork & Gravy		Y	Y					Y	Contains pork. Contains ingredients that contain corn.
Roast Turkey & Gravy		Y	Y					Y	Contains ingredients that contain corn.
Rotini & Meat Sauce		Y	Y					Y	Made with Pork
Rotini w/Meatballs, Saucy	Y	Y	Y					Y	Made w/Turkey Meatballs. Contains ingredients that contain corn.
Salad, Deli Turkey									Does not include salad dressing. Made w/whole grain corn chips.
Salad, Bacon Cobb	Y	Y	Y					Y	Contains ingredients that contain corn.
Salad, Bean, Cranberry & Sunflower								Y	Does not include salad dressing. Served w/ Pita Bread.
Salad, Chef	Y	Y						Y	Served w/ Pita Bread.
Salad, Grilled Chicken		Y	Y					Y	Served w/ Pita Bread.
Salad, Popcorn Chicken		Y	Y					Y	Contains ingredients that contain corn.
Salad, Southwest Chicken w/Sour Cream		Y	Y						Contains ingredients that contain corn.
Salad, Strawberry Spinach	Y		Y					Y	
Salad, Taco w/Salsa Cup & Sour Cream		Y	Y						Made with Pork Taco Meat and Whole Grain Corn Chips.
Salad, Vegetarian w/Cheddar		Y							Contains ingredients that contain corn. Does not include salad dressing.
Sandwich, BBQ		Y	Y					Y	Contains pork. Contains ingredients that contain corn.
Sandwich, Chicken Deluxe			Y					Y	Contains ingredients that contain corn.
Sandwich, Chicken Grilled		Y	Y					Y	Contains ingredients that contain corn.
Sandwich, Chicken Spicy	Y	Y	Y					Y	Contains ingredients that contain corn.
Sandwich, Crunchy Pollock		Y	Y			Y		Y	Contains ingredients that contain corn.
Sandwich, Cuban		Y	Y						
Sandwich, Egg Salad	Y		Y					Y	
Sandwich, Grilled Cheese		Y	Y					Y	
Sandwich, Grilled Chicken			Y					Y	
Sandwich, Ham & Cheese		Y	Y					Y	Made with Turkey.
Sandwich, Hot Ham & Cheese		Y	Y					Y	Made w/Turkey.
Sandwich, Peanut Butter & Jelly Jamwich			Y	Y				Y	Does not include string cheese and crackers. Contains ingredients that contain corn.
Sandwich, Pita, Ham & Cheese		Y	Y					Y	Contains ingredients that contain corn.
Sandwich, Pita, Mediterranean Hummus & Veggies								Y	Contains ingredients that contain corn.
Sandwich, Pita, Turkey & Cheese		Y	Y					Y	Contains ingredients that contain corn.
Sandwich, Tuna & Cheese on Croissant	Y	Y	Y					Y	Contains ingredients that contain corn.
Sandwich, Turkey BLT			Y					Y	Served on a whole wheat bun.
Sandwich, Turkey & Cheese on Croissant	Y	Y	Y					Y	Made with Turkey Deli
Sandwich, Warm Spinach Caprese		Y	Y					Y	
Sandwich, Turkey, Ham & Cheese on Croissant	Y	Y	Y					Y	Made with Turkey Ham and Turkey Deli
Sandwich, Warm Fajita Chicken		Y	Y					Y	Contains ingredients that contain corn.
Slider, Cheeseburger		Y	Y					Y	
Slider, Chicken		Y	Y					Y	
Slider, Chicken Spicy		Y	Y					Y	Red Dye in Louisiana Hot Sauce
Slider, Hamburger			Y					Y	
Sub, Ham & Cheese		Y	Y					Y	Made with Turkey ham.
Sub, Italian		Y	Y					Y	Contains pork.
Sub, Meatball	Y	Y	Y					Y	Made w/Turkey Meatballs.
Sub, Turkey & Cheese		Y	Y					Y	

Product Description	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	Comments
Taco, Crunchy		Y	Y						Made with Pork Taco Meat. Corn taco shells.
Taco, Street- w/Shredded Pork		Y						Y	Made w/Shredded Pork. Contains ingredients that contain corn.
Taco,Soft		Y	Y					Y	Made with Pork Taco Meat
Wacky Mac & Cheese	Y	Y	Y					Y	Contains pork.
Wrap, Chicken w/Lite Ranch dressing		Y	Y					Y	Contains ingredients that contain corn.
Wrap, Italian		Y	Y					Y	
Wrap, Veggie & Hummus			Y					Y	Made w/Whole Grains.
Wrap, Spicy Chicken w/Lite Ranch dressing		Y	Y					Y	Contains ingredients that contain corn. Red Dye in Louisiana Hot Sauce.
Wrap, Turkey & Cheese w/Lite Ranch dressing		Y	Y					Y	
Wrap, Ham & Cheese w/Lite Ranch dressing		Y	Y					Y	Made with Turkey ham.
Wrap, Warm Spicy Chicken w/Lite Ranch dressing		Y	Y					Y	Contains ingredients that contain corn. Red Dye in Louisiana Hot Sauce.
Yogurt & Muffin Platter, K-8	Y	Y	Y					Y	Contains ingredients that contain corn.
Yogurt & Muffin Platter, 9-12	Y	Y	Y					Y	Contains ingredients that contain corn.
Yogurt Parfait, K-8		Y	Y					Y	Made w/Cinnamon Toast Crunch. Contains ingredients that contain corn.
Yogurt Parfait, 9-12		Y	Y					Y	Made w/Cinnamon Toast Crunch and Tortilla crisps. Contains ingredients that contain corn.
Ziti, Baked		Y	Y					Y	Contains pork.

**SIDE DISHES**

Product Description	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	Comments
Assorted Vegetables w/Lite Ranch dressing		Y	Y						Ranch dressing contains ingredients that contain corn
Beans, Baked									Contains ingredients that contain corn. Vegetarian.
Beans, Refried									No allergens.
Beans, Black w/Taco seasoning									Contains ingredients that contain corn.
Broccoli, Garlic									No allergens.
California Blend, Seasoned									No allergens.
Cauliflower									No allergens.
Cauliflower, Roasted Buffalo		Y	Y						Made with soybean oil
Cauliflower, Roasted Garlic			Y						Made with soybean oil
Carrots, Glazed									No allergens.
Carrot & Celery Sticks w/Lite Ranch dressing		Y	Y						Ranch dressing contains ingredients that contain corn
Carrot Sticks w/Lite Ranch dressing		Y	Y						Ranch dressing contains ingredients that contain corn
Celery Sticks w/Lite Ranch dressing		Y	Y						Ranch dressing contains ingredients that contain corn
Corn & Bean Salsa									Taco seasoning contains ingredients that may contain corn.
Corn, Canned, Low Sodium		Y							Contains butterspray
Cucumbers, Slices w/Ranch Dressing		Y	Y						Served w/Ranch Dressing
Fruit Cup, Fresh									No allergens.
Green Beans		Y							Contains butterspray
Green Beans, Fresh, Garlic		Y	Y						Made with soybean oil.
Jello w/Whipped Topping		Y							Strawberry jello contains red dye. Blue jello contains blue dye, whip topping and gelatin contains ingredients that contain corn
Mixed Vegetables									No allergens.
Pasta Salad								Y	
Peas		Y							Contains butterspray
Peas & Carrots		Y							Contains butterspray
Potato, Oven Fries			Y						Made with soybean oil. Contains ingredients that contain corn.
Potato, Roasted			Y						Made with soybean oil, contains ingredients that contain corn
Potato Rounds, Tater Tots			Y						Made with soybean oil.
Potato, Seasoned Stix			Y						Made with soybean oil, contains ingredients that contain corn
Potato Smiles			Y						Made with soybean oil.
Potato, Seasoned Curly Fries			Y						Made with soybean oil.
Potato, Whipped		Y	Y						
Potato, Whipped, Garlic		Y	Y						
Potato, Whipped w/Gravy		Y	Y					Y	Gravy contains ingredients that may contain corn.
Pudding w/Whipped Topping		Y	Y						Contains corn
Rice, Brown									No allergens.
Rice, Mexican									Taco seasoning contains ingredients that may contain corn.
Rice, Oriental									No allergens.
Salad, Side, Garden w/Lite Ranch dressing		Y	Y						Ranch dressing contains ingredients that contain corn
Salad, Side, Parmesan w/Lite Ranch dressing		Y	Y						Ranch dressing contains ingredients that contain corn
Sweet Potato, Mashed		Y	Y						Contains ingredients that contain corn
Sweet Potato Souffle	Y	Y	Y					Y	Contains ingredients that contain corn
Sweet Potato Fries			Y						Contains corn oil and corn flour
Stuffing, Cornbread			Y					Y	Contains ingredients that contain corn

**BAKED GOODS**

Product Description	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	Comments
Biscuits	Y	Y	Y					Y	Made with soybean oil, contains ingredients that contain corn
Brownie, WG	Y	Y	Y					Y	
Cake, Chocolate Strawberry Shortcake, WG	Y	Y	Y					Y	
Cake, Chocolate/White Frosting WG	Y	Y	Y					Y	
Cake, Yellow w/Chocolate Frosting, WG	Y	Y	Y					Y	
Cinnamon Breadstick, WG		Y	Y					Y	Contains butterspray & soybean oil
Cinnamon Roll, Iced, WG		Y	Y					Y	Made w soybean oil
Cinnamon Tortilla Crisp		Y						Y	Contains butter spray
Cookies, 1.85 oz, Black & White	Y	Y	Y					Y	
Cookies, 1.85 oz, Carnival	Y	Y	Y					Y	Contains Red, Blue and Yellow Dyes.
Cookies, 1.85 oz, Chocolate Chip	Y	Y	Y					Y	
Cookies, 1.85 oz Double Choc	Y	Y	Y					Y	
Cookies, 1.85 oz Red Velvet	Y	Y	Y					Y	
Cookies, 1.85 oz, Sugar	Y	Y	Y					Y	



Product Description	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	Comments
Turkey Breast Stick, All Natural BBQ									All Natural, Gluten Free
Yogurt, Dannon Strawberry & Vanilla		Y							Contains ingredients that contain corn. Contains Kosher gelatin.
Yogurt, Strawberry		Y							Contains ingredients that contain corn. Contains Kosher gelatin.
Yogurt, Raspberry		Y							Contains ingredients that contain corn. Contains Kosher gelatin.
<b>Ice Cream</b>									
Chocolate Eclair Bar		Y	Y	*	*				Contains ingredients that contain corn. *Manufactured in a facility that processes peanuts & tree nuts.
Low Fat Cookies n' Cream Ice Cream Cone		Y	Y	Y	*			Y	Contains ingredients that contain corn. *Manufactured in a facility that processes peanuts & tree nuts.
Low Fat Vanilla Fudge Swirl Ice Cream Cone		Y	Y	Y	*			Y	Contains ingredients that contain corn. *Manufactured in a facility that processes peanuts & tree nuts.
Low Fat Chocolate & Vanilla Ice Cream Cup		Y		*	*				*Manufactured in a facility that processes peanuts & tree nuts.
Strawberry Banana Fruit Bomb Pop		Y		*	*				*Manufactured in a facility that processes peanuts & tree nuts.
Fudge Bar		Y		*	*				*Manufactured in a facility that processes peanuts & tree nuts.
Low Fat Vanilla Ice Cream Sandwich		Y	Y	*	*			Y	*Manufactured in a facility that processes peanuts & tree nuts.
Strawberry Shortcake Bar		Y	Y	*	*			Y	Contains Red Dye. *Manufactured in a facility that processes peanuts & tree nuts.
<b>Condiments</b>									
Dressing, Caesar (1.5 oz)		Y	Y					Y	Contains soybean oil
Dressing, Italian, Fat Free (1.5 oz)									Contains yellow dye
Dressing, Ranch, Lite (1.5 oz)	Y	Y	Y						Contains soybean oil, ingredients that contain corn and egg yolk
Dressing, Ranch, Lite, Dipping Cup (1 oz)		Y	Y						Contains soybean oil and ingredients that contain corn
Dressing, Raspberry, Fat Free (1.5 oz)									Contains red dye and ingredients that contain corn