

### Common Allergens

Description	Egg	Fish	Milk	Nut	Soy	Wheat
Apple Crisp					x	x
Apple, Fresh						
Applesauce Gelatin						
Applesauce, Natural						
Asian Salad					x	
Baked Beans						
Baked Potato w/ Shredded Cheese			x			
Banana, Fresh						
Bar, Apple Cinnamon Nutrigrain			x		x	x
Bar, Blueberry Nutrigrain			x		x	x
Bar, Cereal Chocolate			x		x	
Bar, Marshmallow Treat			x		x	
Bar, Oatmeal Brown Sugar	x			x	x	x
Bar, Strawberry Nutrigrain			x		x	x
Barbecue Sauce						
Barbecue Sauce, Individual						
Beef & Cheese Nachos			x		x	x
Beef Slider					x	x
Beef, Chicken Fried Steak			x		x	x
Beef, Steak Finger			x		x	x
Biscuit			x			x
Bread Stick, Cheese			x		x	x
Breaded Chicken Wrap	x		x		x	x
Breakfast on a Bun	x		x		x	x
Broccoli w/ Cheese Sauce			x			
Broccoli, Steamed						
Brownie			x			x
Burritos, Bean & Cheese			x		x	x
Caesar Dressing, Individual	x				x	
California Vegetables						
Carrot Coins, Fresh						
Catsup						
Catsup, Individual						
Celery Sticks w/ Peanut Butter				x		
Celery Sticks, Fresh						
Cereal, Apple Jack Reduced Sugar					x	x
Cereal, Cinnamon Toast Crunch					x	x
Cereal, Corn Pops					x	x
Cereal, Fruity Cheerios						x
Cereal, Golden Grahams						x
Cereal, Honey Nut Chex				x		
Cereal, Snack Low-Fat Granola					x	x
Chalupa Grande w/ Beef			x		x	
Chalupa Grande w/ Chicken			x		x	
Chalupa Trimmings						
Chalupa w/ Cheese			x		x	
Cheese Enchilada			x			

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Cheese Mixture, Shredded			x			
Cheese Nachos			x		x	x
Cheese Quesadilla			x			x
Cheese Sauce			x		x	
Cheese, Mozzarella String			x			
Cheeseburger			x		x	x
Chef Salad w/ Chicken			x			
Chicken & Cheese Salad			x		x	x
Chicken BLT Salad			x			
Chicken Chunk, Asian Deluxe	x		x		x	x
Chicken Chunk, Regular Deluxe	x				x	x
Chicken Fajita Taco			x		x	x
Chicken Gravy						x
Chicken Nugget	x		x		x	x
Chicken Parmigiana	x		x		x	x
Chicken Pattie on Wheat Bun	x		x		x	x
Chicken Pepperoni Pasta			x		x	x
Chicken Salad Plate w/ Grapes	x				x	x
Chicken Salad Sandwich	x				x	x
Chicken Slider	x				x	x
Chicken Tender, Breaded	x		x		x	x
Chicken, Breakfast Pattie	x				x	x
Chili			x		x	x
Chili Cheese Fries						x
Chips & Queso			x		x	x
Chips, Baked KC Masterpiece	x		x		x	x
Chips, Cheetos Baked			x			
Chips, Cheetos Flaming Hot			x			
Chips, Chili Cheese Fantastix			x			
Chips, Cooler Ranch, Reduced Fat			x			
Chips, Doritos Nacho Reduced Fat			x			
Chips, Funyons			x		x	
Chips, Munchies Flaming Hot			x			x
Chips, Pretzel Heartzel						x
Chips, Sunchip Cheddar			x			x
Chips, Sunchip French Onion			x			x
Chopped Barbeque on Wheat Bun					x	x
Cinnamon Apples						
Cinnamon Roll	x		x		x	x
Cocoa, Individual Package			x		x	x
Cookie, Gingerbread Man						x
Corn Dogs, Whole Grain	x				x	x
Corn on the Cob						
Corn, Whole Kernel						
Cornbread	x		x		x	x
Cornbread Dressing	x		x		x	x
Cracker, Whole Grain Goldfish			x		x	x

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Crackers, Cheese Reduced Fat			x		x	x
Crackers, Graham Cinnamon 2 pk					x	x
Crackers, Graham Vanilla Mini					x	x
Crackers, Peanut Butter			x	x	x	x
Crackers, Saltines					x	x
Cranberry Sauce						
Cream Gravy			x			x
Crispy Beef Taco					x	
Croutons			x			x
Cucumber Slices, Fresh						
Curly Fries					x	x
Curly Fries w/ Cheese			x		x	x
Deluxe Chicken Sandwich	x		x		x	x
Egg Roll	x	x	x		x	x
Fish & Cheese Sandwich		x	x		x	x
Fish Sandwich on Wheat Bun		x			x	x
Focaccia Bread Stick			x		x	x
Fruit Cocktail						
Garlic Bread			x		x	x
Gatorade G2 - All flavors						
Gelatin w/ Mixed Fruit						
Gelatin w/ Sliced Peaches						
Gelatin w/ Sliced Pears						
Granola Bar Crunchy Honey Oat				x	x	
Granola Bar, Chocolate Chip			x	x	x	x
Granola Bar, Smores			x	x	x	x
Grapes, Seedless Red or White						
Green Beans, Savory						
Green Peas, Savory						
Grilled Cheese Sandwich			x		x	x
Grilled Chicken on Wheat Bun - Elementary					x	x
Grilled Chicken on Wheat Bun - Secondary			x		x	x
Grilled Chicken Wrap						x
Ham & Cheese Sandwich			x		x	x
Ham Sub Sandwich - Elementary						x
Ham & Cheese Sub Sandwich - Secondary			x			x
Ham Wrap - Elementary						x
Ham & Cheese Wrap - Secondary			x			x
Ham, Turkey, Cheese Sub Sandwich			x			x
Hamburger on Wheat Bun					x	x
Hot Dog on Wheat Bun						x
Ice Cream Cup, Chocolate Low-fat			x		x	x
Ice Cream Cup, Strawberry Low-fat			x			
Ice Cream Cup, Vanilla Low-fat			x			
Ice Cream: Banana Fudge Bar			x			
Ice Cream: Cookie & Cream Cone			x		x	x
Ice Cream: Cookies & Cream Cup			x		x	x

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Ice Cream: Cookies & Cream Sandwich			x		x	x
Ice Cream: Fudge Bar, Low Fat			x		x	x
Ice Cream: Lime Sherbet			x			
Ice Cream: Neapolitan Sandwich			x		x	x
Ice Cream: Nutzo Cone			x	x	x	x
Ice Cream: Orange Sherbet			x			
Ice Cream: Rainbow Pop Up			x			
Ice Cream: Rainbow Sherbet			x			
Ice Cream: Strawberry Fruit Bar, Frozen						
Italian Dressing, Reduced Fat, Individual						
Italian Marinara Sauce						
Jalapenos, Sliced						
Jelly, Grape						
Jerky, Beef					x	x
Juice Bar, Frozen 100 ct						
Juice, Apple						
Juice, Fruit Blend						
Juice, Orange						
Juice, Pomegranate Blueberry						
Juice, Strawberry Banana						
Kiwi, Fresh						
Kolache, Sausage Brkft	x		x		x	x
Lettuce, Tomato, Pickles						
Macaroni & Cheese			x			x
Mandarin Oranges						
Mashed Potatoes			x			
Mayonnaise, Reduced Calorie	x				x	
Meatball Sandwich			x		x	x
Melon Cup - Secondary						
Milk, 1% Fat Vanilla			x			
Milk, 1% Fat Chocolate			x			
Milk, 1% Fat White			x			
Milk, Lactose Free Skim			x			
Milk, Skim			x			
Mixed Green Salad						x
Mixed Vegetables						
Muffin, Banana	x		x		x	x
Muffin, Blueberry	x		x		x	x
Mustard, Individual						
Mustard, Prepared						
Oatmeal Cookie				x		x
Oatmeal w/ Brown Sugar					x	
Orange, Fresh						
Pancake & Turkey Sausage Wrap	x				x	x
Pancake, Whole Grain	x		x		x	x
Peach Crisp					x	x
Peach Cup						

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Peaches, Sliced						
Peanut Butter & Jelly Sandwich				x		x
Peanut Butter Snack - Elementary				x		x
Pears, Halves						
Pears, Sliced						
Picante Sauce						
Pickles, Whole Dill						
Pineapple Fluff			x			
Pineapple, Tidbits						
Pinto Beans						
Pizza Cheese Sticks			x		x	x
Pizza, Breakfast			x		x	x
Pizza, Cheese, Elementary			x		x	x
Pizza, Cheese, Secondary			x			x
Pizza, Pepperoni Stuffed Crust			x		x	x
Pizza, Pepperoni, Deluxe			x		x	x
Pizza, Pepperoni, Elementary			x		x	x
Pizza, Pepperoni, Secondary			x		x	x
Pocket Sandwich, Pepperoni	x		x		x	x
Potatoes, Baked w/o skin						
Potatoes, Crispy Fry					x	x
Potatoes, Hashbrown Spicy					x	x
Potatoes, Seasoned Wedges					x	x
Potatoes, Tater Tots					x	x
Pudding Cup, Chocolate			x			
Pudding Cup, Vanilla			x			
Ranch Dressing, Reduced Fat, Individual			x			
Ranch Dressing, Reduced Fat			x			
Ranch Style Beans						
Raw Vegetable Medley						
Rice, Fried Brown					x	
Rice, Spanish Brown					x	
Roast Turkey						
Roll, Cornmeal	x		x		x	x
Roll, Whole Grain			x		x	x
Salad Dressing, Individual	x				x	
Sausage Pattie, Chicken					x	
Sausage Pattie, Pork					x	
Snack Mix, Chocolate			x		x	x
Snack Mix, Strawberry Yogurt			x		x	x
Soup, Potato			x			
Soup, Southwest Vegetable						
Soup, Tomato Basil						
Southwestern Salad w/ Chicken			x		x	
Soy Milk, Chocolate					x	
Soy Sauce					x	x
Spaghetti Side w/ Marinara Sauce						x

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Spaghetti w/Meat Sauce			x		x	x
Spicy Chicken on Wheat Bun	x				x	x
Spicy Chicken Wrap	x				x	x
Spinach, Country Style						
Squash Casserole			x			
Stir Fry Vegetables					x	
Strawberries, Fresh						
Strawberry & Cream Cup - m/h			x			
Strawberry Fruit & Grain Bar				x		
Sunflower Kernels						
Sweet & Sour Sauce, Individual						
Sweet Asian Chicken	x				x	x
Sweet Iced Tea						
Sweet Potato Pie	x				x	x
Sweet Tea, Original						
Sweet Tea, Peach						
Syrup, Maple	x				x	
Taco Salad			x		x	x
Taco Trimmings			x			
Taco, Bean & Cheese			x		x	x
Taco, Chorizo, Potato & Egg	x					x
Taco, Egg & Bacon	x					x
Taco, Potato & Egg	x					x
Tangerine						
Tarter Sauce, Individual	x					
Toast, Buttered			x		x	x
Toast, Cheese			x		x	x
Toast, Cinnamon			x		x	x
Toaster Pastry, Brown Sugar				x		x
Toaster Pastry, Unfrosted Strawberry					x	x
Tossed Salad						
Turkey Sandwich					x	x
Turkey Sub Sandwich - Elementary						x
Turkey & Cheese Sub Sandwich - Secondary			x			x
Turkey Wrap - Elementary						x
Turkey & Cheese Wrap - Secondary			x			x
Veggie Burger on Wheat Bun	x		x		x	x
Waffle Stick, Whole Grain	x		x		x	x
Watermelon						
Yogurt, 4 oz - All Flavors			x			
Yogurt, 6 oz. - All Flavors			x			