## Frisco ISD Child Nutrition Department

Food Allergen Quick Reference List 2017-2018

Updated 8/29/17

## Please read the following before continuing:

Foods containing potential food allergens for the eight most common allergies (Milk, Eggs, Peanuts, Treenuts, Soy, Wheat, Fish, & Shellfish) are listed in this document in addition to other comments or ingredients. This is to be used as a resource guide only. It is not a guarantee of ingredients in all foods or menu items. Products stocked by Frisco ISD may change due to supplier changes or substitutions. Manufacturers may also change formulation and ingredient profiles without the knowledge of the Frisco ISD Child Nutrition Department. Frisco ISD is not responsible for and cannot guarantee the accuracy of any of the nutritional information contained in this document. The information is not intended as a substitute for advice from your physician or other healthcare professional. A detailed nutrition label book is available at the main Child Nutrition Office and may be viewed upon request with a scheduled appointment. For students that have severe food allergies it is strongly suggested that parents have a menu marked by a healthcare professional for the cafeteria staff to follow. Parents should complete the Frisco ISD Food Allergy/Disability Substitution Request Form for any student that has food allergies and submit the completed and signed form to the main Child Nutrition Office. For this form to be accepted as complete, it must contain a physician's signature. This form can be found on our website (www.friscocafe.org) or from your student's cafeteria supervisor.

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This institution is an equal opportunity provider.

MENU ENTREES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	Other
BBQ Pork Bowl w/Roll (A-3193)	Pork BBQ w/vinegar marinade	Brookwood Farms				Х							Contains corn syrup solids, garlic powder, spices
	Hickory BBQ Sauce	Clements Foods		Х									Food starch modified, natural smoke flavoring, natural coloring, worcestershire
	Mashed Potatoes	Idahoan Real Low Sodium				Χ	Х						
	Spices	Garlic Powder, Onion Powder, Salt		Х									
	Margarine, Trans Fat Free	Ventura Foods	5972314			Χ	Χ						Contains natural and artificial flavor
BBQ Pork Sandwich (A-5046a)	Whole Wheat Hamburger Bun	Kurz Bakery	304		Х	Х							Processed on equipment that processes products containing sesame seeds
	Pork BBQ w/vinegar marinade	Brookwood Farms				Х							Contains corn syrup solids, garlic powder, spices
	Hickory BBQ Sauce	Clements Foods		Х									Food starch modified, natural smoke flavoring, natural coloring, worcestershire
Bean Burger (A-5060)	Bean Burger patty	Food Scapes				Х	Х						Vegetarian
	Whole Wheat Hamburger Bun	Kurz Bakery	304		Х	Х							Processed on equipment that processes products containing sesame seeds
Bean & Cheese Burrito w/Cheese Sauce (A-3045b)	Whole Grain Cheese & Bean Burrito	Fernando's			Х	Х	Х						Contains corn, garlic
	Queso Blanco	JTM	5718			Х	Х						Contains modified food starch. Product info states Gluten-Free.
Bean & Cheese Nachos (A-3010g)	Jalapeno Cheese Sauce	JTM Food Group	5708CE				Х						Manufacturer states product is gluten free. Modified Food Starch-type not specified
	Yellow RoundNo Salt Tortilla Chips	Barrel O Fun	41406	Х									Contains whole corn, corn oil
Bean & Cheese Burrito w/Cheese Sauce (A-3045b)	Whole Grain Cheese & Bean Burrito	Fernando's			Х	Х	Х						Contains corn, garlic
	Queso Blanco	JTM	5718			Х	Х						Contains modified food starch. Product info states Gluten-Free.
Bean Dippers (A-3086)	Homemade Black Bean Dip	Black Beans, onion powder, garlic powder, chili powder, cumin, salt		Х									
	Yellow RoundNo Salt Tortilla Chips	Barrel O Fun	41406	Х									Contains whole corn, corn oil
Beef Soft Taco (A-3065)	Beef Taco Meat	Integrated Foods			Х	Х							Contains hydrolyzed corn gluten, oats, garlic
	Low Sodium Ultra Grain Flour Tortilla	Azteca	0006109		Х								
	Shredded Cheddar Cheese	Land O Lakes	25104				Χ						
Breaded Cheese Sticks w/Marinara (A-3013)	Reduced Sodium Cheese Sticks w/Whole Grain	Farm Rich	65219		Х		Х						Contains corn, garlic
	Homemade Marinara Sauce (A-6001)	onion, basil, salt, tomato sauce, garlic, pepper		Х									Contains Garlic, Natural Flavors
Breaded Oven Roasted Chicken w/Roll (A- 3233a)	WG Breaded Chicken 8 pc	Gold Kist Farms			Х					Х			Contains corn, garlic
	Roll, Homemade Wheat (A-1001)				Х	Х	х			*			*Some campuses may use pre-made roll dough, which contains eggs

MENU ENTREES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanu	t Tree Nu	t Egg	g Shellfish	Fish	Other
Chana Masala w/Brown Rice (A-3178)	Low sodium Garbanzo Beans			Х									
	Spices	Garam Masala, Garlic Powder, Ginger, Paprika, Cumin, Salt, Black Pepper, Sugar, Onion Powder		Х									
	Canola Oil			Χ									
	Lemon Juice			Χ									
	Onion			X									
	Tomato Sauce			Х									
	Brown Rice	Fresh Onion, Black Pepper, Brown Rice, Salt		Х									
	Vegetable Base LS	Minor's	5814397	X									Contains corn oil, cornstarch, hydrolyzed corn protein*No added MSG other than that which naturall occurs in the hydrolyzed proteins and yeast extract.
Cheese Breadsticks (A-3133)	Wild Mike's	6" Cheese Filled Breadsticks			Х	Х	Х						
Cheese Bites (A-3226)	Wild Mike's	Cheese Bites			Х	Χ	Χ						
Cheeseburger (A-5031)	Whole Wheat Hamburger Bun	Kurz Bakery	304		Х	Х							Processed on equipment that processes products
niecocounger (A-0001)	American Slice Cheese, Reduced Fat/Sodium	Land O Lakes	46288			Х	х						containing sesame seeds
	Flamebroiled Steak Burger	Advance	3-15-320-09			*							*Belt Release: Soy Lecithin. Contains caramel color manufacturer states caramel color does not contain gluten
Cheese Calzone (A-3106)	WG Personal Cheese Pizza	Alpha Foods Inc			Х	Х	Х						Garlic, Food Starch Modified-type not specified
heese Calzonettes (A-3119)	Cheese Calzonettes	Giorgio	9074		Х	Х	Х						Contains garlic
Cheese Enchiladas (A-3143)	Cheese Enchiladas	Integrated Foods	809040				Χ						Contains corn
	Jalapeno Cheese Sauce	JTM Food Group	5708CE				Х						Manufacturer states product is gluten free. Modified Food Starch-type not specified
Cheese Enchiladas Verdes (A-3143b)	Cheese Enchiladas	Integrated Foods	809040				Х						Contains corn
	Green Enchilada Sauce	La Victoria				Χ							Contains MSG, Garlic
	Shredded Cheddar Cheese	Land O Lakes	25104				Х						Manufacture state and dust in all the first Manufacture
Cheese Nachos (A-3117)	Jalapeno Cheese Sauce Yellow RoundNo Salt Tortilla	JTM Food Group	5708CE				Х						Manufacturer states product is gluten free. Modified Food Starch-type not specified
	Chips	Barrel O Fun	41406	Х									Contains whole corn, corn oil
Cheese Pizza (A-3220)	WG Thin Cheese Pizza	Alpha Foods Inc	AS162WT		Χ	Χ	Χ						Contains corn starch, garlic
Cheese Ravioli w/Breadstick (A-3155)	Jumbo 4 Cheese Ravioli	Ateeco			X	Х	Х			Х			Contains modified food starch, spice, garlic
	Cheesy Garlic Breadstick	Bridgford	6787		Χ	Χ	Χ			Х			Contains spices, vegetable mono-and di-glycerides, maltodextrin
Cheese Stuffed Shells w/Breadstick (A-3150)	Whole Grain Cheese Stuffed Shells	Tasty Brands	00803WG		Х		Х			Х			Contains garlic
	Homemade Marinara Sauce (A-6001)	onion, basil, salt, tomato sauce, garlic, pepper		Х									Contains Garlic, Natural Flavors
	Parmesan Cheese		1060771				Х						Contains cellulose
	Cheesy Garlic Breadstick	Bridgford	6787		Х	Х	Х			Х			Contains spices, vegetable mono-and di-glycerides, maltodextrin
Cheese Quesadilla (A-3109a)	Low Sodium Ultra Grain Flour Tortilla	Azteca	6009		Х								
	Shredded Mozzarella Cheese	Land O Lakes	41698				Х						
	Reduced Fat Shredded American	Land O Lakes					Х						
Chaosa Taguita Dippara w/Salaa	Cheese Cheese Enchiladas		809040				X						Contains corn
Cheese Taquito Dippers w/Salsa	Cheese Enchiladas	Integrated Foods	003040				^						Contains com

MENU ENTREES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	Other
Chicken & Waffles (A-9046a)	Whole Grain Waffles	Aunt Jemima			Х	Х	Х			Х			Contains modified food starch, natural flavor
	Margarine, Trans Fat Free	Ventura Foods	5972314			Х	Χ						Contains Natural and Artificial Flavor
	Whole Grain Chicken Breast Tenders	Clux Deluxe	66210		Х	*							Contains corn flour and modified corn starch, dextrose, dried garlic. *contains soybean oil
	Eggs									Х			died gaille. Contains soybean oil
	Fajita Chicken Strips	Tyson	522-928			Х							Contains garlic, dextrose, maltodextrin, modified food starch-type not specified. Product info states no gluten-
Chicken Alfredo (A-3192)	Fajita Chicken Strips	Tyson	522-926			^							containing ingredients.
	Whole Grain Rotini Pasta	Barilla	0003772		X					*			*Manufactured on equipment that processes products
	Alfredo Sauce	JTM	5722CE				Х						containing eggs
	Pan Spray	Vegalene Allergen-Free		Χ									
Chicken Caesar Salad w/Roll (A-4024)	Romaine Lettuce	Fresh Produce		Χ									
	Grilled Chicken Breast Filet	Tyson Red Label Premium Unbreaded 38300-928	38300			х							Contains modified food starch-manufacturer states product does not contain gluten
	Parmesan Cheese		1060771				Х						
	Lite Casear Dressing, Bulk	Ken's Foods	5401047			Х	Χ					Χ	
	Roll, Homemade Wheat (A-1001)				Х	Х	Χ			*			*Some campuses may use pre-made roll dough, which contains eggs
Chicken Cheesesteak (A-5064)	Whole Grain Hoagie Bun	Kurz Bakery	22343		Χ	Х							Contains corn, caramel coloring
	Fajita Chicken Strips	Tyson	522-928			x							Contains garlic, dextrose, maltodextrin, modified food starch-type not specified. Product info states no gluten- containing ingredients.
	Queso Blanco	JTM	5718			Х	Х						Contains modified food starch. Product info states Gluten-Free.
	Onions & Pepper	Fresh Produce											Gluten-Free.
Chicken Chunks (Boneless Wing) (A-3016)	Whole Grain Chicken Breast Chunks	Perdue/Clux Delux	66195		Х	Х							Contains garlic, corn flour, corn syrup
3, ( ,	Whole Grain Chicken Chili Filled												Contains oats, modified food starch, corn starch, garlic
Chicken Crispadora (A-3046)	Tortillas	Tyson	24569-928		Х	*							powder, corn oil  *Contains soybean oil
Chicken Fried Steak w/Roll (A-3014a)	Whole Grain Breaded Beef Patty	Advance	69011		Х	Х							Contains garlic, modified corn starch, hydrolyzed corn protein
	Roll, Homemade Wheat (A-1001)				Χ	Х	Х			*			*Some campuses may use pre-made roll dough, which contains eggs
Chicken Nuggets w/breadstick (A-3236a)	Snackatizers	Perdue	89541		Х	*							Contains corn, garlic, soybean oil.
	Cheesy Garlic Breadstick	Bridgford	6787		Х	Х	Х			Х			Contains spices, vegetable mono-and di-glycerides, maltodextrin
	Whole Grain Chicken Breast Filet	Clux Delux	66198		Х	*							Contains garlic powder, yellow corn flour
Chicken Parmesan w/Spaghetti (A-3141)	Whole Grain Chloren Breast Fliet		00100		^								*Contains soybean oil
	Homemade Marinara Sauce (A- 6001)	onion, basil, salt, tomato sauce, garlic, pepper		Х									Contains Garlic, Natural Flavors
	Shredded Mozzarella Cheese	Land O Lakes	41698				Х						
	Pasta, Whole Grain Spaghetti	Barilla			Χ					*			Manufactured on equipment that processes products containing eggs.
Chicken Sliders (A-5027)	Chicken Patty	Tyson 5778	5778		Χ	Χ							Contains Garlic, beef as flavoring
	Whole Wheat Mini Hamburger Bun	Kurz Bakery	309		Χ	Х							Contains corn syrup, caramel color
Chicken Tenders w/Biscuit	Whole Grain Chicken Breast Tenders	Clux Deluxe	66210		Х	*							Contains corn flour and modified corn starch, dextrose, dried garlic. *contains soybean oil
	Whole Grain Biscuit	Pillsbury	94562-32267		Χ		Χ						
Chicken Tenders w/Roll (A-3157c)	Whole Grain Chicken Breast Tender	Clux Deluxe	66210		Х	*							Contains corn flour and modified corn starch, dextrose, dried garlic. *contains soybean oil
The state of the s	Roll, Homemade Wheat (A-1001)				Х	х	Х			*			*Some campuses may use pre-made roll dough, which contains eggs

MENU ENTREES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	Other
Chicken Teriyaki Bowl (A-3137d)	Chicken Strips, unbreaded Teriyaki Glaze	Tyson Kikkoman	16702-928		Х	X X							Contains corn, garlic
	Veggie Rice	Brown rice, peas, carrots, veg oil, soy sauce, salt, vegetable base			X	Х							Contains corn, garlic
Crispy Chicken Sandwich (A-5001)	Whole Wheat Hamburger Bun	Kurz Bakery	304		Х	Χ							Processed on equipment that processes products containing sesame seeds
,,	Whole Grain Chicken Breast Filet	Clux Delux	66198		Х	*							Contains garlic powder, yellow corn flour *Contains soybean oil
Crunchy Fish Po'Boy (A-5062)	WG Pollock Bites Whole Grain Hoagie Bun Green Leaf Lettuce	High Liner Foods Kurz Bakery Fresh Produce	26264 22343	Х	X X	* X	Х					Х	*May use soybean oil Contains corn, caramel coloring
	Ahab's Homemade Tartar Sauce (A-6047)	Light mayo, pickle brine, Frank's RedHOT Sauce, Onion Powder, Lemon Juice				*				х			*Contains Soybean oil. Contains modified food starch (corn, potato).
Crunchy Fish & Chips w/Hushpuppies (A-3212)	Potato Crunch Breaded Pollock	North Atlantic			Х	Х	Х					Х	Contains dextrose, garlic
	Potato Wedges	McCain OIF00024A	0041539			*							May contain soybean oil, sunflower oil. Manufacturer states contains no added gluten ingredients or gluten sourced ingredients.
	Hushpuppies	Savannah Classics			Х	Х	Х			Х			ŭ .
Fish Bites w/Hushpuppies (A-3200)	WG Pollock Bites	High Liner Foods	26264		Х	*	Х					Χ	*May use soybean oil
	Hushpuppies	Savannah Classics			Χ	Χ	Χ			Χ			
French Toast Sticks w/Sausage (A-9032)	French Toast Sticks	Michael Foods 46025- 75010	3026153		Х	Х	Х			Х			Contains corn starch, natural flavors, and caramel color.
	Chicken Sausage Patty	Tyson 17443-328		Х									Contains garlic. Contains modified food starch, caramel color, and natural flavors. Manufacturer states contains no gluten
French Toast Sticks w/Eggs (A-9031)	French Toast Sticks	Michael Foods 46025- 75010	3026153		Х	Х	Х			Х			Contains corn starch, natural flavors, and caramel color.
										Χ			
Frito Chili Pie (A-3154)	Turkey Chili	Jennie-O	285428	Х									Contains spices, modified food starch, garlic Product info states No Allergens or Gluten
	Frito's Reduced Fat Corn Chips	Frito-Lay		Х									Contains corn and corn oil
O. I	Shredded Cheddar Cheese	Land O Lakes	25104				X						0
Galaxy Cheese Pizza (A-3181)	Cheese Pizza	Tony's	78364		Х	Х	Х						Contains garlic  Processed on equipment that processes products
Grilled Chicken Sandwich	Whole Wheat Hamburger Bun	Kurz Bakery	304		Х	Х							containing sesame seeds
	Grilled Chicken Breast Filet	Tyson Red Label Premium Unbreaded 38300-928	38300			Х							Contains modified food starch-manufacturer states product does not contain gluten
Hamburger (A-5023)	Whole Wheat Hamburger Bun	Kurz Bakery	304		Х	Х							Processed on equipment that processes products containing sesame seeds
	Flamebroiled Steak Burger	Advance	3-15-320-09			*							*Belt Release: Soy Lecithin. Contains caramel color- manufacturer states caramel color does not contain gluten
Hamburger Sliders (A-5026)	Whole Wheat Mini Hamburger Bun	Kurz Bakery	309		Х	Х							Contains corn syrup, caramel color
,	Beef Slider Patty	Mini Charbroil Steak BurgerAdvance Foods	1-15-312-09			*							*Belt Release: Soy Lecithin. Contains Caramel Color- manufacturer states caramel color does not contain gluten
Hummus Plate (A-3057c)	Hummus, Traditional	Grecian Delight			*	Х							Contains Garlic, Sesame tahini, natural flavors, *modified food starch-type not specified, spices.
	Flatbread	Pillsbury Panini Bread	137737000		Х	*	Х						*May contain soy ingredients.
	Carrots	Fresh Produce		Х									. , ,
	Cucumbers	Fresh Produce		Χ									
	Grapes	Fresh Produce		Χ									

MENU ENTREES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	Other
Inside Out Ham & Cheese Sandwich (A-5040)	Sliced Ham	Hormel Natural Choice	68240	Χ									
	American Slice Cheese, Reduced Fat/Sodium	Land O Lakes	46288			Χ	Х						
	Whole Wheat Hamburger Bun	Kurz Bakery	304		Х	Х							Processed on equipment that processes products containing sesame seeds
	Parmesan Cheese		1060771				Х						Contains cellulose
	Margarine, Trans Fat Free	Ventura Foods	5972314			Х	Х						Contains Natural and Artificial Flavor
Italian Sausage Stromboli	WG Personal Cheese Pizza	Alpha Foods Inc			Х	Х	Х						Garlic, Food Starch Modified-type not specified
	Turkey Italian Sausage	Jennie O		Χ									Contains Garlic
Macaroni and Cheese with Roll (A-3162a)	Whole Grain Macaroni & Cheese	Land O Lakes	43274		Х		Χ			Х			Contains modified food starch
	Roll, Homemade Wheat (A-1001)				Х	Х	Х			*			*Some campuses may use pre-made roll dough, which contains eggs
Made-to-Order Pasta (MS)	Whole Grain Rotini Pasta	Barilla	0003772		Х					*			*Manufactured on equipment that processes products containing eggs
students build pasta bowl from options	Beef Meatballs	Advance	CN 1-17-505-0		Х	Х	Х						
	Grilled Chicken Breast Filet	Tyson Red Label Premium Unbreaded 38300-928	38300			Х							Contains modified food starch-manufacturer states product does not contain gluten
	Chunky Marinara Sauce	onion, basil, salt, tomato sauce, garlic, pepper, diced tomatoes											
	Alfredo Sauce	JTM	5722CE				Х						
Maple Biscuit w/Sausage (2) (A-9015b)	Maple Biscuit	Bridgford	6245		Х	Х	Х						Contains cornstarch
	Chicken Sausage Patty	Tyson 17443-328		Х									Contains garlic. Contains modified food starch, caramel color, and natural flavors. Manufacturer states contains no gluten
	Margarine, Trans Fat Free	Ventura Foods	5972314			Х	Х						Contains natural and artificial flavor
Meatball Sub (A-5000)	Beef Meatballs	Advance	CN 1-17-505-0		Χ	Х	Χ						
	Marinara Sauce (A-6001)	onion, basil, salt, tomato sauce, garlic, pepper		Х									Contains Garlic, Natural Flavors
	Shredded Mozzarella Cheese	Land O Lakes	41698				Х						
	Whole Grain Hoagie Bun	Kurz Bakery	22343		Х	Χ							Contains corn, caramel coloring
Mini Pizza Bagels	WG Mini Cheese Pizza Bagels	Tasty Brands	52222		Х	Χ	Χ			*			Produced on equipment that also handles eggs
Moby Crunch Fish Sandwich (A-5055)	Potato Crunch Breaded Pollock	North Atlantic			Х	Χ	Χ					Χ	Contains dextrose, garlic
	Whole Wheat Hamburger Bun	Kurz Bakery	304		Х	Х							Processed on equipment that processes products
	American Slice Cheese, Reduced Fat/Sodium	Land O Lakes	46288			Х	х						containing sesame seeds
Munch Box (A-3180)	Star Sandwich Thin	Buena Vista			Х	Χ							
	Shredded Mozzarella Cheese	Land O Lakes	41698				Х						
	Turkey Pepperoni	Jennie-O		Х									Contains corn syrup, dextrose, garlic powder.  Manufacture states does not contain allergens or gluten
	Marinara Sauce Cup	Red Gold		Х		*							Product information states Gluten-Free, No Allergens. *Contains Soybean Oil
Orange Chicken w/Brown Rice (A-3058b)	Popcorn Chicken Breast Chunk Fritters	Koch	86318		Х					Х			Contains modified food starch, garlic powder, corn flour,
	Less Sodium Orange Sauce	Minh	69143		Х	Х							Contains Sesame Oil, garlic powder, yeast extract
	Brown Rice	Riceland Foods Inc	4487609	Х									
	Vegetable Base LS	Minor's	5814397	Х									Contains corn oil, cornstarch, hydrolyzed corn protein*No added MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract.
	Seasonings	Onion, salt, pepper			Х	Х							
	Ocasorings	C.non, ban, popper											

MENU ENTREES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	Other
Pancakes w/Sausage (A-9019a)	Whole Grain Pancakes	Aunt Jemima	43582		Х	Х	Х			Х			Contains corn contains game. Contains modified food staten,
	Chicken Sausage Patty	Tyson 17443-328		Χ									caramel color, and natural flavors. Manufacturer states
Pepperoni Pizza (A-3221)	WG Thin Pepperoni Pizza	Alpha Foods Inc	AS164WT		Х	Х	Х						Contains corn starch, garlic
Pizzadilla	Low Sodium Ultra Grain Tortilla	Azteca	06109		Х								
	Shredded Mozzarella Cheese	Land O Lakes	41698				Х						
	Turkey Pepperoni	Jennie-O		Х									Contains com syrup, uextrose, game powder.  Manufacture states does not contain allergens or
	Marinara Sauce (A-6001)	onion, basil, salt, tomato		Х									Contains Garlic, Natural Flavors
Popcorn Chicken Salad w/Roll (A-4000a)	Popcorn Chicken Breast Chunk Fritters	sauce, garlic, pepper Koch	86318		Х					Х			Contains modified food starch, garlic powder, corn flour,
	Romaine and Leaf Lettuce, Tomato	Fresh Produce		Х									
	Shreded 50% Reduced Sodium 50% Reduced Fat Cheddar Cheese	Land O Lakes	25104				x						
	Roll, Homemade Wheat (A-1001)				Х	Х	Х			*			*Some campuses may use pre-made roll dough, which contains eggs
Popcorn Chicken w/Biscuit (A-3223)	Popcorn Chicken Breast Chunk Fritters	Koch	86318		Х					Χ			Contains modified food starch, garlic powder, corn flour,
	Whole Grain Biscuit	Pillsbury	94562-32267		Х		X						Manufactured in a facility that also processes egg, milk,
Popcorn Tofu w/Roll (A-3213)	Popcorn Tofu				Х	Х							and tree nuts
	Roll, Homemade Wheat (A-1001)				Х	Х	Х			*			*Some campuses may use pre-made roll dough, which contains eggs
Pork BBQ Sandwich	Pork BBQ w/vinegar marinade	Brookwood Farms				Х							Contains corn syrup solids, garlic powder, spices
	Hickory BBQ Sauce	Clements Foods		Х									Food starch modified, natural smoke flavoring, natural coloring, worcestershire
	Whole Wheat Hamburger Bun	Kurz Bakery	304		Х	Х							Processed on equipment that processes products containing sesame seeds
Protein Power Box (A-3205)	Oven Roasted Turkey Stick	Jennie-O		Х									
	Hard Boiled Egg									Х			
	Whole Grain Mini Prezels	Snyder's of Hanover			Х								
	Applesauce Cup			Х									
Rotini with Meat Sauce (A-3006)	Whole Grain Rotini Pasta	Barilla	0003772		Х					*			*Manufactured on equipment that processes products containing eggs
North Will Meat Sauce (A-3000)	Turkey Spaghetti Sauce	Jennie-O	0285328	Х									Contains garlic powder, modified food starch.
	Canola Salad Oil		1799840	Х									Manufacturer states no allergens or gluten.
Rotisserie Chicken w/Roll (A-3060a)	Whole Fryer Chicken	Koch Foods, Sysco Classic		Х									
redisserie Griokeri Wredii (** 3000a)	Rotisserie Seasoning Spice	Ciassic		Х									Contains Garlic, Spices
	Roll, Homemade Wheat (A-1001)				Х	Х	Х			*			*Some campuses may use pre-made roll dough, which contains eggs
Shrimp Poppers w/Hushpuppies (A-3063)	Shrimp Poppers	SeaPak 47039			Х	Х	Х				Х		Contains eggs  Contains corn and garlic
	Hushpuppies	Savannah Classics			Χ	Χ	Χ			Χ			
Smart Mouth Cheese Pizza (A-3081)	SM Honey Wheat Dough	Bulls Eye Brands			Х	*							*Dough may contain soy
	SM Pizza Sauce	Bulls Eye Brands		Х									Contains Modified food starch, garlic, natural flavors
Smart Mouth Popperoni Dizza (A. 2022)	SM Mozzarella Cheese SM Honey Wheat Dough	Bulls Eye Brands Bulls Eye Brands			Х	*	Х						Contains modified food starch, flavors  *Dough may contain soy
Smart Mouth Pepperoni Pizza (A-3082)	SM Pizza Sauce	Bulls Eye Brands		Х	^								Contains Modified food starch, garlic, natural flavors
		•		X									
	SM Pepperoni SM Mozzarella Cheese	Bulls Eye Brands Bulls Eye Brands		^			Х						Contains pork, spice, & flavoring Contains modified food starch, flavors

MENU ENTREES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	Other
Smart Mouth Buffalo Chicken Pizza	SM Honey Wheat Dough	Bulls Eye Brands Foothill Farms Mix			Х	*							*Dough may contain soy
	Buffalo Ranch Sauce	(dressing mix, mayonnaise, & milk), Frank's RedHot sauce				*	Х			Х			Contains MSG, Garlic, Natural Flavor. * Soybean oil
	SM Mozzarella Cheese	Bulls Eye Brands					Х						Contains modified food starch, flavors
	Chicken Fajita Strips	Tyson				x							Contains garlic, dextrose, maltodextrin, modified food starch-type not specified. Product info states no gluten- containing ingredients.
Smothered Bean Burrito (A-3185)	Bean and Cheese Burrito	Los Cabos	47499		Χ	Χ	Χ						
	Queso Blanco	JTM	5718			Χ	Χ						Contains modified food starch. Product info states Gluten-Free.
	Reduced Fat Shredded American Cheese	Land O Lakes					Х						
Southwest Salad (A-4029)	Grilled Chicken Breast Filet	Tyson Red Label Premium Unbreaded 38300-928	38300			Х							Contains modified food starch-manufacturer states product does not contain gluten
(	Fresh Produce	Romaine, Pico de Gallo		Х									
	Cheddar Cheese	Land O Lakes					Χ						
	Black Beans			X									
	Frito's Reduced Fat Corn Chips	Frito-Lay		X									Contains corn and corn oil
	Seasonings	Mrs. Dash Fiesta Lime, chili powder, cumin, paprika, onion powder		х									contains garlic
Spaghetti w/Meat Sauce (A-3036)	Turkey Spaghetti Sauce	Jennie-O	285328	Х									Contains garlic, modified food starch Product info states No Allergens or Gluten.
	Pasta, Whole Grain Spaghetti	Barilla			Χ					*			Manufactured on equipment that processes products containing eggs.
	Canola Salad Oil		1799840	X									
Spicy Chicken Sandwich (A-5010)	Hot & Spicy Breaded Chicken Breast Filet	Clux Delux	66193		Х		Х			Х			Contains modified food starch, modified corn starch, garlic
	Whole Wheat Hamburger Bun	Kurz Bakery	304		Χ	Х							Processed on equipment that processes products containing sesame seeds
Sriracha Chicken Bites w/Roll (HS)	Honey Sriracha Glazed Boneless Wings	Tyson			Х								Contains garlic, corn
	Roll, Homemade Wheat (A-1001)				Х	Х	Х			*			*Some campuses may use pre-made roll dough, which contains eggs
Steak Fingers w/Roll (A-3004a)	Steak Fingers	Advance	69012		Х	Х							Contains garlic, modified corn starch, hydrolyzed corn protein, yeast extract
Steak Filigers W/Noii (A-3004a)	Roll, Homemade Wheat (A-1001)				Х	Х	Х			*			*Some campuses may use pre-made roll dough, which contains eggs
Stuffed Shells w/Gilardi's Breadstick (A-3150a)	Whole Grain Cheese Stuffed Shells	Tasty Brands	00803WG		Χ		Х			Х			Contains garlic
` ,	Homemade Marinara Sauce (A- 6001)	onion, basil, salt, tomato sauce, garlic, pepper		Х									Contains Garlic, Natural Flavors
	Parmesan Cheese	sauce. danic. bebbei	1060771				Х						Contains cellulose
	Gilardi's	6" Cheese Filled Breadsticks			Х	Х	Х						
Sweet Potato Fish w/Hushpuppies (A-3074b)	Sweet Potato Alaska Pollock Sticks	American Pride			Х	*						Х	Contains corn, garlic *Contains soybean oil
	Hushpuppies	Savannah Classics			Х	Х	Х			Х			
Tony's Stuffed Sticks (A-3033)	Whole Grain Cheese Stuffed Sticks	Schwan	73338		Χ	Х	Х			Χ			Contains corn oil, dextrose, modified food starch, garlic powder
Yogurt Trio (A-3005c)	Nonfat Yogurt	Upstate Farm	MPC9819				Х						Contains modified corn starch
	Light Mozzarella String Cheese Stick	Land O Lakes	59703				Х						
	Cranberry Orange Scone	Fat Cat			Х		х						Prepared in a Nut-Free facility. Manufactured on

MENU VEGETABLES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut Tree Nut	Egg	Shell-fish	Fish	Other
Broccoli Bites (A-8028)		Fresh Produce		Х								
Black Beans, Savory (A-8005)	Black Beans			Х								
	Salt		4002994	Χ								
	Onion	Fresh Produce		Χ								
	Garlic Powder		5239611	X								
	Liquid Smoke		4006540			X						Contains caramel color.  Manufacturer states is gluten free
	Tony Cachere's Seasoning				*	*	*					*May contain wheat, soy, or milk. Contains Garlic
Caesar Side Salad (A-4015)	Romaine Lettuce	Fresh Produce		Х								
	Parmesan Cheese		1060771				Χ					
California Mixed Veg (A-8011)	California Blend Frozen Vegetables		5315555	Х								
	Butter Buds Sauce	Butter Buds Foodservice	49835				Х					Contains maltodextrin, manufacturer states is gluten free
Carrot Coins (A-8033)	Carrots, Frozen	Sysco	3960341	Х								
	Lemon Juice	Sysco	3913878	X								
	Brown Sugar	Domino Sugar 404213	4064788	Х								
	Salt	404213	4002994	X								
	Margarine, Trans Fat Free	Ventura Foods	5972314			Х	Х					Contains natural and artificial flavor
	Pepper	Sysco	5331048	X								llavoi
Carrot Sticks (A-8006)	••	Fresh Produce		Х								
Celery Sticks (A-8053)		Fresh Produce		Х								
Charro Beans (A-8034)	Pinto Beans, Dry	Sysco Classic	4068482	Х				*				*Some pinto beans state on the label "May contain traces of peanuts". Check with café supervisor to see if product at your campus is affected.
	Cumin			X								
	Chili Powder			Х								
	Yellow Onion	Fresh Produce		X								
	Diced Tomatoes	Con Agra, Ang Mia	4030318	Χ								
	Garlic Powder		5239611	X								
	Salt		4002994	X								
	Pepper	Sysco	5331048	X								
	Fresh Green Bell Pepper	Fresh Produce		Х								
Cherry Tomatoes (A-8035)		Fresh Produce		Х								
Chile-Lime Jicama (A-8071)	Jicama Sticks	Fresh Produce		Χ								
	Low-Sodium Tajin Seasoning			Х								

MENU VEGETABLES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell-fish	Fish	Other
Corn (A-8007)	Corn, Frozen		2514974	Х									
	Margarine, Trans Fat Free	Ventura Foods	5972314			Х	X						Contains natural and artificial flavor
Cucumber Slices (A-8015)	Cucumber	Fresh Produce		Χ									
Curly Fries (A-8016)	Seasoned Spiral Fries	McCain	1000004108	Х		*							*May contain Soybean Oil
Edamame (A-8058)	Edamame	Simplot				Χ							
Edamame Succotash/Confetti Corn	Edamame Blend (Soybeans, Corn, Red Bell Pepper)	Simplot				Х							
French Fries, Crinkle Cut (A-8010)	Concertinas	Lamb Weston	X14	Χ									Contains Dextrose
Garden Side Salad (A-4010)	Green Leaf Lettuce	Fresh Produce		Χ									
	Romaine Lettuce	Fresh Produce		X									
	Red Cabbage	Fresh Produce		X									
	Cherry Tomato	Fresh Produce		X									
	Fresh Carrots	Fresh Produce		X									
Ginger Glazed Carrots (A-7058)	Baby Carrots	Fresh Produce		Х									
	Butter Blend					X	Χ						
	Brown Sugar			X									
	Lemon Juice			X									
	Spices (ginger, black pepper, salt)			Х									
Green Beans (A-8001)	Green Beans, Frozen	Allen Canning 1092533	6018388	Х									
	Yellow Onion	Fresh Produce		X									
	Pepper	Sysco	5331048	X									
	Butter Buds Sauce	Butter Buds Foodservice	49835				X						Contains maltodextrin, manufacturer states is gluten free
	Garlic Powder		5239611	Χ									
Lettuce & Tomato Cup (A-8039)	Romaine Lettuce	Fresh Produce		Х									
	Whole Fresh Tomato	Fresh Produce		Χ									
Lettuce/Tomato/Pickle Cup (A-8004)	Romaine Lettuce	Fresh Produce		Х									
	Whole Fresh Tomato	Fresh Produce		X									
	Dill Pickle Slices		4521613	X									Contains Natural Flavors
Mashed Potatoes (A-8000)	Mashed Potatoes	Idahoan Real Low Sodium				Х	Х						
	Spices	Garlic Powder, Onion Powder, Salt		Х									
	Margarine, Trans Fat Free	Ventura Foods	5972314			Х	Х						Contains natural and artificial flavor
Peas (A-8041)	Green Peas			Χ				·					
	Onion			X									
	Margarine, Trans Fat Free	Ventura Foods	5972314			Χ	Х						Contains natural and artificial flavor

MENU VEGETABLES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut T	ree Nut	Egg	Shell-fish	Fish	Other
Potato Wedges (A8003)		McCain OIF00024A	0041539			*							May contain soybean oil, sunflower oil. Manufacturer states contains no added gluten ingredients or gluten sourced ingredients.
Homemade Refried Beans (A- 8017a)	Pinto beans, spices (garlic, chili powder, cumin, paprika, onion powder, salt), canola oil			x									Contains garlic.
Red Pepper Strips w/Carrots (A-8063)	Red Bell Pepper	Fresh Produce		Х									
	Fresh Carrots	Fresh Produce		X									
Roasted California Vegetables (A-8051)	California Blend Frozen Vegetables	Simplot	5315555	X									
	Salad Oil		1799840	Х									
	Italian Spices	Spice		X									
	Garlic Powder	Spice	5239611	X									
	Salt	Spice	4002994	X									
	Pepper	Sysco	5331048	Х									
Roasted Redskin Potatoes with Rosemary and Garlic		McCain MCF04851		Х									Contains Garlic, Natural Flavor. Manufacturer states contains no added gluten ingredients or gluten sourced ingredients.
Roasted Spiced Cauliflower (A-7056)	Fresh Cauliflower Florets	Fresh Produce		Х									
	Salad Oil Spices (chili powder,			X									
	paprika, salt) Lemon Juice			X X									
Spinach Side Salad	Spinach	Fresh Produce		X X									
	Cherry Tomato  Red Onion	Fresh Produce		X									
Steamed Broccoli (A-8042)	Broccoli, Frozen	Fresh Produce Allen Canning 255956	1614635	X									
	Butter Buds Sauce	Butter Buds Foodservice	49835				Х						Contains maltodextrin, manufacturer states is gluten free
Sweet Potato Crosstrax	Sweet Potato Fries	McCain MCF05074		Х									Contains caramel color, natural flavors, & may contain sunflower oil. Manufacturer states contains no added gluten ingredients or gluten sourced ingredients.
Tater Tots	Reduced Sodium Tater Tots	Ore-Ida	1000002789	Х		*							Contains soybean oil

MENU FRUITS	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell-fish	Fish	Other
Apple (A-7007)		Fresh Produce		Χ									
Apple Juice	4 oz Vita Fresh	Cal Tex Citrus Juice	1081181	Х									
Applesauce	Applesauce, Fancy	Sysco		Х									
Baked Apples (A-7002)	Apples		4015574	Х									
	Brown Sugar	Domino Sugar 404213	4064788	Χ									
	Salt	Sysco	4002994	X									
	Butter Blend	Ventura Foods	5972320			Х	Х						Contains artificial flavor
	Sugar	Sysco	5087572	X									
	Cinnamon	Sysco	5265451	X									
Banana		Fresh Produce		Χ									
Diced Pears (A-7011)			4085684	Χ									
Tropical Fruit Salad (A-7003)	Grapes	Fresh Produce		Х									
	Frozen Strawberries	Sysco	1024363	Х									
	Pineapple Tidbits		4106498	X									
	Peaches			Χ									
Grapes		Fresh Produce		Χ									
Strawberries and Bananas	Fresh Bananas	Fresh Produce		Χ									
	Frozen Strawberries	Sysco	1024363	Χ									
Mandarin Oranges				Χ									
Mixed Fruit (A-7016)	Fruit Cocktail	Central Warehouse	A470	Х									Contains halved cherries artifically colored red
Melon Bites (A-7015)	Honeydew & Cantaloupe	Fresh Produce		Χ									
Orange Smiles (A-7017)		Fresh Produce		X									
Peaches (A-7001)	Sliced Peaches in juice		3678893	Χ									
Peaches & Blueberries	Peaches			Х									
	Frozen Blueberries			Χ									
Pear		Fresh Produce		Х									
Pineapple Flowers (A-7000)	Pineapple Sliced		4106480	Х									
	Maraschino Cherries		5083936	X									Contains Natural and Artifical Flavors and Red 40
Fresh Strawberries		Fresh Produce		Х									
Watermelon (A-7024)		Fresh Produce		Х									
Oranges & Kiwi	Fresh Orange	Fresh Produce		Х									
	Fresh Kiwi	Fresh Produce		Х									
Mango & Pineapple	Frozen Mango Chunks	Dole		Х									
	Pineapple Tidbits		4106498	Χ									

MENU SIDES	INGREDIENTS	PRODUCT	DISTRIB. CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell- fish	Fish	Other
Faux Fried Rice (A-1022)	Brown Rice	Riceland Foods Inc	4487609	Х									
	Green Peas	Simplot	6432348	Х									
	Carrots	Fresh Produce		Х									
	Soy Sauce Pepper	Kikkoman Sysco	4005567 5331048	X	Х	Х							
Steamed Brown Rice (A-1004)	Brown Rice	Riceland Foods Inc	4487609	Х									
	Vegetable Base LS	Minor's	5814397	X									Contains corn oil, cornstarch, hydrolyzed corn protein*No added MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract.
	Yellow Onion	Fresh Produce		Χ									
	Pepper	Sysco	5331048	Χ									
Whole Grain Roll (A-1001)		Homemade wheat rolls			Х	Х	Х						
Marinara Sauce (A-6001)	Tomato Sauce	Central Warehouse		X									Contains Garlic, Natural Flavors
,	Salt	Sysco	4002994	Χ									
	Pepper	Sysco	5331048	X									
	Garlic Powder		5239611	X									
	Basil	Sysco, Basil Leaves Sweet	5228341	Χ									
	Onion Powder	Sysco	5229125	Х									

MENU CONDIMENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell- fish	Fish	Other
Fat Free Pepper Gravy Mix	Morrisons 7244	9534421		Х	*	Х						Contains *Soybean Oil, Modified Food Starch- type not specified
Buffalo Ranch Sauce	Foothill Farms Mix (dressing mix, mayonnaise, & milk), Frank's RedHot sauce				*	х			Х			Contains MSG, Garlic, Natural Flavor. * Soybean oil
Cream Cheese	Block & Barrel					Х						
Jelly	House Recipe	4216016	Х									
Pancake Syrup	House Recipe	1696608	Х									Contains Natural and Artificial Flavors and Caramel Color
Honey Mustard Sauce,1 oz	House Recipe, Sysco	4551727			*				Х			*Contains Soybean Oil
Honey Mustard Dressing, 1.5 oz	Kraft				*				Х			*Contains Soybean Oil
Cannonball BBQ Sauce, 1.25 oz	Ken's Steak House	4794640	Х									Contains Modified Food Starch-type not specified, Sunflower Oil, Garlic, Caramel
Smart Balance Buttery Spread, PC					Х							
Fat Free Sour Cream, 1 oz	Land O Lakes					Х						Modified Food Starch-type not specified
Hidden Valley Ranch Dressing					*	Х			Х			Contains *Soybean Oil, MSG, Modified Food Starch, Natural and Artificial flavors
Ken's Caesar Dressing, 1.5 oz	Ken's Foods				*	Х					Х	Contains *Soybean Oil, Garlic
Italian Dressing, Fat Free 1.5 oz	Ken's Foods	5954250	Х									Contains Natural Flavor, yellow #5, yellow #6, and Sunflower oil
Ranch Dressing, (Salad Bar)	Foothill Farms Mix (dressing mix, mayonnaise, & milk)				*	х			х			Garlic, Natural Flavor. * Soybean oil
Ranch Dressing, PC (12gms)	Sysco	5112735			*	Х			Х			Contains *Soybean Oil, Garlic
Italian Dressing, PC	Sysco	5126651			*							Contains *Soybean Oil, Garlic
Mustard, PC	Sysco	5106059	Х									Contains Garlic
Heinz Fat Free Mayo	Heinz	6735138			Χ	Х			Х			
Picante Sauce, PC		5483441	Х									Contains Garlic
Sriracha Ketchup	Red Gold		Х									Contains Garlic
Tomato Ketchup, 9 g packets	Red Gold REDY59G		Х									
Tartar Sauce		6569214			*				Х			Contains *Soybean Oil, Modified Food Starch, Natural Flavors

BEVERAGES	INGREDIENTS	PRODUCT	DISTRIB. CODE	NONE	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell- fish	Fish	Other
Bottled Water		Nestle Pure Life		Х									
Epic Purple	100% Juice	Fruit 66		X									Contains soluble corn fiber
Epic Lemon Lime	100% Juice	Fruit 66		Х									Contains soluble corn fiber
Epic Strawberry Melon	100% Juice	Fruit 66		X									Contains soluble corn fiber
Chocolate Milk	Skim	Oak Farms/TruMoo	23736				Х						
White Milk	1%	Oak Farms	23100				Х						
True Brew Orange Juice	100% fruit juice	True Brew		X									Contains natural flavors
True Brew Apple Juice	100% fruit juice	True Brew		Х									Contains natural flavors
True Brew Fruit Punch	100% fruit juice	True Brew		X									
Izze Blackberry	Sparkling Fruit Juice	Izze Sparkling Juice		Х									Contains natural flavors
Izze Clementine	Sparkling Fruit Juice	Izze Sparkling Juice		Х									Contains natural flavors
Izze Apple	Sparkling Fruit Juice	Izze Sparkling Juice		Х									Contains natural flavors
Juice Bowl Orange Juice	100% fruit juice	Juice Bowl		Х									
Juice Bowl Grape Juice	100% fruit juice	Juice Bowl		X									
Juice Bowl Apple Juice	100% fruit juice	Juice Bowl		X									
Juice Bowl Fruit Punch	100% fruit juice	Juice Bowl		X									
Fruit Wave H20 Orange	Flavored Water	Fruit Wave H20		Х									Contains Fructose, natural flavors
Fruit Wave H20 Mango	Flavored Water	Fruit Wave H20		Х									Contains Fructose, natural flavors
Fruit Wave H20 Cherry	Flavored Water	Fruit Wave H20		Х									Contains Fructose, natural flavors
Half & Half Tea	Green tea, lemonade	Steaz Tea		Х									Contains natural fruit flavors
Super Fruit Tea	Green tea	Steaz Tea		X									Contains natural fruit flavors
Peach Tea	Green tea	Steaz Tea		Х									Contains natural fruit flavors
Strawberry Kiwi 100% Juice	100% fruit juice	Tropicana		Х									Contains Red 40
G2 Glacier Freeze		Gatorade		X									Contains natural flavor, sucralose, acesulfame potassium, and Blue 1
G2 Mixed Berry Clear		Gatorade		х									Contains natural flavor, sucralose, and acesulfame potassium
G2 Grape		Gatorade		Х									Contains natural and artificial flavor, sucralose, acesulfame potassium, Red 40, and Blue 1

BREAKFAST ENTREES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell- fish	Fish	Other
Apple Frudel		Pillsbury			Х		Х						Contains corn syrup, modified corn starch
Assorted Cereal w/Toast	Cereal, Cheerios	Gen Mills 32262000		Х									Oats, corn starch
	Cereal, Cinnamon Toast Crunch	Gen Mills 11815000			Х	X							
	Cereal, Apple Cinnamon Cheerios	Gen Mills 31879000			Х								Oats, Corn meal
	Cereal, Fruity Cheerios	Gen Mills 31916000			Х								Oats, Corn, Red 40, Yellow 6, Blue1
	Cereal, Golden Grahams	Gen Mills 11943000			Х								Corn
	Cereal, Rice Chex	Gen Mills 31921000		Х									
	Cereal, Rice Krispies	Kellogg's		X									Malt flavor
	Wheat Toast (A- 1002)	Kurz			Х	Х	Х						
Bagel, White Whole Grain	Plain Bagel	Lender's			Χ								
Chicken Biscuit (A-9008)	Chicken Patty	Tyson 5778	5778		Х	Χ							Contains Garlic
	Whole Grain Biscuit	Pillsbury	94562- 32267		Х		Х						
	Margarine, Trans Fat Free	Ventura Foods	5972314			Χ	Χ						Contains natural and artificial flavor
Chorizo Breakfast Pizza (A-9071)	WG Personal Cheese Pizza	Alpha Foods Inc			Х	Χ	Х						Garlic, Food Starch Modified-type not specified
	Turkey Chorizo	Jennie-O	639740			Х							Contains Garlic
Cranberry Orange Scone		Fat Cat Bakery			Х		Х			*			*Prepared on equipment that also processes eggs. Made in a Nut-Free Facility
Egg and Turkey Bacon Breakfast Boat		ConAgra			Х	Х	X			Χ			Contains modified food starch, corn starch, hydrolyzed corn protein
French Toast Sticks (A-9026)		Michael Foods 46025-75010	3026153		Х	Х	Х			Х			Contains corn starch, natural flavors, and caramel color.
Maple-Burstin Mini Pancakes		Pillsbury			Х		Х			Х			Contains natural and artificial flavor
Mini Bagels- Cinnamon		Pillsbury			Х	*	Х						Contains maltodextrin, modified corn starch *contains soybean oil
Mini Breakfast Pizzas	WG Mini Cheese Pizza Bagels	Tasty Brands	52222		Х	Х	Х			*			Produced on equipment that also handles eggs
Mini Cinnis		Pillsbury			Х		Χ						Contains modified corn starch

BREAKFAST ENTREES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell- fish	Fish	Other
Maple Biscuit with Sausage	Chicken Sausage Patty	Tyson 17443-328		Х									Contains garlic. Contains modified food starch, caramel color, and natural flavors. Manufacturer states contains no gluten
	Margarine, Trans Fat Free	Ventura Foods	5972314			Х	Х						Contains natural and artificial flavor
	Maple Biscuit	Bridgford	6245		Х	Χ	Χ						Contains cornstarch
Pancakes and Sausage (A-9019)	Whole Grain Buttermilk Pancakes	Bake Crafters 1475	5397734		Х	Х	Х			Х			
	Chicken Sausage Patty	Tyson 17443-328		Х									Contains garlic. Contains modified food starch, caramel color, and natural flavors. Manufacturer states contains no gluten
Sausage Kolache		Eddy	2545-CN		Х	Х	Х			Х			Contains corn syrup, spices, dextrose, garlic, caramel color
Waffles with Egg (A-9022)	Whole Grain Waffles	Aunt Jemima 43577			Х	Х	Х			Х			
	Scrambled Eggs (A-9017)		2366607							Х			
	Margarine, Trans Fat Free	Ventura Foods	5972314			Χ	Χ						Contains natural and artificial flavor
Wheat Cinnamon Roll (A-1000)		Bridgford Foods	985036		Χ	Χ	Χ						
Whole Grain Coffee Cake		Buena Vista	90040		Χ	Х	Х			Х			Contains modified food starch, corn starch
Whole Grain Pancake on a Stick (A-9007)	Maple Flavor Turkey Pancake Wrap	Foster Farms 95121			Х	Х				Х			Contains Caramel Color, Corn Starch
Yogurt with Cinnamon Toast	Upstate Farms Yogurt	Cherry Vanilla and Strawberry					Х						
	Whole Wheat Cinnamon Bread	Kurz	22219		Х	Х							Contains corn syrup
	Margarine, Trans Fat Free	Ventura Foods	5972314			Х	Х						Contains natural and artificial flavor
Yogurt Parfait with Granola (A-9001)	Yogurt	Upstate Farms	7280365				Х						
	Homemade Granola (oats, canola oil, vanilla, brown sugar, cinnamon, apple juice			X									Oats, Contains Caramel Color
	Strawberry		1024363	Χ									

BREAKFAST ENTREES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell- fish	Fish	Other
Yogurt with Homemade Granola (A-6002)	Upstate Farms Yogurt	Cherry Vanilla and Strawberry					Х						
	Quick Rolled Oats	House Recipe	8562621	Χ									
	Vanilla Flavoring			Χ									Contains Caramel color
	Salt		4002994	Χ									
	Canola Salad Oil		1799840	Х									
	Cinnamon	Sysco	5265451	Χ									
	Brown Sugar	Domino Sugar 404213	4064788	X									
	Apple Juice	Vita Fresh	1081181	X									

SNACKS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	OTHER
Chips												
Chips, BBQ Baked Lays (ES only)	Frito Lay				Χ	Χ						Contains Corn, Garlic.
Chips, 0.7oz, RF Cheetos Mellow Puffs	Frito Lay 21910	2255848				Х						Contains Corn, MSG, Yellow 6, Yellow 5. Gluten Free
Chips, 0.75 oz WG Funyuns	Frito Lay					Χ						Contains MSG, corn, garlic powder
Chips, 0.85 oz Baked Ruffles Cheddar & Sour Cream					Х	Х						Contains corn, MSG, Yellow 6, Yellow 5, Yellow 6 Lake, Yellow 5 Lake, garlic powder.
Chips, 0.875 oz. Baked Lays Sour Cream & Onion (MS only)					Х	Х						Contains corn.
Chips, 0.875 oz Cheetos Baked (MS & HS only)	Frito Lay					Х						Contains Corn, MSG, Yellow 6
Chips, 0.875 oz Cheetos Baked Flamin' Hot (MS and HS only)	Frito Lay					Х						Contains corn, MSG, Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5, garlic
Chips, 1oz. Cheetos Fantastix Chili Cheese (MS and HS only)	Frito Lay 36098	5261708				Х						Contains Corn, MSG, Natural and Artificial Flavors, Yellow 5 & Yellow 6. Gluten Free
Chips, 1oz. Cheetos Fantastix Hot	Frito Lay 43578	6888479				Х						Contains Garlic, MSG, Red 40, & Yellow 6. Gluten Free
Chips, 1oz. Doritos RF Cool Ranch (MS and HS only)	Frito Lay 36096	5073130				Х						Contains Corn, Garlic, MSG, Natural and Artifical flavor, Yellow 5, Blue 1, Red 40. Manufacturer states does not contain gluten ingredients.
Chips, 1 oz. Doritos RF Flamas	Frito Lay					Х						Contains Corn, MSG, Red 40 Lake, Yellow 6 Lake, Garlic
Chips, 1 oz Doritos RF Spicy Sweet Chili (MS and HS only)	Frito Lay 49093			Х	Х							Contains Corn, Garlic, MSG, caramel color, corn
Chips, 1oz. Doritos RF Nacho Cheese (MS and HS only)	Frito Lay 31748	6626774				Х						Contains Corn, Garlic, MSG, natural and artifical flavor, Yellow 5, Yellow 6, Red 40. Manufacturer states does not contain gluten ingredients.
Chips, 1 oz. Doritos Wild White Nacho	Frito Lay					Х						Contains corn, garlic.
Chips, 1.375 oz Kettle BBQ (HS Only)						Х						Contains garlic, maltodextrin (from corn)
Chips, 1.375 oz Kettle Original (HS only)	Frito Lay		Х									
Chips, 1.375 oz Kettle Salt & Vinegar (HS only)	Frito Lay											
Chips, 0.875 oz Tostitos Baked Scoops	Frito Lay 42537	6510388	Х									Contains Corn. May contain Sunflower Oil. No preservatives Gluten Free
Chips, TGI Friday's Dill Pickle	TGI Friday's				*							*Contains soybean oil. Certified Gluten Free
Chips, TGI Friday's Extreme Heat	TGI Friday's				*	Χ						*Contains soybean oil. Certified Gluten Free
Popchips, Sour Cream & Onion	Popchips					Χ						
Popchips, Crazy Hot Potato	Popchips					Χ						
Popchips, Cheddar & Sour Cream Potato Ridges	Popchips					Х						
Pirate's Booty Aged White Cheddar						Х						Gluten Free. Made in a peanut and tree nut free facility.
Dairy Snacks												
Nonfat Yogurt, Cherry Vanilla	Upstate Farms	MPC 9819				Χ						
Nonfat Yogurt, Strawberry	Upstate Farms	MPC 9815				Χ						

SNACKS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	OTHER
Yoplait Go BIG yogurt	Yoplait					Χ						Contains Kosher Gelatin
String Cheese	Land O Lakes	59703				Χ						
Zerts Pudding Cup, Brownie Batter	Rich's	11620				Χ						Contains cornstarch
Zerts Pudding Cup, Cake Batter	Rich's	11619				Χ						Contains cornstarch
Snack Bars/Granola Bars												
Rice Krispies Treats					Χ	Χ						
Rice Krispies Treats, Chocolate Chip	Kellogg's				Х	Х						Contains Gelatin
Cocoa Cherry Bar	Zee Zee's			Х	Х							Nut Free Facility. Contains corn syrup,cellulose fiber maltodextrin.
BeneFIT Brownie Bar	J&J Snack Foods			Х	Χ	Χ			Χ			
Granola Bar, S'mores	Quaker			Х	Х	Х	*	*				Contains coconut. *May contain traces of peanut and tree nut.
Granola Bar, Thin Mint (MS and HS only)	Quaker			Х	Х	Х	*	*				*May contain traces of peanut and tree nut.
Crackers, Snack Mixes, & Popcorn												
Cheddar Goldfish, Made with Whole Grain (0.75 oz)	Pepperidge Farm	6599405		Х		Х						
Whole Grain Cheez-it 0.5oz	Kellogg's 09685	2098629		Χ	Χ	Χ						
Quaker Munchies Snack Mix (.875 oz)	Frito Lay 36308	5073089		X	*	X						Contains Oat Flour, MSG, Yellow #5, & Yellow #6, Modified Food Starch, Coconut Oil, Garlic, Natural Flavors
Popcorn, Kettlecorn	Popcorn, Indiana				*	*	*	*				*Produced in a facility that uses milk, soy, peanuts, and tree nuts.
Popcorn, White Cheddar Smartfood Delight	Pepsico					Х						Gluten Free. Contains Natural Flavors, Corn
Popcorn, Sea Salt Caramel Smart Food Delight	Pepsico					Х						
Cinnamon Crisps	Nature Valley	2950725		X*	*	*						Contains Gluten (barley malt). *May contain milk, wheat, and soy.
Annie's Organic Friends Bunny Grahams	Annie's			Х	*	*						*Made on shared equipment that also processes milk and soy.
Graham Snack, Despicable Me	Kellogg's			Χ	Χ	Χ						
Pretzels, Whole Grain	Snyder's of Hanover			Χ								
Elf Grahams, Chocolate	Kellogg's	7628		Х	Χ							
Cookies												
Cookie, Whole Grain Chocolate, Individually Wrapped	Buena Vista	79015		Х	X	Х			Х			Buena Vista is a peanut and tree nut free plant
Cookie, WG Triple Chocolate Filled, Individually Wrapped (MS and HS only)	Rich's	3593		Х	Х	Х	*	*	Х			Contains corn flour *Manufactured on shared equipment with peanuts and tree nuts
Cookie, WG Red Velvet (MS and HS only)	Buena Vista	79915		Х	Χ	Х			Х			Buena Vista is a peanut and tree nut free plant
Mini Chocolate Chip Cookies	Grandma's			Х	Х	Х	*	*				*Made on equipment that makes products containing peanuts and tree nuts.
Frozen Treats												,

SNACKS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	OTHER
Sidekicks, Frozen 100% Juice, Cherry Lemonade	Ridgefields		Х									Gluten Free. Contains Natural Flavors

SNACKS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	OTHER
Sidekicks, Frozen 100% Juice, Strawberry-Mango	Ridgefields		Х									Gluten Free. Contains Natural & Artificial Flavors
Smoothie-on-a-Stick, Strawberry Banana	Jonny Pops					Χ						
Smoothie-on-a-Stick, Triple Berry	Jonny Pops					Χ						
Kiwi Strawberry 100% Juice Slush	Ice Dog		Х									Contains maltodextrin, cellulose gum
Blue Raspberry 100% Juice Slush	Ice Dog		Х									Contains maltodextrin, cellulose gum
Watermelon 100% Juice Slush	Ice Dog		Х									Contains maltodextrin
Sour Apple Twister Cup	Hershey's Ice Cream	7007732	Х									Contains corn syrup, FD&C Yellow 5&6, Blue 1
Low Fat Cookies N Cream Cone	Hershey's Ice Cream	7007724		Х	Х	Х						Contains high fructose corn syrup, artificial flavor
Reduced Fat Vanilla Ice Cream Sandwich	Hershey's Ice Cream	7007734		Х	Χ	Χ						Contains corn syrup, high fructose corn syrup, caramel color, dextrose
Chocolate Scooter Ice Cream Bar	Hershey's Ice Cream	7007740		Х	Х	Х						Contains corn syrup, high fructose corn syrup, caramel color, dextrose, FD&C Blue #1, Red #40
Frozen Yogurt, Chocolate Decadence	Miss Karen's	105721		*	Х	Х	*	*	*			Manufactured on equiment that also processes eggs, wheat, peanuts, and tree nuts
Frozen Yogurt, Vanilla Bean	Miss Karen's	105721		*	*	Х	*	*	*			Manufactured on equiment that also processes soy, eggs, wheat, peanuts, and tree nuts
Miscellaneous Snacks												
Applesauce Pouch (no sugar added, 3.2oz)	Buddy Organic		Х									Contains NO Gluten
Fruit Snacks	Welch's	14498	Х									Contains Inulin, Gelatin, Coconut Oil, Red 40, and Blue 1
Krave Smores	Kellogg's			Х	Χ	Χ						Contains corn starch, corn bran
Muffin, Blueberry (2 oz)	Sara Lee 8860			Х	Χ				Χ			
Muffin, Double Chocolate (2 oz)	Sara Lee 8862			Χ	Χ	Χ			Χ			
Muffin, Banana (2 oz)	Sara Lee 8861			Χ	Χ				Χ			
Pork Smart Stix, Original	Western's	OSC	Х									Contains Pork, Beef, Garlic
Raisins, Sour Strawberry	Sun Maid	5086	Х									
Whole Grain Cinnamon Roll	Hadley Farms			Х	Χ							

HS DELI LINE CHOICES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell- fish	Fish	Other
Whole Grain Sub Roll	Sub Roll	Rich's	8763		Х	*	*			*			*May contain milk, egg, soy, and sesame
Whole Grain Flour Tortilla	12" Low Sodium Ultra Grain Tortilla	Azteca	6129		Х								
Panini Bread	Panini Bread	Pillsbury	137737000		Χ	*	Χ						*May contain soy
Ciabatta Bread	Ciabatta Bread	Pillsbury	137738000		Χ	*	Х						*May contain soy
Sliced Smoked Ham	Natural Choice Smoked Ham	Hormel	32225	Х									Contains celery powder, cherry powder
Sliced Smoked Turkey	Tender Browned Turkey Breast	Jennie-O Natural Choice		Х									Product info states allergen free, no gluten
American Cheese	American Slice Cheese, Reduced Fat/Sodium	Land O Lakes	46288			Х	Х						
Swiss Cheese	Reduced Fat Swiss Slice	Land O Lakes	44261				Х						
Pepper Jack Cheese	Pepper Jack Slice	Land O Lakes	44238				Χ						
Sliced Green Bell Pepper	Fresh Produce			Χ									
Romaine Lettuce	Fresh Produce			Χ									
Sliced Tomatoes	Fresh Produce			Χ									
Red Onion	Fresh Produce			Χ									
Black Olives	Fresh Produce			Χ									
Grab N Go Turkey Croissant	Tender Browned Turkey Breast	Jennie-O Natural Choice		Х									Product info states allergen free, no gluten
	American Slice Cheese, Reduced Fat/Sodium	Land O Lakes	46288			Х	Х						
	Whole Grain Croissant	Hadley Farms	137		X	Χ	X			X			Prepared in a Nut-Free facility
Grab N Go Ham Croissant	Natural Choice Smoked Ham	Hormel	32225	Х									Contains celery powder, cherry powder
	American Slice Cheese, Reduced Fat/Sodium	Land O Lakes	46288			Х	Х						
	Whole Grain Croissant	Hadley Farms	137		X	Х	X			X			Prepared in a Nut-Free facility
Ham Sandwich on Hoagie	Skinny White Whole Wheat Hoagie	Kurz	22343		Х	Х							Contains corn syrup, caramel coloring
	Natural Choice Smoked Ham	Hormel	32225	Х									Contains celery powder, cherry powder
	American Slice Cheese, Reduced Fat/Sodium	Land O Lakes	46288			Х	Х						
	Lettuce and Tomato	Fresh Produce		Χ									
Turkey Sandwich on Hoagie	Skinny White Whole Wheat Hoagie	Kurz	22343		Х	Х							Contains corn syrup, caramel coloring
	Tender Browned Turkey Breast	Jennie-O Natural Choice		Х									Product info states allergen free, no gluten
	American Slice Cheese, Reduced Fat/Sodium	Land O Lakes	46288			Х	Х						
	Lettuce and Tomato	Fresh Produce		X									

HS DELI LINE CHOICES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell- fish	Fish	Other
Tuna Salad Sandwich	Sliced Wheat Bread				Х	*	*						Contains High Fructose Corn Syrup, *soybean oil. *Manufactured in a facility that processes milk.
	Light Mayo	Hellman's				*				Х			Contains modified food starch (corn, potato). *Contains soybean oil
	Egg	Fresh Whole Eggs								X			
	Sweet Relish	Bay Valley Foods		Х									Manufacturer label states product is gluten-free. Contains mustard, high fructose corn syrup, spices
	Celery Sticks	Fresh Produce		X									
	Yellow Onion	Fresh Produce		Χ									
	Canned Tuna	Chicken of the Sea										Х	
Toasted Chicken Fajita Sandwich	Fajita Chicken Strips	Tyson	522-928			Х							Contains garlic, dextrose, maltodextrin, modified food starch- type not specified. Product info states no gluten-containing ingredients.
	Pepper Jack Slice	Land O Lakes	44238				X						-
	Whole Grain Sub Roll	Rich's	8763		Χ	*	*			*			*May contain milk, egg, soy, and sesame
Toasted Meatball Sub	Beef Meatballs	Advance	CN 1-17-505- 0		Х	Х	Х						
	Shredded Mozzarella Cheese	Land O Lakes	41698				Х						
	Homemade Marinara Sauce (A-6001)	onion, basil, salt, tomato sauce, garlic, pepper		Х									Contains Garlic, Natural Flavors
	Whole Grain Sub Roll	Rich's	8763		Χ	*	*			*			*May contain milk, egg, soy, and sesame

HS TEX-MEX LINE CHOICES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell- fish	Fish	Other
Tortilla Chips	Yellow RoundNo Salt Tortilla Chips	Barrel O Fun	41406	Х									Contains whole corn, corn oil
Whole Grain Flour Tortilla	12" Low Sodium Ultra Grain Tortilla	Azteca	6129		Х								
Chile Cilantro Brown Rice	Brown Rice	Riceland Foods Inc	4487609	Х									
	Canola Salad Oil		1799840	Χ									
	Green Chiles	Embasa	5114	X									
	Cilantro	Fresh Produce		Х									
	Vegetable Base LS	Minor's	5814397	Х									Contains corn oil, cornstarch, hydrolyzed corn protein*No added MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract.
	Salt, Pepper	Sysco		Х									
Fajita Chicken Strips	Fajita Chicken Strips	Tyson	522-928			х							Contains garlic, dextrose, maltodextrin, modified food starch-type not specified. Product info states no gluten-containing ingredients.
Beef Taco Meat	Beef Taco Meat	Integrated Foods			Х	Х							Contains hydrolyzed corn gluten, oats, garlic
Cheddar Cheese	Shreded 50% Reduced Sodium 50% Reduced Fat Cheddar Cheese	Land O Lakes	25104				Х						
Nacho Cheese Sauce	Jalapeno Cheese Sauce	JTM Food Group	5708CE				Х						Manufacturer states product is gluten free. Modified Food Starch-type not specified
Queso Blanco Cheese Sauce	Queso Blanco	JTM	5718			Х	Х						Contains modified food starch. Product info states Gluten-Free.
Refried Beans (Homemade)(A-8017a)	Pinto Beans, Spices, Canola oil			Х									
Black Bean Salsa	Black Beans			Х									
	Corn, Frozen		2514974	Χ									
	Onion, Green Pepper, Tomato, Cilantro, Salt	Fresh Produce		Х									
	Roasted Garlic Balsamic Vinaigrette	Sysco								Х			Manufacturer states product is gluten free. Contains corn sugar, garlic.
Romaine Lettuce	Fresh Produce			Χ									
Corn Salsa	Corn, Frozen		2514974	Х									
	Green Bell Pepper, Cilantro, Tomato	Fresh Produce		Х									
	Jalapeno Peppers			X									Contains garlic, spices
	Sugar			X									
	Vinegar			X									
	Salad Oil			X									
	Salt			Χ									

HS TEX-MEX LINE CHOICES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell- fish	Fish	Other
Pico de Gallo (A-6004)	Tomato, Onion, Cilantro	Fresh Produce		Х									
	Jalapeno Peppers			Х									Contains garlic, spices
	Salt			Χ									
Homemade Salsa (A-6005)	Diced Tomatoes			Х									
	Jalapeno Peppers			Χ									Contains garlic, spices
	Onion, Cilantro	Fresh Produce		Χ									
	Cumin			X									
	Salt			Χ									
Sour Cream		Daisy					Χ						
Jalapenos	Jalapeno Peppers			Χ	•	•	•		•	•		•	Contains garlic, spices

HS Stir Fry LINE CHOICES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shell- fish	Fish	Other
Stir Fry, Mandarin Orange Chicken	Popcorn Chicken Breast Chunk Fritters	Koch	86318		Х					Х			Contains modified food starch, garlic powder, corn flour,
	Mandarin Orange Sauce	Chef's Corner	69143		Χ	Х							Contains Sesame Oil, garlic powder, yeast extract
Stir Fry, General Tso's Chicken	Popcorn Chicken Breast Chunk Fritters	Koch	86318		Х					Х			Contains modified food starch, garlic powder, corn flour,
	General Tso Sauce	Chef's Corner	69145		Χ	Χ							
Stir Fry, Korean BBQ Chicken	Popcorn Chicken Breast Chunk Fritters	Koch	86318		X	v				Х			Contains modified food starch, garlic powder, corn flour,
	VIII 1 0 1 0 1 1 5				Х	Χ							Contains garlic, sesame seeds
Chicken Egg Rolls	Whole Grain Chicken Egg Roll	Chef's Corner			Х								
Chow Mein (A-3089)	Whole Grain Spaghetti	USDA Foods			Х								
	Green Cabbage	Fresh Produce		X									
	Celery	Fresh Produce		X									
	Onion	Fresh Produce		X									
	Carrots	Fresh Produce		Χ									
	Sesame Oil	Fresh Produce		Χ									Contains Sesame
	Less Sodium Soy Sauce	Kikkoman			Х	Х							
	Spices (Garlic Powder, Ginger, Crushed Red Pepper Flakes)			х									
Edamame Veg (A-3091a)	Edamame	Simplot				X							
	Broccoli Florets	Fresh Produce		Χ									
	Carrots	Fresh Produce		Χ									
	Sesame Oil			Χ									Contains Sesame
	Canola Oil			Χ									
	Stir Fry Sauce	Kikkoman			Χ	Χ					Χ		Contains Garlic, Oyster Sauce
Fried Rice (A-1025)	Brown Rice			Χ									
	Fresh Eggs									X			
	Canola Oil			X									
	Sesame Oil			X									Contains Sesame
	Peas, Carrots			Х									
	Green Onions	Fresh Produce		X									
	Less Sodium Soy Sauce	Kikkoman			Χ	Х							
	Spices (Garlic Powder, Ginger, )			Х									