

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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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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				X							Contains corn syrup solids, garlic powder, spices
	Hickory BBQ Sauce	Clements Foods		X									Food starch modified, natural smoke flavoring, natural coloring, worcestershire
	Mashed Potatoes	Idahoan Real Low Sodium				X	X						
	Spices	Garlic Powder, Onion Powder, Salt		X									
	Margarine, Trans Fat Free	Ventura Foods	5972314			X	X						Contains natural and artificial flavor
BBQ Pork Sandwich (A-5046a)	Whole Wheat Hamburger Bun	Kurz Bakery	304		X	X							Processed on equipment that processes products containing sesame seeds
	Pork BBQ w/vinegar marinade	Brookwood Farms				X							Contains corn syrup solids, garlic powder, spices
	Hickory BBQ Sauce	Clements Foods		X									Food starch modified, natural smoke flavoring, natural coloring, worcestershire
Bean Burger (A-5060)	Bean Burger patty	Food Scapes				X	X						Vegetarian
	Whole Wheat Hamburger Bun	Kurz Bakery	304		X	X							Processed on equipment that processes products containing sesame seeds
Bean & Cheese Burrito w/Cheese Sauce (A-3045b)	Whole Grain Cheese & Bean Burrito	Fernando's			X	X	X						Contains corn, garlic
	Queso Blanco	JTM	5718			X	X						Contains modified food starch. Product info states Gluten-Free.
Bean & Cheese Nachos (A-3010g)	Jalapeno Cheese Sauce	JTM Food Group	5708CE				X						Manufacturer states product is gluten free. Modified Food Starch-type not specified
	Yellow Round--No Salt Tortilla Chips	Barrel O Fun	41406	X									Contains whole corn, corn oil
Bean & Cheese Burrito w/Cheese Sauce (A-3045b)	Whole Grain Cheese & Bean Burrito	Fernando's			X	X	X						Contains corn, garlic
	Queso Blanco	JTM	5718			X	X						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		X									
	Yellow Round--No Salt Tortilla Chips	Barrel O Fun	41406	X									Contains whole corn, corn oil
Beef Soft Taco (A-3065)	Beef Taco Meat	Integrated Foods			X	X							Contains hydrolyzed corn gluten, oats, garlic
	Low Sodium Ultra Grain Flour Tortilla	Azteca	0006109		X								
	Shredded Cheddar Cheese	Land O Lakes	25104				X						
Breaded Cheese Sticks w/Marinara (A-3013)	Reduced Sodium Cheese Sticks w/Whole Grain	Farm Rich	65219		X		X						Contains corn, garlic
	Homemade Marinara Sauce (A-6001)	onion, basil, salt, tomato sauce, garlic, pepper		X									Contains Garlic, Natural Flavors
Breaded Oven Roasted Chicken w/Roll (A-3233a)	WG Breaded Chicken 8 pc	Gold Kist Farms			X					X			Contains corn, garlic
	Roll, Homemade Wheat (A-1001)				X	X	X			*			*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 & Waffles (A-9046a)	Whole Grain Waffles	Aunt Jemima			X	X	X			X			Contains modified food starch, natural flavor
	Margarine, Trans Fat Free	Ventura Foods	5972314			X	X						Contains Natural and Artificial Flavor
	Whole Grain Chicken Breast Tenders	Clux Deluxe	66210		X	*							Contains corn flour and modified corn starch, dextrose, dried garlic. *contains soybean oil
Chicken Alfredo (A-3192)	Fajita Chicken Strips	Tyson	522-928			X							Contains garlic, dextrose, maltodextrin, modified food starch-type not specified. Product info states no gluten-containing ingredients.
	Whole Grain Rotini Pasta	Barilla	0003772		X					*			*Manufactured on equipment that processes products containing eggs
	Alfredo Sauce	JTM	5722CE				X						
	Pan Spray	Vegalene Allergen-Free		X									
Chicken Caesar Salad w/Roll (A-4024)	Romaine Lettuce	Fresh Produce		X									
	Grilled Chicken Breast Filet	Tyson Red Label Premium Unbreaded 38300-928	38300			X							Contains modified food starch-manufacturer states product does not contain gluten
	Parmesan Cheese		1060771				X						
	Lite Casear Dressing, Bulk	Ken's Foods	5401047			X	X					X	
	Roll, Homemade Wheat (A-1001)				X	X	X			*			*Some campuses may use pre-made roll dough, which contains eggs
Chicken Cheesesteak (A-5064)	Whole Grain Hoagie Bun	Kurz Bakery	22343		X	X							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			X	X						Contains modified food starch. Product info states Gluten-Free.
	Onions & Pepper	Fresh Produce											
Chicken Chunks (Boneless Wing) (A-3016)	Whole Grain Chicken Breast Chunks	Perdue/Clux Delux	66195		X	X							Contains garlic, corn flour, corn syrup
Chicken Crispadora (A-3046)	Whole Grain Chicken Chili Filled Tortillas	Tyson	24569-928		X	*							Contains oats, modified food starch, corn starch, garlic powder, corn oil *Contains soybean oil
Chicken Fried Steak w/Roll (A-3014a)	Whole Grain Breaded Beef Patty	Advance	69011		X	X							Contains garlic, modified corn starch, hydrolyzed corn protein
	Roll, Homemade Wheat (A-1001)				X	X	X			*			*Some campuses may use pre-made roll dough, which contains eggs
Chicken Nuggets w/breadstick (A-3236a)	Snacktizers	Perdue	89541		X	*							Contains corn, garlic, soybean oil.
	Cheesy Garlic Breadstick	Bridgford	6787		X	X	X			X			Contains spices, vegetable mono-and di-glycerides, maltodextrin
Chicken Parmesan w/Spaghetti (A-3141)	Whole Grain Chicken Breast Filet	Clux Delux	66198		X	*							Contains garlic powder, yellow corn flour *Contains soybean oil
	Homemade Marinara Sauce (A-6001)	onion, basil, salt, tomato sauce, garlic, pepper		X									Contains Garlic, Natural Flavors
	Shredded Mozzarella Cheese	Land O Lakes	41698				X						
	Pasta, Whole Grain Spaghetti	Barilla			X					*			Manufactured on equipment that processes products containing eggs.
Chicken Sliders (A-5027)	Chicken Patty	Tyson 5778	5778		X	X							Contains Garlic, beef as flavoring
	Whole Wheat Mini Hamburger Bun	Kurz Bakery	309		X	X							Contains corn syrup, caramel color
Chicken Tenders w/Biscuit	Whole Grain Chicken Breast Tenders	Clux Deluxe	66210		X	*							Contains corn flour and modified corn starch, dextrose, dried garlic. *contains soybean oil
	Whole Grain Biscuit	Pillsbury	94562-32267		X		X						
Chicken Tenders w/Roll (A-3157c)	Whole Grain Chicken Breast Tender	Clux Deluxe	66210		X	*							Contains corn flour and modified corn starch, dextrose, dried garlic. *contains soybean oil
	Roll, Homemade Wheat (A-1001)				X	X	X			*			*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
Inside Out Ham & Cheese Sandwich (A-5040)	Sliced Ham	Hormel Natural Choice	68240	X									
	American Slice Cheese, Reduced Fat/Sodium	Land O Lakes	46288			X	X						
	Whole Wheat Hamburger Bun	Kurz Bakery	304		X	X							Processed on equipment that processes products containing sesame seeds
	Parmesan Cheese		1060771				X						Contains cellulose
	Margarine, Trans Fat Free	Ventura Foods	5972314			X	X						Contains Natural and Artificial Flavor
Italian Sausage Stromboli	WG Personal Cheese Pizza	Alpha Foods Inc			X	X	X						Garlic, Food Starch Modified-type not specified
	Turkey Italian Sausage	Jennie O		X									Contains Garlic
Macaroni and Cheese with Roll (A-3162a)	Whole Grain Macaroni & Cheese	Land O Lakes	43274		X		X			X			Contains modified food starch
	Roll, Homemade Wheat (A-1001)				X	X	X			*			*Some campuses may use pre-made roll dough, which contains eggs
Made-to-Order Pasta (MS) <i>students build pasta bowl from options</i>	Whole Grain Rotini Pasta	Barilla	0003772		X					*			*Manufactured on equipment that processes products containing eggs
	Beef Meatballs	Advance	CN 1-17-505-0		X	X	X						
	Grilled Chicken Breast Filet	Tyson Red Label Premium Unbreaded 38300-928	38300			X							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				X						
Maple Biscuit w/Sausage (2) (A-9015b)	Maple Biscuit	Bridgford	6245		X	X	X						Contains cornstarch
	Chicken Sausage Patty	Tyson 17443-328		X									Contains garlic. Contains modified food starch, caramel color, and natural flavors. Manufacturer states contains no gluten
	Margarine, Trans Fat Free	Ventura Foods	5972314			X	X						Contains natural and artificial flavor
Meatball Sub (A-5000)	Beef Meatballs	Advance	CN 1-17-505-0		X	X	X						
	Marinara Sauce (A-6001)	onion, basil, salt, tomato sauce, garlic, pepper		X									Contains Garlic, Natural Flavors
	Shredded Mozzarella Cheese	Land O Lakes	41698				X						
	Whole Grain Hoagie Bun	Kurz Bakery	22343		X	X							Contains corn, caramel coloring
Mini Pizza Bagels	WG Mini Cheese Pizza Bagels	Tasty Brands	52222		X	X	X		*			Produced on equipment that also handles eggs	
Moby Crunch Fish Sandwich (A-5055)	Potato Crunch Breaded Pollock	North Atlantic			X	X	X					X	Contains dextrose, garlic
	Whole Wheat Hamburger Bun	Kurz Bakery	304		X	X							Processed on equipment that processes products containing sesame seeds
	American Slice Cheese, Reduced Fat/Sodium	Land O Lakes	46288			X	X						
Munch Box (A-3180)	Star Sandwich Thin	Buena Vista			X	X							
	Shredded Mozzarella Cheese	Land O Lakes	41698				X						
	Turkey Pepperoni	Jennie-O		X									Contains corn syrup, dextrose, garlic powder. Manufacture states does not contain allergens or gluten
	Marinara Sauce Cup	Red Gold		X		*							Product information states Gluten-Free, No Allergens. *Contains Soybean Oil
Orange Chicken w/Brown Rice (A-3058b)	Popcorn Chicken Breast Chunk Fritters	Koch	86318		X					X			Contains modified food starch, garlic powder, corn flour,
	Less Sodium Orange Sauce	Minh	69143		X	X							Contains Sesame Oil, garlic powder, yeast extract
	Brown Rice	Riceland Foods Inc	4487609	X									
	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.
	Seasonings	Onion, salt, pepper			X	X							

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		X	X	X			X			Contains corn Contains garlic. Contains modified food starch, caramel color, and natural flavors. Manufacturer states contains gluten.
	Chicken Sausage Patty	Tyson 17443-328		X									
Pepperoni Pizza (A-3221)	WG Thin Pepperoni Pizza	Alpha Foods Inc	AS164WT		X	X	X						Contains corn starch, garlic
Pizzadilla	Low Sodium Ultra Grain Tortilla	Azteca	06109		X								
	Shredded Mozzarella Cheese	Land O Lakes	41698				X						
	Turkey Pepperoni	Jennie-O		X									Contains corn syrup, dehydrated garlic powder. Manufacture states does not contain allergens or gluten.
	Marinara Sauce (A-6001)	onion, basil, salt, tomato sauce, garlic, pepper		X									Contains Garlic, Natural Flavors
Popcorn Chicken Salad w/Roll (A-4000a)	Popcorn Chicken Breast Chunk Fritters	Koch	86318		X					X			Contains modified food starch, garlic powder, corn flour,
	Romaine and Leaf Lettuce, Tomato	Fresh Produce		X									
	Shreded 50% Reduced Sodium 50% Reduced Fat Cheddar Cheese	Land O Lakes	25104				X						
	Roll, Homemade Wheat (A-1001)				X	X	X			*			*Some campuses may use pre-made roll dough, which contains eggs
Popcorn Chicken w/Biscuit (A-3223)	Popcorn Chicken Breast Chunk Fritters	Koch	86318		X					X			Contains modified food starch, garlic powder, corn flour,
	Whole Grain Biscuit	Pillsbury	94562-32267		X		X						
Popcorn Tofu w/Roll (A-3213)	Popcorn Tofu				X	X							Manufactured in a facility that also processes egg, milk, and tree nuts
	Roll, Homemade Wheat (A-1001)				X	X	X			*			*Some campuses may use pre-made roll dough, which contains eggs
Pork BBQ Sandwich	Pork BBQ w/vinegar marinade	Brookwood Farms				X							Contains corn syrup solids, garlic powder, spices
	Hickory BBQ Sauce	Clements Foods		X									Food starch modified, natural smoke flavoring, natural coloring, worcestershire
	Whole Wheat Hamburger Bun	Kurz Bakery	304		X	X							Processed on equipment that processes products containing sesame seeds
Protein Power Box (A-3205)	Oven Roasted Turkey Stick	Jennie-O		X									
	Hard Boiled Egg									X			
	Whole Grain Mini Prezels	Snyder's of Hanover			X								
	Applesauce Cup			X									
Rotini with Meat Sauce (A-3006)	Whole Grain Rotini Pasta	Barilla	0003772		X					*			*Manufactured on equipment that processes products containing eggs
	Turkey Spaghetti Sauce	Jennie-O	0285328	X									Contains garlic powder, modified food starch. Manufacturer states no allergens or gluten.
	Canola Salad Oil		1799840	X									
Rotisserie Chicken w/Roll (A-3060a)	Whole Fryer Chicken	Koch Foods, Sysco Classic		X									
	Rotisserie Seasoning Spice			X									Contains Garlic, Spices
	Roll, Homemade Wheat (A-1001)				X	X	X			*			*Some campuses may use pre-made roll dough, which contains eggs
Shrimp Poppers w/Hushpuppies (A-3063)	Shrimp Poppers	SeaPak 47039			X	X	X				X		Contains corn and garlic
	Hushpuppies	Savannah Classics			X	X	X			X			
Smart Mouth Cheese Pizza (A-3081)	SM Honey Wheat Dough	Bulls Eye Brands			X	*							*Dough may contain soy
	SM Pizza Sauce	Bulls Eye Brands		X									Contains Modified food starch, garlic, natural flavors
	SM Mozzarella Cheese	Bulls Eye Brands					X						Contains modified food starch, flavors
Smart Mouth Pepperoni Pizza (A-3082)	SM Honey Wheat Dough	Bulls Eye Brands			X	*							*Dough may contain soy
	SM Pizza Sauce	Bulls Eye Brands		X									Contains Modified food starch, garlic, natural flavors
	SM Pepperoni	Bulls Eye Brands		X									Contains pork, spice, & flavoring
	SM Mozzarella Cheese	Bulls Eye Brands					X						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			X	*							*Dough may contain soy
	Buffalo Ranch Sauce	Foothill Farms Mix (dressing mix, mayonnaise, & milk), Frank's RedHot sauce				*	X			X			Contains MSG, Garlic, Natural Flavor. * Soybean oil
	SM Mozzarella Cheese	Bulls Eye Brands					X						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		X	X	X						Contains modified food starch. Product info states Gluten-Free.
	Queso Blanco	JTM	5718			X	X						
	Reduced Fat Shredded American Cheese	Land O Lakes					X						
Southwest Salad (A-4029)	Grilled Chicken Breast Filet	Tyson Red Label Premium Unbreaded 38300-928	38300			X							Contains modified food starch-manufacturer states product does not contain gluten
	Fresh Produce	Romaine, Pico de Gallo		X									
	Cheddar Cheese	Land O Lakes					X						
	Black Beans			X									
	Frito's Reduced Fat Corn Chips	Frito-Lay		X									Contains corn and corn oil
Spaghetti w/Meat Sauce (A-3036)	Seasonings	Mrs. Dash Fiesta Lime, chili powder, cumin, paprika, onion powder		X									contains garlic
	Turkey Spaghetti Sauce	Jennie-O	285328	X									Contains garlic, modified food starch Product info states No Allergens or Gluten. Manufactured on equipment that processes products containing eggs.
	Pasta, Whole Grain Spaghetti	Barilla			X					*			
Spicy Chicken Sandwich (A-5010)	Canola Salad Oil		1799840	X									
	Hot & Spicy Breaded Chicken Breast Filet	Clux Delux	66193		X		X			X			Contains modified food starch, modified corn starch, garlic
Sriracha Chicken Bites w/Roll (HS)	Whole Wheat Hamburger Bun	Kurz Bakery	304		X	X							Processed on equipment that processes products containing sesame seeds
	Honey Sriracha Glazed Boneless Wings	Tyson			X								Contains garlic, corn
Steak Fingers w/Roll (A-3004a)	Roll, Homemade Wheat (A-1001)				X	X	X			*			*Some campuses may use pre-made roll dough, which contains eggs
	Steak Fingers	Advance	69012		X	X							Contains garlic, modified corn starch, hydrolyzed corn protein, yeast extract
Stuffed Shells w/Gilardi's Breadstick (A-3150a)	Roll, Homemade Wheat (A-1001)				X	X	X			*			*Some campuses may use pre-made roll dough, which contains eggs
	Whole Grain Cheese Stuffed Shells	Tasty Brands	00803WG		X		X			X			Contains garlic
	Homemade Marinara Sauce (A-6001)	onion, basil, salt, tomato sauce, garlic, oregano		X									Contains Garlic, Natural Flavors
	Parmesan Cheese		1060771				X						Contains cellulose
Sweet Potato Fish w/Hushpuppies (A-3074b)	Gilardi's	6" Cheese Filled Breadsticks			X	X	X						
	Sweet Potato Alaska Pollock Sticks	American Pride			X	*					X		Contains corn, garlic *Contains soybean oil
Tony's Stuffed Sticks (A-3033)	Hushpuppies	Savannah Classics			X	X	X			X			
	Whole Grain Cheese Stuffed Sticks	Schwan	73338		X	X	X			X			Contains corn oil, dextrose, modified food starch, garlic powder
Yogurt Trio (A-3005c)	Whole Grain Cheese Stuffed Sticks	Schwan	73338		X	X	X			X			Contains corn oil, dextrose, modified food starch, garlic powder
	Nonfat Yogurt	Upstate Farm	MPC9819				X						Contains modified corn starch
	Light Mozzarella String Cheese Stick	Land O Lakes	59703				X						
Yogurt Trio (A-3005c)	Cranberry Orange Scone	Fat Cat			X		X			*			Prepared in a Nut-Free facility. Manufactured on equipment that also processes eggs.

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

MENU VEGETABLES	INGREDIENTS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree 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		X									
	Fresh Carrots	Fresh Produce		X									
Roasted California Vegetables (A-8051)	California Blend Frozen Vegetables	Simplot	5315555	X									
	Salad Oil		1799840	X									
	Italian Spices	Spice		X									
	Garlic Powder	Spice	5239611	X									
	Salt	Spice	4002994	X									
	Pepper	Sysco	5331048	X									
Roasted Redskin Potatoes with Rosemary and Garlic		McCain MCF04851		X									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		X									
	Salad Oil			X									
	Spices (chili powder, paprika, salt)			X									
	Lemon Juice			X									
Spinach Side Salad	Spinach	Fresh Produce		X									
	Cherry Tomato	Fresh Produce		X									
	Red Onion	Fresh Produce		X									
Steamed Broccoli (A-8042)	Broccoli, Frozen	Allen Canning 255956	1614635	X									
	Butter Buds Sauce	Butter Buds Foodservice	49835				X						Contains maltodextrin, manufacturer states is gluten free
Sweet Potato Crosstrax	Sweet Potato Fries	McCain MCF05074		X									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	X		*							Contains soybean oil

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		X	*	X						Contains *Soybean Oil, Modified Food Starch-type not specified
Buffalo Ranch Sauce	Foothill Farms Mix (dressing mix, mayonnaise, & milk), Frank's RedHot sauce				*	X			X			Contains MSG, Garlic, Natural Flavor. * Soybean oil
Cream Cheese	Block & Barrel					X						
Jelly	House Recipe	4216016	X									
Pancake Syrup	House Recipe	1696608	X									Contains Natural and Artificial Flavors and Caramel Color
Honey Mustard Sauce, 1 oz	House Recipe, Sysco	4551727			*				X			*Contains Soybean Oil
Honey Mustard Dressing, 1.5 oz	Kraft				*				X			*Contains Soybean Oil
Cannonball BBQ Sauce, 1.25 oz	Ken's Steak House	4794640	X									Contains Modified Food Starch-type not specified, Sunflower Oil, Garlic, Caramel
Smart Balance Buttery Spread, PC					X							
Fat Free Sour Cream, 1 oz	Land O Lakes					X						Modified Food Starch-type not specified
Hidden Valley Ranch Dressing					*	X			X			Contains *Soybean Oil, MSG, Modified Food Starch, Natural and Artificial flavors
Ken's Caesar Dressing, 1.5 oz	Ken's Foods				*	X					X	Contains *Soybean Oil, Garlic
Italian Dressing, Fat Free 1.5 oz	Ken's Foods	5954250	X									Contains Natural Flavor, yellow #5, yellow #6, and Sunflower oil
Ranch Dressing, (Salad Bar)	Foothill Farms Mix (dressing mix, mayonnaise, & milk)				*	X			X			Garlic, Natural Flavor. * Soybean oil
Ranch Dressing, PC (12gms)	Sysco	5112735			*	X			X			Contains *Soybean Oil, Garlic
Italian Dressing, PC	Sysco	5126651			*							Contains *Soybean Oil, Garlic
Mustard, PC	Sysco	5106059	X									Contains Garlic
Heinz Fat Free Mayo	Heinz	6735138			X	X			X			
Picante Sauce, PC		5483441	X									Contains Garlic
Sriracha Ketchup	Red Gold		X									Contains Garlic
Tomato Ketchup, 9 g packets	Red Gold REDY59G		X									
Tartar Sauce		6569214			*				X			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		X									
Epic Purple	100% Juice	Fruit 66		X									Contains soluble corn fiber
Epic Lemon Lime	100% Juice	Fruit 66		X									Contains soluble corn fiber
Epic Strawberry Melon	100% Juice	Fruit 66		X									Contains soluble corn fiber
Chocolate Milk	Skim	Oak Farms/TruMoo	23736				X						
White Milk	1%	Oak Farms	23100				X						
True Brew Orange Juice	100% fruit juice	True Brew		X									Contains natural flavors
True Brew Apple Juice	100% fruit juice	True Brew		X									Contains natural flavors
True Brew Fruit Punch	100% fruit juice	True Brew		X									
Izze Blackberry	Sparkling Fruit Juice	Izze Sparkling Juice		X									Contains natural flavors
Izze Clementine	Sparkling Fruit Juice	Izze Sparkling Juice		X									Contains natural flavors
Izze Apple	Sparkling Fruit Juice	Izze Sparkling Juice		X									Contains natural flavors
Juice Bowl Orange Juice	100% fruit juice	Juice Bowl		X									
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 H2O Orange	Flavored Water	Fruit Wave H2O		X									Contains Fructose, natural flavors
Fruit Wave H2O Mango	Flavored Water	Fruit Wave H2O		X									Contains Fructose, natural flavors
Fruit Wave H2O Cherry	Flavored Water	Fruit Wave H2O		X									Contains Fructose, natural flavors
Half & Half Tea	Green tea, lemonade	Steaz Tea		X									Contains natural fruit flavors
Super Fruit Tea	Green tea	Steaz Tea		X									Contains natural fruit flavors
Peach Tea	Green tea	Steaz Tea		X									Contains natural fruit flavors
Strawberry Kiwi 100% Juice	100% fruit juice	Tropicana		X									Contains Red 40
G2 Glacier Freeze		Gatorade		X									Contains natural flavor, sucralose, acesulfame potassium, and Blue 1
G2 Mixed Berry Clear		Gatorade		X									Contains natural flavor, sucralose, and acesulfame potassium
G2 Grape		Gatorade		X									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			X		X						Contains corn syrup, modified corn starch
Assorted Cereal w/Toast	Cereal, Cheerios	Gen Mills 32262000		X									Oats, corn starch
	Cereal, Cinnamon Toast Crunch	Gen Mills 11815000			X	X							
	Cereal, Apple Cinnamon Cheerios	Gen Mills 31879000			X								Oats, Corn meal
	Cereal, Fruity Cheerios	Gen Mills 31916000			X								Oats, Corn, Red 40, Yellow 6, Blue1
	Cereal, Golden Grahams	Gen Mills 11943000			X								Corn
	Cereal, Rice Chex	Gen Mills 31921000		X									
	Cereal, Rice Krispies	Kellogg's		X									Malt flavor
	Wheat Toast (A-1002)	Kurz			X	X	X						
Bagel, White Whole Grain	Plain Bagel	Lender's			X								
Chicken Biscuit (A-9008)	Chicken Patty	Tyson 5778	5778		X	X							Contains Garlic
	Whole Grain Biscuit	Pillsbury	94562-32267		X		X						
	Margarine, Trans Fat Free	Ventura Foods	5972314			X	X						Contains natural and artificial flavor
Chorizo Breakfast Pizza (A-9071)	WG Personal Cheese Pizza	Alpha Foods Inc			X	X	X						Garlic, Food Starch Modified-type not specified
	Turkey Chorizo	Jennie-O	639740			X							Contains Garlic
Cranberry Orange Scone		Fat Cat Bakery			X		X			*			*Prepared on equipment that also processes eggs. Made in a Nut-Free Facility
Egg and Turkey Bacon Breakfast Boat		ConAgra			X	X	X			X			Contains modified food starch, corn starch, hydrolyzed corn protein
French Toast Sticks (A-9026)		Michael Foods 46025-75010	3026153		X	X	X			X			Contains corn starch, natural flavors, and caramel color.
Maple-Burstin Mini Pancakes		Pillsbury			X		X			X			Contains natural and artificial flavor
Mini Bagels- Cinnamon		Pillsbury			X	*	X						Contains maltodextrin, modified corn starch *contains soybean oil
Mini Breakfast Pizzas	WG Mini Cheese Pizza Bagels	Tasty Brands	52222		X	X	X			*			Produced on equipment that also handles eggs
Mini Cinnis		Pillsbury			X		X						Contains modified corn starch

SNACKS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	OTHER
Chips												
Chips, BBQ Baked Lays (ES only)	Frito Lay				X	X						Contains Corn, Garlic.
Chips, 0.7oz, RF Cheetos Mellow Puffs	Frito Lay 21910	2255848				X						Contains Corn, MSG, Yellow 6, Yellow 5. Gluten Free
Chips, 0.75 oz WG Funyuns	Frito Lay					X						Contains MSG, corn, garlic powder
Chips, 0.85 oz Baked Ruffles Cheddar & Sour Cream					X	X						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)					X	X						Contains corn.
Chips, 0.875 oz Cheetos Baked (MS & HS only)	Frito Lay					X						Contains Corn, MSG, Yellow 6
Chips, 0.875 oz Cheetos Baked Flamin' Hot (MS and HS only)	Frito Lay					X						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				X						Contains Corn, MSG, Natural and Artificial Flavors, Yellow 5 & Yellow 6. Gluten Free
Chips, 1oz. Cheetos Fantastix Hot	Frito Lay 43578	6888479				X						Contains Garlic, MSG, Red 40, & Yellow 6. Gluten Free
Chips, 1oz. Doritos RF Cool Ranch (MS and HS only)	Frito Lay 36096	5073130				X						Contains Corn, Garlic, MSG, Natural and Artificial flavor, Yellow 5, Blue 1, Red 40. Manufacturer states does not contain gluten ingredients.
Chips, 1 oz. Doritos RF Flamas	Frito Lay					X						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			X	X							Contains Corn, Garlic, MSG, caramel color, corn
Chips, 1oz. Doritos RF Nacho Cheese (MS and HS only)	Frito Lay 31748	6626774				X						Contains Corn, Garlic, MSG, natural and artificial flavor, Yellow 5, Yellow 6, Red 40. Manufacturer states does not contain gluten ingredients.
Chips, 1 oz. Doritos Wild White Nacho	Frito Lay					X						Contains corn, garlic.
Chips, 1.375 oz Kettle BBQ (HS Only)						X						Contains garlic, maltodextrin (from corn)
Chips, 1.375 oz Kettle Original (HS only)	Frito Lay		X									
Chips, 1.375 oz Kettle Salt & Vinegar (HS only)	Frito Lay											
Chips, 0.875 oz Tostitos Baked Scoops	Frito Lay 42537	6510388	X									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				*	X						*Contains soybean oil. Certified Gluten Free
Popchips, Sour Cream & Onion	Popchips					X						
Popchips, Crazy Hot Potato	Popchips					X						
Popchips, Cheddar & Sour Cream Potato Ridges	Popchips					X						
Pirate's Booty Aged White Cheddar						X						Gluten Free. Made in a peanut and tree nut free facility.
Dairy Snacks												
Nonfat Yogurt, Cherry Vanilla	Upstate Farms	MPC 9819				X						
Nonfat Yogurt, Strawberry	Upstate Farms	MPC 9815				X						

SNACKS	PRODUCT	DISTRIB CODE	None	Wheat	Soy	Milk	Peanut	Tree Nut	Egg	Shellfish	Fish	OTHER
Yoplait Go BIG yogurt	Yoplait					X						Contains Kosher Gelatin
String Cheese	Land O Lakes	59703				X						
Zerts Pudding Cup, Brownie Batter	Rich's	11620				X						Contains cornstarch
Zerts Pudding Cup, Cake Batter	Rich's	11619				X						Contains cornstarch
Snack Bars/Granola Bars												
Rice Krispies Treats					X	X						
Rice Krispies Treats, Chocolate Chip	Kellogg's				X	X						Contains Gelatin
Cocoa Cherry Bar	Zee Zee's			X	X							Nut Free Facility. Contains corn syrup, cellulose fiber maltodextrin.
BeneFIT Brownie Bar	J&J Snack Foods			X	X	X			X			
Granola Bar, S'mores	Quaker			X	X	X	*	*				Contains coconut. *May contain traces of peanut and tree nut.
Granola Bar, Thin Mint (MS and HS only)	Quaker			X	X	X	*	*				*May contain traces of peanut and tree nut.
Crackers, Snack Mixes, & Popcorn												
Cheddar Goldfish, Made with Whole Grain (0.75 oz)	Pepperidge Farm	6599405		X		X						
Whole Grain Cheez-it 0.5oz	Kellogg's 09685	2098629		X	X	X						
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					X						Gluten Free. Contains Natural Flavors, Corn
Popcorn, Sea Salt Caramel Smart Food Delight	Pepsico					X						
Cinnamon Crisps	Nature Valley	2950725		X*	*	*						Contains Gluten (barley malt). *May contain milk, wheat, and soy.
Annie's Organic Friends Bunny Grahams	Annie's			X	*	*						*Made on shared equipment that also processes milk and soy.
Graham Snack, Despicable Me	Kellogg's			X	X	X						
Pretzels, Whole Grain	Snyder's of Hanover			X								
Elf Grahams, Chocolate	Kellogg's	7628		X	X							
Cookies												
Cookie, Whole Grain Chocolate, Individually Wrapped	Buena Vista	79015		X	X	X			X			Buena Vista is a peanut and tree nut free plant
Cookie, WG Triple Chocolate Filled, Individually Wrapped (MS and HS only)	Rich's	3593		X	X	X	*	*	X			Contains corn flour *Manufactured on shared equipment with peanuts and tree nuts
Cookie, WG Red Velvet (MS and HS only)	Buena Vista	79915		X	X	X			X			Buena Vista is a peanut and tree nut free plant
Mini Chocolate Chip Cookies	Grandma's			X	X	X	*	*				*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		X									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		X									Gluten Free. Contains Natural & Artificial Flavors
Smoothie-on-a-Stick, Strawberry Banana	Jonny Pops					X						
Smoothie-on-a-Stick, Triple Berry	Jonny Pops					X						
Kiwi Strawberry 100% Juice Slush	Ice Dog		X									Contains maltodextrin, cellulose gum
Blue Raspberry 100% Juice Slush	Ice Dog		X									Contains maltodextrin, cellulose gum
Watermelon 100% Juice Slush	Ice Dog		X									Contains maltodextrin
Sour Apple Twister Cup	Hershey's Ice Cream	7007732	X									Contains corn syrup, FD&C Yellow 5&6, Blue 1
Low Fat Cookies N Cream Cone	Hershey's Ice Cream	7007724		X	X	X						Contains high fructose corn syrup, artificial flavor
Reduced Fat Vanilla Ice Cream Sandwich	Hershey's Ice Cream	7007734		X	X	X						Contains corn syrup, high fructose corn syrup, caramel color, dextrose
Chocolate Scooter Ice Cream Bar	Hershey's Ice Cream	7007740		X	X	X						Contains corn syrup, high fructose corn syrup, caramel color, dextrose, FD&C Blue #1, Red #40
Frozen Yogurt, Chocolate Decadence	Miss Karen's	105721		*	X	X	*	*	*			Manufactured on equipment that also processes eggs, wheat, peanuts, and tree nuts
Frozen Yogurt, Vanilla Bean	Miss Karen's	105721		*	*	X	*	*	*			Manufactured on equipment that also processes soy, eggs, wheat, peanuts, and tree nuts
Miscellaneous Snacks												
Applesauce Pouch (no sugar added, 3.2oz)	Buddy Organic		X									Contains NO Gluten
Fruit Snacks	Welch's	14498	X									Contains Inulin, Gelatin, Coconut Oil, Red 40, and Blue 1
Krave Smores	Kellogg's			X	X	X						Contains corn starch, corn bran
Muffin, Blueberry (2 oz)	Sara Lee 8860			X	X					X		
Muffin, Double Chocolate (2 oz)	Sara Lee 8862			X	X	X				X		
Muffin, Banana (2 oz)	Sara Lee 8861			X	X					X		
Pork Smart Stix, Original	Western's	OSC	X									Contains Pork, Beef, Garlic
Raisins, Sour Strawberry	Sun Maid	5086	X									
Whole Grain Cinnamon Roll	Hadley Farms			X	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				X	*	*						Contains High Fructose Corn Syrup, *soybean oil. *Manufactured in a facility that processes milk.
	Light Mayo	Hellman's				*				X			Contains modified food starch (corn, potato). *Contains soybean oil
	Egg	Fresh Whole Eggs								X			
	Sweet Relish	Bay Valley Foods		X									Manufacturer label states product is gluten-free. Contains mustard, high fructose corn syrup, spices
	Celery Sticks	Fresh Produce		X									
	Yellow Onion	Fresh Produce		X									
	Canned Tuna	Chicken of the Sea										X	
Toasted Chicken Fajita Sandwich	Fajita Chicken Strips	Tyson	522-928			X							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		X	*	*			*			*May contain milk, egg, soy, and sesame
Toasted Meatball Sub	Beef Meatballs	Advance	CN 1-17-505-0		X	X	X						
	Shredded Mozzarella Cheese	Land O Lakes	41698				X						
	Homemade Marinara Sauce (A-6001)	onion, basil, salt, tomato sauce, garlic, pepper		X									Contains Garlic, Natural Flavors
	Whole Grain Sub Roll	Rich's	8763		X	*	*			*			*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
Pico de Gallo (A-6004)	Tomato, Onion, Cilantro	Fresh Produce		X									
	Jalapeno Peppers			X									Contains garlic, spices
	Salt			X									
Homemade Salsa (A-6005)	Diced Tomatoes			X									
	Jalapeno Peppers			X									Contains garlic, spices
	Onion, Cilantro	Fresh Produce		X									
	Cumin			X									
	Salt			X									
Sour Cream		Daisy						X					
Jalapenos	Jalapeno Peppers			X								Contains garlic, spices	

