

# Allergen Chart

Serving Date: 9/9/2019 - 9/20/2019

Condiment										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
BBQ Sauce - CAR1129					C			C		C
Cream Cheese cup - CAR1468						C				
Ranch Dressing - SR1931			C			C		C		
BBQ Single Serve - CAR1424	NI									
Ketchup Single Serve - CAR1393	NI									
Mayonnaise Single Serve - CAR1395			C							
Yellow Mustard Single Serve - CAR1394	NI									
Ketchup - SR1004	NI									
Ketchup Simply - CAR1581	NI									
Marinara Dunk Cups - CAR1334	NI									
Mayo - CAR1117			C					C		
Yellow Mustard - SR1603	NI									
Chunky Medium Salsa - CAR1381	NI									
Cream Cheese Spread - CAR1218						C				
Ranch Dressing - CAR1450			C			C		C		
Taco Sauce Single Serve - CAR1353	NI									
Syrup - CAR1066	NI									

C: Contains | P: Processed in a facility that also processes | MC: May contain | NI: None Indicated

# Allergen Chart

Generated on: 8/15/2019 9:59:18 AM by Madeline Sublet

Serving Date: 9/9/2019 - 9/20/2019

Entrée/Combo										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Baked Mac & Cheese - CAR2016					C	C				C
Baked Mac & Cheese - CAR1004			P		C	C				C
Bean and Cheese Burrito - CAR2019					C	C				C
Beef Rib on a Hoagie - CAR1042					C	C		C		C
Beefy Macaroni - CAR1990					C	C				C
Breakfast Pizza Bacon Scramble - CAR1961			C		C	C		C		C
Breakfast Pizza - CAR1507					C	C		C		C
Buffalo Chicken Wrap - CAR2000			C		C	C		C		C
Garden Burger - CAR1306					C	C		C		C
Garden Burger - CAR1002					C	C		C		C
Beef Burrito - CAR2013					C	C				C
Chicken Burrito - CAR2011					C	C		C		C
Bean & Cheese Burrito - CAR1263					C	C		C		C
Bean and Cheese Burrito - CAR1378					C	C		C		C
Breakfast Burrito - CAR1049						C		C		
Chicken Burrito Bowl - CAR1994						C				
Cheeseburger - CAR1001					C	C				C
Cheeseburger - CAR1739					C	C		C		C
Cheeseburger - CAR1080					C	C				C
Cheesy Italian Dunkers - CAR1152			C		C	C		C		C
Chicken & Waffle - CAR1798					C	C		C		C
Chicken Caesar Wrap - CAR1998			C	C	C	C				C
Chicken Caesar Wrap - CAR1997			C	C	C	C				C
Chicken Nuggets - CAR1555					C			C		C
Chicken Quesadilla - CAR2005					C	C		C		C

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Entrée/Combo										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Chicken Tenders - CAR1124								C		C
Corn Dog - SR1023			C		C			C		C
Corn Dog - CAR1354			C		C			C		C
Crispy Chicken Wrap - CAR2002			C		C	C		C		C
Crispy Chicken Salad - CAR1553					C	C		C		C
Enchirito Bean & Cheese - CAR1059					C	C		C		C
English Muffin Melt - CAR1070			P		C	C		P		C
Ham, Egg, and Cheese Muffin - CAR1073			C		C	C				C
Hamburger - CAR1000					C					C
Hamburger - CAR1079					C					C
Turkey Hot Dog - CAR1101					C					C
Hot Ham (Turkey) & American Cheese - CAR1737					C	C		C		C
Hot Ham (Turkey) & Cheese - CAR1034					C	C				C
Italian Pasta Bake - CAR2084					C	C				C
Italian Sausage Pizza - SR2083					C	C		C		C
Meatball Sub - CAR1922					C	C		C		C
Chicken Meatball Sub - CAR1127			C		C	C				C
Nachos with Beef - CAR1091						C				
Nachos with Beef - CAR1716						C		P		
Nachos with Beans and Cheese - CAR1090						C		P		
Cheese Nachos - CAR1089						C				
Chicken Nachos - CAR1092						C		C		
Orange Chicken with Nuggets - CAR1649					C			C		C
Orange Chicken - CAR1104					C			C		C
Pancake on a Stick - CAR1062			C		C			C		C

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Entrée/Combo										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Peach Parfait - CAR1463					C	C		C		C
Parfait, Peachy, 2G 1MMA - CAR1837					C	C		C		C
Peach Parfait - CAR1464					C	C		C		C
Pasta Alfredo - CAR2124					C	C				C
Pasta Alfredo Penne with Chicken, Regular - CAR2125					C	C		C		C
Pasta Alfredo with Chicken - CAR2003					C	C		C		C
Pasta Alfredo - CAR2017					C	C				C
Cheese Pizza - CAR1008					C	C		C		C
Cheese Pizza - CAR1390						C		C		C
Hawaiian Pizza - CAR1601						C		C		C
Pepperoni Pizza - CAR1547						C		C		C
Pepperoni Pizza - CAR1652						C		C		C
Supreme Pizza - CAR1392						C		C		C
Veggie Pizza - CAR1391						C		C		C
Pizza Pepperoni - CAR1141					C	C		C		C
Popcorn Chicken - CAR1348					C			C		C
Pork Honey Rib on a Bun - CAR1041					C	C		C		C
Protein Pack with Egg - CAR1005			C		C	C		C		C
Protein Pack with Sunflower Seeds - CAR1159					C	C		C		C
Cheese Quesadilla - CAR2018					C	C				C
Cheese Quesadilla - CAR2129					C	C				C
Salad Buffalo Chicken - CAR1491					C	C		C		C
Buffalo Chicken Salad - CAR1096					C	C		C		C
Taco Salad - CAR1471						C				
Taco Salad - CAR1549						C		P		

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Entrée/Combo										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Salad Taco, Chicken - CAR1811						C				
Salad Taco, Chicken - CAR1812						C		P		
Taco Salad - CAR1550						C		P		
Vegetarian Taco Salad - CAR1099						C				
Taco Salad - CAR1472						C		P		
American Cheese Sub - CAR1736					C	C		C		C
American Sandwich - CAR1473					C	C				C
American Sub - CAR1142					C	C				C
American Sub - CAR1156					C	C				C
Barbecue Turkey Sandwich - CAR1151					C					C
BBQ Pork Sandwich - CAR1032					C					C
BBQ Turkey Sandwich - CAR1031					C					C
Crispy Chicken Sandwich - CAR1082					C			C		C
Chicken Patty Sandwich - CAR1148					C			C		C
Egg & Cheddar Cheese Breakfast Sandwich - CAR1050			C		C	C				C
Egg & Cheese Breakfast Sandwich - CAR1048			C			C		C		C
Grilled Cheese Sandwich - CAR1850					C	C		C		C
Grilled Cheese Sandwich - CAR1144					C	C				C
Grilled Chicken Sandwich - CAR1084					C			C		C
Ham (turkey) & American Cheese Sub - CAR1732					C	C		C		C
Ham Sandwich - CAR1552					C	C				C
Ham Sandwich - CAR1442					C	C				C
Deli Ham (turkey) & Cheddar Sandwich - CAR1153					C	C				C
PB & J - CAR1024			P		C	P	C	P	P	C
Rib b que Pork Sandwich - CAR1128					C	C		C		C

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Entrée/Combo										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Sun Butter & Grape Jelly Sandwich - CAR1150					C					C
Turkey & American Cheese on Sliced Bread - CAR1743					C	C		C		C
Turkey & American Cheese Sub - CAR1734					C	C		C		C
Turkey Sandwich - CAR1003					C	C				C
Turkey Sandwich - CAR1548					C	C				C
Turkey & Cheddar Sub - CAR1441					C	C				C
Sausage Biscuit Sandwich - SR1348					C	C				C
Spaghetti with Meat Sauce - CAR1988					C					C
Spicy Chicken Sandwich - CAR1083					C			C		C
Spicy Chicken Sandwich - CAR1149					C			C		C
Spicy Popcorn Chicken - CAR1126					C			C		C
Large Spinach Salad - SR1531			C			C				
Tacos Soft, Regular, Chicken Fajita - CAR2006					C	C		C		C
Turkey Soft Taco - CAR2022					C	C				C
Beef Tacos - CAR1439						C				
Tacos, All Beef Soft - CAR1987					C	C				C
Chicken Fajita Tacos - CAR1669						C		C		
Soft Chicken Tacos - CAR2007					C					C
Sausage Breakfast Pizza - SR1167					C	C		C		C
Turkey Sausage Muffin Breakfast Sandwich - CAR1400					C					C
Maple Turkey Pancake Wrap - CAR1423			C		C			C		C
Turkey & Cheese Wrap - CAR2023					C	C				C
Chicken Ranch Wrap - CAR1996			C		C	C		C		C

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# Allergen Chart

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Fruit										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Unsweetened Applesauce - CAR1583	NI									
Fruit Cocktail in Pear Juice - CAR1561	NI									
Peaches in Pear Juice - CAR1235	NI									
Diced Pears in Pear Juice - CAR1238	NI									
Pineapple Tidbits - SR1495	NI									
Craisins - CAR1599	NI									
Raisins - CAR1023	NI									
Ready-to-Serve Apples - SR1216	NI									
Banana - SR1166	NI									
Fresh Oranges - SR1171	NI									
Fresh Pears - SR1585	NI									
Satsuma Tangerine - CAR1401	NI									
Green Seedless Grapes - SR1601	NI									
Fruit Punch - CAR2014	NI									

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Fruit Juice										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
100% Apple Juice - SR1204	NI									
Apple Juice - CAR1521	NI									
Apple Juice - CAR1201	NI									
Juice, fruit punch, 100% Suncup, 4 fl oz - CAR1976	NI									
100% Orange Juice - SR1295	NI									



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Grains										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Animal Keebler Crackers - CAR1197					C			C		C
Apple Frudel Stick - SR1747					C	C				C
Bagel - CAR1438			P		C			C		C
Belgian Waffle - CAR1058			C			C		C		C
Apple Blueberry Benefit Bar - CAR1298			C		C	C		C		C
French Toast Breakfast Bar - CAR1299			C		C	C		C		C
Oatmeal Chocolate Breakfast Bar - CAR1300			C		C	C		C		C
Oatmeal Raisin Benefit Bar - CAR1162			C		C	C		C		C
Bread Banana Slice - CAR1338			C		C			C		C
Bread Blueberry Slice - CAR1339			C		C			C		C
Bread Pumpkin Slice - CAR1340			C					C		C
Bread Zucchini Slice - CAR1341			C					C		C
Breadstick - CAR1040			P			P		C	P	C
Apple Cinnamon BeneFIT Bar - SR1751			C		C	C		C		C
Banana Chocolate Chunk BeneFIT Bar - SR1753			C		C	C		C		C
Buttery Wheat Toast - SR1159					C	C		C		C
Multigrain Cheerios Bowlpack - CAR1546										C
Cereal, Cheerios - CAR1297	NI									
Cinnamon Chex Cereal - CAR1166	NI									
Frosted Mini Wheats Cereal - CAR1170										C
Fruity Cheerios - CAR1525										MC
Honey Nut Chex Cereal - CAR1168									C	
Hot Oatmeal - SR1483										
Lucky Charms Cereal - CAR1815	NI									
Cheerios - SR1160	NI									

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Honey Nut Cheerios Cereal - SR1361									C	
Raisin Bran Cereal - SR1457					C					C
Rice Chex Cereal - CAR1467	NI									
Rice Krispies Cereal - CAR1171	NI									
Cheezits - CAR1520					C	C		C		C
Cherry Frudel Stick - SR1491					C	C				C
Cinnamon Bun - CAR1071			C		C	MC		MC		C
Cinnamon Bun - CAR1046			C			C				C
Cinnamon Pretzel Stick - CAR1067			C			C		C		C
Dinner Roll - CAR1977					C					C
Dinner Roll - CAR1021					C					C
Elf Grahams - CAR1519					C			C		C
English Muffin - CAR1187			P		C	C		C		C
Crescent Grape - CAR1596					C	C				C
French Toast Sticks - CAR1490					C			C		C
French Toast Sticks - CAR1476					C			C		C
French Toast Sticks - SR2164					C			C		C
Chocolate Chip French Toast Eggo Bites - SR1593			C		C	C		C		C
French Toast Eggo Bites - SR1205			C		C	C		C		C
Giant Cinnamon Goldfish Graham - CAR1061								C		C
Goldfish Crackers - CAR1522					C	C				C
Pretzels Goldfish - CAR1281					C	C				C
Graham Cracker - CAR1371					C			C		C
Vegetable Lo Mein - SR2116					C			C		C
Vegetable Lo Mein - SR1770			P		C			C		C

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Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Pan Dulce Concha - CAR1403			C		C	C		C		C
Cinnamon Creamy Cheese Mini Bagels - SR1162					C	C		MC		C
Strawberry Creamy Cheese Mini Bagels - SR1188					C	C				C
Apple Mini Loaf - CAR1194			C			C		C		C
Banana Mini Loaf - CAR1193			C			C		C		C
Wild Blueberry Ultra Mini Loaf - CAR1192			C		C	C		C		C
Cinnamon Mini Maple Waffles - CAR1047			C			C		C		C
Mini Cinnis - SR1595					C	C				C
Mini Waffles Bites - CAR1214			C		C	C		C		C
Blueberry Muffin - CAR1688			C		C	C		C		C
Apple Cinnamon Muffin - SR1165			C		C			C		C
Banana Muffin - SR1591			C		C			C		C
Blueberry Muffin - SR1454			C		C			C		C
Blueberry Muffin - SR1186			C		C			C		C
Munchie Mix - CAR1963						C				C
Oatmeal Brown Sugar Packet - CAR1489	NI									
Oodles of Noodles - CAR1981					C	C		C		C
Oodles of Noodles - CAR2025					C					C
Oodles of Noodles - CAR1982			P		C	C		C		C
Pancakes Buttermilk - CAR1469			C		C	C		C		C
Blueberry Mini Pancake Bites - SR1190			C		C	C		C		C
Mini Eggo Pancake Bites - SR1590			C		C	C		C		C
Pretzel Soft - CAR1037										C
Steamed Brown Rice - SR1098	NI									
Steamed Rice - SR2109	NI									

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Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Chicken Fajita Salad - CAR1097						C		C		
Scooby Doo Sticks Cinnamon - CAR1208								C		C
Spaghetti Noodles - SR2107					C					C
Spanish Rice - CAR1575								C		
Spanish Rice - CAR2035								C		
Tortilla Chips - CAR1010	NI									
Tortilla Chips - CAR1011						P		P		
Cinnamon UBR - SR1976			C		C	C		C		C
Ultimate Breakfast Round Chocolate Chip - CAR1362			C		C	C		C		C
Ultimate Cinnamon Breakfast - CAR1060			C			P	P	P	P	C
Waffle Sticks - CAR1078			C			C		C		C
Home-style Waffle - SR2165			C		C	C		C		C
Waffles - CAR2020			C		C	C		C		C
Soft Wheat Bagel - SR1168			P		C			C		C

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Meat/MA										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Asian Meatballs - CAR1727					C	C		C		C
Baked Potato with Chili and Cheese - CAR1185						C				
Korean All Beef Crumble - CAR1102					C			C		C
Teriyaki All Beef Crumble - CAR1103					C			C		C
Classic Chef Salad - CAR1107			C			C				
Classic Chef Salad - CAR1183			C			C				
Chicken Caesar Salad - CAR1808			C	C		C			P	C
Chicken Caesar Salad - CAR1108			C	C		C			P	C
Chicken Caesar Salad - CAR1809			C	C		C			P	C
Chicken Caesar Salad - CAR1146			C	C		C			P	C
Country Turkey Sausage Patty - CAR1076	NI									
Crispy Chicken Salad - CAR1154					C	C		C		C
Fajita Chicken Salad - CAR1655						C		C		
Grilled Chicken Filet - CAR1847								C		
Hearty Garden Salad - CAR1701			C			C				
Hearty Garden Salad - CAR1702			C			C				
Spinach Salad - CAR1582			C			C				
Chicken Meatball Sauce - CAR1133			C			C				
Beef Meatballs - CAR1919					C	C		C		C
Chicken Meatballs - CAR1131			C			C				
String Cheese Mozzarella - CAR1211						C				
String Cheese - SR1146						C				
Colby Cheese Omelet - SR1599			C			C		MC		
Pulled Pork, Brookwood (1/3c cooked = 2.1 oz = 2 oz M/MA) Commercial - CAR1883	NI									
Pulled Pork - CAR1728								C		

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Meat/MA										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Country Breakfast Sausage Patty - SR1157	NI									
Sunflower Seeds - CAR2015						P		P		P
Tater Tots with Chili and Cheese - CAR1186						C				
Teriyaki Beef Dippers - CAR1018								C		C
Teriyaki Chicken - CAR1038					C			C		C
Turkey & Gravy - CAR1184								C		
Strawberry Yogurt - CAR1036						C				
Strawberry Banana Yogurt - CAR1377						C				
Raspberry Rainbow Yogurt - SR1183						C				
Strawberry Banana Bash Yogurt - SR1145						C				

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Milk										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Chocolate Milk - CAR1586						C				
Chocolate Milk - CAR1014						C				
1% White Milk - CAR1358						C				
Milk - CAR1015						C				
Non Fat White Milk - CAR1016						C				
Lowfat 1% White Milk - SR1001						C				
1% Milk - CAR1587						C				

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Vegetable										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Maple Baked Beans - CAR1928	NI									
Black Beans - CAR1030	NI									
Chilled Black Beans - SR2006	NI									
Garbanzo Beans - SR1048	NI									
Kidney Beans - SR1036	NI									
BP - Beans, pinto, low sodium, canned, drained, ready-to-serve - SR2046	NI									
Vegetarian Refried Beans - SR1070	NI									
Fresh Broccoli Florets - SR1027	NI									
Caesar Side Salad - CAR1139			C	C		C			P	C
Baby Spinach - SR1980	NI									
Seasoned French Fries - CAR1926	NI									
Baked French Fries - SR1444	NI									
Romaine Lettuce - CAR1816										
Marinara Sauce - CAR1221	NI									
Marinara Sauce - CAR1718	NI									
Mixed Salad Greens - SR1080	NI									
Salad Mix with Ranch - CAR1945			C			C		C		
Green Beans - CAR1013	NI									
Celery Sticks - SR1014	NI									
Cucumber Coins - SR1013	NI									
Pepper & Onion Blend - CAR1861	NI									
Whipped Potatoes - SR1112						C				
Carrot Sticks - SR1606	NI									
Baby Carrots - SR1016	NI									
Cherry Tomatoes - CAR1006	NI									

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Vegetable										
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Soy	Tree nuts	Wheat
Corn - CAR1359	NI									
Jicama Sticks - SR1042	NI									
Potato Wedges - CAR1350	NI									
Potatoes Crinkle - CAR1509								C		
Potatoes - CAR1510	NI									
Tater Tots - CAR1373	NI									

**Report Selections:**

Report Option: Menu Items on Menus for a timeframe

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.