

St. Mary's County Public Schools: Department of Food & Nutrition Services Allergen Information for Menu Items*	
All menu items are now added trans-fat free!	
ENTREES	Contains:**
Cheese Stuffed Shells, Wh. Grain w/ sauce & cheese	Wheat, milk, egg, corn
Cheeseburger on Bun	Wheat (bun), soy, milk
Chicken Nuggets (Tyson)	Wheat, soy
Chicken Tenders (Tyson)	Wheat, soy
Chicken Tenders , Spicy (Tyson)	Wheat, soy, corn
Chicken Patty on Bun (Tyson)	Wheat, soy
Chicken Patty on Bun, Spicy (Tyson)	Wheat, soy
Chicken, Popcorn	Wheat, soy
Chicken, Golden Crispy WMWG Patty (Tyson)	Wheat, soy
Chicken, Golden Crispy WMWG Patty	Wheat, soy
Chili (Beef) w/ Corn Chips	soy, corn (gluten free)
Chili, no chips	soy
Corn Dog (Whole Grain, Chicken)	Wheat, soy, egg, corn
Crispy Fish Filet	Fish, Wheat, egg, soy
Grilled Chicken Patty	Soy
Hamburger on Bun	Wheat, soy
Italian Meatball Sub w/ Mozz Cheese	Wheat, Soy, Milk, Corn
Macaroni & Cheese	Wheat, Soy, Milk
MaxSticks, Mozz Cheese Sticks	Wheat, Soy, Milk
Nachos Grande/ Corn tortilla chips	Soy, milk, corn
Pizza, Cheese Deep Dish Round	wheat, milk, soy, corn
Pizza, Pepperoni Deep Dish Round	Wheat, milk, soy, corn, pork
Pizza, Cheese 4x6, Stuffed Crust	Wheat, milk, soy, corn
Pizza, Pepperoni 4x6, Stuffed Crust	Wheat, milk, soy, corn, pork
Meatballs	Wheat, soy, milk, egg, corn
Salad, Chef's w/ Croutons	Wheat, milk, *Note: Croutons are processed in the same plant as tree nut products
Salad, Vegetarian Chef's	Wheat, egg, milk, *Note: Croutons are processed in the same plant as tree nut products

Salad, Crispy Chicken	Wheat, milk, egg, soy, *Note: Croutons are processed in the same plant as tree nut products
Salad, Deluxe Spinach	Wheat, milk, egg, *Note: Croutons are processed in the same plant as tree nut products
Salad, Mandarin Orange Chicken	milk, soy, corn, *Note: Croutons are processed in the same plant as tree nut products
Salad, Pepperoni 'Pizza'	Wheat, milk, soy, corn, pork *Note: Croutons are processed in the same plant as tree nut products
Salad, Southwest Grilled Chicken	Milk, corn, soy *Note: Croutons are processed in the same plant as tree nut products
Salad, Spicy Chicken	Wheat, milk, corn, soy, *Note: Croutons are processed in the same plant as tree nut products
Salad, Chicken Caesar	Milk, corn, soy, fish *Note: Croutons are processed in the same plant as tree nut products
Salad, Turkey Club	Milk, corn, soy, egg *Note: Croutons are processed in the same plant as tree nut products
Salad, Chicken Bacon Ranch	Milk, egg, soy, corn *Note: Croutons are processed in the same plant as tree nut products
Salad, Buffalo Chicken	Milk, corn, soy, egg *Note: Croutons are processed in the same plant as tree nut products
Salisbury Steak w/ Gravy	Wheat, soy, milk, corn, gravy contains red dye #40
Shrimp Poppers, Whole Grain	Wheat, shellfish, soy, corn
Sloppy Joe on Bun, Beef	Wheat (bun only), soy
Spaghetti w/ meatballs	Wheat, soy, milk, corn
Steak & Cheese Sub	Wheat (bun), soy, milk, corn

Sauce, Sweet Chili	soybean oil
Sauce, General Tso	Wheat, Soy
Sauce, Alfredo	
Sub, Ham & Cheese	Wheat, milk, corn, soy
Sub, Italian	Wheat, milk, corn, soy
Sub, Tuna	Wheat, soy, egg, fish, corn
Sub, Turkey and Cheese	Wheat, soy, milk, corn
Sub, Chicken Bacon Ranch	Wheat, milk, soy, corn, egg
Sub, Buffalo Chicken	Wheat, milk, corn, soy, egg
Sub, Turkey Club	Wheat, milk, corn, soy, egg
Sub, BBQ Chicken	Wheat, milk, corn, soy
Sub, Hummus Turkey	Wheat, soy, *note: hummus is processed on the same line as wheat and eggs
Tuna Salad Plate	Wheat, soy, egg, fish, corn
Turkey Hot Dog on Bun	Wheat, soy, milk, corn
Turkey, Hot Gravy Slices	Wheat, soy, milk, corn
Wrap, Chicken Caesar	Wheat, soy, milk, corn, fish
Wrap Turkey Ham & Cheese	Wheat, soy, milk, corn
Wrap, Turkey & Cheese	Wheat, soy, milk, corn
Wrap, Chicken Bacon Ranch	Wheat, soy, milk, corn
Wrap, Turkey Club	Wheat, soy, milk, corn
Wrap, Buffalo Chicken	Wheat, soy, milk, corn
Wrap, BBQ Chicken	Wheat, soy, milk, corn
Wrap, Italian Combo	Wheat, soy, milk, corn
Wrap, Hummus & Turkey	Wheat, soy, corn
Vegetables	

Baked Beans	corn syrup
Beans, Refried	Soybean oil
Beans, refried with cheese (Taco Bean Dip)	Milk, soy, corn
Carrots, glazed	milk, corn
Coleslaw	soy, egg
Golden Corn	corn
Mashed Potatoes	Milk, soy
Potato Rounds	Soy, corn
Potato Wedges, Seasoned	Wheat, corn, soy
Potatoes, smiles	soy oil, corn
Sweet Potato Bites	corn, soybean oil
Sweet potato Fries	corn, soybean oil
Sweet Potatoes, glazed	corn
Tomat soup, made with water	wheat, corn
Fruits	
Cranberry Sauce	Corn
Fruit Cocktail	Corn
Fruited Gelatin w/ whipped topping	Milk, corn Note: red gelatin contains red food dye
Grains	
Biscuit, WG, Honey Wheat	Milk, soy, wheat, corn
Bread, slice, White Wheat	Wheat, soy, corn
Breadstick, Garlic	Wheat, soy
Bun, hamburger, WW	Wheat, soy
Bun, HotDog, WW	Wheat, soy
Cornbread Muffin, Mini	Wheat, egg, soy, milk, corn
Crackers, WG	Wheat, Corn
Croutons, WG Cheese Garlic	wheat, milk
Dinner Roll, White Wheat	wheat, soy
Grahams, Giant Goldfish	Wheat, soy
Pasta, rotini, WG	Wheat
Pretzel Rod, Soft	wheat, soy
Cornbread Stuffing	Wheat, milk, soy, corn
Stuffing, Whole grain	Wheat, soy
Tortilla Chips, corn, low sodium	Corn, soybean oil
Tortilla , soft 9"	Wheat, soybean oil
Tortilla, Spinach 10"	Wheat, soy
Tortilla, Tomato 10"	Wheat, Soy, Red Dye 40
Tortilla, Cheese 10"	Wheat, Soy
Breakfast Entrees	

Breakfast Pizza, Sausage	Wheat, soy, milk, pork, corn
Cereals	Most Updated information can be found at
	www.generalmills.com/corporate/brands/cereals
	Note: Fruity Cheerios and Lucky Charms contain RED FOOD DYE
Donut	Wheat, soy, milk, egg Note: Processed in a facility that produces products w/ tree nuts
French Toast Sticks	Wheat, soy, milk, corn
Muffin, Blueberry	Wheat, soy, egg, milk, corn
Muffin, Banana	Wheat, soy, egg, milk, corn
Pancakes, WG	Wheat, soy, egg, milk, corn
Pancakes, Mini Strawberry Splash	Wheat, milk, egg, corn
Pancake and Sausage on a Stick	Wheat, soy, milk, egg, pork
String Cheese	Milk
Yogurt	Milk, Corn
French Toast Cinni Minis	Wheat, soy, corn, egg, milk
Muffin, Apple Cinnamon	Wheat, soy, egg, milk, corn
Beverages	
Milk 1% White	Milk
Milk FF White	Milk
Milk FF Chocolate	Milk, Corn
Milk FF Strawberry	Milk contains food color
Condiments	
BBQ Sauce	Corn
Cream Cheese	Milk

Croutons, WG Cheese	Wheat, milk Note: Processed in a facility that produces products w/ tree nuts
Dressing, Caesar	Milk, fish, corn
Dressing, FF French	RED FOOD DYE
Duck Sauce	Corn
Gravy, Brown	Wheat, soy, milk, Corn, Contains red dye #40, made on equipment that processes egg
Gravy, Chicken	Wheat, soy, milk, corn, made on equipment that processes egg
Gravy, Turkey	Wheat, soy, milk, corn, made on equipment that processes egg
Jelly, Grape	Corn
Margarine	Soy
Marinara Sauce	Corn, soy oil
Mayonnaise	Soy, egg, corn
Ranch Dressing Packet	Milk, egg, soybean oil, corn
Ranch Dressing	Milk, Corn
Salsa	Corn
Syrup, Pancake	Corn
Taco Sauce	Wheat, soy, corn
Tartar Sauce	Soy, corn, egg
A la Carte Items: Chips/ Crackers	
B-Bar Cookie Dough Bar	Wheat, soy, milk, corn
Baked Cheetos, Crunchy	Milk, corn
Baked Lays, Original	Soy, corn
Baked Lays, BBQ	Wheat, soy, milk, corn
Baked Lays, Sour Cream & Onion	Milk, soy, corn
Cheez-It Atomic Cheddar	Wheat, milk, soy, corn
Cookie, Chocolate Chip	Wheat, soy, milk, egg Note: made on equipment shared with other peanut or tree nut containing products

Cookie, Sugar	Wheat, soy, milk, egg Note: made on equipment shared with other peanut or tree nut containing products
Cookie, Oatmeal Raisin	Wheat, soy, milk, egg Note: made on equipment shared with other peanut or tree nut containing products
Doritos, Nacho Cheese	Milk, Corn
Doritos, Cool Ranch	Milk, Corn
Doritos, Spicy Sweet Chili	Wheat, soy, Corn
Fruit Roll-ups	Corn, red dye
Goldfish Crackers, WG Cheddar	Wheat, milk, soybean oil
Lindin's Chocolate Chippers	Wheat, egg, soy
Popcorn, Smartfood White Cheddar	Milk, Corn
Pretzels	Wheat, corn