

SJUSD 2022-23 POTENTIAL ALLERGEN LIST

	A	B	C	D	E	F	G	H	I
1	MENU ITEMS	Egg	Milk	Soy	Wheat	Sesame	Pork	Peanut	Tree Nuts
2	Bagel, Plain			X	X				
3	Bagel, minis strwbry cheese		X		X				
4	Bar, Breakfast ,cranberry	X	X		X				
5	Bar,cereal, cocoa puffs			X	X				
6	Bar, Nutri-grain,strawberry		X	X	X				
7	Burrito, Egg & Cheese	X	X	X	X				
8	BF Chorizo & Chz Bolillo		X		X				
9	BF sandwich, sausage			X	X				
10	Breakfast Pizza		X	X	X				
11	cinnamon roll	X	X	X	X				
12	Cereal, Rice Chex								
13	Cereal, Frosted Flakes				X				
14	Cereal, Marshmallow Mateys				X		X		
15	Cereal, Honey Scooters				X				
16	Cereal, Kix								
17	Cereal, shredded wheat blueberry				X		X		
18	Cereal, crispy rice								
19	Egg and Cheese muffin	X	X	X	X				
20	French Toast			X	X				
21	Muffin ,Apple cinnamon(sm)	X	X	X	X				
22	Muffin Blueberry	X	X	X	X				
23	Muffin Dbl Choc(lg)	X	X	X	X				
24	Nada, Cinnamon Apple			X	X				
25	Pancake sausage roll up	X		X	X				
26	Pancake, Blueberry	X	X	X	X				
27	Pancake, mini confetti	X	X	X	X				
28	Pop-tarts			X	X		X		
29	Scone, banana choc chip		X	X	X				
30	Waffles, Mini Maple	X	X	X	X				
31	Wrap, sausage & gravy		X	X	X				
32	Burrito,Bean & Cheese		X	X	X				
33	Bean & Chile Tamale								
34	Beef nuggets,teriyaki			X	X				
35	Beef Burger Patty								
36	Chana masala								
37	Cheese Sliders,twin		X	X	X				
38	Cheese, dip cup; string		X						
39	Cheese,slice		X	X					
40	Cheeseburger ,minis (beef)		X	X	X				
41	Chicken,Corn Dog (Don Lee)	X	X	X	X				

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42	Chicken , Fajita								
43	Chicken, spicy chunks			x	x				
44	Chicken, Drumsticks				x				
45	Chicken, Nuggets			x	x				
46	Chicken, Patty crispy			x	x				
47	Chicken, Patty spicy			x	x				
48	Chicken, tenders crispy			x	x				
49	Chicken, orange	x		x	x				
50	Chicken, Gen Tso	x		x	x				
51	Enchiladas,cheese		x	x					
52	Fish,sticks		x	x	x				
53	Grilled Cheese Sandwich		x	x	x				
54	Hummus,cup								
55	Meatball Hoagie Sandwich	x	x	x	x				
56	Nada ,Turkey Taco		x	x	x				
57	Cheese Pizza (Big Daddy's)		x	x	x				
58	Cheese Pizza ,Galaxy		x	x	x				
59	Pepperoni Pizza(Turkey)		x	x	x				
60	Pepperoni Stuffed Sandwich	x	x	x	x				
61	Cheese Pull Apart		x		x				
62	Rotini Beef w/sauce	x			x				
63	Beef Sausage Patty								
64	Turkey sausage Patty								
65	Sunbutter Sandwich,Grape			x	x				
66	Three Bean Chili			x					
67	Turkey Ham,Bacon & Breast								
68	Turkey Ham & cheese on roll		x	x	x				
69	Yogurt, Chobani		x						
70	Yogurt, Danimals		x						
71	Roll, Artisan			x	x				
72	Bread, Sandwich		same bakery	x	x				
73	Biscuit,easy split		x	x	x				
74	Bun,mini burger			x	x				
75	Bun,Hamburger		same bakery	x	x				
76	Crackers,Cheez Its		x	x	x				
77	Crackers, Goldfish		x		x				
78	Cornstar	x	x	x	x				
79	Toast,Texas garlic		x	x	x				

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80	Tortilla, flour			x	x				
81	Tortilla Chips								
82	Ultimate Breakfast Round (UBR)	x	x	x	x				
83									
84									