

Allergen Chart

Meat/Meat Alternatives								
Menu Item	Carbohydrates (Grams)	None Indicated	Egg	Fish	Wheat	Milk	Peanuts	Soy
Baja Fish Sticks - LR-1454	18			C	C	C		
Baja Fish Sticks and Goldfish - LR100830	32			C	C	C		
BBQ Pork Sandwich - LR100556	43				C			C
BBQ Pork, GLUTEN free Sandwich - LR100691	56		C					C
BOSCO Cheese Stuffed Breadsticks - LR100822	35				C	C		
Burrito, Bean and Cheese - LR100024	44				C	C		C
Burrito, Taco Beef & Cheese - LR100233	30				C	C		C
Buttermilk Pancakes with Chicken Sausage	28		C		C	C		
Cajun Chicken Poppers & Garlic Breadstick	36		C		C	C		C
Caulipower Chicken Tenders, GF - LR100845	17							
Cheddar Cup - LR100743	6					C		C
Cheese Pizza - LR100554	35				C	C		C
Cheese Stuffed Breadsticks (Ele & MS)	31		C		C	C		C
Cheeseburger - LR-4226	28				C	C		C
Chicken Alfredo - LR100397	40				C	C		C
Chicken Corn Dog, Gluten Free - LR100630	20		C					C
Chicken Filet Sandwich - LR-4008	44				C			
Chicken Smacker Salad - LR100700	43				C	C		C
Chicken Smackers - LR100633	17				C	C		C
Chicken Smackers and Biscuit - LR100744	46				C	C		C
Chicken Smackers and Roll - LR100673	35		C		C	C		C
Chicken Tenders - LR100885	18				C			
Chicken Drumstick, Breaded - LR100348	5				C			
Chicken Drumstick and Roll - LR100696	23		C		C	C		C
Chicken Drumstick and White Biscuit - LR100893	34				C	C		
Corn Dog (chicken hot dog) - LR-1421	30		C		C			C
Fiesta Chicken Salad - LR100284	49		C			C		C
Fish Nuggets - LR-1443	19			C	C			C

Meat/Meat Alternatives								
Menu Item	Carbohydrates (Grams)	None Indicated	Egg	Fish	Wheat	Milk	Peanuts	Soy
General Tso's Chicken - LR100829	20		C		C			C
General Tso's Chicken w/Fried Brown Rice, HS	61		C		C			C
General Tso's Chicken w/Fried Brown Rice, JH	44		C		C			C
General Tso's Chicken & Brown Rice - LR100606	42		C		C			C
Gluten Free Cheese Pizza - LR100852	5		C			C		
Gluten Free Cheeseburger - LR100690	41		C			C		C
Gluten Free Grilled Chicken Sandwich - LR100791	40		C					C
Greens Eggs and Ham Taco - LR100794	20		C		C	C		
Grilled Cheese, Homemade - LR-1013	34				C	C		C
Grilled Cheese Sandwich, WG - LR100815	31				C	C		
Grilled Cheese, Gluten Free - LR100692	46		C			C		C
Hamburger - LR-1055	27				C			
Hot Dog on Bun - LR100593	29				C			
Hot Dog with Chili and Cheese	31				C	C		
Jalapeno Cheese Nachos - LR100484	45					C		C
Jalapeno Mozzarella Bites - LR100882	36				C	C		
Mac & Cheese - LR100804	27				C	C		C
Mac & Cheese with Garlic Breadstick - LR100886	44				C	C		C
Mandarin Orange Chicken - LR100302	17		C		C			C
Mandarin Orange Chicken w/Fried Brown Rice, HS	57		C		C			C
Mandarin Orange Chicken w/Fried Brown Rice, JH	40		C		C			C
Mandarin Orange Chicken & Brown Rice	36		C		C			C
Meatball Sub - LR100873	39				C	C		C
Mozzarella Stick - LR100676	0					C		
Pepperoni (Turkey & Beef) Pizza - LR100503	35				C	C		C
Rotini and Meatballs - LR-1035	49				C			C
Rotini and Meatballs & Garlic Breadstick	66				C	C		C
Spicy Chicken Sandwich - LR100254	41				C			C
Spicy Chicken Tenders and Biscuit - LR100895	47		C		C	C		
Spicy Chicken Tenders and Roll - LR100891	36		C		C	C		C

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Spicy Fish Sandwich - LR-1045	41			C	C	C		C
Steak Fingers - LR-1402	18				C	C		C
Steak Fingers and Roll - LR100672	36		C		C	C		C
Steak Fingers and White Biscuit - LR100894	47				C	C		C
Turkey Chili Frito Pie - LR100884	26					C		
Turkey Chorizo and Jalapeno Cheese Nachos	41					C		C
Turkey & Cheese Sandwich - LR100524	32				C	C		C
Turkey Ham & Cheese Sandwich - LR100695	33				C	C		C
Turkey Club Sub - LR 100624	23				C	C		C
Turkey Taco Meat and Cheese Nachos	41					C		C
Turkey Roast - LR-4114	1	NI						
UNCRUSTABLE w Grape, Large - LR100787	64				C		C	
Uncrustable - LR100153	32				C		C	
Yogurt & Cheese Stick - LR100889	16					C		
Yogurt - LR-1368	16					C		
Yogurt, Cheese & ChatSnax - LR100737	37				C	C		C