

Tamalpais Union High School District

Allergen List - By Recipe

Gluten Free = GF

Recipe #	Recipe Name	Allergen(s)
990061	Beef & Cheese Tacos GF	Milk
588	Beef Patty Marinara on Rice GF	
990072	Bento Boxes Variety GF	Egg, Milk, Soy, Wheat
241	Black Bean and Corn Salsa	
498	Bosco CheeseWG Bread Sticks 7"	Milk, Wheat
579	Bread Cheesy Oven Baked	Milk, Soy, Wheat
568	Bread Fresh Baked Roll	Wheat
990055	Breaded Mozzarella Sticks	Milk, Soy, Wheat
142	Breakfast Bagel & Cr Chz	Milk, Wheat
61	Breakfast Burrito	Egg, Milk, Soy, Wheat
563	Breakfast Cinnamon Roll	Egg, Milk, Soy, Wheat
140	Breakfast Egg & Cheese on a Bagel	Egg, Milk, Soy, Wheat
57	Breakfast Sausage Muffin	Egg, Milk, Soy, Wheat
493	Breakfast Yogurt Parfait GF	Milk, Traces of wheat and soy
580	Broccoli & Berry Slaw	Egg, Milk, Soy
146	Burger, Spicy Black Bean	Egg, Milk, Soy, Wheat
192	Burrito - Pinto BN, CHZ, Rice	Milk, Soy, Wheat
8	Burrito Refried Bean & Cheese	Milk, Soy, Wheat
186	Burrito, Beef, PBN, CHZ, Rice	Milk, Soy, Wheat
577	Burrito, Chick, PBN, CHZ, Rice	Milk, Soy, Wheat
570	Burrito, Pork, PBN, CHZ, Rice	Milk, Soy, Wheat
990071	Caesar Pasta Salad with chicken or vegetarian	Egg, Fish, Milk, Wheat
459	Caesar Salad with chicken or vegetarian GF -	Fish, Milk, Wheat
301	CARROTS,RAW,BABY	
1072	Cereal Variety WG Gluten Free GF	TreeNut
990063	Cheese Quesadilla	Soy, Wheat
990052	Cheetos CN 62933	Milk
589	Chef Recipe #	
990030	Chef Salad Entree	Egg, Fish, Milk, Soy
990058	Chicken BBQ Sandwich	Wheat
990060	Chicken Burger Breaded	Soy, Wheat
19	Chicken Burger Spicy	Milk, Soy, Wheat
990051	Chicken Cilantro Rice Burrito Bowl / or no meat GF	

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19	Chicken Burger Spicy	Milk, Soy, Wheat
990051	Chicken Cilantro Rice Burrito Bowl / or no meat GF	
574	Chicken Fillet on Rice GF	
23	Chicken Fillet Sandwich	Wheat
583	Chicken Pozole w/ quesadilla Soup only GF	Milk, Soy, Wheat
608	Chicken Sesame Salad /Vegan Version GF	Soy, Wheat
990057	Chicken Stir Fry GF	
609	Chicken Tenderloin & Fries	Milk, Wheat
584	Chicken Veg Soup w/ grill chz Soup only GF	Milk, Soy, Wheat
10	Chicken with Pesto and Pasta	Egg, Milk, TreeNut, Wheat
496	Chicken Yakisoba Stir Fry w/ vegan version	Soy
990062	Chicken, BBQ Rice Bowl GF	Milk, Soy, Wheat
9	Chicken, Mandarin Rice Bowl	Egg, Soy, Wheat
990049	Chickpeas	
289	Chili Hearty Vegetable GF	
170	Coleslaw	Egg, Milk, Soy
464	Condiment Taco Sauce	Soy
222	Condiment, Ketchup PC	
107	Condiment, Mayonnaise	Egg
118	Condiment, Mustard PC	
108	Condiment, Ranch Dressing	Egg, Milk, Soy
123	Condiment, Soy Sauce PC	
582	Cookie Chocolate Chip	Egg, Milk, Soy, Wheat
271	Corn	
330	Corn Chips or Cheetos (non grain dessert)	
990059	Corn Dog Chicken - Nitrate Free & Potato Rounds	Egg, Soy, Wheat
990045	Cracker Savory Bites	Wheat
990069	Cracker Tiger Bites	Soy, Wheat
990046	Cracker, Goldfish	Milk, Wheat
990048	Edamame Soy Legume Component GF	Soy
990031	Egg Drop Vegetable Fried Rice / vegan version GF	Egg, Soy
517	Fajitas, Chicken	Soy, Wheat
990037	Fajitas, Vegan / gluten free w/corn tortilla GF	Soy, Wheat

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213	Fruit Assorted (list kind & qty on prod. sheet)	
419	Fruit Cup	
565	Fruit Juice (list kind & qty on prod. sheet)	
313	Fruit Juice Break Variety	
161	Hamburger on a Bun	Wheat
495	Hamburger with Cheese on a Bun	Milk, Wheat
129	Hummus with Pita and Veggies GF	
990053	Manager's Choice Menu Finals Schedule	
380	Meatball Marinara Sub	Milk, Soy, Wheat
477	Milk 1% LF Clover	Milk
494	Milk NF Chocolate Clover	Milk
183	Milk Non Fat Clover	Milk
546	Muffin - Blueberry	Egg, Milk, Wheat
548	Muffin - Chocolate Chip	Egg, Milk, Wheat
587	Nacho, Chips, Tex Mex Beans GF	Milk, Soy
990064	Nuggets Vegan	Soy, Wheat
13	Pasta Alfredo	Egg, Milk, Wheat
575	Pasta Italian w/ Cheese	Egg, Milk, Wheat
14	Pasta Italian w/ Meatballs	Egg, Milk, Soy, Wheat
524	Pasta Salad Vegetarian/Vegan Entree	Egg, Wheat
437	PEACHES: canned, light syrup	
607	Pesto Mediterranean Flatbread	Milk, Soy, TreeNut, Wheat
42	PICKLES, DILL	
7	Pinto Beans Tex Mex GF	
65	Pizza Big D Four Cheese	Milk, Soy, Wheat
67	Pizza Big D Pepperoni	Milk, Soy, Wheat
447	Pizza Big D Veggie	Milk, Soy, Wheat
593	Pocket, Ham & Cheese	Milk, Soy, Wheat
592	Pocket, Pizza	Milk, Soy, Wheat
578	Pork BBQ & Rice GF	
573	Pork BBQ Sandwich	Wheat
613	Pork Cilantro Lime Burrito	Soy, Wheat
602	Pork Korean Banh Mi Bowl GF	Egg, Milk, Soy, Wheat

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Recipe #	Recipe Name	Allergen(s)
598	Pork Korean Banh Mi Sandwich	Egg, Milk, Soy, Wheat
611	Pork Pulled Burrito Bowl GF	
990029	Pork Turkey Cheese Cuban Panini	Egg, Milk, Soy, Wheat
610	Potato Fries Ovation	
190	Rice - Brown and White WG GF	
1	Rice Spanish GF	
595	Rice Sushi GF	
990054	Rotini Mac & Cheese	Egg, Milk, Wheat
990066	Salad Kale Berry Slaw GF	Egg, Milk, Soy
990067	Salad Ramen Noodle w/ vegan option	Soy, Wheat
103	Salad To-Go	Egg, Milk
1051	SALSA:COMMODITY	
24	Sandwich Caprese Panini	Milk, Soy, Wheat
612	Sandwich Cheese & Turkey Panini	Milk, Soy, Wheat
586	Sandwich Cheese Panini	Milk, Soy, Wheat
418	Sandwich Turkey	Wheat
569	Sandwich Turkey & Pepper Jack	Milk, Soy, Wheat
600	Sauce Spicy Mayo	Egg, Milk, Soy
143	Scones	Milk, Wheat
990070	Smuckers Peanutbutter & Jelly on Wheat Bread	Peanut, Wheat
990047	Taco Bean & Cheese GF	Milk
17	Taco Chicken / vegan version GF	Milk
157	Taco Pork Carnitas GF	Milk, Soy
396	Taco Salad GF	Milk
567	Tamale Grn Chili with Side Beans GF	Milk, Soy
3	Teriyaki Chicken Rice Bowl GF	Soy
566	Teriyaki Edamame Stir Fry Rice Bowl GF	Soy
990056	Teriyaki Sauce GF	
69	Tuna Salad GF	Egg, Fish, Milk, Soy
117	Tuna Salad Sandwich	Egg, Fish, Milk, Soy, Wheat
601	Vegetables Banh Mi Pickled GF	
990028	Walking Taco w/ vegan version GF	Milk
597	Wrap Chicken Sesame Cold/ Vegan Version	Soy, Wheat

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137	Wrap, Chicken Caesar	Fish, Milk, Soy, Wheat
132	Wrap, Chicken Chipotle / Vegan Version	Egg, Milk, Soy, Wheat

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