

## ALLERGY MENU - APPROVED ITEMS 2023-2024

(Snack items not included.)

### DAIRY/MILK



- Breakfast Sausage.
- Shrimp Poppers.
- PB&J Uncrustable.
- Hamburger.
- Zweigle's Hot Dog.
- Pasta with Tomato Sauce (**without meatballs**).
- Salad Box (**specify no cheese or ranch or blue cheese dressing**).
- Soft Pretzel.
- Tacos (**without cheese**).
- Tater Tots, Straight Cut Fries, ☺ Fries, # Fries.
- Turkey (**no gravy, no mashed potatoes**).
- Grilled Chicken Patty.
- Chicken Tenders, Chicken Nuggets, Popcorn Chicken.
- Chicken Patty Whole Grain, Hot and Spicy Chicken Patty.
- Chili.
- Brown Rice.
- Soups - Tomato, Chicken Noodle.
- Honey Whole Wheat Bagel, Goldfish Giant Graham, Dinner Roll, Whole Wheat Bread, Sandwich Roll, Wraps, Pretzel Roll.
- Assorted Fresh, Canned and Frozen Fruits and Vegetables.

## EGG



- PB&J Uncrustables.
- Breakfast Sausage.
- Chili.
- Chicken Fajitas.
- Soft Pretzel.

### Pizza:

- Domino's Pizza Cheese or Pepperoni.
  - Wild Mike's Pizza.
  - Stuffed Crust Pizza.
  - Tony's Deep Dish.
  - Fiestada.
  - Wild Mike's Cheese Bites.
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- Salad Box (**specify no egg or ranch, honey mustard or blue cheese dressing**).
  - Smile Fries, Tater Tots, Straight Cut Fries.
  - Tacos.
  - Zweigle's Hot Dog on a Roll.
  - Turkey w/ Mashed Potatoes (**no gravy**).
  - Hamburger.
  - Mozzarella Sticks, (**no pasta**).
  - Grilled Chicken Patty.
  - Advance Pierre Chicken: Popcorn, Tenders, Pattie, Hot & Spicy, Nuggets.
  - Fruit and Yogurt w/Graham Cracker.
  - Shrimp Poppers.
  - Fish Patty.
  - Vegetarian Beans.
  - Brown Rice.
  - Soups - Tomato, Cream of Mushroom.
  - Honey Whole Wheat Bagel, Sandwich Bun, Hotdog Bun, Dinner Roll, Whole Wheat Bread, Texas Toast, Stuffed Breadstick, Pretzel Roll, Stuffed Pretzel Stick, Goldfish Giant Graham.
  - Assorted Fresh, Canned and Frozen Fruits and Vegetables.

## GLUTEN



- Chicken Fajitas (**no tortilla**).
- Chili (tomato puree contains modified food starch, does not state any wheat/gluten).
- Pancho Villa Hard Tacos Shells.
- Hamburger or Cheeseburger (**no bun**).
- Zweigle's Hot Dogs (**no bun**).
- Mashed Potatoes (**no gravy**.)
- Salad Pack (**no roll**).
- Grilled Chicken Patty (**no bun**).
- Fruit and Yogurt (**no bread item**).
- Jennie-O Turkey Deli Favorites Oven Roasted.
- Vegetarian Beans (contains modified cornstarch - does not state any allergens).
- Pasta Sauce.
- Honeynut Cheerios.
- Brown Rice.
- Mashed Potatoes, ☺ Fries, Tater Tots, Curly Fries, Regular Fries.
- Assorted Fresh, Canned and Frozen Fruits and Vegetables.

## **PEANUT/TREENUT**



- Advance Pierre Chicken: Pattie, Popcorn, Tenders, Hot & Spicy, Nuggets, Grilled.
  - Chili.
  - Breakfast Sausage.
  - Fruit and Yogurt Box w/Muffin.
  - Grilled Cheese.
  - Hamburger/Cheeseburger.
  - Zweigle's Hot Dog on a Bun.
  - Macaroni and Cheese.
  - Mashed Potatoes; Brown Rice.
  - Pillsbury: Mini French Toast, Mini Waffles.
  - Mozzarella Sticks.
  - Meatballs.
  - Pasta w/Sauce and Meatballs.
  - Waffles (Eggoji).
- Pizza:**
- Wild Mike's
  - Domino's Cheese or Pepperoni
  - Fiestada
  - Tony's Deep Dish
  - Wild Mike's Cheese Bites
- Salad Box.
  - Shrimp Poppers.
  - Fish Patty.
  - Tacos.
  - Tater Tots, Straight Cut Fries, Roasted Red Potatoes, ☺ Fries, Spiral Fries, # Fries.
  - Turkey with Gravy and Stuffing.
  - All Soups.
  - Chocolate Chip Muffin, Blueberry Muffin.
  - Honey Whole Wheat Bagel, Soft Pretzel, Whole Wheat Bread, Bread Sticks stuffed, Dinner Roll, Goldfish Giant Graham, Hamburger/Hotdog Roll, Texas Toast, Pretzel Roll.
  - Assorted Fresh, Canned and Frozen Fruits and Vegetables.

**SOY**



(Avoid Products made with Pan Spray or Crisco)

- Ham, Turkey (**no bread**).
- Hummus Pack w/Scoops.
- Zweigle's Hotdog (**no roll**).
- Barilla Pasta (**no sauce**).
- Fat Free Ranch, Italian and Raspberry Vinaigrette Salad Dressings.
- Chili.
- Veggie Baked Beans.
- Soups – Tomato.
- Salsa.
- Hamburger; (**no roll**).
- Fish Patty.
- Advance Pierre Chicken: Popcorn, Grilled.
- Pillsbury: Mini Maple Pancakes, Chocolate Chip Pancakes.
- Breakfast Sausage.
- **French Fry type products may contain soy bean oil.**
- Brown Rice.
- Tacos.
- Stuffed Bread Sticks, Pretzel Roll.
- Assorted Fresh, Canned and Frozen Fruits and Vegetables.
- Wild Mike's Pizza.