

Middle School Allergens List 2023-24

12/20/2023

	Dairy	Eggs	Wheat	Soy	Peanut	Tree Nut	Sesame	Fish	Shellfish	Notes
Bacon Cheeseburger	X		X							
Bagel			X							
Baguette			X							
Baked Beans										
Baked Chips (depends on variety)	Maybe		Maybe	*						*Soy Oil
Baked Potato w/ Chili	X									No Cheese
Banana Bread	X	X	X	*						*Soy Oil
BBQ Rib Sandwich	X		X	X						
Big Daddy's Pizza	X		X	X						
Biscuit	X		X	*						*Soy Oil
Black Bean Dip & Chips	X									w/o cheese
Bread Stick, garlic	X		X	*						*Soy Oil
Breakfast Croissant Sandwich	X	X	X							
Buffalo Chicken Dip & Chips	X	X		*						*Soy Oil
Canadian Bacon										
Cereal, Cin Tst Crunch			X							
Cereal, Lucky Charms										
Cheese Pretzel	X		X							Turkey Pretzel
Cheese String	X									
Cheeseburger	X		X	*						Hamburger; *Soy Oil
Chicken Cheese Steak	X		X							w/o cheese
Chicken Cordon Bleu Sandwich	X		X	X						
Chicken, BBQ										
Chicken Fillet Sandwich (Tyson)			X	X						
Chicken Nuggets (Gold Kist)			X	X						
Chicken Parmesan Sandwich	X		X	X						
Chicken Parm & Penne	X		X	X						*pasta from factory with eggs
Chicken, Popcorn (Gold Kist)	X		X	X						
Chicken, Roasted Leg				*						*Soy Oil
Chicken & Waffles	X	X	X							
Chili										
Chili, White Chicken	X	*	*	*						ingredients from a facility that also processes
Churro, Cinnamon	X	X	X	X						
Ciabatta Grilled Cheese (spicy)	X		X							
Cole Slaw	X	X		*						*Soy Oil
Cookie, Choc Chip, Sugar, Oatmeal	X	X	X	*						*Soy Lecithin
Cowboy Bean Salad										
Dinner Roll			X	*						*Soy Oil
Doritos	X									
Fish Sticks			X	*				X		*Soy Oil
French Bread Pizza	X		X	*						*Soy Oil
French Fries (MNMS & HS)										
French Fries (PFMS)			X	X						
French Toast	X	X	X	*						*Soy Oil
Frudel	X		X	*						*Soy Oil
General Tso's Chicken & Rice	X		X	X			X			
Goldfish Crackers, Cheese	X		X							
Gravy	X		X	X						
Grilled Cheese Sandwich	X		X	*						*Soy Oil, Soy Lecithin
Grilled Turkey Bacon Cheese Sand	X		X	X						Warm Bacon & Turkey Sandwich

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Ham & Cheese Pretzel	X		X							Ham Pretzel
Hamburger			X	*						*Soy Oil
Hashbrown				*						*Soy Oil
Honey Balsamic Chicken Sandwich	X		X							
Hot Dog			X	X						
Hummus							X			
Hummus & Pita Chips			X							
Italian Dunkers	X		X	*						*Soy Oil
Italian Sub, Toasted	X		X	*						w/o cheese; *Soy Oil
Lasagna, with Marinara Sauce	X	X	X							
Macaroni & Cheese	X	*	X							*pasta made in factory that uses eggs
Macaroni & Cheese w/ Pulled Pork	X	*	X							
Mashed Potatoes	X									
Meatballs			X	X						
Meatball Sub	X		X	X						w/o cheese
Mexican Corn										
Mexican Rice										
Mini Cinnis	X		X	*						*Soy Oil
Muffin	X	X	X	*						*Soy Oil, Soy Lecithin
Pan Pizza	X		X	*						*Soy Oil
Pancakes, Mini Maple	X	X	X	*						*Soy Oil, Soy Lecithin
Pasta Alfredo w/ Chicken & Broccoli	X	*	X	X						*pasta from factory with eggs
Pasta with Marinara Sauce		*	X							*pasta from factory with eggs
Pepperjack Ciabatta Sandwich	X		X							
Pierogies	X	X	X	X						
PJ&J Uncrustable			X	X	X					
Popcorn Chicken (Gold Kist)	X		X	X						
Potato, Baked										
Pulled Pork Sandwich (bbq)			X	*						*Soy Oil
Pumpkin Bread	X	X	X							
Quesadilla, Cheese or Black Bean	X		X							
Refried Beans	X									w/o cheese
Rice, Mexican				X						
Rice, Seasoned										
Roasted Chicken										
Salad, Caesar Side	X		X							Romaine Salad - No croutons or ch
Salad, Chef	X	X	X							No cheese, croutons or egg
Salad, Chicken Caesar	X		X							No cheese or croutons
Salad, Side										
Sausage										
Sloppy Joe Sandwich			X	*						*Soy Oil
Soft Pretzel			X							
Soft Taco	X		X	*						w/o cheese; *Soy Oil
Sorbet (Whole Fruit)										
Soup, Broccoli Cheddar	X	*	*	*						ingredients from a facility that also processes
Sweet Potato Fries				*						*Soy Oil
Thai Sweet Chili Chicken & Rice			X	X						
Tomato Soup	X		X	X						
Turkey Bowl	X	X	X	X						
Turkey Sub	X		X							w/o cheese
Turkey, Bacon, & Ch Sub - Toasted	X		X							
Veggie Burger			X							
Waffles, Mini	X	X	X							

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	Dairy	Eggs	Wheat	Soy	Peanut	Tree Nut	Sesame	Fish	Shellfish	
Walking Taco	X									w/o cheese
Whole Fruit Sorbet										
Yogurt Parfait	X									
Ranch Dressing	X	X		*						*Soy Oil
Italian Dressing				*						*Soy Oil

Notes

Highlighted items can be modified as noted to be dairy free.