

Allergen Chart

Condiments											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Ranch - LR1421			C			C					
Salsa Del Sol - LR1347											
Ketchup - LR1417											
Mayonnaise - LR1422			C								
Mix Gravy Turkey 8-22.6oz - LR1603			MC			C			C		C
Mustard - LR1419											
Mustard - LR1423	NI										

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Allergen Chart

Desserts											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Chocolate Chip Cookie, Whole Grain - LR1587			C			C			C		C
Cookies, fortune - LR1362											
Dirty Pudding - LR1528						C			C		C
Oreo Cookies - LR1367									C		C
Pudding Chocolate Snack Pack - LR1361						C					
Pumpkin Pie - LR1275			C			C					C
Slushie Mango Strawberry - LR1542											

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Entrees											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
* BBQ Pork Slider - LR1657								C			C
Breaded Chicken w/Brown Rice - LR1450			C						C		C
* Buffalo Boneless Wings & BBQ - LR1622						C			C		C
* Protein Rice Bowl - LR1402			C			C					
* Teriyaki Chicken - LR1475									C		C
Bacon Mac & Cheese (Vegetarian option available) - LR1404			C			C					C
Bacon, Egg & Cheese Bagel - LR1551			C			C			C		C
*Baked Potato Bar - LR1534			C			C			C		C
BBQ Breaded Chicken w/Roll - LR1459			C						C		C
*BBQ Meatballs & Potato Wedges - LR1522			C			C			C		C
BBQ Pulled Pork Sandwich - LR1032											C
*BBQ Pulled Pork w/Mashed Potatoes bowl - LR1639						C			C		C
*Belgian waffle w/Sausage - LR1444			C			C					C
*BLT Sub - LR1532			C								C
*Blueberry Muffin w/ Cheese String - LR1395			C			C			C		C
*Blueberry Smoothies - LR1489						C			C		C
Egg & Cheese Bagel - LR1394			C			C			C		C
*Breakfast Burrito - LR1390			C			C					C
*Breakfast Burrito, Sausage - LR1414						C					C
Breakfast Pizza - LR1338						C			C		C
*Brunch for Lunch - French Toast w/Sausage - LR1030									C		C
*Brunch for Lunch - French Toast w/Sausage & Hashbrowns - LR1325			C								C
*Buffalo Chicken Wrap - LR1533			C			C			C		C
*Scratch Made Calzone Pizza Pocket - LR1242			MC			C			MC		C
*Scratch-made Cheesey Calzone - LR1044						C					C

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*Carnitas Tacos - LR1566											C
*Cheese Quesadillas - LR1405						C			C		C
*Cheesy Lasagna Bowties - LR1480			C			C					C
Chicken & Mashed Potato Bowl - LR1321			MC			C			C		C
Chicken Alfredo - LR1245						C					C
*Chicken and Vegetable Dumpling with Noodles & Veggies - LR1568					C				C		C
*Chicken Caesar Wrap - LR1435			C	C		C			C		C
Chicken Drumstick w/Mashed Potatoes - LR1356						C			C		C
*Chicken Fried Rice w/Egg Roll - LR1043			C						C		C
Chicken Nuggets (All white meat) - LR1243									C		C
*Chicken Parmesan Pasta - LR1452						C			C		C
*Chicken Quesadilla - LR1555						C			C		C
*Dough Cinnamon Swirl WG - LR1401			C								C
*Falafel Wrap & Fries - LR1495											C
*Fish Tacos w/Tortilla Chips - LR1446			C	C		C					C
*French Toast & Sausage - LR1499									C		C
*Grande Nachos w/Beef - LR1455						C			C		
*Hummus Cup w/ Baby Carrots - LR1387									C		
*LO Homemade Pizza - Cheese - LR1620			C			C			C		C
*LO Homemade Pizza - Pepperoni - LR1621			C			C			C		C
*Mac & Cheese - LR1048			C			C					C
*MUMMY Pizza - LR1520			C			C			C		C
*Orange Chicken w/Seasoned Rice - LR1021			C						C		C
Pancakes & Sausage - LR1392			C			C			C		C
*Parmesan Chicken Sandwich - LR1407						C			C		C

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LO Patty Melt - LR1531						C			C		C
*Philly Steak Cheese Sandwich - LR1285						C			C		C
*Popcorn Chicken w/Dinner Roll - LR1432									C		C
*Pulled BBQ Pork Mac & Cheese Sec - LR1539			C			C			C		C
Cheese Ravioli w/WG Garlic Toast - LR1045			C			C					C
*Sausage & Egg English Muffin - LR1470			C		C	C					C
*Sausage, Egg & Cheese Bagel - LR1500			C			C			C		C
Spaghetti w/Meat Sauce & Garlic Bread - LR1034						C					C
*Spaghetti w/Meat Sauce & Garlic Bread - LR1244			C			C			C		C
*Spaghetti w/Meat Sauce & Garlic Bread - Elementary School - LR1515			C			C			C		C
*Spicy Chicken Tenders & Dinner Roll - LR1496			C			C			C		C
*Sriracha Honey Chicken w/Rice - LR1523			C								C
*Strawberry Smoothies - LR1488						C					
*Stuffed Breadsticks w/Marinara Sauce - LR1042			C			C			C		C
*Super Nachos w/Beef - LR1456						C			C		
*Super Nachos w/Pulled Pork - LR1663						C			C		
Sweet & Sour Chicken w/Dinner Roll - LR1434									C		C
Chicken & Green Salsa Tamale - LR1354											
Orange Chicken w/Brown Rice - LR1448			C						C		C
*Teriyaki Sliced Beef & Rice Sec. - LR1557			C					C	C		C
*Toasted Cheese Sandwich - LR1049						C			C		C
*Sourdough Grilled Cheese Sandwich w/Tomato Soup - LR1303						C			C		C
*TotChos (Fusion Nachos) - LR1535						C			C		
*Tuna Melt - LR1484			C	C		C			C		C
Turkey & Sausage Pocket - LR1491			C			C					C

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Entrees											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
*Ultimate Breakfast Bagel Sandwich - LR1536			C			C					C
Vegan Tenders - LR1176									C		C
*Homemade Vegetarian Chili - LR1451					C				C		C
*Waffle & Sausage - LR1320									C		C
*Waffles w/Bacon & Hashbrowns - LR1525									C		C
*Yakisoba Teriyaki Noodles w/Chicken - LR1517					C				C		C
Yogurt Parfait - LR1217						C			C		C
*Yogurt Parfait Bar - LR1473						C					
0A Teriyaki Chicken w/ Yakisoba Sec. - LR1295			C						C		C
Apple Cinnamon Muffin WG - LR1521			C						C		C
Apple Frudel & Graham Cracker - LR1393						C					C
Bacon Cheeseburger - LR1524						C			C		C
Bacon, Sausage & Egg English Muffin - LR1552			C		C	C					C
Bagel & Cream Cheese - LR1497						C					C
Banana Bread Slice WG - LR1508			C			C			C		C
Benefit bar Apple - LR1199			C			C			C		C
Benefit Bar Banana Choc. - LR1200			C			C			C		C
Bar Breakfast French Toast Whole Grain Benefit - LR1501			C			C			C		C
Bar Breakfast Oat Chocolate Chip Benefit - LR1502			C			C			C		C
BBQ Chicken Teriyaki w/Seasoned Rice - LR1626									C		C
BBQ Chicken Teriyaki w/Steamed Rice - LR1558									C		C
Bean & Cheese Tamale - LR1586						C					
Beef Hot Dog - LR1644											C
Beef Quesadillas - LR1618						C			C		C
Belgian Waffle Parfait - LR1632			C			C					C

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Entrees											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Belgium Waffle Buttery Maple - LR1383			C			C					C
Belgium Waffle Cinnamon - LR1384			C			C					C
Banana Bread - LR1202			C			C			C		C
Cinnamon Bread - LR1203			C			C			C		C
Breaded Chicken Burger - LR1003									C		C
Fruity Cheerios Breakfast bar - LR1379											C
Breakfast Sausage Sandwich - LR1287			C			C			C		C
Breakfast Tamale - Egg, Potatoes, Beans, Cheese - LR1593			C			C					
Carnitas Burrito - LR1246						C					C
Chicken Burrito - LR1685						C					C
Burrito Los Cabos - LR1374					C	C			C		C
Frosted Mini Wheats Cereal - LR1398					C						C
Shrimp Ceviche - LR1684		C									
Cheerios - WG Oat Cereal w/Real Honey - LR1627											
Cheerios GF Cereal, w/Graham Crackers - LR1396									C	C	C
Cheeseburger (Hamburger Available) - LR1002						C			C		C
*Cheesy Nachos - LR1047						C			C		
Grab n Go Chef Salad - LR1215			C			C			C		C
Chex Cinnamon Cereal - LR1457											
Chicken & Waffles - LR1041			C			C			C		C
Chicken Biscuit Sandwich - LR1601						C			C		C
Spicy Breaded Chicken Burger - LR1004									C		C
Breaded Chicken Burger - LR1236									C		C
Chicken Ceasar Salad - LR1219			C	C		C			C		C
Chicken Drumstick w/Mashed Potatoes & Gravy - LR1036			MC			C			C		C

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Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Chicken Empanada - LR1689						C			C		C
Chicken Katsu - LR1686			C						C		C
Chicken Noodles - LR1617					C	C			C		C
Chicken Nuggets w/Cheeze its - LR1619						C			C		C
Chicken Soft Tacos - LR1564						C					C
Chicken Tender Tyson w/ Whole Grain Dinner Roll - LR1336									C		C
Chicken Tender Tyson w/Cheez Itz - LR1691						C			C		C
Chicken Tenders - LR1662									C		C
Chicken Verde & Cheese Tamale - LR1591						C					
Chile Verde Pulled Pork - LR1597			C								
Chili Cheese Fries - LR1669						C			C		
Cinnamon Bun, Whole Wheat - LR1628			C			C			C		C
Cinnamon Chex GF Cereal w/Graham Crackers - LR1286					C						C
Cinnamon Toast Crunch 25% Less Sugar - LR1562									C		C
Cinnamon Toast Crunch Cereal Reduced Sugar - LR1397									C		C
Chicken Corn Dog - LR1333			C			C			C		C
Corn Dog - LR1039			C						C		C
Chicken Corn Dog - LR1306			C						C		C
Cracker Scoopy Doo - LR1399									C		C
Crunchy Vegan Tacos - LR1553						C					
Donut Ring WG - LR1505						C			C		C
Falafel w/Hummus & Cucumber - LR1493											C
Blueberry Bagel - LR1458											C
Buffalo Chicken Salad - LR1222			C			C			C		C
Chicken Bacon Salad - LR1218			C			C			C		C

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Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Chicken Caesar Salad - LR1216			C	C		C					C
Cold Cut Deli Sandwich - LR1248			C			C			C		C
Taco Salad - LR1221						C					
PB&J Uncrustable - LR1638							C				C
Grab n' Go Uncrustable - LR1249			C			C	C		C		C
PB&J Uncrustable - LR1211							C				C
Ham and Cheese Sandwich SEC - LR1281						C			C		C
Hamburger - LR1001											C
Honey Graham Toasters Cereal - LR1427											
Honey Hot Beef w/Rice & Peppers - LR1672			C			C			C		
Honey Scooters Cereal - LR1426											C
Hummus & Flat Bread - LR1373						C					C
Hummus w/ Flatbread - LR1476											C
Italian Sub - LR1656						C					
Kickin' Vegan Nuggets w/Dinner Roll - LR1494									C		C
Lemon Bread Slice WG - LR1631			C			C			C		C
LO Homemade Cheese Pizza - LR1642			C			C			C		C
Mac & Cheese Sec. - LR1550			C			C					C
Mango Chicken w/Seasoned Rice - LR1598			C								
Mini Bagels w/Strawberry Creamy Cheese - LR1381						C					C
Mini Cini & Graham Cracker - LR1408					C	C					C
Mini Cinni - LR1288						C					C
Nachos w/ Cheese Cups - LR1477						C					
No Nut Butter & Bagel - LR1428											C
No Nutbutter & English Muffin - LR1510					C						C

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Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Oatmeal w/Graham Crackers - LR1630					C						C
PB&J Uncrustable - LR1514							C				C
Peanut Butter & Jelly Sandwich - LR1213			C			C	C		C		C
Penne Pasta with Meat Sauce and Garlic bread - LR1546			C			C			C		C
Pepperoni Breadsticks - LR1690						C			C		C
Pepperoni Jalapeno Pizza - LR1567			C			C			C		C
Cheese Pizza - LR1358						C			C		C
Pepperoni Calzone - LR1486						C			C		C
Cheese Pizza - LR1327						C			C		C
Pizza, French Bread - LR1529						C			C		C
Pop Tart Frosted Strawberry WG - LR1504									C		C
Pop Tart - Strawberry - LR1645									C		C
Sausage & Cheese Bagel - LR1548						C			C		C
*Spaghetti w Meatballs, Garlic Bread & Veggies - LR1471						C					C
Spooky Pizza - LR1518						C			C		C
No Nut Butter & English Muffin - LR1382					C						C
Sunbutter Sandwich w/ WG Crackers & Cheese - LR1391						C			C		C
Taquitos de Carnitas - LR1681			C								C
Tasty Rice & Beans Bowl with Tortilla Chips - LR1020											
Thanksgiving Turkey Roast - LR1600									C		C
Turkey and Cheese Sandwich - LR1280						C			C		C
Turkey, Ham & Cheese Deli Sandwich - LR1018						C					C
UBR Cinnamon Oatmeal Breakfast Round - LR1671			C			C			C		C
Vegan burger - LR1019									C		C
Vegan Pattie Burger - LR1297											

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Entrees											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Vegan Burger, Impossible Burger - LR1594									C		C
Vegan Tenders Dr Praeger & Tater Tots - Secondary - LR1667									C		C
*WG Ham & Cheese Croissant - LR1563			C			C					C
Whole Grain Breaded Homestyle Made with Whole Muscle Chicken Tenders, 1.50 oz. - LR1569									C		C
Whole Grain, Zee Zees Nutrition Bar - LR1664			C			C		C		C	
Wild Mikes Pizza - LR1492											
Yakisoba Teriyaki Noodles w/ Chicken - LR1527			C						C		C
Yami Yogurt w/WG Croissant - LR1152						C			C		C
Yogurt Meal w/ZeeZee Graham Crackers - LR1369						C			C		C
Yogurt Meal w/ Whole Grain Bagel & Cream Cheese - LR1154						C					C
Yogurt w/Graham Crackers - LR1498					C	C					C
Yogurt w/WG Bagel & Cream Cheese - LR1299						C					C
Yogurt w/Whole Grain Pretzel - LR1688						C					C
ZeeZee Breakfast Bar Strawberry - LR1430						C			C		C

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Fruit											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Fresh Apple Slices - LR1265											
Apple, Granny Smith, raw, with skin [100512] - LR1052	NI										
Apple Slices - LR1053	NI										
Applesauce - LR1054	NI										
Blueberry Compote Scratch - LR1159											
Dried Cranberries - LR1465											
Cranberries, Dried, Individual Portion - LR1349											
Fresh Fruit - LR1150	NI										
Fresh Grapes - LR1097											
Fresh Strawberries - LR1141	NI										
Fruit Mix w/Peach, Pineapple, Pear & Grapes - LR1094	NI										
Honeydew, raw Melon - LR1098	NI										
Juice Apple Earthwise 4 oz - LR1100											
Kiwi - LR1105	NI										
Melon assorted - LR1273	NI										
Mixed Berries Cup - LR1625											
Fresh Nectarine - LR1114	NI										
Diced Peach Cup - LR1271	NI										
Sliced Peaches - LR1270											
Peaches, yellow, raw - LR1120	NI										
Pears - LR1122	NI										
Pineapple Fresh - LR1276	NI										
Plums, raw - LR1135	NI										
Mini Raisins Box - LR1350											
Diced Strawberry Cup - LR1140	NI										

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Fruits											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
APPLE CRISPS - LR1641											
Apple Juice, Apple & Eve - LR1424	NI										
Gala Apple - LR1143	NI										
Banana - LR1058	NI										
Craisins, Dried Cranberries, Strawberry flavored - LR1643											
Dried Fruit Mix, Zeezees - LR1609											
Orange Tangerine Juice, Apple & Eve - LR1425											
Oranges, Fresh Wedges - LR1610	NI										
Fresh Orange - LR1118	NI										
Cinnamon Applesauce, ZeeZee - LR1541											

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Grains											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Cheez-it Crackers - LR1378						C			C		C
Graham Crackers - LR1410					C						C
Crouton Garlic Homestyle - LR1461						C					C
Saltine Crackers - LR1466					C						C
WG Saltine Crackers - LR1371					C						C

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Milk											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Chocolate Milk, Fat Free - LR1006						C					
Milk 1% Plain - Non Flavored - LR1007						C					
Milk FF Plain - LR1008						C					

Allergen Chart

Sides											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
* Potato Salad, Resers - LR1677											
Bagel - LR1289											C
Blueberry Compote Reheat - LR1160											
Cheese Cheddar Mild Fancy Shredded - LR1544						C					
Cheese String Lite - LR1017						C					
Chip Corn Fritos .75 oz - LR1339											
Cottage Cheese - LR1467						C					
Cream Cheese - LR1290						C					
Diced Chicken - LR1503											
Hardboiled Egg - LR1464			C								
Garlic Bread - LR1161			C			C			C		C
Ham - All Natural - LR1543											
Hummus PDX - LR1388											
Whole Grain Sunchips - LR1178											
Tuna Salad - LR1469											

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Vegetables											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
*Mexi Corn Cup - LR1589			C			C					
Bean (Legume) Cup - LR1342											
Beans, Black (Turtle), Low-sodium, Canned - LR1064	NI										
Beans, Legumes Assorted - LR1164											
Bell Pepper Slices - LR1130	NI										
Steamed Broccoli - LR1029	NI										
Baby Carrots - LR1210											
Baby Carrots - LR1081	NI										
Fresh Cauliflower Florets - LR1084	NI										
Celery Sticks - LR1085	NI										
Celery Sticks - LR1437	NI										
Corn on the Cob - LR1571											
Corn cup - LR1436											
Sliced Cucumbers - LR1092	NI										
Edemame - LR1093	NI										
Fresh Broccoli Florets - LR1077	NI										
Tomato Slices - LR1462											
Garlic Roasted Cherry Tomatoes - LR1483											
Lettuce Mix - LR1607	NI										
Fresh Salad Mix - LR1109	NI										
Mexi Corn - LR1411											
Black olives - LR1115	NI										
Sliced Onion - LR1116	NI										
Pea Green - LR1119											
Peas and carrots, frozen, cooked, boiled, drained, without salt - LR1123	NI										

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Peas, green, frozen, unprepared - LR1126	NI										
Sliced Jalapenos - LR1127											
Pickles - LR1132											
Baked French Fries or Tater Tots - LR1454											
Crinkle Cut Potatoes - LR1136											
Potato Hash Brown Oval Patty - LR1146											
Potato Mashed Resers - LR1602						C					
Potato Wedge, Seasoned McCain - LR1547											
Refried Beans w/Shredded Cheddar Cheese - LR1278						C					
Spinach, raw - LR1139	NI										
Sugarsnap Peas - LR1511											
Sweet Potato Fry Sweet Waffle Cut - LR1588											
Tater Tots - LR1196											
Cherry Tomatoes - LR1149	NI										
Sliced Tomato - LR1148	NI										
Turnips, Fresh - LR1611											
Seasoned California Blend Veggies - LR1481											
Roasted Chick Peas - LR1377											

Report Selections:

Report Option: Menu Items on Active Menus

All of our items with wheat contain gluten.

If your student has an allergy, and a medical form is submitted, we will provide an alternative food item without the allergen.