

Roanoke County Public Schools - Nutrition Department
Allergen Listing - Lunch Menu

Information provided herein is to be used as a guide only. If your child has a food allergy, please contact the school cafeteria manager. Because of the number of meals served and the number of items used each day, along with the possibility of food product changes from the manufacturer, it cannot be guaranteed that every allergen in the food served is identified and labeled. There is a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. Parents and students concerned with food allergies must be aware of this risk.

Product Name	Wheat	Milk	Egg	Soy	Peanut	Tree Nut	Fish	Sesame	Shellfish
Meat/Meat Alternate									
Advance Pierre Beef Crumbles (CP 8737)				X					
Advance Pierre Breaded Pork Steak (All Types)	X			X					
Advance Pierre Meatballs	X	X		X					
Advance Pierre Pulled Seasoned Pork									
Asian Solutions Cherry Blossom Chicken	X		X						
Asian Solutions Sriracha Honey Chicken	X		X						
Asian Solutions Tangerine (Orange) Chicken	X		X	X					
Bake Crafters Garlic Bread Sticks	X	X		X				X	
Bake Crafters Grilled Cheese Sandwich	X	X		X				X	
Beacon Street Cheese Stuffed Breadsticks	X	X	X	X					
Bosco Stuffed Crust Pizza	X	X							
Brookwood Pork BBQ	X			X					
Chef's Corner Koren BBQ	X			X					
Chef's Corner Mandarin Orange Chicken	X			X					
Chef's Corner Cherry Blossom Chicken	X			X					
Chef's Corner Sriracha Honey Chicken	X			X					
Danimal Yogurt - All Flavors		X							
Don Lee Farms Beef Patty									
ES Foods Meal Kit Cheese Beef Sticks	X	X		X					
ES Foods Meal Kit No Nut Butter	X			X					
ES Foods Meal Kit PB&J	X			X	X				
ES Foods Sun Butter Cup	X	X							
ES Foods Sweet BBQ Bites	X	X		X					
Foster Farms WG Corn Dog	X		X	X					
Foster Farms WG Corn Dog Nuggets	X		X	X					
Gardenburger Patty	X	X		X					

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Highliner WG Breaded Pollock Fish Shapes	X			X			X		
Highliner WG Cornmeal Fish Fries	X						X		
Highliner WG Nacho Crusted Pollock Sticks	X						X		
Highliner WG Potato Crusted Fish	X	X		X			X		
Hormel Natural Choice Ham									
Hormel Natural Choice Turkey									
Jennie-O Turkey Chunked White Meat									
Jennie-O Turkey Ham Diced									
Jennie-O Turkey Oven Roasted Sliced Breast									
JTM Beef Crumble (CP5868)				X					
JTM Breaded Pork Steak	X			X					
JTM RS Beef Patty				X					
JTM RS Meatball	X	X		X					
Land o Lakes Cheddar & Mont. Jack Blend, Shredded		X							
Land o Lakes Mild Cheddar Cheese Sticks		X							
Land o Lakes Mozzarella String Cheese		X							
Land o Lakes Mucho Queso Jalapeno Cheese Sauce		X							
Pro View WG Chicken Nugget	X	X		X					
Pro View WG Chicken Patty 3 oz (Elementary)	X	X		X					
Pro View WG Popcorn Chicken	X	X		X					
Pro View WG Spicy Chicken Patty	X	X	X	X					
Roseli Mozzarella String Cheese Light		X							
Schwan's Big Daddy 4 Meat Pizza	X	X		X					
Schwan's Big Daddy Buffalo Chicken Pizza	X	X		X					
Schwan's Big Daddy Cheese Pizza	X	X		X					
Schwan's Big Daddy Pepperoni Pizza	X	X		X					
Schwan's Pepperoni Stuffed Sandwich	X	X	X	X					
Smart Mouth Cheese Pizza	X	X		X					
Smart Mouth Pepperoni Pizza	X	X		X					
Smucker's Uncrustables Wheat (All Flavors)	X				X				
Stony Creek RF Hot Dogs	X			X					
Tasty Turkey & Cheese Croissant	X	X	X	X					
Tasty Turkey Ham & Cheese Croissant	X	X	X	X					
Tyson Chicken Tenders	X			X					
Tyson Crispy Chicken Breast Filets	X			X					

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Tyson General Tso's Chicken	X			X					
Tyson Grilled Chicken Breast Filet									
Tyson Mini Chicken Corn Dogs	X			X					
Tyson Popcorn Chicken	X			X					
US Foods Pepperoni									
USDA American Cheese *		X							
USDA Diced Chicken*									
USDA Ham*									
USDA Lite Mozzarella Cheese*		X							
USDA Roasted Chicken									
USDA Shredded Cheddar Cheese *		X							
USDA Sliced Turkey*									

* - Check Label

Seasoning/Sauce									
Angela Mia Spaghetti Sauce									
Brookwood Hot Dog Chili	X			X					
Butter Buds		X							
Buttermist Food Spray		X							
Foothill Farms Asian Stir Fried Rice Seasoning	X			X					
Foothill Farms Brown Gravy		X							
Foothill Farms Cheese Sauce		X		X					
Foothill Farms Chicken Gravy		X		X					
Foothill Farms RS Taco Seasoning									
Foothill Farms Turkey Gravy		X		X					
Foothills Farms Ranch Dressing (Dry)		X							
Heinz Pizza Sauce									
Hunt's Manwich Sloppy Joe Sauce									
Huy Fong Sriracha Sauce									
Lawry's Seasoning Salt*									
McCormick Caribbean Jerk Seasoning									
Minor's Vegetable Base									
Minor's Teriyaki Sauce	X			X					
Minor's Zesty Orange Sauce	X			X					
Red Gold Marinara Sauce Cups									
Red Gold Salsa									

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Sauer's Sweet and Spicy BBQ Sauce	X			X					

*** - Check Label**

Grains

Bake Crafters Hoagie Rolls WG	X			X					
Bake Crafters WG Garlic Breadstick	X	X		X					
Bake Crafters Cornbread Muffins	X	X	X	X					
Bake Crafters Croissant	X	X	X	X					
Bake Crafters Hamburger Buns	X	X		X					
Bake Crafters Hawaiian Slider Buns	X	X		X					
Cheez-It WG Cheddar	X	X		X					
Goldfish WG Cheddar	X	X							
Heiner's Hamburger Buns White WG	X	X		X					
Heiner's Hot Dog Bun White WG	X	X		X					
Heiner's WG White Bread	X	X		X					
Mission WW and White Flour Tortillas (all sizes)	X								
Mission Large Yellow Taco Shells									
Ole 8" Whole Wheat Tortilla	X								
Pillsbury Biscuit Dough (WG or Southern Style)	X	X							
Pillsbury Ciabtta Bread	X	X		X					
Rice, Brown Long Grained Parboiled*									
Rich's Gluten Free White Bread			X	X					
Rich's WG Dinner Roll	X	X	X	X					
Rich's WG Flatbread	X	X		X					
Rich's WG Mini Flatbread	X	X		X					
Rich's WG Pizza Crust	X	X		X					
Roseli WW Pasta (Spaghetti, Rotini, Macaroni)	X		X						
Sun Chips Harvest Cheddar	X	X							
Tostitos RF Crispy Round Tortilla Chips									
Ultragrain Pasta (all types)	X		X						

*** - Check Label**

Condiments

Americana Light Ranch Dressing		X		X					
Foothill Farms Ranch Dressing - Prepared		X	X	X					
Glenview Farms Margarine				X					
Heinz Ketchup									

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Huy Fong Sriracha Sauce									
Ken's FF 1000 Island Dressing	X		X	X					
Ken's FF Italian Dressing									
Ken's Light Mayo			X	X					
Ken's Red Fat French Dressing				X					
Kraft Light Mayo Packs			X						
Kraft FF Raspberry Vinegerette									
Monarch BBQ Sauce	X								
Monarch Grape Jelly									
Monarch Hot Sauce									
Monarch Mustard									
Monarch Taco Sauce				X					
Monarch Tartar Sauce	X		X	X					
Naturally Fresh FF Italian Dressing									
Naturally Fresh Light Honey Mustard Dressing	X		X	X					
Naturally Fresh Lite Ranch Dressing	X	X	X						
Rich's On-Top Whipped Topping		X							
Smucker's Grape Jelly									
Texas Pete Hot Sauce									
Fruit									
Apples, Sliced, Canned									
Applesauce, Canned									
Applesauce, Flavored Cups									
Fruit Crisp	X	X		X					
Fruit with Gelatin									
Luigi's Frozen Sorbet - All Flavors									
Mandarin Oranges, Canned									
Mini Fruit & Yogurt Parfait		X							
Pears, Canned									
Pineapple Tidbits									
Suncup Juice - All Flavors									
USDA Berry Cups*									
USDA Peach Cups*									
USDA Strawberry Cups*									

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Vegetable									
Beans, Refried*									
Beans, Vegetarian*									
Broccoli, Frozen*									
Bush's Pinto Beans									
Carrots, Frozen									
Corn, Canned *									
Corn, Frozen									
Country Pure Dragon Punch Veggie Juice									
Country Pure Wango Mango Veggie Juice									
Green Beans, Canned									
Idahoan Au Gratin Potatoes		X		X					
Idahoan Mashed Potatoes		X		X					
Lamb Weston Crinkle Cut French Fry									
Lamb Weston Tater Puffs				X					
McCain Crinkle Cut Seasoned Fries									
McCain Curly Fries	X								
McCain Straight Cut Seasoned Fry									
McCain Sweet Potato Chopped Wedges									
Molly Kitchen Onion Rings	X	X		X					
Peas, Frozen									
Simplot Savory Potato Wedge	X								
Vegetable Blend 5-Way, Frozen									
Vegetable Blend California Normandy, Frozen									
Vegetable Blend Capri, Frozen									
Vegetable Blend Oriental, Frozen									

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Allergen Listing - Breakfast Menu

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Product Name	Wheat	Milk	Egg	Soy	Peanut	Tree Nut	Fish	Sesame	Shellfish
Advance Pierre Pork Sausage Patty									
Bake Crafters Croissant Egg & Fiesta Cheese Sandwich	X	X	X	X					
Bake Crafter's French Toast Sticks	X	X	X	X					
Bake Crafter's Granola									
Bake Crafters Hawaiian Roll	X	X		X				X	
Bake Crafter's Muffins - All Flavors	X	X	X	X					
Bake Crafters Waffle	X	X	X	X					
Briar Street Tyson Pork Sausage Patty				X					
Dannon Danimals Yogurt - All Flavors		X							
Eggo Mini French Toast - All Flavors	X	X	X	X					
Eggo Mini Pancakes - Birthday Cake	X	X	X	X					
Eggo Mini Waffles - All Flavors	X	X	X	X					
El Monterey Egg and Cheese Rolled Taco	X	X	X						
Fieldstone Granola	X	X	X	X	X	X			
Foster Farms Turkey Maple Sausage Flapstick	X		X	X					
Glenview Cream Cheese		X							
GM Cinnamon Toast Crunch Red. Sugar	X			X					
GM Cocoa Puffs Reduced Sugar									
GM Cocoa Puff Bar	X	X							
GM Golden Grahams	X								
GM Honey Nut Cheerios						X			
GM Trix Reduced Sugar									
Jimmy Dean Tyson Sausage Flapstix	X	X	X	X					
Kellogg's Apple Jacks RS - All Packs	X			X					
Kellogg's Eggo Froot Loops Waffles	X	X	X	X					
Kellogg's Frosted Flakes Multigrain RS - All Packs	X			X					
Kellogg's Fruit Loops RS - All Packs	X			X					
Kellogg's Jump Starts Apple Jacks	X			X					
Kellogg's Jump Starts Crunchmania	X	X		X					

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Kellogg's Jump Starts Froot Loops	X			X					
Kellogg's Jump Starts Frosted Flakes	X			X					
Kellogg's Jump Starts Nutri Grain	X	X		X					
Kellogg's Jump Starts Pop Tart Cinnamon	X			X					
Land o Lakes Mild Cheddar Cheese Sticks		X							
Land o Lakes Mozzarella String Cheese		X							
Lender's WG Bagel - All Flavors	X			X					
Michael Foods Bacon and Cheese Egg Bite		X	X						
Michael's Cheddar Omelet		X	X	X					
Michael's Cinnamon French Toast Slice	X	X	X	X					
Michael's Cinnamon French Toast Sticks	X	X	X	X					
Michael Foods Bacon and Cheese Egg Bite		X	X						
Michael's Egg Patty		X	X	X					
Otis Spunkmeyer Blueberry Muffin	X		X	X					
Pillsbury Biscuit Dough (WG & Southern Style)	X	X							
Pillsbury Cinnamon Roll WG	X	X	X	X					
Pillsbury Mini Bagels	X	X		X					
Pillsbury Mini Cinnis	X	X							
Pillsbury Mini Pancakes - All Flavors	X	X	X						
Pillsbury Muffin Top- All Flavors	X	X	X	X					
Pro View Chicken Breakfast Patty	X	X		X					
Rich's Pancake Bites	X	X	X	X					
Rich's UBR Ultimate Breakfast Round Oatmeal Chocolate Chip	X	X	X	X	X	X			
Tony's Turkey Sausage Breakfast Pizza	X	X		X					
Yoplait Parfait Pro Yogurt		X							
Zee Zee's Breakfast Bars - All Flavors	X	X		X					

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Allergen Listing - Ala Carte Snacks

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Product Name	Wheat	Milk	Egg	Soy	Peanut	Tree Nut	Fish	Sesame	Shellfish
Chips									
Baked Tostitos Bowls									
Baked WG Funyuns		X							
Cheeto's Fantastix Chili Cheese Snacks		X							
Cheeto's Oven Baked Cheese Puff		X							
Cheeto's Oven Baked Crunchy Cheese		X							
Doritos RF Cool Rancho Tortilla Chips		X							
Doritos RF Flamas Tortilla Chips		X							
Doritos RF Nacho Cheese Tortilla Chips		X							
Doritos RF Spicy Sweet Chili Chips	X			X					
Lay's Original Baked Chips				X					
Lay's Oven Baked BBQ Chips		X		X					
Lay's Oven Baked Sour Cream & Onion Chips		X		X					
Rold Gold Heartzel Pretzel	X								
Ruffles Baked Sour Cream & Cheddar		X		X					
Smartfood White Cheddar Popcorn		X							
Tostitos RF Crispy Round Tortilla Chips									
Snack Mixes									
Muchies Mix	X	X							
Nat'l Honey Roasted Sunflower Kernels									
Simply Chex Mix Cheddar	X	X		X					
Simply Chex Mix Chocolate Caramel	X								
Simply Chex Mix Strawberry Yogurt	X	X		X					
Crackers/Cookies									
Cheetos Trax Crackers	X	X		X					
Cheez-It Cheddar Whole Grain	X	X		X					

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Product Name	Wheat	Milk	Egg	Soy	Peanut	Tree Nut	Fish	Sesame	Shellfish
Goldfish Cheddar Whole Grain	X	X							
Goldfish Giant Cinnamon Graham	X			X					
Grandma's WG Choc. Chip Cookies	X	X		X					
Keebler Animal Crackers	X			X					
Keebler Elf Graham Chocolate	X			X					
Keebler Elf Graham Cinnamon	X			X					
Fruit Snacks									
Mott's Fruit Snacks - All Flavors									
Bars									
Betty Crocker Oatmeal Bars Double Choc.	X	X	X	X					
Cinnamon Toast Crunch Cereal Bar	X			X					
Cocoa Puffs Cereal Bar	X			X					
Quaker Chewy Granola Bar Choc. Chip	X	X		X	X	X			
Rice Krispies Treat WG (Mini and Full Size)		X		X					
Trix Cereal Bar	X			X					
Pop Tarts									
Pop Tart WG Blueberry	X			X					
Pop Tart WG Chocolate Fudge	X			X					
Pop Tart WG Frosted Cinnamon	X			X					
Pop Tart WG Frosted Strawberry	X			X					
Proteins									
Dannon Danimals Yogurt		X							
Land o Lakes Mild Cheddar Cheese Sticks		X							
Land o Lakes Mozzarella String Cheese		X							
Light Mozzarella String Cheese		X							
Nat'l Honey Roasted Sunflower Kernels									
Old Wisconsin Turkey Stick									
Pudding									
Kraft Chocolate		X							
Kraft Vanilla		X							
Prepared Snack Items									
David's WG RF Candy Cookie	X	X	X	X					
David's WG RF Chocolate Chip Cookie	X	X	X	X					

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David's WG RF Sugar Cookie	X	X	X	X					

Beverages

Beverages (except milk) do not contain any of the Big 8 allergens.