

Allergen Chart

Serving Date: 9/1/2025 - 10/3/2025

Generated on: 9/2/2025 3:26:41 PM by Cris Castro

Condiments											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Salsa Del Sol - LR1347											
Ketchup - LR1417											
Ketchup - LR1418											
Mayonnaise - LR1422			C								
Mayonnaise - LR1701			C								
Mustard - LR1419											
Mustard - LR1423	NI										
Pancake Syrup - LR1438											
Ranch Dressing - LR1421			C			C					
Ranch - LR1769			C			C					

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Desserts											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Low Fat, Vanilla Ice Cream Sandwich - LR1707						C			C		C

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Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Texas BBQ Pulled Pork Sliders w/Potato Wedges - LR1657			C					C			C
Protein Bowl - LR1402						C			C		
Sweet Chicken Teriyaki Rice Bowl - LR1475									C		C
Loaded Breakfast Bagel w/ Bacon, Egg & Cheese - LR1551			C			C			C		C
BBQ Pulled Pork Sandwich - LR1032											C
Focus Boost Blueberry Smoothie - LR1489						C			C		C
Loaded Breakfast Bagel w/ Egg & Cheese - LR1394			C			C					C
Brunch for Lunch: French Toast w/Sausage & Hashbrowns - LR1325									C		C
Brunch for Lunch: French Toast and Sausage - LR1030									C		C
Chicken Burrito w/ Guac Pouch - LR1685						C			C		C
Farm-to-School: Butter Chicken Rice Bowl w/Steamed Veggies - LR1731			C			C			P		P
Grilled Chicken Caesar Wrap w/ Crispy Tots - LR1435			C	C		C			C		
Comfort Chicken Drumstick & Mashed Potatoes w/ Garlic Bread - LR1356			C			C			C		C
Chicken Tendies & Garlic Bread Basket - LR1734			C			C			C		C
Warm Cinnamon Roll - LR1401			C			C			C		C
French Toast Stix & Sizzlin Sausage - LR1499									C		C
LO Homemade Cheese Pizza - LR1620			C			C			C		C
LO Homemade Pepperoni Pizza - LR1621			C			C			C		C
Tangy Orange Chicken w/ Seasoned Rice - LR1355			C						C		C
Classic Philly Cheesesteak - LR1285						C			C		C
Hot Honey Chicken Rice Bowl & Steamed Broccoli - LR1523			C								C
*Strawberry Smoothies - LR1488						C					
Cheesy Pull-Apart Breadsticks - LR1042			C			C			C		C
Grilled Cheese Sandwich & Tots - LR1049						C			C		C

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Breakfast Trio: Waffles w/ Bacon & Hashbrowns - LR1525									C		C
Berry Blast Yogurt Parfait - LR1217						C			C		C
Bacon Cheeseburger (w/Tots available) - LR1524						C			C		C
Banana Bread Slice WG - LR1508			C			C			C		C
Barbacoa Beef Tacos w/ Rice - LR1763			C								
Cheesy Bean Pupusa w/ Mexi Street Corn - LR1782											
Belgian Cinnamon Waffle - LR1384			C			C					C
Belgian Waffle Parfait - LR1632			C			C					C
Belgium Waffle Buttery Maple - LR1383			C			C					C
Banana Bread - LR1202			C			C			C		C
Breaded Chicken Burger (Potato Wedges available) - LR1003									C		C
Brunch Burrito - LR1785			C			C					C
Zesty Chicken Burrito - LR1796						C			C		C
Cheerios - WG Oat Cereal w/Real Honey - LR1627											
Sizzlin' Cheeseburger & Tasty Tots - LR1002						C			C		C
Chicken & Waffles - LR1041			C			C					C
Chicken & Waffles - LR1794			C			C					C
Creamy Chicken Alfredo Pasta - LR1744			C			C			C		C
Comfort Chicken Drumstick Mashed Bowl & Garlic Bread - LR1036			C			C			C		C
Farm-to-School: Chicken Masala Rice Bowl - LR1789			C		P	P			P		P
Golden Chicken Nuggets with Garlic Toast - LR1733			C			C			C		C
Crispy Chicken Nuggets & Garlic Bread - LR1336			C			C			C		C
Cinnamon Bun, Whole Wheat - LR1628			C			C			C		C
Cinnamon Toast Crunch 25% Less Sugar - LR1562									C		C
Corn Dog & Wedges Fries - LR1333			C			C			C		C

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Ultimate Vegan Burrito - LR1729											C
Crunchy Vegan Tacos - LR1553											
Ham & Cheese Egg Bites - LR1742			C			C					C
French Toast Stix - LR1764									C		C
PB&J Uncrustable - LR1638						C	C				C
Grab n' Go Uncrustable - LR1249						C	C				C
PB&J Uncrustable Grape - LR1211							C				C
Morning Power Bar - LR1783			C								C
Sourdough Grilled Cheese Sandwich w/Potato Wedges & Creamy Tomato Soup - LR1303						C			C		C
Classic Hamburger (Tots available) - LR1001											C
PNW Kickin' Vegan Tenders - LR1762									C		C
PNW Kickin Vegan Tenders - LR1787									C		C
PNW Vegan Patty Burger & Fries - LR1759									C		C
Lemon Bread Slice WG - LR1631			C			C			C		C
LO Homemade Pepperoni Pizza (w/Tots available) - LR1519			MC			C			MC		C
LO Homemade Cheese Pizza (w/Tots available) - LR1642			MC			C			MC		C
Creamy Mac & Cheese - LR1048			C			C					C
Creamy Mac & Cheese - LR1550			C			C			C		C
Mini Bagels w/Strawberry Creamy Cheese - LR1381						C					C
Mini Cinni - LR1288						C					C
Mini Waffle Madness - LR1705			C			C					C
Loaded Cheesy Nachos - LR1477						C					
Oatmeal w/Graham Crackers - LR1630									C		C
Tangy Orange Chicken w/ Seasoned Rice & Peas - LR1021			C						C		C
Classic Italian pasta w/ Marinara Meatballs & Garlic Bread - LR1739			C			C			C		C

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Classic Italian pasta w/ Marinara Meatballs & Garlic Bread - LR1740			C			C			C		C
Pop Tart - Strawberry - LR1645									C		C
Glazed Wild Salmon Rice Bowl - LR1770			C						C		C
Cheese `n` Sausage Bagel Sandwiches - LR1548						C			C		C
Farm-to-School: Portland's Felton & Marys PawPaw Sausages - LR1771											C
Smoothie w/ Twisty Pretzel - LR1781						C					C
Strawberry Banana Smoothie - LR1784						C					
Spicy Breaded Chicken Burger (w/Tots available) - LR1004									C		C
Tasty Rice & Beans Bowl - LR1020											
OTA Tofu w/Orange Sauce, Rice, Peas & Carrots - LR1760			C						C		
OTA Tofu w/Orange Sauce, Rice & Peas - LR1747			C						C		
Turkey Cool Wrap - LR1753			C			C					C
Turkey Ham & Cheese Deli Sandwich - LR1018						C			C		C
UBR Cinnamon Oatmeal Breakfast Round - LR1671			C			C			C		C
Yogurt & Pretzel Pack Meal - Yami (Local) - LR1153						C					C
Yogurt & Cracker Crunch Pack - LR1369						C			C		C
Yogurt & Bagel Pack Meal - Yami (Local) - LR1154						C					C
Yogurt w/Graham Crackers - LR1498						C			C		C
Yogurt w/Whole Grain Pretzel - LR1688						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											
Fresh Apples - PNW Local - LR1143	NI										
Fresh Bananas (Depending on availability, subject to change) - LR1058	NI										
Dried Cranberries - LR1465											
Craisins - Dried Cranberries, Strawberry flavored - LR1643											
Mixed Berries Cup - LR1625											
Fresh Orange Wedges (Depending on availability, subject to change) - LR1610	NI										
Diced Peach Cup - LR1271	NI										
Sliced Peaches - LR1345											
Sliced Peaches - LR1270											
Sliced Peaches - LR1269											
Diced Pears - LR1121											
Seasonal Fresh Fruit - LR1767	NI										
Diced Berries Cup (Cold) - LR1140	NI										
Dried Pineapple Bits - LR1779											
Cinnamon Applesauce Cup - LR1541											

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Fruits											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Apple Juice, Apple & Eve - LR1424	NI										
Orange Tangerine Juice, Apple & Eve - LR1425											

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Grains											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Cheese & Garlic Croutons - LR1461						C					C
Cheese & Garlic Crouton - LR1786						C					C
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 - LR1007						C					
Milk Fat Free Plain - LR1008						C					

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Sides											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Cheese Cheddar Mild Fancy Shredded - LR1544						C					
Mozzarella String Cheese - LR1017						C					
Diced Chicken - LR1503											
Peas, green, frozen, cooked, boiled, drained, without salt - LR1125	NI										

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Vegetables											
Menu Item	None Indicated	Crustacean Shellfish	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Soy	Tree nuts	Wheat
Peas & Carrots - LR1738	NI										
Street Corn Cup - LR1589			C			C					
Baby Carrots - LR1409											
Black Beans - LR1064	NI										
Bell Pepper Slices - LR1130	NI										
Baby Carrots - LR1081	NI										
Celery Sticks - LR1085	NI										
Sweet Corn - LR1636	NI										
Corn cup - LR1343	NI										
Fancy Corn - LR1090	NI										
Cucumber Slices - LR1092	NI										
Edamame - LR1093	NI										
Tomato Slices or Wedges - LR1462											
Fresh Salad Mix - LR1109	NI										
Black Olives Sliced - LR1115	NI										
Sliced Onion - LR1116	NI										
Green Peas - LR1119											
Steamed Peas & Carrots - LR1123	NI										
Pickle Chips - LR1132											
Baked Fries or Tater Tots - LR1454											
Crispy Potato Wedges - LR1547											
Romaine & Spinach Salad Mix - LR1607	NI										
Tater Tots - LR1196											
Cherry Tomatoes - LR1149	NI										
Roasted Chick Peas - LR1377											

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Report Selections:

Report Option: Menu Items on Menus for a timeframe

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.