

Allergy Information

Revised 2/25/26

Breakfast Entrées	Major Allergens*	Additional Allergens	Lunch Entrées	Major Allergens*	Additional Allergens
Monday Breakfast			Monday Lunch		
Pan Dulce	E,W	cinnamon	Pepperoni Pizza	D,W,P	
Bacon, Egg, Cheese Pocket	D,E,W,P		Buffalo Veggie Nuggets & Corn Bread	D,E,S,W	
Cereal, Trix RS	none	corn, rice	Buffalo Veggie Nuggets	W,S	
Cereal, Multigrain Cheerios	None	oat, corn, rice	Corn Bread	D,E,S,W	vanilla flavor
Cereal, Raisin Bran	W		Birria Pupusa	D	
String Cheese (comes with cereal)	D		Yogurt, Cheese, & Granola	D	oat
Tuesday Breakfast			Tuesday Lunch		
Vanilla Breakfast Square	D,E,W	cinnamon	Teriyaki chicken w/Rice	S	
Maple Chicken Sandwich	D,E,W		Teriyaki Chicken	S	
Frosted Mini Wheats	W	gelatin	Rice	none	
Cereal, Multigrain Cheerios	None	oat, corn, rice	Hot Dog, Beef	W, Sesame	
Cereal, Raisin Bran	W		Bun	W, Sesame	
String Cheese (comes with cereal)	D		Beef Hot Dog	none	
			Mac & Cheese (Rose & Shore brand)	D,S,W	
			Bistro Box (Beef Salami, Cheese, Crackers)	D,W	
Wednesday Breakfast			Wednesday Lunch		
Breakfast Bites	D,E,S,W		Cheese Pizza	D, W	
Egg & Cheese English Muffin	D,E,W		Chicken Sandwich	D,S,W,Sesame	
Cereal, Cinnamon Toast Crunch (RS)	W	rice, cinnamon	Chicken filet	D,S,W	
Cereal, Multigrain Cheerios	None	oat, corn, rice	Bun	W, Sesame	
Cereal, Raisin Bran	W		Beef & Cheese Taquito	D	garlic, beans
String Cheese (comes with cereal)	D		Yogurt, Cheese, & Granola	D	oat
Thursday Breakfast			Thursday Lunch		
Cinnamon Swirl Bun	E,S,W	cinnamon	Orange Chicken & Rice	E,S,W	
Ham & Cheese Croissant	D,E,W,P		Orange Chicken	E,S,W	garlic
Cereal, Cinnamon Chex	None	rice, cinnamon	Rice	None	
Cereal, Multigrain Cheerios	None	oat, corn, rice	Chicken Tamale	None	
Cereal, Raisin Bran	W		Vegan Burger	W, Sesame	
String Cheese (comes with cereal)	D		Vegan patty	None	pea protein, bean
			Bun	W, Sesame	
			Bistro Box (Beef Salami, Cheese, Crackers)	D,W	
Friday Breakfast			Friday Lunch		
Poffitz Pancakes	D,E,S,W		Popcorn Chicken	W, S	
Bagel	W	honey	Carne Asada Tacos	S	
w/ Cream Cheese	D		Carne Asada	S	
Cereal, Lucky Charms (RS)	None	oat, gelatin, red 40, yellow 5,6, blue 1	Tortilla	None	corn
Cereal, Multigrain Cheerios	None	oat, corn, rice	Grilled Cheese	D,W	
Cereal, Raisin Bran	W		Bread	D,W	
String Cheese (comes with cereal)	D		Cheese slices	D	
			Yogurt, Cheese, & Granola	D	oat
Day with the Chef					
Allergy information for all Day with the Chef Items can be found on the CVESD Nutrition Webpage, under document titled "Chef Nutritionals Mar 2026".					
Miscellaneous			Miscellaneous		
Cheez It, Spicy Buffalo	D,W		Shamrock Cookie 3/17	D,E,W,S	
Spicy Nacho Chickpeas	none	Chickpea, Garlic			
Raisels Watermelon shock	none				

***MAJOR ALLERGENS NOTED: D = Dairy, E = Eggs, F = Fish, S = Soy, W = Wheat, P = Pork, Sesame**

*Please be advised that this is general information and not intended to be used as medical advice. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.