

PHS & PMS - Food Allergens

Food Item:	Wheat 🌾	Dairy 🥛	Egg 🥚	Soy 🌱	Sesame 🌱	Fish 🐟	Protein 🥩	misc:
Sunbutter Jelly Sandwich	☒							
Chicken Caesar	☒	☒	☒			☒	chicken	
Pepperoni Pizza	☒	☒		☒			beef/pork	
Cheese Pizza	☒	☒						
Meat Lovers Pizza	☒	☒		☒			beef/pork/ham	
Creamy Herb Dressing		☒	☒					
Ranch Dressing		☒	☒					
Cheese Burger	☒	☒		☒	☒		beef	
Veggie Burger	☒				☒		pea protein	
Pasta Marinara	☒	☒	☒					
Caesar Side Salad	☒	☒	☒			☒		
Chicken Corn Dog	☒		☒	☒			chicken	
Veggie Dog	☒						pea protein	
Mac & Cheese	☒	☒	☒					
Beef Empanada	☒	☒					beef	
Chicken Tenders	☒						chicken	

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Veggie Nuggets	☒						Soy protein	
Breaded Chicken Sandwich	☒						chicken	
Vegetarian Chicken Sandwich	☒	☒	☒				chicken	
BBQ Pulled Pork				☒			pork	
BBQ Roasted Tofu				☒				
Beef Hot Dog	☒						beef	
Mandarin Chicken	☒		☒	☒			chicken	
Mandarin Tofu				☒				
Veggie Spring Roll	☒		☒	☒	☒			
Whole Wheat Roll	☒							
Hawaiian Roll	☒	☒	☒					
Chorizo Pasta	☒	☒	☒				Pork, beef, chicken	
Vegetarian Chorizo Pasta	☒	☒	☒	☒			Soy protein	
Chicken Alfredo Pasta	☒	☒	☒				chicken	
Vegetarian Chicken Alfredo Pasta	☒	☒	☒				Soy protein	
Roselyn's Noodle Bowl	☒		☒	☒	☒		Pork or chicken	
Vegetarian Noodle Bowl	☒		☒	☒	☒		Soy protein	
Indian Butter Chicken		☒					chicken	

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Indian Butter Tofu		☑		☑				
Alicia's Chicken Burrito	☑	☑					chicken	Produced in facility that contain tree nuts and peanuts
Naan Flat Bread	☑	☑	☑	☑	☑			
Alicia's Bean & Cheese Burrito	☑	☑						Produced in facility that contain tree nuts and peanuts
Alicia's Chorizo Burrito	☑		☑	☑			Soy protein	Produced in facility that contain tree nuts and peanuts
Alicia's Egg & Potato Burrito	☑		☑					Produced in facility that contain tree nuts and peanuts
Alicia's Chicken Tamale							chicken	Produced in facility that contain tree nuts and peanuts
Alicia's Cheese Tamale		☑						Produced in facility that contain tree nuts and peanuts
Breakfast Empanada	☑	☑	☑				pork	
Pancakes	☑		☑					
Turkey Sausage							turkey	
Banana Bread	☑	☑	☑					
Carrot Bread	☑		☑					
Pumpkin Bread	☑		☑					
Zucchini Bread	☑		☑					

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Crumb Bars	☑️	☑️	☑️					
Challah w/ Raisins	☑️							
Turkey Bagel Dogs	☑️						turkey	
Whole Wheat Bagels	☑️							
Blueberry Muffin	☑️	☑️	☑️	☑️				
Brownie	☑️	☑️	☑️	☑️				
Yogurt		☑️						
Smartfood Popcorn		☑️						