ELEMENTARY SCHOOL FOOD ALLERGENS - 2026 - ‘27

Food Item:	Wheat 🌾	Dairy 🥛	Egg 🥚	Soy 🫛	Sesame 🔸	Fish 🐟	Protein 🥩	misc:	Carb Count:
Bagel Kit	☑	☑		☑	☑				60.97g
BBQ Cheese Burger	☑	☑		☑	☑		beef	tomato	37.59g
BBQ Chicken w/ Rice Pilaf		☑		☑			chicken	tomato	69.29g
BBQ Chicken Pasta	☑	☑					chicken	tomato	31.0g
Beef Broccoli Bowl	☑			☑	☑		beef		65.74g
Beef Hot Dog	☑			☑	☑		beef		31.0g
Beef Taco Stick	☑			☑			beef	tomato	
Bean & Cheese Burrito	☑	☑		☑					53.82g
Berry Yogurt Parfait	☑	☑	☑	☑					84.54g
Black Bean & Veggie Burrito	☑	☑	☑					tomato	67.0g
Breaded Chicken Sandwich	☑	☑		☑	☑		chicken		46.0g
Broccoli Cheddar Potato Bowl w/ Roll	☑	☑	☑	☑	☑				57.03g
Buffalo Chicken Hoagie	☑	☑		☑			chicken		40.14g
Cheese Burger	☑	☑		☑	☑		beef		30.71g
Cheese Pizza	☑	☑		☑				tomato	34.0g

Cheesy Rippers w/ Marinara Sauce	☑	☑		☑				tomato	44.88g
Cheesy Veggie Pasta	☑	☑	☑					tomato	
Cheese Wrapadilla	☑	☑							35.78g
Food Item:	**Wheat** 🌾	**Dairy** 🥛	**Egg** 🥚	**Soy** 🫛	**Sesame** 🔸	**Fish** 🐟	**Protein** 🥩	**misc:**	**Carb Count:**
Chicken Burrito	☑	☑					chicken	tomato	
Chicken Calzone	☑	☑	☑	☑		☑	pork, chicken	tomato	35.44g
Chicken Chow Mein	☑	☑	☑	☑	☑		chicken		48.96g
Chicken Fajita Bowl				☑			chicken	tomato	63.13g
Chicken Fajita Wrap	☑	☑	☑	☑			chicken	tomato	
Chicken Fried Rice	☑		☑	☑	☑		chicken		56.87g
Chicken Kapama w/ Olive Oil & Parmesan Pasta	☑	☑					chicken	tomato	57.01g
Chicken Nuggets w/ Olive OIl & Parmesan Pasta	☑	☑	☑	☑	☑		chicken		53.63g
Chicken Nuggets w/ Rice Pilaf	☑	☑	☑	☑	☑		chicken		41.16g
Chicken Pesto Wrap	☑	☑		☑			chicken		40.58g
Chicken Tenders w/ Rice Pilaf	☑		☑	☑			chicken		
Cobb Salad	☑	☑	☑	☑			turkey	tomato	
Curry Fried Rice	☑		☑	☑	☑				56.87g

Egg Salad Sandwich	☑		☑	☑	☑				58.62g
Five Layer Dip		☑		☑					
General Tso’s Chicken Bowl	☑	☑	☑	☑	☑		chicken		87.32g
Greek Chicken w/ Rice Pilaf		☑		☑					77.97g
Hamburger	☑			☑	☑		beef		30.33g
Hawaiian Pizza	☑	☑		☑			pork	tomato	
Italian Deli Grinder	☑	☑	☑	☑	☑		chicken	tomato	46.33g
Mac & Cheese	☑	☑							50.4g
Maui Burger	☑	☑		☑	☑		beef		54.42g
Food Item:	**Wheat** 🌾	**Dairy** 🥛	**Egg** 🥚	**Soy** 🫛	**Sesame** 🔸	**Fish** 🐟	**Protein** 🥩	**misc:**	**Carb Count:**
Minestrone Soup & Roll	☑		☑	☑	☑			tomato	71.36g
Melted Cheese Sandwich	☑	☑		☑					33.0g
Mr. Mike’s BBQ Chicken Sandwich	☑	☑		☑	☑		chicken	tomato	53.95g
Pasta w/ Marinara & Mozzarella Cheese	☑	☑	☑					tomato	54.29g
Pasta w/ Olive Oil & Parmesan	☑	☑	☑						39.18g
Pasta Primavera	☑	☑	☑	☑					44.05g
Pasta X Plosion!	☑	☑	☑					tomato	40.38g

Penne w/ Beef Meatsauce	☑	☑	☑	☑			beef	tomato	50.04g
Pepperoni Pizza	☑	☑		☑			pork, beef, turkey	tomato	33.0g
SBJ Sammie	☑			☑	☑		pork		74.7g
Sesame Orange Chicken	☑		☑	☑	☑		chicken		82.51g
Sloppy Joe	☑			☑			beef	tomato	51.36g
Sweet & Sour Chicken	☑	☑	☑	☑	☑		chicken		75.05g
Teriyaki Chicken w/ Rice & Veggies	☑	☑		☑	☑		chicken		72.96g
Teriyaki Chicken Sushi Bowl	☑	☑		☑	☑		chicken		81.57g
Food Item:	**Wheat** 🌾	**Dairy** 🥛	**Egg** 🥚	**Soy** 🫛	**Sesame** 🔸	**Fish** 🐟	**Protein** 🥩	**misc:**	**Carb Count:**
Turkey & Cheese on Dutch Crunch	☑	☑		☑			turkey		40.7g
Turkey & Cheese Hoagie	☑	☑			☑		turkey		40.7g
Veggie Burger	☑	☑		☑					37.0g
Veggie Chow Mein	☑		☑	☑	☑				59.38g
Yogurt Berry Parfait w/ Muffin	☑	☑	☑	☑					84.59g