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		☑						
French Toast Sticks	☑			☑				
Vegetable Garden Soup		☑		☑				
Cream of Potato Soup	☑							
Minestrone	☑	☑	☑				Beef broth	
Butternut Squash Soup		☑						