

ALLERGEN INFORMATION ELEMENTARY SCHOOL MENUS  
(revised 9/17/18)

	<b>Eggs</b>	<b>Dairy</b>	<b>Soy</b>	<b>Wheat</b>
<b>Breakfast Item</b>				
Bagel - White whole grain Lenders			X-oil	X
Breakfast Bean & Cheese Burrito		X	X	X
Breakfast Pizza (Turkey Sausage)		X	X	X
Buttermilk Breakfast Bar	X	X	X	X
Cereal - Malt O Meal Cold Cereals & Oatmeal				X
Cereal - Rice Chex - <b>No Allergens</b>				
Cinnamon Glazed Toast	X		X-oil	X
Cinnamon Breakfast Square (Coffee Cake)	X	X	X	X
Cream Cheese		X		
French Toast Sticks			X	X
Fruit Yogurt		X		
Graham Crackers			X-oil	X
Mini Pancakes	X	X	X	X
Mini Loafs - All Flavors	X	X	X	X
Muffins	X	X	X	X
Pancake & Sausage ( <b>Pork</b> ) Wrap	X	X	X	X
Sausage Link ( <b>Pork</b> ) - <b>No Allergens</b>				
Smoothie		X		
String Cheese		X		
Sunny Side Up Turkey Ham, Egg & Cheese Sandwich	X	X	X	X
Triple Berry Crunch Bar			X	X
Yogurt - Dannon		X		
Waffle Sticks	X	X	X-oil	X
<b>Lunch Item</b>				
BBQ Beef Rib Patty		X	X	X
Beef Patty- Don Lee Beef Steak Burger - <b>No Allergens</b>				
Beef Patty- Don Lee Beef Steak Burger on Bun - Wrapped			X	X
Bean & Cheese Burrito		X	X	X
Beef Dippers - Teriyaki			X	X
Chicken - Poppers Tyson			X	X
Chicken - Patties & Tenders Tyson			X	X
Chicken -Bat/Hearts/ABC/Earthday Smart Food 4 Schools		X	X	X

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Corn Dog WG Chicken Foster Farms	X		X	X
Cornmeal Superstar	X	X	X	X
Crunchy Chicken Drumstick Tyson				X
Fiesta Chili Dipper - Bean Dip		X		
Hot Dog Oscar Meyer All Beef - <b>No Allergens</b>				
Chef's Corner Orange Chicken	X		X	X
Chef's Corner Teriyaki Chicken			X	X
Meatballs - Chicken - Tyson			X	X
Mac & Cheese Land O Lakes	X	X		X
Mini Cheese Crescent		X	X	X
Mini Cheeseburger		X	X	X
Pepperoni Pizza Pocket (Turkey Pepperoni)	X	X	X	X
Pizza - Pizza Hut Cheese		X	X	X
Pizza - Pizza Hut ( <b>Pepperoni Pork/Sausage Pork</b> )		X	X	X
Pasta Whole Grain & Marinara Sauce				X
SunFlower Butter & Jelly Sandwich <b>Nut Free</b>			X	X
Tortillas - Soft ( <b>Flour</b> )			X-oil	X
Turkey Taco Meat <b>No Allergens</b>				
Yogurt - Dannon		X		
Ham & Cheese Sub		X	X-oil	X
Turkey & Cheese Sub		X	X-oil	X
Vegetarian Health Sandwich		X	X-oil	X
Chicken Ceasar Salad		X		
Asian Chicken Salad - <b>Noodles Have Wheat/Dressing Has Soy</b>			X-oil	X
Southwest Chicken Salad		X		
Garden Salad with Cheese		X		
Buns-Hamburger			X-oil	X
Buns - Hot Dog			X-oil	X
Croissant		X	X	X
Cheese Portions/String Cheese		X		
Dinner Rolls Whole Grain - Sky Blue Foods	X	X	X	X

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Sub Roll			X-oil	X
Fruit - Fresh/Canned/Frozen/Dried <b>No Allergens</b>				
Potato Wedges			X-oil	X
Sweet Potato Fries				X
Ranch Dressing	X	X	X-oil	
Brown Rice - <b>No Allergens</b>				
All Sport Bites Crackers (MJM) - Chocolate & Vanilla			X-oil	x
Chocolate Chip Cookie (Linda's)	X	X		X
Election Day Cookie		X	X	X
Fortune Cookie	X		X-oil	X
Gingerbread Cookie				X
Graham Crackers				X
Granola - Rockin Ola			X	
Smart Food 4 Schools Cookies (Hugs not Drugs/ABC 123)				X
Whole Grain Pretzel Goldfish Crakcers		X	X-oil	X
Whole Grain Cheddar Goldfish Crackers		X		X
Whole Grain Giant Goldfish Grahams				X
Rosati's Italian Ice - <b>No Allergens</b>				
Sunflower Seeds - Dakota Gourmet Brand - Honey Roasted - <b>No Allergens</b>				
Sunflower Seeds - Dakota Gourmet Brand - Lightly Salted - <b>No Allergens</b>				
Tortilla Chips			X-oil	
Vegetables - Fresh/Frozen/Canned Black Beans, BBQ Beans, Refried Beans <b>No Allergens</b>				
<b>Afterschool Snack Items</b>				
Choc Choc Chip Muffin Top	X	X	X	X
Munchies Kid Mix		X		X