

ALLERGEN INFORMATION SECONDARY SCHOOL MENUS
(revised 4-11-19)

	Eggs	Dairy	Soy	Wheat
Breakfast				
Animal Crackers			X	X
Bagels - Shirley's				X
Cream Cheese		X		
Banana Bread Square (Daves)	X	X	X	X
Breakfast Burritos	X	X	X	X
Breakfast Pizza		X	X	X
Breakfast Sandwich - Biscuit or Croissant	X	X	X	X
Breakfast Sandwich - English Muffin	X	X		X
Breakfast Bar - Buttermilk	X	X	X	X
Biscuits-Honey Whole Wheat (Bridgeford)		X	X	X
Breakfast Wrap (Sunny Fresh)	X	X	X	X
Cereal				X
Cheese Stick (Boscós)		X		X
Cheese & Pepperoni Stick (Boscós)		X		X
Cinnamon Roll (Bridgeford)		X	X	X
Country Breakfast Scramble (No Tortilla)	X	X	X	
Tortilla 10"				X
Coffee Cake (NMUSD)	X	X		X
Croissant		X	X	X
English Muffin				X
French Toast	X	X	X	X
Fruit & Yogurt Parfait		X	X	X
Fruit Pancake Bowl	X	X	X	X
Graham Crackers				X
Goldfish Crackers		X	X	X
Muffin Banana, Blueberry, Chocolate Chip	X	X	X	X
Pancakes	X	X	X -oil	X
Pancake & Sausage Stick	X		X	X
Potato Hash Brown			X-oil	
Sausage (Pork) - No Allergens				
Waffles & Waffle Sticks	X	X	X	X
Milk		X		
Juice & Fruit - No Allergens				

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	Eggs	Dairy	Soy	Wheat
Lunch				
BBQ Beef Rib on Sub Roll			X-oil	X
BBQ Pork on Whole Grain Bun				X
Bean, Beef, Cheese & Salsa Burritos (los Cabos)		X	X	X
Black Bean Burrito (Los Cabos)		X	X	X
Ultra Bean & Cheese Burrito		X	X	X
Cheese Burger on Bun		X		X
Chicken & Cheese Burrito (Los Cabos)		X	X	X
Chicken Rice & Cheese Burrito (Michael B's)		X	X	X
Chicken Breaded Breast Patty Whole Muscle (Tyson)			X	X
Chicken Breaded Breast Patty on a Bun			X	X
Chicken Drum Stick - Breaded			X	X
Chicken Drum Stick Hot & Spicy Breaded			X	X
Chicken Drumstick - Buffalo Unbreaded				X
Chicken Whole Muscle Boneless Wing/Nuggets (Tyson)			X	X
Chicken Sliders on Buns (Tyson)			X	X
Chicken & Waffles with Syrup	X	X	X	X
Chow Mein - Chef's Corner			X	X
Corn Dog - Chicken/Whole Grain Coating	X		X	X
Cornmeal Superstar (Daves)	X	X	X	X
Egg Roll - Chicken & Vegetable - Minh	X	X	X	X
Enchiladas Fernandos Chicken or Cheese		X	X	
Enchiladas 2 Cheese in Tray (Michael B's)		X	X	
Fish Square (Fish)		X	X	X
Hamburger Bun - Galassos White Whole Wheat			X-oil	X
Edamame Kung Pao Chicken - Yangs	X		X	X
Fish Sticks (Fish)		X	X	X
Flaquito - Chili Cheese (Michael B's)				
Fortune Cookie				X
Fruit & Yogurt Parfait with Granola		X	X	X
Garlic Cheese Breadstick	X	X	X	X
Garlic Toast - Marzetti		X		X
General Tso Chicken - Yangs	X		X	X
Brown Rice - No Allergens				
Hamburger - Advance Pierre Smokey Grilled Beef - No allergens				
Hamburger Bun - Galassos White Whole Wheat			X-oil	X

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	Eggs	Dairy	Soy	Wheat
Honey Fire Chicken - Cher's Corner	X		X	X
Brown Rice No Allergens				
Hot Dog - Oscar Mayer All Beef - No Allergens				
Hot Dog Bun - Galassos - White Whole Wheat			X-oil	X
Lunch To Go Peanut Butter		X	X	X
Macaroni & Cheese - Reduced Fat (Rose & Shore)	X	X		X
Mini Cheeseburgers		X	X	X
Mandarin Orange Chicken - Yangs	X		X	X
Brown Rice No Allergens				
Pick Up Stix House Chicken w/Brown Rice & Veggies	X		X	X
PBJ - Smuckers Uncrustable - Peanut Butter				X
Philly Cheesesteak Sub		X		X
Pizza Pepperoni (Pork) - Pizza Hut		X		X
Pizza Cheese - Pizza Hut		X		X
Pizza Veggie - Pizza Hut)		X		X
Pizza Sausage (Pork) - Pizza Hut)		X		X
Rotini with Meat Sauce				X
Meatballs - Chicken (Tyson)			X	X
Siracha Honey Chicken Asian Food Solutions (No	X			X
Brown Rice - No Allergens				
Subway Ham & Cheese Sub		X		X
Subway Turkey & Cheese Sub		X		X
Subway Veggie Sub		X		X
Sunflower Butter & Jelly Sandwich			X	X
Tamale, Chicken & Cheese (Michal B's)		X		
Taquito, Chicken (Jose Ole)		X	X	X
Taquito, Chicken (Michael B's) - No Allergens		X	X	
Teriyaki Chicken - Yangs			X	X
Teriyaki Beef Dippers			X	X
Brown Rice - No Allergens				
WaBa Grill Chicken Bowl (rice & carrots)			X	X
Taco Meat - Beef (Don Lee Farms)			X	
Taco Shell, 6" No Allergens				
Tortillas 6" Whole Grain				X
Tortillas 10" Whole Grain				X
Nacho Cheese Cup		X		
Chili for Nachos No Allergens				

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Chips for Nachos			X-oil	
ENTRÉE SALADS & SANDWICHES				
Asian Chciken Salad w/Noodles, Dressing, Fortune Cookie			X	X
Chicken Ceasar Salad		X		X
Fresh Fruit Salad W/ Yogurt, String Cheese		X		X
Southwest Chicken Salad with Baked Tostitos		X		X
Vegan Pasta Salad			X	X
Whole Grain Roll	X	X	X	X
Whole Grain Crackers				X
Goldfish Crackers		X	X-oil	X
Vegetarian Sandwich		X		X
Turkey & Cheese Croissant with Mustard & Mayo		X	X	X
Turkey & Cheese on Wheat with Mustard & Mayo		X		X
Tuna Salad Sandwich on Wheat				X
Ham & Cheese Croissant with Mustard & Mayo		X	X	X
Ham & Cheese on Wheat with Mustard & Mayo		X		X
Lite Ranch Dressing	X	X	X-oil	
Fruits, Fruit Juice & Vegetables BBQ Beans, Black Beans, Refried Beans - No Allergens				
Edamame			X	
Baked Fries - No Allergens				
Baked Potato Wedges, Spiral Cut Fries, Sweet Potato Fries				X
Mashed Potatoes		X	X	
Milk		X		
SNACKS				
Animal Crackers	X	X	X	X
Cheez Its		X	X	X
Chex Mix - Simply Cheddar		X	X	
Chez Mix - Extreme Habenero Lime			X	X
Chex Mix - Hot & Spicy		X	X	

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Goldfish Crackers		X	X-oil	X
Indiana Kettle Corn - Produced in facility that uses milk, soy, peanuts and tree nuts				
Lay's Baked Cheetos		X		
Lay's Baked Chips - Plain			X - oil	
Lay's Baked Chips - BBQ		X	X	
Lay's Baked Chips - Sour Cream & Onion		X	X	
Lay's Baked Ruffles - Cheddar Sour Cream		X	X	
Lay's Baked Doritos - Sweet Chili			X	X
Lay's Baked Doritos - All Other Flavors		X		
Lay's Baked Fantastix Hot		X		
Lay's Baked Funyons		X		
Lay's Munchies Kid Mix - no allergens				
Lay's Pretzels - Hartzels				X
Lays Smart Food Popcorn - White Cheddar		X		
Lay's Baked Tostitos & Scoops - No allergens				
Sunflower Seeds - Blazin Hot				X
Sunflower Seeds - Roasted & Honey Roasted - No Allergens				
Trail Mix - Contains Peanuts				
BEVERAGES				
IZZE & SWITCH Sparkling 100% Fruit Juice - No				
Slush Puppie - 100% Juice - No Allergens				
Smoothie - Naked Juice - No Allergens				
V-8 Fusion - No Allergens				