

## Food Allergen / Special Diet Resource 2016 - 2017

LUNCH	ALLERGENS									
	Meal Items	Corn	Dairy	Egg	Fish / Shellfish	Gluten	Nuts	Red Dye	Soy Bean	Other Information
Baked Ziti			x	x		x			x	
Bean & Cheese Burrito		x	x			x			x	
Beef and Cheese Nachos		x	x						x	
<i>Chips</i>	<i>x</i>									
<i>Nacho Cheese</i>			x						x	
<i>Beef</i>									x	
Beef Enchiladas		x	x						x	
Beef Soft Tacos		x	x			x			x	
<i>Flour Tortillas</i>	<i>x</i>					x			x	
<i>Beef</i>									x	
<i>Shredded American Cheese</i>			x							
Breaded Chicken Sandwich		x				x			x	
<i>Hamburger Bun</i>	<i>x</i>					x			x	Sesame Seeds
<i>Breaded Chicken Patty</i>						x			x	
Buffalo Chicken Pizza		x	x			x			x	
Canadian Bacon Pizza		x	x			x			x	Turkey Product
Cheese Calzone		x	x			x			x	
Cheese Pizza (Elem)		x	x			x			x	
Cheese Pizza (HS)		x	x			x			x	
Cheese Quesadilla			x	x		x			x	
Cheese Stick			x							
Cheeseburger		x	x			x			x	
<i>Hamburger Bun</i>	<i>x</i>					x			x	Sesame Seeds
<i>Sliced American Cheese</i>			x						x	
<i>Beef Patty</i>	<i>x</i>								x	
Chef Salad			x							
<i>Lettuce/Veg Mix</i>										
<i>Shredded American Cheese</i>			x							
Chicken Alfredo		x	x	x		x			x	
Chicken Fajita Tacos		x	x			x			x	
<i>Flour Tortillas</i>	<i>x</i>					x			x	
<i>Fajita Chicken</i>									x	
<i>Shredded American Cheese</i>			x							
Chicken Fried Steak		x				x			x	
Chicken LoMein		x		x	x	x			x	
Chicken Tenders						x			x	
Corn Dog		x	x	x		x			x	Turkey Product
Crispy Chicken Sandwich		x				x			x	
<i>Hamburger Bun</i>	<i>x</i>					x			x	Sesame Seeds
<i>Crispy Chicken Patty</i>						x			x	
Fiesta Salad		x	x			x			x	
<i>Beef / Bean Chili</i>									x	
<i>Shredded American Cheese</i>			x							
<i>Frito Corn Chips</i>	<i>x</i>									
<i>Spanish Rice</i>	<i>x</i>		x			x			x	
Fiestada Pizza		x	x			x			x	
Fish Fillet Sandwich		x	x	x	x	x			x	
<i>Hamburger Bun</i>	<i>x</i>					x			x	Sesame Seeds
<i>Fish Fillet</i>	<i>x</i>		x	x	x	x			x	
Fish Nuggets		x			x	x			x	
Four Meat Pizza *		x	x			x			x	Contains Pork *
Ham & Cheese Deli Sandwich		x	x			x			x	Turkey Product
<i>Sub Bun</i>	<i>x</i>					x			x	
<i>Sliced Deli Ham</i>										Turkey Product
<i>Sliced American Cheese</i>			x						x	
Hamburger										
<i>Hamburger Bun</i>	<i>x</i>					x			x	Sesame Seeds
<i>Beef Patty</i>	<i>x</i>								x	

\* Foods that Contain Pork

Highlighted = Food Components within Meal Item

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Meal Items	Corn	Dairy	Egg	Fish / Shellfish	Gluten	Nuts	Red Dye	Soy Bean	Other Information
<b>Hamburger Pizza</b>	x	x			x			x	
<b>Hot &amp; Spicy Chicken Sandwich</b>	x				x			x	
<i>Hamburger Bun</i>	x				x			x	Sesame Seeds
<i>Hot &amp; Spicy Chicken Patty</i>	x				x			x	
<b>Hot Dog</b>	x	x			x				
<i>Hot Dog Bun</i>	x	x			x				
<i>100% Beef Frank</i>									
<b>Lasagna</b>		x	x		x			x	
<b>Mac 'n Cheese</b>		x	x		x				
<b>Mesquite Chicken (JH/HS)</b>	x	x							
<b>Orange Chicken</b>	x	x			x			x	
<i>Popcorn Chicken w/ Sauce</i>	x				x			x	
<i>Seasoned Rice</i>	x	x						x	
<b>Oven Crispy Chicken (Elm)</b>	x				x				
<b>Pepper Jack Enchiladas</b>	x	x							
<b>Pepperoni Pizza (Elem) *</b>	x	x			x			x	Contains Pork *
<b>Pepperoni Pizza (HS)</b>	x	x			x			x	
<b>Pepperoni Calzone *</b>	x	x			x			x	Contains Pork *
<b>Popcorn Chicken</b>					x			x	
<b>Ranch Chicken Wrap</b>	x	x			x			x	
<b>Roasted Turkey Breast (Holiday)</b>									Turkey Product
<b>Shrimp Poppers</b>	x			x	x			x	
<b>Sloppy Joe Sandwich</b>	x				x			x	
<i>Hamburger Bun</i>	x				x			x	Sesame Seeds
<i>Beef w/ Sauce</i>	x							x	
<b>Southwest Bowl</b>	x	x			x			x	
<i>Nacho Chips</i>	x								
<i>Beef Chili</i>								x	
<i>Shredded American Cheese</i>		x							
<i>Spanish Rice</i>	x	x			x			x	
<b>Spaghetti w/ Meat sauce</b>			x		x			x	
<b>Spicy Asian Bowl</b>	x	x			x			x	
<i>Turkey w/ General Tso Sauce</i>	x				x			x	
<i>Seasoned Rice</i>	x	x						x	
<b>Spicy Chicken Bowl</b>	x	x			x			x	
<i>Chicken w/ Orange Sauce</i>	x				x			x	
<i>Seasoned Rice</i>	x	x						x	
<b>Steak Fingers</b>	x				x			x	
<b>Taco Snack</b>	x	x			x			x	
<b>Turkey &amp; Cheese Deli Sandwich</b>	x	x			x			x	
<i>Sub Bun</i>	x				x			x	
<i>Sliced Deli Turkey</i>									
<i>Sliced American Cheese</i>		x						x	
<b>Turkey Tetrazzini</b>	x	x	x		x			x	
<b>Wow Butter Sandwich</b>	x	x			x			x	
<i>Sliced Wheat Bread</i>	x	x			x				
<i>Wow Butter</i>								x	
<b>Yogurt, Strawberry Banana</b>	x	x					x		

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