



**San Juan Unified School District
Nutrition Services Department
2019-2020 Potential Food Allergens in School Meals**

| MENU ITEMS | Secondary Only | Egg | Milk | Soy | Corn | Wheat | Peanut | Tree Nuts | Sesame | Pork |
|--------------------------------------|----------------|---------------------|---------------------|-----|------|----------------------|--------|----------------------|--------|---------|
| American Cheese, Sliced | | | X | | | | | | | |
| Baja Fish Sticks | | | X | X | X | X | | | | |
| Bagel, Plain | | Made in same bakery | | X | | X | | | | |
| Bean & Cheese Burrito | | | X | X | | X | | | | |
| Beans, Refried | X | | | | X | | | | | |
| Beef Hamburger Patty | | | | | | | | | | |
| Beef Sausage Patty | | | | | X | | | | | |
| Biscuit | X | | X | X | | X | | | | |
| Breakfast Burrito-Bacon/Egg/Cheese | X | X | X | X | | X | | | | |
| Breakfast Burrito-Egg/Cheese | X | X | X | X | | X | | | | |
| Breakfast Burrito-Sausage/Egg/Cheese | X | X | X | X | | X | | | | |
| Breakfast Pizza (Turkey) | | | X | X | X | X | | | | |
| Bread, Sliced | X | | Made in same bakery | X | X | X | | | | |
| Cereal, Frosted Shredded Wheat | | | | | | X | | | | Gelatin |
| Cereal, Honey Scooters | | | | | | X | | | | |
| Cereal, Marshmallow Mateys | | | | | X | X | | | | Gelatin |
| Cereal, Cinnamon Granola | | | | X | X | Made in same factory | | Made in same factory | | |

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|---------------------------|----------------|-----|---------------------|-----|------|-------|----------------------|-----------|--------|------|
| Cheeseburger Sliders | x | | x | x | | x | | | | |
| Cheesy Breadsticks | | | x | x | x | x | | | | |
| Cheez Its | | | x | x | | x | | | | |
| Chicken Drumstick | | | | | x | x | | | | |
| Chicken Nuggets | | | | x | | x | | | | |
| Chicken Patty | | | | x | | x | | | | |
| Cinnamon Crumble | | x | x | x | x | x | | | | |
| Cinnamon Roll | | x | x | x | x | x | | | | |
| Cookie, Happy Birthday | | | x | x | x | x | Made in same factory | | | |
| Corn Dog (Chicken) | | x | | x | x | x | | | | |
| Corn Star | | x | x | x | x | x | | | | |
| Egg Roll (Chicken) | | | | x | | x | | | | |
| Fortune Cookie | x | | | | | x | | | | |
| French Toast Sticks | | | | x | x | x | | | | |
| General Tso's Chicken | x | x | | x | x | x | | | | |
| Goldfish Cheddar Crackers | | | x | | | x | | | | |
| Goldfish Pretzel Crackers | | | x | | x | x | | | | |
| Grilled Cheese WG | | | x | x | | x | | | | |
| Hamburger Bun | | | Made in same bakery | x | x | x | | | | |
| Hot & Spicy Chicken Bites | x | | | x | x | x | | | | |
| Hot Dog Bun | | | Made in same bakery | x | x | x | | | | |
| Korean BBQ Sauce | x | | | x | | x | | | x | |
| Mandarin Orange Chicken | x | x | | x | x | x | | | | |
| Mini Wheat Roll | | | | x | x | x | | | trace | |

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| Muffin, Apple Cinnamon | | x | x | x | | x | | | | |
| Muffin, Blueberry | | x | x | x | | x | | | | |
| Muffin, Blueberry | x | x | x | x | | x | | | | |
| Muffin, Double Chocolate | x | x | x | x | | x | | | | |
| Nacho Cheese Sauce | x | | x | | | | | | | |
| Pancake Sausage Roll Up (Turkey) | | x | | x | x | x | | | | |
| Pancakes, Confetti | | x | x | x | | x | | | | |
| Pizza, Cheese | | | x | x | | x | | | | |
| Pizza, Cheese | x | | x | x | x | x | | | | |
| Pizza, Pepperoni (Beef) | | | x | x | | x | | | | |
| Pizza, Pepperoni (Turkey, Beef) | x | | x | x | x | x | | | | |
| Popcorn Chicken | | | x | x | x | x | | | | |
| Potato Wedges | | | | x | x | | | | | |
| Potatoes, Mashed | | | x | x | | | | | | |
| Scrambled Eggs | | x | x | | | | | | | |
| Scone, Apple Cinnamon | | Made in same bakery | x | | x | x | | | | |
| Shredded Cheddar Cheese | | | x | | | | | | | |
| Spicy Chicken Patty | x | | | x | x | x | | | | |
| String Cheese | | | x | | | | | | | |
| Taco Beef Meat | x | | | x | x | | | | | |
| Teriyaki Beef Nuggets | | | | x | | x | | | | |
| Three Bean Chili | | | | x | x | | | | | |

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| Tortilla Chips | x | | | x | x | | | | | |
| Turkey Bacon | | | | | | | | | | |
| Turkey Frank | | | | | x | | | | | |
| Turkey Gravy | x | | x | x | x | x | | | | |
| Turkey Ham, Deli | x | | | | | | | | | |
| Turkey, Deli | | | | | | | | | | |
| Vegetable Fried Rice | | | | x | | x | | | | |
| Waffles | | x | x | x | | x | | | | |
| Wheat Tortilla, 10 inch | x | | | x | x | x | | | | |
| Wheat Tortilla, 8 inch | x | | | x | x | x | | | | |
| Wheat Tortilla, 6 inch | x | | | x | x | x | | | | |
| Yakisoba Noodles | x | x | x | x | | x | | | x | |
| Yogurt, 4 oz | | | x | | x | | | | | |
| BBQ Sauce Packet | | | | | x | | | | | |
| Cream Cheese Packet | | | x | | | | | | | |
| Italian Dressing | | | | x | | | | | | |
| Ketchup Packet | | | | | x | | | | | |
| Maple Syrup Cup | | | | | x | | | | | |
| Mayonnaise Packet | x | x | | x | x | | | | | |
| Mustard Packet | | | | | | | | | | |
| Ranch Dressing | | x | x | x | x | | | | | |
| Taco Sauce Packet | | | | | | | | | | |