



San Juan Unified School District
Nutrition Services Department
2020-2021 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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Cheese Sliders			X	X		X				
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 & Cheese Muffin		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				

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Korean BBQ Sauce	x			x		x			x	
Macaroni & Cheese		x	x	x		x				
Mandarin Orange Chicken	x	x		x	x	x				
Mini Wheat Roll				x	x	x			trace	
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							
Orange Chicken				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				

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Scone, Banana Chocolate Chip			x	x		x				
Shredded Cheddar Cheese			x							
Spicy Chicken Patty	x			x	x	x				
String Cheese			x							
Sunbutter Sandwich				x		x				
Taco Beef Meat	x			x	x					
Teriyaki Beef Nuggets				x		x				
Three Bean Chili				x	x					
Tortilla Chips	x			x	x					
Turkey Bacon										
Turkey Frank					x					
Turkey Gravy	x		x	x	x	x				
Turkey Ham, Deli	x									
Turkey, Deli										
UBR Breakfast Bar		x	x	x		x				
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					

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Maple Syrup Cup					x					
Mayonnaise Packet	x	x		x	x					
Mustard Packet										
Ranch Dressing		x	x	x	x					
Taco Sauce Packet										