

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	Updated June, 2015 by Megan Thomas, MS, RDN												
2	Food Item	Dairy	Eggs	Fish	Shellfish	Peanuts	Tree nuts	Wheat	Gluten	Soy	Corn	Food Dyes	Notes
3	<u>Pre-ordered bread</u>												
4	Bagel plain (a la carte)							X	X				
5	Sandwich Bread							X	X	X	X		
6	Hamburger buns	X						X	X	X	X		Could contain sesame
7	Hot dog buns	X						X	X	X	X		Could contain sesame
8	Dinner rolls							X	X	X	X		May contain eggs, sesame
9	English muffins							X	X	X	X		Cornmeal, honey
10	Tortillas							X	X	X	X		Corn oil
11	<u>A la carte: dry</u>												
12	Fortune cookie		X					X	X	X			
13	Goldfish crackers	X						X	X	X			
14	Fruit by the Foot									X	X	X	Red 40, Yellow 5, Blue 1, CS
15	Holiday Cookie	X	X					X	X	X		X	Dyes in sugar
16													
17	<u>A la carte: frozen</u>												
18	Egg rolls		X					X	X	X			Pork
19	Bosco Stick	X						X	X	X	X		Corn oil
20	Apple/Banana muffins		X					X	X	X	X		Modified corn starch
21	Blueberry muffins		X					X	X	X	X		Modified corn starch
22	<u>A la carte: beverages</u>												
23	Envy												No major allergens
24	Capri Sun												No major allergens
25	Kidpack G2											X	Sucralose, Red 40, Blue 1, Yellow 5
26	Water 16.9 oz												No major allergens
27	Water 8 oz												No major allergens
28	<u>Baking</u>												
29	Baking powder												No major allergens
30	Baking soda												No major allergens
31	Cornstarch										X		
32	White flour							X	X				
33	WW flour							X	X				
34	Powdered milk	X											
35	Soy oil									X			
36	Salt												Iodized
37	Brown sugar												No major allregens
38	Powdered sugar										X		
39	White sugar												No major allergens
40	Yeast												No major allergens

	A	B	C	D	E	F	G	H	I	J	K	L	M
2	Food Item	Dairy	Eggs	Fish	Shellfish	Peanuts	Tree nuts	Wheat	Gluten	Soy	Corn	Food Dyes	Notes
41	Baking Misc												
42	Butter mist spray	X								X			
43	Chocolate chips	X								X			Soy lecithin
44	Frank's hot sauce												No major allergens
45	Lemon Juice												No major allergens
46	Rolled oats								X				
47	Pan coating									X			
48	Chicken noodle soup		X					X	X	X			Also contains MSG
49	Cream of chicken soup	X						X	X	X	X		Mod. Food starch; MSG
50	Tomato soup							X	X		X		HFCS; maltodextrin
51	Soy sauce							X	X	X			
52	Vanilla flavoring												No major allergens
53	White vinegar												No major allergens
54	Spices												
55	Chili powder												No major allergens
56	Cinnamon												No major allergens
57	Ground cloves												No major allergens
58	Cumin												No major allergens
59	Garlic powder												No major allergens
60	Ginger												No major allergens
61	Italian seasoning												No major allergens
62	Dry mustard												No major allergens
63	Nutmeg												No major allergens
64	Onion powder												No major allergens
65	Paprika												No major allergens
66	Parsley flakes												No major allergens
67	Black pepper												No major allergens
68	Red crushed pepper												No major allergens
69	Taco seasoning								X		X		Maltodextrin, corn flour
70	Worcestershire Sauce			X						X	X		Corn syrup
71	Processed Grains												
72	Honey Nut Cheerios						X	X	X		X		Almond, corn starch
73	Cinnamon Toast Crunch							X	X	X	X		Fructose, soy lecithin
74	Fruit Loops							X	X	X	X	X	Coconut, Red 40, Blue 2 & 1, Yellow 6
75	Rice Chex												No major allergens
76	Trix										X	X	Corn, corn syrup, Red 40, Yellow 6. Blue 1
77	Chips for High Schools										X		Corn oil
78	Graham crackers							X	X	X			Soy oil
79	Whole wheat saltines							X	X		X		Corn starch
80	Nacho chips										X		Corn, corn oil
81	Chow Mein noodles							X	X		X		Corn oil
82	Snack Packs	X						X	X	X	X		Soy oil, corn starch, soy lecithin
83	Pasta												
84	Lasagna noodles							X	X				No major allergens
85	Penne noodles							X	X				Manufactured in same place as eggs
86	Spaghetti noodles							X	X				Manufactured in same place as eggs
87	Brown rice												No major allergens

	A	B	C	D	E	F	G	H	I	J	K	L	M
2	Food Item	Dairy	Eggs	Fish	Shellfish	Peanuts	Tree nuts	Wheat	Gluten	Soy	Corn	Food Dyes	Notes
88	<u>Canned fruits</u>												
89	Cranberry sauce										X		HFCS
90	Mandarin oranges												Citrus
91	Peaches												No major allergens
92	Pineapple tidbits												No major allergens
93	Pineapple rings												No major allergens
94	Pumpkin												No major allergens
95	Tropical fruit												Papaya
96	Sliced apples												No major allergens
97	Craisins												No major allergens
98	Raisels												Sulfur dioxide
99	Applesauce cups												No major allergens
100	<u>Canned vegetables</u>												
101	Baked beans										X		Corn starch, bacon
102	Black beans												No major allergens
103	Garbanzo beans												No major allergens
104	Green beans												No major allergens
105	Pinto beans												No major allergens
106	Kidney beans												No major allergens
107	Beets										X		HFCS
108	Green chilies, diced												No major allergens
109	Corn										X		
110	Marinara sauce										X		HFCS
111	Black olives												No major allergens
112	Jalapeno peppers												No major allergens
113	Tomato paste												No major allergens
114	Tomato sauce												No major allergens
115	Diced tomatoes												No major allergens
116	<u>Condiments</u>												
117	Caesar dressing	X	X	X					?	X	X		HFCS, sunflower oil, mod food starch
118	Italian dressing									X	X	X	HFCS, Yellow 5 & 6
119	Sesame Ginger dressing								?	X			Peach, sesame
120	Sweet and sour sauce			X				X	X	X	X		Corn starch, HFCS, pineapple
121	BBQ Sauce									X	X		HFCS, soy oil
122	Cholula												No major allergens
123	Ketchup										X		HFCS
124	Mayonnaise		X						?	X			Mod food starch
125	Mustard												No major allergens
126	Ketchup packets										X		HFCS
127	Mustard packets												No major allergens
128	Ranch dressing packets	X									X		Corn syrup
129	Mayo packets		X							X	X	X	Corn syrup, Yellow #5
130	Tartar sauce		X							X	X		HFCS
131	Pancake syrup										X		Corn syrup
132	Bacon crumbles												Contains pork
133	Sunflower seeds									X			Could contain soy oil. Contains seeds

	A	B	C	D	E	F	G	H	I	J	K	L	M
2	Food Item	Dairy	Eggs	Fish	Shellfish	Peanuts	Tree nuts	Wheat	Gluten	Soy	Corn	Food Dyes	Notes
134	Dairy												
135	Sliced American cheese	X								X	X		Citrate, soy lecithin and oil
136	Mozzarella cheese	X											
137	Parmesan cheese	X											
138	Shredded Cheddar cheese	X											
139	String cheese	X											
140	Colby jack cheese	X											
141	Yogurt	X									X		Mod corn starch
142	Egg patties	X	X							X	X		Soy oil, mod food starch
143	Scrambled eggs	X	X						?	X			Mod food starch
144	Mac and Cheese	X	X					X	X				Mod food starch
145	Cheesy French Bread	X						X	X	X	X		Corn Starch
146	Margarine									X			
147	Whipped topping	X										X	Yellow 5 and 6
148	Powdered eggs		X								X		Corn syrup
149													
150	Dehydrated												
151	Dehydrated black beans										X		Corn oil
152	Dehydrated pinto beans												
153	Hummus									X			Sesame
154	Dehydrated onions												No major allergens
155	Instant mashed potatoes	X						X	X	X			CONTAINS GLUTEN
156	Scalloped potatoes	X						X	X	X	X		Corn syrup, coconut, mod food starch
157	Dry mixes												
158	Asian noodle seasoning							X	X	X	X		Maltodextrin, sesame
159	Brownie mix	X	X				X	X	X	X			Manufactured near tree nuts
160	Cilantro lime seasoning									X			Citrus
161	Dry Ranch seasoning mix	X											Gluten free
162	Gravy mix	X						X	X	X	X		Bacon, MSG
163	Salsa seasoning packet												No major allergens
164	Frozen breads												
165	French bread (High schools)							X	X	X			
166	Cinnamon Tastries	X						X	X	X	X		Corn starch
167	Flat bread							X	X	X	X		Corn starch
168	French toast sticks	X						X	X	X	X		HFCS, soy oil, soy lecithin, mod corn starch
169	PBJ					X		X	X	X	X		HFCS
170	Bread Sticks (Rich's)		X					X	X	X			May contain sesame
171	Pizza crust (Alpha)	X						X	X	X	X		Corn starch
172	Round pizza crust 14' (9-12)							X	X	X	X	X	Corn starch, honey
173	UBR	X	X					X	X	X	X		Corn starch
174	Rich's Flatbread	X						X	X	X			Sesame
175	Pumpkin bread		X					X	X	X	X		Honey
176	Banana bread		X					X	X	X	X		Honey
177	Zucchini bread		X					X	X	X	X		Honey
178	Frozen fruits												
179	Frozen blueberries												No major allergens
180	Fruit treat cups												All contain pineapple
181	Frozen peach cups												No major allergens
182	Frozen strawberry cups												No major allergens

	A	B	C	D	E	F	G	H	I	J	K	L	M
2	Food Item	Dairy	Eggs	Fish	Shellfish	Peanuts	Tree nuts	Wheat	Gluten	Soy	Corn	Food Dyes	Notes
183	Frozen meat												
184	Hamburger patties												No major allergens
185	Turkey meatballs	X	X					X	X	X			
186	Breakfast pizza	X						X	X	X	X		TVP, corn oil
187	Breakfast on a Stick		X					X	X	X			TVP, soy oil, mod corn starch
188	Diced turkey												No major allergens
189	Roasted chicken drumsticks										X		Mod corn starch
190	Grilled chicken patty									X	X		Maltodextrin, corn starch, corn syrup, sulfites
191	Hot and Spicy chicken patty							X	X	X	X		Corn flour, soy protein
192	Chicken patties							X	X	X			Soy protein
193	Popcorn chicken							X	X	X	X		Corn starch, corn flour
194	Chicken strips							X	X	X			Isolated soy protein
195	Crispito							X	X	X	X		Corn starch, corn oil, soy oil
196	Turkey crumbles												No major allergens
197	Italian Ravioli	X	X					X	X		X		Modified corn starch
198	Italian Shells	X	X					X	X		X		Modified corn starch
199	Pepperoni										X		Corn syrup
200	Pizzatas	X						X	X	X	X		Corn syrup, mod corn starch
201	Pork rib patty								?	X	X		Modified food starch, corn syrup
202	Sausage crumbles												No major allergens
203	Sausage patty												No major allergens
204	Turkey breast												Modified food starch (not wheat)
205	Turkey ham												No major allergens
206	Turkey with gravy									X			Soy protein
207	Turkey hot dogs										X		Corn syrup
208	Individual Tony's Pizza	X						X	X	X	X		Corn oil, ISP
209	French Bread (Italian Dunker)	X						X	X	X	X		Corn starch, corn oil
210	Mini Italian Ravioli	X	X					X	X		X		Modified corn starch
211	Lasagna Roll-ups	X	X					X	X		X		Modified corn starch
212	Frozen vegetables												
213	Sliced carrots												No major allergens
214	Green chili sauce	X									X		Corn starch
215	Orange sauce							X	X	X	?		Mod food starch, sesame
216	Teriyaki sauce							X	X	X	?		Mod food starch, sesame
217	Potato chunks for burritos												No major allergens
218	Shoestring potatoes									X	X		Now gluten free
219	Sweet potatoes									X	X		Mod food starch, corn syrup
220	Potato wedge									X	X		Corn flour
221	Waffle fries									X	X		Corn flour, corn oil