

## SJUSD Nutrition Services 2021-22 Potential Food Allergens

	A	B	C	D	E	F	G	H	I	J
1	<b>MENU ITEMS</b>	<b>Egg</b>	<b>Milk</b>	<b>Soy</b>	<b>Corn</b>	<b>Wheat</b>	<b>Sesame</b>	<b>Pork</b>	<b>Peanut</b>	<b>Tree Nuts</b>
2	American Cheese, Sliced		X							
3	Artisian Roll					X				
4	Bagel, Plain	Made in same bakery		X		X				
5	BBQ Sauce Packet				X					
6	Bean & Cheese Burrito		X	X		X				
7	Beef Hamburger Patty									
8	Beef Sausage Patty				X					
9	Bread, Sliced		Made in same bakery	X	X	X				
10	Breakfast Pizza (Turkey)		X	X	X	X				
11	Breakfast Wrap,sausage		X	X	X	X				
12	Cereal Bar , Cocoa Puffs				X	X				
13	Cereal, Frosted Flakes				X	X				
14	Cereal, Frosted Shredded Wheat					X		Gelatin		
15	Cereal, Honey Scooters					X				
16	Cereal, Marshmallow Mateys				X	X		Gelatin		
17	Cheese Enchiladas		X	X	X					
18	Cheeseburger Sliders		X	X		X				
19	Cheesy Breadsticks		X	X	X	X				
20	Cheez Its		X	X		X				
21	Chicken Drumstick				X	X				
22	Chicken Nuggets			X		X				
23	Chicken Patty			X		X				
24	Chicken stuffed sandwich	X	X	X	X	X				
25	Cinnamon Crumble	X	X	X	X	X				
26	Cinnamon Roll	X	X	X	X	X				
27	Corn Dog (Chicken)	X		X	X	X				
28	Corn Star	X	X	X	X	X				
29	Cream Cheese Packet		X							
30	Egg & Cheese Muffin	X	X	X	X	X				

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31	Egg Roll (Chicken)			X		X				
32	French Toast Sticks			X	X	X				
33	General Tso's Chicken	X		X	X	X				
34	Goldfish Cheddar Crackers		X			X				
35	Goldfish Pretzel Crackers		X		X	X				

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36	Grilled Cheese WG		X	X		X				
37	Hamburger Bun		Made in same bakery	X	X	X				
38	Hot Dog Bun		Made in same bakery	X	X	X				
39	Italian Dressing			X						
40	Ketchup Packet				X					
41	Macaroni & Cheese	X	X	X		X				
42	Mandarin Orange Chicken	X		X	X	X				
43	Maple Syrup Cup				X					
44	Mayonnaise Packet	X		X	X					
45	Mini Wheat Roll			X	X	X	trace			
46	Muffin, Apple Cinnamon	X	X	X		X				
47	Muffin, Blueberry	X	X	X		X				
48	Muffin, Double Chocolate	X	X	X		X				
49	Mustard Packet									
50	Nacho Cheese Sauce		X							
51	Nacho Pretzel Pocket	X	X	X		X				
52	Pancakes, Confetti	X	X	X		X				
53	Pepperoni stuffed sandwich	X	X	X	X	X				
54	Pizza, Cheese		X	X	X	X				
55	Pizza, Pepperoni (Beef)		X	X		X				
56	Pizza, Pepperoni (Turkey, Beef)		X	X	X	X				
57	Ranch Dressing	X	X	X	X					
58	Rotini Beef with sauce	X				X				
59	Scone, Apple Cinnamon	Made in same bakery	X		X	X				
60	Scone, Banana Chocolate Chip		X	X		X				
61	Spicy Chicken Patty			X	X	X				

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62	String Cheese		X							
63	Sunbutter Sandwich			X		X				
64	Taco Beef Meat			X	X					
65	Taco Sauce Packet									
66	Teriyaki Beef Nuggets			X		X				
67	Tortilla Chips			X	X					
68	Turkey Bacon									
69	Turkey Frank				X					
70	Turkey Ham, Deli									
71	Turkey, Deli									
72	Twin Cheese Sliders		X	X		X				
73	UBR Breakfast Bar	X	X	X		X				
74	Vegetable Fried Rice			X		X				
75	Waffles	X	X	X		X				
76	Wheat Tortilla, 10 inch			X	X	X				
77	Yakisoba Noodles					X	X			
78	Yogurt, 4 oz		X		X					