

2010-11 ALLERGEN INFORMATION* FOR SECONDARY LUNCH MENUS Updated 12/12/2011

NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY HAVE INVENTORY OF PREVIOUS YEAR'S PRODUCTS

INGREDIENT CODES:		(X) = Present in some versions																
		FS = Non-specified Food Starch					M= Used in manufacturing plant											
Item	Portion	Wheat	Dairy	Eggs	Peanutis	Tree Nuts	Soy	Corn	Sesame	Oats	Barley	Rye	MSG	Red #40	Rice	Mustard	Cottonseed Oil	Sunflower
ENTREES																		
Beef and Broccoli w/ Rice	1 serving	X				X		X						X				
Black Bean Burger	1 each	X	X	X		X	X											
Chalupa	1 each	X	X															OIL
Cheese Dippers w/ Salsa	4 each	X	X				X									X		
Cheese Slice, American, .5oz	1 slice		X															
Cheese Snack, 1oz	1 each		X															
Cheeseburger on Hamburger Bun	1 each	X	X			X	X			X								
Chicken Bites	10	X				X	X											
Chicken Club on Kaiser Roll	1 each	X	X			X	X			X								
Chicken, Mandarin Orange	1 serving	X		X		X	CS											
Chicken Nuggets, Breaded	6 each	X	X			X	X											
Chicken Patty Breaded on Bun	1 each	X	X			X	X			X								
Chicken, Hot & Spicy breaded patty, on Seeded Hamburger Bun	1 each	X		X		X	X	X		X								
Chicken, Teriyaki	1 serving	X				X												
Chili w/Beef, Beans	1 cup	X					X											
Cold Cut Sub	1 each	X	X			X	X			X	X							X
Egg Salad on Wheat Bread	1 each	X	X	X		X	X			X								
Grab n' Go Bagel w/8oz Yogurt	1 serving	X	X				X											
Grilled Cheese Sandwich	1 each	X	X			X	X			X								
Grilled Cheese Sandwich Spicy	1 each	X	X			X												
Flatbread Sandwich, Cheese	1 each	X	X			X	CS											OIL
Flatbread Sandwich, Southwest Chicken	1 each	X	X			X												OIL
Hamburger on Bun	1 each	X				X	X			X								
Burger, Turkey	1 each																	
Hot Dog (turkey) on Bun	1 each	X				X	X											
Hot Dog w/1oz Chili on Bun	1 each	X				X	X											
Mac & Cheese, entree	1 cup	X	X			X	X									X		
Max Wrap	1 each	X	X			X												
Orange Chipotle Turkey w/ Rice & Veggie	1 serving	*				x	x	x						x				Soy Sauce

1A of 6A
*Based on current recipes and manufacturers' labels. Inventory at schools may vary. Condiments not included; bread not included when served separate from entrée.

2010-11 ALLERGEN INFORMATION* FOR SECONDARY LUNCH MENUS Updated 12/12/2011

NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY HAVE INVENTORY OF PREVIOUS YEAR'S PRODUCTS

INGREDIENT CODES: X = YES (X) = Present in some versions

FS = Non-specified Food Starch M= Used in manufacturing plant

Item	Portion	Wheat	Dairy	Eggs	Peanuts	Tree Nuts	Soy	Corn	Sesame	Oats	Barley	Rye	MSG	Red #40	Rice	Mustard	Cottonseed Oil	Sunflower
		ENTREES continued																
Peanut Butter & Jelly on White, school-made	1 each	X			X	X	X			X						X		
w/ Cheese snack -- ADD	1 each		X															
Peanut Butter & Jelly Pocket w/soy	1 each	X			X	X	X			X						X		
Pizza Dippers w/ Salsa	4 each	X	X				X									X		
Pizza, WG Big Daddy cheese	1 each	X	X			X	X									X		
with Pepperoni (add)	4 slices																	
PIZZA Individual 5" Cheese	1 each	X	X			X	X			X								
PIZZA Individual 5" Pepperoni	1 each	X	X			X	X			X								
Pulled Pork Sandwich	1 each	x													x	x		
Shrimp Poppers (about 21 pieces)	1 serving	X	X	X		X	X									X		
w/ Macaroni & Cheese (side) ADD	2/3 cup	X	X			X	FS											
Quesadilla, Cheese	1 each	X	X															
Quesadilla, Beef	1 each	X	X															
Quesadilla, Chicken	1 each	X	X															
Shrimp Poppers (about 42 pieces)	1 serving	X	X	X		X	X									X		
Spaghetti w/Meatballs	1 serving	X	X	X														
Spaghetti w/Cheesy breadstick	1 serving	X	X	X														
Slider, Chicken w/ Bun	2 each	X	X	X		X	X											
Steak & Cheese on Seeded Steak Roll	1 each	X	X			X	X	X		X								
Tuna Salad on Wheat Bread	1 each	X				X	X			X								
Turkey w/Gravy	1 serving	X	X			X	X									X		
Turkey Ham & Chs on Rye	1 each	X	X			X	X			X	X					X		
Turkey Sub on Italian Sub Roll	1 each	X				oil	X			X	X							X
Morningstar Chik'n Nuggets	6 each	X	X	X		X	X											"Morningstar Chik'n Nuggets"
2A of 6A																		

*Based on current recipes and manufacturers' labels. Inventory at schools may vary. Condiments not included; bread not included when served separate from entrée.

2010-11 ALLERGEN INFORMATION* FOR SECONDARY LUNCH MENUS Updated 12/12/2011

NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY HAVE INVENTORY OF PREVIOUS YEAR'S PRODUCTS

INGREDIENT CODES: X = YES (X) = Present in some versions
FS = Non-specified Food Starch M= Used in manufacturing plant

Item	Portion	Wheat	Dairy	Eggs	Peanut	Tree Nuts	Soy	Corn	Sesame	Oats	Barley	Rye	MSG	Red #40	Rice	Mustard	Cottonseed Oil	Sunflower
------	---------	-------	-------	------	--------	-----------	-----	------	--------	------	--------	-----	-----	---------	------	---------	----------------	-----------

ENTRÉE SALADS (dressings and breads, except tortilla pieces, not included)

Chef Salad	1 each	*	X				X												*may contain croutons
Chicken Caesar Salad	1 each	*	X			X	FS			X									
Chicken Fajita Salad w/Tortilla Pieces	1 each		X			X	X												
Shrimp Popper Salad	1 each	X	X	X		X	X									X			
Spicy Chicken Salad w/ Tortilla Pieces		X	X	X		X	X												
Taco Salad w/WG Tortilla Pieces	1 each	X	X			X	X												
Tuna Salad Special	1 each	X		X		oil	X								X				
Vegetarian (egg/cheese) Salad	1 each	*	X	X															*may contain croutons

SALAD DRESSINGS

Creamy Caesar Dressing	1.5 fl.oz.		X	X		oil	X								X				
Ranch Dressing	1.5 fl.oz.		X	X		oil	X												
Salsa Ranch Dressing	1.5 fl.oz.		X	X		oil	X												

BREADS

Dinner Roll, Whole Wheat	1 roll	X				X	X												
French Bread	1 slice	X				X	X			X	X								X
Hamburger Bun	1 bun	X				X	X			X									
Hot Dog Bun	1 bun	X				X	X												
Italian Sub Roll	1 roll	X				X	X			X	X								X
Kaiser Roll	1 roll	X				X	X			X									
Loco Bread	1 piece	X				X	CS												
Pretzel , Whole Grain , Soft	1 knot	X					X												
Seeded Hamburger Bun	1 bun	X				X	X	X		X									
Seeded Steak Roll	1 roll	X				X	X	X		X									
Tortilla Pieces, Whole Kernal Corn	1 oz						X												
Tortilla, Flour, 8"	1 each	X				oil	X			X						X			

3A of 6A

*Based on current recipes and manufacturers' labels. Inventory at schools may vary. Condiments not included; bread not included when served separate from entrée.

2010-11 ALLERGEN INFORMATION* FOR SECONDARY LUNCH MENUS Updated 12/12/2011

NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY HAVE INVENTORY OF PREVIOUS YEAR'S PRODUCTS

INGREDIENT CODES: X = YES (X) = Present in some versions

FS = Non-specified Food Starch M= Used in manufacturing plant

Item	Portion	Wheat	Dairy	Eggs	Peanut	Tree Nuts	Soy	Corn	Sesame	Oats	Barley	Rye	MSG	Red #40	Rice	Mustard	Cottonseed Oil	Sunflower
		FRUITS/JUICES																
Apple Juice Box, 6 oz.	1 carton																	
Orange Juice, 4oz	1 carton																	
Applesauce, canned, unsweetened	1/2 cup						X											
Apples, spiced	1/2 cup						X											
Apricots, canned	1/2 cup						X											
Fruit, Fresh, assort'd, average	1 piece																	
Fruit Fresh, grapes, 1 bunch	2 oz																	
Mixed Fruit (Fruit Cup), canned	1/2 cup						X											
Peaches, canned	1/2 cup						X											
Pears, canned	1/2 cup						X											
Pineapple, canned	1/2 cup						X											
SOUPS																		
Broccoli Cheese	1 cup	X	X			X	X									X		
Chili Soup	1 cup	X					X											
Turkey Rice	1 cup						X						X					
Vegetable	1 cup	X				X	X											
VEGETABLES/SIDES																		
Baby Carrots, fresh	1.6oz pkg																	
Baked Beans	1/2 cup						X											
Bread (Corn) Stuffing	1/2 cup	X	X			X	X											
Cole Slaw	1/2 cup	X	X			X	X											
Corn	1/2 cup																	
Green Beans	1/2 cup																	
Macaroni & Cheese (side)	2/3 cup	X	X			X	X									X		
Mixed Vegetables	1/2 cup																	
Potatoes, mashed	2/3 cup		X			oil										X	X	
Potatoes, mashed w/ 1/4 C gravy	2/3 cup	X	X			X	X									X		
Potatoes, fries, 3.5oz	1 serving					oil	X						X					

*Based on current recipes and manufacturers' labels. Inventory at schools may vary. Condiments not included; bread not included when served separate from entrée.

2010-11 ALLERGEN INFORMATION* FOR SECONDARY LUNCH MENUS Updated 12/12/2011

NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY HAVE INVENTORY OF PREVIOUS YEAR'S PRODUCTS

INGREDIENT CODES: X = YES (X) = Present in some versions

FS = Non-specified Food Starch M= Used in manufacturing plant

Item	Portion	Wheat	Dairy	Eggs	Peanut	Tree Nuts	Soy	Corn	Sesame	Oats	Barley	Rye	MSG	Red #40	Rice	Mustard	Cottonseed Oil	Sunflower
------	---------	-------	-------	------	--------	-----------	-----	------	--------	------	--------	-----	-----	---------	------	---------	----------------	-----------

VEGETABLES/SIDES continued

Potatoes, rounds (tater tots), 3.5oz	1 serving					oil	X											
Potatoes, Seasoned cubes 3 oz	1 serving	X				oil	oil									oil	oil	
Potatoes, sweet mashed	2/3c																	
Potatoes, sweet potato fries, 3.5oz	1 serving	X				X	X			X				X				
Rice, Brown	2/3 cup													X				
Rice Combo (White/Brown)	1/2 cup													X				
Rice Pilaf	1/2 cup					X	X							X				
Rice Spanish	1/2 cup					X	X							X				
Rice White	2/3 cup													X				
Side Salad (no dressing)	1 cup																	
Vegetable Fried Rcie	1 cup	X	X	X		X	X											OIL

ALA CARTE ITMES

Brownie Bites	1 each	X		X														
Cookie, chocolate chip, frozen dough, baked at school	1 each	X	X	M		oil	X											
Fruited Gelatin (Apricot) w/topping	1/2 cup		X				X					X						
Fruit Juice Bar, Whole Fruit	1 each						X					X						
Fruit Snacks	1 pkg						X											
Sherbet Cup, ass'td	1 each		X				X					(X)						(grape, raspberry)
Redi-Bake Cookie - Candy	1 each	X	X	X		X							X					
Redi-Bake - Oatmeal Raisin	1 each	X	X	X		X		X										
Redi-Bake Cookie - Sugar	1 each	X	X	X		X												

ALA CARTE ITMES

Granola, No Raisin	1 oz.	X				X	X						X		X			
Yogurt, Non-fat Vanilla	1 oz.		X			X	X											

5A of 6A

*Based on current recipes and manufacturers' labels. Inventory at schools may vary. Condiments not included; bread not included when served separate from entrée.

2010-11 ALLERGEN INFORMATION* FOR SECONDARY LUNCH MENUS Updated 12/12/2011

NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY HAVE INVENTORY OF PREVIOUS YEAR'S PRODUCTS

INGREDIENT CODES: X = YES (X) = Present in some versions

FS = Non-specified Food Starch M= Used in manufacturing plant

Item	Portion	Wheat	Dairy	Eggs	Peanutis	Tree Nurtis	Soy	Corn	Sesame	Oats	Barley	Rye	MSG	Red #40	Rice	Mustard	Cottonseed Oil	Sunflower
------	---------	-------	-------	------	----------	-------------	-----	------	--------	------	--------	-----	-----	---------	------	---------	----------------	-----------

CONDIMENTS/OTHER

Catsup	1 packet						X											
Cream Cheese	1 packet	X																
Duck Sauce	1 packet						X											
French Dressing	1 packet					oil	X											
Italian Dressing, fat free	1 packet						X											
Ranch Dressing	1 packet	X	X			oil	X											
Mayonnaise, reduced calorie	1 packet		X				X											
Salsa	1 fl. oz.						X											
Syrup (1.5 fl. oz.)	1 packet						X											
Taco Sauce	1 packet						X											
Tarter Sauce	1 packet		X			oil	X											

MILK/DAIRY

Chocolate, Fat Free	1/2 pint	X					X											
Strawberry, Fat Free	1/2 pint	X					X											
White, 1%	1/2 pint	X																
White, non-fat	1/2 pint	X																
Soy Milk	8.25 oz					X												
Yogurt, Asst Flavors	8 oz	X					X											
Yogurt, Asst Flavors	4 oz.	X					X											
Yogurt, Parfait SMALL	1 each	X	X			X	X					X				X		
Yogurt Parfait LARGE	1 EACH	X	X			X	X					X				X		

6A of 6A

*Based on current recipes and manufacturers' labels. Inventory at schools may vary. Condiments not included; bread not included when served separate from entrée.