

2009-10 ALLERGEN INFORMATION* FOR SECONDARY LUNCH MENUS

Updated 8/31/2009

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
ENTREES																	
Beef Teriyaki Bites w/Teriyaki Sauce	5 pieces	X				X	X										
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 Drumstick, Wh Grain	1	X				X											
Chicken, Eggroll, Wh Grain	1 each	X				X	CS										
Chicken Club on Kaiser Roll	1 each	X	X			X	X		X								
Chicken, Grilled Chick Breast Sub	1 each	X	X			X	X		X	X							X
Chicken, Kung Pao (no nuts)	5.33 oz.	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 Sausage w/ Cheese	1 each		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								
Fish & Cheese Nuggets	6 each	X	X			oil	X										
Gardenburger® (NO BUN)	1 each	FS	X			X		oil									
Grab n' Go Bagel w/8oz Yogurt	1 serving	X	X				X										
Grilled Cheese Sandwich, school-made	1 each	X	X			X	X		X								
Hamburger on Bun	1 each	X				X	X		X								
Hot Dog (turkey) on Bun	1 each	X				X	X										
Hot Dog w/1oz Chili on Bun	1 each	X				X	X										

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ENTREES continued																			
Mac & Cheese, entree	1 cup	X	X			X	X									X			
Max Quesadilla	1 each	X	X			X													
Max Wrap	1 each	X	X			X													
Pancakes(3) w/ 2 Sausage & Potatoes)	1 serving	X		X		X													
Peanut Butter & Jelly on White, school-made	1 each	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			
Potato Bowl w/ Beef	1 serving																		
Potato Bowl w/ Chicken	1 serving	X	X				X												
Pizza Dippers w/ Salsa	4 each	X	X				X												X
PIZZA Individual 5" Cheese	1 each	X	X			X	X			X									
PIZZA Individual 5" Pepperoni	1 each	X	X			X	X			X									
PIZZA Triangle Wedge Cheese	1 each	X	X			X	X			X									
PIZZA Triangle Pepperoni	1 slice	X	X			X	X			X									
Seafood Platter (fish square, shrimp poppers, hamburger bun)	1 each	X	X	X		X	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												
Shrimp Poppers (about 42 pieces)	1 serving	X	X	X		X	X												X
Spaghetti w/Meatsauce	1 serving	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
Veggie Soy Black Bean Burger on Bun	1 each	X	X	X		X	X			X									"Zesty Bean Burger"
Veggie Soy Nuggets	6 each	X	X	X		X	X												"Morningstar Chik'n Nuggets"
ENTRÉE SALADS (dressings and breads, except tortilla pieces, not included)																			
Chef Salad	1 each	*	X				X												
Chicken Caesar Salad	1 each	*	X			X	FS			X									*may contain croutons
Chicken Fajita Salad w/Tortilla Pieces	1 each		X		oil	X	X												
Shrimp Popper Salad	1 each	X	X	X		X	X												X

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ENTRÉE SALADS continued																	
Spicy Chicken Salad w/ Tortilla Pieces		X	X	X	oil	X	X										
Taco Salad w/WG Tortilla Pieces	1 each	X	X		oil	X	X										
Tuna Salad Special	1 each	X		X		oil	X							X			
Vegetarian (egg/cheese) Salad	1 each	*	X	X													
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 Grain	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								
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				oil	X	X										
Tortilla, Flour, 8"	1 each	X				oil	X		X						X		
FRUITS/JUICES																	
Apple Juice Box, 6.75oz	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										

*may contain croutons

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SOUPS																		
Broccoli Cheese	1 cup	X	X			X	X									X		
Chili Soup	1 cup	X					X											
Corn Chowder	1 cup	X	X			X	X									X		
Minestrone	1 cup	X	X			X	X											
Tomato (made w/water)	1 cup	X				oil	X									X		
Tomato & Macaroni	1 cup	X	X			X	X									X		
Turkey Rice	1 cup						X						X					
Vegetable	1 cup	X				X	X											
VEGETABLES/SIDES																		
Asian Vegetables	1/2 cup																	
Baby Carrots, fresh	1.5oz 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																	
Pizza Veggies (black olives, scallions, tomatoes)	1 oz																	
Potatoes, mashed	1/2 cup		X			oil										X	X	
Potatoes, mashed w/gravy	1/2 cup	X	X			X	X									X		
Potatoes, Bakers, mini	3 oz		X			X	CS											
Potatoes, fries, 3.5oz	1 serving					oil	X						X					
Potatoes, rounds (tater tots), 3.5oz	1 serving					oil	X											
Potatoes, Seasoned cubes 3 oz	1 serving	X				oil	oil									oil	oil	
Potatoes, sweet potato fries, 3.5oz	1 serving	X				X	X		X				X					
Rice, Brown	1/2 cup													X				
Rice Cheesy	1/2 cup	X	X			oil	X						X		X			
Rice White	1/2 cup												X					
Side Salad (no dressing)	1 cup																	

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DESSERTS																	
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	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											
CONDIMENTS/OTHER																	
Catsup	1 packet						X										
Cream Cheese	1 packet		X														
Duck Sauce																	
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																	
Chocolate, 1%	1/2 pint		X				X										
Strawberry, 1%	1/2 pint		X				X										
White, 1%	1/2 pint		X														
White, non-fat	1/2 pint		X														
Soy	8.25 oz					X											

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