



ALLERGEN INFORMATION Revised AUGUST 2019

Allergen Information is provided by the Student Nutrition Department's approved food manufacturers. Variations may occur as product formulations can change periodically. As manufacturers inform us of product changes we will update allergen information to reflect changes. **This information is correct as of August 12, 2019.** We encourage parents to discuss their child's allergies with the Student Nutrition Manager and complete a Diet Prescription Form so that correct allergen information can be documented on the child's account.

MENU ITEM	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	PORK
SIDE ITEMS- VEGETABLES									
Baked Sweet Plantains (Allergy Free)									
Baked Sweet Potato Fries			Y						
BBQ Baked Beans (Allergy Free)									
Cheesy Garlic Herb Broccoli		Y							
Cheesy Spinach Bake	Y	Y	Y					Y	
Crisp Garden Side Salad (no dressing) (Allergy Free)									
Fresh Garlic & Herb Roasted Vegetables (Allergy Free)									
Loaded Ranch Mashed Potatoes		Y							
Mexican Corn (Allergy Free)									
Oven Roasted Potatoes (Allergy Free)									
Roasted Carrots (Allergy Free)									
Seasoned Peas & Carrots (Allergy Free)									
Steamed Broccoli (Allergy Free)									
Sweet Kernel Corn (Allergy Free)									
Sweet Potato Bake	Y	Y	Y					Y	Y
Tater Tots (Allergy Free)									
Baby Carrots (no dip) (Allergy Free)									
Fresh Garlic Green Beans (Allergy Free)									
SIDE ITEMS- FRUIT									
Applesauce (Allergy Free)									
Berry Blue Applesauce (Allergy Free)									Y

MENU ITEM	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	PORK
Strawberry Applesauce (Allergy Free)									Y
Fresh Apple Slices (Allergy Free)									
100% Fruit Juice (Allergy Free)									
Canned Fruit (Allergy Free)									
Fresh Fruit (Allergy Free)									
Side Items- Grains									
Cheez It Cheddar Crackers		Y	Y					Y	
Fresh Baked Roll		Y	Y					Y	
Garlic Parmesan Roll		Y	Y					Y	
Goldfish Cheddar Crackers		Y	Y					Y	
Mini Donut Holes		Y	Y					Y	
Tostito Scoops (Allergy Free)									