

Spokane Public Schools

Allergen List - By Allergen

Allspice - Allspice

Recipe #	Recipe Name
990191	Spice Bread ADM

Apple -

Recipe #	Recipe Name
509	APPLE CINNAMON COFFEE CAKE 60
990192	Apple Cinnamon MUFFIN ADM
202	Apple Crisp (Baked)
1036	APPLE CUBES 1/4 cup
63	APPLE JUICE 1/2 cup
57	APPLE JUICE, HONEY THICK
48	APPLE JUICE, NECTAR THICK
914	APPLE SLICES
809	APPLE SLICES, SUMMER
884	APPLE/BB DELIGHT BAR
990299	Apple-Rito
348	APPLES,Fresh wedges (2)
1224	APPLES,Fresh wedges (3)
64	APPLES,Fresh, Whole (small)
350	APPLESAUCE 1/2 cup
247	APPLESAUCE 1/4 cup
511	APPLESAUCE BREAD 60 cut
592	APPLESAUCE CUP
990305	APPLESAUCE CUP 7A1600
354	APPLESAUCE, CINNAMON 1/2 cup
352	APPLESAUCE, CINNAMON 1/4 cup
990038	BANANA/APPLE MUFFIN 60 cut ADM
990309	Beef Stick Meal Kit
990301	Belgian Liege Waffle, Assorted
990313	Belgian Liege Waffle, MAPLE
870	CAPRI SUN APPLE SPLASH
871	CAPRI SUN FRUIT DIVE
872	CAPRI SUN FRUIT PUNCH
990310	Cheese Cup Meal Kit
808	CHOCOLATE CHIP MUFFIN 60 cut

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Recipe #	Recipe Name
371	FRUIT JUMBLE 1/2 cup
404	FRUIT JUMBLE 1/4 cup
682	FRUIT JUMBLE Ap& Oran 1/4 cup
408	FRUIT JUMBLE W/Apples 1/2 cup
407	FRUIT JUMBLE W/Apples 1/4 cup
999	FRUIT MIX DRIED
245	FRUIT,FRESH ASSORTED
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
1232	HS: Fruit/Veggies MONDAY
990297	Jack Links Sweet BBQ Chicken Meal Kit
990315	Pretzel and Cheese Meal Kit
416	RANCH DRESSING LITEHOUSE
1125	SACK LUNCH
725	SALAD APPLE WALDORF
873	SALAD BERRY FRUIT 1/2 CUP
769	SALAD COLE SLAW 1/4 cup
189	SALAD DRESSING Pkg: Assorted
772	SALAD WALDORF FRUIT 1/4 cup
21	SALAD WHEAT BERRY
990261	SideKicks Cherry Be Mine
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990210	Smoothie, Green Flash
990316	Sun Butter and Jelly Meal Kit
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990250	Vending Bagel Breakfast 1 fruit
990227	Vending Bagel Breakfast 2 fruit

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Recipe #	Recipe Name
990251	Vending Breakfast Bar Meal 1 fruit
990226	Vending Breakfast Bar Meal 2 fruit
990252	Vending Cereal Breakfast 1 fruit
990228	Vending Cereal Breakfast 2 fruit
990349	Vending- Chef Salad
990347	Vending- Deli Turkey Sandwich
990258	Vending GF Cereal Breakfast 2 fruit
990350	Vending- Sunbutter and Jelly Sandwich
990253	Vending Yogurt Breakfast 1 fruit
990229	Vending Yogurt Breakfast 2 fruit
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
1272	YOGURT, BREAKFAST PARFAIT/FRT
1257	YOGURT, SMOOTHIE CINNAMON

Apricots -

Recipe #	Recipe Name
1117	YOGURT, SMOOTHIE MONKEY

Banana -

Recipe #	Recipe Name
177	ASSORTED BREAKFAST MUFFIN purchased
990242	BANANA Choc Chip MUFFIN 60 cut ADM
176	BANANA MUFFIN (PRE-MADE) WG
315	BANANA MUFFIN 60 cut ADM
251	BANANA SLICES 1/2 cup
990038	BANANA/APPLE MUFFIN 60 cut ADM
68	BANANAS, Regular, Half
683	BANANAS, Regular, Whole
990160	BENEFIT BAR BANANA CHOCOLATE CHUNK
1250	DC FRUITED YOGURT PAR/MUF SC
405	FRUIT JUMBLE W/Banana 1/2 cup
406	FRUIT JUMBLE W/Banana 1/4 cup
245	FRUIT,FRESH ASSORTED

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Banana -

Recipe #	Recipe Name
585	HOMEMADE BREAKFAST MUFFIN
990302	Island Dried Fruit
397	PINEAPPLE & BANANAS 1/2 cup
398	PINEAPPLE & BANANAS 1/4 cup
990315	Pretzel and Cheese Meal Kit
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990207	Smoothie, Blueberry Banana
990243	Smoothie, Strawberry Banana
990050	SNACK MUFFIN (PM)
990316	Sun Butter and Jelly Meal Kit
990251	Vending Breakfast Bar Meal 1 fruit
990226	Vending Breakfast Bar Meal 2 fruit
990252	Vending Cereal Breakfast 1 fruit
990228	Vending Cereal Breakfast 2 fruit
343	Yogurt Grab and Go Elem
1272	YOGURT, BREAKFAST PARFAIT/FRT
990047	YOGURT, SMOOTHIE ASSORTED
318	YOGURT, SMOOTHIE BERRY
1117	YOGURT, SMOOTHIE MONKEY
990061	YOGURT, SMOOTHIE STRAWBERRY BANANA

Barley - Barley flour, Barley Malt

Recipe #	Recipe Name
742	CEREAL, CHEERIOS, Multigrain
1072	CEREAL, COLD VARIETY
608	CHEESE SANDWICH
727	GOLDFISH PRETZELS
990297	Jack Links Sweet BBQ Chicken Meal Kit
990315	Pretzel and Cheese Meal Kit
11	PRETZEL MINI STICKS
990325	Pretzel, Soft
990316	Sun Butter and Jelly Meal Kit

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Barley - Barley flour, Barley Malt

Recipe #	Recipe Name
990291	Sun Butter and Strawberry Jelly Sandwich, Frozen
990193	SunButter and Grape Jelly Sandwich
990247	SunButter and Grape Jelly Sandwich HALF
990196	SunButter and Strawberry Jelly Sandwich
1211	TOASTED CHEESE SANDWICH
130	TOASTED CHEESE SANDWICH 1/2

Beef -

Recipe #	Recipe Name
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
990080	ASIAN - Beef and Broccoli/rice
990083	ASIAN - Korean Beef/rice
894	BEEF CRUMBLES
803	BEEF PATTY 2.5 OZ
990309	Beef Stick Meal Kit
990079	Beef, Asian, beef and Broccoli
852	BURRITO, SUPER
829	CHEESE & PEPPERONI RIPPER
990201	Cheese and Pepperoni Calzone
81	CHEESEBURGER 1/2 ea
70	CHEESEBURGER GF BUN
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
155	CHILI with BEANS 6 oz (HM)
990328	Grab and Go Pizza Salad
1259	Grab Go Taco Salad-Beef
161	HAMBURGER ON A BUN (EL)
481	HAMBURGER ON A BUN HS/MS
779	HAMBURGER ON A BUN, MAUI
632	HAMBURGER, GF BUN
1145	HM Chili 1/2 cup
162	HOT DOG ON A BUN
990068	Korean Beef

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Beef -

Recipe #	Recipe Name
483	LENTIL CHILI
990030	Munchable - Ham/chz
990203	Munchable - Pizza Pepperoni
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
593	PIZZA CHEESE/ PEPPERONI 2G (E)
472	PIZZA CHESE PEPPERONI-2ND 2 G
235	PIZZA RITA: PEPPERONI
990346	Potato Wedge Nachos
36	PUREE MEAT MEAL
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
990231	SPAGHETTI with JTM MEAT SAUCE Elementary
1294	SPAGHETTI with JTM MEAT SAUCE Secondary
719	TACO SALAD ELEM
907	TACO, SOFT MT & BEAN 2nd
990166	Theme Meal Backyard BBQ

Beets -

Recipe #	Recipe Name
990080	ASIAN - Beef and Broccoli/rice
990079	Beef, Asian, beef and Broccoli
253	BEETS: shoestring, canned
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2

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Beets -

Recipe #	Recipe Name
990197	SPAGHETTI & MEAT SAUCE Elementary

Bell Peppers - green, red, orange, yellow

Recipe #	Recipe Name
963	Black Bean Burger
852	BURRITO, SUPER
990180	Green Chili Nacho Cheese Sauce
990274	Pork Carnitas Burrito
990346	Potato Wedge Nachos
8	REFRIED BEANS: canned 1/4 C

Black Beans -

Recipe #	Recipe Name
963	Black Bean Burger
990314	Cuban Style Black Beans, 3.25 oz

Blackberry -

Recipe #	Recipe Name
990300	Berries and Cream Breadsticks
873	SALAD BERRY FRUIT 1/2 CUP
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990208	Smoothie, Northwest Berry

Blueberry - fresh, frozen, puree

Recipe #	Recipe Name
177	ASSORTED BREAKFAST MUFFIN purchased
1300	ASSORTED FRUIT CAN/FROZEN
299	BAGEL, BLUEBERRY
990300	Berries and Cream Breadsticks
255	BLUEBERRIES,Fresh
174	BLUEBERRY MUFFIN (PREMADE) WG

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Blueberry - fresh, frozen, puree

Recipe #	Recipe Name
990239	Blueberry Crumble
990032	BLUEBERRY MUFFIN 60 cut ADM
1026	CEREAL BAR: NUTRI-GRAIN BB
1250	DC FRUITED YOGURT PAR/MUF SC
1074	GLUTEN FREE BLUEBERRY MUFFIN
990153	Harvest of the Month Blueberry Parfait
990162	HOM Blueberry Crisp
585	HOMEMADE BREAKFAST MUFFIN
323	Oatmeal with Toppings
873	SALAD BERRY FRUIT 1/2 CUP
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990207	Smoothie, Blueberry Banana
990208	Smoothie, Northwest Berry
990050	SNACK MUFFIN (PM)
990250	Vending Bagel Breakfast 1 fruit
990227	Vending Bagel Breakfast 2 fruit
990258	Vending GF Cereal Breakfast 2 fruit
343	Yogurt Grab and Go Elem
990277	Yogurt Parfait Lunch Blueberry
990263	YOGURT PARFAIT, Blueberry
990047	YOGURT, SMOOTHIE ASSORTED
318	YOGURT, SMOOTHIE BERRY

Broccoli -

Recipe #	Recipe Name
990080	ASIAN - Beef and Broccoli/rice
465	ASSORTED VEGGIE STICKS 1/4 c
990079	Beef, Asian, beef and Broccoli
256	BROCCOLI FLOWERETTE 1/2 CUP
1258	BROCCOLI FLOWERETTE 1/4 CUP
257	BROCCOLI: fresh, boiled
540	Grab Go Chef Salad

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Broccoli -

Recipe #	Recipe Name
541	Grab Go CHEF VEGAN SALAD
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap
1232	HS: Fruit/Veggies MONDAY
990275	Roasted Broccoli
913	SALAD BROCCOLI 1/4 cup
952	SALAD CORN 1/4 cup
418	SALAD DRESSING: ORIENTAL
990017	SALAD MARINATED FRESH VEGGIE
990269	Steam Blanched Broccoli
990270	Steamed Broccoli
1233	Veggie Green 1/2 cup
718	VEGGIE STICKS (Elm)
930	VEGGIE STICKS (Elm) Broc/Car
700	VEGGIE STICKS (sec)
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990335	WRAP Chef Salad

Cabbage - Red or Green

Recipe #	Recipe Name
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990040	ASIAN CABBAGE SALAD
990339	Bowl, Potato and chicken
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
1131	Chicken Caesar Salad (elem)
549	CHICKEN EGG ROLL
990184	Chow Mein

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Cabbage - Red or Green

Recipe #	Recipe Name
990127	Coleslaw, Classic
990256	Fried Rice New
990241	Garlic Cheddar Mashed Potatoes
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
541	Grab Go CHEF VEGAN SALAD
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
1259	Grab Go Taco Salad-Beef
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
461	POTATOES,MASHED #8 SCOOP
769	SALAD COLE SLAW 1/4 cup
191	SALAD DRESSING PACKET: 1000
1297	SALAD PEPPER SLAW 1/4 cup
990097	Slaw, Asian
990082	Street Taco, flatbread, Asian, pork
719	TACO SALAD ELEM
990340	Teriyaki Chicken Noodle Bowl
990202	Tomato Basil Soup
990053	TOMATO SOUP 1/2 cup HM
394	TOMATO SOUP 6 OZ HM
467	TOSSED SALAD 1 CUP
466	TOSSED SALAD 1/2 CUP
990205	Vegetable Chow Mein Noodles
990349	Vending- Chef Salad
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar

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Cabbage - Red or Green

Recipe #	Recipe Name
990265	Yakisoba Noodles

Canola Oil - corn base

Recipe #	Recipe Name
764	Alaska Pollock FISH SANDWICH ON A BUN
509	APPLE CINNAMON COFFEE CAKE 60
990192	Apple Cinnamon MUFFIN ADM
884	APPLE/BB DELIGHT BAR
990080	ASIAN - Beef and Broccoli/rice
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990087	ASIAN - Chicken Teriyaki/rice
990078	Asian - Green Bean Chicken/rice
990083	ASIAN - Korean Beef/rice
940	ASIAN - SWEET & SOUR CHICKEN
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
299	BAGEL, BLUEBERRY
990242	BANANA Choc Chip MUFFIN 60 cut ADM
315	BANANA MUFFIN 60 cut ADM
990038	BANANA/APPLE MUFFIN 60 cut ADM
793	BASIC DOUGH WHOLE WHEAT
359	BASIC MUFFIN MIX ADM
990221	BBQ Pulled Pork Sandwich
990160	BENEFIT BAR BANANA CHOCOLATE CHUNK
990264	BENEFIT BAR FRENCH TOAST
1089	BENEFIT BAR OATMEAL CHOCOLATE CHIP
963	Black Bean Burger
990032	BLUEBERRY MUFFIN 60 cut ADM
670	BREAD STICKS PLAIN 1gr
312	BREAD STICKS, GARLIC HM 1.25G
311	BREAD STICKS, HM 1.25G
1282	BREAKFAST BOWL

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Canola Oil - corn base

Recipe #	Recipe Name
1315	BREAKFAST SAND CHEESE & HAM
860	BREAKFAST SAND EGG & CHEESE
990204	BREAKFAST SAND EGG & CHEESE 1/2
1313	BREAKFAST SAND EGG,CHS & HAM
990185	BREAKFAST SAND Sausage & Cheese
1135	BREAKFAST SANDWICH OPTIONS
990234	Buffalo Ranch
990033	CARROT P/A MUFFIN 60 cut ADM
978	CEREAL BAR: CINNAMON TOAST
998	CEREAL BAR: COCOA PUFFS
1026	CEREAL BAR: NUTRI-GRAIN BB
927	CEREAL BAR: NUTRI-GRAIN RASPBE
748	CEREAL, RICE KRISPIES
742	CEREAL, CHEERIOS, Multigrain
743	CEREAL, CINN TOAST CRUNCH
905	CEREAL, CINNAMON CHEX
1072	CEREAL, COLD VARIETY
829	CHEESE & PEPPERONI RIPPER
608	CHEESE SANDWICH
990159	CHEESE SANDWICH HOT (hamburger bun)
525	CHEESE ZOMBIE- 24 cut
81	CHEESEBURGER 1/2 ea
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
813	CHICKEN BURGER (UNBREADED)
1131	Chicken Caesar Salad (elem)
990168	Chicken Fillet Sandwich
990189	Chicken Fillet Sandwich HALF CACFP
990055	CHICKEN ON A BUN, BBQ 1/2
1293	CHICKEN ON A BUN, BBQ Scratch
990143	Chicken Parmesan /pasta
990295	Chicken Patty Sandwich, Summer

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Recipe #	Recipe Name
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990276	Chicken Tikka Masala
991	CHIP: BAKED POT CHIP ORIGINAL
984	CHIP: LAY'S POTATO SMALL BAG 1/2 oz
519	CHOCOLATE CHIP MUFFIN 60 ADM
990308	CHOCOLATE CHIP ORANGE MUFFIN 60 ADM
990034	CHOCOLATE FUD MUFFIN 60 cut ADM
486	CINN ROLL w/ GLAZE 2.25 OZ HM
789	COOKIE: M & M, chocolate, chocolate chip
1250	DC FRUITED YOGURT PAR/MUF SC
990154	DELI CHEESE HOAGIE SANDWICH
76	DELI CHEESE SANDWICH (2nd)
990156	DELI CHEESE SANDWICH-BUN
903	DELI CHOICE HUMMUS
990121	DELI HAM & CHEESE SANDWICH 1/2
551	DELI HAM & CHEESE SANDWICH Elementary
990198	DELI HAM & CHEESE SANDWICH Secondary
71	DELI HAM SANDWICH
990057	DELI TURKEY & CHEESE SANDWICH 1/2
15	DELI TURKEY & CHEESE SANDWICH Elementary
990199	DELI TURKEY & CHEESE SANDWICH Secondary
759	DELI TURKEY SANDWICH
794	DINNER ROLL HM W/GRAIN 1G
795	DINNER ROLL HM W/GRAIN 2 G
811	DINNER ROLL WG sec
27	DINNER ROLL 1 OZ WG 1G Franz
912	EGG, HAM & CHEESE BK SANDWICH sec
31	ENGLISH MUFFIN WHOLE
353	ENGLISH MUFFINS,PLAIN,TST 1/2
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch

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Recipe #	Recipe Name
941	FISH PATTY, BREADED
990268	Garlic Flatbread
1074	GLUTEN FREE BLUEBERRY MUFFIN
728	GOLDFISH CHEDDAR CRACKERS
729	GOLDFISH GRAHAM CRACKER
727	GOLDFISH PRETZELS
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Cheese Sand
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
20	HAM & CHEESE SANDWICH HOT
990101	HAM & CHEESE SANDWICH HOT 1/2
706	HAM & CHEESE SANDWICH-HOT sec
161	HAMBURGER ON A BUN (EL)
481	HAMBURGER ON A BUN HS/MS
779	HAMBURGER ON A BUN, MAUI
990153	Harvest of the Month Blueberry Parfait
990324	Hashbrown Patty
585	HOMEMADE BREAKFAST MUFFIN
990181	Honey Cinnamon Baked Pears
990182	Honey Cinnamon Pear and Yogurt Parfait
162	HOT DOG ON A BUN
1216	HS: CONDIMENTS
1232	HS: Fruit/Veggies MONDAY
1236	HS:SUB SAND(ham/turkey)

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Recipe #	Recipe Name
1251	HUMMUS
990297	Jack Links Sweet BBQ Chicken Meal Kit
990149	Maple MUFFIN 60 cut ADM
411	MAYONNAISE, LIGHT
990343	Meatball sandwich
583	MJM ASSORTED COOKIE
1242	MS: CONDIMENTS
990176	Multigrain SunChips
1321	NOODLES, TWIST
990054	NOODLES, TWIST 1/4 cup
323	Oatmeal with Toppings
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE, Wild Mike's, 10-cut
593	PIZZA CHEESE/ PEPPERONI 2G (E)
269	PIZZA CHEESE/CHICKEN WED - 2G
275	PIZZA CHEESE/HAM WED -2G
276	PIZZA CHEESE/HAWAII WED 2G
1249	PIZZA CHEESE/SAU/MR WED 2B
266	PIZZA CHEESE/SAUSAG WED 2G
277	PIZZA CHEESE/VEG WED 2G
472	PIZZA CHESE PEPPERONI-2ND 2 G
990311	Pizza, Cheese, Wild Mike's IW Slice
457	POTATO ITALIAN BABY ROASTED
459	POTATO WEDGES
44	POTATO WEDGES RANCH ROASTED FRESH
449	POTATO, FRENCH FRIES
990114	Potatoes, Roasted, HOM
990315	Pretzel and Cheese Meal Kit
11	PRETZEL MINI STICKS
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp

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Spokane Public Schools

Allergen List - By Allergen

Canola Oil - corn base

Recipe #	Recipe Name
415	RANCH DRESSING LITE HOMEMADE, 2 TBL
416	RANCH DRESSING LITEHOUSE
8	REFRIED BEANS: canned 1/4 C
990137	RICE, Brown 1 cup
990129	RICE, Brown 1/2 cup
990275	Roasted Broccoli
990175	Roasted Carrots
990164	Roasted Ranch Potato Wedges
139	ROMAINE SALAD w/Dressing 1 cup
1305	ROMAINE SALAD w/dressing 1/2 C
1125	SACK LUNCH
775	SALAD BEAN & VEGGIE SALSA
913	SALAD BROCCOLI 1/4 cup
1271	SALAD CAESAR 1 CUP
191	SALAD DRESSING PACKET: 1000
190	SALAD DRESSING PACKET: BC
607	SALAD DRESSING PACKET: CAESAR
340	SALAD DRESSING PACKET: FRENCH
189	SALAD DRESSING Pkg: Assorted
179	SALAD DRESSING: CAESAR -M-5-SP
990017	SALAD MARINATED FRESH VEGGIE
685	SALAD PEA
1297	SALAD PEPPER SLAW 1/4 cup
10	SALAD SOUTHWEST BEAN 1/2 CUP
1128	SALAD SPICY BLACK BEAN
772	SALAD WALDORF FRUIT 1/4 cup
21	SALAD WHEAT BERRY
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
990246	Smoothie and Sunchips Grab and Go
735	SPAGHETTI NOODLES, PLAIN
768	Spanish Rice 1/2 cup
990191	Spice Bread ADM
990257	Spicy Chicken Fillet Sandwich

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Allergen List - By Allergen

Canola Oil - corn base

Recipe #	Recipe Name
990316	Sun Butter and Jelly Meal Kit
990193	SunButter and Grape Jelly Sandwich
990247	SunButter and Grape Jelly Sandwich HALF
990196	SunButter and Strawberry Jelly Sandwich
990188	SunChips
126	TARTAR SAUCE
990214	Teriyaki Pulled Chicken Sandwich
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990179	Theme Meal Pizza Party
1211	TOASTED CHEESE SANDWICH
130	TOASTED CHEESE SANDWICH 1/2
990202	Tomato Basil Soup
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
783	TURKEY-HAM & CHEESE RIPPER
598	TUSCAN KALE & SAUSAGE SOUP
962	VEGETARIAN BURGER /BUN 2M
700	VEGGIE STICKS (sec)
990250	Vending Bagel Breakfast 1 fruit
990227	Vending Bagel Breakfast 2 fruit
990251	Vending Breakfast Bar Meal 1 fruit
990226	Vending Breakfast Bar Meal 2 fruit
990252	Vending Cereal Breakfast 1 fruit
990228	Vending Cereal Breakfast 2 fruit
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990347	Vending- Deli Turkey Sandwich
990258	Vending GF Cereal Breakfast 2 fruit
990350	Vending- Sunbutter and Jelly Sandwich
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar

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Allergen List - By Allergen

Canola Oil - corn base

Recipe #	Recipe Name
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
343	Yogurt Grab and Go Elem
990277	Yogurt Parfait Lunch Blueberry
990278	Yogurt Parfait Lunch Strawberry
990263	YOGURT PARFAIT, Blueberry
658	YOGURT PARFAIT, Strawberry
1272	YOGURT, BREAKFAST PARFAIT/FRT

Cantaloupe -

Recipe #	Recipe Name
360	CANTALOUPE CHUNCKS 1/4 CUP
361	CANTALOUPE CHUNKS 1/2 CUP
362	CANTALOUPE WEDGE 1/4 CUP

Carrots - fresh, frozen,

Recipe #	Recipe Name
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree
990078	Asian - Green Bean Chicken/rice
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990040	ASIAN CABBAGE SALAD
990339	Bowl, Potato and chicken
464	CARROT & CELERY STICKS
990033	CARROT P/A MUFFIN 60 cut ADM
443	CARROT STICKS 1 oz package
441	CARROT STICKS 2 ea
442	CARROT STICKS 3 ea
5053	CARROT, Baby 1/2 cup

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Allergen List - By Allergen

Carrots - fresh, frozen,

Recipe #	Recipe Name
1246	CARROT, Baby 1/4 cup
990287	Carrots, Baby, 2-oz package
261	CARROTS: Shredded 1/4 cup
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
1131	Chicken Caesar Salad (elem)
549	CHICKEN EGG ROLL
5	CHICKEN POT PIE HM
990029	CHICKEN RICE SOUP
990127	Coleslaw, Classic
1250	DC FRUITED YOGURT PAR/MUF SC
990256	Fried Rice New
990241	Garlic Cheddar Mashed Potatoes
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
541	Grab Go CHEF VEGAN SALAD
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
1259	Grab Go Taco Salad-Beef
690	Grab Go Wrap Hummus Turkey
585	HOMEMADE BREAKFAST MUFFIN
1232	HS: Fruit/Veggies MONDAY
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
461	POTATOES,MASHED #8 SCOOP
36	PUREE MEAT MEAL
37	PUREE VEGGIES
990248	Roasted Garlic Mashed Potatoes
1125	SACK LUNCH

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Spokane Public Schools

Allergen List - By Allergen

Carrots - fresh, frozen,

Recipe #	Recipe Name
775	SALAD BEAN & VEGGIE SALSA
1225	SALAD CARROT RAISIN 1/4 cup
769	SALAD COLE SLAW 1/4 cup
990017	SALAD MARINATED FRESH VEGGIE
685	SALAD PEA
1297	SALAD PEPPER SLAW 1/4 cup
990261	SideKicks Cherry Be Mine
990097	Slaw, Asian
990082	Street Taco, flatbread, Asian, pork
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
719	TACO SALAD ELEM
990340	Teriyaki Chicken Noodle Bowl
990178	Theme Meal Picnic in the Park
990179	Theme Meal Pizza Party
990202	Tomato Basil Soup
990053	TOMATO SOUP 1/2 cup HM
394	TOMATO SOUP 6 OZ HM
467	TOSSSED SALAD 1 CUP
466	TOSSSED SALAD 1/2 CUP
1141	Turkey and Gravy, Jenny-O, 7T3100
990205	Vegetable Chow Mein Noodles
1234	Veggie Red/Orange 1/2 cup
930	VEGGIE STICKS (Elm) Broc/Car
700	VEGGIE STICKS (sec)
990349	Vending- Chef Salad
990350	Vending- Sunbutter and Jelly Sandwich
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990069	Wrap, Chicken Caesar
990265	Yakisoba Noodles

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Allergen List - By Allergen

Cauliflower -

Recipe #	Recipe Name
264	CAULIFLOWER FLOWERETTES 1/4c
1232	HS: Fruit/Veggies MONDAY
990017	SALAD MARINATED FRESH VEGGIE
700	VEGGIE STICKS (sec)

Cayenne Pepper - spice

Recipe #	Recipe Name
990232	Buffalo Chicken
990234	Buffalo Ranch
990330	Grab and Go Buffalo Chix Salad
990257	Spicy Chicken Fillet Sandwich
990067	Wrap, Buffalo

Celery - fresh, spice

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree
990078	Asian - Green Bean Chicken/rice
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990339	Bowl, Potato and chicken
990216	Breaded Chicken Drumstick
464	CARROT & CELERY STICKS
267	CELERY STICKS 1/4 c
445	CELERY STICKS PKG
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
328	CHICKEN BAKED
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990029	CHICKEN RICE SOUP
990344	Chicken SUPER Burrito

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Allergen List - By Allergen

Celery - fresh, spice

Recipe #	Recipe Name
990184	Chow Mein
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
990256	Fried Rice New
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
990268	Garlic Flatbread
990330	Grab and Go Buffalo Chix Salad
687	Grab Go CHEF Vegetarian Salad
162	HOT DOG ON A BUN
1232	HS: Fruit/Veggies MONDAY
990297	Jack Links Sweet BBQ Chicken Meal Kit
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
990073	Pork, shredded, Mexican
458	POTATO HERB ROASTED
461	POTATOES,MASHED #8 SCOOP
990248	Roasted Garlic Mashed Potatoes
725	SALAD APPLE WALDORF
248	SALAD ITALIAN TOMATO 1/2 cup
896	SALAD LENTIL CONFETTI
869	SALAD MACARONI
1297	SALAD PEPPER SLAW 1/4 cup
1228	SALAD POTATO 1/2 cup
772	SALAD WALDORF FRUIT 1/4 cup
21	SALAD WHEAT BERRY
990166	Theme Meal Backyard BBQ
990202	Tomato Basil Soup
990053	TOMATO SOUP 1/2 cup HM
394	TOMATO SOUP 6 OZ HM
1141	Turkey and Gravy, Jenny-O, 7T3100
1235	Veggie Other 1/2 cup
718	VEGGIE STICKS (Elm)

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Allergen List - By Allergen

Celery - fresh, spice

Recipe #	Recipe Name
700	VEGGIE STICKS (sec)
990347	Vending- Deli Turkey Sandwich
990067	Wrap, Buffalo

Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
1323	Baked Penne Pasta with Chicken
990169	Bean and Cheese Burrito
990194	Bean and Cheese Soft Taco
990339	Bowl, Potato and chicken
1282	BREAKFAST BOWL
958	BREAKFAST BURRITO - Secondary
1135	BREAKFAST SANDWICH OPTIONS
852	BURRITO, SUPER
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
608	CHEESE SANDWICH
990159	CHEESE SANDWICH HOT (hamburger bun)
749	CHEESE SHREDDED
782	CHEESE SLICE
81	CHEESEBURGER 1/2 ea
70	CHEESEBURGER GF BUN
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
990249	Chicken Burrito
990254	Chicken Burrito half
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
754	CHICKEN FAJITA, Secondary

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Spokane Public Schools

Allergen List - By Allergen

Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
990344	Chicken SUPER Burrito
155	CHILI with BEANS 6 oz (HM)
990321	Chipotle Burrito Bowl
1103	CRACKERS, CHEEZITS WG
1250	DC FRUITED YOGURT PAR/MUF SC
550	DELI CHEESE SAND GF
76	DELI CHEESE SANDWICH (2nd)
903	DELI CHOICE HUMMUS
990259	DELI HAM & CHEESE SANDWICH GF
990057	DELI TURKEY & CHEESE SANDWICH 1/2
15	DELI TURKEY & CHEESE SANDWICH Elementary
547	DELI TURKEY & CHEESE SANDWICH GF
680	EGG & CHEESE OMELET
912	EGG, HAM & CHEESE BK SANDWICH sec
990323	Elem Burrito Bowl
1279	FIESTA CHICKEN BOWL Scratch
990039	Flatbread, Hawaiian
990241	Garlic Cheddar Mashed Potatoes
728	GOLDFISH CHEDDAR CRACKERS
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Chees Sand

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Allergen List - By Allergen

Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
1259	Grab Go Taco Salad-Beef
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
762	HAM & CHEESE BAGEL - Sec
20	HAM & CHEESE SANDWICH HOT
990101	HAM & CHEESE SANDWICH HOT 1/2
706	HAM & CHEESE SANDWICH-HOT sec
779	HAMBURGER ON A BUN, MAUI
990163	HAWAIIAN TURKEY & CHEESE SAND -PREMADE
1145	HM Chili 1/2 cup
1236	HS:SUB SAND(ham/turkey)
990297	Jack Links Sweet BBQ Chicken Meal Kit
990280	Mac and Cheese 3/4 cup svg
990245	Mac and Cheese, One Pan
990343	Meatball sandwich
744	Mozzarella String Cheese
990092	Munchable - Pizza Cheese
990203	Munchable - Pizza Pepperoni
990170	NACHO w/ Beans & Cheese Sauce
990303	NACHO w/ Cheese Sauce
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
990262	Pinto Bean and Cheese Burrito
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE, Wild Mike's, 10-cut
593	PIZZA CHEESE/ PEPPERONI 2G (E)
269	PIZZA CHEESE/CHICKEN WED - 2G
275	PIZZA CHEESE/HAM WED -2G
276	PIZZA CHEESE/HAWAII WED 2G
1249	PIZZA CHEESE/SAU/MR WED 2B

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Spokane Public Schools

Allergen List - By Allergen

Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
266	PIZZA CHEESE/SAUSAG WED 2G
277	PIZZA CHEESE/VEG WED 2G
472	PIZZA CHESE PEPPERONI-2ND 2 G
512	PIZZA ON GF BUN
103	PIZZA RITA: CHEESE
1044	PIZZA RITA: Hawaiian
235	PIZZA RITA: PEPPERONI
280	PIZZA RITA: SAUSAGE
990148	PIZZA RITA: Veggie
990311	Pizza, Cheese, Wild Mike's IW Slice
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
990274	Pork Carnitas Burrito
458	POTATO HERB ROASTED
1125	SACK LUNCH
1271	SALAD CAESAR 1 CUP
190	SALAD DRESSING PACKET: BC
189	SALAD DRESSING Pkg: Assorted
225	SALAD DRESSING, Caesar Bulk
179	SALAD DRESSING: CAESAR -M-5-SP
681	SCRAMBLED EGGS & DICED HAM
114	SLOPPY JOE ON A BUN
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
990231	SPAGHETTI with JTM MEAT SAUCE Elementary
1294	SPAGHETTI with JTM MEAT SAUCE Secondary
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
584	STRING CHEESE
719	TACO SALAD ELEM
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
990178	Theme Meal Picnic in the Park

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Allergen List - By Allergen

Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
990179	Theme Meal Pizza Party
130	TOASTED CHEESE SANDWICH 1/2
990290	Turkey and Cheese Sandwich, frozen
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
1207	Turkey/Cheese wrap Sandwich HS
990349	Vending- Chef Salad
990350	Vending- Sunbutter and Jelly Sandwich
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
343	Yogurt Grab and Go Elem
1062	ZESTY ITALIAN PASTA

Cherry -

Recipe #	Recipe Name
1300	ASSORTED FRUIT CAN/FROZEN
872	CAPRI SUN FRUIT PUNCH
1250	DC FRUITED YOGURT PAR/MUF SC
365	FRUIT COCKTAIL 1/2 cup
419	FRUIT COCKTAIL 1/4 cup
790	FRUIT CUP SUMMER
371	FRUIT JUMBLE 1/2 cup
404	FRUIT JUMBLE 1/4 cup
682	FRUIT JUMBLE Ap& Oran 1/4 cup
758	FRUIT JUMBLE Orange 1/2 cup
753	FRUIT JUMBLE Orange 1/4 cup
408	FRUIT JUMBLE W/Apples 1/2 cup
407	FRUIT JUMBLE W/Apples 1/4 cup
405	FRUIT JUMBLE W/Banana 1/2 cup
406	FRUIT JUMBLE W/Banana 1/4 cup
400	FRUIT JUMBLE W/Grapes 1/2 cup

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Allergen List - By Allergen

Cherry -

Recipe #	Recipe Name
372	FRUIT JUMBLE W/Grapes 1/4 cup
999	FRUIT MIX DRIED
838	Grab Go Deli Turkey/Chees Sand
162	HOT DOG ON A BUN
1232	HS: Fruit/Veggies MONDAY
772	SALAD WALDORF FRUIT 1/4 cup
990261	SideKicks Cherry Be Mine
990047	YOGURT, SMOOTHIE ASSORTED
657	YOGURT, SMOOTHIE SAMURAI

Chicken - poultry

Recipe #	Recipe Name
990080	ASIAN - Beef and Broccoli/rice
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree
990087	ASIAN - Chicken Teriyaki/rice
937	ASIAN - GEN TSO CHICKEN/Rice
990078	Asian - Green Bean Chicken/rice
990083	ASIAN - Korean Beef/rice
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
1323	Baked Penne Pasta with Chicken
990339	Bowl, Potato and chicken
990216	Breaded Chicken Drumstick
990232	Buffalo Chicken

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Allergen List - By Allergen

Chicken - poultry

Recipe #	Recipe Name
328	CHICKEN BAKED
1278	CHICKEN BAKED FSA BBQ
813	CHICKEN BURGER (UNBREADED)
990249	Chicken Burrito
990254	Chicken Burrito half
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
549	CHICKEN EGG ROLL
754	CHICKEN FAJITA, Secondary
990055	CHICKEN ON A BUN, BBQ 1/2
854	CHICKEN ON A BUN, BBQ 2nd
1293	CHICKEN ON A BUN, BBQ Scratch
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
814	CHICKEN PATTY (UNBREADED)
633	CHICKEN PATTY GF BUN
990295	Chicken Patty Sandwich, Summer
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
990029	CHICKEN RICE SOUP
970	CHICKEN STRIPS, GLUTEN FREE
990344	Chicken SUPER Burrito
990276	Chicken Tikka Masala
990074	Chicken, Shredded, Mexican, Ancho
990321	Chipotle Burrito Bowl
990323	Elem Burrito Bowl
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c

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Spokane Public Schools

Allergen List - By Allergen

Chicken - poultry

Recipe #	Recipe Name
990330	Grab and Go Buffalo Chix Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap
990338	Gravy, Chicken, Monarch
990329	Jack Links Sweet BBQ Chicken Bites 7C4601
990297	Jack Links Sweet BBQ Chicken Meal Kit
269	PIZZA CHEESE/CHICKEN WED - 2G
36	PUREE MEAT MEAL
990137	RICE, Brown 1 cup
990129	RICE, Brown 1/2 cup
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
896	SALAD LENTIL CONFETTI
243	Salad: CHICKEN PASTA
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
990086	Teriyaki Chicken
990240	Teriyaki Chicken New
990340	Teriyaki Chicken Noodle Bowl
990214	Teriyaki Pulled Chicken Sandwich
1141	Turkey and Gravy, Jenny-O, 7T3100
598	TUSCAN KALE & SAUSAGE SOUP
990336	WRAP Chicken Caesar
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken

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Spokane Public Schools

Allergen List - By Allergen

Chile Peppers - Red or Green

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
937	ASIAN - GEN TSO CHICKEN/Rice
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990293	Bean and Cheese Burrito, Frozen
963	Black Bean Burger
852	BURRITO, SUPER
754	CHICKEN FAJITA, Secondary
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990344	Chicken SUPER Burrito
990074	Chicken, Shredded, Mexican, Ancho
155	CHILI with BEANS 6 oz (HM)
830	CHILI with LENTILS
990321	Chipotle Burrito Bowl
1121	CHIPOTLE MAYONNAISE
990323	Elem Burrito Bowl
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
1259	Grab Go Taco Salad-Beef
990180	Green Chili Nacho Cheese Sauce
1145	HM Chili 1/2 cup
990233	Hot Mess
483	LENTIL CHILI
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
990274	Pork Carnitas Burrito
990081	Pork, shredded, asian

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Spokane Public Schools

Allergen List - By Allergen

Chile Peppers - Red or Green

Recipe #	Recipe Name
990073	Pork, shredded, Mexican
990346	Potato Wedge Nachos
8	REFRIED BEANS: canned 1/4 C
10	SALAD SOUTHWEST BEAN 1/2 CUP
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
990236	Sriracha Ketchup
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
719	TACO SALAD ELEM
907	TACO, SOFT MT & BEAN 2nd

Chocolate/Cocoa - Chocolate or Cocoa

Recipe #	Recipe Name
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
177	ASSORTED BREAKFAST MUFFIN purchased
990242	BANANA Choc Chip MUFFIN 60 cut ADM
990160	BENEFIT BAR BANANA CHOCOLATE CHUNK
1089	BENEFIT BAR OATMEAL CHOCOLATE CHIP
1098	CEREAL BAR: COCOA KRISPIES
874	CEREAL, CHOC MINI WHEAT
1072	CEREAL, COLD VARIETY
578	CHOCOLATE BROWNIE Scratch
990190	CHOCOLATE BROWNIE Scratch (by weight)
526	CHOCOLATE CHIP COOKIE 1 oz PM
519	CHOCOLATE CHIP MUFFIN 60 ADM
808	CHOCOLATE CHIP MUFFIN 60 cut
518	CHOCOLATE CHIP MUFFIN PM
990308	CHOCOLATE CHIP ORANGE MUFFIN 60 ADM
990034	CHOCOLATE FUD MUFFIN 60 cut ADM
789	COOKIE: M & M, chocolate, chocolate chip
990297	Jack Links Sweet BBQ Chicken Meal Kit

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Spokane Public Schools

Allergen List - By Allergen

Chocolate/Cocoa - Chocolate or Cocoa

Recipe #	Recipe Name
228	Milk, Chocolate
990071	Milk, Variety
583	MJM ASSORTED COOKIE
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
323	Oatmeal with Toppings
990346	Potato Wedge Nachos
990315	Pretzel and Cheese Meal Kit
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990246	Smoothie and Sunchips Grab and Go
990050	SNACK MUFFIN (PM)
990316	Sun Butter and Jelly Meal Kit
990251	Vending Breakfast Bar Meal 1 fruit
990226	Vending Breakfast Bar Meal 2 fruit
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990347	Vending- Deli Turkey Sandwich
990350	Vending- Sunbutter and Jelly Sandwich
990253	Vending Yogurt Breakfast 1 fruit
990229	Vending Yogurt Breakfast 2 fruit
343	Yogurt Grab and Go Elem
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440

Cinnamon - spice

Recipe #	Recipe Name
509	APPLE CINNAMON COFFEE CAKE 60
990192	Apple Cinnamon MUFFIN ADM
202	Apple Crisp (Baked)
884	APPLE/BB DELIGHT BAR
511	APPLESAUCE BREAD 60 cut
354	APPLESAUCE, CINNAMON 1/2 cup
352	APPLESAUCE, CINNAMON 1/4 cup

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Spokane Public Schools

Allergen List - By Allergen

Cinnamon - spice

Recipe #	Recipe Name
176	BANANA MUFFIN (PRE-MADE) WG
990038	BANANA/APPLE MUFFIN 60 cut ADM
990239	Blueberry Crumble
990273	Carnitas Pork
990033	CARROT P/A MUFFIN 60 cut ADM
743	CEREAL, CINN TOAST CRUNCH
905	CEREAL, CINNAMON CHEX
1072	CEREAL, COLD VARIETY
526	CHOCOLATE CHIP COOKIE 1 oz PM
486	CINN ROLL w/ GLAZE 2.25 OZ HM
485	CINNAMON ROLLS 1 OZ HM
810	COOKIE, SCOOBY DOO BONES
1250	DC FRUITED YOGURT PAR/MUF SC
878	FRENCH TOAST 1 slice
1139	FRENCH TOAST /SAUSAGE (B)
990319	French Toast Sticks
990345	French Toast Sticks
26	HOLIDAY PUMPKIN CUSTARD
585	HOMEMADE BREAKFAST MUFFIN
990181	Honey Cinnamon Baked Pears
990182	Honey Cinnamon Pear and Yogurt Parfait
990297	Jack Links Sweet BBQ Chicken Meal Kit
583	MJM ASSORTED COOKIE
323	Oatmeal with Toppings
990274	Pork Carnitas Burrito
990315	Pretzel and Cheese Meal Kit
990304	Pumpkin Bread
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM
725	SALAD APPLE WALDORF
772	SALAD WALDORF FRUIT 1/4 cup
990050	SNACK MUFFIN (PM)
990191	Spice Bread ADM
990316	Sun Butter and Jelly Meal Kit

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Spokane Public Schools

Allergen List - By Allergen

Cinnamon - spice

Recipe #	Recipe Name
990252	Vending Cereal Breakfast 1 fruit
990228	Vending Cereal Breakfast 2 fruit
990258	Vending GF Cereal Breakfast 2 fruit
1257	YOGURT, SMOOTHIE CINNAMON
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990223	ZeeZee Bar Cinnamon Crisp 7B0430

Citrus - This products may contain: Lemon, orange, lime, grapefruit, mandarin oranges, satsumas, tangerines, clementines or kumquat

Recipe #	Recipe Name
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
803	BEEF PATTY 2.5 OZ
81	CHEESEBURGER 1/2 ea
70	CHEESEBURGER GF BUN
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
990321	Chipotle Burrito Bowl
1121	CHIPOTLE MAYONNAISE
990260	Clementines, Fresh
903	DELI CHOICE HUMMUS
990323	Elem Burrito Bowl
690	Grab Go Wrap Hummus Turkey
161	HAMBURGER ON A BUN (EL)
481	HAMBURGER ON A BUN HS/MS
779	HAMBURGER ON A BUN, MAUI
632	HAMBURGER, GF BUN
990181	Honey Cinnamon Baked Pears
990182	Honey Cinnamon Pear and Yogurt Parfait
1216	HS: CONDIMENTS
1251	HUMMUS
1242	MS: CONDIMENTS

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Spokane Public Schools

Allergen List - By Allergen

Citrus - This products may contain: Lemon, orange, lime, grapefruit, mandarin oranges, satsumas, tangerines, clementines or kumquat

Recipe #	Recipe Name
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
990346	Potato Wedge Nachos
775	SALAD BEAN & VEGGIE SALSA
1271	SALAD CAESAR 1 CUP
952	SALAD CORN 1/4 cup
225	SALAD DRESSING, Caesar Bulk
179	SALAD DRESSING: CAESAR -M-5-SP
248	SALAD ITALIAN TOMATO 1/2 cup
896	SALAD LENTIL CONFETTI
339	SALAD THREE BEAN 1/2 cup
21	SALAD WHEAT BERRY
243	Salad: CHICKEN PASTA
126	TARTAR SAUCE
990166	Theme Meal Backyard BBQ
990179	Theme Meal Pizza Party
990069	Wrap, Chicken Caesar

Coconut - shredded coconut, coconut oil

Recipe #	Recipe Name
937	ASIAN - GEN TSO CHICKEN/Rice
940	ASIAN - SWEET & SOUR CHICKEN
13	FORTUNE COOKIE
990302	Island Dried Fruit
990315	Pretzel and Cheese Meal Kit
990316	Sun Butter and Jelly Meal Kit
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990179	Theme Meal Pizza Party
783	TURKEY-HAM & CHEESE RIPPER

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Spokane Public Schools

Allergen List - By Allergen

Coconut - shredded coconut, coconut oil

Recipe #	Recipe Name
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440

Corn - whole kernal corn, corn flour, corn meal, corn syrup, corn starch

Recipe #	Recipe Name
764	Alaska Pollock FISH SANDWICH ON A BUN
990299	Apple-Rito
990080	ASIAN - Beef and Broccoli/rice
990084	ASIAN - Chicken Fried Rice Entree
990087	ASIAN - Chicken Teriyaki/rice
937	ASIAN - GEN TSO CHICKEN/Rice
990078	Asian - Green Bean Chicken/rice
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles
557	ASIAN - ORANGE SAUCE G-9-SP
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
249	BAKED BEANS 1/2 cup
440	BAKED BEANS 1/4 cup
1323	Baked Penne Pasta with Chicken
176	BANANA MUFFIN (PRE-MADE) WG
990079	Beef, Asian, beef and Broccoli
963	Black Bean Burger
990239	Blueberry Crumble
990339	Bowl, Potato and chicken
1212	BREAD, GARLIC MINIS
990232	Buffalo Chicken
852	BURRITO, SUPER
978	CEREAL BAR: CINNAMON TOAST
998	CEREAL BAR: COCOA PUFFS

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Spokane Public Schools

Allergen List - By Allergen

Corn - whole kernal corn, corn flour, corn meal, corn syrup, corn starch

Recipe #	Recipe Name
1026	CEREAL BAR: NUTRI-GRAIN BB
927	CEREAL BAR: NUTRI-GRAIN RASPBE
1025	CEREAL BAR: NUTRI-GRAIN STRAWB
748	CEREAL, RICE KRISPIES
1072	CEREAL, COLD VARIETY
990249	Chicken Burrito
990254	Chicken Burrito half
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
990322	Chicken Corn Dog
754	CHICKEN FAJITA, Secondary
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
970	CHICKEN STRIPS, GLUTEN FREE
990344	Chicken SUPER Burrito
990276	Chicken Tikka Masala
990	CHIP: PRETZELS ROLD GOLD WG
990321	Chipotle Burrito Bowl
990184	Chow Mein
486	CINN ROLL w/ GLAZE 2.25 OZ HM
990351	Corn on the Cob
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
270	CORN WHOLE KERNAL 1/2 cup
446	CORN WHOLE KERNAL 1/4 cup
271	Corn, yellow
990037	CORNBREAD W/HONEYBUTTER
903	DELI CHOICE HUMMUS
990323	Elem Burrito Bowl
1279	FIESTA CHICKEN BOWL Scratch

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Spokane Public Schools

Allergen List - By Allergen

Corn - whole kernal corn, corn flour, corn meal, corn syrup, corn starch

Recipe #	Recipe Name
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
941	FISH PATTY, BREADED
990319	French Toast Sticks
990345	French Toast Sticks
990307	Gingerbread Person Cookie
990330	Grab and Go Buffalo Chix Salad
1259	Grab Go Taco Salad-Beef
990338	Gravy, Chicken, Monarch
990162	HOM Blueberry Crisp
1216	HS: CONDIMENTS
990297	Jack Links Sweet BBQ Chicken Meal Kit
222	KETCHUP
1242	MS: CONDIMENTS
990176	Multigrain SunChips
717	NACHO CHIPS 2OZ
990170	NACHO w/ Beans & Cheese Sauce
990303	NACHO w/ Cheese Sauce
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
966	ORANGE MUFFIN (PRE-M) WG
990274	Pork Carnitas Burrito
990315	Pretzel and Cheese Meal Kit
37	PUREE VEGGIES
990115	Rice krispie treats
725	SALAD APPLE WALDORF
775	SALAD BEAN & VEGGIE SALSA
952	SALAD CORN 1/4 cup
191	SALAD DRESSING PACKET: 1000
10	SALAD SOUTHWEST BEAN 1/2 CUP
1128	SALAD SPICY BLACK BEAN
1273	SLOPPY JOE MEAT MIX

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Spokane Public Schools

Allergen List - By Allergen

Corn - whole kernal corn, corn flour, corn meal, corn syrup, corn starch

Recipe #	Recipe Name
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
990246	Smoothie and Sunchips Grab and Go
990050	SNACK MUFFIN (PM)
990316	Sun Butter and Jelly Meal Kit
990188	SunChips
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
719	TACO SALAD ELEM
990086	Teriyaki Chicken
990240	Teriyaki Chicken New
990340	Teriyaki Chicken Noodle Bowl
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990179	Theme Meal Pizza Party
1141	Turkey and Gravy, Jenny-O, 7T3100
990205	Vegetable Chow Mein Noodles
990041	Veggie Legume 1/2 cup
990042	Veggie Starch 1/2 cup
990350	Vending- Sunbutter and Jelly Sandwich
990253	Vending Yogurt Breakfast 1 fruit
990229	Vending Yogurt Breakfast 2 fruit
990336	WRAP Chicken Caesar
990265	Yakisoba Noodles
990235	Yami Yogurt
343	Yogurt Grab and Go Elem

Cornstarch - corn base

Recipe #	Recipe Name
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
990192	Apple Cinnamon MUFFIN ADM
990080	ASIAN - Beef and Broccoli/rice

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Spokane Public Schools

Allergen List - By Allergen

Cornstarch - corn base

Recipe #	Recipe Name
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990087	ASIAN - Chicken Teriyaki/rice
937	ASIAN - GEN TSO CHICKEN/Rice
990078	Asian - Green Bean Chicken/rice
990083	ASIAN - Korean Beef/rice
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
1323	Baked Penne Pasta with Chicken
990242	BANANA Choc Chip MUFFIN 60 cut ADM
315	BANANA MUFFIN 60 cut ADM
990038	BANANA/APPLE MUFFIN 60 cut ADM
1325	BARBECUE SAUCE (FSA)
359	BASIC MUFFIN MIX ADM
990221	BBQ Pulled Pork Sandwich
990169	Bean and Cheese Burrito
990293	Bean and Cheese Burrito, Frozen
990194	Bean and Cheese Soft Taco
990239	Blueberry Crumble
990032	BLUEBERRY MUFFIN 60 cut ADM
990339	Bowl, Potato and chicken
958	BREAKFAST BURRITO - Secondary
990234	Buffalo Ranch
990033	CARROT P/A MUFFIN 60 cut ADM
742	CEREAL, CHEERIOS, Multigrain
1072	CEREAL, COLD VARIETY
70	CHEESEBURGER GF BUN
1278	CHICKEN BAKED FSA BBQ
990342	Chicken Biscuit Sandwich

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Spokane Public Schools

Allergen List - By Allergen

Cornstarch - corn base

Recipe #	Recipe Name
990249	Chicken Burrito
990254	Chicken Burrito half
754	CHICKEN FAJITA, Secondary
990220	Chicken Fillet Bites
990225	Chicken Fillet Bites CACFP
990168	Chicken Fillet Sandwich
990189	Chicken Fillet Sandwich HALF CACFP
990055	CHICKEN ON A BUN, BBQ 1/2
1293	CHICKEN ON A BUN, BBQ Scratch
633	CHICKEN PATTY GF BUN
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
990029	CHICKEN RICE SOUP
990344	Chicken SUPER Burrito
990321	Chipotle Burrito Bowl
1121	CHIPOTLE MAYONNAISE
519	CHOCOLATE CHIP MUFFIN 60 ADM
990308	CHOCOLATE CHIP ORANGE MUFFIN 60 ADM
990034	CHOCOLATE FUD MUFFIN 60 cut ADM
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
1250	DC FRUITED YOGURT PAR/MUF SC
550	DELI CHEESE SAND GF
990259	DELI HAM & CHEESE SANDWICH GF
547	DELI TURKEY & CHEESE SANDWICH GF
990323	Elem Burrito Bowl
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c

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Spokane Public Schools

Allergen List - By Allergen

Cornstarch - corn base

Recipe #	Recipe Name
1074	GLUTEN FREE BLUEBERRY MUFFIN
990018	GLUTEN FREE HAMBURGER ROLL
928	GLUTEN FREE HOT DOG BUN
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap
1259	Grab Go Taco Salad-Beef
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
632	HAMBURGER, GF BUN
990153	Harvest of the Month Blueberry Parfait
990162	HOM Blueberry Crisp
585	HOMEMADE BREAKFAST MUFFIN
990182	Honey Cinnamon Pear and Yogurt Parfait
1216	HS: CONDIMENTS
1232	HS: Fruit/Veggies MONDAY
1236	HS:SUB SAND(ham/turkey)
990297	Jack Links Sweet BBQ Chicken Meal Kit
483	LENTIL CHILI
990149	Maple MUFFIN 60 cut ADM
411	MAYONNAISE, LIGHT
1242	MS: CONDIMENTS
990262	Pinto Bean and Cheese Burrito
512	PIZZA ON GF BUN
990274	Pork Carnitas Burrito
990072	Pork, shredded, BBQ Sauce
990315	Pretzel and Cheese Meal Kit
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM

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Spokane Public Schools

Allergen List - By Allergen

Cornstarch - corn base

Recipe #	Recipe Name
990035	PUMPKIN MUFFIN 60 cut ADM
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp
415	RANCH DRESSING LITE HOMEMADE, 2 TBL
990137	RICE, Brown 1 cup
990129	RICE, Brown 1/2 cup
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
139	ROMAINE SALAD w/Dressing 1 cup
1305	ROMAINE SALAD w/dressing 1/2 C
913	SALAD BROCCOLI 1/4 cup
191	SALAD DRESSING PACKET: 1000
189	SALAD DRESSING Pkg: Assorted
179	SALAD DRESSING: CAESAR -M-5-SP
896	SALAD LENTIL CONFETTI
869	SALAD MACARONI
990017	SALAD MARINATED FRESH VEGGIE
685	SALAD PEA
1297	SALAD PEPPER SLAW 1/4 cup
10	SALAD SOUTHWEST BEAN 1/2 CUP
772	SALAD WALDORF FRUIT 1/4 cup
990255	Seasoned Black Beans
990266	Seasoned Black Beans
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990207	Smoothie, Blueberry Banana
990210	Smoothie, Green Flash
990208	Smoothie, Northwest Berry
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry
990284	Smoothie, Raspberry Pear

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Allergen List - By Allergen

Cornstarch - corn base

Recipe #	Recipe Name
990243	Smoothie, Strawberry Banana
990209	Smoothie, Strawberry Peach
434	SOUR CREAM
768	Spanish Rice 1/2 cup
990191	Spice Bread ADM
990257	Spicy Chicken Fillet Sandwich
990316	Sun Butter and Jelly Meal Kit
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
604	TACO SHELL, SOFT 10"
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
126	TARTAR SAUCE
1051	TOMATO SALSA
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
1207	Turkey/Cheese wrap Sandwich HS
598	TUSCAN KALE & SAUSAGE SOUP
700	VEGGIE STICKS (sec)
990349	Vending- Chef Salad
990258	Vending GF Cereal Breakfast 2 fruit
990253	Vending Yogurt Breakfast 1 fruit
990229	Vending Yogurt Breakfast 2 fruit
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
990128	Wrap, Turkey and Cream Cheese, Secondary
990235	Yami Yogurt

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Spokane Public Schools

Allergen List - By Allergen

Cornstarch - corn base

Recipe #	Recipe Name
343	Yogurt Grab and Go Elem
990277	Yogurt Parfait Lunch Blueberry
990278	Yogurt Parfait Lunch Strawberry
990263	YOGURT PARFAIT, Blueberry
658	YOGURT PARFAIT, Strawberry
1272	YOGURT, BREAKFAST PARFAIT/FRT
990047	YOGURT, SMOOTHIE ASSORTED
318	YOGURT, SMOOTHIE BERRY
1257	YOGURT, SMOOTHIE CINNAMON
1117	YOGURT, SMOOTHIE MONKEY
559	YOGURT, SMOOTHIE PEACH
657	YOGURT, SMOOTHIE SAMURAI
990061	YOGURT, SMOOTHIE STRAWBERRY BANANA
1247	YOGURT, SMOOTHIE SUNRISE
1096	YOGURT, Danimal 4 oz

Cornsyrup - corn base

Recipe #	Recipe Name
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles
557	ASIAN - ORANGE SAUCE G-9-SP
1300	ASSORTED FRUIT CAN/FROZEN
998	CEREAL BAR: COCOA PUFFS
1026	CEREAL BAR: NUTRI-GRAIN BB
1025	CEREAL BAR: NUTRI-GRAIN STRAWB
1250	DC FRUITED YOGURT PAR/MUF SC
365	FRUIT COCKTAIL 1/2 cup
419	FRUIT COCKTAIL 1/4 cup
790	FRUIT CUP SUMMER
371	FRUIT JUMBLE 1/2 cup
404	FRUIT JUMBLE 1/4 cup
682	FRUIT JUMBLE Ap& Oran 1/4 cup
758	FRUIT JUMBLE Orange 1/2 cup
753	FRUIT JUMBLE Orange 1/4 cup

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Allergen List - By Allergen

Corn syrup - corn base

Recipe #	Recipe Name
408	FRUIT JUMBLE W/Apples 1/2 cup
407	FRUIT JUMBLE W/Apples 1/4 cup
405	FRUIT JUMBLE W/Banana 1/2 cup
406	FRUIT JUMBLE W/Banana 1/4 cup
400	FRUIT JUMBLE W/Grapes 1/2 cup
372	FRUIT JUMBLE W/Grapes 1/4 cup
838	Grab Go Deli Turkey/Chees Sand
990153	Harvest of the Month Blueberry Parfait
990182	Honey Cinnamon Pear and Yogurt Parfait
1232	HS: Fruit/Veggies MONDAY
409	KETCHUP, Packet
349	MAPLE SYRUP
228	Milk, Chocolate
323	Oatmeal with Toppings
384	PEACHES 1/2 CUP
437	PEACHES 1/4 CUP
385	PEARS 1/2 cup
438	PEARS 1/4 cup
389	PEARS & PINEAPPLE 1/2 cup
391	PEARS & PINEAPPLE 1/4 cup
990315	Pretzel and Cheese Meal Kit
990325	Pretzel, Soft
990285	Rice Crispy Treat Small
772	SALAD WALDORF FRUIT 1/4 cup
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990208	Smoothie, Northwest Berry
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry
990284	Smoothie, Raspberry Pear

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Allergen List - By Allergen

Cornsyrup - corn base

Recipe #	Recipe Name
990209	Smoothie, Strawberry Peach
990236	Sriracha Ketchup
990193	SunButter and Grape Jelly Sandwich
990247	SunButter and Grape Jelly Sandwich HALF
990196	SunButter and Strawberry Jelly Sandwich
990095	SunButter Munchable
990166	Theme Meal Backyard BBQ
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990347	Vending- Deli Turkey Sandwich
990350	Vending- Sunbutter and Jelly Sandwich
990277	Yogurt Parfait Lunch Blueberry
990278	Yogurt Parfait Lunch Strawberry
990263	YOGURT PARFAIT, Blueberry
658	YOGURT PARFAIT, Strawberry
1272	YOGURT, BREAKFAST PARFAIT/FRT
990047	YOGURT, SMOOTHIE ASSORTED
559	YOGURT, SMOOTHIE PEACH
657	YOGURT, SMOOTHIE SAMURAI
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990223	ZeeZee Bar Cinnamon Crisp 7B0430
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440

Cranberries - Crasins

Recipe #	Recipe Name
694	CRAISINS 1/2 CUP
1250	DC FRUITED YOGURT PAR/MUF SC
999	FRUIT MIX DRIED
585	HOMEMADE BREAKFAST MUFFIN
966	ORANGE MUFFIN (PRE-M) WG
725	SALAD APPLE WALDORF
21	SALAD WHEAT BERRY

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Spokane Public Schools

Allergen List - By Allergen

Cucumber -

Recipe #	Recipe Name
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
377	CUCUMBER SLICES 4 EA
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
1232	HS: Fruit/Veggies MONDAY
990297	Jack Links Sweet BBQ Chicken Meal Kit
990271	Quick Pickled Cucumbers
248	SALAD ITALIAN TOMATO 1/2 cup
990017	SALAD MARINATED FRESH VEGGIE
685	SALAD PEA
1235	Veggie Other 1/2 cup
700	VEGGIE STICKS (sec)
990349	Vending- Chef Salad
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar

Dill - Dill weed

Recipe #	Recipe Name
990318	Crispy Garbanzo Beans
1236	HS:SUB SAND(ham/turkey)
44	POTATO WEDGES RANCH ROASTED FRESH
990271	Quick Pickled Cucumbers
990164	Roasted Ranch Potato Wedges
126	TARTAR SAUCE
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele

Egg - egg white, egg yolks

Recipe #	Recipe Name
509	APPLE CINNAMON COFFEE CAKE 60

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Allergen List - By Allergen

Egg - egg white, egg yolks

Recipe #	Recipe Name
990192	Apple Cinnamon MUFFIN ADM
884	APPLE/BB DELIGHT BAR
511	APPLESAUCE BREAD 60 cut
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree
937	ASIAN - GEN TSO CHICKEN/Rice
940	ASIAN - SWEET & SOUR CHICKEN
177	ASSORTED BREAKFAST MUFFIN purchased
990242	BANANA Choc Chip MUFFIN 60 cut ADM
176	BANANA MUFFIN (PRE-MADE) WG
315	BANANA MUFFIN 60 cut ADM
990038	BANANA/APPLE MUFFIN 60 cut ADM
793	BASIC DOUGH WHOLE WHEAT
359	BASIC MUFFIN MIX ADM
990301	Belgian Liege Waffle, Assorted
990313	Belgian Liege Waffle, MAPLE
990160	BENEFIT BAR BANANA CHOCOLATE CHUNK
990264	BENEFIT BAR FRENCH TOAST
1089	BENEFIT BAR OATMEAL CHOCOLATE CHIP
963	Black Bean Burger
174	BLUEBERRY MUFFIN (PREMADE) WG
990032	BLUEBERRY MUFFIN 60 cut ADM
312	BREAD STICKS, GARLIC HM 1.25G
311	BREAD STICKS, HM 1.25G
1212	BREAD, GARLIC MINIS
1282	BREAKFAST BOWL
958	BREAKFAST BURRITO - Secondary
860	BREAKFAST SAND EGG & CHEESE
990204	BREAKFAST SAND EGG & CHEESE 1/2
1313	BREAKFAST SAND EGG,CHS & HAM
990070	BREAKFAST SAND PANCAKE EGG,CHS & SAUSAGE
1135	BREAKFAST SANDWICH OPTIONS
990234	Buffalo Ranch

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Spokane Public Schools

Allergen List - By Allergen

Egg - egg white, egg yolks

Recipe #	Recipe Name
990033	CARROT P/A MUFFIN 60 cut ADM
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
525	CHEESE ZOMBIE- 24 cut
70	CHEESEBURGER GF BUN
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
990322	Chicken Corn Dog
549	CHICKEN EGG ROLL
633	CHICKEN PATTY GF BUN
970	CHICKEN STRIPS, GLUTEN FREE
990321	Chipotle Burrito Bowl
1121	CHIPOTLE MAYONNAISE
578	CHOCOLATE BROWNIE Scratch
990190	CHOCOLATE BROWNIE Scratch (by weight)
526	CHOCOLATE CHIP COOKIE 1 oz PM
519	CHOCOLATE CHIP MUFFIN 60 ADM
808	CHOCOLATE CHIP MUFFIN 60 cut
518	CHOCOLATE CHIP MUFFIN PM
990308	CHOCOLATE CHIP ORANGE MUFFIN 60 ADM
990034	CHOCOLATE FUD MUFFIN 60 cut ADM
486	CINN ROLL w/ GLAZE 2.25 OZ HM
485	CINNAMON ROLLS 1 OZ HM
990127	Coleslaw, Classic
789	COOKIE: M & M, chocolate, chocolate chip
990037	CORNBREAD W/HONEYBUTTER
1250	DC FRUITED YOGURT PAR/MUF SC
550	DELI CHEESE SAND GF
990259	DELI HAM & CHEESE SANDWICH GF
547	DELI TURKEY & CHEESE SANDWICH GF
990286	Dick and Jane Educational Crackers 7C6280
794	DINNER ROLL HM W/GRAIN 1G
795	DINNER ROLL HM W/GRAIN 2 G
680	EGG & CHEESE OMELET

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Spokane Public Schools

Allergen List - By Allergen

Egg - egg white, egg yolks

Recipe #	Recipe Name
781	EGG PATTY
912	EGG, HAM & CHEESE BK SANDWICH sec
989	EGG, HB, PUREED
370	EGG,HARD-BOILED
990323	Elem Burrito Bowl
990183	Fat Cat Nut Free Chocolate Chip Cookie
13	FORTUNE COOKIE
878	FRENCH TOAST 1 slice
1139	FRENCH TOAST /SAUSAGE (B)
990319	French Toast Sticks
990345	French Toast Sticks
990307	Gingerbread Person Cookie
1074	GLUTEN FREE BLUEBERRY MUFFIN
990018	GLUTEN FREE HAMBURGER ROLL
928	GLUTEN FREE HOT DOG BUN
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap
632	HAMBURGER, GF BUN
26	HOLIDAY PUMPKIN CUSTARD
585	HOMEMADE BREAKFAST MUFFIN
1216	HS: CONDIMENTS
1232	HS: Fruit/Veggies MONDAY
1236	HS:SUB SAND(ham/turkey)
990149	Maple MUFFIN 60 cut ADM
1050	MAYONNAISE Packet
411	MAYONNAISE, LIGHT
1242	MS: CONDIMENTS

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Spokane Public Schools

Allergen List - By Allergen

Egg - egg white, egg yolks

Recipe #	Recipe Name
966	ORANGE MUFFIN (PRE-M) WG
569	PANCAKE - WG 1
990320	Pancake, Sausage & Cheese BF Sandwich
579	PANCAKES - WHOLE GRAIN
512	PIZZA ON GF BUN
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
990304	Pumpkin Bread
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM
36	PUREE MEAT MEAL
990294	Ranch cup, 1 oz
990312	Ranch Cup, Monarch 1.5 oz
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp
415	RANCH DRESSING LITE HOMEMADE, 2 TBL
416	RANCH DRESSING LITEHOUSE
139	ROMAINE SALAD w/Dressing 1 cup
1305	ROMAINE SALAD w/dressing 1/2 C
913	SALAD BROCCOLI 1/4 cup
1271	SALAD CAESAR 1 CUP
1225	SALAD CARROT RAISIN 1/4 cup
769	SALAD COLE SLAW 1/4 cup
191	SALAD DRESSING PACKET: 1000
607	SALAD DRESSING PACKET: CAESAR
189	SALAD DRESSING Pkg: Assorted
225	SALAD DRESSING, Caesar Bulk
179	SALAD DRESSING: CAESAR -M-5-SP
869	SALAD MACARONI
990017	SALAD MARINATED FRESH VEGGIE
685	SALAD PEA
1297	SALAD PEPPER SLAW 1/4 cup
1228	SALAD POTATO 1/2 cup
10	SALAD SOUTHWEST BEAN 1/2 CUP
772	SALAD WALDORF FRUIT 1/4 cup

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Spokane Public Schools

Allergen List - By Allergen

Egg - egg white, egg yolks

Recipe #	Recipe Name
172	SCRAMBLED EGGS
681	SCRAMBLED EGGS & DICED HAM
990246	Smoothie and Sunchips Grab and Go
990050	SNACK MUFFIN (PM)
990191	Spice Bread ADM
126	TARTAR SAUCE
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990179	Theme Meal Pizza Party
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
990158	VEG BREAKFAST SAND PANCAKE EGG & CHEESE
700	VEGGIE STICKS (sec)
990251	Vending Breakfast Bar Meal 1 fruit
990226	Vending Breakfast Bar Meal 2 fruit
990252	Vending Cereal Breakfast 1 fruit
990228	Vending Cereal Breakfast 2 fruit
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990347	Vending- Deli Turkey Sandwich
990258	Vending GF Cereal Breakfast 2 fruit
990253	Vending Yogurt Breakfast 1 fruit
990229	Vending Yogurt Breakfast 2 fruit
568	WAFFLE 2 each
867	WAFFLE (1)
990341	Waffles, WG, Bake Crafters
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
343	Yogurt Grab and Go Elem

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Spokane Public Schools

Allergen List - By Allergen

Fish -

Recipe #	Recipe Name
764	Alaska Pollock FISH SANDWICH ON A BUN
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
941	FISH PATTY, BREADED
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
1236	HS:SUB SAND(ham/turkey)
1271	SALAD CAESAR 1 CUP
607	SALAD DRESSING PACKET: CAESAR
340	SALAD DRESSING PACKET: FRENCH
189	SALAD DRESSING Pkg: Assorted
225	SALAD DRESSING, Caesar Bulk
990179	Theme Meal Pizza Party
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
990349	Vending- Chef Salad
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990069	Wrap, Chicken Caesar

Garbanzo Beans - Chic peas

Recipe #	Recipe Name
903	DELI CHOICE HUMMUS
980	GARBONZO BEANS
541	Grab Go CHEF VEGAN SALAD
690	Grab Go Wrap Hummus Turkey
1251	HUMMUS
775	SALAD BEAN & VEGGIE SALSA
339	SALAD THREE BEAN 1/2 cup

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Spokane Public Schools

Allergen List - By Allergen

Garbanzo Beans - Chic peas

Recipe #	Recipe Name
598	TUSCAN KALE & SAUSAGE SOUP

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
990080	ASIAN - Beef and Broccoli/rice
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree
990087	ASIAN - Chicken Teriyaki/rice
937	ASIAN - GEN TSO CHICKEN/Rice
990078	Asian - Green Bean Chicken/rice
990083	ASIAN - Korean Beef/rice
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles
557	ASIAN - ORANGE SAUCE G-9-SP
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
1323	Baked Penne Pasta with Chicken
1325	BARBECUE SAUCE (FSA)
990221	BBQ Pulled Pork Sandwich
990293	Bean and Cheese Burrito, Frozen
990079	Beef, Asian, beef and Broccoli
963	Black Bean Burger
990339	Bowl, Potato and chicken

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Allergen List - By Allergen

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
670	BREAD STICKS PLAIN 1gr
312	BREAD STICKS, GARLIC HM 1.25G
1212	BREAD, GARLIC MINIS
990216	Breaded Chicken Drumstick
990232	Buffalo Chicken
990234	Buffalo Ranch
852	BURRITO, SUPER
990273	Carnitas Pork
829	CHEESE & PEPPERONI RIPPER
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
990310	Cheese Cup Meal Kit
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
933	Cheese-Filled Breadstick with Marinara
990296	Cheese-Filled Breadstick with Marinara, Summer
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
328	CHICKEN BAKED
1278	CHICKEN BAKED FSA BBQ
990342	Chicken Biscuit Sandwich
990249	Chicken Burrito
990254	Chicken Burrito half
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
549	CHICKEN EGG ROLL
754	CHICKEN FAJITA, Secondary
990220	Chicken Fillet Bites
990225	Chicken Fillet Bites CACFP
990168	Chicken Fillet Sandwich
990189	Chicken Fillet Sandwich HALF CACFP
990055	CHICKEN ON A BUN, BBQ 1/2
1293	CHICKEN ON A BUN, BBQ Scratch
341	CHICKEN PARMESAN

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Spokane Public Schools

Allergen List - By Allergen

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
990143	Chicken Parmesan /pasta
990295	Chicken Patty Sandwich, Summer
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
970	CHICKEN STRIPS, GLUTEN FREE
990344	Chicken SUPER Burrito
990276	Chicken Tikka Masala
155	CHILI with BEANS 6 oz (HM)
830	CHILI with LENTILS
990321	Chipotle Burrito Bowl
1121	CHIPOTLE MAYONNAISE
990184	Chow Mein
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
990318	Crispy Garbanzo Beans
990314	Cuban Style Black Beans, 3.25 oz
903	DELI CHOICE HUMMUS
990323	Elem Burrito Bowl
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
990039	Flatbread, Hawaiian
990256	Fried Rice New
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
990268	Garlic Flatbread
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad

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Allergen List - By Allergen

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap
1259	Grab Go Taco Salad-Beef
690	Grab Go Wrap Hummus Turkey
990338	Gravy, Chicken, Monarch
161	HAMBURGER ON A BUN (EL)
481	HAMBURGER ON A BUN HS/MS
1145	HM Chili 1/2 cup
162	HOT DOG ON A BUN
990233	Hot Mess
1216	HS: CONDIMENTS
1232	HS: Fruit/Veggies MONDAY
1251	HUMMUS
990068	Korean Beef
483	LENTIL CHILI
990292	Marinara cup
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
990343	Meatball sandwich
1242	MS: CONDIMENTS
990030	Munchable - Ham/chz
990203	Munchable - Pizza Pepperoni
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
1321	NOODLES, TWIST
990054	NOODLES, TWIST 1/4 cup
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
990262	Pinto Bean and Cheese Burrito

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Spokane Public Schools

Allergen List - By Allergen

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE, Wild Mike's, 10-cut
593	PIZZA CHEESE/ PEPPERONI 2G (E)
269	PIZZA CHEESE/CHICKEN WED - 2G
275	PIZZA CHEESE/HAM WED -2G
276	PIZZA CHEESE/HAWAII WED 2G
1249	PIZZA CHEESE/SAU/MR WED 2B
266	PIZZA CHEESE/SAUSAG WED 2G
277	PIZZA CHEESE/VEG WED 2G
472	PIZZA CHESE PEPPERONI-2ND 2 G
235	PIZZA RITA: PEPPERONI
990311	Pizza, Cheese, Wild Mike's IW Slice
990274	Pork Carnitas Burrito
990081	Pork, shredded, asian
990072	Pork, shredded, BBQ Sauce
990073	Pork, shredded, Mexican
458	POTATO HERB ROASTED
457	POTATO ITALIAN BABY ROASTED
990346	Potato Wedge Nachos
44	POTATO WEDGES RANCH ROASTED FRESH
909	POTATO WEDGES, MEXICAN
461	POTATOES,MASHED #8 SCOOP
990271	Quick Pickled Cucumbers
990294	Ranch cup, 1 oz
990312	Ranch Cup, Monarch 1.5 oz
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp
415	RANCH DRESSING LITE HOMEMADE, 2 TBL
416	RANCH DRESSING LITEHOUSE
8	REFRIED BEANS: canned 1/4 C
990275	Roasted Broccoli
990248	Roasted Garlic Mashed Potatoes
990164	Roasted Ranch Potato Wedges
139	ROMAINE SALAD w/Dressing 1 cup
1305	ROMAINE SALAD w/dressing 1/2 C

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Spokane Public Schools

Allergen List - By Allergen

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
775	SALAD BEAN & VEGGIE SALSA
1271	SALAD CAESAR 1 CUP
952	SALAD CORN 1/4 cup
190	SALAD DRESSING PACKET: BC
607	SALAD DRESSING PACKET: CAESAR
189	SALAD DRESSING Pkg: Assorted
225	SALAD DRESSING, Caesar Bulk
179	SALAD DRESSING: CAESAR -M-5-SP
248	SALAD ITALIAN TOMATO 1/2 cup
896	SALAD LENTIL CONFETTI
869	SALAD MACARONI
1228	SALAD POTATO 1/2 cup
10	SALAD SOUTHWEST BEAN 1/2 CUP
339	SALAD THREE BEAN 1/2 cup
243	Salad: CHICKEN PASTA
990255	Seasoned Black Beans
990266	Seasoned Black Beans
990267	Seasoned Pinto Beans
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
990231	SPAGHETTI with JTM MEAT SAUCE Elementary
1294	SPAGHETTI with JTM MEAT SAUCE Secondary
768	Spanish Rice 1/2 cup
990257	Spicy Chicken Fillet Sandwich
990236	Sriracha Ketchup
990082	Street Taco, flatbread, Asian, pork
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
719	TACO SALAD ELEM
907	TACO, SOFT MT & BEAN 2nd
126	TARTAR SAUCE

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Allergen List - By Allergen

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
990086	Teriyaki Chicken
990240	Teriyaki Chicken New
990340	Teriyaki Chicken Noodle Bowl
990166	Theme Meal Backyard BBQ
990179	Theme Meal Pizza Party
990202	Tomato Basil Soup
1051	TOMATO SALSA
990053	TOMATO SOUP 1/2 cup HM
394	TOMATO SOUP 6 OZ HM
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
783	TURKEY-HAM & CHEESE RIPPER
598	TUSCAN KALE & SAUSAGE SOUP
990205	Vegetable Chow Mein Noodles
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990347	Vending- Deli Turkey Sandwich
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
990265	Yakisoba Noodles
1062	ZESTY ITALIAN PASTA

Ginger - spice

Recipe #	Recipe Name
990080	ASIAN - Beef and Broccoli/rice
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990087	ASIAN - Chicken Teriyaki/rice

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Allergen List - By Allergen

Ginger - spice

Recipe #	Recipe Name
990078	Asian - Green Bean Chicken/rice
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990079	Beef, Asian, beef and Broccoli
549	CHICKEN EGG ROLL
990256	Fried Rice New
990307	Gingerbread Person Cookie
990081	Pork, shredded, asian
990304	Pumpkin Bread
990082	Street Taco, flatbread, Asian, pork
990086	Teriyaki Chicken

Gluten Free -

Recipe #	Recipe Name
990040	ASIAN CABBAGE SALAD
541	Grab Go CHEF VEGAN SALAD
687	Grab Go CHEF Vegetarian Salad
990297	Jack Links Sweet BBQ Chicken Meal Kit
990315	Pretzel and Cheese Meal Kit
990316	Sun Butter and Jelly Meal Kit
611	SUNFLOWER SEEDS

Gluten Grains - This ingredient contains gluten.

Wheat, rye, barley, malt in various forms

Recipe #	Recipe Name
177	ASSORTED BREAKFAST MUFFIN purchased
963	Black Bean Burger
990339	Bowl, Potato and chicken
990216	Breaded Chicken Drumstick
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
608	CHEESE SANDWICH
990306	Cheese-Filled Breadstick
933	Cheese-Filled Breadstick with Marinara

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Allergen List - By Allergen

Gluten Grains - This ingredient contains gluten.

Wheat, rye, barley, malt in various forms

Recipe #	Recipe Name
990296	Cheese-Filled Breadstick with Marinara, Summer
990338	Gravy, Chicken, Monarch
990163	HAWAIIAN TURKEY & CHEESE SAND -PREMADE
990176	Multigrain SunChips
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE, Wild Mike's, 10-cut
593	PIZZA CHEESE/ PEPPERONI 2G (E)
269	PIZZA CHEESE/CHICKEN WED - 2G
275	PIZZA CHEESE/HAM WED -2G
276	PIZZA CHEESE/HAWAII WED 2G
1249	PIZZA CHEESE/SAU/MR WED 2B
266	PIZZA CHEESE/SAUSAG WED 2G
277	PIZZA CHEESE/VEG WED 2G
472	PIZZA CHEESE PEPPERONI-2ND 2 G
990311	Pizza, Cheese, Wild Mike's IW Slice
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
11	PRETZEL MINI STICKS
990246	Smoothie and Sunchips Grab and Go
990316	Sun Butter and Jelly Meal Kit
990291	Sun Butter and Strawberry Jelly Sandwich, Frozen
990193	SunButter and Grape Jelly Sandwich
990247	SunButter and Grape Jelly Sandwich HALF
990196	SunButter and Strawberry Jelly Sandwich
990188	SunChips
990179	Theme Meal Pizza Party
1211	TOASTED CHEESE SANDWICH
130	TOASTED CHEESE SANDWICH 1/2
990252	Vending Cereal Breakfast 1 fruit
990228	Vending Cereal Breakfast 2 fruit
990350	Vending- Sunbutter and Jelly Sandwich
990253	Vending Yogurt Breakfast 1 fruit
990229	Vending Yogurt Breakfast 2 fruit

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Spokane Public Schools

Allergen List - By Allergen

Gluten Grains - This ingredient contains gluten.

Wheat, rye, barley, malt in various forms

Recipe #	Recipe Name
343	Yogurt Grab and Go Elem

Grapes -

Recipe #	Recipe Name
1300	ASSORTED FRUIT CAN/FROZEN
990309	Beef Stick Meal Kit
990238	BlueRaspberry Lemon Sidekicks
871	CAPRI SUN FRUIT DIVE
872	CAPRI SUN FRUIT PUNCH
1250	DC FRUITED YOGURT PAR/MUF SC
365	FRUIT COCKTAIL 1/2 cup
419	FRUIT COCKTAIL 1/4 cup
790	FRUIT CUP SUMMER
371	FRUIT JUMBLE 1/2 cup
404	FRUIT JUMBLE 1/4 cup
682	FRUIT JUMBLE Ap&Oran 1/4 cup
758	FRUIT JUMBLE Orange 1/2 cup
753	FRUIT JUMBLE Orange 1/4 cup
408	FRUIT JUMBLE W/Apples 1/2 cup
407	FRUIT JUMBLE W/Apples 1/4 cup
405	FRUIT JUMBLE W/Banana 1/2 cup
406	FRUIT JUMBLE W/Banana 1/4 cup
400	FRUIT JUMBLE W/Grapes 1/2 cup
372	FRUIT JUMBLE W/Grapes 1/4 cup
838	Grab Go Deli Turkey/Chees Sand
358	GRAPE JUICE 1/2 cup
392	GRAPES,Fresh 1/2 cup
203	GRAPES,Fresh 1/2 cup - pkg
422	GRAPES,Fresh 1/4 cup
1232	HS: Fruit/Veggies MONDAY
772	SALAD WALDORF FRUIT 1/4 cup
243	Salad: CHICKEN PASTA

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Allergen List - By Allergen

Grapes -

Recipe #	Recipe Name
990316	Sun Butter and Jelly Meal Kit
990193	SunButter and Grape Jelly Sandwich
990247	SunButter and Grape Jelly Sandwich HALF
990095	SunButter Munchable
990047	YOGURT, SMOOTHIE ASSORTED
657	YOGURT, SMOOTHIE SAMURAI

Green Beans -

Recipe #	Recipe Name
418	SALAD DRESSING: ORIENTAL
339	SALAD THREE BEAN 1/2 cup

HONEY -

Recipe #	Recipe Name
990087	ASIAN - Chicken Teriyaki/rice
990040	ASIAN CABBAGE SALAD
299	BAGEL, BLUEBERRY
347	BAGEL, PLAIN
990309	Beef Stick Meal Kit
990310	Cheese Cup Meal Kit
70	CHEESEBURGER GF BUN
990322	Chicken Corn Dog
633	CHICKEN PATTY GF BUN
810	COOKIE, SCOOPY DOO BONES
990037	CORNBREAD W/HONEYBUTTER
1250	DC FRUITED YOGURT PAR/MUF SC
550	DELI CHEESE SAND GF
990259	DELI HAM & CHEESE SANDWICH GF
547	DELI TURKEY & CHEESE SANDWICH GF
990018	GLUTEN FREE HAMBURGER ROLL
541	Grab Go CHEF VEGAN SALAD
687	Grab Go CHEF Vegetarian Salad
990151	Grab Go Chicken Caesar Salad
757	HAM & CHEESE BAGEL - Breakfast

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Allergen List - By Allergen

HONEY -

Recipe #	Recipe Name
762	HAM & CHEESE BAGEL - Sec
632	HAMBURGER, GF BUN
990153	Harvest of the Month Blueberry Parfait
990181	Honey Cinnamon Baked Pears
990182	Honey Cinnamon Pear and Yogurt Parfait
990233	Hot Mess
990297	Jack Links Sweet BBQ Chicken Meal Kit
323	Oatmeal with Toppings
512	PIZZA ON GF BUN
910	POTATO HONEY DIJON
990315	Pretzel and Cheese Meal Kit
990219	Smoothie and Bagel Grab and Go
990316	Sun Butter and Jelly Meal Kit
611	SUNFLOWER SEEDS
990086	Teriyaki Chicken
990250	Vending Bagel Breakfast 1 fruit
990227	Vending Bagel Breakfast 2 fruit
990336	WRAP Chicken Caesar
990277	Yogurt Parfait Lunch Blueberry
990278	Yogurt Parfait Lunch Strawberry
990263	YOGURT PARFAIT, Blueberry
658	YOGURT PARFAIT, Strawberry
1272	YOGURT, BREAKFAST PARFAIT/FRT

Honeydew Melon -

Recipe #	Recipe Name
374	HONEYDEW CHUNCKS 1/2 CUP
373	HONEYDEW CHUNCKS 1/4 CUP

Jalapeno Peppers -

Recipe #	Recipe Name
990310	Cheese Cup Meal Kit
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2

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Spokane Public Schools

Allergen List - By Allergen

Jalapeno Peppers -

Recipe #	Recipe Name
1324	CHICKEN QUESADILLA 2nd
990344	Chicken SUPER Burrito
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch

Kidney Beans -

Recipe #	Recipe Name
775	SALAD BEAN & VEGGIE SALSA
339	SALAD THREE BEAN 1/2 cup

Kiwi -

Recipe #	Recipe Name
1232	HS: Fruit/Veggies MONDAY
375	KIWI HALF
376	KIWI Whole

Legumes - pinto beans, black beans, navy beans, baked beans, lentils, peas, peanuts

Recipe #	Recipe Name
249	BAKED BEANS 1/2 cup
440	BAKED BEANS 1/4 cup
990169	Bean and Cheese Burrito
990293	Bean and Cheese Burrito, Frozen
990194	Bean and Cheese Soft Taco
963	Black Bean Burger
990217	Black Beans
852	BURRITO, SUPER
990249	Chicken Burrito
990254	Chicken Burrito half
990344	Chicken SUPER Burrito
155	CHILI with BEANS 6 oz (HM)
990321	Chipotle Burrito Bowl
990323	Elem Burrito Bowl
1145	HM Chili 1/2 cup

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Spokane Public Schools

Allergen List - By Allergen

Legumes - pinto beans, black beans, navy beans, baked beans, lentils, peas, peanuts

Recipe #	Recipe Name
990170	NACHO w/ Beans & Cheese Sauce
990186	NACHO w/Meat, Beans, & Cheese
990262	Pinto Bean and Cheese Burrito
990274	Pork Carnitas Burrito
705	REFRIED BEANS: Bag
8	REFRIED BEANS: canned 1/4 C
775	SALAD BEAN & VEGGIE SALSA
10	SALAD SOUTHWEST BEAN 1/2 CUP
339	SALAD THREE BEAN 1/2 cup
21	SALAD WHEAT BERRY
990255	Seasoned Black Beans
990266	Seasoned Black Beans
990267	Seasoned Pinto Beans
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
990166	Theme Meal Backyard BBQ
990041	Veggie Legume 1/2 cup

Lemon -

Recipe #	Recipe Name
990234	Buffalo Ranch
903	DELI CHOICE HUMMUS
1074	GLUTEN FREE BLUEBERRY MUFFIN
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap
690	Grab Go Wrap Hummus Turkey
990181	Honey Cinnamon Baked Pears
990182	Honey Cinnamon Pear and Yogurt Parfait

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Spokane Public Schools

Allergen List - By Allergen

Lemon -

Recipe #	Recipe Name
1216	HS: CONDIMENTS
1232	HS: Fruit/Veggies MONDAY
1236	HS:SUB SAND(ham/turkey)
1251	HUMMUS
1050	MAYONNAISE Packet
411	MAYONNAISE, LIGHT
1242	MS: CONDIMENTS
36	PUREE MEAT MEAL
37	PUREE VEGGIES
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp
415	RANCH DRESSING LITE HOMEMADE, 2 TBL
416	RANCH DRESSING LITEHOUSE
139	ROMAINE SALAD w/Dressing 1 cup
1305	ROMAINE SALAD w/dressing 1/2 C
775	SALAD BEAN & VEGGIE SALSA
913	SALAD BROCCOLI 1/4 cup
191	SALAD DRESSING PACKET: 1000
190	SALAD DRESSING PACKET: BC
607	SALAD DRESSING PACKET: CAESAR
340	SALAD DRESSING PACKET: FRENCH
189	SALAD DRESSING Pkg: Assorted
179	SALAD DRESSING: CAESAR -M-5-SP
990017	SALAD MARINATED FRESH VEGGIE
685	SALAD PEA
1297	SALAD PEPPER SLAW 1/4 cup
10	SALAD SOUTHWEST BEAN 1/2 CUP
772	SALAD WALDORF FRUIT 1/4 cup
21	SALAD WHEAT BERRY
126	TARTAR SAUCE
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
1302	TURKEY RANCH SANDWICH

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Allergen List - By Allergen

Lemon -

Recipe #	Recipe Name
1061	TURKEY RANCH SANDWICH 1/2
700	VEGGIE STICKS (sec)
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990347	Vending- Deli Turkey Sandwich
990258	Vending GF Cereal Breakfast 2 fruit
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
1223	Wrap, Chicken Ranch Club

Lentils - Legume family

Recipe #	Recipe Name
830	CHILI with LENTILS
483	LENTIL CHILI
896	SALAD LENTIL CONFETTI

Lettuce - romaine, head, ice berg

Recipe #	Recipe Name
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
1131	Chicken Caesar Salad (elem)
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
541	Grab Go CHEF VEGAN SALAD
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
1259	Grab Go Taco Salad-Beef
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
771	HAMBURGER CONDIMENTS
1216	HS: CONDIMENTS

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Allergen List - By Allergen

Lettuce - romaine, head, ice berg

Recipe #	Recipe Name
453	LETTUCE SHREDDED 1/2 CUP
1242	MS: CONDIMENTS
1205	ROMAINE SALAD 1 CUP
1206	ROMAINE SALAD 1/2 CUP
139	ROMAINE SALAD w/Dressing 1 cup
1305	ROMAINE SALAD w/dressing 1/2 C
1271	SALAD CAESAR 1 CUP
719	TACO SALAD ELEM
990166	Theme Meal Backyard BBQ
990179	Theme Meal Pizza Party
467	TOSSED SALAD 1 CUP
466	TOSSED SALAD 1/2 CUP
1207	Turkey/Cheese wrap Sandwich HS
1233	Veggie Green 1/2 cup
990349	Vending- Chef Salad
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990128	Wrap, Turkey and Cream Cheese, Secondary

Lime -

Recipe #	Recipe Name
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990314	Cuban Style Black Beans, 3.25 oz
903	DELI CHOICE HUMMUS
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
1259	Grab Go Taco Salad-Beef
717	NACHO CHIPS 2OZ
990170	NACHO w/ Beans & Cheese Sauce

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Spokane Public Schools

Allergen List - By Allergen

Lime -

Recipe #	Recipe Name
990303	NACHO w/ Cheese Sauce
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
719	TACO SALAD ELEM

Made Facility w/eggs - Made in a facility that processes egg products

Recipe #	Recipe Name
990339	Bowl, Potato and chicken
990338	Gravy, Chicken, Monarch

Made facility w/peanut - Made in a facility that may contain peanuts

Recipe #	Recipe Name
937	ASIAN - GEN TSO CHICKEN/Rice
940	ASIAN - SWEET & SOUR CHICKEN
789	COOKIE: M & M, chocolate, chocolate chip
13	FORTUNE COOKIE
11	PRETZEL MINI STICKS

Made facility w/treenuts - Made in a facility that may contain tree nuts (walnuts, pecans, etc)

Recipe #	Recipe Name
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
1131	Chicken Caesar Salad (elem)
526	CHOCOLATE CHIP COOKIE 1 oz PM
518	CHOCOLATE CHIP MUFFIN PM
789	COOKIE: M & M, chocolate, chocolate chip
1250	DC FRUITED YOGURT PAR/MUF SC
990328	Grab and Go Pizza Salad
990151	Grab Go Chicken Caesar Salad
990153	Harvest of the Month Blueberry Parfait
990182	Honey Cinnamon Pear and Yogurt Parfait
323	Oatmeal with Toppings

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Spokane Public Schools

Allergen List - By Allergen

Made facility w/treenuts - Made in a facility that may contain tree nuts (walnuts, pecans, etc)

Recipe #	Recipe Name
11	PRETZEL MINI STICKS
1271	SALAD CAESAR 1 CUP
990050	SNACK MUFFIN (PM)
990179	Theme Meal Pizza Party
990336	WRAP Chicken Caesar
990277	Yogurt Parfait Lunch Blueberry
990278	Yogurt Parfait Lunch Strawberry
990263	YOGURT PARFAIT, Blueberry
658	YOGURT PARFAIT, Strawberry
1272	YOGURT, BREAKFAST PARFAIT/FRT

Mango -

Recipe #	Recipe Name
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990210	Smoothie, Green Flash
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry

Margarine - soy

Recipe #	Recipe Name
202	Apple Crisp (Baked)
511	APPLESAUCE BREAD 60 cut
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
937	ASIAN - GEN TSO CHICKEN/Rice
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
507	Biscuit, Scratch
990239	Blueberry Crumble
990339	Bowl, Potato and chicken
312	BREAD STICKS, GARLIC HM 1.25G
990232	Buffalo Chicken
578	CHOCOLATE BROWNIE Scratch

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Spokane Public Schools

Allergen List - By Allergen

Margarine - soy

Recipe #	Recipe Name
990190	CHOCOLATE BROWNIE Scratch (by weight)
808	CHOCOLATE CHIP MUFFIN 60 cut
990037	CORNBREAD W/HONEYBUTTER
1279	FIESTA CHICKEN BOWL Scratch
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
990330	Grab and Go Buffalo Chix Salad
990162	HOM Blueberry Crisp
990280	Mac and Cheese 3/4 cup svg
990245	Mac and Cheese, One Pan
461	POTATOES,MASHED #8 SCOOP
990285	Rice Crispy Treat Small
990115	Rice krispie treats
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
990248	Roasted Garlic Mashed Potatoes
896	SALAD LENTIL CONFETTI
1128	SALAD SPICY BLACK BEAN

Milk - This ingredient contains milk, milk products, or whey

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
509	APPLE CINNAMON COFFEE CAKE 60
990192	Apple Cinnamon MUFFIN ADM
202	Apple Crisp (Baked)
884	APPLE/BB DELIGHT BAR
511	APPLESAUCE BREAD 60 cut
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree
937	ASIAN - GEN TSO CHICKEN/Rice
990145	Asian - Taco/not fried rice 1/2c

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Spokane Public Schools

Allergen List - By Allergen

Milk - This ingredient contains milk, milk products, or whey

Recipe #	Recipe Name
990142	Asian - Taco/not fried rice 1c
177	ASSORTED BREAKFAST MUFFIN purchased
1323	Baked Penne Pasta with Chicken
990242	BANANA Choc Chip MUFFIN 60 cut ADM
176	BANANA MUFFIN (PRE-MADE) WG
315	BANANA MUFFIN 60 cut ADM
990038	BANANA/APPLE MUFFIN 60 cut ADM
359	BASIC MUFFIN MIX ADM
990169	Bean and Cheese Burrito
990293	Bean and Cheese Burrito, Frozen
990194	Bean and Cheese Soft Taco
990309	Beef Stick Meal Kit
990301	Belgian Liege Waffle, Assorted
990313	Belgian Liege Waffle, MAPLE
990160	BENEFIT BAR BANANA CHOCOLATE CHUNK
990264	BENEFIT BAR FRENCH TOAST
1089	BENEFIT BAR OATMEAL CHOCOLATE CHIP
990300	Berries and Cream Breadsticks
507	Biscuit, Scratch
174	BLUEBERRY MUFFIN (PREMADE) WG
990239	Blueberry Crumble
990032	BLUEBERRY MUFFIN 60 cut ADM
990339	Bowl, Potato and chicken
312	BREAD STICKS, GARLIC HM 1.25G
1212	BREAD, GARLIC MINIS
1282	BREAKFAST BOWL
958	BREAKFAST BURRITO - Secondary
1315	BREAKFAST SAND CHEESE & HAM
860	BREAKFAST SAND EGG & CHEESE
990204	BREAKFAST SAND EGG & CHEESE 1/2
1313	BREAKFAST SAND EGG,CHS & HAM
990070	BREAKFAST SAND PANCAKE EGG,CHS & SAUSAGE
990185	BREAKFAST SAND Sausage & Cheese
1135	BREAKFAST SANDWICH OPTIONS

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Spokane Public Schools

Allergen List - By Allergen

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Recipe #	Recipe Name
990232	Buffalo Chicken
990234	Buffalo Ranch
852	BURRITO, SUPER
990033	CARROT P/A MUFFIN 60 cut ADM
1098	CEREAL BAR: COCOA KRISPIES
998	CEREAL BAR: COCOA PUFFS
1026	CEREAL BAR: NUTRI-GRAIN BB
927	CEREAL BAR: NUTRI-GRAIN RASPBE
1025	CEREAL BAR: NUTRI-GRAIN STRAWB
829	CHEESE & PEPPERONI RIPPER
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
990310	Cheese Cup Meal Kit
608	CHEESE SANDWICH
990159	CHEESE SANDWICH HOT (hamburger bun)
749	CHEESE SHREDDED
782	CHEESE SLICE
525	CHEESE ZOMBIE- 24 cut
81	CHEESEBURGER 1/2 ea
70	CHEESEBURGER GF BUN
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
990306	Cheese-Filled Breadstick
933	Cheese-Filled Breadstick with Marinara
990296	Cheese-Filled Breadstick with Marinara, Summer
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
990342	Chicken Biscuit Sandwich
990249	Chicken Burrito
990254	Chicken Burrito half
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)

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Recipe #	Recipe Name
754	CHICKEN FAJITA, Secondary
990220	Chicken Fillet Bites
990225	Chicken Fillet Bites CACFP
990168	Chicken Fillet Sandwich
990189	Chicken Fillet Sandwich HALF CACFP
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
990295	Chicken Patty Sandwich, Summer
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
990344	Chicken SUPER Burrito
990276	Chicken Tikka Masala
155	CHILI with BEANS 6 oz (HM)
990321	Chipotle Burrito Bowl
1121	CHIPOTLE MAYONNAISE
578	CHOCOLATE BROWNIE Scratch
990190	CHOCOLATE BROWNIE Scratch (by weight)
526	CHOCOLATE CHIP COOKIE 1 oz PM
519	CHOCOLATE CHIP MUFFIN 60 ADM
808	CHOCOLATE CHIP MUFFIN 60 cut
518	CHOCOLATE CHIP MUFFIN PM
990308	CHOCOLATE CHIP ORANGE MUFFIN 60 ADM
990034	CHOCOLATE FUD MUFFIN 60 cut ADM
789	COOKIE: M & M, chocolate, chocolate chip
990037	CORNBREAD W/HONEYBUTTER
798	COTTAGE CHEESE - 1/2 cup
1103	CRACKERS, CHEEZITS WG
322	CREAM CHEESE PLAIN 1 oz
606	CREAM CHEESE STRAWBERRY
1075	CREAM CHEESE BULK
1250	DC FRUITED YOGURT PAR/MUF SC

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Recipe #	Recipe Name
990155	DELI CHEESE FLATBREAD SANDWICH
990154	DELI CHEESE HOAGIE SANDWICH
550	DELI CHEESE SAND GF
76	DELI CHEESE SANDWICH (2nd)
990156	DELI CHEESE SANDWICH-BUN
903	DELI CHOICE HUMMUS
990121	DELI HAM & CHEESE SANDWICH 1/2
551	DELI HAM & CHEESE SANDWICH Elementary
990259	DELI HAM & CHEESE SANDWICH GF
990198	DELI HAM & CHEESE SANDWICH Secondary
990057	DELI TURKEY & CHEESE SANDWICH 1/2
15	DELI TURKEY & CHEESE SANDWICH Elementary
547	DELI TURKEY & CHEESE SANDWICH GF
990199	DELI TURKEY & CHEESE SANDWICH Secondary
990286	Dick and Jane Educational Crackers 7C6280
680	EGG & CHEESE OMELET
781	EGG PATTY
912	EGG, HAM & CHEESE BK SANDWICH sec
990323	Elem Burrito Bowl
31	ENGLISH MUFFIN WHOLE
353	ENGLISH MUFFINS,PLAIN,TST 1/2
29	EVAPORATED MILK
990183	Fat Cat Nut Free Chocolate Chip Cookie
1279	FIESTA CHICKEN BOWL Scratch
990039	Flatbread, Hawaiian
1139	FRENCH TOAST /SAUSAGE (B)
990319	French Toast Sticks
990345	French Toast Sticks
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
990268	Garlic Flatbread
990307	Gingerbread Person Cookie
728	GOLDFISH CHEDDAR CRACKERS

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Allergen List - By Allergen

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Recipe #	Recipe Name
727	GOLDFISH PRETZELS
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Cheese Sand
1259	Grab Go Taco Salad-Beef
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
990338	Gravy, Chicken, Monarch
990180	Green Chili Nacho Cheese Sauce
757	HAM & CHEESE BAGEL - Breakfast
762	HAM & CHEESE BAGEL - Sec
20	HAM & CHEESE SANDWICH HOT
990101	HAM & CHEESE SANDWICH HOT 1/2
706	HAM & CHEESE SANDWICH-HOT sec
779	HAMBURGER ON A BUN, MAUI
990153	Harvest of the Month Blueberry Parfait
990163	HAWAIIAN TURKEY & CHEESE SAND -PREMADE
1145	HM Chili 1/2 cup
990162	HOM Blueberry Crisp
585	HOMEMADE BREAKFAST MUFFIN
990182	Honey Cinnamon Pear and Yogurt Parfait
1216	HS: CONDIMENTS
1232	HS: Fruit/Veggies MONDAY
1236	HS:SUB SAND(ham/turkey)
990297	Jack Links Sweet BBQ Chicken Meal Kit
990280	Mac and Cheese 3/4 cup svg
990245	Mac and Cheese, One Pan

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Recipe #	Recipe Name
990149	Maple MUFFIN 60 cut ADM
1000	MARSHMALLOW SQUARES
990343	Meatball sandwich
990298	milk, 1% half gallon
230	MILK, 1% Lowfat
990049	MILK, 1% Lowfat 3/4 cup
228	Milk, Chocolate
46	MILK, HONEY THICK
1107	MILK, Lactose Free
47	MILK, NECTAR THICK
231	MILK, Skim
990071	Milk, Variety
744	Mozzarella String Cheese
1242	MS: CONDIMENTS
990102	Munchable - Cheese
990030	Munchable - Ham/chz
990092	Munchable - Pizza Cheese
990203	Munchable - Pizza Pepperoni
1253	Munchable - Turkey/chz
990167	Nacho Cheese Sauce
990170	NACHO w/ Beans & Cheese Sauce
990303	NACHO w/ Cheese Sauce
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
323	Oatmeal with Toppings
966	ORANGE MUFFIN (PRE-M) WG
569	PANCAKE - WG 1
990320	Pancake, Sausage & Cheese BF Sandwich
579	PANCAKES - WHOLE GRAIN
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
990262	Pinto Bean and Cheese Burrito

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Allergen List - By Allergen

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Recipe #	Recipe Name
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE, Wild Mike's, 10-cut
593	PIZZA CHEESE/ PEPPERONI 2G (E)
269	PIZZA CHEESE/CHICKEN WED - 2G
275	PIZZA CHEESE/HAM WED -2G
276	PIZZA CHEESE/HAWAII WED 2G
1249	PIZZA CHEESE/SAU/MR WED 2B
266	PIZZA CHEESE/SAUSAG WED 2G
277	PIZZA CHEESE/VEG WED 2G
472	PIZZA CHESE PEPPERONI-2ND 2 G
512	PIZZA ON GF BUN
990311	Pizza, Cheese, Wild Mike's IW Slice
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
990274	Pork Carnitas Burrito
458	POTATO HERB ROASTED
990346	Potato Wedge Nachos
461	POTATOES,MASHED #8 SCOOP
990315	Pretzel and Cheese Meal Kit
990304	Pumpkin Bread
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM
36	PUREE MEAT MEAL
990294	Ranch cup, 1 oz
990312	Ranch Cup, Monarch 1.5 oz
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp
415	RANCH DRESSING LITE HOMEMADE, 2 TBL
416	RANCH DRESSING LITEHOUSE
990285	Rice Crispy Treat Small
990115	Rice krispie treats
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
990248	Roasted Garlic Mashed Potatoes
139	ROMAINE SALAD w/Dressing 1 cup

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Allergen List - By Allergen

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Recipe #	Recipe Name
1305	ROMAINE SALAD w/dressing 1/2 C
1125	SACK LUNCH
725	SALAD APPLE WALDORF
873	SALAD BERRY FRUIT 1/2 CUP
913	SALAD BROCCOLI 1/4 cup
1271	SALAD CAESAR 1 CUP
190	SALAD DRESSING PACKET: BC
607	SALAD DRESSING PACKET: CAESAR
189	SALAD DRESSING Pkg: Assorted
225	SALAD DRESSING, Caesar Bulk
179	SALAD DRESSING: CAESAR -M-5-SP
896	SALAD LENTIL CONFETTI
990017	SALAD MARINATED FRESH VEGGIE
10	SALAD SOUTHWEST BEAN 1/2 CUP
1128	SALAD SPICY BLACK BEAN
990288	Scone, Raspberry
681	SCRAMBLED EGGS & DICED HAM
114	SLOPPY JOE ON A BUN
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990207	Smoothie, Blueberry Banana
990210	Smoothie, Green Flash
990208	Smoothie, Northwest Berry
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry
990284	Smoothie, Raspberry Pear
990243	Smoothie, Strawberry Banana
990209	Smoothie, Strawberry Peach
990050	SNACK MUFFIN (PM)
434	SOUR CREAM
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
990231	SPAGHETTI with JTM MEAT SAUCE Elementary

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Recipe #	Recipe Name
1294	SPAGHETTI with JTM MEAT SAUCE Secondary
990191	Spice Bread ADM
990257	Spicy Chicken Fillet Sandwich
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
584	STRING CHEESE
990193	SunButter and Grape Jelly Sandwich
990247	SunButter and Grape Jelly Sandwich HALF
990196	SunButter and Strawberry Jelly Sandwich
990095	SunButter Munchable
719	TACO SALAD ELEM
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
126	TARTAR SAUCE
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990179	Theme Meal Pizza Party
1211	TOASTED CHEESE SANDWICH
130	TOASTED CHEESE SANDWICH 1/2
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
1207	Turkey/Cheese wrap Sandwich HS
783	TURKEY-HAM & CHEESE RIPPER
990326	Ultimate Cheddar Cheese Dip Cup #7C1775
990158	VEG BREAKFAST SAND PANCAKE EGG & CHEESE
700	VEGGIE STICKS (sec)
990250	Vending Bagel Breakfast 1 fruit
990227	Vending Bagel Breakfast 2 fruit
990251	Vending Breakfast Bar Meal 1 fruit
990226	Vending Breakfast Bar Meal 2 fruit
990252	Vending Cereal Breakfast 1 fruit
990228	Vending Cereal Breakfast 2 fruit
990349	Vending- Chef Salad

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Allergen List - By Allergen

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Recipe #	Recipe Name
990348	Vending- Deli Ham Sandwich
990347	Vending- Deli Turkey Sandwich
990258	Vending GF Cereal Breakfast 2 fruit
990350	Vending- Sunbutter and Jelly Sandwich
990253	Vending Yogurt Breakfast 1 fruit
990229	Vending Yogurt Breakfast 2 fruit
568	WAFFLE 2 each
867	WAFFLE (1)
990341	Waffles, WG, Bake Crafters
990187	Whipped Cream
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990128	Wrap, Turkey and Cream Cheese, Secondary
990235	Yami Yogurt
343	Yogurt Grab and Go Elem
990277	Yogurt Parfait Lunch Blueberry
990278	Yogurt Parfait Lunch Strawberry
990263	YOGURT PARFAIT, Blueberry
658	YOGURT PARFAIT, Strawberry
1272	YOGURT, BREAKFAST PARFAIT/FRT
990047	YOGURT, SMOOTHIE ASSORTED
318	YOGURT, SMOOTHIE BERRY
1257	YOGURT, SMOOTHIE CINNAMON
1117	YOGURT, SMOOTHIE MONKEY
559	YOGURT, SMOOTHIE PEACH
657	YOGURT, SMOOTHIE SAMURAI
990061	YOGURT, SMOOTHIE STRAWBERRY BANANA
1247	YOGURT, SMOOTHIE SUNRISE
1096	YOGURT, Danimal 4 oz
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440

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Allergen List - By Allergen

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Recipe #	Recipe Name
1062	ZESTY ITALIAN PASTA

Molasses -

Recipe #	Recipe Name
884	APPLE/BB DELIGHT BAR
299	BAGEL, BLUEBERRY
347	BAGEL, PLAIN
249	BAKED BEANS 1/2 cup
440	BAKED BEANS 1/4 cup
990160	BENEFIT BAR BANANA CHOCOLATE CHUNK
1089	BENEFIT BAR OATMEAL CHOCOLATE CHIP
965	CEREAL, RICE CHEX
905	CEREAL, CINNAMON CHEX
1072	CEREAL, COLD VARIETY
854	CHICKEN ON A BUN, BBQ 2nd
789	COOKIE: M & M, chocolate, chocolate chip
1250	DC FRUITED YOGURT PAR/MUF SC
990307	Gingerbread Person Cookie
757	HAM & CHEESE BAGEL - Breakfast
762	HAM & CHEESE BAGEL - Sec
990153	Harvest of the Month Blueberry Parfait
990182	Honey Cinnamon Pear and Yogurt Parfait
1216	HS: CONDIMENTS
990297	Jack Links Sweet BBQ Chicken Meal Kit
1242	MS: CONDIMENTS
323	Oatmeal with Toppings
990315	Pretzel and Cheese Meal Kit
990219	Smoothie and Bagel Grab and Go
990191	Spice Bread ADM
990316	Sun Butter and Jelly Meal Kit
990166	Theme Meal Backyard BBQ
990041	Veggie Legume 1/2 cup
990250	Vending Bagel Breakfast 1 fruit

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Spokane Public Schools

Allergen List - By Allergen

Molasses -

Recipe #	Recipe Name
990227	Vending Bagel Breakfast 2 fruit
990251	Vending Breakfast Bar Meal 1 fruit
990226	Vending Breakfast Bar Meal 2 fruit
990252	Vending Cereal Breakfast 1 fruit
990228	Vending Cereal Breakfast 2 fruit
990258	Vending GF Cereal Breakfast 2 fruit
990277	Yogurt Parfait Lunch Blueberry
990278	Yogurt Parfait Lunch Strawberry
990263	YOGURT PARFAIT, Blueberry
658	YOGURT PARFAIT, Strawberry
1272	YOGURT, BREAKFAST PARFAIT/FRT

Mushrooms -

Recipe #	Recipe Name
990339	Bowl, Potato and chicken
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
990256	Fried Rice New
990241	Garlic Cheddar Mashed Potatoes
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
1249	PIZZA CHEESE/SAU/MR WED 2B
277	PIZZA CHEESE/VEG WED 2G
990148	PIZZA RITA: Veggie
461	POTATOES,MASHED #8 SCOOP
36	PUREE MEAT MEAL
418	SALAD DRESSING: ORIENTAL
990202	Tomato Basil Soup
990053	TOMATO SOUP 1/2 cup HM
394	TOMATO SOUP 6 OZ HM

Mustard -

Recipe #	Recipe Name
249	BAKED BEANS 1/2 cup

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Allergen List - By Allergen

Mustard -

Recipe #	Recipe Name
440	BAKED BEANS 1/4 cup
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
1216	HS: CONDIMENTS
1232	HS: Fruit/Veggies MONDAY
1236	HS:SUB SAND(ham/turkey)
1242	MS: CONDIMENTS
410	MUSTARD
223	MUSTARD PACKET
910	POTATO HONEY DIJON
179	SALAD DRESSING: CAESAR -M-5-SP
1297	SALAD PEPPER SLAW 1/4 cup
1228	SALAD POTATO 1/2 cup
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
990041	Veggie Legume 1/2 cup
990348	Vending- Deli Ham Sandwich
990347	Vending- Deli Turkey Sandwich

Oats -

Recipe #	Recipe Name
202	Apple Crisp (Baked)
884	APPLE/BB DELIGHT BAR
990160	BENEFIT BAR BANANA CHOCOLATE CHUNK
990264	BENEFIT BAR FRENCH TOAST
1089	BENEFIT BAR OATMEAL CHOCOLATE CHIP
990239	Blueberry Crumble
978	CEREAL BAR: CINNAMON TOAST
1098	CEREAL BAR: COCOA KRISPIES
998	CEREAL BAR: COCOA PUFFS
1026	CEREAL BAR: NUTRI-GRAIN BB
1025	CEREAL BAR: NUTRI-GRAIN STRAWB

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Spokane Public Schools

Allergen List - By Allergen

Oats -

Recipe #	Recipe Name
748	CEREAL, RICE KRISPIES
742	CEREAL, CHEERIOS, Multigrain
1072	CEREAL, COLD VARIETY
789	COOKIE: M & M, chocolate, chocolate chip
1250	DC FRUITED YOGURT PAR/MUF SC
990153	Harvest of the Month Blueberry Parfait
990162	HOM Blueberry Crisp
990182	Honey Cinnamon Pear and Yogurt Parfait
990297	Jack Links Sweet BBQ Chicken Meal Kit
990176	Multigrain SunChips
323	Oatmeal with Toppings
1099	OATMEAL, INSTANT
990315	Pretzel and Cheese Meal Kit
990246	Smoothie and Sunchips Grab and Go
990316	Sun Butter and Jelly Meal Kit
990188	SunChips
990251	Vending Breakfast Bar Meal 1 fruit
990226	Vending Breakfast Bar Meal 2 fruit
990350	Vending- Sunbutter and Jelly Sandwich
990277	Yogurt Parfait Lunch Blueberry
990278	Yogurt Parfait Lunch Strawberry
990263	YOGURT PARFAIT, Blueberry
658	YOGURT PARFAIT, Strawberry
1272	YOGURT, BREAKFAST PARFAIT/FRT
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990223	ZeeZee Bar Cinnamon Crisp 7B0430
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440

Olive Oil -

Recipe #	Recipe Name
1323	Baked Penne Pasta with Chicken
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
933	Cheese-Filled Breadstick with Marinara

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Allergen List - By Allergen

Olive Oil -

Recipe #	Recipe Name
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
903	DELI CHOICE HUMMUS
990039	Flatbread, Hawaiian
690	Grab Go Wrap Hummus Turkey
1251	HUMMUS
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
990343	Meatball sandwich
990197	SPAGHETTI & MEAT SAUCE Elementary
990053	TOMATO SOUP 1/2 cup HM
394	TOMATO SOUP 6 OZ HM
1062	ZESTY ITALIAN PASTA

Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
764	Alaska Pollock FISH SANDWICH ON A BUN
990080	ASIAN - Beef and Broccoli/rice
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree
990087	ASIAN - Chicken Teriyaki/rice
937	ASIAN - GEN TSO CHICKEN/Rice
990078	Asian - Green Bean Chicken/rice
990083	ASIAN - Korean Beef/rice
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles
557	ASIAN - ORANGE SAUCE G-9-SP
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c

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Spokane Public Schools

Allergen List - By Allergen

Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
990040	ASIAN CABBAGE SALAD
249	BAKED BEANS 1/2 cup
440	BAKED BEANS 1/4 cup
1323	Baked Penne Pasta with Chicken
1325	BARBECUE SAUCE (FSA)
990221	BBQ Pulled Pork Sandwich
990079	Beef, Asian, beef and Broccoli
963	Black Bean Burger
990339	Bowl, Potato and chicken
1282	BREAKFAST BOWL
958	BREAKFAST BURRITO - Secondary
990232	Buffalo Chicken
990234	Buffalo Ranch
852	BURRITO, SUPER
990273	Carnitas Pork
829	CHEESE & PEPPERONI RIPPER
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
990310	Cheese Cup Meal Kit
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
933	Cheese-Filled Breadstick with Marinara
990296	Cheese-Filled Breadstick with Marinara, Summer
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
328	CHICKEN BAKED
1278	CHICKEN BAKED FSA BBQ
990249	Chicken Burrito
990254	Chicken Burrito half

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Spokane Public Schools

Allergen List - By Allergen

Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
549	CHICKEN EGG ROLL
754	CHICKEN FAJITA, Secondary
990055	CHICKEN ON A BUN, BBQ 1/2
1293	CHICKEN ON A BUN, BBQ Scratch
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
990295	Chicken Patty Sandwich, Summer
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
990029	CHICKEN RICE SOUP
970	CHICKEN STRIPS, GLUTEN FREE
990344	Chicken SUPER Burrito
990276	Chicken Tikka Masala
990074	Chicken, Shredded, Mexican, Ancho
155	CHILI with BEANS 6 oz (HM)
830	CHILI with LENTILS
990321	Chipotle Burrito Bowl
990184	Chow Mein
990127	Coleslaw, Classic
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
990318	Crispy Garbanzo Beans
990314	Cuban Style Black Beans, 3.25 oz
990323	Elem Burrito Bowl
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
941	FISH PATTY, BREADED
990039	Flatbread, Hawaiian

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Spokane Public Schools

Allergen List - By Allergen

Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
990256	Fried Rice New
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
990268	Garlic Flatbread
728	GOLDFISH CHEDDAR CRACKERS
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap
1259	Grab Go Taco Salad-Beef
990338	Gravy, Chicken, Monarch
771	HAMBURGER CONDIMENTS
161	HAMBURGER ON A BUN (EL)
481	HAMBURGER ON A BUN HS/MS
1145	HM Chili 1/2 cup
162	HOT DOG ON A BUN
1216	HS: CONDIMENTS
1232	HS: Fruit/Veggies MONDAY
1236	HS:SUB SAND(ham/turkey)
990297	Jack Links Sweet BBQ Chicken Meal Kit
222	KETCHUP
990068	Korean Beef
483	LENTIL CHILI
990292	Marinara cup
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
990343	Meatball sandwich
1242	MS: CONDIMENTS

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Allergen List - By Allergen

Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
455	ONIONS, DICED 1/4 CUP
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
990272	Pickled Red Onion
990262	Pinto Bean and Cheese Burrito
269	PIZZA CHEESE/CHICKEN WED - 2G
277	PIZZA CHEESE/VEG WED 2G
990148	PIZZA RITA: Veggie
990274	Pork Carnitas Burrito
990072	Pork, shredded, BBQ Sauce
990073	Pork, shredded, Mexican
458	POTATO HERB ROASTED
457	POTATO ITALIAN BABY ROASTED
990346	Potato Wedge Nachos
459	POTATO WEDGES
44	POTATO WEDGES RANCH ROASTED FRESH
909	POTATO WEDGES, MEXICAN
461	POTATOES, MASHED #8 SCOOP
990294	Ranch cup, 1 oz
990312	Ranch Cup, Monarch 1.5 oz
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp
415	RANCH DRESSING LITE HOMEMADE, 2 TBL
8	REFRIED BEANS: canned 1/4 C
990248	Roasted Garlic Mashed Potatoes
990164	Roasted Ranch Potato Wedges
139	ROMAINE SALAD w/Dressing 1 cup
1305	ROMAINE SALAD w/dressing 1/2 C
775	SALAD BEAN & VEGGIE SALSA
913	SALAD BROCCOLI 1/4 cup
1225	SALAD CARROT RAISIN 1/4 cup

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Spokane Public Schools

Allergen List - By Allergen

Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
769	SALAD COLE SLAW 1/4 cup
952	SALAD CORN 1/4 cup
191	SALAD DRESSING PACKET: 1000
189	SALAD DRESSING Pkg: Assorted
418	SALAD DRESSING: ORIENTAL
248	SALAD ITALIAN TOMATO 1/2 cup
896	SALAD LENTIL CONFETTI
869	SALAD MACARONI
990017	SALAD MARINATED FRESH VEGGIE
685	SALAD PEA
1228	SALAD POTATO 1/2 cup
10	SALAD SOUTHWEST BEAN 1/2 CUP
1128	SALAD SPICY BLACK BEAN
339	SALAD THREE BEAN 1/2 cup
243	Salad: CHICKEN PASTA
990255	Seasoned Black Beans
990266	Seasoned Black Beans
990267	Seasoned Pinto Beans
990097	Slaw, Asian
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
990231	SPAGHETTI with JTM MEAT SAUCE Elementary
1294	SPAGHETTI with JTM MEAT SAUCE Secondary
768	Spanish Rice 1/2 cup
990257	Spicy Chicken Fillet Sandwich
990236	Sriracha Ketchup
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE

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Spokane Public Schools

Allergen List - By Allergen

Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
719	TACO SALAD ELEM
907	TACO, SOFT MT & BEAN 2nd
126	TARTAR SAUCE
990086	Teriyaki Chicken
990240	Teriyaki Chicken New
990340	Teriyaki Chicken Noodle Bowl
990166	Theme Meal Backyard BBQ
990202	Tomato Basil Soup
1051	TOMATO SALSA
990053	TOMATO SOUP 1/2 cup HM
394	TOMATO SOUP 6 OZ HM
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
1141	Turkey and Gravy, Jenny-O, 7T3100
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
783	TURKEY-HAM & CHEESE RIPPER
598	TUSCAN KALE & SAUSAGE SOUP
990205	Vegetable Chow Mein Noodles
990041	Veggie Legume 1/2 cup
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990347	Vending- Deli Turkey Sandwich
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
1223	Wrap, Chicken Ranch Club
990265	Yakisoba Noodles
343	Yogurt Grab and Go Elem
1062	ZESTY ITALIAN PASTA

Orange/Citrus - Fresh Oranges, Orange Juice

Recipe #	Recipe Name
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles

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Allergen List - By Allergen

Orange/Citrus - Fresh Oranges, Orange Juice

Recipe #	Recipe Name
557	ASIAN - ORANGE SAUCE G-9-SP
990273	Carnitas Pork
682	FRUIT JUMBLE Ap& Oran 1/4 cup
758	FRUIT JUMBLE Orange 1/2 cup
753	FRUIT JUMBLE Orange 1/4 cup
245	FRUIT,FRESH ASSORTED
1232	HS: Fruit/Veggies MONDAY
1241	MANDARIN ORANGES 1/2 C
691	MANDARIN ORANGES 1/4 C
471	MIXED FRUIT JUICE 1/2 CUP
966	ORANGE MUFFIN (PRE-M) WG
724	ORANGE JUICE HONEY THICK
84	ORANGE JUICE 1/2 CUP
990213	orange juice, reconstituted
381	ORANGES WEDGES - 3
380	ORANGES WEDGES - 6
86	ORANGES, whole, small
990274	Pork Carnitas Burrito
772	SALAD WALDORF FRUIT 1/4 cup
21	SALAD WHEAT BERRY
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990207	Smoothie, Blueberry Banana
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry
990243	Smoothie, Strawberry Banana
990209	Smoothie, Strawberry Peach
990227	Vending Bagel Breakfast 2 fruit
990226	Vending Breakfast Bar Meal 2 fruit
990228	Vending Cereal Breakfast 2 fruit
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990258	Vending GF Cereal Breakfast 2 fruit

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Allergen List - By Allergen

Orange/Citrus - Fresh Oranges, Orange Juice

Recipe #	Recipe Name
990229	Vending Yogurt Breakfast 2 fruit
1272	YOGURT, BREAKFAST PARFAIT/FRT

Palm Oil -

Recipe #	Recipe Name
202	Apple Crisp (Baked)
511	APPLESAUCE BREAD 60 cut
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
937	ASIAN - GEN TSO CHICKEN/Rice
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990242	BANANA Choc Chip MUFFIN 60 cut ADM
990169	Bean and Cheese Burrito
990194	Bean and Cheese Soft Taco
507	Biscuit, Scratch
990239	Blueberry Crumble
990339	Bowl, Potato and chicken
312	BREAD STICKS, GARLIC HM 1.25G
990232	Buffalo Chicken
1098	CEREAL BAR: COCOA KRISPIES
990342	Chicken Biscuit Sandwich
578	CHOCOLATE BROWNIE Scratch
990190	CHOCOLATE BROWNIE Scratch (by weight)
519	CHOCOLATE CHIP MUFFIN 60 ADM
808	CHOCOLATE CHIP MUFFIN 60 cut
990308	CHOCOLATE CHIP ORANGE MUFFIN 60 ADM
990034	CHOCOLATE FUD MUFFIN 60 cut ADM
486	CINN ROLL w/ GLAZE 2.25 OZ HM
990037	CORNBREAD W/HONEYBUTTER
1279	FIESTA CHICKEN BOWL Scratch
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
990330	Grab and Go Buffalo Chix Salad

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Allergen List - By Allergen

Palm Oil -

Recipe #	Recipe Name
990324	Hashbrown Patty
990162	HOM Blueberry Crisp
990280	Mac and Cheese 3/4 cup svg
990245	Mac and Cheese, One Pan
990170	NACHO w/ Beans & Cheese Sauce
990186	NACHO w/Meat, Beans, & Cheese
323	Oatmeal with Toppings
990262	Pinto Bean and Cheese Burrito
461	POTATOES,MASHED #8 SCOOP
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
705	REFRIED BEANS: Bag
982	RICE KRISPIE TREAT ORIGINAL
990115	Rice krispie treats
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
990248	Roasted Garlic Mashed Potatoes
725	SALAD APPLE WALDORF
896	SALAD LENTIL CONFETTI
1128	SALAD SPICY BLACK BEAN
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990223	ZeeZee Bar Cinnamon Crisp 7B0430
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440

Peaches -

Recipe #	Recipe Name
1300	ASSORTED FRUIT CAN/FROZEN
1250	DC FRUITED YOGURT PAR/MUF SC
365	FRUIT COCKTAIL 1/2 cup
419	FRUIT COCKTAIL 1/4 cup
790	FRUIT CUP SUMMER
371	FRUIT JUMBLE 1/2 cup
404	FRUIT JUMBLE 1/4 cup

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Allergen List - By Allergen

Peaches -

Recipe #	Recipe Name
682	FRUIT JUMBLE Ap& Oran 1/4 cup
758	FRUIT JUMBLE Orange 1/2 cup
753	FRUIT JUMBLE Orange 1/4 cup
408	FRUIT JUMBLE W/Apples 1/2 cup
407	FRUIT JUMBLE W/Apples 1/4 cup
405	FRUIT JUMBLE W/Banana 1/2 cup
406	FRUIT JUMBLE W/Banana 1/4 cup
400	FRUIT JUMBLE W/Grapes 1/2 cup
372	FRUIT JUMBLE W/Grapes 1/4 cup
245	FRUIT,FRESH ASSORTED
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Chees Sand
1232	HS: Fruit/Veggies MONDAY
990282	Peach Cup
588	PEACHES CUP
384	PEACHES 1/2 CUP
437	PEACHES 1/4 CUP
88	PEACHES,FRESH
772	SALAD WALDORF FRUIT 1/4 cup
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry
990209	Smoothie, Strawberry Peach
990047	YOGURT, SMOOTHIE ASSORTED
559	YOGURT, SMOOTHIE PEACH
657	YOGURT, SMOOTHIE SAMURAI

Pears -

Recipe #	Recipe Name
1300	ASSORTED FRUIT CAN/FROZEN
990238	BlueRaspberry Lemon Sidekicks
1250	DC FRUITED YOGURT PAR/MUF SC

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Spokane Public Schools

Allergen List - By Allergen

Pears -

Recipe #	Recipe Name
365	FRUIT COCKTAIL 1/2 cup
419	FRUIT COCKTAIL 1/4 cup
790	FRUIT CUP SUMMER
371	FRUIT JUMBLE 1/2 cup
404	FRUIT JUMBLE 1/4 cup
682	FRUIT JUMBLE Ap& Oran 1/4 cup
758	FRUIT JUMBLE Orange 1/2 cup
753	FRUIT JUMBLE Orange 1/4 cup
408	FRUIT JUMBLE W/Apples 1/2 cup
407	FRUIT JUMBLE W/Apples 1/4 cup
405	FRUIT JUMBLE W/Banana 1/2 cup
406	FRUIT JUMBLE W/Banana 1/4 cup
400	FRUIT JUMBLE W/Grapes 1/2 cup
372	FRUIT JUMBLE W/Grapes 1/4 cup
245	FRUIT,FRESH ASSORTED
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Chees Sand
990181	Honey Cinnamon Baked Pears
990182	Honey Cinnamon Pear and Yogurt Parfait
1232	HS: Fruit/Veggies MONDAY
990282	Peach Cup
990283	Pear Cup
385	PEARS 1/2 cup
438	PEARS 1/4 cup
389	PEARS & PINEAPPLE 1/2 cup
391	PEARS & PINEAPPLE 1/4 cup
90	PEARS, FRESH
772	SALAD WALDORF FRUIT 1/4 cup
990261	SideKicks Cherry Be Mine
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990208	Smoothie, Northwest Berry
990284	Smoothie, Raspberry Pear

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Spokane Public Schools

Allergen List - By Allergen

Pears -

Recipe #	Recipe Name
990047	YOGURT, SMOOTHIE ASSORTED
657	YOGURT, SMOOTHIE SAMURAI

Peas - fresh, frozen, (legume family)

Recipe #	Recipe Name
990084	ASIAN - Chicken Fried Rice Entree
5	CHICKEN POT PIE HM
990256	Fried Rice New
37	PUREE VEGGIES
685	SALAD PEA
990042	Veggie Starch 1/2 cup

Pepperoni - Beef & Pork

Recipe #	Recipe Name
829	CHEESE & PEPPERONI RIPPER
990201	Cheese and Pepperoni Calzone
990328	Grab and Go Pizza Salad
990030	Munchable - Ham/chz
990203	Munchable - Pizza Pepperoni
593	PIZZA CHEESE/ PEPPERONI 2G (E)
472	PIZZA CHESE PEPPERONI-2ND 2 G
235	PIZZA RITA: PEPPERONI

Peppers - green bell, red, yellow. orange

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
328	CHICKEN BAKED
990249	Chicken Burrito

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Allergen List - By Allergen

Peppers - green bell, red, yellow. orange

Recipe #	Recipe Name
990254	Chicken Burrito half
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
754	CHICKEN FAJITA, Secondary
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990344	Chicken SUPER Burrito
990074	Chicken, Shredded, Mexican, Ancho
830	CHILI with LENTILS
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
990314	Cuban Style Black Beans, 3.25 oz
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990268	Garlic Flatbread
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
990151	Grab Go Chicken Caesar Salad
1259	Grab Go Taco Salad-Beef
1216	HS: CONDIMENTS
483	LENTIL CHILI
1242	MS: CONDIMENTS
990262	Pinto Bean and Cheese Burrito
277	PIZZA CHEESE/VEG WED 2G
990148	PIZZA RITA: Veggie
990073	Pork, shredded, Mexican
458	POTATO HERB ROASTED
990346	Potato Wedge Nachos
909	POTATO WEDGES, MEXICAN
487	RED PEPPERS STRIPS

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Spokane Public Schools

Allergen List - By Allergen

Peppers - green bell, red, yellow. orange

Recipe #	Recipe Name
8	REFRIED BEANS: canned 1/4 C
775	SALAD BEAN & VEGGIE SALSA
1271	SALAD CAESAR 1 CUP
952	SALAD CORN 1/4 cup
225	SALAD DRESSING, Caesar Bulk
418	SALAD DRESSING: ORIENTAL
248	SALAD ITALIAN TOMATO 1/2 cup
896	SALAD LENTIL CONFETTI
869	SALAD MACARONI
990017	SALAD MARINATED FRESH VEGGIE
1297	SALAD PEPPER SLAW 1/4 cup
10	SALAD SOUTHWEST BEAN 1/2 CUP
1128	SALAD SPICY BLACK BEAN
339	SALAD THREE BEAN 1/2 cup
243	Salad: CHICKEN PASTA
990255	Seasoned Black Beans
990266	Seasoned Black Beans
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
768	Spanish Rice 1/2 cup
990279	Spicy Pickled Carrots
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
719	TACO SALAD ELEM
990179	Theme Meal Pizza Party
1051	TOMATO SALSA
1234	Veggie Red/Orange 1/2 cup
990349	Vending- Chef Salad
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar

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Spokane Public Schools

Allergen List - By Allergen

Peppers - green bell, red, yellow. orange

Recipe #	Recipe Name
990069	Wrap, Chicken Caesar

Pickles - Sweet or Dill

Recipe #	Recipe Name
1232	HS: Fruit/Veggies MONDAY
869	SALAD MACARONI
1228	SALAD POTATO 1/2 cup
990166	Theme Meal Backyard BBQ

Pineapple -

Recipe #	Recipe Name
990080	ASIAN - Beef and Broccoli/rice
990078	Asian - Green Bean Chicken/rice
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles
557	ASIAN - ORANGE SAUCE G-9-SP
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
1300	ASSORTED FRUIT CAN/FROZEN
990079	Beef, Asian, beef and Broccoli
990033	CARROT P/A MUFFIN 60 cut ADM
990184	Chow Mein
1250	DC FRUITED YOGURT PAR/MUF SC
990039	Flatbread, Hawaiian
365	FRUIT COCKTAIL 1/2 cup
419	FRUIT COCKTAIL 1/4 cup
790	FRUIT CUP SUMMER
371	FRUIT JUMBLE 1/2 cup
404	FRUIT JUMBLE 1/4 cup

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Allergen List - By Allergen

Pineapple -

Recipe #	Recipe Name
682	FRUIT JUMBLE Ap& Oran 1/4 cup
758	FRUIT JUMBLE Orange 1/2 cup
753	FRUIT JUMBLE Orange 1/4 cup
408	FRUIT JUMBLE W/Apples 1/2 cup
407	FRUIT JUMBLE W/Apples 1/4 cup
405	FRUIT JUMBLE W/Banana 1/2 cup
406	FRUIT JUMBLE W/Banana 1/4 cup
400	FRUIT JUMBLE W/Grapes 1/2 cup
372	FRUIT JUMBLE W/Grapes 1/4 cup
838	Grab Go Deli Turkey/Chees Sand
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap
585	HOMEMADE BREAKFAST MUFFIN
1232	HS: Fruit/Veggies MONDAY
990302	Island Dried Fruit
389	PEARS & PINEAPPLE 1/2 cup
391	PEARS & PINEAPPLE 1/4 cup
387	PINEAPPLE 1/2 cup
92	PINEAPPLE 1/4 cup
397	PINEAPPLE & BANANAS 1/2 cup
398	PINEAPPLE & BANANAS 1/4 cup
41	PINEAPPLE FRESH CHUNCKS 1/2 C
276	PIZZA CHEESE/HAWAII WED 2G
1044	PIZZA RITA: Hawaiian
990315	Pretzel and Cheese Meal Kit
1225	SALAD CARROT RAISIN 1/4 cup
769	SALAD COLE SLAW 1/4 cup
772	SALAD WALDORF FRUIT 1/4 cup
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990210	Smoothie, Green Flash
990316	Sun Butter and Jelly Meal Kit
766	SWEET & SOUR CHICKEN

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Spokane Public Schools

Allergen List - By Allergen

Pineapple -

Recipe #	Recipe Name
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
990240	Teriyaki Chicken New
990340	Teriyaki Chicken Noodle Bowl
990205	Vegetable Chow Mein Noodles
990265	Yakisoba Noodles
990047	YOGURT, SMOOTHIE ASSORTED
657	YOGURT, SMOOTHIE SAMURAI
1247	YOGURT, SMOOTHIE SUNRISE

Pinto Beans -

Recipe #	Recipe Name
990169	Bean and Cheese Burrito
990194	Bean and Cheese Soft Taco
990170	NACHO w/ Beans & Cheese Sauce
990186	NACHO w/Meat, Beans, & Cheese
990262	Pinto Bean and Cheese Burrito
705	REFRIED BEANS: Bag
8	REFRIED BEANS: canned 1/4 C
775	SALAD BEAN & VEGGIE SALSA
10	SALAD SOUTHWEST BEAN 1/2 CUP
990267	Seasoned Pinto Beans
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd

Pollock - Fish

Recipe #	Recipe Name
764	Alaska Pollock FISH SANDWICH ON A BUN
941	FISH PATTY, BREADED

Pork -

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990084	ASIAN - Chicken Fried Rice Entree

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Allergen List - By Allergen

Pork -

Recipe #	Recipe Name
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990221	BBQ Pulled Pork Sandwich
958	BREAKFAST BURRITO - Secondary
1315	BREAKFAST SAND CHEESE & HAM
1313	BREAKFAST SAND EGG,CHS & HAM
990070	BREAKFAST SAND PANCAKE EGG,CHS & SAUSAGE
990185	BREAKFAST SAND Sausage & Cheese
1135	BREAKFAST SANDWICH OPTIONS
990273	Carnitas Pork
990201	Cheese and Pepperoni Calzone
868	Chef Salad - Elementary
990121	DELI HAM & CHEESE SANDWICH 1/2
551	DELI HAM & CHEESE SANDWICH Elementary
990259	DELI HAM & CHEESE SANDWICH GF
990198	DELI HAM & CHEESE SANDWICH Secondary
71	DELI HAM SANDWICH
912	EGG, HAM & CHEESE BK SANDWICH sec
990039	Flatbread, Hawaiian
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
839	Grab Go Deli Ham/Cheese Sand
666	Grab Go Wrap Tur/Ham Sand
757	HAM & CHEESE BAGEL - Breakfast
762	HAM & CHEESE BAGEL - Sec
20	HAM & CHEESE SANDWICH HOT
990101	HAM & CHEESE SANDWICH HOT 1/2
706	HAM & CHEESE SANDWICH-HOT sec
1236	HS:SUB SAND(ham/turkey)
990030	Munchable - Ham/chz
990203	Munchable - Pizza Pepperoni
990320	Pancake, Sausage & Cheese BF Sandwich
593	PIZZA CHEESE/ PEPPERONI 2G (E)
275	PIZZA CHEESE/HAM WED -2G

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Allergen List - By Allergen

Pork -

Recipe #	Recipe Name
276	PIZZA CHEESE/HAWAII WED 2G
1249	PIZZA CHEESE/SAU/MR WED 2B
266	PIZZA CHEESE/SAUSAG WED 2G
472	PIZZA CHESE PEPPERONI-2ND 2 G
1044	PIZZA RITA: Hawaiian
235	PIZZA RITA: PEPPERONI
280	PIZZA RITA: SAUSAGE
990090	Pocket Sandwich - Ham and Cheese
990274	Pork Carnitas Burrito
990081	Pork, shredded, asian
990072	Pork, shredded, BBQ Sauce
990073	Pork, shredded, Mexican
474	SAUSAGE LINK 1 each
503	SAUSAGE LINK 2 each
336	SAUSAGE LINK 3 each
983	SAUSAGE PATTY 1 EA
681	SCRAMBLED EGGS & DICED HAM
990082	Street Taco, flatbread, Asian, pork
598	TUSCAN KALE & SAUSAGE SOUP
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990335	WRAP Chef Salad
1062	ZESTY ITALIAN PASTA

Potato - Potato, Potato Flour,

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990192	Apple Cinnamon MUFFIN ADM
990078	Asian - Green Bean Chicken/rice
990242	BANANA Choc Chip MUFFIN 60 cut ADM
315	BANANA MUFFIN 60 cut ADM
990038	BANANA/APPLE MUFFIN 60 cut ADM
359	BASIC MUFFIN MIX ADM
990169	Bean and Cheese Burrito

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Allergen List - By Allergen

Potato - Potato, Potato Flour,

Recipe #	Recipe Name
990293	Bean and Cheese Burrito, Frozen
990032	BLUEBERRY MUFFIN 60 cut ADM
990339	Bowl, Potato and chicken
670	BREAD STICKS PLAIN 1gr
1282	BREAKFAST BOWL
958	BREAKFAST BURRITO - Secondary
990033	CARROT P/A MUFFIN 60 cut ADM
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
70	CHEESEBURGER GF BUN
633	CHICKEN PATTY GF BUN
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
990029	CHICKEN RICE SOUP
970	CHICKEN STRIPS, GLUTEN FREE
991	CHIP: BAKED POT CHIP ORIGINAL
984	CHIP: LAY'S POTATO SMALL BAG 1/2 oz
990321	Chipotle Burrito Bowl
519	CHOCOLATE CHIP MUFFIN 60 ADM
990308	CHOCOLATE CHIP ORANGE MUFFIN 60 ADM
990034	CHOCOLATE FUD MUFFIN 60 cut ADM
1250	DC FRUITED YOGURT PAR/MUF SC
550	DELI CHEESE SAND GF
990259	DELI HAM & CHEESE SANDWICH GF
547	DELI TURKEY & CHEESE SANDWICH GF
990323	Elem Burrito Bowl
990241	Garlic Cheddar Mashed Potatoes
990018	GLUTEN FREE HAMBURGER ROLL
928	GLUTEN FREE HOT DOG BUN
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Chees Sand
990327	Grab Go Hawaiian Chix Salad

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Spokane Public Schools

Allergen List - By Allergen

Potato - Potato, Potato Flour,

Recipe #	Recipe Name
178	Grab Go Hawaiian Chix Wrap
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
632	HAMBURGER, GF BUN
990324	Hashbrown Patty
585	HOMEMADE BREAKFAST MUFFIN
1232	HS: Fruit/Veggies MONDAY
990149	Maple MUFFIN 60 cut ADM
512	PIZZA ON GF BUN
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
990274	Pork Carnitas Burrito
458	POTATO HERB ROASTED
910	POTATO HONEY DIJON
457	POTATO ITALIAN BABY ROASTED
990346	Potato Wedge Nachos
459	POTATO WEDGES
44	POTATO WEDGES RANCH ROASTED FRESH
909	POTATO WEDGES, MEXICAN
449	POTATO, FRENCH FRIES
990114	Potatoes, Roasted, HOM
461	POTATOES,MASHED #8 SCOOP
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM
990248	Roasted Garlic Mashed Potatoes
990164	Roasted Ranch Potato Wedges
1125	SACK LUNCH
1228	SALAD POTATO 1/2 cup
243	Salad: CHICKEN PASTA
681	SCRAMBLED EGGS & DICED HAM
990191	Spice Bread ADM
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
990166	Theme Meal Backyard BBQ

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Spokane Public Schools

Allergen List - By Allergen

Potato - Potato, Potato Flour,

Recipe #	Recipe Name
990178	Theme Meal Picnic in the Park
1141	Turkey and Gravy, Jenny-O, 7T3100
1061	TURKEY RANCH SANDWICH 1/2
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken

Pumpkin -

Recipe #	Recipe Name
1250	DC FRUITED YOGURT PAR/MUF SC
26	HOLIDAY PUMPKIN CUSTARD
585	HOMEMADE BREAKFAST MUFFIN
990304	Pumpkin Bread
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM

Quinoa - Quinoa Flour

Recipe #	Recipe Name
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
1131	Chicken Caesar Salad (elem)
990328	Grab and Go Pizza Salad
1271	SALAD CAESAR 1 CUP
990179	Theme Meal Pizza Party

Radish -

Recipe #	Recipe Name
250	Radishes
685	SALAD PEA

Raisins -

Recipe #	Recipe Name
990309	Beef Stick Meal Kit

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Allergen List - By Allergen

Raisins -

Recipe #	Recipe Name
747	CEREAL, RAISIN BRAN
1072	CEREAL, COLD VARIETY
999	FRUIT MIX DRIED
990302	Island Dried Fruit
990297	Jack Links Sweet BBQ Chicken Meal Kit
323	Oatmeal with Toppings
990315	Pretzel and Cheese Meal Kit
97	RAISINS, BOX
913	SALAD BROCCOLI 1/4 cup
1225	SALAD CARROT RAISIN 1/4 cup
769	SALAD COLE SLAW 1/4 cup
772	SALAD WALDORF FRUIT 1/4 cup
990316	Sun Butter and Jelly Meal Kit
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990223	ZeeZee Bar Cinnamon Crisp 7B0430
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440

Raspberry -

Recipe #	Recipe Name
927	CEREAL BAR: NUTRI-GRAIN RASPBE
873	SALAD BERRY FRUIT 1/2 CUP
990288	Scone, Raspberry
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990208	Smoothie, Northwest Berry
990284	Smoothie, Raspberry Pear
990253	Vending Yogurt Breakfast 1 fruit
990229	Vending Yogurt Breakfast 2 fruit
990235	Yami Yogurt
343	Yogurt Grab and Go Elem

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Allergen List - By Allergen

Red Dye #40 -

Recipe #	Recipe Name
884	APPLE/BB DELIGHT BAR
1300	ASSORTED FRUIT CAN/FROZEN
299	BAGEL, BLUEBERRY
998	CEREAL BAR: COCOA PUFFS
1026	CEREAL BAR: NUTRI-GRAIN BB
927	CEREAL BAR: NUTRI-GRAIN RASPBE
1025	CEREAL BAR: NUTRI-GRAIN STRAWB
1250	DC FRUITED YOGURT PAR/MUF SC
365	FRUIT COCKTAIL 1/2 cup
419	FRUIT COCKTAIL 1/4 cup
371	FRUIT JUMBLE 1/2 cup
404	FRUIT JUMBLE 1/4 cup
682	FRUIT JUMBLE Ap& Oran 1/4 cup
758	FRUIT JUMBLE Orange 1/2 cup
753	FRUIT JUMBLE Orange 1/4 cup
408	FRUIT JUMBLE W/Apples 1/2 cup
407	FRUIT JUMBLE W/Apples 1/4 cup
405	FRUIT JUMBLE W/Banana 1/2 cup
406	FRUIT JUMBLE W/Banana 1/4 cup
400	FRUIT JUMBLE W/Grapes 1/2 cup
372	FRUIT JUMBLE W/Grapes 1/4 cup
1232	HS: Fruit/Veggies MONDAY
772	SALAD WALDORF FRUIT 1/4 cup
990250	Vending Bagel Breakfast 1 fruit
990227	Vending Bagel Breakfast 2 fruit
990047	YOGURT, SMOOTHIE ASSORTED
657	YOGURT, SMOOTHIE SAMURAI

Rice - Rice, Rice Flour

Recipe #	Recipe Name
990080	ASIAN - Beef and Broccoli/rice
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree

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Spokane Public Schools

Allergen List - By Allergen

Rice - Rice, Rice Flour

Recipe #	Recipe Name
990087	ASIAN - Chicken Teriyaki/rice
937	ASIAN - GEN TSO CHICKEN/Rice
990078	Asian - Green Bean Chicken/rice
990083	ASIAN - Korean Beef/rice
940	ASIAN - SWEET & SOUR CHICKEN
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
963	Black Bean Burger
990070	BREAKFAST SAND PANCAKE EGG,CHS & SAUSAGE
990185	BREAKFAST SAND Sausage & Cheese
1135	BREAKFAST SANDWICH OPTIONS
990172	Brown Rice, 1/2 cup
990174	Brown Rice, Baked, Elementary
990173	Brown Rice, Baked, Secondary
990171	Brown Rice, Secondary
852	BURRITO, SUPER
978	CEREAL BAR: CINNAMON TOAST
1098	CEREAL BAR: COCOA KRISPIES
965	CEREAL, RICE CHEX
748	CEREAL, RICE KRISPIES
742	CEREAL, CHEERIOS, Multigrain
874	CEREAL, CHOC MINI WHEAT
743	CEREAL, CINN TOAST CRUNCH
905	CEREAL, CINNAMON CHEX
1072	CEREAL, COLD VARIETY
904	CEREAL, CREAM OF RICE
549	CHICKEN EGG ROLL
990029	CHICKEN RICE SOUP
970	CHICKEN STRIPS, GLUTEN FREE
1250	DC FRUITED YOGURT PAR/MUF SC
1279	FIESTA CHICKEN BOWL Scratch

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Spokane Public Schools

Allergen List - By Allergen

Rice - Rice, Rice Flour

Recipe #	Recipe Name
990256	Fried Rice New
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
1074	GLUTEN FREE BLUEBERRY MUFFIN
928	GLUTEN FREE HOT DOG BUN
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
990153	Harvest of the Month Blueberry Parfait
990182	Honey Cinnamon Pear and Yogurt Parfait
990297	Jack Links Sweet BBQ Chicken Meal Kit
1000	MARSHMALLOW SQUARES
990176	Multigrain SunChips
323	Oatmeal with Toppings
990320	Pancake, Sausage & Cheese BF Sandwich
990315	Pretzel and Cheese Meal Kit
36	PUREE MEAT MEAL
990285	Rice Crispy Treat Small
982	RICE KRISPIE TREAT ORIGINAL
990115	Rice krispie treats
990137	RICE, Brown 1 cup
990129	RICE, Brown 1/2 cup
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
1125	SACK LUNCH
189	SALAD DRESSING Pkg: Assorted
896	SALAD LENTIL CONFETTI
1128	SALAD SPICY BLACK BEAN
474	SAUSAGE LINK 1 each
503	SAUSAGE LINK 2 each
336	SAUSAGE LINK 3 each

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Spokane Public Schools

Allergen List - By Allergen

Rice - Rice, Rice Flour

Recipe #	Recipe Name
983	SAUSAGE PATTY 1 EA
990246	Smoothie and Sunchips Grab and Go
768	Spanish Rice 1/2 cup
990316	Sun Butter and Jelly Meal Kit
990188	SunChips
990252	Vending Cereal Breakfast 1 fruit
990228	Vending Cereal Breakfast 2 fruit
990349	Vending- Chef Salad
990258	Vending GF Cereal Breakfast 2 fruit
990350	Vending- Sunbutter and Jelly Sandwich
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990277	Yogurt Parfait Lunch Blueberry
990278	Yogurt Parfait Lunch Strawberry
990263	YOGURT PARFAIT, Blueberry
658	YOGURT PARFAIT, Strawberry
1272	YOGURT, BREAKFAST PARFAIT/FRT
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990223	ZeeZee Bar Cinnamon Crisp 7B0430
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440

Safflower oil -

Recipe #	Recipe Name
984	CHIP: LAY'S POTATO SMALL BAG 1/2 oz
903	DELI CHOICE HUMMUS
1074	GLUTEN FREE BLUEBERRY MUFFIN
728	GOLDFISH CHEDDAR CRACKERS
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Chees Sand
1259	Grab Go Taco Salad-Beef
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
990297	Jack Links Sweet BBQ Chicken Meal Kit

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Spokane Public Schools

Allergen List - By Allergen

Safflower oil -

Recipe #	Recipe Name
717	NACHO CHIPS 2OZ
990170	NACHO w/ Beans & Cheese Sauce
990303	NACHO w/ Cheese Sauce
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
1125	SACK LUNCH
719	TACO SALAD ELEM
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990258	Vending GF Cereal Breakfast 2 fruit
343	Yogurt Grab and Go Elem

Sesame - seed or oil or Tahini

Recipe #	Recipe Name
990084	ASIAN - Chicken Fried Rice Entree
937	ASIAN - GEN TSO CHICKEN/Rice
990083	ASIAN - Korean Beef/rice
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
903	DELI CHOICE HUMMUS
990256	Fried Rice New
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
690	Grab Go Wrap Hummus Turkey
1251	HUMMUS
990068	Korean Beef

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Allergen List - By Allergen

Sesame - seed or oil or Tahini

Recipe #	Recipe Name
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
990081	Pork, shredded, asian
36	PUREE MEAT MEAL
189	SALAD DRESSING Pkg: Assorted
990097	Slaw, Asian
990082	Street Taco, flatbread, Asian, pork
990340	Teriyaki Chicken Noodle Bowl
990214	Teriyaki Pulled Chicken Sandwich
990205	Vegetable Chow Mein Noodles
990349	Vending- Chef Salad
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990265	Yakisoba Noodles

Soy - This product contains: Soybean oil, Soy Protein, soybean flour,

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
764	Alaska Pollock FISH SANDWICH ON A BUN
990192	Apple Cinnamon MUFFIN ADM
202	Apple Crisp (Baked)
884	APPLE/BB DELIGHT BAR
990299	Apple-Rito
511	APPLESAUCE BREAD 60 cut
990080	ASIAN - Beef and Broccoli/rice
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree
990087	ASIAN - Chicken Teriyaki/rice
937	ASIAN - GEN TSO CHICKEN/Rice
990078	Asian - Green Bean Chicken/rice
990083	ASIAN - Korean Beef/rice

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Spokane Public Schools

Allergen List - By Allergen

Soy - This product contains: Soybean oil, Soy Protein, soybean flour,

Recipe #	Recipe Name
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles
557	ASIAN - ORANGE SAUCE G-9-SP
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
990040	ASIAN CABBAGE SALAD
177	ASSORTED BREAKFAST MUFFIN purchased
299	BAGEL, BLUEBERRY
347	BAGEL, PLAIN
1323	Baked Penne Pasta with Chicken
990242	BANANA Choc Chip MUFFIN 60 cut ADM
176	BANANA MUFFIN (PRE-MADE) WG
315	BANANA MUFFIN 60 cut ADM
990038	BANANA/APPLE MUFFIN 60 cut ADM
359	BASIC MUFFIN MIX ADM
990221	BBQ Pulled Pork Sandwich
990169	Bean and Cheese Burrito
990293	Bean and Cheese Burrito, Frozen
990194	Bean and Cheese Soft Taco
894	BEEF CRUMBLES
990309	Beef Stick Meal Kit
990079	Beef, Asian, beef and Broccoli
990301	Belgian Liege Waffle, Assorted
990313	Belgian Liege Waffle, MAPLE
990160	BENEFIT BAR BANANA CHOCOLATE CHUNK
990264	BENEFIT BAR FRENCH TOAST
1089	BENEFIT BAR OATMEAL CHOCOLATE CHIP
990300	Berries and Cream Breadsticks

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Spokane Public Schools

Allergen List - By Allergen

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Recipe #	Recipe Name
507	Biscuit, Scratch
963	Black Bean Burger
174	BLUEBERRY MUFFIN (PREMADE) WG
990239	Blueberry Crumble
990032	BLUEBERRY MUFFIN 60 cut ADM
990339	Bowl, Potato and chicken
312	BREAD STICKS, GARLIC HM 1.25G
1212	BREAD, GARLIC MINIS
990216	Breaded Chicken Drumstick
958	BREAKFAST BURRITO - Secondary
1315	BREAKFAST SAND CHEESE & HAM
860	BREAKFAST SAND EGG & CHEESE
990204	BREAKFAST SAND EGG & CHEESE 1/2
1313	BREAKFAST SAND EGG,CHS & HAM
990070	BREAKFAST SAND PANCAKE EGG,CHS & SAUSAGE
990185	BREAKFAST SAND Sausage & Cheese
1135	BREAKFAST SANDWICH OPTIONS
990232	Buffalo Chicken
852	BURRITO, SUPER
990033	CARROT P/A MUFFIN 60 cut ADM
1098	CEREAL BAR: COCOA KRISPIES
998	CEREAL BAR: COCOA PUFFS
1026	CEREAL BAR: NUTRI-GRAIN BB
927	CEREAL BAR: NUTRI-GRAIN RASPBE
1025	CEREAL BAR: NUTRI-GRAIN STRAWB
874	CEREAL, CHOC MINI WHEAT
743	CEREAL, CINN TOAST CRUNCH
1072	CEREAL, COLD VARIETY
829	CHEESE & PEPPERONI RIPPER
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
990310	Cheese Cup Meal Kit
608	CHEESE SANDWICH
990159	CHEESE SANDWICH HOT (hamburger bun)

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Spokane Public Schools

Allergen List - By Allergen

Soy - This product contains: Soybean oil, Soy Protein, soybean flour,

Recipe #	Recipe Name
782	CHEESE SLICE
81	CHEESEBURGER 1/2 ea
70	CHEESEBURGER GF BUN
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
990306	Cheese-Filled Breadstick
933	Cheese-Filled Breadstick with Marinara
990296	Cheese-Filled Breadstick with Marinara, Summer
813	CHICKEN BURGER (UNBREADED)
990249	Chicken Burrito
990254	Chicken Burrito half
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
990322	Chicken Corn Dog
549	CHICKEN EGG ROLL
754	CHICKEN FAJITA, Secondary
990220	Chicken Fillet Bites
990225	Chicken Fillet Bites CACFP
990168	Chicken Fillet Sandwich
990189	Chicken Fillet Sandwich HALF CACFP
990055	CHICKEN ON A BUN, BBQ 1/2
854	CHICKEN ON A BUN, BBQ 2nd
1293	CHICKEN ON A BUN, BBQ Scratch
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
814	CHICKEN PATTY (UNBREADED)
633	CHICKEN PATTY GF BUN
990295	Chicken Patty Sandwich, Summer
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
970	CHICKEN STRIPS, GLUTEN FREE

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Allergen List - By Allergen

Soy - This product contains: Soybean oil, Soy Protein, soybean flour,

Recipe #	Recipe Name
990344	Chicken SUPER Burrito
990276	Chicken Tikka Masala
155	CHILI with BEANS 6 oz (HM)
990321	Chipotle Burrito Bowl
1121	CHIPOTLE MAYONNAISE
578	CHOCOLATE BROWNIE Scratch
990190	CHOCOLATE BROWNIE Scratch (by weight)
526	CHOCOLATE CHIP COOKIE 1 oz PM
519	CHOCOLATE CHIP MUFFIN 60 ADM
808	CHOCOLATE CHIP MUFFIN 60 cut
518	CHOCOLATE CHIP MUFFIN PM
990308	CHOCOLATE CHIP ORANGE MUFFIN 60 ADM
990034	CHOCOLATE FUD MUFFIN 60 cut ADM
990184	Chow Mein
486	CINN ROLL w/ GLAZE 2.25 OZ HM
990127	Coleslaw, Classic
810	COOKIE, SCOOPY DOO BONES
789	COOKIE: M & M, chocolate, chocolate chip
990037	CORNBREAD W/HONEYBUTTER
1103	CRACKERS, CHEEZITS WG
1250	DC FRUITED YOGURT PAR/MUF SC
990155	DELI CHEESE FLATBREAD SANDWICH
990154	DELI CHEESE HOAGIE SANDWICH
550	DELI CHEESE SAND GF
76	DELI CHEESE SANDWICH (2nd)
990156	DELI CHEESE SANDWICH-BUN
990121	DELI HAM & CHEESE SANDWICH 1/2
551	DELI HAM & CHEESE SANDWICH Elementary
990259	DELI HAM & CHEESE SANDWICH GF
990198	DELI HAM & CHEESE SANDWICH Secondary
71	DELI HAM SANDWICH
990057	DELI TURKEY & CHEESE SANDWICH 1/2
15	DELI TURKEY & CHEESE SANDWICH Elementary
547	DELI TURKEY & CHEESE SANDWICH GF

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Spokane Public Schools

Allergen List - By Allergen

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Recipe #	Recipe Name
990199	DELI TURKEY & CHEESE SANDWICH Secondary
759	DELI TURKEY SANDWICH
990286	Dick and Jane Educational Crackers 7C6280
811	DINNER ROLL WG sec
27	DINNER ROLL 1 OZ WG 1G Franz
680	EGG & CHEESE OMELET
781	EGG PATTY
912	EGG, HAM & CHEESE BK SANDWICH sec
990323	Elem Burrito Bowl
31	ENGLISH MUFFIN WHOLE
353	ENGLISH MUFFINS,PLAIN,TST 1/2
990183	Fat Cat Nut Free Chocolate Chip Cookie
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
941	FISH PATTY, BREADED
990039	Flatbread, Hawaiian
13	FORTUNE COOKIE
878	FRENCH TOAST 1 slice
990319	French Toast Sticks
990345	French Toast Sticks
990256	Fried Rice New
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
990268	Garlic Flatbread
990307	Gingerbread Person Cookie
728	GOLDFISH CHEDDAR CRACKERS
727	GOLDFISH PRETZELS
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad

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Spokane Public Schools

Allergen List - By Allergen

Soy - This product contains: Soybean oil, Soy Protein, soybean flour,

Recipe #	Recipe Name
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Chees Sand
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap
1259	Grab Go Taco Salad-Beef
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
233	GRAHAM CRACKERS
990338	Gravy, Chicken, Monarch
757	HAM & CHEESE BAGEL - Breakfast
762	HAM & CHEESE BAGEL - Sec
20	HAM & CHEESE SANDWICH HOT
990101	HAM & CHEESE SANDWICH HOT 1/2
706	HAM & CHEESE SANDWICH-HOT sec
161	HAMBURGER ON A BUN (EL)
481	HAMBURGER ON A BUN HS/MS
779	HAMBURGER ON A BUN, MAUI
990153	Harvest of the Month Blueberry Parfait
990324	Hashbrown Patty
990163	HAWAIIAN TURKEY & CHEESE SAND -PREMADE
1145	HM Chili 1/2 cup
990162	HOM Blueberry Crisp
585	HOMEMADE BREAKFAST MUFFIN
990182	Honey Cinnamon Pear and Yogurt Parfait
162	HOT DOG ON A BUN
1216	HS: CONDIMENTS
1232	HS: Fruit/Veggies MONDAY
1236	HS:SUB SAND(ham/turkey)
990297	Jack Links Sweet BBQ Chicken Meal Kit
990068	Korean Beef
483	LENTIL CHILI

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Soy - This product contains: Soybean oil, Soy Protein, soybean flour,

Recipe #	Recipe Name
990280	Mac and Cheese 3/4 cup svg
990245	Mac and Cheese, One Pan
990149	Maple MUFFIN 60 cut ADM
990292	Marinara cup
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
1000	MARSHMALLOW SQUARES
1050	MAYONNAISE Packet
990343	Meatball sandwich
66	Milk, Soy
990071	Milk, Variety
583	MJM ASSORTED COOKIE
1242	MS: CONDIMENTS
990102	Munchable - Cheese
990030	Munchable - Ham/chz
990092	Munchable - Pizza Cheese
990203	Munchable - Pizza Pepperoni
1253	Munchable - Turkey/chz
990170	NACHO w/ Beans & Cheese Sauce
990303	NACHO w/ Cheese Sauce
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
990133	Noodles, Chow Mein
323	Oatmeal with Toppings
966	ORANGE MUFFIN (PRE-M) WG
569	PANCAKE - WG 1
990320	Pancake, Sausage & Cheese BF Sandwich
579	PANCAKES - WHOLE GRAIN
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
990262	Pinto Bean and Cheese Burrito
269	PIZZA CHEESE/CHICKEN WED - 2G

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Allergen List - By Allergen

Soy - This product contains: Soybean oil, Soy Protein, soybean flour,

Recipe #	Recipe Name
103	PIZZA RITA: CHEESE
1044	PIZZA RITA: Hawaiian
235	PIZZA RITA: PEPPERONI
280	PIZZA RITA: SAUSAGE
990148	PIZZA RITA: Veggie
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
990274	Pork Carnitas Burrito
990081	Pork, shredded, asian
459	POTATO WEDGES
449	POTATO, FRENCH FRIES
461	POTATOES,MASHED #8 SCOOP
990315	Pretzel and Cheese Meal Kit
11	PRETZEL MINI STICKS
990325	Pretzel, Soft
990304	Pumpkin Bread
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM
36	PUREE MEAT MEAL
37	PUREE VEGGIES
990312	Ranch Cup, Monarch 1.5 oz
8	REFRIED BEANS: canned 1/4 C
990285	Rice Crispy Treat Small
982	RICE KRISPIE TREAT ORIGINAL
990115	Rice krispie treats
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
990248	Roasted Garlic Mashed Potatoes
1125	SACK LUNCH
1271	SALAD CAESAR 1 CUP
1225	SALAD CARROT RAISIN 1/4 cup
769	SALAD COLE SLAW 1/4 cup
952	SALAD CORN 1/4 cup
190	SALAD DRESSING PACKET: BC

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Spokane Public Schools

Allergen List - By Allergen

Soy - This product contains: Soybean oil, Soy Protein, soybean flour,

Recipe #	Recipe Name
189	SALAD DRESSING Pkg: Assorted
225	SALAD DRESSING, Caesar Bulk
179	SALAD DRESSING: CAESAR -M-5-SP
248	SALAD ITALIAN TOMATO 1/2 cup
896	SALAD LENTIL CONFETTI
869	SALAD MACARONI
1228	SALAD POTATO 1/2 cup
1128	SALAD SPICY BLACK BEAN
339	SALAD THREE BEAN 1/2 cup
243	Salad: CHICKEN PASTA
990097	Slaw, Asian
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990050	SNACK MUFFIN (PM)
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
990231	SPAGHETTI with JTM MEAT SAUCE Elementary
1294	SPAGHETTI with JTM MEAT SAUCE Secondary
990191	Spice Bread ADM
990257	Spicy Chicken Fillet Sandwich
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
990316	Sun Butter and Jelly Meal Kit
990291	Sun Butter and Strawberry Jelly Sandwich, Frozen
990193	SunButter and Grape Jelly Sandwich
990247	SunButter and Grape Jelly Sandwich HALF
990196	SunButter and Strawberry Jelly Sandwich
990095	SunButter Munchable
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE

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Spokane Public Schools

Allergen List - By Allergen

Soy - This product contains: Soybean oil, Soy Protein, soybean flour,

Recipe #	Recipe Name
719	TACO SALAD ELEM
604	TACO SHELL, SOFT 10"
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
990086	Teriyaki Chicken
990240	Teriyaki Chicken New
990340	Teriyaki Chicken Noodle Bowl
990214	Teriyaki Pulled Chicken Sandwich
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990179	Theme Meal Pizza Party
1211	TOASTED CHEESE SANDWICH
130	TOASTED CHEESE SANDWICH 1/2
990053	TOMATO SOUP 1/2 cup HM
394	TOMATO SOUP 6 OZ HM
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
990290	Turkey and Cheese Sandwich, frozen
1141	Turkey and Gravy, Jenny-O, 7T3100
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
1207	Turkey/Cheese wrap Sandwich HS
783	TURKEY-HAM & CHEESE RIPPER
990158	VEG BREAKFAST SAND PANCAKE EGG & CHEESE
990205	Vegetable Chow Mein Noodles
962	VEGETARIAN BURGER /BUN 2M
990250	Vending Bagel Breakfast 1 fruit
990227	Vending Bagel Breakfast 2 fruit
990251	Vending Breakfast Bar Meal 1 fruit
990226	Vending Breakfast Bar Meal 2 fruit
990252	Vending Cereal Breakfast 1 fruit
990228	Vending Cereal Breakfast 2 fruit
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich

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Spokane Public Schools

Allergen List - By Allergen

Soy - This product contains: Soybean oil, Soy Protein, soybean flour,

Recipe #	Recipe Name
990347	Vending- Deli Turkey Sandwich
990253	Vending Yogurt Breakfast 1 fruit
990229	Vending Yogurt Breakfast 2 fruit
568	WAFFLE 2 each
867	WAFFLE (1)
990341	Waffles, WG, Bake Crafters
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
990128	Wrap, Turkey and Cream Cheese, Secondary
990265	Yakisoba Noodles
343	Yogurt Grab and Go Elem
990277	Yogurt Parfait Lunch Blueberry
990278	Yogurt Parfait Lunch Strawberry
990263	YOGURT PARFAIT, Blueberry
658	YOGURT PARFAIT, Strawberry
1272	YOGURT, BREAKFAST PARFAIT/FRT
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990223	ZeeZee Bar Cinnamon Crisp 7B0430
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440

Soy Sauce -

Recipe #	Recipe Name
990080	ASIAN - Beef and Broccoli/rice
937	ASIAN - GEN TSO CHICKEN/Rice
990078	Asian - Green Bean Chicken/rice
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles
557	ASIAN - ORANGE SAUCE G-9-SP
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary

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Spokane Public Schools

Allergen List - By Allergen

Soy Sauce -

Recipe #	Recipe Name
990094	ASIAN - Thai Chicken/rice, Secondary
990079	Beef, Asian, beef and Broccoli
990184	Chow Mein
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
189	SALAD DRESSING Pkg: Assorted
990240	Teriyaki Chicken New
990340	Teriyaki Chicken Noodle Bowl
990214	Teriyaki Pulled Chicken Sandwich
990205	Vegetable Chow Mein Noodles
990349	Vending- Chef Salad
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990265	Yakisoba Noodles

Spinach -

Recipe #	Recipe Name
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap
690	Grab Go Wrap Hummus Turkey
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990210	Smoothie, Green Flash
1210	SPINACH SALAD 1/2 CUP
990065	Wrap, Pesto Chicken

Strawberries -

Recipe #	Recipe Name
884	APPLE/BB DELIGHT BAR

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Spokane Public Schools

Allergen List - By Allergen

Strawberries -

Recipe #	Recipe Name
871	CAPRI SUN FRUIT DIVE
998	CEREAL BAR: COCOA PUFFS
1025	CEREAL BAR: NUTRI-GRAIN STRAWB
606	CREAM CHEESE STRAWBERRY
323	Oatmeal with Toppings
873	SALAD BERRY FRUIT 1/2 CUP
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990208	Smoothie, Northwest Berry
990212	Smoothie, Peach Mango Strawberry
990243	Smoothie, Strawberry Banana
990209	Smoothie, Strawberry Peach
692	STRAWBERRIES 1/2 cup
98	STRAWBERRIES 1/4 cup
99	STRAWBERRIES,FRESH
186	STRAWBERRY CUP (1/2C)
990316	Sun Butter and Jelly Meal Kit
990291	Sun Butter and Strawberry Jelly Sandwich, Frozen
990196	SunButter and Strawberry Jelly Sandwich
990179	Theme Meal Pizza Party
990235	Yami Yogurt
990278	Yogurt Parfait Lunch Strawberry
658	YOGURT PARFAIT, Strawberry
990061	YOGURT, SMOOTHIE STRAWBERRY BANANA
1096	YOGURT, Danimal 4 oz

Sunflower - Sunflower seeds or oil

Recipe #	Recipe Name
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
990040	ASIAN CABBAGE SALAD
990309	Beef Stick Meal Kit

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Spokane Public Schools

Allergen List - By Allergen

Sunflower - Sunflower seeds or oil

Recipe #	Recipe Name
1315	BREAKFAST SAND CHEESE & HAM
860	BREAKFAST SAND EGG & CHEESE
990204	BREAKFAST SAND EGG & CHEESE 1/2
1313	BREAKFAST SAND EGG,CHS & HAM
990070	BREAKFAST SAND PANCAKE EGG,CHS & SAUSAGE
990185	BREAKFAST SAND Sausage & Cheese
1135	BREAKFAST SANDWICH OPTIONS
990310	Cheese Cup Meal Kit
525	CHEESE ZOMBIE- 24 cut
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
991	CHIP: BAKED POT CHIP ORIGINAL
990155	DELI CHEESE FLATBREAD SANDWICH
990154	DELI CHEESE HOAGIE SANDWICH
990156	DELI CHEESE SANDWICH-BUN
903	DELI CHOICE HUMMUS
990121	DELI HAM & CHEESE SANDWICH 1/2
551	DELI HAM & CHEESE SANDWICH Elementary
990198	DELI HAM & CHEESE SANDWICH Secondary
990199	DELI TURKEY & CHEESE SANDWICH Secondary
1279	FIESTA CHICKEN BOWL Scratch
1074	GLUTEN FREE BLUEBERRY MUFFIN
928	GLUTEN FREE HOT DOG BUN
727	GOLDFISH PRETZELS
541	Grab Go CHEF VEGAN SALAD
687	Grab Go CHEF Vegetarian Salad
1259	Grab Go Taco Salad-Beef
990180	Green Chili Nacho Cheese Sauce
757	HAM & CHEESE BAGEL - Breakfast
990324	Hashbrown Patty
162	HOT DOG ON A BUN
990297	Jack Links Sweet BBQ Chicken Meal Kit
990280	Mac and Cheese 3/4 cup svg
990245	Mac and Cheese, One Pan

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Spokane Public Schools

Allergen List - By Allergen

Sunflower - Sunflower seeds or oil

Recipe #	Recipe Name
990176	Multigrain SunChips
990102	Munchable - Cheese
990030	Munchable - Ham/chz
1253	Munchable - Turkey/chz
990167	Nacho Cheese Sauce
717	NACHO CHIPS 2OZ
990170	NACHO w/ Beans & Cheese Sauce
990303	NACHO w/ Cheese Sauce
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
990320	Pancake, Sausage & Cheese BF Sandwich
990346	Potato Wedge Nachos
990315	Pretzel and Cheese Meal Kit
990246	Smoothie and Sunchips Grab and Go
990316	Sun Butter and Jelly Meal Kit
990193	SunButter and Grape Jelly Sandwich
990247	SunButter and Grape Jelly Sandwich HALF
990196	SunButter and Strawberry Jelly Sandwich
990095	SunButter Munchable
990188	SunChips
611	SUNFLOWER SEEDS
719	TACO SALAD ELEM
1211	TOASTED CHEESE SANDWICH
990158	VEG BREAKFAST SAND PANCAKE EGG & CHEESE
990348	Vending- Deli Ham Sandwich
990258	Vending GF Cereal Breakfast 2 fruit
990350	Vending- Sunbutter and Jelly Sandwich
990128	Wrap, Turkey and Cream Cheese, Secondary

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Spokane Public Schools

Allergen List - By Allergen

Sweet Potatoes -

Recipe #	Recipe Name
990261	SideKicks Cherry Be Mine

Tapioca Flour -

Recipe #	Recipe Name
937	ASIAN - GEN TSO CHICKEN/Rice
70	CHEESEBURGER GF BUN
633	CHICKEN PATTY GF BUN
970	CHICKEN STRIPS, GLUTEN FREE
486	CINN ROLL w/ GLAZE 2.25 OZ HM
550	DELI CHEESE SAND GF
990259	DELI HAM & CHEESE SANDWICH GF
547	DELI TURKEY & CHEESE SANDWICH GF
1074	GLUTEN FREE BLUEBERRY MUFFIN
990018	GLUTEN FREE HAMBURGER ROLL
928	GLUTEN FREE HOT DOG BUN
632	HAMBURGER, GF BUN
1232	HS: Fruit/Veggies MONDAY
512	PIZZA ON GF BUN
869	SALAD MACARONI
1228	SALAD POTATO 1/2 cup
990166	Theme Meal Backyard BBQ
990258	Vending GF Cereal Breakfast 2 fruit

Tomato - Fresh or canned

Recipe #	Recipe Name
990080	ASIAN - Beef and Broccoli/rice
990083	ASIAN - Korean Beef/rice
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles
557	ASIAN - ORANGE SAUCE G-9-SP
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
249	BAKED BEANS 1/2 cup

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Spokane Public Schools

Allergen List - By Allergen

Tomato - Fresh or canned

Recipe #	Recipe Name
440	BAKED BEANS 1/4 cup
1323	Baked Penne Pasta with Chicken
1325	BARBECUE SAUCE (FSA)
990221	BBQ Pulled Pork Sandwich
990079	Beef, Asian, beef and Broccoli
990339	Bowl, Potato and chicken
852	BURRITO, SUPER
829	CHEESE & PEPPERONI RIPPER
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
990310	Cheese Cup Meal Kit
933	Cheese-Filled Breadstick with Marinara
990296	Cheese-Filled Breadstick with Marinara, Summer
1278	CHICKEN BAKED FSA BBQ
754	CHICKEN FAJITA, Secondary
990055	CHICKEN ON A BUN, BBQ 1/2
854	CHICKEN ON A BUN, BBQ 2nd
1293	CHICKEN ON A BUN, BBQ Scratch
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
990076	CHICKEN QUESADILLA, BBQ
990276	Chicken Tikka Masala
155	CHILI with BEANS 6 oz (HM)
830	CHILI with LENTILS
990321	Chipotle Burrito Bowl
1121	CHIPOTLE MAYONNAISE
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
990323	Elem Burrito Bowl
990039	Flatbread, Hawaiian
990256	Fried Rice New
990113	GARDEN SALAD
990241	Garlic Cheddar Mashed Potatoes
990328	Grab and Go Pizza Salad

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Spokane Public Schools

Allergen List - By Allergen

Tomato - Fresh or canned

Recipe #	Recipe Name
541	Grab Go CHEF VEGAN SALAD
843	Grab Go Chicken Asian Salad
672	Grab Go Chicken Club Salad
1259	Grab Go Taco Salad-Beef
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
771	HAMBURGER CONDIMENTS
1145	HM Chili 1/2 cup
1216	HS: CONDIMENTS
990329	Jack Links Sweet BBQ Chicken Bites 7C4601
990297	Jack Links Sweet BBQ Chicken Meal Kit
222	KETCHUP
409	KETCHUP, Packet
990068	Korean Beef
483	LENTIL CHILI
990292	Marinara cup
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
990343	Meatball sandwich
1242	MS: CONDIMENTS
990092	Munchable - Pizza Cheese
990203	Munchable - Pizza Pepperoni
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE, Wild Mike's, 10-cut
593	PIZZA CHEESE/ PEPPERONI 2G (E)
269	PIZZA CHEESE/CHICKEN WED - 2G
275	PIZZA CHEESE/HAM WED -2G
276	PIZZA CHEESE/HAWAII WED 2G
1249	PIZZA CHEESE/SAU/MR WED 2B
266	PIZZA CHEESE/SAUSAG WED 2G
277	PIZZA CHEESE/VEG WED 2G

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Spokane Public Schools

Allergen List - By Allergen

Tomato - Fresh or canned

Recipe #	Recipe Name
472	PIZZA CHESE PEPPERONI-2ND 2 G
103	PIZZA RITA: CHEESE
1044	PIZZA RITA: Hawaiian
235	PIZZA RITA: PEPPERONI
280	PIZZA RITA: SAUSAGE
990148	PIZZA RITA: Veggie
990311	Pizza, Cheese, Wild Mike's IW Slice
990072	Pork, shredded, BBQ Sauce
990346	Potato Wedge Nachos
461	POTATOES,MASHED #8 SCOOP
191	SALAD DRESSING PACKET: 1000
340	SALAD DRESSING PACKET: FRENCH
248	SALAD ITALIAN TOMATO 1/2 cup
896	SALAD LENTIL CONFETTI
10	SALAD SOUTHWEST BEAN 1/2 CUP
1128	SALAD SPICY BLACK BEAN
243	Salad: CHICKEN PASTA
990255	Seasoned Black Beans
990266	Seasoned Black Beans
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
990231	SPAGHETTI with JTM MEAT SAUCE Elementary
1294	SPAGHETTI with JTM MEAT SAUCE Secondary
768	Spanish Rice 1/2 cup
990236	Sriracha Ketchup
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
719	TACO SALAD ELEM
907	TACO, SOFT MT & BEAN 2nd
990166	Theme Meal Backyard BBQ

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Spokane Public Schools

Allergen List - By Allergen

Tomato - Fresh or canned

Recipe #	Recipe Name
990179	Theme Meal Pizza Party
990202	Tomato Basil Soup
1051	TOMATO SALSA
34	TOMATO SLICE - 1
990053	TOMATO SOUP 1/2 cup HM
394	TOMATO SOUP 6 OZ HM
1262	TOMATO WEDGE - 1
598	TUSCAN KALE & SAUSAGE SOUP
990041	Veggie Legume 1/2 cup
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
990128	Wrap, Turkey and Cream Cheese, Secondary
1062	ZESTY ITALIAN PASTA

Tuna - Tuna fish

Recipe #	Recipe Name
1236	HS:SUB SAND(ham/turkey)

Turkey -

Recipe #	Recipe Name
868	Chef Salad - Elementary
990057	DELI TURKEY & CHEESE SANDWICH 1/2
15	DELI TURKEY & CHEESE SANDWICH Elementary
547	DELI TURKEY & CHEESE SANDWICH GF
990199	DELI TURKEY & CHEESE SANDWICH Secondary
759	DELI TURKEY SANDWICH
540	Grab Go Chef Salad
838	Grab Go Deli Turkey/Chees Sand
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
990163	HAWAIIAN TURKEY & CHEESE SAND -PREMADE
1236	HS:SUB SAND(ham/turkey)
1253	Munchable - Turkey/chz

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Spokane Public Schools

Allergen List - By Allergen

Turkey -

Recipe #	Recipe Name
275	PIZZA CHEESE/HAM WED -2G
36	PUREE MEAT MEAL
1125	SACK LUNCH
990178	Theme Meal Picnic in the Park
990290	Turkey and Cheese Sandwich, frozen
1141	Turkey and Gravy, Jenny-O, 7T3100
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
1207	Turkey/Cheese wrap Sandwich HS
990349	Vending- Chef Salad
990347	Vending- Deli Turkey Sandwich
990335	WRAP Chef Salad
990128	Wrap, Turkey and Cream Cheese, Secondary

VINEGAR -

Recipe #	Recipe Name
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
990080	ASIAN - Beef and Broccoli/rice
937	ASIAN - GEN TSO CHICKEN/Rice
990078	Asian - Green Bean Chicken/rice
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles
557	ASIAN - ORANGE SAUCE G-9-SP
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
990040	ASIAN CABBAGE SALAD
1325	BARBECUE SAUCE (FSA)

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Spokane Public Schools

Allergen List - By Allergen

VINEGAR -

Recipe #	Recipe Name
990221	BBQ Pulled Pork Sandwich
990079	Beef, Asian, beef and Broccoli
990232	Buffalo Chicken
990234	Buffalo Ranch
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
1278	CHICKEN BAKED FSA BBQ
1131	Chicken Caesar Salad (elem)
990055	CHICKEN ON A BUN, BBQ 1/2
1293	CHICKEN ON A BUN, BBQ Scratch
990076	CHICKEN QUESADILLA, BBQ
990184	Chow Mein
990314	Cuban Style Black Beans, 3.25 oz
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
1216	HS: CONDIMENTS
222	KETCHUP
409	KETCHUP, Packet
1242	MS: CONDIMENTS
642	NACHO w/Meat & Cheese 2nd
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
990072	Pork, shredded, BBQ Sauce
990346	Potato Wedge Nachos
775	SALAD BEAN & VEGGIE SALSA
1271	SALAD CAESAR 1 CUP
179	SALAD DRESSING: CAESAR -M-5-SP
1297	SALAD PEPPER SLAW 1/4 cup
1128	SALAD SPICY BLACK BEAN
990097	Slaw, Asian
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2

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Spokane Public Schools

Allergen List - By Allergen

VINEGAR -

Recipe #	Recipe Name
990236	Sriracha Ketchup
990082	Street Taco, flatbread, Asian, pork
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
990240	Teriyaki Chicken New
990340	Teriyaki Chicken Noodle Bowl
990166	Theme Meal Backyard BBQ
990179	Theme Meal Pizza Party
990205	Vegetable Chow Mein Noodles
990067	Wrap, Buffalo
990265	Yakisoba Noodles

Wheat - Contains gluten

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990281	100% Beef and Cheese Burrito
334	100% Beef Soft Taco
764	Alaska Pollock FISH SANDWICH ON A BUN
509	APPLE CINNAMON COFFEE CAKE 60
990192	Apple Cinnamon MUFFIN ADM
202	Apple Crisp (Baked)
884	APPLE/BB DELIGHT BAR
990299	Apple-Rito
511	APPLESAUCE BREAD 60 cut
990080	ASIAN - Beef and Broccoli/rice
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree
990087	ASIAN - Chicken Teriyaki/rice
937	ASIAN - GEN TSO CHICKEN/Rice
990078	Asian - Green Bean Chicken/rice
990083	ASIAN - Korean Beef/rice
1149	ASIAN - ORANGE CHICKEN Scratch

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Spokane Public Schools

Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
990140	Asian - Orange Chicken/noodles
557	ASIAN - ORANGE SAUCE G-9-SP
940	ASIAN - SWEET & SOUR CHICKEN
990139	Asian - Sweet and Sour Chicken/Noodles
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
990040	ASIAN CABBAGE SALAD
177	ASSORTED BREAKFAST MUFFIN purchased
299	BAGEL, BLUEBERRY
347	BAGEL, PLAIN
1323	Baked Penne Pasta with Chicken
990242	BANANA Choc Chip MUFFIN 60 cut ADM
176	BANANA MUFFIN (PRE-MADE) WG
315	BANANA MUFFIN 60 cut ADM
990038	BANANA/APPLE MUFFIN 60 cut ADM
793	BASIC DOUGH WHOLE WHEAT
359	BASIC MUFFIN MIX ADM
990221	BBQ Pulled Pork Sandwich
990169	Bean and Cheese Burrito
990293	Bean and Cheese Burrito, Frozen
990194	Bean and Cheese Soft Taco
990309	Beef Stick Meal Kit
990079	Beef, Asian, beef and Broccoli
990301	Belgian Liege Waffle, Assorted
990313	Belgian Liege Waffle, MAPLE
990160	BENEFIT BAR BANANA CHOCOLATE CHUNK
990264	BENEFIT BAR FRENCH TOAST
1089	BENEFIT BAR OATMEAL CHOCOLATE CHIP
990300	Berries and Cream Breadsticks
507	Biscuit, Scratch

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Spokane Public Schools

Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
963	Black Bean Burger
174	BLUEBERRY MUFFIN (PREMADE) WG
990239	Blueberry Crumble
990032	BLUEBERRY MUFFIN 60 cut ADM
990339	Bowl, Potato and chicken
670	BREAD STICKS PLAIN 1gr
312	BREAD STICKS, GARLIC HM 1.25G
311	BREAD STICKS, HM 1.25G
1212	BREAD, GARLIC MINIS
990216	Breaded Chicken Drumstick
958	BREAKFAST BURRITO - Secondary
1315	BREAKFAST SAND CHEESE & HAM
860	BREAKFAST SAND EGG & CHEESE
990204	BREAKFAST SAND EGG & CHEESE 1/2
1313	BREAKFAST SAND EGG,CHS & HAM
990070	BREAKFAST SAND PANCAKE EGG,CHS & SAUSAGE
990185	BREAKFAST SAND Sausage & Cheese
1135	BREAKFAST SANDWICH OPTIONS
852	BURRITO, SUPER
990033	CARROT P/A MUFFIN 60 cut ADM
978	CEREAL BAR: CINNAMON TOAST
1098	CEREAL BAR: COCOA KRISPIES
998	CEREAL BAR: COCOA PUFFS
1026	CEREAL BAR: NUTRI-GRAIN BB
927	CEREAL BAR: NUTRI-GRAIN RASPBE
1025	CEREAL BAR: NUTRI-GRAIN STRAWB
747	CEREAL, RAISIN BRAN
748	CEREAL, RICE KRISPIES
742	CEREAL, CHEERIOS, Multigrain
874	CEREAL, CHOC MINI WHEAT
743	CEREAL, CINN TOAST CRUNCH
1072	CEREAL, COLD VARIETY
750	CEREAL, CREAM OF WHEAT
829	CHEESE & PEPPERONI RIPPER

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Spokane Public Schools

Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
990310	Cheese Cup Meal Kit
608	CHEESE SANDWICH
990159	CHEESE SANDWICH HOT (hamburger bun)
525	CHEESE ZOMBIE- 24 cut
81	CHEESEBURGER 1/2 ea
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
990306	Cheese-Filled Breadstick
933	Cheese-Filled Breadstick with Marinara
990296	Cheese-Filled Breadstick with Marinara, Summer
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
990342	Chicken Biscuit Sandwich
813	CHICKEN BURGER (UNBREADED)
990249	Chicken Burrito
990254	Chicken Burrito half
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
990322	Chicken Corn Dog
549	CHICKEN EGG ROLL
754	CHICKEN FAJITA, Secondary
990220	Chicken Fillet Bites
990225	Chicken Fillet Bites CACFP
990168	Chicken Fillet Sandwich
990189	Chicken Fillet Sandwich HALF CACFP
990055	CHICKEN ON A BUN, BBQ 1/2
1293	CHICKEN ON A BUN, BBQ Scratch
990143	Chicken Parmesan /pasta
990295	Chicken Patty Sandwich, Summer
5	CHICKEN POT PIE HM

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Spokane Public Schools

Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
990344	Chicken SUPER Burrito
990	CHIP: PRETZELS ROLD GOLD WG
578	CHOCOLATE BROWNIE Scratch
990190	CHOCOLATE BROWNIE Scratch (by weight)
526	CHOCOLATE CHIP COOKIE 1 oz PM
519	CHOCOLATE CHIP MUFFIN 60 ADM
808	CHOCOLATE CHIP MUFFIN 60 cut
518	CHOCOLATE CHIP MUFFIN PM
990308	CHOCOLATE CHIP ORANGE MUFFIN 60 ADM
990034	CHOCOLATE FUD MUFFIN 60 cut ADM
990184	Chow Mein
486	CINN ROLL w/ GLAZE 2.25 OZ HM
485	CINNAMON ROLLS 1 OZ HM
810	COOKIE, SCOOBY DOO BONES
789	COOKIE: M & M, chocolate, chocolate chip
990037	CORNBREAD W/HONEYBUTTER
1103	CRACKERS, CHEEZITS WG
1250	DC FRUITED YOGURT PAR/MUF SC
990155	DELI CHEESE FLATBREAD SANDWICH
990154	DELI CHEESE HOAGIE SANDWICH
76	DELI CHEESE SANDWICH (2nd)
990156	DELI CHEESE SANDWICH-BUN
990121	DELI HAM & CHEESE SANDWICH 1/2
551	DELI HAM & CHEESE SANDWICH Elementary
990198	DELI HAM & CHEESE SANDWICH Secondary
71	DELI HAM SANDWICH
990057	DELI TURKEY & CHEESE SANDWICH 1/2
15	DELI TURKEY & CHEESE SANDWICH Elementary
990199	DELI TURKEY & CHEESE SANDWICH Secondary
759	DELI TURKEY SANDWICH

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Spokane Public Schools

Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
990286	Dick and Jane Educational Crackers 7C6280
794	DINNER ROLL HM W/GRAIN 1G
795	DINNER ROLL HM W/GRAIN 2 G
811	DINNER ROLL WG sec
27	DINNER ROLL 1 OZ WG 1G Franz
912	EGG, HAM & CHEESE BK SANDWICH sec
31	ENGLISH MUFFIN WHOLE
353	ENGLISH MUFFINS,PLAIN,TST 1/2
990183	Fat Cat Nut Free Chocolate Chip Cookie
941	FISH PATTY, BREADED
990039	Flatbread, Hawaiian
13	FORTUNE COOKIE
878	FRENCH TOAST 1 slice
1139	FRENCH TOAST /SAUSAGE (B)
990319	French Toast Sticks
990345	French Toast Sticks
990256	Fried Rice New
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990268	Garlic Flatbread
990307	Gingerbread Person Cookie
728	GOLDFISH CHEDDAR CRACKERS
729	GOLDFISH GRAHAM CRACKER
727	GOLDFISH PRETZELS
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Chees Sand
990327	Grab Go Hawaiian Chix Salad
178	Grab Go Hawaiian Chix Wrap

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Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
233	GRAHAM CRACKERS
990338	Gravy, Chicken, Monarch
757	HAM & CHEESE BAGEL - Breakfast
762	HAM & CHEESE BAGEL - Sec
20	HAM & CHEESE SANDWICH HOT
990101	HAM & CHEESE SANDWICH HOT 1/2
706	HAM & CHEESE SANDWICH-HOT sec
161	HAMBURGER ON A BUN (EL)
481	HAMBURGER ON A BUN HS/MS
779	HAMBURGER ON A BUN, MAUI
990153	Harvest of the Month Blueberry Parfait
990163	HAWAIIAN TURKEY & CHEESE SAND -PREMADE
26	HOLIDAY PUMPKIN CUSTARD
990162	HOM Blueberry Crisp
585	HOMEMADE BREAKFAST MUFFIN
990182	Honey Cinnamon Pear and Yogurt Parfait
162	HOT DOG ON A BUN
1236	HS:SUB SAND(ham/turkey)
990297	Jack Links Sweet BBQ Chicken Meal Kit
990068	Korean Beef
990280	Mac and Cheese 3/4 cup svg
990245	Mac and Cheese, One Pan
990149	Maple MUFFIN 60 cut ADM
990343	Meatball sandwich
583	MJM ASSORTED COOKIE
990176	Multigrain SunChips
990102	Munchable - Cheese
990030	Munchable - Ham/chz
990092	Munchable - Pizza Cheese
990203	Munchable - Pizza Pepperoni
1253	Munchable - Turkey/chz

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Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
990133	Noodles, Chow Mein
1321	NOODLES, TWIST
323	Oatmeal with Toppings
966	ORANGE MUFFIN (PRE-M) WG
569	PANCAKE - WG 1
990320	Pancake, Sausage & Cheese BF Sandwich
579	PANCAKES - WHOLE GRAIN
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
990262	Pinto Bean and Cheese Burrito
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE, Wild Mike's, 10-cut
593	PIZZA CHEESE/ PEPPERONI 2G (E)
269	PIZZA CHEESE/CHICKEN WED - 2G
275	PIZZA CHEESE/HAM WED -2G
276	PIZZA CHEESE/HAWAII WED 2G
1249	PIZZA CHEESE/SAU/MR WED 2B
266	PIZZA CHEESE/SAUSAG WED 2G
277	PIZZA CHEESE/VEG WED 2G
472	PIZZA CHESE PEPPERONI-2ND 2 G
103	PIZZA RITA: CHEESE
1044	PIZZA RITA: Hawaiian
235	PIZZA RITA: PEPPERONI
280	PIZZA RITA: SAUSAGE
990148	PIZZA RITA: Veggie
990311	Pizza, Cheese, Wild Mike's IW Slice
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
990274	Pork Carnitas Burrito
990081	Pork, shredded, asian
990315	Pretzel and Cheese Meal Kit
11	PRETZEL MINI STICKS
990325	Pretzel, Soft
990304	Pumpkin Bread

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Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM
36	PUREE MEAT MEAL
1125	SACK LUNCH
1271	SALAD CAESAR 1 CUP
189	SALAD DRESSING Pkg: Assorted
179	SALAD DRESSING: CAESAR -M-5-SP
869	SALAD MACARONI
990288	Scone, Raspberry
990097	Slaw, Asian
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990050	SNACK MUFFIN (PM)
735	SPAGHETTI NOODLES, PLAIN
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
990231	SPAGHETTI with JTM MEAT SAUCE Elementary
1294	SPAGHETTI with JTM MEAT SAUCE Secondary
990191	Spice Bread ADM
990257	Spicy Chicken Fillet Sandwich
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
990316	Sun Butter and Jelly Meal Kit
990291	Sun Butter and Strawberry Jelly Sandwich, Frozen
990193	SunButter and Grape Jelly Sandwich
990247	SunButter and Grape Jelly Sandwich HALF
990196	SunButter and Strawberry Jelly Sandwich
990095	SunButter Munchable
990188	SunChips
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE

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Spokane Public Schools

Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
604	TACO SHELL, SOFT 10"
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
990086	Teriyaki Chicken
990240	Teriyaki Chicken New
990340	Teriyaki Chicken Noodle Bowl
990214	Teriyaki Pulled Chicken Sandwich
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990179	Theme Meal Pizza Party
1211	TOASTED CHEESE SANDWICH
130	TOASTED CHEESE SANDWICH 1/2
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
990290	Turkey and Cheese Sandwich, frozen
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
1207	Turkey/Cheese wrap Sandwich HS
783	TURKEY-HAM & CHEESE RIPPER
990158	VEG BREAKFAST SAND PANCAKE EGG & CHEESE
990205	Vegetable Chow Mein Noodles
962	VEGETARIAN BURGER /BUN 2M
990250	Vending Bagel Breakfast 1 fruit
990227	Vending Bagel Breakfast 2 fruit
990251	Vending Breakfast Bar Meal 1 fruit
990226	Vending Breakfast Bar Meal 2 fruit
990252	Vending Cereal Breakfast 1 fruit
990228	Vending Cereal Breakfast 2 fruit
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990347	Vending- Deli Turkey Sandwich
990350	Vending- Sunbutter and Jelly Sandwich
990253	Vending Yogurt Breakfast 1 fruit
990229	Vending Yogurt Breakfast 2 fruit
568	WAFFLE 2 each

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Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
867	WAFFLE (1)
990341	Waffles, WG, Bake Crafters
990335	WRAP Chef Salad
990336	WRAP Chicken Caesar
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
990128	Wrap, Turkey and Cream Cheese, Secondary
990265	Yakisoba Noodles
343	Yogurt Grab and Go Elem
990277	Yogurt Parfait Lunch Blueberry
990278	Yogurt Parfait Lunch Strawberry
990263	YOGURT PARFAIT, Blueberry
658	YOGURT PARFAIT, Strawberry
1272	YOGURT, BREAKFAST PARFAIT/FRT
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990223	ZeeZee Bar Cinnamon Crisp 7B0430
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440
1062	ZESTY ITALIAN PASTA

White Beans -

Recipe #	Recipe Name
249	BAKED BEANS 1/2 cup
440	BAKED BEANS 1/4 cup
990041	Veggie Legume 1/2 cup

Worcestershire sauce - contains: malt barley vinegar, onions, anchovies (fish), molasses, garlic

Recipe #	Recipe Name
36	PUREE MEAT MEAL
340	SALAD DRESSING PACKET: FRENCH

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Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
764	Alaska Pollock FISH SANDWICH ON A BUN
990080	ASIAN - Beef and Broccoli/rice
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990087	ASIAN - Chicken Teriyaki/rice
937	ASIAN - GEN TSO CHICKEN/Rice
990078	Asian - Green Bean Chicken/rice
990083	ASIAN - Korean Beef/rice
940	ASIAN - SWEET & SOUR CHICKEN
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
299	BAGEL, BLUEBERRY
347	BAGEL, PLAIN
1323	Baked Penne Pasta with Chicken
793	BASIC DOUGH WHOLE WHEAT
990221	BBQ Pulled Pork Sandwich
990079	Beef, Asian, beef and Broccoli
963	Black Bean Burger
990339	Bowl, Potato and chicken
670	BREAD STICKS PLAIN 1gr
312	BREAD STICKS, GARLIC HM 1.25G
311	BREAD STICKS, HM 1.25G
1212	BREAD, GARLIC MINIS
1315	BREAKFAST SAND CHEESE & HAM
860	BREAKFAST SAND EGG & CHEESE
990204	BREAKFAST SAND EGG & CHEESE 1/2
1313	BREAKFAST SAND EGG,CHS & HAM
990185	BREAKFAST SAND Sausage & Cheese
1135	BREAKFAST SANDWICH OPTIONS
852	BURRITO, SUPER
829	CHEESE & PEPPERONI RIPPER

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Spokane Public Schools

Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
608	CHEESE SANDWICH
990159	CHEESE SANDWICH HOT (hamburger bun)
525	CHEESE ZOMBIE- 24 cut
81	CHEESEBURGER 1/2 ea
70	CHEESEBURGER GF BUN
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
990306	Cheese-Filled Breadstick
933	Cheese-Filled Breadstick with Marinara
990296	Cheese-Filled Breadstick with Marinara, Summer
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
990342	Chicken Biscuit Sandwich
813	CHICKEN BURGER (UNBREADED)
1131	Chicken Caesar Salad (elem)
990220	Chicken Fillet Bites
990225	Chicken Fillet Bites CACFP
990168	Chicken Fillet Sandwich
990189	Chicken Fillet Sandwich HALF CACFP
990055	CHICKEN ON A BUN, BBQ 1/2
1293	CHICKEN ON A BUN, BBQ Scratch
633	CHICKEN PATTY GF BUN
990295	Chicken Patty Sandwich, Summer
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990029	CHICKEN RICE SOUP
990344	Chicken SUPER Burrito
990	CHIP: PRETZELS ROLD GOLD WG
486	CINN ROLL w/ GLAZE 2.25 OZ HM
485	CINNAMON ROLLS 1 OZ HM

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Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
1103	CRACKERS, CHEEZITS WG
990154	DELI CHEESE HOAGIE SANDWICH
550	DELI CHEESE SAND GF
76	DELI CHEESE SANDWICH (2nd)
990156	DELI CHEESE SANDWICH-BUN
990121	DELI HAM & CHEESE SANDWICH 1/2
551	DELI HAM & CHEESE SANDWICH Elementary
990259	DELI HAM & CHEESE SANDWICH GF
990198	DELI HAM & CHEESE SANDWICH Secondary
71	DELI HAM SANDWICH
990057	DELI TURKEY & CHEESE SANDWICH 1/2
15	DELI TURKEY & CHEESE SANDWICH Elementary
547	DELI TURKEY & CHEESE SANDWICH GF
990199	DELI TURKEY & CHEESE SANDWICH Secondary
759	DELI TURKEY SANDWICH
794	DINNER ROLL HM W/GRAIN 1G
795	DINNER ROLL HM W/GRAIN 2 G
811	DINNER ROLL WG sec
27	DINNER ROLL 1 OZ WG 1G Franz
912	EGG, HAM & CHEESE BK SANDWICH sec
31	ENGLISH MUFFIN WHOLE
353	ENGLISH MUFFINS,PLAIN,TST 1/2
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
941	FISH PATTY, BREADED
990039	Flatbread, Hawaiian
990256	Fried Rice New
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
990268	Garlic Flatbread
990018	GLUTEN FREE HAMBURGER ROLL
928	GLUTEN FREE HOT DOG BUN

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Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
728	GOLDFISH CHEDDAR CRACKERS
729	GOLDFISH GRAHAM CRACKER
727	GOLDFISH PRETZELS
990330	Grab and Go Buffalo Chix Salad
990328	Grab and Go Pizza Salad
540	Grab Go Chef Salad
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Chees Sand
990327	Grab Go Hawaiian Chix Salad
757	HAM & CHEESE BAGEL - Breakfast
762	HAM & CHEESE BAGEL - Sec
20	HAM & CHEESE SANDWICH HOT
990101	HAM & CHEESE SANDWICH HOT 1/2
706	HAM & CHEESE SANDWICH-HOT sec
161	HAMBURGER ON A BUN (EL)
481	HAMBURGER ON A BUN HS/MS
779	HAMBURGER ON A BUN, MAUI
632	HAMBURGER, GF BUN
162	HOT DOG ON A BUN
1236	HS:SUB SAND(ham/turkey)
990297	Jack Links Sweet BBQ Chicken Meal Kit
990068	Korean Beef
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
990343	Meatball sandwich
990102	Munchable - Cheese
990030	Munchable - Ham/chz
990092	Munchable - Pizza Cheese
990203	Munchable - Pizza Pepperoni
1253	Munchable - Turkey/chz
594	PIZZA CHEESE 2G (E)

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Spokane Public Schools

Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
990147	PIZZA CHEESE, Wild Mike's, 10-cut
593	PIZZA CHEESE/ PEPPERONI 2G (E)
269	PIZZA CHEESE/CHICKEN WED - 2G
275	PIZZA CHEESE/HAM WED -2G
276	PIZZA CHEESE/HAWAII WED 2G
1249	PIZZA CHEESE/SAU/MR WED 2B
266	PIZZA CHEESE/SAUSAG WED 2G
277	PIZZA CHEESE/VEG WED 2G
472	PIZZA CHESE PEPPERONI-2ND 2 G
512	PIZZA ON GF BUN
103	PIZZA RITA: CHEESE
1044	PIZZA RITA: Hawaiian
235	PIZZA RITA: PEPPERONI
280	PIZZA RITA: SAUSAGE
990148	PIZZA RITA: Veggie
990311	Pizza, Cheese, Wild Mike's IW Slice
461	POTATOES,MASHED #8 SCOOP
990315	Pretzel and Cheese Meal Kit
990325	Pretzel, Soft
990137	RICE, Brown 1 cup
990129	RICE, Brown 1/2 cup
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
1125	SACK LUNCH
1271	SALAD CAESAR 1 CUP
896	SALAD LENTIL CONFETTI
1273	SLOPPY JOE MEAT MIX
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
990219	Smoothie and Bagel Grab and Go
990197	SPAGHETTI & MEAT SAUCE Elementary
990257	Spicy Chicken Fillet Sandwich
990316	Sun Butter and Jelly Meal Kit
990291	Sun Butter and Strawberry Jelly Sandwich, Frozen

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Spokane Public Schools

Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
990193	SunButter and Grape Jelly Sandwich
990247	SunButter and Grape Jelly Sandwich HALF
990196	SunButter and Strawberry Jelly Sandwich
990214	Teriyaki Pulled Chicken Sandwich
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990179	Theme Meal Pizza Party
1211	TOASTED CHEESE SANDWICH
130	TOASTED CHEESE SANDWICH 1/2
990202	Tomato Basil Soup
990053	TOMATO SOUP 1/2 cup HM
394	TOMATO SOUP 6 OZ HM
1141	Turkey and Gravy, Jenny-O, 7T3100
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
783	TURKEY-HAM & CHEESE RIPPER
598	TUSCAN KALE & SAUSAGE SOUP
962	VEGETARIAN BURGER /BUN 2M
990250	Vending Bagel Breakfast 1 fruit
990227	Vending Bagel Breakfast 2 fruit
990349	Vending- Chef Salad
990348	Vending- Deli Ham Sandwich
990347	Vending- Deli Turkey Sandwich
990336	WRAP Chicken Caesar
343	Yogurt Grab and Go Elem

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