

# 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
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
354	APPLESAUCE, CINNAMON 1/2 cup
352	APPLESAUCE, CINNAMON 1/4 cup
990038	BANANA/APPLE MUFFIN 60 cut ADM
870	CAPRI SUN APPLE SPLASH
871	CAPRI SUN FRUIT DIVE
872	CAPRI SUN FRUIT PUNCH
808	CHOCOLATE CHIP MUFFIN 60 cut
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
245	FRUIT,FRESH ASSORTED

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### Apple -

Recipe #	Recipe Name
1232	HS: Fruit/Veggies MONDAY
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
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990210	Smoothie, Green Flash
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990227	Vending Bagel Breakfast
990226	Vending Breakfast Bar Meal
990228	Vending Cereal Breakfast
990229	Vending Yogurt Breakfast
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

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### Banana -

Recipe #	Recipe Name
68	BANANAS, Regular, Half
683	BANANAS, Regular, Whole
990160	BREAKFAST 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
585	HOMEMADE BREAKFAST MUFFIN
397	PINEAPPLE & BANANAS 1/2 cup
398	PINEAPPLE & BANANAS 1/4 cup
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)
990228	Vending Cereal Breakfast
990229	Vending Yogurt Breakfast
990235	Yami Yogurt
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
11	PRETZEL MINI STICKS
990246	Smoothie and Sunchips Grab and Go

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### Barley - Barley flour, Barley Malt

Recipe #	Recipe Name
990193	SunButter and Grape Jelly Sandwich
990196	SunButter and Strawberry Jelly Sandwich
1211	TOASTED CHEESE SANDWICH
130	TOASTED CHEESE SANDWICH 1/2
343	Yogurt Grab and Go Elem

### Beef -

Recipe #	Recipe Name
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
990079	Beef, Asian, beef and Broccoli
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)
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
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

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### Beef -

Recipe #	Recipe Name
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
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
1062	ZESTY ITALIAN PASTA

### 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
990197	SPAGHETTI & MEAT SAUCE Elementary

### Bell Peppers - green, red, orange, yellow

Recipe #	Recipe Name
963	Black Bean Burger
990180	Green Chili Nacho Cheese Sauce

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### Bell Peppers - green, red, orange, yellow

Recipe #	Recipe Name
8	REFRIED BEANS: canned 1/4 C

### Black Beans -

Recipe #	Recipe Name
963	Black Bean Burger

### Blueberry - fresh, frozen, puree

Recipe #	Recipe Name
177	ASSORTED BREAKFAST MUFFIN purchased
1300	ASSORTED FRUIT CAN/FROZEN
299	BAGEL, BLUEBERRY
255	BLUEBERRIES,Fresh
174	BLUEBERRY MUFFIN (PREMADE) WG
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
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)
990227	Vending Bagel Breakfast
343	Yogurt Grab and Go Elem
990047	YOGURT, SMOOTHIE ASSORTED
318	YOGURT, SMOOTHIE BERRY

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### 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
541	Grab Go CHEF VEGAN SALAD
178	Grab Go Wrap HAWAIIAN CHIX
1232	HS: Fruit/Veggies MONDAY
913	SALAD BROCCOLI 1/4 cup
952	SALAD CORN 1/4 cup
418	SALAD DRESSING: ORIENTAL
990017	SALAD MARINATED FRESH VEGGIE
1233	Veggie Green 1/2 cup
718	VEGGIE STICKS (Elm)
930	VEGGIE STICKS (Elm) Broc/Car
700	VEGGIE STICKS (sec)

### 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
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
990127	Coleslaw, Classic
990241	Garlic Cheddar Mashed Potatoes

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### Cabbage - Red or Green

Recipe #	Recipe Name
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
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
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
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar

### Canola Oil - corn base

Recipe #	Recipe Name
334	100% Beef Soft Taco
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

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Recipe #	Recipe Name
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
990169	Bean and Cheese Burrito
990194	Bean and Cheese Soft Taco
963	Black Bean Burger
990032	BLUEBERRY MUFFIN 60 cut ADM
670	BREAD STICKS PLAIN WG 1G
312	BREAD STICKS, GARLIC HM 1.25G
311	BREAD STICKS, HM 1.25G
990160	BREAKFAST BAR BANANA CHOCOLATE CHUNK
1089	BREAKFAST BAR OATMEAL CHOCOLATE CHIP
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
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

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### Canola Oil - corn base

Recipe #	Recipe Name
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
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)
754	CHICKEN FAJITA, Secondary
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
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
991	CHIP: BAKED POT CHIP ORIGINAL
984	CHIP: LAY'S POTATO SMALL BAG 1/2 oz
519	CHOCOLATE CHIP 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

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### Canola Oil - corn base

Recipe #	Recipe Name
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
941	FISH PATTY, BREADED
1074	GLUTEN FREE BLUEBERRY MUFFIN
728	GOLDFISH CHEDDAR CRACKERS
729	GOLDFISH GRAHAM CRACKER
727	GOLDFISH PRETZELS
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Chees Sand
178	Grab Go Wrap HAWAIIAN CHIX
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

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Recipe #	Recipe Name
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
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)
1251	HUMMUS
990149	Maple MUFFIN 60 cut ADM
411	MAYONNAISE, LIGHT
583	MJM ASSORTED COOKIE
1242	MS: CONDIMENTS
990176	Multigrain SunChips
1321	NOODLES, TWIST
990054	NOODLES, TWIST 1/4 cup
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE 2G (MS)
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
457	POTATO ITALIAN BABY ROASTED
459	POTATO WEDGES

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Recipe #	Recipe Name
44	POTATO WEDGES RANCH ROASTED FRESH
449	POTATO, FRENCH FRIES
990114	Potatoes, Roasted, HOM
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
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
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

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Recipe #	Recipe Name
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
990193	SunButter and Grape Jelly Sandwich
990196	SunButter and Strawberry Jelly Sandwich
990188	SunChips
604	TACO SHELL, SOFT 10"
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
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
1207	Turkey/Cheese wrap Sandwich HS
598	TUSCAN KALE & SAUSAGE SOUP
962	VEGETARIAN BURGER /BUN 2M
700	VEGGIE STICKS (sec)
990227	Vending Bagel Breakfast
990228	Vending Cereal Breakfast
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
990128	Wrap, Turkey and Cream Cheese, Secondary

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# Spokane Public Schools

## Allergen List - By Allergen

### Canola Oil - corn base

Recipe #	Recipe Name
343	Yogurt Grab and Go Elem
658	YOGURT PARFAIT, FRUIT
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
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
1246	CARROT, Baby 1/4 cup
261	CARROTS: Shredded 1/4 cup
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary

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# Spokane Public Schools

## Allergen List - By Allergen

### Carrots - fresh, frozen,

Recipe #	Recipe Name
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
990241	Garlic Cheddar Mashed Potatoes
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
1125	SACK LUNCH
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Carrots - fresh, frozen,

Recipe #	Recipe Name
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	TOSSED SALAD 1 CUP
466	TOSSED 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)
990069	Wrap, Chicken Caesar

### 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
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Celery - fresh, spice

Recipe #	Recipe Name
990142	Asian - Taco/not fried rice 1c
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
990184	Chow Mein
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
687	Grab Go CHEF Vegetarian Salad
162	HOT DOG ON A BUN
1232	HS: Fruit/Veggies MONDAY
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
990073	Pork, shredded, Mexican
458	POTATO HERB ROASTED
461	POTATOES,MASHED #8 SCOOP
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Celery - fresh, spice

Recipe #	Recipe Name
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
990205	Vegetable Chow Mein Noodles
1235	Veggie Other 1/2 cup
990042	Veggie Starch 1/2 cup
718	VEGGIE STICKS (Elm)
700	VEGGIE STICKS (sec)
990067	Wrap, Buffalo

### Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
334	100% Beef Soft Taco
1323	Baked Penne Pasta with Chicken
990169	Bean and Cheese Burrito
990194	Bean and Cheese Soft Taco
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
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
608	CHEESE SANDWICH
990159	CHEESE SANDWICH HOT (hamburger bun)
749	CHEESE SHREDDED
782	CHEESE SLICE

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# Spokane Public Schools

## Allergen List - By Allergen

### Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
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)
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
754	CHICKEN FAJITA, Secondary
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
155	CHILI with BEANS 6 oz (HM)
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
903	DELI CHOICE HUMMUS
990121	DELI HAM & CHEESE SANDWICH 1/2
551	DELI HAM & CHEESE SANDWICH Elementary
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
680	EGG & CHEESE OMELET
912	EGG, HAM & CHEESE BK SANDWICH sec
1279	FIESTA CHICKEN BOWL Scratch
990039	Flatbread, Hawaiian
990241	Garlic Cheddar Mashed Potatoes
728	GOLDFISH CHEDDAR CRACKERS
687	Grab Go CHEF Vegetarian 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
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
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
990163	HAWAIIAN TURKEY & CHEESE SAND -PREMADE
1145	HM Chili 1/2 cup
1236	HS:SUB SAND(ham/turkey)
990245	Mac and Cheese, One Pan
744	Mozzarella String Cheese
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
642	NACHO w/Meat & Cheese 2nd

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# Spokane Public Schools

## Allergen List - By Allergen

### Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
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
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE 2G (MS)
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
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
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
990179	Theme Meal Pizza Party
1211	TOASTED CHEESE SANDWICH
130	TOASTED CHEESE SANDWICH 1/2
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
1207	Turkey/Cheese wrap Sandwich HS
990158	VEG BREAKFAST SAND PANCAKE EGG & CHEESE
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
990128	Wrap, Turkey and Cream Cheese, Secondary
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Cherry -

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
162	HOT DOG ON A BUN
1232	HS: Fruit/Veggies MONDAY
772	SALAD WALDORF FRUIT 1/4 cup
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Chicken - poultry

Recipe #	Recipe Name
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
1323	Baked Penne Pasta with Chicken
990216	Breaded Chicken Drumstick
990232	Buffalo Chicken
328	CHICKEN BAKED
1278	CHICKEN BAKED FSA BBQ
813	CHICKEN BURGER (UNBREADED)
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
549	CHICKEN EGG ROLL
754	CHICKEN FAJITA, Secondary
970	CHICKEN NUGGETS, GLUTEN FREE
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
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
990074	Chicken, Shredded, Mexican, Ancho
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
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad

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# Spokane Public Schools

## Allergen List - By Allergen

### Chicken - poultry

Recipe #	Recipe Name
672	Grab Go Chicken Club Salad
178	Grab Go Wrap HAWAIIAN CHIX
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
990214	Teriyaki Pulled Chicken Sandwich
1141	Turkey and Gravy, Jenny-O, 7T3100
598	TUSCAN KALE & SAUSAGE SOUP
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken

### Chile Peppers - Red or Green

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
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
963	Black Bean Burger
754	CHICKEN FAJITA, Secondary
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2

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# Spokane Public Schools

## Allergen List - By Allergen

### Chile Peppers - Red or Green

Recipe #	Recipe Name
1324	CHICKEN QUESADILLA 2nd
990074	Chicken, Shredded, Mexican, Ancho
155	CHILI with BEANS 6 oz (HM)
830	CHILI with LENTILS
1121	CHIPOTLE MAYONNAISE
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
990081	Pork, shredded, asian
990073	Pork, shredded, Mexican
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
334	100% Beef Soft Taco
177	ASSORTED BREAKFAST MUFFIN purchased

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# Spokane Public Schools

## Allergen List - By Allergen

### Chocolate/Cocoa - Chocolate or Cocoa

Recipe #	Recipe Name
990242	BANANA Choc Chip MUFFIN 60 cut ADM
990160	BREAKFAST BAR BANANA CHOCOLATE CHUNK
1089	BREAKFAST 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
990034	CHOCOLATE FUD MUFFIN 60 cut ADM
789	COOKIE: M & M, chocolate, chocolate chip
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
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990050	SNACK MUFFIN (PM)
990229	Vending Yogurt Breakfast
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Cinnamon - spice

Recipe #	Recipe Name
511	APPLESAUCE BREAD 60 cut
354	APPLESAUCE, CINNAMON 1/2 cup
352	APPLESAUCE, CINNAMON 1/4 cup
176	BANANA MUFFIN (PRE-MADE) WG
990038	BANANA/APPLE MUFFIN 60 cut ADM
990239	Blueberry Crumble
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, SCOOPY DOO BONES
1250	DC FRUITED YOGURT PAR/MUF SC
878	FRENCH TOAST 1 slice
1139	FRENCH TOAST /SAUSAGE (B)
26	HOLIDAY PUMPKIN CUSTARD
585	HOMEMADE BREAKFAST MUFFIN
990181	Honey Cinnamon Baked Pears
990182	Honey Cinnamon Pear and Yogurt Parfait
583	MJM ASSORTED COOKIE
323	OATMEAL
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
990226	Vending Breakfast Bar Meal
990228	Vending Cereal Breakfast
1257	YOGURT, SMOOTHIE CINNAMON
990222	ZeeZee Bar Berry Apple Crisp 7B0260

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# Spokane Public Schools

## Allergen List - By Allergen

### Cinnamon - spice

Recipe #	Recipe Name
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
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)
1121	CHIPOTLE MAYONNAISE
903	DELI CHOICE HUMMUS
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
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
775	SALAD BEAN & VEGGIE SALSA
1271	SALAD CAESAR 1 CUP
952	SALAD CORN 1/4 cup
225	SALAD DRESSING, Caesar Bulk

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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
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
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990179	Theme Meal Pizza Party
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
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

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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
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
1212	BREAD, GARLIC MINIS
990232	Buffalo Chicken
978	CEREAL BAR: CINNAMON TOAST
998	CEREAL BAR: COCOA PUFFS
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
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
754	CHICKEN FAJITA, Secondary
970	CHICKEN NUGGETS, GLUTEN FREE
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990	CHIP: PRETZELS ROLD GOLD WG
990184	Chow Mein
486	CINN ROLL w/ GLAZE 2.25 OZ HM

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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
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
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
941	FISH PATTY, BREADED
999	FRUIT MIX DRIED
1259	Grab Go Taco Salad-Beef
990162	HOM Blueberry Crisp
1216	HS: CONDIMENTS
222	KETCHUP
1242	MS: CONDIMENTS
990176	Multigrain SunChips
717	NACHO CHIPS 2OZ
990170	NACHO w/ Beans & 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
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)
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
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
990229	Vending Yogurt Breakfast
990235	Yami Yogurt
343	Yogurt Grab and Go Elem

### Cornstarch - corn base

Recipe #	Recipe Name
990192	Apple Cinnamon MUFFIN ADM
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
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

### Cornstarch - corn base

Recipe #	Recipe Name
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
990239	Blueberry Crumble
990032	BLUEBERRY MUFFIN 60 cut ADM
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
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
1121	CHIPOTLE MAYONNAISE
519	CHOCOLATE CHIP MUFFIN 60 ADM

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# Spokane Public Schools

## Allergen List - By Allergen

### Cornstarch - corn base

Recipe #	Recipe Name
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
547	DELI TURKEY & CHEESE SANDWICH GF
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
1074	GLUTEN FREE BLUEBERRY MUFFIN
990018	GLUTEN FREE HAMBURGER ROLL
928	GLUTEN FREE HOT DOG BUN
843	Grab Go Chicken Asian Salad
1259	Grab Go Taco Salad-Beef
178	Grab Go Wrap HAWAIIAN CHIX
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)
483	LENTIL CHILI
990149	Maple MUFFIN 60 cut ADM
411	MAYONNAISE, LIGHT
1242	MS: CONDIMENTS
512	PIZZA ON GF BUN
990072	Pork, shredded, BBQ Sauce
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

### Cornstarch - corn base

Recipe #	Recipe Name
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
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
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
990243	Smoothie, Strawberry Banana
990209	Smoothie, Strawberry Peach
434	SOUR CREAM
768	Spanish Rice 1/2 cup
990191	Spice Bread ADM
766	SWEET & SOUR CHICKEN

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# Spokane Public Schools

## Allergen List - By Allergen

### Cornstarch - corn base

Recipe #	Recipe Name
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
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
598	TUSCAN KALE & SAUSAGE SOUP
700	VEGGIE STICKS (sec)
990229	Vending Yogurt Breakfast
1223	Wrap, Chicken Ranch Club
990235	Yami Yogurt
343	Yogurt Grab and Go Elem
658	YOGURT PARFAIT, FRUIT
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

### Corn syrup - 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

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# Spokane Public Schools

## Allergen List - By Allergen

### Corn syrup - corn base

Recipe #	Recipe Name
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
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
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Corn syrup - corn base

Recipe #	Recipe Name
990218	Smoothie, 7 Flavor Options
990208	Smoothie, Northwest Berry
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry
990209	Smoothie, Strawberry Peach
990236	Sriracha Ketchup
990193	SunButter and Grape Jelly Sandwich
990196	SunButter and Strawberry Jelly Sandwich
990095	SunButter Munchable
990166	Theme Meal Backyard BBQ
990226	Vending Breakfast Bar Meal
658	YOGURT PARFAIT, FRUIT
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

### Cucumber -

Recipe #	Recipe Name
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary

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# Spokane Public Schools

## Allergen List - By Allergen

### Cucumber -

Recipe #	Recipe Name
377	CUCUMBER SLICES 4 EA
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
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)

### Dates -

Recipe #	Recipe Name
999	FRUIT MIX DRIED

### Dill - Dill weed

Recipe #	Recipe Name
1236	HS:SUB SAND(ham/turkey)
44	POTATO WEDGES RANCH ROASTED FRESH
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Egg - egg white, egg yolks

Recipe #	Recipe Name
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
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
990160	BREAKFAST BAR BANANA CHOCOLATE CHUNK
1089	BREAKFAST BAR OATMEAL CHOCOLATE CHIP
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
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)
549	CHICKEN EGG ROLL
970	CHICKEN NUGGETS, GLUTEN FREE

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# Spokane Public Schools

## Allergen List - By Allergen

### Egg - egg white, egg yolks

Recipe #	Recipe Name
633	CHICKEN PATTY GF BUN
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
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
547	DELI TURKEY & CHEESE SANDWICH GF
794	DINNER ROLL HM W/GRAIN 1G
795	DINNER ROLL HM W/GRAIN 2 G
680	EGG & CHEESE OMELET
781	EGG PATTY
912	EGG, HAM & CHEESE BK SANDWICH sec
989	EGG, HB, PUREED
370	EGG,HARD-BOILED
990183	Fat Cat Nut Free Chocolate Chip Cookie
13	FORTUNE COOKIE
878	FRENCH TOAST 1 slice
1139	FRENCH TOAST /SAUSAGE (B)
1074	GLUTEN FREE BLUEBERRY MUFFIN
990018	GLUTEN FREE HAMBURGER ROLL
928	GLUTEN FREE HOT DOG BUN
687	Grab Go CHEF Vegetarian Salad
843	Grab Go Chicken Asian Salad
672	Grab Go Chicken Club Salad

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# Spokane Public Schools

## Allergen List - By Allergen

### Egg - egg white, egg yolks

Recipe #	Recipe Name
178	Grab Go Wrap HAWAIIAN CHIX
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
966	ORANGE MUFFIN (PRE-M) WG
569	PANCAKE - WG 1
579	PANCAKES - WHOLE GRAIN
512	PIZZA ON GF BUN
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM
36	PUREE MEAT MEAL
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Egg - egg white, egg yolks

Recipe #	Recipe Name
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
172	SCRAMBLED EGGS
681	SCRAMBLED EGGS & DICED HAM
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
990042	Veggie Starch 1/2 cup
700	VEGGIE STICKS (sec)
990228	Vending Cereal Breakfast
990229	Vending Yogurt Breakfast
568	WAFFLE 2 each
867	WAFFLE (1)
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
343	Yogurt Grab and Go Elem

### Figs -

Recipe #	Recipe Name
999	FRUIT MIX DRIED

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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
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
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
598	TUSCAN KALE & SAUSAGE SOUP

### Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Garlic - garlic fresh, garlic powder

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
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
990079	Beef, Asian, beef and Broccoli
963	Black Bean Burger
670	BREAD STICKS PLAIN WG 1G
312	BREAD STICKS, GARLIC HM 1.25G
1212	BREAD, GARLIC MINIS
990216	Breaded Chicken Drumstick
990232	Buffalo Chicken
990234	Buffalo Ranch
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
933	Cheese-Filled Breadstick with Marinara
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
328	CHICKEN BAKED

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# Spokane Public Schools

## Allergen List - By Allergen

### Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
1278	CHICKEN BAKED FSA BBQ
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
970	CHICKEN NUGGETS, GLUTEN FREE
990055	CHICKEN ON A BUN, BBQ 1/2
1293	CHICKEN ON A BUN, BBQ Scratch
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
155	CHILI with BEANS 6 oz (HM)
830	CHILI with LENTILS
1121	CHIPOTLE MAYONNAISE
990184	Chow Mein
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
903	DELI CHOICE HUMMUS
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
990039	Flatbread, Hawaiian
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
843	Grab Go Chicken Asian Salad

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# Spokane Public Schools

## Allergen List - By Allergen

### Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
1259	Grab Go Taco Salad-Beef
178	Grab Go Wrap HAWAIIAN CHIX
690	Grab Go Wrap Hummus Turkey
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
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
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
593	PIZZA CHEESE/ PEPPERONI 2G (E)
269	PIZZA CHEESE/CHICKEN WED - 2G
472	PIZZA CHESE PEPPERONI-2ND 2 G
235	PIZZA RITA: PEPPERONI
990081	Pork, shredded, asian
990072	Pork, shredded, BBQ Sauce

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# Spokane Public Schools

## Allergen List - By Allergen

### Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
990073	Pork, shredded, Mexican
458	POTATO HERB ROASTED
457	POTATO ITALIAN BABY ROASTED
44	POTATO WEDGES RANCH ROASTED FRESH
909	POTATO WEDGES, MEXICAN
461	POTATOES,MASHED #8 SCOOP
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
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
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
1294	SPAGHETTI with JTM MEAT SAUCE Secondary
768	Spanish Rice 1/2 cup
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
990086	Teriyaki Chicken
990240	Teriyaki Chicken New
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
598	TUSCAN KALE & SAUSAGE SOUP
990205	Vegetable Chow Mein Noodles
990042	Veggie Starch 1/2 cup
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Ginger - spice

Recipe #	Recipe Name
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990087	ASIAN - Chicken Teriyaki/rice
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
990081	Pork, shredded, asian
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
611	SUNFLOWER SEEDS

### Gluten Grains - This ingredient contains gluten. Wheat, rye, barley, malt in various forms

Recipe #	Recipe Name
334	100% Beef Soft Taco
177	ASSORTED BREAKFAST MUFFIN purchased
990169	Bean and Cheese Burrito
990194	Bean and Cheese Soft Taco
963	Black Bean Burger
990216	Breaded Chicken Drumstick
958	BREAKFAST BURRITO - Secondary
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
608	CHEESE SANDWICH
933	Cheese-Filled Breadstick with Marinara
754	CHICKEN FAJITA, Secondary
970	CHICKEN NUGGETS, GLUTEN FREE

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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
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
178	Grab Go Wrap HAWAIIAN CHIX
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
990176	Multigrain SunChips
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
11	PRETZEL MINI STICKS
990246	Smoothie and Sunchips Grab and Go
990193	SunButter and Grape Jelly Sandwich
990196	SunButter and Strawberry Jelly Sandwich
990188	SunChips
604	TACO SHELL, SOFT 10"
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
1211	TOASTED CHEESE SANDWICH
130	TOASTED CHEESE SANDWICH 1/2
1207	Turkey/Cheese wrap Sandwich HS
990228	Vending Cereal Breakfast
990229	Vending Yogurt Breakfast
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
990128	Wrap, Turkey and Cream Cheese, Secondary
343	Yogurt Grab and Go Elem

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# Spokane Public Schools

## Allergen List - By Allergen

### Grapes -

Recipe #	Recipe Name
1300	ASSORTED FRUIT CAN/FROZEN
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
990193	SunButter and Grape Jelly Sandwich
990095	SunButter Munchable
990047	YOGURT, SMOOTHIE ASSORTED
657	YOGURT, SMOOTHIE SAMURAI

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# Spokane Public Schools

## Allergen List - By Allergen

### 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
70	CHEESEBURGER GF BUN
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
547	DELI TURKEY & CHEESE SANDWICH GF
990018	GLUTEN FREE HAMBURGER ROLL
541	Grab Go CHEF VEGAN SALAD
687	Grab Go CHEF Vegetarian Salad
757	HAM & CHEESE BAGEL - Breakfast
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
512	PIZZA ON GF BUN
910	POTATO HONEY DIJON
990219	Smoothie and Bagel Grab and Go
611	SUNFLOWER SEEDS
990086	Teriyaki Chicken
990227	Vending Bagel Breakfast
658	YOGURT PARFAIT, FRUIT

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# Spokane Public Schools

## Allergen List - By Allergen

### HONEY -

Recipe #	Recipe Name
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
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
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
990194	Bean and Cheese Soft Taco

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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
963	Black Bean Burger
990217	Black Beans
155	CHILI with BEANS 6 oz (HM)
1145	HM Chili 1/2 cup
990170	NACHO w/ Beans & Cheese Sauce
990186	NACHO w/Meat, Beans, & Cheese
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
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
178	Grab Go Wrap HAWAIIAN CHIX
690	Grab Go Wrap Hummus Turkey
990181	Honey Cinnamon Baked Pears
990182	Honey Cinnamon Pear and Yogurt Parfait
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Lemon -

Recipe #	Recipe Name
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
1061	TURKEY RANCH SANDWICH 1/2
700	VEGGIE STICKS (sec)
1223	Wrap, Chicken Ranch Club

### Lentils - Legume family

Recipe #	Recipe Name
830	CHILI with LENTILS
483	LENTIL CHILI

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# Spokane Public Schools

## Allergen List - By Allergen

### Lentils - Legume family

Recipe #	Recipe Name
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)
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
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
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club

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# Spokane Public Schools

## Allergen List - By Allergen

### Lettuce - romaine, head, ice berg

Recipe #	Recipe Name
990128	Wrap, Turkey and Cream Cheese, Secondary

### Lime -

Recipe #	Recipe Name
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
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
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/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
999	FRUIT MIX DRIED
11	PRETZEL MINI STICKS
990246	Smoothie and Sunchips Grab and Go
343	Yogurt Grab and Go Elem

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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
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
999	FRUIT MIX DRIED
990153	Harvest of the Month Blueberry Parfait
990182	Honey Cinnamon Pear and Yogurt Parfait
11	PRETZEL MINI STICKS
1271	SALAD CAESAR 1 CUP
990246	Smoothie and Sunchips Grab and Go
990050	SNACK MUFFIN (PM)
990179	Theme Meal Pizza Party
343	Yogurt Grab and Go Elem
658	YOGURT PARFAIT, FRUIT
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Margarine - soy

Recipe #	Recipe Name
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
507	Biscuit, Scratch
990239	Blueberry Crumble
312	BREAD STICKS, GARLIC HM 1.25G
990232	Buffalo Chicken
578	CHOCOLATE BROWNIE Scratch
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
990162	HOM Blueberry Crisp
990245	Mac and Cheese, One Pan
461	POTATOES,MASHED #8 SCOOP
990115	Rice krispie treats
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
937	ASIAN - GEN TSO CHICKEN/Rice
990145	Asian - Taco/not fried rice 1/2c
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
990194	Bean and Cheese Soft Taco
507	Biscuit, Scratch
174	BLUEBERRY MUFFIN (PREMADE) WG
990239	Blueberry Crumble
990032	BLUEBERRY MUFFIN 60 cut ADM
312	BREAD STICKS, GARLIC HM 1.25G
1212	BREAD, GARLIC MINIS
990160	BREAKFAST BAR BANANA CHOCOLATE CHUNK
1089	BREAKFAST BAR OATMEAL CHOCOLATE CHIP
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
990232	Buffalo Chicken
990234	Buffalo Ranch
990033	CARROT P/A MUFFIN 60 cut ADM
1098	CEREAL BAR: COCOA KRISPIES
998	CEREAL BAR: COCOA PUFFS

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
1026	CEREAL BAR: NUTRI-GRAIN BB
927	CEREAL BAR: NUTRI-GRAIN RASPBE
1025	CEREAL BAR: NUTRI-GRAIN STRAWB
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
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)
933	Cheese-Filled Breadstick with Marinara
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
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
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
155	CHILI with BEANS 6 oz (HM)

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
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
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
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
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
680	EGG & CHEESE OMELET
781	EGG PATTY
912	EGG, HAM & CHEESE BK SANDWICH sec
31	ENGLISH MUFFIN WHOLE
353	ENGLISH MUFFINS,PLAIN,TST 1/2

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
29	EVAPORATED MILK
990183	Fat Cat Nut Free Chocolate Chip Cookie
1279	FIESTA CHICKEN BOWL Scratch
990039	Flatbread, Hawaiian
1139	FRENCH TOAST /SAUSAGE (B)
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
728	GOLDFISH CHEDDAR CRACKERS
727	GOLDFISH PRETZELS
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
1232	HS: Fruit/Veggies MONDAY
1236	HS:SUB SAND(ham/turkey)
990245	Mac and Cheese, One Pan
990149	Maple MUFFIN 60 cut ADM
1000	MARSHMALLOW SQUARES
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
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
966	ORANGE MUFFIN (PRE-M) WG
569	PANCAKE - WG 1
579	PANCAKES - WHOLE GRAIN
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE 2G (MS)

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
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
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
458	POTATO HERB ROASTED
461	POTATOES,MASHED #8 SCOOP
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM
36	PUREE MEAT MEAL
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp
415	RANCH DRESSING LITE HOMEMADE, 2 TBL
416	RANCH DRESSING LITEHOUSE
990115	Rice krispie treats
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
896	SALAD LENTIL CONFETTI
990017	SALAD MARINATED FRESH VEGGIE
10	SALAD SOUTHWEST BEAN 1/2 CUP
1128	SALAD SPICY BLACK BEAN
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
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
1294	SPAGHETTI with JTM MEAT SAUCE Secondary
990191	Spice Bread ADM
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
584	STRING CHEESE
990193	SunButter and Grape Jelly Sandwich
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

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
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
990158	VEG BREAKFAST SAND PANCAKE EGG & CHEESE
700	VEGGIE STICKS (sec)
990227	Vending Bagel Breakfast
990226	Vending Breakfast Bar Meal
990228	Vending Cereal Breakfast
990229	Vending Yogurt Breakfast
568	WAFFLE 2 each
867	WAFFLE (1)
990187	Whipped Cream
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
658	YOGURT PARFAIT, FRUIT
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

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440
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	BREAKFAST BAR BANANA CHOCOLATE CHUNK
1089	BREAKFAST 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
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
1242	MS: CONDIMENTS
990219	Smoothie and Bagel Grab and Go
990191	Spice Bread ADM
990166	Theme Meal Backyard BBQ
990041	Veggie Legume 1/2 cup
990227	Vending Bagel Breakfast
990228	Vending Cereal Breakfast
658	YOGURT PARFAIT, FRUIT
1272	YOGURT, BREAKFAST PARFAIT/FRT

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# Spokane Public Schools

## Allergen List - By Allergen

### Mushrooms -

Recipe #	Recipe Name
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
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
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Mustard -

Recipe #	Recipe Name
990041	Veggie Legume 1/2 cup
990042	Veggie Starch 1/2 cup

### Oats -

Recipe #	Recipe Name
202	Apple Crisp (Baked)
884	APPLE/BB DELIGHT BAR
990239	Blueberry Crumble
990160	BREAKFAST BAR BANANA CHOCOLATE CHUNK
1089	BREAKFAST BAR OATMEAL CHOCOLATE CHIP
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
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
990176	Multigrain SunChips
323	OATMEAL
1099	OATMEAL, INSTANT
990246	Smoothie and Sunchips Grab and Go
990188	SunChips
990226	Vending Breakfast Bar Meal
658	YOGURT PARFAIT, FRUIT
1272	YOGURT, BREAKFAST PARFAIT/FRT
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990223	ZeeZee Bar Cinnamon Crisp 7B0430

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# Spokane Public Schools

## Allergen List - By Allergen

### Oats -

Recipe #	Recipe Name
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
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
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
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
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
1282	BREAKFAST BOWL
958	BREAKFAST BURRITO - Secondary
990232	Buffalo Chicken
990234	Buffalo Ranch
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
933	Cheese-Filled Breadstick with Marinara
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
328	CHICKEN BAKED
1278	CHICKEN BAKED FSA BBQ
990165	Chicken Caesar Flatbread

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# Spokane Public Schools

## Allergen List - By Allergen

### Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
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
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
990074	Chicken, Shredded, Mexican, Ancho
155	CHILI with BEANS 6 oz (HM)
830	CHILI with LENTILS
990184	Chow Mein
990127	Coleslaw, Classic
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
1279	FIESTA CHICKEN BOWL Scratch
990056	FIESTA CHICKEN MEAT #12 scoop
508	FIESTA CHICKEN MEAT Scratch
941	FISH PATTY, BREADED
990039	Flatbread, Hawaiian
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
728	GOLDFISH CHEDDAR CRACKERS
843	Grab Go Chicken Asian Salad
990151	Grab Go Chicken Caesar Salad
672	Grab Go Chicken Club Salad
1259	Grab Go Taco Salad-Beef
178	Grab Go Wrap HAWAIIAN CHIX

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# Spokane Public Schools

## Allergen List - By Allergen

### Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
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)
222	KETCHUP
990068	Korean Beef
483	LENTIL CHILI
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
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
455	ONIONS, DICED 1/4 CUP
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
269	PIZZA CHEESE/CHICKEN WED - 2G
277	PIZZA CHEESE/VEG WED 2G
990148	PIZZA RITA: Veggie
990072	Pork, shredded, BBQ Sauce
990073	Pork, shredded, Mexican
458	POTATO HERB ROASTED
457	POTATO ITALIAN BABY ROASTED
459	POTATO WEDGES
44	POTATO WEDGES RANCH ROASTED FRESH
909	POTATO WEDGES, MEXICAN
461	POTATOES,MASHED #8 SCOOP
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp
415	RANCH DRESSING LITE HOMEMADE, 2 TBL

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# Spokane Public Schools

## Allergen List - By Allergen

### Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
8	REFRIED BEANS: canned 1/4 C
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
769	SALAD COLE SLAW 1/4 cup
952	SALAD CORN 1/4 cup
191	SALAD DRESSING PACKET: 1000
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
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
990236	Sriracha Ketchup
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
766	SWEET & SOUR CHICKEN

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# Spokane Public Schools

## Allergen List - By Allergen

### Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
719	TACO SALAD ELEM
907	TACO, SOFT MT & BEAN 2nd
126	TARTAR SAUCE
990086	Teriyaki Chicken
990240	Teriyaki Chicken New
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
598	TUSCAN KALE & SAUSAGE SOUP
990205	Vegetable Chow Mein Noodles
990041	Veggie Legume 1/2 cup
990042	Veggie Starch 1/2 cup
1223	Wrap, Chicken Ranch Club
1062	ZESTY ITALIAN PASTA

### Orange/Citrus - Fresh Oranges, Orange Juice

Recipe #	Recipe Name
1149	ASIAN - ORANGE CHICKEN Scratch
990140	Asian - Orange Chicken/noodles
557	ASIAN - ORANGE SAUCE G-9-SP
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Orange/Citrus - Fresh Oranges, Orange Juice

Recipe #	Recipe Name
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
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
1272	YOGURT, BREAKFAST PARFAIT/FRT

### Palm Oil -

Recipe #	Recipe Name
334	100% Beef Soft Taco
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Palm Oil -

Recipe #	Recipe Name
507	Biscuit, Scratch
990239	Blueberry Crumble
312	BREAD STICKS, GARLIC HM 1.25G
958	BREAKFAST BURRITO - Secondary
990232	Buffalo Chicken
1098	CEREAL BAR: COCOA KRISPIES
754	CHICKEN FAJITA, Secondary
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
578	CHOCOLATE BROWNIE Scratch
990190	CHOCOLATE BROWNIE Scratch (by weight)
519	CHOCOLATE CHIP MUFFIN 60 ADM
808	CHOCOLATE CHIP MUFFIN 60 cut
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
178	Grab Go Wrap HAWAIIAN CHIX
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
990162	HOM Blueberry Crisp
990245	Mac and Cheese, One Pan
990170	NACHO w/ Beans & Cheese Sauce
990186	NACHO w/Meat, Beans, & Cheese
323	OATMEAL
461	POTATOES,MASHED #8 SCOOP
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
705	REFRIED BEANS: Bag

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# Spokane Public Schools

## Allergen List - By Allergen

### Palm Oil -

Recipe #	Recipe Name
982	RICE KRISPIE TREAT ORIGINAL
990115	Rice krispie treats
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
725	SALAD APPLE WALDORF
896	SALAD LENTIL CONFETTI
1128	SALAD SPICY BLACK BEAN
604	TACO SHELL, SOFT 10"
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
1207	Turkey/Cheese wrap Sandwich HS
990226	Vending Breakfast Bar Meal
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
990128	Wrap, Turkey and Cream Cheese, Secondary
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Peaches -

Recipe #	Recipe Name
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
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
990227	Vending Bagel Breakfast
990226	Vending Breakfast Bar Meal
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
365	FRUIT COCKTAIL 1/2 cup
419	FRUIT COCKTAIL 1/4 cup
790	FRUIT CUP SUMMER

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# Spokane Public Schools

## Allergen List - By Allergen

### Pears -

Recipe #	Recipe Name
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
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
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990208	Smoothie, Northwest Berry
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Peas - fresh, frozen, (legume family)

Recipe #	Recipe Name
37	PUREE VEGGIES
685	SALAD PEA
990042	Veggie Starch 1/2 cup

### Pepperoni - Beef & Pork

Recipe #	Recipe Name
990201	Cheese and Pepperoni Calzone
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
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
990074	Chicken, Shredded, Mexican, Ancho
830	CHILI with LENTILS
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
1279	FIESTA CHICKEN BOWL Scratch

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# Spokane Public Schools

## Allergen List - By Allergen

### Peppers - green bell, red, yellow. orange

Recipe #	Recipe Name
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
1259	Grab Go Taco Salad-Beef
1216	HS: CONDIMENTS
483	LENTIL CHILI
1242	MS: CONDIMENTS
277	PIZZA CHEESE/VEG WED 2G
990148	PIZZA RITA: Veggie
990073	Pork, shredded, Mexican
458	POTATO HERB ROASTED
909	POTATO WEDGES, MEXICAN
487	RED PEPPERS STRIPS
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
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
990088	Street Taco, Flatbread, Mexican, Ancho Chicken

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# Spokane Public Schools

## Allergen List - By Allergen

### Peppers - green bell, red, yellow. orange

Recipe #	Recipe Name
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
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
990042	Veggie Starch 1/2 cup

### 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

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# Spokane Public Schools

## Allergen List - By Allergen

### Pineapple -

Recipe #	Recipe Name
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
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
178	Grab Go Wrap HAWAIIAN CHIX
585	HOMEMADE BREAKFAST MUFFIN
1232	HS: Fruit/Veggies MONDAY
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Pineapple -

Recipe #	Recipe Name
990218	Smoothie, 7 Flavor Options
990210	Smoothie, Green Flash
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
990240	Teriyaki Chicken New
990205	Vegetable Chow Mein 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
705	REFRIED BEANS: Bag
8	REFRIED BEANS: canned 1/4 C
775	SALAD BEAN & VEGGIE SALSA
10	SALAD SOUTHWEST BEAN 1/2 CUP
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd

### Plums -

Recipe #	Recipe Name
999	FRUIT MIX DRIED

### Pollock - Fish

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

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# Spokane Public Schools

## Allergen List - By Allergen

### Pork -

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990084	ASIAN - Chicken Fried Rice Entree
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
990201	Cheese and Pepperoni Calzone
868	Chef Salad - Elementary
990121	DELI HAM & CHEESE SANDWICH 1/2
551	DELI HAM & CHEESE SANDWICH Elementary
990198	DELI HAM & CHEESE SANDWICH Secondary
71	DELI HAM SANDWICH
912	EGG, HAM & CHEESE BK SANDWICH sec
990039	Flatbread, Hawaiian
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
593	PIZZA CHEESE/ PEPPERONI 2G (E)
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Pork -

Recipe #	Recipe Name
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
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
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
990032	BLUEBERRY MUFFIN 60 cut ADM
670	BREAD STICKS PLAIN WG 1G
1282	BREAKFAST BOWL
958	BREAKFAST BURRITO - Secondary
990033	CARROT P/A MUFFIN 60 cut ADM
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone

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# Spokane Public Schools

## Allergen List - By Allergen

### Potato - Potato, Potato Flour,

Recipe #	Recipe Name
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
991	CHIP: BAKED POT CHIP ORIGINAL
984	CHIP: LAY'S POTATO SMALL BAG 1/2 oz
519	CHOCOLATE CHIP MUFFIN 60 ADM
990034	CHOCOLATE FUD MUFFIN 60 cut ADM
1250	DC FRUITED YOGURT PAR/MUF SC
550	DELI CHEESE SAND GF
547	DELI TURKEY & CHEESE SANDWICH GF
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
178	Grab Go Wrap HAWAIIAN CHIX
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
632	HAMBURGER, GF BUN
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
458	POTATO HERB ROASTED
910	POTATO HONEY DIJON
457	POTATO ITALIAN BABY ROASTED
459	POTATO WEDGES

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# Spokane Public Schools

## Allergen List - By Allergen

### Potato - Potato, Potato Flour,

Recipe #	Recipe Name
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
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
990178	Theme Meal Picnic in the Park
1141	Turkey and Gravy, Jenny-O, 7T3100
1061	TURKEY RANCH SANDWICH 1/2
990042	Veggie Starch 1/2 cup
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
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM

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# Spokane Public Schools

## Allergen List - By Allergen

### Quinoa - Quinoa Flour

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

### Radish -

Recipe #	Recipe Name
250	Radishes
685	SALAD PEA

### Raisins -

Recipe #	Recipe Name
747	CEREAL, RAISIN BRAN
1072	CEREAL, COLD VARIETY
999	FRUIT MIX DRIED
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
990226	Vending Breakfast Bar Meal
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
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
990208	Smoothie, Northwest Berry

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# Spokane Public Schools

## Allergen List - By Allergen

### Raspberry -

Recipe #	Recipe Name
990229	Vending Yogurt Breakfast
990235	Yami Yogurt
343	Yogurt Grab and Go Elem

### 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
990227	Vending Bagel Breakfast
990047	YOGURT, SMOOTHIE ASSORTED
657	YOGURT, SMOOTHIE SAMURAI

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# Spokane Public Schools

## Allergen List - By Allergen

### 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
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
990174	Brown Rice, Baked, Elementary
990173	Brown Rice, Baked, Secondary
990172	Brown Rice, Elementary
990171	Brown Rice, Secondary
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Rice - Rice, Rice Flour

Recipe #	Recipe Name
1250	DC FRUITED YOGURT PAR/MUF SC
1279	FIESTA CHICKEN BOWL Scratch
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
999	FRUIT MIX DRIED
1074	GLUTEN FREE BLUEBERRY MUFFIN
928	GLUTEN FREE HOT DOG BUN
990153	Harvest of the Month Blueberry Parfait
990182	Honey Cinnamon Pear and Yogurt Parfait
1000	MARSHMALLOW SQUARES
990176	Multigrain SunChips
36	PUREE MEAT MEAL
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
896	SALAD LENTIL CONFETTI
1128	SALAD SPICY BLACK BEAN
474	SAUSAGE LINK 1 each
503	SAUSAGE LINK 2 each
336	SAUSAGE LINK 3 each
983	SAUSAGE PATTY 1 EA
990246	Smoothie and Sunchips Grab and Go
768	Spanish Rice 1/2 cup
990188	SunChips
990226	Vending Breakfast Bar Meal
990228	Vending Cereal Breakfast
658	YOGURT PARFAIT, FRUIT
1272	YOGURT, BREAKFAST PARFAIT/FRT
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990223	ZeeZee Bar Cinnamon Crisp 7B0430

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# Spokane Public Schools

## Allergen List - By Allergen

### Rice - Rice, Rice Flour

Recipe #	Recipe Name
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/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
717	NACHO CHIPS 2OZ
990170	NACHO w/ Beans & 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

### 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

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# Spokane Public Schools

## Allergen List - By Allergen

### Sesame - seed or oil or Tahini

Recipe #	Recipe Name
990200	Cheese Calzone
903	DELI CHOICE HUMMUS
990039	Flatbread, Hawaiian
690	Grab Go Wrap Hummus Turkey
1251	HUMMUS
990068	Korean Beef
990102	Munchable - Cheese
990030	Munchable - Ham/chz
990092	Munchable - Pizza Cheese
990203	Munchable - Pizza Pepperoni
1253	Munchable - Turkey/chz
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
990081	Pork, shredded, asian
36	PUREE MEAT MEAL
990097	Slaw, Asian
990082	Street Taco, flatbread, Asian, pork
990214	Teriyaki Pulled Chicken Sandwich
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
990205	Vegetable Chow Mein Noodles

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

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
764	Alaska Pollock FISH SANDWICH ON A BUN
990192	Apple Cinnamon MUFFIN ADM
202	Apple Crisp (Baked)
884	APPLE/BB DELIGHT BAR
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

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# Spokane Public Schools

## Allergen List - By Allergen

**Soy - This product contains: Soybean oil, Soy Protein, soybean 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
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
894	BEEF CRUMBLES
990079	Beef, Asian, beef and Broccoli
507	Biscuit, Scratch
963	Black Bean Burger
174	BLUEBERRY MUFFIN (PREMADE) WG
990239	Blueberry Crumble
990032	BLUEBERRY MUFFIN 60 cut ADM
312	BREAD STICKS, GARLIC HM 1.25G

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
1212	BREAD, GARLIC MINIS
990216	Breaded Chicken Drumstick
990160	BREAKFAST BAR BANANA CHOCOLATE CHUNK
1089	BREAKFAST BAR OATMEAL CHOCOLATE CHIP
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
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
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
608	CHEESE SANDWICH
990159	CHEESE SANDWICH HOT (hamburger bun)
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)
933	Cheese-Filled Breadstick with Marinara
813	CHICKEN BURGER (UNBREADED)
990165	Chicken Caesar Flatbread

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
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
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
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
155	CHILI with BEANS 6 oz (HM)
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
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
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
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
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
878	FRENCH TOAST 1 slice
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
728	GOLDFISH CHEDDAR CRACKERS
727	GOLDFISH PRETZELS

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
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
1259	Grab Go Taco Salad-Beef
842	Grab Go Wrap Turkey/Cheese
233	GRAHAM CRACKERS
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
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
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)
990068	Korean Beef
483	LENTIL CHILI
990245	Mac and Cheese, One Pan
990149	Maple MUFFIN 60 cut ADM
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
1000	MARSHMALLOW SQUARES

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
1050	MAYONNAISE Packet
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
990167	Nacho Cheese Sauce
990170	NACHO w/ Beans & 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
966	ORANGE MUFFIN (PRE-M) WG
569	PANCAKE - WG 1
579	PANCAKES - WHOLE GRAIN
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
269	PIZZA CHEESE/CHICKEN WED - 2G
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
990081	Pork, shredded, asian
459	POTATO WEDGES
449	POTATO, FRENCH FRIES

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
461	POTATOES,MASHED #8 SCOOP
11	PRETZEL MINI STICKS
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM
990035	PUMPKIN MUFFIN 60 cut ADM
36	PUREE MEAT MEAL
37	PUREE VEGGIES
8	REFRIED BEANS: canned 1/4 C
982	RICE KRISPIE TREAT ORIGINAL
990115	Rice krispie treats
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
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
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)

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
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
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
990193	SunButter and Grape Jelly Sandwich
990196	SunButter and Strawberry Jelly Sandwich
990095	SunButter Munchable
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
990086	Teriyaki Chicken
990240	Teriyaki Chicken New
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
1141	Turkey and Gravy, Jenny-O, 7T3100
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
1207	Turkey/Cheese wrap Sandwich HS
990158	VEG BREAKFAST SAND PANCAKE EGG & CHEESE
990205	Vegetable Chow Mein Noodles
962	VEGETARIAN BURGER /BUN 2M

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# Spokane Public Schools

## Allergen List - By Allergen

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

Recipe #	Recipe Name
990042	Veggie Starch 1/2 cup
990227	Vending Bagel Breakfast
990226	Vending Breakfast Bar Meal
990228	Vending Cereal Breakfast
990229	Vending Yogurt Breakfast
568	WAFFLE 2 each
867	WAFFLE (1)
990069	Wrap, Chicken Caesar
990128	Wrap, Turkey and Cream Cheese, Secondary
343	Yogurt Grab and Go Elem
658	YOGURT PARFAIT, FRUIT
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

### 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
990094	ASIAN - Thai Chicken/rice, Secondary
990079	Beef, Asian, beef and Broccoli
990184	Chow Mein
990240	Teriyaki Chicken New
990214	Teriyaki Pulled Chicken Sandwich
990205	Vegetable Chow Mein Noodles

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# Spokane Public Schools

## Allergen List - By Allergen

### Spinach -

Recipe #	Recipe Name
178	Grab Go Wrap HAWAIIAN CHIX
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
871	CAPRI SUN FRUIT DIVE
998	CEREAL BAR: COCOA PUFFS
1025	CEREAL BAR: NUTRI-GRAIN STRAWB
606	CREAM CHEESE STRAWBERRY
990219	Smoothie and Bagel Grab and Go
990246	Smoothie and Sunchips Grab and Go
990218	Smoothie, 7 Flavor Options
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)
990196	SunButter and Strawberry Jelly Sandwich
990179	Theme Meal Pizza Party
990229	Vending Yogurt Breakfast
990235	Yami Yogurt
343	Yogurt Grab and Go Elem
658	YOGURT PARFAIT, FRUIT
990061	YOGURT, SMOOTHIE STRAWBERRY BANANA

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# Spokane Public Schools

## Allergen List - By Allergen

### Strawberries -

Recipe #	Recipe Name
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
991	CHIP: BAKED POT CHIP ORIGINAL
903	DELI CHOICE HUMMUS
1279	FIESTA CHICKEN BOWL Scratch
999	FRUIT MIX DRIED
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
162	HOT DOG ON A BUN
990176	Multigrain SunChips
717	NACHO CHIPS 2OZ
990170	NACHO w/ Beans & 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
990246	Smoothie and Sunchips Grab and Go
990193	SunButter and Grape Jelly Sandwich
990196	SunButter and Strawberry Jelly Sandwich
990095	SunButter Munchable
990188	SunChips
611	SUNFLOWER SEEDS

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# Spokane Public Schools

## Allergen List - By Allergen

### Sunflower - Sunflower seeds or oil

Recipe #	Recipe Name
719	TACO SALAD ELEM

### Tapioca Flour -

Recipe #	Recipe Name
937	ASIAN - GEN TSO CHICKEN/Rice
70	CHEESEBURGER GF BUN
633	CHICKEN PATTY GF BUN
486	CINN ROLL w/ GLAZE 2.25 OZ HM
550	DELI CHEESE SAND 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
990042	Veggie Starch 1/2 cup

### Tomato - Fresh or canned

Recipe #	Recipe Name
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
440	BAKED BEANS 1/4 cup
1323	Baked Penne Pasta with Chicken

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# Spokane Public Schools

## Allergen List - By Allergen

### Tomato - Fresh or canned

Recipe #	Recipe Name
1325	BARBECUE SAUCE (FSA)
990221	BBQ Pulled Pork Sandwich
990079	Beef, Asian, beef and Broccoli
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
933	Cheese-Filled Breadstick with Marinara
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
155	CHILI with BEANS 6 oz (HM)
830	CHILI with LENTILS
1121	CHIPOTLE MAYONNAISE
1248	CORN SALSA, MEXICAN 1/2 cup
951	CORN SALSA, MEXICAN 1/4 cup
990039	Flatbread, Hawaiian
990113	GARDEN SALAD
990241	Garlic Cheddar Mashed Potatoes
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Tomato - Fresh or canned

Recipe #	Recipe Name
222	KETCHUP
409	KETCHUP, Packet
990068	Korean Beef
483	LENTIL CHILI
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
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 2G (MS)
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
990072	Pork, shredded, BBQ Sauce
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Tomato - Fresh or canned

Recipe #	Recipe Name
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
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)

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# Spokane Public Schools

## Allergen List - By Allergen

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

### VINEGAR -

Recipe #	Recipe Name
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

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# Spokane Public Schools

## Allergen List - By Allergen

### VINEGAR -

Recipe #	Recipe Name
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)
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
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
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

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# Spokane Public Schools

## Allergen List - By Allergen

### VINEGAR -

Recipe #	Recipe Name
990097	Slaw, Asian
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
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
990240	Teriyaki Chicken New
990166	Theme Meal Backyard BBQ
990179	Theme Meal Pizza Party
990205	Vegetable Chow Mein Noodles
990067	Wrap, Buffalo

### Wheat - Contains gluten

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
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
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
990194	Bean and Cheese Soft Taco
990079	Beef, Asian, beef and Broccoli
507	Biscuit, Scratch
963	Black Bean Burger
174	BLUEBERRY MUFFIN (PREMADE) WG
990239	Blueberry Crumble
990032	BLUEBERRY MUFFIN 60 cut ADM
670	BREAD STICKS PLAIN WG 1G
312	BREAD STICKS, GARLIC HM 1.25G
311	BREAD STICKS, HM 1.25G
1212	BREAD, GARLIC MINIS

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# Spokane Public Schools

## Allergen List - By Allergen

### Wheat - Contains gluten

Recipe #	Recipe Name
990216	Breaded Chicken Drumstick
990160	BREAKFAST BAR BANANA CHOCOLATE CHUNK
1089	BREAKFAST BAR OATMEAL CHOCOLATE CHIP
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
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
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
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
933	Cheese-Filled Breadstick with Marinara

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# Spokane Public Schools

## Allergen List - By Allergen

### Wheat - Contains gluten

Recipe #	Recipe Name
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
813	CHICKEN BURGER (UNBREADED)
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
990143	Chicken Parmesan /pasta
5	CHICKEN POT PIE HM
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
990076	CHICKEN QUESADILLA, BBQ
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
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, SCOOPY DOO BONES
789	COOKIE: M & M, chocolate, chocolate chip

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# Spokane Public Schools

## Allergen List - By Allergen

### Wheat - Contains gluten

Recipe #	Recipe Name
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
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)
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
728	GOLDFISH CHEDDAR CRACKERS
729	GOLDFISH GRAHAM CRACKER
727	GOLDFISH PRETZELS
843	Grab Go Chicken Asian Salad

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# Spokane Public Schools

## Allergen List - By Allergen

### Wheat - Contains gluten

Recipe #	Recipe Name
839	Grab Go Deli Ham/Cheese Sand
838	Grab Go Deli Turkey/Chees Sand
178	Grab Go Wrap HAWAIIAN CHIX
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
233	GRAHAM CRACKERS
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)
990068	Korean Beef
990245	Mac and Cheese, One Pan
990149	Maple MUFFIN 60 cut ADM
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
990133	Noodles, Chow Mein

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# Spokane Public Schools

## Allergen List - By Allergen

### Wheat - Contains gluten

Recipe #	Recipe Name
1321	NOODLES, TWIST
966	ORANGE MUFFIN (PRE-M) WG
569	PANCAKE - WG 1
579	PANCAKES - WHOLE GRAIN
990230	Pasta with Meat Sauce JTM Elem
990244	Pasta with Meat Sauce JTM Secondary
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE 2G (MS)
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
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
990081	Pork, shredded, asian
11	PRETZEL MINI STICKS
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
179	SALAD DRESSING: CAESAR -M-5-SP
869	SALAD MACARONI
990097	Slaw, Asian
114	SLOPPY JOE ON A BUN

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# Spokane Public Schools

## Allergen List - By Allergen

### Wheat - Contains gluten

Recipe #	Recipe Name
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
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
990193	SunButter and Grape Jelly Sandwich
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
604	TACO SHELL, SOFT 10"
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
990086	Teriyaki Chicken
990240	Teriyaki Chicken New
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
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
1207	Turkey/Cheese wrap Sandwich HS

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# Spokane Public Schools

## Allergen List - By Allergen

### Wheat - Contains gluten

Recipe #	Recipe Name
990158	VEG BREAKFAST SAND PANCAKE EGG & CHEESE
990205	Vegetable Chow Mein Noodles
962	VEGETARIAN BURGER /BUN 2M
990227	Vending Bagel Breakfast
990226	Vending Breakfast Bar Meal
990228	Vending Cereal Breakfast
990229	Vending Yogurt Breakfast
568	WAFFLE 2 each
867	WAFFLE (1)
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
990128	Wrap, Turkey and Cream Cheese, Secondary
343	Yogurt Grab and Go Elem
658	YOGURT PARFAIT, FRUIT
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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# Spokane Public Schools

## Allergen List - By Allergen

### Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
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
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
990169	Bean and Cheese Burrito
990194	Bean and Cheese Soft Taco
990079	Beef, Asian, beef and Broccoli
963	Black Bean Burger
670	BREAD STICKS PLAIN WG 1G
312	BREAD STICKS, GARLIC HM 1.25G
311	BREAD STICKS, HM 1.25G
1212	BREAD, GARLIC MINIS
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
990185	BREAKFAST SAND Sausage & Cheese

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# Spokane Public Schools

## Allergen List - By Allergen

### Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
1135	BREAKFAST SANDWICH OPTIONS
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)
933	Cheese-Filled Breadstick with Marinara
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
813	CHICKEN BURGER (UNBREADED)
1131	Chicken Caesar Salad (elem)
754	CHICKEN FAJITA, Secondary
990220	Chicken Fillet Bites
990225	Chicken Fillet Bites CACFP
990168	Chicken Fillet Sandwich
990189	Chicken Fillet Sandwich HALF CACFP
970	CHICKEN NUGGETS, GLUTEN FREE
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
990	CHIP: PRETZELS ROLD GOLD WG
486	CINN ROLL w/ GLAZE 2.25 OZ HM
485	CINNAMON ROLLS 1 OZ HM
1103	CRACKERS, CHEEZITS WG

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# Spokane Public Schools

## Allergen List - By Allergen

### Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
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
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
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990241	Garlic Cheddar Mashed Potatoes
990018	GLUTEN FREE HAMBURGER ROLL
928	GLUTEN FREE HOT DOG BUN
728	GOLDFISH CHEDDAR CRACKERS
729	GOLDFISH GRAHAM CRACKER
727	GOLDFISH PRETZELS
839	Grab Go Deli Ham/Cheese Sand

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# Spokane Public Schools

## Allergen List - By Allergen

### Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
838	Grab Go Deli Turkey/Chees Sand
178	Grab Go Wrap HAWAIIAN CHIX
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
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)
990068	Korean Beef
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
990102	Munchable - Cheese
990030	Munchable - Ham/chz
990092	Munchable - Pizza Cheese
990203	Munchable - Pizza Pepperoni
1253	Munchable - Turkey/chz
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE 2G (MS)
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

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# Spokane Public Schools

## Allergen List - By Allergen

### Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
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
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
990193	SunButter and Grape Jelly Sandwich
990196	SunButter and Strawberry Jelly Sandwich
604	TACO SHELL, SOFT 10"
1039	TACO, SOFT CH & BEAN 2nd
907	TACO, SOFT MT & BEAN 2nd
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

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**Spokane Public Schools**  
**Allergen List - By Allergen**

**Yeast - Yeast dry, yeast extract**

<b>Recipe #</b>	<b>Recipe Name</b>
1061	TURKEY RANCH SANDWICH 1/2
1207	Turkey/Cheese wrap Sandwich HS
598	TUSCAN KALE & SAUSAGE SOUP
962	VEGETARIAN BURGER /BUN 2M
990227	Vending Bagel Breakfast
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken
990128	Wrap, Turkey and Cream Cheese, Secondary

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