

Spokane Public Schools

Allergen List - By Recipe

Recipe #	Recipe Name	Allergen(s)
990098	Street Taco, Flatbread, Mexican, Pork	Celery, Cheese, Chile Peppers, Garlic, Milk, Onion, Peppers, Pork, Potato, Soy, Wheat
990125	*	
990048	**	
990058	** FRUIT BASKET**	
990059	** FRUIT/VEGGIE BAR**	
990044	***	
990045	****	
990043	*****	
990046	*****	
334	100% Beef Soft Taco	Beef, Canola Oil, Cheese, Chile Peppers, Chocolate/Cocoa, Citrus, Garlic, Gluten Grains, Milk, Onion, Palm Oil, VINEGAR, Wheat, Yeast
663	ALA CARTE - SWITCH	
764	Alaska Pollock FISH SANDWICH ON A BUN	Canola Oil, Corn, Fish, Onion, Pollock, Soy, Wheat, Yeast
509	APPLE CINNAMON COFFEE CAKE 60	Apple, Canola Oil, Cinnamon, Egg, Milk, Wheat
990192	Apple Cinnamon MUFFIN ADM	Apple, Canola Oil, Cinnamon, Cornstarch, Egg, Milk, Potato, Soy, Wheat
202	Apple Crisp (Baked)	Apple, Cinnamon, Margarine, Milk, Oats, Palm Oil, Soy, Wheat
1036	APPLE CUBES 1/4 cup	Apple
63	APPLE JUICE 1/2 cup	Apple
57	APPLE JUICE, HONEY THICK	Apple
48	APPLE JUICE, NECTAR THICK	Apple
914	APPLE SLICES	Apple
809	APPLE SLICES, SUMMER	Apple
884	APPLE/BB DELIGHT BAR	Apple, Canola Oil, Cinnamon, Egg, Milk, Molasses, Oats, Red Dye #40, Soy, Strawberries, Wheat
348	APPLES,Fresh wedges (2)	Apple
1224	APPLES,Fresh wedges (3)	Apple
64	APPLES,Fresh, Whole (small)	Apple
350	APPLESAUCE 1/2 cup	Apple
247	APPLESAUCE 1/4 cup	Apple

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511	APPLESAUCE BREAD 60 cut	Apple, Cinnamon, Egg, Margarine, Milk, Palm Oil, Soy, Wheat
592	APPLESAUCE CUP	Apple
354	APPLESAUCE, CINNAMON 1/2 cup	Apple, Cinnamon
352	APPLESAUCE, CINNAMON 1/4 cup	Apple, Cinnamon
990080	ASIAN - Beef and Broccoli/rice	Beef, Beets, Broccoli, Canola Oil, Chicken, Corn, Cornstarch, Garlic, Ginger, Onion, Pineapple, Rice, Soy, Soy Sauce, VINEGAR, Wheat, Yeast
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c	Cabbage, Canola Oil, Carrots, Chicken, Cornstarch, Egg, Garlic, Ginger, Onion, Rice, Soy, Wheat, Yeast
990141	Asian - Chicken Egg Roll /not fried rice, 1 cup	Cabbage, Carrots, Celery, Chicken, Cornstarch, Egg, Garlic, Ginger, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Soy, Wheat, Yeast
990084	ASIAN - Chicken Fried Rice Entree	Carrots, Celery, Chicken, Corn, Egg, Garlic, Milk, Onion, Peas, Pork, Rice, Sesame, Soy, Wheat
990087	ASIAN - Chicken Teriyaki/rice	Canola Oil, Chicken, Corn, Cornstarch, Garlic, Ginger, HONEY, Onion, Rice, Soy, Wheat, Yeast
937	ASIAN - GEN TSO CHICKEN/Rice	Chicken, Chile Peppers, Coconut, Corn, Cornstarch, Egg, Garlic, Made facility w/peanut, Margarine, Milk, Onion, Palm Oil, Rice, Sesame, Soy, Soy Sauce, Tapioca Flour, VINEGAR, Wheat, Yeast
990078	Asian - Green Bean Chicken/rice	Canola Oil, Carrots, Celery, Chicken, Corn, Cornstarch, Garlic, Ginger, Onion, Pineapple, Potato, Rice, Soy, Soy Sauce, VINEGAR, Wheat, Yeast
990083	ASIAN - Korean Beef/rice	Beef, Canola Oil, Chicken, Cornstarch, Garlic, Onion, Rice, Sesame, Soy, Tomato, Wheat, Yeast
1149	ASIAN - ORANGE CHICKEN Scratch	Chicken, Corn, Cornsyrup, Garlic, Onion, Orange/Citrus, Pineapple, Soy, Soy Sauce, Tomato, VINEGAR, Wheat
990140	Asian - Orange Chicken/noodles	Chicken, Corn, Cornsyrup, Garlic, Onion, Orange/Citrus, Pineapple, Soy, Soy Sauce, Tomato, VINEGAR, Wheat
557	ASIAN - ORANGE SAUCE G-9-SP	Corn, Cornsyrup, Garlic, Onion, Orange/Citrus, Pineapple, Soy, Soy Sauce, Tomato, VINEGAR, Wheat
940	ASIAN - SWEET & SOUR CHICKEN	Canola Oil, Carrots, Chicken, Coconut, Corn, Cornstarch, Egg, Garlic, Made facility w/peanut, Onion, Peppers, Pineapple, Rice, Soy, Tomato, VINEGAR, Wheat, Yeast

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Recipe #	Recipe Name	Allergen(s)
990139	Asian - Sweet and Sour Chicken/Noodles	Carrots, Chicken, Corn, Cornstarch, Garlic, Onion, Peppers, Pineapple, Soy, Tomato, VINEGAR, Wheat
990146	Asian - Sweet and Sour Chicken/Rice 1/2 c	Canola Oil, Carrots, Chicken, Corn, Cornstarch, Garlic, Onion, Peppers, Pineapple, Rice, Soy, Tomato, VINEGAR, Wheat, Yeast
990145	Asian - Taco/not fried rice 1/2c	Cabbage, Carrots, Celery, Chicken, Chile Peppers, Cornstarch, Garlic, Ginger, Margarine, Milk, Onion, Palm Oil, Peppers, Pork, Rice, Sesame, Soy, VINEGAR, Wheat, Yeast
990142	Asian - Taco/not fried rice 1c	Cabbage, Carrots, Celery, Chicken, Chile Peppers, Cornstarch, Garlic, Ginger, Margarine, Milk, Onion, Palm Oil, Peppers, Pork, Rice, Sesame, Soy, VINEGAR, Wheat, Yeast
990093	ASIAN - Thai Chicken	Chicken, Corn, Garlic, Onion, Pineapple, Soy, Soy Sauce, Sunflower, VINEGAR, Wheat
990119	ASIAN - Thai Chicken/rice, Elementary	Canola Oil, Chicken, Corn, Cornstarch, Garlic, Onion, Pineapple, Rice, Soy, Soy Sauce, Sunflower, VINEGAR, Wheat, Yeast
990094	ASIAN - Thai Chicken/rice, Secondary	Canola Oil, Chicken, Corn, Cornstarch, Garlic, Onion, Pineapple, Rice, Soy, Soy Sauce, Sunflower, VINEGAR, Wheat, Yeast
990040	ASIAN CABBAGE SALAD	Cabbage, Carrots, Gluten Free, HONEY, Onion, Soy, Sunflower, VINEGAR, Wheat
177	ASSORTED BREAKFAST MUFFIN purchased	Banana, Blueberry, Chocolate/Cocoa, Egg, Gluten Grains, Milk, Soy, Wheat
1300	ASSORTED FRUIT CAN/FROZEN	Blueberry, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40
465	ASSORTED VEGGIE STICKS 1/4 c	Broccoli
299	BAGEL, BLUEBERRY	Blueberry, Canola Oil, HONEY, Molasses, Red Dye #40, Soy, Wheat, Yeast
347	BAGEL, PLAIN	HONEY, Molasses, Soy, Wheat, Yeast
249	BAKED BEANS 1/2 cup	Corn, Legumes, Molasses, Mustard, Onion, Tomato, White Beans
440	BAKED BEANS 1/4 cup	Corn, Legumes, Molasses, Mustard, Onion, Tomato, White Beans
1323	Baked Penne Pasta with Chicken	Cheese, Chicken, Corn, Cornstarch, Garlic, Milk, Olive Oil, Onion, Soy, Tomato, Wheat, Yeast
990242	BANANA Choc Chip MUFFIN 60 cut ADM	Banana, Canola Oil, Chocolate/Cocoa, Cornstarch, Egg, Milk, Palm Oil, Potato, Soy, Wheat
176	BANANA MUFFIN (PRE-MADE) WG	Banana, Cinnamon, Corn, Egg, Milk, Soy, Wheat

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315	BANANA MUFFIN 60 cut ADM	Banana, Canola Oil, Cornstarch, Egg, Milk, Potato, Soy, Wheat
251	BANANA SLICES 1/2 cup	Banana
990038	BANANA/APPLE MUFFIN 60 cut ADM	Apple, Banana, Canola Oil, Cinnamon, Cornstarch, Egg, Milk, Potato, Soy, Wheat
68	BANANAS, Regular, Half	Banana
683	BANANAS, Regular, Whole	Banana
1325	BARBECUE SAUCE (FSA)	Cornstarch, Garlic, Onion, Tomato, VINEGAR
793	BASIC DOUGH WHOLE WHEAT	Canola Oil, Egg, Wheat, Yeast
359	BASIC MUFFIN MIX ADM	Canola Oil, Cornstarch, Egg, Milk, Potato, Soy, Wheat
990221	BBQ Pulled Pork Sandwich	Canola Oil, Cornstarch, Garlic, Onion, Pork, Soy, Tomato, VINEGAR, Wheat, Yeast
990169	Bean and Cheese Burrito	Canola Oil, Cheese, Gluten Grains, Legumes, Milk, Palm Oil, Pinto Beans, Potato, Wheat, Yeast
990194	Bean and Cheese Soft Taco	Canola Oil, Cheese, Gluten Grains, Legumes, Milk, Palm Oil, Pinto Beans, Wheat, Yeast
894	BEEF CRUMBLES	Beef, Soy
803	BEEF PATTY 2.5 OZ	Beef, Citrus
990079	Beef, Asian, beef and Broccoli	Beef, Beets, Broccoli, Corn, Garlic, Ginger, Onion, Pineapple, Soy, Soy Sauce, Tomato, VINEGAR, Wheat, Yeast
253	BEETS: shoestring, canned	Beets
507	Biscuit, Scratch	Margarine, Milk, Palm Oil, Soy, Wheat
963	Black Bean Burger	Bell Peppers, Black Beans, Canola Oil, Chile Peppers, Corn, Egg, Garlic, Gluten Grains, Legumes, Onion, Rice, Soy, Wheat, Yeast
990217	Black Beans	Legumes
255	BLUEBERRIES,Fresh	Blueberry
174	BLUEBERRY MUFFIN (PREMADE) WG	Blueberry, Egg, Milk, Soy, Wheat
990239	Blueberry Crumble	Blueberry, Cinnamon, Corn, Cornstarch, Margarine, Milk, Oats, Palm Oil, Soy, Wheat
990032	BLUEBERRY MUFFIN 60 cut ADM	Blueberry, Canola Oil, Cornstarch, Egg, Milk, Potato, Soy, Wheat
990238	BlueRaspberry Lemon Sidekicks	Grapes, Pears
670	BREAD STICKS PLAIN WG 1G	Canola Oil, Garlic, Potato, Wheat, Yeast
312	BREAD STICKS, GARLIC HM 1.25G	Canola Oil, Egg, Garlic, Margarine, Milk, Palm Oil, Soy, Wheat, Yeast
311	BREAD STICKS, HM 1.25G	Canola Oil, Egg, Wheat, Yeast

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1212	BREAD, GARLIC MINIS	Corn, Egg, Garlic, Milk, Soy, Wheat, Yeast
990216	Breaded Chicken Drumstick	Celery, Chicken, Garlic, Gluten Grains, Soy, Wheat
990160	BREAKFAST BAR BANANA CHOCOLATE CHUNK	Banana, Canola Oil, Chocolate/Cocoa, Egg, Milk, Molasses, Oats, Soy, Wheat
1089	BREAKFAST BAR OATMEAL CHOCOLATE CHIP	Canola Oil, Chocolate/Cocoa, Egg, Milk, Molasses, Oats, Soy, Wheat
1282	BREAKFAST BOWL	Canola Oil, Cheese, Egg, Milk, Onion, Potato
958	BREAKFAST BURRITO - Secondary	Canola Oil, Cheese, Egg, Gluten Grains, Milk, Onion, Palm Oil, Pork, Potato, Wheat, Yeast
1315	BREAKFAST SAND CHEESE & HAM	Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast
860	BREAKFAST SAND EGG & CHEESE	Canola Oil, Cheese, Egg, Milk, Soy, Wheat, Yeast
990204	BREAKFAST SAND EGG & CHEESE 1/2	Canola Oil, Cheese, Egg, Milk, Soy, Wheat, Yeast
1313	BREAKFAST SAND EGG,CHS & HAM	Canola Oil, Cheese, Egg, Milk, Pork, Soy, Wheat, Yeast
990070	BREAKFAST SAND PANCAKE EGG,CHS & SAUSAGE	Cheese, Egg, Milk, Pork, Rice, Soy, Wheat
990185	BREAKFAST SAND Sausage & Cheese	Canola Oil, Cheese, Milk, Pork, Rice, Soy, Wheat, Yeast
1135	BREAKFAST SANDWICH OPTIONS	Canola Oil, Cheese, Egg, Milk, Pork, Rice, Soy, Wheat, Yeast
256	BROCCOLI FLOWERETTE 1/2 CUP	Broccoli
1258	BROCCOLI FLOWERETTE 1/4 CUP	Broccoli
257	BROCCOLI: fresh, boiled	Broccoli
990174	Brown Rice, Baked, Elementary	Rice
990173	Brown Rice, Baked, Secondary	Rice
990172	Brown Rice, Elementary	Rice
990171	Brown Rice, Secondary	Rice
990232	Buffalo Chicken	Cayenne Pepper, Chicken, Corn, Garlic, Margarine, Milk, Onion, Palm Oil, Soy, VINEGAR
990234	Buffalo Ranch	Canola Oil, Cayenne Pepper, Cornstarch, Egg, Garlic, Lemon, Milk, Onion, VINEGAR
360	CANTALOUPE CHUNCKS 1/4 CUP	Cantaloupe
361	CANTALOUPE CHUNKS 1/2 CUP	Cantaloupe
362	CANTALOUPE WEDGE 1/4 CUP	Cantaloupe
870	CAPRI SUN APPLE SPLASH	Apple
871	CAPRI SUN FRUIT DIVE	Apple, Grapes, Strawberries

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872	CAPRI SUN FRUIT PUNCH	Apple, Cherry, Grapes
464	CARROT & CELERY STICKS	Carrots, Celery
990033	CARROT P/A MUFFIN 60 cut ADM	Canola Oil, Carrots, Cinnamon, Cornstarch, Egg, Milk, Pineapple, Potato, Soy, Wheat
443	CARROT STICKS 1 oz package	Carrots
441	CARROT STICKS 2 ea	Carrots
442	CARROT STICKS 3 ea	Carrots
5053	CARROT, Baby 1/2 cup	Carrots
1246	CARROT, Baby 1/4 cup	Carrots
261	CARROTS: Shredded 1/4 cup	Carrots
264	CAULIFLOWER FLOWERETTES 1/4c	Cauliflower
267	CELERY STICKS 1/4 c	Celery
445	CELERY STICKS PKG	Celery
978	CEREAL BAR: CINNAMON TOAST	Canola Oil, Corn, Oats, Rice, Wheat
1098	CEREAL BAR: COCOA KRISPIES	Chocolate/Cocoa, Milk, Oats, Palm Oil, Rice, Soy, Wheat
998	CEREAL BAR: COCOA PUFFS	Canola Oil, Corn, Cornsyrup, Milk, Oats, Red Dye #40, Soy, Strawberries, Wheat
1026	CEREAL BAR: NUTRI-GRAIN BB	Blueberry, Canola Oil, Corn, Cornsyrup, Milk, Oats, Red Dye #40, Soy, Wheat
927	CEREAL BAR: NUTRI-GRAIN RASPBE	Canola Oil, Corn, Milk, Raspberry, Red Dye #40, Soy, Wheat
1025	CEREAL BAR: NUTRI-GRAIN STRAWB	Corn, Cornsyrup, Milk, Oats, Red Dye #40, Soy, Strawberries, Wheat
747	CEREAL, RAISIN BRAN	Raisins, Wheat
965	CEREAL, RICE CHEX	Molasses, Rice
748	CEREAL, RICE KRISPIES	Canola Oil, Corn, Oats, Rice, Wheat
742	CEREAL, CHEERIOS, Multigrain	Barley, Canola Oil, Cornstarch, Oats, Rice, Wheat
874	CEREAL, CHOC MINI WHEAT	Chocolate/Cocoa, Rice, Soy, Wheat
743	CEREAL, CINN TOAST CRUNCH	Canola Oil, Cinnamon, Rice, Soy, Wheat
905	CEREAL, CINNAMON CHEX	Canola Oil, Cinnamon, Molasses, Rice
1072	CEREAL, COLD VARIETY	Barley, Canola Oil, Chocolate/Cocoa, Cinnamon, Corn, Cornstarch, Molasses, Oats, Raisins, Rice, Soy, Wheat
904	CEREAL, CREAM OF RICE	Rice
750	CEREAL, CREAM OF WHEAT	Wheat

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990201	Cheese and Pepperoni Calzone	Beef, Cabbage, Carrots, Celery, Cheese, Egg, Garlic, Gluten Grains, Milk, Mushrooms, Olive Oil, Onion, Pepperoni, Pork, Potato, Sesame, Soy, Tomato, Wheat, Yeast
990200	Cheese Calzone	Cabbage, Carrots, Celery, Cheese, Egg, Garlic, Gluten Grains, Milk, Mushrooms, Olive Oil, Onion, Potato, Sesame, Soy, Tomato, Wheat, Yeast
608	CHEESE SANDWICH	Barley, Canola Oil, Cheese, Gluten Grains, Milk, Soy, Wheat, Yeast
990159	CHEESE SANDWICH HOT (hamburger bun)	Canola Oil, Cheese, Milk, Soy, Wheat, Yeast
749	CHEESE SHREDDED	Cheese, Milk
782	CHEESE SLICE	Cheese, Milk, Soy
525	CHEESE ZOMBIE- 24 cut	Canola Oil, Cheese, Egg, Milk, Soy, Wheat, Yeast
81	CHEESEBURGER 1/2 ea	Beef, Canola Oil, Cheese, Citrus, Milk, Soy, Wheat, Yeast
70	CHEESEBURGER GF BUN	Beef, Cheese, Citrus, Cornstarch, Egg, HONEY, Milk, Potato, Soy, Tapioca Flour, Yeast
1147	CHEESEBURGER ON A BUN - HS/MS	Beef, Canola Oil, Cheese, Citrus, Garlic, Milk, Onion, Soy, Wheat, Yeast
480	CHEESEBURGER ON A BUN (EL)	Beef, Canola Oil, Cheese, Citrus, Garlic, Milk, Onion, Soy, Wheat, Yeast
933	Cheese-Filled Breadstick with Marinara	Garlic, Gluten Grains, Milk, Olive Oil, Onion, Soy, Tomato, Wheat, Yeast
5058	CHEESY NOODLES 1/2 cup	Cheese, Garlic, Milk, Mustard, Onion, Wheat
671	CHEESY NOODLES 1/3 cup	Cheese, Garlic, Milk, Mustard, Onion, Wheat
868	Chef Salad - Elementary	Cabbage, Canola Oil, Carrots, Cheese, Cucumber, Lettuce, Made facility w/treenuts, Milk, Pork, Quinoa, Turkey, VINEGAR, Wheat, Yeast
990157	Chef Salad Vegetarian - Elementary	Cabbage, Canola Oil, Carrots, Cheese, Cucumber, Lettuce, Made facility w/treenuts, Milk, Quinoa, VINEGAR, Wheat, Yeast
328	CHICKEN BAKED	Celery, Chicken, Garlic, Onion, Peppers
1278	CHICKEN BAKED FSA BBQ	Chicken, Cornstarch, Garlic, Onion, Tomato, VINEGAR
813	CHICKEN BURGER (UNBREADED)	Canola Oil, Chicken, Soy, Wheat, Yeast
990165	Chicken Caesar Flatbread	Cheese, Chicken, Citrus, Corn, Egg, Fish, Garlic, Milk, Onion, Peppers, Soy, Wheat

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1131	Chicken Caesar Salad (elem)	Cabbage, Canola Oil, Carrots, Cheese, Chicken, Citrus, Corn, Egg, Fish, Garlic, Lettuce, Made facility w/treenuts, Milk, Onion, Peppers, Quinoa, Soy, VINEGAR, Wheat, Yeast
549	CHICKEN EGG ROLL	Cabbage, Carrots, Chicken, Egg, Garlic, Ginger, Onion, Rice, Soy, Wheat
754	CHICKEN FAJITA, Secondary	Canola Oil, Cheese, Chicken, Chile Peppers, Corn, Garlic, Gluten Grains, Milk, Onion, Palm Oil, Peppers, Soy, Tomato, Wheat, Yeast
990220	Chicken Fillet Bites	Cornstarch, Garlic, Milk, Soy, Wheat, Yeast
990225	Chicken Fillet Bites CACFP	Cornstarch, Garlic, Milk, Soy, Wheat, Yeast
990168	Chicken Fillet Sandwich	Canola Oil, Cornstarch, Garlic, Milk, Soy, Wheat, Yeast
990189	Chicken Fillet Sandwich HALF CACFP	Canola Oil, Cornstarch, Garlic, Milk, Soy, Wheat, Yeast
970	CHICKEN NUGGETS, GLUTEN FREE	Chicken, Corn, Egg, Garlic, Gluten Grains, Yeast
990055	CHICKEN ON A BUN, BBQ 1/2	Canola Oil, Chicken, Cornstarch, Garlic, Onion, Soy, Tomato, VINEGAR, Wheat, Yeast
854	CHICKEN ON A BUN, BBQ 2nd	Chicken, Molasses, Soy, Tomato
1293	CHICKEN ON A BUN, BBQ Scratch	Canola Oil, Chicken, Cornstarch, Garlic, Onion, Soy, Tomato, VINEGAR, Wheat, Yeast
341	CHICKEN PARMESAN	Cheese, Chicken, Corn, Garlic, Milk, Olive Oil, Onion, Soy, Tomato
990143	Chicken Parmesan /pasta	Canola Oil, Cheese, Chicken, Corn, Garlic, Milk, Olive Oil, Onion, Soy, Tomato, Wheat
814	CHICKEN PATTY (UNBREADED)	Chicken, Soy
633	CHICKEN PATTY GF BUN	Chicken, Cornstarch, Egg, HONEY, Potato, Soy, Tapioca Flour, Yeast
5	CHICKEN POT PIE HM	Carrots, Chicken, Corn, Cornstarch, Garlic, Milk, Onion, Peas, Soy, Wheat, Yeast
304	CHICKEN QUESADILLA	Canola Oil, Celery, Cheese, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Gluten Grains, Jalapeno Peppers, Lime, Milk, Onion, Palm Oil, Peppers, Potato, Soy, Wheat, Yeast
990052	CHICKEN QUESADILLA 1/2	Canola Oil, Celery, Cheese, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Gluten Grains, Jalapeno Peppers, Lime, Milk, Onion, Palm Oil, Peppers, Potato, Soy, Wheat, Yeast
1324	CHICKEN QUESADILLA 2nd	Canola Oil, Celery, Cheese, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Gluten Grains, Jalapeno Peppers, Lime, Milk, Onion, Palm Oil, Peppers, Potato, Soy, Wheat, Yeast

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990076	CHICKEN QUESADILLA, BBQ	Canola Oil, Cheese, Chicken, Cornstarch, Garlic, Gluten Grains, Milk, Onion, Palm Oil, Potato, Tomato, VINEGAR, Wheat, Yeast
990029	CHICKEN RICE SOUP	Carrots, Celery, Chicken, Cornstarch, Onion, Potato, Rice, Yeast
990074	Chicken, Shredded, Mexican, Ancho	Chicken, Chile Peppers, Onion, Peppers
155	CHILI with BEANS 6 oz (HM)	Beef, Cheese, Chile Peppers, Garlic, Legumes, Milk, Onion, Soy, Tomato
830	CHILI with LENTILS	Chile Peppers, Garlic, Lentils, Onion, Peppers, Tomato
1069	CHIP: BAKED CHEETOS	
976	CHIP: BAKED CHEETOS FLAMIN	
996	CHIP: BAKED DORITO COOL RANCH	
994	CHIP: BAKED DORITO SPCY CHILI	
975	CHIP: BAKED DORITOS NACHO	
770	CHIP: BAKED POT CHIP BBQ	
991	CHIP: BAKED POT CHIP ORIGINAL	Canola Oil, Potato, Sunflower
773	CHIP: BAKED POT SC CRM & ONION	
984	CHIP: LAY'S POTATO SMALL BAG 1/2 oz	Canola Oil, Potato, Safflower oil
968	CHIP: POPCHIP BBQ	
974	CHIP: POPCHIP SC & ONION	
885	CHIP: POPCHIP SEA SALT	
997	CHIP: POPCORN WHITE CEDDAR	
990	CHIP: PRETZELS ROLD GOLD WG	Corn, Wheat, Yeast
1002	CHIP: QUACKER RICE CARAMEL SN	
1121	CHIPOTLE MAYONNAISE	Chile Peppers, Citrus, Cornstarch, Egg, Garlic, Milk, Soy, Tomato
578	CHOCOLATE BROWNIE Scratch	Chocolate/Cocoa, Egg, Margarine, Milk, Palm Oil, Soy, Wheat
990190	CHOCOLATE BROWNIE Scratch (by weight)	Chocolate/Cocoa, Egg, Margarine, Milk, Palm Oil, Soy, Wheat
526	CHOCOLATE CHIP COOKIE 1 oz PM	Chocolate/Cocoa, Cinnamon, Egg, Made facility w/treenuts, Milk, Soy, Wheat
519	CHOCOLATE CHIP MUFFIN 60 ADM	Canola Oil, Chocolate/Cocoa, Cornstarch, Egg, Milk, Palm Oil, Potato, Soy, Wheat
808	CHOCOLATE CHIP MUFFIN 60 cut	Apple, Chocolate/Cocoa, Egg, Margarine, Milk, Palm Oil, Soy, Wheat
518	CHOCOLATE CHIP MUFFIN PM	Chocolate/Cocoa, Egg, Made facility w/treenuts, Milk, Soy, Wheat

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990034	CHOCOLATE FUD MUFFIN 60 cut ADM	Canola Oil, Chocolate/Cocoa, Cornstarch, Egg, Milk, Palm Oil, Potato, Soy, Wheat
990184	Chow Mein	Cabbage, Celery, Corn, Garlic, Onion, Pineapple, Soy, Soy Sauce, VINEGAR, Wheat
486	CINN ROLL w/ GLAZE 2.25 OZ HM	Canola Oil, Cinnamon, Corn, Egg, Palm Oil, Soy, Tapioca Flour, Wheat, Yeast
485	CINNAMON ROLLS 1 OZ HM	Cinnamon, Egg, Wheat, Yeast
990127	Coleslaw, Classic	Cabbage, Carrots, Egg, Onion, Soy
810	COOKIE, SCOOPY DOO BONES	Cinnamon, HONEY, Soy, Wheat
789	COOKIE: M & M, chocolate, chocolate chip	Canola Oil, Chocolate/Cocoa, Egg, Made facility w/peanut, Made facility w/treenuts, Milk, Molasses, Oats, Soy, Wheat
990062	Cooks Choice	
1248	CORN SALSA, MEXICAN 1/2 cup	Celery, Corn, Cornstarch, Garlic, Onion, Peppers, Tomato
951	CORN SALSA, MEXICAN 1/4 cup	Celery, Corn, Cornstarch, Garlic, Onion, Peppers, Tomato
270	CORN WHOLE KERNAL 1/2 cup	Corn
446	CORN WHOLE KERNAL 1/4 cup	Corn
271	Corn, yellow	Corn
990037	CORNBREAD W/HONEYBUTTER	Corn, Egg, HONEY, Margarine, Milk, Palm Oil, Soy, Wheat
798	COTTAGE CHEESE - 1/2 cup	Milk
1103	CRACKERS, CHEEZITS WG	Cheese, Milk, Soy, Wheat, Yeast
694	CRAISINS 1/2 CUP	Cranberries
322	CREAM CHEESE PLAIN 1 oz	Milk
606	CREAM CHEESE STRAWBERRY	Milk, Strawberries
1075	CREAM CHEESE BULK	Milk
377	CUCUMBER SLICES 4 EA	Cucumber
1250	DC FRUITED YOGURT PAR/MUF SC	Banana, Blueberry, Canola Oil, Carrots, Cheese, Cherry, Cinnamon, Cornstarch, Cornsyrup, Cranberries, Egg, Grapes, HONEY, Made facility w/treenuts, Milk, Molasses, Oats, Peaches, Pears, Pineapple, Potato, Pumpkin, Red Dye #40, Rice, Soy, Wheat
990155	DELI CHEESE FLATBREAD SANDWICH	Cheese, Milk, Soy, Wheat
990154	DELI CHEESE HOAGIE SANDWICH	Canola Oil, Cheese, Milk, Soy, Wheat, Yeast
550	DELI CHEESE SAND GF	Cheese, Cornstarch, Egg, HONEY, Milk, Potato, Soy, Tapioca Flour, Yeast

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76	DELI CHEESE SANDWICH (2nd)	Canola Oil, Cheese, Milk, Soy, Wheat, Yeast
990156	DELI CHEESE SANDWICH-BUN	Canola Oil, Cheese, Milk, Soy, Wheat, Yeast
903	DELI CHOICE HUMMUS	Canola Oil, Cheese, Citrus, Corn, Garbanzo Beans, Garlic, Lemon, Lime, Milk, Olive Oil, Safflower oil, Sesame, Sunflower
990121	DELI HAM & CHEESE SANDWICH 1/2	Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast
551	DELI HAM & CHEESE SANDWICH Elementary	Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast
990198	DELI HAM & CHEESE SANDWICH Secondary	Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast
71	DELI HAM SANDWICH	Canola Oil, Pork, Soy, Wheat, Yeast
990057	DELI TURKEY & CHEESE SANDWICH 1/2	Canola Oil, Cheese, Milk, Soy, Turkey, Wheat, Yeast
15	DELI TURKEY & CHEESE SANDWICH Elementary	Canola Oil, Cheese, Milk, Soy, Turkey, Wheat, Yeast
547	DELI TURKEY & CHEESE SANDWICH GF	Cheese, Cornstarch, Egg, HONEY, Milk, Potato, Soy, Tapioca Flour, Turkey, Yeast
990199	DELI TURKEY & CHEESE SANDWICH Secondary	Canola Oil, Cheese, Milk, Soy, Turkey, Wheat, Yeast
759	DELI TURKEY SANDWICH	Canola Oil, Soy, Turkey, Wheat, Yeast
794	DINNER ROLL HM W/GRAIN 1G	Canola Oil, Egg, Wheat, Yeast
795	DINNER ROLL HM W/GRAIN 2 G	Canola Oil, Egg, Wheat, Yeast
811	DINNER ROLL WG sec	Canola Oil, Soy, Wheat, Yeast
27	DINNER ROLL 1 OZ WG 1G Franz	Canola Oil, Soy, Wheat, Yeast
680	EGG & CHEESE OMELET	Cheese, Egg, Milk, Soy
781	EGG PATTY	Egg, Milk, Soy
912	EGG, HAM & CHEESE BK SANDWICH sec	Canola Oil, Cheese, Egg, Milk, Pork, Soy, Wheat, Yeast
989	EGG, HB, PUREED	Egg
370	EGG,HARD-BOILED	Egg
31	ENGLISH MUFFIN WHOLE	Canola Oil, Milk, Soy, Wheat, Yeast
353	ENGLISH MUFFINS,PLAIN,TST 1/2	Canola Oil, Milk, Soy, Wheat, Yeast
29	EVAPORATED MILK	Milk
990183	Fat Cat Nut Free Chocolate Chip Cookie	Egg, Milk, Soy, Wheat
1279	FIESTA CHICKEN BOWL Scratch	Canola Oil, Cheese, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Jalapeno Peppers, Lime, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Soy, Sunflower, Yeast

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990056	FIESTA CHICKEN MEAT #12 scoop	Canola Oil, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Jalapeno Peppers, Lime, Onion, Peppers, Soy, Yeast
508	FIESTA CHICKEN MEAT Scratch	Canola Oil, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Jalapeno Peppers, Lime, Onion, Peppers, Soy, Yeast
941	FISH PATTY, BREADED	Canola Oil, Corn, Fish, Onion, Pollock, Soy, Wheat, Yeast
990039	Flatbread, Hawaiian	Cheese, Garlic, Milk, Olive Oil, Onion, Pineapple, Pork, Sesame, Soy, Tomato, Wheat, Yeast
13	FORTUNE COOKIE	Coconut, Egg, Made facility w/peanut, Wheat
878	FRENCH TOAST 1 slice	Cinnamon, Egg, Soy, Wheat
1139	FRENCH TOAST /SAUSAGE (B)	Cinnamon, Egg, Milk, Wheat
883	Fried Rice, side dish 1/2 c	Celery, Chicken, Cornstarch, Garlic, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Soy, Wheat, Yeast
990138	Fried Rice, side dish 1c	Celery, Chicken, Cornstarch, Garlic, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Soy, Wheat, Yeast
365	FRUIT COCKTAIL 1/2 cup	Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40
419	FRUIT COCKTAIL 1/4 cup	Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40
790	FRUIT CUP SUMMER	Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple
371	FRUIT JUMBLE 1/2 cup	Apple, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40
404	FRUIT JUMBLE 1/4 cup	Apple, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40
682	FRUIT JUMBLE Ap& Oran 1/4 cup	Apple, Cherry, Cornsyrup, Grapes, Orange/Citrus, Peaches, Pears, Pineapple, Red Dye #40
758	FRUIT JUMBLE Orange 1/2 cup	Cherry, Cornsyrup, Grapes, Orange/Citrus, Peaches, Pears, Pineapple, Red Dye #40
753	FRUIT JUMBLE Orange 1/4 cup	Cherry, Cornsyrup, Grapes, Orange/Citrus, Peaches, Pears, Pineapple, Red Dye #40
408	FRUIT JUMBLE W/Apples 1/2 cup	Apple, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40
407	FRUIT JUMBLE W/Apples 1/4 cup	Apple, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40
405	FRUIT JUMBLE W/Banana 1/2 cup	Banana, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40
406	FRUIT JUMBLE W/Banana 1/4 cup	Banana, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40

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400	FRUIT JUMBLE W/Grapes 1/2 cup	Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40
372	FRUIT JUMBLE W/Grapes 1/4 cup	Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40
999	FRUIT MIX DRIED	Corn, Cranberries, Dates, Figs, Made facility w/peanut, Made facility w/treenuts, Plums, Raisins, Rice, Sunflower
245	FRUIT,FRESH ASSORTED	Apple, Banana, Orange/Citrus, Peaches, Pears
980	GARBONZO BEANS	Garbanzo Beans
990113	GARDEN SALAD	Tomato
990241	Garlic Cheddar Mashed Potatoes	Cabbage, Carrots, Celery, Cheese, Garlic, Margarine, Milk, Mushrooms, Onion, Palm Oil, Potato, Soy, Tomato, Yeast
1074	GLUTEN FREE BLUEBERRY MUFFIN	Blueberry, Canola Oil, Cornstarch, Egg, Lemon, Rice, Safflower oil, Sunflower, Tapioca Flour
990018	GLUTEN FREE HAMBURGER ROLL	Cornstarch, Egg, HONEY, Potato, Tapioca Flour, Yeast
928	GLUTEN FREE HOT DOG BUN	Cornstarch, Egg, Potato, Rice, Sunflower, Tapioca Flour, Yeast
728	GOLDFISH CHEDDAR CRACKERS	Canola Oil, Cheese, Milk, Onion, Safflower oil, Soy, Wheat, Yeast
729	GOLDFISH GRAHAM CRACKER	Canola Oil, Wheat, Yeast
727	GOLDFISH PRETZELS	Barley, Canola Oil, Milk, Soy, Sunflower, Wheat, Yeast
540	Grab Go Chef Salad	
541	Grab Go CHEF VEGAN SALAD	Broccoli, Cabbage, Carrots, Garbanzo Beans, Gluten Free, HONEY, Lettuce, Sunflower, Tomato
687	Grab Go CHEF Vegetarian Salad	Cabbage, Carrots, Celery, Cheese, Cucumber, Egg, Gluten Free, HONEY, Lettuce, Milk, Sunflower, Tomato
843	Grab Go Chicken Asian Salad	Cabbage, Carrots, Chicken, Cornstarch, Cucumber, Egg, Garlic, Lettuce, Milk, Onion, Soy, Tomato, Wheat
990151	Grab Go Chicken Caesar Salad	Cabbage, Carrots, Cheese, Chicken, Cucumber, Garlic, Lettuce, Milk, Onion, Soy, Tomato
672	Grab Go Chicken Club Salad	Cabbage, Carrots, Cheese, Chicken, Cucumber, Egg, Garlic, Lettuce, Milk, Onion, Soy, Tomato
839	Grab Go Deli Ham/Cheese Sand	Canola Oil, Cheese, Milk, Peaches, Pears, Pork, Potato, Safflower oil, Soy, Wheat, Yeast

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838	Grab Go Deli Turkey/Chees Sand	Canola Oil, Cheese, Cherry, Cornsyrup, Grapes, Milk, Peaches, Pears, Pineapple, Potato, Safflower oil, Soy, Turkey, Wheat, Yeast
1259	Grab Go Taco Salad-Beef	Beef, Cabbage, Carrots, Cheese, Chile Peppers, Corn, Cornstarch, Garlic, Lettuce, Lime, Milk, Onion, Peppers, Safflower oil, Soy, Sunflower, Tomato
178	Grab Go Wrap HAWAIIAN CHIX	Broccoli, Canola Oil, Chicken, Cornstarch, Egg, Garlic, Gluten Grains, Lemon, Onion, Palm Oil, Pineapple, Potato, Spinach, Wheat, Yeast
690	Grab Go Wrap Hummus Turkey	Canola Oil, Carrots, Citrus, Garbanzo Beans, Garlic, Gluten Grains, Lemon, Milk, Olive Oil, Palm Oil, Potato, Safflower oil, Sesame, Spinach, Tomato, Turkey, Wheat, Yeast
666	Grab Go Wrap Tur/Ham Sand	Canola Oil, Cheese, Gluten Grains, Lettuce, Milk, Palm Oil, Pork, Potato, Safflower oil, Tomato, Turkey, Wheat, Yeast
842	Grab Go Wrap Turkey/Cheese	Canola Oil, Cheese, Gluten Grains, Lettuce, Milk, Palm Oil, Potato, Safflower oil, Soy, Tomato, Turkey, Wheat, Yeast
233	GRAHAM CRACKERS	Soy, Wheat
358	GRAPE JUICE 1/2 cup	Grapes
421	GRAPEFRUIT SECTIONS:cnd,juice	
392	GRAPES,Fresh 1/2 cup	Grapes
203	GRAPES,Fresh 1/2 cup - pkg	Grapes
422	GRAPES,Fresh 1/4 cup	Grapes
450	GREEN BEANS 1/2 cup	
424	GREEN BEANS 1/4 cup	
990180	Green Chili Nacho Cheese Sauce	Bell Peppers, Cheese, Chile Peppers, Milk, Soy
757	HAM & CHEESE BAGEL - Breakfast	Cheese, HONEY, Milk, Molasses, Pork, Soy, Wheat, Yeast
762	HAM & CHEESE BAGEL - Sec	Cheese, HONEY, Milk, Molasses, Pork, Soy, Wheat, Yeast
20	HAM & CHEESE SANDWICH HOT	Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast
990101	HAM & CHEESE SANDWICH HOT 1/2	Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast
706	HAM & CHEESE SANDWICH-HOT sec	Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast
771	HAMBURGER CONDIMENTS	Lettuce, Onion, Tomato

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161	HAMBURGER ON A BUN (EL)	Beef, Canola Oil, Citrus, Garlic, Onion, Soy, Wheat, Yeast
481	HAMBURGER ON A BUN HS/MS	Beef, Canola Oil, Citrus, Garlic, Onion, Soy, Wheat, Yeast
779	HAMBURGER ON A BUN, MAUI	Beef, Canola Oil, Cheese, Citrus, Milk, Soy, Wheat, Yeast
632	HAMBURGER, GF BUN	Beef, Citrus, Cornstarch, Egg, HONEY, Potato, Tapioca Flour, Yeast
990153	Harvest of the Month Blueberry Parfait	Blueberry, Canola Oil, Cornstarch, Cornsyrup, HONEY, Made facility w/treenuts, Milk, Molasses, Oats, Rice, Soy, Wheat
990163	HAWAIIAN TURKEY & CHEESE SAND -PREMADE	Cheese, Gluten Grains, Milk, Soy, Turkey, Wheat
1145	HM Chili 1/2 cup	Beef, Cheese, Chile Peppers, Garlic, Legumes, Milk, Onion, Soy, Tomato
153	HOLIDAY	
26	HOLIDAY PUMPKIN CUSTARD	Cinnamon, Egg, Pumpkin, Wheat
990162	HOM Blueberry Crisp	Blueberry, Corn, Cornstarch, Margarine, Milk, Oats, Palm Oil, Soy, Wheat
585	HOMEMADE BREAKFAST MUFFIN	Banana, Blueberry, Canola Oil, Carrots, Cinnamon, Cornstarch, Cranberries, Egg, Milk, Pineapple, Potato, Pumpkin, Soy, Wheat
990181	Honey Cinnamon Baked Pears	Canola Oil, Cinnamon, Citrus, HONEY, Lemon, Pears
990182	Honey Cinnamon Pear and Yogurt Parfait	Canola Oil, Cinnamon, Citrus, Cornstarch, Cornsyrup, HONEY, Lemon, Made facility w/treenuts, Milk, Molasses, Oats, Pears, Rice, Soy, Wheat
374	HONEYDEW CHUNCKS 1/2 CUP	Honeydew Melon
373	HONEYDEW CHUNCKS 1/4 CUP	Honeydew Melon
162	HOT DOG ON A BUN	Beef, Canola Oil, Celery, Cherry, Garlic, Onion, Soy, Sunflower, Wheat, Yeast
990233	Hot Mess	Chile Peppers, Garlic, HONEY
1216	HS: CONDIMENTS	Canola Oil, Citrus, Corn, Cornstarch, Egg, Garlic, Lemon, Lettuce, Milk, Molasses, Mustard, Onion, Peppers, Soy, Tomato, VINEGAR
1232	HS: Fruit/Veggies MONDAY	Apple, Broccoli, Canola Oil, Carrots, Cauliflower, Celery, Cherry, Cornstarch, Cornsyrup, Cucumber, Egg, Garlic, Grapes, Kiwi, Lemon, Milk, Mustard, Onion, Orange/Citrus, Peaches, Pears, Pickles, Pineapple, Potato, Red Dye #40, Soy, Tapioca Flour

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1236	HS:SUB SAND(ham/turkey)	Canola Oil, Cheese, Cornstarch, Dill, Egg, Fish, Lemon, Milk, Mustard, Onion, Pork, Soy, Tuna, Turkey, Wheat, Yeast
1251	HUMMUS	Canola Oil, Citrus, Garbanzo Beans, Garlic, Lemon, Olive Oil, Sesame
345	JELLY	
222	KETCHUP	Corn, Onion, Tomato, VINEGAR
409	KETCHUP, Packet	Cornsyrup, Tomato, VINEGAR
375	KIWI HALF	Kiwi
376	KIWI Whole	Kiwi
990068	Korean Beef	Beef, Garlic, Onion, Sesame, Soy, Tomato, Wheat, Yeast
483	LENTIL CHILI	Beef, Chile Peppers, Cornstarch, Garlic, Lentils, Onion, Peppers, Soy, Tomato
453	LETTUCE SHREDDED 1/2 CUP	Lettuce
990245	Mac and Cheese, One Pan	Cheese, Margarine, Milk, Palm Oil, Soy, Wheat
1241	MANDARIN ORANGES 1/2 C	Orange/Citrus
691	MANDARIN ORANGES 1/4 C	Orange/Citrus
990149	Maple MUFFIN 60 cut ADM	Canola Oil, Cornstarch, Egg, Milk, Potato, Soy, Wheat
349	MAPLE SYRUP	Cornsyrup
1275	MARINARA SAUCE (1/4 CUP)	Cabbage, Carrots, Celery, Garlic, Mushrooms, Olive Oil, Onion, Soy, Tomato, Yeast
917	MARINARA SAUCE SPAGHETTI	Cabbage, Carrots, Celery, Garlic, Mushrooms, Olive Oil, Onion, Soy, Tomato, Yeast
1000	MARSHMALLOW SQUARES	Milk, Rice, Soy
1050	MAYONNAISE Packet	Egg, Lemon, Soy
411	MAYONNAISE, LIGHT	Canola Oil, Cornstarch, Egg, Lemon
990177	Mealviewer test	
230	MILK, 1% Lowfat	Milk
990049	MILK, 1% Lowfat 3/4 cup	Milk
228	Milk, Chocolate	Chocolate/Cocoa, Milk
46	MILK, HONEY THICK	Milk
1107	MILK, Lactose Free	Milk
47	MILK, NECTAR THICK	Milk
231	MILK, Skim	Milk

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Recipe #	Recipe Name	Allergen(s)
66	Milk, Soy	Soy
990071	Milk, Variety	Chocolate/Cocoa, Milk, Soy
919	Milk, Whole	
471	MIXED FRUIT JUICE 1/2 CUP	Orange/Citrus
583	MJM ASSORTED COOKIE	Canola Oil, Chocolate/Cocoa, Cinnamon, Soy, Wheat
744	Mozzarella String Cheese	Cheese, Milk
1242	MS: CONDIMENTS	Canola Oil, Citrus, Corn, Cornstarch, Egg, Garlic, Lemon, Lettuce, Milk, Molasses, Mustard, Onion, Peppers, Soy, Tomato, VINEGAR
990176	Multigrain SunChips	Canola Oil, Corn, Gluten Grains, Oats, Rice, Sunflower, Wheat
990102	Munchable - Cheese	Cheese, Milk, Sesame, Soy, Wheat, Yeast
990030	Munchable - Ham/chz	Beef, Cheese, Garlic, Milk, Pepperoni, Pork, Sesame, Soy, Wheat, Yeast
990092	Munchable - Pizza Cheese	Cheese, Milk, Sesame, Soy, Tomato, Wheat, Yeast
990203	Munchable - Pizza Pepperoni	Beef, Cheese, Garlic, Milk, Pepperoni, Pork, Sesame, Soy, Tomato, Wheat, Yeast
1253	Munchable - Turkey/chz	Cheese, Milk, Sesame, Soy, Turkey, Wheat, Yeast
410	MUSTARD	Mustard
223	MUSTARD PACKET	Mustard
990167	Nacho Cheese Sauce	Cheese, Milk, Soy
717	NACHO CHIPS 2OZ	Corn, Lime, Safflower oil, Sunflower
990170	NACHO w/ Beans & Cheese Sauce	Cheese, Corn, Legumes, Lime, Milk, Palm Oil, Pinto Beans, Safflower oil, Soy, Sunflower
642	NACHO w/Meat & Cheese 2nd	Beef, Cheese, Chile Peppers, Chocolate/Cocoa, Citrus, Corn, Garlic, Lime, Milk, Onion, Safflower oil, Soy, Sunflower, VINEGAR
990136	NACHO w/Meat & Cheese Sauce CACFP	Beef, Cheese, Chile Peppers, Chocolate/Cocoa, Citrus, Corn, Garlic, Lime, Milk, Onion, Safflower oil, Soy, Sunflower, VINEGAR
561	NACHO w/Meat & Cheese Sauce Elementary	Beef, Cheese, Chile Peppers, Chocolate/Cocoa, Citrus, Corn, Garlic, Lime, Milk, Onion, Safflower oil, Soy, Sunflower, VINEGAR

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990186	NACHO w/Meat, Beans, & Cheese	Beef, Cheese, Chile Peppers, Chocolate/Cocoa, Citrus, Corn, Garlic, Legumes, Lime, Milk, Onion, Palm Oil, Pinto Beans, Safflower oil, Soy, Sunflower, VINEGAR
167	NO BREAKFAST	
156	NO LUNCH	
145	NO SCHOOL TODAY	
990133	Noodles, Chow Mein	Soy, Wheat
1321	NOODLES, TWIST	Canola Oil, Garlic, Wheat
990054	NOODLES, TWIST 1/4 cup	Canola Oil, Garlic
323	OATMEAL	Chocolate/Cocoa, Cinnamon, Milk, Oats, Palm Oil, Soy
1099	OATMEAL, INSTANT	Oats
455	ONIONS, DICED 1/4 CUP	Onion
966	ORANGE MUFFIN (PRE-M) WG	Corn, Cranberries, Egg, Milk, Orange/Citrus, Soy, Wheat
724	ORANGE JUICE HONEY THICK	Orange/Citrus
84	ORANGE JUICE 1/2 CUP	Orange/Citrus
990213	orange juice, reconstituted	Orange/Citrus
381	ORANGES WEDGES - 3	Orange/Citrus
380	ORANGES WEDGES - 6	Orange/Citrus
86	ORANGES, whole, small	Orange/Citrus
569	PANCAKE - WG 1	Egg, Milk, Soy, Wheat
579	PANCAKES - WHOLE GRAIN	Egg, Milk, Soy, Wheat
990230	Pasta with Meat Sauce JTM Elem	Beef, Canola Oil, Cheese, Garlic, Milk, Onion, Soy, Tomato, Wheat
990244	Pasta with Meat Sauce JTM Secondary	Beef, Canola Oil, Cheese, Garlic, Milk, Onion, Soy, Tomato, Wheat
588	PEACHES CUP	Peaches
384	PEACHES 1/2 CUP	Corn syrup, Peaches
437	PEACHES 1/4 CUP	Corn syrup, Peaches
88	PEACHES, FRESH	Peaches
385	PEARS 1/2 cup	Corn syrup, Pears
438	PEARS 1/4 cup	Corn syrup, Pears
389	PEARS & PINEAPPLE 1/2 cup	Corn syrup, Pears, Pineapple
391	PEARS & PINEAPPLE 1/4 cup	Corn syrup, Pears, Pineapple

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90	PEARS, FRESH	Pears
439	PEAS & CARROTS: frozen,boiled	
40	PEAS, GREEN 1/4 cup	
1017	PEAS, GREEN 1/2 cup	
387	PINEAPPLE 1/2 cup	Pineapple
92	PINEAPPLE 1/4 cup	Pineapple
397	PINEAPPLE & BANANAS 1/2 cup	Banana, Pineapple
398	PINEAPPLE & BANANAS 1/4 cup	Banana, Pineapple
41	PINEAPPLE FRESH CHUNCKS 1/2 C	Pineapple
594	PIZZA CHEESE 2G (E)	Canola Oil, Cheese, Milk, Tomato, Wheat, Yeast
990147	PIZZA CHEESE 2G (MS)	Canola Oil, Cheese, Milk, Tomato, Wheat, Yeast
593	PIZZA CHEESE/ PEPPERONI 2G (E)	Beef, Canola Oil, Cheese, Garlic, Milk, Pepperoni, Pork, Tomato, Wheat, Yeast
269	PIZZA CHEESE/CHICKEN WED - 2G	Canola Oil, Cheese, Chicken, Garlic, Milk, Onion, Soy, Tomato, Wheat, Yeast
275	PIZZA CHEESE/HAM WED -2G	Canola Oil, Cheese, Milk, Pork, Tomato, Turkey, Wheat, Yeast
276	PIZZA CHEESE/HAWAII WED 2G	Canola Oil, Cheese, Milk, Pineapple, Pork, Tomato, Wheat, Yeast
1249	PIZZA CHEESE/SAU/MR WED 2B	Canola Oil, Cheese, Milk, Mushrooms, Pork, Tomato, Wheat, Yeast
266	PIZZA CHEESE/SAUSAG WED 2G	Canola Oil, Cheese, Milk, Pork, Tomato, Wheat, Yeast
277	PIZZA CHEESE/VEG WED 2G	Canola Oil, Cheese, Milk, Mushrooms, Onion, Peppers, Tomato, Wheat, Yeast
472	PIZZA CHESE PEPPERONI-2ND 2 G	Beef, Canola Oil, Cheese, Garlic, Milk, Pepperoni, Pork, Tomato, Wheat, Yeast
512	PIZZA ON GF BUN	Cheese, Cornstarch, Egg, HONEY, Milk, Potato, Tapioca Flour, Yeast
103	PIZZA RITA: CHEESE	Cheese, Soy, Tomato, Wheat, Yeast
1044	PIZZA RITA: Hawaiian	Cheese, Pineapple, Pork, Soy, Tomato, Wheat, Yeast
235	PIZZA RITA: PEPPERONI	Beef, Cheese, Garlic, Pepperoni, Pork, Soy, Tomato, Wheat, Yeast
280	PIZZA RITA: SAUSAGE	Cheese, Pork, Soy, Tomato, Wheat, Yeast
990148	PIZZA RITA: Veggie	Cheese, Mushrooms, Onion, Peppers, Soy, Tomato, Wheat, Yeast
94	PLUMS,FRESH	

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Allergen List - By Recipe

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990091	Pocket Sandwich - Cheese Mummy	Cheese, Egg, Gluten Grains, Milk, Potato, Sesame, Soy, Wheat
990090	Pocket Sandwich - Ham and Cheese	Cheese, Egg, Gluten Grains, Milk, Pork, Potato, Sesame, Soy, Wheat
990081	Pork, shredded, asian	Chile Peppers, Garlic, Ginger, Pork, Sesame, Soy, Wheat
990072	Pork, shredded, BBQ Sauce	Cornstarch, Garlic, Onion, Pork, Tomato, VINEGAR
990073	Pork, shredded, Mexican	Celery, Chile Peppers, Garlic, Onion, Peppers, Pork
458	POTATO HERB ROASTED	Celery, Cheese, Garlic, Milk, Onion, Peppers, Potato
910	POTATO HONEY DIJON	HONEY, Mustard, Potato
457	POTATO ITALIAN BABY ROASTED	Canola Oil, Garlic, Onion, Potato
459	POTATO WEDGES	Canola Oil, Onion, Potato, Soy
44	POTATO WEDGES RANCH ROASTED FRESH	Canola Oil, Dill, Garlic, Onion, Potato
909	POTATO WEDGES, MEXICAN	Garlic, Onion, Peppers, Potato
449	POTATO, FRENCH FRIES	Canola Oil, Potato, Soy
990114	Potatoes, Roasted, HOM	Canola Oil, Potato
461	POTATOES,MASHED #8 SCOOP	Carrots, Celery, Garlic, Margarine, Milk, Onion, Palm Oil, Potato, Soy
11	PRETZEL MINI STICKS	Barley, Canola Oil, Gluten Grains, Made facility w/peanut, Made facility w/treenuts, Soy, Wheat
990237	PUMPKIN CHOC CHIP MUFFIN 60 cut ADM	Canola Oil, Chocolate/Cocoa, Cinnamon, Cornstarch, Egg, Milk, Palm Oil, Potato, Pumpkin, Soy, Wheat
990035	PUMPKIN MUFFIN 60 cut ADM	Canola Oil, Cinnamon, Cornstarch, Egg, Milk, Potato, Pumpkin, Soy, Wheat
36	PUREE MEAT MEAL	Beef, Carrots, Chicken, Egg, Lemon, Milk, Mushrooms, Rice, Sesame, Soy, Turkey, Wheat, Worcestershire sauce
37	PUREE VEGGIES	Carrots, Corn, Lemon, Peas, Soy
250	Radishes	Radish
97	RAISINS, BOX	Raisins
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp	Canola Oil, Cornstarch, Egg, Garlic, Lemon, Milk, Onion
415	RANCH DRESSING LITE HOMEMADE, 2 TBL	Canola Oil, Cornstarch, Egg, Garlic, Lemon, Milk, Onion
416	RANCH DRESSING LITEHOUSE	Apple, Canola Oil, Egg, Garlic, Lemon, Milk
487	RED PEPPERS STRIPS	Peppers

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705	REFRIED BEANS: Bag	Legumes, Palm Oil, Pinto Beans
8	REFRIED BEANS: canned 1/4 C	Bell Peppers, Canola Oil, Chile Peppers, Garlic, Legumes, Onion, Peppers, Pinto Beans, Soy
982	RICE KRISPIE TREAT ORIGINAL	Palm Oil, Rice, Soy
990115	Rice krispie treats	Corn, Margarine, Milk, Palm Oil, Rice, Soy
990137	RICE, Brown 1 cup	Canola Oil, Chicken, Cornstarch, Rice, Yeast
990129	RICE, Brown 1/2 cup	Canola Oil, Chicken, Cornstarch, Rice, Yeast
1208	RICE,Cooked Brown 1/2 c	Chicken, Cornstarch, Margarine, Milk, Palm Oil, Rice, Soy, Yeast
1213	RICE,Cooked Brown 1/3 c	Chicken, Cornstarch, Margarine, Milk, Palm Oil, Rice, Soy, Yeast
990175	Roasted Carrots	Canola Oil
990164	Roasted Ranch Potato Wedges	Canola Oil, Dill, Garlic, Onion, Potato
1205	ROMAINE SALAD 1 CUP	Lettuce
1206	ROMAINE SALAD 1/2 CUP	Lettuce
139	ROMAINE SALAD w/Dressing 1 cup	Canola Oil, Cornstarch, Egg, Garlic, Lemon, Lettuce, Milk, Onion
1305	ROMAINE SALAD w/dressing 1/2 C	Canola Oil, Cornstarch, Egg, Garlic, Lemon, Lettuce, Milk, Onion
1125	SACK LUNCH	Apple, Canola Oil, Carrots, Cheese, Milk, Potato, Rice, Safflower oil, Soy, Turkey, Wheat, Yeast
725	SALAD APPLE WALDORF	Apple, Celery, Cinnamon, Corn, Cranberries, Milk, Palm Oil
775	SALAD BEAN & VEGGIE SALSA	Canola Oil, Carrots, Citrus, Corn, Garbanzo Beans, Garlic, Kidney Beans, Legumes, Lemon, Onion, Peppers, Pinto Beans, VINEGAR
873	SALAD BERRY FRUIT 1/2 CUP	Apple, Blueberry, Milk, Raspberry
913	SALAD BROCCOLI 1/4 cup	Broccoli, Canola Oil, Cornstarch, Egg, Lemon, Milk, Onion, Raisins
1271	SALAD CAESAR 1 CUP	Canola Oil, Cheese, Citrus, Egg, Fish, Garlic, Lettuce, Made facility w/treenuts, Milk, Peppers, Quinoa, Soy, VINEGAR, Wheat, Yeast
1225	SALAD CARROT RAISIN 1/4 cup	Carrots, Egg, Onion, Pineapple, Raisins, Soy
769	SALAD COLE SLAW 1/4 cup	Apple, Cabbage, Carrots, Egg, Onion, Pineapple, Raisins, Soy
952	SALAD CORN 1/4 cup	Broccoli, Citrus, Corn, Garlic, Onion, Peppers, Soy

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191	SALAD DRESSING PACKET: 1000	Cabbage, Canola Oil, Corn, Cornstarch, Egg, Lemon, Onion, Tomato
190	SALAD DRESSING PACKET: BC	Canola Oil, Cheese, Garlic, Lemon, Milk, Soy
607	SALAD DRESSING PACKET: CAESAR	Canola Oil, Egg, Fish, Garlic, Lemon, Milk
340	SALAD DRESSING PACKET: FRENCH	Canola Oil, Fish, Lemon, Tomato, Worcestershire sauce
189	SALAD DRESSING Pkg: Assorted	Apple, Canola Oil, Cheese, Egg, Fish, Garlic, Lemon, Milk, Soy
1109	SALAD DRESSING Pkg: Italian	
225	SALAD DRESSING, Caesar Bulk	Cheese, Citrus, Egg, Fish, Garlic, Milk, Peppers, Soy
179	SALAD DRESSING: CAESAR -M-5-SP	Canola Oil, Cheese, Citrus, Cornstarch, Egg, Garlic, Lemon, Milk, Mustard, Soy, VINEGAR, Wheat
418	SALAD DRESSING: ORIENTAL	Broccoli, Green Beans, Mushrooms, Onion, Peppers
248	SALAD ITALIAN TOMATO 1/2 cup	Celery, Citrus, Cucumber, Garlic, Onion, Peppers, Soy, Tomato
896	SALAD LENTIL CONFETTI	Celery, Chicken, Citrus, Cornstarch, Garlic, Lentils, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Soy, Tomato, Yeast
869	SALAD MACARONI	Celery, Cornstarch, Egg, Garlic, Onion, Peppers, Pickles, Soy, Tapioca Flour, Wheat
990017	SALAD MARINATED FRESH VEGGIE	Broccoli, Canola Oil, Carrots, Cauliflower, Cornstarch, Cucumber, Egg, Lemon, Milk, Onion, Peppers
685	SALAD PEA	Canola Oil, Carrots, Cornstarch, Cucumber, Egg, Lemon, Onion, Peas, Radish
1297	SALAD PEPPER SLAW 1/4 cup	Cabbage, Canola Oil, Carrots, Celery, Cornstarch, Egg, Lemon, Mustard, Peppers, VINEGAR
1228	SALAD POTATO 1/2 cup	Celery, Egg, Garlic, Mustard, Onion, Pickles, Potato, Soy, Tapioca Flour
10	SALAD SOUTHWEST BEAN 1/2 CUP	Canola Oil, Chile Peppers, Corn, Cornstarch, Egg, Garlic, Legumes, Lemon, Milk, Onion, Peppers, Pinto Beans, Tomato
1128	SALAD SPICY BLACK BEAN	Canola Oil, Corn, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Soy, Tomato, VINEGAR
339	SALAD THREE BEAN 1/2 cup	Citrus, Garbanzo Beans, Garlic, Green Beans, Kidney Beans, Legumes, Onion, Peppers, Soy
772	SALAD WALDORF FRUIT 1/4 cup	Apple, Canola Oil, Celery, Cherry, Cinnamon, Cornstarch, Cornsyrup, Egg, Grapes, Lemon, Orange/Citrus, Peaches, Pears, Pineapple, Raisins, Red Dye #40

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21	SALAD WHEAT BERRY	Apple, Canola Oil, Celery, Citrus, Cranberries, Legumes, Lemon, Orange/Citrus
243	Salad: CHICKEN PASTA	Chicken, Citrus, Garlic, Grapes, Onion, Peppers, Potato, Soy, Tomato
474	SAUSAGE LINK 1 each	Pork, Rice
503	SAUSAGE LINK 2 each	Pork, Rice
336	SAUSAGE LINK 3 each	Pork, Rice
983	SAUSAGE PATTY 1 EA	Pork, Rice
172	SCRAMBLED EGGS	Egg
681	SCRAMBLED EGGS & DICED HAM	Cheese, Egg, Milk, Pork, Potato
990097	Slaw, Asian	Cabbage, Carrots, Onion, Sesame, Soy, VINEGAR, Wheat
1273	SLOPPY JOE MEAT MIX	Beef, Beets, Chile Peppers, Corn, Cornstarch, Cornsyrup, Garlic, Onion, Peppers, Soy, Tomato, VINEGAR, Yeast
114	SLOPPY JOE ON A BUN	Beef, Beets, Canola Oil, Cheese, Chile Peppers, Corn, Cornstarch, Cornsyrup, Garlic, Milk, Onion, Peppers, Soy, Tomato, VINEGAR, Wheat, Yeast
990099	SLOPPY JOE ON A BUN, 1/2	Beef, Beets, Canola Oil, Chile Peppers, Corn, Cornstarch, Cornsyrup, Garlic, Onion, Peppers, Soy, Tomato, VINEGAR, Wheat, Yeast
990219	Smoothie and Bagel Grab and Go	Apple, Banana, Blueberry, Cheese, Cornstarch, Cornsyrup, HONEY, Mango, Milk, Molasses, Orange/Citrus, Peaches, Pears, Pineapple, Raspberry, Soy, Spinach, Strawberries, Wheat, Yeast
990246	Smoothie and Sunchips Grab and Go	Apple, Banana, Barley, Blueberry, Canola Oil, Cheese, Corn, Cornstarch, Cornsyrup, Gluten Grains, Made facility w/peanut, Made facility w/treenuts, Mango, Milk, Oats, Orange/Citrus, Peaches, Pears, Pineapple, Raspberry, Rice, Soy, Spinach, Strawberries, Sunflower, Wheat
990218	Smoothie, 7 Flavor Options	Apple, Banana, Blueberry, Cornstarch, Cornsyrup, Mango, Milk, Orange/Citrus, Peaches, Pears, Pineapple, Raspberry, Spinach, Strawberries
990207	Smoothie, Blueberry Banana	Banana, Blueberry, Cornstarch, Milk, Orange/Citrus
990210	Smoothie, Green Flash	Apple, Cornstarch, Mango, Milk, Pineapple, Spinach
990208	Smoothie, Northwest Berry	Blueberry, Cornstarch, Cornsyrup, Milk, Pears, Raspberry

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990211	Smoothie, Peach Mango	Cornstarch, Cornsyrup, Mango, Milk, Orange/Citrus, Peaches
990212	Smoothie, Peach Mango Strawberry	Cornstarch, Cornsyrup, Mango, Milk, Orange/Citrus, Peaches, Strawberries
990243	Smoothie, Strawberry Banana	Banana, Cornstarch, Milk, Orange/Citrus, Strawberries
990209	Smoothie, Strawberry Peach	Cornstarch, Cornsyrup, Milk, Orange/Citrus, Peaches, Strawberries
990050	SNACK MUFFIN (PM)	Banana, Blueberry, Chocolate/Cocoa, Cinnamon, Corn, Egg, Made facility w/treenuts, Milk, Soy, Wheat
434	SOUR CREAM	Cornstarch, Milk
735	SPAGHETTI NOODLES, PLAIN	Canola Oil, Wheat
834	SPAGHETTI & MEAT SAUCE #10 scoop	Beef, Cheese, Garlic, Milk, Onion, Soy, Tomato, Wheat
990197	SPAGHETTI & MEAT SAUCE Elementary	Beef, Beets, Cheese, Garlic, Milk, Olive Oil, Onion, Soy, Tomato, Wheat, Yeast
990231	SPAGHETTI with JTM MEAT SAUCE Elementary	Beef, Cheese, Garlic, Milk, Onion, Soy, Tomato, Wheat
1294	SPAGHETTI with JTM MEAT SAUCE Secondary	Beef, Cheese, Garlic, Milk, Onion, Soy, Tomato, Wheat
768	Spanish Rice 1/2 cup	Canola Oil, Cornstarch, Garlic, Onion, Peppers, Rice, Tomato
990191	Spice Bread ADM	Allspice, Canola Oil, Cinnamon, Cornstarch, Egg, Milk, Molasses, Potato, Soy, Wheat
1210	SPINACH SALAD 1/2 CUP	Spinach
990236	Sriracha Ketchup	Chile Peppers, Cornsyrup, Garlic, Onion, Tomato, VINEGAR
692	STRAWBERRIES 1/2 cup	Strawberries
98	STRAWBERRIES 1/4 cup	Strawberries
99	STRAWBERRIES,FRESH	Strawberries
186	STRAWBERRY CUP (1/2C)	Strawberries
990082	Street Taco, flatbread, Asian, pork	Cabbage, Carrots, Chile Peppers, Garlic, Ginger, Milk, Onion, Pork, Sesame, Soy, VINEGAR, Wheat
990088	Street Taco, Flatbread, Mexican, Ancho Chicken	Cheese, Chicken, Chile Peppers, Milk, Onion, Peppers, Potato, Soy, Wheat
584	STRING CHEESE	Cheese, Milk
990193	SunButter and Grape Jelly Sandwich	Barley, Canola Oil, Cornsyrup, Gluten Grains, Grapes, Milk, Soy, Sunflower, Wheat, Yeast
990196	SunButter and Strawberry Jelly Sandwich	Barley, Canola Oil, Cornsyrup, Gluten Grains, Milk, Soy, Strawberries, Sunflower, Wheat, Yeast

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990095	SunButter Munchable	Cornsyrup, Grapes, Milk, Soy, Sunflower, Wheat
990188	SunChips	Canola Oil, Corn, Gluten Grains, Oats, Rice, Sunflower, Wheat
611	SUNFLOWER SEEDS	Gluten Free, HONEY, Sunflower
766	SWEET & SOUR CHICKEN	Carrots, Chicken, Corn, Cornstarch, Garlic, Onion, Peppers, Pineapple, Soy, Tomato, VINEGAR, Wheat
892	SWEET & SOUR CHICKEN 1/3 c	Carrots, Chicken, Corn, Cornstarch, Garlic, Onion, Peppers, Pineapple, Soy, Tomato, VINEGAR, Wheat
1009	SWEET & SOUR SAUCE	Carrots, Corn, Cornstarch, Onion, Peppers, Pineapple, Soy, Tomato, VINEGAR, Wheat
719	TACO SALAD ELEM	Beef, Cabbage, Carrots, Cheese, Chile Peppers, Corn, Garlic, Lettuce, Lime, Milk, Onion, Peppers, Safflower oil, Soy, Sunflower, Tomato
604	TACO SHELL, SOFT 10"	Canola Oil, Gluten Grains, Palm Oil, Wheat, Yeast
1039	TACO, SOFT CH & BEAN 2nd	Canola Oil, Cheese, Gluten Grains, Legumes, Milk, Palm Oil, Pinto Beans, Wheat, Yeast
907	TACO, SOFT MT & BEAN 2nd	Beef, Canola Oil, Cheese, Chile Peppers, Garlic, Gluten Grains, Legumes, Milk, Onion, Palm Oil, Pinto Beans, Soy, Tomato, Wheat, Yeast
126	TARTAR SAUCE	Canola Oil, Citrus, Cornstarch, Dill, Egg, Garlic, Lemon, Milk, Onion
990086	Teriyaki Chicken	Chicken, Corn, Garlic, Ginger, HONEY, Onion, Soy, Wheat
990240	Teriyaki Chicken New	Chicken, Corn, Garlic, Onion, Pineapple, Soy, Soy Sauce, VINEGAR, Wheat
990214	Teriyaki Pulled Chicken Sandwich	Canola Oil, Chicken, Sesame, Soy, Soy Sauce, Wheat, Yeast
990166	Theme Meal Backyard BBQ	Apple, Beef, Canola Oil, Celery, Citrus, Coconut, Corn, Cornsyrup, Egg, Garlic, Legumes, Lemon, Lettuce, Milk, Molasses, Mustard, Onion, Pickles, Potato, Safflower oil, Soy, Tapioca Flour, Tomato, VINEGAR, Wheat, Yeast
990178	Theme Meal Picnic in the Park	Apple, Canola Oil, Carrots, Cheese, Coconut, Corn, Egg, Lemon, Milk, Mustard, Potato, Safflower oil, Soy, Turkey, Wheat, Yeast
990179	Theme Meal Pizza Party	Canola Oil, Carrots, Cheese, Citrus, Coconut, Corn, Egg, Fish, Garlic, Lettuce, Made facility w/treenuts, Milk, Peppers, Quinoa, Soy, Strawberries, Tomato, VINEGAR, Wheat, Yeast

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1211	TOASTED CHEESE SANDWICH	Barley, Canola Oil, Cheese, Gluten Grains, Milk, Soy, Wheat, Yeast
130	TOASTED CHEESE SANDWICH 1/2	Barley, Canola Oil, Cheese, Gluten Grains, Milk, Soy, Wheat, Yeast
990202	Tomato Basil Soup	Cabbage, Canola Oil, Carrots, Celery, Garlic, Mushrooms, Onion, Tomato, Yeast
1051	TOMATO SALSA	Cornstarch, Garlic, Onion, Peppers, Tomato
34	TOMATO SLICE - 1	Tomato
990053	TOMATO SOUP 1/2 cup HM	Cabbage, Carrots, Celery, Garlic, Mushrooms, Olive Oil, Onion, Soy, Tomato, Yeast
394	TOMATO SOUP 6 OZ HM	Cabbage, Carrots, Celery, Garlic, Mushrooms, Olive Oil, Onion, Soy, Tomato, Yeast
1262	TOMATO WEDGE - 1	Tomato
467	TOSSED SALAD 1 CUP	Cabbage, Carrots, Lettuce
466	TOSSED SALAD 1/2 CUP	Cabbage, Carrots, Lettuce
990134	Tuna Salad (Pouch Tuna)	Canola Oil, Cornstarch, Dill, Egg, Fish, Garlic, Lemon, Mustard, Onion, Soy
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele	Canola Oil, Cornstarch, Dill, Egg, Fish, Garlic, Lemon, Milk, Mustard, Onion, Soy, Wheat
1141	Turkey and Gravy, Jenny-O, 7T3100	Carrots, Celery, Chicken, Corn, Onion, Potato, Soy, Turkey, Yeast
1302	TURKEY RANCH SANDWICH	Canola Oil, Cheese, Cornstarch, Egg, Garlic, Lemon, Milk, Onion, Sesame, Soy, Turkey, Wheat, Yeast
1061	TURKEY RANCH SANDWICH 1/2	Canola Oil, Cheese, Cornstarch, Egg, Garlic, Lemon, Milk, Onion, Potato, Sesame, Soy, Turkey, Wheat, Yeast
1207	Turkey/Cheese wrap Sandwich HS	Canola Oil, Cheese, Gluten Grains, Lettuce, Milk, Palm Oil, Soy, Turkey, Wheat, Yeast
598	TUSCAN KALE & SAUSAGE SOUP	Canola Oil, Chicken, Cornstarch, Garbanzo Beans, Garlic, Onion, Pork, Tomato, Yeast
990158	VEG BREAKFAST SAND PANCAKE EGG & CHEESE	Cheese, Egg, Milk, Soy, Wheat
1081	VEGETABLE BROTH	
990205	Vegetable Chow Mein Noodles	Cabbage, Carrots, Celery, Corn, Garlic, Onion, Pineapple, Sesame, Soy, Soy Sauce, VINEGAR, Wheat
962	VEGETARIAN BURGER /BUN 2M	Canola Oil, Soy, Wheat, Yeast
1233	Veggie Green 1/2 cup	Broccoli, Lettuce
990041	Veggie Legume 1/2 cup	Corn, Legumes, Molasses, Mustard, Onion, Tomato, White Beans
1235	Veggie Other 1/2 cup	Celery, Cucumber

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1234	Veggie Red/Orange 1/2 cup	Carrots, Peppers
990042	Veggie Starch 1/2 cup	Celery, Egg, Garlic, Mustard, Onion, Peas, Pickles, Potato, Soy, Tapioca Flour
718	VEGGIE STICKS (Elm)	Broccoli, Celery
930	VEGGIE STICKS (Elm) Broc/Car	Broccoli, Carrots
700	VEGGIE STICKS (sec)	Broccoli, Canola Oil, Carrots, Cauliflower, Celery, Cornstarch, Cucumber, Egg, Lemon, Milk
990227	Vending Bagel Breakfast	Apple, Blueberry, Canola Oil, HONEY, Milk, Molasses, Peaches, Red Dye #40, Soy, Wheat, Yeast
990226	Vending Breakfast Bar Meal	Apple, Cinnamon, Cornsyrup, Milk, Oats, Palm Oil, Peaches, Raisins, Rice, Soy, Wheat
990228	Vending Cereal Breakfast	Apple, Banana, Canola Oil, Cinnamon, Egg, Gluten Grains, Milk, Molasses, Rice, Soy, Wheat
990229	Vending Yogurt Breakfast	Apple, Banana, Chocolate/Cocoa, Corn, Cornstarch, Egg, Gluten Grains, Milk, Raspberry, Soy, Strawberries, Wheat
568	WAFFLE 2 each	Egg, Milk, Soy, Wheat
867	WAFFLE (1)	Egg, Milk, Soy, Wheat
929	WATER 8 OZ BOTTLE	
393	WATERMELON,CHUNKS 1/2 cup	
101	WATERMELON,CHUNKS 1/4 cup	
990187	Whipped Cream	Milk
990067	Wrap, Buffalo	Cabbage, Canola Oil, Cayenne Pepper, Celery, Chicken, Garlic, Gluten Grains, Palm Oil, Potato, VINEGAR, Wheat, Yeast
990069	Wrap, Chicken Caesar	Cabbage, Canola Oil, Carrots, Cheese, Chicken, Citrus, Egg, Fish, Garlic, Gluten Grains, Lettuce, Milk, Palm Oil, Peppers, Potato, Soy, Wheat, Yeast
1223	Wrap, Chicken Ranch Club	Canola Oil, Cheese, Chicken, Cornstarch, Egg, Garlic, Gluten Grains, Lemon, Lettuce, Milk, Onion, Palm Oil, Potato, Tomato, Wheat, Yeast
990065	Wrap, Pesto Chicken	Canola Oil, Cheese, Chicken, Garlic, Gluten Grains, Palm Oil, Potato, Spinach, Tomato, Wheat, Yeast
990128	Wrap, Turkey and Cream Cheese, Secondary	Canola Oil, Cheese, Gluten Grains, Lettuce, Milk, Palm Oil, Soy, Tomato, Turkey, Wheat, Yeast
990235	Yami Yogurt	Banana, Corn, Cornstarch, Milk, Raspberry, Strawberries

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343	Yogurt Grab and Go Elem	Banana, Barley, Blueberry, Canola Oil, Cheese, Chocolate/Cocoa, Corn, Cornstarch, Egg, Gluten Grains, Made facility w/peanut, Made facility w/treenuts, Milk, Raspberry, Soy, Strawberries, Wheat
658	YOGURT PARFAIT, FRUIT	Canola Oil, Cornstarch, Cornsyrup, HONEY, Made facility w/treenuts, Milk, Molasses, Oats, Rice, Soy, Strawberries, Wheat
1272	YOGURT, BREAKFAST PARFAIT/FRT	Apple, Banana, Canola Oil, Cornstarch, Cornsyrup, HONEY, Made facility w/treenuts, Milk, Molasses, Oats, Orange/Citrus, Rice, Soy, Wheat
990047	YOGURT, SMOOTHIE ASSORTED	Banana, Blueberry, Cherry, Cornstarch, Cornsyrup, Grapes, Milk, Peaches, Pears, Pineapple, Red Dye #40
318	YOGURT, SMOOTHIE BERRY	Banana, Blueberry, Cornstarch, Milk
1257	YOGURT, SMOOTHIE CINNAMON	Apple, Cinnamon, Cornstarch, Milk
1117	YOGURT, SMOOTHIE MONKEY	Apricots, Banana, Cornstarch, Milk
559	YOGURT, SMOOTHIE PEACH	Cornstarch, Cornsyrup, Milk, Peaches
657	YOGURT, SMOOTHIE SAMURAI	Cherry, Cornstarch, Cornsyrup, Grapes, Milk, Peaches, Pears, Pineapple, Red Dye #40
990061	YOGURT, SMOOTHIE STRAWBERRY BANANA	Banana, Cornstarch, Milk, Strawberries
1247	YOGURT, SMOOTHIE SUNRISE	Cornstarch, Milk, Pineapple
1096	YOGURT, Danimal 4 oz	Cornstarch, Milk, Strawberries
990222	ZeeZee Bar Berry Apple Crisp 7B0260	Cinnamon, Cornsyrup, Milk, Oats, Palm Oil, Raisins, Rice, Soy, Wheat
990223	ZeeZee Bar Cinnamon Crisp 7B0430	Cinnamon, Cornsyrup, Oats, Palm Oil, Raisins, Rice, Soy, Wheat
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440	Chocolate/Cocoa, Coconut, Cornsyrup, Milk, Oats, Palm Oil, Raisins, Rice, Soy, Wheat
1062	ZESTY ITALIAN PASTA	Beef, Cheese, Garlic, Milk, Olive Oil, Onion, Pork, Soy, Tomato, Wheat

NOTICE: The data contained within this report and the Mosaic™ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.