

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 Grab and Go Lunch
990218	Smoothie, 6 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 (PM)
176	BANANA MUFFIN (PRE-MADE) WG
315	BANANA MUFFIN 60 cut ADM
251	BANANA SLICES 1/2 cup
990038	BANANA/APPLE MUFFIN 60 cut ADM
68	BANANAS, Regular, Half
683	BANANAS, Regular, Whole

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Banana -

Recipe #	Recipe Name
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 Grab and Go Lunch
990218	Smoothie, 6 Flavor Options
990207	Smoothie, Blueberry Banana
990050	SNACK MUFFIN (PM)
990228	Vending Cereal Breakfast
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
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

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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
990186	NACHO w/Meat, Beans, & Cheese
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

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Beef -

Recipe #	Recipe Name
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
1294	SPAGHETTI & 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
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
1294	SPAGHETTI & MEAT SAUCE Secondary

Bell Peppers - green, red, orange, yellow

Recipe #	Recipe Name
963	Black Bean Burger
990180	Green Chili Nacho Cheese Sauce
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 (PM)
1300	ASSORTED FRUIT CAN/FROZEN

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Blueberry - fresh, frozen, puree

Recipe #	Recipe Name
299	BAGEL, BLUEBERRY
255	BLUEBERRIES,Fresh
174	BLUEBERRY MUFFIN (PREMADE) WG
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
990152	Harvest of the Month Blueberry Smoothie
990162	HOM Blueberry Crisp
585	HOMEMADE BREAKFAST MUFFIN
873	SALAD BERRY FRUIT 1/2 CUP
990219	Smoothie Grab and Go Lunch
990218	Smoothie, 6 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

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

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Broccoli -

Recipe #	Recipe Name
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
933	Cheese-Filled Breadsticks with Marinara
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
1131	Chicken Caesar Salad (elem)
549	CHICKEN EGG ROLL
990184	Chow Mein
990127	Coleslaw, Classic
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

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Cabbage - Red or Green

Recipe #	Recipe Name
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
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
315	BANANA MUFFIN 60 cut ADM
990038	BANANA/APPLE MUFFIN 60 cut ADM
793	BASIC DOUGH WHOLE WHEAT
359	BASIC MUFFIN MIX ADM

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Canola Oil - corn base

Recipe #	Recipe Name
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
990189	Breaded Chicken Breast Fillet Sandwich HALF CACFP
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
990033	CARROT P/A MUFFIN 60 cut ADM
978	CEREAL BAR: CINNAMON TOAST
998	CEREAL BAR: COCOA PUFFS
1026	CEREAL BAR: NUTRI-GRAIN BB
927	CEREAL BAR: NUTRI-GRAIN RASPBE
748	CEREAL, RICE KRISPIES
742	CEREAL, CHEERIOS, Multigrain
743	CEREAL, CINN TOAST CRUNCH
905	CEREAL, CINNAMON CHEX
1072	CEREAL, COLD VARIETY
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

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Canola Oil - corn base

Recipe #	Recipe Name
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
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
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

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Recipe #	Recipe Name
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
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

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

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Recipe #	Recipe Name
775	SALAD BEAN & VEGGIE SALSA
913	SALAD BROCCOLI 1/4 cup
1271	SALAD CAESAR 1 CUP
191	SALAD DRESSING PACKET: 1000
190	SALAD DRESSING PACKET: BC
607	SALAD DRESSING PACKET: CAESAR
340	SALAD DRESSING PACKET: FRENCH
189	SALAD DRESSING Pkg: Assorted
179	SALAD DRESSING: CAESAR -M-5-SP
990017	SALAD MARINATED FRESH VEGGIE
685	SALAD PEA
1297	SALAD PEPPER SLAW 1/4 cup
10	SALAD SOUTHWEST BEAN 1/2 CUP
1128	SALAD SPICY BLACK BEAN
772	SALAD WALDORF FRUIT 1/4 cup
21	SALAD WHEAT BERRY
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
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

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Recipe #	Recipe Name
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
990168	Whole Grain Breaded Chicken Breast Fillet Sandwich
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

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

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Carrots - fresh, frozen,

Recipe #	Recipe Name
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
933	Cheese-Filled Breadsticks with Marinara
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
1131	Chicken Caesar Salad (elem)
549	CHICKEN EGG ROLL
5	CHICKEN POT PIE HM
990029	CHICKEN RICE SOUP
990127	Coleslaw, Classic
1250	DC FRUITED YOGURT PAR/MUF SC
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)

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Spokane Public Schools

Allergen List - By Allergen

Carrots - fresh, frozen,

Recipe #	Recipe Name
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
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

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Allergen List - By Allergen

Cauliflower -

Recipe #	Recipe Name
1232	HS: Fruit/Veggies MONDAY
990017	SALAD MARINATED FRESH VEGGIE
700	VEGGIE STICKS (sec)

Cayenne Pepper - spice

Recipe #	Recipe Name
990067	Wrap, Buffalo

Celery - fresh, spice

Recipe #	Recipe Name
990098	Street Taco, Flatbread, Mexican, Pork
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree
990078	Asian - Green Bean Chicken/rice
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
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
933	Cheese-Filled Breadsticks with Marinara
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
687	Grab Go CHEF Vegetarian Salad

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Allergen List - By Allergen

Celery - fresh, spice

Recipe #	Recipe Name
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
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

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Allergen List - By Allergen

Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
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
744	CHEESE STICK COL/JACK
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 Breadsticks 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
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd

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Allergen List - By Allergen

Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
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
680	EGG & CHEESE OMELET
912	EGG, HAM & CHEESE BK SANDWICH sec
1279	FIESTA CHICKEN BOWL Scratch
990039	Flatbread, Hawaiian
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/Chees 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

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Allergen List - By Allergen

Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
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)
990195	Mac and Cheese
990215	Mac and Cheese Elem Entree
990206	Mac and Cheese, heavy wall elbows
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
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

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Allergen List - By Allergen

Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
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 Grab and Go Lunch
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
1294	SPAGHETTI & 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

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Allergen List - By Allergen

Cheese - Cheddar, Mozzarella, or Parmesan

Recipe #	Recipe Name
343	Yogurt Grab and Go Elem
1062	ZESTY ITALIAN PASTA

Cherry -

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

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Allergen List - By Allergen

Chicken - poultry

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

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Allergen List - By Allergen

Chicken - poultry

Recipe #	Recipe Name
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
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
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

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Allergen List - By Allergen

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
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
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
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken

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Allergen List - By Allergen

Chile Peppers - Red or Green

Recipe #	Recipe Name
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 (PM)
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
990050	SNACK MUFFIN (PM)
990229	Vending Yogurt Breakfast
343	Yogurt Grab and Go Elem
990224	ZeeZee Bar Oatmeal Cocoa Chip 7B0440

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Allergen List - By Allergen

Cinnamon - spice

Recipe #	Recipe Name
509	APPLE CINNAMON COFFEE CAKE 60
990192	Apple Cinnamon MUFFIN ADM
202	Apple Crisp (Baked)
884	APPLE/BB DELIGHT BAR
511	APPLESAUCE BREAD 60 cut
354	APPLESAUCE, CINNAMON 1/2 cup
352	APPLESAUCE, CINNAMON 1/4 cup
177	ASSORTED BREAKFAST MUFFIN (PM)
176	BANANA MUFFIN (PRE-MADE) WG
990038	BANANA/APPLE MUFFIN 60 cut ADM
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
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
343	Yogurt Grab and Go Elem

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Spokane Public Schools

Allergen List - By Allergen

Cinnamon - spice

Recipe #	Recipe Name
1257	YOGURT, SMOOTHIE CINNAMON
990222	ZeeZee Bar Berry Apple Crisp 7B0260
990223	ZeeZee Bar Cinnamon Crisp 7B0430

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

Recipe #	Recipe Name
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

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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
225	SALAD DRESSING, Caesar Bulk
179	SALAD DRESSING: CAESAR -M-5-SP
248	SALAD ITALIAN TOMATO 1/2 cup
896	SALAD LENTIL CONFETTI
339	SALAD THREE BEAN 1/2 cup
21	SALAD WHEAT BERRY
243	Salad: CHICKEN PASTA
126	TARTAR SAUCE
990166	Theme Meal Backyard BBQ
990179	Theme Meal Pizza Party
990069	Wrap, Chicken Caesar

Coconut - shredded coconut, coconut oil

Recipe #	Recipe Name
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
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

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

Recipe #	Recipe Name
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
177	ASSORTED BREAKFAST MUFFIN (PM)
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
1212	BREAD, GARLIC MINIS
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
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
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

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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
271	CORN: frozen, 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
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
990050	SNACK MUFFIN (PM)
990188	SunChips

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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
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
719	TACO SALAD ELEM
990086	Teriyaki Chicken
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
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
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
315	BANANA MUFFIN 60 cut ADM
990038	BANANA/APPLE MUFFIN 60 cut ADM
1325	BARBECUE SAUCE (FSA)

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Spokane Public Schools

Allergen List - By Allergen

Cornstarch - corn base

Recipe #	Recipe Name
359	BASIC MUFFIN MIX ADM
990221	BBQ Pulled Pork Sandwich
990032	BLUEBERRY MUFFIN 60 cut ADM
990189	Breaded Chicken Breast Fillet Sandwich HALF CACFP
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
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
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

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Spokane Public Schools

Allergen List - By Allergen

Cornstarch - corn base

Recipe #	Recipe Name
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
990152	Harvest of the Month Blueberry Smoothie
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
990035	PUMPKIN MUFFIN 60 cut ADM
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp
415	RANCH DRESSING LITE HOMEMADE, 2 TBL
990137	RICE, Brown 1 cup
990129	RICE, Brown 1/2 cup
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
139	ROMAINE SALAD w/Dressing 1 cup
1305	ROMAINE SALAD w/dressing 1/2 C
913	SALAD BROCCOLI 1/4 cup
191	SALAD DRESSING PACKET: 1000
179	SALAD DRESSING: CAESAR -M-5-SP
896	SALAD LENTIL CONFETTI
869	SALAD MACARONI
990017	SALAD MARINATED FRESH VEGGIE
685	SALAD PEA

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Allergen List - By Allergen

Cornstarch - corn base

Recipe #	Recipe Name
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 Grab and Go Lunch
990218	Smoothie, 6 Flavor Options
990207	Smoothie, Blueberry Banana
990210	Smoothie, Green Flash
990208	Smoothie, Northwest Berry
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry
990209	Smoothie, Strawberry Peach
434	SOUR CREAM
768	Spanish Rice 1/2 cup
990191	Spice Bread ADM
766	SWEET & SOUR CHICKEN
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)
990220	Whole Grain Breaded Chicken Breast Bites
990225	Whole Grain Breaded Chicken Breast Bites CACFP
990168	Whole Grain Breaded Chicken Breast Fillet Sandwich
1223	Wrap, Chicken Ranch Club
658	YOGURT PARFAIT, FRUIT
1272	YOGURT, BREAKFAST PARFAIT/FRT

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Spokane Public Schools

Allergen List - By Allergen

Cornstarch - corn base

Recipe #	Recipe Name
990047	YOGURT, SMOOTHIE ASSORTED
318	YOGURT, SMOOTHIE BERRY
1257	YOGURT, SMOOTHIE CINNAMON
1117	YOGURT, SMOOTHIE MONKEY
559	YOGURT, SMOOTHIE PEACH
657	YOGURT, SMOOTHIE SAMURAI
990061	YOGURT, SMOOTHIE STRAWBERRY BANANA
1247	YOGURT, SMOOTHIE SUNRISE
1096	YOGURT, Danimal 4 oz

Cornsyrup - corn base

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

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Spokane Public Schools

Allergen List - By Allergen

Corn syrup - corn base

Recipe #	Recipe Name
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 Grab and Go Lunch
990218	Smoothie, 6 Flavor Options
990208	Smoothie, Northwest Berry
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry
990209	Smoothie, Strawberry Peach
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

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Spokane Public Schools

Allergen List - By Allergen

Corn syrup - corn base

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

Cranberries - Crasins

Recipe #	Recipe Name
177	ASSORTED BREAKFAST MUFFIN (PM)
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
343	Yogurt Grab and Go Elem

Cucumber -

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

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Spokane Public Schools

Allergen List - By Allergen

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
937	ASIAN - GEN TSO CHICKEN/Rice
940	ASIAN - SWEET & SOUR CHICKEN
177	ASSORTED BREAKFAST MUFFIN (PM)
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

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Spokane Public Schools

Allergen List - By Allergen

Egg - egg white, egg yolks

Recipe #	Recipe Name
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
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
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

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Spokane Public Schools

Allergen List - By Allergen

Egg - egg white, egg yolks

Recipe #	Recipe Name
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
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

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Spokane Public Schools

Allergen List - By Allergen

Egg - egg white, egg yolks

Recipe #	Recipe Name
990090	Pocket Sandwich - Ham and Cheese
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
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

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Spokane Public Schools

Allergen List - By Allergen

Egg - egg white, egg yolks

Recipe #	Recipe Name
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

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

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Spokane Public Schools

Allergen List - By Allergen

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
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)

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Spokane Public Schools

Allergen List - By Allergen

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
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
990189	Breaded Chicken Breast Fillet Sandwich HALF CACFP
990216	Breaded Chicken Drumstick
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
933	Cheese-Filled Breadsticks 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
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
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

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Spokane Public Schools

Allergen List - By Allergen

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
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
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
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
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

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Spokane Public Schools

Allergen List - By Allergen

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
1321	NOODLES, TWIST
990054	NOODLES, TWIST 1/4 cup
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
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

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Spokane Public Schools

Allergen List - By Allergen

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
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
1294	SPAGHETTI & MEAT SAUCE Secondary
768	Spanish Rice 1/2 cup
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
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
990220	Whole Grain Breaded Chicken Breast Bites
990225	Whole Grain Breaded Chicken Breast Bites CACFP
990168	Whole Grain Breaded Chicken Breast Fillet Sandwich
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar

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Spokane Public Schools

Allergen List - By Allergen

Garlic - garlic fresh, garlic powder

Recipe #	Recipe Name
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
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
990169	Bean and Cheese Burrito
990194	Bean and Cheese Soft Taco
963	Black Bean Burger
990216	Breaded Chicken Drumstick

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Allergen List - By Allergen

Gluten Grains - This ingredient contains gluten.

Wheat, rye, barley, malt in various forms

Recipe #	Recipe Name
958	BREAKFAST BURRITO - Secondary
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
608	CHEESE SANDWICH
754	CHICKEN FAJITA, Secondary
970	CHICKEN NUGGETS, GLUTEN FREE
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
990195	Mac and Cheese
990176	Multigrain SunChips
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
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

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Allergen List - By Allergen

Gluten Grains - This ingredient contains gluten.

Wheat, rye, barley, malt in various forms

Recipe #	Recipe Name
990065	Wrap, Pesto Chicken
990128	Wrap, Turkey and Cream Cheese, Secondary
343	Yogurt Grab and Go Elem

Grapes -

Recipe #	Recipe Name
1300	ASSORTED FRUIT CAN/FROZEN
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

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Spokane Public Schools

Allergen List - By Allergen

Grapes -

Recipe #	Recipe Name
990095	SunButter Munchable
990047	YOGURT, SMOOTHIE ASSORTED
657	YOGURT, SMOOTHIE SAMURAI

Green Beans -

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

HONEY -

Recipe #	Recipe Name
990087	ASIAN - Chicken Teriyaki/rice
990040	ASIAN CABBAGE SALAD
299	BAGEL, BLUEBERRY
347	BAGEL, PLAIN
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
512	PIZZA ON GF BUN
910	POTATO HONEY DIJON
990219	Smoothie Grab and Go Lunch

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Allergen List - By Allergen

HONEY -

Recipe #	Recipe Name
611	SUNFLOWER SEEDS
990086	Teriyaki Chicken
990227	Vending Bagel Breakfast
658	YOGURT PARFAIT, FRUIT
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

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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
440	BAKED BEANS 1/4 cup
990169	Bean and Cheese Burrito
990194	Bean and Cheese Soft Taco
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
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

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Spokane Public Schools

Allergen List - By Allergen

Lemon -

Recipe #	Recipe Name
1242	MS: CONDIMENTS
36	PUREE MEAT MEAL
37	PUREE VEGGIES
990123	RANCH DRESSING LITE HOMEMADE, 1 tsp
415	RANCH DRESSING LITE HOMEMADE, 2 TBL
416	RANCH DRESSING LITEHOUSE
139	ROMAINE SALAD w/Dressing 1 cup
1305	ROMAINE SALAD w/dressing 1/2 C
775	SALAD BEAN & VEGGIE SALSA
913	SALAD BROCCOLI 1/4 cup
191	SALAD DRESSING PACKET: 1000
190	SALAD DRESSING PACKET: BC
607	SALAD DRESSING PACKET: CAESAR
340	SALAD DRESSING PACKET: FRENCH
189	SALAD DRESSING Pkg: Assorted
179	SALAD DRESSING: CAESAR -M-5-SP
990017	SALAD MARINATED FRESH VEGGIE
685	SALAD PEA
1297	SALAD PEPPER SLAW 1/4 cup
10	SALAD SOUTHWEST BEAN 1/2 CUP
772	SALAD WALDORF FRUIT 1/4 cup
21	SALAD WHEAT BERRY
126	TARTAR SAUCE
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
1302	TURKEY RANCH SANDWICH
1061	TURKEY RANCH SANDWICH 1/2
700	VEGGIE STICKS (sec)
1223	Wrap, Chicken Ranch Club

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Spokane Public Schools

Allergen List - By Allergen

Lentils - Legume family

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

Lettuce - romaine, head, ice berg

Recipe #	Recipe Name
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
1131	Chicken Caesar Salad (elem)
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

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Spokane Public Schools

Allergen List - By Allergen

Lettuce - romaine, head, ice berg

Recipe #	Recipe Name
1223	Wrap, Chicken Ranch Club
990128	Wrap, Turkey and Cream Cheese, Secondary

Lime -

Recipe #	Recipe Name
304	CHICKEN QUESADILLA
990052	CHICKEN QUESADILLA 1/2
1324	CHICKEN QUESADILLA 2nd
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
789	COOKIE: M & M, chocolate, chocolate chip
999	FRUIT MIX DRIED
11	PRETZEL MINI STICKS
343	Yogurt Grab and Go Elem

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

Recipe #	Recipe Name
177	ASSORTED BREAKFAST MUFFIN (PM)
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
1131	Chicken Caesar Salad (elem)

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Allergen List - By Allergen

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

Recipe #	Recipe Name
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
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 Grab and Go Lunch
990218	Smoothie, 6 Flavor Options
990210	Smoothie, Green Flash
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry

Margarine - soy

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

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Spokane Public Schools

Allergen List - By Allergen

Margarine - soy

Recipe #	Recipe Name
990190	CHOCOLATE BROWNIE Scratch (by weight)
808	CHOCOLATE CHIP MUFFIN 60 cut
990037	CORNBREAD W/HONEYBUTTER
1279	FIESTA CHICKEN BOWL Scratch
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
990162	HOM Blueberry Crisp
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
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 (PM)
1323	Baked Penne Pasta with Chicken
176	BANANA MUFFIN (PRE-MADE) WG
315	BANANA MUFFIN 60 cut ADM
990038	BANANA/APPLE MUFFIN 60 cut ADM
359	BASIC MUFFIN MIX ADM

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Spokane Public Schools

Allergen List - By Allergen

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Recipe #	Recipe Name
990169	Bean and Cheese Burrito
990194	Bean and Cheese Soft Taco
507	Biscuit, Scratch
174	BLUEBERRY MUFFIN (PREMADE) WG
990032	BLUEBERRY MUFFIN 60 cut ADM
312	BREAD STICKS, GARLIC HM 1.25G
1212	BREAD, GARLIC MINIS
990189	Breaded Chicken Breast Fillet Sandwich HALF CACFP
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
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
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
608	CHEESE SANDWICH
990159	CHEESE SANDWICH HOT (hamburger bun)
749	CHEESE SHREDDED
782	CHEESE SLICE
744	CHEESE STICK COL/JACK
525	CHEESE ZOMBIE- 24 cut
81	CHEESEBURGER 1/2 ea

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Spokane Public Schools

Allergen List - By Allergen

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Recipe #	Recipe Name
70	CHEESEBURGER GF BUN
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
933	Cheese-Filled Breadsticks 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
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)
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

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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
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
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
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/Chees Sand

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Recipe #	Recipe Name
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
990152	Harvest of the Month Blueberry Smoothie
990163	HAWAIIAN TURKEY & CHEESE SAND -PREMADE
1145	HM Chili 1/2 cup
990162	HOM Blueberry Crisp
585	HOMEMADE BREAKFAST MUFFIN
990182	Honey Cinnamon Pear and Yogurt Parfait
1216	HS: CONDIMENTS
1232	HS: Fruit/Veggies MONDAY
1236	HS:SUB SAND(ham/turkey)
990195	Mac and Cheese
990215	Mac and Cheese Elem Entree
990206	Mac and Cheese, heavy wall elbows
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

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Allergen List - By Allergen

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Recipe #	Recipe Name
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
966	ORANGE MUFFIN (PRE-M) WG
569	PANCAKE - WG 1
579	PANCAKES - WHOLE GRAIN
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
990091	Pocket Sandwich - Cheese Mummy
990090	Pocket Sandwich - Ham and Cheese
458	POTATO HERB ROASTED
461	POTATOES,MASHED #8 SCOOP
990035	PUMPKIN MUFFIN 60 cut ADM
36	PUREE MEAT MEAL
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

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Recipe #	Recipe Name
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
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 Grab and Go Lunch
990218	Smoothie, 6 Flavor Options
990207	Smoothie, Blueberry Banana
990210	Smoothie, Green Flash
990208	Smoothie, Northwest Berry
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry
990209	Smoothie, Strawberry Peach
990050	SNACK MUFFIN (PM)
434	SOUR CREAM
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary

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Spokane Public Schools

Allergen List - By Allergen

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Recipe #	Recipe Name
1294	SPAGHETTI & 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
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
990220	Whole Grain Breaded Chicken Breast Bites
990225	Whole Grain Breaded Chicken Breast Bites CACFP
990168	Whole Grain Breaded Chicken Breast Fillet Sandwich
990069	Wrap, Chicken Caesar

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Spokane Public Schools

Allergen List - By Allergen

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Recipe #	Recipe Name
1223	Wrap, Chicken Ranch Club
990128	Wrap, Turkey and Cream Cheese, Secondary
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
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

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Spokane Public Schools

Allergen List - By Allergen

Molasses -

Recipe #	Recipe Name
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 Grab and Go Lunch
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

Mushrooms -

Recipe #	Recipe Name
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
933	Cheese-Filled Breadsticks with Marinara
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

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Spokane Public Schools

Allergen List - By Allergen

Mustard -

Recipe #	Recipe Name
5058	CHEESY NOODLES 1/2 cup
671	CHEESY NOODLES 1/3 cup
1216	HS: CONDIMENTS
1232	HS: Fruit/Veggies MONDAY
1236	HS:SUB SAND(ham/turkey)
1242	MS: CONDIMENTS
410	MUSTARD
223	MUSTARD PACKET
910	POTATO HONEY DIJON
179	SALAD DRESSING: CAESAR -M-5-SP
1297	SALAD PEPPER SLAW 1/4 cup
1228	SALAD POTATO 1/2 cup
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990134	Tuna Salad (Pouch Tuna)
990135	Tuna Salad (Pouch Tuna), Flatbread, Ele
990041	Veggie Legume 1/2 cup
990042	Veggie Starch 1/2 cup

Oats -

Recipe #	Recipe Name
202	Apple Crisp (Baked)
884	APPLE/BB DELIGHT BAR
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

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Allergen List - By Allergen

Oats -

Recipe #	Recipe Name
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
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
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 Breadsticks 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
990053	TOMATO SOUP 1/2 cup HM
394	TOMATO SOUP 6 OZ HM
1062	ZESTY ITALIAN PASTA

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Spokane Public Schools

Allergen List - By Allergen

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
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
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone

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Spokane Public Schools

Allergen List - By Allergen

Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
933	Cheese-Filled Breadsticks 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
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

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Spokane Public Schools

Allergen List - By Allergen

Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
990138	Fried Rice, side dish 1c
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
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
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

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Spokane Public Schools

Allergen List - By Allergen

Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
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
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
1294	SPAGHETTI & MEAT SAUCE Secondary
768	Spanish Rice 1/2 cup

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Spokane Public Schools

Allergen List - By Allergen

Onion - fresh onion, onion powder, green onions

Recipe #	Recipe Name
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
719	TACO SALAD ELEM
907	TACO, SOFT MT & BEAN 2nd
126	TARTAR SAUCE
990086	Teriyaki Chicken
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
177	ASSORTED BREAKFAST MUFFIN (PM)
682	FRUIT JUMBLE Ap& Oran 1/4 cup
758	FRUIT JUMBLE Orange 1/2 cup

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Spokane Public Schools

Allergen List - By Allergen

Orange/Citrus - Fresh Oranges, Orange Juice

Recipe #	Recipe Name
753	FRUIT JUMBLE Orange 1/4 cup
245	FRUIT,FRESH ASSORTED
1232	HS: Fruit/Veggies MONDAY
1241	MANDARIN ORANGES 1/2 C
691	MANDARIN ORANGES 1/4 C
471	MIXED FRUIT JUICE 1/2 CUP
966	ORANGE MUFFIN (PRE-M) WG
724	ORANGE JUICE HONEY THICK
84	ORANGE JUICE 1/2 CUP
990213	orange juice, reconstituted
381	ORANGES WEDGES - 3
380	ORANGES WEDGES - 6
86	ORANGES, whole, small
772	SALAD WALDORF FRUIT 1/4 cup
21	SALAD WHEAT BERRY
990219	Smoothie Grab and Go Lunch
990218	Smoothie, 6 Flavor Options
990207	Smoothie, Blueberry Banana
990211	Smoothie, Peach Mango
990212	Smoothie, Peach Mango Strawberry
990209	Smoothie, Strawberry Peach
343	Yogurt Grab and Go Elem
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
990169	Bean and Cheese Burrito

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Spokane Public Schools

Allergen List - By Allergen

Palm Oil -

Recipe #	Recipe Name
990194	Bean and Cheese Soft Taco
507	Biscuit, Scratch
312	BREAD STICKS, GARLIC HM 1.25G
958	BREAKFAST BURRITO - Secondary
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
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
990170	NACHO w/ Beans & Cheese Sauce
990186	NACHO w/Meat, Beans, & Cheese
461	POTATOES,MASHED #8 SCOOP
705	REFRIED BEANS: Bag
982	RICE KRISPIE TREAT ORIGINAL
990115	Rice krispie treats
1208	RICE,Cooked Brown 1/2 c
1213	RICE,Cooked Brown 1/3 c
725	SALAD APPLE WALDORF

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Allergen List - By Allergen

Palm Oil -

Recipe #	Recipe Name
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
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

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Spokane Public Schools

Allergen List - By Allergen

Peaches -

Recipe #	Recipe Name
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 Grab and Go Lunch
990218	Smoothie, 6 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
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

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Allergen List - By Allergen

Pears -

Recipe #	Recipe Name
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 Grab and Go Lunch
990218	Smoothie, 6 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
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

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Allergen List - By Allergen

Pepperoni - Beef & Pork

Recipe #	Recipe Name
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
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

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Allergen List - By Allergen

Peppers - green bell, red, yellow, orange

Recipe #	Recipe Name
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
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

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Allergen List - By Allergen

Peppers - green bell, red, yellow. orange

Recipe #	Recipe Name
990069	Wrap, Chicken Caesar

Pickles - Sweet or Dill

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

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Allergen List - By Allergen

Pineapple -

Recipe #	Recipe Name
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 Grab and Go Lunch
990218	Smoothie, 6 Flavor Options
990210	Smoothie, Green Flash
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
990205	Vegetable Chow Mein Noodles
990047	YOGURT, SMOOTHIE ASSORTED

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Spokane Public Schools

Allergen List - By Allergen

Pineapple -

Recipe #	Recipe Name
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

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

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Spokane Public Schools

Allergen List - By Allergen

Pork -

Recipe #	Recipe Name
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
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

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Spokane Public Schools

Allergen List - By Allergen

Pork -

Recipe #	Recipe Name
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
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
70	CHEESEBURGER GF BUN
990143	Chicken Parmesan /pasta
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

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Spokane Public Schools

Allergen List - By Allergen

Potato - Potato, Potato Flour,

Recipe #	Recipe Name
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
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
44	POTATO WEDGES RANCH ROASTED FRESH
909	POTATO WEDGES, MEXICAN
449	POTATO, FRENCH FRIES
990114	Potatoes, Roasted, HOM
461	POTATOES,MASHED #8 SCOOP
990035	PUMPKIN MUFFIN 60 cut ADM
990164	Roasted Ranch Potato Wedges
1125	SACK LUNCH

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Allergen List - By Allergen

Potato - Potato, Potato Flour,

Recipe #	Recipe Name
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
990035	PUMPKIN MUFFIN 60 cut ADM

Quinoa - Quinoa Flour

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

Radish -

Recipe #	Recipe Name
250	Radishes

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Allergen List - By Allergen

Radish -

Recipe #	Recipe Name
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 Grab and Go Lunch
990218	Smoothie, 6 Flavor Options
990208	Smoothie, Northwest Berry

Red Dye #40 -

Recipe #	Recipe Name
884	APPLE/BB DELIGHT BAR
937	ASIAN - GEN TSO CHICKEN/Rice
940	ASIAN - SWEET & SOUR CHICKEN
1300	ASSORTED FRUIT CAN/FROZEN
299	BAGEL, BLUEBERRY
998	CEREAL BAR: COCOA PUFFS

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Allergen List - By Allergen

Red Dye #40 -

Recipe #	Recipe Name
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
13	FORTUNE COOKIE
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

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

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Allergen List - By Allergen

Rice - Rice, Rice Flour

Recipe #	Recipe Name
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
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

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Spokane Public Schools

Allergen List - By Allergen

Rice - Rice, Rice Flour

Recipe #	Recipe Name
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
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
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

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Allergen List - By Allergen

Safflower oil -

Recipe #	Recipe Name
838	Grab Go Deli Turkey/Chees Sand
1259	Grab Go Taco Salad-Beef
690	Grab Go Wrap Hummus Turkey
666	Grab Go Wrap Tur/Ham Sand
842	Grab Go Wrap Turkey/Cheese
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
990144	Asian - Chicken Egg Roll /not fried rice, 1/2c
990141	Asian - Chicken Egg Roll /not fried rice, 1cup
990084	ASIAN - Chicken Fried Rice Entree
937	ASIAN - GEN TSO CHICKEN/Rice
990083	ASIAN - Korean Beef/rice
990145	Asian - Taco/not fried rice 1/2c
990142	Asian - Taco/not fried rice 1c
990201	Cheese and Pepperoni Calzone
990200	Cheese Calzone
549	CHICKEN EGG ROLL
903	DELI CHOICE HUMMUS
990039	Flatbread, Hawaiian
690	Grab Go Wrap Hummus Turkey
1251	HUMMUS
990068	Korean Beef
990102	Munchable - Cheese

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Allergen List - By Allergen

Sesame - seed or oil or Tahini

Recipe #	Recipe Name
990030	Munchable - Ham/chz
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
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

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Allergen List - By Allergen

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

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
177	ASSORTED BREAKFAST MUFFIN (PM)
299	BAGEL, BLUEBERRY
347	BAGEL, PLAIN
1323	Baked Penne Pasta with Chicken
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
990032	BLUEBERRY MUFFIN 60 cut ADM
312	BREAD STICKS, GARLIC HM 1.25G
1212	BREAD, GARLIC MINIS
990189	Breaded Chicken Breast Fillet Sandwich HALF CACFP
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

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Allergen List - By Allergen

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

Recipe #	Recipe Name
1135	BREAKFAST SANDWICH OPTIONS
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 Breadsticks with Marinara
813	CHICKEN BURGER (UNBREADED)
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
549	CHICKEN EGG ROLL
754	CHICKEN FAJITA, Secondary
990055	CHICKEN ON A BUN, BBQ 1/2
854	CHICKEN ON A BUN, BBQ 2nd
1293	CHICKEN ON A BUN, BBQ Scratch
341	CHICKEN PARMESAN
990143	Chicken Parmesan /pasta
814	CHICKEN PATTY (UNBREADED)
633	CHICKEN PATTY GF BUN
5	CHICKEN POT PIE HM

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Allergen List - By Allergen

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

Recipe #	Recipe Name
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
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

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Spokane Public Schools

Allergen List - By Allergen

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

Recipe #	Recipe Name
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
13	FORTUNE COOKIE
878	FRENCH TOAST 1 slice
883	Fried Rice, side dish 1/2 c
990138	Fried Rice, side dish 1c
728	GOLDFISH CHEDDAR CRACKERS
727	GOLDFISH PRETZELS
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)

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Spokane Public Schools

Allergen List - By Allergen

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

Recipe #	Recipe Name
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
990195	Mac and Cheese
990215	Mac and Cheese Elem Entree
990206	Mac and Cheese, heavy wall elbows
990149	Maple MUFFIN 60 cut ADM
1275	MARINARA SAUCE (1/4 CUP)
917	MARINARA SAUCE SPAGHETTI
1000	MARSHMALLOW SQUARES
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

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Spokane Public Schools

Allergen List - By Allergen

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

Recipe #	Recipe Name
990136	NACHO w/Meat & Cheese Sauce CACFP
561	NACHO w/Meat & Cheese Sauce Elementary
990186	NACHO w/Meat, Beans, & Cheese
990133	Noodles, Chow Mein
966	ORANGE MUFFIN (PRE-M) WG
569	PANCAKE - WG 1
579	PANCAKES - WHOLE GRAIN
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
461	POTATOES,MASHED #8 SCOOP
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

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Spokane Public Schools

Allergen List - By Allergen

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

Recipe #	Recipe Name
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 Grab and Go Lunch
990050	SNACK MUFFIN (PM)
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
1294	SPAGHETTI & 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
990214	Teriyaki Pulled Chicken Sandwich
990166	Theme Meal Backyard BBQ
990178	Theme Meal Picnic in the Park
990179	Theme Meal Pizza Party

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Spokane Public Schools

Allergen List - By Allergen

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

Recipe #	Recipe Name
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
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)
990220	Whole Grain Breaded Chicken Breast Bites
990225	Whole Grain Breaded Chicken Breast Bites CACFP
990168	Whole Grain Breaded Chicken Breast Fillet Sandwich
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

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Spokane Public Schools

Allergen List - By Allergen

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
990214	Teriyaki Pulled Chicken Sandwich
990205	Vegetable Chow Mein Noodles

Spinach -

Recipe #	Recipe Name
178	Grab Go Wrap HAWAIIAN CHIX
690	Grab Go Wrap Hummus Turkey
990219	Smoothie Grab and Go Lunch
990218	Smoothie, 6 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 Grab and Go Lunch
990218	Smoothie, 6 Flavor Options
990212	Smoothie, Peach Mango Strawberry

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Spokane Public Schools

Allergen List - By Allergen

Strawberries -

Recipe #	Recipe Name
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
658	YOGURT PARFAIT, FRUIT
990061	YOGURT, SMOOTHIE STRAWBERRY BANANA
1096	YOGURT, Danimal 4 oz

Sunflower - Sunflower seeds or oil

Recipe #	Recipe Name
990093	ASIAN - Thai Chicken
990119	ASIAN - Thai Chicken/rice, Elementary
990094	ASIAN - Thai Chicken/rice, Secondary
990040	ASIAN CABBAGE SALAD
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

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Spokane Public Schools

Allergen List - By Allergen

Sunflower - Sunflower seeds or oil

Recipe #	Recipe Name
990186	NACHO w/Meat, Beans, & Cheese
990193	SunButter and Grape Jelly Sandwich
990196	SunButter and Strawberry Jelly Sandwich
990095	SunButter Munchable
990188	SunChips
611	SUNFLOWER SEEDS
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

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Spokane Public Schools

Allergen List - By Allergen

Tomato - Fresh or canned

Recipe #	Recipe Name
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
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 Breadsticks 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
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

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Spokane Public Schools

Allergen List - By Allergen

Tomato - Fresh or canned

Recipe #	Recipe Name
842	Grab Go Wrap Turkey/Cheese
771	HAMBURGER CONDIMENTS
1145	HM Chili 1/2 cup
1216	HS: CONDIMENTS
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
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

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Spokane Public Schools

Allergen List - By Allergen

Tomato - Fresh or canned

Recipe #	Recipe Name
1128	SALAD SPICY BLACK BEAN
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
1294	SPAGHETTI & MEAT SAUCE Secondary
768	Spanish Rice 1/2 cup
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
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
990097	Slaw, Asian
1273	SLOPPY JOE MEAT MIX

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Spokane Public Schools

Allergen List - By Allergen

VINEGAR -

Recipe #	Recipe Name
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
990082	Street Taco, flatbread, Asian, pork
766	SWEET & SOUR CHICKEN
892	SWEET & SOUR CHICKEN 1/3 c
1009	SWEET & SOUR SAUCE
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
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

Wheat - Contains gluten

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
177	ASSORTED BREAKFAST MUFFIN (PM)
299	BAGEL, BLUEBERRY
347	BAGEL, PLAIN
1323	Baked Penne Pasta with Chicken
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
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
990189	Breaded Chicken Breast Fillet Sandwich HALF CACFP
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

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Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
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 Breadsticks with Marinara
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)

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Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
990165	Chicken Caesar Flatbread
1131	Chicken Caesar Salad (elem)
549	CHICKEN EGG ROLL
754	CHICKEN FAJITA, Secondary
990055	CHICKEN ON A BUN, BBQ 1/2
1293	CHICKEN ON A BUN, BBQ Scratch
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
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

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Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
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
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

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Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
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
990195	Mac and Cheese
990215	Mac and Cheese Elem Entree
990206	Mac and Cheese, heavy wall elbows
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
1321	NOODLES, TWIST
966	ORANGE MUFFIN (PRE-M) WG
569	PANCAKE - WG 1
579	PANCAKES - WHOLE GRAIN
594	PIZZA CHEESE 2G (E)
990147	PIZZA CHEESE 2G (MS)
593	PIZZA CHEESE/ PEPPERONI 2G (E)

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Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
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
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
990099	SLOPPY JOE ON A BUN, 1/2
990219	Smoothie Grab and Go Lunch
990050	SNACK MUFFIN (PM)
735	SPAGHETTI NOODLES, PLAIN
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
1294	SPAGHETTI & MEAT SAUCE Secondary
990191	Spice Bread ADM
990082	Street Taco, flatbread, Asian, pork
990088	Street Taco, Flatbread, Mexican, Ancho Chicken

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Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
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
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
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)
990220	Whole Grain Breaded Chicken Breast Bites
990225	Whole Grain Breaded Chicken Breast Bites CACFP
990168	Whole Grain Breaded Chicken Breast Fillet Sandwich
990067	Wrap, Buffalo

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Allergen List - By Allergen

Wheat - Contains gluten

Recipe #	Recipe Name
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

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

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Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
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
990189	Breaded Chicken Breast Fillet Sandwich HALF CACFP
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
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

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Spokane Public Schools

Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
1147	CHEESEBURGER ON A BUN - HS/MS
480	CHEESEBURGER ON A BUN (EL)
933	Cheese-Filled Breadsticks with Marinara
868	Chef Salad - Elementary
990157	Chef Salad Vegetarian - Elementary
813	CHICKEN BURGER (UNBREADED)
1131	Chicken Caesar Salad (elem)
754	CHICKEN FAJITA, Secondary
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
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

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Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
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
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
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

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Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
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
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
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
11	PRETZEL MINI STICKS
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

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Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

Recipe #	Recipe Name
114	SLOPPY JOE ON A BUN
990099	SLOPPY JOE ON A BUN, 1/2
990219	Smoothie Grab and Go Lunch
834	SPAGHETTI & MEAT SAUCE #10 scoop
990197	SPAGHETTI & MEAT SAUCE Elementary
1294	SPAGHETTI & MEAT SAUCE Secondary
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
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
990220	Whole Grain Breaded Chicken Breast Bites
990225	Whole Grain Breaded Chicken Breast Bites CACFP
990168	Whole Grain Breaded Chicken Breast Fillet Sandwich
990067	Wrap, Buffalo
990069	Wrap, Chicken Caesar
1223	Wrap, Chicken Ranch Club
990065	Wrap, Pesto Chicken

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Spokane Public Schools

Allergen List - By Allergen

Yeast - Yeast dry, yeast extract

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

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