

# Spokane Public Schools

## Allergen List - By Recipe

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

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| 511      | APPLESAUCE BREAD 60 cut                         | Apple, Cinnamon, Egg, Margarine, Milk, Palm Oil, Soy, Wheat  |
| 592      | APPLESAUCE CUP                                  | Apple  |
| 354      | APPLESAUCE, CINNAMON 1/2 cup                    | Apple, Cinnamon  |
| 352      | APPLESAUCE, CINNAMON 1/4 cup                    | Apple, Cinnamon  |
| 990080   | ASIAN - Beef and Broccoli/rice                  | Beef, Beets, Broccoli, Canola Oil, Chicken, Corn, Cornstarch, Garlic, Ginger, Onion, Pineapple, Rice, Soy, Soy Sauce, VINEGAR, Wheat, Yeast                              |
| 990144   | Asian - Chicken Egg Roll /not fried rice, 1/2c  | Cabbage, Canola Oil, Carrots, Chicken, Cornstarch, Egg, Garlic, Ginger, Onion, Rice, Sesame, Soy, Wheat, Yeast   |
| 990141   | Asian - Chicken Egg Roll /not fried rice, 1 cup | Cabbage, Carrots, Celery, Chicken, Cornstarch, Egg, Garlic, Ginger, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Sesame, Soy, Wheat, Yeast                           |
| 990084   | ASIAN - Chicken Fried Rice Entree               | Carrots, Celery, Chicken, Corn, Egg, Garlic, Milk, Onion, Peas, Pork, Rice, Sesame, Soy, Wheat   |
| 990087   | ASIAN - Chicken Teriyaki/rice                   | Canola Oil, Chicken, Corn, Cornstarch, Garlic, Ginger, HONEY, Onion, Rice, Soy, Wheat, Yeast   |
| 937      | ASIAN - GEN TSO CHICKEN/Rice                    | Chicken, Chile Peppers, Corn, Cornstarch, Egg, Garlic, Margarine, Milk, Onion, Palm Oil, Red Dye #40, Rice, Sesame, Soy, Soy Sauce, Tapioca Flour, VINEGAR, Wheat, Yeast |
| 990078   | Asian - Green Bean Chicken/rice                 | Canola Oil, Carrots, Celery, Chicken, Corn, Cornstarch, Garlic, Ginger, Onion, Pineapple, Potato, Rice, Soy, Soy Sauce, VINEGAR, Wheat, Yeast                            |
| 990083   | ASIAN - Korean Beef/rice                        | Beef, Canola Oil, Chicken, Cornstarch, Garlic, Onion, Rice, Sesame, Soy, Tomato, Wheat, Yeast  |
| 1149     | ASIAN - ORANGE CHICKEN Scratch                  | Chicken, Corn, Cornsyrup, Garlic, Onion, Orange/Citrus, Pineapple, Soy, Soy Sauce, Tomato, VINEGAR, Wheat  |
| 990140   | Asian - Orange Chicken/noodles                  | Chicken, Corn, Cornsyrup, Garlic, Onion, Orange/Citrus, Pineapple, Soy, Soy Sauce, Tomato, VINEGAR, Wheat  |
| 557      | ASIAN - ORANGE SAUCE G-9-SP                     | Corn, Cornsyrup, Garlic, Onion, Orange/Citrus, Pineapple, Soy, Soy Sauce, Tomato, VINEGAR, Wheat   |
| 940      | ASIAN - SWEET & SOUR CHICKEN                    | Canola Oil, Carrots, Chicken, Corn, Cornstarch, Egg, Garlic, Onion, Peppers, Pineapple, Red Dye #40, Rice, Soy, Tomato, VINEGAR, Wheat, Yeast                            |

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

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| 315      | BANANA MUFFIN 60 cut ADM                          | Banana, Canola Oil, Cornstarch, Egg, Milk, Potato, Soy, Wheat   |
| 251      | BANANA SLICES 1/2 cup                             | Banana  |
| 990038   | BANANA/APPLE MUFFIN 60 cut ADM                    | Apple, Banana, Canola Oil, Cinnamon, Cornstarch, Egg, Milk, Potato, Soy, Wheat  |
| 68       | BANANAS, Regular, Half                            | Banana  |
| 683      | BANANAS, Regular, Whole                           | Banana  |
| 1325     | BARBECUE SAUCE (FSA)                              | Cornstarch, Garlic, Onion, Tomato, VINEGAR  |
| 793      | BASIC DOUGH WHOLE WHEAT                           | Canola Oil, Egg, Wheat, Yeast   |
| 359      | BASIC MUFFIN MIX ADM                              | Canola Oil, Cornstarch, Egg, Milk, Potato, Soy, Wheat   |
| 990221   | BBQ Pulled Pork Sandwich                          | Canola Oil, Cornstarch, Garlic, Onion, Pork, Soy, Tomato, VINEGAR, Wheat, Yeast   |
| 990169   | Bean and Cheese Burrito                           | Canola Oil, Cheese, Gluten Grains, Legumes, Milk, Palm Oil, Pinto Beans, Potato, Wheat, Yeast                                   |
| 990194   | Bean and Cheese Soft Taco                         | Canola Oil, Cheese, Gluten Grains, Legumes, Milk, Palm Oil, Pinto Beans, Wheat, Yeast   |
| 894      | BEEF CRUMBLES                                     | Beef, Soy   |
| 803      | BEEF PATTY 2.5 OZ                                 | Beef, Citrus  |
| 990079   | Beef, Asian, beef and Broccoli                    | Beef, Beets, Broccoli, Corn, Garlic, Ginger, Onion, Pineapple, Soy, Soy Sauce, Tomato, VINEGAR, Wheat, Yeast                    |
| 253      | BEETS: shoestring, canned                         | Beets   |
| 507      | Biscuit, Scratch                                  | Margarine, Milk, Palm Oil, Soy, Wheat   |
| 963      | Black Bean Burger                                 | Bell Peppers, Black Beans, Canola Oil, Chile Peppers, Corn, Egg, Garlic, Gluten Grains, Legumes, Onion, Rice, Soy, Wheat, Yeast |
| 990217   | Black Beans                                       | Legumes   |
| 255      | BLUEBERRIES, Fresh                                | Blueberry   |
| 174      | BLUEBERRY MUFFIN (PREMADE) WG                     | Blueberry, Egg, Milk, Soy, Wheat  |
| 990032   | BLUEBERRY MUFFIN 60 cut ADM                       | Blueberry, Canola Oil, Cornstarch, Egg, Milk, Potato, Soy, Wheat  |
| 670      | BREAD STICKS PLAIN WG 1G                          | Canola Oil, Garlic, Potato, Wheat, Yeast  |
| 312      | BREAD STICKS, GARLIC HM 1.25G                     | Canola Oil, Egg, Garlic, Margarine, Milk, Palm Oil, Soy, Wheat, Yeast   |
| 311      | BREAD STICKS, HM 1.25G                            | Canola Oil, Egg, Wheat, Yeast   |
| 1212     | BREAD, GARLIC MINIS                               | Corn, Egg, Garlic, Milk, Soy, Wheat, Yeast  |
| 990189   | Breaded Chicken Breast Fillet Sandwich HALF CACFP | Canola Oil, Cornstarch, Garlic, Milk, Soy, Wheat, Yeast   |

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| 990216   | Breaded Chicken Drumstick                | Celery, Chicken, Garlic, Gluten Grains, Soy, Wheat  |
| 990160   | BREAKFAST BAR BANANA CHOCOLATE CHUNK     | Banana, Canola Oil, Chocolate/Cocoa, Egg, Milk, Molasses, Oats, Soy, Wheat                |
| 1089     | BREAKFAST BAR OATMEAL CHOCOLATE CHIP     | Canola Oil, Chocolate/Cocoa, Egg, Milk, Molasses, Oats, Soy, Wheat                        |
| 1282     | BREAKFAST BOWL                           | Canola Oil, Cheese, Egg, Milk, Onion, Potato  |
| 958      | BREAKFAST BURRITO - Secondary            | Canola Oil, Cheese, Egg, Gluten Grains, Milk, Onion, Palm Oil, Pork, Potato, Wheat, Yeast |
| 1315     | BREAKFAST SAND CHEESE & HAM              | Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast   |
| 860      | BREAKFAST SAND EGG & CHEESE              | Canola Oil, Cheese, Egg, Milk, Soy, Wheat, Yeast  |
| 990204   | BREAKFAST SAND EGG & CHEESE 1/2          | Canola Oil, Cheese, Egg, Milk, Soy, Wheat, Yeast  |
| 1313     | BREAKFAST SAND EGG,CHS & HAM             | Canola Oil, Cheese, Egg, Milk, Pork, Soy, Wheat, Yeast                                    |
| 990070   | BREAKFAST SAND PANCAKE EGG,CHS & SAUSAGE | Cheese, Egg, Milk, Pork, Rice, Soy, Wheat   |
| 990185   | BREAKFAST SAND Sausage & Cheese          | Canola Oil, Cheese, Milk, Pork, Rice, Soy, Wheat, Yeast                                   |
| 1135     | BREAKFAST SANDWICH OPTIONS               | Canola Oil, Cheese, Egg, Milk, Pork, Rice, Soy, Wheat, Yeast                              |
| 256      | BROCCOLI FLOWERETTE 1/2 CUP              | Broccoli  |
| 1258     | BROCCOLI FLOWERETTE 1/4 CUP              | Broccoli  |
| 257      | BROCCOLI: fresh, boiled                  | Broccoli  |
| 990174   | Brown Rice, Baked, Elementary            | Rice  |
| 990173   | Brown Rice, Baked, Secondary             | Rice  |
| 990172   | Brown Rice, Elementary                   | Rice  |
| 990171   | Brown Rice, Secondary                    | Rice  |
| 360      | CANTALOUPE CHUNCKS 1/4 CUP               | Cantaloupe  |
| 361      | CANTALOUPE CHUNKS 1/2 CUP                | Cantaloupe  |
| 362      | CANTALOUPE WEDGE 1/4 CUP                 | Cantaloupe  |
| 870      | CAPRI SUN APPLE SPLASH                   | Apple   |
| 871      | CAPRI SUN FRUIT DIVE                     | Apple, Grapes, Strawberries   |
| 872      | CAPRI SUN FRUIT PUNCH                    | Apple, Cherry, Grapes   |
| 464      | CARROT & CELERY STICKS                   | Carrots, Celery   |
| 990033   | CARROT P/A MUFFIN 60 cut ADM             | Canola Oil, Carrots, Cinnamon, Cornstarch, Egg, Milk, Pineapple, Potato, Soy, Wheat       |
| 443      | CARROT STICKS 1 oz package               | Carrots   |

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| 441      | CARROT STICKS 2 ea             | Carrots   |
| 442      | CARROT STICKS 3 ea             | Carrots   |
| 5053     | CARROT, Baby 1/2 cup           | Carrots   |
| 1246     | CARROT, Baby 1/4 cup           | Carrots   |
| 261      | CARROTS: Shredded 1/4 cup      | Carrots   |
| 264      | CAULIFLOWER FLOWERETTES 1/4c   | Cauliflower   |
| 267      | CELERY STICKS 1/4 c            | Celery  |
| 445      | CELERY STICKS PKG              | Celery  |
| 978      | CEREAL BAR: CINNAMON TOAST     | Canola Oil, Corn, Oats, Rice, Wheat   |
| 1098     | CEREAL BAR: COCOA KRISPIES     | Chocolate/Cocoa, Milk, Oats, Palm Oil, Rice, Soy, Wheat   |
| 998      | CEREAL BAR: COCOA PUFFS        | Canola Oil, Corn, Cornsyrup, Milk, Oats, Red Dye #40, Soy, Strawberries, Wheat  |
| 1026     | CEREAL BAR: NUTRI-GRAIN BB     | Blueberry, Canola Oil, Corn, Cornsyrup, Milk, Oats, Red Dye #40, Soy, Wheat   |
| 927      | CEREAL BAR: NUTRI-GRAIN RASPBE | Canola Oil, Corn, Milk, Raspberry, Red Dye #40, Soy, Wheat  |
| 1025     | CEREAL BAR: NUTRI-GRAIN STRAWB | Corn, Cornsyrup, Milk, Oats, Red Dye #40, Soy, Strawberries, Wheat  |
| 747      | CEREAL, RAISIN BRAN            | Raisins, Wheat  |
| 965      | CEREAL, RICE CHEX              | Molasses, Rice  |
| 748      | CEREAL, RICE KRISPIES          | Canola Oil, Corn, Oats, Rice, Wheat   |
| 742      | CEREAL, CHEERIOS, Multigrain   | Barley, Canola Oil, Cornstarch, Oats, Rice, Wheat   |
| 874      | CEREAL, CHOC MINI WHEAT        | Chocolate/Cocoa, Rice, Soy, Wheat   |
| 743      | CEREAL, CINN TOAST CRUNCH      | Canola Oil, Cinnamon, Rice, Soy, Wheat  |
| 905      | CEREAL, CINNAMON CHEX          | Canola Oil, Cinnamon, Molasses, Rice  |
| 1072     | CEREAL, COLD VARIETY           | Barley, Canola Oil, Chocolate/Cocoa, Cinnamon, Corn, Cornstarch, Molasses, Oats, Raisins, Rice, Soy, Wheat  |
| 904      | CEREAL, CREAM OF RICE          | Rice  |
| 750      | CEREAL, CREAM OF WHEAT         | Wheat   |
| 990201   | Cheese and Pepperoni Calzone   | Beef, Cabbage, Carrots, Celery, Cheese, Egg, Garlic, Gluten Grains, Milk, Mushrooms, Olive Oil, Onion, Pepperoni, Pork, Potato, Sesame, Soy, Tomato, Wheat, Yeast |
| 990200   | Cheese Calzone                 | Cabbage, Carrots, Celery, Cheese, Egg, Garlic, Gluten Grains, Milk, Mushrooms, Olive Oil, Onion, Potato, Sesame, Soy, Tomato, Wheat, Yeast                        |

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| 608      | CHEESE SANDWICH                         | Barley, Canola Oil, Cheese, Gluten Grains, Milk, Soy, Wheat, Yeast  |
| 990159   | CHEESE SANDWICH HOT (hamburger bun)     | Canola Oil, Cheese, Milk, Soy, Wheat, Yeast   |
| 749      | CHEESE SHREDDED                         | Cheese, Milk  |
| 782      | CHEESE SLICE                            | Cheese, Milk, Soy   |
| 744      | CHEESE STICK COL/JACK                   | Cheese, Milk  |
| 525      | CHEESE ZOMBIE- 24 cut                   | Canola Oil, Cheese, Egg, Milk, Soy, Wheat, Yeast  |
| 81       | CHEESEBURGER 1/2 ea                     | Beef, Canola Oil, Cheese, Citrus, Milk, Soy, Wheat, Yeast   |
| 70       | CHEESEBURGER GF BUN                     | Beef, Cheese, Citrus, Cornstarch, Egg, HONEY, Milk, Potato, Soy, Tapioca Flour, Yeast   |
| 1147     | CHEESEBURGER ON A BUN - HS/MS           | Beef, Canola Oil, Cheese, Citrus, Garlic, Milk, Onion, Soy, Wheat, Yeast  |
| 480      | CHEESEBURGER ON A BUN (EL)              | Beef, Canola Oil, Cheese, Citrus, Garlic, Milk, Onion, Soy, Wheat, Yeast  |
| 933      | Cheese-Filled Breadsticks with Marinara | Cabbage, Carrots, Celery, Cheese, Garlic, Milk, Mushrooms, Olive Oil, Onion, Soy, Tomato, Wheat, Yeast  |
| 5058     | CHEESY NOODLES 1/2 cup                  | Cheese, Garlic, Milk, Mustard, Onion, Wheat   |
| 671      | CHEESY NOODLES 1/3 cup                  | Cheese, Garlic, Milk, Mustard, Onion, Wheat   |
| 868      | Chef Salad - Elementary                 | Cabbage, Canola Oil, Carrots, Cheese, Cucumber, Lettuce, Made facility w/treenuts, Milk, Pork, Quinoa, Turkey, VINEGAR, Wheat, Yeast  |
| 990157   | Chef Salad Vegetarian - Elementary      | Cabbage, Canola Oil, Carrots, Cheese, Cucumber, Lettuce, Made facility w/treenuts, Milk, Quinoa, VINEGAR, Wheat, Yeast  |
| 328      | CHICKEN BAKED                           | Celery, Chicken, Garlic, Onion, Peppers   |
| 1278     | CHICKEN BAKED FSA BBQ                   | Chicken, Cornstarch, Garlic, Onion, Tomato, VINEGAR   |
| 813      | CHICKEN BURGER (UNBREADED)              | Canola Oil, Chicken, Soy, Wheat, Yeast  |
| 990165   | Chicken Caesar Flatbread                | Cheese, Chicken, Citrus, Corn, Egg, Fish, Garlic, Milk, Onion, Peppers, Soy, Wheat  |
| 1131     | Chicken Caesar Salad (elem)             | Cabbage, Canola Oil, Carrots, Cheese, Chicken, Citrus, Corn, Egg, Fish, Garlic, Lettuce, Made facility w/treenuts, Milk, Onion, Peppers, Quinoa, Soy, VINEGAR, Wheat, Yeast |
| 549      | CHICKEN EGG ROLL                        | Cabbage, Carrots, Chicken, Egg, Garlic, Ginger, Onion, Rice, Sesame, Soy, Wheat   |

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| 754      | CHICKEN FAJITA, Secondary         | Canola Oil, Cheese, Chicken, Chile Peppers, Corn, Garlic, Gluten Grains, Milk, Onion, Palm Oil, Peppers, Soy, Tomato, Wheat, Yeast   |
| 970      | CHICKEN NUGGETS, GLUTEN FREE      | Chicken, Corn, Egg, Garlic, Gluten Grains, Yeast   |
| 990055   | CHICKEN ON A BUN, BBQ 1/2         | Canola Oil, Chicken, Cornstarch, Garlic, Onion, Soy, Tomato, VINEGAR, Wheat, Yeast   |
| 854      | CHICKEN ON A BUN, BBQ 2nd         | Chicken, Molasses, Soy, Tomato   |
| 1293     | CHICKEN ON A BUN, BBQ Scratch     | Canola Oil, Chicken, Cornstarch, Garlic, Onion, Soy, Tomato, VINEGAR, Wheat, Yeast   |
| 341      | CHICKEN PARMESAN                  | Cheese, Chicken, Corn, Garlic, Milk, Olive Oil, Onion, Soy, Tomato   |
| 990143   | Chicken Parmesan /pasta           | Canola Oil, Cheese, Chicken, Garlic, Milk, Olive Oil, Onion, Potato, Soy, Tomato, Wheat  |
| 814      | CHICKEN PATTY (UNBREADED)         | Chicken, Soy   |
| 633      | CHICKEN PATTY GF BUN              | Chicken, Cornstarch, Egg, HONEY, Potato, Soy, Tapioca Flour, Yeast   |
| 5        | CHICKEN POT PIE HM                | Carrots, Chicken, Corn, Cornstarch, Garlic, Milk, Onion, Peas, Soy, Wheat, Yeast   |
| 304      | CHICKEN QUESADILLA                | Canola Oil, Celery, Cheese, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Gluten Grains, Jalapeno Peppers, Lime, Milk, Onion, Palm Oil, Peppers, Potato, Soy, Wheat, Yeast |
| 990052   | CHICKEN QUESADILLA 1/2            | Canola Oil, Celery, Cheese, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Gluten Grains, Jalapeno Peppers, Lime, Milk, Onion, Palm Oil, Peppers, Potato, Soy, Wheat, Yeast |
| 1324     | CHICKEN QUESADILLA 2nd            | Canola Oil, Celery, Cheese, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Gluten Grains, Jalapeno Peppers, Lime, Milk, Onion, Palm Oil, Peppers, Potato, Soy, Wheat, Yeast |
| 990076   | CHICKEN QUESADILLA, BBQ           | Canola Oil, Cheese, Chicken, Cornstarch, Garlic, Gluten Grains, Milk, Onion, Palm Oil, Potato, Tomato, VINEGAR, Wheat, Yeast   |
| 990029   | CHICKEN RICE SOUP                 | Carrots, Celery, Chicken, Cornstarch, Onion, Potato, Rice, Yeast   |
| 990074   | Chicken, Shredded, Mexican, Ancho | Chicken, Chile Peppers, Onion, Peppers   |
| 155      | CHILI with BEANS 6 oz (HM)        | Beef, Cheese, Chile Peppers, Garlic, Legumes, Milk, Onion, Soy, Tomato   |
| 830      | CHILI with LENTILS                | Chile Peppers, Garlic, Lentils, Onion, Peppers, Tomato   |
| 1069     | CHIP: BAKED CHEETOS               |  |
| 976      | CHIP: BAKED CHEETOS FLAMIN        |  |

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|----------|--|--|
| 996      | CHIP: BAKED DORITO COOL RANCH            |  |
| 994      | CHIP: BAKED DORITO SPCY CHILI            |  |
| 975      | CHIP: BAKED DORITOS NACHO                |  |
| 770      | CHIP: BAKED POT CHIP BBQ                 |  |
| 991      | CHIP: BAKED POT CHIP ORIGINAL            | Canola Oil, Potato, Sunflower  |
| 773      | CHIP: BAKED POT SC CRM & ONION           |  |
| 984      | CHIP: LAY'S POTATO SMALL BAG 1/2 oz      | Canola Oil, Potato, Safflower oil  |
| 968      | CHIP: POPCHIP BBQ                        |  |
| 974      | CHIP: POPCHIP SC & ONION                 |  |
| 885      | CHIP: POPCHIP SEA SALT                   |  |
| 997      | CHIP: POPCORN WHITE CEDDAR               |  |
| 990      | CHIP: PRETZELS ROLD GOLD WG              | Corn, Wheat, Yeast   |
| 1002     | CHIP: QUACKER RICE CARAMEL SN            |  |
| 1121     | CHIPOTLE MAYONNAISE                      | Chile Peppers, Citrus, Cornstarch, Egg, Garlic, Milk, Soy, Tomato  |
| 578      | CHOCOLATE BROWNIE Scratch                | Chocolate/Cocoa, Egg, Margarine, Milk, Palm Oil, Soy, Wheat  |
| 990190   | CHOCOLATE BROWNIE Scratch (by weight)    | Chocolate/Cocoa, Egg, Margarine, Milk, Palm Oil, Soy, Wheat  |
| 526      | CHOCOLATE CHIP COOKIE 1 oz PM            | Chocolate/Cocoa, Cinnamon, Egg, Made facility w/treenuts, Milk, Soy, Wheat   |
| 519      | CHOCOLATE CHIP MUFFIN 60 ADM             | Canola Oil, Chocolate/Cocoa, Cornstarch, Egg, Milk, Palm Oil, Potato, Soy, Wheat                                     |
| 808      | CHOCOLATE CHIP MUFFIN 60 cut             | Apple, Chocolate/Cocoa, Egg, Margarine, Milk, Palm Oil, Soy, Wheat   |
| 518      | CHOCOLATE CHIP MUFFIN PM                 | Chocolate/Cocoa, Egg, Made facility w/treenuts, Milk, Soy, Wheat   |
| 990034   | CHOCOLATE FUD MUFFIN 60 cut ADM          | Canola Oil, Chocolate/Cocoa, Cornstarch, Egg, Milk, Palm Oil, Potato, Soy, Wheat                                     |
| 990184   | Chow Mein                                | Cabbage, Celery, Corn, Garlic, Onion, Pineapple, Soy, Soy Sauce, VINEGAR, Wheat                                      |
| 486      | CINN ROLL w/ GLAZE 2.25 OZ HM            | Canola Oil, Cinnamon, Corn, Egg, Palm Oil, Soy, Tapioca Flour, Wheat, Yeast  |
| 485      | CINNAMON ROLLS 1 OZ HM                   | Cinnamon, Egg, Wheat, Yeast  |
| 990127   | Coleslaw, Classic                        | Cabbage, Carrots, Egg, Onion, Soy  |
| 810      | COOKIE, SCOOPY DOO BONES                 | Cinnamon, HONEY, Soy, Wheat  |
| 789      | COOKIE: M & M, chocolate, chocolate chip | Canola Oil, Chocolate/Cocoa, Egg, Made facility w/peanut, Made facility w/treenuts, Milk, Molasses, Oats, Soy, Wheat |

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## Spokane Public Schools Allergen List - By Recipe

| Recipe # | Recipe Name                           | Allergen(s)   |
|----------|---------------------------------------|---|
| 990062   | Cooks Choice                          |   |
| 1248     | CORN SALSA, MEXICAN 1/2 cup           | Celery, Corn, Cornstarch, Garlic, Onion, Peppers, Tomato  |
| 951      | CORN SALSA, MEXICAN 1/4 cup           | Celery, Corn, Cornstarch, Garlic, Onion, Peppers, Tomato  |
| 270      | CORN WHOLE KERNAL 1/2 cup             | Corn  |
| 446      | CORN WHOLE KERNAL 1/4 cup             | Corn  |
| 271      | CORN: frozen, yellow                  | Corn  |
| 990037   | CORNBREAD W/HONEYBUTTER               | Corn, Egg, HONEY, Margarine, Milk, Palm Oil, Soy, Wheat   |
| 798      | COTTAGE CHEESE - 1/2 cup              | Milk  |
| 1103     | CRACKERS, CHEEZITS WG                 | Cheese, Milk, Soy, Wheat, Yeast   |
| 694      | CRAISINS 1/2 CUP                      | Cranberries   |
| 322      | CREAM CHEESE PLAIN 1 oz               | Milk  |
| 606      | CREAM CHEESE STRAWBERRY               | Milk, Strawberries  |
| 1075     | CREAM CHEESE BULK                     | Milk  |
| 377      | CUCUMBER SLICES 4 EA                  | Cucumber  |
| 1250     | DC FRUITED YOGURT PAR/MUF SC          | Banana, Blueberry, Canola Oil, Carrots, Cheese, Cherry, Cinnamon, Cornstarch, Cornsyrup, Cranberries, Egg, Grapes, HONEY, Made facility w/treenuts, Milk, Molasses, Oats, Peaches, Pears, Pineapple, Potato, Pumpkin, Red Dye #40, Rice, Soy, Wheat |
| 990155   | DELI CHEESE FLATBREAD SANDWICH        | Cheese, Milk, Soy, Wheat  |
| 990154   | DELI CHEESE HOAGIE SANDWICH           | Canola Oil, Cheese, Milk, Soy, Wheat, Yeast   |
| 550      | DELI CHEESE SAND GF                   | Cheese, Cornstarch, Egg, HONEY, Milk, Potato, Soy, Tapioca Flour, Yeast   |
| 76       | DELI CHEESE SANDWICH (2nd)            | Canola Oil, Cheese, Milk, Soy, Wheat, Yeast   |
| 990156   | DELI CHEESE SANDWICH-BUN              | Canola Oil, Cheese, Milk, Soy, Wheat, Yeast   |
| 903      | DELI CHOICE HUMMUS                    | Canola Oil, Cheese, Citrus, Corn, Garbanzo Beans, Garlic, Lemon, Lime, Milk, Olive Oil, Safflower oil, Sesame, Sunflower  |
| 990121   | DELI HAM & CHEESE SANDWICH 1/2        | Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast   |
| 551      | DELI HAM & CHEESE SANDWICH Elementary | Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast   |
| 990198   | DELI HAM & CHEESE SANDWICH Secondary  | Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast   |
| 71       | DELI HAM SANDWICH                     | Canola Oil, Pork, Soy, Wheat, Yeast   |

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## Spokane Public Schools

### Allergen List - By Recipe

| Recipe # | Recipe Name                              | Allergen(s)  |
|----------|--|--|
| 990057   | DELI TURKEY & CHEESE SANDWICH 1/2        | Canola Oil, Cheese, Milk, Soy, Turkey, Wheat, Yeast  |
| 15       | DELI TURKEY & CHEESE SANDWICH Elementary | Canola Oil, Cheese, Milk, Soy, Turkey, Wheat, Yeast  |
| 547      | DELI TURKEY & CHEESE SANDWICH GF         | Cheese, Cornstarch, Egg, HONEY, Milk, Potato, Soy, Tapioca Flour, Turkey, Yeast  |
| 990199   | DELI TURKEY & CHEESE SANDWICH Secondary  | Canola Oil, Cheese, Milk, Soy, Turkey, Wheat, Yeast  |
| 759      | DELI TURKEY SANDWICH                     | Canola Oil, Soy, Turkey, Wheat, Yeast  |
| 794      | DINNER ROLL HM W/GRAIN 1G                | Canola Oil, Egg, Wheat, Yeast  |
| 795      | DINNER ROLL HM W/GRAIN 2 G               | Canola Oil, Egg, Wheat, Yeast  |
| 811      | DINNER ROLL WG sec                       | Canola Oil, Soy, Wheat, Yeast  |
| 27       | DINNER ROLL 1 OZ WG 1G Franz             | Canola Oil, Soy, Wheat, Yeast  |
| 680      | EGG & CHEESE OMELET                      | Cheese, Egg, Milk, Soy   |
| 781      | EGG PATTY                                | Egg, Milk, Soy   |
| 912      | EGG, HAM & CHEESE BK SANDWICH sec        | Canola Oil, Cheese, Egg, Milk, Pork, Soy, Wheat, Yeast   |
| 989      | EGG, HB, PUREED                          | Egg  |
| 370      | EGG,HARD-BOILED                          | Egg  |
| 31       | ENGLISH MUFFIN WHOLE                     | Canola Oil, Milk, Soy, Wheat, Yeast  |
| 353      | ENGLISH MUFFINS,PLAIN,TST 1/2            | Canola Oil, Milk, Soy, Wheat, Yeast  |
| 29       | EVAPORATED MILK                          | Milk   |
| 990183   | Fat Cat Nut Free Chocolate Chip Cookie   | Egg, Milk, Soy, Wheat  |
| 1279     | FIESTA CHICKEN BOWL Scratch              | Canola Oil, Cheese, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Jalapeno Peppers, Lime, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Soy, Sunflower, Yeast |
| 990056   | FIESTA CHICKEN MEAT #12 scoop            | Canola Oil, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Jalapeno Peppers, Lime, Onion, Peppers, Soy, Yeast   |
| 508      | FIESTA CHICKEN MEAT Scratch              | Canola Oil, Chicken, Chile Peppers, Corn, Cornstarch, Garlic, Jalapeno Peppers, Lime, Onion, Peppers, Soy, Yeast   |
| 941      | FISH PATTY, BREADED                      | Canola Oil, Corn, Fish, Onion, Pollock, Soy, Wheat, Yeast  |
| 990039   | Flatbread, Hawaiian                      | Cheese, Garlic, Milk, Olive Oil, Onion, Pineapple, Pork, Sesame, Soy, Tomato, Wheat, Yeast   |
| 13       | FORTUNE COOKIE                           | Egg, Red Dye #40, Soy, Wheat   |
| 878      | FRENCH TOAST 1 slice                     | Cinnamon, Egg, Soy, Wheat  |

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|----------|-------------------------------|---|
| 1139     | FRENCH TOAST /SAUSAGE (B)     | Cinnamon, Egg, Milk, Wheat  |
| 883      | Fried Rice, side dish 1/2 c   | Celery, Chicken, Cornstarch, Garlic, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Soy, Wheat, Yeast           |
| 990138   | Fried Rice, side dish 1c      | Celery, Chicken, Cornstarch, Garlic, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Soy, Wheat, Yeast           |
| 365      | FRUIT COCKTAIL 1/2 cup        | Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40   |
| 419      | FRUIT COCKTAIL 1/4 cup        | Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40   |
| 790      | FRUIT CUP SUMMER              | Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple  |
| 371      | FRUIT JUMBLE 1/2 cup          | Apple, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40  |
| 404      | FRUIT JUMBLE 1/4 cup          | Apple, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40  |
| 682      | FRUIT JUMBLE Ap& Oran 1/4 cup | Apple, Cherry, Cornsyrup, Grapes, Orange/Citrus, Peaches, Pears, Pineapple, Red Dye #40                           |
| 758      | FRUIT JUMBLE Orange 1/2 cup   | Cherry, Cornsyrup, Grapes, Orange/Citrus, Peaches, Pears, Pineapple, Red Dye #40                                  |
| 753      | FRUIT JUMBLE Orange 1/4 cup   | Cherry, Cornsyrup, Grapes, Orange/Citrus, Peaches, Pears, Pineapple, Red Dye #40                                  |
| 408      | FRUIT JUMBLE W/Apples 1/2 cup | Apple, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40  |
| 407      | FRUIT JUMBLE W/Apples 1/4 cup | Apple, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40  |
| 405      | FRUIT JUMBLE W/Banana 1/2 cup | Banana, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40   |
| 406      | FRUIT JUMBLE W/Banana 1/4 cup | Banana, Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40   |
| 400      | FRUIT JUMBLE W/Grapes 1/2 cup | Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40   |
| 372      | FRUIT JUMBLE W/Grapes 1/4 cup | Cherry, Cornsyrup, Grapes, Peaches, Pears, Pineapple, Red Dye #40   |
| 999      | FRUIT MIX DRIED               | Corn, Cranberries, Dates, Figs, Made facility w/peanut, Made facility w/treenuts, Plums, Raisins, Rice, Sunflower |
| 245      | FRUIT,FRESH ASSORTED          | Apple, Banana, Orange/Citrus, Peaches, Pears  |
| 980      | GARBONZO BEANS                | Garbanzo Beans  |
| 990113   | GARDEN SALAD                  | Tomato  |

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|----------|--------------------------------|--|
| 1074     | GLUTEN FREE BLUEBERRY MUFFIN   | Blueberry, Canola Oil, Cornstarch, Egg, Lemon, Rice, Safflower oil, Sunflower, Tapioca Flour   |
| 990018   | GLUTEN FREE HAMBURGER ROLL     | Cornstarch, Egg, HONEY, Potato, Tapioca Flour, Yeast   |
| 928      | GLUTEN FREE HOT DOG BUN        | Cornstarch, Egg, Potato, Rice, Sunflower, Tapioca Flour, Yeast   |
| 728      | GOLDFISH CHEDDAR CRACKERS      | Canola Oil, Cheese, Milk, Onion, Safflower oil, Soy, Wheat, Yeast  |
| 729      | GOLDFISH GRAHAM CRACKER        | Canola Oil, Wheat, Yeast   |
| 727      | GOLDFISH PRETZELS              | Barley, Canola Oil, Milk, Soy, Sunflower, Wheat, Yeast   |
| 540      | Grab Go Chef Salad             |  |
| 541      | Grab Go CHEF VEGAN SALAD       | Broccoli, Cabbage, Carrots, Garbanzo Beans, Gluten Free, HONEY, Lettuce, Sunflower, Tomato   |
| 687      | Grab Go CHEF Vegetarian Salad  | Cabbage, Carrots, Celery, Cheese, Cucumber, Egg, Gluten Free, HONEY, Lettuce, Milk, Sunflower, Tomato  |
| 843      | Grab Go Chicken Asian Salad    | Cabbage, Carrots, Chicken, Cornstarch, Cucumber, Egg, Garlic, Lettuce, Milk, Onion, Soy, Tomato, Wheat   |
| 990151   | Grab Go Chicken Caesar Salad   | Cabbage, Carrots, Cheese, Chicken, Cucumber, Garlic, Lettuce, Milk, Onion, Soy, Tomato   |
| 672      | Grab Go Chicken Club Salad     | Cabbage, Carrots, Cheese, Chicken, Cucumber, Egg, Garlic, Lettuce, Milk, Onion, Soy, Tomato  |
| 839      | Grab Go Deli Ham/Cheese Sand   | Canola Oil, Cheese, Milk, Peaches, Pears, Pork, Potato, Safflower oil, Soy, Wheat, Yeast   |
| 838      | Grab Go Deli Turkey/Chees Sand | Canola Oil, Cheese, Cherry, Cornsyrup, Grapes, Milk, Peaches, Pears, Pineapple, Potato, Safflower oil, Soy, Turkey, Wheat, Yeast   |
| 1259     | Grab Go Taco Salad-Beef        | Beef, Cabbage, Carrots, Cheese, Chile Peppers, Corn, Cornstarch, Garlic, Lettuce, Lime, Milk, Onion, Peppers, Safflower oil, Soy, Sunflower, Tomato                        |
| 178      | Grab Go Wrap HAWAIIAN CHIX     | Broccoli, Canola Oil, Chicken, Cornstarch, Egg, Garlic, Gluten Grains, Lemon, Onion, Palm Oil, Pineapple, Potato, Spinach, Wheat, Yeast                                    |
| 690      | Grab Go Wrap Hummus Turkey     | Canola Oil, Carrots, Citrus, Garbanzo Beans, Garlic, Gluten Grains, Lemon, Milk, Olive Oil, Palm Oil, Potato, Safflower oil, Sesame, Spinach, Tomato, Turkey, Wheat, Yeast |

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## Spokane Public Schools Allergen List - By Recipe

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|----------|---|---|
| 666      | Grab Go Wrap Tur/Ham Sand               | Canola Oil, Cheese, Gluten Grains, Lettuce, Milk, Palm Oil, Pork, Potato, Safflower oil, Tomato, Turkey, Wheat, Yeast |
| 842      | Grab Go Wrap Turkey/Cheese              | Canola Oil, Cheese, Gluten Grains, Lettuce, Milk, Palm Oil, Potato, Safflower oil, Soy, Tomato, Turkey, Wheat, Yeast  |
| 233      | GRAHAM CRACKERS                         | Soy, Wheat  |
| 358      | GRAPE JUICE 1/2 cup                     | Grapes  |
| 421      | GRAPEFRUIT SECTIONS:cnd,juice           |   |
| 392      | GRAPES,Fresh 1/2 cup                    | Grapes  |
| 203      | GRAPES,Fresh 1/2 cup - pkg              | Grapes  |
| 422      | GRAPES,Fresh 1/4 cup                    | Grapes  |
| 450      | GREEN BEANS 1/2 cup                     |   |
| 424      | GREEN BEANS 1/4 cup                     |   |
| 990180   | Green Chili Nacho Cheese Sauce          | Bell Peppers, Cheese, Chile Peppers, Milk, Soy  |
| 757      | HAM & CHEESE BAGEL - Breakfast          | Cheese, HONEY, Milk, Molasses, Pork, Soy, Wheat, Yeast  |
| 762      | HAM & CHEESE BAGEL - Sec                | Cheese, HONEY, Milk, Molasses, Pork, Soy, Wheat, Yeast  |
| 20       | HAM & CHEESE SANDWICH HOT               | Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast   |
| 990101   | HAM & CHEESE SANDWICH HOT 1/2           | Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast   |
| 706      | HAM & CHEESE SANDWICH-HOT sec           | Canola Oil, Cheese, Milk, Pork, Soy, Wheat, Yeast   |
| 771      | HAMBURGER CONDIMENTS                    | Lettuce, Onion, Tomato  |
| 161      | HAMBURGER ON A BUN (EL)                 | Beef, Canola Oil, Citrus, Garlic, Onion, Soy, Wheat, Yeast  |
| 481      | HAMBURGER ON A BUN HS/MS                | Beef, Canola Oil, Citrus, Garlic, Onion, Soy, Wheat, Yeast  |
| 779      | HAMBURGER ON A BUN, MAUI                | Beef, Canola Oil, Cheese, Citrus, Milk, Soy, Wheat, Yeast   |
| 632      | HAMBURGER, GF BUN                       | Beef, Citrus, Cornstarch, Egg, HONEY, Potato, Tapioca Flour, Yeast  |
| 990153   | Harvest of the Month Blueberry Parfait  | Blueberry, Canola Oil, Cornstarch, Cornsyrup, HONEY, Made facility w/treenuts, Milk, Molasses, Oats, Rice, Soy, Wheat |
| 990152   | Harvest of the Month Blueberry Smoothie | Blueberry, Cornstarch, Milk   |
| 990163   | HAWAIIAN TURKEY & CHEESE SAND -PREMADE  | Cheese, Gluten Grains, Milk, Soy, Turkey, Wheat   |

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## Spokane Public Schools

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|----------|--|--|
| 1145     | HM Chili 1/2 cup                       | Beef, Cheese, Chile Peppers, Garlic, Legumes, Milk, Onion, Soy, Tomato   |
| 153      | HOLIDAY                                |  |
| 26       | HOLIDAY PUMPKIN CUSTARD                | Cinnamon, Egg, Pumpkin, Wheat  |
| 990162   | HOM Blueberry Crisp                    | Blueberry, Corn, Cornstarch, Margarine, Milk, Oats, Palm Oil, Soy, Wheat   |
| 585      | HOMEMADE BREAKFAST MUFFIN              | Banana, Blueberry, Canola Oil, Carrots, Cinnamon, Cornstarch, Cranberries, Egg, Milk, Pineapple, Potato, Pumpkin, Soy, Wheat   |
| 990181   | Honey Cinnamon Baked Pears             | Canola Oil, Cinnamon, Citrus, HONEY, Lemon, Pears  |
| 990182   | Honey Cinnamon Pear and Yogurt Parfait | Canola Oil, Cinnamon, Citrus, Cornstarch, Cornsyrup, HONEY, Lemon, Made facility w/treenuts, Milk, Molasses, Oats, Pears, Rice, Soy, Wheat   |
| 374      | HONEYDEW CHUNCKS 1/2 CUP               | Honeydew Melon   |
| 373      | HONEYDEW CHUNCKS 1/4 CUP               | Honeydew Melon   |
| 162      | HOT DOG ON A BUN                       | Beef, Canola Oil, Celery, Cherry, Garlic, Onion, Soy, Sunflower, Wheat, Yeast  |
| 1216     | HS: CONDIMENTS                         | Canola Oil, Citrus, Corn, Cornstarch, Egg, Garlic, Lemon, Lettuce, Milk, Molasses, Mustard, Onion, Peppers, Soy, Tomato, VINEGAR   |
| 1232     | HS: Fruit/Veggies MONDAY               | Apple, Broccoli, Canola Oil, Carrots, Cauliflower, Celery, Cherry, Cornstarch, Cornsyrup, Cucumber, Egg, Garlic, Grapes, Kiwi, Lemon, Milk, Mustard, Onion, Orange/Citrus, Peaches, Pears, Pickles, Pineapple, Potato, Red Dye #40, Soy, Tapioca Flour |
| 1236     | HS:SUB SAND(ham/turkey)                | Canola Oil, Cheese, Cornstarch, Dill, Egg, Fish, Lemon, Milk, Mustard, Onion, Pork, Soy, Tuna, Turkey, Wheat, Yeast  |
| 1251     | HUMMUS                                 | Canola Oil, Citrus, Garbanzo Beans, Garlic, Lemon, Olive Oil, Sesame   |
| 345      | JELLY                                  |  |
| 222      | KETCHUP                                | Corn, Onion, Tomato, VINEGAR   |
| 409      | KETCHUP, Packet                        | Cornsyrup, Tomato, VINEGAR   |
| 375      | KIWI HALF                              | Kiwi   |
| 376      | KIWI Whole                             | Kiwi   |
| 990068   | Korean Beef                            | Beef, Garlic, Onion, Sesame, Soy, Tomato, Wheat, Yeast   |
| 483      | LENTIL CHILI                           | Beef, Chile Peppers, Cornstarch, Garlic, Lentils, Onion, Peppers, Soy, Tomato  |

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|----------|-----------------------------------|--|
| 453      | LETTUCE SHREDDED 1/2 CUP          | Lettuce  |
| 990195   | Mac and Cheese                    | Cheese, Gluten Grains, Milk, Soy, Wheat  |
| 990215   | Mac and Cheese Elem Entree        | Cheese, Milk, Soy, Wheat   |
| 990206   | Mac and Cheese, heavy wall elbows | Cheese, Milk, Soy, Wheat   |
| 1241     | MANDARIN ORANGES 1/2 C            | Orange/Citrus  |
| 691      | MANDARIN ORANGES 1/4 C            | Orange/Citrus  |
| 990149   | Maple MUFFIN 60 cut ADM           | Canola Oil, Cornstarch, Egg, Milk, Potato, Soy, Wheat  |
| 349      | MAPLE SYRUP                       | Cornsyrup  |
| 1275     | MARINARA SAUCE (1/4 CUP)          | Cabbage, Carrots, Celery, Garlic, Mushrooms, Olive Oil, Onion, Soy, Tomato, Yeast  |
| 917      | MARINARA SAUCE SPAGHETTI          | Cabbage, Carrots, Celery, Garlic, Mushrooms, Olive Oil, Onion, Soy, Tomato, Yeast  |
| 1000     | MARSHMALLOW SQUARES               | Milk, Rice, Soy  |
| 1050     | MAYONNAISE Packet                 | Egg, Lemon, Soy  |
| 411      | MAYONNAISE, LIGHT                 | Canola Oil, Cornstarch, Egg, Lemon   |
| 990177   | Mealviewer test                   |  |
| 230      | MILK, 1% Lowfat                   | Milk   |
| 990049   | MILK, 1% Lowfat 3/4 cup           | Milk   |
| 228      | Milk, Chocolate                   | Chocolate/Cocoa, Milk  |
| 46       | MILK, HONEY THICK                 | Milk   |
| 1107     | MILK, Lactose Free                | Milk   |
| 47       | MILK, NECTAR THICK                | Milk   |
| 231      | MILK, Skim                        | Milk   |
| 66       | Milk, Soy                         | Soy  |
| 990071   | Milk, Variety                     | Chocolate/Cocoa, Milk, Soy   |
| 919      | Milk, Whole                       |  |
| 471      | MIXED FRUIT JUICE 1/2 CUP         | Orange/Citrus  |
| 583      | MJM ASSORTED COOKIE               | Canola Oil, Chocolate/Cocoa, Cinnamon, Soy, Wheat  |
| 1242     | MS: CONDIMENTS                    | Canola Oil, Citrus, Corn, Cornstarch, Egg, Garlic, Lemon, Lettuce, Milk, Molasses, Mustard, Onion, Peppers, Soy, Tomato, VINEGAR |
| 990176   | Multigrain SunChips               | Canola Oil, Corn, Gluten Grains, Oats, Rice, Sunflower, Wheat  |

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|----------|--|---|
| 990102   | Munchable - Cheese                     | Cheese, Milk, Sesame, Soy, Wheat, Yeast   |
| 990030   | Munchable - Ham/chz                    | Beef, Cheese, Garlic, Milk, Pepperoni, Pork, Sesame, Soy, Wheat, Yeast  |
| 990092   | Munchable - Pizza Cheese               | Cheese, Milk, Soy, Tomato, Wheat  |
| 990203   | Munchable - Pizza Pepperoni            | Beef, Cheese, Garlic, Milk, Pepperoni, Pork, Soy, Tomato, Wheat   |
| 1253     | Munchable - Turkey/chz                 | Cheese, Milk, Sesame, Soy, Turkey, Wheat, Yeast   |
| 410      | MUSTARD                                | Mustard   |
| 223      | MUSTARD PACKET                         | Mustard   |
| 990167   | Nacho Cheese Sauce                     | Cheese, Milk, Soy   |
| 717      | NACHO CHIPS 2OZ                        | Corn, Lime, Safflower oil, Sunflower  |
| 990170   | NACHO w/ Beans & Cheese Sauce          | Cheese, Corn, Legumes, Lime, Milk, Palm Oil, Pinto Beans, Safflower oil, Soy, Sunflower   |
| 642      | NACHO w/Meat & Cheese 2nd              | Beef, Cheese, Chile Peppers, Chocolate/Cocoa, Citrus, Corn, Garlic, Lime, Milk, Onion, Safflower oil, Soy, Sunflower, VINEGAR                                 |
| 990136   | NACHO w/Meat & Cheese Sauce CACFP      | Beef, Cheese, Chile Peppers, Chocolate/Cocoa, Citrus, Corn, Garlic, Lime, Milk, Onion, Safflower oil, Soy, Sunflower, VINEGAR                                 |
| 561      | NACHO w/Meat & Cheese Sauce Elementary | Beef, Cheese, Chile Peppers, Chocolate/Cocoa, Citrus, Corn, Garlic, Lime, Milk, Onion, Safflower oil, Soy, Sunflower, VINEGAR                                 |
| 990186   | NACHO w/Meat, Beans, & Cheese          | Beef, Cheese, Chile Peppers, Chocolate/Cocoa, Citrus, Corn, Garlic, Legumes, Lime, Milk, Onion, Palm Oil, Pinto Beans, Safflower oil, Soy, Sunflower, VINEGAR |
| 167      | NO BREAKFAST                           |   |
| 156      | NO LUNCH                               |   |
| 145      | NO SCHOOL TODAY                        |   |
| 990133   | Noodles, Chow Mein                     | Soy, Wheat  |
| 1321     | NOODLES, TWIST                         | Canola Oil, Garlic, Wheat   |
| 990054   | NOODLES, TWIST 1/4 cup                 | Canola Oil, Garlic  |
| 323      | OATMEAL                                | Oats  |
| 1099     | OATMEAL, INSTANT                       | Oats  |
| 455      | ONIONS, DICED 1/4 CUP                  | Onion   |

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## Spokane Public Schools Allergen List - By Recipe

| Recipe # | Recipe Name                    | Allergen(s)   |
|----------|--------------------------------|---|
| 966      | ORANGE MUFFIN (PRE-M) WG       | Corn, Cranberries, Egg, Milk, Orange/Citrus, Soy, Wheat                       |
| 724      | ORANGE JUICE HONEY THICK       | Orange/Citrus   |
| 84       | ORANGE JUICE 1/2 CUP           | Orange/Citrus   |
| 990213   | orange juice, reconstituted    | Orange/Citrus   |
| 381      | ORANGES WEDGES - 3             | Orange/Citrus   |
| 380      | ORANGES WEDGES - 6             | Orange/Citrus   |
| 86       | ORANGES, whole, small          | Orange/Citrus   |
| 569      | PANCAKE - WG 1                 | Egg, Milk, Soy, Wheat   |
| 579      | PANCAKES - WHOLE GRAIN         | Egg, Milk, Soy, Wheat   |
| 588      | PEACHES CUP                    | Peaches   |
| 384      | PEACHES 1/2 CUP                | Corn syrup, Peaches   |
| 437      | PEACHES 1/4 CUP                | Corn syrup, Peaches   |
| 88       | PEACHES, FRESH                 | Peaches   |
| 385      | PEARS 1/2 cup                  | Corn syrup, Pears   |
| 438      | PEARS 1/4 cup                  | Corn syrup, Pears   |
| 389      | PEARS & PINEAPPLE 1/2 cup      | Corn syrup, Pears, Pineapple  |
| 391      | PEARS & PINEAPPLE 1/4 cup      | Corn syrup, Pears, Pineapple  |
| 90       | PEARS, FRESH                   | Pears   |
| 439      | PEAS & CARROTS: frozen, boiled |   |
| 40       | PEAS, GREEN 1/4 cup            |   |
| 1017     | PEAS, GREEN 1/2 cup            |   |
| 387      | PINEAPPLE 1/2 cup              | Pineapple   |
| 92       | PINEAPPLE 1/4 cup              | Pineapple   |
| 397      | PINEAPPLE & BANANAS 1/2 cup    | Banana, Pineapple   |
| 398      | PINEAPPLE & BANANAS 1/4 cup    | Banana, Pineapple   |
| 41       | PINEAPPLE FRESH CHUNCKS 1/2 C  | Pineapple   |
| 594      | PIZZA CHEESE 2G (E)            | Canola Oil, Cheese, Milk, Tomato, Wheat, Yeast                                |
| 990147   | PIZZA CHEESE 2G (MS)           | Canola Oil, Cheese, Milk, Tomato, Wheat, Yeast                                |
| 593      | PIZZA CHEESE/ PEPPERONI 2G (E) | Beef, Canola Oil, Cheese, Garlic, Milk, Pepperoni, Pork, Tomato, Wheat, Yeast |
| 269      | PIZZA CHEESE/CHICKEN WED - 2G  | Canola Oil, Cheese, Chicken, Garlic, Milk, Onion, Soy, Tomato, Wheat, Yeast   |

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|----------|-----------------------------------|---|
| 275      | PIZZA CHEESE/HAM WED -2G          | Canola Oil, Cheese, Milk, Pork, Tomato, Turkey, Wheat, Yeast                  |
| 276      | PIZZA CHEESE/HAWAII WED 2G        | Canola Oil, Cheese, Milk, Pineapple, Pork, Tomato, Wheat, Yeast               |
| 1249     | PIZZA CHEESE/SAU/MR WED 2B        | Canola Oil, Cheese, Milk, Mushrooms, Pork, Tomato, Wheat, Yeast               |
| 266      | PIZZA CHEESE/SAUSAG WED 2G        | Canola Oil, Cheese, Milk, Pork, Tomato, Wheat, Yeast                          |
| 277      | PIZZA CHEESE/VEG WED 2G           | Canola Oil, Cheese, Milk, Mushrooms, Onion, Peppers, Tomato, Wheat, Yeast     |
| 472      | PIZZA CHESE PEPPERONI-2ND 2 G     | Beef, Canola Oil, Cheese, Garlic, Milk, Pepperoni, Pork, Tomato, Wheat, Yeast |
| 512      | PIZZA ON GF BUN                   | Cheese, Cornstarch, Egg, HONEY, Milk, Potato, Tapioca Flour, Yeast            |
| 103      | PIZZA RITA: CHEESE                | Cheese, Soy, Tomato, Wheat, Yeast   |
| 1044     | PIZZA RITA: Hawaiian              | Cheese, Pineapple, Pork, Soy, Tomato, Wheat, Yeast                            |
| 235      | PIZZA RITA: PEPPERONI             | Beef, Cheese, Garlic, Pepperoni, Pork, Soy, Tomato, Wheat, Yeast              |
| 280      | PIZZA RITA: SAUSAGE               | Cheese, Pork, Soy, Tomato, Wheat, Yeast                                       |
| 990148   | PIZZA RITA: Veggie                | Cheese, Mushrooms, Onion, Peppers, Soy, Tomato, Wheat, Yeast                  |
| 94       | PLUMS,FRESH                       |   |
| 990091   | Pocket Sandwich - Cheese Mummy    | Cheese, Egg, Gluten Grains, Milk, Potato, Sesame, Soy, Wheat                  |
| 990090   | Pocket Sandwich - Ham and Cheese  | Cheese, Egg, Gluten Grains, Milk, Pork, Potato, Sesame, Soy, Wheat            |
| 990081   | Pork, shredded, asian             | Chile Peppers, Garlic, Ginger, Pork, Sesame, Soy, Wheat                       |
| 990072   | Pork, shredded, BBQ Sauce         | Cornstarch, Garlic, Onion, Pork, Tomato, VINEGAR                              |
| 990073   | Pork, shredded, Mexican           | Celery, Chile Peppers, Garlic, Onion, Peppers, Pork                           |
| 458      | POTATO HERB ROASTED               | Celery, Cheese, Garlic, Milk, Onion, Peppers, Potato                          |
| 910      | POTATO HONEY DIJON                | HONEY, Mustard, Potato  |
| 457      | POTATO ITALIAN BABY ROASTED       | Canola Oil, Garlic, Onion, Potato   |
| 459      | POTATO WEDGES                     | Canola Oil, Onion, Potato, Soy  |
| 44       | POTATO WEDGES RANCH ROASTED FRESH | Canola Oil, Dill, Garlic, Onion, Potato                                       |
| 909      | POTATO WEDGES, MEXICAN            | Garlic, Onion, Peppers, Potato  |
| 449      | POTATO, FRENCH FRIES              | Canola Oil, Potato, Soy   |
| 990114   | Potatoes, Roasted, HOM            | Canola Oil, Potato  |

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## Spokane Public Schools

### Allergen List - By Recipe

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|----------|-------------------------------------|---|
| 461      | POTATOES,MASHED #8 SCOOP            | Carrots, Celery, Garlic, Margarine, Milk, Onion, Palm Oil, Potato, Soy                                      |
| 11       | PRETZEL MINI STICKS                 | Made facility w/peanut, Made facility w/treenuts, Wheat, Yeast  |
| 990035   | PUMPKIN MUFFIN 60 cut ADM           | Canola Oil, Cinnamon, Cornstarch, Egg, Milk, Potato, Pumpkin, Soy, Wheat                                    |
| 36       | PUREE MEAT MEAL                     | Beef, Carrots, Chicken, Egg, Lemon, Milk, Mushrooms, Rice, Sesame, Soy, Turkey, Wheat, Worcestershire sauce |
| 37       | PUREE VEGGIES                       | Carrots, Corn, Lemon, Peas, Soy   |
| 250      | Radishes                            | Radish  |
| 97       | RAISINS, BOX                        | Raisins   |
| 990123   | RANCH DRESSING LITE HOMEMADE, 1 tsp | Canola Oil, Cornstarch, Egg, Garlic, Lemon, Milk, Onion   |
| 415      | RANCH DRESSING LITE HOMEMADE, 2 TBL | Canola Oil, Cornstarch, Egg, Garlic, Lemon, Milk, Onion   |
| 416      | RANCH DRESSING LITEHOUSE            | Apple, Canola Oil, Egg, Garlic, Lemon, Milk   |
| 487      | RED PEPPERS STRIPS                  | Peppers   |
| 705      | REFRIED BEANS: Bag                  | Legumes, Palm Oil, Pinto Beans  |
| 8        | REFRIED BEANS: canned 1/4 C         | Bell Peppers, Canola Oil, Chile Peppers, Garlic, Legumes, Onion, Peppers, Pinto Beans, Soy                  |
| 982      | RICE KRISPIE TREAT ORIGINAL         | Palm Oil, Rice, Soy   |
| 990115   | Rice krispie treats                 | Corn, Margarine, Milk, Palm Oil, Rice, Soy  |
| 990137   | RICE, Brown 1 cup                   | Canola Oil, Chicken, Cornstarch, Rice, Yeast  |
| 990129   | RICE, Brown 1/2 cup                 | Canola Oil, Chicken, Cornstarch, Rice, Yeast  |
| 1208     | RICE,Cooked Brown 1/2 c             | Chicken, Cornstarch, Margarine, Milk, Palm Oil, Rice, Soy, Yeast  |
| 1213     | RICE,Cooked Brown 1/3 c             | Chicken, Cornstarch, Margarine, Milk, Palm Oil, Rice, Soy, Yeast  |
| 990175   | Roasted Carrots                     | Canola Oil  |
| 990164   | Roasted Ranch Potato Wedges         | Canola Oil, Dill, Garlic, Onion, Potato   |
| 1205     | ROMAINE SALAD 1 CUP                 | Lettuce   |
| 1206     | ROMAINE SALAD 1/2 CUP               | Lettuce   |
| 139      | ROMAINE SALAD w/Dressing 1 cup      | Canola Oil, Cornstarch, Egg, Garlic, Lemon, Lettuce, Milk, Onion  |
| 1305     | ROMAINE SALAD w/dressing 1/2 C      | Canola Oil, Cornstarch, Egg, Garlic, Lemon, Lettuce, Milk, Onion  |
| 1125     | SACK LUNCH                          | Apple, Canola Oil, Carrots, Cheese, Milk, Potato, Rice, Safflower oil, Soy, Turkey, Wheat, Yeast            |

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|----------|--------------------------------|---|
| 725      | SALAD APPLE WALDORF            | Apple, Celery, Cinnamon, Corn, Cranberries, Milk, Palm Oil  |
| 775      | SALAD BEAN & VEGGIE SALSA      | Canola Oil, Carrots, Citrus, Corn, Garbanzo Beans, Garlic, Kidney Beans, Legumes, Lemon, Onion, Peppers, Pinto Beans, VINEGAR       |
| 873      | SALAD BERRY FRUIT 1/2 CUP      | Apple, Blueberry, Milk, Raspberry   |
| 913      | SALAD BROCCOLI 1/4 cup         | Broccoli, Canola Oil, Cornstarch, Egg, Lemon, Milk, Onion, Raisins  |
| 1271     | SALAD CAESAR 1 CUP             | Canola Oil, Cheese, Citrus, Egg, Fish, Garlic, Lettuce, Made facility w/treenuts, Milk, Peppers, Quinoa, Soy, VINEGAR, Wheat, Yeast |
| 1225     | SALAD CARROT RAISIN 1/4 cup    | Carrots, Egg, Onion, Pineapple, Raisins, Soy  |
| 769      | SALAD COLE SLAW 1/4 cup        | Apple, Cabbage, Carrots, Egg, Onion, Pineapple, Raisins, Soy  |
| 952      | SALAD CORN 1/4 cup             | Broccoli, Citrus, Corn, Garlic, Onion, Peppers, Soy   |
| 191      | SALAD DRESSING PACKET: 1000    | Cabbage, Canola Oil, Corn, Cornstarch, Egg, Lemon, Onion, Tomato  |
| 190      | SALAD DRESSING PACKET: BC      | Canola Oil, Cheese, Garlic, Lemon, Milk, Soy  |
| 607      | SALAD DRESSING PACKET: CAESAR  | Canola Oil, Egg, Fish, Garlic, Lemon, Milk  |
| 340      | SALAD DRESSING PACKET: FRENCH  | Canola Oil, Fish, Lemon, Tomato, Worcestershire sauce   |
| 189      | SALAD DRESSING Pkg: Assorted   | Apple, Canola Oil, Cheese, Egg, Fish, Garlic, Lemon, Milk, Soy  |
| 1109     | SALAD DRESSING Pkg: Italian    |   |
| 225      | SALAD DRESSING, Caesar Bulk    | Cheese, Citrus, Egg, Fish, Garlic, Milk, Peppers, Soy   |
| 179      | SALAD DRESSING: CAESAR -M-5-SP | Canola Oil, Cheese, Citrus, Cornstarch, Egg, Garlic, Lemon, Milk, Mustard, Soy, VINEGAR, Wheat                                      |
| 418      | SALAD DRESSING: ORIENTAL       | Broccoli, Green Beans, Mushrooms, Onion, Peppers  |
| 248      | SALAD ITALIAN TOMATO 1/2 cup   | Celery, Citrus, Cucumber, Garlic, Onion, Peppers, Soy, Tomato   |
| 896      | SALAD LENTIL CONFETTI          | Celery, Chicken, Citrus, Cornstarch, Garlic, Lentils, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Soy, Tomato, Yeast           |
| 869      | SALAD MACARONI                 | Celery, Cornstarch, Egg, Garlic, Onion, Peppers, Pickles, Soy, Tapioca Flour, Wheat   |
| 990017   | SALAD MARINATED FRESH VEGGIE   | Broccoli, Canola Oil, Carrots, Cauliflower, Cornstarch, Cucumber, Egg, Lemon, Milk, Onion, Peppers                                  |

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## Spokane Public Schools

### Allergen List - By Recipe

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|----------|------------------------------|--|
| 685      | SALAD PEA                    | Canola Oil, Carrots, Cornstarch, Cucumber, Egg, Lemon, Onion, Peas, Radish   |
| 1297     | SALAD PEPPER SLAW 1/4 cup    | Cabbage, Canola Oil, Carrots, Celery, Cornstarch, Egg, Lemon, Mustard, Peppers, VINEGAR  |
| 1228     | SALAD POTATO 1/2 cup         | Celery, Egg, Garlic, Mustard, Onion, Pickles, Potato, Soy, Tapioca Flour   |
| 10       | SALAD SOUTHWEST BEAN 1/2 CUP | Canola Oil, Chile Peppers, Corn, Cornstarch, Egg, Garlic, Legumes, Lemon, Milk, Onion, Peppers, Pinto Beans, Tomato                                    |
| 1128     | SALAD SPICY BLACK BEAN       | Canola Oil, Corn, Margarine, Milk, Onion, Palm Oil, Peppers, Rice, Soy, Tomato, VINEGAR  |
| 339      | SALAD THREE BEAN 1/2 cup     | Citrus, Garbanzo Beans, Garlic, Green Beans, Kidney Beans, Legumes, Onion, Peppers, Soy  |
| 772      | SALAD WALDORF FRUIT 1/4 cup  | Apple, Canola Oil, Celery, Cherry, Cinnamon, Cornstarch, Cornsyrup, Egg, Grapes, Lemon, Orange/Citrus, Peaches, Pears, Pineapple, Raisins, Red Dye #40 |
| 21       | SALAD WHEAT BERRY            | Apple, Canola Oil, Celery, Citrus, Cranberries, Legumes, Lemon, Orange/Citrus  |
| 243      | Salad: CHICKEN PASTA         | Chicken, Citrus, Garlic, Grapes, Onion, Peppers, Potato, Soy, Tomato   |
| 474      | SAUSAGE LINK 1 each          | Pork, Rice   |
| 503      | SAUSAGE LINK 2 each          | Pork, Rice   |
| 336      | SAUSAGE LINK 3 each          | Pork, Rice   |
| 983      | SAUSAGE PATTY 1 EA           | Pork, Rice   |
| 172      | SCRAMBLED EGGS               | Egg  |
| 681      | SCRAMBLED EGGS & DICED HAM   | Cheese, Egg, Milk, Pork, Potato  |
| 990097   | Slaw, Asian                  | Cabbage, Carrots, Onion, Sesame, Soy, VINEGAR, Wheat   |
| 1273     | SLOPPY JOE MEAT MIX          | Beef, Beets, Chile Peppers, Corn, Cornstarch, Cornsyrup, Garlic, Onion, Peppers, Soy, Tomato, VINEGAR, Yeast   |
| 114      | SLOPPY JOE ON A BUN          | Beef, Beets, Canola Oil, Cheese, Chile Peppers, Corn, Cornstarch, Cornsyrup, Garlic, Milk, Onion, Peppers, Soy, Tomato, VINEGAR, Wheat, Yeast          |
| 990099   | SLOPPY JOE ON A BUN, 1/2     | Beef, Beets, Canola Oil, Chile Peppers, Corn, Cornstarch, Cornsyrup, Garlic, Onion, Peppers, Soy, Tomato, VINEGAR, Wheat, Yeast                        |

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## Spokane Public Schools

### Allergen List - By Recipe

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|----------|-------------------------------------|--|
| 990219   | Smoothie Grab and Go Lunch          | Apple, Banana, Blueberry, Cheese, Cornstarch, Cornsyrup, HONEY, Mango, Milk, Molasses, Orange/Citrus, Peaches, Pears, Pineapple, Raspberry, Soy, Spinach, Strawberries, Wheat, Yeast |
| 990218   | Smoothie, 6 Flavor Options          | Apple, Banana, Blueberry, Cornstarch, Cornsyrup, Mango, Milk, Orange/Citrus, Peaches, Pears, Pineapple, Raspberry, Spinach, Strawberries   |
| 990207   | Smoothie, Blueberry Banana          | Banana, Blueberry, Cornstarch, Milk, Orange/Citrus   |
| 990210   | Smoothie, Green Flash               | Apple, Cornstarch, Mango, Milk, Pineapple, Spinach   |
| 990208   | Smoothie, Northwest Berry           | Blueberry, Cornstarch, Cornsyrup, Milk, Pears, Raspberry   |
| 990211   | Smoothie, Peach Mango               | Cornstarch, Cornsyrup, Mango, Milk, Orange/Citrus, Peaches   |
| 990212   | Smoothie, Peach Mango Strawberry    | Cornstarch, Cornsyrup, Mango, Milk, Orange/Citrus, Peaches, Strawberries   |
| 990209   | Smoothie, Strawberry Peach          | Cornstarch, Cornsyrup, Milk, Orange/Citrus, Peaches, Strawberries  |
| 990050   | SNACK MUFFIN (PM)                   | Banana, Blueberry, Chocolate/Cocoa, Cinnamon, Corn, Egg, Made facility w/treenuts, Milk, Soy, Wheat  |
| 434      | SOUR CREAM                          | Cornstarch, Milk   |
| 735      | SPAGHETTI NOODLES, PLAIN            | Canola Oil, Wheat  |
| 834      | SPAGHETTI & MEAT SAUCE #10 scoop    | Beef, Beets, Cheese, Garlic, Milk, Onion, Soy, Tomato, Wheat, Yeast  |
| 990197   | SPAGHETTI & MEAT SAUCE Elementary   | Beef, Beets, Cheese, Garlic, Milk, Onion, Soy, Tomato, Wheat, Yeast  |
| 1294     | SPAGHETTI & MEAT SAUCE Secondary    | Beef, Beets, Cheese, Garlic, Milk, Onion, Soy, Tomato, Wheat, Yeast  |
| 768      | Spanish Rice 1/2 cup                | Canola Oil, Cornstarch, Garlic, Onion, Peppers, Rice, Tomato   |
| 990191   | Spice Bread ADM                     | Allspice, Canola Oil, Cinnamon, Cornstarch, Egg, Milk, Molasses, Potato, Soy, Wheat  |
| 1210     | SPINACH SALAD 1/2 CUP               | Spinach  |
| 692      | STRAWBERRIES 1/2 cup                | Strawberries   |
| 98       | STRAWBERRIES 1/4 cup                | Strawberries   |
| 99       | STRAWBERRIES,FRESH                  | Strawberries   |
| 186      | STRAWBERRY CUP (1/2C)               | Strawberries   |
| 990082   | Street Taco, flatbread, Asian, pork | Cabbage, Carrots, Chile Peppers, Garlic, Ginger, Milk, Onion, Pork, Sesame, Soy, VINEGAR, Wheat  |

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|----------|--|--|
| 990088   | Street Taco, Flatbread, Mexican, Ancho Chicken | Cheese, Chicken, Chile Peppers, Milk, Onion, Peppers, Potato, Soy, Wheat   |
| 584      | STRING CHEESE                                  | Cheese, Milk   |
| 990193   | SunButter and Grape Jelly Sandwich             | Barley, Canola Oil, Cornsyrup, Gluten Grains, Grapes, Milk, Soy, Sunflower, Wheat, Yeast   |
| 990196   | SunButter and Strawberry Jelly Sandwich        | Barley, Canola Oil, Cornsyrup, Gluten Grains, Milk, Soy, Strawberries, Sunflower, Wheat, Yeast   |
| 990095   | SunButter Munchable                            | Cornsyrup, Grapes, Milk, Soy, Sunflower, Wheat   |
| 990188   | SunChips                                       | Canola Oil, Corn, Gluten Grains, Oats, Rice, Sunflower, Wheat  |
| 611      | SUNFLOWER SEEDS                                | Gluten Free, HONEY, Sunflower  |
| 766      | SWEET & SOUR CHICKEN                           | Carrots, Chicken, Corn, Cornstarch, Garlic, Onion, Peppers, Pineapple, Soy, Tomato, VINEGAR, Wheat   |
| 892      | SWEET & SOUR CHICKEN 1/3 c                     | Carrots, Chicken, Corn, Cornstarch, Garlic, Onion, Peppers, Pineapple, Soy, Tomato, VINEGAR, Wheat   |
| 1009     | SWEET & SOUR SAUCE                             | Carrots, Corn, Cornstarch, Onion, Peppers, Pineapple, Soy, Tomato, VINEGAR, Wheat  |
| 719      | TACO SALAD ELEM                                | Beef, Cabbage, Carrots, Cheese, Chile Peppers, Corn, Garlic, Lettuce, Lime, Milk, Onion, Peppers, Safflower oil, Soy, Sunflower, Tomato  |
| 604      | TACO SHELL, SOFT 10"                           | Canola Oil, Gluten Grains, Palm Oil, Wheat, Yeast  |
| 1039     | TACO, SOFT CH & BEAN 2nd                       | Canola Oil, Cheese, Gluten Grains, Legumes, Milk, Palm Oil, Pinto Beans, Wheat, Yeast  |
| 907      | TACO, SOFT MT & BEAN 2nd                       | Beef, Canola Oil, Cheese, Chile Peppers, Garlic, Gluten Grains, Legumes, Milk, Onion, Palm Oil, Pinto Beans, Soy, Tomato, Wheat, Yeast   |
| 126      | TARTAR SAUCE                                   | Canola Oil, Citrus, Cornstarch, Dill, Egg, Garlic, Lemon, Milk, Onion  |
| 990086   | Teriyaki Chicken                               | Chicken, Corn, Garlic, Ginger, HONEY, Onion, Soy, Wheat  |
| 990214   | Teriyaki Pulled Chicken Sandwich               | Canola Oil, Chicken, Sesame, Soy, Soy Sauce, Wheat, Yeast  |
| 990166   | Theme Meal Backyard BBQ                        | Apple, Beef, Canola Oil, Celery, Citrus, Coconut, Corn, Cornsyrup, Egg, Garlic, Legumes, Lemon, Lettuce, Milk, Molasses, Mustard, Onion, Pickles, Potato, Safflower oil, Soy, Tapioca Flour, Tomato, VINEGAR, Wheat, Yeast |

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|----------|---|---|
| 990178   | Theme Meal Picnic in the Park           | Apple, Canola Oil, Carrots, Cheese, Coconut, Corn, Egg, Lemon, Milk, Mustard, Potato, Safflower oil, Soy, Turkey, Wheat, Yeast  |
| 990179   | Theme Meal Pizza Party                  | Canola Oil, Carrots, Cheese, Citrus, Coconut, Corn, Egg, Fish, Garlic, Lettuce, Made facility w/treenuts, Milk, Peppers, Quinoa, Soy, Strawberries, Tomato, VINEGAR, Wheat, Yeast |
| 1211     | TOASTED CHEESE SANDWICH                 | Barley, Canola Oil, Cheese, Gluten Grains, Milk, Soy, Wheat, Yeast  |
| 130      | TOASTED CHEESE SANDWICH 1/2             | Barley, Canola Oil, Cheese, Gluten Grains, Milk, Soy, Wheat, Yeast  |
| 990202   | Tomato Basil Soup                       | Cabbage, Canola Oil, Carrots, Celery, Garlic, Mushrooms, Onion, Tomato, Yeast   |
| 1051     | TOMATO SALSA                            | Cornstarch, Garlic, Onion, Peppers, Tomato  |
| 34       | TOMATO SLICE - 1                        | Tomato  |
| 990053   | TOMATO SOUP 1/2 cup HM                  | Cabbage, Carrots, Celery, Garlic, Mushrooms, Olive Oil, Onion, Soy, Tomato, Yeast   |
| 394      | TOMATO SOUP 6 OZ HM                     | Cabbage, Carrots, Celery, Garlic, Mushrooms, Olive Oil, Onion, Soy, Tomato, Yeast   |
| 1262     | TOMATO WEDGE - 1                        | Tomato  |
| 467      | TOSSED SALAD 1 CUP                      | Cabbage, Carrots, Lettuce   |
| 466      | TOSSED SALAD 1/2 CUP                    | Cabbage, Carrots, Lettuce   |
| 990134   | Tuna Salad (Pouch Tuna)                 | Canola Oil, Cornstarch, Dill, Egg, Fish, Garlic, Lemon, Mustard, Onion, Soy   |
| 990135   | Tuna Salad (Pouch Tuna), Flatbread, Ele | Canola Oil, Cornstarch, Dill, Egg, Fish, Garlic, Lemon, Milk, Mustard, Onion, Soy, Wheat  |
| 1141     | Turkey and Gravy, Jenny-O, 7T3100       | Carrots, Celery, Chicken, Corn, Onion, Potato, Soy, Turkey, Yeast   |
| 1302     | TURKEY RANCH SANDWICH                   | Canola Oil, Cheese, Cornstarch, Egg, Garlic, Lemon, Milk, Onion, Sesame, Soy, Turkey, Wheat, Yeast  |
| 1061     | TURKEY RANCH SANDWICH 1/2               | Canola Oil, Cheese, Cornstarch, Egg, Garlic, Lemon, Milk, Onion, Potato, Sesame, Soy, Turkey, Wheat, Yeast  |
| 1207     | Turkey/Cheese wrap Sandwich HS          | Canola Oil, Cheese, Gluten Grains, Lettuce, Milk, Palm Oil, Soy, Turkey, Wheat, Yeast   |
| 598      | TUSCAN KALE & SAUSAGE SOUP              | Canola Oil, Chicken, Cornstarch, Garbanzo Beans, Garlic, Onion, Pork, Tomato, Yeast   |
| 990158   | VEG BREAKFAST SAND PANCAKE EGG & CHEESE | Cheese, Egg, Milk, Soy, Wheat   |
| 1081     | VEGETABLE BROTH                         |   |

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## Spokane Public Schools Allergen List - By Recipe

| Recipe # | Recipe Name  | Allergen(s)  |
|----------|--|--|
| 990205   | Vegetable Chow Mein Noodles                        | Cabbage, Carrots, Celery, Corn, Garlic, Onion, Pineapple, Sesame, Soy, Soy Sauce, VINEGAR, Wheat                     |
| 962      | VEGETARIAN BURGER /BUN 2M                          | Canola Oil, Soy, Wheat, Yeast  |
| 1233     | Veggie Green 1/2 cup                               | Broccoli, Lettuce  |
| 990041   | Veggie Legume 1/2 cup                              | Corn, Legumes, Molasses, Mustard, Onion, Tomato, White Beans   |
| 1235     | Veggie Other 1/2 cup                               | Celery, Cucumber   |
| 1234     | Veggie Red/Orange 1/2 cup                          | Carrots, Peppers   |
| 990042   | Veggie Starch 1/2 cup                              | Celery, Egg, Garlic, Mustard, Onion, Peas, Pickles, Potato, Soy, Tapioca Flour                                       |
| 718      | VEGGIE STICKS (Elm)                                | Broccoli, Celery   |
| 930      | VEGGIE STICKS (Elm) Broc/Car                       | Broccoli, Carrots  |
| 700      | VEGGIE STICKS (sec)                                | Broccoli, Canola Oil, Carrots, Cauliflower, Celery, Cornstarch, Cucumber, Egg, Lemon, Milk                           |
| 990227   | Vending Bagel Breakfast                            | Apple, Blueberry, Canola Oil, HONEY, Milk, Molasses, Peaches, Red Dye #40, Soy, Wheat, Yeast                         |
| 990226   | Vending Breakfast Bar Meal                         | Apple, Cinnamon, Cornsyrup, Milk, Oats, Palm Oil, Peaches, Raisins, Rice, Soy, Wheat                                 |
| 990228   | Vending Cereal Breakfast                           | Apple, Banana, Canola Oil, Cinnamon, Egg, Gluten Grains, Milk, Molasses, Rice, Soy, Wheat                            |
| 990229   | Vending Yogurt Breakfast                           | Apple, Chocolate/Cocoa, Egg, Gluten Grains, Milk, Soy, Wheat   |
| 568      | WAFFLE 2 each                                      | Egg, Milk, Soy, Wheat  |
| 867      | WAFFLE (1)   | Egg, Milk, Soy, Wheat  |
| 929      | WATER 8 OZ BOTTLE                                  |  |
| 393      | WATERMELON,CHUNKS 1/2 cup                          |  |
| 101      | WATERMELON,CHUNKS 1/4 cup                          |  |
| 990187   | Whipped Cream                                      | Milk   |
| 990220   | Whole Grain Breaded Chicken Breast Bites           | Cornstarch, Garlic, Milk, Soy, Wheat, Yeast  |
| 990225   | Whole Grain Breaded Chicken Breast Bites CACFP     | Cornstarch, Garlic, Milk, Soy, Wheat, Yeast  |
| 990168   | Whole Grain Breaded Chicken Breast Fillet Sandwich | Canola Oil, Cornstarch, Garlic, Milk, Soy, Wheat, Yeast  |
| 990067   | Wrap, Buffalo                                      | Cabbage, Canola Oil, Cayenne Pepper, Celery, Chicken, Garlic, Gluten Grains, Palm Oil, Potato, VINEGAR, Wheat, Yeast |

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## Spokane Public Schools

### Allergen List - By Recipe

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|----------|--|--|
| 990069   | Wrap, Chicken Caesar                     | Cabbage, Canola Oil, Carrots, Cheese, Chicken, Citrus, Egg, Fish, Garlic, Gluten Grains, Lettuce, Milk, Palm Oil, Peppers, Potato, Soy, Wheat, Yeast   |
| 1223     | Wrap, Chicken Ranch Club                 | Canola Oil, Cheese, Chicken, Cornstarch, Egg, Garlic, Gluten Grains, Lemon, Lettuce, Milk, Onion, Palm Oil, Potato, Tomato, Wheat, Yeast   |
| 990065   | Wrap, Pesto Chicken                      | Canola Oil, Cheese, Chicken, Garlic, Gluten Grains, Palm Oil, Potato, Spinach, Tomato, Wheat, Yeast  |
| 990128   | Wrap, Turkey and Cream Cheese, Secondary | Canola Oil, Cheese, Gluten Grains, Lettuce, Milk, Palm Oil, Soy, Tomato, Turkey, Wheat, Yeast  |
| 343      | Yogurt Grab and Go Elem                  | Banana, Barley, Blueberry, Canola Oil, Cheese, Chocolate/Cocoa, Cinnamon, Corn, Cranberries, Egg, Gluten Grains, Made facility w/peanut, Made facility w/treenuts, Milk, Orange/Citrus, Soy, Wheat |
| 658      | YOGURT PARFAIT, FRUIT                    | Canola Oil, Cornstarch, Cornsyrup, HONEY, Made facility w/treenuts, Milk, Molasses, Oats, Rice, Soy, Strawberries, Wheat   |
| 1272     | YOGURT, BREAKFAST PARFAIT/FRT            | Apple, Banana, Canola Oil, Cornstarch, Cornsyrup, HONEY, Made facility w/treenuts, Milk, Molasses, Oats, Orange/Citrus, Rice, Soy, Wheat   |
| 990047   | YOGURT, SMOOTHIE ASSORTED                | Banana, Blueberry, Cherry, Cornstarch, Cornsyrup, Grapes, Milk, Peaches, Pears, Pineapple, Red Dye #40   |
| 318      | YOGURT, SMOOTHIE BERRY                   | Banana, Blueberry, Cornstarch, Milk  |
| 1257     | YOGURT, SMOOTHIE CINNAMON                | Apple, Cinnamon, Cornstarch, Milk  |
| 1117     | YOGURT, SMOOTHIE MONKEY                  | Apricots, Banana, Cornstarch, Milk   |
| 559      | YOGURT, SMOOTHIE PEACH                   | Cornstarch, Cornsyrup, Milk, Peaches   |
| 657      | YOGURT, SMOOTHIE SAMURAI                 | Cherry, Cornstarch, Cornsyrup, Grapes, Milk, Peaches, Pears, Pineapple, Red Dye #40  |
| 990061   | YOGURT, SMOOTHIE STRAWBERRY BANANA       | Banana, Cornstarch, Milk, Strawberries   |
| 1247     | YOGURT, SMOOTHIE SUNRISE                 | Cornstarch, Milk, Pineapple  |
| 1096     | YOGURT, Danimal 4 oz                     | Cornstarch, Milk, Strawberries   |
| 990222   | ZeeZee Bar Berry Apple Crisp 7B0260      | Cinnamon, Cornsyrup, Milk, Oats, Palm Oil, Raisins, Rice, Soy, Wheat   |
| 990223   | ZeeZee Bar Cinnamon Crisp 7B0430         | Cinnamon, Cornsyrup, Oats, Palm Oil, Raisins, Rice, Soy, Wheat   |
| 990224   | ZeeZee Bar Oatmeal Cocoa Chip 7B0440     | Chocolate/Cocoa, Coconut, Cornsyrup, Milk, Oats, Palm Oil, Raisins, Rice, Soy, Wheat   |

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# Spokane Public Schools

## Allergen List - By Recipe

| Recipe # | Recipe Name         | Allergen(s)  |
|----------|---------------------|--|
| 1062     | ZESTY ITALIAN PASTA | Beef, Cheese, Garlic, Milk, Olive Oil, Onion, Pork, Soy, Tomato, Wheat |

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