

2021-22 High School Allergens List

	Dairy	Eggs	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	Dairy Free Sub
Bacon Cheeseburger	X		X						Bacon Hamburger
BBQ Chicken									No Cheese
Beef & Cheddar Sandwich	X		X						
Beef & Provolone Sandwich	X		X						
Biscuit	X		X						
Buffalo Chicken Grilled Cheese	X		X						
Buffalo Chicken Sandwich	X		X						
Buffalo Dip & Chips	X								
Burrito	X		X						
Caprese Grilled Cheese	X		X						
Cheese & Crackers	X		X						
Cheeseburger	X		X						Hamburger
Chicken Bruschetta Panini	X		X						
Chicken Cordon Bleu Sandwich	X		X						
Chicken Fillet Sandwich			X	X					
Chicken Parmesan Sandwich	X		X						
Chicken Tenders	X	X	X						
Chipotle Lime Chicken									
Cookie, Choc Chip, Sugar, Oatmeal	X	X	X						
Corn Bread	X	X	X						
Corn Chips									
Cowboy Bean Salad									
Cuban Sandwich	X		X						
Flatbread, BBQ Chicken	X		X						sub flatbread; no cheese
Flatbread, Buffalo Chicken	X		X						sub flatbread; no cheese
Flatbread, Chicken Caprese	X		X						sub flatbread; no cheese
Flatbread, Chicken Pesto	X		X						sub flatbread; no cheese
Flatbread, Margarita	X		X						sub flatbread; no cheese
Flatbread, Meat Lovers	X		X						sub flatbread; no cheese
Flatbread, Roasted Veggie	X		X						sub flatbread; no cheese
Flatbread, Sausage & Spinach	X		X						sub flatbread; no cheese
French Fries									
Garlic Breadstick	X		X						
General Tso's Chicken & Rice	X		X	X					
Grilled Cheese Sandwich	X		X						
Grilled Italian Sandwich	X		X						
Grilled Turkey Bacon Cheese Sand	X		X						Warm Bacon & Turkey Sandwich
Hamburger			X						
Hoagie, Turkey	X		X						
Hummus & Pita Chips			X						
Italian Dunkers	X		X						
Lasagna, with Marinara Sauce	X	X	X						
Macaroni & Cheese	X	X	X						
Meatball Sub	X		X	X					
Meatballs			X	X					
Orange Chicken	X		X						

Pasta Alfredo w/ Chicken & Broccoli	X		X					
Pasta w/ Marinara Sauce			X					
Pasta w/ Meatballs			X					
PB&J Uncrustable			X	X	X			
Pizza, Cheese	X		X					
Pizza, Pepperoni	X		X					
Popcorn Chicken	X		X	X				
Potato, Baked								
Pulled Pork BBQ Sandwich			X					
Rice, Seasoned								
Roast Beef & Provolone Sandwich	X		X					
Roasted Chicken								
Salad, Asian Chicken			X					
Salad, Buffalo Chicken	X		X					
Salad, Caesar Side	X		X					
Salad, Chef	X	X	X					
Salad, Chicken Caesar	X		X					
Salad, Side	X		X					
Siracha Chicken Sandwich	X		X					
Sloppy Joe Sandwich			X					
Soft Pretzel & Cheese	X		X					
Southwest Chicken Sandwich	X		X					
Street Tacos	X							
Thai Sweet Chili Chicken & Rice	X		X	X				
Turkey Bacon Cheese Sandwich	X		X					
Veggie Burger			X					
Yogurt Parfait	X		X					
Burrito/Nacho Bar								
Chips								
Tortilla			X					
Chicken								
Pork								
Beef								
Black Beans								
Salsa								
Sour Cream	X							
Pico								
Cheese Sauce	X							
Asian Bar								
Fried Rice		X		X				
Brown Rice								
Orange Chicken	X		X	X				
Beef & Broccoli				X				
Tofu Stir Fry				X				
Garlic Sesame Broccoli				X				
Vegetable Egg Roll		X	X					
Breakfast for Lunch								
French Toast	X	X	X					
Pancakes	X	X	X					
Breakfast Sandwich	X	X	X					
Quiche	X	X	X					

No cheese or croutons
No cheese or croutons
No cheese or croutons
No croutons

Sauage								
Potatoes	X							
Yogurt	X							
Blueberry Sauce								
Cinnamon Apples								
BREAKFAST								
Bagels			X					
Breakfast Sandwich	X	X	X					
Mini Donuts			X					
Muffins	X	X	X					
PB&J Uncrustable					X			
Poptarts			X					
Quick Breads	X	X	X					
Scones	X		X					
Souffle/Quiche, Breakfast	X	X	X					