

2023-24 High School Allergens List

12/20/2023	Dairy	Eggs	Wheat	Soy	Peanut	Tree Nut	Sesame	Fish	Shellfish	Dairy Free Sub
Bacon Cheeseburger	X		X							Bacon Hamburger
Bacon Tomato Grilled Cheese	X		X							
BBQ Chicken										No Cheese
Beef & Cheddar Sandwich	X		X							
Beef & Provolone/Cheddar Sandwich	X		X							
Beef Tacos	X		X							No Cheese
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 Gyro	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							
Fish Taco	X		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			X			
Grilled Cheese Sandwich	X		X							
Grilled Italian Sandwich	X		X							
Grilled Turkey Bacon Cheese Sand	X		X							Warm Bacon & Turkey Sandwich
Ham & Cheese Sandwich/Pretzel	X		X							
Hamburger			X							
Hoagie, Turkey	X		X							
Hummus & Pita Chips			X				X			
Italian Dunkers	X		X							
Italian Sausage Sandwich			X							
Italian Sub	X		X							
Lasagna, with Marinara Sauce	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							



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<b>BREAKFAST</b>										
Bagels			X							
Breakfast Sandwich	X		X							
Mini Donuts		X	X							
Muffins	X		X							
PB&J Uncrustable		X		X						
Poptarts			X							
Quick Breads	X		X							
Scones	X	X	X							
Souffle/Quiche, Breakfast	X		X							