

Middle School Allergens List 2022-23

	Dairy	Eggs	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	Notes
Bacon Cheeseburger	X		X						
Bagel			X						
Baguette			X						
Baked Beans									
Baked Chips (depends on variety)	Maybe		Maybe	*					*Soy Oil
Baked Potato w/ Chili	X								No Cheese
Banana Bread	X	X	X	*					*Soy Oil
BBQ Rib Sandwich	X		X	X					
Big Daddy's Pizza	X		X	X					
Biscuit	X		X	*					*Soy Oil
Black Bean Dip & Chips	X								w/o cheese
Bread Stick, garlic	X		X	*					*Soy Oil
Breakfast Croissant Sandwich	X	X	X						
Buffalo Chicken Dip & Chips	X	X		*					*Soy Oil
Canadian Bacon									
Cereal, Cin Tst Crunch			X						
Cereal, Lucky Charms									
Cheese Pretzel	X		X						Turkey Pretzel
Cheese String	X								
Cheeseburger	X		X	*					Hamburger; *Soy Oil
Chicken Cheese Steak	X		X						w/o cheese
Chicken Cordon Bleu Sandwich	X		X	X					
Chicken Fillet Sandwich (Tyson)			X	X					
Chicken Nuggets (Gold Kist)			X	X					
Chicken Parmesan Sandwich	X		X	X					
Chicken Parm & Penne	X		X	X					*pasta from factory with eggs
Chicken, Popcorn (Gold Kist)	X		X	X					
Chicken, Roasted Leg				*					*Soy Oil
Chili									
Chili, White Chicken	X	*	*	*					ingredients from a facility that :
Churro, Cinnamon	X	X	X	X					
Ciabatta Grilled Cheese (spicy)	X		X						
Cole Slaw	X	X		*					*Soy Oil
Cookie, Choc Chip, Sugar, Oatmeal	X	X	X	*					*Soy Lecithin
Cowboy Bean Salad									
Dinner Roll			X	*					*Soy Oil
Doritos	X								
Fish Sticks			X	*			X		*Soy Oil
French Bread Pizza	X		X	*					*Soy Oil
French Fries (MNMS & HS)									
French Fries (PFMS)			X	X					
French Toast	X	X	X	*					*Soy Oil
Frudel	X		X	*					*Soy Oil
General Tso's Chicken & Rice	X		X	X					
Goldfish Crackers, Cheese	X		X						

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Gravy	X		X	X					
Grilled Cheese Sandwich	X		X	*					*Soy Oil, Soy Lecithin
Grilled Turkey Bacon Cheese Sand	X		X	X					Warm Bacon & Turkey
Ham & Cheese Pretzel	X		X						Ham Pretzel
Hamburger			X	*					*Soy Oil
Hashbrown				*					*Soy Oil
Hot Dog			X	X					
Hummus									Contains Sesame
Italian Dunkers	X		X	*					*Soy Oil
Italian Hoagie, Toasted	X		X	*					w/o cheese; *Soy Oil
Lasagna, with Marinara Sauce	X	X	X						
Macaroni & Cheese	X	*	X						*pasta made in factory that
Mashed Potatoes	X								
Meatballs			X	X					
Meatball Sub	X		X	X					w/o cheese
Mexican Corn									
Mexican Rice									
Mini Cinnis	X		X	*					*Soy Oil
Muffin	X	X	X	*					*Soy Oil, Soy Lecithin
Pan Pizza	X		X	*					*Soy Oil
Pancakes, Mini Maple	X	X	X	*					*Soy Oil, Soy Lecithin
Pasta Alfredo w/ Chicken & Broccoli	X	*	X	X					*pasta from factory with eggs
Pasta with Marinara Sauce		*	X						*pasta from factory with eggs
Pierogies	X	X	X	X					
PJ&J Uncrustable			X	X	X				
Popcorn Chicken (Gold Kist)	X		X	X					
Potato, Baked									
Pulled Pork Sandwich (bbq)			X	*					*Soy Oil
Pumpkin Bread	X	X	X						
Quesadilla, Cheese or Black Bean	X		X						
Refried Beans	X								w/o cheese
Rice, Mexican				X					
Rice, Seasoned									
Roasted Chicken									
Salad, Caesar Side	X		X						Romaine Salad - No cr
Salad, Chef	X	X	X						No cheese, croutons o
Salad, Chicken Caesar	X		X						No cheese or croutons
Salad, Side									
Sloppy Joe Sandwich			X	*					*Soy Oil
Soft Pretzel			X						
Soft Taco	X		X	*					w/o cheese; *Soy Oil
Sorbet (Whole Fruit)									
Soup, Broccoli Cheddar	X	*	*	*					ingredients from a facility that ;
Sweet Potato Fries				*					*Soy Oil
Thai Sweet Chili Chicken & Rice			X	X					
Tomato Soup	X		X	X					
Turkey Bowl	X	X	X	X					
Turkey Sub	X		X						w/o cheese

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Veggie Burger			X						
Waffles, Mini	X	X	X						
Walking Taco	X								w/o cheese
Whole Fruit Sorbet									
Yogurt Parfait	X								
Ranch Dressing	X	X		*					*Soy Oil
Italian Dressing				*					*Soy Oil

Highlighted items can be modified as noted to be dairy free.