

ITEMS	Allergens										Nitrate/ Nitrite	Other notes	
	Com	MSG	Dairy	Egg	Fish	Peanut	Shellfish	Soy	Milk	Wheat/ Gluten			Spices
CHICKEN													
BBQ Chicken Chunks	X	X	X	X			X		X	X	X	X	Milk, onion, garlic, onion & garlic powders, sugar, brown sugar, honey, paprika, apple cider vinegar, caramel color, yeast.
Boneless Chicken Wings													
Boneless Chicken Bites	X	X	X				X		X	X			Salt, cane sugar, dried onion & garlic, spices, soybean & cottonseed oil.
Breaded Chicken Patty	X	X	X				X		X	X	X	X	Milk, sugar, yeast, paprika; vegetable, soybean & sunflower oils.
Chicken Parmesan	X	X	X				X		X	X	X	X	Milk, sugar, yeast, paprika; vegetable, soybean & sunflower oils, garlic, onion, high-fructose corn syrup, citric acid.
Chicken Nuggets	X	X	X	X			X		X	X	X	X	Milk, onion powder, garlic powder, sugar, paprika; vegetable & soybean oils.
Chicken Rings	X	X	X	X			X		X	X	X	X	Onion powder, garlic powder, paprika, turmeric, yeast.
Chicken Strips	X	X	X	X			X		X	X	X	X	Milk, onion & garlic powders, paprika, vegetable oil, soybean oil.
Chicken Fries	X	X	X	X			X		X	X	X	X	Milk, onion & garlic powders, paprika, vegetable oil, soybean oil.
Chicken Alfredo	X	X	X				X		X	X			Milk, cheese, garlic, sugar, coconut oil, soybean oil, turmeric, soy lecithin, citric acid, xanthan gum.
Chicken Fajita							X		X	X			Garlic & onion powder, sodium phosphate, spices.
Chicken Teriyaki Bites							X		X				Soybeans, soybean oil, white & brown sugar, distilled vinegar, xanthan gum, garlic & onion powder, cottonseed oil.
Breaded Popcorn Chicken							X		X				Thiamine monoltrate, sugar, soybean oil, paprika, modified potato starch, vegetable oil.
BEEF													
Beef Chili	X	X					X			X			Kidney beans, dehydrated onion, paprika, caramel color, cane syrup, high-fructose corn syrup.
Chili Mac	X	X					X		X	X	X	X	Kidney beans, dehydrated onion, paprika, caramel color, cane syrup, high-fructose corn syrup.
Hamburger							X			X			Caramel color.
Hot Dog									X	X			Paprika.
Meatballs	X	X	X				X		X	X			Milk, garlic powder, paprika, dehydrated onion.
Meatloaf	X	X	X	X			X		X	X	X	X	Milk, bell peppers, garlic powder, onions, paprika, caramel color, soybean oil, whey, yeast, corn syrup.

Oriental Beef	X	X	X	X	X	Garlic powder, caramel color, soybean oil, citric acid, xanthan gum.
Salisbury Steak	X	X	X	X	X	Milk, caramel color, bell peppers, sugar, yeast, dehydrated onion, paprika; soybean & vegetable oils.
Sloppy Joe	X	X	X	X	X	Green & red bell peppers, caramel color, dehydrated onion, garlic powder, paprika.
Meat Sauce	X	X	X	X	X	Garlic, onion, soybean oil, high-fructose corn syrup, citric acid.

TURKEY

Bacon					X	Turkey, smoke flavoring.
BBQ (sandwich)	X					Turkey, onion & garlic powder, sugar, paprika, corn syrup, caramel color.
Mini Corn Dogs	X	X	X	X	X	Milk, turkey, garlic powder, paprika, sugar, corn syrup, ascorbic acid.
Pepperoni Pizza	X	X	X	X	X	Turkey pepperoni, cheese, milk, onion, garlic powder, yeast, soybean oil, xanthan gum; lactic, citric & sorbic acids.
Taco/Nacho Meat	X				X	Turkey, garlic powder, chili pepper, dehydrated onion, yeast, citric acid.
Sausage Patty	X				X	Turkey, sugar, citric acid.
Sausage Pizza	X	X	X	X	X	Turkey sausage, milk, cheese, onion, sugar, garlic powder, yeast, citric acid, soybean & corn oils.

MEATLESS

Cheese French Bread						
Cheese Lasagna	X	X	X	X	X	Cheese, milk, garlic, xanthan gum.
Cheese Pizza	X	X	X	X	X	Cheese, milk, onion, garlic powder, yeast, soybean oil, xanthan gum; lactic, citric & sorbic acids.
Cheese Pizza Stix	X	X	X	X	X	Milk, cheese, yeast, soybean oil, lactic acid, sorbic acid.
Cheese Ravioli	X	X	X	X	X	Milk, cheese, garlic salt, sugar, artificial color, whey protein concentrate, xanthan gum, acetic acid.
Deep Dish Cheese Pizza	X	X	X	X	X	Milk, cheese, onion & garlic powders, yeast, xanthan gum, soybean oil; ascorbic, citric, lactic, & sorbic acids.
Stuffed Crust Cheese Pizza	X	X	X	X	X	Milk, cheese, yeast, dehydrated onion, garlic powder; soybean & vegetable oils; ascorbic & sorbic acids.
French Toast Stix	X	X	X	X	X	Milk, yeast, sugar, paprika, turmeric, corn syrup, soy lecithin.
Macaroni & Cheese	X	X	X	X	X	Milk, cheese, butter, sugar, whey, xanthan gum.
Marinara Sauce	X	X			X	Garlic, onion, soybean oil, high-fructose corn syrup, citric acid.

Pancakes	X	X	X	X	X	X	Milk, whey, sugar.
Pasta			X	X	X	X	
Waffle Sticks		X	X	X	X	X	Milk, whey, yellow #5, yellow #6, soybean oil.
VEGETABLES							
Corn	X						
Diced Carrots							Sulfite free.
Broccoli							
Green Beans							
Mashed Potatoes		X	X				Milk, soy lecithin, ascorbic acid; soybean, cottonseed, & palm kernel oils.
Mixed Vegetables				X			Broccoli, cauliflower florets, carrots.
Peas							
Romaine Salad							Romaine mix.
Tater Tots				X			Vegetable, soybean, canola, & sunflower oils.
Tossed Salad							Lettuce, carrots, red cabbage.
FRUIT							
Applesauce	X	X					
Diced Peach Cup	X	X					Sugar.
Diced Pear Cup							Sugar.
Fresh Fruit							
Mandarin Oranges							Sugar.
Tropical Fruit Mix							Sugar, fruit juice.
DAIRY							
American Cheese Slice		X	X		X		Milk, soybean oil, soy lecithin; lactic & sorbic acids.
Cheese Sauce	X	X	X		X		Milk, cheddar, jalapeno peppers, soybean oil, yellow 5, yellow 6, xanthan gum, yeast; acetic lactic acid & citric acids.
Cheese Stick		X	X		X		Milk.
Milk, White (1%)					X		
Milk, White, Skim					X		
Milk, Chocolate, 1%	X	X	X		X		Sugar, high-fructose corn syrup.
Shredded Cheddar Cheese		X	X		X		Milk.
Mozzarella Cheese					X		Hydrogenated soybean oil, salt
Strawberry Yogurt	X	X	X		X		Milk, sugar.
BREADS & ROLLS							

Bread	X	X	X	X	X	X	Yeast, sugar, soybean oil, ascorbic acid.
Breadstick	X	X	X	X	X	X	Milk, sugar, yeast, soybean oil, canola oil, cottonseed oil, ascorbic acid.
Garlic Breadstick			X	X	X		Milk, sugar, yeast, turmeric, soybean oil, soy lecithin, citric acid.
Flour Tortilla	X	X	X	X	X		Yeast, sugar, soybean oil, ascorbic acid.
Hamburger Bun	X	X	X	X	X	X	Yeast, sugar, soybean oil, ascorbic acid.
Hot Dog Bun	X	X	X	X	X	X	Yeast, sugar, soybean oil, ascorbic acid.

SIDES, SNACKS & DESSERTS

Granola	X						
Fritos		X					
Cheez Its			X				
Fudge Brownie							
Potato Chips	X	X	X	X	X		Vegetable oil, cottonseed oil, corn oil.
Pretzels							
Sugar Cookie	X	X	X	X	X	X	Milk, nutmeg, soybean & cottonseed oils, citric acid.
Tostitos Scoops	X						canola, sunflower & corn oils.
White Rice						X	
Cheddar Goldfish			X		X		
Lemon Bar							

CONDIMENTS

Chicken Gravy	X	X	X	X	X	X	Chicken, beef, sugar, dehydrated onion & garlic, Yellow #5, Yellow #6.
Ketchup	X	X				X	Corn syrup.
Margarine	X	X	X			X	Milk, soybean oil, soy lecithin, citric acid.
Mustard						X	Garlic powder, paprika, turmeric.
Ranch Packet	X	X	X	X	X	X	Milk, onion & garlic powders, soybean oil, lactic acid, xanthan gum, corn syrup.
Syrup	X	X					Caramel color, citric acid, corn syrup, high-fructose corn syrup.
Turkey Gravy	X	X	X	X	X	X	Turkey, chicken, milk, sugar, garlic powder, onion powder, paprika, turmeric, canola oil, caramel color, yeast extract.
Alfredo Sauce			X			X	Soybean & coconut oil, garlic.

THE ALLERGEN GUIDE

Notes regarding the Food Product and Allergy Guide

- * An "x" indicates that the food product contains that particular allergen in the ingredient statement from the manufacturer.
- * It is important to know that we do have products that contain/may contain peanuts or tree nuts in the production facility.
- * Many of the products served contain "soy" as indicated on the chart. In many cases, the soy present is in the form of soybean oil or soy flour.
- * A majority of the products that contain "nitrates or nitrites" contain a B vitamin in the form of thiamin mononitrite or thiamin mononitrate.
- * We strive to continually update this guide, but manufacturers can make formulation changes with no prior notifications to us. Hence, we recommend diligent label-reading from both food servers and parents for all products served to children with allergies.
- * Product substitutions may be necessary. This should only be used as a guide.