

Includes Items on October Menu

Allergy Almanac Entrees								
Entrée - Main Meal	Allergen							
Food/Menu Item --- SY 2007	Egg	Milk	Tree Nut	Peanut	Shellfish	Wheat	Soy	Seafood
American Chop Suey		X				X	X	
Baked Ziti		X				X	X	
Beef Fried Rice							X	
Beef/Cheese Ravioli		X					X	
Beefaroni		X				X	X	
Cheese Lasagna	X	X				X	X	
Cheese Quiche	X	X				X	X	
Cheese Tortellini	X	X				X	X	
Cheeseburger		X					X	
Chicken BBQ & Slaw Sandwich		X				X	X	
Chicken Broccoli Primavera		X				X	X	
Chicken Cacciatore		X				X	X	
Chicken Chow Mein						X	X	
Chicken Fajita Wrap		X				X	X	
Chicken Nuggets	X	X				X	X	
Chicken Pot Pie	X	X				X	X	
Chicken Quesadilla	X	X				X	X	
Chicken Tenders	X	X				X	X	
Chunky Chicken Cacciatore		X				X	X	
Corned Beef								
Country Beef and Vegetables						X	X	
Fishwich Sandwich	X	X				X	X	X
Ham								
Hamburger							X	
Herbed Pasta w/Toasted Breadcrumbs		X				X	X	
Hot Dogs and Roll		X					X	
Hot Meatball Sub	X	X				X	X	
Idaho Nacho Casserole	X	X				X	X	
Lasagna Roll Up	X	X				X	X	
Macaroni & Cheese	X	X				X	X	
Marinated Beef & Pepper Oriental						X	X	
Meatball Stroganoff	X	X				X	X	
Meatloaf	X	X				X	X	
Oven Baked Chicken						X	X	
Pasta Bar & Sauces	X	X				X	X	
Pepper Steak Sub w/Cheese		X				X	X	
Allergy Almanac Entrees								
Entrée - Main Meal	Allergen							

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Food/Menu Item	Egg	Milk	Tree Nut	Peanut	Shellfish	Wheat	Soy	Seafood
Pizza	X	X				X	X	
Pork Cacciatore		X				X	X	
Pork Patty	X	X				X	X	
Power Packin' Stuffed Potatoes		X				X	X	
Roast Pork							X	
Roast Turkey							X	
Rotini w/Meat Sauce	X	X				X	X	
Salisbury Steak	X	X				X	X	
Shepherd's Pie	X	X				X	X	
Sloppy Joe/Roll	X	X				X	X	
Spicy Chicken & Cheese on Soft Tortilla	X	X				X	X	
Spicy Chili							X	
Spicy Macaroni & Cheese		X				X	X	
Stuffed Crust Pizza	X	X				X	X	
Swedish Meatballs	X	X				X	X	
Sweet 'n' Sour Chicken						X	X	
Sweet 'n' Sour Meatballs	X	X				X	X	
Taco Fixings	X	X				X	X	
Tacos Beef							X	
Tacos Turkey							X	
Teriyaki Chicken						X	X	
Teriyaki Chicken Rice Bowl						X	X	
Truly Fabulous Buffalo Wraps						X	X	
Tuna Melt Sandwich	X	X				X	X	
Tuna Noodle Casserole	X	X				X	X	
Turkey Fricassee	X	X				X	X	
Turkey Oriental						X	X	
Turkey Pot Pie	X	X				X	X	
Grilled Cheese Sandwich		X				X	X	
Mozzarella Cheese Sticks	X	X				X	X	
Scampi Style Chicken						X	X	
BBQ Chicken							X	
Krisp & Krunchy Chicken	X	X				X	X	
Chicken & Cheese Quesadilla		X				X	X	
Chicken Italian Vegetable Pasta		X				X	X	
Cheddar Cheese Omelet Wrap	X	X				X	X	
Chicken Patty Sandwich	X	X				X	X	
Chili						X	X	
Hot Turkey Sandwich		X				X	X	
Teriyaki Chicken Breast Rice "Bowl"							X	

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Chicken Patty Parmesan Sandwich	X	X					X	X	
Mexican Turkey Pasta		X					X	X	
Hot Italian Pepper Beef Sandwich							X	X	
Meatball Sub	X	X					X	X	
Balsamic Chicken Breast Sandwich							X	X	
Ham & Cheese Bagel		X					X	X	
Cheeseburger Sub		X					X	X	
Southern BBQ Chicken Rice "Bowl"									
Southwest Turkey Wrap		X					X	X	
Honey Dijon Chicken Breast Sandwich	X						X	X	
Chicken Vegetable Pasta		X					X	X	
Whole Wheat Waffle	X	X					X	X	
Whole Wheat French Toast Sticks	X	X					X	X	
Asian Chicken Chunks							X	X	
Beef & Bean Burrito		M					X	X	





Marinara Sauce										
Mashed potatoes		X							X	
Meat Sauce										
Mexican Pasta Ssalad										
Mexican Potato Cheddar Casserole										
Mixed vegetables										
Muffin Squares										
New England Baked Beans										
Noodles										
Not Fried Rice										
Oatmeal raisin Cookie										
Oven baked French Fries										
Parmesan Mashed Potatoes		X							X	
Peach Cobbler										
Peas										
Pineapple Bits										
Pineapple cake										
Pita Chips										
Potato Rounds									X	
Pumpkin Bread										
Pumpkin Cake										
Rice Pilaf										
Rice Plain										
Seasoned Corn										
Sour Cream										
Spanish Rice										
Spice Cake										
Spicy Potato Chunks										
Spicy Roasted Potato Chunks										
Steamed Cabbage										
Stewed Tomatoes										
Stuffing										
Sweet Potatoes & Apples										
Taco BoatSalsa										
Tapioca Pudding										
Tartar Sauce										
Turkey Dressing	X	X						X	X	
Vegetable Egg Roll										
Wacky Cake	X	X						X	X	
Wheat Bread/Roll		X						X	X	
Whipped Topping										
Zucchini Medley										
Triple Cheese StuffedPotatoes		X							X	
CND Chocolate Pudding	X	X							X	







## Allergy Almanac

Soup	Allergen							
Food/Menu Item	Egg	Milk	Tree Nut	Peanut	Shellfish	Wheat	Soy	Seafood
Tomato								
Cream Broccoli								
Cream Broccoli & Cheese								
Minestrone								
Crackers								
Oyster Crackers								
Clam Chowder								
Chicken Noodle								
Chicken Rice								
Cream Spinach		X				X	X	
Cream Vegetable		X				X	X	
Italian Wedding	X	X				X	X	
Vegetable							X	
Corn Chowder		X				X	X	
Southwestern Corn Chowder		X				X	X	
Beef Vegetable						X	X	
Beef Noodle	X					X	X	
Beef Stew						X	X	
Turkey Vegetable						X	X	
French Onion						X	X	
Cream Asparagus		X				X	X	
Cream Mushroom		X				X	X	
Clam Chowder		X			X	X	X	
Cream Potato		X				X	X	
Tomato		X				X	X	
Knorr Chicken Noodle	X					X	X	
Knorr Chicken White/Wild Rice		X					X	

# Allergy Almanac

## Snacks

## Allergen

Food/Menu Item	Allergen							Seafood	*Denotes Product Contains Whole Wheat Flour
	Egg	Milk	Tree Nut	Peanut	Shellfish	Wheat	Soy		
Fruit Snacks Rug Rats									
Fruit Roll Ups									
Kellogg's Fruity Snack									
Funyon Onion Rings		X						X	
Goldfish Snack Crackers		X				X		X	
Fritos Corn Chips									
Chips Potatoes Baked								X	
Baked Hot Fries Snacks		X				X		X	
Munchos Potato Crisps									
Nacho Cheese Doritos			X			X		X	
Tostitos Corn Chips								X	
Ruffles			X						
Rold Gold Pretzels						X			
Lay Potato Chips									
Sun Chip Multi Grain						X			
Taco Shells								X	
Oyster Crackers						X			
Peanut Butter				X				X	
Quaker Chewy Granola Bar		X		X		X		X	
Mrs. GoodCookie Cinnamon Grahams*						X			
Fig Newtons		X				X		X	
X-Treme Fruit Bites		X				X		X	
Quaker quakes Rice Snacks		X						X	
Dizzy Dino Fruit Snacks									
Harmony Sour Bears Snacks				X#					#processed or

n equipment that also processes nuts







