

THE ALLERGEN CHART

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ITEMS	Corn	MSG	Dairy	Egg	Fish	Peanut	Shellfish	Soy	Tree Nut	Wheat/ Gluten	Spices	Nitrate/ Nitrite	Other notes
CHICKEN													
Boneless Chicken Drumstick	X							X		X	X		
Breaded Chicken Drumstick	X			X				X		X	X	X	
Breaded Chicken Patty			X	X				X		X	X	X	
Chicken Drumsticks of Fire	X							X		X			garlic
Chicken Fajita Meat	X							X		X	X		
Chicken Fingers			X	X				X		X	X	X	
Chicken Nuggets	X		X					X		X	X	X	gelatin
Chicken Parmesan Patty & Sauce	X		X	X				X		X	X	X	
Chicken Sticks	X		X	X				X		X	X	X	sesame oil
Chicken with Brown Rice & Asian Vegetables	X							X		X	X	X	
Chicken with Whole-Grain Noodles & Asian Vegetables	X			X		X √		X	X √	X	X	X	legume flour, flax seed
Chicken, Teriyaki Breast	X							X		X	X		garlic
Grilled Chicken Patty								X		X	X	X	
Grilled Chicken Patty with Caribbean Jerk Sauce	X							X		X	X	X	lime & papaya juice, anchovies, worcestershire
Mini Chicken Patty Sandwiches w/ Slammer Buns	X							X		X	X	X	
Roasted Chicken Drumstick	X		X					X			X		
Wafer Sliced Chicken								X			X	X	
BEEF													
Beef & Bean Burrito			X					X		X			
Beef Nibblers	X		X	X				X		X	X	X	rice flour
Beef Teriyaki Dippers	X							X		X	X	X	
Cheeseburger Patty	X		X					X			X	X	
Chef Boyardee Beef Ravioli	X		X					X		X		X	
Chili with Potato Wedges	X							X		X	X		
Chili-Cheese Hot Dog	X		X					X		X	X	X	
Chili-Cheese with Baked Potato	X		X					X		X	X		
Chili-Macaroni	X		X					X		X	X	X	
Hamburger Patty	X							X			X	X	
Hot Dog	X							X		X	X	X	paprika
Italian Quesadillas	X		X					X		X	X	X	garlic
Meatball Sandwich with a Bun	X		X					X		X	X	X	
Mini Hamburgers on a Bun	X							X		X	X	X	
Nacho Combo with Chili	X		X					X		X	X	X	
Nacho Mini Round Chips	X												corn oil, salt, trace of calcium hydroxide
Pizza Pita, Whole Wheat Pita Bread	X		X					X		X	X	X	
Roast Beef	X	X									X		
Rotini Pasta with Meatsauce	X		X					X		X	X	X	
Salisbury Steak w/ Gravy	X		X	X				X		X	X	X	
Santa Fe Turkey Chili	X		X					X		X	X	X	
Sloppy Joe Meat	X							X			X	X	dehydrated onion
Soft Shell Tacos w/ Flour Tortillas	X							X		X	X	X	
Spaghetti (Multigrain) with Meatballs	X		X	X				X		X	X	X	legume flour, flax seed
Spaghetti with Meatballs	X		X					X		X	X	X	
Taco Boat	X							X		X	X	X	
Teriyaki Hamburger Patty	X							X		X	X	X	teriyaki seasoning, garlic, sesame seed oil, chili pepper, pineapple
Teriyaki Meatballs	X		X					X		X	X	X	garlic, onion, cottonseeds oil
PORK													
Bacon Bits, Topping												X	smoke flavoring
BBQ Rib on a Bun	X		X					X		X	X	X	
Rib Nibblers	X		X					X		X	X	X	
Rotini Pasta with Italian Sausage	X		X					X		X	X	X	dehydrated onion & garlic
Sausage Links/Patty								X			X	X	
TURKEY													
Canadian Bacon	X											X	
Chef Salad with Turkey Ham or Turkey	X		X									X	tapioca starch
Honey Roasted Turkey		X										X	
Hot Turkey Ham & Cheese on a Bun	X		X					X		X		X	
Mini Corn Dogs Battered	X		X	X				X		X	X	X	garlic powder, paprika
Turkey Casserole (Tetrazzini)	X		X					X		X		X	onion powder
Turkey Chili	X		X					X		X	X	X	
Turkey Deli Meat	X												tapioca starch
Turkey Ham												X	
Turkey Hot Dog	X										X	X	garlic powder, paprika
Turkey Hot Dog in Oven-Baked Bread (Frank-n-Blanket)	X		X	X				X		X	X	X	milk
Turkey Sausage Links											X		dehydrated onions, celery seeds
Turkey Sloppy Joe Mix	X							X			X		onion

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SIDE ITEMS													
Alaskan Animal Crackers			X					X	X				
Alaskan Mini Cinnamon Crackers (Mini Cinnamon Grahams)	X		X					X	X				
Animal Crackers (Stauffers)	X					X		X	X	X		X	nutmeg
Blueberry Fruit & Grain Bar	X		X			X		X	X	X		X	
Chocolate Animal Crackers (Stauffers)	X		X			X √		X	X	X		X	
Chocolate Goldfish Crackers	X							X	X	X		X	
Chocolate Teddy Grahams			X	X				X	X	X		X	
Cinnamon Goldfish Crackers	X							X	X	X		X	
Goldfish Pretzels	X		X					X	X	X		X	
Honey Graham Crackers	X							X	X	X		X	
Honey Maid Cinnamon Crisp Crackers 100 Cal.	X							X	X	X			
Honey Munchable Snack Mix	X					X √		X	X √	X		X	sesame X √
Mini ABC Pretzels	X					X √		X	X √	X		X	sesame X √
Oats & Honey Goldfish Grahams								X	X	X		X	honey, soybean/cottonseed oil, cinnamon
Pretzels Crisps Original			X √					X √		X			malt syrup
Quaker Snack Mix Kids Mix	X		X					X	X	X	X	X	Yellow #5, Yellow # 6
Rold Gold Tiny Twist Pretzels	X									X		X	
Soft Pretzel	X		X √	X √		X √		X √		X		X	
Teddy Grahams	X		X	X				X	X	X		X	
Tortilla Chips Yellow Round (Barrel O'Fun)	X										X		sunflower oil
Whole Grain Fruit Flavored Crackers (Strawberry Physedibles)	X							X	X	X		X	cottonseed oil
Whole Grain Fruit Flavored Crackers (Vanilla Physedibles)	X							X	X	X		X	cottonseed oil
DESSERTS													
Almond Cookie	X		X	X				X √	X √	X		X	almond extract imitation
Banana Cookie				X				X	X	X	X	X	
Butterscotch Chip Cookie			X	X				X	X	X		X	
Chocolate Brownie	X			X				X	X	X		X	
Chocolate Cake								X	X	X		X	
Chocolate Chip Cookie			X	X				X	X	X		X	
Confetti Cake	X		X	X				X	X	X		X	
Fortune Cookie (A'la Carte)	X							X					FD&C yellow #5, FD&C red #40
Gingersnap Cookie	X		X	X				X	X	X		X	mollases, ginger & cinnamon ground
Lemon Cookie	X		X	X				X	X	X		X	
M&M Cookie	X		X	X		X √		X	X	X		X	
Oatmeal Raisin Cookie			X	X				X	X	X		X	
Oreo Thin Crisps Cookie 100 Cal	X								X	X		X	
Snickerdoodle Cookie				X				X	X	X		X	
Sugar Cookie/Vanilla Cookie	X		X	X				X	X	X		X	
Sunshine Cake (new name: Sweet Potato Bread)	X		X	X				X	X	X		X	
SNACKS													
Brach's HI-C Fruit Snacks	X										X		
Curious George Fruit Snacks	X							X			X		
Home Made Granola	X							X	X	X		X	oats, graham crackers, vanilla extract
Home Made Granola Bar	X							X	X	X		X	oats, rice krispies, raisins, honey
LS Pumpkin Seeds													sunflower oil, salt
Nature Valley Granola Trail Mix Bar (Low-Fat)	X					X		X	X				oats, almonds, sunflower seeds, honey, cranberries
Honey Roasted Sunflower Seeds								X	X	X			honey, sunflower oil
Trail Mix	X	X	X			X √		X	X √	X	X	X	sunflower seeds, soy nuts
Trail Mix w/ Purchased Granola (Orig) as 10/08	X	X	X			X √		X	X √	X	X	X	M&M, pretzels, sunflower seeds, soy nuts, oiled raisins, granola [oats, molasses, wheat, soy]
Welch's Fruit Snacks	X										X		
SEAFOOD													
CONDIMENTS													
Apple Jelly	X												
Asian Sesame Dressing (A'la Carte)	X							X	X	X			sesame seeds, garlic, onion, caramel
BBQ Sauce	X										X		
Cream Cheese			X										
Croutons	X		X					X	X	X	X	X	
Croutons - Homestyle Seasoned (A'la Carte, BLT Salad)			X							X	X	X	
French Salad Dressing	X							X			X		
Grape Jelly	X												
Italian Salad Dressing	X							X		X			dehydrated garlic & onion
Italian Salad Dressing, Light (A'la Carte)	X							X		X			dehydrated garlic & onion, yellow #5 & #6
Ketchup	X										X		
Maple Syrup	X												
Mayonnaise	X		X					X					
Mixed Fruit Jelly	X												
Mustard											X		
Orange Marmalade	X												orange peel, orange oil
Picante Salsa											X		dehydrated garlic, onion & jalapeno peppers
Ranch Dressing	X	X	X	X				X		X			garlic & onion powder
Ranch Dressing, Fat Free	X		X							X			turmeric extract
Ranch Dressing, Lite (A'la Carte)	X	X	X	X				X		X			dehydrated garlic & onion

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Raspberry Vinaigrette Dressing Fat-Free (A la Carte)	X										X		<i>dehydrated garlic & onion, distilled red wine</i>
Strawberry Jam	X												
Taco Sauce	X										X		