

**THE ALLERGEN GUIDE**

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ITEMS	Corn	MSG	Dairy	Egg	Fish	Peanut	Shellfish	Soy	Tree Nut	Wheat/ Gluten	Spices	Nitrate/ Nitrite	Other notes
<b>CHICKEN</b>													
A la Carte - Chicken Caesar Salad	X		X										onion powder
A la Carte - Mediterranean Salad			X										milk
BBQ Chicken Pizza (Fresh Expectations)	X		X					X		X	X	X	
Breaded Chicken Parmesan Patty & Sauce	X		X	X				X		X	X	X	caramel color, molasses, butter
Breaded Chicken Patty			X	X				X		X	X	X	
Breaded Tenderloin Shaped Chicken Patties (Chicken Strips)			X	X				X		X	X	X	
Brown Rice Pilaf (Fresh Expectations)	X							X			X		tumeric powder, chicken base
Buffalo Chicken Filling (Fresh Expectations)	X	X	X	X				X			X		whey protein, egg yolk, nonfat yogurt
Buffalo Chicken Wrap (Fresh Expectations)	X	X	X	X				X		X	X	X	whey protein, egg yolk, nonfat yogurt
Chicken Nuggets			X	X				X		X	X	X	
Chicken Soft Taco Meat with Flour Tortillas	X		X					X		X	X		
Chicken Soft Tacos (Fresh Expectations) - includes tortillas	X									X	X		dried red chiles, onion & garlic powder
Chicken Soft Tacos (UNO) - with flour tortillas	X		X					X		X	X		dried red chiles, onion & garlic powder
Chicken Sticks	X		X	X				X		X	X	X	
Chicken Stir Fry (Fresh Expectations)	X		X					X		X	X		caramel color, molasses, butter, red dye #40
Chicken Tenders			X	X				X		X	X	X	
Chicken Teriyaki Breast	X							X		X	X		garlic
Chicken Tinga	X							X			X		chipotle pepper powder, green chiles
Chicken Tinga with Whole-Grain Tortillas (Fresh Expectations)	X		X					X		X	X	X	chipotle pepper powder, green chiles, palm oil, honey
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
Crispy Chicken Wrap	X		X	X				X		X	X	X	rice flour
Fire-Roasted Tomato Chicken Breast	X							X			X		jalapeno peppers
Grilled Chicken Patty								X			X	X	
Grilled Chicken Parmesan Patty & Sauce	X		X	X				X		X	X	X	
Lemon Roasted Chicken (Fresh Expectations)											X		FD&C yellow #5, lemon oil
Mini Chicken Patty Sandwiches w/ Slammer Buns	X							X		X	X	X	
Oven Roasted Chicken (Summer)												X	
Rice Pilaf								X			X		chicken base
Roasted Chicken Drumstick	X		X					X			X		
Shredded BBQ Chicken on a Whole Wheat Bun	X							X		X	X		caramel color, molasses, garlic, tamarind flavor
Spanish Rice (Fresh Expectations)	X							X					tumeric powder, chicken base
Summer - Asian Chicken Salad (No Dressing)													diced sweet red pepper, citric acid
Summer - Buffalo Bill Chicken Sandwich													cayenne pepper, canola oil, paprika, garlic powder
Summer - Orchard Salad (No Dressing)			X										dried cranberries
Summer - Shredded BBQ Chicken Sandwich	X										X		caramel color, molasses, garlic, tamarind flavor
Summer - Southwest Chicken Salad (No Dressing)			X										black beans
Wafer Sliced Chicken								X			X	X	
<b>BEEF</b>													
BBQ Meatballs	X		X					X		X	X	X	molasses, tamarind, caramel color
Beef Pita Calabrese	X		X					X		X	X	X	
Beef Bologna (Summer)	X											X	garlic
Beef Chili Santa Fe	X		X					X		X	X	X	
Beef Nibblers	X		X	X				X		X	X	X	rice flour
Beef Salami (Summer)	X											X	
Beef Soft Tacos (Fresh Expectations) - includes tortillas	X							X		X	X	X	caramel color, cocoa
Beef Taco Filling with Tri-Color Tortilla Strips	X							X	X √	X	X	X	caramel color, cocoa
Corned Beef & Swiss Sandwich (Adult Meal)	X		X					X		X		X	on marble rye bread, milk, caraway seeds
Grass-Fed Beef Hot Dog (Fresh Expectations)											X		cane juice, celery powder
Hamburger Patty	X							X			X	X	caramel color
Hot Dog											X	X	paprika
Island Hamburger Patty								X		X	X	X	garlic, onion, paprika,
Italian Beef Filling (Fresh Expectations)	X		X					X		X	X		caramel color, butter, molasses
Meatball & Sauce (Fresh Expectations)			X					X		X	X		garlic powder, nonfat dry milk
Meatball Sandwich with a Bun	X		X					X		X	X	X	
Mini Beef Ravioli	X		X					X		X		X	
Multi-Grain Rotini with Meat Sauce (Fresh Expectations)				X						X	X	X	egg whites
Nacho Combo Chili (with Tortilla Chips)	X		X					X		X	X	X	
Roast Beef	X	X										X	
Roast Beef & Cheddar Sandwich (Fresh Expectations/Adult Meal)	X	X	X						X	X	X	X	on sourdough bread
Rotini Pasta (Whole-Grain) with Meatsauce	X		X	X √				X		X	X	X	
Salisbury Steak w/ Gravy	X			X				X		X	X	X	
Santa Fe Beef 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	X	
Spaghetti (Multigrain) with Meatballs	X		X	X				X		X	X	X	legume flour, flax seed
Spaghetti (Multigrain) with Meat Sauce	X		X	X				X		X	X	X	legume flour, flax seed
Spaghetti (Whole-Wheat) with Meatballs	X		X					X		X	X	X	
Steak Fajitas with Sweet Peppers & Onions (Fresh Expectations)	X		X					X		X	X		caramel color, molasses, butter, whey protein, soy lecithin
Summer - Mrs. O'Leary's Corned Beef Sandwich			X					X				X	
Taco Boat	X							X		X	X	X	

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ITEMS	Corn	MSG	Dairy	Egg	Fish	Peanut	Shellfish	Soy	Tree Nut	Wheat/ Gluten	Spices	Nitrate/ Nitrite	Other notes
Teriyaki Meatballs	X		X					X		X	X	X	garlic, onion, cottonseeds oil
Tex-Mex Chili Mac			X	X √				X		X	X	X	caramel
<b>PORK</b>													
A la Carte - BLT Salad			X									X	bacon topping, honey
A la Carte - Chef Salad	X		X									X	*pork (flaked ham)
Bacon Bits, Topping												X	smoke flavoring
Baked Beans	X										X		*bacon, caramel, garlic, mustard seed
BBQ Pulled Pork (Fresh Expectations)	X										X		caramel color, molasses, garlic
Frijoles Charros								X			X	X	*pork (ham, sausage chorizo), pinto beans
Sausage Links/Patty								X			X	X	
<b>TURKEY</b>													
A la Carte - Chef Salad	X		X									X	*pork (flaked ham)
A la Carte - Turkey Dijon Salad	X		X									X	julienne turkey, honey dijon
Canadian Bacon	X											X	
Chef Salad with Organic Romaine (Fresh Expectations)	X		X									X	smoke flavoring
Chef Salad with Turkey Ham or Turkey	X		X									X	tapioca starch
Chopped Salad with Julienne Turkey & Veggies (Fresh Expectations)	X		X										
Frank-n-Blanket (Turkey Hot Dog in Oven-Baked Bread)	X		X	X				X		X	X	X	milk
Honey Roasted Turkey		X										X	
Hot Turkey Ham & Cheese on a Bun	X		X					X		X		X	
Mini Corn Dogs	X		X	X				X		X	X	X	garlic powder, paprika
Multigrain Rotini with Turkey Meatsauce	X		X					X		X	X	X	
Oven Roasted Turkey (Summer)												X	tapioca starch
Roast Turkey with Gravy (Fresh Expectations)		X	X							X	X	X	yeast extract
Santa Fe Turkey Chili	X		X					X		X	X	X	
Smoked Turkey (Summer)												X	brown sugar, carrageenan, smoke flavor
Summer - Chef Salad (No Dressing)	X		X										
Turkey Deli Meat	X												tapioca starch
Turkey Ham	X											X	brown sugar
Turkey Hot Dog	X										X	X	garlic powder, paprika
Turkey Meatballs	X		X	X				X		X			romano cheese
Turkey Pastrami											X	X	garlic powder, smoke flavoring
Turkey Sausage Links/Patty											X		dehydrated onions, celery seeds
Turkey Sloppy Joe Mix	X							X			X		onion
<b>MEATLESS</b>													
Baked Penne with Marinara & Mozzarella (Fresh Expectations)	X		X	X				X		X	X	X	dried garlic
Black Bean Veggie Burger	X							X		X			paprika, turmeric, green chiles
Cheddar Grits	X		X									X	white hominy grits
Cheese Lasagna	X		X	X				X		X	X		
Cheese Pizza Pocket	X		X	X				X		X	X	X	
Cheese Ravioli with Homemade Marinara (Fresh Expectations)			X	X				X		X	X	X	garlic powder, dehydrated parsley, citric acid
Cheese Ravioli with Southwest Sauce	X		X	X				X		X	X	X	garlic powder, dehydrated parsley, red chiles
Cheese Ravioli, Jumbo			X	X				X		X	X	X	garlic powder, dehydrated parsley
Cheese-a-dia	X		X					X		X	X	X	tomato, onion chives, jalapeno peppers
Crunchy Veggie & Hummus Wrap (Fresh Expectations- FE)			X					X		X	X	X	sesame tahini, garlic, soybean oil
Crunchy Veggie & Hummus Wrap-BULK (Fresh Expectations-FEB)	X		X					X		X	X	X	sesame tahini, garlic, soybean oil
Deep Dish Cheese Pizza	X		X					X		X	X		
Fiesta Burrito (Veggie Burrito)	X		X					X		X	X		paprika, pinto beans, onions, garlic
French Bread Cheese Pizza	X		X					X		X	X	X	
French Toast Sticks	X		X					X		X		X	cottonseed/canola oil
French Toast Sticks (Whole-Grain) Aunt Jemima	X		X					X		X		X	cottonseed/canola oil
Grilled Cheese Sandwich on Whole Grain Bread (Red.Fat.Cheese)			X					X		X			
Homemade Cheese Pizza (Fresh Expectations)	X		X					X		X	X	X	oregano
Macaroni & Cheese			X					X		X		X	
Macaroni & Cheese (Whole-Grain)			X					X		X		X	
Macaroni & Cheese w/ Multi-Grain Pasta (Fresh Expectations)			X	X				X		X	X	X	hickory smoke flavor, molasses, xanthan gum
Make-Your-Own- Ranchero Breakfast Burrito	X		X	X				X		X		X	caramel color, yeast extract
Max Pizza Stix	X		X					X		X	X	X	
Pancakes (Mini), Krusteaz/Bakery Chef (Lunch)			X	X				X		X		X	
Pancakes (Whole-Grain), Aunt Jemima (Breakfast)	X		X	X				X		X		X	
Peanut Butter & Jelly Wafer Bars Sandwich	X					X		X		X		X	
Penne Pasta with Marinara Sauce	X			X				X		X	X	X	
Penne Pasta with Marinara Sauce & Mozzarella Cheese	X		X	X				X		X	X	X	
Roasted Red Pepper Hummus								X			X		sesame tahini, garlic, soybean oil
Ultragrain Stuffed Crust Cheese Pizza	X		X					X		X	X	X	
Waffles	X		X	X				X		X		X	Yellow #5, Yellow # 6
<b>VEGETABLES</b>													
A la Carte - Apple Craisin Salad			X										
A la Carte - Asian Salad													citric acid
A la Carte - Fiesta Salad			X								X		dehydrated onion, garlic & jalapeno pepper



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Scrambled Eggs			X	X				X					
Swiss Cheese			X										
Non Fat Fruit Yogurt	X		X										whey
Yogurt - Dannon (Activia)			X										milk protein
Yogurt - Stoneyfield Vanilla Yogurt(Fresh Expectations)			X										
<b>BREADS &amp; ROLLS</b>													
Apple Spice Bread	X		X	X				X		X		X	oats
Baking Powder Biscuit	X		X					X		X		X	
Banana Bread	X			X				X		X		X	
Banana Muffin	X		X	X				X		X		X	
Basil/Garlic Roll	X							X		X			
Blueberry Muffin	X		X	X				X		X		X	
Carrot Bread	X		X	X				X		X		X	
Chunky Cheddar Cornbread	X		X	X				X		X	X	X	ground pepper/chili
Ciabatini Roll								X		X		X	honey, cottonseed oils
Cinnamon Dinner Roll	X		X					X		X	X	X	
Cinnamon Raisin Bagel	X			X √		X √		X	X √	X		X	
Club Roll	X							X		X		X	
Corn Bread	X		X	X				X		X		X	
Diamond Jim Bun [Sub Roll]	X							X		X		X	yeast
English Muffin	X							X		X		X	
Flour Tortillas	X		X					X		X		X	rice flour, soy lecithin, natural butter flavor
French Roll (Meatball Sandwich)	X							X		X		X	
Fresh Baked Multi-Grain Roll (Fresh Expectations)			X					X		X		X	yeast, sugarcane molasses, soy lecithin, milk
Fresh Baked Roll (Fresh Expectations)	X							X		X		X	sesame seeds, yeast
Garlic Bread	X		X					X		X			milk
Hamburger Bun	X							X		X		X	yeast, enzymes
Honey Apple Bagel	X			X √		X √		X	X √	X		X	
Hot Dog Bun	X							X		X		X	yeast
Kaiser Bun	X			X				X		X	X	X	turmeric, paprika, yeast
Marble Rye Bread	X		X					X		X		X	yeast, ascorbic acid, sesame seeds, milk
Mini Flatbread - Summer			X					X		X		X	non-fat dry milk
Mini Hamburger Buns	X							X		X		X	
Mini Loaf, Apple Cinnamon	X		X	X				X		X		X	milk
Mini Loaf, Banana	X		X	X				X		X		X	milk
Mini Loaf, Blueberry	X		X	X				X		X		X	milk
Mini Whole-Grain Rolls (Fresh Expectations)								X		X		X	yeast
Multigrain Roll (Fresh Expectations)	X		X					X		X		X	sesame seeds
Multigrain Diamond Jim Bun [Multi-Grain Roll]	X							X	X √	X		X	sesame, rye, poppy, sunflower
Multigrain Hamburger Bun	X							X	X √	X		X	sesame, sunflower & poppy seeds, molasses
Orange Craisin Bread [Orange Cranberry Bread]	X			X				X		X		X	cranberries, orange marmalade
Peach Bread	X			X				X		X		X	
Pita Pockets										X			
Plain Bagel	X			X √		X √		X	X √	X		X	
Plain Bagel Petite [Bagelette]	X							X		X		X	
Potato Roll	X							X		X	X	X	
Pumpkin Bread	X			X				X		X	X	X	cinnamon, nutmeg
Rye Bread	X							X		X		X	yeast, caramel color
Slammer Bun	X							X		X		X	yeast
Sourdough Bread, White									X	X		X	yeast, ascorbic acid
Steak Bun [Sesame Club Bun]	X							X		X		X	sesame seeds, yeast
Stone Ground Whole Wheat Roll (Fresh Expectations)	X							X		X			sesame seeds
Taco Boat	X							X				X	
Wheat Bread	X							X		X		X	yeast, honey, caramel color, soy lecithin
Wheat Breadstick								X		X		X	yeast
Whole Grain Breadstick (Fresh Expectations)			X					X		X		X	yeast, soya lecithin, may contain milk
Wheat Diamond Jim Bun [Wheat Sub Roll]	X							X		X		X	yeast
Wheat Dinner Roll	X		X					X		X			
Wheat Hamburger Bun [Wheat Bun]	X							X		X		X	yeast, barley malt
Wheat Pita Pockets										X		X	
White Dinner Roll	X		X					X		X			
White Wheat Hot Dog Bun (UNO)								X		X		X	yeast
White Whole-Grain Bun (Fresh Expectations)								X		X		X	yeast
White Whole Grain Skinny Bun			X					X		X		X	non-fat dry milk
Whole Grain Tortillas (Fresh Expectations)										X		X	palm oil, honey
Whole Grain White Bread								X		X		X	yeast, soy lecithin
Whole Grain White Roll, 100%	X		X					X		X		X	yeast, soy lecithin
Whole Wheat Roll, 100%	X							X		X			yeast, molasses
Whole Wheat Bun (UNO)	X							X		X			yeast, molasses
Zucchini Bread	X			X				X		X	X	X	
<b>CEREALS</b>													
Apple Cinnamon Cheerios	X									X		X	
Cheerios	X									X		X	
Cheerios, MultiGrain	X									X		X	brown sugar syrup



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Honey													
Honey Dijon Dressing, Fat Free	X							X			X		
Honey Mustard Dressing ( <i>Fresh Expectations</i> )	X			X				X			X		<i>honey, mustard seed, yellow # 5</i>
Horseradish Dijon Sauce ( <i>Fresh Expectations</i> )				X				X			X		<i>mustard seed, citric &amp; tartaric acid</i>
Italian Salad Dressing	X							X			X		<i>dehydrated garlic &amp; onion</i>
Italian Salad Dressing, Light (A'la Carte)								X			X		<i>dehydrated garlic &amp; onion, yellow #5 &amp; #6</i>
Ketchup	X										X		
Light Ranch Dressing ( <i>Fresh Expectations</i> & A'la Carte)	X	X	X	X				X			X		<i>dehydrated garlic &amp; onion</i>
Mayonnaise	X			X				X			X		
Mixed Fruit Jelly	X												
Mustard											X		
Picante Salsa											X		<i>dehydrated garlic, onion &amp; jalapeno peppers</i>
Ranch Dressing	X	X	X	X				X			X		<i>garlic &amp; onion powder</i>
Ranch Dressing, Fat Free	X		X								X		<i>turmeric extract</i>
Raspberry Vinaigrette Dressing Fat-Free (A'la Carte/Summer)	X										X		<i>dehydrated garlic &amp; onion, distilled red wine</i>
Strawberry Jam	X												
Syrup	X												
Taco Sauce	X										X		<i>chili pepper, garlic powder</i>