

The following is a list of items that ARAMARK uses at The Archdiocese of Chicago common food allergens. This list may not be complete. There is always a risk of contamination, and the manufacturers of the foods we use could change the formulation at any time, without notice. ARAMARK cannot guarantee the accuracy of any of the information contained herein. The information contained in this list is not intended as a substitute for advice from your physician or other healthcare professional or for any information contained on or in any product label, packaging or insert. You should not use the information herein for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance. You should always consult a physician or other healthcare professional before taking any medication, drug or nutritional, herbal or homeopathic supplement, before starting any diet or exercise program and/or before adopting any treatment for a health problem, condition or ailment. Individuals concerned with food allergies must be aware of this risk. Archdiocese of Chicago and ARAMARK will not assume any liability for adverse reactions to foods consumed, or items with which one may come into contact while eating at any school district establishment. Families of students with food allergies or those wishing to see additional information are encouraged to contact the registered dietitian.

Menu Item *May Contain ▲ Contains No Pork	Soy	Milk	Wheat Gluten	Egg	Shellfish	Fish	Peanut	Treenut	Sesame (Illinois)	None
Pepper, Bell										x
Potato, Mashed		x								
Potato, Crinkle Fry										x
Potato, Tater Tot										x
Potato, Sweet Potato										x
Salad, Potato	x			x						
Salad, Romaine										x
Spinach										x
Tomato, Grape										x
Protein, Cheese, Dairy, Yogurt										
Cheese, Cube		x								
Cheese, String Mozzarella		x								
Egg, Hard Boiled		x								
Pepperoni, Slices										x
Yogurt, Strawberry Banana Danimals		x								
Yogurt, Vanilla Danimals		x								
Grains, Rice, Pasta										
Bread, Biscuit WG		x	x							
Bread, Breadstick WG			x							
Bread, Flatbread*	May Contain	x	x							
Bread, Pretzel Bites			x							
Bread, Pretzel Rod			x							
Pasta, Egg Noodles	x	x	x	x						
Pasta, Penne*			x	May Contain						
Pasta, Spaghetti*			x	May Contain						
Rice, Plain										x
Roll, Dinner	x		x							
Breakfast Cold										
Bagel, Blueberry			x							
Bagel, Cinnamon Raisin			x							
Bagel, Plain, Whole Grain			x							
Bagel, Mini Cinnamon Cream Cheese		x	x							
Bagel, Mini Strawberry Cream Cheese		x	x							
Bar, Butterscotch Oatmeal	x	x	x	x						
Bar, Benefit, French Toast	x	x	x	x						
Bar, Benefit, Mini Brown Sugar	x	x	x	x						
Bar, Benefit, Banana Chocolate Chip	x	x	x	x						

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Bar, Cereal, Trix	x		x							
Bar, Cereal, Cocoa Puffs	x		x							
Bar, Cereal, Cinn Toast Crunch										
Bar, Cereal, Golden Grahams										
Bar, Cereal, Fruity Cheerios	x		x							
Bar, Cereal, Strawberry Cheerios	x		x							
Bar, Granola, Chewy, Smores*	x	x	x				May Contain	May Contain		
Bar, Nutrigrain, Apple Cinnamon	x	x	x							
Bar, Nutrigrain, Blueberry	x	x	x							
Bar, Nutrigrain, Strawberry	x	x	x							
Breakfast Round, Cinnamon	x	x	x	x						
Breakfast Round, Oatmeal Chocolate Chip	x	x	x	x						
Bkfst Rnd, Oatmeal Banana Choco Chip	x	x	x	x						
Cereal, Cheerios Apple Cinnamon										x
Cereal, Cheerios										x
Cereal, Cheerios Fruity										x
Cereal, Chex Cinnamon										x
Cereal, Chex Corn										x
Cereal, Chex Rice										x
Cereal, Cinnamon Toast Crunch	x		x							
Cereal, Cocoa Puff										x
Cereal, Frosted Flakes	x		x							
Cereal, Frosted Mini Wheat			x							
Cereal, Golden Graham			x							
Cereal, Lucky Charm										x
Cereal, Raisin Bran*			x					May Contain		x
Cereal, Rice Krispies										x
Muffin, Apple Cinnamon	x		x	x						
Muffin, Banana	x		x	x						
Muffin, Blueberry	x		x	x						
Muffin, Chocolate Chip	x	x	x	x						
Muffin, Corn	x	x	x	x						
Muffin, English	x	x	x							
Pop Tart, Blueberry	x		x							
Pop Tart, Cinnamon Brown Sugar	x		x							
Pop Tart, Fudge	x		x							
Pop Tart, Strawberry	x		x							

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Sauce, Cheese, Cheddar		x								
Sauce, Cheese, Italian Alfredo		x								
Sauce, Ketchup Heinz										x
Sauce, Marinara										x
Sauce, Marinara, Beef	x									
Sauce, Mayonnaise	x	x		x						
Sauce, Mustard										x
Sauce, Pizza										x
Sauce, Relish										x
Sauce, Spaghetti	x									
Sauce, Spaghetti, Beef	x									
Sauce, Taco	x									
Sauce, Tartar				x						
Syrup, Maple										x
Snacks, Chips, and Crackers										
Chip, Cheeto, Baked		x								
Chip, Dorito, Cool Ranch		x								
Chip, Munchies Snack Mix		x	x							
Chip, Pretzel, Heartzel			x							
Cracker, Animal	x		x							
Cracker, Belly Bear, Chocolate			x							
Cracker, Belly Bear, Cinnamon			x							
Cracker, Bug Bite	x		x							
Cracker, Churro Cruncher			x							
Cracker, Chz It	x	x	x							
Cracker, Crunchmania, Cinn	x	x	x							
Cracker, Elf Graham, Chocolate	x		x							
Cracker, Elf Graham, Cinnamon	x		x							
Cracker, Goldfish Cheddar		x	x							
Cracker, Goldfish Colors		x	x							
Cracker, Goldfish Graham, Giant Vanilla			x							
Cracker, Goldfish Pretzel		x	x							
Cracker, Graham	x		x							
Cracker, Jungle			x							
Cracker, Scooby Graham	x		x							
Snack, Rice Krispies, Mini	x	x								
Lunch Entrées (Hot)										

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Bowl, Country Chicken Nugget	x	x	x	x						
Burrito, Bean & Cheese		x	x							
Burrito, Chili Cheese	x	x	x							
Calzone, Meat Lovers	x	x	x							
Cheeseburger (Beef)	x	x	x							
Chicken, Corn Dog ▲	x	x	x	x						
Chicken, Drumstick, Roasted										x
Chicken, Nuggets	x		x							
Chicken, Orange with Broccoli	x		x							
Chicken, Popcorn	x		x							
Chicken, Popcorn Spicy	x		x							
Chicken, Sandwich, Breaded	x		x							
Chicken, Sandwich, Breaded Spicy	x		x							
Chicken, Sandwich, Diced BBQ	x		x							
Chicken, Sandwich, Parmesan	x	x	x							
Chicken, Sandwich, Slider	x		x							
Chicken, Tender	x		x							
Hamburger (Beef)	x		x							
Hot Dog, Plain (Turkey) ▲			x							
Fish, Bites		x	x			x				
Fish, Sticks		x	x			x				
French Toast, Sticks	x	x	x	x						
Fun Lunch: Mini Corn Dogs, Pretzel Bites, Cheese Sauce	x	x	x	x						
Meatball, Beef	x									
Meatball, Beef BBQ	x	x	x							
Meatball, Chicken BBQ	x		x							
Meatloaf, Cheeseburger		x	x							
Melt, T.Ham, Cheese, American ▲	x	x	x							
Melt, Cheese, American	x	x	x							
Melt, Fish, Patty, American Cheese	x	x	x	x		x				
Nacho, Beef, Cheese, Bean Combo	x	x	x							
Pasta, Macaroni & Cheese*	x	x	x	May Contain						
Pasta, Ravioli, Jumbo Cheese		x	x	x						
Pizza, Cheesy Slice / Cheesy Flatbread	x	x	x							
Pizza, Crunchers		x	x							
Pizza, Galaxy Cheese	x	x	x							
Pizza, Galaxy Pepperoni (Turkey & Beef)	x	x	x							

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Pizza, Sticks	x	x	x							
Pizza, Turkey Sausage Flatbread ▲	x	x	x							
Pull-Apart, Italian Cheese & Garlic		x	x							
Pull-Apart, Southwest Queso		x	x							
Salisbury Steak (Beef) with (Brown) Gravy & Egg Noodles	x	x	x	x						
Sloppy Joe (Beef) on a Bun	x		x							
Sandwich, Pancake Griddler ▲	x		x	x						
Sandwich, Turkey, Chicken Ham, Provolone on a Bun ▲	x	x	x							
Soup, Chili, Vegetarian										x
Sticks, Mozzarella, Breaded		x	x							
Sub, Meatball, BBQ	x	x	x							
Sub, Meatball, Pizza	x	x	x							
Sub, Riblet, Pork, BBQ	x		x							
Tacos, Chicken	x	x	x							
Tacos, Beef & Cheese	x	x	x							
Turkey, Mini Corn Dog ▲	x	x	x	x						
Turkey, Sliced with Gravy*	x	x	x	May Contain						
Lunch Entrees (Cold), Lunch Express Sandwich and Salad Entrées										
Chicken, Popcorn (Dippin' Chicken)	x		x							
Flatbread*, (Chicken & Beef or Turkey) Pepperoni, Cheese Cubes ▲	May Contain	x	x							
Flatbread*, Shredded Mozzarella & Pizza Sauce	May Contain	x	x							
Salad, Chicken, Chef		x		x						
Salad, Chicken, Popcorn	x	x	x							
Salad, Egg, Chef		x		x						
Salad, Garden, Cheese		x								
Sandwich, Cheese, American	x	x	x							
Sandwich, Chicken Ham, American on a Bun ▲	x	x	x							
Sandwich, Chicken Ham, Provolone ▲	x	x	x							
Sandwich, Roast Beef & Cheddar Cheese		x	x							
Sandwich, Sunbutter & Jelly	x		x							
Sandwich, Turkey Ham, American ▲	x	x	x							
Sandwich, Turkey Ham, Provolone ▲	x	x	x							
Sandwich, Turkey, American	x	x	x							
Sandwich, Turkey, American on a Croissant (Bistro Croissant)	x	x	x	x						
Sandwich, Turkey, Chicken Ham, Provolone on a Bun ▲	x	x	x							
Sandwich, Turkey, Provolone on a Pretzel Roll (Super Turkey Sandwich)	x	x	x							
Sub, Turkey Ham, American ▲	x	x	x							

