

# Food Allergens and Processed Ingredient List

Last updated 9/2019

	<u>Soy</u>	<u>Eggs</u>	<u>Wheat/ Gluten</u>	<u>Milk/ Lactose</u>	<u>Nuts/ Seeds</u>	<u>Fish/ Seafood</u>	<u>HFCS</u>	<u>Partially Hydrogenated Oils</u>	<u>EDTA, BHT, BTA NITRATES</u>	<u>Artificial or Natural Color and Flavorings</u>
	*Contains Soy Oil	*Processed in a facility that contains	*Contains ingrds that may have gluten	*May contain	*Processed in a facility that contains nuts					
<b>Bread/Grain:</b>										
16" Pizza Crust	X*		X				X	X		
7" Pizza Crust	X*	X*	X	X*	X*		X			
12" Pizza Crust	X		X							
Big Daddy Pizza Crust	X		X	X				X		X
Cheese Filled Breadstick	X	X	X	X			X	X		X
French Breadstick	X*	X	X	X*	X*		X			
Bread, Sliced WW	X		X	X			X			
Bolillo Roll, Wheat	X*	X*	X	X*	X*		X			
Kaiser Roll, Wheat	X*	X	X	X*	X*		X			
4" Hamburger Bun, MG	X*		X							X
Hoagy, WW	X*		X							
Hot Bun, WW	X*		X							
Dinner Roll, WW	X		X				X			
Lasagna Noodle			X							
Rotini Noodle, MG		X	X							
Elbow Noodle, WW		X*	X							
Egg Noodle		X	X							
Spaghetti Noodle, WW			X							
Ravioli, Cheese		X	X	X						
Yakisoba Noodle			X							X
Rice, Mexican	X		X*							X
Rice, Brown										
Tortilla, 8" WW	X*		X							
Tortilla, 10" WW	X*		X					X		
Tortilla, 12" Tomato Basil	X*		X					X	X	
Tortilla, 12" Spinach Herb	X		X					X	X	X
Tortilla, 6" Flour	X*		X					X		
Taco Shell, 5"										
Chow Mein Noodles			X					X		
Cookie, Sugar	X	X	X				X			X
Cookie, Chocolate Chip	X	X	X	X					X	
Cornbread Mix	X	X	X	X	X*			X		
Goldfish Crackers	X*		X	X						
Croutons			X	X	X*		X		X	X
Pretzels			X							X

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	*Contains Soy Oil	*Processed in a facility that contains	*Contains ingrds that may have gluten	*May contain	*Processed in a facility that contains nuts					
<b>Premade Lunch Entrees:</b>										
Bean and Cheese Burrito	X		X	X						
Pasta, Chix Alfredo	X	X	X	X						
Pasta, Mac and Cheese	X	X	X	X						
Pasta, Baked Macaroni	X	X	X	X						
Sandwich, P,B and J			X	X	X					
Sloppy Joe	X		X							
Spaghetti with Meat Sauce	X	X*	X							
Tomato Soup			X							
Turkey Corn Dog	X	X	X							
<b>Meat, Cheese, Dairy, Eggs:</b>										
Popcorn Chicken	X		X	X						X
Chicken Nuggets	X	X	X							X
Chicken Tender	X		X	X						X
Chicken Breast Fillet										X
Breaded Chicken Patty	X	X	X							X
Spicy Chicken Patty	X	X	X	X						X
Fajita Chicken Strips							X			X
Diced Chicken Meat										
Oven Baked Chicken	X		X							X
Chicken Taco Meat	X		X							X
Turkey Breast, Chunked										
Turkey, Chunked										
Turkey Breast, Diced		X*								X
Turkey Breast Steak, Sliced										
Turkey Roast										X
Turkey Breast, Sliced		X*								
Turkey Gravy	X									
Turkey Ham									X	X
Turkey Pepperoni, Sliced	X								X	X
Turkey Ham, Sliced									X	X
Turkey Pepperoni, Diced	X								X	X
Turkey Patty									X	
Turkey Frank									X	X
BBQ Turkey			X*							X
Turkey Sausage, Link			X*						X	X

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Turkey Sausage, Patty (comm)									X	X
Turkey Sausage Patty	X								X	X
Turkey Bacon, Canadian									X	X
Beef Patty, Onion	X									X
Beef Patty	X									X
Beef Crumbles	X									X
Beef Dunkers	X		X							X
Beef Meatballs	X		X	X						X
Beef Taco Meat	X		X							
Cheese, American sliced	X			X						
Cheese, Swiss sliced	X			X						
Cheese, Cheddar shredded				X						
Cheese, Mozzarella shredded				X						
Cheese, Parmesan shredded										
Cheese, Ricotta			X*	X						
Cheese, Cottage 4% & 2%				X						
Cheese, Cream, whipped				X						
Cheese, Cream, 1oz				X						
Fish Nugget			X	X		X				
BBQ Rib Patty	X									
Pork Rib Patty	X									
Pork Sausage Patty									X	X
Egg Patty	X*	X		X						
Eggs, Diced		X								
Eggs, Hard Boiled		X								
Eggs, Liquid		X								
Sour Cream			X*	X						
Margarine	X*			X						
Yogurt, Crush Cup				X						X
Yogurt, Parfait			X	X	X*					X
Yogurt, Yami				X						X
Milk, All Flavors and Varieties				X						
<b>Produce, Frozen/Canned/Dry: Only ones containing allergens are listed</b>										
Sweet Potato fries	X*		X							X
Crinkle Fries	X*									X

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Potato Wedges										
Tatar Tots	X*									X
Hash Brown Patties	X*									X
Applesauce							X			
Pears, diced							X			
Beans, Kidney									X	
Beans, Refried									X	
Mashed Potatoes	X			X					X	X
<b>Condiments:</b>										
Balsamic Vinaigrette			X*						X	
BBQ Sauce	X		X*							X
Caesar Dressing, Lite	X	X		X		X				
Italian Dressing, Lite	X*								X	
Ketchup							X			X
Mayonnaise, Reduced Calorie	X	X								
Mustard	X*	X*								
Pickles										X
Ranch, Lite	X	X	X	X						
Salsa			X*							X
Pancake Syrup							X			X
<b>Spices/Seasonings &amp; Baking Ingredients, Oil: Only ones containing allergens are listed</b>										
Lemon & Pepper Seasoning Salt										X
Fajita Seasoning Mix	X		X							X
Taco Seasoning				X						
Flour, All Purpose			X							
Olive Oil 80/20 Blend	X*									
Pan Spray	X*							X		
<b>Sauces, Bases, &amp; Flavorings:</b>										
Chicken Base	X		X	X				X		X
Vegetable Base										X
Enchilada Sauce			X*							
Cheese Sauce				X				X		X
Orange Sauce			X*							X
Pizza Sauce							X			X

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Pesto	X*			X						X
Soy Sauce, Lite	X		X							
Spaghetti Sauce, Del Monte			X*				X			
Spaghetti Sauce, Vine-Ripe			X*				X			
Spaghetti Sauce, Angela Mia	X*						X			X
Sweet & Sour Sauce	X		X							
Teriyaki Sauce	X		X				X			
Crushed Tomatoes										
Diced Tomatoes										
Tomato Sauce										X
Tomato Paste										
Tomato Soup, Condensed	X*		X				X			X
<b>Premade Breakfast Entrees:</b>										
Ultimate Breakfast Round	X	X	X	X	X*					X
Breakfast on a Stick	X	X	X							
Breakfast Pizza	X		X	X						
Graham Crackers	X		X							X
French Toast Sticks	X		X	X			X		X	X
Muffin, Harvest Bran	X	X	X	X			X			X
Muffin Mix, Blueberry	X	X	X					X		X
Muffin Mix, Basic	X	X	X	X				X		X
Pancakes, Whole Grain	X	X	X	X						
Pancakes Mini Strawberry	X	X	X							
Waffle Stix	X*	X	X	X						X
Waffle	X		X	X						
Waffle Mini Maple	X	X	X	X						
<b>Breakfast Breads:</b>										
Bagel, Mini Whole Wheat	X*		X							
Bagel, Mini Cinnamon	X*		X							
Bagel, Cinnamon Raisin	X*		X				X			
Bagel, Onion	X*		X				X			
Bagel, Everything	X*		X				X			
Bagel, Blueberry	X*		X				X			X
Bagel, Plain	X*		X				X			
Bar, Cherry Apple Crunch	X		X							
Bar, Cornmeal Superstar	X	X	X	X						
Bar, Maple Filled			X	X						

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Biscuit, Buttermilk	X*		X	X				X		X
English Muffin, Whole Wheat	X*		X							
Muffin, Blueberry Loaf	X	X	X	X						
Roll, Cinnamon WG	X		X							
Texas Toast	X		X	X			X			
<b>Cereals:</b>										
Oatmeal, Cinnamon & Spice			X							X
Oatmeal, Apples & Cinnamon			X							X
Oatmeal, Maple & Brown Sugar			X							X
Oatmeal, Plain										
Cherrios										
Cheerios, Honey Nut					X					
Cinnamon Toast Crunch RS	X		X						X	X
Cocoa Puff, Reduced Sugar			X*						X	X
Golden Grahams			X						X	X
Rice Krispies, Whole Grain									X	
Rice Chex									X	
Rice Chex Cinnamon									X	X
Steel Cut Oats, Bob's Red Mill										
Granola, Bob's Red Mill			X*							