

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
CHICKEN											
Sandwiches do not include the bread, type of bread the item is served with indicated in parenthesis- see bread section											
Grilled Chicken Filet - Tyson Red Label			X							GF	Contains no ingredients that have Gluten but not officially labeled GF
Diced Chicken Breast Meat - Jafco (chicken caesar salad wrap) - HS	X										Contains modified food starch
Chicken Nuggets - Goldkist				X			X				
Chicken Nuggets - Bat Shaped			X	X	X		X				
Buffalo Chicken Wrap (w/parmesan)- Proview Buffalo Tenders (tortilla)			X		X	X	X				Sauce is Lite Ranch
Chicken Caesar Wrap (tortilla)			X	X	X	X	X				
Chicken & Cheese Quesadillas (tortilla) HS			X	X	X		X				
Chicken & Cheese Quesadillas HR & Pollard (tortilla)			X	X	X	X	X				
Chicken Chili	X										
Chicken Pot Pie			X	X	X	X	X				
Shredded Chicken - Comida Vida	X										
Gourmet Chicken Tenders HS (Rich Chicks)			X			X	X				
Chicken Tenders -Goldkist (all schools)				X			X				
Gluten Free Chicken Tenders (Brakebush)				X		X				GF	
Grilled Chicken Sandwich- Tyson (hamburger bun)			X							GF	Contains no ingredients that have Gluten but not officially labeled GF

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
Chef Mehdi's Homemade Chicken Soup - Pollard							X				
Jen & Mehdi's Homemade Chicken Soup with Matzo Balls						X	X				
Chicken Noodle Soup- Elem & HR			X	X		X	X				
Chicken Parmesan Sub (sub roll)			X		X	X	X				
Chicken Parmesan Meal			X		X		X				
Chicken Patty (Goldkist) (hamburger bun)				X			X				
Gourmet Chicken Patty - Gourmet Chicken Patty (Tyson) (hamburger bun) & chicken parmesan meal & HS gourmet chicken sandwiches			X				X				
Chicken Sausage - Goldkist				X							No wheat
Buffalo Chicken "Wings of Fire" - Tyson (HS)				X			X				
"Crazy Mixed Up" Chicken			X	X	X	X	X				
Buffalo Chicken Tenders - Proview			X				X				
Buffalo Chicken Chicken Patty - Proview (High School)			X		X		X				
Chicken Caesar Salad -Tyson Red Label (All Schools)			X	X	X	X	X				Allergens include dressing, croutons and parmesan cheese. The salad can be made without any of these ingredients.
BLT (with Chicken Bacon)				X		X	X				served with mayonnaise
BLT & Avocado (with Chicken Bacon)				X		X	X				served with mayonnaise
Buffalo Chicken - Deli sliced (HS)	X									GF	
Buffalo Chicken Sandwich - Pierre (hamburger roll)			X				X				

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
Roasted BBQ Chicken Drumsticks - Tyson	X									GF	Contains no ingredients that have Gluten but not officially labeled GF
Chicken Smackers with Orange Sauce			X		X		X		X		
General Tso's Chicken (with Smackers)			X		X		X				Contains Sweet & Sour Sauce and Hoisen Sauce
Chicken Smackers (Goldkist)			X		X		X				
Buffalo Chicken Mac & Cheese			X		X		X				
Bacon (Chicken) - Pierce Chicken	X										
Bacon & Cheddar Chicken Sandwich (Ranch Dressing on side)			X		X		X				
Baked Chicken Noodle Casserole					X		X				
Chicken and Vegetable Fried Rice			X				X				
Pasta with Chicken and Broccoli			X		X		X				Contains modified food starch
BEEF											
Sandwiches do not include the bread, type of bread the item is served with indicated in parenthesis- see bread section											
Gourmet Burger - (hamburger bun) HS			X*	X						GF	Soy if put on American Cheese
Hamburger-Pierre (hamburger bun)				X						GF	Contains modified corn starch
Cheeseburger -Pierre (hamburger bun)			X	X	X					GF	Contains modified corn starch
Cooked Ground Beef - (for recipes) plain	X									GF	
Italian Style Meat Sauce	X									GF	
Sloppy Joe on a Roll (hamburger bun or bulkie roll)				X				X		GF	Contains anchovies
Muncho Nachos				X	X					GF	
Soft Shell Taco (tortilla)				X	X					GF	

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/Shellfish	Sesame	Gluten Free	Other
Taco Salad Bowl – Beef				X	X					GF	
Homemade Chili (Con Carne -beef and bean)				X						GF	
Shaved Steak - Advanced Pierre	X										
Philly Steak & Cheese Sub (sub roll)			X	X	X						Contains modified food starch
BBQ Beef Sub (sub roll)				X							Contains modified food starch
Meatballs - Maid-Rite (plain)					X					GF	
Meatball Sub - Maid-Rite (sub roll)					X						
Teryiaki Meatballs - Maid-Rite			X	X	X					GF	
Chef Mehdi's Homemade Pasta with Bolognese Sauce (pollard)					X		X				
Swedish Meatballs					X		X				
Tex Mex Pasta					X		X				
Roast Beef - Deli Sliced (HS)	X									GF	
TURKEY											
Sandwiches do not include the bread, type of bread the item is served with indicated in parenthesis- see bread section											
Roast Turkey (Pollard)	X									GF	
Turkey Breast - Thin n' Trim (HS)	X									GF	
Turkey Breast - Jennie-O Natural Browned (all schools turkey sandwiches and wraps)	X									GF	
Turkey Wrap (tortilla)							X				Allergens include wrap
Turkey Wrap-Thin n' Trim (WW wrap) HS	X						X				Allergens include wrap
Turkey & Cheese Wrap-Thin n' Trim (WW wrap) HS	X		X		X		X				Allergens include wrap
Turkey Sandwich (WW bread)	X									GF	
Turkey and Cheese on WW Croissant			X		X	X	X				Allergens include croissant

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
Turkey & Cheese Sandwich (WW bread)			X		X					GF	
Turkey Breast, hot sliced	X									GF	
Turkey and Cheese Sub (WW sub roll)			X		X					GF	
PORK											
Sandwiches do not include the bread, the bread is indicated in parenthesis- see bread section											
BBQ Pulled Pork Sandwich	X										
Savory Pork Roast (with Gravy on side)	X										Gravy served on side and contains soy, milk, wheat
Pork Sausage Links - Pierre	X									GF	
Pork Sausage Link - Jones Lite	X									GF	
Pork Sausage Patty - Pierre	X									GF	
Ham - deli sliced (HS)	X										Contains modified food starch
Ham Deli Sandwich w/ cheese- HS			X		X						Contains modified food starch
Ham Sandwich (WW bread)	X									GF	
Hot Ham and Cheese (croissant or sub roll)						X				GF	
Hot dog- "Deli-Style Low Sodium" (pork and beef) Kayem (hot dog roll)	X									GF	Contains Pork
Bacon (pure) Bits - Feaster Foods	X									GF	Contains Pork
Bacon - Armour	X										Contains Pork
EGGS/CHEESE/FISH											
Sandwiches do not include the bread, the bread is indicated in parenthesis- see bread section											

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/Shellfish	Sesame	Gluten Free	Other
Egg McNeedham (egg patty, cheese and slice of turkey canadian bacon or pork sausage patty) on english muffin or bagel or croissant				X	X	X					Egg patty contains modified food starch
Cheesy Hash Brown and Spinach Egg Casserole			X		X	X					
Cheesy Hash Brown and Egg Casserole			X		X	X					
Hard Boiled Egg						X				GF	
Egg Patty - Michaels Foods				X	X	X					Contains modified food starch
Cheese Omelette				X	X	X					Contains modified food starch
Cheese Nachos					X					GF	
Crunchy Fish Sticks - High Liner				X		X	X	X			
Tuna Sandwich (whole wheat bread)			X			X		X			
Cheese Quesadilla -The Max (HR & Pollard)			X		X		X				
Cheese Sandwich on WW Bread			X		X		X				
Grilled Cheese on WW Bread			X		X		X				
Cheese Stick/Slice					X					GF	
Cheddar Cheese					X					GF	
Mozzarella/Provolone Shredded					X					GF	
Provolone Sliced					X					GF	
American Cheese			X		X					GF	
Parmesan Cheese					X					GF	
Cheese sauce - JTM					X					GF	
Cream Cheese (Light) - Smithfield					X					GF	
MISCELLANEOUS											

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
Sandwiches do not include the bread, the bread is indicated in parenthesis- see bread section											
Caesar Wrap -Tyson grilled or Jafco diced			X	X	X	X	X				
Caesar Salad (no Chicken)			X	X	X	X	X				Allergens include croutons and parmesan cheese
Veggie Burger - Guiltless Gourmet			X				X				
Tortilla Chips - Tostitos	X									GF	
Sunflower Butter	X										
Baked Potato w/ Cheese Sauce					X						Cheese sauce contains Modified Food Starch
Baked Potato	X									GF	
French Toast Sticks			X	X	X	X	X				
Smucker's Uncrustables P, B & J on WW Bread - (HS only)		X		X			X				
Soup - Pollard Broccoli Cheddar Soup					X						
Soup, Broccoli & Cheese-Campbells			X		X					GF	
Soup, Italian Wedding - Campbells			X	X	X		X				contains pork
WOW Butter & Jelly Sandwich on WW Bread (Elementary, High Rock & Pollard)			X				X				
Yogurt - Danimals - Elem, HR & Poll					X						
Yogurt- Upstate Farms - HS					X					GF	
Yogurt - Yoplait Greek					X						
Yogurt - Chiobani					X						
Yogurt -Yoplait Pro Parfait (for smoothies at HS)					X					GF	Contains Kosher Gelatin
Salad Bar - HS (See individual items)											
Tomato Basil Mozzarella Salad					X					GF	
Mashed Potatoes - Idahoan Real			X	X	X					GF	

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
V8 Juice	X									GF	
Pickles	X									GF	Contain yellow #5
Hummus - Cedars (all schools)									X	GF	Contains Tahini/Sesame
Vegetable Oil Cooking Spray (Pam)			X	X							
HIGH SCHOOL GOURMET BAR											
Whole Grain Mozzarella Sticks			X	X	X		X				
Chicken Caesar Salad-Gourmet HS (Tyson Red Label Chicken, croutons parmesan cheese, homemade caesar dressing)			X	X	X	X	X				
Rice Bowl w/ Orange Chix (Chicken Smackers) and Broccoli			X		X		X		X		
Chicken Tenders - Rich Chicks			X			X	X				
Gourmet Deli - HS- Thin and Trim meats/various bread options											
Turkey (Deli sliced)	X									GF	
Ham (Deli sliced)	X										Contains modified food starch
Roast Beef (Deli sliced)	X									GF	
Buffalo Chicken (Deli sliced)	X									GF	
HIGH SCHOOL LIMITED TIME ONLY (Thursdays)											
Chicken Parmesan Sandwich				X	X		X				
Chicken, Asparagus Pasta Pesto Bowl			X		X		X				
Tomato Basil Mozzarella Sandwich			X	X	X		X				
Tomato Basil Mozzarella Salad					X					GF	
Gyro Sandwich (beef slices with pita)			X	X			X				Contains milk if use tzaziki sauce or feta

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
Make Your Own Burrito Bowl					X		X				Depends what you put in it. Chicken shreds and ground beef offered as options.
Pho Soup			X	X						GF	contains anise oil
PASTA/RICE											
Tortellini with Garlic Parmesan Sauce				X	X	X	X				
Brown Rice	X									GF	
White Rice	X									GF	
Rice Pilaf - Near East							X				Use Olive Oil
Paula's Asian Rice and Beans			X								
Spanish Style Rice			X								
Mexican Rice	X										
Plain Pasta (Barilla WG or white Pasta)							X				Barilla pasta has a disclaimer: "This product is manufactured on equipment that processes products containing eggs"
Pasta with Chicken and Broccoli (Barilla White white Pasta)			X		X		X				Barilla pasta has a disclaimer: "This product is manufactured on equipment that processes products containing eggs"
Seasoned Pasta (Barilla WG or white Pasta)					X		X				Barilla pasta has a disclaimer: "This product is manufactured on equipment that processes products containing eggs"

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
Macaroni & Cheese (Barilla Pasta)					X		X				Barilla pasta has a disclaimer: "This product is manufactured on equipment that processes products containing eggs"
Buffalo Mac & Cheese (Barilla Pasta)			X		X		X				
Stuffed Shells					X	X	X				
Mini Ravioli					X	X	X				
Potato and Cheese Pierogies			X		X	X	X				
Lasagna Roll Ups					X	X	X				
PIZZA											
Big Daddy's Hand Tossed			X		X		X				
Big Daddy's Sicilian			X		X		X				
Big Daddy's Bold - Pollard everyday pizza			X		X		X				
Pizza Sticks			X		X		X				
Homemade Pizza/Wheat Dough					X		X				
Uno's thin crust pizza			X		X		X				
Individual Pan Pizza -Tonys			X		X		X				
Tony's 4x6 Sicilian Pizza			X		X		X				
Needham House of Pizza					X		X				
Sal's Pizza					X		X				
Gill's Fresh Homemade Pizza			X		X		X				
Cheese Quesadilla -The Max			X		X		X				
Mr Sipps Gluten Free Pizza			X	X	X					GF	
Calzone			X		X		X				
Make Your Own Matzo Pizza					X		X				
Wild Mike's Pizza			X		X		X				
VEGETABLES/FRUIT											
Roasted and seasoned vegetables have a small amount of salt, pepper, garlic and olive oil.											

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/Shellfish	Sesame	Gluten Free	Other
Crispy Roasted Chickpeas	X									GF	
Savory Broccoli	X									GF	
Lemon Zest Broccoli					X					GF	
Roasted Broccoli	X									GF	
Glazed Carrots					X					GF	
Roasted Carrot Fries					X						
Roasted Cauliflower	X									GF	
Roasted Kale Chips	X										
Roasted Brussel Sprouts	X										
Corn Niblets	X									GF	
Roasted Green Beans	X									GF	
Savory Green Beans	X									GF	
Green Peas	X									GF	
Onion Rings			X				X				
Potato Puffs (tater tots) - McCain				X							Contains modified food starch
Potato Smiles - McCain				X						GF	
Seasoned Spiral Fries - McCain				X			X				
Sidewinder Potatoes - Simplot				X							
Hash Browns - McCain				X						GF	Contains no ingredients that have Gluten but not officially labeled GF
Mashed Potatoes - Idahoan Real			X	X	X					GF	
Sweet Potato Chunks (baked or roasted)	X			X						GF	
Roasted Sweet Potatoes with Raisins	X			X						GF	Contains Honey
Sweet Potato CrissCut				X						GF	
Mashed Sweet Potatoes	X									GF	
Sweet Potato Casserole					X	X					

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
Roasted Sweet Butternut Squash and Apples	X									GF	Use Olive Oil
Roasted Savory Butternut Squash	X									GF	Use Olive Oil
Veggie Beans - Americans Finest Brand & Allens	X									GF	
Edamame (Soybeans)			X								
All juices (100% juice)	X										
Mashed Butternut Squash					X					GF	Use Butter

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/Shellfish	Sesame	Gluten Free	Other
SALADS											
Carrot & Raisin Salad				X	X	X					Made with Milk & Mayo
Apple & Broccoli Salad				X		X				GF	Made with Mayo
Appledorf Salad					X					GF	
Artesian Salad (not dressed)	X									GF	
Apple and Carrot Salad					X					GF	contains sunflower seeds
Chef's Salad (entrée)					X					GF	Egg and croutons served on side.
Creamy Broccoli Salad				X	X	X				GF	
Broccoli Salad, marinated				X						GF	
Southwest Coleslaw				X	X	X					
Creamy Coleslaw				X		X				GF	
Cucumber Salad				X						GF	
Fresh Garden Salad (not dressed)	X									GF	
Glazed Apples & Quinoa Salad				X						GF	
Greek Salad (not dressed)					X					GF	
Lite Caesar Salad (dressed)				X	X	X					GF if eaten without croutons
Lite Italian Romaine Salad (not dressed)	X									GF	
Mandarin Orange Tossed Salad (dressed)				X						GF	
Mexican Side Salad (dressed)				X	X	X				GF	
Mixed Salad Greens (not dressed)	X									GF	
Pasta Salad				X		X	X				
Potato Salad				X	X	X					
Raw Veggie Smorgasboard	X									GF	
Roasted Butternut Squash Cranberries Salad	X									GF	Contains honey and honey roasted sunflower seeds
Strawberry & Spinach Salad				X	X	X					Contains Mayo in the dressing

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
Spinach Salad (not dressed)						X				GF	Contains real pork bacon bits
Spinach, Apple, Feta & Cranberry Salad (not dressed)					X					GF	
Spring Greens w/Craisins, Feta & Balsamic Dressing (not dressed)					X					GF	
Pear and Mandarin Orange Salad				X							
Spring Greens with Pear, Craisin and Feta				X	X						
Sweet Corn and Bean Salad				X						GF	
Three Bean Salad				X						GF	
Tomato, Basil & Mozzarella Salad				X	X					GF	
BREAD/CEREAL											
Sandwich Bread-WG Fantini			X	X			X				May contain sesame seeds
Dinner Roll - WG Fantini			X	X			X				Made in a bakery that also produces sesame products
Honey Wheat Dinner - Bridgeford			X		X	X	X				Contains honey
Dinner Roll- Whole Grain Euro Bake			X				X				May contain egg, milk, sesame, tree nuts
Dinner Roll - Signature Breads							X				
Honey Wheat Biscuit - Bridgford				X	X		X				Contains honey
Pullman Sandwich Bread-WG Fantini Elem			X	X			X				Made in a bakery that also produces sesame products
MultiGrain Loaf - Fantini -HS			X	X			X		X		Made in a bakery that also produces sesame products
Marble Rye- Bernstein's - HS			X	X			X				Manufactured in plant that processes sesame seeds, caraway seeds
Sub Roll-WG Fantini			X	X			X				Made in a bakery that also produces sesame products

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
Hamburger Roll-WG Fantini			X	X			X				Made in a bakery that also produces sesame products
Bulkie Roll-WG Fantini			X	X			X				Made in a bakery that also produces sesame products
Bulkie Roll - WG Flowers Bakery-HS							X				
Ciabatta Roll - Fantini			X	X			X				Made in a bakery that also produces sesame products
Hot Dog Roll-WG Fantini				X			X				Made in a bakery that also produces sesame products
Foot Long Hot Dog Rolls - Fantini				X			X				
Pita Bread - WW Middle East							X				Made in a bakery that also produces sesame products
Bagel honey wheat- Aesops - Pollard & HS				X			X				Contains Honey
Bagel - Lenders - Elem & HR				X			X				Contains Honey
Bagel-Fuls, Apple Cinnamon & Strawberry			X		X		X				
Pretzels - WG - J&J Snack Foods							X				
Pretzel Rolls - WG J&J Snack Foods							X				
Golden Spice Bread			X	X		X	X				Contains sweet potato
Pumpkin Spice Bread			X	X		X	X				Contains pumpkin
Cereal (assorted)			X		X		X				Rice Krispies & Corn Flakes contain malt flavoring
Tortilla - WW Solis				X			X				May Contain traces of soy and sulphites
Tortilla - WW Middle East (HS)				X			X				
English Muffin -WG Muffin Town			X				X				
Cheesy WG Bread Sticks Gilardi			X		X		X				
Pancakes - WW large size			X	X	X	X	X				
Pancakes, Mini Indv. Wrapped (Eliot, Pollard and HS for breakfast) Cinnamon					X	X	X				

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/Shellfish	Sesame	Gluten Free	Other
Pancakes, Mini Indv. Wrapped (Eliot, Pollard and HS for breakfast) Maple			X		X	X	X				
Wenner Warm Breadstick							X				Contains honey
Crackers - Zesta/Nabisco			X	X			X				
Croutons-Sugar Foods					X		X				Packaged in a facility that also packages tree nuts
Croutons - Ultimate Foods			X	X							
Nacho Chips	X									GF	
Croissant -WG Hadley Farms			X		X	X	X				
Cornbread			X	X	X	X	X				
Muffins - Muffin Town Apple Cinnamon			X	X	X	X	X				
Muffins - Muffin Town Chocolate Chip			X	X	X	X	X				
Muffins - Muffin Town Blueberry			X	X	X	X	X				
Muffins - Muffin Town Double Chocolate Chip			X	X	X	X	X				
Muffins - Muffin Town Corn			X	X	X	X	X				
Whole Grain Cinnamon Crumb Cake (Eliot, Pollard & HS)			X	X	X	X	X				
Whole Grain Breakfast Bun (Eliot, Pollard & HS)			X	X	X	X	X				
Whole Grain Breakfast Bar (Eliot, Pollard & HS)			X	X	X	X	X				
Whole Grain, Freshly Baked Cinnamon Roll (Eliot, Pollard & HS)			X		X		X				Contains Honey
Breakfast Bread Slices, all flavors - Sky Blue Bakery (Eliot, Pollard & HS)			X		X	X	X				
Texas Toast - Bakecrafters			X	X	X		X				
Breadsticks, Garlic - Bakecrafters			X	X	X	X	X				
Udi's Gluten Free Bread Slices						X				GF	
Gluten Free Hamburger Rolls - Mr. Sips						X				GF	
Gluten Free Hot Dog Rolls - Mr. Sips						X				GF	

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/Shellfish	Sesame	Gluten Free	Other
Matzo							X				
DESSERTS											
On Menu											
"Dirt and Worms" (Earth Day Dessert) Chocolate pudding, oreos and gummy worms			X	X	X		X				
Apple Cheesecake Squares			X		X	X					
Apple, Apple/Pear & Blueberry Crisp - Homemade			X	X	X		X				
Apple Spice Cake			X		X	X	X				Contains honey
Apple/Sweet Potato Crisp			X	X	X		X				
Blueberry Bread			X	X	X	X	X				
Brownie's - Gold Medal			X	X	X	X	X				
Choc. Chip Mini Grahams (Chortles)			X			X	X				Produced in a nut free facility
Chocolate Bear Grahams - MJM				X			X				
Chocolate Chip Cookie (fresh baked) - Best Maid & David's Cookies 1 oz.			X	X	X	X	X				"Made in a facility that manufacturers products containing: wheat, eggs, peanuts, tree nuts, soybeans, and milk."
Cutie Pie - Horizon				X			X				
Fish Shaped Cookie - Cinnamon Pepperidge Farms				X			X				
Fortune Cookies - Golden Bowl			X	X			X				

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/Shellfish	Sesame	Gluten Free	Other
Frozen 100% Juice Fruit/Sorbet Cups - (includes holiday cups) J&J Snack Foods or Luigi's	X									GF	Certain flavors contain colored dyes. Blue Raspberry/Cherry contains Blue Dye.
Fruit and Oatmeal Bars							X				
Golden Spice Bread			X	X		X	X				Contains sweet potato
Graham Crackers - Keebler			X	X			X				
Holiday Shaped Cookies (all holidays)- Kids Kookie Co.				X	X		X				The plant that produces the product does produce a peanut cookie.
Holiday/Seasonal Bagged Cookies (all holidays)							X				
Gingerbread Cookie							X				
Ice Cream Cup - All Star Dairies					X					GF	Not officially labeled Gluten Free but does not have any gluten containing ingredients
Jello	X									GF	
Linden's Chocolate Chip Mini's			X	X		X	X				
Pudding - Chocolate and Vanilla				X	X					GF	
Pudding Cups (for GF students only)				X	X					GF	Lucky Leaf Brand
Pumpkin Spice Bread			X	X		X	X				Contains pumpkin
Homemade Pumpkin Bars			X	X	X	X					

**NPS
Allergens in the Menu Items**

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/Shellfish	Sesame	Gluten Free	Other
Skeeter Chocolate Chip Minis			X		X	X	X				
Skeeter Cinnamon Grahams			X		X		X				
Strawberry Shortcake			X		X	X					
Sweet Potato Kugel			X	X	X	X	X				
Sweet Potato Pie Bars			X	X	X	X	X				
Sweet Potato Treats			X	X	X	X	X				Contains Chocolate Chips/Chunks
Warm Cinnamon Apples	X									GF	
Whipped Topping - Rich's					X					GF	
Ala Carte (non-labeled and sold separately) High Rock, Pollard and High School											
Chocolate Chip Cookie - Best Maid & David's Cookies			X	X	X	X	X				
Sugar Cookie - Best Maid & David's Cookies			X	X	X	X	X				
M & M Cookie - Best Maid & David's Cookies			X	X	X	X	X				
Snickerdoodle Cookie- Best Maid Cookies			X	X	X	X	X				
Oatmeal & Raisin Cookie - Davd's Cookies			X	X	X	X	X				
Double Chocolate Cookie - Best Maid Cookies			X	X	X	X	X				

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
DRESSINGS AND SAUCES											
Lite Caesar Dressing (Homemade) Everyday & Side Caesar Salads and Wraps				X	X	X				GF	
Mexican Side Salad dressing (homemade)				X	X	X					
Spinach Salad Dressing (homemade)				X	X	X				GF	
Balsamic Dressing (homemade)				X							
Lite Italian Dressing (Homemade)				X						GF	
Mandarin Orange Salad Dressing				X							
Greek Salad Dressing (homemade)	X										
Stir Fry Sauce - House of Tsang HS			X				X		X		Contains sesame
Sour Cream - Land O' Lakes Fat Free					X						
Teriyaki Sauce -Christie's			X							GF	
Soy Sauce - Kikkomans			X				m fv				
Sweet and Sour Sauce - Kraft				X							Contains Modified Food Starch
Chicken Base - Custom or Minors			X		X		X				
Gravy-Trio			X	X	X		X				
Pizza Sauce	X									GF	
Italian Sauces- Al Dente	X									GF	
Salsa	X									GF	
Lite Italian Dressing (Cains)				X						GF	
Lite Ranch Dressing (Cains)				X	X	X				GF	
Buffalo Chicken Wrap Dressing				X	X	X					Cains Lite Ranch dressing and Franks Red Hot Sauce
Pamesan Peppercorn dressing (Cains)				X	X	X				GF	
Golden Italian Dressing (Cains)				X						GF	

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/Shellfish	Sesame	Gluten Free	Other
Blue Cheese Dressing (Cains)				X	X	X		X			
Fat Free Raspberry Vinaigrette (Kens)	X									GF	
Creamy Italian Dressing (Kens)				X	X					GF	
Lite Olive Oil Vinaigrette (Kens)				X						GF	
Lite Ranch Dressing (Kens)					X					GF	
Fat Free Balsamic Vinaigrette (Sensational) HS Salad Bar	X									GF	
Creamy Caesar (Sensational) HS Salad Bar			X	X	X	X	X	X			
Fat Free Pepp Ranch (Sensational) HS Salad Bar				X	X					GF	
Golden Italian Dressing (Sensational) HS Salad Bar				X						GF	
BBQ Sauce, bulk (KC Masterpiece)	X										
Mayonnaise - Cains Light				X		X				GF	
Orange Ancho Chile Sauce - Foothill Farms HS				X						GF	
Zesty Orange Sauce - Minors (HS)			X				X		X		
General Tso's Sauce - Minors (HS)			X				X				
Hot Sauce - Franks RedHot (HR, Pollard & HS)	X									GF	
Taco Seasoning				X						GF	
Fajita Seasoning	X									GF	
Ranch Salad Dressing Powder Mix	X									GF	Used for Ranch Oven Fries
Cilantro Lime Rice Seasoning-Foothill Farms HS			X							GF	

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
Mexican Bean Seasoning										GF	
Mustard, indiv.	X									GF	
Ketchup, indiv.	X									GF	
Siracha Ketchup - Heinz	X										contains spicy chili peppers & paprika extracts
Relish, indiv.	X									GF	
Mayonnaise, indiv.				X		X				GF	
Tarter Sauce indiv. - Four in One				X		X				GF	
Syrup, indiv.	X									GF	
Sweet & Sour, indiv.				X						GF	
BBQ Sauce - Bullseye, indiv.				X						GF	
SNACKS (individually packaged and labeled)											
Baked Lays - Original (HR, Poll & HS)			X								
Baked Lays - BBQ (HR, Poll & HS)			X	X	X	X	X				
Baked Lays - Sour Cream & Onion (HR, Poll & HS)			X		X						
Baked Lays - Cheddar & Sour Cream (HR, Poll & HS)			X		X						
Doritos - RF Nacho Cheese (HR, Poll & HS)					X						
Doritos - RF Cool Ranch (HR, Poll & HS)				0	X						
Doritos - RF Spicy Sweet Chili (HR, Poll & HS)			X	X			X				
Kettle Brand Baked Chips (HS Gourmet meal)	X									GF	
RF Cape Cod Potato Chips .5 oz	X										
Vic's Original Popcorn	X									GF	
Vic's White Cheddar Popcorn					X					GF	
Vic's Kettle Corn			X							GF	

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
Smartfood - Sea Salt Caramel					X						
Smartfood - White Cheddar					X						
Rold Gold Pretzels							X				
Scooby-Doo Graham Sticks (HR & Poll)			X	X			X				
Bug Bites - Cinnamon Grahams (HR & Poll)			X	X			X				
Chortles with Chocolate Chips (HS & Pollard)			X	X			X				
Cinnamon Chortles (HS)			X				X				
Chocolate Chortles (HS)			X	X			X				
WG Goldfish (HR, Poll & HS)			X	X	X		X				
Quaker Kid's Mix Snack Mix				X	X		X				
Chex Mix - Chocolate Caramel (HS)			X	X			X				
Chex Mix - Cheddar (HS)			X		X		X				
Nature Valley Granola Bar Chocolate Chip (HS)			X		X						
Nature Valley Chewy Granola Bar Oatmeal Raisin (HS)			X								
Cheetos - Reduced Fat Mellow Puffs					X						
Cheetos -Reduced Fat Flamin' Hot					X						
WG Rice Krispie Treats			X		X						
Cheez-Its - Reduced Fat			X	X	X		X				

NPS
Allergens in the Menu Items

	No Allergens	All Nuts	Soy	Soybean Oil	Milk	Eggs	Wheat	Fish/ Shellfish	Sesame	Gluten Free	Other
MILK											
1% White Milk					X					GF	
Skim - Chocolate					X					GF	
Skim - Strawberry					X					GF	
Skim - White					X					GF	
SMOOTHIES (All flavors made with fruit and Yoplait Pro Parfait Yogurt)											
Strawberry					X					GF	Contains Kosher Gelatin
Strawberry Banana					X					GF	Contains Kosher Gelatin
Strawberry Blueberry					X					GF	Contains Kosher Gelatin
Pineapple Spinach					X					GF	Contains Kosher Gelatin
Blueberry Banana					X					GF	Contains Kosher Gelatin