

Allergy Ingredient List

9/10/2025

Food Item	Contains:	Carbs	Wheat	Milk	Eggs	Soy	Nuts	Fish/sea	Sesame	Gluten Free
American Cheese (1 slice)		2	No	Yes	No	No	No	No	No	y
Animal Crackers WG-Keebler		21	Yes	No	No	Yes	No	No	No	n
Animal Crackers-Appleways		18	Yes	Yes	No	Yes	No	No	No	n
Apple (Whole)		20	No	No	No	No	No	No	No	y
Apple Chips		10	No	No	No	No	No	No	No	y
Apple Juice (Suncup 4.23 oz)		14	No	No	No	No	No	No	No	y
Apple Slices - canned (1/2 cup)		14	No	No	No	No	No	No	No	y
Apple Slices -fresh (bag-1/2 cup)		10	No	No	No	No	No	No	No	y
Applesauce (1/2 cup)		14	No	No	No	No	No	No	No	y
Baby Carrots (1/2 cup)		5	No	No	No	No	No	No	No	y
Bacon Bits (1 Tb)		2	No	No	No	Yes	No	No	No	n
Bacon Dressing (Kens) 2T		5	No	No	No	No	No	No	No	n
Bacon Pre-cooked (2 slices)		1	No	No	No	No	No	No	No	y
Baked Beans-Bush's (1/2 cup)		30	No	No	No	No	No	No	No	y
Baked Lays - Barbeque		19	No	Yes	No	Yes	No	No	No	y
Baked Potato		38	No	No	No	No	No	No	No	y
Banana		26	No	No	No	No	No	No	No	y
Banana Bread		58	Yes	Yes	Yes	No	No	No	No	n
BBQ Pork (w/BBQ sauce, no bun)		7	No	No	No	Yes	No	No	No	y
BBQ Ribette w/BBQ sauce (no Bun)		16	No	No	No	Yes	No	No	No	y
BBQ Sauce Packet (12g)		4	No	No	No	No	n	No	No	y
BBQ Sauce (2 T) Ott's		12	No	No	No	No	No	No	No	y
Belly Bear		20	Yes	No	No	No	No	No	No	n
Biscuit (General Mills)		24	Yes	Yes	No	No	No	No	No	n
Black Beans (1/2 cup) Bush's		21	No	No	No	No	No	No	No	y
Blueberry Chex Mix		46	No	No	No	No	No	No	No	y
Bosco Stick (1 each)		25	Yes	Yes	No	No	No	No	No	n
Bread- Whole Grain (1 slice)		12	Yes	No	No	Yes	No	No	No	n
Bread Stick-Bakecrafters (1 ea)		13	Yes	Yes	No	No	No	No	No	n
Breakfast Bagel-Nardones		30	Yes	Yes	Yes	Yes	No	No	No	n
Breakfast Chicken Patty-Gold Creek		6	Yes	Yes	No	No	No	No	No	n
Breakfast Pizza-Nardones		34	Yes	Yes	Yes	Yes	No	No	No	n

Food Item	Contains:	Carbs	Wheat	Milk	Eggs	Soy	Nuts	Fish/sea	Sesame	Gluten Free
Broccoli (fresh or frozen) 1/2 cup		4	No	No	No	No	No	No	No	y
Brown Gravy (2 T)		3	Yes	Yes	Yes	Yes	No	No	No	n
Brownie		23	Yes	Yes	Yes	No	No	No	No	n
Bug Bites		21	Yes	No	No	Yes	No	No	No	n
Caesar Dressing (2 T) Otts		2	No	Yes	Yes	No	No	Yes	No	y
Candied Sweet Potatoes (1/2 cup)		56	No	No	No	No	No	No	No	y
Carrots-cooked (1/2 cup)		7	No	No	No	No	No	No	No	y
Celery 1/2 cup)		1	No	No	No	No	No	No	No	n
Cereal Bar-Cinnamon Toast Crunch		52	Yes	No	No	Yes	No	No	No	n
Cereal Bar-Cocoa Puffs		52	Yes	No	No	Yes	No	No	No	n
Cereal Bar-Lucky Charms		52	Yes	No	No	Yes	No	No	No	n
Cheese Pizza 4x6 Nardones		30	Yes	Yes	No	Yes	No	No	No	n
Cheese Sauce (1/4 cup)		4	No	Yes	No	Yes	No	No	No	y
Cheesy Omelet		1	No	Yes	Yes	Yes	No	No	No	y
Cheetos Baked		13	No	Yes	No	No	No	No	No	n
Cheetos Fantastix - Chili Cheese		19	No	Yes	No	No	No	No	No	n
Cheetos Fantastix - Flamin' Hot		20	No	Yes	No	No	No	No	No	n
Cheetos Flamin Hot Baked		16	No	Yes	No	No	No	No	No	n
Cheetos Puffs RF		13	No	Yes	No	No	No	No	No	n
Cheez-its		19	Yes	Yes	No	Yes	No	No	No	n
Chex Mix-Cheddar		20	Yes	Yes	No	Yes	No	No	No	n
Cherry Frudel		38	Yes	Yes	No	No	No	No	No	n
Chicken Fajita Strips		1	No	No	No	Yes	No	No	No	y
Chicken Nuggets (6 ea)-Goldkist-WG		16	Yes	No	No	Yes	No	No	No	n
Chicken Patty-Breaded-Gold Creek-WG		13	Yes	Yes	No	No	No	No	No	n
Chicken Strips (3)-Goldkist -WG		13	Yes	No	No	Yes	No	No	No	n
Chili (8 oz)		32	No	No	No	No	No	No	No	y
Chocolate Chip Cookie		18	Yes	Yes	Yes	No	No	No	No	n
Chocolate Donuts (1 pkg)		41	Yes	Yes	Yes	Yes	No	No	No	n
Chocolate Ice Cream Cup		13	No	Yes	No	No	No*	No	No	y
Cinnamon Cream Cheese bagel (GM)		42	Yes	Yes	No	No	No	No	No	n
Churros		27	Yes	Yes	Yes	Yes	No	No	No	n
Cinnamon Rolls Hadley Farms		38	Yes	No	No	Yes	No	No	No	n

Food Item	Contains:	Carbs	Wheat	Milk	Eggs	Soy	Nuts	Fish/sea	Sesame	Gluten Free
Cinnamon Toast Crunch Muffin		50	Yes	Yes	Yes	Yes	No	No	No	n
Cinnamon Toast Crunch Cereal		44	Yes	No	No	Yes	No	No	No	n
Cocoa Puffs Cereal		47	Yes	No	No	No	No	No	No	n
Cool whip-non dairy		3	No	Yes	No	No	No	No	No	n
Corn (1/2 cup)		9	No	No	No	No	No	No	No	y
Corn Dog- W/G		30	Yes	No	Yes	Yes	No	No	No	n
Crackers Saltines (4 Pkg of 2)		20	Yes	No	No	Yes	No	No	No	n
Craisins		28	No	No	No	No	No	No	No	y
Croissants WG		29	Yes	Yes	No	Yes	No	No	No	n
Croutons-WG (1/4 c)		10	Yes	Yes	No	No	No	No	No	n
Deli Turkey		1	No	No	No	No	No	No	No	y
Dinner Roll (Nature's Own)		15	Yes	No	No	Yes	No	No	Yes	n
Doritos Cool Ranch		20	No	Yes	No	No	No	No	No	n
Doritos Nacho Cheese		20	No	Yes	No	No	No	No	No	n
Doritos Spicy Sweet Chili		20	Yes	No	No	Yes	No	No	No	n
Dumplings & Teriyaki Sauce		44	Yes	No	No	Yes	No	No	Yes	n
Egg Patty		1	No	Yes	Yes	Yes	No	No	No	y
Egg-Hard Boiled		1	No	No	Yes	No	No	No	No	y
Emoji Potatoes (5 each)		25	No	No	No	Yes	No	No	No	y
English Muffin-Bakecrafters		21	Yes	No	No	Yes	No	No	No	n
Fantastix Chili Cheese		19	No	Yes	No	No	No	No	No	y
Fantastix Flamin Hot		20	No	Yes	No	No	No	No	No	y
Fantastix Ranch		18	No	Yes	No	No	No	No	No	y
Fiesta Black Beans (1/2 cup)		22	No	No	No	No	No	No	No	y
Fish Nuggets WG (5 ea)		36	Yes	Yes	No	Yes	No	Yes	No	n
Fish Patty WG		16	Yes	No	No	No	No	Yes	No	n
Fish Sticks (5)		25	Yes	No	No	No	No	Yes	No	n
Flour Tortillas 8 inch (each)		19	Yes	No	No	Yes	No	No	No	n
Flour Tortillas (each)		15	Yes	No	No	No	No	No	No	n
Fortune Cookie		7	Yes	No	No	Yes	No	No	No	n
French Dressing (2 T) -Marzetti		10	No	No	No	No	No	No	No	y
French Fries (3 oz)		12	No	No	No	Yes	No	No	No	n
French Toast Sticks 3 ea		57	Yes	Yes	Yes	Yes	No	No	No	n

Food Item	Contains:	Carbs	Wheat	Milk	Eggs	Soy	Nuts	Fish/sea	Sesame	Gluten Free
Jelly Packet (Americana)		9	No	No	No	No	No	No	No	y
Ketchup (1 packet)		2	No	No	No	No	No	No	No	y
Lucky Charms		47	No	No	No	No	No	No	No	y
Macaroni & Cheese (1/2 cup)		23	Yes	Yes	Yes	No	No	No	No	n
Mandarin Oranges (1/2 cup)		20	No	No	No	No	No	No	No	y
Margarine (1T)		0	No	Yes	No	Yes	No	No	No	y
Mashed Potatoes (1/2 cup)		17	No	Yes	No	No	No	No	No	y
Meatballs (6)		6	Yes	Yes	No	Yes	No	No	No	n
Milk-Chocolate 1%		20	No	Yes	No	No	No	No	No	y
Milk-White 1%		11	No	Yes	No	No	No	No	No	y
Mini Corn Dogs (6 ea)		30	Yes	Yes	No	Yes	No	No	No	n
Mini Cinnis (Gen Mills)		40	Yes	Yes	No	Yes	No	No	No	n
Mini Pancakes - Maple Burst GM		35	Yes	Yes	Yes	Yes	No	No	No	n
Mixed Fruit (1/2 cup)		18	No	No	No	No	No	No	No	y
Mozzarella Sticks (2)		28	Yes	Yes	Yes	Yes	No	No	No	n
Muffins -Blueberry,Banana, Choc Chip		29	Yes	Yes	Yes	Yes	No	No	No	n
Mustard		0	No	No	No	No	No	No	No	y
Nacho Cheese (1/4 cup)		4	No	Yes	No	Yes	No	No	No	y
Nutri-grain Bar (Strawberry, Apple)		30	Yes	Yes	No	Yes	No	No	No	n
Oatmeal Bar-Bty Crocker Choc Chip		25	Yes	Yes	Yes	Yes	No	No	No	n
Oatmeal Bar-Bty Crocker-Double Choc		24	Yes	Yes	Yes	Yes	No	No	No	n
Oatmeal Round - Banana Choc. Chip		39	Yes	Yes	Yes	Yes	No	No	No	n
Orange (1 whole)		15	No	No	No	No	No	No	No	y
Orange Chicken (1/2 cup)		19	Yes	No	Yes	Yes	No	No	No	n
Orange/Tangerine Juice		15	No	No	No	No	No	No	No	y
Pancake & Sausage on a Stick		17	Yes	No	Yes	Yes	No	No	No	n
Pancakes (2)		36	Yes	Yes	Yes	Yes	No	No	No	n
Parmesan Cheese (1T)		1	No	Yes	No	No	No	No	No	y
Peaches (1/2 cup)		18	No	No	No	No	No	No	No	y
Peanut Butter (2T)		8	No	No	No	Yes	Yes	No	No	y
Pears (1/2 cup)		20	No	No	No	No	No	No	No	y
Peas (1/2 cup)		12	No	No	No	No	No	No	No	y
Pepperoni Pizza (4x6) Nardones		28	Yes	Yes	No	Yes	No	No	No	n

Food Item	Contains:	Carbs	Wheat	Milk	Eggs	Soy	Nuts	Fish/sea	Sesame	Gluten Free
Pineapple (1/2 cup)		18	No	No	No	No	No	No	No	y
Pizza Sauce Red Gold (1/4 cup)		5	No	No	No	Yes	No	No	No	y
Pizza Crust (Freeburg,WJH & CJH)		26	Yes	Yes	No	Yes	No	No	No	n
Pop Tarts WG 2 ct		73	Yes	No	No	Yes	No	No	No	n
Popcorn Chicken-Goldkist -10 pcs		19	Yes	Yes	No	Yes	No	No	No	n
Popcorn Smartfood White Cheddar		9	No	Yes	No	No	No	No	No	y
Potato Rounds (8)		16	No	No	No	Yes	No	No	No	y
Powdered Donuts (1 pkg)		42	Yes	Yes	Yes	Yes	No	No	No	n
Pretzel Sticks (2 each)		29	Yes	No	No	No	No	No	No	n
Pumpkin Bread		46	Yes	Yes	Yes	No	No	No	No	n
Quesadilla - Cheese		40	Yes	Yes	No	Yes	No	No	No	n
Quesadilla - Chicken		38	Yes	Yes	No	Yes	No	No	No	n
Queso Cheese Sauce for Nachos (1/4 c)		2	No	Yes	No	No	No	No	No	y
Raisels (1 box)		36	No	No	No	No	No	No	No	y
Raisins (1 box)		33	No	No	No	No	No*	No	No	y
Ranch Dressing Packet		1	No	Yes	Yes	Yes	No	No	No	y
Rancho Beans (1/2 cup)		19	No	No	No	No	No	No	No	y
Refried Beans With Cheese (1/2 cup)		24	No	No	No	No	No	No	No	y
Rice Krispy Treats WG		30	No	Yes	No	Yes	No	No	No	n
Romaine-lettuce (1 cup)		0	No	No	No	No	No	No	No	n
Ruffles Cheddar & Sour Cream Chips		19	No	Yes	No	Yes	No	No	No	n
Salad Dressing (1T)		3	No	No	Yes	Yes	No	No	No	y
Salsa (2 T)		2	No	No	No	No	No	No	No	y
Sausage Patty (Armour)		0	No	No	No	No	No	No	No	y
Sausage Pizza (4x6) Nardones		30	Yes	Yes	No	Yes	No	No	No	n
Seasoned Fries - 3oz.(McCain)		19	No	No	No	Yes	No	No	No	y
Scrambled Eggs (1/2 c)		4	No	Yes	Yes	No	No	No	No	y
Shred Cheese (Mozz or Cheddar) (1/4 c)		1	No	Yes	No	No	No	No	No	y
Sloppy Joe (Meat only-No Bun) (1/3 cup)		14	No	No	No	Yes	No	No	No	y
Sour Cream (2 T)		1	No	Yes	No	No	No	No	No	y
Soy Milk-Silk		18	No	No	No	Yes	No	No	No	y
Soy Sauce (1 pc)		0	Yes	No	No	Yes	No	No	No	n
Spaghetti with Meat Sauce		36	Yes	Yes	No	No	No	No	No	n

Food Item	Contains:	Carbs	Wheat	Milk	Eggs	Soy	Nuts	Fish/sea	Sesame	Gluten Free
Strawberry Cups (1/2 c)		21	No	No	No	No	No	No	No	y
Strawberry Cream Cheese Bagel		42	Yes	Yes	No	No	No	No	No	n
String Cheese		2	No	Yes	No	No	No	No	No	y
Sun Chips - Harvest Cheddar		19	Yes	Yes	No	No	No	No	No	n
Sweet and Sour (2T)		14	No	No	No	No	No	No	No	y
Syrup (1 packet)		24	No	No	No	No	No	No	No	y
Taco meat (1/4c)		6	No	No	No	No	No	No	No	y
Teddy Grahams		16	Yes	No	No	Yes	No	No	No	n
Thousand (1000) Island dressing (2 T)		5	No	No	Yes	Yes	No	No	No	y
Tiger Bites (1 pkg)		21	Yes	No	No	Yes	n	No	No	n
Toasted Ravioli (6 each)		41	Yes	Yes	Yes	No	No	No	No	n
Tortilla Chips-Azteca (22-24 chips)		38	No	No	No	No	No	No	No	y
Tossed Salad (1 cup)		1	No	No	No	No	No	No	No	y
Trix Cereal		47	Yes	Yes	Yes	Yes	No	No	No	n
Trix Muffin 1 each		50	Yes	Yes	Yes	Yes	No	No	No	n
Tropical Punch - 6oz LK		25	No	No	No	No	No	No	No	n
Uncrustables-WG		64	Yes	No	No	Yes	Yes	No	No	n
Vanilla Ice Cream Cup		13	No	Yes	No	No	No*	No	No	y
Waffles (Bake Crafters) 2 each		24	Yes	Yes	Yes	Yes	No	No	No	n
Waffles - Mini Eggo		35	Yes	Yes	Yes	Yes	No	No	No	n
Yogurt Upstate (4 oz cup)		19	No	Yes	No	No	No	No	No	y
Yogurt-Vanilla Upstate (parfait/bulk)		28	No	Yes	No	No	No	No	No	y
* made in a factory where tree nuts may be used.										