

## Food Allergy Guide

Information concerning product allergens is obtained solely from the vendor or the manufacturer of the specific product.

District 34 does not warrant or guarantee the information provided by the vendor or manufacturer.

The information posted does not guarantee that the external manufacturers, producers and handlers of the food products have maintained an allergen-free environment. This is a guide to help with menu selection. Please be aware that due to unforeseen circumstances, the menu may change at any time. These changes will be communicated to the school as soon as possible.

This guide will be updated as necessary. Updated 9/10/2009

	Corn*	MSG	Milk	Egg	Soy	Fish	Shell-Fish	Peanut	Tree Nut	Wheat Gluten	Other Notes
<b>CHICKEN</b>											
Chicken Tenders			X	X	X					X	
Popcorn Chicken			X	X	X					X	
Chicken Nuggets	X		X		X					X	
Chicken Patty-Breaded	X		X		X					X	
Chicken Patty-Grilled					X						
<b>BEEF</b>											
Hot Dog											None
Hamburger Patty					X						
Taco Meat					X						
Italian Meat Sauce											None
WG Rotini Pasta										X	
<b>PORK</b>											
Sausage Link/Patty	X										
Sausage Biscuit	X		X		X					X	
Pancake Sausage Stick				X	X					X	
<b>TURKEY</b>											
Turkey Sub										X	
Turkey Ham Sub											None
Turkey Combo Sub	X										
Turkey and Gravy	X		X	X	X					X	
<b>PIZZA</b>											
Stuffed Crust	X		X		X					X	

\* This allergen is only listed if the product contains corn syrup, corn starch, or corn oil; in the product label.

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<b>PIZZA</b>											
Deep Dish Cheese			X	X	X					X	
French Bread			X		X					X	
Bosco Sticks	X		X							X	
Stuffed Cheese Sticks			X		X					X	
<b>DAIRY</b>											
American Cheese Slice			X		X						
Mozz. String Cheese			X								
Cheddar Cheese Cube			X								
Shredded Cheddar Cheese			X								
Cheese Sauce Cup			X		X					X	
Yogurt	X		X							X	
Milk 1% White			X								
Milk 1% Chocolate	X		X								
Milk 1% Strawberry			X								
Breaded Mozzarella Sticks	X		X	X	X					X	
WG Grilled Cheese Sand			X		X					X	
<b>CONDIMENTS</b>											
Ketchup Packets	X			X	X						
Mustard Packets											None
Mayo Packets	X			X	X						
Ranch Dressing	X	X		X	X						
BBQ Sauce Cup	X									X	
Sweet and Sour Cup	X				X					X	
Syrup Cup	X										
Sour Cream			X							X	
Cream Cheese Cup			X								
Country Crock Cup			X	X	X						
Marinara Sauce	X		X							X	
<b>BREAD</b>											
Hamburger Bun	X		X		X					X	
Hot Dog Bun			X		X					X	



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<b>FRUIT/FRUIT JUICE</b>											
Applesauce Cup	X				X					X	
Strawberry Applesauce Cup	X										
Diced Peach Cup	X										
Diced Pear Cup	X										
Pineapple Tidbit Cup	X				X					X	
Canned:											Most Canned products are through
Applesauce											The government commodity program
Pears											And are from a variety of
Peaches											Manufacturers. No ingredient labels
Mandarin Oranges											Are available for these products.
Pineapple											
Mixed Fruit											
Tropical Fruit											
All Fruit Juice Cups											None
Fresh Fruits											No Allergens
<b>VEGETABLES</b>											
Canned:											Most Canned products are through
Corn	X										The government commodity program
Green Beans											And are from a variety of
Peas											Manufacturers. No ingredient labels
Carrots											Are available for these products.
Fresh Vegetables											No Allergens
<b>BREAKFAST ITEMS</b>											
French Toast Sticks	X		X	X	X					X	
Cinnamon French Toast	X		X	X	X					X	
Pancakes	X		X	X	X					X	
Assorted Cereals											Since this item varies, not
											recommended for allergy students