

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 8/29/11

	Corn*	MSG	Milk	Egg	Soy	Fish	Shell-Fish	Peanut	Tree Nut	Wheat Gluten	Other Notes
CHICKEN											
Chicken Tenders	X				X					X	
Popcorn Chicken	X		X		X					X	
Chicken Nuggets	X				X					X	
Chicken Patty-Breaded	X				X					X	
Spicy Chicken Patty			X	X	X					X	
Chicken Strips			X		X						Used in Fried Rice, Fajitas and Caesar Salad
Chicken Fried Rice			X	X	X				X	X	
BEEF											
Hot Dog											None
Hamburger Patty					X						
Taco Meat					X						
Italian Meat Sauce					X						None
WG Rotini Pasta				X						X	
PORK											
Sausage Link/Patty	X										
Sausage Biscuit	X		X		X					X	
Pancake Sausage Stick				X	X					X	
TURKEY											
Turkey Sub	X									X	
Turkey Ham Sub	X										None
Turkey Combo Sub	X										
Turkey and Gravy	X		X		X					X	
PIZZA											
Quesadilla	X		X	X	X					X	
Stuffed Crust	X		X	X	X					X	

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

	Corn*	MSG	Milk	Egg	Soy	Fish	Shell-Fish	Peanut	Tree Nut	Wheat Gluten	Other Notes
PIZZA											
Deep Dish Cheese			X	X	X					X	
French Bread			X		X					X	
Bosco Sticks	X		X		X					X	
Stuffed Cheese Sticks			X		X					X	
DAIRY (Land O' Lakes Brand)											
American Cheese Slice			X		X						
Mozz. String Cheese			X								
Cheddar Cheese Sticks			X		X						
Shredded Cheddar Cheese			X								
Yogurt	X		X		X						All Natural
Milk 1% White			X								rBST Free
Milk 1% Chocolate	X		X								rBST Free
Milk 1% Strawberry			X								rBST Free
Breaded Mozzarella Sticks	X		X	X	X					X	
Macaroni and Cheese			X	X	X					X	
CONDIMENTS											
Ketchup Packets	X										
Mustard Packets											None
Mayo Packets	X			X	X						
Ranch Dressing	X	X	X								
BBQ Sauce Cup	X			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						
Marinara Sauce	X				X					X	
BREAD											
Hamburger Bun	X		X		X					X	
Hot Dog Bun			X		X					X	

	Corn*	MSG	Milk	Egg	Soy	Fish	Shell-Fish	Peanut	Tree Nut	Wheat Gluten	Other Notes
FRUIT/FRUIT JUICE											
Applesauce Cup	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											Contain no main Allergens
VEGETABLES											
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											Contain no main Allergens
BREAKFAST ITEMS											
French Toast Sticks	X		X	X	X					X	
Cinnamon French Toast	X		X	X	X					X	
Pancakes	X		X	X	X					X	
Assorted Cereals										x	Since this item varies, not
											recommended for allergy students