

Montgomery County Public Schools

Allergen List - By Recipe

GRAINS		
Recipe #	Recipe Name	Allergen(s)
862	BAR, COCOA CHERRY	Soy, Wheat
990043	BREADSTICK WWW CHEESY GARLIC	Egg, Milk, Soy, Wheat
357	CEREAL OATMEAL WG MAPLE	
729	CEREAL WG BAR STRAWBERRY	Egg, Milk, Soy, Wheat
209	CEREAL, RICE KRISPIES WG	
990114	CORNBREAD BOWL WG	Egg, Gluten, Milk, Soy, Wheat
27	CRACKERS,CHEESZ IT WG	Milk, Soy, Wheat
990042	CROISSANT LONG BUN	Egg, Milk, Soy, Wheat
990175	CROISSANT WG	Egg, Milk, Soy, Wheat
277	CROUTONS, WG	Soy, Wheat
806	CROUTONS, WG BULK	Milk, Wheat
858	FLATBREAD, 4" MINI(1)	Milk, Soy, Wheat
998	FLATBREAD, 4" MINI(2)	Milk, Soy, Wheat
656	FLATBREAD, WG	Milk, Sesame, Soy, Wheat
440	FRENCH TOAST 3 WG	Soy, Wheat
205	FRENCH TOAST 4 WG	Soy, Wheat
763	GRANOLA WG 2-OZ PKG	Soy, Wheat
888	GRANOLA WG BULK	Soy, Wheat
537	LO MEIN WITH VEGETABLES	Soy, Wheat
765	PITA CHIPS, SEA SALT	Wheat
990108	POWER BOWL RICE MIX	Gluten, Wheat
503	PRETZEL WG SOFT	Wheat
950	RICE VEG WG	Soy, Wheat
396	RICE, LIME CILANTRO WG	Soy
522	RICE,WG	Soy
562	RICE,WG 1 CUP SVG	Soy
588	ROLL, PRETZEL	Wheat
449	ROLL, WG SUB	Soy, Wheat
26	ROLL,WG DINNER	Soy, Wheat
1010	ROLL,WG DINNER (2)	Soy, Wheat
28	ROLL,WG HAMBURGER	Soy, Wheat
313	ROLL,WG HOT DOG	Soy, Wheat
112	SCOOPS, WG BAKED	
990159	SPAGHETTI SHORT CUTS WG	Egg, Gluten, Wheat
653	SPAGHETTI, WG (SC)	Wheat
681	STUFFING,WG	Soy, Wheat
113	TACO PIECES,WG (S)	
218	TOAST, 1 WG (S)	Soy, Wheat
216	TOAST, 2 WG (S)	Soy, Wheat

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548	TORTILLA WG	Soy, Wheat
688	TOSTITOS ROUNDS	
483	TOSTITOS SCOOPS BAKED	
737	WAFFLE WG I/W	Egg, Milk, Soy, Wheat
BREAKFAST		
Recipe #	Recipe Name	Allergen(s)
720	BAGEL, WG MINI CINNI	Milk, Wheat
119	BAGEL,WG HONEY WHEAT	Soy, Wheat
990080	BEEF SAUSAGE & CHEESE WG MINI BAGEL	Gluten, Milk, Soy, Wheat
117	BREAKFAST WG WRAP	Egg, Milk, Soy, Wheat
990185	BREAKFAST WG WRAP W/SALSA (HS)	Egg, Milk, Soy, Wheat
208	BRK CROISS,(S) WG CH HAM	Egg, Milk, Soy, Wheat
241	BRK CROISS,(S) WG CH HAM/CHES	Egg, Milk, Soy, Wheat
515	BRK CROISS,(S) WG EGG	Egg, Milk, Soy, Wheat
516	BRK CROISS,(S) WG EGG/CHEESE	Egg, Milk, Soy, Wheat
517	BRK CROISS,(S) WG SAUSAGE	Egg, Milk, Soy, Wheat
518	BRK CROISS,(S) WG SAUSAGE/CH	Egg, Milk, Soy, Wheat
199	BRK SAND CROISS,(E) CH.HAM	Egg, Milk, Soy, Wheat
203	BRK SAND CROISS,(E) EGG	Egg, Milk, Soy, Wheat
524	BRK SAND CROISS,(E) SAUSAGE	Egg, Milk, Soy, Wheat
128	BRK SAND CROISS,(E)CH.HAM/CHE	Egg, Milk, Soy, Wheat
202	BRK SAND CROISS,(E)EGG/CHES	Egg, Milk, Soy, Wheat
263	BRK SAND CROISS,(E)SAUSAGE/CH	Egg, Milk, Soy, Wheat
513	BRK SAND,(S) WG CH HAM	Soy, Wheat
514	BRK SAND,(S) WG CH HAM/CHES	Milk, Soy, Wheat
204	BRK SAND,(S) WG EGG	Egg, Milk, Soy, Wheat
990066	BRK SAND,(S) WG EGG / BACON	Egg, Milk, Soy, Wheat
278	BRK SAND,(S) WG EGG/CHEESE	Egg, Milk, Soy, Wheat
303	BRK SAND,(S) WG SAUSAGE	Soy, Wheat
266	BRK SAND,(S) WG SAUSAGE/CH	Milk, Soy, Wheat
626	CEREAL N TOAST WG (S)	Soy, Wheat
622	CEREAL RK & YOGURT 4 OZ.	Milk
990052	CEREAL RK/CH & STR CHEESE	Milk
746	CEREAL RK/CH & YOGURT 4 OZ.	Milk
631	CEREAL WG BAR N YOGURT	Egg, Milk, Soy, Wheat
358	CEREAL(OAT) N WG TOAST	Soy, Wheat
275	CEREAL(RK) N WG TOAST	Soy, Wheat
869	CEREAL, CHEERIOS MULTI(1)	
996	CEREAL, CHEERIOS MULTI(2)	
990142	CEREAL,CINNAMON CHEX (2 GR)	

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118	CINNAMON WG ROLL	Milk, Soy, Wheat
736	EGG & CHEESE WG SAND I/W	Egg, Milk, Soy, Wheat
957	ELF GRAHAM N YOGURT (HS/PREK)	Milk, Soy, Wheat
628	FRENCH TOAST WG (S)	Soy, Wheat
985	GRAHAM ELF & TRIX YOGURT(HS)	Milk, Soy, Wheat
745	PANCAKES, CINN GLAZED	Egg, Milk, Soy, Wheat
1008	PANCAKES, WG MINI W/ ACC (S)	Egg, Milk, Soy, Wheat
127	SAUSAGE PATTY	
990163	STRAWBERRY ORANGE SMOOTHIE (12oz)	Milk
990048	TURKEY HAM & CHEESE WG HAW BUN I/W	Gluten, Milk, Soy, Wheat
990056	TURKEY HAM & CHEESE WG HAW BUN I/W	Gluten, Milk, Soy, Wheat
812	WAFFLE, MAPLE MINI	Egg, Milk, Soy, Wheat
623	YOGURT, TRIX	Milk
CPF COLD PACK (Elementary Schools)		
Recipe #	Recipe Name	Allergen(s)
366	CP BAG LUNCH CHEESE (E)	Egg, Milk, Soy, Wheat
364	CP BAG LUNCH CHICK HAM/CHSE(E)	Egg, Milk, Soy, Wheat
371	CP BAG LUNCH CHICK PATTY(E)	Soy, Wheat
363	CP BAG LUNCH CHICKEN SLICE(E)	Egg, Soy, Wheat
990149	CP BAG LUNCH CO-JACK CHEESE & SALSA	Milk
990132	CP BAG LUNCH MATSUNAGA CH HAM & CHEESE	Egg, Milk, Soy, Wheat
990131	CP BAG LUNCH MATSUNAGA TURKEY	Egg, Soy, Wheat
990133	CP BAG LUNCH MATSUNAGA VEGETARIAN	Milk
365	CP BAG LUNCH PBJ (E)	Peanut, Soy, Wheat
362	CP BAG LUNCH TURKEY (E)	Egg, Soy, Wheat
820	CP BAG SUPPER CHIC HAM/CH (EA)	Egg, Milk, Soy, Wheat
821	CP BAG SUPPER MINI SUB (EA)	Egg, Milk, Soy
825	CP CHEESE/FRUIT COMBO	Milk, Soy, Wheat
933	CP CHEESE/FRUIT GRAPE COMBO	Milk, Soy, Wheat
934	CP JACK CHSE/CHP/4 OZ SALS	Milk
317	CP SALAD CHIC BITES/EGG (ALT)	Soy, Wheat
339	CP SALAD CHICK FAJITA (ALT)	Milk, Soy, Wheat
340	CP SALAD CHICK/CHICKPEA(ALT)	Soy, Wheat
805	CP SALAD CHICKEN CAESAR (E)	Soy, Wheat
867	CP SALAD CHICKEN SOUTHWEST(E)	Milk, Soy, Wheat
172	CP SALAD CHICKEN/EGG (E)	Soy, Wheat
990078	CP SALAD GARDEN (E)	
1015	CP SALAD GARDEN/CHIC BITES(E)	Milk, Soy, Wheat
990045	CP SALAD MEDITERRANEAN/CHIC BITES(E)	Soy, Wheat
943	CP SAND CH HAM TUR/CHSE CRNST	Egg, Milk, Soy, Wheat

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749	CP SAND CH HAM TUR/CHSE WG BUN	Milk, Soy, Wheat
958	CP SAND CH HAM/CHEESE CRNST	Egg, Milk, Soy, Wheat
160	CP SAND CH HAM/CHEESE L & T WW	Milk, Soy, Wheat
944	CP SAND CH HAM/CHEESE WG BUN	Milk, Soy, Wheat
942	CP SAND CH HAM/SWISS CRNST	Egg, Milk, Soy, Wheat
338	CP SAND CH HAM/SWISS WG BUN	Milk, Soy, Wheat
346	CP SAND CHEESE WG RL	Milk, Soy, Wheat
754	CP SAND CHICKEN / CHSE WG BUN	Milk, Soy, Wheat
342	CP SAND CHICKEN PATTY/WG BUN	Soy, Wheat
751	CP SAND CHICKEN SPICY / BUN	Soy, Wheat
583	CP SAND EGG SALAD WG RL	Egg, Soy, Wheat
983	CP SAND MESQ CHIC/CHEESE CRNST	Egg, Milk, Soy, Wheat
915	CP SAND TURKEY /WG BUN	Soy, Wheat
752	CP SAND TURKEY/PEP JACK SW RL	Milk, Soy, Wheat
991	CP SAND WG TURKEY CHSE/CRNST	Egg, Milk, Soy, Wheat
335	CP SAND WG TURKEY CHSE/WG BUN	Milk, Soy, Wheat
343	CP STRING CHSE/CHP/2 OZ SALS	Milk
360	CP STRING CHSE/CHP/4 OZ SALS	Milk
337	CP SUB MINI	Milk, Soy
348	CP SUB TURKEY/CHEESE	Milk, Soy
762	CP YOGURT & FRUIT ELEM	Milk
903	SANDWICH CHICK HAM/CHSE(E)	Milk, Soy, Wheat
904	SANDWICH SL TURKEY/CHSE(E)	Milk, Soy, Wheat
CPF HOT PACK (Elementary Schools)		
Recipe #	Recipe Name	Allergen(s)
787	HP BEEF BBQ W/BK FR POT	Soy, Wheat
887	HP BEEF BBQ W/CORN	Soy, Wheat
878	HP BEEF BBQ W/CORNBREAD	Egg, Gluten, Milk, Soy, Wheat
990165	HP BEEF CHILI W/CORNBREAD BOWL	Egg, Gluten, Milk, Soy, Wheat
1002	HP BEEF CHILI/CHEESY BREAD	Egg, Gluten, Milk, Soy, Wheat
198	HP CHEESE CRUNCHERS/MARINARA	Milk, Soy, Wheat
718	HP CHEESESTEAK POTATO BOWL/SEAS POT	Milk, Soy
898	HP CHEESY BURGER / CURLY POT	Milk, Wheat
874	HP CHEESY BURGER /MASHED POT	Milk, Soy, Wheat
894	HP CHEESY BURGER/ FRENCH FRIES	Milk, Wheat
884	HP CHEESY BURGER/ SEAS POTATO	Milk, Wheat
889	HP CHIC BITES WG / BK FR POT	Soy, Wheat
875	HP CHIC BITES WG/ CHSY SPINACH	Milk, Soy, Wheat
804	HP CHIC BITES WG/ CORN	Soy, Wheat
990110	HP CHIC BITES WG/ GR BEANS & CORN	Soy, Wheat

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990123	HP CHIC BITES WG/ GRN BEANS & CARROTS	Soy, Wheat
789	HP CHIC BITES WG/MAC & CHEESE	Milk, Soy, Wheat
912	HP CHIC BITES WG/SPICED APPLES	Soy, Wheat
785	HP CHIC DRUMSTICK BBQ/ CH BRD	Egg, Gluten, Milk, Soy, Wheat
769	HP CHIC DRUMSTICK BBQ/ROSE POT	Soy, Wheat
453	HP CHIC DRUMSTICK BBQ/SEAS POT	Soy, Wheat
910	HP CHIC DRUMSTICK ORG/SEAS POT	Soy, Wheat
922	HP CHIC DRUMSTICK TERI/RICE	Soy, Wheat
990115	HP CHIC DRUMSTICK WG/ROSE POTATOES	Gluten, Wheat
990151	HP CHIC DRUMSTICK WG/SEAS POTATOES	Gluten, Wheat
315	HP CHIC NUGGETS / BB BREAD	Egg, Gluten, Soy, Wheat
134	HP CHIC NUGGETS / BK FR POT	Soy, Wheat
819	HP CHIC NUGGETS / CORN	Soy, Wheat
919	HP CHIC NUGGETS / CORN GR BEANS	Soy, Wheat
990084	HP CHIC NUGGETS / CRAN BREAD	Egg, Gluten, Soy, Wheat
905	HP CHIC NUGGETS / MAC & CHEESE	Milk, Soy, Wheat
666	HP CHIC NUGGETS / POTATO CURLY	Soy, Wheat
647	HP CHIC NUGGETS / ROSEMARY POT	Soy, Wheat
730	HP CHIC NUGGETS / SEASONED POT	Soy, Wheat
982	HP CHIC NUGGETS / SPICED APPLES	Soy, Wheat
814	HP CHIC NUGGETS /CARROTS	Soy, Wheat
826	HP CHIC PATTY	Soy, Wheat
817	HP CHIC PATTY / SEASONED POT	Soy, Wheat
170	HP CHIC PATTY / BK FR POT	Soy, Wheat
890	HP CHIC PATTY / POTATO SPIRALS	Soy, Wheat
392	HP CHIC PATTY SPICY	Soy, Wheat
990168	HP CHIC PATTY SPICY / POT SPIRALS	Soy, Wheat
1013	HP CHIC TACO / CORN/EDAMAME	Soy
1017	HP CHIC TACO / SEAS POT	
956	HP CHIC TACO / SEASONED POT	
783	HP CHICKEN CH BLOSSOM W/RICE	Egg, Soy, Wheat
1011	HP CHICKEN COCONUT CURRY/SEAS POT	Milk, TreeNut
990089	HP CHICKEN COCONUT CURRY/WG RICE	Milk, TreeNut
667	HP CHICKEN PATTY WG/SEAS POT	Soy, Wheat
895	HP CHICKEN PATTY/POTATO SPIRAL	Soy, Wheat
810	HP ENCHILADAS CHEESE/BEEF	Gluten, Milk, Soy, Wheat
990096	HP ENCHILADAS VEG CHEESE	Egg, Gluten, Milk, Soy, Wheat
527	HP FISH, POTATO CR	Egg, Fish, Milk, Soy, Wheat
802	HP FISH/BK FR POT	Egg, Fish, Milk, Soy, Wheat
390	HP FR TOAST /SAUSAGE	Soy, Wheat
990130	HP FRENCH TOAST /OMELET	Egg, Milk, Soy, Wheat

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990139	HP GRILLED CHEESE SAND	Milk, Soy, Wheat
184	HP GRILLED CHEESE SAND/ BK FR POT	Milk, Soy, Wheat
990140	HP HAMBURGER / BK FR POT	
136	HP HAMBURGER / CARROTS	
715	HP HAMBURGER / CORN	
169	HP HAMBURGER / GR BEANS	
891	HP HAMBURGER / POTATO CURLY	
454	HP HAMBURGER / SEAS POTATOES	
990051	HP HAMBURGER /CR CUT POTATO	
755	HP HAMBURGER /GR BEAN/CARROTS	
997	HP HAMBURGER /GR BEAN/CORN	
781	HP HAMBURGER /ROSEMARY POTATOES	
981	HP MEATBALLS MARINARA/GR BEANS	Milk, Soy, Wheat
901	HP MEATBALLS TERIYAKI/WG VEG RICE	Milk, Soy, Wheat
990041	HP OMELET CHEESE/POTATOES PEPPERS & ONIONS	Egg, Milk, Soy
990160	HP PASTA W/ MARINARA SAUCE	Egg, Gluten, Soy, Wheat
990134	HP PHILLY CHEESESTEAK/GRN BEANS & CARROTS	Milk, Soy
990127	HP PORK PARMESAN W/ SPAGHETTI WG	Egg, Gluten, Milk, Soy, Wheat
794	HP SPAGHETTI WG/MEATBALLS	Egg, Gluten, Milk, Soy, Wheat
193	HP TACO / CORN	Soy
764	HP TACO / CORN / EDAMAME	Soy
990156	HP THAI SWEET CHILI CHIC /WG VEG RICE	Soy, Wheat
990113	HP TURKEY BBQ/CORNBREAD BOWL	Egg, Gluten, Milk, Soy, Wheat
990094	HP TURKEY FRANK / MAC & CHEESE	Milk, Soy, Wheat
990181	HP TURKEY FRANK / RANCHERO BEANS	Soy, Wheat
899	HP TURKEY FRANK / SEAS POTATO	
452	HP TURKEY FRANK/ BKD FR POT	
692	HP TURKEY FRANK/CARROTS	
693	HP TURKEY FRANK/CORN	
1014	HP TURKEY FRANK/CORN/EDAMAME	Soy
682	HP TURKEY FRANK/GR BEAN	
135	HP TURKEY FRANK/GR BEAN/CARROT	
714	HP TURKEY FRANK/GR BEAN/CORN	
990044	HP TURKEY FRANK/MIXED VEGETABLES	
803	HP TURKEY/GRAVY/MASHED POT	Gluten, Milk, Soy, Wheat
394	HP TURKEY/MASH POT/STUFF/GRAVY	Gluten, Milk, Soy, Wheat
990054	HP VEG CHIK'N NUGGETS / CORN & GRN BEANS	Gluten, Soy, Wheat
990154	HP VEG CHIK'N NUGGETS / ROSE POTATOES	Gluten, Soy, Wheat
990077	HP VEG CHIK'N NUGGETS / SEASONED POTATOES	Gluten, Soy, Wheat
990128	HP VEGGIE BURGER / BK FR POT	Gluten, Soy, Wheat
990171	HP VEGGIE BURGER / CRINKLE CUT POT	Gluten, Soy, Wheat

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990153	HP VEGGIE BURGER / CURLY POTATOES	Gluten, Soy, Wheat
990135	HP VEGGIE BURGER / SEAS POTATOES	Gluten, Soy, Wheat
990164	HP VEGGIE BURGER / SEAS STREET CORN	Gluten, Soy, Wheat
766	HP YOGURT W/ BLUEBERRIES	Milk
ENTREES (Middle & High Schools)		
Recipe #	Recipe Name	Allergen(s)
923	BACON CHEESBURGER/PRETZEL ROLL	Milk, Soy, Wheat
990122	BACON SWISS CHEESBURGER/PRETZEL ROLL	Milk, Wheat
990137	BBQ BEEF W/CORNBREAD BOWL	Egg, Gluten, Milk, Soy, Wheat
698	BEEF ASIAN(S)	Fish, Shellfish, Soy, Wheat
999	BEEF KOREAN RICE BOWL	Soy, Wheat
946	BEEF KOREAN TACOS MINI	Milk, Soy, Wheat
990184	BEEF RIB BBQ TWIN BURGER	Gluten, Milk, Soy, Wheat
1029	BEEF TWIN CHEESEBURGERS I/W	Milk, Soy, Wheat
990169	Blue Devil Bowl 4 SVG	Gluten, Soy, Wheat
990178	Blue Devil Bowl 70 SVG	
990177	BUFFALO CHICKEN QUESO BOWL	Milk
873	BURGER CHEESY / WG BUN	Milk, Soy, Wheat
743	BURGER PEPPER JACK WG BUN	Milk, Soy, Wheat
39	CHEESE CRUNCHERS WG (S)	Milk, Wheat
990033	CHEESE ENCHILADAS	Gluten, Milk, Soy, Wheat
990	CHEESE, CO-JACK (1)	Milk
995	CHEESE, CO-JACK (2)	Milk
723	CHEESE, PEPPERJACK	Milk
661	CHEESE, SLICED AM RF/RS	Milk, Soy
584	CHEESE, STRING (1)	Milk
642	CHEESE, STRING (2)	Milk
46	CHEESEBURGER ON WG BUN	Milk, Soy, Wheat
882	CHEESY BURGER ON WG BUN	Milk, Soy, Wheat
726	CHICKEN BACON RANCH MELT	Milk, Sesame, Soy, Wheat
976	CHICKEN BITES SPICY W/CHEESY SPINACH	Milk, Soy, Wheat
990059	CHICKEN BREAST STRIPS FC	Soy
965	CHICKEN CURRY*S,W	Soy, Wheat
974	CHICKEN CURRY*S,W w/ RICE	Soy, Wheat
990101	CHICKEN DRUMSTICK WG	Gluten, Wheat
990126	CHICKEN DRUMSTICK WG W/ MASHED POTATOES	Gluten, Milk, Soy, Wheat
47	CHICKEN NUGGETS WG (S)	Soy, Wheat
48	CHICKEN PATTY ON WG BUN	Soy, Wheat
463	CHICKEN SALSA VERDE	
744	CHICKEN SALSA VERDE & RICE	Soy

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940	CHICKEN SRIRACHA BITES	Wheat
535	CHICKEN SWEET & SOUR	Soy
929	CHICKEN TACOS BULK	Milk, Soy, Wheat
924	CHICKEN TACOS MINI	Milk, Soy, Wheat
990068	CHICKEN THAI SWEET CHILI	Soy, Wheat
990069	CHICKEN THAI SWEET CHILI W/ WG RICE	Soy, Wheat
990057	CHICKEN WG PATTIE	Soy, Wheat
939	CHICKEN, CHERRY BL VEG LOMEIN	Egg, Soy, Wheat
683	CHICKEN, CHERRY BL W/WG RICE	Egg, Soy, Wheat
670	CHICKEN, CHERRY BLOSSOM	Egg, Soy, Wheat
442	CHICKEN, WG BITES	Soy, Wheat
990053	CHICKENLESS NUGGET WG	Gluten, Soy, Wheat
607	CHICKPEAS, ROAST M/MA	
990166	CHILI BEEF W/CORNBREAD BOWL (S)	Egg, Gluten, Milk, Soy, Wheat
990072	CHORIZO CON QUESO w/WG ROUNDS	Milk
557	CLUB, PRETZEL CHICKEN (S)	Milk, Soy, Wheat
558	CLUB, PRETZEL SP CHICKEN (S)	Milk, Soy, Wheat
813	CRUNCHERS BUFFALO CHEESE WG	Milk, Wheat
650	EMER LUNCH CH HAM SAND(E)	Egg, Soy, Wheat
649	EMER LUNCH CHEESE SAND(E)	Egg, Milk, Soy, Wheat
651	EMER LUNCH TURKEY SAND(E)	Soy, Wheat
990138	FIESTA ENCHILADAS VERDE	Gluten, Milk, Wheat
589	FISH, CRISPY /PRETZEL ROLL(S)	Egg, Fish, Milk, Soy, Wheat
540	FISH, CRISPY FILLET ON BUN(S)	Egg, Fish, Milk, Soy, Wheat
526	FISH, POTATO CRUNCH	Egg, Fish, Milk, Soy, Wheat
1028	FLATBREAD SANDWICH W/KALE	Milk, Sesame, Soy, Wheat
1025	FLATBREAD SANDWICH W/RST VEGS	Milk, Sesame, Soy, Wheat
1027	FLATBREAD SANDWICH W/SPINACH	Milk, Sesame, Soy, Wheat
543	FRENCH TOAST W/ SAUSAGE (S)	Soy, Wheat
177	GRABNGO BAGEL CC YOGURT	Milk, Soy, Wheat
310	GRABNGO CHEESE (S)	Milk, Wheat
612	GRABNGO CHEESE(E)	Milk
192	GRABNGO HUMMUS	
191	GRABNGO HUMMUS & CHEESE	Milk
614	GRABNGO HUMMUS & CHEESE(E)	Milk
613	GRABNGO HUMMUS(E)	
992	GRABNGO YOGURT & GRANOLA	Milk, Soy, Wheat
703	GRILL CHEESE FLATBREAD/QUESADILLA (S)	Milk, Sesame, Soy, Wheat
643	GRILL CHEESE SAND I/W	Milk, Soy, Wheat
815	GYRO SANDWICH (S)	Milk, Sesame, Soy, Wheat
1	HAMBURGER ON WG BUN	Soy, Wheat

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660	HOT DOG ON WG BUN	Soy, Wheat
990161	Hot Potato Bowl	
116	HUMMUS & STRING CHEESE	Milk
644	HUMMUS RED PEPPER 2	
732	HUMMUS	
927	MAC & CH W/ CHICKEN BITES	Milk, Soy, Wheat
883	MAC & CH W/ SPICY CHICKEN BITES	Milk, Soy, Wheat
707	MACARONI & CHEESE(S)	Milk, Soy, Wheat
694	MACARONI & CHEESE	Milk, Soy, Wheat
777	MANDARIN CHICKEN	Egg, Soy, Wheat
795	MANDARIN CHICKEN/LO MEIN (S)	Egg, Soy, Wheat
37	MANDARIN CHICKEN/WG RICE (H)	Egg, Soy, Wheat
990176	MANDARIN CHICKEN/WG VEG RICE (S)	Egg, Soy, Wheat
977	MEATBALLS TERIYAKI / WG VEG RICE (S)	Milk, Soy, Wheat
386	NACHOS,WG W/ CHEESE SC	Milk, Soy
931	NACHOS,WG W/ CHEESE SHREDDED	Milk, Soy
990034	OMELET CHEESE ON WG BUN	Egg, Milk, Soy, Wheat
544	PANCAKES WITH SAUSAGE(S)	Egg, Milk, Soy, Wheat
75	PANCAKES, WG MINI	Egg, Milk, Soy, Wheat
973	PANCAKES,YOGURT,STRING CHEESE(E)	Egg, Milk, Soy, Wheat
951	PEANUT BUTTER CUP	Peanut
724	PEPPERJACK BURGER ON WG BUN	Milk,Soy, Wheat
711	PHILLY CH STEAK W/ PEP/ONIONS	Milk, Soy, Wheat
778	PHILLY CH STEAK W/SL CHEESE	Milk, Soy, Wheat
871	PIZZA, MEATEAT WG	Milk, Soy, Wheat
921	PIZZA, SUPREME	Milk, Soy, Wheat
570	PIZZA, WG CHEESE 5" RD	Milk, Soy, Wheat
990087	PIZZA, WG CHEESE W/ROASTED VEGETABLES	Milk, Soy, Wheat
565	PIZZA, WG PEPPERONI 5 " RD	Milk, Soy, Wheat
572	PIZZA, WG ST CR	Milk, Soy, Wheat
587	PIZZA, WG ST CR PEPP	Milk, Soy, Wheat
990125	PORK CHOP PATTY WG	Gluten, Soy, Wheat
577	SALAD CHICKEN/EGG (E)	Soy, Wheat
990060	SALAD ENTREE Proj Select (#1)VEG/GRAPE/CHIC	Soy, Wheat
990061	SALAD ENTREE Proj Select (#2)VEG/APPLE/CHIC	Soy, Wheat
990062	SALAD ENTREE Proj Select (#3) VEG/ORG/CHIC	Soy, Wheat
990063	SALAD ENTREE Proj Select (#4)BROC/ORG/CHIC	Soy, Wheat
1012	SALAD ENTREE(#1)VEG/GRAPE/CHIC	Soy, Wheat
1018	SALAD ENTREE(#2)VEG/APPLE/CHIC	Soy, Wheat
1019	SALAD ENTREE(#3) VEG/ORG/CHIC	Soy, Wheat
1020	SALAD ENTREE(#4)BROC/ORG/CHIC	Soy, Wheat

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990109	SALAD MEDITERRANEAN w/ CHEESE BULK (ES)	Milk, Wheat
990085	SALAD MEDITERRANEAN W/ HUMMUS BULK (ES)	Wheat
966	SALAD, MEDITERRANEAN (S)	Wheat
188	SALAD, SPICY CHICKEN(S)	Soy, Wheat
185	SALAD, TACO (S)	Milk, Soy
758	SALAD, WG SHRIMP POPPER(S)	Milk
181	SALAD,CHICKEN CAESAR(S)	Soy, Wheat
182	SALAD,VEG EGG/CHEESE(S)	Egg, Milk, Soy, Wheat
329	SAND WG EGG SALAD	Egg, Soy, Wheat
176	SAND WG HAM(P)	Soy, Wheat
159	SAND WG HAM(P)/CHEESE (S)	Milk, Soy, Wheat
928	SANDWICH PB&J IND WRAP	Peanut, Soy, Wheat
311	SANDWICH, WG GRILL CHEES I/W (E)	Milk, Soy, Wheat
164	SANDWICH,WG PB & J	Milk, Peanut, Soy, Wheat
305	SANDWICH,WG TUNA SALAD	Egg, Soy, Wheat
990055	SANDWICH,WG TURKEY & CHEESE (S)	Milk, Soy, Wheat
158	SANDWICH,WG TURKEY (S)	Soy, Wheat
306	SANDWICH,WG TURKEY SALAD (S)	Egg, Soy, Wheat
672	SAUSAGE LINK PORK	
990098	SOUTHWEST POWER BOWL	Gluten, Soy, Wheat
799	SPAGHETTI,W/MEATBALL/SC(S)	Milk, Soy, Wheat
990103	SPICY CHICKEN POWER BOWL	Egg, Gluten, Milk, Soy, Wheat
990050	SPICY WG CHIC BITES W/CHEESY SPINACH/WG	Milk, Soy, Wheat
990071	SPICY WG CHIC BITES W/CHSY SPINACH/ WG	Egg, Milk, Soy, Wheat
61	SPICY WG CHIC BITES(S)	Soy, Wheat
57	SPICY WG CHICKEN PATTY/BUN(S)	Soy, Wheat
811	SUB MEATBALL WG (S)	Milk, Soy, Wheat
163	SUB,WG CHICKEN HAM/CHEESE	Milk, Soy, Wheat
142	SUB,WG COLD CUT	Milk, Soy, Wheat
178	SUB,WG HAM(P) & SWISS CHEESE	Milk, Soy, Wheat
175	SUB,WG SWISS VEGGIE	Milk, Soy, Wheat
935	SUB,WG TURKEY/CHEESE	Milk, Soy, Wheat
387	TACO MEAT	Soy
975	TERIYAKI MEATBALLS/WG RICE (S)	Milk, Soy, Wheat
865	TUNA SALAD SCHOOL SANDWICH	Egg, Soy, Wheat
990186	TURKEY CARNITAS	Soy
990188	TURKEY CARNITAS POTATO BOWL (S)	Milk, Soy
990187	TURKEY CARNITAS RANCHERO/CORNBREAD BOWL	Egg, Gluten, Milk, Soy, Wheat
955	TURKEY FRANK ON WG BUN	Soy, Wheat
990102	TURKEY POT ROAST	
412	TURKEY SLICED DELI	

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680	TURKEY THANKSGIVING	
990120	TWISTED WG BLUEBERRY STIX	Milk, Soy, Wheat
990167	VEG CHIK'N NUGGETS 4 (S)	Gluten, Soy, Wheat
990070	VEG CHIK'N NUGGETS 5 (S)	Gluten, Soy, Wheat
990121	VEGAN BURGER ON WG BUN	Gluten, Soy, Wheat
990105	Veggie Power Bowl	Egg, Gluten, Milk, Soy, Wheat
640	YOGURT, 8 OZ. ASST'D *M	Milk
990148	YOGURT, APPLES & GRANOLA	Milk, Soy, Wheat
621	YOGURT, TRIX:*M	Milk
237	YOGURT/FRUIT PARFAIT CND FR LG	Milk, Soy, Wheat
235	YOGURT/FRUIT PARFAIT CND FR SM	Milk, Soy, Wheat
190	YOGURT/FRUIT PARFAIT LG	Milk, Soy, Wheat
219	YOGURT/FRUIT PARFAIT SM	Milk, Soy, Wheat
FRUIT		
Recipe #	Recipe Name	Allergen(s)
15	APPLE,FRESH	
14	APPLES, FRESH, SLICED, 2 OZ.	
5	APPLESAUCE	
16	BANANA	
768	BLUEBERRIES	
352	BLUEBERRY/PEACH (ALT)	
418	CRAISINS,STRAWBERRY	
990047	DRIED FRUIT MIX	
986	FRUIT DRIED AVG	
6	FRUIT MIX,CND, 1/2 C	
220	FRUIT, CND, ASST'D	
308	FRUIT, FRESH ASST'D	
969	GRAPES FRESH	
341	GRAPES, FRESH	
845	JUICE, APPLE 4 OZ.	
206	JUICE, ORANGE, 4 OZ.	
17	MELON,CANTALOUPE	
645	MELONS,ASSORT 1/2 CUP	
18	MELONS,HONEYDEW 1/2 CUP	
990116	MIXED BERRY CUP	
24	NECTARINE, FRESH	
249	ORANGE	
244	PEACH, FRESH	
2	PEACHES,CND, 1/2 CUP	
21	PEAR, FRESH	

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3	PEARS, CND, 1/2 CUP	
632	PEARSAUCE	
4	PINEAPPLE, CND, 1/2 CUP	
23	PLUM, FRESH	
748	RAISINS	
239	SORBET, BLUE RASPBERRY: *NO	
964	STRAWBERRIES, FRESH	
902	STRAWBERRY CUP FROZ	
641	TANGERINE*NO	
19	WATERMELON, FRESH	
MILK		
Recipe #	Recipe Name	Allergen(s)
9	MILK CHOC FF	Milk
10	MILK SKIM	Milk
13	MILK WHITE 1%	Milk
960	SMOOTHIE BERRY	Milk
990086	SMOOTHIE BLUEBERRY BANANA	Milk
959	SMOOTHIE PEACH STRAWBERRY	Milk
953	SMOOTHIE SORBET ALL DAY	Milk
990079	SMOOTHIE STRAWBERRY COLADA	Milk
MISCELLANEOUS		
Recipe #	Recipe Name	Allergen(s)
663	BACON	
373	BARBECUE SAUCE: *S,W	Soy, Wheat
684	CAESAR DRESSING 1 OZ.	Egg, Soy, Wheat
382	CAESAR DRESSING 2 OZ.	Egg, Soy, Wheat
586	CATSUP PKT:*NO	
87	CATSUP,BULK	
213	CHEESE, CREAM LT	Milk
689	CHEESE, CREAM SPREAD	
447	CHEESE, SHR	Milk
398	CRANBERRY SAUCE	
990046	DRESSING, APPLE VINAIGRETTE (1 OZ)	Soy
984	DRESSING, APPLE VINAIGRETTE (2 OZ)	Soy
581	DRESSING, UNIVERSAL:*E,S	Egg, Soy
385	GRAVY TURKEY: *M,S,W	Gluten, Milk, Soy, Wheat
215	JELLY, BULK	
214	JELLY, PKT	
102	MAYONNAISE, BULK: *E,S	Egg, Soy

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95	MAYONNAISE, PACKET	Egg
93	MUSTARD, PACKET	
990058	PEPPERONI CHIC BEEF	
388	PICO DE GALLO	
597	RANCH DRESSING 1 OZ	Egg, Milk, Soy
374	RANCH DRESSING 2 OZ	Egg, Milk, Soy
107	RANCH DRESSING PKT(1)	Egg
994	RANCH DRESSING PKT(2)	Egg
448	SALSA 1/4 C	
384	SALSA RANCH DRESSING	Egg, Milk, Soy
616	SALSA, SMALL	
704	SAUCE GENERAL TSO S w/ ORANGE CHIPOTLE	Fish, Shellfish, Soy, Wheat
380	SAUCE ORANGE CHIPOTLE	Soy, Wheat
648	SAUCE, HOT TP	
990182	SOUR CREAM 1 oz	Milk
76	SYRUP PACKET	
457	SYRUP PACKETS	
SNACKS		
Recipe #	Recipe Name	Allergen(s)
945	APPLESAUCE POUCH	
863	BAR, COCOA CHERRY	Soy, Wheat
949	CHIPS RF KETTLE	Sunflower
856	COFFEE ICE CARAMEL DECAFF (HS)	Milk
493	COOKIE BENEFIT CH CHIP(E)	Egg, Milk, Soy, Wheat
494	COOKIE BENEFIT DBL CHOC(E)	Egg, Milk, Soy, Wheat
495	COOKIE BENEFIT OAT RAISIN(E)	Egg, Milk, Soy, Wheat
877	COOKIE BENEFIT RED,W & BLUE(E)	
496	COOKIE BENEFIT SUGAR(E)	Egg, Milk, Soy, Wheat
920	COOKIE CHOC I/W FILLED	Egg, Milk, Soy, Wheat
990049	COOKIE TRIPLE CHOC WG I/W	Milk, Soy, Wheat
592	COOKIE, 1.85 OZ. CH CHIP	Egg, Milk, Soy, Wheat
593	COOKIE, 1.85 OZ. DBL CHOC	Egg, Milk, Soy, Wheat
594	COOKIE, 1.85 OZ. OAT RAISIN	Egg, Milk, Soy, Wheat
876	COOKIE, 1.85 OZ. RED,W & BLUE	Egg, Milk, Soy, Wheat
595	COOKIE, 1.85 OZ. SUGAR	Egg, Milk, Soy, Wheat
505	CRACKERS,CHEESZ IT WG	Milk, Soy, Wheat
948	DORITOS WHITE WILD	Milk
990083	FRUIT PEARLS WILDBERRY	
491	FRUIT SNACKS	
893	GRAHAMS,ELF	Soy, Wheat

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733	EDAMAME	Soy
664	GREEN BEANS	
536	GREEN BEANS SZECHUAN	Fish, Shellfish, Soy, Wheat
332	GREEN BEANS, FRESH	
359	HUMMUS RED PEPPER 1	
66	HUMMUS RED PEPPER 2	
872	JUICE VEGGIE BOX	
599	LETTUCE & TOMATO SLI (S)	
990029	LETTUCE, SHREDDED *RESIZED*	
678	LETTUCE, SHREDDED 1 C	
753	LETTUCE, SHREDDED 1/2 C	
857	MARINARA CUP*S	Soy
532	MIXED VEGGIES, FRESH	
742	ONION RINGS WG	Milk, Soy, Wheat
713	PEPPERS & ONIONS ROAST:NO	
990150	PEPPERS,SWEET,GREEN,RAW	
990180	POTATO CRINKLE CUT	
30	POTATO FRENCH FRY	
987	POTATO FRENCH FRY (HS)	
350	POTATO SALAD (ALT)	Egg, Soy
695	POTATO SKINS	
33	POTATO, MASHED (S)	Milk, Soy
36	POTATO, SEASONED DELI	
568	POTATOES, ROSEMARY RED	
850	POTATOES, SPIRALS	
990170	RANCHERO BEANS	Soy, Wheat
1003	ROASTED BROCCOLI	Soy
990117	ROASTED BUTTERNUT SQUASH	Soy
1004	ROASTED CAULIFLOWER	Soy
990119	ROASTED CORN	Soy
1007	ROASTED MUSHROOMS	Soy
1006	ROASTED PEPPERS & ONIONS	Soy
990118	ROASTED RED ONIONS	Soy
990124	ROASTED SQUASH	Soy
990179	ROASTED VEGETABLES AVG	Soy
1005	ROASTED ZUCCHINI	Soy
108	ROMAINE 1 CUP	
662	SALAD BAR, VEGGIES SC	
990067	SALAD TOSSED (BOWL)	
990076	SALAD TOSSED W/ CHICKPEAS(BOWL)	
990073	SALAD TOSSED W/ PEPPERS (BOWL)	

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990075	SALAD TOSSED W/ RADISH (BOWL)	
990074	SALAD TOSSED W/CELERY(BOWL)	
111	SALSA 1/2 C	
989	SALSA CUP	
378	SAUCE MARINARA	Soy
930	SIDE SALAD (ES)	
141	SIDE SALAD (S)	
1021	SIDE SALAD Proj Select (#1)KALE/VEG	
1022	SIDE SALAD Proj Select (#2)SPIN/VEG/GRAPE	
1023	SIDE SALAD Proj Select (#3)SPIN/BROC/GRAPE	
1024	SIDE SALAD Proj Select (#4)SPIN/BROC/RED PEP	
990064	SIDE SALAD W/ TOMATOES (ES)	
375	SOUP BROCCOLI CHEESE LS	Milk, Soy
990183	SOUP BUTTERNUT SQUASH	
980	SOUP CHICKEN & ANC GRAINS	Gluten, Soy, Wheat
376	SOUP CHILI LS	Soy
776	SOUP CHILI VEGETARIAN	Egg, Milk, Soy, Wheat
990173	SOUP TOMATO	Milk, Soy
379	SOUP TURKEY/RICE/VEG LS	Soy
637	SPINACH ROM CRA SLD(S) FTS	Soy
603	SPINACH ROM CRAIS SLD(E) FTS	Soy
455	SPINACH SALAD 1 C	
106	SPINACH/ROMAINE SALAD 1 C	
105	TOMATOES	
110	TOMATOES & CELERY	
461	TOMATOES & SHRED LETTUCE	
1026	VEGETABLES ROAST MIX	Soy
617	VEGETABLES, ASS'T (E)	
967	VEGETABLES, ASS'T (Proj Select)	
968	ZUCCHINI SQUASH	

Notice: The data contained within this report and the Mosaic Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.