

East Side Union High School District

Allergen List - By Recipe - 9-1-2021

Recipe #	Recipe Name	Allergen(s)
990347	Apple Slices, Unsweetened, Canned	None
108	Apple, fresh, wh, 163 ct	None
478	Applesauce	None
1728	Applesauce Quickbread-2oz	Egg, None, Soy, Wheat
2286	Applesauce Quikbrd-1 oz	Egg, None, Soy, Wheat
3028	Apricots Cup	None
990380	Apricots, Diced, Frozen	None
2483	Avocado	None
3526	Bag Lunch	Milk, None, Peanut, Soy, Wheat
48	Banana Quick Bread	Egg, None, Soy, Wheat
990222	Banana, petite	None
990270	BBQ Beef Rib w/Mashed Potatoes	Milk, None, Soy, Wheat
990350	Bean, Garbanzo	None
2426	Bean, Kidney	None
2870	Beans, Baked	None, Soy
2795	Beans, Black	None
990116	Beans, Black seasoned	None
3561	Beans, Garbanzo	None
1676	Beans, Green, canned	None, Soy
990316	Beans, Kidney, Spicy	None
990369	Beans, Refried Spicy Jalapeno	None
990305	Beans, Refried, seasoned	None
875	Beans, Refried,cnd	None
990136	Beans, Seasoned Pinto	None
294	Beans, Vegetarian	None
990142	Beans, Vegetarian, Spicy	None
3544	Beef Dunker only	Soy, Wheat
990329	Beef Dunkers, Teriyaki w/ Potatoes Wedge	None, Soy, Wheat
990154	Beef Dunkers, Teriyaki w/rice & Broccoli	None, Soy, Wheat
1791	Beef Dunkers, Teriyakiw/rice	None, Soy, Wheat
131	Beef Rib Grill Honey BBQ w/Fries	Milk, Soy, Wheat
990323	Beef Rib Grill Honey BBQ-ala carte	Milk, Soy, Wheat
2623	Beef Rib Grill Honey BBQ-only	Milk, Soy, Wheat
990298	Beef Rib Grill Honey BBQ-patty only	Milk, Soy, Wheat
3098	Beef Rib Honey BBQ w/wedge	Milk, None, Soy, Wheat
2635	Beef, Taco Meat	Milk, Soy
1864	Beefy Mac-w/ beef crumble	Milk, None, Soy, Wheat
990287	Biscuit & Gravy	Milk, None, Soy, Wheat
990311	Biscuit w/ Jelly	Milk, None, Peanut, Soy, Wheat
990294	Biscuit, Egg & Cheese	Egg, Milk, Wheat
990281	Biscuit, Ham & Egg	Egg, Milk, None, Wheat
296	Blueberries, Frozen, unsweetened	None
990288	Bread Stick, Parmesan, homemade	Milk, None, Soy, Wheat
3585	Bread Sticks,Cinn-homemade	None, Soy, Wheat
990346	Breaded Cheese Pocket	Milk, Wheat
3514	Breakfast Sausage Sand I/W	Soy, Wheat

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990155	Broccoli Steamed	None
1589	Broccoli,Fresh,Raw	None
990130	Buffalo Pizza Sauce	Egg, Milk, None
990339	Burrito, Bean & Cheese with spices	Milk, None, Wheat
990337	Burrito, Bean & Cheese-homemade	Milk, None, Wheat
3634	Burrito, Big O Beef	Milk, None, Soy, Wheat
1833	Burrito, Chili Relleno	Egg, Milk, None, Soy, Wheat
1223	Burrito, Egg,Ham, Potato&Ch	Egg, Milk, None, Wheat
990095	Burrito, Los Cabos	Milk, Soy, Wheat
990326	Burrito, Los Cabos-ala carte	Milk, Soy, Wheat
3504	Burrito, Super	Milk, None, Soy, Wheat
990080	Burrito, Super - only	Milk, None, Wheat
3505	Carrots, Baby 2 Oz.	None
263	Carrots, Coins	None, Soy
990196	Carrots, Diced	None
1826	Casserole, Chili Relleno	Egg, Milk, None, Wheat
2913	Celery Sticks	None
990378	Cereal, Cheerios w/ graham cracker	None, Wheat
2306	Cereal, Cheerios w/ muffin	Egg, None, Soy, Wheat
990077	Cereal, Cheerios-only	None
2086	Cereal, Cinn Toast Crch w/ graham cracker	Soy, Wheat
1886	Cereal, Cinn Toast Crch w/ muffin	Egg, None, Soy, Wheat
3574	Cereal, Cinn Toast Crch-only	Soy, Wheat
990291	Cereal, Cocoa Puffs w/ graham cracker	None, Wheat
990344	Cereal, Cocoa Puffs w/ muffin	Egg, None, Soy, Wheat
990297	Cereal, Cocoa Puffs-only	None
990343	Cereal, Froot Loops w/ graham cracker	None, Wheat
990201	Cereal, Froot Loops w/ muffin	Egg, None, Soy, Wheat
990207	Cereal, Froot Loops-only	None
2088	Cereal, Frosted Flakes w/ graham cracker	Wheat
1462	Cereal, Frosted Flakes w/ muffin	Egg, None, Soy, Wheat
3575	Cereal, Frosted Flakes-only	Soy, Wheat
2305	Cereal, Frosted Mini Wht w/ graham cracker	Wheat
990169	Cereal, Frosted Mini Wht w/ muffin	Egg, None, Soy, Wheat
3571	Cereal, Frosted Mini Wht-only	Wheat
2882	Cereal, Honey Nut w/ graham cracker	TreeNut, Wheat
990170	Cereal, Honey Nut w/ muffin	Egg, None, Soy, TreeNut, Wheat
990374	Cereal, Honey Nut-only	TreeNut
1896	Cereal, Raisin Bran w/muffin	Egg, None, Soy, Wheat
990371	Cereal, Rice Krispies w/ graham cracker	None, Wheat
990379	Cereal, Rice Krispies w/ muffin	Egg, None, Soy, Wheat
990375	Cereal, Rice Krispies-only	None
990290	Cereal, Trix w/ muffin	Egg, None, Soy, Wheat
990296	Cereal, Trix-only	None
990312	Cheese & Egg Breakfast Sandwich	Egg, Milk, None, Soy, Wheat
2527	Cheese Stick, Mozzarella, 1oz	Milk
990091	Cheese, Cheddar, Shredded,oz	Milk

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2658	Cheese, Cottage	Milk
691	Cheeseburger on a Bun w/Fries	Milk, Soy, Wheat
2653	Cheeseburger on a bun-only	Milk, Soy, Wheat
1523	Cheesy Breadsticks w/Marinara Sauce	Milk, None, Soy, Wheat
990282	Cheesy Breadsticks-only	Milk, None, Soy, Wheat
990265	Cheezit	Milk, Soy, Wheat
1857	Chicken Broth, Knorr	None
990104	Chicken Buffalo,Grilled Sand	None, Soy, Wheat
990105	Chicken Buffalo,Grilled Sand	None, Soy, Wheat
990135	Chicken Fajita from scratch	None
990333	Chicken Nuggets w/ Fries & Dinner Roll	Soy, Wheat
766	Chicken Nuggets w/ Tots & Roll	Soy, Wheat
990283	Chicken Nuggets-only	Soy, Wheat
990123	Chicken Quesadilla w/Spanish Rice and Beans	Milk, None, Soy, Wheat
990144	Chicken Quesadilla-only	Milk, Soy, Wheat
990368	Chicken Roll Up	Milk, None, Soy, Wheat
1210	Chicken w/Mashed Potato Bowl	Egg, Milk, None, Soy, Wheat
990081	Chicken, Buffalo- only	None
3635	Chicken, Buffalo w/ Rice	None, Soy
990204	Chicken, Korean Sauce only	None, Sesame, Soy, Wheat
990195	Chicken, Korean w/ Rice	None, Sesame, Soy, Wheat
990233	Chicken, Korean-only	None, Sesame, Soy, Wheat
2410	Chicken, Oven Baked w/ Roll	Egg, Milk, None, Soy, Wheat
3624	Chicken, Oven Baked-only	None
3551	Chicken, popcorn-only	Soy, Wheat
630	Chicken, Spicy Sand w/ fr	Soy, Wheat
990191	Chicken, Spicy Sandwich- Ala Carte	Soy, Wheat
2525	Chicken, Spicy Sandwich only	Soy, Wheat
990382	Chicken, Teriyaki- only	Soy, Wheat
990381	Chicken, Teriyaki w/ Rice	None, Soy, Wheat
2967	Chicken,Mand Orange w/Rice	None, Soy, Wheat
3556	Chicken,Mandarin Orange-only	Soy, Wheat
990246	Chips, Baked Cheetos	Milk
990248	Chips, Doritos, Cool Ranch	Milk
990247	Chips, Doritos, Flamas	Milk
990249	Chips, Doritos, Nacho Cheese	Milk
990250	Chips, Jalapeno Cheddar Kettle	Milk
3570	Chips, Tortilla	None
3613	Cinn Honey Nut Butter Sand	None, Peanut, Soy, Wheat
3612	Cinnamon Honey Nutbutter	None, Peanut
990269	Cookie, Chocolate Chip-Ala Carte	Egg, Milk, Soy, Wheat
990258	Cookie, Grandma's	Milk, Soy, Wheat
2276	Corn Dog w/ french fries	Egg, Soy, Wheat
990327	Corn Dog-ala carte	Egg, Soy, Wheat
990186	Corn Dog-I/W	Egg, Soy, Wheat
2524	Corn Dog-only	Egg, Soy, Wheat
1681	Corn, bulk w/ margarine	None, Soy

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990372	Cracker, Cinnamon Goldfish	Wheat
990352	Cranberries, Dried, Individual Portion	None
3587	Cranberry, Dried	None
990366	Diced Potatoes	None
990190	Dried Fruit w/ Sunflower Seeds	None, Soy
990224	Egg & Cheese Sandwich w/Sausage	Egg, Milk, None, Soy, Wheat
1844	Egg patty, square	Egg, None
1548	Egg Salad Sandwich	Egg, None, Soy, Wheat
657	Egg, Hard Cooked	Egg
2990	Eggs, Scrambeled	Egg, Soy
2733	Fish Filet on Bun w/Fries	Fish, None, Soy, Wheat
2801	Fish Filet on Bun-only	Fish, Soy, Wheat
3182	Fruit Mix, Dried	None
990256	Gatorade, Frost Glacier	None
990254	Gatorade, Grape	None
990257	Gatorade, Lemon Lime	None
990255	Gatorade, Orange	None
3228	Gems, chocolate	Egg, Milk, Soy, Wheat
3217	Gems, powdered	Egg, Milk, Soy, Wheat
4028	Granola Bar. Chewy, 1.3oz	Egg, Milk, Peanut, Soy, TreeNut, Wheat
990357	Grapes, fresh	None
191	Gravy, Turkey Flavor	Egg, Milk, None, Soy, Wheat
92	Gravy,Brown Trio	Milk, None, Soy, Wheat
1712	Grilled Cheese - breakfast	Milk, Soy, Wheat
3537	Grm CrackerSunButter,Back-up	None, Wheat
89	Ham & Cheese Sandwich	Milk, None, Soy, Wheat
990128	Ham, Cheese & Egg Breakfast Sandwich	Egg, Milk, None, Soy, Wheat
990137	Ham, Cheese & Egg Breakfast Sandwich-egg square	Egg, Milk, None, Soy, Wheat
990143	Hamburger on a bun w/Fries	Soy, Wheat
990185	Hamburger-ala carte	Soy, Wheat
1192	Hamburger-only	Soy, Wheat
2018	Honey BBQ Pork Rib Sandwich	Milk, Soy, Wheat
1713	Hot Ham& Cheese Breakfast	Milk, None, Soy, Wheat
990276	Hummus w/ Veggies	None
990266	Ice Cream, Fudge Bar	Milk
2455	Jalapeno, sliced	None
4515	Juice, Apple(4oz.)	None
990268	Juice, Apple, Tropicana	None
1411	Juice, Orange, 100% (4oz.)	None
2590	Juice,Fruit Punch,4oz	None
1661	Ketchup, packet, 7 gram	None
990119	Kung Pao Chicken w/Rice	Egg, None, Soy, Wheat
990121	Kung Pao Chicken-only	Egg, Soy, Wheat
2394	Macaroni w/ Meat Sauce	Milk, None, Soy, Wheat
990279	Macaroni w/ Meatballs	Milk, None, Soy, Wheat
990229	Marinara Sauce - scratch (Tomato Paste)	None, Soy
802	Mayo, packet, 9g	Egg

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990376	Meatless Pasta	Milk, None, Wheat
1876	Milk, White, Crystal Creamery	Milk
1879	Milk,Chocolate, Crystal Cream	Milk
2424	Mixed Fruit Cup	None
990165	Mixed Vegetables, Bulk w/Margarine	Soy
804	Mustard, packet, 1/5 oz	None
990355	Nectarine, fresh	None
384	Oranges, Fresh Whole(113ct.)	None
840	Pancake on a Stick	Egg, Soy, Wheat
2454	Pancakes & Sausage Links	Egg, Milk, None, Soy, Wheat
990237	Pancakes-only	Egg, Milk, Soy, Wheat
990213	Pasta and Meatballs w/ Marinara Sauce Low Protein	None
1302	Pasta w/ Marinara Sauce	Milk, None, Wheat
1711	PB&J - Breakfast	None, Peanut, Soy, Wheat
13	PB&J Sandwich Lunch	None, Peanut, Soy, Wheat
3190	Peach Cup	None
391	Peach, fresh	None
2683	Peanut Butter Kit	Milk, Peanut, Wheat
990079	Peanut Butter Kit-USDA Cup	Milk, Peanut, Wheat
493	Pear, canned	None
3026	Pear, fresh USDA	None
275	Peas	None
3280	Penne Pasta w/MeatSauce	Milk, None, Soy, Wheat
3516	Penne Pasta w/Zesty Meatball	Milk, None, Soy, Wheat
476	Pineapple	None
2914	Pizza, Breakfast Sausage-Piazza IW	Milk, Soy, Wheat
3025	Pizza, Breakfast, I/We-Piazza	Milk, Soy, Wheat
2976	Pizza, I/W Cheese Wedge-Piazza	Milk, Soy, Wheat
2993	Pizza, I/W Pepperoni Wedge-Piazza	Milk, Soy, Wheat
2289	Pizza,Breakfast, wg, no pork-Piazza	Milk, Soy, Wheat
990354	Plum, fresh	None
990342	Pop Tarts, Strawberry Frosted WG 2ct	Soy, Wheat
990267	PopChip, BBQ	None
990244	Poptart, Strawberry	Soy, Wheat
4632	Poptart,Strawberry, 1.76 oz (IW)	Soy, Wheat
1873	Pork Riblet w/ Rice	Milk, None, Soy, Wheat
3550	Pork Riblet-only	Milk, Soy, Wheat
2734	Pork, Honey BBQ w/ Fries	Milk, Soy, Wheat
2773	Pork,HoneyBBQ w/pot rounds	Milk, Soy, Wheat
990324	Pork,HoneyBBQ-ala carte	Milk, Soy, Wheat
3599	Pork,HoneyBBQ-only	Milk, Soy, Wheat
1701	Potato, Oven Baked Wedge	None
3040	Potato, Sweet Crinkle Cut	None
4199	Potato,Tater Tots	Soy
2433	Potatoes, sweet, mashed	None
763	Potatoes,French Fries- only	Soy
164	Potatoes,Mashed-only	Milk, None, Soy

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813	Raisins,Individual-1.5oz box	None
1870	Ranch packet, 12 gram	Egg, Milk
990245	Rice Krispie Treat	Soy, Wheat
241	Rice, Spanish	None, Soy
1874	Rice,Brown Cooked	None, Soy
3636	Rice,Brown Cooked w/ broth	None, Soy
990093	Rice,White Cooked	None, Soy
990218	Roll, Dough, Dinner WG Proof & Bake 2.2 Bake Craft	Wheat
764	Salad Cup w/ ranch	Egg, Milk, None
2656	Salad Mix	None
3291	Salad mix, kitchen cut	None
1828	Salad, Chicken Caesar w/ roll	Egg, Fish, Milk, None, Wheat
990234	Salad, Chicken Caesar-only	Egg, Fish, Milk, None, Wheat
1660	Salad, Chicken Fajita w/chps	Egg, Milk, None
3546	Salad, Chicken Fajita-only	Egg, Milk, None
733	Salad, Chinese Chick w/ roll	None, Peanut, Soy, Wheat
3659	Salad, Chinese Chick-only	None, Peanut, Soy, Wheat
2924	Salad, Spicy Chicken w/ Applesauce Quick Bread	Egg, Milk, None, Soy, Wheat
3620	Salad, Spicy Chicken-only	Egg, Milk, None, Soy, Wheat
990236	Salad-only	Egg, Milk, None
200	Salsa	None
990271	Salsa (Gorerri's)	None
806	Salsa, commodity	None
1666	Sauce, Taco, packet, 9 gram	None
991	Sauce,Spaghetti (Home Made)	None
987	Sauce,Spaghetti Mix(dry)	None
990238	Sausage Links-only	None
470	Soy Sauce packet	Soy, Wheat
990132	Spaghetti w/ Zesty Meatballs	Milk, None, Soy, Wheat
154	Strawberries, fresh	None
3660	Strawberries,frzn,cupped	None
3593	Sun Butter-only	None
1835	Sunbutter&Jelly Sand-Brkfst	None, Soy, Wheat
3498	SunButter&Jelly Sand-Lunch	None, Soy, Wheat
990253	Switch, Blackberry	None
990251	Switch, Kiwi Berry	None
990252	Switch, Strawberry Watermelon	None
990206	Syrup-only	Egg, Milk, Soy, Wheat
990264	Taco Nada, Habanero-ala carte	Milk, Soy, Wheat
990262	Tornado-ala carte	Milk, Soy, Wheat
3597	Tortilla chips-only	None
244	Tuna Salad Sandwich	Egg, Fish, None, Soy, Wheat
2174	Turkey & Cheese Sandwich	Milk, None, Soy, Wheat
990328	Turkey & Cheese Sandwich-ala carte	Milk, None, Soy, Wheat
990183	UBR Ultimate Breakfast Round	Egg, Milk, Soy, Wheat
990176	Water Bottle Niagara	None
2647	Whipped Topping, On Top	Milk

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2900	Yogurt Cup-Breakfast	Milk, Wheat
990377	Yogurt Fruit Cup	Milk, None, Wheat
990383	Yogurt Fruit Cup-only	Milk, None