

# East Side Union High School District

## Allergen List - By Recipe

Recipe #	Recipe Name	Allergen(s)-Ingredients in recipe
990197	2-Apple Crisp	None, Soy, Wheat
990347	2-Apple Slices, Unsweetened, Canned	None
108	2-Apple, fresh, wh, 163 ct	None
478	2-Applesauce	None
1728	2-Applesauce Quickbread-2oz	Egg, None, Soy, Wheat
990180	2-Applesauce Quikbrd-1 oz	Egg, None, Soy, Wheat
2286	2-Applesauce Quikbrd-1 oz	Egg, None, Soy, Wheat
3187	2-Applesauce, cup	None
3028	2-Apricots Cup	None
990380	2-Apricots, Diced, Frozen	None
990486	2-Arroz con Leche	Milk, None, Soy, Wheat
990363	2-Assorted #10 can Fruit	None
2483	2-Avocado	None
990499	2-Avocado, Mashed	None
990519	2-Bag Breakfast	Egg, Milk, None, Peanut, Soy, Wheat
3526	2-Bag Lunch	Milk, None, Peanut, Soy, Wheat
990488	2-Bagel w/ Cream Cheese & avocado	Milk, None, Wheat
990500	2-Bagel w/ Cream Cheese 3 oz	Milk, None, Wheat
990537	2-Bagel, Egg & Cheese	Egg, Milk, Soy, Wheat
990505	2-Baked Fish w/ Red Sauce	Fish, Milk, None, Soy
990511	2-Balsamic Glaze	None, Soy
48	2-Banana Quick Bread	Egg, None, Soy, Wheat
990222	2-Banana, petite	None
990498	2-Base, Beef	None, Soy
2426	2-Bean, Kidney	None
2870	2-Beans, Baked	None, Soy
2795	2-Beans, Black	None
990116	2-Beans, Black seasoned	None
3561	2-Beans, Garbanzo	None
1676	2-Beans, Green, canned	None, Soy
990316	2-Beans, Kidney, Spicy	None
990305	2-Beans, Refried, seasoned	None
875	2-Beans, Refried,cnd	None

**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

# East Side Union High School District

## Allergen List - By Recipe

990136	2-Beans, Seasoned Pinto	None
294	2-Beans, Vegetarian	None
990142	2-Beans, Vegetarian, Spicy	None
3544	2-Beef Dunker only	Soy, Wheat
990329	2-Beef Dunkers, Teriyaki w/ Potatoes Wedge	None, Soy, Wheat
990154	2-Beef Dunkers, Teriyaki w/rice & Broccoli	None, Soy, Wheat
1791	2-Beef Dunkers, Teriyakiw/rice	None, Soy, Wheat
2623	2-Beef Rib Grill Honey BBQ Sandwich-only	Milk, Soy, Wheat
131	2-Beef Rib Grill Honey BBQ w/Fries	Milk, Soy, Wheat
990323	2-Beef Rib Grill Honey BBQ-ala carte	Milk, Soy, Wheat
990298	2-Beef Rib Grill Honey BBQ-patty only	Milk, Soy, Wheat
3098	2-Beef Rib Honey BBQ w/wedge	Milk, None, Soy, Wheat
2635	2-Beef, Taco Meat	Milk, Soy
1864	2-Beefy Mac-w/ beef crumble	Milk, None, Soy, Wheat
990403	2-Berry Cup Mixed Frozen USDA	None
990539	2-Biscuit & Gravy	Milk, None, Soy, Wheat
990287	2-Biscuit & Sausage Breakfast Sandwich	Milk, None, Wheat
990294	2-Biscuit, Egg & Cheese	Egg, Milk, Wheat
990281	2-Biscuit, Ham & Egg	Egg, Milk, None, Wheat
296	2-Blueberries, Frozen, unsweetened	None
990288	2-Bread Stick, Parmesan, homemade	Milk, None, Soy, Wheat
3585	2-Bread Sticks,Cinn-homemade	None, Soy, Wheat
990346	2-Breaded Cheese Pocket	Milk, Wheat
1325	2-Breadstick/Sub Roll	Wheat
985	2-Breadsticks w/ Pizza Sauce	Milk, None, Soy, Wheat
990422	2-Breakfast Bar Oat Chocolate Chip, Benefit	Egg, Milk, Soy, Wheat
990453	2-Breakfast Berry Scone	Milk, Wheat
990515	2-Breakfast Bowl	Egg, Milk, None, Soy
990410	2-Breakfast Casserole Frittata	Egg, Milk, None, Soy
1080	2-Breakfast for Lunch	Egg, Milk, None, Soy, Wheat
990517	2-Breakfast Frittata Burrito	Egg, Milk, None, Soy, Wheat
990304	2-Broccoli Cheddar Soup	Milk, None, Soy, Wheat
990155	2-Broccoli Steamed	None
1589	2-Broccoli,Fresh,Raw	None
990130	2-Buffalo Pizza Sauce	Egg, Milk, None
990432	2-Burrito Egg Potato & Cheese	Egg, Milk, None, Soy, Wheat

**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.**

# East Side Union High School District

## Allergen List - By Recipe

990339	2-Burrito, Bean & Cheese with spices	Milk, None, Wheat
3634	2-Burrito, Big O Beef	Milk, None, Soy, Wheat
2636	2-Burrito, Chick w/Salsa	None, Soy, Wheat
1833	2-Burrito, Chili Relleno	Egg, Milk, None, Soy, Wheat
1223	2-Burrito, Egg,Ham, Potato&Ch	Egg, Milk, None, Wheat
990095	2-Burrito, Los Cabos	Milk, Soy, Wheat
990326	2-Burrito, Los Cabos-ala carte	Milk, Soy, Wheat
3504	2-Burrito, Super	Milk, None, Soy, Wheat
3505	2-Carrots, Baby 2.6 Oz.	None
263	2-Carrots, Coins	None, Soy
990196	2-Carrots, Diced	None, Soy
1826	2-Casserole, Chili Relleno	Egg, Milk, None, Wheat
990466	2-Casserole, Chili Relleno-catering	Egg, Milk, None, Wheat
990452	2-Celery & Carrot Sticks	None
2913	2-Celery Sticks	None
990493	2-Cereal, Apple Cinnamon Cheerios/ Cracker	None, Wheat
990502	2-Cereal, Apple Cinnamon Cheerios-only	None
990378	2-Cereal, Cheerios w/ graham cracker	None, Wheat
2306	2-Cereal, Cheerios w/ muffin	Egg, None, Soy, Wheat
990077	2-Cereal, Cheerios-only	None
990501	2-Cereal, Cinn Chex -only	Soy, Wheat
990402	2-Cereal, Cinn Chex w/ graham cracker	Soy, Wheat
1886	2-Cereal, Cinn Toast Crch w/ muffin	Egg, None, Soy, Wheat
990226	2-Cereal, Cinn Toast Crch, Graham Cracker	Soy, Wheat
3574	2-Cereal, Cinn Toast Crch-only	Soy, Wheat
2086	2-Cereal, Cinn Toast Crunch w/ graham cracker	Soy, Wheat
990291	2-Cereal, Cocoa Puffs w/ graham cracker	None, Wheat
990344	2-Cereal, Cocoa Puffs w/ muffin	Egg, None, Soy, Wheat
990297	2-Cereal, Cocoa Puffs-only	None
990343	2-Cereal, Froot Loops w/ graham cracker	None, Wheat
990201	2-Cereal, Froot Loops w/ muffin	Egg, None, Soy, Wheat
990207	2-Cereal, Froot Loops-only	None
2088	2-Cereal, Frosted Flakes w/ graham cracker	None, Wheat
1462	2-Cereal, Frosted Flakes w/ muffin	Egg, None, Soy, Wheat
3575	2-Cereal, Frosted Flakes-only	Soy, Wheat
2305	2-Cereal, Frosted Mini Wht w/ graham cracker	Wheat

**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

# East Side Union High School District

## Allergen List - By Recipe

990169	2-Cereal, Frosted Mini Wht w/ muffin	Egg, None, Soy, Wheat
3571	2-Cereal, Frosted Mini Wht-only	Wheat
2882	2-Cereal, Honey Nut w/ graham cracker	TreeNut, Wheat
990170	2-Cereal, Honey Nut w/ muffin	Egg, None, Soy, TreeNut, Wheat
990374	2-Cereal, Honey Nut-only	TreeNut
990492	2-Cereal, Trix w/ Graham Cracker	None, Wheat
990290	2-Cereal, Trix w/ muffin	Egg, None, Soy, Wheat
990296	2-Cereal, Trix-only	None
990312	2-Cheese & Egg Breakfast Sandwich	Egg, Milk, Soy, Wheat
990442	2-Cheese Sandwich	Milk, Soy, Wheat
2527	2-Cheese Stick, Mozzarella, 1oz	Milk
990091	2-Cheese, Cheddar, Shredded,oz	Milk
2658	2-Cheese, Cottage	Milk
990388	2-Cheeseburger on a bun (Steak Burger Patty) Delux	Milk, None, Soy, Wheat
990496	2-Cheeseburger on a bun (Steak Burger Patty)-only	Milk, None, Soy, Wheat
990282	2-Cheesy Breadsticks-only	Milk, None, Soy, Wheat
990265	2-Cheezit	Milk, Soy, Wheat
990423	2-Chicken (Nuggets), Buffalo w/ Rice	None, Soy, Wheat
990435	2-Chicken (Nuggets), Buffalo-only	None, Soy, Wheat
990393	2-Chicken and Waffle (Maple)	Egg, Milk, Soy, Wheat
1857	2-Chicken Broth, Knorr	None
990104	2-Chicken Buffalo,Grilled Sand	None, Soy, Wheat
1805	2-Chicken Chili Verde	None, Soy, Wheat
1948	2-Chicken Chili Verde	None, Soy
990551	2-Chicken Chili Verde-only	None
990135	2-Chicken Fajita from scratch	None
990400	2-Chicken Fried Steak & Mash Potato Bowl	Milk, None, Soy, Wheat
990408	2-Chicken Fried Steak -only	Soy, Wheat
990333	2-Chicken Nuggets w/ Fries & Dinner Roll	Soy, Wheat
990437	2-Chicken Nuggets w/ Potato Wedges & Cracker	None, Soy, Wheat
990389	2-Chicken Nuggets w/ Potato Wedges & Roll	None, Soy, Wheat
766	2-Chicken Nuggets w/ Tots & Roll	Soy, Wheat
990283	2-Chicken Nuggets-only	Soy, Wheat
990123	2-Chicken Quesadilla w/Spanish Rice and Beans	Milk, None, Soy, Wheat
990144	2-Chicken Quesadilla-only	Milk, Soy, Wheat
990368	2-Chicken Roll Up	Milk, None, Soy, Wheat

**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

# East Side Union High School District

## Allergen List - By Recipe

990527	2-Chicken Shawarma Bowl	Milk, None, Shellfish, Soy
990433	2-Chicken Sweet and Sour Chicken-only	None, Soy, Wheat
990401	2-Chicken Sweet and Sour over rice & diced carrots	None, Soy, Wheat
1210	2-Chicken w/Mashed Potato Bowl	Egg, Milk, None, Soy, Wheat
990081	2-Chicken, Buffalo- only	None
3635	2-Chicken, Buffalo w/ Rice	None, Soy
1320	2-Chicken, Chili Verde Burrito	None, Soy, Wheat
990529	2-Chicken, General Tso w/Chow Mein	None, Soy, Wheat
990474	2-Chicken, General Tso w/Rice kit	None, Soy, Wheat
990478	2-Chicken, General Tso-only	Soy, Wheat
990549	2-Chicken, Lemongrass -only	Soy, Wheat
990545	2-Chicken, Lemongrass w/Rice kit	None, Soy, Wheat
2410	2-Chicken, Oven Baked w/ Roll	Egg, Milk, None, Soy, Wheat
3624	2-Chicken, Oven Baked-only	None
3551	2-Chicken, popcorn-only	Soy, Wheat
630	2-Chicken, Spicy Sand w/ fr	Soy, Wheat
990191	2-Chicken, Spicy Sandwich- Ala Carte	Soy, Wheat
2525	2-Chicken, Spicy Sandwich Deluxe	None, Soy, Wheat
990497	2-Chicken, Spicy Sandwich-only	Soy, Wheat
990473	2-Chicken, Sweet Thai Chili w/Rice kit	None, Soy, Wheat
990477	2-Chicken, Sweet Thai Chili-only	Soy, Wheat
2967	2-Chicken, Mand Orange w/Rice	None, Soy, Wheat
3556	2-Chicken, Mandarin Orange-only	Soy, Wheat
990461	2-Chickpea Salad Sandwich	Egg, None, Soy, Wheat
990350	2-Chickpeas Roasted, Italian Seasoning	None, Soy
2354	2-Chili Cheese Bowl w/Corn Muffin	Egg, Milk, None, Soy, Wheat
990396	2-Chili Cheese Bowl-only	Milk, None
1136	2-Chili Cheese Fries w/Corn Muff	Egg, Milk, None, Soy, Wheat
990458	2-Chili Cheese Fries-only	Milk, None, Soy
990450	2-Chili Meatless Cheese Fries w/Corn Muff	Egg, Milk, None, Soy, Wheat
990459	2-Chili Meatless Cheese Fries-only	Milk, None, Soy
3031	2-Chow Mein	None, Soy, Wheat
1491	2-Chow Mein Noodle	Wheat
3613	2-Cinn Honey Nut Butter Sand	None, Peanut, Soy, Wheat
3612	2-Cinnamon Honey Nutbutter	None, Peanut
1281	2-Cinnamon Roll 2.25oz RICH'S	Egg, None, Wheat

**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.**

# East Side Union High School District

## Allergen List - By Recipe

990269	2-Cookie, Chocolate Chip-Ala Carte	Egg, Milk, Soy, Wheat
2276	2-Corn Dog w/ french fries	Egg, Soy, Wheat
990476	2-Corn Dog, Foster Farms, Whole Grain	Egg, Soy, Wheat
990327	2-Corn Dog-ala carte	Egg, Soy, Wheat
2524	2-Corn Dog-only	Egg, Soy, Wheat
990073	2-Corn w/margarine (1/4 cup)	None, Soy
1681	2-Corn, bulk w/ margarine	None, Soy
1641	2-Cornbread	Egg, Milk, None, Soy, Wheat
990484	2-Cottage Cheese w/ Fruit	Milk, None, Wheat
990494	2-Cottage Cheese w/ Fruit-only	Milk, None
990352	2-Cranberries, Dried, Individual Portion	None
3587	2-Cranberry, Dried	None
990366	2-Diced Potatoes	None
990428	2-Donut, Breakfast, WG	Egg, Milk, Soy, Wheat
990386	2-Donut, WG, Chocolate BK 1939	Egg, Milk, Soy, Wheat
990387	2-Donut, WG, Powdered, Sugar, IW, 1932	Egg, Milk, Soy, Wheat
990190	2-Dried Fruit w/ Sunflower Seeds	None, Soy
990224	2-Egg & Cheese Sandwich w/Sausage	Egg, Milk, None, Soy, Wheat
990485	2-Egg & Sausage Biscuit	Egg, Milk, None, Wheat
1844	2-Egg patty, square	Egg, None
1548	2-Egg Salad Sandwich	Egg, None, Soy, Wheat
657	2-Egg, Hard Cooked	Egg, None
2990	2-Eggs, Scrambeled	Egg, Soy
2733	2-Fish Filet on Bun w/Fries	Egg, Fish, None, Soy, Wheat
990426	2-Fish Filet on Bun w/Tarter Sauce	Egg, Fish, None, Soy, Wheat
2801	2-Fish Filet on Bun-only	Fish, Soy, Wheat
990424	2-Fish Patty w/Rice & Broccoli	Fish, None, Soy, Wheat
990454	2-French Toast Sticks, WG	Egg, Milk, Soy, Wheat
3182	2-Fruit Mix, Dried	None
990306	2-Fruit, Variety	None
990546	2-Garlic Noodles w/ Tofu	Fish, Milk, None, Soy, Wheat
761	2-Gelatin, Strawberry,no fruit	None
990416	2-GF- Breakfast Taquito	Egg, Milk, None
990412	2-GF- Pasta w/Marinara Sauce & Cheese	Milk, None
990420	2-GF-Cereal Cheerio Apple Cinnamon Bowl	None
990413	2-GF-Cheeseburger on a bun-only	Egg, Milk, None, Soy

**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

# East Side Union High School District

## Allergen List - By Recipe

990444	2-GF-Chicken, Buffalo w/ Rice	None, Soy
990419	2-GF-Grilled Cheese - breakfast	Egg, Milk, Soy
990411	2-GF-PB&J Sandwich Lunch	Egg, None, Peanut
990414	2-GF-Turkey & Cheese Sandwich	Egg, Milk, None, Soy
990415	2-GF-Yogurt Fruit Cup	Milk, None
901168	2-Glaze, powder sugar	None
990319	2-Goldfish Cheese Crackers	Milk, Wheat
4028	2-Granola Bar. Chewy, 1.3oz	Egg, Milk, Peanut, Soy, TreeNut, Wheat
990357	2-Grapes, fresh	None
990512	2-Gravy, Country	Milk, None, Soy, Wheat
191	2-Gravy, Turkey Flavor	Egg, Milk, None, Soy, Wheat
92	2-Gravy,Brown Trio	Milk, None, Soy, Wheat
1712	2-Grilled Cheese - breakfast	Milk, Soy, Wheat
2872	2-Grilled Cheese - lunch	Milk, Soy, Wheat
990109	2-Grilled Ham & Cheese - lunch	Milk, None, Soy, Wheat
990472	2-Grilled Ham Pork & Cheese - lunch	Milk, Soy, Wheat
1425	2-Grilled Mexi Cheese	Milk, Soy, Wheat
990409	2-Grilled Turkey & Cheese - lunch	Milk, None, Soy, Wheat
3537	2-Grm CrackerSunButter,Back-up	None, Wheat
89	2-Ham & Cheese Sandwich	Milk, None, Soy, Wheat
990137	2-Ham, Cheese & Egg Breakfast Sandwich-egg square	Egg, Milk, None, Soy, Wheat
2018	2-Honey BBQ Pork Rib Sandwich	Milk, Soy, Wheat
1713	2-Hot Ham& Cheese Breakfast	Milk, None, Soy, Wheat
990465	2-Hotdog	Milk, Soy, Wheat
990475	2-Hotdog w/Veggie Beans	Milk, None, Soy, Wheat
990276	2-Hummus w/ Veggies	Egg, None, Sesame, Soy, Wheat
990266	2-Ice Cream, Fudge Bar	Milk
2455	2-Jalapeno, sliced	None
4515	2-Juice, Apple(4oz.)	None
990187	2-Juice, Apple, 6oz	None
1411	2-Juice, Orange, 100% (4oz.)	None
2590	2-Juice,Fruit Punch,4oz	None
1661	2-Ketchup, packet, 9 gram	None
990119	2-Kung Pao Chicken w/Rice-Kit	Egg, None, Soy, Wheat
990121	2-Kung Pao Chicken-only	Egg, Soy, Wheat
990526	2-Lettuce & Tomato Cup	None

**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

# East Side Union High School District

## Allergen List - By Recipe

990463	2-Macaroni w/ Cheese & Buffalo Seasoned Nuggets	Milk, None, Soy, Wheat
990464	2-Macaroni w/ Cheese & Buffalo Seasoned Nuggets	Milk, None, Soy, Wheat
990460	2-Macaroni w/ Cheese and Nuggets	Milk, None, Soy, Wheat
990467	2-Macaroni w/ Cheese- Vegetarian	Milk, None, Wheat
2394	2-Macaroni w/ Meat Sauce	Milk, None, Soy, Wheat
990279	2-Macaroni w/ Meatballs	Milk, None, Soy, Wheat
990229	2-Marinara Sauce - scratch (Tomato Paste)	None, Soy
802	2-Mayo, packet, 9g	Egg
990376	2-Meatless Pasta	Milk, None, Wheat
990518	2-Meatloaf-only	Egg, Milk, None, Soy, Wheat
1736	2-Meatloafw/Mashed Potato&roll	Egg, Milk, None, Soy, Wheat
1879	2-Milk, Chocolate, Crystal Cream	Milk
1876	2-Milk, White, Crystal Creamery	Milk
2424	2-Mixed Fruit Cup	None
990165	2-Mixed Vegetables, Bulk w/Margarine	None, Soy
990541	2-Muffin, Blueberry	Egg, Milk, Soy, Wheat
990542	2-Muffin, Double Chocolate Chip	Egg, Milk, Soy, Wheat
990543	2-Muffin, English w/ PB	Milk, Peanut, Soy, Wheat
804	2-Mustard, packet, 1/5 oz	None
990441	2-Nature Valley Granola Bar	Peanut, Soy
990489	2-Oatmeal	None
990540	2-Oatmeal w/ Raisins	Milk, None
990490	2-Oatmeal w/ Strawberries	Milk, None
990318	2-Orange Juice 6oz.	None
384	2-Oranges, Fresh Whole(138ct.)	None
840	2-Pancake on a Stick	Egg, Soy, Wheat
990455	2-Pancakes & Sausage Pattie	Egg, Milk, None, Soy, Wheat
990237	2-Pancakes-only	Egg, Milk, None, Soy, Wheat
1302	2-Pasta w/ Marinara Sauce	Milk, None, Wheat
990523	2-Pastrami Sandwich, Hot	Milk, Soy, Wheat
1711	2-PB&J - Breakfast	None, Peanut, Soy, Wheat
13	2-PB&J Sandwich Lunch	None, Peanut, Soy, Wheat
3190	2-Peach Cup	None
493	2-Pear, canned	None
3026	2-Pear, fresh USDA	None
275	2-Peas	None

**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.



# East Side Union High School District

## Allergen List - By Recipe

3516	2-Penne Pasta w/Meatballs	Milk, None, Soy, Wheat
3280	2-Penne Pasta w/MeatSauce	Milk, None, Soy, Wheat
476	2-Pineapple	None
2914	2-Pizza, Breakfast Sausage-Piazza IW	Milk, Soy, Wheat
3025	2-Pizza, Breakfast, I/W-Piazza	Milk, Soy, Wheat
990513	2-Pizza, Breakfast-Homemade	Egg, Milk, None, Soy, Wheat
990510	2-Pizza, Caprese-Homemade	Milk, None, Soy, Wheat
990530	2-Pizza, Cheese -Homemade	Milk, None, Soy, Wheat
990115	2-Pizza, Hawaiian-homemade	Milk, None, Soy, Wheat
2976	2-Pizza, I/W Cheese Wedge-Piazza	Milk, Soy, Wheat
2993	2-Pizza, I/W Pepperoni Wedge-Piazza	Milk, Soy, Wheat
3579	2-Pizza, Neapolitan(Margarita)	Milk, None, Soy, Wheat
990182	2-Pizza, Pepperoni & Jalapeno	Milk, None, Soy, Wheat
990547	2-Pizza, Pepperoni, Jalapeno & Pineapple	Milk, None, Soy, Wheat
990117	2-Pizza, Pepperoni-homemade	Milk, None, Soy, Wheat
990126	2-Pizza, Taco -Homemade	Milk, None, Soy, Wheat
1806	2-Pizza, Veggie	Milk, None, Soy, Wheat
4632	2-Poptart, Strawberry, 2 pk-bkfst only	Soy, Wheat
990133	2-Pork Pozole-only	None
2734	2-Pork, Honey BBQ w/ Fries	Milk, Soy, Wheat
2773	2-Pork, Honey BBQ w/pot rounds	Milk, Soy, Wheat
3599	2-Pork, Honey BBQ-only	Milk, Soy, Wheat
1701	2-Potato, Oven Baked Wedge	None
4199	2-Potato, Tater Tots	Soy
2433	2-Potatoes, sweet, mashed	None
763	2-Potatoes, French Fries- only	Soy
164	2-Potatoes, Mashed-only	Milk, None, Soy
990175	2-Pozole Chicken	None
990468	2-Pozole Chicken-only	None
1745	2-Pumpkin Custard	Egg, Milk, None, Soy
813	2-Raisins, Individual-1.5oz box	None
990525	2-Ramen, Chicken	None, Sesame, Soy, Wheat
1870	2-Ranch packet, 12 gram	Egg, Milk
990521	2-Red Bean Curry over Rice	None, Soy
990514	2-Rice w/ Scrambled Egg	Egg, None, Soy
241	2-Rice, Spanish	None, Soy

**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

# East Side Union High School District

## Allergen List - By Recipe

1874	2-Rice,Brown Cooked	None, Soy
3636	2-Rice,Brown Cooked w/ broth	None, Soy
990093	2-Rice,White Cooked	None, Soy
990218	2-Roll, Dough, Dinner WG Proof & Bake	Wheat
3291	2-Salad mix, kitchen cut	None
1828	2-Salad, Chicken Caesar w/ roll	Egg, Fish, Milk, None, Wheat
990234	2-Salad, Chicken Caesar-only	Egg, Fish, Milk, None, Wheat
1660	2-Salad, Chicken Fajita w/chps	Egg, Milk, None
3546	2-Salad, Chicken Fajita-only	Egg, Milk, None
990533	2-Salad, Garbanzo Bean	None, Soy
990520	2-Salad, Meatless Chef Salad	Egg, Milk, None, Wheat
990509	2-Salad, Pasta Chicken Caesar	Egg, Fish, Milk, None, Wheat
3659	2-Salad, Sesame Chick-only	None, Peanut, Soy, Wheat
2924	2-Salad, Spicy Chicken w/ Applesauce Quick Bread	Egg, Milk, None, Soy, Wheat
3620	2-Salad, Spicy Chicken-only	Egg, Milk, None, Soy, Wheat
9538	2-Salad, Taco, beef	Egg, Milk, None, Soy
3598	2-Salad, Taco-only	Egg, Milk, None, Soy
1541	2-Salad, Three Bean	None, Soy
200	2-Salsa - Homemade	None
806	2-Salsa, commodity	None
990228	2-Sauce Pizza - scratch (Tomato Paste)	None, Soy
990503	2-Sauce, Buffalo	None
1666	2-Sauce, Taco, packet, 9 gram	None
1952	2-Sauce, Tarter	Egg, None
991	2-Sauce,Spaghetti (Home Made)	None
987	2-Sauce,Spaghetti Mix(dry)	None
990495	2-Sausage Patty-only	None
733	2-Sesame Chicken Salad w/ roll	None, Peanut, Soy, Wheat
990307	2-Smoothie, Blueberry Banana w/Graham Cracker	Milk, None, Wheat
3191	2-Smoothie, Blueberry w/ Graham Cracker	Milk, None, Wheat
990516	2-Smoothie, Pumpkin Pie	Milk, None
990504	2-Smoothie, Pumpkin Spice	Milk, None
990524	2-Soup Minestrone	Milk, None, Soy, Wheat
3614	2-Soup, chicken Tortilla -only	None, Soy, Wheat
990390	2-Soup, Tomato	None, Wheat
990391	2-Soup, Tomato w/ Toasted Cheese	Milk, None, Soy, Wheat

**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

# East Side Union High School District

## Allergen List - By Recipe

1402	2-Soup,Chicken Tortilla w/mexi	Milk, None, Soy, Wheat
470	2-Soy Sauce packet	Soy, Wheat
990425	2-Spaghetti w/Meatballs (All Natural)	Milk, None, Wheat
154	2-Strawberries, fresh	None
3660	2-Strawberries,frzn,cupped	None
990469	2-Strawberries,frzn,cupped	None
990427	2-Street Corn-Lunch	Egg, Fish, Milk, None, Shellfish, Soy, Wheat
1835	2-Sunbutter&Jelly Sand-Brkfst	None, Soy, Wheat
3498	2-SunButter&Jelly Sand-Lunch	None, Soy, Wheat
990406	2-Sweet & Sour Sauce	None
990206	2-Syrup-only	None
2396	2-Tamale Pie	Milk, None, Soy
990436	2-Teriyaki Chicken Kit-only	Soy, Wheat
990431	2-Teriyaki Chicken w/rice Kit	None, Soy, Wheat
990548	2-Tofu & Mixed Vegetables	None, Soy, Wheat
990552	2-Tofu in Tomato Sauce over Rice	None, Soy
3597	2-Tortilla chips-only	None
990550	2-Tortilla, 8"-only	Soy, Wheat
990483	2-Tri Tip	None, Soy
990507	2-Tri Tip Dinner	Milk, None, Soy, Wheat
990482	2-Tri Tip Sandwich	None, Sesame, Soy, Wheat
244	2-Tuna Salad Sandwich	Egg, Fish, None, Soy, Wheat
990479	2-Turkey & Basil Sandwich	None, Wheat
2174	2-Turkey & Cheese Sandwich	Milk, None, Soy, Wheat
1102	2-Turkey Dinner- Holiday	Egg, Milk, None, Soy, Wheat
990183	2-UBR Ultimate Breakfast Round	Egg, Milk, Soy, Wheat
990522	2-Vegetable Broth	None
990314	2-Vegetables Assorted	None
1332	2-Vegetarian Hummus	None, Sesame, Soy
990506	2-Vegetarian Pasta Salad	Milk, None, Wheat
1231	2-Vegetarian Wrap	Egg, Milk, None, Soy, Wheat
990457	2-Veggies Sticks-only	None
990385	2-Waffle Envy Belgian Maple	Egg, Milk, Wheat
2647	2-Whipped Topping, On Top	Milk
1104	2-Wrap,Spicy Chicken	Egg, Milk, None, Soy, Wheat
990471	2-Yogurt Cup Strawberry State-Breakfast	Milk, Wheat

**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.

# East Side Union High School District

## Allergen List - By Recipe

990470	2-Yogurt Cup Vanilla State-Breakfast	Milk, Wheat
990377	2-Yogurt Fruit Cup	Milk, None, Wheat
990383	2-Yogurt Fruit Cup-only	Milk, None
1189	2-Yogurt Parfait, Blueberry	Milk, None, TreeNut
1969	2-Yogurt Parfait, Peach	Milk, None, TreeNut, Wheat
990405	2-Yogurt Parfait, Peach-only	Milk, None, TreeNut
990528	2-Yogurt Sauce	Milk, None
990544	2-Yogurt w/ Blueberries	Milk, None, Wheat
990538	2-Yogurt w/ Chia Seeds	Milk, None
990491	2-Yogurt w/ Fresh Fruit	Milk, None, Wheat
990108	2-Zesty Meatball Sand	Milk, None, Soy, Wheat
990404	j-Cracker Graham Honey	Wheat
990481	j-Lettuce, Pickle & Tomato Cup - Deluxe	None

“None” = no allergen identified in the **ingredient**


**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 and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.