



San Juan Unified School District
Nutrition Services Department
2018-2019 Potential Food Allergens in School Meals

| MENU ITEMS | Secondary Only | Egg | Milk | Soy | Corn | Wheat | Peanut | Tree Nuts | Sesame | Pork |
|--------------------------------|----------------|---------------------|---------------------|-----|------|----------------------|--------|----------------------|--------|---------|
| American Cheese, Sliced | | | X | | | | | | | |
| Bagel, Plain | | Made in same bakery | | X | | X | | | | |
| Bean & Cheese Burrito | | | X | X | | X | | | | |
| Beans, Refried | X | | | | X | | | | | |
| Beef Hamburger Patty | | | | | | | | | | |
| Beef Sausage Patty | | | | | X | | | | | |
| Biscuit | X | | X | X | | X | | | | |
| Breakfast Pizza (Turkey) | | | X | X | X | X | | | | |
| Bread, Sliced | X | | Made in same bakery | X | X | X | | | | |
| Cereal, Frosted Shredded Wheat | | | | | | X | | | | Gelatin |
| Cereal, Honey Scooters | | | | | | X | | | | |
| Cereal, Marshmallow Mateys | | | | | X | X | | | | Gelatin |
| Cereal, Cinnamon Granola | | | | X | X | Made in same factory | | Made in same factory | | |
| Cheesy Breadsticks | | | X | X | X | X | | | | |
| Cheez Its | | | X | X | | X | | | | |
| Chicken Drumstick | | | | | X | X | | | | |
| Chicken Nuggets | | | | X | | X | | | | |
| Chicken Patty | | | | X | | X | | | | |
| Cinnamon Roll | | X | X | X | X | X | | | | |

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| Cookie, Happy Birthday | | | X | X | X | X | Made in same factory | | | |
| Corn Dog (Chicken) | | X | | X | X | X | | | | |
| Corn Star | | X | X | X | X | X | | | | |
| Fortune Cookie | X | | | | | X | | | | |
| French Toast Sticks | | | | X | X | X | | | | |
| General Tso's Chicken | X | X | | X | X | X | | | | |
| Goldfish Cheddar Crackers | | | X | | | X | | | | |
| Goldfish Pretzel Crackers | | | X | | X | X | | | | |
| Hamburger Bun | | | Made in same bakery | X | X | X | | | | |
| Hot & Spicy Chicken Bites | X | | | X | X | X | | | | |
| Hot Dog Bun | | | Made in same bakery | X | X | X | | | | |
| Mandarin Orange Chicken | X | X | | X | X | X | | | | |
| Mini Wheat Roll | | | | X | X | X | | | trace | |
| Muffin, Apple Cinnamon | | X | X | X | | X | | | | |
| Muffin, Blueberry | | X | X | X | | X | | | | |
| Muffin, Blueberry | X | X | X | X | | X | | | | |
| Muffin, Double Chocolate | X | X | X | X | | X | | | | |
| Nacho Cheese Sauce | X | | X | | | | | | | |
| Pancake Sausage Roll Up (Turkey) | | X | | X | X | X | | | | |
| Pancakes, Cinnamon | | X | X | X | | X | | | | |
| Pizza, Cheese | | | X | X | | X | | | | |

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| Pizza, Cheese | x | | x | x | x | x | | | | |
| Pizza, Pepperoni (Beef) | | | x | x | | x | | | | |
| Pizza, Pepperoni (Turkey, Beef) | x | | x | x | x | x | | | | |
| Popcorn Chicken | | | x | x | x | x | | | | |
| Potato Wedges | | | | x | x | | | | | |
| Potatoes, Mashed | | | x | x | | | | | | |
| Scone, Apple Cinnamon | | Made in same bakery | x | | x | x | | | | |
| Shredded Cheddar Cheese | | | x | | | | | | | |
| Spicy Chicken Patty | x | | | x | x | x | | | | |
| Strawberry Jam Packet | | | | | x | | | | | |
| String Cheese | | | x | | | | | | | |
| Taco Beef Meat | x | | | x | x | | | | | |
| Teriyaki Beef Nuggets | | | | x | | x | | | | |
| Tortilla Chips | x | | | x | x | | | | | |
| Turkey Bacon | | | | | | | | | | |
| Turkey Frank | | | | | x | | | | | |
| Turkey Gravy | x | | x | x | x | x | | | | |
| Turkey Ham, Deli | x | | | | | | | | | |
| Turkey, Deli | | | | | | | | | | |
| Waffles | | x | x | x | | x | | | | |
| Wheat Tortilla, 10 inch | x | | | x | x | x | | | | |
| Wheat Tortilla, 8 inch | x | | | x | x | x | | | | |
| Wheat Tortilla, 6 inch | x | | | x | x | x | | | | |
| Yogurt, 4 oz | | | x | | x | | | | | |
| BBQ Sauce Packet | | | | | x | | | | | |
| Cream Cheese Packet | | | x | | | | | | | |

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| Italian Dressing | | | | x | | | | | | |
| Ketchup Packet | | | | | x | | | | | |
| Maple Syrup Cup | | | | | x | | | | | |
| Mayonnaise Packet | x | x | | x | x | | | | | |
| Mustard Packet | | | | | | | | | | |
| Ranch Dressing | | x | x | x | x | | | | | |
| Strawberry Jam Packet | | | | | x | | | | | |
| Taco Sauce Packet | x | | | | | | | | | |