



San Juan Unified School District Nutrition Services Department 2016-2017 Potential Food Allergens in School Meals

MENU ITEMS	Secondary Only	Egg	Milk	Soy	Corn	Wheat	Peanut	Tree Nuts	Sesame	Pork
American Cheese, Sliced			X							
Animal Crackers		trace	trace	Oil, Lecithin		Flour	trace	trace		
Bagel, Blueberry				Oil		Flour				
Bagel, Cinnamon Raisin				Oil		Flour				
Bean Burrito			X	Oil, Protein	Flour, Starch	Flour				
Bean Dip, Fiesta Chili Lime	X		X							
Bean, Refried					Oil					
Beef Hamburger Patty										
Beef Sausage Patty					Seasoning					
Biscuit			X	Oil		Flour				
Breakfast Pizza			X	Oil, Flour	Oil	Flour				
Cereal, Frosted Mini Spooners						X				Gelatin
Cereal, Honey Scooters						Starch				
Cereal, Marshmallow Mateys					Syrup, Starch	Starch				Gelatin
Cereal, Cinnamon Granola				trace	Syrup	trace				
Cheese Enchiladas			X	Protein	Flour					
Cheesy Breadsticks			X	Oil	Starch	Flour				
Cheez Its			X	Oil, Lecithin		Flour				
Chicken Drumstick					Flour	Flour				
Chicken Nuggets				Protein		Flour				

San Juan Unified School District Nutrition Services
2016-2017 Potential Food Allergens

MENU ITEMS	Secondary Only	Egg	Milk	Soy	Corn	Wheat	Peanut	Tree Nuts	Sesame	Pork
Chicken Patty				Protein		Flour				
Chocolate Bear Graham Crackers				Oil		Flour				
Cinnamon Roll		X	X	Oil, Flour, Lecithin	Oil, Syrup, Starch	Flour				
Cookie, Carnival Candy		X	X	Oil, Lecithin	Syrup	Flour				
Cookie, Chocolate Chip		X	X	Oil, Lecithin		Flour				
Corn Dog, Chicken		X		Flour, Oil	Syrup	Flour				
Corn Star		X	X	Flour, Lecithin	Flour	Flour				
Croutons	X					Flour				
Crumb Square		X	X		Starch	Flour				
Enchilada Sauce					Oil					
Fortune Cookie	X					Flour				
French Toast Sticks				Oil, Lecithin, Flour	Syrup, Flour	Flour				
Gelatin, Red										Gelatin
General Tso's Chicken	X	X		Oil, Soy Sauce	Starch	Flour				
Goldfish Cheddar Crackers			X	Oil		Flour				
Goldfish Pretzel Crackers			X	Oil	Starch	Flour				
Graham Cracker Sticks, Scooby Doo				Oil, Lecithin		Flour				
Grilled Cheese Sandwich			X	Oil, Lecithin		Flour				
Hamburger Bun		trace	trace	Oil, Lecithin	Syrup, Starch, Flour	Flour		trace		
Hoagie Roll	X	trace	trace	Oil, Lecithin	Syrup, Flour, Starch	Flour		trace		
Hot & Spicy Chicken Bites	X			Protein	Starch	Flour				
Hot Dog Bun			trace	Oil, Lecithin		Flour, Bran				
Mini Wheat Roll				Oil		Flour			trace	

San Juan Unified School District Nutrition Services
2016-2017 Potential Food Allergens

MENU ITEMS	Secondary Only	Egg	Milk	Soy	Corn	Wheat	Peanut	Tree Nuts	Sesame	Pork
Muffin, Apple Cinnamon		X	X	Oil		Flour				
Muffin, Blueberry		X	X	Oil		Flour				
Muffin, Blueberry	X	X	X	Oil		Flour				
Muffin, Double Chocolate	X	X	X	Oil		Flour				
Nacho Cheese Sauce	X		X	X						
Omelet, Cheese		X	X	Oil						
Pancake Sausage Roll Up		X	X	Oil, Flour	Starch, Syrup	Flour				X
Pancakes, Cinnamon Glazed		X	Buttermilk	Oil, Lecithin		Flour				
Pizza, Cheese			X	Oil	Starch	Flour				
Pizza, Cheese	X		X	Oil, Lecithin	Cornmeal	Flour, Starch				
Pizza, Pepperoni			X	Oil	Cornmeal, Starch	Flour				X
Pizza, Pepperoni	X		X	Oil, Lecithin	Cornmeal	Flour				
Popcorn Chicken			X	Protein	Syrup, Flour, Starch	Flour				
Potato Wedges				Oil	Starch					
Potatoes, Mashed			X	Oil						
Sandwich Thin				Oil		Flour, Starch				
Shredded Cheddar Cheese			X							
Spicy Chicken Patty	X			Protein, Oil	Flour, Starch, Syrup	Flour				
Strawberry Jam Packet					Syrup					
String Cheese			X							
Sunbutter Cup										
Sweet & Sour Chicken	X			Oil, Protein	Syrup, Starch					
Taco Beef	X			X	Starch					
Tangerine Chicken	X	X		Soy Sauce	Starch	Flour				
Teriyaki Beef Nuggets				Soy Sauce, Protein, Oil		X				

San Juan Unified School District Nutrition Services
 2016-2017 Potential Food Allergens

MENU ITEMS	Secondary Only	Egg	Milk	Soy	Corn	Wheat	Peanut	Tree Nuts	Sesame	Pork
Tortilla Chips	X			Oil	Stone Ground					
Trail Mix										
Turkey Bacon										
Turkey Frank					Syrup					
Turkey Gravy	X		X	Protein	Starch	Flour				
Turkey Ham, Deli										
Turkey, Deli										
Turkey, Diced										
Waffles		X	X	Oil, Lecithin	Starch	Flour				
Wheat Tortilla, 10 inch	X			Oil	Starch	Flour				
Wheat Tortilla, 8 inch				Oil	Starch	Flour				
Wheat Tortilla, 6 inch	X			Oil	Starch	Flour				
Yogurt, 4 oz			X		Starch					
Yogurt, 6 oz	X		X							
BBQ Sauce Packet					Syrup					
Cream Cheese Packet			X							
Italian Dressing				Oil						
Ketchup Packet					Syrup					
Maple Syrup Cup					Syrup					
Mayonnaise Packet		Egg yolk		Oil	Syrup					
Mustard Packet										
Ranch Dressing		X	Buttermilk	Oil	Syrup					
Strawberry Jam Packet					Syrup					