



**San Juan Unified School District
Nutrition Services Department
2019-2020 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 Burrito-Bacon/Egg/Cheese	x	x	x	x		x				
Breakfast Burrito-Egg/Cheese	x	x	x	x		x				
Breakfast Burrito-Sausage/Egg/Cheese	x	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		
Cheeseburger Sliders	x		x	x		x				

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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				
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				
Korean BBQ Sauce	x			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				

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Muffin, Double Chocolate	x	x	x	x		x				
Nacho Cheese Sauce	x		x							
Pancake Sausage Roll Up (Turkey)		x		x	x	x				
Pancakes, Confetti		x	x	x		x				
Pizza, Cheese			x	x		x				
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						
Scrambled Eggs		x	x							
Scone, Apple Cinnamon		Made in same bakery	x		x	x				
Shredded Cheddar Cheese			x							
Spicy Chicken Patty	x			x	x	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									

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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				
Yakisoba Noodles	x	x	x	x		x			x	
Yogurt, 4 oz			x		x					
BBQ Sauce Packet					x					
Cream Cheese Packet			x							
Italian Dressing				x						
Ketchup Packet					x					
Maple Syrup Cup					x					
Mayonnaise Packet	x	x		x	x					
Mustard Packet										
Ranch Dressing		x	x	x	x					
Taco Sauce Packet	x									