

## Master Elementary Allergens/Carb 17/18

The information on this list is taken from the most up to date nutritional information provided to the Food and Nutrition Services Department. Please be aware that there are occurrences throughout the school year when our food distributor will make substitutions for ordered foods that may be out of stock. In addition, we receive monthly offerings from the USDA which may be substituted for regularly purchased items. If the information we have received states that a product is manufactured in a facility with a known allergen a "T" for Trace is indicated in the list. The best management of students with food allergies will take teamwork between the parent or guardian, student, school nurse and the Food and Nutrition Services Department.

**If a student has a life threatening allergy parents, staff and students should never rely solely on this list or a cafeteria staff member to monitor a student's meal selection as a way to protect students from selecting foods that contain allergens.**

V Elementary Allergens/Carb Master 17/18		Dist #	Portion	Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Carbs- Grams
<b>Beverages-Juice</b>													
F	Juice 100% Cup Apple	145640	4.0z										13.0
F	Juice 100% Cup Grape	145855	4.0z										19.0
F	Juice 100% Cup Orange	146044	4.0z										14.0
<b>Beverage Milk &amp; Tea</b>													
B	1% - White Milk		8z		x								13.0
B	Fat Free - Chocolate Milk		8z		x								24.0
B	Fat Free - White Milk		8z		x								13.0
U	Milk Soy Chocolate Organic Carton	9826579	8z					x		x			19.0
U	Milk Soy Vanilla Cream Organic	9806902	8z					x					20.0
<b>Beverages-Water</b>													
U	Water 16.9z Purified	7444870	0.5Liters										0.0
F	Water 8z Purified	152438	8z										0.0
<b>Bread</b>													
U	Crouton Homestyle WG Bulk	9688763	7gr	x	x								4.0
F	Crouton WG Ss Bag (All Flav)	313525	1pack	x	x								8.0
F	Pita Whole Grain Pckt 8"	569832	1ct	x									37.0
F	Pretzel Roll Grmt 51% Wg So/F	100729	1ea	x									29.0
U	Tortilla Flour Wg 10 Pressed 2 Brd Eq.	8579104	1ea	x					x				31.0
U	Tortilla Flour Wg 8" 2 Brd Eq.	2892735	1ea	x					x				20.0
F	Tortilla Flour Whl Wheat 6 Pressed 1 Brd Eq.	471493	1ea	x					x				13.0
<b>Bread &amp; Rolls Fresh</b>													
M	100% Whole Wheat Bread	49	1sl	x				x					14.0
M	100% Whole Wheat English Muffin	774	1muffin	x	x			x					22.0
M	100% Whole Wheat Pullman	506	1sl	x	x			x					15.0
M	55% Wheat Large Hamburger Bun	85	1roll	x	x			x					25.0
M	55% Whole Wheat 6" Steak Roll	555	1roll	x	x			x					37.0
M	55% Whole Wheat Bread	28	1sl	x	x			x					17.0
M	55% Whole Wheat Club Roll	591	1roll	x	x			x					32.0
M	55% Whole Wheat Med. Kaiser	505	1roll	x	x			x					30.0
M	Multi Grain Bread	221	1sl	x	x			x					18.0
M	Rye Bread	332	1sl	x									24.0
M	Wheat Hamburger Bun 4"	84	1roll	x	x			x					22.0
M	Whole Wheat Bread	21	1sl	x	x			x					15.0
M	Whole Wheat Cluster Dinner Roll	60	1sl	x	x			x					14.0
<b>Bread-Bagels</b>													
F	Bagel Sliced 2 Brd Eq. Wg Par Bkd (All Flav)	560261	1ea	x					x				32.0
<b>Bread-Muffin</b>													
F	Muffin Apl Cinn Red/F Wg I/W	568078	2z	x	x			x			x		26.0
F	Muffin Ban Red/F Wg I/W	568082	2z	x	x			x			x		28.0



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U	Sugar Sub Pink Sweet Life 1 Gr	2947372	1ea										1.0
U	Syrup Pancake Maple Flaved Ss Cup	677849	1.5z										30.0
<b>Condiment-Salad Dressing - PC</b>													
F	Balsamic Vingrt Salad Dressing	340181	1.5z						x				4.0
F	Blue Cheese Noi Salad Dressing	341282	1.5z		x				x				2.0
F	Caesar Lite Salad Dressing Pouch Noi	340930	1.5z		x				x			x	7.0
F	French Salad Dressing Pouch Noi	340931	1.5z						x				6.0
F	Ital Lite Salad Dressing Pouch Noi	340932	1.5z						x				0.0
F	Ranch Btrmlk Salad Dressing Noi	340493	12gr		x				x		x		1.0
F	Ranch Lite Salad Dressing Pouch Noi	340929	1.5z		x						x		5.0
U	Thous Isle Salad Dressing	4952594	1.5z						x		x		8.0
<b>Cookie Dough</b>													
U	Dough Cookie Choc Chip WG SmrtSnck	7866411	1ea	x	x			x			x		18.0
U	Dough Cookie Sugar WG Smart Snack	9566993	1ea	x	x			x			x		18.0
<b>Dairy</b>													
U	Egg Hard Ckd Peeled Whl Ref Brine Pail	827477	1ea								x		1.0
F	Egg Shell Large Grade Aa White Tray	590998	1ea										0.0
U	Margarine Block no Trans Fat Free	4289082	.5z					x	x				0.0
U	Topping Whipped On Top	4000840	8gr		x								2.0
F	Sour Cream Gluten Free Cultered Tub	226321	2tblsp		x								1.0
<b>Dairy-Cheese</b>													
F	Cheese American White Sliced 160 Ct -	221340	1z		x			x					1.0
F	Cheese Cheddar Shred Mild - Noi. LOLakes	221821	1z		x								1.0
U	Cheese Cottage	1685882	4z		x								6.0
F	Cheese Mzzarella Shredded	222612	1z		x								1.0
F	Cheese Mzzarella String Light I/W - Noi.	222873	1z		x								1.0
F	Cheese Parmesan Grated Shaker	222248	5gr		1								0.0
U	Cheese Provolone Slc 1 z	1323123	1z		x			x					1.0
<b>Dairy-PC</b>													
U	Butter Whipped Cup Grade "Aa" Salted	700575	5Gr		x								0.0
F	Cheese Cream Lite Neufchatel Cup	222086	1z		x								2.0
U	Cheese Cream Strwbrry Ss Plastic Cup Ref	3944637	.75z	x	x								3.0
F	Cheese Crm Plain Spread Ss Plastic Cup	222141	1z		x								2.0
F	Creamer Liquid Non Dairy Pc	223380	.375z		x								0.0
U	Marg. Spread Light Trns Fat Free Ss Cup	4996260	5Gr					x	x				0.0
F	Sour Cream Cultured FF SS Stick/Tube	226314	1z		x								1.0
<b>Dairy-Yogurt</b>													
U	Yogurt 4Z Asst. Strwbrry Blnd Blubrry Raspbrry	2512952	4z		x								10.0
U	Yogurt 4Z Raspberry Blnd.Cup 4Z 1 mt	6590892	4z		x								18.0
U	Yogurt 4Z Stwby Ban N.Fat GF No Cup 4Z 1mt	306647	4z		x								15.0
<b>Desserts</b>													
F	Pie Pumpkin PreBkd 43z	569533	1sl	x	x			x			x		40.0
<b>Entrée</b>													
F	Flatbread BBQ Chicken WG 2m/ma 2 gr	580399	1z	x	x			x					38.0
<b>Entree-Breakfast</b>													
F	Egg Patty 1.25 z.	223384	1.25z		x			x			x		1.0
F	Egg Wrap WG. Sunny #40275.	223578	3.1z	x	x			x			x		14.0
F	Cinnamon Roll 2 Brd Eq. Wg Bkd lw	570287	1.z	x	x			x			x		34.0
U	French Toast Mini Cinnamon 2 Grain Eq. Wg lv	3935194	2.64z	x	x			x			x		37.0
U	French Toast Mini Triple Berry 2 Grain Eq. Wg	3964947	2.64z	x	x			x			x		37.0
F	French Toast Sticks Cinnamon WG bulk.	101275	2.65z	x							x		24.0
U	Frudel 2 Brd Eq. Wg lw Bkd	8872145	2.29z	x	x			x					36.0
U	Pancake Mini 2 Brd Eq. Wg lw Banana	9612679	1ea	x	x			x			x		10.0



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F	Taco Meat Beef/Chicken	470974	2z					x					3.0
<b>Meat Chicken</b>													
U	Asian Style Chicken - General Tso'S Chicken	1745496	3.9z	x	x			x			x		26.0
U	Asian Style Chicken - Teriyaki Cmdty.	8994642	2.85z	x				x					14.0
U	Asian Style Chicken - Tngrine Chicken	5751391	3.9z	x				x			x		25.0
U	Chicken Diced	8698243	3z										1.0
U	Chicken Nuggets Brd WG CN.	2156250	5ea	x				x					12.0
U	Chicken Patty Brd WG 3.05 z.	6274184	3.1z	x				x					12.0
U	Chicken Patty Unbrded Grlld	4009103	2.2z										0.0
U	Chicken Popcorn Brd WG	5022829	3z	x				x					12.0
F	Chicken Steak 100% Brst Mt Phly Style CN	442042	3z										1.4
U	Chicken Sticks Crispy Brd WG CN;	6986459	3z	x				x					14.0
U	Chicken Strips (Fajita) CN;	2870830	3z										2.0
F	WG Brd Boneless Drummies CN	251408	3z	x				x					9.0
<b>Meat Deli</b>													
U	Deli Peperoni	9328907	3z										0.0
F	Ham Boneless Water-Added	443750	2z										0.0
F	Ham Capicola	443656	2z										2.0
F	Ham Pepper Prosciuttini P/C	443893	2z					x					2.0
F	Italian Meat Trky Combo 3 Way.	445400	3z										2.0
F	Lunch Meat Trky Combo 3 Way.	445402	3z										2.0
U	Pepperoni Pork Bf Slcd 14-16	6329676	1z										0.0
U	Roast Beef Top Inside Round Ckd Medium Ref	6365175	3z	x				x					1.0
F	Salami Genoa Magnifico Pork Beef	447424	2z										0.0
F	Salami P/C Slc .5 z/Slc Frz	447432	2z										3.0
F	Turkey Deli Favorites Oven Roasted Brst.	951957	3.86z										2.0
<b>Meat Meatball</b>													
F	Beef Meatball (.5z) Soy Add Ital Style. Ckd. CN	445525	5ea	x	x			x					4.0
<b>Meat Pork</b>													
U	Pork Rib Patty Soy Added. Honey Bbq Sauce	6224331	2.5z					x					8.0
F	Sausage Pork Patty 2 z 3.13 Ckd CN Lw Sod.	448119	1patty										1.0
F	Turkey Sausage Link P/C Noi.	750694	2ea										0.0
F	Turkey Sausage Patty P/C Noi. Cmdty	750692	2ea										0.0
<b>Meat Seafood</b>													
F	Tuna Light Chunk In Water	636341	1/4cup					x					0.0
<b>Meat Turkey</b>													
F	Turkey Brst Ovenrstd P/C Slc Noi	750363	3z										0.0
F	Turkey Brst. Smoked Slcd Oven Roasted	750363	3z										0.0
F	Turkey Ground P/C Taco Seas H&S Noi.	750702	3.03										3.0
F	Turkey Ham. Slcd Red. Sod.	750283	3z										2.0
U	Turkey Meat W/ Gravy Ckd Bag	5669684	4z					x					2.0
<b>Oil</b>													
F	Oil Salad Vegetable	490867	1tblsp										0.0
U	Olive Oil	1945534	1tblsp										0.0
<b>Pasta</b>													
U	Elbow Macaroni WG CN	9124693	2z dry	x									39.0
F	Penne Rigate White	550765	3/4cup	x									42.0
F	Rotini 51% WG CN 1 Serving Meets 1 Meat & 1	551255	3/4cup	x									40.0
F	Rotini White	550919	3/4cup	x									42.0
F	Spaghetti 10" WG CN 1 Serving Meets 1 Meat & 1	551196	3/4cup	x									41.0
F	Ziti Cut	551423	3/4cup	x							t		42.0
<b>Pizza</b>													
U	Mickey's Breakfast Pizza EGG 16z Egg Cheese	8034600	1sl	x	x						x		25.0





