

8/16/22

2022-2023

CPS Nutrition Services: Food Allergy List

Foods to **AVOID** list

This list contains some common food allergens: eggs, fish, gluten (barley, oats, rye, and wheat), milk, peanut, soy, and tree nuts. Dyes are also listed.

Ingredients and menu items are subject to change; therefore, nutrition services cannot guarantee a 100% allergen-free environment. CPS nutrition services strives to minimize the risk of exposure to food allergens by providing medically necessitated allergy-free lunch substitute.

Corn Allergy

All Entrees

Contact Nutrition Services Office for Details

Egg Allergy

Anytimer -Turkey & Cheese Lunch Kit
Anytimer – Turkey Ham & Cheese Lunch Kit
Banana Loaf (Super Bakery)
Banana Bread(Super Bakery)
Banana Square
Bar, Oatmeal Chocolate Chip
(Appleways/Darlington)
Breakfast Bun (Bake Crafters)
Chicken , Buffalo Chicken Lings (Yangs)
Chicken, General Tso's
Chicken, Mandarin
Chicken Nuggets
Chicken Patty (Brakebush)
Chicken Sausage Pancake Sandwich
Chicken, Sweet & Sour (Yangs)
Chicken, Tangerine International (Asian Food
Solutions)
Chicken Tenders (Gold Creek)
Cookie (Bonzer's)
Cookie, Confetti Cake Filled (Rich's)
Cookie, Triple Chocolate (Rich's)
Corn Dog & Mini Corn Dog
Cowboy Burger
Dick & Jane Cookie – Education Snacks
Donut, Donut Holes
Egg & Cheese Rolled Taco
Egg Roll – Minh
Gluten Free Hamburger Bun (Energ-g & Udi)
Gravy (all)
Honey Wheat Bar
Oatmeal Bar – Chocolate Chip (Appleways)
Macaroni & Cheese

Mayonnaise
Meatballs, Turkey (Jennie-O)
Mongolian Beef
Mozzarella Breaded Cheese Stick (Tasty Brands)
Muffins - all
Notable Breakfast Kits (Cocoa Puff & Trix)
Onion Rings
Pancakes
Pancake Turkey Wrap
Pasta – (Macaroni, Rotini & Spaghetti)
Pizza Dippers
Ravioli Toasted Beef (Louisa)
Ravioli Cheese (Tasty Brands)
Salad Dressing (Chipotle Ranch – Ott's, Ranch,
Caesar, Honey Mustard - Sauer)
Sandwich, Pancake, Chicken Sausage, & Cheese
(Bake Crafters)
Sunflower Kernals (azar)
Tornado, Sausage Egg & Cheese
Waffles

Fish

Salad Dressing – Royal Caesar
(Marzetta's)
Tuna

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Gluten Allergy (Barley, Oats, Rye, Wheat)

Anytimer – all types
Bagel (plain, blue berry, strawberry & cinnamon)
Banana Bread (Super Bakery)
Banana Loaf (Super Bakery)
Banana Square
Bar, Granola, Cookies & Cream (Quaker)
Bar, Oatmeal Chocolate Chip (Appleways/Darlington)
BBQ Rib Sandwich
BBQ Sauce
Beef Dipper Wonderbites (Advance Pierre)
Biscuit (Plain, & Whole grain)
Bosco Cheese Stuffed Breadsticks
Bug Bite Grahams
Breads (All Breads/Buns/Rolls, Breadstick)
Breakfast Bun (Bake Crafters)
Burrito (bean/ cheese & beef chili)
Calzone, mini
Cheese Bread Stick & Bites (Wild Mikes)
Cheese, Mozzarella, Breaded sticks (Rich's)
Cheese, Mozzarella, Breaded sticks (Tasty)
Cheese-It
Chex Mix
Cereals (Only Rice Chex, Cheerios & Fruity cheerios allowed)
Cheeseburger on Bun
Cheesy Bread (Smart Mouth)
Chicken, BBQ
Chicken Breast Glazed
Chicken, Buffalo Hot Lings (Yangs)
Chicken Caesar Salad
Chicken Drumsticks and Thighs
Chicken Fajita Meat
Chicken, General Tso'
Chicken, Mandarin
Chicken Meatball
Chicken, Mega Minis
Chicken Nuggets/Chicken Bites
Chicken, Chunks
Chicken Patty
Chicken Sausage Pancake Sandwich
Chicken, Sweet & Sour (Yangs)
Chicken, Tangerine International (Asian Food Solutions)
Chicken Tenders
Chicken Tenders Hot and Spicy (Tyson)
Chicken Tenders Spicy (Gold Creek)
Chicken Quesadilla
Chips, (BBQ Lays, Dorito's, Sun chips)
Cinnamon Toast Crunch Bar
Cinnamon Roll
Cocoa Puff Bar
Cookie (Grandma's choc chip)
Cookie (Bonzers)
Cookie, Confetti Cake Filled (Rich's)
Cookie, Triple Chocolate (Rich's)
Corndog & Mini Corndog
Cowboy Burger
Crackers (Crunch n' Crave Original, Crunch n' Crave Pizza, saltine, MJM & Elf graham/bug bites, Jungle, Animal, Goldfish)
Cracker, Cheddar Cheese (Austin)
Dick & Jane Cookies
Donut, Donut Hole
Egg & Cheese Rolled Taco
Egg Roll - Minh
Elf Graham, Tiger Bites
EZ Jammers
French Fries (Sweet Potato, Sidewinders – Buffalo, bbq, Cavendish Spicy)
Garlic Cheese Bread
Granola
Gravy Mix (Chicken, Brown & Peppered)
Hamburger on Bun
Honey Wheat Breakfast Bar
Kids Snack Mix
Macaroni & Cheese
Meatballs (Beef, Chicken & Turkey)
Meatball Sub
Mozzarella Breaded Cheese Stick (Tasty Brands & Riches)
Mozzarella Cheese Pizza Stick (MaxStick)
Muffins
Munchies Mix
Notable Breakfast Kits (all)
Notable Lunch Kits (Meat & Cheese/Chili Con Queso)
Nutri-grain Bar
Oatmeal Bar – Chocolate Chip (Appleways)
Onion Rings
Pancake

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**Gluten Allergy (Barley, Oats, Rye,
Wheat - Continued**

Pancake Turkey Wrap
Pasta (macaroni, rotini, spaghetti)
PB&J Uncrustable & Jamwich
Pizza
Pizza, Cheese (Tony's)
Pizza Crunchers
Pizza Bagels
Pizza, Pepperoni, Wild Mike's
Pop tarts
Potato, Straight, Spicy (Cavendish)
Pretzels, (Heartzel, Rold Gold &
Pulled Pork Sandwich (Meat is GF)
Quesadilla, Cheese & Green Chili
Ravioli Cheese (Tasty Brands)
Ravioli Toasted Beef (Louisa)
Rib Pork Patty (Advance Pierre)
Rice Fried Minh
Rice Krispie Treat
Rippers (ham & cheese/buffalo)
Salad Dressings – Mrs. Clarks
Sandwich, Hoagie, Turkey and Cheese (Bake
Crafters)
Sandwich, Pancake, Chicken Sausage, & Cheese
(Bake Crafters)
Sandwich, Stuffwich, cheddar cheese (Classic
Delight)
Sloppy Joe Sandwich
Sunflower Kernals (azar)
Smart Sticks (pork/beef)
Soft Taco Shell
Super pretzel
Taco (beef homemade & Chicken Tyson
#19957) *JTM #cp5249 if okay*
Tornados
Turkey Ham & Cheese Sandiwich
Turkey Hotdog on Bun (Butterball Turkey Frank
is Gluten Free)
Veggie Garden Burger (Morning Star)
Veggie Burger, Spicy Black Bean (Morning Star)
Waffles

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Milk Allergy (Dairy)

**** Fluid Milk only* – Avoid carton of milk.
Student may be able to tolerate other dairy products – Nutrition services staff to clarify with school nurse.

Bagel (plain, strawberry & cinnamon)
Banana Loaf (Super Bakery)
Banana Square
Bar, Granola, Cookies & Cream (Quaker)
Bar, Oatmeal Chocolate Chip
(Appleways/Darlington)
Biscuits (plain, cinnamon raisin, whole grain)
Bosco Cheese Stuffed Breadsticks
Bread -All Sliced, rolls, ciabatta, panini
****Rotella deli buns, hamb. bun, hot dog bun
& bake crafter rolls ok****
Bread Sticks
Breakfast Bun (Bake Crafters)
Burrito (bean/ cheese & beef/chili)
Butter
Calzone, Mini
Cheese
Cheeseburger
Cheese, Mozzarella, Breaded sticks (Rich's)
Cheese, Mozzarella, Breaded sticks (Tasty)
Cheesy Bread (Smart Mouth)
Cheez-I
Cheetos Fantastix & Pufs
Chex Mix
Chicken, Buffalo Chicken Lings (Yangs)
Chicken Caesar Salad
Chicken, Mesquite Drumstick
Chicken Patty (Brakebush)
Chicken Sausage Pancake Sandwich
Chicken Tenders (Goldkist & Provie)
Chicken Tenders Spicy (Gold Creek)
Chicken Quesadilla
Chips (Baked Lays, BBQ, SC, Cheetos, Doritos,
Ruffles)
Chips, Doritos Flamas
Chips, Doritos Wild White
Cookie (Bonzer)
Cookie, Confetti Cake Filled (Rich's)
Cookie, Triple Chocolate (Rich's)
Cookie (Grandma's choc chip)Corndog, Mini

Cowboy Burger
Cracker, Cheddar Cheese (Austin)
Cracker, Crunch n' Crave Pizza
Cream Cheese
Dick & Jane Crackers
Donut, Donut Holes
Egg & Cheese Rolled Taco_Egg & Chicken
Breakfast Egg Roll – Minh,
EZ Jammers
Garlic Cheese Bread
Goldfish Cracker
Granola
Gravy-all
Honey Wheat Breakfast Bar
Ice Cream
Icing – Vanilla Buttercream
Kids Snack Mix
Onion Rings
Macaroni & Cheese
Margarine (pc/liquid & stick)
Mayo
Meatball. Chicken Italian (Goldkist)
Meatball, Turkey (Jennie-O)
Meatball Sub
Milk
Mongolian Beef
Mozzarella Breaded Cheese Stick (Tasty
Brands& Rich's)
Mozzarrella Cheese Pizza Stick (MaxStick)
Muffins (chocolate Otis & Muffin Town)
Notable Breakfast Kits (all)
Notable Lunch Kits (Nacho Fiesta/Meat &
Cheese/Chili
Con Queso)
Nutri-grain Bar
Oatmeal Bar – Chocolate Chip (Appleways)
Pancake, Whole Wheat
Pizza
Pizza Anytimer
Pizza Bagel
Pizza, Cheese (Tony's)
Pizza Crunchers
Pizza, Pepperoni, Wild Mike's

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Milk Allergy (Dairy) - Continued

Popcorn, Kettle
Pop Corners (all flavors)
Potato Pearls (Mashed Potatoes)
Pretzel
Quesadilla, Cheese & Green Chili
Ravioli Cheese (Tasty Brands)
Ravioli Toasted Beef (Louisa)
Rib Pork Patty (Advance Pierre)
Rice Krispie Treat
Rippers (ham & cheese/buffalo)
Salad Dressing- (Chipotle Ranch – Ott's, Ranch,
Caesar, light ranch- CF - Sauer)
Sandwich, Hoagie, Turkey and Cheese (Bake
Crafters)
Sandwich, Pancake, Chicken Sausage, & Cheese
(Bake Crafters)
Sandwich, Stuffwich, cheddar cheese (Classic
Delight)
Sherbert (all)
Sour Cream
Sun Chips
Sunflower Kernals (azar)
Tornados
Turkey Ham & Cheese Sandwich
Veggie Garden Burger (Morning Star)
Veggie Burger, Spicy Black Bean (Morning Star)
Waffle
Yogurt

Peanut Allergy

Bar, Granola, Cookies & Cream (Quaker)
Cookie (Grandma's mini choc chip)
Cookie, Confetti Cake Filled (Rich's)
Cookie, Triple Chocolate (Rich's)
Cracker, Cheddar Cheese (Austin)
Peanut Butter
Peanut Butter Uncrustable
PB&J Jamwich, Welch's
Popcorn, kettle
Sunflower Kernals (azar)

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Soy Allergy

Anytimer – Pizza with Turkey Pepperoni
Anytimer Turkey & Cheese
Anytimer Turkey Ham & Cheese
Bagel, Blue Berry
Banana Bread – (Super Bakery)
Banana Loaf (Super Bakery)
Banana Square
Bar, Granola, Cookies & Cream (Quaker)
Bar, Oatmeal Chocolate Chip
(Appleways/Darlington)
BBQ Beef /Pork/Turkey Sandwich
BBQ Rib Sandwich
BBQ Sauce
Beef Dipper Wonderbites (Advance Pierre)
Beef Patty (Advance Pierre)
Beef Patty with Onion (Advance Pierre)
Bread (Hamburger, hotdog buns,sliced bread,)
Breakfast Bun (Bake Crafters)
Bug Bite Grahams
Burrito (bean & cheese)
Cereal (Cinn. Toast, Fruit Loops, Frosted Flakes,
applejacks)
Calzone, Mini
Cheese American Sliced (Schreiber's)
Cheeseburger
Cheesy Bread (Smart Mouth)
Cheese, Mozzarella, Breaded sticks (Rich's)
Cheez- It
Chex Mix
Chicken, BBQ
Chicken BBQ Teryiaki
Chicken, Buffalo Hot Lings (Yangs)
Chicken Caesar Salad
Chicken Drumsticks and Thighs
Chicken, General Tso's
Chicken, Mandarin
Chicken Meatballs
Chicken Nuggets
Chicken Patty
Chicken Sausage Pancake Sandwich
Chicken, Sweet & Sour (Yangs)
Chicken, Tangerine International (Asian Food
Solutions)
Chicken Tenders (Gold Creek)
Chicken Tenders (Tyson)
Chicken Tenders Hot and Spicy (Tyson)
Chicken Tenders Spicy (Gold Creek)
Cinnamon Roll
Chips (Lays, Ruffles, Nacho-sweet chili)
Cocoa Puff Bars
Cookie Grandma's mini choc chip)
Cookie (Bonzer)
Cookie, Confetti Cake Filled (Rich's)
Cookie, Triple Chocolate (Rich's)
Cinnamon Toast Crunch Bar
Corndog & Mini Corndog
Cowboy Burger
Cracker, Animal
Cracker, Cheddar Cheese (Austin)
Croutons
Dick & Jane Cookies
Donut, Donut Hole
Doritos (spicy sweet chili)
Egg Roll - Minh
Elf Grahams – Tiger Bites
EZ Jammers
French Fries (McCain Ovation & Seasoned, &
Sidewinders)
Garlic Cheese Bread
Granola
Gravy- all
Hamburger with or without Bun
Honey Wheat Breakfast Bar
Ice Cream (Sundae Cone, Sandwich, cookies n
cream)
Kielbasa, Turkey
Meatballs (Beef & Chicken)
Meatball Sub
MJM crackers
Mongolian Beef
Mozzarella Breaded Cheese Stick (Tasty Brands)
Mozzarella Cheese Pizza Stick (MaxStick)
Muffins
Muncies Mix
Notable BreakfastKits (all)
Nutri-grain Bar
Oatmeal Bar – Chocolate Chip (Appleways)
Onion Rings
Pancakes
Pancake Turkey Wrap
Peanut Butter
PB&J Jamwich, Welch's
Pizza
Pizza Bagels
Pizza, Cheese (Tony's)

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Soy Allergy – Continued

Popcorn, Kettle
Poptart
Potato Pearls (mashed potatoes)
Potato, Straight, Regular (Cavendish)
Potato, Straight, Spicy (Cavendish)
Pretzels
Pulled Pork Sandwich
Quesadilla, Cheese & Green Chili
Ravioli Cheese (Tasty Brands)
Ravioli Toasted Beef (Louisa)
Rib Pork Patty (Advance Pierre)
Rice Fried Minh
Rice Krispie Treat
Ripper (ham & cheese/buffalo)
Salad Dressing, Raspberry Vinaigrette (Ott's)
Sandwich, Hoagie, Turkey and Cheese (Bake Crafters)
Sandwich, Pancake, Chicken Sausage, & Cheese (Bake Crafters)
Sloppy Joe Sandwich
Smart Sticks (pork/beef)
Soy Milk
Spaghetti Meat Sauce
Sunflower Kernals (azar)
Super pretzel
Taco (Hard & Soft)
Teriyaki Sauce
Tornado
Turkey Ham & Cheese Sandwich
Veggie Garden Burger (Morning Star)
Veggie Burger, Spicy Black Bean (Morning Star)
Waffle

Tree Nuts

Bar, Granola, Cookies & Cream (Quaker)
Bread (Sara Lee Whole Grain White Bread)
Cookie, Confetti Cake Filled (Rich's)
Cookie, Triple Chocolate (Rich's)
Cereals – Honey Nut Cheerios (Almond)/
Honey Nut Chex (Almond (Almond))
Cookie (Grandma's mini chocolate chip)
Kickstart – (pineapple orange & mango)
Popcorn, Kettle
Sunflower Kernals (azar)

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Dyes/ Food Colorings/Artificial

Colors

Red dye

Apple Jacks
BBQ Sauce(Gold Medal, Sauer)
Brisk Lipton Tea
Chex Mix
Chips, Doritos Nacho
Chips, Doritos Flamas
Chocolate Rice Krispy
Cookie (Bonzers)
Flammin Hot Cheetos & puffs
Fruit Loops
Fruit Punch
Fruit Snacks (Welchs)
Fruit Shapes
Game Fuel Zero -Raspberry Lemonade
Game Fuel Zero – Watermelon Shock
Kickstart (black cherry)
Kix Cereal
Nutri – grain bar (strawberry & blueberry)
Milk (strawberry)
Pop tart (strawberry)
Refried beans(canned)
Vita Ice (strawberry watermelon & strawberry lemonade)

Artificial Color or colored added (not specific – so need to avoid giving to any dye allergy student)

Beef Dipper Wonderbites (Advance Pierre) (Caramel)
Cocoa Puffs (Caramel)
Cookies, Bonzer's – (Caramel)
Cinnamon Toast Crunch (Caramel)
Doritos , Sweet Chili (Caramel)
Kickstart Black Cherry (Caramel)
Life water (Yummy Pomegranate)
Marzerettis Ranch dressing
Nutri-grain Bar (apple) – (Caramel)
Pancake Syrup (flavor fresh) (Caramel)
Rib Pork Patty (Advance Pierre) – (Caramel)

Yellow Dye

Apple Jacks
Cheetos Fantastic
Cookie (Bonzers)
Chips, Doritos Flamas
Chips, Doritos Nacho Cheese
Flammin Hot Cheetos & Puffs
Frog Spit Ice Cream
Fruit Loops
Fruit Snacks (Welchs)
Fruit Shapes
Honey Mustard Sauce - Sauer
Game Fuel Zero (Raspberry Lemonade)
Kickstart (orange citrus)
Marzetta's Italian
Munchies Mix
Pop tart (strawberry)
Ruffles Cheddar sour cream chips
Sherbert(lime & pramge_
Vita Ice (strawberry lemonade)

Blue Dye

Apple Jacks
Cookie (Bonzer)
Frog Spit Ice Cream
Fruit Loops
Fruit Shapes
Fruit Snacks (welchs)
Game Fuel Zero – Raspberry Lemonade
Gatorade Frost Glacier Freeze
Sherbert (lime)