

Food Allergy List
CPS Nutrition Services: Foods to **avoid** list

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 substitutes.

Egg Allergy

Banana Square
Chicken, General Tso's
Chicken, Mandarin
Chicken Nuggets
Chicken Patty (Brakebush)
Chicken, Mandarin
Chicken Tangerine (Green Dragon)
Cookie (Bonzer's)
Corn Dog & Mini Corn Dog
Crumb Square
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
Macaroni & Cheese
Mayonnaise
Mongolian Beef
Mozzarella Breaded Cheese Stick (Tasty Brands)
Muffins
Pancakes
Pancake Turkey Wrap
Pasta – (Macaroni, Rotini & Spaghetti)
Pizza Dippers
Ravioli Toasted Beef (Louisa)
Ravioli Cheese (Tasty Brands)
Salad Dressing (ranch, Caesar, Honey Mustard - sauer)
Sunflower Kernals (azar)
Tornado, Sausage Egg & Cheese
light ranch – C. F. Sauer Co.
Veggie Burger – Spicy Black Bean
(Morning Star)
Waffles

Fish

Salad Dressing – Royal Caesar
(Marzetta's)
Tuna

Gluten Allergy (Barley, Oats, Rye, Wheat)

Bagel (plain, strawberry & cinnamon)
Banana Square
BBQ Rib Sandwich
BBQ Sauce
Biscuit (Plain, & Whole grain)
Bosco
Bug Bite Grahams
Breads (All Breads/Buns/Rolls, Breadstick
Burrito (bean/ cheese & beef chili)
Calzone, mini
Cheese Bread stick & Bites (Wild Mikes)
Cheese-It
Chex Mix
Cereals (Only Rice Chex & cheerios allowed)
Cheeseburger on Bun
Cheese Bread Stick & Bites (Wild Mikes)
Cheesy Bread (Smart Mouth)
Chicken, BBQ
Chicken BBQ Teriyaki
Chicken Breast Glazed
Chicken Caesar Salad
Chicken Drumstick
Chicken Fajita Meat
Chicken, General Tso'
Chicken, Mandarin
Chicken Meatball
Chicken Nuggets/Chicken Bites
Chicken Patty
Chicken, Tangerine
Chicken Tenders
Chicken Tender Bites (Jack Link)
Chips, (BBQ Lays, Dorito's, Sun chips)
Cinnamon Toast Crunch Bar
Cocoa Puff Bar
Cookie (Grandma's choc chip)
Cookie(Bonzers)
Corndog & Mini Corndog
Crackers (saltine, MJM & Elf graham/bug bites, Jungle, Animal)
Cracker, Cheddar Cheese(Austin)
Crumb Square
Dick & Jane Cookies
Donut, Donut Hole Egg & Cheese Rolled Taco
Egg Roll - Minh
Elf Graham
EZ Jammers

French Fries (Sweet Potato, Sidewinders – Buffalo.bbq)
Garlic Cheese Bread
Granola
Gravy Mix (Chicken, Brown & Pepered)
Hamburger on Bun
Honey Wheat Breakfast Bar
Kids Snack Mix
Macaroni & Cheese
Meatballs (Beef & Chicken)
Meatball Sub
Mongolian Beef
Mozzarella Breaded Cheese Stick (Tasty Brands)
Muffins
Munchies Mix
Notable Kits (Meat & Cheese/Chili Con Queso)
Nutri-grain Bar
Pancake
Pancake Turkey Wrap
Pasta (macaroni, rotini, spaghetti)
PB&J Uncrustable & Jamwich
Pizza
Pizza Anytimer
Pizza Crunchers
Pop tarts
Pretzels, (Heartzel, Rold Gold & Pulled Pork Sandwich (Meat is GF)
Quesadilla, Cheese & Green Chili
Ravioli Cheese (Tasty Brands)
Ravioli Toasted Beef (Louisa)
Rice Fried Minh
Rice Krispie Treat
Rippers (ham & cheese/buffalo)
Salad Dressings – Mrs. Clarks
Sunflower Kernals (azar)
Smart Sticks (pork/beef)
Soft Taco Shell
Super pretzel
Taco (beef homemade & Chicken Tyson #19957)
Tornados
Veggie Garden Burger (Morning Star)
Veggie Burger, Spicy Black Bean (Morning Star)
Waffles

Revised 9/28/20

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

Milk Allergy (Dairy)

Bagel (plain, strawberry & cinnamon)
Banana Square
Biscuits (plain, cinnamon raisin, whole grain)
Bosco
Bread -All Sliced, rolls, ciabatta, panini
****Rotella deli buns, hamb. bun, hot dog bun & bake crafter rolls ok****
Bread Sticks
Burrito (bean/ cheese & beef/chili)
Butter
Calzone, Mini
Cheese
Cheeseburger
Cheesy Bread (Smart Mouth)
Cheez-I
Cheetos Fantastix & Pufs
Chex Mix
Chicken Caesar Salad
Chicken, Mesquite Drumstick
Chicken Patty (Brakebush)
Chicken Tenders (Goldkist & Provie)
Chips (Baked Lays, BBQ, SC, Cheetos, Doritos, Ruffles)
Cookie (Bonzer)
Cookie (Grandma's choc chip)
Corndog, Mini
Cracker, Cheddar Cheese (Austin)
Cream Cheese
Crumb Square
Dick & Jane Crackers
Donut, Donut Holes
Egg & Cheese Rolled Taco_Egg & Chicken Breakfast
Egg Roll – Minh,
EZ Jammers
Garlic Cheese Bread
Granola
Gravy-all
Honey Wheat Breakfast Bar
Ice Cream
Icing – Vanilla Buttercream
Kids Snack Mix
Macaroni & Cheese
Margarine (pc/liquid & stick)
Mayo

Milk Allergy (Dairy)

Meatball. Chicken Italian (Goldkist)
Meatball Sub
Milk
Mongolian Beef
Mozzarella Breaded Cheese Stick (Tasty Brands)
Muffins (chocolate)
Notable Kits (Nacho Fiesta/Meat & Cheese/Chili Con Queso)
Nutri-grain Bar
Pancake, Whole Wheat
Pizza
Pizza Anytimer
Pizza Crunchers
Popcorn, Kettle
Pop Corners (all flavors)
Potato Pearls (Mashed Potatoes)
Pretzel
Quesadilla, Cheese & Green Chili
Ravioli Cheese (Tasty Brands)
Ravioli Toasted Beef (Louisa)
Rice Krispie Treat
Rippers (ham & cheese/buffalo)
Salad Dressing- Ranch, Caesar, light ranch- CF Sauer)
Sherbert (all)
Sour Cream
Sun Chips
Sunflower Kernals (azar)
Tornados
Veggie Garden Burger (Morning Star)
Veggie Burger, Spicy Black Bean (Morning Star)
Waffle
Yogurt

Peanut Allergy

Cookie (Grandma's mini choc chip)
Cracker, Cheddar Cheese (Austin)
Peanut Butter
Peanut Butter Uncrustable
PB&J Jamwich, Welch's
Popcorn, kettle
Sunflower Kernals (azar)

Soy Allergy

Banana Square
BBQ Beef /Pork/Turkey Sandwich
BBQ Rib Sandwich
BBQ Sauce
Beef Patty (advance Pierre)
Bread (Hamburger, hotdog buns,sliced bread,)
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)
Cheez- It
Chex Mix
Chicken, BBQ
Chicken BBQ Teryiaki
Chicken Caesar Salad
Chicken, General Tso's
Chicken, Mandarin
Chicken Meatballs
Chicken Nuggets
Chicken Patty
Chicken, Tangerine
Chicken Tenders (Tyson & Proview)
Chips (Lays, Ruffles, Nacho-sweet chili)
Cocoa Puff Bars
Cookie Grandma's mini choc chip)
Cookie (Bonzer)
Cinnamon Toast Crunch Bar
Corndog & Mini Corndog
Cracker, Animal
Cracker, Cheddar Cheese (Austin)
Crumb Square
Croutons
Dick & Jane Cookies
Donut, Donut Hole
Doritos (spicy sweet chili)
Egg Roll - Minh
Elf Grahams
EZ Jammers
French Fries (McCain Ovations & Seasoned, & Sidewinders)
Garlic Cheese Bread
Granola
Gravy- all
Hamburger with or without Bun
Honey Wheat Breakfast Bar

Soy Allergy

Ice Cream (Sundae Cone, Sandwich, cookies n cream)
Meatballs (Beef & Chicken)
Meatball Sub
MJM crackers
Mongolian Beef
Mozzarella Breaded Cheese Stick (Tasty Brands)
Muffins
Munchies Mix
Nutri-grain Bar
Pancakes
Pancake Turkey Wrap
Peanut Butter
PB&J Jamwich, Welch's
Pizza
Popcorn, Kettle
Poptart
Potato Pearls (mashed potatoes)
Pretzels
Pulled Pork Sandwich
Quesadilla, Cheese & Green Chili
Ravioli Cheese (Tasty Brands)
Ravioli Toasted Beef (Louisa)
Rib-BQ Pork Patty
Rice Fried Minh
Rice Krispie Treat
Ripper (ham & cheese/buffalo)
Smart Sticks (pork/beef)
Soy Milk
Spaghetti Meat Sauce
Sunflower Kernals (azar)
Super pretzel
Taco (Hard & Soft)
Teriyaki Sauce
Tornado
Veggie Garden Burger (Morning Star)
Veggie Burger, Spicy Black Bean (Morning Star)
Waffle

Tree Nuts

Bread (Sara Lee Whole Grain White Bread)

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)

Corn Allergy

All Entrees

Contact Nutrition Services Office for Details

Dyes/Food Colorings/Artificial Colors

Red dye

Brisk Lipton Tea
Chex Mix
Chocolate Rice Krispy
Cookie (Bonzers)
Doritos – nacho
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)

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)

Yellow Dye

Cheetos Fantastic
Cookie (Bonzers)
Dorito's 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 & prange_
Vita Ice (strawberry lemonade)

Blue Dye

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