

11/12/21

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 substitute

Egg Allergy

Anytimer -Turkey & Cheese Lunch Kit
Anytimer – Turkey Ham & Cheese Lunch Kit
Banana Loaf (Super Bakery)
Banana Square
Breakfast Bun (Bake Crafters)
Chicken, General Tso's
Chicken, Mandarin
Chicken Nuggets
Chicken Patty (Brakebush)
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
Meatballs, Turkey (Jennie-O)
Mongolian Beef
Mozzarella Breaded Cheese Stick (Tasty Brands)
Muffins - all
Notable Breakfast Kits (Cocoa Puff & Trix)
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.
Waffles

Fish

Salad Dressing – Royal Caesar
(Marzetta's)
Tuna

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Gluten Allergy (Barley, Oats, Rye, Wheat)

Anytimer – all types

Bagel (plain, strawberry & cinnamon)

Banana Loaf (Super Bakery)

Banana Square

BBQ Rib Sandwich

BBQ Sauce

Biscuit (Plain, & Whole grain)

Bosco

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-It

Chex Mix

Cereals (Only Rice Chex, Cheerios & Fruity
cheerios allowed)

Cheeseburger on Bun

Cheese Bread Stick & Bites (Wild Mikes)

Cheesy Bread (Smart Mouth)

Chicken, BBQ

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)

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)

Corndog & Mini Corndog

Crackers (saltine, MJM & Elf graham/bug bites,

Jungle, Animal, Goldfish)

Cracker, Cheddar Cheese(Austin)

Crumb Square

Dick & Jane Cookies

Donut, Donut HoleEgg & Cheese Rolled Taco

Egg Roll - Minh

Elf Graham, Tiger Bites

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

Kielbasa, Turkey

Macaroni & Cheese

Meatballs (Beef, Chicken & Turkey)

Meatball Sub

Mongolian Beef

Mozzarella Breaded Cheese Stick (Tasty
Brands)

Muffins

Munchies Mix

Notable Breakfast Kits (all)

Notable Lunch Kits (Meat & Cheese/Chili Con
Queso)

Nutri-grain Bar

Pancake

Pancake Turkey Wrap

Pasta (macaroni, rotini, spaghetti)

PB&J Uncrustable & Jamwich

Pizza

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

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

Veggie Garden Burger (Morning Star)

Veggie Burger, Spicy Black Bean (Morning
Star)

Waffles

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* 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 Loaf (Super Bakery)
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
Breakfast Bun (Bake Crafters)
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)
Chicken Quesadilla
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
Goldfish Cracker
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, Turkey (Jennie-O)
Meatball Sub
Milk
Mongolian Beef
Mozzarella Breaded Cheese Stick (Tasty Brands)
Muffins (chocolate Otis & Muffin Town)
Notable Breakfast Kits (all)
Notable Lunch 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
Turkey Ham & Cheese Sandwich
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)

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Soy Allergy

Anytimer – Pizza with Turkey Pepperoni
Anytimer Turkey & Cheese
Anytimer Turkey Ham & Cheese
Banana Loaf (Super Bakery)
Banana Square
BBQ Beef /Pork/Turkey Sandwich
BBQ Rib Sandwich
BBQ Sauce
Beef Patty (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)
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)
Cinnamon Roll
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 – Tiger Bites
EZ Jammers
French Fries (McCain Ovations & Seasoned, &
Sidewinders)
Garlic Cheese Bread
Granola

Soy Allergy

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)
Muffins
Munchies Mix
Notable Breakfast Kits (all)
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)
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

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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

Apple Jacks
BBQ Sauce(Gold Medal, Sauer)
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

Apple Jacks
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 & 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)