

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**

Banana Square  
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  
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

**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 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  
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  
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 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  
Turkey Ham & Cheese Sandiwich  
Veggie Garden Burger (Morning Star)  
Veggie Burger, Spicy Black Bean (Morning Star)  
Waffles

Revised 04/28/21

\* 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)  
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  
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)  
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)

### **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 Teryaki  
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)  
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)  
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**

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**

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**

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)