CCISD Food Allergen List 2011 - 2012

Menu Item	Wheat	Dairy	Soy	Peanut	Tree Nut	Egg	Shellfish
Breakfast Items							
Banana Nut Muffin Low Fat	x	x				x	
Breakfast Pizza	x	x	x				
Cereal Froot Loops	x		x				
Cereal Rice Krispie							
Egg & Sausage Inside Outer (High School Only)	x	x	x			x	
French Toast Sticks (Elementary & Intermediate Only)	x		x			x	
Graham Cracker Gripz	x	x	x				
Granola	x		x				
Monte Cristo Sandwich (High School Only)	x	x	x			x	
Pancake on a Stick	x	x	x			x	
Sausage Kolache	x	x	x			x	
Scrambled Eggs, Sausage Patty & Toast	x	x	x			x	
Yogurt Strawberry Low Fat		x					
Lunch Main Dish							
Beef & Cheese Nachos (Elementary Only)		x	x				
Beef & Cheese Soft Tacos (Elementary Only)	x	x	x				
Beef Burrito (Secondary Only)	x	x	x				
Beef Hot Dog (Elementary Only)	x	x	x				
Boneless Chicken Wings with Roll (Elementary Only)							
Boneless Chicken Wings	x						
Roll	x		x				
Buffalo Chicken Wrap (Secondary Only)	x	x	x				
Cheese Pizza Whole Grain	x	x	x				
Cheeseburger	x	x	x				
Chicken Burrito (Secondary Only)	x	x	x				
Chicken Philly (Secondary Only)	x	x	x				
Chicken Tenders with a Roll (Elementary Only)							
Chicken Tenders	x						
Roll	x		x				
Garden Salad with Graham Crackers (Elementary)							
Romaine Lettuce							
Tomato							
Shredded Cheese		x					
Cucumbers							
Diced Eggs						x	
Graham Crackers	x		x				
Garden Salad with Cheez-It Crackers (Secondary)							
Romaine Lettuce							
Tomato							
Shredded Cheese		x					
Cucumbers							
Diced Eggs						x	
Cheez-It Crackers	x	x	x				
Grilled Cheese Sandwich (Elementary Only)	x	x	x				
Grilled Chicken Parmesan Sandwich	x	x	x				
Ham and Cheese Melt (Elementary Only)	x	x	x				
Hamburger	x	x	x				
Italian Sub (Secondary Only)	x	x	x				
Meatball Hoagie	X	X	X				
Orange Chicken with Brown Rice (Secondary Only)	x		x				
Oven Baked Chicken with Whole Grain Roll							
Oven Baked Chicken		x	x				
Roll	x		x				
Pasta with Meatballs	x	x	x			x	
Sausage on a Stick with Roll (Secondary Only)							
Sausage on a Stick							
Roll	x		x				
Teriyaki Chicken over Brown Rice (Secondary Only)	x		x				
Turkey BBQ Sandwich	x	x	x				
Turkey Bowl with Brown Rice (Elementary Only)		x	x				
Turkey Chili Bowl with Roll							
Turkey Chili Bowl	x	x					
Cheese		x					
Roll	x		x				
Turkey Corn Dog (Elementary Only)	x	x	x			x	
Vegetarian Taco Burger	x	x	x			x	
No Money Meal	x	x	x				

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Menu Item	Wheat	Dairy	Soy	Peanut	Tree Nut	Egg	Shellfish
Lunch Fruits, Vegetables & Condiments							
Baked Beans			x				
Baked Potato Wedges							
Baked Sweet Potato Fries							
BBQ Sauce							
Black Eyed Peas			x				
Butter Cup		x					
Cole Slaw (green & red cabbage, carrots)			x			x	
Cucumber Slices & Cherry Tomatoes							
Dressing Italian FF							
Dressing Ranch FF		x					
Fresh Baby Carrots							
Fresh Broccoli							
Fresh Cherry Tomatoes							
Fresh Cucumber Slices							
Fresh Jicama Sticks							
Fresh Spinach Salad		x					
Gravy Brown FF	x	x	x				
Italian Vegetable Blend (cauliflower, carrots, zucchini, green beans, lima beans, broccoli, red peppers)							
Juice 100% Cranraspberry							
Juice 100% White Grape							
Ketchup Packet							
Mashed Potatoes		x					
Mayonnaise Packet Fat Free			x			x	
Milk Chocolate Fat Free		x					
Milk Strawberry Fat Free		x					
Milk Unflavored 1%		x					
Mustard Packet							
Pickle Slices							
Pinto Beans			x				
Salsa							
Seasoned Black Beans							
Seasoned Corn							
Seasoned Green Beans							
Steamed Broccoli							
Steamed Edamame (soybeans with shredded carrots)			x				
Sweet Potato Sticks							
Three Bean Salad (wax beans, green beans, kidney beans)			x				
Elementary Snacks							
Chips Baked Cheetos Crunchy		x	x				
Chips Baked Lays - BBQ	x	x	x				
Chips Baked Lays - Sour Cream & Onion		x	x				
ChipsBaked Cheetos Flamin Hot		x	x				
Crackers Goldfish Snack - Cheddar	x	x	x				
Crackers Austin Zoo Animal	x		x				
Fruiti Freeze Bar							
Go Gurt Yogurt - Variety		x					
Kellogg's Rice Krispies Treats		x	x				
Minute Maid Juice Bar, Cherry							
Minute Maid Juice Bar, Grape							
Minute Maid Juice Bar, Punch							
Mozzarella Cheese Stick		x					
Pickle Whole Dill							
Pretzels Classic Style Tiny Twists	x						
Scooby Doo Graham Crackers	x		x				
Yogurt Cup, Frozen, Chocolate		x					
Yogurt Cup, Frozen, Strawberry		x					

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Secondary Snacks & A La Carte							
Baked Potato Wedges							
BBQ Sauce Cup							
Beef & Cheese Nachos		x	x				
Breaded Chicken Sandwich A La Carte	x	x	x				
Breaded Okra	x	x	x				
Cheese Popcorn		x					
Cheese Sauce Cup		x	x				
Cheeseburger A La Carte	x	x	x				
Cheesesticks with Marinara							
Cheesestick	x	x	x			x	
Marinara			x				
Chicken Legs			x				
Chicken Tenders A La Carte	x						
Chips Baked Cheetos Crunchy		x	x				
Chips Baked Cheetos Flamin Hot		x	x				
Chips Baked Lays - BBQ	x	x	x				
Chips Baked Lays - Sour Cream & Onion		x	x				
Chips Doritos Cheese RF		x	x				
Chips Doritos Cool Ranch RF		x	x				
Chips Funyuns		x	x				
Chips Sunchips Mulitgrain French Onion	x	x	x				
Chips Sunchips Mulitgrain Original	x						
Chips Sunchips Multigrain Cheddar	x	x					
Chocolate Fudge Bar	x	x	x		x		
Cinnamon Roll	x	x	x			x	
Clodhoppers Chocolate Fudge Graham Wafer Cluster	x	x	x				
Clodhoppers Vanilla Fudge Graham Wafer Cluster	x	x	x				
Cole Slaw			x			x	
Cookie Chocolate Chip-Otis Spunkmeyer	x	x	x			x	
Cookie Cone	x	x	x		x		
Corn Dog Foot Long	x	x	x				
Corn on the Cob		x					
Cornbread Loaf	x	x	x			x	
Creamy Italian Dressing			x			x	
Crystal Light on the Go - Raspberry, Lemonade, Peach							
Dressing Italian FF							
Dressing Ranch FF		x	x			x	
Fresh Baked Soft Pretzel	x						
Freshetta 3 Meat Italian Sandwich	x	x					
Freshetta Buffalo Chicken Sandwich	x	x					
Fruiti Freeze Bar							
Fudge Brownie	x	x	x			x	
Gatorade - Lemon Lime, Berry, Fruit Punch, Ice Punch, Orange							
Goldfish Snack Crackers - Cheddar	x	x	x				
Green Beans							
Grizzly Bar	x	x	x				
Ham and Cheese Kolache	x	x	x			x	
Hamburger A La Carte	x	x	x				
Ice Cream Sandwich-Cookies & Cream	x	x	x				
Ice Cream Sandwich-Vanilla	x	x	x				
Kellogg's Rice Krispies Trreats		x	x				
Ketchup Packet							
Mayonaise Packet			x			x	
Mozzarella String Cheese		x					
Mustard Packet							
Nutzo Cone	x	x	x	x	x		
PB&J Uncrustable Grape	x		x	x			
Pickle Whole Dill							
Pizza by the Slice - Big Daddy's Cheese	x	x	x				
Pizza by the Slice - Big Daddy's Pepperoni	x	x	x				
Popcorn Chicken A La Carte	x	x				x	
Poptart Brown Sugar	x		x				
Poptart Strawberry	x		x				
Pretzels Classic Style Tiny Twists	x						
Ritz Bits Sandwiches - Real Cheese	x	x	x				
Salad Chicken Caesar	x	x				x	x
Salad Country Style Chef		x				x	
Salad Spinach Harvest		x			x		
Salsa							
Sausage Kolache	x	x	x			x	
Sausage on a Stick A La Carte							
Sliced Beef Sandwich	x	x	x				
Slushie - Grape, Blue Coconut, Wild Cherry & Strawberry							
Sub Ham on Wheat	x	x	x			x	
Sub Ham on White	x	x	x			x	
Sub Italian on Wheat	x	x	x			x	
Sub Italian on White	x	x	x			x	
Sub Turkey on Wheat	x	x	x			x	
Sub Turkey on White	x	x	x			x	
Whole Grain Roll	x		x				
Yogurt Cup - Strawberry		x					