

# Menu Plan Allergens By Item

Site: Peoria High School

Date Range: 9/25/2023 - 9/29/2023

| Mon 09/25/2023 - Breakfast High                  | Egg | Fish | Gluten | Milk | Peanuts | Preservatives | Seed | Shellfish | Soy | Tree Nuts | Wheat | Custom Allergens |
|--|-----|------|--------|------|---------|---------------|------|-----------|-----|-----------|-------|------------------|
| Cheese, Cream 100/1 oz                           |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Fruit Juice, Apple Shelf Stable 40/4.23oz        |     |      |        |      |         |               |      |           |     |           |       |                  |
| Fruit Juice, Very Berry Shelf Stable 40/4.23oz   |     |      |        |      |         |               |      |           |     |           |       |                  |
| Milk, Carton, White 1%, 70/8oz                   |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Milk, Carton, Chocolate Skim, 70/8oz             |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Cereal, Cinnamon Toast Crunch (96/cs) (G1)       |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Cheese, Mozz String (168 ea) (1oz = M1)          |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Cracker, Honey Graham 150pk/cs (G1)              |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Donut, Glazed Bites 72/2.75oz (2G)               | X   |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Bagel, Plain WG IW 72/cs (G2)                    |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Yogurt, Strawberry/Banana 48/cs                  |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Bread, Pumpkin Slice 75/3.4oz (G2)               | X   |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Pop Tart, Cinnamon Frosted W/G, 72/2pk (G2.5)    |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Pop Tart, Strawberry Frosted, W/G 72/2pk (G2.25) |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Manager's Choice Fresh Fruit                     |     |      |        |      |         |               |      |           |     |           |       |                  |
| Pizza, Sausage Breakfast, 128/cs (G1.5 and M1)   |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Breakfast Bar, Glazed Honey Wheat, 72/cs (G2)    | X   |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Benefit Bar, Banana Choc Chunk, 48cs (G2)        | X   |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |

| Mon 09/25/2023 - Lunch High                       | Egg | Fish | Gluten | Milk | Peanuts | Preservatives | Seed | Shellfish | Soy | Tree Nuts | Wheat | Custom Allergens |
|---|-----|------|--------|------|---------|---------------|------|-----------|-----|-----------|-------|------------------|
| Condiment, Sauce Taco Individual 200/cs           |     |      |        |      |         |               |      |           |     |           |       |                  |
| Condiment, Sauce BBQ, Individual, 100/1 oz        |     |      |        |      |         |               |      |           |     |           |       | Corn             |
| Dressing, Ranch Lite (Naturally Fresh), 4/1gallon | X   |      |        | X    |         |               |      |           | X   |           |       | Corn             |
| Condiment, Mayonnaise 200/12/gr                   | X   |      |        |      |         |               |      |           | X   |           |       | Corn             |

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|  |   |  |   |   |   |  |  |   |  |   |      |
|--|---|--|---|---|---|--|--|---|--|---|------|
| Condiment, Mustard Individual, 500/5.5 gram packets                        |   |  |   |   |   |  |  |   |  |   |      |
| Condiment, Ketchup 6/112oz Jugs  |   |  |   |   |   |  |  |   |  |   |      |
| Milk, Carton, White 1%, 70/8oz   |   |  |   | X |   |  |  |   |  |   |      |
| Milk, Carton, Chocolate Skim, 70/8oz                                       |   |  |   | X |   |  |  |   |  |   | Corn |
| Salad, Garden (M2) - Warehouse Cheese                                      | X |  |   | X |   |  |  |   |  |   |      |
| Salad, Chef (M3) - WH Ham, WH Cheese                                       | X |  |   | X |   |  |  |   |  |   | Corn |
| Dough, Roll W/G Proof & Bake 256/2.25oz (G2)                               | X |  | X | X |   |  |  | X |  | X |      |
| Wrap, Turkey Bacon (G2/M2) - Warehouse Cheese                              |   |  | X | X |   |  |  |   |  | X | Corn |
| Wrap, Ham & Swiss Cheese (G2/M2) - WH Ham                                  |   |  | X | X |   |  |  | X |  | X | Corn |
| Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese                          |   |  | X | X |   |  |  | X |  | X | Corn |
| Sandwich, Ham & Cheese Reimbursable (2G/M2.5) - Warehouse Ham and Cheese   |   |  | X | X |   |  |  | X |  | X | Corn |
| Sandwich, PB&J Uncrustable Grape 72/5.3oz (G2 and M2)                      |   |  | X |   | X |  |  | X |  | X |      |
| Sandwich, Turkey California (G2/M2)  |   |  | X | X |   |  |  | X |  | X | Corn |
| Box, Protein Yogurt Lunch w/ Muffin (G1/M2)                                | X |  | X | X |   |  |  |   |  | X | Corn |
| Box, Protein Peanut Butter w/Graham Crackers                               |   |  | X | X | X |  |  | X |  | X | Corn |
| Pizza, HS Cheese Primo, 72 svs/cs (G2 and M2)                              |   |  | X | X |   |  |  | X |  | X | Corn |
| Pizza, HS Pepperoni Primo, 72 svgs/cs (G2 and M2)                          |   |  | X | X |   |  |  | X |  | X | Corn |
| Burger, Hamburger (G2/M2) - SH Beef  |   |  | X |   |   |  |  | X |  | X | Corn |
| Sandwich, Cheeseburger (G2/M2.5) - Shamrock Beef & Warehouse Cheese        |   |  | X | X |   |  |  | X |  | X | Corn |
| Sandwich, Chicken Patty (G3/M2)  |   |  | X |   |   |  |  | X |  | X | Corn |
| Sandwich, Chicken Spicy Patty (G3/M2)                                      |   |  | X |   |   |  |  | X |  | X | Corn |
| Burrito, Bean & Cheese W/W Lower Sodium 54/cs (G2.25 and M2)               |   |  | X | X |   |  |  | X |  | X | Corn |
| Veg, Potato, Tater Tots, 6/5#, 28srv/bag (2.5oz = 1/2 cup = 10 tater tots) |   |  |   |   |   |  |  | X |  |   | Corn |
| Fruit, Mixed 6/10  |   |  |   |   |   |  |  |   |  |   | Corn |

# Menu Plan Allergens By Item

|  |   |  |   |  |  |  |  |  |   |  |   |      |
|--|---|--|---|--|--|--|--|--|---|--|---|------|
| Veg, Cucumber 1/24pk                           |   |  |   |  |  |  |  |  |   |  |   |      |
| Hummus, Red Pepper Cup 120/3oz (1M/MA)         |   |  |   |  |  |  |  |  |   |  |   |      |
| Hummus, Plain Cup 120/3oz (1M/MA)              |   |  |   |  |  |  |  |  |   |  |   |      |
| Veg, Edamame - 6/2.5# (80 sv/cs)               |   |  |   |  |  |  |  |  | X |  |   |      |
| Rice Bowl, Orange Chicken & Brown Rice (G2/M2) | X |  | X |  |  |  |  |  | X |  | X | Corn |

| Tue 09/26/2023 - Breakfast High  | Egg | Fish | Gluten | Milk | Peanuts | Preservatives | Seed | Shellfish | Soy | Tree Nuts | Wheat | Custom Allergens |
|--|-----|------|--------|------|---------|---------------|------|-----------|-----|-----------|-------|------------------|
| Cheese, Cream 100/1 oz   |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Fruit Juice, Apple Shelf Stable 40/4.23oz                              |     |      |        |      |         |               |      |           |     |           |       |                  |
| Fruit Juice, Very Berry Shelf Stable 40/4.23oz                         |     |      |        |      |         |               |      |           |     |           |       |                  |
| Milk, Carton, White 1%, 70/8oz   |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Milk, Carton, Chocolate Skim, 70/8oz                                   |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Cereal, Cinnamon Toast Crunch (96/cs) (G1)                             |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Cheese, Mozz String (168 ea) (1oz = M1)                                |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Cracker, Honey Graham 150pk/cs (G1)                                    |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Donut, Super Plain WG 80/1.9 oz (G1)                                   | X   |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Bagel, Plain WG IW 72/cs (G2)  |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Yogurt, Strawberry 48/4oz  |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Bread, Banana Slice 75/3.4oz (G2)                                      | X   |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Pop Tart, Cinnamon Frosted W/G, 72/2pk (G2.5)                          |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Pop Tart, Strawberry Frosted, W/G 72/2pk (G2.25)                       |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Manager's Choice Fresh Fruit   |     |      |        |      |         |               |      |           |     |           |       |                  |
| Pizza, Sausage Breakfast, 128/cs (G1.5 and M1)                         |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Breakfast Sandwich, Turkey SEC Croissant (G2/M2.5) - WH Egg, WH Cheese | X   |      |        | X    |         |               |      |           | X   |           | X     | Corn             |
| Muffin, Blueberry 72/2oz IW Otis (1G)                                  | X   |      | X      |      |         |               |      |           | X   |           | X     |                  |

# Menu Plan Allergens By Item

| Tue 09/26/2023 - Lunch High  | Egg | Fish | Gluten | Milk | Peanuts | Preservatives | Seed | Shellfish | Soy | Tree Nuts | Wheat | Custom Allergens |
|--|-----|------|--------|------|---------|---------------|------|-----------|-----|-----------|-------|------------------|
| Condiment, Sauce Taco Individual 200/cs                                  |     |      |        |      |         |               |      |           |     |           |       |                  |
| Condiment, Sauce BBQ, Individual, 100/1 oz                               |     |      |        |      |         |               |      |           |     |           |       | Corn             |
| Dressing, Ranch Lite (Naturally Fresh), 4/1gallon                        | X   |      |        | X    |         |               |      |           | X   |           |       | Corn             |
| Condiment, Mayonnaise 200/12/gr  | X   |      |        |      |         |               |      |           | X   |           |       | Corn             |
| Condiment, Mustard Individual, 500/5.5 gram packets                      |     |      |        |      |         |               |      |           |     |           |       |                  |
| Condiment, Ketchup 6/112oz Jugs  |     |      |        |      |         |               |      |           |     |           |       |                  |
| Milk, Carton, White 1%, 70/8oz   |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Milk, Carton, Chocolate Skim, 70/8oz                                     |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Salad, Garden (M2) - Warehouse Cheese                                    | X   |      |        | X    |         |               |      |           |     |           |       |                  |
| Salad, Chef (M3) - WH Ham, WH Cheese                                     | X   |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Dough, Roll W/G Proof & Bake 256/2.25oz (G2)                             | X   |      | X      | X    |         |               |      |           | X   |           | X     |                  |
| Wrap, Turkey Bacon (G2/M2) - Warehouse Cheese                            |     |      | X      | X    |         |               |      |           |     |           | X     | Corn             |
| Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese                        |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Sandwich, Ham & Cheese Reimbursable (2G/M2.5) - Warehouse Ham and Cheese |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Sandwich, PB&J Uncrustable Grape 72/5.3oz (G2 and M2)                    |     |      | X      |      | X       |               |      |           | X   |           | X     |                  |
| Sandwich, Turkey California (G2/M2)                                      |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Box, Protein Yogurt Lunch w/ Muffin (G1/M2)                              | X   |      | X      | X    |         |               |      |           |     |           | X     | Corn             |
| Box, Protein Peanut Butter w/Graham Crackers                             |     |      | X      | X    | X       |               |      |           | X   |           | X     | Corn             |
| Pizza, HS Cheese Primo, 72 svs/cs (G2 and M2)                            |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Pizza, HS Pepperoni Primo, 72 svgs/cs (G2 and M2)                        |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Burger, Hamburger (G2/M2) - SH Beef                                      |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Sandwich, Cheeseburger (G2/M2.5) - Shamrock Beef & Warehouse Cheese      |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Sandwich, Chicken Patty (G3/M2)  |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Burrito, Bean & Cheese W/W Lower Sodium 54/cs (G2.25 and M2)             |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |

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|   |  |  |   |   |  |  |  |  |   |  |   |      |
|---|--|--|---|---|--|--|--|--|---|--|---|------|
| Veg, Potato, Ranch Curly Fry 6/5#   |  |  | X |   |  |  |  |  | X |  | X | Corn |
| Fruit, Peach Dice 6/10  |  |  |   |   |  |  |  |  |   |  |   |      |
| Veg, Celery Stick 1-5/lb (5lb) (1 srv =1/2c = 2.3oz, ~ 4 sticks; 35srv/bag) |  |  |   |   |  |  |  |  |   |  |   |      |
| Hummus, Red Pepper Cup 120/3oz (1M/MA)                                      |  |  |   |   |  |  |  |  |   |  |   |      |
| Hummus, Plain Cup 120/3oz (1M/MA)   |  |  |   |   |  |  |  |  |   |  |   |      |
| Rice, Mexican - Salsa Based (G1)  |  |  |   |   |  |  |  |  |   |  |   |      |
| Mexi Combo (G1.5/M2) - Chicken Fajita Taco & Chalupa                        |  |  | X | X |  |  |  |  |   |  | X | Corn |
| Salad, Corn and Black Bean - WH Black Beans                                 |  |  |   |   |  |  |  |  |   |  |   | Corn |

| Wed 09/27/2023 - Breakfast High                  | Egg | Fish | Gluten | Milk | Peanuts | Preservatives | Seed | Shellfish | Soy | Tree Nuts | Wheat | Custom Allergens |
|--|-----|------|--------|------|---------|---------------|------|-----------|-----|-----------|-------|------------------|
| Cheese, Cream 100/1 oz                           |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Fruit Juice, Apple Shelf Stable 40/4.23oz        |     |      |        |      |         |               |      |           |     |           |       |                  |
| Fruit Juice, Very Berry Shelf Stable 40/4.23oz   |     |      |        |      |         |               |      |           |     |           |       |                  |
| Milk, Carton, White 1%, 70/8oz                   |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Milk, Carton, Chocolate Skim, 70/8oz             |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Cereal, Cinnamon Toast Crunch (96/cs) (G1)       |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Cheese, Mozz String (168 ea) (1oz = M1)          |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Cracker, Honey Graham 150pk/cs (G1)              |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Donut, Super Plain WG 80/1.9 oz (G1)             | X   |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Bagel, Plain WG IW 72/cs (G2)                    |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Yogurt, Strawberry/Banana 48/cs                  |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Bread, Banana Slice 75/3.4oz (G2)                | X   |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Pop Tart, Cinnamon Frosted W/G, 72/2pk (G2.5)    |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Pop Tart, Strawberry Frosted, W/G 72/2pk (G2.25) |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Manager's Choice Fresh Fruit                     |     |      |        |      |         |               |      |           |     |           |       |                  |
| Pizza, Sausage Breakfast, 128/cs (G1.5 and M1)   |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |

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|   |  |  |   |   |  |  |  |  |   |  |   |      |
|---|--|--|---|---|--|--|--|--|---|--|---|------|
| Parfait, Lunch, Mixed Berry Yogurt Parfait w/Graham Crackers - WH blueberries & WH strawberries |  |  | X | X |  |  |  |  | X |  | X | Corn |
|---|--|--|---|---|--|--|--|--|---|--|---|------|

| Wed 09/27/2023 - Lunch High  | Egg | Fish | Gluten | Milk | Peanuts | Preservatives | Seed | Shellfish | Soy | Tree Nuts | Wheat | Custom Allergens |
|--|-----|------|--------|------|---------|---------------|------|-----------|-----|-----------|-------|------------------|
| Condiment, Sauce Taco Individual 200/cs                                  |     |      |        |      |         |               |      |           |     |           |       |                  |
| Condiment, Sauce BBQ, Individual, 100/1 oz                               |     |      |        |      |         |               |      |           |     |           |       | Corn             |
| Dressing, Ranch Lite (Naturally Fresh), 4/1gallon                        | X   |      |        | X    |         |               |      |           | X   |           |       | Corn             |
| Condiment, Mayonnaise 200/12/gr  | X   |      |        |      |         |               |      |           | X   |           |       | Corn             |
| Condiment, Mustard Individual, 500/5.5 gram packets                      |     |      |        |      |         |               |      |           |     |           |       |                  |
| Condiment, Ketchup 6/112oz Jugs  |     |      |        |      |         |               |      |           |     |           |       |                  |
| Milk, Carton, White 1%, 70/8oz   |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Milk, Carton, Chocolate Skim, 70/8oz                                     |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Salad, Garden (M2) - Warehouse Cheese                                    | X   |      |        | X    |         |               |      |           |     |           |       |                  |
| Salad, Chef (M3) - WH Ham, WH Cheese                                     | X   |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Dough, Roll W/G Proof & Bake 256/2.25oz (G2)                             | X   |      | X      | X    |         |               |      |           | X   |           | X     |                  |
| Wrap, Turkey Bacon (G2/M2) - Warehouse Cheese                            |     |      | X      | X    |         |               |      |           |     |           | X     | Corn             |
| Wrap, Ham & Swiss Cheese (G2/M2) - WH Ham                                |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese                        |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Sandwich, Ham & Cheese Reimbursable (2G/M2.5) - Warehouse Ham and Cheese |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Sandwich, PB&J Uncrustable Grape 72/5.3oz (G2 and M2)                    |     |      | X      |      | X       |               |      |           | X   |           | X     |                  |
| Sandwich, Turkey California (G2/M2)                                      |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Box, Protein Yogurt Lunch w/ Muffin (G1/M2)                              | X   |      | X      | X    |         |               |      |           |     |           | X     | Corn             |
| Box, Protein Peanut Butter w/Graham Crackers                             |     |      | X      | X    | X       |               |      |           | X   |           | X     | Corn             |
| Pizza, HS Cheese Primo, 72 svcs/cs (G2 and M2)                           |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Pizza, HS Pepperoni Primo, 72 svcs/cs (G2 and M2)                        |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Burger, Hamburger (G2/M2) - SH Beef                                      |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |

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|  |   |  |   |   |  |  |  |  |   |  |   |      |
|--|---|--|---|---|--|--|--|--|---|--|---|------|
| Sandwich, Cheeseburger (G2/M2.5) - Shamrock Beef & Warehouse Cheese        |   |  | X | X |  |  |  |  | X |  | X | Corn |
| Sandwich, Chicken Patty (G3/M2)  |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Burrito, Bean & Cheese W/W Lower Sodium 54/cs (G2.25 and M2)               |   |  | X | X |  |  |  |  | X |  | X | Corn |
| Chicken, Nuggets (5 nugg = G1/M2) - HS must add 1 grain                    |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Veg, Potato, Tater Tots, 6/5#, 28srv/bag (2.5oz = 1/2 cup = 10 tater tots) |   |  |   |   |  |  |  |  | X |  |   | Corn |
| Fruit, Applesauce 6/10   |   |  |   |   |  |  |  |  |   |  |   |      |
| Fruit, Pear Fresh 135/cs   |   |  |   |   |  |  |  |  |   |  |   |      |
| Veg, Pepper, Green, Red & Yellow Bell 15#                                  |   |  |   |   |  |  |  |  |   |  |   |      |
| Hummus, Plain Cup 120/3oz (1M/MA)  |   |  |   |   |  |  |  |  |   |  |   |      |
| Hummus, Red Pepper Cup 120/3oz (1M/MA)                                     |   |  |   |   |  |  |  |  |   |  |   |      |
| Breakfast Sandwich, Turkey SEC Croissant (G2/M2.5) - WH Egg, WH Cheese     | X |  |   | X |  |  |  |  | X |  | X | Corn |

| <b>Thu 09/28/2023 - Breakfast High</b>          | Egg | Fish | Gluten | Milk | Peanuts | Preservatives | Seed | Shellfish | Soy | Tree Nuts | Wheat | Custom Allergens |
|---|-----|------|--------|------|---------|---------------|------|-----------|-----|-----------|-------|------------------|
| Cheese, Cream 100/1 oz                          |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Cheese, Cream Strawberry Cup 100/.75 oz         |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Fruit Juice, Fruit Punch Shelf Stable 40/4.23oz |     |      |        |      |         |               |      |           |     |           |       |                  |
| Milk, Carton, White 1%, 70/8oz                  |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Milk, Carton, Chocolate Skim, 70/8oz            |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Cereal, Cinnamon Toast Crunch (96/cs) (G1)      |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Cereal, Lucky Charms (96/cs) (G1)               |     |      |        |      |         |               |      |           |     |           |       | Corn             |
| Cheese, Mozz String (168 ea) (1oz = M1)         |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Cracker, Honey Graham 150pk/cs (G1)             |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Donut, Glazed Bites 72/2.75oz (2G)              | X   |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Bagel, Plain WG IW 72/cs (G2)                   |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Yogurt, Strawberry 48/4oz                       |     |      |        | X    |         |               |      |           |     |           |       | Corn             |

## Menu Plan Allergens By Item

|  |   |  |   |   |  |  |  |  |   |  |   |      |
|--|---|--|---|---|--|--|--|--|---|--|---|------|
| Bread, Pumpkin Slice 75/3.4oz (G2)                                     | X |  | X |   |  |  |  |  | X |  | X | Corn |
| Pop Tart, Cinnamon Frosted W/G, 72/2pk (G2.5)                          |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Pop Tart, Strawberry Frosted, W/G 72/2pk (G2.25)                       |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Manager's Choice Fresh Fruit   |   |  |   |   |  |  |  |  |   |  |   |      |
| Pizza, Sausage Breakfast, 128/cs (G1.5 and M1)                         |   |  | X | X |  |  |  |  | X |  | X | Corn |
| Breakfast Sandwich, Turkey SEC Croissant (G2/M2.5) - WH Egg, WH Cheese | X |  |   | X |  |  |  |  | X |  | X | Corn |

| Thu 09/28/2023 - Lunch High  | Egg | Fish | Gluten | Milk | Peanuts | Preservatives | Seed | Shellfish | Soy | Tree Nuts | Wheat | Custom Allergens |
|--|-----|------|--------|------|---------|---------------|------|-----------|-----|-----------|-------|------------------|
| Condiment, Sauce Taco Individual 200/cs                                  |     |      |        |      |         |               |      |           |     |           |       |                  |
| Condiment, Sauce BBQ, Individual, 100/1 oz                               |     |      |        |      |         |               |      |           |     |           |       | Corn             |
| Condiment, Mayonnaise 200/12/gr  | X   |      |        |      |         |               |      |           | X   |           |       | Corn             |
| Condiment, Mustard Individual, 500/5.5 gram packets                      |     |      |        |      |         |               |      |           |     |           |       |                  |
| Condiment, Ketchup 6/112oz Jugs  |     |      |        |      |         |               |      |           |     |           |       |                  |
| Milk, Carton, White 1%, 70/8oz   |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Milk, Carton, Chocolate Skim, 70/8oz                                     |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Salad, Garden (M2) - Warehouse Cheese                                    | X   |      |        | X    |         |               |      |           |     |           |       |                  |
| Salad, Chef (M3) - WH Ham, WH Cheese                                     | X   |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Wrap, Turkey Bacon (G2/M2) - Warehouse Cheese                            |     |      | X      | X    |         |               |      |           |     |           | X     | Corn             |
| Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese                        |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Sandwich, Ham & Cheese Reimbursable (2G/M2.5) - Warehouse Ham and Cheese |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Sandwich, PB&J Uncrustable Grape 72/5.3oz (G2 and M2)                    |     |      | X      |      | X       |               |      |           | X   |           | X     |                  |
| Box, Protein Yogurt Lunch w/ Muffin (G1/M2)                              | X   |      | X      | X    |         |               |      |           |     |           | X     | Corn             |
| Box, Protein Peanut Butter w/Graham Crackers                             |     |      | X      | X    | X       |               |      |           | X   |           | X     | Corn             |
| Pizza, HS Cheese Primo, 72 svcs/cs (G2 and M2)                           |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Pizza, HS Pepperoni Primo, 72 svgs/cs (G2 and M2)                        |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |



## Menu Plan Allergens By Item

|  |   |  |   |   |  |  |  |  |   |  |   |      |
|--|---|--|---|---|--|--|--|--|---|--|---|------|
| Burger, Hamburger (G2/M2) - SH Beef  |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Sandwich, Cheeseburger (G2/M2.5) - Shamrock Beef & Warehouse Cheese              |   |  | X | X |  |  |  |  | X |  | X | Corn |
| Sandwich, Chicken Spicy Patty (G3/M2)  |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Burrito, Bean & Cheese W/W Lower Sodium 54/cs (G2.25 and M2)                     |   |  | X | X |  |  |  |  | X |  | X | Corn |
| Corn Dog, Mini G2/M2)  | X |  | X | X |  |  |  |  | X |  | X | Corn |
| Fruit, Strawberry Sliced Frozen IQF 6/5lb 192 1/2cup sv/cs (1/2c = 1F)           |   |  |   |   |  |  |  |  |   |  |   |      |
| Fruit, Blueberry, Frozen 12/2.5# 179 1/2c serv/cs (1/2c = 1/2c Fruit)            |   |  |   |   |  |  |  |  |   |  |   |      |
| Fruit, Apple Sliced Ind bags 100/cs (1sv)  |   |  |   |   |  |  |  |  |   |  |   |      |
| Veg, Broccoli Bite-size 4/3lb  |   |  |   |   |  |  |  |  |   |  |   |      |
| Hummus, Red Pepper Cup 120/3oz (1M/MA)   |   |  |   |   |  |  |  |  |   |  |   |      |
| Chicken, Popcorn Chicken Bowl (G3/M2) - HS w/Mashed Potatoes & Frozen Corn       | X |  | X | X |  |  |  |  | X |  | X | Corn |
| Wrap, Southwest Chicken - WH Fajita Chicken, WH Cheese, Corn & Black Bean Recipe |   |  | X | X |  |  |  |  |   |  | X | Corn |

| Fri 09/29/2023 - Breakfast High                | Egg | Fish | Gluten | Milk | Peanuts | Preservatives | Seed | Shellfish | Soy | Tree Nuts | Wheat | Custom Allergens |
|--|-----|------|--------|------|---------|---------------|------|-----------|-----|-----------|-------|------------------|
| Cheese, Cream 100/1 oz                         |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Fruit Juice, Apple Shelf Stable 40/4.23oz      |     |      |        |      |         |               |      |           |     |           |       |                  |
| Fruit Juice, Very Berry Shelf Stable 40/4.23oz |     |      |        |      |         |               |      |           |     |           |       |                  |
| Milk, Carton, White 1%, 70/8oz                 |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Milk, Carton, Chocolate Skim, 70/8oz           |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Cereal, Cinnamon Toast Crunch (96/cs) (G1)     |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Cereal, Lucky Charms (96/cs) (G1)              |     |      |        |      |         |               |      |           |     |           |       | Corn             |
| Cheese, Mozz String (168 ea) (1oz = M1)        |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Cracker, Honey Graham 150pk/cs (G1)            |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |
| Donut, Super Plain WG 80/1.9 oz (G1)           | X   |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Bagel, Plain WG IW 72/cs (G2)                  |     |      | X      |      |         |               |      |           | X   |           | X     | Corn             |

## Menu Plan Allergens By Item

|   |   |  |   |   |  |  |  |  |   |  |   |      |
|---|---|--|---|---|--|--|--|--|---|--|---|------|
| Yogurt, Strawberry 48/4oz                         |   |  |   | X |  |  |  |  |   |  |   | Corn |
| Bread, Banana Slice 75/3.4oz (G2)                 | X |  | X |   |  |  |  |  | X |  | X | Corn |
| Pop Tart, Cinnamon Frosted W/G, 72/2pk (G2.5)     |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Pop Tart, Strawberry Frosted, W/G 72/2pk (G2.25)  |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Manager's Choice Fresh Fruit                      |   |  |   |   |  |  |  |  |   |  |   |      |
| Pizza, Sausage Breakfast, 128/cs (G1.5 and M1)    |   |  | X | X |  |  |  |  | X |  | X | Corn |
| Cinnamon Bun, Ultra Baked Super Bun 72/2.9oz (G2) | X |  | X | X |  |  |  |  | X |  | X | Corn |

| Fri 09/29/2023 - Lunch High                           | Egg | Fish | Gluten | Milk | Peanuts | Preservatives | Seed | Shellfish | Soy | Tree Nuts | Wheat | Custom Allergens |
|---|-----|------|--------|------|---------|---------------|------|-----------|-----|-----------|-------|------------------|
| Condiment, Sauce Taco Individual 200/cs               |     |      |        |      |         |               |      |           |     |           |       |                  |
| Condiment, Sauce BBQ, Individual, 100/1 oz            |     |      |        |      |         |               |      |           |     |           |       | Corn             |
| Dressing, Ranch Lite (Naturally Fresh), 4/1gallon     | X   |      |        | X    |         |               |      |           | X   |           |       | Corn             |
| Condiment, Mayonnaise 200/12/gr                       | X   |      |        |      |         |               |      |           | X   |           |       | Corn             |
| Condiment, Mustard Individual, 500/5.5 gram packets   |     |      |        |      |         |               |      |           |     |           |       |                  |
| Condiment, Ketchup 6/112oz Jugs                       |     |      |        |      |         |               |      |           |     |           |       |                  |
| Milk, Carton, White 1%, 70/8oz                        |     |      |        | X    |         |               |      |           |     |           |       |                  |
| Milk, Carton, Chocolate Skim, 70/8oz                  |     |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Salad, Garden (M2) - Warehouse Cheese                 | X   |      |        | X    |         |               |      |           |     |           |       |                  |
| Salad, Chef (M3) - WH Ham, WH Cheese                  | X   |      |        | X    |         |               |      |           |     |           |       | Corn             |
| Wrap, Turkey Bacon (G2/M2) - Warehouse Cheese         |     |      | X      | X    |         |               |      |           |     |           | X     | Corn             |
| Sandwich, Cheese Reimbursable (2G/2M) - WH Cheese     |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Sandwich, PB&J Uncrustable Grape 72/5.3oz (G2 and M2) |     |      | X      |      | X       |               |      |           | X   |           | X     |                  |
| Sandwich, Turkey California (G2/M2)                   |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |
| Box, Protein Yogurt Lunch w/ Muffin (G1/M2)           | X   |      | X      | X    |         |               |      |           |     |           | X     | Corn             |
| Box, Protein Peanut Butter w/Graham Crackers          |     |      | X      | X    | X       |               |      |           | X   |           | X     | Corn             |
| Pizza, HS Cheese Primo, 72 svs/cs (G2 and M2)         |     |      | X      | X    |         |               |      |           | X   |           | X     | Corn             |

**Menu Plan Allergens By Item**

|  |   |  |   |   |  |  |  |  |   |  |   |      |
|--|---|--|---|---|--|--|--|--|---|--|---|------|
| Pizza, HS Pepperoni Primo, 72 svgs/cs (G2 and M2)                          |   |  | X | X |  |  |  |  | X |  | X | Corn |
| Burger, Hamburger (G2/M2) - SH Beef  |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Sandwich, Cheeseburger (G2/M2.5) - Shamrock Beef & Warehouse Cheese        |   |  | X | X |  |  |  |  | X |  | X | Corn |
| Sandwich, Chicken Patty (G3/M2)  |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Sandwich, Chicken Spicy Patty (G3/M2)                                      |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Burrito, Bean & Cheese W/W Lower Sodium 54/cs (G2.25 and M2)               |   |  | X | X |  |  |  |  | X |  | X | Corn |
| Veg, Potato, Tater Tots, 6/5#, 28srv/bag (2.5oz = 1/2 cup = 10 tater tots) |   |  |   |   |  |  |  |  | X |  |   | Corn |
| Fruit, Pear Dice 6/10  |   |  |   |   |  |  |  |  |   |  |   |      |
| Fruit, Ice Sour Cherry-Lemon 84/cs   |   |  |   |   |  |  |  |  |   |  |   | Corn |
| Fruit, Ice Blue Raspberry-Lemon, 84/cs                                     |   |  |   |   |  |  |  |  |   |  |   | Corn |
| Fruit, Ice Kiwi-Strawberry, 84/cs  |   |  |   |   |  |  |  |  |   |  |   | Corn |
| Veg, Carrot, Baby 2/5 Lb   |   |  |   |   |  |  |  |  |   |  |   |      |
| Salad, Southwest Bulk - Uses recipe 80515W Corn & Black Bean Salad         |   |  |   |   |  |  |  |  |   |  |   | Corn |
| Chicken, Chicken & Waffles HS  | X |  | X | X |  |  |  |  |   |  | X | Corn |
| Sandwich, Deluxe Breaded Chicken (G3/M2)                                   |   |  | X |   |  |  |  |  | X |  | X | Corn |
| Veg, Onion Yellow 10 Lb  |   |  |   |   |  |  |  |  |   |  |   |      |
| Veg, Tomato 1 lyr  |   |  |   |   |  |  |  |  |   |  |   |      |