

# Food Allergens

## 2016 Menu

### Milk/ Dairy

French Toast Sticks  
Biscuits  
Eggs  
Pancakes  
Mashed Potatoes  
Ranch  
Spanish Rice  
Alfredo  
Mac-n-cheese  
Honey butter  
Nilla Wafers  
Yogurt  
Cheese  
Cheez-Its  
Chicken and Rice  
Fish Sticks  
Muffins  
Waffles  
Baked Beans  
Cinnamon Toast  
Meatloaf  
English Muffin  
Grilled Cheese  
Goldfish  
Trail Mix

### Wheat/ Gluten

Cereal  
French Toast Sticks  
Pita  
Biscuits  
Tortilla  
Nilla Wafers  
Chicken Alfredo  
Graham Crackers  
Pancakes  
Mac-n-cheese  
Sandwiches  
Cheez-Its  
Cinnamon Raisin Bread  
Animal Crackers  
Oatmeal  
Fish Sticks  
Pasta  
Muffins  
Hamburgers  
Waffles  
Crackers  
Cinnamon toast  
Meatloaf  
English Muffin  
Ravioli

Grilled Cheese  
Turkey Fritters  
Goldfish  
Spaghetti  
Blueberry Bagels  
Trail Mix

# Food Allergens

## 2016 Menu

### **Soy**

French Toast  
Tortillas  
Pancakes  
Cinnamon Raisin Bread  
Muffins  
Waffles  
Blueberry Bagel  
Mashed Potatoes  
Beef Rigatoni  
Spanish Rice  
Chicken and Rice  
Casserole  
Fish Sticks  
Baked Beans  
Meatloaf  
Taco Salad  
Turkey Fritters  
Animal Crackers  
Graham Crackers  
Nilla Wafers

### **Egg**

Eggs  
Pancakes  
Chicken Nuggets  
Muffins  
Fish Sticks  
Waffles  
Meatloaf