

BARTOW COUNTY SCHOOL NUTRITION
TOP EIGHT ALLERGENS LIST SCHOOL YEAR 17-18

Updated 1-30-18

Bartow County SY17-18	FOOD ALLERGENS						
FOOD ITEM	Wheat	Milk	EGG	Soy	Shellfish/Fish	Peanut	Tree Nut
BREAKFAST ITEMS							
biscuit, chicken or sausage							
chicken & waffles							
dutch waffle							
pancake roll-up							
cereal, cinnamon toast crunch							
cereal, fruit flavor trix							
cereal, honey nut oats							
cereal, golden grahams							
cereal, lucky charms							
cereal, cocoa puffs							
cereal, rice chex							
graham crackers							
egg, omelet							
parfait, yogurt & granola							
goodybun							
french toast sticks							
pop tart, cinnamon & stawberry							
pb&j jamwich							
waffle, mini (cinnamon & blueberry)							
donut, whole-grain							
oatmeal							
yogurt, strawberry							
muffin, blueberry							
muffin, apple, choc chip, banana							
smoothie, fruit and yogurt							
BREAD & GRAIN							
flatbread, wg							
hushpuppies							

	FOOD ALLERGENS						
FOOD ITEM	Wheat	Milk	EGG	Soy	Shellfish/Fish	Peanut	Tree Nut
pasta, lo mein							
rice, stir fry							
roll							
toast							
cornbread							
ENTRÉE SALADS* Condiments not included							
taco salad							
crispy chicken salad							
oriental chicken salad							
grilled chicken caesar salad							
grilled chicken/fruit salad							
grilled chicken chipotle salad							
VEGETABLES & FRUITS							
crisp, apple & peach							
beans, baked							
beans, green							
beans, ranch							
beans, refried, pinto, or black-eyed peas							
beans, charro							
broccoli salad							
cucumber salad							
cabbage, coleslaw							
carrots, glazed							
corn, skillet							
dippers, veggie (ranch included)							
peas & carrots mix							
potato, crinkle cut							
potato, mashed							
potato, tater tots							

This institution is an equal opportunity provider.

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VEGETABLES & FRUITS							
potato, sweet mashed				■			
potato, sweet tots							
salad, side (dressing incl.)		■	■	■			
onion rings	■	■		■			
salad, mandarin org (dressing incl.)	■			■			
salsa, cowboy							
LUNCH ENTRÉE *Does not include condiments, see condiment section							
burrito grande	■	■		■			
cheeseburger wg bun	■	■					
hamburger wg bun	■			■			
cheeseburger bbq	■	■		■			
cheeseburger jalapeno	■	■		■			
beef & cheese, nachos		■		■			
steak fingers	■			■			
quesadilla	■	■		■			
chicken tenders	■	■		■			
enchiladas, cheesy chicken	■	■		■			
general tso's chicken	■		■				
grilled chicken sandwich	■			■			
chicken filet sandwich (ES/MS)	■	■		■			
chicken filet sandwich (HS)	■			■			
chicken nuggets	■			■			
chicken fiesta stix	■	■		■			
chicken drumstick	■			■			
tangerine chicken	■			■			
chicken & rice casserole	■	■		■			
corn dogs	■	■	■	■			
fish nuggets	■			■	■		

	FOOD ALLERGENS						
FOOD ITEM	Wheat	Milk	EGG	Soy	Shellfish/Fish	Peanut	Tree Nut
LUNCH ENTRÉE *Does not include condiments, see condiment section							
hot dog on bun	■			■			
hot dog with chili on bun	■			■			
lasagna, cheese	■	■					
macaroni & cheese	■	■	■				
pizza (HS homemade)	■	■		■			
pizza, cheese sticks	■	■		■			
pizza, pepperoni	■	■		■			
pizza, cheese	■	■		■			
sandwich, turkey/ham/cheese	■	■		■			
sandwich, peanut butter & jelly	■			■		■	
sandwich, turkey/cheese sub	■	■	■	■			
sandwich, tuna flatbread	■	■		■	■		
sandwich, grilled cheese	■	■		■			
sandwich, bbq pork	■			■			
soup, chicken fiesta				■			
soup, chili				■			
sliders, chicken	■			■			
pack, yogurt/pretzel/cheese	■	■		■			
pack, pbj/cheez-its/cheese	■	■		■		■	
wrap, buffalo chicken	■	■		■			
wrap, chicken tender	■	■		■			
wrap chicken caesar	■	■	■	■	■		
wrap, hawaiian chicken	■			■			
wrap, chicken salad	■		■	■			
wrap, turkey club	■	■		■			

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SNACKS							
cereal bar, coco puff							
cereal bar, cinn. toast crunch							
cereal bar, trix							
chips, baked potato							
chips, Lay's bbq baked							
chips, cheetos cheddar/hot puffs							
chips, dorito nacho cheese							
chips, dorito Cool Ranch							
chips, dorito Spicy Sweet Chili							
chips, doritos flamas							
cookie, chocolate chip							
cookie, fortune							
cracker, graham							
cracker, cheez-It, cheddar & hot							
cupcake, vanilla/chocolate wg							
popcorn							
rice krispy treat, wg							
snack mix, kid's mix							
soft pretzel							
yogurt, strawberry							

	FOOD ALLERGENS						
FOOD ITEM	Wheat	Milk	EGG	Soy	Shellfish/Fish	Peanut	Tree Nut
CONDIMENTS & SAUCES							
dressing, boom boom sauce							
dressing, honey must. individual							
dressing, honey must. bulk							
dressing, mandarin orange bulk							
dressing, ranch individual cup							
dressing, ranch bulk							
dressing, italian individual cup							
dressing, caesar individual cup							
jelly							
ketchup							
mayonnaise, packet							
mustard, yellow							
salsa							
sauce, bbq individual cup							
sauce, bbq bulk							
sauce, hot							
sauce, marinara individual cup							
sauce, marinara bulk							
sauce, taco							
sauce, tartar							
syrup, maple							
sour cream, lite							

The allergen information provided is based on our current information from manufacturers and the USDA database. Products served throughout the school year may change based on the availability of commodity and purchased products. Unforeseen circumstances may result in products becoming unavailable or requiring product substitution. The allergen list is updated as new information becomes available. **Please be aware that the formulation of products by manufacturers may change at any time and no notice is given to their customers.**