

BARTOW COUNTY SCHOOL NUTRITION
TOP EIGHT ALLERGENS LIST SCHOOL YEAR 18-19

FOOD ITEM	FOOD ALLERGENS						
	Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	Tree Nut
BREAKFAST ITEMS *Does not include condiments, see condiment section							
biscuit, chicken							
biscuit, sausage w/gravy							
chicken sausage bites							
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							
egg and cheese omelet							
grits w/ cheese							
goodybun							
french toast sticks							
hasbrown							
pop tart, cinnamon & stawberry							
pb&j jamwich							
waffle, mini (cinnamon & blueberry)							
donut							
donut holes							
oatmeal							
yogurt, strawberry							
muffin, blueberry							
muffin, apple, choc chip, banana							
mini cinnamon rolls							

FOOD ITEM	FOOD ALLERGENS						
	Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	Tree Nut
BREAD & GRAIN							
flatbread, wg							
hushpuppies							
pasta, lo mein							
rice, stir fry							
rice, brown							
roll							
toast							
cornbread							
tortilla chips, white corn							
biscuit							
hot dog bun							
hamburger bun							
ENTRÉE SALADS* Grain component included. Condiments not included.							
taco salad							
crispy chicken salad							
oriental chicken salad							
grilled chicken caesar salad							
grilled chicken/fruit salad							
grilled chicken chipotle salad							
buffalo chicken salad							
blt salad							
italian salad							

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LUNCH ENTRÉE *Does not include condiments, see condiment section							
burrito grande	■	■		■			
cheeseburger on bun	■	■		■			
bbq pork on bun	■	■		■			
bbq pork (no bun)							
beef & cheese, nachos		■		■			
steak fingers	■			■			
quesadilla	■	■		■			
chicken wings, buffalo	■			■			
chicken wings, sweet chili	■			■			
chicken tenders (original & spicy)	■			■			
chicken enchiladas	■			■			
general tso's chicken	■		■	■			
grilled chicken sandwich	■	■		■			
chicken filet sandwich (ES/MS)	■	■		■			
chicken filet sandwich (HS/MS)	■	■		■			
chicken philly cheesesteak	■	■		■			
chicken nuggets	■			■			
chicken chili crispito	■			■			
chicken drumstick	■			■			
tangerine chicken	■			■			
chicken & rice casserole	■	■		■			
corn dogs	■	■	■	■			
fish nuggets	■			■	■		
hot dog on bun	■	■		■			
hot dog with chili on bun	■	■		■			
egg roll	■		■	■			
lasagna, cheese	■	■		■			
macaroni & cheese	■	■	■	■			

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LUNCH ENTRÉE *Does not include condiments, see condiment section							
pizza (HS homemade)	■	■		■			
pizza, cheese sticks	■	■		■			
pizza, pepperoni	■	■		■			
pizza, cheese	■	■		■			
sandwich, deli meat & cheese on sliced bread	■	■		■			
sandwich, peanut butter & jelly	■			■		■	
sandwich, turkey/cheese on sub roll	■	■	■	■			
sandwich, tuna flatbread	■	■	■	■	■		
sandwich, grilled cheese on sliced bread	■	■		■			
soup, chicken fiesta							
soup, chili							
pack, protein	■	■	■	■			
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 and carnival	■		■	■			
cookies, Grandma's packaged	■		■	■			
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		■					
beef jerky							

	FOOD ALLERGENS						
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CONDIMENTS & SAUCES							
dressing, boom boom sauce			■	■			
dressing, honey must. individual			■	■			
dressing, blue cheese		■	■	■			
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		■					
sauce, sweet and sour							

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.**