

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							
pancakes, mini, maple							
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							
VEGETABLES & FRUITS							

EGETABLES

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FOOD ITEM	FOOD ALLERGENS						
	Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	Tree Nut
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							
mini corn dogs							
fish nuggets							
hot dog on bun							
hot dog with chili on bun							
egg roll							
lasagna, cheese							
macaroni & cheese							
SNACKS							

FOOD ITEM	FOOD ALLERGENS						
	Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	Tree Nut
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							
CONDIMENTS & SAUCES							

This institution is an equal opportunity provider.

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		FOOD ALLERGENS						
FOOD ITEM	Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	Tree Nut	
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						
FOOD ITEM	Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	Tree Nut	
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.**