

BARTOW COUNTY SCHOOL NUTRITION
TOP EIGHT ALLERGENS LIST- SCHOOL YEAR 19-20

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	■	■		■			
chicken sausage bites	■			■			
chicken & waffles	■	■	■	■			
dutch waffle	■	■	■	■			
pancake roll-up	■	■	■	■			
cereal, apple jacks	■						
cereal, cheerios original							
cereal, cinnamon toast crunch	■			■			
cereal, cocoa puffs							
cereal, frosted flakes	■						
cereal, fruit flavor trix							
cereal, fruit loops	■			■			
cereal, honey nut oats							■
cereal, golden grahams	■						
cereal, lucky charms							
cereal, mini wheats	■						
cereal, mini wheats chocolate	■			■			
cereal, rice chex							
egg and cheese omelet		■	■	■			
grits w/ cheese		■	■	■			
goodybun	■	■	■	■			
french toast sticks	■		■	■			
hasbrown				■			
pop tart, cinnamon, strawberry, blueberry, fudge	■			■			
pb&j jamwich	■			■		■	
waffle, mini (cinnamon & blueberry)	■	■	■	■			

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

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LUNCH ENTRÉE *Does not include condiments, see condiment section									LUNCH ENTRÉE *Does not include condiments, see condiment section								
	burrito									chicken and rice casserole							
	burrito bowl									corn dog, whole							
	beef taco									corn dogs, mini							
	cheeseburger on bun									hotdog on bun							
	bbq pork on bun									fish nuggets							
	bbq pork (no bun)									fish filet sandwich							
	bbq tater tots									lasagna, cheese							
	bbq nachos									macaroni & cheese							
	beef & cheese nachos									pack, yogurt/pretzel/cheese							
	steak fingers									pack, pbj/cheez-its/cheese							
	quesadilla									pack, turkey slices, goldfish, cheese							
	chicken wings, buffalo									pizza (HS homemade)							
	chicken wings, sweet chili									pizza, cheese sticks							
	chicken tenders (original & spicy)									pizza, pepperoni							
	chicken enchiladas									pizza, cheese							
	grilled chicken sandwich									sandwich, deli meat & cheese on sliced bread							
	chicken filet sandwich (ES)									sandwich, peanut butter & jelly							
	chicken filet sandwich (HS/MS)									sandwich, turkey/cheese on sub roll							
	chicken nuggets									sandwich, grilled cheese on sliced bread							
	chicken, popcorn									soup, chicken fiesta							
	chicken, popcorn bowl with biscuit									soup, chili							
	chicken chili crispito									wrap, buffalo chicken*							
	chicken drumstick									wrap, chicken tender*							
	chicken, teriyaki bowl									wrap chicken caesar							
	chicken, general tso bowl									wrap, hawaiian chicken							
										wrap, turkey club							
										*does not include condiment dressing							

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LUNCH ENTRÉE CONT.								CONDIMENTS & SAUCES							
Ravioli, beef	■	■		■				dressing, boom boom sauce			■	■			
Quesadilla, chicken & cheese	■	■		■				dressing, honey must. individual			■	■			
Sub, Chicken Parmesan	■	■		■				dressing, blue cheese			■	■			
Chili Cheese Tots		■		■				dressing, mandarin orange bulk	■			■			
chicken bites, tangerine	■			■				dressing, ranch individual cup	■	■	■	■			
								dressing, italian individual pouch							
								dressing, caesar individual cup		■			■		
								dressing, jalapeno ranch		■	■	■			
								jelly							
								ketchup							
								mayonnaise, packet			■	■			
								mustard, yellow							
								salsa							
								sauce, bbq individual cup							
								sauce, bbq bulk							
								sauce, hot packet							
								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.

SNACK ITEMS

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FOOD ITEM	FOOD ALLERGENS						
	Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	Tree Nut
chips, Lay's potato baked							
chips, Lay's bbq baked							
chips, Lay's sour cream baked							
chips, cheetos baked cheddar/hot							
chips, cheetos puffs cheddar							
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							
cracker, animal							
cracker, elf graham choc							
cracker, cheez-It cheddar							
cupcake, vanilla/chocolate whole grain							
chips, funyuns							
rice krispy treat, choc chip							
snack mix, kid's mix							
soft pretzel							
yogurt, strawberry & strawberry banana							
beef jerky, original and peppered							
beef jerky, teriyaki							

FOOD ITEM	FOOD ALLERGENS						
	Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	Tree Nut
granola bar, cookies & cream							
granola bar, chocolate chunk							
popcorn							
goldfish							