





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

		FOOD ALLERGENS									FOOD ALLERGENS						
FOOD ITEM		Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	Tree Nut	FOOD ITEM		Wheat	Milk	Egg	Soy	Shellfish/Fish	Peanut	Tree Nut
<b>LUNCH ENTRÉE *Does not include condiments, see condiment section</b>									<b>LUNCH ENTRÉE *Does not include condiments, see condiment section</b>								
	burrito, beef	■	■		■					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, cheese	■	■		■					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							

This institution is an equal opportunity provider.



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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	■	■					
pretzel, indiv bag	■						

fruit snack gummies