

# Allergies

Updated: 9/7/2023



**If a menu item does not contain any allergens it will not be listed below.**

CATEGORY	MENU ITEM	ALLERGENS
Grain	Bagel	Wheat
Grain	Bagel-Ful	Wheat, Milk & Soy
Grain	Banana Bread	Wheat, Egg, Milk & Soy
Grain	Breakfast Breaks	Wheat, Egg, Milk & Soy
Grain	Cereal	Wheat, Egg, Milk & Soy
Grain	Cinnamon Roll	Wheat, Egg, Milk & Soy
Grain	Donut, Dunking Stick	Wheat, Egg, Milk & Soy
Grain	Donut, Powdered Sugar	Wheat, Egg, Milk & Soy
Grain	Eggo Waffles	Wheat, Egg, Milk & Soy
Grain	Flour/WG Tortilla Wraps	Wheat, Soy
Grain	Granola	Wheat
Grain	Honey Bun	Wheat, Egg, Milk & Soy
Grain	Maple Snack-n-Waffle	Wheat, Egg, Milk
Grain	Muffin, Banana	Wheat, Egg, Soy
Grain	Muffin, Blueberry	Wheat, Egg, Soy
Grain	Muffin, Chocolate Chip	Wheat, Egg, Milk & Soy
Grain	Noodles	Wheat, Egg
Grain	Nutri Grain Bar	Wheat, Egg, Milk & Soy
Grain	WG Pasta (spaghetti, rotini, penne, ziti)	Wheat
Grain	Pretzel Bun	Wheat
Grain	Soft Taco Shells	Wheat, Soy

The above items/brands are subject to change without notice and may have different allergens. This is for informational purposes only.

# Allergies

Updated: 9/7/2023

Grain	Wheat Pizza Dough	Wheat, Milk, Egg & Sesame
Grain	WW Ciabatta	Wheat, Soy
Grain	Whole Grain Club Roll	Wheat, Soy, Milk
Grain	Whole Grain Dinner Roll	Wheat, Soy
Grain	Whole Grain Hamburger Rolls	Wheat, Soy
Grain	Whole Grain Hot Dog Rolls	Wheat, Soy
Grain	Whole Grain Kaiser Roll	Wheat, Soy
Grain	Whole Grain Sliced Bread	Wheat, Soy, Milk
Grain	Whole Grain Steak Roll	Wheat, Soy, Milk
Entrée	Baked Ziti w/ Meatsauce	Wheat, Milk
Entrée	BBQ Bacon Chicken Wrap	Milk, Soy, Wheat
Entrée	BBQ Chicken Wrap	Soy, Milk, Wheat
Entrée	Beef Taco Meat	Soy
Entrée	Blue Eagle Hoagie	Bologna - Soy, Milk, Wheat (See Bread)
Entrée	Blue Eagle Popcorn Chicken Bowl	Milk, Soy, Wheat
Entrée	Boneless BBQ Wings/Buffalo Wings	Wheat, Milk
Entrée	Cheese Filled Bread Stix	Wheat, Milk, Soy
Entrée	Cheese Ravioli	Milk, Egg, Wheat
Entrée	Cheese Steak Wrap	Wheat, Milk, Soy
Entrée	Cheeseburger on Whole Grain	Soy, Wheat, Milk
Entrée	Cheesy Mexican Chicken Wrap	Milk, Soy, Wheat
Entrée	Cheesy Pretzel Melt	Milk, (See Bread for Pretzel Roll)
Entrée	Chef Salad (w/ Roll)	Soy, Wheat, Gluten

The above items/brands are subject to change without notice and may have different allergens. This is for informational purposes only.

# Allergies

Updated: 9/7/2023

Entrée	Chicken Caesar Salad	Soy, Milk, Fish, Egg
Entrée	Chicken Caesar Wrap	Wheat, Egg, Fish, Milk & Soy
Entrée	Chicken Cheese Quesadilla	Milk, Wheat, Soy
Entrée	Chicken Cheese Steak	Soy, Milk, Egg
Entrée	Chicken Fajita (meat only)	Soy
Entrée	Chicken Nuggets (regular)	Wheat
Entrée	Chicken Parma over Spaghetti	Wheat, Milk
Entrée	Chicken Parma Wrap	Wheat, Milk
Entrée	Chicken Patty on Whole Grain Roll	Wheat, (See Bread for Roll)
Entrée	Chicken Patty (spicy) on Roll	Wheat, Soy, Milk
Entrée	Chicken Spicy Popcorn	Wheat
Entrée	Chicken Steak Meat	Soy, Barley, Milk, Egg
Entrée	Chicken Tenderloins	Soy & Wheat
Entrée	Cinnamon Glazed French Toast, Whole Grain	Egg, Wheat, Soy
Entrée	Deli Bar	Milk, Soy, Wheat
Entrée	Deli Ham Sandwich on Wheat Bread	See Bread
Entrée	Deli Turkey Sandwich	Bread Only
Entrée	Egg McNazareth	Wheat, Soy, Egg, Milk, Cheese
Entrée	French Toast Sticks - Whole Grain	Wheat, Egg, Soy
Entrée	General Tso Chicken	Wheat, Soy, Milk
Entrée	Grilled Cheese Sandwich	Milk, Soy, Wheat Wheat
Entrée	Grilled Chicken & Cheese Wrap	Soy (chicken), Milk, Wheat
Entrée	Grilled Chicken Breast	Soy

The above items/brands are subject to change without notice and may have different allergens. This is for informational purposes only.

# Allergies

Updated: 9/7/2023

Entrée	Ham & Cheese Pretzel Melt	Milk
Entrée	Ham & Cheese Wrap	Wheat, Milk
Entrée	Hamburger on Roll	Soy, Wheat, Milk
Entrée	Hot Dog on Roll	Wheat
Entrée	Hot Turkey Sandwich	Wheat, Milk, Soy
Entrée	Macaroni & Cheese	Egg, Milk, Wheat, Soy
Entrée	Meatball Parm	Wheat, Soy, Milk
Entrée	Mini Ravioli	Wheat, Milk, Egg
Entrée	Mozzarella Breadstick (Max Stix, whole grain)	Milk, Soy, Wheat
Entrée	Nachos Grande	Milk, Soy
Entrée	Oven Baked Chicken Pieces	Egg, Wheat
Entrée	Pasta with Meat Sauce	Egg, Soy, Wheat
Entrée	PB&J Jamwich	Gluten, Peanuts, Soy, Wheat
Entrée	Philly Cheese Steak	Milk, Wheat
Entrée	Popcorn Chicken	Milk, Soy, Wheat
Entrée	Popcorn Chicken Bowl w/Roll	Milk, Soy, Wheat, Egg
Entrée	Popcorn Chicken Caesar Salad	Milk, Soy, Wheat, Egg (see dressing)
Entrée	Pulled Pork Sandwich	WG Hamburger Roll Only
Entrée	Roast Turkey w/ Stuffing	Egg, Milk, Wheat
Entrée	Salad Bar	Egg, Milk, Wheat
Entrée	Sweet N Sour Chicken	Soy, Wheat
Entrée	Turkey Club	Wheat, Milk
Entrée	Turkey Hoagie w/ Lettuce & Tomato	Wheat, Milk

The above items/brands are subject to change without notice and may have different allergens. This is for informational purposes only.

# Allergies

Updated: 9/7/2023

Entrée	Turkey Wrap	Wheat, Soy
Entrée	Uncrustable	Milk, Peanuts, Soy, Wheat
Entrée	Wagon Wheel Burger on WG Roll	Milk (see Bread for roll info)
Entrée	Whole Grain Cereal, Yogurt & String Cheese	Milk, Wheat
Entrée	Whole Grain Ham & Cheese Melt	Milk (see Bread for roll info)
Entrée	Whole Grain Mini Turkey Corn Dogs	Egg, Milk, Soy, Wheat
Entrée	Whole Grain Pastas w/ Meatballs	Wheat, Soy, Milk
Entrée	Mozzarella Sticks - Farm Rich	Soy, Milk, Wheat
Vegetable	Onion Rings	Milk & Wheat
Vegetable	Pierogies	Wheat, Milk, Soy, Egg
Vegetable	Curly Fries	Wheat
Vegetable	Potato Smiles	Soy
Vegetable	Potato Spiral	Soy
Vegetable	Potato Wedges	Soy
Vegetable	Tri-Tators	Soybean Oil
Vegetable	Waffle Fries	Wheat
Vegetable	Whipped Potatoes	Milk & Soy
Vegetable	Whipped Potatoes with Gravy	Milk, Wheat
Misc	Beef Crumbles (used for tacos, meat sauce, soup)	Soy
Misc	Caesar Salad Dressing	Egg, Fish, Milk, Soy
Misc	Cheese Sauce - JTM	Milk & Soy
Misc	Chicken Gravy	Wheat, Milk, Soy
Misc	Cream Cheese	Milk

The above items/brands are subject to change without notice and may have different allergens. This is for informational purposes only.

# Allergies

Updated: 9/7/2023

Misc	Croutons	Wheat, Milk, possible tree nut
Misc	BBQ Sauce	Soy
Misc	Honey Mustard Sauce	Egg
Misc	Light Ranch Dressing	Egg, Milk, Soy
Misc	Lite French Dressing	Soy
Misc	Lite Mayo	Egg
Misc	Turkey Gravy	Soy, Wheat
Misc	Meat Sauce	Wheat, Soy
Pizza	Pizza 4x6 (Nardone)	Soy, Wheat, Milk
Pizza	Pizza Big Daddy	Milk, Wheat, Gluten, Soy
Pizza	Pizza Chicken Quesadilla	Wheat, Milk, Soy
Pizza	Pizza Garlic French Bread	Milk, Wheat, Soy, Egg
Pizza	Pizza Pepperoni	Soy, Milk, Wheat
Pizza	Pizza Personal Deep Dish	Milk, Wheat
Pizza	Pizza Stuffed Crust	Milk, Wheat
Milk	All	Milk

The above items/brands are subject to change without notice and may have different allergens. This is for informational purposes only.