



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

CATEGORY	MENU ITEM	ALLERGENS
Grain	Bagel	Wheat
Grain	Eggo Waffles	Wheat, Egg, Milk & Soy
Grain	English Muffin	Wheat, Soybean
Grain	Flour Tortilla Wraps	Wheat, Soy
Grain	Maple Snack-n-Waffle	Wheat, Eggs, Milk
Grain	Mexican Rice	Soy
Grain	WG Pasta (spaghetti, rotini, penne, ziti)	Wheat
Grain	Pretzel Bun	Wheat
Grain	Corn Bread	Egg, Wheat, Soy
Grain	Soft Pretzel Rod, Whole Wheat	Wheat
Grain	Soft Taco Shells	Wheat, soy
Grain	Wheat Pizza Dough	Wheat, Milk, Egg & Sesame
Grain	Whole Wheat Bread Stick	Wheat
Grain	Whole Wheat Croissant	Egg, Milk, Soy, Wheat
Grain	WW Ciabatta	Wheat, Soy
Grain	Saltine Crackers	Wheat
Grain	WG Tortilla	Wheat, Soy
Grain	Whole Grain Biscuit	Milk, Soybean, Wheat
Grain	Whole Grain Club Roll	Wheat, Soy, Milk
Grain	Whole Grain Dinner Roll	Wheat, Soy

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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
Grain	Whole Wheat Dinner Roll	Wheat, Soy
Entrée	Bacon, Egg & Cheese Croissant	Egg, Milk, Soy & Wheat
Entrée	Bagel Meal - Bagel, Yogurt, String Cheese	Wheat, Milk
Entrée	Baked Ziti w/ Meatsauce	Wheat, Milk
Entrée	BBQ Bacon Chicken Wrap	Milk, Soy, Wheat
Entrée	BBQ Chicken Wrap	Soy, Milk, Wheat
Entrée	BBQ Pork Rib	Soy, Wheat
Entrée	BBQ Pork Rib (Nazareth)	Soy, Wheat, Milk
Entrée	Beef Taco Meat	Soy
Entrée	Beef Tips w/ Broccoli	Milk, Soy, Wheat
Entrée	Blue Eagle Chicken Nuggets	Wheat
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	Breakfast Burrito	Egg, Milk, Wheat
Entrée	Buffalo Chicken Tenders	Milk, Soy, Wheat
Entrée	Buffalo Popcorn Chicken	Milk, Soy, Wheat
Entrée	Cheese Filled Bread Stix	Wheat, Milk, Soy

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Entrée	Cheese Ravioli	Milk, Egg, Wheat
Entrée	Cheese Steak Wrap	Wheat, Milk, Soy
Entrée	Cheeseburger on Multigrain Roll	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
Entrée	Chef Salad (veggie w/ Roll)	Wheat, Egg, Milk
Entrée	Chicken, Broccoli, Alfredo over Rotini	Milk, Wheat
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 Nachos	Soy, Wheat, Milk
Entrée	Chicken Nuggets (regular)	Wheat
Entrée	Chicken Parm Ciabatta	Wheat, Milk, Soy
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 Sandwich	Milk, Soy, Wheat
Entrée	Chicken Steak Meat	Soy, Barley, Milk, Egg
Entrée	Chicken Taco (hard shell or soft shell)	Wheat, Milk, Soy

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Entrée	Chicken Tenderloins	Soy & Wheat
Entrée	Chili	Soy
Entrée	Chili w/ Beans	Soy
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 & Cheese Muffin	Milk, & see english muffin
Entrée	Egg & Cheese on Whole Wheat Croissant	Egg, Milk, Wheat
Entrée	Egg McNazareth	Wheat, Soy, Egg, Milk, Cheese
Entrée	Egg Patty	Egg, Milk, Soy
Entrée	French Bread Pizza	Milk, Soy, Wheat
Entrée	French Toast Sticks - Whole Grain	Wheat, Egg, Soy
Entrée	Fun Fish	Fish, Soy, Wheat, Milk, Egg
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
Entrée	Ham & Cheese Croissant	Egg, Milk, Soy, Wheat
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

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Entrée	Hot Turkey Sandwich	Wheat, Milk, Soy
Entrée	Jumbo Pizza Bagel	Wheat, Milk, Soy (Processed on Equipt w/ Eggs
Entrée	Lasagna - Whole Grain	Milk, Egg, Wheat
Entrée	Macaroni & Cheese	Egg, Milk, Wheat, Soy
Entrée	Macaroni & Cheese w/Dinner Roll	Egg, Milk, Wheat
Entrée	Maple Snack-n-Waffle	Wheat, Egg, Milk
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	Nachos Grande w/ Chicken Meat	Wheat, Soy, Milk
Entrée	Oven Baked Chicken Pieces	Egg, Wheat
Entrée	PB&J Jamwich	Gluten, Peanuts, Soy, Wheat
Entrée	Pulled Pork Sandwich	WG Hamburger Roll Only
Entrée	Pasta with Meat Sauce	Egg, Soy, Wheat
Entrée	Philly Cheese Steak	Milk, Wheat
Entrée	Pizza Nardone	Milk, Wheat, Gluten
Entrée	Pizza Big Daddy	Milk, Wheat, Gluten, Soy
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	Pork Chop	Gluten, Soy, Wheat, Milk
Entrée	Rice, Bean & Cheese Burrito	Milk, Wheat, Soy

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Entrée	Roast Turkey w/ Stuffing	Egg, Milk, Wheat
Entrée	Salad Bar	Egg, Milk, Wheat
Entrée	Spicy Chicken Patty	Egg, Milk, Soy, Wheat (see Bread)
Entrée	Steak & Cheese Stromboli	Milk, Wheat
Entrée	Stromboli	Milk, Wheat, Soy, Egg
Entrée	Sweet N Sour Chicken	Soy, Wheat
Entrée	Texas Chili in Bread Boule	Soy, Wheat
Entrée	Texas Grilled Cheese	Milk, Wheat
Entrée	Turkey Burger	Wheat (Roll)
Entrée	Turkey Club	Wheat, Milk
Entrée	Turkey Hoagie w/ Lettuce & Tomato	Wheat, Milk
Entrée	Turkey Taco	Wheat, Soy
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 Bean & Cheese Wrap	Milk, Wheat
Entrée	Whole Grain Cereal, Yogurt & String Cheese	Milk, Wheat
Entrée	Whole Grain Cheese Filled Bread Stick	Wheat, Milk, Soy
Entrée	Whole Grain Cheese Ravioli	Wheat, Milk, Egg
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	Whole Grain Stuffed Shells	Wheat, Milk, Egg

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Entrée	Hot dog with Cheese	Wheat, Soy, Milk
Entrée	Beefaroni	Wheat, Soy
Entrée	Peanut Butter & Jelly Grahams	Peanuts, Wheat, Soy
Entrée	Egg & Sausage on Croissant	Milk, Soy, Wheat, Egg
Entrée	Ham and Cheese Bagel Melt	Milk, Soy, Egg, Wheat
Entrée	Pizza Burger	Milk, Wheat
Entrée	Bacon Cheeseburger	Wheat, Milk
Entrée	Shrimp Poppers	Wheat, Milk, Soy, Egg, Shellfish
Entrée	Mozzarella Sticks - Farm Rich	Soy, Milk, Wheat
Entrée	WG Rotini with Alfredo Sauce	Wheat, Milk
Entrée	Spicy Popcorn Chicken	Wheat
Misc	Baked Doritos	Milk & Wheat
Misc	Beef Crumbles (used for tacos, meat sauce, soup)	Soy
Misc	Caesar Salad Dressing	Egg, Fish, Milk, Soy
Misc	Cereal - Whole Grain, Reduced Sugar Trix	Wheat
Misc	Cheese Sauce - JTM	Milk & Soy
Misc	Chicken Gravy	Wheat, Milk, Soy
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

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Misc	Pudding Cup	Milk
Misc	Rainbow Sherbet	Milk
Misc	Raspberry Sherbet	Milk
Misc	Ranch	Egg, Milk
Misc	Turkey Gravy	Soy, Wheat
Misc.	Whipped Potatoes with Gravy	Milk, Wheat
Misc.	Meat Sauce	Wheat, Soy
Misc	WW Sugar Cookie	Egg, Wheat, Milk
Misc.	Chocolate Chip Cookie	Wheat, Soy
Misc.	Cheese Sauce	Milk
Pizza	Big Daddy Pizza	Milk, Wheat, Soy
Pizza	Blue Eagle Pizza	Milk, Wheat, Soy
Pizza	Cheese Pizza - Whole Wheat	Wheat, Milk, Soy & Sesame
Pizza	Chicken Quesadilla Pizza	Wheat, Milk, Soy
Pizza	Garlic French Bread Pizza w/ Sauce	Wheat, Milk, Soy, Egg
Pizza	Mini Pizza Bagels	Wheat, Milk, Soy & Egg
Pizza	Personal Deep Dish Pizza	Milk, Wheat
Pizza	Stuffed Crust Pizza	Milk, Wheat
Pizza	Pizza 4x6 (Nardone)	Soy, Wheat, Milk
Pizza	Pepperoni Pizza	Soy, Milk, Wheat
Snacks	Birthday Cake Ice Cream Cup	Milk
Snacks	Cheese Cup	Milk
Snacks	Cheetos	Milk

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Snacks	Chewy Sugar Cookie (Darlington)	Wheat, Soy, Eggs, Milk
Snacks	Cookie & Cream Cone	Milk, Soy, Wheat
Snacks	Cotton Candy Ice Cream	Milk
Snacks	Crazy Cone	Milk, Soy, Wheat
Snacks	Cream Cheese	Milk
Snacks	Goldfish Crackers	Milk, Wheat
Snacks	Goldfish Grahams	Wheat, Soy
Snacks	Mini Ice Cream Sandwiches (HS)	Milk, Soy, Wheat
Snacks	Reduced Fat White Cheddar Popcorn	Milk
Snacks	Soft Pretzel - Whole Wheat	Wheat
Snacks	String Cheese	Milk
Snacks	Sunchips	Milk, Wheat
Snacks	Whole Wheat Sugar Cookie	Wheat & Egg
Snacks	Yogurt Cup	Milk
Snacks	Yogurt Parfait	Milk
Vegetable	Caesar Salad w/ Croutons	Egg, Milk, Fish, Soy, Wheat in Croutons
Vegetable	Carrots, Glazed	Milk, Soy
Vegetable	Curly Fries	Wheat
Vegetable	Fresh Cukes & Carrots w/ dip	Egg, Milk, Soy
Vegetable	Onion Rings	Milk & Wheat
Vegetable	Pierogies	Wheat, Milk, Soy, Egg
Vegetable	Potato Smiles	Soy
Vegetable	Potato Spiral	Soy

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Vegetable	Potato, Sweet	Soy
Vegetable	Potato Triangle	Tree Nuts
Vegetable	Potato Wedges	Soy
Vegetable	Refried Beans	Milk
Vegetable	Tator Tot Mix	Soy
Vegetable	Tri-Tators	Soybean Oil
Vegetable	Waffle Fries	Wheat
Vegetable	Whipped Potatoes	Milk & Soy
Bread	Whole Wheat Bread	Milk & Soy, Wheat
Bread	WG Dinner Roll	Egg, Milk, Wheat
Pasta	Noodles	Egg, Wheat
Pasta	Pierogies	Egg, Milk, Soy, Wheat
Rice	Rice, Brown	
Milk	1% White	Milk
Milk	Fat Free Chocolate	Milk
Milk	Skim White	Milk
Milk	Strawberry	Milk

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