



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Bkft. Beef Sausage Pancake Sandwich (Available Feb. 2020)

Dairy, Egg, Wheat, Gluten

White wheat mini maple pancakes: Whole wheat flour, buttermilk, sugar, dextrose, soybean oil, baking powder, whole eggs, natural maple flavor (natural flavors, molasses, malt extract, natural alcohol, natural glycerine, and pure maple syrup), salt; Breakfast maple beef patty: Ground beef, seasoning (salt, dextrose, spices including paprika), pure maple extract (alcohol, glycerin, maple concentrate)

Bkft. Breakfast Sausage Square (Schwan's 63916, CMS #2651)

Corn, Dairy, Soy, Tomato, Wheat, Gluten

Crust: Flour blend [white whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, ascorbic acid, niacin, iron, thiamine mononitrate, riboflavin, folic acid)], water, yeast, soybean oil, sugar, salt, calcium propionate. Topping: low moisture part skim mozzarella cheese (cultured pasteurized part skim milk, salt, enzymes), cooked turkey pizza topping (turkey breakfast sausage [turkey, salt

Bkft. Cafe LA Coffee Cake

Corn, Dairy, Egg, Soy, Wheat, Gluten

Whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, eggs, soybean oil, sugar, canola oil, dry milk powder, modified food starch (corn) white vinegar, salt, cinnamon, nutmeg. May contain soy.

Bkft. Cereal Bowl, Cold, Cheerios (Gluten Free) (Also for Snack)

Corn

Whole grain oats, cornstarch, sugar, salt, tripotassium phosphate, Vitamin E. Product is gluten free.

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Bkft. Cereal Bowl, Cold, Cinnamon Chex (Gluten Free)(Also for Snack)	No Allergens	Whole grain rice, rice, sugar, canola oil, salt, rice fiber, cinnamon, molasses, natural flavor. Vitamin E added to preserve freshness. Vitamins & Minerals: Calcium carbonate, iron, zinc, Vitamin C, niacinamide, Vitamin B6, thiamine mononitrate, Vitamin A, Riboflavin, folic acid, Vitamin B12, Vitamin D3.
Bkft. Cereal Bowl, Cold, Cinnamon Toast Crunch 25% Less Sugar	Corn, Soy, Wheat, Gluten	Whole grain wheat, sugar, rice flour, canola oil, polydextrose, maltodextrin, fructose, dextrose, salt, cinnamon, trisodium phosphate, soy lecithin, caramel color, BHT, calcium carbonate, iron, zinc, Vitamin C, niacinamide, Vitamin B6, riboflavin, thiamine mononitrate, Vitamin A, folic acid, Vitamin B12, Vitamin D3
Bkft. Cereal Bowl, Cold, Corn Chex (Gluten Free) (Also for Snack)	Corn	Whole grain corn, corn meal, sugar, corn starch, salt, baking soda, yellow corn flour, brown sugar syrup.
Bkft. Cereal Bowl, Cold, Rice Chex (Gluten Free) (Also for Snack)	No Allergens	Whole grain rice, rice, sugar, salt, molasses.
Bkft. Cereal Bowl, Deluxe, Cinnamon Chex , 2 grain (Gluten Free) (Available Jan. 2020)	No Allergens	Whole grain rice, rice, sugar, canola oil, salt, rice fiber, cinnamon, molasses, natural flavor, Vitamin E, calcium carbonate, iron, zinc, Vitamin C, niacinamide, pyridoxine hydrochloride, thiamine mononitrate, Vitamin A, riboflavin, folic acid, Vitamin B12, Vitamin D.



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Bkft. Cereal Bowl, Deluxe, Cinnamon Toast Crunch, 25% less sugar, 2 grain (Available Jan. 2020)	Soy, Wheat, Gluten	Whole grain wheat, sugar, rice flour, canola oil, polydextrose, maltodextrin, fructose, dextrose, salt, cinnamon, trisodium phosphate, soy lecithin, caramel color, BHT, calcium carbonate, iron, zinc, Vitamin C, niacinamide, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, Vitamin A, folic acid, Vitamin B12, Vitamin D.
Bkft. Cereal Bowl, Granola, Apple Crisp, San Franola (Available Jan. 2020)	Corn, Gluten	Oats, cane sugar, expeller pressed canola oil, rice flour, corn starch, salt, natural flavor (including apple), barley malt syrup, mixed tocopherols (vitamin E). Peanut Free and Soy Free.
Bkft. Cereal Bowl, Granola, Blueberry Crisp, San Franola (Available Dec. 2019)	Corn, Gluten	Oats, cane sugar, expeller pressed canola oil, rice flour, corn starch, salt, natural flavor (including blueberry), barley malt syrup, mixed tocopherols (vitamin E). Peanut Free. Soy Free.
Bkft. Cereal, Hot, Oatmeal	Gluten	Whole Grain Rolled Oats, cinnamon (added as part of the recipe)
Bkft. Cereal, Hot, Whole Grain Cream of Wheat	Wheat, Gluten	Whole Grain Wheat (wheat farina, wheat bran & germ), defatted wheat germ, disodium phosphate, calcium carbonate, ferric phosphate, niacin, thiamin mononitrate, riboflavin, folic acid



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Bkft. Chicken Pancake Sandwich (MCI)

Allergens

Corn, Dairy, Egg, Soy,
Wheat, Gluten

Ingredients

WG breaded chicken breast patty (chicken breast, vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A, calcium pantothenate, thiamine mononitrate, B1, pyridoxine hydrochloride B6, riboflavin, B2, cyanocobalamin B12], dried whole egg, salt, rice starch, onion, garlic, yeast extract, natural flavors, maltodextrin, spice, citric acid)

Bkft. Chocolate Crescent (Pillsbury)

Corn, Dairy, Wheat, Gluten

Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, vegetable oil (soybean, palm, canola), nonfat milk, yeast, cocoa processed with alkali, salt, modified corn starch, corn starch, methycellulose, cellulose gum, natural flavor.

Bkft. Cinnamon Pancakes (Conagra)

Dairy, Egg, Soy, Wheat,
Gluten

Whole wheat flour (ultragrain), enriched wheat flour, sugar, soybean oil, dextrose, buttermilk, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), salt, soy lecithin, cinnamon, natural flavors, xanthan gum.



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Bkft. Cinnamon Roll with Mini Beef Links	Corn, Dairy, Egg, Soy, Wheat, Gluten	Cinnamon Roll: Water, Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Palm Oil, Margarine (Palm Oil, Water, Soybean Oil, Salt, Whey, Mono and Diglycerides, Soy Lecithin, Natural Flavor, Beta Carotene, Color, Vitamin A Palmitate). Soybean Oil, contains 2 % or less of yeast, cinnamon, Monoglycerides, wheat protein isolate
Bkft. Coffee Cake & Beef Link	dairy, Egg, Soy, Wheat, Gluten	Cake Mix: Whole Wheat Flour, Granulated Sugar, Brown Sugar, Unbleached Wheat Flour (enriched with niacin, iron, thiamine mononitrate, riboflavin, malted barley and folic acid), Non fat Dry Milk, Modified Food Starch, Double Acting Baking Powder, Salt, Soybean Oil, Cinnamon Nutmeg. Egg and Vinegar added to Dry mix recipe. Topping: Mix: Whole Wheat Flour
Bkft. Egg and Cheese Sandwich (Advance Pierre)	Corn, Dairy, Egg, Soy, Wheat, Gluten	Whole Grain Roll: Water, whole wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid), sugar. Contains 2% or less of: Yeast (yeast, sorbitan monostearate, ascorbic acid), soybean oil, salt, monoglycerides with ascorbic acid, citric acid, fumaric acid, calcium propionate, calcium sulfate, enzymes, wheat starch, ascorbic acid. Egg Patty:



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Bkft. Egg and Cheese Wrap (Cargill/Sunny Fresh)

Corn, Dairy, Egg, Wheat, Gluten

Omelet: Whole Eggs, Pasteurized Process Cheddar Cheese [cheddar cheese (milk, cheese culture, salt, enzymes), water, sodium phosphate, milkfat, sodium hexametaphosphate, salt, paprika, annatto, powdered cellulose], water, soybean oil, whole milk powder, modified food starch, cheddar cheese powder, whey, buttermilk powder, salt, disodium phosphate, salt, xanthan gum, citric acid, Eggs, Citric Acid, Sodium Benzoate

Bkft. Eggs, Hard Cooked, 2 pack (Also for Sp. Diets at Lunch)

Egg

Bkft. Fiesta Bean & Cheese Burrito (Los Cabos/MCI)

Corn, Dairy, Soy, Wheat, Gluten

Filling: Pinto beans, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto). Textured vegetable protein (soy flour, caramel color). Salt, flavorings, modified food starch (corn). Tortilla: whole wheat flour, enriched bleached wheat flour, soybean oil, salt, guar gum, baking powder, cornstarch.

Bkft. French Toast & Deluxe Scrambled Eggs

dairy, Egg, Soy, Wheat, Gluten

French Toast: Whole Wheat Bread (Whole Wheat Flour, Water, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folate), Sugar, Wheat Gluten, Yeast, Soybean Oil, Salt, Calcium Propionate (to retard spoilage), Dough improver (Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic). French Toast Batter (Whole Egg, Sugar, Salt) Cinnamon Sugar Glaze (Sugar



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Bkft. French Toast Trio (Michael Foods French Toast Sticks)

Allergens

Corn, Dairy, Egg, Soy, Wheat, Gluten

Ingredients

Egg Batter: Eggs, whey (milk), sugar, salt, natural vanilla flavor, (propylene glycol, water, alcohol, invert syrup, natural flavors, vanilla extract), xanthan gum, citric acid. Bread: Whole wheat flour, enriched wheat flour, (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, sugar, yeast, soybean oil, salt, ethoxylated mono and diglycerides, calcium propionate

Bkft. Gourmet Waffles, IW (Bake Crafters)

Corn, Dairy, Egg, Soy, Wheat, Gluten

Whole white wheat flour, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, nonfat milk, whey, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), soy lecithin, wheat bran, eggs, calcium carbonate, vitamin A, niacinamide, iron, cyanocobalamin, pyrodoxine hydrochloride, thiamine mononitrate

Bkft. Italian Cheese Pocket (Schwan's/Beacon St.)

Corn, Dairy, Egg, Soy, Tomato, Wheat, Gluten

Crust: Flour Blend (white whole wheat flour, enriched flour [wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid]), isolated soy protein, soy and/or canola oil, wheat gluten, yeast, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate), sea salt, datem, dextrose, guar gum, soy lecithin, ascorbic acid, wheat starch, salt, enzymes, modified food starch



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Bkft. Mini Blueberry Pancakes (Kellogg's Eggo) (Available April 2020)	Corn, Dairy, Egg, Soy, Wheat, Gluten	Whole wheat flour, water, sugar, vegetable oil (soybean, palm, and/or canola oil), buttermilk, eggs, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), fructose, salt, natural flavors, corn cereal, yellow corn flour, cornstarch, corn syrup solids, black carrot juice concentrate, blueberry concentrate, soy lecithin, Vitamin A palmitate, iron, niacinamide, vitamin B6, thiamin
Bkft. Mini French Toast Bites (Kellogg's Eggo)	Dairy, Egg, Soy, Wheat, Gluten	Whole wheat flour, water, sugar, vegetable oil (soybean, palm and/or canola), egg whites, baking soda, sodium aluminum phosphate, monocalcium phosphate, fructose, natural flavors, molasses, soy lecithin, salt, whey, calcium carbonate, vitamin A, iron, vitamin B6, vitamin B12.
Bkft. Morning Beef Sausage Sandwich (Hot off the Grill)	Wheat, Gluten	Whole Grain Hawaiian Bun: whole wheat flour, (flour, malted barley flour), sugar, soybean oil, salt, yeast, gluten, calcium propionate, sodium stearoyl lactylate, calcium sulfate, enzymes, turmeric, calcium carbonate,. Beef Sausage Patty: Beef & seasonings (salt, dextrose, spices).



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Bkft. Pan Dulce (Lupita's)	Egg, Wheat, Gluten	Bread: Whole grain wheat flour, unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid, ascorbic acid), water, soybean oil, sugar, dry eggs, yeast, cinnamon, salt. Topping: Bread flour (wheat flour, ascorbic acid, niacin, iron, thiamine mononitrate, riboflavin, enzyme, folic acid, soybean oil, powder sugar, granulated sugar.
Bkft. Pan Dulce, Cinnamon (Artimex)(Available Jan. 2020)	Corn, Dairy, Wheat, Gluten	Bread: Whole grain wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), ascorbic acid, soybean oil, sugar, eggs, yeast, milk powder, vanilla extract, cinnamon, salt; Topping: Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), ascorbic acid, soybean oil, powdered
Bkft. Turkey Ham & Cheese on Hawaiian Roll (Hot off the Grill)	Dairy, Soy, Wheat, Gluten	Whole Grain Hawaiian Bun: whole wheat flour, enriched wheat flour (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, salt, yeast, gluten, calcium propionate, sodium stearoyl lactylate, calcium sulfate, enzymes, turmeric, calcium carbonate. Turkey Ham flavored Turkey Bologna: turkey thigh, isolated soy protein, salt, sugar, vinegar, smoke flavoring.



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Bkft. WG Banana Bread I.W.	dairy, Corn, Egg, Soy, Wheat, Gluten	Whole Wheat Flour, Water, Sugar, Enriched Flour (Wheat Flour, Malted Barley, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Soybean Oil, Banana Puree, Contains Less than 2 % of Baking Soda, Corn starch, dried whole eggs, grape juice, modified Food Starch, Mono and Diglycerides, Monocalcium Phosphate, Natural Flavor, Nonfat Dry Milk , Rice Dextrin, Salt, Sodium Acid
Bkft. Whole Grain Strawberry Pocket (Kellogg's) (Available Jan. 2020)	Corn, Soy, Wheat, Gluten	Whole wheat flour, sugar, corn syrup, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), dextrose, soybean & palm oil, bleached wheat flour, polydextrose, glycerin, fructose, wheat starch, salt, dried strawberries, dried pears, dried apples, calcium carbonate, leavening (sodium acid pyrophosphate, baking soda), vegetable juice concentrate for color, sodium stearoyl
Bkft. Yogurt, Strawberry NF, 4 oz. (Dannon) (Also for Snack)	dairy, Corn, Dairy	Strawberry Flavor Yogurt: Cultured Grade A non-fat milk, cane sugar, cornstarch, strawberry puree, agar agar, natural flavors, fruit and vegetable juice (apple, cranberry, carrot, beets), carob bean gum, lemon juice concentrate.
Cheese, I.W., Mozzarella Cheddar, 1 oz. (Gilman)	Dairy	Cheddar Mozzarella Cheese: Cultured pasteurized milk, salt, sodium phosphate, natural flavoring, sorbic acid, enzymes.



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Cheese, I.W., Mozzarella Cheddar, 2 oz.	Dairy	Mozzarella Cheddar: Cultured pasteurized milk, water, salt, sodium phosphate, natural flavoring, sorbic acid, enzymes.
Cheese, I.W., String (Land O Lakes)	Dairy	Pasteurized part skim milk, cheese cultures, salt, enzymes
Cheese, I.W., String, 1 oz.	Dairy	Pasteurized part-skim milk, vinegar, salt, enzymes
Cheese, Shredded, Cheddar (Land O Lakes)	Dairy	Cultured pasteurized milk, salt, enzymes, annatto, anticaking blend (potato starch, cellulose), natamycin.
Cheese, Sliced, Cheddar	Dairy	Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto.
Cheese, Sliced, Cheddar (Land O Lakes; .5 oz. per slice)	Dairy	Cultured pasteurized reduced fat milk, salt, enzymes, annatto, Vitamin A Palmitate,
Cheese, Sliced, Provolone	Dairy	Pasteurized milk, cheese culture, salt, enzymes.
Chicken Gravy Mix	Corn, Dairy, Soy	Modified food starch (corn), corn syrup solids, chicken, coconut oil, hydrolyzed soy & corn protein, onion, mushroom, nonfat dry milk, sugar, soy lecithin, maltodextrin, paprika
Condiment, Curtido (Spicy Slaw)	No Allergens	Carrots, cabbage, red cabbage, onion, oregano, vinegar, salt, sugar, red chili pepper.



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Condiment, Gravy, Beef (Foothill Farms)	Corn, Dairy, Tomato	Modified food starch, corn syrup solids, salt, whey protein concentrate, soybean oil, hydrolyzed corn protein, caramel color, tomato powder, cooked beef powder, onion, tricalcium phosphate, spice, disodium inosinate, spice extractive (includes celery extract),
Condiment, Gravy, Brown (Foothill Farms)	Corn, Dairy	Modified food starch (corn & tapioca), corn syrup solids, salt, whey protein concentrate, hydrolyzed yeast protein, soybean oil, caramel color, calcium phosphate, paprika, onion powder, xanthan gum, disodium inosinate, garlic powder.
Condiment, Gravy, Chicken (Diamond Crystal)	Corn, Dairy, Soy	Modified food starch (corn), maltodextrin, palm oil, salt, modified whey, chicken flavor, autolyzed yeast extract, chicken stock, chicken meat powder, natural flavors, rendered chicken fat, lactic acid, calcium lactate, sodium phosphate, canola oil, hydrolyzed soy protein, sugar, onion powder, 2% of less: sodium caseinate, soybean oil, dipotassium phosphate, mono and diglycerides, disodium
Condiment, Ind. Pkt., Honey, 9 gm (Four in One)	Honey	Honey
Condiment, Ind. Pkt., Ketchup, 9 gm. (Simply Heinz)	Tomato	Tomatoes, distilled vinegar, sugar, salt, onion powder, spice, natural Flavoring
Condiment, Ind. Pkt., Ketchup, Low Sodium, 9 gm (Red Gold)	Tomato	Tomato concentrate, sugar, distilled vinegar, salt, potassium chloride, onion powder, garlic powder, spices, natural flavors, citric acid



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Condiment, Ind. Pkt., Mayonnaise, 12 gm (Salad Fresh/Four in One)	dairy, Corn, Egg	Canola oil, corn syrup, vinegar, modified food starch (corn), salt, maltodextrin, lemon juice, egg white solids, lactic acid, xanthan gum, natural flavors, guar gum, potassium sorbate.
Condiment, Ind. Pkt., Mustard, Yellow, 5.5 gm (Heinz)	No Allergens	Distilled vinegar, mustard seed, mustard bran, salt, turmeric, paprika, garlic powder, spices, mustard oil.
Condiment, Ind. Pkt., Table Syrup, 1 oz. (Diamond Crystal/Flavor Fresh)	Corn	Corn syrup, sugar, natural flavor, potassium sorbate, sodium benzoate, salt, molasses, caramel color, citric acid, cellulose gum.
Condiment, Ind. Pkt., Thai Chili Sauce (Kikkoman)	Corn, Wheat, Gluten	Sugar, water, chili paste, garlic, vinegar, modified corn starch, salt, fermented wheat protein, cayenne pepper, paprika, citric acid, xanthan gum.
Condiment, Salad Dressing, Bulk, Asian Sesame (Marzetti)	dairy, Corn, Soy, Tomato, Wheat, Gluten	Soybean oil, water, sugar, vinegar, sesame oil, salt, soybean, wheat, sesame seeds, tomato paste, xanthan gum, spices, carrageenan, corn syrup, raisins, natural flavor, orange peel, orange juice, lemon juice, grapefruit juice, carmel, garlic, onion.
Condiment, Salad Dressing, Ind. Pkt., Caesar, 1.5 oz. (Ken's)	Dairy, Fish	Soybean oil, vinegar, water, cider vinegar, romano cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, Contains less than 2%: garlic, sugar, spice (including mustard), maltodextrin, anchovy (fish), carrageenan, xanthan gum, beta carotene.



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Condiment, Salad Dressing, Ind. Pkt., French, Lite, 12 gm. (Diamond Crystal/Flavor Fresh)	Corn	Water, sugar, soybean oil, distilled vinegar, modified food starch (corn), Contains 2% or less: salt, potassium chloride, spice, xanthan gum, onion & garlic powder, potassium sorbate, sodium benzoate, rice flour, paprika, oleoresin paprika, calcium disodium EDTA.
Condiment, Salad Dressing, Ind. Pkt., Italian, Fat Free, 12 gm (Four In One/Salad Fresh)	dairy, Corn	Water, distilled vinegar, sugar, salt, garlic, maltodextrin (corn), soybean oil, onion, xanthan gum, red bell pepper, sorbic acid, sodium benzoate, calcium disodium EDTA, spices, Vitamin E, Stevia leaf sweetener, caramel color, lemon juice concentrate, modified corn starch.
Condiment, Salad Dressing, Ind. Pkt., Ranch, 12 gm (Four In One/Salad Fresh)	Corn, Dairy	Vinegar, corn syrup, cultured buttermilk milk, food starch, salt, xanthan gum, sugar, onion powder, garlic powder, spice, potassium sorbate.
Condiment, Salad Dressing, Ind. Pkt., Thousand Island, 12 gm (Four In One/Salad Fresh)	Tomato	Soybean oil, vinegar, sugar, pickle relish, tomato paste, corn syrup, salt, spice, xanthan gum, citric acid, potassium sorbate
Condiment, Salad Dressing/Dip, Ranch (Recipe)	dairy, Corn, Dairy, Egg	Mix: Salt, whey, garlic, maltodextrin, onion, dextrose, cellulose gum, spice, parsley, natural flavor. Buttermilk (Cultured skim milk, cream, salt, citric acid), Mayonnaise (Soybean oil, eggs, distilled vinegar, corn syrup, salt, spice, lemon juice concentrate).
Fruit, Canned, Applesauce, Chilled	No Allergens	Apples, water
Fruit, Canned, Diced Peaches, Peachy, Chilled	No Allergens	Peaches, water, corn syrup, sugar

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Fruit, Canned, Diced Pears, Perfect, Chilled	No Allergens	Pears, water, corn syrup, sugar
Fruit, Canned, Pineapple, Chilled	No Allergens	Pineapple, pineapple juice
Fruit, Canned/Frozen, Pears (Diced or Sliced) and Cherries (Available Jan. 2020)	Corn	Pears in extra light syrup, Cherries
Fruit, Canned/Frozen, Pears (Diced or Sliced) and Strawberries (Available Jan. 2020)	Corn	Pears in extra light syrup, Strawberries
Fruit, Canned/Frozen, Tropical Fruit, Chilled (Pineapple & Mango)	No Allergens	Pineapple, pineapple juice, mango
Fruit, Cup, Applesauce	No Allergens	Apples, water, ascorbic acid
Fruit, Cup, Applesauce, Mango Peach	No Allergens	Apples, mango puree, peach puree, natural flavors, malic acid, citric acid, ascorbic acid.
Fruit, Cup, Applesauce, Orange ("Dreamside") (Available Feb. 2020)	No Allergens	Apples, water, natural flavor, ascorbic acid
Fruit, Cup, Mandarin Orange	dairy	Mandarin Orange (tangerine), pear juice from concentrate, ascorbic acid.
Fruit, Cup, Pineapple	No Allergens	Pineapple, pineapple and/or grape juice from concentrate, Vitamin C.
Fruit, Dried Cherry Cranberries (Dried Cranberries, Cherry Flavored)	No Allergens	Cranberries, Sugar, Cherry Juice concentrate, Citric Acid, Natural Flavor, Elderberry Juice Concentrate, Refined sunflower oil.
Fruit, Dried, Raisins, 1.33 oz. Ind. Pkg.	No Allergens	Raisins
Fruit, Dried, Watermelon Cranberries (Dried Cranberries- Watermelon Flavor)	No Allergens	Cranberries, sugar, natural flavor, citric acid, elderberry juice concentrate (for color).
Fruit, Fresh, Apple	No Allergens	Apple.
Fruit, Fresh, Apple Slices, Ind. Bag	No Allergens	Apples, Ascorbic Acid, Calcium Carbonate.
Fruit, Fresh, Banana	No Allergens	Banana.
Fruit, Fresh, Grapes	No Allergens	Grapes.

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Fruit, Fresh, Nectarine	No Allergens	Nectarines.
Fruit, Fresh, Orange	dairy	Oranges.
Fruit, Fresh, Peach	No Allergens	Peach.
Fruit, Fresh, Pear	No Allergens	Pear.
Fruit, Fresh, Plum	No Allergens	Plum
Fruit, Fresh, Tangelo Minneola	dairy	Tangelo Minneola.
Fruit, Frozen Juice, Cup, Berry (2 oz.)	No Allergens	Pineapple juice, apple juice, inulin, natural flavor, fruit and vegetable juice, cellulose, guar and xanthan gums, malic acid, calcium hydroxide, ascorbic acid, citric acid, beta carotene.
Fruit, Frozen Juice, Cup, Lemon Berry Swirl	No Allergens	Pineapple Juice from concentrate, apple juice from concentrate, inulin, natural flavors, citric acid, fruit and vegetable juice (for color), guar and xanthan gums, malic acid, calcium hydroxide, turmeric, beta carotene.
Fruit, Frozen Juice, Cup, Orange Sorbet Juice Cooler	No Allergens	Pineapple Juice from concentrate, Apple Juice from concentrate, Inulin (vegetable fiber), natural flavor, citric acid, guar and xanthan gums, calcium hydroxide, ascorbic acid, annatto, beta carotene.
Fruit, Frozen Juice, Cup, Pineapple Swirl	No Allergens	Pineapple juice, apple juice, inulin, natural flavors, citric acid, beet juice, guar and xanthan gums, calcium hydroxide, ascorbic acid, beta carotene, tumeric
Fruit, Frozen Juice, Cup, Sour Lemon	No Allergens	Apple juice from concentrate, inulin, citric acid, natural flavor, guar and xanthan gums, calcium hydroxide, ascorbic acid, malic acid, turmeric.

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Fruit, Frozen Juice, Cup, Sour Watermelon	No Allergens	Apple Juice from concentrate, inulin, citric acid, natural flavor, guar and xanthan gums, malic acid, calcium hydroxide, ascorbic acid, beet concentrate. (color)
Fruit, Frozen Juice, Cup, Wild Cherry (2 oz.)	dairy	Pineapple juice, apple juice, inulin, natural flavor, beet juice concentrate, citric acid, cellulose, guar and xanthan gums, calcium hydroxide, ascorbic acid, beta carotene.
Fruit, Frozen Juice, Slush Pouch, Cherry Limeade	Corn	Pear juice concentrate, apple juice concentrate, maltodextrin, citric acid, natural flavors, ascorbic acid, cellulose gum, Vitamin A, Vitamin D.
Fruit, Frozen Juice, Slush Pouch, Kiwi Strawberry	Corn	Pear juice concentrate, apple juice concentrate, maltodextrin, natural flavors, citric acid, ascorbic acid, cellulose gum, Vitamin A Palmitate, Vitamin D3.
Fruit, Frozen Juice, Slush Pouch, Paradise Punch	Corn	Water, pear juice concentrate, apple juice concentrate, maltodextrin, natural flavors, citric acid, ascorbic acid, cellulose gum Vitamin A Palmitate, Vitamin D3.
Fruit, Frozen Juice, Slush Pouch, Sour Apple	Corn	Apple juice concentrate, maltodextrin, citric acid, natural flavor, ascorbic acid, cellulose gum, gum arabic, vitamin A palmitate, xanthan gum, vitamin D3.
Fruit, Frozen, Mixed Berry Cup (Strawberries & Blueberries)	No Allergens	Strawberries, Blueberries, Sugar
Fruit, Frozen, Peach Pop	No Allergens	Peaches, sugar, ascorbic acid, citric acid
Fruit, Juice, Apple (4 oz or 8 oz)	No Allergens	Apple Juice Concentrate, Ascorbic Acid



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Fruit, Juice, Orange (4 oz or 8 oz)	dairy	Orange juice concentrate.
Fruit, Juice, Wild Berry (4 oz or 8 oz)	No Allergens	Fruit from concentrate (apple, grape, blackberry, boysenberry, cherry), natural flavor, ascorbic acid
Grain, Bread, Sliced, Whole Wheat	Wheat, Gluten	Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour), sugar, yeast, soybean oil, wheat gluten, salt, enzymes, caramel color, ascorbic acid.
Grain, Bread, Wheat, Sliced (Papa Pita)	Wheat, Gluten	Whole wheat flour, enriched unbleached flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), sugar, yeast, gluten, expeller pressed canola oil, mono and diglycerides, calcium propionate, salt, citric acid, enzymes, ascorbic acid.
Grain, Bun, Hamburger, Whole Grain, 3"	Wheat, Gluten	Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate.
Grain, Bun, Hot Dog, Whole Grain, 5"	Corn, Wheat, Gluten	Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, yeast, soybean oil, salt, wheat gluten, emulsifier, enzymes, calcium propionate, monoglyceride, calcium carbonate, microcrystalline cellulose, cornstarch.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Bun, Knot Roll, Whole Grain, 4"	Corn, Wheat, Gluten	Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, enzymes, emulsifier, cornmeal, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate, ascorbic acid.
Grain, Cinnamon Toast Crunch On-the-Go Pouch (General Mills)	Corn, Soy, Wheat, Gluten	Whole grain wheat, sugar, rice flour, canola oil, polydextrose, maltodextrin, fructose, dextrose, salt, cinnamon, trisodium phosphate, soy lecithin, caramel color, BHT, calcium carbonate, iron, zinc, vitamin C, niacinamide, vitamin B6, riboflavin, thiamin mononitrate, vitamin A, folic acid, vitamin B12, vitamin D3.
Grain, Crackers, "Food & Nutrition" (Dick & Jane)	Dairy, Egg, Soy, Wheat, Honey, Gluten	Whole grain wheat flour, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, sunflower oil, sunflower lecithin, salt, honey, baking soda, natural flavors, whole eggs, milk. (Processed in factory that manufactures soy products)
Grain, Crackers, "Presidents" (Dick & Jane)	Dairy, Egg, Soy, Wheat, Honey, Gluten	Whole grain wheat flour, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, sunflower oil, sunflower lecithin, salt, honey, baking soda, natural flavors, whole eggs, milk. (Processed in factory that manufactures soy products)



LAUSD Food Allergy & Ingredient Information

Product

Grain, Crackers, "States & Capitals" (Dick & Jane)

Allergens

Dairy, Egg, Soy, Wheat, Honey, Gluten

Ingredients

Whole grain wheat flour, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, sunflower oil, sunflower lecithin, salt, honey, baking soda, natural flavors, whole eggs, milk. (Processed in factory that manufactures soy products)

Grain, Crackers, Cheez-It (Sunshine)

Dairy, Soy, Wheat, Gluten

Whole wheat flour, enriched flour (wheat flour), white cheddar cheese (milk, cheese cultures, salt, enzymes), soybean oil, salt, calcium carbonate, paprika, yeast, paprika oleoresin, turmeric, BHT, annatto, soy lecithin.

Grain, Crackers, Goldfish Pretzel (Pepperidge Farms)

Corn, Dairy, Wheat, Gluten

Whole wheat flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), vegetable oils (canola and/or sunflower), salt, baking powder sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), malted barley flour, non-fat dry milk.

Grain, Crackers, Jungle (J & J)

Wheat, Gluten

Whole wheat flour, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, invert sugar, calcium carbonate, leavening (baking soda, monocalcium phosphate), salt, natural flavors.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Crackers, Mini Bear Chocolate Graham Crackers (J & J)	Wheat, Gluten	Whole wheat (graham) flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, cocoa (alkalized). unsweetened chocolate, calcium carbonate, natural flavor, baking soda, salt.
Grain, Crackers, Mini Chocolate Graham Crackers ("Chortles")	Egg, Soy, Wheat, Gluten	Whole wheat flour, bleached enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, sugar, sunflower oil, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract, invert syrup, light brown sugar, soy lecithin, leavening (ammonium bicarbonate, sodium bicarbonate, monocalcium phosphate), salt, dextrose, natural flavors, egg whites
Grain, Crackers, Mini Saltines (Keebler)	Dairy, Soy, Wheat, Gluten	Whole Wheat Flour, Enriched flour (Wheat Flour, Niacin, Reduced iron, Vitamin B1 Thiamin Mononitrate, Vitamin B2 Riboflavin, Folic Acid, Soybean Oil, sugar, leavening (monocalcium phosphate, sodium acid pyrophosphate, baking soda), salt, soy lecithin, nonfat milk, vitamin A palmitate, BHT



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Crackers, Rainbow Goldfish Cheese (Pepperidge Farms)	Dairy, Wheat, Gluten	Whole wheat flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), canola and/or sunflower oils, cheddar cheese ([cultured milk, salt, enzymes], annatto), salt, yeast, natural flavors, yeast extract, spices, celery, sugar, monocalcium phosphate, baking soda, onion powder, colors (beet, huito, and watermelon juice concentrates; paprika, turmeric and annatto extracts)
Grain, Crackers, Wheat (Back to Basics)	Corn, Dairy, Wheat, Honey, Gluten	Whole wheat flour, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, sugar, salt, baking soda, non-fat dry milk, honey, malt syrup (malt, corn), molasses, ammonium bicarbonate, onion powder, citric acid, cream of tartar, sodium acid pyrophosphate, garlic powder.
Grain, Crispy Chow Mein Noodles (for Chinese Chicken Salad)	Corn, Egg, Wheat, Gluten	Whole wheat flour, enriched wheat flour (niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, cornstarch, salt, vinegar, trace of eggs, sodium benzoate



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Grain, Croissant, Whole Grain (Tyson/Chef Pierre)

Dairy, Egg, Soy, Wheat, Gluten

Wheat flour [whole wheat flour, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid)], skim milk, vegetable oil (palm and soybean oils), sugar, yeast, wheat gluten, mono and diglycerides, eggs, salt, wheat starch, whey, enzyme, propylene glycol alginate, sodium alginate, soy lecithin, natural flavor, tragacanth gum, citric acid.

Grain, Croutons, Whole Grain (Marzetti)

Dairy, Tomato, Wheat, Gluten

Whole wheat flour, canola and/or sunflower oil, citric acid and/or tocopherols, seasoning (sugar, whey, salt, romano cheese (milk, salt, cheese cultures, enzymes), whey, disodium phosphate, lactic acid, parmesan cheese (milk, cheese cultures, salt, enzymes), whey, salt, disodium phosphate, lactic acid, tomato, garlic, natural flavor, vinegar powder (maltodextrin, vinegar), spices, rye chips, oats, yeast, cracked

Grain, Flatbread, Whole Grain (Calif. Lavash)

Corn, Wheat, Gluten

Whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), canola oil, sugar, salt, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), cultured wheat, calcium propionate.

Grain, Granola, Chocolate (Rockin'Ola)

Corn, Gluten

Whole grain rolled oats, sugar, corn syrup, canola oil, cocoa (processed with alkali), natural flavor, baking soda, Vitamin E.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Granola, Wholesome, Ind. Pkg. (Safe & Fair/Gavin's)	Dairy, Egg, Soy, Wheat, Gluten	Oats, Cane Sugar, Sunflower Oil, Brown Rice Syrup, Brown Rice, Cinnamon Salt. Processed in a facility that manufacturer's products containing Soy, Wheat, Milk & Eggs Processed in a Peanut & Tree Nut Free Facility
Grain, Muffin, Blueberry, IW (Buena Vista)	Dairy, Egg, Wheat, Gluten	Wheat wheat flour, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), unsweetened applesauce, blueberries, sugar, eggs, rolled oats, canola oil, brown rice syrup, buttermilk, vanilla extract, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), natural flavor (water, alcohol, invert syrup), cinnamon, sodium bicarbonate
Grain, Muffin, Corn, IW (Buena Vista)	Corn, Dairy, Egg, Wheat, Gluten	Whole wheat flour, sugar, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), corn, whole grain corn meal, canola oil, eggs, sweet whey, modified food starch, baking powder, salt, natural vanilla flavor.
Grain, Rice, Brown, IQF (Innovasian)	No Allergens	IQF Brown Rice.
Grain, Rice, Brown, Parboiled	No Allergens	Long Grain Parboiled Brown Rice.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Rice, Brown, Vegetable Fried	Corn, Soy, Wheat, Gluten	Brown rice, carrots, green peas, corn, seasoning (maltodextrin, soy sauce powder [soy sauce, {wheat, soybeans, salt}, maltodextrin, salt], salt, garlic powder, onion powder, caramel color, vinegar powder [maltodextrin, white distilled vinegar, modified food starch], Less than 2% of: spice, sugar, yeast extract, fructose, modified food starch, lactic acid, toasted sesame oil, silicon dioxide, soybean oil
Grain, Rice, Spanish (using Seasoning Mix Foothill Farms #V419-AL190)	No Allergens	Brown Rice, maltodextrin, dehydrated vegetables (onion, red & green bell pepper, garlic, parsley), salt, sea salt, paprika, spice (includes chili pepper, cumin), yeast extract, sugar, red beet powder, citric acid, paprika extract, silicon dioxide.
Grain, Roll, Aloha (Freund)	Dairy, Soy, Wheat, Gluten	Whole wheat flour, unbleached enriched wheat flour (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, soybean oil, yeast, wheat gluten, yeast, salt, natural flavoring/coloring, emulsifier, enzymes, calcium propionate, calcium sulfate, sodium stearoyl lactylate, ascorbic acid, turmeric.



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Grain, Roll, Artisan (1 oz. or 2 oz.)

Corn, Wheat, Gluten

Whole wheat flour, enriched wheat flour (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, soybean oil, salt, emulsifier, enzymes, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate, ascorbic acid, cornmeal.

Grain, Roll, French (Gold Star 600207)

Wheat, Gluten

Whole wheat flour, enriched wheat flour (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, yeast, salt, enzymes, emulsifier, calcium propionate, calcium carbonate, monocrySTALLINE cellulose, sodium stearoyl lactylate, ascorbic acid.

Grain, Southern Buttermilk Biscuit, Whole Grain (Conagra/Bakery Chef)

Corn, Dairy, Soy, Wheat, Gluten

Cultured non-fat buttermilk (cultured skim milk, non-fat dry milk, modified food starch, salt, sodium citrate, mono and diglycerides, locust bean gum, carrageenan), whole wheat flour, enriched wheat flour (bleached wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm and palm kernel oil, sugar, leavening (sodium aluminum phosphate, sodium bicarbonate, potassium bicarbonate)



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Stuffing (Uncle Ben's)	Corn, Soy, Wheat, Gluten	Breadcrumbs (enriched wheat flour, iron, niacin, thiamine mononitrate, riboflavin, folic acid), palm oil, salt, sugar, yeast, vinegar, caramel color, soy lecithin), seasoning blend (corn syrup solids, dehydrated vegetables (onion, celery, garlic), chicken flavor (chicken fat, cooked chicken, chicken broth, salt, gelatin, natural flavor), sugar, yeast extract, parsley, spice, chicken flavor (natural flavor, canola oil
Grain, Tortilla Chips, Crunchy, 2 oz. (La Tapatia)	dairy, Corn, Soy	Whole grain stone ground cooked corn, water, corn oil and/or soybean oil, sea salt and a trace of lime. May contain soy.
Grain, Tortilla, Corn, 6" (Romero's)(Gluten Free)	Corn	Whole grain corn masa flour (corn masa flour, propionic acid, guar gum, cellulose gum, benzoic acid, phosphoric acid, enzymes).
Grain, Tortilla, Wheat, 6" (Romero's)	Corn, Wheat, Gluten	Whole grain wheat flour (Ultra Grain), enriched wheat flour (wheat flour, malted barley, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), vegetable oil (may contain soybean, cottonseed or palm oils), leavening (corn starch, sodium bicarbonate, sodium acid pyrophosphate, rice flour, monocalcium phosphate), salt, calcium propionate, potassium carbonate, guar gum, fumaric



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Waffles, Bulk (Bake Crafters)	Corn, Dairy, Egg, Soy, Wheat, Gluten	Whole white wheat flour, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, nonfat milk, whey, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), soy lecithin, wheat bran, eggs, calcium carbonate, vitamin A, niacinamide, iron, cyanocobalamin, pyrodoxine hydrochloride, thiamine mononitrate
Lun Breaded Pork Chop Patty	Corn, Soy, Wheat, Gluten	Pork, wheat flour, soy protein concentrate, yellow corn flour, dextrose, beef stock, salt, onion, garlic, yeast extract, soybean oil, citric acid, flavorings, brown sugar, corn starch, wheat gluten, sodium phosphates, spice, paprika extract, potassium chloride, yeast, sugar, tumeric
Lun. Asian Chicken Bites	Corn, Soy, Wheat, Honey, Gluten	Boneless, skinless chicken breast, water, seasoning (sugar, honey, brown sugar, modified corn starch, maltodextrin, garlic powder, wheat starch, soy sauce -wheat, soybeans, salt, vinegar, lactic acid-, onion powder, spice, glycerine, vinegar solids, nat. flavors, soy lecithin), sodium phosphates, sea salt, modified food starch. Breading: Whole wheat flour, enriched rice flour (enriched w/ferric



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Bean & Cheese Chimichanga ("Chiminada Bean & Cheese")	Corn, Dairy, Tomato, Wheat, Gluten	Pinto beans, mozzarella cheese, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annato, jalapeno peppers [jalapeno peppers, water, vinegar, salt, spices, calcium chloride], tomato paste, chili powder [chili pepper, cumin, garlic, oregano, salt], salt, onion, garlic, oregano, black pepper, cayenne, dough flour [stone ground white whole wheat flour, pastry flour {wheat flour, niacin, iron, thiamine mononitrate
Lun. Bean & Cheese Pupusa (Del Real)	dairy, Corn, Dairy	Masa: Whole cooked corn, canola oil, cultured dextrose, salt, trace of lime. Filling: Beans (pinto beans, jalapeno peppers, vinegar, salt), chili pepper & spices, mozzarella cheese (pasteurized part skim milk, cheese culture, salt, enzyme).
Lun. Beef & Cheese Taco Burrito ("Los Cabos Beef & Cheese Taco Snack")	Corn, Dairy, Soy, Wheat, Gluten	Beef filling: Beef, water, vegetable protein (soy flour, caramel color, zinc oxide, ferrous sulfate, niacinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, Vitamin A, Vitamin B12), taco seasoning (paprika, cumin, oregano, onion, garlic, potato flour, enriched wheat flour, cocoa, corn syrup solids, citric acid, natural flavor), spices, modified food starch (corn), isolated pea



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Beef Steak (JTM)	Corn, Soy, Tomato	Ground Beef, water, seasoning (dextrose, hydrolyzed soy protein, sugar, salt, sodium phosphates, tomato powder, caramel color, onion and garlic powders, autolyzed yeast, citric acid, spices, worcestershire sauce base (vinegar, autolyzed yeast extract, sugar, salt, natural flavorings), spice extractives, modified corn starch.
Lun. Beef, Mini Links (Available Feb. 2020)	No Allergens	Beef, water, sugar, sea salt, natural flavorings, vinegar, celery powder, cherry powder, paprika.
Lun. Beef, Patty, Charbroiled, Plain, 2 oz. (Don Lee Q18200; Does not include bun)	No Allergens	Ground beef, onion, seasoning (salt, dehydrated onion and garlic, spices, natural flavor, torula yeast with natural hickory smoke flavor, sugar).
Lun. Beef, Patty, Grande (Don Lee CNQ092253, Middle & High Schools Only; Does not include bun)(Avail. Oct. 2019)	No Allergens	Ground beef, onion, sea salt, garlic, black pepper
Lun. Cheesy Bread (Cheesy Bread only; Does not include Chicken Caesar Salad)	Dairy, Wheat, Gluten	Bread: White whole wheat flour, enriched flour (wheat flour, enzyme), dextrose, interesterified soybean oil, salt, dried yeast, non-fat milk, wheat flour, malted barley flour, sorbitan monostearate. Filling: part-skim mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes). Topping: Interesterified soybean oil, parmesan cheese (pasteurized part-skim milk, salt, cheese cultures)



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Cheesy Pillows, Bulk or Ind. Wrapped (Also at Supper)	Corn, Dairy, Wheat, Gluten	Bread: Whole grain whole wheat flour, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, spice blend (nonfat dry milk, modified food starch, whey, dehydrated butter powder, {butter [cream salt], nonfat milk solids, salt}, salt, garlic powder, spice, sugar), yeast, sea salt, palm oil, garlic, calcium propionate. Cheese: Part skim mozzarella cheese, modified food
Lun. Chicken, Buffalo Chicken Bites (Proview) (Also at Supper)	Corn, Dairy, Soy, Wheat, Gluten	Chicken breast, vegetable protein (soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), seasoning (salt, sugar, onion, garlic, spices, hydrolyzed corn & soy protein, wheat flour, soybean and/or cottonseed oil). Breading: Whole wheat flour, enriched wheat flour (with
Lun. Chicken, Buffalo Wings (Tyson)(Buffalo wings only; Does not include Cheesy Bread) (Available Feb. 2020)	Corn	Chicken wings, corn starch, maltodextrin, canola oil, citric acid, dextrin, garlic, red pepper sauce (red peppers, vinegar, salt), extracts of paprika, turmeric and annatto, guar gum, hot sauce flavor (cayenne red peppers, vinegar, salt, garlic), hot sauce flavor (red peppers, vinegar, salt, dried garlic), leavening (cream of tartar, baking soda), natural flavors, rice flour, salt, soybean oil, spice, tapioca starch



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Chicken, Cherry Blossom Chicken Bowl	dairy, Corn, Egg, Tomato, Wheat, Gluten	NAE Chicken, sodium phosphates; Breading/Batter: whole wheat flour, corn starch, salt, modified corn starch, leavening (sodium aluminum phosphate, sodium bicarbonate), dextrose, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), garlic, onion, spices, paprika, spice extractives, Predusted with: enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate
Lun. Chicken, Crispy Filet (Tyson 070304-0928 - Filet only; Does not include bun)	Soy, Wheat, Gluten	Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid, spice], seasoning (potassium chloride, rice flour), sodium phosphates. Breaded with: Whole wheat flour, enriched wheat flour (wheat flour
Lun. Chicken, Diced (Tyson)	No Allergens	Chicken, water, ascorbic acid, maltodextrin, natural flavors, rice starch, vinegar, yeast extract



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Chicken, Golden Filet (Tyson 070302-0928 -Filet only; Does not include bun)	Corn, Soy, Wheat, Gluten	Chicken Filet: chicken breast rib meat, whole wheat flour, brown sugar, canola oil, carrot powder, citric acid, garlic, onion, yeast, isolated soy protein, maltodextrin, natural flavors, paprika extract, rosemary extract, salt, spice, sugar, torula yeast, turmeric extract, vegetable stock (carrot, onion, celery), wheat gluten, yeast extract, vegetable oil.
Lun. Chicken, Grilled Patty, Unbreaded (Tyson 029901-0928)(See Recipe R0778)	Corn	Chicken, water, corn starch, natural flavors, salt
Lun. Chicken, Mini Chicken Corn Dogs (Tyson)	Corn, Soy, Wheat, Honey, Gluten	Chicken, water, whole wheat flour, whole grain yellow corn flour, sugar, isolated soy protein, ascorbic acid, citric acid, corn starch, corn syrup solids, dextrose, paprika, honey, cream of tartar, baking soda, maltodextrin, mustard, natural flavoring (celery powder), natural flavors (including extractives of celery), natural hardwood smoked sugar, salt, sea salt, wheat starch
Lun. Chicken, Oven Fried Drumstick (Tyson 666010-928)	Corn, Wheat, Gluten	Chicken drumsticks, whole wheat flour, citric acid, corn starch, paprika, tumeric, garlic powder, cream of tartar, baking soda, maltodextrin, natural flavor, onion powder, rice starch, salt, spices (including celery seed), wheat gluten, whole grain yellow corn flour, yeast extract. Set in vegetable oil.



LAUSD Food Allergy & Ingredient Information

Product

Lun. Chicken, Tenders, Homestyle (Tyson 070332-0928)

Allergens

Soy, Wheat, Gluten

Ingredients

Boneless skinless chicken breast, water, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, flavors, maltodextrin, silicon dioxide, citric acid], isolated soy protein, sodium phosphate, seasoning (potassium chloride, rice flour). Breaded with: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron,

Lun. Fiesta Cheese Omelet

Corn, Dairy, Egg

Whole eggs, Monterey jack cheese with peppers (pasteurized milk, [pepper blend: jalapeno, habanero, serrano, red bell], cheese cultures, salt, enzymes), Whole milk, part skim mozzarella cheese (cultured pasteurized part skim milk, salt, enzymes), Pasteurized process cheddar cheese (cheddar cheese, milk, cheese cultures, salt, enzymes), water, sodium phosphate, milk fat, sodium hexametaphosphate,

Lun. Fish, Nuggets, Breaded (High Liner Foods) (Available Feb. 2020)

Corn, Dairy, Wheat, Fish, Gluten

Alaska pollock; Batter/Breading: potatoes, canola oil, yellow corn flour, whole wheat flour, enriched wheat flour (flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), whole yellow corn meal, water, modified corn starch, salt, corn starch, sugar, whey, leavening (sodium bicarbonate, sodium aluminum phosphate), natural flavor, yeast; pre-fried in canola and/or soybean oil



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Garlicky Cheese Bread (Tony Roberts)	Corn, Dairy, Soy, Wheat, Gluten	French Bread Crust: whole wheat flour, enriched wheat flour (wheat flour, malted barley flour), soybean oil, salt, yeast, calcium propionate. Cheese Topping: (low moisture part-skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), Provolone Cheese (pasteurized milk, cheese cultures, salt, enzymes), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes). Sauce:
Lun. Holiday Turkey & Gravy with Stuffing	dairy, Corn, Dairy, Soy, Wheat, Gluten	Turkey: Turkey breast, turkey broth, 2% or less: salt, dextrose, carrageenan, sodium phosphate, vegetable oil. Chicken Gravy: Modified food starch, Maltodextrin, Palm Oil, Salt, Modified Whey, Chicken Flavors (Autolyzed yeast extract, chicken stock, chicken meat powder, natural flavors, rendered chicken fat, lactic acid, calcium lactate, sodium phosphate, canola oil)
Lun. Hot & Spicy Chicken Sandwich	Corn, Soy, Wheat, Gluten	Chicken, Water, Isolated Soy Protein with less than 2% lecithin, rice starch, seasoning (salt, chicken broth, yeast extract, chicken flavor (contains Maltodextrin, salt, natural flavor, chicken stock, dextrose, sugar, soybean oil, as a processing aid), spice extractive not more than 2 % Silicon dioxide added to prevent caking, seasoning (salt, corn starch, sugar, chicken broth, dehydrated onion, spices



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Lun. Italian Turkey Meatballs, Plain (without sauce, pasta or noodles)

Dairy, Egg, Wheat, Gluten

Turkey, bread crumbs (wheat flour, sugar, salt, yeast extract, canola oil), seasoning (dextrose, onion powder, garlic powder, spice, disodium inosinate and disodium guanylate), flavorings, barley malt powder, non-fat dry milk, dried whole eggs.

Lun. Mac'N Cheese (Land O Lakes)(Available Jan. 2020)

Corn, Dairy, Egg, Wheat, Gluten

Cooked enriched whole grain pasta (water, whole durum wheat flour, semolina, egg whites, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), pasteurized process American cheese (cheddar cheese, cream, sodium phosphate, salt, apo-carotenal & annatto), water, butter, whey, buttermilk, food starch-modified (corn), natural flavor, yeast extract, sugar, spice, xanthan gum, apo-

Lun. Mac'N Cheese with Mini Beef Links (Available Feb. 2020)

Corn, Dairy, Egg, Wheat, Gluten

Mac N Cheese: Cooked enriched whole grain pasta (water, whole durum wheat flour, semolina, egg whites, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), pasteurized process American cheese (cheddar cheese, cream, sodium phosphate, salt, apo-carotenal & annatto), water, butter, whey, buttermilk, food starch-modified (corn), natural flavor, yeast extract, sugar, spice, xanthan gum, apo-



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Nacho Dip (R0768)(Dip only; Does not include Crunchy Tortilla Chips)	Corn, Dairy, Tomato, Wheat, Gluten	Turkey Savory Crumbles (turkey), seasoning (yeast extract, sugar, dextrose, onion powder, garlic powder, spice), salt, sugar, flavorings. Cheese Sauce: Cheddar Cheese, tomatillos (with citric acid), green chilies, sodium phosphates, potassium phosphates, cream, modified food starch, jalapeno peppers (with salt, acetic acid, water, calcium chloride), seasoning (potassium chloride, flavor, maltodextrin, onions
Lun. Nacho Pretzel Pocket (Available Dec. 2019)	Corn, Dairy, Soy, Wheat, Gluten	Crust: Whole wheat flour, enriched wheat flour (enriched with niacin, iron, thiamine mononitrate, riboflavin, malted barley & folic acid), canola oil, sugar, yeast, salt. Filling: mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes, vitamin A palmitate), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), jalapenos, dehydrated cheddar cheese (milk, cheese culture
Lun. Orange Meatball Rice Bowl	dairy, Corn, Dairy, Egg, Soy, Wheat, Gluten	Turkey Meatballs: Turkey, bread crumbs (wheat flour, sugar, salt, yeast extract, canola oil), yeast extract, sugar, dextrose, onion powder, garlic powder, spice, disodium inosinate, disodium guanylate, sugar, salt, flavorings, potassium chloride, barley malt powder, nonfat dry milk, dry whole egg. Orange Sauce: Sugar, water, vinegar, soy sauce (water, wheat, soybeans, salt), modified corn starch, orange juice concentrate



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Lun. Philly Cheese Pinwheel, IW (ES Foods)

Corn, Dairy, Soy, Wheat, Gluten

Crust: Whole wheat flour, wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, yeast, sugar, salt, dough conditioner (enriched wheat flour, wheat gluten, baking powder, sodium acid pyrophosphate, sodium bicarbonate, corn starch). Filling: Mozzarella cheese, cooked beef sandwich slices (ground beef, textured vegetable protein [soy protein

Lun. Pizza, Whole Grain, Cheese Deep Dish, IW (Tony's Galaxy CMS 2628)(NNC Lunch)

Corn, Dairy, Soy, Tomato, Wheat, Gluten

Crust: White whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, soybean and/or canola oil, soy flour, yeast, isolated soy protein, sugar, soy lecithin, salt, distilled mono-glycerides, ascorbic acid. Topping: Part skim mozzarella cheese, sauce (tomatoes, tomato paste, modified food starch (corn, tapioca), sugar, dextrose

Lun. Pizza, Whole Grain, Cheese Wedge, Bulk (Ardella's CMS 2650)(Prep Lunch)

Dairy, Tomato, Wheat, Gluten

Crust: whole grain whole wheat flour, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, soybean oil, malted barley flour, wheat flour, dextrose), sea salt, yeast, calcium propionate. Cheese: low moisture part skim mozzarella cheese (cultured pasteurized milk, salt, enzymes). Pizza sauce: tomato paste, salt, spices and flavoring



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Pizza, Whole Grain, Hawaiian (R1125)(Prep Lunch)	Dairy, Tomato, Wheat, Gluten	Pizza: Crust: whole grain whole wheat flour, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, soybean oil, malted barley flour, wheat flour, dextrose), sea salt, yeast, calcium propionate. Cheese: low moisture part skim mozzarella cheese (cultured pasteurized milk, salt, enzymes). Pizza sauce: tomato paste, salt, spices and flavoring. Turkey Ham: Turkey thigh
Lun. Pizza, Whole Grain, Pepperoni Wedge, Bulk (Tony's, CMS 2579)(Beef/Turkey)(Prep Lunch)	dairy, Corn, Dairy, Soy, Tomato, Wheat, Gluten	Crust: White whole wheat flour, enriched flour(wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), nonfat milk, yeast, vegetable oil (soybean and/or canola oil). Contains 2% or less of: sugar, sea salt, wheat gluten, guar gum, mono and diglycerides, soy flour, sodium steroyl, lactylate, L-cysteine, enzymes. Toppings: low moisture part skim
Lun. Pizza, Whole Grain, Pepperoni Wedge, IW (Ardella's, CMS 2589)(Beef/Turkey)(All Supper, NNC Lunch)	dairy, Dairy, Tomato, Wheat, Gluten	Crust: Whole grain whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, soybean oil, malt (malted barley, wheat flour dextrose), sea salt, yeast, calcium propionate. Cheese: low moisture part-skim mozzarella cheese (milk, salt, enzymes). Pizza Sauce: tomato paste (not less than 31% natural tomato solids), salt, spices, flavoring



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Lun. PizzaBoli, Whole Grain (Sicilian Style Cheese Calzone)(Don Lee/Tasty Brands 53201)

Corn, Dairy, Tomato, Wheat, Gluten

Reduced Fat Mozzarella Cheese (Pasteurized Part Skim Milk, Non Fat Modified Food Starch, Cultures, Salt Vitamin A Palmitatem Enzymes), Pizza Sauce (water, Tomato Paste, Tomatoes (Diced Tomatoes, Tomato Juice, Citric Acid) Extra Virgin Olive Oil, Sugar Salt, Garlic Powder, Spices), Water, Flour, Malted Barley Flour, Niacin, Iron, Thiamine Monoitrate, Riboflavin, Folic Acid), Soybean Oil, Yeast, Sugar

Lun. Pork, BBQ (for Mesquite BBQ Pork Sandwich; Does not include bun)

Corn, Soy, Tomato

Pork, tomato paste, sugar, vinegar, textured vegetable protein (soy protein concentrate, caramel color), mustard (distilled vinegar, mustard seed, salt, turmeric, spices), seasoning (salt, sugar, modified food starch, dextrose, onion powder, guar gum, paprika, garlic, beet powder, spices, citric acid, natural flavor), corn syrup solids, seasoning (potassium chloride, natural flavor, maltodextrin, onion powder,

Lun. Pork, BBQ Rib Patty (for Smokin' BBQ Rib Sandwich; Does not include bun)

Corn, Dairy, Soy, Tomato, Wheat, Honey, Gluten

Ground pork, vegetable protein product [Soy protein concentrate). May contain caramel color and/or soy lecithin]. Seasoning [tomato powder, dextrose, brown sugar, vinegar flavor (malic acid, sodium acetate, lactose, fumaric acid), worchestershire sauce powder (corn syrup solids, salt, garlic powder, sugar, spices, soy sauce solids (wheat, soybeans, salt, maltodextrin, caramel color), tamarinds, natural flavor, spices



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Roasted Drumstick	Corn	Chicken Drumstick, water, contains 2% or less of the following caramelized sugar, citric acid, corn starch, garlic powder, maltodextrin, natural flavors, onion powder, rice starch, salt, spice, sugar, xanthan gum, yeast extract. Blended in Vegetable Oil.
Lun. Salad, Chicken Caesar (Salad only; Does not include Cheesy Bread or dressing)	Dairy, Tomato, Wheat, Gluten	Chicken (Chicken, water, ascorbic acid, maltodextrin, natural flavors, rice starch, vinegar, yeast extract), Romaine lettuce, Croutons (Whole wheat flour, canola and/or sunflower oil, (contains citric acid and/or tocopherols, seasoning [sugar, whey, salt, [(romano cheese [(milk, salt, cheese cultures, enzymes), whey, disodium phosphate, lactic acid], parmesan cheese [(milk, cheese cultures, salt, enzymes), whey, salt
Lun. Salad, Chinese Chicken-2018 (Salad only; Does not include salad dressing)	Corn, Egg, Wheat, Gluten	Romaine 3-Way Blend (romaine lettuce, carrots, purple cabbage), Carrots, Chicken (Chicken, water, ascorbic acid, maltodextrin, natural flavors, rice starch, vinegar, yeast extract), Crispy Chow Mein Noodles (Whole wheat flour, enriched wheat flour, soybean oil, corn starch, salt, vinegar, trace eggs, sodium benzoate)



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Lun. Salad, Mexicali (Salad only; Does not include dressing)

Corn, Dairy, Tomato

Pinto Beans (pinto beans, salt, calcium chloride, EDTA), romaine lettuce, cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto, potato starch, cellulose, natamycin), salsa (tomato puree, diced tomatoes in tomato juice, jalapeno peppers, vinegar, onion, salt, sea salt, potassium chloride, natural flavors, sugar, garlic, Vitamin C, spices, Vitamin E, Vitamin A), corn, sour cream (grade A cultured milk, cream

Lun. Salad, Yogurt Parfait, Blueberry (Parfait only; Does not include granola)

Corn, Dairy

Yogurt (Cultured pasteurized low fat milk, sugar, modified corn starch, kosher gelatin, natural flavor, potassium sorbate, vitamin A, Vitamin D3), Blueberries

Lun. Salad, Yogurt Parfait, Cherry (Parfait only; Does not include granola)

Corn, Dairy

Yogurt (Cultured pasteurized low fat milk, sugar, modified corn starch, kosher gelatin, natural flavor, potassium sorbate, vitamin A, Vitamin D3), Cherries

Lun. Salad, Yogurt Parfait, Strawberry (Parfait only; Does not include granola)

Corn, Dairy

Yogurt (Cultured pasteurized low fat milk, sugar, modified corn starch, kosher gelatin, natural flavor, potassium sorbate, vitamin A, Vitamin D3), Strawberries



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Salisbury Steak w/Brown Gravy (R0140)	Corn, Dairy, Soy, Wheat, Gluten	Ground beef, textured vegetable protein (soy flour, caramel color), seasonings (salt, dehydrated onion, spices including mustard, whey powder, toasted onion powder, garlic powder, sugar, modified corn starch, soy protein concentrate, soy sauce powder (soy sauce, wheat, soybeans, salt), maltodextrin, yeast extract, parsley flakes, natural beef fat flavor (beef fat, flavor), sodium phosphate, caramel color, Brown
Lun. Salisbury Steak w/Gravy, Ind. Tray (Hot off the Grill)(NNC only)	Corn, Dairy, Soy, Wheat, Gluten	Beef Salisbury Patty: Ground beef, water, textured vegetable protein (soy flour, caramel color), seasonings (salt, dehydrated onion, spices, mustard, whey powder, onion powder, garlic powder, sugar), modified corn starch, soy protein concentrate, soy sauce powder (soy sauce [wheat, soybeans, salt], maltodextrin, salt, yeast extract, parsley flakes, beef fat flavor (beef fat, flavor), sodium phosphate, caramel
Lun. Salisbury Steak, Plain (No gravy) (Integrated 80823)	Corn, Dairy, Soy, Wheat, Gluten	Ground beef, textured vegetable protein (soy flour, caramel color), seasonings (salt, dehydrated onion, spices including mustard, whey powder, toasted onion powder, garlic powder, sugar, modified corn starch, soy protein concentrate, soy sauce powder (soy sauce, wheat, soybeans, salt), maltodextrin, yeast extract, parsley flakes, natural beef fat flavor (beef fat, flavor), sodium phosphate, caramel color



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Sandwich, All Star Turkey Hot Dog	Corn, Wheat, Gluten	Turkey Hot Dog: Turkey, seasoning (corn syrup solids, dextrose, sugar, paprika, natural flavoring), salt, potassium chloride, natural flavor (celery juice powder), natural flavoring, natural smoke flavoring. Hot Dog Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, yeast, soybean oil, salt, wheat gluten, emulsifier, enzymes, calcium propionate, monoglyceride, calcium
Lun. Sandwich, Cafe LA Burger	Wheat, Gluten	Beef Patty: Ground beef, onion, seasoning (salt, dehydrated onion and garlic), spices, natural flavor, torula yeast with natural hickory smoke flavor, sugar). Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), soybean oil, wheat gluten, yeast, salt, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate.
Lun. Sandwich, Cafe LA Cheeseburger	Dairy, Wheat, Gluten	Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate. Hamburger: Ground beef, onion, seasoning (salt, dehydrated onion and garlic, spices, natural flavor, torula yeast with hickory smoke flavor, sugar). Cheese: Cheddar Cheese:



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Lun. Sandwich, Chicken & Cheese Sliders, I.W. (Tyson)

Corn, Dairy, Soy, Wheat, Gluten

Whole grain roll: whole wheat flour, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, enzyme, folic acid), sugar, yeast, sorbitan monostearate, ascorbic acid, soybean oil, salt, monoglycerides, ascorbic acid, citric acid, fumaric acid, calcium propionate, calcium sulfate, enzymes, wheat starch, ascorbic acid. Chicken: chicken, corn starch, natural flavors, salt, hot pepper cheese (milk

Lun. Sandwich, Classic Tuna

dairy, Corn, Egg, Wheat, Fish, Gluten

Tuna Salad: Tuna (light tuna, vegetable broth), celery, salt, black pepper; sweet pickle relish (cured cucumbers, cauliflower, sugar, distilled vinegar, salt, sweet pickle emulsion, celery seed, mustard seed, xanthan gum, sodium benzoate, turmeric), Mayonnaise: (Soybean oil, eggs, distilled vinegar, corn syrup, salt, spice, lemon juice concentrate, calcium disodium EDTA. Knot Roll: Whole wheat flour, enriched

Lun. Sandwich, Crispy Chicken Filet

Corn, Soy, Wheat, Gluten

Chicken Patty: Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid, spice], seasoning (potassium chloride, rice flour), sodium phosphates. Breaded with: Whole wheat flour, enriched wheat flour



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Sandwich, Deli Cheese #2 (Cold, Prep)	Dairy, Wheat, Gluten	Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, salt, yeast, sugar, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate. Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto.
Lun. Sandwich, Deli Cheese, #2 (Cold, NNC)	Dairy, Wheat, Gluten	Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto. WG Hamburger Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate. propionate, salt, citric acid, enzymes, ascorbic acid.
Lun. Sandwich, Deli Turkey & Cheese	Corn, Dairy, Wheat, Gluten	Turkey: Turkey breast meat, turkey broth, salt, sugar, dehydrated turkey broth, rosemary extract, natural smoke flavoring, baking soda. Cheddar Cheese, Sliced: Pasteurized milk, cheese culture, salt, enzymes, annatto. Knot Roll: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, enzymes, emulsifier, cornmeal, calcium propionate, calcium carbonate.



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Lun. Sandwich, Golden Chicken Filet (Lunch only for Middle & High Schools)(Avail. Oct. 2019)

Corn, Soy, Wheat, Gluten

Chicken Filet: chicken breast rib meat, whole wheat flour, brown sugar, canola oil, carrot powder, citric acid, garlic, onion, yeast, isolated soy protein, maltodextrin, natural flavors, paprika extract, rosemary extract, salt, spice, sugar, torula yeast, turmeric extract, vegetable stock (carrot, onion, celery), wheat gluten, yeast extract, vegetable oil. Knot Roll: Whole wheat flour, enriched wheat flour (flour, malted

Lun. Sandwich, Grande Burger (Middle & High Schools Only)(Avail. Oct. 2019)

Wheat, Gluten

Beef Patty: Ground beef, onion, sea salt, garlic, black pepper. Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate.

Lun. Sandwich, Grande Cheeseburger (Middle & High Schools Only)(Avail. Oct. 2019)

Dairy, Wheat, Gluten

Beef Patty: Ground beef, onion, sea salt, garlic, black pepper. Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate. Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto, Vitamin A Palmitate



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Sandwich, Mama's Meatball Sub (Includes Roll, Meatballs and Marinara Sauce)	Dairy, Egg, Tomato, Wheat, Gluten	Meatballs: White turkey, bread crumbs (wheat flour, sugar, salt, yeast extract, canola oil), dextrose, onion powder, garlic powder, spice, flavoring, barley malt powder, non-fat dry milk, dried whole eggs. French Roll: Whole wheat flour, enriched wheat flour, (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, wheat gluten, yeast, sugar, salt, sunflower lecithin, natural flavor
Lun. Sandwich, Mesquite BBQ Pork	Corn, Soy, Tomato, Wheat, Gluten	BBQ Pork: Pork, tomato paste, sugar, vinegar, textured vegetable protein (soy protein concentrate, caramel color), mustard (distilled vinegar, mustard seed, salt, turmeric, spices), seasoning (salt, sugar, modified food starch, dextrose, onion powder, guar gum, paprika, garlic, beet powder, spices, citric acid, natural flavor), corn syrup solids, seasoning (potassium chloride, natural flavor, maltodextrin, onion
Lun. Sandwich, Mini Teriyaki Chicken Sandwich, I.W. (Tyson)	Corn, Soy, Wheat, Gluten	Chicken, water, brown sugar, soy protein concentrate, soy sauce (water, soybeans, wheat, salt), isolated soy protein, canola oil, carrot powder, citric acid, corn starch, garlic, maltodextrin, natural flavor, onion powder, pineapple juice concentrate, salt, spices, sugar, toasted sesame oil, vegetable stock (carrot, onion, celery), vinegar, xanthan gum, yeast. Whole grain roll: water, whole wheat flour, enriched wheat flour



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Sandwich, Pastrami & Cheese Croissant	Dairy, Egg, Soy, Wheat, Gluten	Turkey Pastrami: turkey, pastrami seasoning (sugar, garlic powder, natural flavors, oleoresin paprika, garlic oil), sea salt, spices (cracked peppercorn), cultured celery powder, salt, natural smoke flavoring. Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto. Croissant: Wheat flour [whole wheat flour, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid)]
Lun. Sandwich, Philly Cheese Steak	Corn, Dairy, Soy, Tomato, Wheat, Gluten	Steak: Ground Beef, water, seasoning (dextrose, hydrolyzed soy protein, sugar, salt, sodium phosphates, tomato powder, caramel color, onion and garlic powders, autolyzed yeast, citric acid, spices, worcestershire sauce base (vinegar, autolyzed yeast extract, sugar, salt, natural flavorings), spice extractives, modified corn starch. French Roll: Whole wheat flour, enriched wheat flour (wheat flour, malted barley
Lun. Sandwich, Smokin BBQ Rib	Corn, Dairy, Soy, Tomato, Wheat, Honey, Gluten	Pork (Ground pork, vegetable protein product [soy protein concentrate]. May contain caramel color and/or soy lecithin. Seasoning (tomato powder, dextrose, brown sugar, vinegar flavor (malic acid, sodium acetate, lactose, fumaric acid), worchestershire sauce powder [corn syrup solids, salt, garlic powder, sugar, spices, soy sauce solids (wheat, soybeans, salt, maltodextrin, caramel color), tamarinds, natural



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Sandwich, Toasted Cheese (Pre-made)	Corn, Dairy, Soy, Wheat, Gluten	Whole Grain Bread: whole wheat flour, enriched bread flour (wheat flour, malted barley flour). Bread base: (sugar, dextrose, soy oil, salt, wheat flour, mono and diglycerides, calcium stearoyl lactylate, wheat gluten, calcium sulfate, diacetyl tartaric acid esters of mono and diglycerides, ammonium sulfate, ethoxylated mono and diglycerides, guar gum, ascorbic acid, monocalcium phosphate, potassium
Lun. Sandwich, Toasted Cheese Sandwich #2 (Recipe)	Dairy, Wheat, Gluten	Whole wheat bread: Whole wheat flour, enriched unbleached flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), sugar, yeast, gluten, expeller pressed canola oil, mono and diglycerides, calcium propionate, salt, citric acid, enzymes, ascorbic acid. , Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes), annatto), butter, salted (cream, milk)
Lun. Sandwich, Turkey & Provolone Cheese	Corn, Dairy, Wheat, Gluten	Turkey: Turkey breast meat, turkey broth, salt, sugar, dehydrated turkey broth, rosemary extract, natural smoke flavoring, baking soda. Provolone Cheese: Pasteurized milk, cheese culture, salt, enzymes. Knot Roll: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, enzymes, emulsifier, cornmeal, calcium propionate, calcium carbonate



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Sandwich, Turkey Burger (on Hamburger Bun)	Wheat, Gluten	Turkey Patty: Turkey, salt, rosemary extract, savory seasoning (spices, black pepper, garlic, onion). Hamburger bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate.
Lun. Sandwich, Turkey Ham on Knot Roll (Field Trip)	Corn, Wheat, Gluten	Turkey Ham: Turkey, vinegar, sugar, sea salt, cultured celery powder, salt, potassium chloride, baking soda, natural smoke flavor. Knot Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, enzymes, emulsifier, cornmeal, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate.
Lun. Sandwich, Yellow Submarine #2	Dairy, Wheat, Gluten	Turkey Breast: Turkey breast meat, turkey broth, salt, sugar, dehydrated turkey broth, rosemary extract, natural smoke flavoring, baking soda. Turkey Ham: Turkey thigh meat, vinegar, sugar, sea salt, cultured celery powder, salt, potassium chloride, baking soda, natural smoke flavor. Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto. French Roll: Whole wheat flour, enriched wheat flour (flour,



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Taco Bean Dip #2 (2018)(without Tortilla Chips)	Corn, Dairy, Tomato, Wheat	Turkey Savory Crumbles (turkey), seasoning (yeast extract, sugar, dextrose, onion powder, garlic powder, spice), salt, sugar, flavorings. Pinto Beans (pinto beans, salt), Tomato Paste (tomato paste, citric acid), Taco Seasoning: Paprika, chili pepper, onion, salt, garlic, potato flour, enriched wheat flour, cocoa processed with alkali, corn syrup solids, citric acid, natural flavor. Shredded Cheddar Cheese (pasteurized
Lun. Tangerine Chicken (Tangerine Chicken Only; Does not include Vegetable Fried Rice or Brown Rice)	Corn, Soy, Wheat, Honey, Gluten	Boneless, skinless dark meat chicken, water, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, flavors, maltodextrin, silicon dioxide, citric acid], seasoning (potassium chloride, rice flour), sodium phosphate, natural flavoring. Breaded with: Whole wheat flour, enriched bleached wheat flour
Lun. Teriyaki Beef Dipper Rice Bowl	Corn, Soy, Wheat, Gluten	Beef Teriyaki Dunkers: Ground beef, seasoning (sugar, soy sauce powder (wheat, soybeans, salt, maltodextrin), garlic powder, flavor (canola oil, sesame oil, natural flavors), chili peppers and other spices, flavoring, caramel color, citric acid), textured vegetable protein (soy flour, caramel color). Glaze Ingredients: sugar, soy sauce powder, (wheat, soybeans, salt, maltodextrin), modified corn starch, xanthan gum



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Teriyaki Beef Dunkers (Don Lee CNQTD0753)	Corn, Soy, Wheat, Gluten	Dunkers: Ground beef, seasoning (sugar, soy sauce powder (wheat, soybeans, salt, maltodextrin), garlic powder, flavor (canola oil, sesame oil, natural flavors), chili pepper and other spices, flavoring, caramel color, citric acid), textured vegetable protein product (soy flour, caramel color). Glaze ingredients: Sugar, soy sauce powder (wheat, soybeans, salt, maltodextrin), modified corn starch, xanthan gum.
Lun. Turkey & Mashed Potato Bowl	dairy, Corn	Turkey: Turkey Breast Meat, Turkey Broth. Creamy Mashed Potato: Potatoes, Butter, Sea Salt. Salt Free Seasoning: Spices (Black Pepper, Basil, Oregano, celery seed, dill weed, sage, bay leaves, turmeric), Garlic, carrots, ground onion, minced onion, citric acid, toasted sesame seeds, red bell peppers, orange peel, corn starch, parsley flakes, lemon peel.
Lun. Turkey, Breast Stick, Smokehouse, IW (Jennie-O 207130)	No Allergens	Turkey breast, vinegar, salt, sugar, brown sugar, spices, garlic, onions, molasses, chicken broth, sunflower oil, turkey fat, smoke flavor, turkey flavor, rosemary, baking soda.
Lun. Turkey, Breast, Smoked, Sliced (Jennie-O 231918)	No Allergens	Turkey breast meat, turkey broth, salt, sugar, dehydrated turkey broth, rosemary extract, natural smoke flavoring, baking soda.
Lun. Turkey, Burger Patty (Jennie O 6166-30; Does not include bun)	No Allergens	Turkey Patty: Turkey, salt, rosemary extract, savory seasoning (spices, black pepper, garlic, onion).



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Turkey, Frank (Jennie-O 612620)	Corn	Turkey Frank: Turkey, seasoning (corn syrup solids, dextrose, sugar, paprika, natural flavoring), salt, potassium chloride, natural flavor (celery juice powder), natural flavoring, natural smoke flavoring.
Lun. Turkey, Ham, Sliced (Jennie-O 256818)	No Allergens	Turkey thigh meat, vinegar, sugar, sea salt, cultured celery powder, salt, potassium chloride, baking soda, natural smoke flavor.
Lun. Turkey, Meatballs (Jennie-O 639930)	Dairy, Egg, Wheat, Gluten	Turkey, bread crumbs (wheat flour, sugar, salt, yeast extract, canola oil), yeast extract, sugar, dextrose, onion powder, garlic powder, spice, disodium inosinate, disodium guanylate, sguar, salt, flavorings, potassium chloride, barley malt powder, nonfat dry milk, dry whole egg.
Lun. Turkey, Pastrami, Sliced (Jennie-O 263418)	No Allergens	Turkey, pastrami seasoning (sugar, garlic powder, natural flavorings oleoresin paprika, garlic oil), sea salt, spices (cracked peppercorns), cultured celery powder, salt, natural smoke flavoring.



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Vegan, Burrito, Bean & Green Chile (MCI)	Corn, Soy, Tomato, Wheat, Gluten	FILLING: Pinto beans, green chiles & green chile puree (green chile peppers, salt, citric acid, calcium chloride), vegetable protein [soy flour, carmel color, zinc oxide, ferrous sulfate, niacinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, Vitamin A, Vitamin B12], soybean oil, onion, garlic, tomato puree, green jalapeno pepper puree, salt, garlic powder, spices. Whole
Lun. Vegan, Chick'n Nuggets (Morning Star Farms) (Avail. Oct. 2019)	Corn, Soy, Wheat, Gluten	Wheat flour, soy flour, vegetable oil (corn, canola, sunflower), soy protein isolate, wheat gluten, wheat starch, yellow corn flour, methylcellulose, potato starch, corn starch, yeast extract, sugar, salt, natural flavors, dextrose, spices, onion, potassium chloride, glutamic acid, paprika, leavening (sodium acid pyrophosphate, sodium bicarbonate), garlic, citric acid, xanthan gum, barley malt
Lun. Vegan, Chicken-Free Tenders (Improved Nature)	dairy, Corn, Soy, Wheat, Gluten	Tender: Soy protein, sugar, salt, soy oil, natural flavor. Breading: Whole wheat flour, enriched wheat flour [enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid], whole grain yellow corn flour, corn starch, salt, dextrose, sugar, onion powder, citric fiber, yeast, garlic powder, spice, maltodextrin, vinegar solids, modified corn starch, spice extractives, cream of tartar, baking



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Vegan, Possible Burger (Patty Only, Vegan Burger 2.5 oz.)(Avail. Oct. 2019)	Corn, Soy, Wheat, Gluten	Hydrated Textured Soy Protein (Water Soy Protein Concentrate, Caramel Color), Onions, Wheat Gluten, Soy Protein Concentrate, Arrowroot Powder, Natural Vegan Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Flaxseed Meal, Garlic, Salt, Black Pepper. Prefried in Expeller Pressed Canola Oil.
Lun. Vegan, Possible Burger With Bun (Avail. Oct. 2019)	Soy, Wheat, Gluten	Hydrated Textured Soy Protein (Water Soy Protein Concentrate, Caramel Color), Onions, Wheat Gluten, Soy Protein Concentrate, Arrowroot Powder, Natural Vegan Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Flaxseed Meal, Garlic, Salt, Black Pepper. Prefried in Expeller Pressed Canola Oil. Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour)
Lun. Vegan, Savory Sausage Sub (R6022)	Corn, Soy, Tomato, Wheat, Gluten	Filling: Vegan Sausage: Soy protein concentrate, canola oil, garlic, vinegar, salt, natural flavor (yeast extract, salt), caramel color, fennel seed, paprika, black pepper, xanthan gum, basil, oregano, parsley, red pepper; Marinara Sauce: Tomato concentrate ((tomato paste), diced tomatoes in juice, sugar, soybean oil, onion powder, garlic powder, salt, spice, natural flavor, dehydrated parsley, citric acid. Bun:



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Vegan, Teriyaki Veggie Patty Sandwich	Corn, Soy, Tomato, Wheat, Gluten	Patty: Textured vegetable protein (soy protein concentrate, caramel color), sunflower oil, seasoning [salt, tomato powder, garlic powder, natural flavor (with hydrolyzed corn soy wheat gluten protein, autolyzed yeast extract), dehydrated parsley, celery powder, spices, carrot powder, onion powder], methycellulose, salt, potassium chloride, sugar, caramel color, flavor, propylene glycol, natural flavor. Teriyaki Sauce:
Lun. Vegan, Three Bean Chili, Ind. Portion (MCI 73344)	Corn, Soy, Tomato	Cooked pinto beans, black beans, garbanzo beans, water, salt, tomatoes (tomatoes, salt, tomato juice and/or puree, citric acid, calcium chloride), tomato puree (tomatoes, citric acid, calcium chloride), onion, corn, red bell pepper, poblano chiles, spices, garlic powder, salt, sugar, isolated soy protein, corn starch.
Lun. Yogurt, Strawberry NF (all grade levels), 8 OZ.	Corn, Dairy	Yogurt: Cultured pastuerized Grade A non-fat milk, sugar, strawberries, modified corn starch, whey, natural flavors, gellan gum, citric acid, purple carrot juice concentrate, carob bean gum.
Lun. Yogurt, Vanilla, Bulk (Yoplait - Used in Yogurt Parfait)	Corn, Dairy	Cultured pasteurized low fat milk, sugar, modified corn starch, modified tapioca starch, potassium sorbate, vitamin A, Vitamin D3



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Zesty Beef Chalupa (Beef & Cheese), IW & Bulk	dairy, Corn, Dairy, Soy, Tomato, Wheat, Gluten	Mozzarella Cheese: pasteurized part skim milk, cheese cultures, salt, enzymes. Tostada Bowl: Whole grain corn masa flour, vegetable oil (high oleic safflower, mid oleic sunflower, corn and/or cottonseed), trace of lime. Taco Beef Filling: ground beef, textured vegetable protein (soy flour, caramel color), onions, seasoning (salt, chili pepper, spices, tomato powder, garlic powder, hydrolyzed corn gluten, wheat
Milk, Flavored, Chocolate, Fat Free (Skim)	Corn, Dairy	Fat free milk, sucrose, cocoa processed with alkali, corn starch, carrageenan, vanillin, Vitamins A Palmitate & D3.
Milk, Unflavored, Fat Free (Skim)	Dairy	Non-fat milk: fat free milk, nonfat milk solids, vitamin A palmitate, vitamin D
Milk, Unflavored, Fat Free, Lactose Free	Dairy	Fat-Free Milk, tribasic calcium phosphate, calcium, carrageenan, guar gum, lactase enzyme, vitamins A palmitate, vitamin D.
Milk, Unflavored, Low Fat (1%)	Dairy	Lowfat milk 1%: Fat free milk, nonfat milk solids, vitamin A palmitate, vitamin D.
Sp. Diets Only, Gluten Free, Bagel (CMS #2590 - Udi's)	Corn, Egg	Water, brown rice flour, tapioca starch, canola oil, egg whites, potato starch, cane sugar, tapioca maltodextrin, tapioca syrup, pea protein, xanthan gum, yeast, salt, cultured corn syrup solids, corn syrup solids, citric acid, enzymes.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Sp. Diets Only, Gluten Free, Bread, Whole Grain, Corn Sliced (CMS #2591 - Little Northern Bakehouse/Vibrant)		Water, tapioca starch, potato starch, corn starch, whole grain brown rice flour, whole teff flour, whole millet, whole red quinoa, sunflower oil, raisin juice, dextrose, psyllium husk, cane sugar, yeast, modified cellulose, pea fiber, sea salt, rice bran, vinegar, cellulose gum.
Sp. Diets Only, Gluten Free, Cheese Pizza (CMS #2138 - Mr. Sips)	Dairy, Tomato	Crust: Rice flour, modified rice starch, potato starch, sugar, tapioca flour, potato flour, canola/olive oil, yeast, salt, xanthan gum, calcium sulfate. Cheese: Pasteurized part skim milk, cultures, salt, enzymes. Sauce: Crushed tomatoes, tomato puree (tomato paste), sugar, salt, spices, soybean oil, citric acid, dehydrated onion, garlic, Romano cheese flavor (romano cheese [milk, cheese cultures, salt, enzymes], onion
Sp. Diets Only, Gluten Free, Macaroni & Cheese (CMS #2165 - Mr. Sips)	Corn, Dairy, Soy	Cooked macaroni (water, rice flour), pasteurized processed cheese spread (cheddar cheese [milk, cheese culture, salt, enzymes], whey, sodium phosphate, whey protein concentrate, cream, nonfat dry milk, anhydrous milk fat, yeast, natural flavor, hydroxypropyl methylcellulose, paprika, annatto), Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), margarine (soy oil, salt, whey, soy



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Sp. Diets Only, Milk, Almond, Vanilla	Nuts	Almond milk (water, almonds), cane sugar, sea salt, natural flavor, locust bean gum, sunflower lecithin, gellan gum, calcium carbonate, vitamin E, zinc, vitamin A, riboflavin, vitamin B12, Vitamin D.
Sp. Diets Only, Milk, Rice	No Allergens	Water, organic brown rice, canola oil and/or safflower oil and/or sunflower oil, tricalcium phosphate, sea salt, vitamin A, vitamin D2, vitamin B12.
Sp. Diets Only, Milk, Soy	Soy	Organic soy base (water, soybeans), cane syrup, natural flavor, tricalcium phosphate, sea salt, carrageenan, riboflavin, vitamin E, vitamin B6, vitamin A, vitamin D2, vitamin B12.
Supper, Cocoa Raisin Bar (Zee Zee's National Food Group)(Available Feb. 2020)	Corn, Soy, Wheat, Gluten	Flour blend (whole grain oat flour, enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]), sugar, corn syrup, raisins, soybean oil, cocoa (processed with alkali), palm oil, icing (sugar, palm kernel oil, soy lecithin, corn starch), baking soda, natural flavors, salt.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Hot, All American Burger	Soy, Wheat, Gluten	Beef Patty: Ground beef, textured vegetable protein (soy flour, caramel color), seasonings (salt, garlic powder, onion powder, spice, sugar, beef flavor (beef extract, maltodextrin, beef stock, yeast extract, salt, lactic acid, flavor, citric acid), flavoring, mesquite flavor (maltodextrin, natural mesquite smoke flavoring), grill flavor (from vegetable oil), sodium phosphate, caramel color. Whole grain Bun: whole wheat flour
Supper, Hot, Beef, Corn Dog, Bulk (Don Lee)	Dairy, Egg, Soy, Wheat	Uncured Beef Frankfurter Ingredients: Beef, Water, Salt, mustard, 2% or less of the following: isolated soy protein (with magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), dextrose, garlic powder, spice extractives, sodium citrate buffered with citric acid, sodium
Supper, Hot, Beef, Corn Dog, I.W. (Don Lee)	Corn, Dairy, Egg, Soy, Wheat, Honey, Gluten	Uncured Beef Frank: Beef, salt, mustard, isolated soy protein (with magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), dextrose, garlic powder, spice extractives, sodium citrate with citric acid, sodium phosphates, hydrolyzed corn and soy



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Hot, Cheeseburger Sliders	Corn, Dairy, Soy, Wheat, Gluten	Bread: Whole wheat flour, enriched wheat flour (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, yeast, wheat gluten, sodium stearoyl lactylate, salt, enzymes, calcium propionate, calcium sulfate, ascorbic acid. Ground beef, hydrolyzed soy protein, maltodextrin, onion, garlic, spice, sugar, salt, torula yeast, yeast extract, disodium inosinate, spice
Supper, Hot, Chicken & Cheese Burrito	dairy, Corn, Dairy, Soy, Wheat, Gluten	Chicken breast meat (boneless skinless chicken breast, potato starch, salt, yeast extract, citrus extract), boneless skinless ground chicken, cheese blend [low moisture, part skim mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes) & reduced fat cheddar cheese (cultured pasteurized part-skim milk, salt, cheese color, enzymes), spices, garlic powder, onion powder, tomato puree (tomatoes, citric
Supper, Italian Cheese Pack (Ardella's; Kit includes: Cheese, Whole Grain Soft Cracker, Italian Sauce)	Corn, Dairy, Tomato, Wheat, Gluten	Crust: Whole grain whole wheat flour, enriched flour (wheat flour), soybean oil, sugar, oat fiber, sea salt, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, starch, monocalcium phosphate), calcium propionate, calcium sulfate. Cheese: Low moisture part skim mozzarella cheese (cultured pasteurized milk, salt, enzymes). Pizza Sauce: Tomato paste, salt, spices, flavoring



LAUSD Food Allergy & Ingredient Information

Product

Supper, Shelf Stable, ES Foods 61422 - Wow Butter Meal Kit (Kit contains: Soy Butter, Honey Roasted Sunflower Seeds, Raisins, Vegetable Juice [contains sweet potato, apple & white grape juices], Whole Grain Wheat Cracker, and Jelly

Allergens

Corn, Dairy, Soy, Wheat, Honey, Gluten

Ingredients

Soy Butter/Wow Butter: Whole toasted soy, pressed soy oil, cane sugar, palm oil, sea salt. Honey Roasted Sunflower Seeds: Sunflower kernels, sugar, sunflower oil, honey, salt, maltodextrin, xanthan gum. Raisins. Vegetable Juice Punch: Reconstituted Vegetable Juice: Water, sweet potato concentrate), reconstituted fruit juice (water, concentrate of juices [apple and white grape]), natural flavoring, citric acid

Supper, Shelf Stable, NNC Kit #1 - Fiesta Surprise (Kit only-does not include tortilla chips. Kit includes: Cheese Spread, Sunflower Seeds, Salsa, Watermelon Cranberries or Raisins)

Dairy, Tomato

Cheese Spread: Cheddar cheese (milk, cheese cultures, salt, enzymes, water, cream, whey, sodium phosphate, sodium citrate, natural cheddar cheese flavor, locust bean gum, sorbic acid, apo-carotenal), Sunflower Seeds: Sunflower kernels, sunflower oil, salt. Salsa Cup: (Tomato Puree [tomato paste], diced tomatoes, jalapeno peppers, vinegar, dried onion, sea salt, salt, sugar, dried garlic, natural flavors

Supper, Shelf Stable, NNC Kit #9 (Kit only-does not include tortilla chips. Kit includes: Hummus, Sunflower Seeds, Salsa Cup and Watermelon Cranberries.

dairy, Tomato

Hummus: Garbanzo beans, lemon juice, olive oil, garlic, citric acid, spice, salt. Sunflower Seeds: Sunflower kernels, sunflower oil, salt. Salsa Cup: (Tomato Puree [tomato paste], diced tomatoes, jalapeno peppers, vinegar, dried onion, sea salt, salt, sugar, dried garlic, natural flavors, spices, citric acid, potassium chloride. Cranberries (Cranberries, cane sugar) OR Watermelon Cranberries (Cranberries, sugar, natural flavor, citric



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Shelf Stable, Notables 41108, Sunbutter Meal Kit (Kit contains: Sunbutter, Honey Graham Crackers, Juice Bowl Vegetable Juice [100% juice from sweet potato, apple, pear, carrot, pineapple, mango], Applesauce)	Wheat, Honey, Gluten	Sunbutter: Sunflower seeds, sugar, mono-diglycerides, salt. Honey Graham Cracker: Whole wheat flour, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, oat fiber, honey, salt, sodium bicarbonate, molasses, ascorbic acid, vitamin A, niacinamide, iron, riboflavin, thiamin mononitrate, maltodextrin, annatto. Juice Bowl Vegetable Juice: 100% juice
Supper, Shelf Stable, Notables 77070, Cheese Stick Meal Kit (Kit contains: Cheddar Cheese, Cinnamon Spice Crackers, Applesauce, Juice Bowl Vegetable Juice [contains sweet potato, apple, pear, carrot, pineapple, and mango juices])	Dairy, Egg, Soy, Wheat, Honey, Gluten	Cheddar Cheese: milk, salt, sodium phosphate, natural flavor, sorbic acid, paprika, tumeric, enzymes. Carrot Patch Cinnamon Crackers: (Whole wheat flour, sugar, bleached enriched flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sunflower oil, carrots, cinnamon, honey, invert syrup, salt, natural flavor, baking soda, soy lecithin, caramel color, eggs, milk. Applesauce: Apples, water, Juice Bowl
Supper, Sunflower Seeds, Roasted/Salted, 1 oz. (SunOpta)	No Allergens	Sunflower kernels, sunflower oil, salt
Supper/Snack, Yogurt, Go-Big Strawberry (Note: Contains unidentified fruit & veg juice [for color])	Corn, Dairy	Cultured Pasteurized Grade A Reduced Fat Milk, Sugar, Strawberries, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Fruit and Vegetable Juice (for Color), Potassium Sorbate, Beta Carotene, Vitamin A, Vitamin D3.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper/Snack, Yogurt, Horchata, 4 oz. (Yoplait) (Available Jan. 2020)	Corn, Dairy	Cultured pasteurized grade A low fat milk, sugar, modified corn starch, modified tapioca starch, natural flavor, potassium sorbate, caramel color, vitamin A, Vitamin D3.
Veg. Canned, Campfire Baked Beans	Corn	Prepared white beans, brown sugar, sugar, salt, mustard (vinegar, mustard seed, salt, turmeric, spices), modified corn starch, onion powder, caramel color, spices, garlic powder, natural flavor.
Veg. Canned, Fiesta Pinto Beans	No Allergens	Pinto Beans (pinto beans, water, salt, calcium chloride, calcium disodium EDTA), salt, diced green chiles (green chile peppers, salt, citric acid, calcium chloride), garlic powder, paprika, black pepper.
Veg. Cooked, Broccoli Buds	No Allergens	Broccoli
Veg. Cooked, Carrots (Baby Carrots)	No Allergens	Carrots.
Veg. Cooked, Spinach	No Allergens	Spinach.
Veg. Cup, Marinara Sauce	Tomato	Tomato puree, (water, tomato paste), diced tomatoes, sugar, soybean oil, salt, dried garlic, dried onion, spices, parsley, citric acid.
Veg. Cup, Tangy Salsa	Tomato	Tomato Puree (tomato paste), diced tomatoes, jalapeno peppers, vinegar, dried onion, sea salt, salt, sugar, dried garlic, natural flavors, spices, citric acid, potassium chloride
Veg. Dehydrated Potato Flakes, Creamy Mashed Potatoes (Idahoan #2970000713)	Dairy	Potatoes, butter, sea salt
Veg. Fresh, Celery Sticks	No Allergens	Fresh Celery

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Veg. Fresh, Cucumber Coins	No Allergens	Fresh Cucumbers
Veg. Fresh, Garden Salad (does not include dressing)	No Allergens	Romaine Lettuce, Red Cabbage, Carrots.
Veg. Fresh, Lettuce and Tomato (sliced)	No Allergens	Romaine lettuce, fresh tomato slice
Veg. Fresh, Petite Baby Carrots	No Allergens	Carrots.
Veg. Frozen, Potato, Crispy Smiles (McCain)	No Allergens	Potatoes, Vegetable Oil (Contains One or More of the Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Dried Potatoes. Contains 2% or less of Citric Acid (To Maintain Freshness), Dextrose, Mono-& Diglycerides, Natural Flavors, Potassium Chloride, Potato Starch-Modified, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color.
Veg. Frozen, Potato, Golden Hash Brown Patties (Simplot)	No Allergens	Potatoes, vegetable oil (soybean, canola, corn and/or sunflower), salt, disodium dihydrogen pyrophosphate, dextrose.
Veg. Frozen, Potato, Mini Potato Tots (McCain)	No Allergens	Potatoes, Vegetable oil (one or more of: canola, soybean, cottonseed, sunflower, corn), dextrose, modified cellulose, natural flavor, salt.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Veg. Frozen, Potato, Roasted Wedges (McCain)	Corn	Potatoes, vegetable oil (canola, soybean, cottonseed, sunflower and/or corn), modified potato starch, annatto, modified corn starch, dextrin, dextrose, extractives of capsicum, extractives of paprika, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, paprika, potassium chloride, rice flour, salt, natural color, spices, modified tapioca starch, xanthan gum
Veg. Frozen, Potato, Ruffle Fries (Simplot)	Corn	Potatoes, vegetable oil (soybean oil, canola, cottonseed and/or sunflower), food starch modified, beta carotene, dextrin, dextrose, sodium acid pyrophosphate, sodium bicarbonate, rice flour, salt, xanthan gum, tetra sodium pyrophosphate, disodium dihydrogen pyrophosphate.
Veg. Frozen, Potato, Waffle Fries (Simplot)	Corn, Wheat, Gluten	Potatoes, Vegetable Oil (soybean, canola, cottonseed and/or sunflower), enriched flour (bleached wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Contains less than 2%: cellulose gum, paprika oleoresin, turmeric oleoresin, degermed yellow corn meal, dextrose, food starch-modified, garlic powder, onion powder, rice flour, salt, spices, disodium dihydrogen pyrophosphate
Veg. Frozen, Roasted Corn (Recipe R4525)	Corn	Corn, canola oil, paprika



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Veg. Frozen, Street Corn (Recipe R4530)	dairy, Corn, Dairy, Egg	Corn, mayonnaise (soybean oil, water, eggs, vinegar, corn syrup, salt, spice, lemon juice concentrate, calcium disodium EDTA), Parmesan cheese (part skim milk, cheese culture, salt, enzymes), Tajin (chili peppers, salt, lime juice, potassium chloride, silicon dioxide)
Veg. Frozen, Sweet Corn (Corn, Whole Kernel)	Corn	Corn.
Veg. Juice, Frozen, (Cherry Smooth - Contains the following juices: sweet potato, pear, apple, cherry and carrot)	No Allergens	Vegetable and Fruit Juices (water, sweet potato, pear, apple, cherry and carrot juice concentrates), ascorbic acid, Vitamin A, tricalcium phosphate, natural flavor, citric acid, salt, vegetable juice (for color), turmeric, xanthan gum, carob bean gum, guar gum.
Veg. Juice, Frozen, Slush (Tropical Trio, Cool Tropics; contains the following juices: sweet potato and apple)	Corn	Water, sweet potato juice concentrate, apple juice concentrate, maltodextrin, citric acid, ascorbic acid, cellulose gum, natural flavors.
Veg. Juice, Orange Medley (Juicy Juice - Contains the following juices: sweet potato & carrot)	No Allergens	Sweet Potato Juice, carrot juice, citric acid, ascorbic acid, natural flavors.
Veg. Juice, Power Punch (Fruitables - Contains the following juices: sweet potato, apple, pear, jujube fruit, grape, carrot, passion fruit, strawberry, tomato)	No Allergens	Juice from: sweet potato, apple, pear, jujube fruit, grape, carrot, passionfruit, strawberry, tomato, natural flavors, citric acid, ascorbic acid, vitamin A, vitamin E.
Veg. Juice, Tropical Twist (Fruitables - Contains the following juices: sweet potato, apple, pear, grape, jujube fruit, carrot, beet, pineapple, cherry, tomato)	No Allergens	Juice from: sweet potato, apple, pear, grape, jujube fruit, carrot, beet, pineapple, cherry, tomato, natural flavor, citric acid, ascorbic acid, vegetable color, Vitamin A, Vitamin E