



# LAUSD Food Allergy & Ingredient Information

Product

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

Allergens

Corn, Dairy, Soy, Tomato, Wheat, Gluten

Ingredients

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

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, 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.

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.



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. Cereal Bowl, Cold, Cinnamon Toast Crunch 25% Less Sugar	Corn, Soy, Wheat, Gluten	Whole grain wheat, sugar, rice flour, canola oil, polydextrose, maltodextrose, 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
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, 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
Bkft. Chicken Pancake Sandwich (MCI)	Corn, Dairy, Egg, Soy, Wheat, Gluten	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, B6, riboflavin, B12], dried whole egg, salt, rice starch, onion, garlic, yeast extract, natural flavors, maltodextrin, spice, citric acid. Breading: Whole wheat flour, enriched wheat flour (wheat flour



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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.
Bkft. Crescent, Chocolate (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. 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	Eggs, Citric Acid, Sodium Benzoate
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 Trio (Michael Foods French Toast Sticks)	Corn, Dairy, Egg, Soy, Wheat, Gluten	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



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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).
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



# LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

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.

Bkft. Yogurt, Strawberry NF, 4 oz. (Dannon)  
(Also for Snack)

Citrus, 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.

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, Available Oct. 2019)

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, Available Oct. 2019)

Dairy

Cultured pasteurized milk, salt, enzymes, annatto, anticaking blend (potato starch, cellulose), natamycin.



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Cheese, Sliced, Cheddar	Dairy	Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto.
Cheese, Sliced, Cheddar (Land O Lakes; .5 oz. per slice; Available Oct. 2019)	Dairy	Cultured pasteurized reduced fat milk, salt, enzymes, annatto, Vitamin A Palmitate,
Cheese, Sliced, Provolone	Dairy	Pasteurized milk, cheese culture, salt, enzymes.
Condiment, Curtido (Spicy Slaw)	No Allergens	Carrots, cabbage, red cabbage, onion, oregano, vinegar, salt, sugar, red chili pepper.
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.



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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, Low Sodium, 9 gm (Red Gold)	Tomato	Tomato concentrate, sugar, distilled vinegar, salt, potassium chloride, onion powder, garlic powder, spices, natural flavors, citric acid
Condiment, Ind. Pkt., Mayonnaise, 12 gm (Salad Fresh/Four in One)	Citrus, 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.





# LAUSD Food Allergy & Ingredient Information

## Product

Condiment, Salad Dressing, Bulk, Asian Sesame (Marzetti)

## Allergens

Citrus, Corn, Soy, Tomato, Wheat, Gluten

## Ingredients

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.

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)

Citrus, 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.



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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)	Citrus, 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
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, Tropical Fruit, Chilled (Pineapple & Mango)	No Allergens	Pineapple, pineapple juice, mango
Fruit, Cup, Applesauce	No Allergens	Apples, water, ascorbic acid
Fruit, Cup, Mandarin Orange	Citrus	Mandarin Orange (tangerine), pear juice from concentrate, ascorbic acid.
Fruit, Cup, Mango Peach Applesauce	No Allergens	Apples, mango puree, peach puree, natural flavors, malic acid, citric acid, ascorbic acid.
Fruit, Cup, Pineapple	No Allergens	Pineapple, pineapple and/or grape juice from concentrate, Vitamin C.
Fruit, Dried, Raisins, 1.33 oz. Ind. Pkg.	No Allergens	Raisins

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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.
Fruit, Fresh, Nectarine	No Allergens	Nectarines.
Fruit, Fresh, Orange	Citrus	Oranges.
Fruit, Fresh, Peach	No Allergens	Peach.
Fruit, Fresh, Pear	No Allergens	Pear.
Fruit, Fresh, Plum	No Allergens	Plum
Fruit, Fresh, Tangelo Minneola	Citrus	Tangelo Minneola.
Fruit, Frozen Juice, Cup, Berry (2 oz.)	Citrus	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.

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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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.
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.)	Citrus	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.



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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
Fruit, Juice, Orange (4 oz or 8 oz)	Citrus	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, 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.



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<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) (Available May 2019)	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)



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Crackers, "States & Capitals" (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, 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.



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<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

## Product

Grain, Crackers, Rainbow Goldfish Cheese  
(Pepperidge Farms)

## Allergens

Dairy, Wheat, Gluten

## Ingredients

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



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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

Product

Allergens

Ingredients

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, 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.



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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)
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)	Citrus, 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.



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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 sorbate, guar gum, fumaric acid
Grain, Waffle, Crispy, 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



# 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)	Citrus, 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, 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, Grilled Beefy (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), sodium phosphate. Breading: Whole wheat
Lun. Chicken, Cherry Blossom Chicken Bowl	Citrus, 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



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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
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 (Tyson 029901-0928) (Unbreaded)	Corn	Chicken, water, corn starch, natural flavors, salt



# LAUSD Food Allergy & Ingredient Information

## Product

Lun. Chicken, Mini Chicken Corn Dogs (Tyson)

## Allergens

Corn, Soy, Wheat, Honey, Gluten

## Ingredients

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.

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

Soy, Wheat, Gluten

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



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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. 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 (pasturized milk, cheese cultures, salt, enzymes), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes). Sauce:
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



# LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Lun. Orange Meatball Rice Bowl

Citrus, 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.

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



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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.
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)	Citrus, 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



# LAUSD Food Allergy & Ingredient Information

Product

Lun. Pizza, Whole Grain, Pepperoni Wedge, IW (Ardella's, CMS 2589)(Beef/Turkey)(All Supper, NNC Lunch)

Allergens

Citrus, Dairy, Tomato, Wheat, Gluten

Ingredients

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.

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 Palmitate 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)

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, maltedextrin, onion powder).



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Pork, BBQ Rib Patty (for Smokin' BBQ Rib Sandwich)	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)
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)





# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Salad, Yogurt Parfait (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. 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



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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
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



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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.
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	Citrus, 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



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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.
Lun. Sandwich, Deli Cheese (Cold, NNC Field Trip)	Dairy, Wheat, Gluten	Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto. Whole Grain Bread: Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour), sugar, yeast, soybean oil, wheat gluten, salt, enzymes, calcium propionate, ethoxylated mono-diglycerides, calcium sulfate, silicone dioxide, ammonium sulfate, sodium stearoyl lactylate, mono-glycerides, caramel color.
Lun. Sandwich, Deli Cheese (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.



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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.
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, Grilled Beefy 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 stearyl lactylate.



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Sandwich, Grilled Beefy Cheese Burger (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
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



# LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

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



# LAUSD Food Allergy & Ingredient Information

<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 on WW Bread (Recipe)	Dairy, Wheat, Gluten	Whole wheat bread (Whole wheat flour, enriched wheat flour {wheat flour, malted barley flour}, sugar, yeast, soybean oil, wheat gluten, salt, enzymes, caramel color, ascorbic acid), Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes), annatto), butter, salted (cream {milk}, salt.
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.





# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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,
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



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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. Tasty Turkey & Gravy (Holiday menu)	Citrus, Corn, Dairy, Soy	Turkey: Turkey breast, turkey broth, 2% or less: salt, dextrose, carrageenan, sodium phosphate, vegetable oil. Chicken Gravy: 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
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



# LAUSD Food Allergy & Ingredient Information

<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, 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).
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.



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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.
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 sulfete, 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



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Vegan, Chicken-Free Tenders (Improved Nature)	Citrus, Corn, Soy, Wheat, Gluten	Tender: Soy protein, sugar, salt, soy oil, natural flavor. Breeding: 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
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)



# 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	Citrus, 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

Product

Allergens

Ingredients

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, Cold, Go-Big Strawberry Yogurt (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.
Supper, Cold, 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

<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, 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/ferri
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 sultate, vitamin B12, copper gluconate, vitamin A. palmitate, calcium pantothenate, pyrodoxine 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	Citrus, 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 acid)]
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	Corn, Dairy, Soy, Wheat, Honey, Gluten	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



# LAUSD Food Allergy & Ingredient Information

## Product

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)

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

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)

## Allergens

Dairy, Tomato

Citrus, Tomato

Wheat, Honey, Gluten

## Ingredients

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)

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 acid)

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



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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
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. Creamy Mashed Potatoes (Idahoan #2970000713)	Dairy	Potatoes, butter, sea salt



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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. Fresh, Celery Sticks	No Allergens	Fresh Celery
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, Petite Baby Carrots	No Allergens	Carrots.
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 (Ore-Ida)	No Allergens	Potatoes, Vegetable oil (one or more of: canola, soybean, cottonseed, sunflower, corn), dextrose, modified cellulose, natural flavor, salt.
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



# LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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, tumeric 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
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.

# LAUSD Food Allergy & Ingredient Information

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## Product

Veg. Juice, Orange Medley (Juicy Juice - Contains the following juices: sweet potato & carrot)

Veg. Juice, Power Punch (Fruitables - Contains the following juices: sweet potato, apple, pear, jujube fruit, grape, carrot, passion fruit, strawberry, tomato)

Veg. Juice, Tropical Twist (Fruitables - Contains the following juices: sweet potato, apple, pear, grape, jujube fruit, carrot, beet, pineapple, cherry, tomato)

## Allergens

No Allergens

No Allergens

No Allergens

## Ingredients

Sweet Potato Juice, carrot juice, citric acid, ascorbic acid, natural flavors.

Juice from: sweet potato, apple, pear, jujube fruit, grape, carrot, passionfruit, strawberry, tomato, natural flavors, citric acid, ascorbic acid, vitamin A, vitamin E.

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