



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. Banana Bread Whole Grain I.W. (Sky Blue)	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. Beef Sausage Pancake Sandwich	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. Buttery Maple Waffle (Arlington)	Egg, Wheat, Gluten	Organic Whole Wheat Flour, Organic Enriched Wheat flour (Organic Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Beet Sugar, Butter, Whole Eggs, Yeast, Canola Oil, Non-Fat Milk, Salt, Natural Flavors, Enzymes



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Bkft. Cafe LA Coffee Cake 3.4 oz. IW	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 Bar, Berry Apple Crisp	Wheat, Gluten	Whole Grain Oat Blend (Whole Oat Flour, Oats), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Sugar, Raisin Paste, Soybean Oil, Palm Oil, Crisp Rice (Brown Rice Flour), Baking Soda, Salt, Cinnamon, Natural Flavors.
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.
Bkft. Cereal Bowl, Cold, Corn Chex (Gluten Free) (Also for Snack) 1 oz.	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) 1 oz.	No Allergens	Whole grain rice, rice, sugar, salt, molasses.

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Bkft. Cereal Bowl, Deluxe, Cinnamon Chex , 2 grain (Gluten Free)	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, thiamin mononitrate, Vitamin A, riboflavin, folic acid, Vitamin B12, Vitamin D3
Bkft. Cereal Bowl, Deluxe, Cinnamon Toast Crunch, 25% less sugar, 2 grain	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 Chocolate Rockin'Ola	No Allergens	Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Cocoa (processed with alkali), Natural Flavor, Baking Soda, Vitamin E (Mixed Tocopherols) added to protect flavor.
Bkft. Cereal Bowl, Granola, Blueberry Crisp, San Franola	Corn	Whole Rolled Oats, Milled Cane Sugar, Expeller Pressed Canola Oil, Rice Flour, Cornstarch, Salt, Natural Flavor (including blueberry), Barley Malt Syrup, Mixed Tocopherols (Natural Vitamin E to maintain freshness)
Bkft. Cereal, Hot, Oatmeal	Gluten	Whole Grain Rolled Oats, cinnamon (added as part of the recipe)



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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. Cinnamon French Toast IW (Sunny Fresh/Cargill)	Egg, Wheat, Gluten	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 Acid)]. French Toast Batter (Whole Egg, Sugar, Salt), Cinnamon Sugar Glaze
Bkft. Egg & Cheese Stuffed Sand (Italian Cheese Pocket)	Corn, Dairy, Egg, Soy, Tomato, Wheat, Gluten	Crust: Flour Blend (white whole wheat flour, enriched flour, malted barley flour), isolated soy protein, soy/cottonseed/corn and/or canola oil, wheat gluten yeast, sugar, baking powder, corn starch, sea salt, datem, malt (dextrose, guar gum, wheat flour, malted barley flour), soy lecithin, wheat starch, enzymes, maltodextrin, modified food starch (corn and/or tapioca). Filling: Mozzarella cheese
Bkft. Eggs, Hard Cooked, 2 pack (Also for Sp. Diets at Lunch)	Egg	Eggs, Citric Acid, Sodium Benzoate
Bkft. Eggs, Hard Cooked, 2 pack (Also for Sp. Diets at Lunch)	Egg	Eggs, Citric Acid, Sodium Benzoate



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Bkft. Fiesta Bean & Cheese Burrito (Los Cabos/MCI)	Corn, Dairy, Soy, Wheat, Gluten	Filling: Pinto beans, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annato). 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.
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, dextrose, guar gum, soy lecithin, ascorbic acid, wheat starch, salt, enzymes, modified food starch.



LAUSD Food Allergy & Ingredient Information

Product

Bkft. Mini Blueberry Pancakes (Kellogg's Eggo)

Allergens

Corn, Dairy, Egg, Soy, Wheat, Gluten

Ingredients

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. 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



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Bkft. Pan Dulce, Cinnamon (Artimex)	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.
Bkft. WG Cinnamon Pocket (Kellogg's Pop Tart)	Soy, Wheat, Gluten	Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), corn syrup, dextrose, soybean and palm oil, bleached wheat flour, polydextrose, glycerin. Contains 2% or less of maltodextrin, molasses, calcium carbonate, salt, leavening (sodium acid pyrophosphate, baking soda), wheat starch, cinnamon, sodium stearoyl



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Bkft. WG Strawberry Pocket (Kellogg's Pop Tart)	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 Mozz String 1 oz. I.W.(Land O Lakes)	Dairy	Pasteurized part skim milk, cheese cultures, salt, enzymes
Cheese, Shredded, Cheddar (Land O Lakes)	Dairy	Cultured pasteurized milk, salt, enzymes, annatto, anticaking blend (potato starch, cellulose), natamycin.
Cheese, Sliced, Cheddar (Land O Lakes; .5 oz. per slice)	Dairy	Cultured pasteurized reduced fat milk, salt, enzymes, annatto, Vitamin A Palmitate,
Condiment, Curtido (Spicy Slaw)	No Allergens	Carrots, cabbage, red cabbage, onion, oregano, vinegar, salt, sugar, red chili pepper.



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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. Cup, Marinara Sauce, 2.5 oz.	Tomato	Tomato puree, (tomato paste), diced tomatoes, sugar, soybean oil, salt, dried garlic, dried onion, spices, parsley, citric acid.
Condiment, Ind. Cup, Salsa, 3 oz. (Red Gold)	Tomato	Tomato puree (tomato paste), diced tomatoes, jalapeno peppers, vinegar, onion, salt, sea salt, sugar, garlic, natural flavor, spices, citric acid.
Condiment, Ind. Pkt., Honey, 9 gm (Four in One)	Honey	Honey
Condiment, Ind. Pkt., Hot Sauce, 7 gm (Tapatio)	No Allergens	Red peppers, salt, spices, garlic, acetic acid, xanthan gum.
Condiment, Ind. Pkt., Ketchup, 9 gm. (Simply Heinz)	Tomato	Tomatoes, distilled vinegar, sugar, salt, onion powder, spice, natural Flavoring



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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)	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., Taco Sauce, 9 gm (Salad Fresh/Four in One)	Corn, Tomato	Tomato paste, spices, modified starch, onion, garlic, salt, sodium benzoate.
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 that 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).



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Condiment, Salt Free Seasoning (Lawry's)	dairy, Corn	Black pepper, basil, oregano, celery seed, dill weed, sage, bay leaves, tumeric, garlic, carrots, onion, citric acid, sesame seeds, red bell peppers, orange peel, corn starch parsley, lemon peel.
Condiment, Tajin, Ind. Pkts.	dairy	Chili Peppers, dehydrated lime juice, potassium chloride, silicon dioxide.
Fruit, Canned, Applesauce, Chilled (USDA)	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, Peachy Peaches, Chilled	No Allergens	Peaches, extra light syrup.
Fruit, Canned, Pineapple, Chilled	No Allergens	Pineapple, pineapple juice
Fruit, Cup Mixed (Peaches, Pears, Grapes) ZeeZee	No Allergens	Peaches, Pears, Grapes, Water, White Grape Juice Concentrate, Ascorbic Acid (100% Vitamin C), Citric Acid.
Fruit, Cup, Applesauce	No Allergens	Apples, water, ascorbic acid
Fruit, Cup, Applesauce, Orange ("Dreamside")	No Allergens	Apples, water, natural flavor, ascorbic acid
Fruit, Cup, Mandarin Orange	No Allergens	Mandarin Orange (tangerine), pear juice from concentrate, ascorbic acid.
Fruit, Dried, Cherry Cranberries (Cherry Flavored)	No Allergens	Cranberries, Sugar, Cherry Juice concentrate, Citric Acid, Natural Flavor, Elderberry Juice Concentrate, Refined sunflower oil.
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.

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Fruit, Fresh, Banana	No Allergens	Banana.
Fruit, Fresh, Grapes	No Allergens	Grapes.
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, 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.)	No Allergens	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, Mixed Berry Cup (Strawberries & Blueberries)	No Allergens	Strawberries, Blueberries, Sugar
Fruit, Frozen, Mixed Berry Pop	No Allergens	Strawberries, Blueberries, Sugar, Guar Gum, Guar Acacia
Fruit, Frozen, Peach Pop	No Allergens	Peaches, sugar, ascorbic acid, citric acid
Fruit, Frozen, Strawberry Cup	No Allergens	Strawberries, sugar.
Fruit, Juice, Apple (4 oz or 8 oz)	No Allergens	Apple Juice Concentrate, Ascorbic Acid
Fruit, Juice, Orange (4 oz or 8 oz)	dairy	Orange juice concentrate.

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Fruit, Juice, Very Berry (4 oz)	No Allergens	100% Fruit Juice (Water sufficient to reconstitute Apple, Pear, Raspberry and Strawberry juice concentrates), Natural Flavors and Citric Acid.
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, 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.



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Allergens

Ingredients

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)



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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, Chocolate Bear 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, Crunch & Crave Crackers - Pizza (J & J)

dairy, Tomato, Wheat

Whole Wheat Flour, Canola Oil, Sugar, Corn Starch, Contains 2% or less of the following: Pizza Flavored Seasoning (Spices, Sugar, Tomato Powder, Garlic Powder, Onion Powder, Maltodextrin, Paprika, Salt, Natural Flavors, Extractives of Paprika, Lactic Acid, Citric Acid, Yeast Extract), Cane Molasses, Baking Soda, Monocalcium Phosphate (Leavening, Salt, Enzymes).



LAUSD Food Allergy & Ingredient Information

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



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, 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
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.



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

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, rice chene, oats, yeast, cracked

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.

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



LAUSD Food Allergy & Ingredient Information

Product

Grain, Muffin, Corn, IW (Buena Vista)

Allergens

Corn, Dairy, Egg, Wheat, Gluten

Ingredients

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, 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.

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

Product

Allergens

Ingredients

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, 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).



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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
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
Hummus Cup Original 3 oz. (ZeeZee)-AVAIL END OF JULY 2020	No Allergens	Garbanzo Beans, Water, Lemon Juice Concentrate, Olive Oil, Garlic, Contains 2% or less of the following: Citric Acid, Spice (cumin), Salt.



LAUSD Food Allergy & Ingredient Information

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



LAUSD Food Allergy & Ingredient Information

Product

Lun. Beef & Cheese Taco Burrito ("Los Cabos Beef & Cheese Taco Snack")

Allergens

Corn, Dairy, Soy, Wheat, Gluten

Ingredients

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

Lun. Beef Philly 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

No Allergens

Beef, water, sugar, sea salt, natural flavorings, vinegar, celery powder, cherry powder, paprika.

Lun. Breaded Chicken Sandwich(Re-Pack)

Soy, Wheat, Gluten

Chicken, Water, Whole Wheat Flour, Textured Soy Protein Concentrate, Isolated Soy Protein, Contains 2% of Less of the Following: Brown Sugar, Canola Oil, Carrot Powder, Citric Acid, Dried Garlic, Dried Onions, Dried Yeast, Garlic Powder, Maltodextrin, Natural Flavor, Onion Powder, Paprika Extract (Color), Rosemary Extract (To Protect Flavor), Salt, Spice, Sugar, Torula Yeast, Turmeric Extract (Color)



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Cheeseburger Sliders (Also Supper)	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
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)
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



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Chicken Nuggets & Corn (USDA) Re-Pack (NNC Prod)	dairy, Corn, Soy, Wheat, Gluten	Chicken. Water, Isolated Soy Protein With Less than 2% Lecithin, Rice Starch, Seasoning (Salt, Corn Starch, Sugar, Chicken Broth, Dehydrated Onion, Spices (Including Celery Seed), Dehydrated Garlic, Natural Flavors, Maltodextrin, Dried Chicken Skin, Dried Chicken, Soybean Oil (As a Processing Aid) Not More Than 2% Silicon Dioxide Added to Prevent Caking), Reduced Sodium Sea Salt (Sea Salt, Potassium
Lun. Chicken, Cherry Blossom Chicken Bowl	dairy, Corn, Egg, Tomato, Wheat, Gluten	NAE Chicken, sodium phosphates; Breeding/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, Cherry Blossom Chicken with Rice & Broccoli	dairy, Corn, Egg, Tomato, Wheat, Gluten	NAE Chicken, sodium phosphates; Breeding/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

Product

Lun. Chicken, Oven Fried Drumstick (Tyson 37831-928)

Allergens

Corn, Wheat, Gluten

Ingredients

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, Oven Fried Drumstick & Corn

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. Corn.

Lun. Chicken, Oven Fried Drumstick & Potato Wedges

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. Potatoes, vegetable oil (canola, soybean, cottonseed, sunflower and/or corn), modified potato starch, annatto



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Chicken, Tenders & Corn	Corn, 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
Lun. Chicken, Tenders & Mini Potato Tots	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
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

Product

Allergens

Ingredients

Lun. Deep Dish Pepperoni (Turkey/Beef) Pizza 5" I.W.(Schwan's)

dairy, Corn, Soy, Tomato, Wheat, Gluten

Crust: Flour Blend (White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean and/or Canola Oil), Defatted Soy Flour, Yeast, Isolated Soy Protein, Contains 2% or Less of: Sugar, Soy Lecithin, Salt, Distilled Mono-Glycerides, Ascorbic Acid (Dough Conditioner).
Toppings: Low Moisture Part Skim

Lun. Fish Nuggets & Corn Re-Pack

dairy, Corn, 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. Corn

Lun. Fish, Nuggets & Potato Wedges

dairy, Corn, Soy, 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. Potatoes, vegetable oil



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Fish, Nuggets, Breaded (High Liner Foods)	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.
Lun. Garlicky Cheese Bread IW or Bulk (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. Grilled Chicken Sandwich(Re-Pack)	Corn, Wheat, Gluten	Fully Cooked, All Natural Grilled Chicken Patties: Chicken, water, contains 2% or less of the following: Corn Starch, Natural Flavors, Salt. Whole Grain Hamburger Bun: Water, Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Contains less than 2% of: Wheat Gluten, Yeast, Salt, Calcium Propionate.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Homestyle Chicken Sandwich	dairy, Corn, Soy, Wheat	Chicken, Water, Isolated Soy Protein with Less than 2% Lecithin, Rice Starch, Seasoning [Salt, Corn Starch, Sugar, Chicken broth, Dehydrated Onion, Spices (Including Celery Seed), Dehydrated Garlic, Natural Flavors, Maltodextrin, Dried Chicken Skin, Dried Chicken, Soybean Oil (As a Processing Aid), Not More than 2% Silicon Dioxide Added to Prevent Caking], Reduced Sodium Sea Salt [Sea Salt, Potassium
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
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-



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Nacho Pretzel Pocket, Bulk	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. Pizza Cheese Wedge IW (Nardone)	dairy, Tomato, Wheat, Gluten	CHEESE: Low Moisture-Part Skim Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Culture, Salt, Enzymes, Natamycin). CRUST: Water, Whole Wheat Flour, Enriched Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Contains 2% or less of: Vital Wheat Gluten, Sugar, Salt, Yeast. SAUCE: Tomatoes (Water, Tomato Paste). Contains 1% or less of:
Lun. Pizza, WG, Cheese Deep Dish 4", IW (Tony's Galaxy CMS 2628)	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

Product

Allergens

Ingredients

Lun. Pizza, WG, Cheese Wedge, IW (Ardella's)

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. PizzaBoli, WG (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. 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



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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)
Lun. Salisbury Steak w/Gravy, Ind. Tray (Hot off the Grill)	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. 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



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

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, Deli Turkey Ham

Corn, Wheat, Gluten

Turkey Ham (turkey thigh meat, vinegar, sugar, sea salt, cultured celery powder, salt, potassium chloride, baking soda, natural smoke flavor), Knot Roll (whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, canola oil, wheat gluten, salt, yeast, enzymes, emulsifier, cornmeal, calcium propionate, monoglyceride, calcium carbonate.

Lun. Sandwich, Smoked Turkey Breast

Corn, Wheat, Gluten

Turkey breast meat, turkey broth, salt, sugar, dehydrated turkey broth, rosemary extract, natural smoke flavoring, baking soda, Knot Roll (whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, canola oil, wheat gluten, salt, yeast, enzymes, emulsifier, cornmeal, calcium propionate, monoglyceride, calcium carbonate.



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 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, Yellow Submarine #5	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



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. SunButter Grape Sandwich IW (SunWise)- Not Avail End July 2020	Soy, Wheat, Gluten	Bread (water, whole wheat flour, enriched wheat flour [wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], wheat gluten, sugar, yeast, contains 2% or less of soybean oil, salt, dough conditioners [ethoxylated mono & diglycerides, mono & diglycerides, ascorbic acid], calcium propionate, yeast nutrients [ammonium chloride, calcium sulfate, ammonium sulfate], soy
Lun. Turkey & Cheese Snack/Burrito (MCI)	dairy, Corn, Soy, Wheat, Gluten	Ingredients: Filling: Cooked Turkey Crumbles with Savory Seasonings [Turkey, Mechanically Separated Turkey, Contains 2% or less of Seasoning (Yeast Extract, Sugar, Dextrose, Onion Powder, Garlic Powder, Spice, Disodium Inosinate and Disodium Guanylate), Salt, Sugar, Flavorings, Potassium Chloride], Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color)
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.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Turkey, Frank with 51% WG 6" Wheat Hotdog Bun	Corn, Soy, Wheat, Gluten	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. Bun: Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Soybean Oil, Wheat, Gluten
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)	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



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.	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	Soy, Wheat, Gluten	Hydrated Textured Soy Protein (Water Soy Protein Concentrate, Caramel Color), Onions, Wheat Gluten, Soy Protein Concentrate, Arrowroot Powder, Natural Vegan Beed 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, 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.



LAUSD Food Allergy & Ingredient Information

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



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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.
Sp. Diets Only, Gluten Free, Bread, Whole Grain, Sliced (CMS #2591 - Little Northern Bakehouse/Vibrant)	Corn	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



LAUSD Food Allergy & Ingredient Information

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

<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
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, Carrots (Baby Carrots)	No Allergens	Carrots.



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, Broccoli, Raw	No Allergens	Broccoli
Veg. Fresh, Celery Sticks	No Allergens	Fresh Celery
Veg. Fresh, Crunchy Cucumber Sticks	No Allergens	Fresh Cucumbers
Veg. Fresh, Cucumber Coins	No Allergens	Fresh Cucumbers
Veg. Fresh, Garden Salad Delight (does not include dressing)	Tomato	Romaine Lettuce, Grape Tomato, Cucumber.
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 (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, Sweet Corn (Corn, Whole Kernel)	Corn	Corn.
Veg. Frozen, Sweet Corn Re-pack (Corn, Whole Kernel)	Corn	Corn.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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, 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, Paradise Punch (Sun Cup- Contains the following juices: Sweet Potato, Apple or Pear Juice, Carrot Juice)	No Allergens	100% Vegetable & Fruit Juice (Water sufficient to reconstitute Sweet Potato, Apple and/or Pear, and Carrot Juice Concentrates, Less than 2% of Celery, Beet, Parsley, Lettuce, Spinach, and Watercress Juice Concentrates, Natural Flavors, Ascorbic Acid (Vitamin C), and Citric Acid.