

SFUSD NSLP Allergen Report - January 2019

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Breakfast	Pancake Bowl Peach		x	x	x	x				
Breakfast	Pancake Bowl Strawberry		x	x	x	x				
Breakfast	Granola (Blueberry or Apple Crisp)									
Breakfast	Bagel and Cream Cheese		x	x						
		Bagel		x						
		Cream Cheese	x							
Breakfast	Blueberry Burst Bagel		x	x						
		Blueberry Bagel		x						
		Cream Cheese	x							
Breakfast	Bagel Sandwich with Cheese		x	x						
		Bagel		x						
		Cheddar Cheese	x							
Breakfast	Bagel with Turkey and Cream Cheese		x	x						
		Bagel with Turkey		x						
		Cream Cheese	x							
Breakfast	Cinnamon Crumble	Cinnamon Crumble	x	x		x				
Breakfast	Apple Cinnamon Muffin	Apple Cinnamon Muffin	x	x		x				
Breakfast	Autumn Spice Muffin	Autumn Spice Muffin	x	x		x				
Breakfast	Banana Muffin	Banana Muffin	x	x		x				
Breakfast	Blueberry Muffin	Blueberry Muffin	x	x		x				
Breakfast	French Toast Muffin	French Toast Muffin	x	x		x				
Breakfast	Lemon Muffin	Lemon Muffin	x	x		x				
Breakfast	Granola Cereal and Yogurt		x	x						
		Granola Cereal		x						
		Yogurt	x							
Breakfast	Hard Boiled Egg and Wheat Roll			x	x	x				
		Hard Boiled Egg				x				
		Wheat Roll		x						
Breakfast	Cocoa Critters Cereal	Cocoa Critters Cereal			x					
Breakfast	Honey Buttons Cereal	Honey Buttons Cereal		x						
Breakfast	Snow Flurries Cereal	Snow Flurries Cereal								
Breakfast	Cheerios and Dipperdoodle Bar			x		x				
		Cheerios Cereal								
		Dipperdoodle Bar		x		x				
Breakfast	Cheerios and Zac Attack Fruit Bar			x		x				
		Cheerios Cereal								
		Zac Attack Fruit Bar		x		x				
Breakfast	Multigrain Cheerios and Dipperdoodle Bar			x		x				
		Multigrain Cheerios Cereal								
		Dipperdoodle Bar		x		x				
Breakfast	Multigrain Cheerios and Zac Attack Fruit Bar			x		x				
		Multigrain Cheerios Cereal								
		Zac Attack Fruit Bar		x		x				
Breakfast	Cinnamon Chex and Zac Attack Fruit Bar			x		x				

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Cinnamon Chex								
		Zac Attack Fruit Bar		x		x				
Breakfast	Corn Chex and Dipperdoodle Bar			x		x				
		Corn Chex								
		Dipperdoodle Bar		x		x				
Breakfast	Corn Chex and Zac Attack Fruit Bar			x		x				
		Corn Chex								
		Zac Attack Fruit Bar		x		x				
Breakfast	Honey Buttons Cereal and Dipperdoodle Bar			x		x				
		Honey Buttons Cereal		x						
		Dipperdoodle Bar		x		x				
Breakfast	Honey Buttons Cereal and Zac Attack Fruit Bar			x		x				
		Honey Buttons Cereal		x						
		Zac Attack Fruit Bar		x		x				
Breakfast	Snow Flurries Cereal and Cinnamon Grahams		x	x		x				
		Snow Flurries Cereal				x				
		Cinnamon Grahams	x	x		x				
		Applesauce (PK)								
		Raisins (K-12)								
Breakfast	Snow Flurries Cereal and Dipperdoodle Bar			x		x				
		Snow Flurries Cereal								
		Dipperdoodle Bar		x		x				
Breakfast	Snow Flurries Cereal and Zac Attack Fruit Bar			x		x				
		Snow Flurries Cereal								
		Zac Attack Fruit Bar		x		x				
Breakfast	Cinnamon Duo		x	x		x				
		Cinnamon Grahams	x	x		x				
		Cinnamon Rumbles		x						
Breakfast	Cinnamon Grahams and String Cheese		x	x		x				
		Cinnamon Grahams	x	x		x				
		String Cheese	x							
Breakfast	Cinnamon Grahams and Yogurt		x	x		x				
		Cinnamon Grahams	x	x		x				
		Yogurt	x							
Breakfast	Honey Grahams and Cinnamon Rumbles			x						
		Honey Grahams		x						
		Cinnamon Rumbles		x						
Breakfast	Honey Grahams and Yogurt		x	x						
		Honey Grahams		x						
		Yogurt	x							
Breakfast	Yogurt and Educational Snack Crackers		x	x		x				
		Educational Snack Crackers	x	x		x				
		Yogurt	x							
Breakfast	Dipperdoodle Bar	Dipperdoodle Bar		x		x				
Breakfast	Dipperdoodle Bar and Hard Boiled Egg			x		x				
		Dipperdoodle Bar		x		x				

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CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Hard Boiled Egg				x				
Breakfast	Dipperdoodle Bar and String Cheese		x	x		x				
		Dipperdoodle Bar		x		x				
		String Cheese	x							
Breakfast	Zac Omega Bar Blackberry			x		x				
Breakfast	Zac Omega Bar Strawberry			x		x				
Breakfast	Zee Zees Berry Apple Crisp Bar			x						
Breakfast	Classic Chicken Sausage and Cheddar Bagel		x	x						
		Bagel / Chicken Sausage Patty / Cheddar Cheese	x	x						
Breakfast	Chicken Sausage and Cheddar Brekwich		x	x						
		English Muffin / Chicken Sausage Patty / Cheddar Cheese	x	x						
		Syrup Packet								
Breakfast	Southwest Chicken Chorizo and Cheese Bagel		x	x						
		Bagel / Chicken Chorizo Patty / Cheddar Cheese	x	x						
Breakfast	Southwest Chicken Chorizo and Cheese Brekwich		x	x						
		English Muffin / Chicken Chorizo Patty / Cheddar Cheese	x	x						
		Syrup Packet								
Breakfast	Egg and Cheese Brekwich		x	x		x				
		English Muffin / Cheddar Cheese /	x	x		x				
Breakfast	Turkey and Cheddar Brekwich		x	x						
			x	x						
Breakfast	Turkey, Egg, and Cheese Brekwich		x	x		x				
			x	x		x				
Breakfast	Cheese Omelet		x	x		x				
		Wheat Roll		x						
		Omelet with Cheese	x			x				
Breakfast	Mini Cheesy Omelet & French Toast Stick		x	x	x	x				
		Omelet with Cheese	x			x				
		French Toast Stick	x	x	x	x				
		Syrup Packet								
Breakfast	French Toast Sticks with Syrup		x	x	x	x				
		French Toast Sticks	x	x	x	x				
		Syrup Packet								
Breakfast	French Toast & Maple Turkey Sausage Big Breakfast		x	x	x	x				
		French Toast Stick	x	x	x	x				
		Maple Turkey Sausage								
		Scrambled Egg Patty	x			x				
		Syrup Packet								
Breakfast	Buttermilk Pancakes		x	x	x	x				
		Pancake	x	x	x	x				
		Syrup Packet								
Breakfast	Sunshine Rice Bowl		x			x				

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Seasoned Carrot Rice / Egg / Chicken Sausages	x			x				
Breakfast	Buenos Dias Breakfast Burrito		x	x	x	x				
Breakfast	Cheesy Bean Breakfast Burrito		x	x	x					
Breakfast	Rise & Shine Breakfast Burrito		x	x	x	x				
Breakfast	Egg, Cheese, and Green Chile Panada Pie		x	x	x	x				
		Egg, Cheese, and Green Chile Empanada	x	x	x	x				
Breakfast	Egg, Cheese & Chicken Sausage Quesadilla		x	x	x	x				
		Egg and Sausage Breakfast Quesadilla	x	x	x	x				
		Hot Sauce (K-12)								
Breakfast	Cheddar Cheese & Omelet Gordita		x	x		x				
		Cheddar Cheese & Omelet Gordita	x	x		x				
		Syrup Packet								
Breakfast	Pepper Jack Cheese & Omelet Gordita		x	x		x				
		Pepper Jack Cheese & Omelet Gordita	x	x		x				
		Syrup Packet								
Breakfast	Chicken Sausage & Omelet Gordita		x	x		x				
		Chicken Sausage & Omelet Gordita	x	x		x				
		Syrup Packet								
Breakfast	Turkey, Cheddar Cheese & Omelet Gordita		x	x		x				
		Turkey, Cheddar Cheese & Omelet Gordita	x	x		x				
Breakfast	Turkey, Pepper Jack Cheese & Omelet Gordita		x	x		x				
		Turkey, Pepper Jack Cheese & Omelet	x	x		x				
Breakfast	Enchilada Scramble with Scoops		x		x	x				
Breakfast	Ranchero Scramble With Scoops		x		x	x				
Breakfast	Multigrain Cheerios and Educational Snacks		x	x		x				
		Multigrain Cheerios Cereal								
		Educational Snack Crackers	x	x		x				
Breakfast	Chex Cinnamon and Educational Snacks		x	x		x				
		Chex Cinnamon Cereal								
		Educational Snack Crackers	x	x		x				
Breakfast	Chex Corn and Educational Snacks		x	x		x				
		Chex Corn Cereal								
		Educational Snack Crackers	x	x		x				
Breakfast	Muffin Lemon Mini & String Cheese		x	x		x				
		Mini Lemon Muffin	x	x		x				
		String Cheese	x							
Breakfast	Muffin Lemon Mini & Yogurt		x	x		x				
		Mini Lemon Muffin	x	x		x				
		Yogurt	x							

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Snack	Granola			x						
Snack	Educational Snack Crackers		x	x		x				
Snack	Goldfish Colors		x	x						
Snack	Goldfish Crackers		x	x						
Snack	Goldfish Hot N' Spicy		x	x						
Snack	Goldfish Pretzels		x	x						
Snack	Honey Wheat Crackers		x	x						
Snack	Cinnamon Rumbles			x						
Snack	Ranch Rumbles		x	x						
Snack	Salsa Fresca Rumbles			x						
Snack	Cinnamon Graham Crackers		x	x		x				
Snack	Honey Graham Crackers		x	x		x				
Snack	String Cheese		x							
Snack	Yogurt		x							
Snack	Sunbutter									
Snack	Fresh Fruit									
Snack	Fruit Juice									
Snack	Blaze-In Hot Seeds		x							
Snack	Sunflower Seeds									
Snack	Dipperdoodle Bars			x		x				
Snack	Zac Omega Fruit Bars			x		x				
Lunch	Chicken Orange				x					
		Rice/ Carrots/ Orange Chicken								
Lunch	Beef Mongolian		x	x	x	x				
		Rice & Beef Bowl	x	x	x	x				
Lunch	Beef Ranchero and Black Beans Rice Bake									
		Black Bean Salad/ Beef Slices/ Ranchero Rice/ Chili Corn								
Lunch	Chicken Ranchero Con Queso Rice Bake		x							
		Rice Ranchero/ Chicken Breast/ Cheese/ Chili Corn	x							
Lunch	Chicken Kung Pao			x	x					
		Rice								
		Chicken Kung Pao		x	x					
Lunch	Tofu Kung Pao			x	x					
		Rice								
		Tofy Kung Pao		x	x					
Lunch	Gumbo Chicken and Cornbread		x	x	x	x				
		Rice								
		Chicken Sausage Crumbles								
		Chicken Breast								
		Gumbo Sauce		x						
		Cornbread Loaf	x	x	x	x				
Lunch	Flatbread Beef BBQ		x	x						

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Flatbread		x						
		Beef BBQ Strips								
		BBQ Sauce Packet								
		Mozzarella Cheese	x							
Lunch	Pupusa with Beans and Cheese		x	x (9-12)						
		Bean & Cheese Pupusa	x							
		Mozzarella Cheese	x							
		Goldfish Crackers, Hot'n Spicy (9-12)	x	x (9-12)						
Lunch	Rainbow Pizza		x	x		x (9-12)				
		Whole Wheat Cheese and Veggie Pizza	x	x						
		Ranch Dressing Packet (9-12)	x			x (9-12)				
Lunch	Philly Cheese Steak Sandwich		x	x						
		Hot Dog Bun		x						
		Beef Sliced								
		Cheese, Peppers and Onions Spread	x							
Lunch	BBQ Chicken and Cheesy Rice		x	x (6-12)						
		BBQ Chicken / Rice / Cheese	x							
		Goldfish Pretzels (6-12)	x	x (6-12)						
Lunch	BBQ Meatballs with Cheesy Rice		x	x	x					
		BBQ Turkey Meatballs / Rice / Cheese	x	x	x					
Lunch	Chicken Mole Rojo with Rice				x					
		Chicken Mole Rojo / Seasoned Rice				x				
Lunch	Chicken Potstickers with Not-So-Fried-Rice		x	x	x	x				
		Chicken Potstickers		x	x					
		General Tso Sauce		x	x					
		Not-So-Fried-Rice	x		x	x				
Lunch	Chicken Teriyaki with Rice			x	x					
		Chicken Teriyaki / Rice		x	x					
Lunch	Chili Citrus Chicken Drumstick & Rice									
		Chicken Drumstick / Brown Rice / Pinto Beans / Chili Lime Glaze								
Lunch	Creamy Tomato Curry with Grilled Chicken Bites		x							
		Creamy Tomato Curry / Grilled Chicken Bites / Brown Rice	x							
Lunch	Firecracker Chicken with Spicy Sesame Noodles			x	x					
		Spicy Sesame Noodles / Chicken / Sweet Chili Sauce		x	x					
Lunch	General Tso's Chicken		x		x	x				
		General Tso's Chicken / Not-So-Fried Brown Rice / General Tso's Sauce	x		x	x				
Lunch	Jerk Chicken Drumstick & Pineapple Carrot Rice									

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Jerk Chicken Drumstick / Pineapple Carrot Rice / Island Sauce								
Lunch	Uncle Ted's BBQ Chicken Drumstick with Cheesy Rice		x							
		Chicken Drumstick / BBQ Sauce / Brown Rice / Mozzarella Cheese	x							
Lunch	Hawaiian Meatballs with Rice		x	x	x					
		Beef Turkey Meatball / Teriyaki Sauce / Rice		x	x					
		Whole Wheat Crackers	x	x	x					
Lunch	Jumbo Caribbean Meatball with Rice			x	x					
		Jumbo Beef Turkey Meatball / Caribbean Sauce / Carrot Rice		x	x					
Lunch	Jumbo Italian Meatball with Penne Pasta		x	x	x					
		Jumbo Beef Turkey Meatball / Marinara Sauce / Penne Pasta / Mozzarella Cheese	x	x	x					
Lunch	Jumbo Asian Meatball with Sweet Garlic Noodles		x	x	x					
		Jumbo Beef Turkey Meatball / Soy Garlic Glaze / Sesame Seeds / Sweet Garlic Noodles	x	x	x					
Lunch	Pancake and Sausages		x	x	x	x				
		Pancakes / Chicken Sausages	x	x	x	x				
		Syrup Packet								
Lunch	Pancakes and Cheesy Omelet		x	x	x	x				
		Pancakes / Cheesy Egg Omelet	x	x	x	x				
		Educational Snack Crackers (6-12)	x	x		x				
		Syrup Packet								
Lunch	Roasted Turkey Holiday Meal			x						
		Stuffing / Candied Yams / Roasted Turkey / Gravy		x						
		Bread Roll		x						
Lunch	Smoky Sausage Rice Bowl								x (9-12)	
		Chicken Sausages / Rice								
		Sriracha Hot Sauce (9-12)							x (9-12)	
Lunch	Veggie Chili		x	x	x	x				
		Veggie Chili	x							
		Rice								
		Goldfish Crackers (9-12)	x	x						
		Cornbread	x	x	x	x				
Lunch	Creamy Tomato Curry with Tofu		x		x					

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Creamy Tomato Curry / Tofu / Garbanzo Beans / Brown Rice	x		x					
Lunch	Bean and Cheese Burrito		x	x	x					
		Tortilla / Pinto Bean Spread / Mozzarella Cheese	x	x	x					
Lunch	Beefy Bean and Cheese Burrito		x	x	x					
		Tortilla / Pinto Bean Spread / Taco Beef / Mozzarella Cheese	x	x	x					
Lunch	Chicken Fajita Burrito		x	x	x					
		Tortilla / Pinto Bean Spread / SW Chicken Thigh / Fajita Veggies / Mozzarella Cheese	x	x	x					
Lunch	Scoops with Black Bean and Green Chile Cheese Dip		x	x						
		Brown Rice								
		Chicken and Cheese Dip		x						
		Mozzarella Cheese	x							
		Tortilla Scoops								
Lunch	Scoops with Chicken and Green Chile Cheese Dip		x	x						
		Brown Rice								
		Black Bean and Cheese Dip		x						
		Mozzarella Cheese	x							
		Tortilla Scoops								
Lunch	Fiesta Scoops! with Three Layer Dip		x	x						
		Rice / Taco Dip / Mozzarella Cheese / Tostitos Scoops	x	x						
Lunch	Pizza Panada Pie		x	x		x				
		Cheese Pizza Empanada	x	x		x				
Lunch	Cheese Enchilada		x		x					
		Cheese Enchilada / Ranchero Sauce / Rice / Black Beans	x		x					
Lunch	Chicken Enchilada		x		x	x				
		Chicken Enchilada / Ranchero Sauce / Mozzarella Cheese / Rice	x		x	x				
Lunch	BBQ Chicken Quesadilla		x	x	x					
		Tortilla / BBQ Chicken / Cheddar Cheese	x	x	x					
		Goldfish Pretzels (6-12)	x	x						
Lunch	Bean and Cheese Quesadilla		x	x	x	x				
		Tortilla / Pinto Bean Spread / Mozzarella Cheese	x	x	x					
		Educational Snack Crackers (6-12)	x	x		x				
Lunch	Buffalo Chicken Crunchadilla		x	x	x					
		Tortilla / Buffalo Chicken Breast / Mozzarella Cheese	x	x	x					
		Ranch Rumbles	x	x						

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Lunch	Cheesy Chicken Quesadilla		x	x						
		Tortilla / SW Chicken Thigh / Mozzarella Cheese	x	x						
		Tortilla Scoops	x	x						
Lunch	Chicken Taco Trio		x	x	x					
		Chicken Taco Trio / Carrot Rice / Mozzarella Cheese	x	x	x					
Lunch	Mama's Tamale (Mild Green Chile & Cheese)		x							
		Cheese Tamale / Rice / Black Beans	x							
Lunch	Mama's Tamale (Red Chili Chicken)									
		Chicken Tamale / Rice / Black Beans								
Lunch	Baked Mac & Cheese and BBQ Baked Beans		x	x	x	x				
		Baked Mac & Cheese / BBQ Baked Beans / Cheddar Cheese	x	x	x					
		Goldfish Colors (PK-8)	x	x						
		Educational Snack Crackers (9-12)	x	x		x				
Lunch	Baked Mac & Cheese and BBQ Chicken		x	x						
		Baked Mac & Cheese / BBQ Chicken	x	x						
		Goldfish Pretzels (K-8)	x	x						
		Dinner Roll (9-12)		x						
Lunch	Baked Mac and Cheese with Chicken Sausages		x	x						
		Baked Mac & Cheese / Chicken Sausages	x	x						
		Cinnamon Rumbles		x						
Lunch	BBQ Chicken Pasta		x	x						
		BBQ Pasta / BBQ Chicken / Cheese / Corn	x	x						
Lunch	Lasagna Cheese		x	x		x				
		Cheese Lasagna / Tomato Sauce / Cheese	x	x		x				
		Whole Wheat Dinner Roll	x	x						
Lunch	Ravioli Cheese		x	x		x				
		Cheese Ravioli / Tomato Sauce / Cheese	x	x		x				
		Whole Wheat Bread Roll (PK-5)		x						
Lunch	Chicken Marinara Bake		x	x						
Lunch	Creamy Chicken Alfredo		x	x						
Lunch	Chillin' Chinese Chicken Noodles		x	x	x	x				
		Chillin' Chinese Chicken Noodles	x	x	x	x				
		Sesame Soy Dressing			x					
Lunch	Pasta Alfredo		x	x						
Lunch	Pasta Zesty Beef		x	x						

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Zesty Beef / Sauced Pasta	x	x						
Lunch	Classic Spaghetti and Meatballs			x	x					
		Spaghetti Marinara / Sauced Beef Turkey Meatballs / Tomato Sauce		x	x					
Lunch	Spaghetti Marinara		x	x						
		Spaghetti Marinara / Mozzarella Cheese	x	x						
Lunch	Kickin' Chicken Alfredo		x	x						
		Cajun Alfredo Sauce / Penne Pasta / Chicken	x	x						
Lunch	Sweet Garlic Noodles with Chicken		x	x	x					
		Sweet Garlic Noodles / Garlic Chicken	x	x	x					
Lunch	Buffalo Chicken Pizza		x	x	x	x			x (9-12)	
		Buffalo Chicken Pizza	x	x	x					
		Goldfish Pretzels (PK-8)	x	x						
		Cinnamon Grahams (9-12)	x	x		x				
		Sriracha Hot Sauce (9-12)							x (9-12)	
Lunch	Cheese Pizza		x	x	x					
		Cheese Pizza	x	x	x					
		Goldfish Crackers (9-12)	x	x						
Lunch	Meatless Italian "Sausage" Calzoni		x	x	x	x (6-12)				
		Meatless Italian "Sausage" Calzoni	x	x	x					
		Animal Crackers (6-12)		x	x	x				
Lunch	Chicken Sausage and Cheddar Eggel Sandwich		x	x		x				
		Bagel / Chicken Sausage Patty / Egg / Cheddar Cheese	x	x		x				
		Syrup Packet (6-12)								
Lunch	Chicken Sausage and Cheddar Eggwich		x	x		x				
		English Muffin / Chicken Sausage Patty / Egg / Cheddar Cheese	x	x		x				
		Syrup Packet (6-12)								
Lunch	Spicy Chicken Chorizo and Cheese Eggel Sandwich		x	x		x				
		Bagel / Chicken Chorizo Patty / Egg / Cheddar Cheese	x	x		x				
		Syrup Packet (6-12)								
Lunch	Spicy Chicken Chorizo and Cheese Eggwich		x	x		x				
		English Muffin / Chicken Chorizo Patty / Egg / Cheddar Cheese	x	x		x				
		Syrup Packet (6-12)								
Lunch	Buffalo Chicken Sandwich		x	x						
		Buffalo Chicken Sandwich	x	x						
		Ranch Rumbles (9-12)	x	x						

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Lunch	Beef Hamburger			x		x (9-12)				
		Flame Broiled Beef Burger on Bun		x						
		Ketchup Packet								
		Mayonnaise Packet (9-12)				x (9-12)				
		Cinnamon Rumbles		x						
Lunch	Flame Broiled Beef Cheeseburger		x	x						
		Flame Broiled Beef Cheeseburger	x	x						
		Ketchup Packet								
		Mustard Packet (9-12)								
Lunch	Pepper Jack Cheeseburger		x	x						
		Pepper Jack Cheeseburger	x	x						
		Ketchup Packet								
		Mustard Packet								
		Goldfish Pretzels (6-12)	x	x						
Lunch	The Revolution Dog			x						
		Hot Dog		x						
		Ketchup Packet								
Lunch	Lonestar Chicken Sandwich		x (6-8, 9-12)	x						
		Lonestar Chicken Sandwich		x						
		BBQ Sauce Packet								
		Honey Wheat Crackers (6-8, 9-12)	x (6-8, 9-12)	x						
Lunch	Meatball Sub		x	x	x					
Lunch	Oven Roasted Chicken Sandwich			x		x (K-12)				
		Oven Roasted Chicken Sandwich		x						
		Mayo Packet (K-12)				x (K-12)				
Lunch	Sloppy Joe			x						
Lunch	Turkey Cheddar Flatbread Sandwich		x	x						
		Turkey Cheddar Flatbread Sandwich	x	x						
		BBQ Sauce Packet								
Lunch	Vegetarian Sloppy Joe		x	x						
Lunch	Hummus Dippers		x	x						
		Whole Grain Mini Round Flatbread		x						
		Hummus								
		Garbanzo Beans	x							
Lunch	Taco Dippers Kit		x	x						
		Whole Wheat Lavash Flatbread		x						
		Taco Dip / Cheese	x							
		Goldfish Crackers (9-12)	x	x						
Lunch	Sunny Sandwich Kit		x	x						
		Wheat Bun (K-12)		x						

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Sunbutter								
		Yogurt	x							
		Grape Jelly								
Lunch	Cheese Sandwich		x	x						
		Cheese Sandwich	x	x						
		Mustard Packet								
Lunch	Chicken Salad Sandwich			x	x	x				
Lunch	Egg Salad Sandwich			x	x	x				
		Egg Salad Sandwich		x	x	x				
		Cinnamon Rumbles (6-12)		x						
Lunch	Ham and Cheese Sandwich		x	x		x				
		Ham and Cheese Sandwich	x	x						
		Mayo Packet				x				
Lunch	Mighty Meaty Deli Combo Sandwich		x	x	x	x (9-12)				
		Mighty Meaty Deli Combo Sandwich	x	x	x					
		Mayo Packet (9-12)				x (9-12)				
Lunch	Turkey and Cheese Sandwich		x	x		x				
		Turkey and Cheese Sandwich	x	x						
		Mayo Packet				x				
Lunch	Chicken BBQ Wrap		x	x		x				
		Chicken Wrap	x	x						
		BBQ Yogurt Ranch Dressing	x			x				
Lunch	Chicken Caesar Wrap		x	x					x	
		Chicken Caesar Wrap	x	x						
		Caesar Dressing	x						x	
Lunch	Chicken Sesame Wrap			x	x					
		Chicken Sesame Wrap		x	x					
		Sesame Soy Dressing			x					
Lunch	Honey Mustard Chicken Wrap		x	x						
		Honey Mustard Chicken Wrap	x	x						
		Goldfish Pretzel (9-12)	x	x						
Lunch	Santa Fe Chile Chicken & Black Bean Wrap		x	x	x					
		Santa Fe Chile Chicken & Black Bean Wrap	x	x	x					
Lunch	Southwest Veggie Wrap		x	x		x				
		Southwest Veggie Wrap	x	x						
		Yogurt Ranch Dressing	x			x				
Lunch	Chicken Caesar Salad		x	x					x	
		Chicken Caesar Salad	x							
		Croutons		x						
		Caesar Dressing	x						x	
		Dinner Roll		x						
Lunch	Chicken Pizza Party Salad		x	x						
		Chicken Pizza Party Salad	x							
		Croutons		x						

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Pizza Dressing								
		Dinner Roll (K-8)		x						
		Goldfish Pretzels (9-12)	x	x						
		Raisins (9-12)								
Lunch	Chicken Sesame Salad			x	x					
		Chicken Sesame Salad								
		Sesame Soy Dressing			x					
		Dinner Roll		x						
		Croutons		x						
Lunch	Garden Ranch Salad with Chicken		x	x		x				
		Garden Salad with Chicken	x			x				
		Croutons		x						
		Dinner Roll		x						
		Honey Wheat Crackers (9-12)	x	x						
		Ranch Dressing Packet	x			x				
Lunch	Honey Mustard Salad with Grilled Chicken Bites		x (9-12)	x						
		Honey Mustard Salad with Grilled								
		Croutons		x						
		Dinner Roll		x						
		Honey Mustard Dressing								
		Mozzarella String Cheese (9-12)	x (9-12)							
Lunch	Veggie Chef's Salad		x	x		x				
		Veggie Chef's Salad	x			x				
		Croutons		x						
		Dinner Roll		x						
		Ranch Yogurt Dressing	x			x				
Lunch	Veggie Taco Salad		x	x		x				
		Veggie Taco Salad	x			x				
		Taco Ranch Yogurt Dressing	x			x				
		Bread Roll		x						
		Croutons		x						
Field Trip Meal	Yogurt and Rumbles Crackers FTM		x	x						
		Goldfish Crackers	x	x						
		Ranch Rumbles Crackers	x	x						
		Yogurt	x							
		String Cheese	x							
		Apple (K-5, 9-12)								
		Baby Carrots								
		Raisins (6-12)								
Field Trip Meal	Cheese Sandwich FTM (Pre-K only)		x	x						
		Cheese Sandwich	x	x						
		Apple								
		Cucumbers								
		Yogurt	x							
		Mustard								
Field Trip Meal	Cheese Sandwich FTM (K-12)		x	x		x (9-12)				

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Cheese Sandwich	x	x						
		Apple								
		Raisins (9-12)								
		Baby Carrots (K-12)								
		Yogurt (K-12)	x							
		Mustard Packet (K-12)								
		Mayo Packet (9-12)				x (9-12)				
Field Trip Meal	Chicken Salad Sandwich FTM			x	x	x				
		Chicken Salad Sandwich		x	x	x				
		Sunflower Seeds (K-12)								
		Baby Carrots (K-12)								
		Apple								
		Raisins (9-12)								
Field Trip Meal	Ham and Cheese Sandwich FTM		x	x	x	x				
		Ham and Cheese Sandwich	x	x						
		Mayo Packet				x				
		Baby Carrots (K-12)								
		Apple								
		Raisins (9-12)								
Field Trip Meal	Mighty Meaty Deli Combo Sandwich FTM (Pre-K only)		x	x	x					
		Mighty Meaty Deli Combo Sandwich	x	x	x					
		Goldfish Pretzels	x	x						
		Baby Carrots								
		Apple								
Field Trip Meal	Mighty Meaty Deli Combo Sandwich FTM (K-12)		x	x	x					
		Mighty Meaty Deli Combo Sandwich	x	x	x					
		Goldfish Pretzels (K-5)	x	x						
		Honey Wheat Crackers (6-12)	x	x						
		Baby Carrots (K-12)								
		Apple								
		Raisins (9-12)								
Field Trip Meal	Turkey and Cheese Sandwich FTM (Pre-K only)		x	x	x	x				
		Turkey and Cheese Sandwich	x	x						
		Mayo Packet				x				
		Cucumbers								
		Apple								
Field Trip Meal	Turkey and Cheese Sandwich FTM (K-12)		x	x	x	x				
		Turkey and Cheese Sandwich	x	x						
		Mayo Packet				x				
		Baby Carrots (K-12)								
		Apple								
		Raisins (6-12)								
Field Trip Meal	Yogurt and Honey Wheat Crackers FTM		x	x						
		Goldfish Crackers	x	x						
		Honey Wheat Crackers	x	x						

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Yogurt	x							
		String Cheese	x							
		Apple (K-5, 9-12)								
		Baby Carrots (K-12)								
		Raisins (6-12)								
Field Trip Meal	Chicken BBQ Wrap FTM		x	x		x				
		Chicken Wrap	x	x						
		BBQ Yogurt Ranch Dressing	x			x				
		Apple (K-5, 9-12)								
		Raisins (6-12)								
		Baby Carrots (K-12)								
Field Trip Meal	Chicken Caesar Wrap FTM		x	x					x	
		Chicken Caesar Wrap	x	x						
		Caesar Dressing	x						x	
		Apple (K-5, 9-12)								
		Raisins (6-12)								
		Baby Carrots (K-12)								
Field Trip Meal	Chicken Sesame Wrap FTM			x	x					
		Chicken Sesame Wrap		x						
		Sesame Soy Dressing			x					
		Apple								
		Raisins (9-12)								
		Baby Carrots (K-5, 9-12)								
Condiment	Hot Sauce									
Condiment	Ranch Dressing Packet		x		x	x				
Condiment	Ketchup Packet									
Condiment	Mustard Packet									
Condiment	Sriracha Sauce								x	
Condiment	Mayonnaise Packet					x				
Vegetable	Asian Broccoli Salad				x					
Vegetable	Black Beans									
Vegetable	Braised Green									
Vegetable	Broccoli Seasoned									
Vegetable	Carrots, Baby									
Vegetable	Carrots, Glazed									
Vegetable	Carrots, Steamed									
Vegetable	Celery									
Vegetable	Coleslaw				x	x				
Vegetable	Corn									
Vegetable	Corn & Tomato Salad									
Vegetable	Cucumber									
Vegetable	Edamame				x					
Vegetable	Garbanzo Beans									
Vegetable	Green Beans									
Vegetable	Green Leaf Lettuce									
Vegetable	Jicama & Corn Salad									

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Vegetable	Jicama with Lime									
Vegetable	Kidney Beans									
Vegetable	Mashed Potatoes				x					
Vegetable	Mashed Yams									
Vegetable	Pinto Beans/Not So Fried Pinto Beans									
Vegetable	Potato Salad				x	x				
Vegetable	Romaine Lettuce									
Vegetable	Smokey Black Eyed Peas									
Vegetable	Three-Bean Salad									
Vegetable	Tomato, Raw									
Vegetable	Green Salad Bar		x	x		x				
		Romaine								
		Carrots								
		Broccoli								
		Cucumber								
		Ranch Yogurt Dressing	x			x				
		Balsamic Dressing								
		Croutons		x						
Vegetable	Blue Salad Bar		x	x	x	x				
		Lettuce								
		Celery								
		Carrots								
		Cucumber								
		Ranch Yogurt Dressing	x			x				
		Sesame Soy Dressing			x					
		Croutons		x						
Vegetable	Purple Salad Bar		x	x		x				
		Lettuce								
		Broccoli								
		Tomatoes								
		Carrots								
		Kidney Beans								
		Ranch Yogurt Dressing	x			x				
		Balsamic Dressing								
		Croutons		x						
Vegetable	Red Salad Bar		x	x		x				
		Lettuce								
		Corn								
		Tomatoes								
		Carrots								
		Ranch Yogurt Dressing	x			x				
		Italian Dressing								
		Croutons		x						
Vegetable	Yellow Salad Bar		x	x		x				
		Lettuce								
		Corn								
		Peas								

Menu Bank			ALLERGENS							
CATEGORY	MEAL NAME	COMPONENT	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
		Carrots								
		Croutons		x						
		Ranch Yogurt Dressing	x			x				
		Balsamic Dressing								
Special Meal	Shelf-Stable Meal- Turkey/Cheese		x	x		x				
		Turkey								
		String Cheese	x							
		Whole Wheat Crackers	x	x						
		Graham Crackers (9-12)	x	x		x				
		Ranch Rumbles (PK-8)	x	x						
Special Meal	Shelf-Stable Meal- Yogurt/Rumbles		x	x						
		Yogurt	x							
		String Cheese	x							
		Goldfish Pretzels	x	x						
		Ranch Rumbles	x	x						
Special Meal	Turkey Sandwich - Allergen Free			x						
Special Meal	Pearl Organic Soy Milk 8.25 fl oz (VG)				x					
Special Meal	Kashi Heart to Heart Instant Oatmeal									
Special Meal	Nature's Path Crispy Rice Cereal (VG)									
Special Meal	Erewhon Crispy Brown Rice Cereal (VG)									
Special Meal	Rice Twice Cereal (VG)									
Special Meal	Cheetah Berry Blast Crispy Rice Bars (VG)				x					
Special Meal	3 Layer Enchilada Pie (VG)		x							
Special Meal	Asian Noodle Stir Fry (VG)				x					
Special Meal	Baked Ziti Bowl (VG)				x					
Special Meal	Black Bean Tamale Verde (VG)									
Special Meal	Chicken & Vegetables									
Special Meal	Chicken Tikka Masala		x		x					
Special Meal	Mac & Meat Sauce									
Special Meal	Mac & No Cheese (VG)									
Special Meal	Mexican Casserole Bowl (VG)		x							
Special Meal	Thai Stir Fry (VG)				x					

Revolution Foods **does not use peanut or tree-nut ingredients in any of our school meal recipes .**

****The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Revolution Foods develops new menu items or modifies existing**

Effective date: January 1, 2019. This document supersedes any previously published document reporting allergens.

Revolution Foods verified information in the record at time of delivery. Upon receipt of this file, SFUSD assumes responsibility for the data and any errors that may occur with the import of the data into their system.