



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. Banana Chocolate Chip Scone (Fat Cat Bakery)	Dairy, Soy, Wheat, Gluten	Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour]), sugar, bananas, milk, apples, apple sauce (apples, water, ascorbic acid), chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, soya lecithin), vegetable oil, butter, baking powder (sodium acid
Bkft. Beef Sausage Pancake Sandwich (Hot off the Grill)	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. Beef, Egg & Cheese Burrito (MCI)	Dairy, Corn, Egg, Tomato, Wheat, Gluten	Beef, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto), Scrambled Eggs(Whole Eggs, Skim Milk, Soybean Oil, Corn Starch, Salt, Xanthan Gum, Citric Acid). Red Bell Pepper. Tomatoes



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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
Bkft. Cafe LA Coffee Cake 3.4 oz. (Buena Vista)	Corn, Dairy, Egg, Soy, Wheat, Gluten	Whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, eggs, soybean oil, sugar, canola oil, dry milk powder, modified food starch (corn) white vinegar, salt, cinnamon, nutmeg. May contain soy.
Bkft. Cereal Bowl Deluxe, Cold, Blueberry Rice Chex (Gluten Free), 2 oz.	No Allergens	Whole grain Rice, sugar, Canola Oil, blueberry powder, salt, molasses.
Bkft. Cereal Bowl Deluxe, Cold, Cinnamon Rice Chex (Gluten Free), 2 oz.	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



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Bkft. Cereal Bowl Deluxe, Cold, Cinnamon Toast Crunch, 2 oz.	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 Deluxe, Cold, Granola Chocolate (Rockin'Ola), 2 oz.	Corn, Gluten	Whole grain rolled oats, sugar, corn syrup, canola oil, cocoa (processed with alkali), natural flavor, baking soda, Vitamin E.
Bkft. Cereal Bowl Deluxe, Cold, Honey Bunches of Oats, Vanilla, 2 Oz.	Corn, Wheat, Honey	whole grain wheat, sugar, rice, whole grain oats, canola oil, corn syrup, barley flour, corn meal, salt, molasses, honey, caramel color
Bkft. Cereal Bowl Deluxe, Cold, Rice Chex (Gluten Free), 2 oz.	No Allergens	Whole grain rice, rice, sugar, salt, molasses.
Bkft. Cereal, Hot, Instant Oatmeal (Post)	Gluten	Whole Grain Rolled Oats, Calcium Carbonate, Salt, Guar Gum, Caramel Color.
Bkft. Cereal, Hot, Oatmeal (recipe)	Gluten	Whole Grain Rolled Oats, cinnamon (added as part of the recipe)
Bkft. Cereal, Hot, Whole Grain Cream of Wheat (recipe)	Wheat, Gluten	Whole Grain Wheat (wheat farina, wheat bran & germ), defatted wheat germ, disodium phosphate, calcium carbonate, ferric phosphate, niacin, thiamin mononitrate, riboflavin, folic acid



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Bkft. Cinnamon French Toast (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
Eggs, Citric Acid, Sodium Benzoate

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

Egg

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

Corn, Dairy, Soy, Wheat, Gluten

Filling: Pinto beans, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, 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)

Corn, Dairy, Egg, Soy, Wheat, Gluten

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



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



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. Turkey & Cheese Omelet Wrapped (Cargill)	Dairy, Corn, Egg, Soy, Wheat, Gluten	Omelet-Whole eggs, pasteurized process cheddar cheese,, salt vegetable color, cooked turkey sausage crumbles, sugar, dextrose, modified food starch, citric acid. Tortilla-whole wheat flour, vegetable shortening(soybean oil), baking powder, corn starch, vital wheat gluten,
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
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



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<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. Yogurt Smoothie, Banana & Strawberry, Twist & Go, 7.6 fl oz.(BarFresh)	Dairy	Nonfat Yogurt (Skim milk, Water, Non fat dry milk, Cultures - B. lactic, L. acidophilus, L. bulgaricus, L. lactis, S. thermophilus), Pear Juice from Concentrate, Erythritol, Strawberry Puree from Concentrate, Banana Puree (Bananas, Citric Acid, Ascorbic Acid), Tapioca Starch, Natural Flavors, Pectin, Xanthan Gum, Monk Fruit Extract, Red Beet Juice Concentrate (color), Citric Acid
Bkft. Yogurt, Strawberry "Go-Gurt"	Dairy, Corn	Low fat milk, sugar, modified corn starch, non fat milk, kosher gelatin, tricalcium phosphate, potassium sorbate, vitamin A acetate, vitamin D3
Cheese, Ranch Cheddar 1 oz. (Gilman)	Dairy	Cultured pasteurized milk, salt, onion powder, sorbic acid, parsley flakes.
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; 0.5 oz. per slice)	Dairy	Cultured pasteurized reduced fat milk, salt, enzymes, annatto, Vitamin A Palmitate,
Cheese, String, Mozz 1 oz. (Land O Lakes)	Dairy	Pasteurized part skim milk, cheese cultures, salt, enzymes
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, Ind. Pkt., BBQ Sauce (Bull's-Eye), 1 oz (Heinz)	Corn, Tomato	Tomato puree, sugar, distilled white vinegar, molasses, modified food starch, salt, hickory smoke flavor, spice, mustard, onion powder, garlic powder
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
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.



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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, Ind. Pkt., Tajin, 1 gm	No Allergens	Chili Peppers, dehydrated lime juice, potassium chloride, silicon dioxide.
Condiment, Salad Dressing, Bulk, Asian Sesame (Marzetti)	Dairy, Corn, Soy, Tomato, Wheat, Gluten	Soybean oil, water, sugar, vinegar, sesame oil, salt, soybean, wheat, sesame seeds, tomato paste, xanthan gum, spices, carrageenan, corn syrup, raisins, natural flavor, orange peel, orange juice, lemon juice, grapefruit juice, carmel, garlic, onion.
Condiment, Salad Dressing, Ind. Pkt., Caesar, 1.5 oz. (Ken's)	Dairy, Fish	Soybean oil, vinegar, water, cider vinegar, romano cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, Contains less than 2%: garlic, sugar, spice (including mustard), maltodextrin, anchovy (fish), carrageenan, xanthan gum, beta carotene.
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.



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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).
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.



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Entree, All American Burger (Integrated)	Soy, Wheat, Gluten	Beef Patty: Ground beef, textured vegetable protein (soy flour, caramel color), seasonings (salt, garlic powder, onion powder, spice, sugar, beef flavor (beef extract, maltodextrin, beef stock, yeast extract, salt, lactic acid, flavor, citric acid), flavoring, mesquite flavor (maltodextrin, natural mesquite smoke flavoring), grill flavor (from vegetable oil), sodium phosphate, caramel color. Whole grain Bun: whole wheat flour
Entree, 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
Entree, Bean & Two Cheese Dip (MCI)	Dairy, Soy	Filling: Water, Pinto Beans, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A Palmitate, and Vitamin B12], Contains 2% or Less of: Salt, Spices, Garlic Powder, Modified



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Entree, Beef & Cheese Taco Snack Burrito (Los Cabos)	Corn, Dairy, Soy, Wheat, Gluten	Beef filling: Beef, water, vegetable protein (soy flour, caramel color, zinc oxide, ferrous sulfate, niacinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, Vitamin A, Vitamin B12), taco seasoning (paprika, cumin, oregano, onion, garlic, potato flour, enriched wheat flour, cocoa, corn syrup solids, citric acid, natural flavor), spices, modified food starch (corn), isolated pea
Entree, Beef Philly Steak Pinwheel (ES Foods)	Corn, Dairy, Soy, Wheat, Gluten	Crust: Whole wheat flour, wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, yeast, sugar, salt, dough conditioner (enriched wheat flour, wheat gluten, baking powder, sodium acid pyrophosphate, sodium bicarbonate, corn starch). Filling: Mozzarella cheese, cooked beef sandwich slices (ground beef, textured vegetable protein [soy protein
Entree, Beef Teriyaki Dipper & Rice (NNC Re-pack)	Corn, Soy, Wheat, Gluten	Beef Teriyaki Dunkers: Ground beef, seasoning (sugar, soy sauce powder (wheat, soybeans, salt, maltodextrin), garlic powder, flavor (canola oil, sesame oil, natural flavors), chili peppers and other spices, flavoring, caramel color, citric acid), textured vegetable protein (soy flour, caramel color). Glaze Ingredients: sugar, soy sauce powder, (wheat, soybeans, salt, maltodextrin), modified corn starch, xanthan gum



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Entree, Cheese Quesadilla (Arizona Gold)	Dairy, Corn, Wheat, Gluten	Filling: Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto), Mozzarella Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Green Chilies (Salt, Citric Acid, Calcium Chloride), Natural Cheese Sauce (Modified Food Starch, Maltodextrin, Cheddar Cheese Flavor (Cheddar and Swiss Cheese, Whey, Buttermilk Solids, Butter, Sweet Whey, sodium Phosphate, Lactic Acid), Sweet Whey, Vegetable Oil
Entree, Cheeseburger Sliders (Don Lee Farms)	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
Entree, Cheesy Garlic Bread (Tony Roberts)	Corn, Dairy, Soy, Wheat, Gluten	French Bread Crust: whole wheat flour, enriched wheat flour (wheat flour, malted barley flour), soybean oil, salt, yeast, calcium propionate. Cheese Topping: (low moisture part-skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), Provolone Cheese (pasturized milk, cheese cultures, salt, enzymes), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes). Sauce:



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Entree, Cheesy Pillows (Ardella's)	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
Entree, Chicken, Cherry Blossom Chicken & Rice	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,
Entree, Chicken, Drumstick & Ruffle Fries (NNC Repack)	Corn, Wheat, Gluten	Chicken Drumsticks: Chicken Drumsticks, Water, Whole Wheat Flour, Contains 2% or less of the following: Citric Acid, Corn Starch, Extractives of Paprika & Turmeric, Garlic Powder, Leavening (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. Breeding set in vegetable oil



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Entree, Chicken, Oven Fried Drumstick (Tyson 37831-928)	Corn, Wheat, Gluten	Chicken drumsticks, whole wheat flour, citric acid, corn starch, paprika, tumeric, garlic powder, cream of tartar, baking soda, maltodextrin, natural flavor, onion powder, rice starch, salt, spices (including celery seed), wheat gluten, whole grain yellow corn flour, yeast extract. Set in vegetable oil.
Entree, Chicken, Tenders & Tots (NNC Repack)	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
Entree, 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



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Entree, Chicken, Yang's Orange Chicken & Rice	Soy, Wheat	Chicken: NAE dark meat chicken chunks, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, garlic, ginger, and green onion. Sauce: Sugar, vinegar, water, soy sauce (water, soybeans, salt, sugar, wheat flour, extract of mushroom), modified starch, garlic, mandarin orange juice and peel, ginger, green onion, and chili powder. Rice
Entree, Fiestada Stuffed Sandwich	Dairy, Egg, Soy, Wheat	INGREDIENTS: FILLING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [COLOR]), COOKED BEEF PATTY CRUMBLES (GROUND BEEF [NO MORE THAN 30% FAT], WATER, TEXTURED SOY FLOUR, SALT, SPICES [INCLUDES PAPRIKA], GRANULATED ONION, SOY PROTEIN
Entree, Fish Fillet & Tots (NNC Re-Pack)	Dairy, Corn, Wheat, Fish, Gluten	Fish Fillet: pollack, potato, wheat flour, canola oil, corn meal, corn flour, modified corn starch, salt, whey, yeast, sodium bicarbonate, sodium aluminum phosphate, sugar, cottonseed oil, and/or soybean oil Potato Tots: Vegetable oil (one or more of the following: canola, soybean, cottonseed, sunflower, corn), dextrose, modified cellulose, natural flavor, salt, sodium acid pyrophosphate



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Entree, Penne Rigati & Chicken

Corn, Tomato, Wheat, Gluten

Pasta: Whole wheat durum flour; Chicken: Chicken, ascorbic acid, maltodextrin (from corn), rice starch, vinegar, yeast extract; Sauce: tomatoes, citric acid, calcium chloride, olive oil, salt, sugar, garlic, onions, carrots, spices, natural flavors.

Entree, Penne Rigati & Turkey Meatballs

Dairy, Egg, Tomato, Wheat, Gluten

Pasta: Whole wheat durum flour; Meatballs: Turkey, wheat flour, sugar, salt yeast extract, canola oil, dextrose onion powder, garlic powder, spice, disodium inosinate and guanylate, flavorings, potassium chloride, barley malt powder, nonfat dry milk, dried whole eggs; Sauce: tomatoes, citric acid, calcium chloride, olive oil, salt, sugar, garlic, onions, carrots, spices, natural flavors.

Entree, Pizza, WG Cheese Wedge (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.



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Entree, Pizza, WG Pepperoni (Turkey/Beef) 5" Deep Dish (Tony's/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
Entree, Pizza, WG Sausage (Turkey) 4x6 (Nardone Bros.)	Dairy, Soy, Tomato, Wheat, Gluten	CRUST: Whole Wheat Flour, Enriched Flour (Malted Barley Flour), Soybean Oil, Vital Wheat Gluten, Sugar, Salt, Yeast. CHEESE: Part Skim Mozzarella Cheese (Part Skim Milk, Cheese Culture, Salt, Enzymes). SAUCE: Tomatoes, Onion, Salt, Spices (Basil, Oregano, Thyme, Black and Red Pepper, Rosemary), Garlic Powder, Soybean Oil, Xanthan Gum. TURKEY SAUSAGE: Turkey, soy, salt, spices, paprika
Entree, PizzaBoli (Tasty Brands)	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



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, Pork Chop Patty & Mashed Potatoes	Corn, Soy, Wheat, Gluten	Pork Chop Patty: Pork, ground, water, whole wheat flour, textured soy protein concentrate, whole grain yellow corn flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), seasoning (dextrose, dehydrated beef stock, salt, dehydrated onion, dehydrated garlic, yeast extract, soybean oil, citric acid, flavorings), brown sugar, corn starch, wheat gluten
Entree, Salisbury Steak w/Gravy (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
Entree, Sandwich, BBQ Beef Rib (Integrated)	Corn, Soy, Tomato, Wheat, Gluten	BBQ Beef Rib Patty: Ground Beef, Water, Textured Vegetable Protein (Soy Flour, Caramel Color), Seasoning (Sugar, Tomato Powder, Salt, Brown Sugar, Natural Flavors (Including Smoke), Onion & Garlic Powder, Worcestershire Sauce Powder (Maltodextrin, Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, 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.
Entree, Sandwich, Hot & Spicy Chicken	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
Entree, 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>
Entree, Sandwich, Toasted Cheese (Hot off the Grill)	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
Entree, Three Cheese Calzone (Buena Vista)	Corn, Dairy, Tomato, Wheat, Gluten	Crust: Whole wheat flour, canola & olive oil, sugar, salt, yeast. Filling: Mozzarella cheese (pasteurized part skim milk), pizza sauce (tomatoes, corn syrup, salt, soybean oil, olive oil, spices, dehydrated garlic, citric acid), cheddar cheese (pasteurized milk, cheese cultures, salt, microbial enzymes, annatto), provolone cheese, rice flour, Italian seasoning, white pepper, modified food starch (corn)
Entree, Turkey Burger (on Hamburger Bun)	Wheat, Gluten	Turkey Patty: Turkey, salt, rosemary extract, savory seasoning (spices, black pepper, garlic, onion). Hamburger bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, Turkey, Burger Patty (Jennie O 6166-30; Does not include bun)	No Allergens	Turkey Patty: Turkey, salt, rosemary extract, savory seasoning (spices, black pepper, garlic, onion).
Entree, 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, caramel 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
Entree, 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
Entree, 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.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, 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)
Entree, Vegan, Three Bean Chili (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.
Fruit, Canned, Applesauce, Chilled	No Allergens	Apples, water
Fruit, Canned, Diced Peaches, Peachy, Chilled	No Allergens	Peaches, water, corn syrup, sugar
Fruit, Canned, Diced Pears, Perfect, Chilled	No Allergens	Pears, water, corn syrup, sugar
Fruit, Cup, Applesauce	No Allergens	Apples, water, ascorbic acid
Fruit, Cup, Applesauce, Orange (Dreamsicle)	No Allergens	Apples, water, natural flavor, ascorbic acid
Fruit, Cup, Mixed Fruit (Peaches, Pears, Grapes) ZeeZee	No Allergens	Peaches, Pears, Grapes, Water, White Grape Juice Concentrate, Ascorbic Acid (100% Vitamin C), Citric Acid.
Fruit, Cup, Peach (Del Monte)	No Allergens	Peaches, pear juice, ascorbic acid, caramel color, lemon juicec onc.
Fruit, Dried, Apple Crisps (Treetop)	No Allergens	apple

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Fruit, Dried, Cranberries (Cherry Flavored)	No Allergens	Cranberries, Sugar, Cherry Juice concentrate, Citric Acid, Natural Flavor, Elderberry Juice Concentrate, Refined sunflower oil.
Fruit, Dried, Cranberries (Strawberry Flavored)	No Allergens	Cranberries, Cane Sugar, Natural Flavor, Refined sunflower oil.
Fruit, Dried, Cranberries (Watermelon Flavored)	No Allergens	Cranberries, cane sugar, natural flavor.
Fruit, Fresh, Apple	No Allergens	Apple
Fruit, Fresh, Apple Slices IW	No Allergens	Apples, Ascorbic Acid, Calcium Carbonate.
Fruit, Fresh, Banana	No Allergens	Banana.
Fruit, Fresh, Cara Cara Orange	No Allergens	Orange
Fruit, Fresh, Grapes	No Allergens	Grapes.
Fruit, Fresh, Kiwi	No Allergens	Kiwi
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	No Allergens	Tangelo Minneola.
Fruit, Frozen Juice, Cup, Black Cherry (Cherrymojo) (Froot Jooce)	No Allergens	Apple Juice from Concentrate (Water and Apple Juice Concentrate), Natural Color, Natural Flavor, Citric Acid, Vitamin C, Guar Gum, Xanthan Gum, Carob bean Gum, Malic Acid.
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)

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Fruit, Frozen Juice, Cup, Strawberry Creamsicle (SideKick)	No Allergens	Ingredients: Fruit Juice (Filtered Water, Grape and Pear Juice Concentrate), Less Than 2% of Natural Flavors, Fruit and Vegetable Juice (Color), Tricalcium Phosphate, Citric Acid, Ascorbic Acid (Vitamin C), Vitamin A Palmitate, Modified Food Starch, Guar, Carob and Xanthan Gum.
Fruit, Frozen Juice, Slush Pouch, Hula Cooler	Corn	Water, White Grape Juice Concentrate, Apple Juice Concentrate, Maltodextrin, Citric Acid, Passionfruit Juice Concentrate, Orange Juice Concentrate, Natural Flavors, Ascorbic Acid, and Cellulose Gum.
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, Blueberry Pear Pop	No Allergens	Blueberry, pear, sugar, guar gum, gum acacia
Fruit, Frozen, Peach Pop	No Allergens	Peaches, sugar, ascorbic acid, citric acid
Fruit, Juice, Apple (4 oz or 8 oz)	No Allergens	Apple Juice Concentrate, Ascorbic Acid
Fruit, Juice, Apple (4.23 oz)(Sun Cup)	No Allergens	Apple, Citric Acid
Fruit, Juice, Fruit Punch (4.23 oz) (SunCup)	No Allergens	apple, orange, pear, pineapple, citric acid

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Fruit, Juice, Grape (4.23 oz) (SunCup)	No Allergens	100% Fruit Juice (Water sufficient to reconstitute, Apple and Grape juice concentrates), Natural Flavors and Citric Acid
Fruit, Juice, Orange (4 oz or 8 oz)	Dairy	Orange juice concentrate.
Fruit, Juice, Very Berry (4.23 oz) (SunCup)	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, Brownie Mini Bar (J&J Snack Foods)	Dairy, Egg, Soy, Wheat	Whole wheat flour and enriched flour blend (whole wheat flour, wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), oat flour, sugar, invert syrup, chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin [an emulsifier], natural vanilla extract), cocoa (processed with alkali), canola oil, interesterified soybean oil, natural flavors, whey, inulin, unswetened



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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, 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, Cereal Bar, Cinnamon Toast Crunch Cereal Bar (General Mills)	Corn, Wheat, Gluten	Whole Grain Oats, Corn Syrup, Whole Grain Wheat, Sugar, Fructose, Canola Oil, Brown Rice Flour, Maltodextrin, Chicory Root Extract, Rice Flour, Whole Corn Flour. Contains 2% or less of: Vegetable Glycerin, Whole Oat Flour, Wheat Starch, Calcium Carbonate, Salt, Color (caramel color, annato extract), Dextrose, Cinnamon, Baking Soda, Trisodium Phosphate, Natural Flavor, Iron, and Zinc (mineral nutrients). A B



LAUSD Food Allergy & Ingredient Information

Product

Grain, Churro Cinnamon (J&J Snack Foods)

Allergens

Dairy, Egg, Soy, Wheat, Gluten

Ingredients

Whole wheat flour, Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Oil (contains one or more of the following: Canola Oil, Cottonseed Oil, Palm Oil, Soybean Oil), Wheat Starch, Soy Flour, Whey, Fructose, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Cornstarch, Monocalcium Phosphate, Calcium Sulfate), Cinnamon

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, Cookie, Chocolate Chip (Fat Cat Bakery)

Dairy, Egg, Soy, Wheat, Gluten

Whole wheat flour blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour]), brown sugar, sugar, eggs, chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, Soya lecithin), vegetable oil, butter, apple sauce (apples, water, ascorbic acid), baking soda, pure Vanilla extract



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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 Snack Foods)	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 Snack Foods)	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).
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 manufacturers soy products)



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, Honey Maid Squares (Mondelez)	Soy, Wheat, Honey, Gluten	Whole grain wheat flour, sugar, soybean oil, honey, baking soda, calcium phosphate, salt
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 manufacturers soy products)
Grain, Crackers, States & Capitals (Dick & Jane)	Dairy, Egg, Soy, Wheat, Honey, Gluten	Whole grain wheat flour, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, sunflower oil, sunflower lecithin, salt, honey, baking soda, natural flavors, whole eggs, milk. (Processed in factory that manufacturers soy products)
Grain, Fritos Corn Chips, 1 oz. (Pepsico)	Corn	Corn, Corn Oil, Salt
Grain, Granola, 1 oz. (Fieldstone)	Gluten	Oats, cane Sugar, canola Oil, whole grain oat flour, brown rice syrup, molasses, salt, baking soda.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Muffin, Blueberry (Buena Vista)	Dairy, Egg, Wheat, Gluten	Wheat wheat flour, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), unsweetened applesauce, blueberries, sugar, eggs, rolled oats, canola oil, brown rice syrup, buttermilk, vanilla extract, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), natural flavor (water, alcohol, invert syrup), cinnamon, sodium bicarbonate
Grain, Muffin, Corn (Buena Vista)	Corn, Dairy, Egg, Wheat, Gluten	Whole wheat flour, sugar, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), corn, whole grain corn meal, canola oil, eggs, sweet whey, modified food starch, baking powder, salt, natural vanilla flavor.
Grain, Popcorn, Kettle (Shearer's)	Corn, Soy	Popcorn, Sugar, Corn Syrup, Vegetable Oil (Contains One or More of the Following: Sunflower, Corn, or Canola Oil), Soy Lecithin, Salt, Baking Soda.
Grain, Rice, Brown, IQF (Innovasian)	No Allergens	IQF Brown Rice.
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, Sunchips, Garden Salsa, 1 oz. (Pepsico)

Dairy, Corn, Tomato, Wheat, Gluten

Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Tomato Powder, Salt, Natural Flavors, Maltodextrin (Made from Corn), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Dextrose, Buttermilk, Onion Powder, Whey, Yeast Extract, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Corn Oil, Spices (including

Grain, Sunchips, Harvest Cheddar, 1 oz. (Pepsico)

Dairy, Corn, Wheat

Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Maltodextrin (Made from Corn), Salt, Whey, Natural Flavors, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Buttermilk, Potassium Chloride, Romano Cheese (Cow's Milk, Cheese Cultures, Salt, Enzymes), Yeast Extract, Lactose, Paprika Extracts, Sodium Caseinate, Citric Acid, Skim Milk, Garlic Powder



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Sunchips, Original, 1 oz. (Pepsico)	Corn, Wheat, Gluten	Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Salt, Natural Flavor, and Maltodextrin (Made From Corn).
Grain, Tortilla Chips, Crunchy, 2 oz. (La Tapatia)	Dairy, Corn, Soy	Whole grain stone ground cooked corn, water, corn oil and/or soybean oil, sea salt and a trace of lime. May contain soy.
Grain, Tortilla, Corn, 6" (Romero's)(Gluten Free)	Corn	Whole grain corn masa flour (corn masa flour, propionic acid, guar gum, cellulose gum, benzoic acid, phosphoric acid, enzymes).
Grain, Tortilla, Wheat, 6" (Romero's)	Corn, Wheat, Gluten	Whole grain wheat flour (Ultra Grain), enriched wheat flour (wheat flour, malted barley, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), vegetable oil (may contain soybean, cottonseed or palm oils), leavening (corn starch, sodium bicarbonate, sodium acid pyrophosphate, rice flour, monocalcium phosphate), salt, calcium propionate, potassium carbonate, guar gum, fumaric acid.
Meat Alt. Cheddar Chickpeas 0.83 oz (SunOpta)	Dairy	Chickpeas, Sunflower Oil, Tomato Powder, Whey Powder, Cheddar Cheese (Milk, Cultures, Salt, Enzymes), Sea Salt, Garlic Powder, Buttermilk Powder, Spice, Onion Powder, Silicon Dioxide, Citric Acid, Natural Flavor, Paprika Oleoresin Color, Disodium Phosphate, Salt, Tricalcium Phosphate, Gum Arabic, Medium Chain Triglycerides.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Meat Alt. Hummus Cup Original 3 oz. (ZeeZee)	No Allergens	Garbanzo Beans, Water, Lemon Juice Concentrate, Olive Oil, Garlic, Contains 2% or less of the following: Citric Acid, Spice (cumin), Salt.
Meat Alt. Turkey Breast Stick, Smokehouse 1.2 oz (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.
Meat Alt. Wow Butter Cup 1.12 oz (Wow Butter Foods)	Soy	soy, sugar, salt
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>
Shelf Stable Kit, ES Foods 16140-Cheese Sauce Meal Kit (Kit contains: Cheddar Cheese Spread, Sunflower Seeds, Savory WG Wheat Crackers, Raisins, Juice Breaks Vegetable Juice Punch [contains sweet potato, apple, and white grape juices])	Dairy, Corn, Soy, Wheat, Honey, Gluten	Cheese Spread: Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Whey, Sodium Phosphate, Natural Cheddar Cheese Flavor, Calcium Propionate (Preservative), Apo-carotenal for color. Sunflower Seeds-Roasted Honey: Sunflower Kernels, Sugar, Sunflower Oil, Honey, Salt, Maltodextrin, Xanthan Gum. Raisins: California Seedless Raisins, less
Shelf Stable Kit, 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
Shelf Stable Kit, ES Foods 61437-Chocolate No Nut Butter Meal Kit (Kit contains: Chocolate No Nut Butter, Honey Roasted Sunflower Seeds, Vegetable Juice [contains sweet potato, apple & white grape juices], Whole Grain Wheat Cracker, and Applesauce Cup)	Corn, Soy, Wheat, Honey, Gluten	Chocolate No Nut Butter: yellow peas, canola oil, sugar, (contains corn starch), palm oil, cocoa powder salt, mono & diglycerides, natural vanilla, contains-peas (legumes). Sunflower Seeds, Honey Roasted: sunflower kernels, sugar, sunflower oil, honey, salt, maltodextrin, xanthan gum. Juice Breaks Vegetable Juice Punch: Reconstituted vegetable juice (water and sweet potato conc.) reconstituted



LAUSD Food Allergy & Ingredient Information

Product

Shelf Stable Kit, Notables 100159-Cheese Stick Meal Kit (Kit contains: Cheese Stick, Carrot Patch Minis, Raisins, Juice [contains sweet potato, apple, pear, carrot, and pineapple juices])

Allergens

Dairy, Egg, Soy, Wheat, Honey, Gluten

Ingredients

Cheddar Cheese: cultured pasteurized milk, water, 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.

Shelf Stable Kit, 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], Raisins)

Wheat, Honey, Gluten

Sunbutter: Sunflower seeds, sugar, mono-diglycerides, salt. Honey Graham Cracker: Whole wheat flour, enriched wheat flour, sugar, soybean oil, oat fiber, honey, salt, sodium bicarbonate, molasses, ascorbic acid, vitamin A, niacinamide, iron, riblflavin, thiamin mononitrate, maltodextrin, annatto. Juice Vegetable/Fruit Juice: sweet potato, apple, pear, carrot, pineapple, citric acid, mango puree, ascorbic acid.

Shelf Stable Kit, 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



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
Veg. Cooked, Carrots (Baby Carrots)	No Allergens	Carrots.
Veg. Creamy Mashed Potato w/Ranch (Idahoan & Foothill Valley)	Dairy	Potato: Potatoes, butter, sea salt; Ranch: maltodextrin, salt, whey (milk), garlic, onion, dextrose, gum (xanthan, carrageenan), parsley, silicon dioxide



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Veg. Cup, Marinara Sauce 2.5 oz. (Red Gold)	Tomato	Tomato puree, (water, tomato paste), diced tomatoes, sugar, soybean oil, salt, dried garlic, dried onion, spices, parsley, citric acid.
Veg. 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.
Veg. Dehydrated Potato Flakes, Creamy Mashed Potatoes (Idahoan)	Dairy	Potatoes, butter, sea salt
Veg. Fresh, Celery Sticks IW (Field Fresh Foods)	No Allergens	Fresh Celery
Veg. Fresh, Coleslaw IW (Taylor Farms)	No Allergens	Shredded Cabbage, Shredded Carrots
Veg. Fresh, Petite Baby Carrots IW	No Allergens	Carrots.
Veg. Fresh, Romaine Salad IW (Taylor Farms)	No Allergens	Romaine, carrot, red cabbage
Veg. Frozen Juice, Cup, Cherry Smooth (SideKick) 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. Frozen Juice, Slush Pouch, Berry Berry Blue (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. Frozen Juice, Slush Pouch, Tropical Trio (Cool Tropics) contains the following juices: sweet potato and apple)	Corn	Water, sweet potato juice concentrate, apple juice concentrate, maltodextrin, citric acid, ascorbic acid, cellulose gum, natural flavors.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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.
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, Sweet Corn	Corn	Corn.
Veg. Juice, Mango Splash (Sun Cup) Contains the following juices: Sweet Potato, Apple, Pear, Carrot, Mango Puree)	No Allergens	100% Vegetable & Fruit Juice (Water sufficient to reconstitute Sweet Potato, Apple, Pear, Carrot, Mango Puree Concentrates) Natural Flavors and Citric Acid
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.