



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. Beef & Cheese Sunrise Stick (Hot off the Grill)	Dairy, Soy, Wheat, Gluten	Whole Grain Flour Tortilla: Whole Grain Wheat Flour, Wheat Enriched Flour, (Wheat Flour, Niacin, Reduced Iron, thiamine Mononitrate, Riboflavin, Folic Acid), Water, Inesterified Soybean Oil, Hydrogenated Soybean Oil, Contains 2% or less of the following: Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Sulfate), Salt, Sugar, Calcium Propionate (Preservative), Potassium
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)	Dairy, 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, Honey Cheerios (Gluten Free), 2 oz.	Corn, Gluten	Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate)
Bkft. Cereal Bowl Deluxe, Cold, Rice Chex (Gluten Free), 2 oz.	No Allergens	Whole grain rice, rice, sugar, salt, molasses.
Bkft. Cereal, Hot, Oatmeal (recipe)	Gluten	Whole Grain Rolled Oats, cinnamon (added as part of the recipe)



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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
Bkft. Cheese Stuffed Pocket (Big Daddy's/Schwan's)	Corn, Dairy, Soy, Tomato, Wheat, Gluten	Reduced fat mozzarella cheese (pasteurized part skim milk, nonfat milk, modified food starch, cultures, salt, vitamin A palmitate, enzymes), Water, Whole grain whole wheat flour, Enriched flour (Wheat flour, Malted barley flour, Niacin, Iron, Thiamine mononitrate, Riboflavin, Folic acid), Pizza sauce (tomatoes in juice, water, tomato paste, sugar, extra virgin olive oil, modified
Bkft. Cinnamon 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. 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)	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 (Beacons Street/Schwan's)	Dairy, Corn, Egg, 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, Isolated Soy Protein, Vegetable Oil (Soybean and/or Canola Oil), Contains 2% or Less of: Wheat Gluten, Yeast, Sugar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Sea Salt, Datem, Dextrose, Guar Gum, Soy Lecithin



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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. Pumpkin Scone (Fat Cat Bakery)	Dairy, Corn, Wheat, Gluten	FatCat 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, pumpkin, milk, apple sauce (apples, water, asocrbic acid), butter, apples, vegetable oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate, mono calcium phosphate)
Bkft. Turkey Sausage Square (Tony's/Schwan's)	Dairy, Soy, Wheat	INGREDIENTS: CRUST: FLOUR BLEND [WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID [DOUGH CONDITIONER]. NIACIN, REDUCED IRON, THIAMINE MONONITRATE RIBOFLAVIN, FOLIC ACID)WATER, YEAST, CONTAINS 2% OR LESS OF: SOYBEAN OIL, SUGAR, SALT, CALCIUM PROPIONATE TOPPINGS: LOW FAT TURKEY SAUSAGE, CHEDDAR CHEESE, ONION POWDER, GARLIC POWDER, SALT, SUGAR, DISTILLED WHITE VINEGAR, MOLASSES, MODIFIED FOOD STARCH, SALT, HICKORY SMOKE FLAVOR, SPICE, MUSTARD, ONION POWDER, 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



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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., Taco Sauce, 9 gm (Salad Fresh/Four in One)	Corn, Tomato	Tomato paste, spices, modified starch, onion, garlic, salt, sodium benzoate.
Condiment, Ind. Pkt., Taco Sauce, Mild 9 gm (Heinz)	Corn, Tomato	
Condiment, Ind. Pkt., Tajin, 1 gm	No Allergens	Chili Peppers, dehydrated lime juice, potassium chloride, silicon dioxide.
Condiment, Salad Dressing, Bulk, Apple Vinaigrette (Marzetti)	Soy	WATER, SOYBEAN OIL, CIDER VINEGAR, APPLE JUICE CONCENTRATE, SUGAR, BROWN SUGAR, ONION JUICE, XANTHAN GUM, POTASSIUM SORBATE AND SODIUM BENZOATE ADDED AS PRESERVATIVES, SALT, SPICE, PROPYLENE GLYCOL ALGINATE, NATURAL FLAVOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.



LAUSD Food Allergy & Ingredient Information

Product

Condiment, Salad Dressing, Bulk, Asian Sesame (Marzetti) (R7086)

Allergens

Dairy, Corn, Soy, Tomato, Wheat, Gluten

Ingredients

Soybean oil, water, sugar, vinegar, sesame oil, salt, soybean, wheat, sesame seeds, tomato paste, xanthan gum, spices, carrageenan, corn syrup, raisins, natural flavor, orange peel, orange juice, lemon juice, grapefruit juice, carmel, garlic, onion.

Condiment, Salad Dressing, Bulk, Ranch (Marzetti) (R7089)

Dairy, Egg, Soy

SOYBEAN OIL, WATER, CULTURED BUTTERMILK, DISTILLED VINEGAR, SALT, EGG YOLK, SUGAR, WHEY PROTEIN CONCENTRATE, DEHYDRATED ONION, XANTHAN GUM, SPICE, POLYSORBATE 60, NATURAL FLAVORS, SODIUM BENZOATE ADDED AS PRESERVATIVE, LACTIC ACID, GARLIC EXTRACT.

Condiment, Salad Dressing, Ind. Pkt., Asian Sesame, 1.5 oz. (Marzetti) (1073)

Soy

SOYBEAN OIL, WATER, SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT) , DISTILLED VINEGAR, SESAME SEED OIL, SALT, SESAME SEEDS, XANTHAN GUM, SPICE, CARRAGEENAN, OLEORESIN ROSEMARY.

Condiment, Salad Dressing, Ind. Pkt., Caesar, 1.5 oz. (Ken's) (1416)

Dairy, Fish

Soybean oil, vinegar, water, cider vinegar, romano cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, Contains less than 2%: garlic, sugar, spice (including mustard), maltodextrin, anchovy (fish), carrageenan, xanthan gum, beta carotene.



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Allergens

Ingredients

Condiment, Salad Dressing, Ind. Pkt., Ranch, Low Cal, 12 gm (Four In One/Salad Fresh)

Corn, Dairy, Soy

Water, Low Calorie Mayonnaise (Vinegar, Soybean Oil, Sugar, Salt, Xanthan Gum, Corn Starch Modified, Dextrose, Mustard) Onion, Garlic, Spices, Buttermilk Flavors, Potassium Sorbate, Sodium Benzoate (Preservatives), Calcium Disodium EDTA (To Protect Flavor).

Entree, Bean & 2 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

Entree, Bean & Cheese Chimichanga (Chiminada Bean & Cheese)

Corn, Dairy, Tomato, Wheat, Gluten

Pinto beans, mozzarella cheese, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto, 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



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Entree, Bean & Cheese Pupusa (Del Real)	Dairy, Corn	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).
Entree, Bean, Cheese & Rice Burrito (MCI)	Dairy, Corn, Soy, Tomato, Wheat, Gluten	Fillings: Cheese and Brown Rice Salsa: Water, Pepper Jack Cheese (Monterey Jack Cheese with Jalapeno Peppers (Pasteurized Milk, Cheese Culture, Jalapeno Peppers, Salt, and Enzymes)), Roasted Poblano Chiles, Brown Rice (Water, Brown Rice), Tomato Puree (Tomatoes and Citric Acid. May also contain: Water, Salt and Calcium Chloride), Diced Onion, Textured Soy Flour. Contains 2% or less of: Tomato 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 & 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



LAUSD Food Allergy & Ingredient Information

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Allergens

Ingredients

Entree, Beef Chalupa, Zesty (Beef & Cheese) IW

Dairy, Corn, 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

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 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



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Entree, Beef Teriyaki Dippers (Don Lee CNQTD0753)	Corn, Soy, Wheat, Gluten	Dunkers: Ground beef, seasoning (sugar, soy sauce powder (wheat, soybeans, salt, maltodextrin), garlic powder, flavor (canola oil, sesame oil, natural flavors), chili pepper and other spices, flavoring, caramel color, citric acid), textured vegetable protein product (soy flour, caramel color). Glaze ingredients: Sugar, soy sauce powder (wheat, soybeans, salt, maltodextrin), modified corn starch, xanthan gum
Entree, Beef Teriyaki Dippers & Rice	Corn, Soy, Wheat	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
Entree, Cheese Lasagna Roll up	Dairy, Corn, Wheat, Gluten	Filling Ingredients: Low Fat Ricotta Cheese (Skim Milk, Water, Modified Food Starch, Milkfat, Milk Protein Concentrate, Xanthan Gum, Carrageenan Gum, Acetic Acid), Low Moisture Part Skim Mozzarella Cheese (Cultured Part Skim Milk, Salt, Enzymes), Romano Cheese Made From Cow's Milk (Cultured Milk, Salt, Enzymes), Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes)



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Product

Allergens

Ingredients

Entree, Cheese Lasagna Roll Up With Marinara Sauce

Dairy, Corn, Tomato, Wheat, Gluten

Filling Ingredients: Low Fat Ricotta Cheese (Skim Milk, Water, Modified Food Starch, Milkfat, Milk Protein Concentrate, Xanthan Gum, Carrageenan Gum, Acetic Acid), Low Moisture Part Skim Mozzarella Cheese (Cultured Part Skim Milk, Salt, Enzymes), Romano Cheese Made From Cow's Milk (Cultured Milk, Salt, Enzymes), Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes)

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, Cheesy Flatbread (Tony Roberts)

Corn, Dairy, Tomato, Wheat, Gluten

Whole wheat flour, malted barley flour, ascorbic acid, sugar, non-fat dry milk, wheat gluten, salt, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), sodium stearoyl lactylate, guar, mozzarella cheese, (pasteurized part skim milk, cheese cultures, salt, enzymes), tomato paste, modified food starch (corn), dextrose, spices, dehydrated onion, dehydrated romano cheese, enzymes



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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 (pasteurized milk, cheese cultures, salt, enzymes), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes). Sauce:
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

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Entree, Chicken, Diced (Tyson 046012-0928)	No Allergens	Chicken, water, ascorbic acid, maltodextrin, natural flavors, rice starch, vinegar, yeast extract
Entree, Chicken, Drumstick Oven Fried Breaded (Tyson 037831-0928)	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, Filet Spicy Breaded (Tyson 070312-0928)	Corn, Soy, Wheat, Gluten	Boneless, skinless portioned chicken breast filets with rib meat, whole wheat flour, water, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, corn starch, extractives of paprika, garlic powder, isolated soy protein, leavening (cream of tartar, baking soda), maltodextrin, natural flavors, onion powder, salt, spices (including celery seed), sugar, vegetable stock (carrot, onion, celery)
Entree, Chicken, Patty Crispy Breaded (Tyson 070304-0928)	Soy, Wheat, Gluten	Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt



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Entree, Chicken, Patty Grilled Unbreaded (Tyson 029901-0928)(See Recipe R0778)	Corn	Chicken, water, corn starch, natural flavors, salt
Entree, Chicken, Tenders Homestyle Breaded (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
Entree, Chicken, Yang's Orange Chicken & Rice	Corn, Egg, 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, Fish Sticks (Trident)	Corn, Soy, Tomato, Wheat, Fish, Gluten	65.00% FISH (ALASKA POLLOCK), 35.00% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, ENRICHED RICE FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE GRAIN YELLOW



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Entree, Fish, Cheese Wedge Breaded (Trident)	Dairy, Corn, Soy, Wheat, Fish, Gluten	FISH 67.5% (ALASKA POLLOCK), BATTER AND BREADING 32.5% (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN TORTILLA PIECES [CORN, VEGETABLE OIL {CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, CORN, SAFFLOWER
Entree, NachoBoli (Tasty Brands)	Dairy, Soy, Tomato, Wheat, Gluten	Reduced Fat Cheddar Cheese (Pasteurized Milk, Non Fat Milk, Cultures, Salt, Modified Food Starch, Flavors, Annato, Vitamin A Palmitate, Enzymes), Water, Salsa (water, Tomato Paste, Tomatoes (Diced Tomatoes, Tomato Juice, Citric Acid), Onion, Chili Peppers, Roasted Jalapeno Pepper, Lime Juice Concentrate, Sugar Salt, Cilantro, Spices, Garlic Powder), Whole Grain Whole Wheat Flour, Enriched Flour
Entree, Pizza, WG Cheese Deep Dish 4" (Tony's Galaxy)	Corn, Dairy, Soy, Tomato, Wheat, Gluten	Crust: White whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, soybean and/or canola oil, soy flour, yeast, isolated soy protein, sugar, soy lecithin, salt, distilled mono-glycerides, ascorbic acid. Topping: Part skim mozzarella cheese, sauce (tomatoes, tomato paste, modified food starch (corn, tapioca), sugar, dextrose



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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.
Entree, Pizza, WG Pepperoni (Turkey & Beef) 5" Deep Dish (Tony's/Schwan's-CMS #2194)	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 Pepperoni (Turkey & Beef) Wedge (Big Daddy's/Schwan's- CMS #2588)	Dairy, Corn, Dairy, Soy, Tomato, Wheat, Gluten	Crust: Whole whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), nonfat milk, yeast, soybean and/or canola oil, sugar, sea salt, wheat gluten, guar gum, mono- and diglycerides, soy flour, sodium steroyl lactylate, L-cysteine, enzymes. Topping: Part skim mozzarella and parmesan cheeses (cultured pasteurized part skim



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

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

Entree, Pork Chop Patty, Plain (No Gravy)

Corn, Soy, Wheat, Gluten

Pork, ground, whole wheat flour, textured soy protein concentrate, whole grain yellow corn flour, enriched wheat flour, seasoning (dextrose, dehydrated beef stock, salt, dehydrated onion, dehydrated garlic, yeast extract, soybean oil, citric acid, flavorings), brown sugar, corn starch, wheat gluten, salt, sodium phosphates, dried onion, dried garlic, spice, paprika extract, potassium chloride, sugar, turmeric



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, Salad, Chef's/Crouton (Salad only; Does not include dressing)	Dairy, Egg, Soy, Tomato, Wheat, Gluten	Turkey Ham (Turkey thigh meat, vinegar, sugar, salt, cultured celery powder, baking soda, natural smoked flavor. Romaine Thick Shred, grape tomatoes, Hard boiled egg, American cheese (pasteurized milk, whey protein concentrate, salt, enzymes, soy lecithin and soy oil. Crouton (WHOLE WHEAT FLOUR, CANOLA OIL, SEASONING [SUGAR, WHEY, SALT, ROMANO CHEESE [MILK SALT CHEESE
Entree, Salad, Chicken Caesar/Crouton (Salad only; Does not include dressing)	Dairy, Tomato, Wheat, Gluten	Chicken Patty Grilled(Chicken, water, contains 2% or less of the following: corn starch, natural flavors, salt), Romaine Thick Shred, parmesan cheese [(milk, cheese cultures, salt, enzymes), whey, salt, disodium phosphate, lactic acid], tomato, garlic, natural flavor, vinegar powder (maltodextrin, vinegar, spices], rye chops, salt, oats, yeast, cracked wheat, vital wheat gluten, caraway seeds, natural butter flavor)
Entree, Salad, Chinese Chicken/Crispy Noodles (Salad only; Does not include dressing)	Corn, Egg, Soy, Wheat, Gluten	Chicken Patty Grilled(chicken, water, contains 2% or less of the following: corn starch, natural flavors, salt), Green Cabbage and Kale shredded, Crispy Chow Mein Noodles (Whole wheat flour, enriched wheat flour, canola and/ or soybean oil, salt, vinegar, trace eggs



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, Salad, Mexicali With Chips (Salad only; Does not include dressing)	Corn, Dairy, Soy, Tomato	Pinto Beans (pinto beans, salt, calcium chloride, EDTA), romaine(thick shred), American Cheese(Cultured Pasteurized Milk and Skim Milk, Whey Protein Concentrate*, Contains Less than 2% of Salt, Potassium and Sodium Citrates, Lactic Acid, Sorbic Acid (preservative), Natural Flavor, Xanthan Gum*, Locust Bean Gum*, Guar Gum*, apo-Carotenal and beta-Carotene (color), Vitamin A Palmitate, Enzymes, Soy Lecithin and
Entree, Salisbury Steak, Plain (No gravy) (Integrated 80823)	Corn, Dairy, Soy, Wheat, Gluten	Ground beef, textured vegetable protein (soy flour, caramel color), seasonings (salt, dehydrated onion, spices including mustard, whey powder, toasted onion powder, garlic powder, sugar, modified corn starch, soy protein concentrate, soy sauce powder (soy sauce, wheat, soybeans, salt), maltodextrin, yeast extract, parsley flakes, natural beef fat flavor (beef fat, flavor), sodium phosphate, caramel color
Entree, Sandwich, All Star Turkey Hot Dog	Corn, Wheat, Gluten	Turkey Hot Dog: Turkey, seasoning (corn syrup solids, dextrose, sugar, paprika, natural flavoring), salt, potassium chloride, natural flavor (celery juice powder), natural flavoring, natural smoke flavoring. Hot Dog Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, yeast, soybean oil, salt, wheat gluten, emulsifier, enzymes, calcium propionate, monoglyceride



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, Sandwich, Beef & Cheese Fiestada	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, Sandwich, Cafe LA Burger	Wheat, Gluten	Beef Patty: Ground beef, onion, seasoning (salt, dehydrated onion and garlic), spices, natural flavor, torula yeast with natural hickory smoke flavor, sugar). Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), soybean oil, wheat gluten, yeast, salt, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate.
Entree, Sandwich, Cafe LA Cheeseburger	Dairy, Soy, Wheat, Gluten	Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate. Hamburger: Ground beef, onion, seasoning (salt, dehydrated onion and garlic, spices, natural flavor, torula yeast with hickory smoke flavor, sugar). American Cheese: Cultured



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, Sandwich, Cheeseburger IW (Don Lee Farms)	Dairy, Soy, Wheat	Bread: Whole wheat flour, enriched wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, soybean oil, 2% or less: wheat gluten, yeast, sodium stearoyl lactylate, salt, enzymes, calcium propionate, calcium sulfate, ascorbic acid. Patty: Ground beef (max 20% fat), water, textured vegetable protein product (soy flour, caramel color, zinc
Entree, Sandwich, 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, Sandwich, Crispy Breaded Chicken (Tyson)	Soy, Wheat, Gluten	Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt



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, Deli Turkey Ham & Cheese	Dairy, Corn, Soy, 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. American Cheese: Cultured Pasteurized Milk and Skim Milk Whey.
Entree, Sandwich, Savory Beef Submarine	Dairy, Corn, Soy, Wheat, Gluten	Ground beef, textured vegetable protein (soy flour, caramel color), seasonings (salt, dehydrated onion, spices including mustard, whey powder, toasted onion powder, garlic powder, sugar, modified corn starch, soy protein concentrate, soy sauce powder (soy sauce, wheat, soybeans, salt), maltodextrin, yeast extract, parsley flakes, natural beef fat flavor (beef fat, flavor), sodium phosphate, caramel color, French Roll:



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, Sandwich, Spicy Breaded Chicken (Tyson)	Corn, Soy, Wheat, Gluten	Boneless, skinless portioned chicken breast filets with rib meat, whole wheat flour, water, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, corn starch, extractives of paprika, garlic powder, isolated soy protein, leavening (cream of tartar, baking soda), maltodextrin, natural flavors, onion powder, salt, spices (including celery seed), sugar, vegetable stock (carrot, onion, celery)
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, Sandwich, Turkey Burger (on Knot Bun Roll)	Corn, Wheat, Gluten	Turkey Patty: Turkey, salt, rosemary extract, savory seasoning (spices, black pepper, garlic, onion). Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, enzymes, emulsifier, cornmeal, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate, ascorbic acid.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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, Breast, Smoked, Sliced (Jennie-O 231918)	No Allergens	Turkey breast meat, turkey broth, salt, sugar, dehydrated turkey broth, rosemary extract, natural smoke flavoring, baking soda.
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, Turkey, Frank (For All Star Turkey Hot Dog-Does not include bun)	Corn	Turkey Hot Dog: Turkey, seasoning (corn syrup solids, dextrose, sugar, paprika, natural flavoring), salt, potassium chloride, natural flavor (celery juice powder), natural flavoring, natural smoke flavoring.
Entree, Turkey, Ham, Sliced (Jennie-O 256818)	No Allergens	Turkey thigh meat, vinegar, sugar, sea salt, cultured celery powder, salt, potassium chloride, baking soda, natural smoke flavor.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, Turkey, Meatballs (Jennie-O 639930)	Dairy, Egg, Wheat, Gluten	Turkey, bread crumbs (wheat flour, sugar, salt, yeast extract, canola oil), yeast extract, sugar, dextrose, onion powder, garlic powder, spice, disodium inosinate, disodium guanylate, sguar, salt, flavorings, potassium chloride, barley malt powder, nonfat dry milk, dry whole egg.
Entree, Turkey, Penne Rigati & Meatballs	Dairy, Egg, Tomato, Wheat, Gluten	Pasta: Whole wheat durum flour; Meatballs: Turkey, bread crumbs(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, 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 sulfata, niacinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, Vitamin A, Vitamin B12], soybean oil, onion, garlic, tomato puree, green jalapeno pepper puree, salt, garlic powder, spices, Whole



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, Vegan, Chick'n Nuggets (Morning Star Farms)	Corn, Soy, Wheat, Gluten	Water, wheat flour, soy protein concentrate, vegetable oil {corn, canola and/or sunflower), soy protein isolate. Contains 2% or less of wheat gluten, yellow corn flour, methylcellulose, potato starch, cornstarch, yeast extract, sugar, salt, natural flavors, wheat starch, dex-trose, spices, onion powder, potassium chloride, yeast, glutamic acid, paprika (color), leavening (sodium acid pyrophosphate, sodium
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.
Entree, Vegan, Possible Burger With Bun	Corn, 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)



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Entree, Vegan, Sandwich, Sunbutter & Jelly (SunWise)	Corn, 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
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, Diced Peaches, Peachy, Chilled	No Allergens	Peaches, water, corn syrup, sugar
Fruit, Canned, Sliced Pears, Perfect, Chilled	No Allergens	Pears, water, corn syrup, sugar
Fruit, Cup, Applesauce, Orange (Dreamsicle)	No Allergens	Apples, water, natural flavor, ascorbic acid
Fruit, Cup, Applesauce, Strawberry Banana	No Allergens	Apples, Water, Strawberry Puree, Banana and other natural flavors, Natural Color, Ascorbic Acid
Fruit, Cup, Applesauce, Unsweetened	No Allergens	Apples, Water, Ascorbic Acid
Fruit, Cup, Mixed Fruit (Peaches, Pears, Grapes) National Food Group	No Allergens	Peaches, Pears, Grapes, Water, White Grape Juice Concentrate, Ascorbic Acid (100% Vitamin C), Citric Acid.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Fruit, Cup, Mixed Fruit (Peaches, Pears) Del Monte	No Allergens	Peaches, Pears, Pear juice (water, pear juice concentrate), ascorbic acid, lemon juice concentrate.
Fruit, Cup, Peach (Del Monte)	No Allergens	Peaches, pear juice, ascorbic acid, caramel color, lemon juice conc.
Fruit, Cup, Peach (National Food Group)	No Allergens	Peaches, water, white grape juice concentrate, ascorbic acid (100% vitamin C), citric acid
Fruit, Dried, Cherries (Cherry Central)	No Allergens	Dried Red Tart Cherries, Sugar, Sunflower Oil.
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 (Orange Flavored)	No Allergens	Cranberries, Cane Sugar, Natural Flavor Refined Sunflower Oil is used as a Processing Aid
Fruit, Dried, Raisins, Unsweetened	No Allergens	Raisins Unsweetened
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, Grapes	No Allergens	Grapes.
Fruit, Fresh, Nectarine	No Allergens	Nectarines.
Fruit, Fresh, Orange	No Allergens	Oranges.
Fruit, Fresh, Peach	No Allergens	Peach.
Fruit, Fresh, Pear	No Allergens	Pear.
Fruit, Fresh, Persimmon	No Allergens	Persimmon.
Fruit, Fresh, Plum	No Allergens	Plum
Fruit, Fresh, Pluot	No Allergens	

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Fruit, Fresh, Strawberry	No Allergens	
Fruit, Fresh, Tangelo Minneola	No Allergens	Tangelo Minneola.
Fruit, Frozen Juice, Cup, Black Cherry (Cherrymoji) (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)
Fruit, Frozen Juice, Cup, Strawberry Creamsicle (SideKick)	Corn	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.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Fruit, Frozen Juice, Slush Pouch, Raspberry Passion Fruit	Corn	Water, apple juice concentrate, Pear juice concentrate, maltodextrin, citric acid, natural flavors, ascorbic acid, cellulose gum, Vitamin A Palmitate, Vitamin D3.
Fruit, Frozen, Peach Pop	No Allergens	Peaches, sugar, ascorbic acid, citric acid
Fruit, Frozen, Strawberry Cup (Tabatchnick)	No Allergens	Strawberries, extra light syrup
Fruit, Juice, Apple (4 oz or 8 oz)	No Allergens	Apple Juice Concentrate, Ascorbic Acid
Fruit, Juice, Apple (4.23 oz) (SunCup)	No Allergens	100% Apple Juice (Water sufficient to reconstitute apple juice concentrate), Natural Flavors and Citric Acid
Fruit, Juice, Fruit Punch (4.23 oz) (SunCup)	No Allergens	apple, orange, pear, pineapple, citric acid
Fruit, Juice, Orange (4 oz or 8 oz)	No Allergens	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, 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.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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
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, 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)
Grain, Crackers, Fun & Fitness (Dick & Jane)	Dairy, Egg, Soy, Wheat, Honey, Gelatin	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, Mini 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, 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), canola oil and/or soybean oil, cornstarch, salt, vinegar, trace of eggs
Grain, Croutons, Whole Grain (Marzetti)	Dairy, Tomato, Wheat, Gluten	WHOLE WHEAT FLOUR, CANOLA OIL, 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 (INCLUDING AUTOLYZED YEAST EXTRACT), VINEGAR POWDER



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Fritos Corn Chips, 1 oz. (Pepsico)	Corn	Corn, Corn Oil, Salt
Grain, Granola IW 1 oz. (Fieldstone)	Soy, Wheat, Gluten	Oats, cane Sugar, canola Oil, whole grain oat flour, brown rice syrup, molasses, salt, baking soda.
Grain, Hawaiian Roll Bulk	Soy, Wheat, Gluten	Whole Wheat Flour, Unbleached Enriched Wheat Flour, Malted barley Flour, Water, Sugar, Soybean Oil, Yeast, Wheat Gluten, Natural Flavor/Coloring, Ascorbic Acid, Turmeric.
Grain, Honey Biscuit Bulk 1.25 oz	Dairy, Soy, Wheat, Honey	WHITE WHEAT 100% WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN OIL (WITH DISTILLED MONOGLYCERIDES ADDED), CANE SUGAR, BAKING POWDER (CALCIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), HONEY
Grain, Honey Biscuit IW 1.25 oz	Dairy, Soy, Wheat, Honey	WHITE WHEAT 100% WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN OIL (WITH DISTILLED MONOGLYCERIDES ADDED), CANE SUGAR, BAKING POWDER (CALCIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), HONEY



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, Rice, Brown, IQF (Innovasian)	No Allergens	IQF Brown Rice.
Grain, Rice, Brown, Parboiled	No Allergens	Long Grain Parboiled Brown Rice.
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.



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

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

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 acid
Meat Alt. Cheese, American, Reduced Fat, Sliced (Land O' Lakes)	Dairy, Soy	Cultured Pasteurized Milk and Skim Milk, Whey Protein Concentrate*, Contains Less than 2% of Salt, Potassium and Sodium Citrates, Lactic Acid, Sorbic Acid (preservative), Natural Flavor, Xanthan Gum*, Locust Bean Gum*, Guar Gum*, apo-Carotenal and beta-Carotene (color), Vitamin A Palmitate, Enzymes, Soy Lecithin and Soybean Oil Blend.
Meat Alt. Cheese, Cheddar Cup 3 oz. (Land O'Lakes)	Dairy	Cheddar Cheese (cultured pasteurized milk, salt, enzymes), Whey, Skim Milk, Reduced Fat Cheddar Cheese (cultured Pasteurized reduced fat milk, salt, enzymes), Potassium and Sodium Phosphates, Maltodextrin, Contains Less than 2% of: Glucono-Delta-Lactone, Natural Flavors, Carrageenan, Lactic Acid, Mono and Diglycerides, Sorbic Acid (preservative), Salt, apo-Carotenal for color



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Meat Alt. Cheese, Ranch Cheddar 1 oz (Gilman)	Dairy	Cultured pasteurized milk, water, salt, sodium phosphate, onion powder, sorbic acid (natural preservative), parsley flakes, enzymes.
Meat Alt. Eggs, Hard Cooked, Pre-Cooked	Egg	Egg.
Meat Alt. Turkey Breast Stick, BBQ 1.2 oz (Jennie-O 207230)	No Allergens	Turkey Breast Meat, Water, Contains 2% or less Vinegar, Salt, Seasoning (Salt, Brown Sugar, Dried Onion, Spices, Dried Garlic, Sugar, Malic Acid, Citric Acid, Natural Smoke Flavor), Turkey Flavor (Turkey Broth, Turkey Fat, Salt, Flavor, Onion Powder), Rosemary Extract, Baking Soda.
Meat Alt. Turkey Breast Stick, Buffalo 1.2 oz (Jennie-O 207430)	No Allergens	Ingredients: Turkey Breast Meat, Water, Contains 2% or less Vinegar, Salt, Rosemary Extract, Turkey Flavor (Turkey Broth, Turkey Fat, Salt, Flavor, Onion Powder), Baking Soda. Rubbed with Seasoning (Spices (Including Cayenne Pepper), Salt, Dehydrated Garlic, Maltodextrin, Sugar, Vinegar, Natural Flavors, Citric Acid, Malic Acid).
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. Yogurt, Non Fat, Strawberry 8 oz. (Upstate)	Corn, Dairy	Cultured pasteurized Grade A nonfat milk, sugar, strawberries, modified corn starch, whey, natural flavors, gellan gum, citric acid, purple carrot juice, carob bean gum.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Meat Alt./Veg. Cup, Hummus Original 4.5 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./Veg. Sea Salt Chickpeas 0.83 oz (SunOpta)	No Allergens	Chickpeas, Sunflower Oil, Sea Salt
Milk, Flavored, Non Fat, Chocolate	Corn, Dairy	skim milk, sucrose, chocolate powder
Milk, Flavored, Non Fat, Strawberry (Driftwood Dairy)	Dairy	Skim Milk, Sucrose, Dextrose, Beet Juice , Natural Flavor
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.
Shelf Stable Kit, ES Foods 61417-Hummus Meal Kit (Kit contains: Roasted Red Pepper Hummus cup, Sunflower Seeds, Raisins, Vegetable Juice [contains sweet potato, apple & white grape juices], Whole Grain Wheat Cracker	Corn, Soy, Wheat, Honey, Gluten	Hummus cup: Chick peas (Chick peas, water, salt), roasted red pepper puree (sweet red peppers, water, salt, citric acid), Ground sesame seed, canola oil, contains 2% or less garlic powder, onion powder, seasoning (Garlic and Onion Powder, red bell pepper flavor (red bell pepper, salt, yeast, yeast extract, maltodextrin, torula yeast, natural hickory smoke flavor), citric acid, paprika, salt, spice), citric acid, paprika



LAUSD Food Allergy & Ingredient Information

Product

Shelf Stable Kit, ES Foods 61418-Cheese Stick Meal Kit (Kit contains: Cheese Stick, Marinara Sauce, Strawberry Applesauce, Whole Grain Wheat Cracker

Allergens

Dairy, Soy, Tomato, Wheat, Honey, Gluten

Ingredients

Cheese Stick: Cultured pasteurized milk, water, salt, sodium phosphate, natural flavoring, sorbic acid (preservative), enzymes.

Marinara sauce: tomato puree (water, tomato paste), diced tomatoes, sugar, soybean oil, salt, dried garlic, dried onion, spices, parsley, citric acid.

Strawberry applesauce: apples, water, strawberry puree, natural flavors, ascorbic acid (vitamin C), malic acid.

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: Pea (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

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Shelf Stable Kit, ES Foods 61437-S-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], Strawberry Bites Crackers, and Strawberry Applesauce Cup	Dairy, Corn, Egg, Soy, Wheat, Honey	Chocolate No Nut Butter: Yellow Peas, Canola Oil, Sugar,(Contains Corn Starch), Palm Oil, Cocoa Powder, Salt, Mono and Diglycerides, Natural Vanilla. Sunflower Seeds: Sunflower Kernels, Sunflower Oil, Salt. Juice Breaks Vegetable Juice Punch: Reconstituted Vegetable Juice (Water and Sweet Potato Conc.), Reconstituted Fruit Juice Blend (Water, Conc. Juices of Apple and White Grape), Natural Flavoring, Citric Acid
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]	Dairy, Egg, Soy, Wheat, Honey, Gluten	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, 100160-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



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Sp. Diets Only, Gluten Free, Bagel (CMS #2590 - Corn, Egg Udi's)

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, Corn Sliced (CMS #2591 - Little Northern Bakehouse/Vibrant)

Water, tapioca starch, potato starch, corn starch, whole grain brown rice flour, whole teff flour, whole millet, whole red quinoa, sunflower oil, raisin juice, dextrose, psyllium husk, cane sugar, yeast, modified cellulose, pea fiber, sea salt, rice bran, vinegar, cellulose gum.

Sp. Diets Only, Gluten Free, Cheese Pizza (CMS #2138 - Mr. Sips) Dairy, Tomato

Crust: Rice flour, modified rice starch, potato starch, sugar, tapioca flour, potato flour, canola/olive oil, yeast, salt, xanthan gum, calcium sulfate. Cheese: Pasteurized part skim milk, cultures, salt, enzymes. Sauce: Crushed tomatoes, tomato puree (tomato paste), sugar, salt, spices, soybean oil, citric acid, dehydrated onion, garlic, Romano cheese flavor (romano cheese [milk, cheese cultures, salt, enzymes], onion

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 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, Asian Tropical Cabbage Salad	Corn, Soy, Tomato, Wheat	Cabbage, Pineapple, Pineapple Juice, 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.
Veg. Fresh, Cabbage & Kale Salad (Field Fresh Foods)	No Allergens	Green Cabbage Shredded, Kale Shredded
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, Pico de Gallo	Tomato	Tomato, onion yellow, cilantro, garlic, salt.
Veg. Fresh, Romaine Mix Salad (does not include dressing)(Field Fresh Foods)	No Allergens	Romaine chopped, carrot shredded, red cabbage shredded
Veg. Fresh, Romaine Salad IW (Taylor Farms)	No Allergens	Romaine, carrot, red cabbage



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Veg. Fresh, Salad Asian Sesame Mandarin	Corn, Egg, Soy, Tomato, Wheat, Gluten	Green Cabbage Shredded, Kale Shredded, Mandarin Oranges, 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. Whole wheat flour, enriched wheat flour (niacin, iron, thiamine monnitrate, riboflavin, folic acid), canola
Veg. Fresh, Salad, Strawberry Spring Greens	Soy	Romaine Thick Shred, Baby Spinach, Strawberry, WATER, SOYBEAN OIL, CIDER VINEGAR, APPLE JUICE CONCENTRATE, SUGAR, BROWN SUGAR, ONION JUICE, XANTHAN GUM, POTASSIUM SORBATE AND SODIUM BENZOATE ADDED AS PRESERVATIVES, SALT, SPICE, PROPYLENE GLYCOL ALGINATE, NATURAL FLAVOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR
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.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
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.
Veg. Frozen, Broccoli	No Allergens	Broccoli.
Veg. Frozen, Carrots, Sliced	No Allergens	Frozen sliced carrots
Veg. Frozen, Mixed Vegetable	Corn	Frozen diced carrots, corn, green beans, and peas, with no added salt.
Veg. Frozen, Potato, Roasted Wedges (McCain)	Corn	Potatoes, vegetable oil (canola, soybean, cottonseed, sunflower and/or corn), modified potato starch, annatto, modified corn starch, dextrin, dextrose, extractives of capsicum, extractives of paprika, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, paprika, potassium chloride, rice flour, salt, natural color, spices, modified tapioca starch, xanthan gum.
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	Frozen corn.
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.

LAUSD Food Allergy & Ingredient Information

Product

Veg. Juice, Paradise Punch (Sun Cup) Contains the following juices: Sweet Potato, Apple or Pear Juice, Carrot Juice)

Allergens

No Allergens

Ingredients

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.