



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Bkft. Cafe LA Coffee Cake, WG, IW

Corn, Dairy, Egg, Wheat, Gluten

Cake Mix: Whole wheat flour, brown sugar, sugar, enriched wheat flour (wheat flour), nonfat dry milk, food starch - modified (corn), baking powder (baking soda, salt, soybean oil, cinnamon nutmeg), canola oil, eggs, vinegar. Topping Mix: Whole wheat flour, brown sugar, sugar, enriched wheat flour (wheat flour), soybean oil, salt, cinnamon, nutmeg, canola oil.

Bkft. Cereal, Cold, Cheerios

Corn, Wheat, Gluten

Whole grain oats, cornstarch, sugar, salt, wheat starch.

Bkft. Cereal, Cold, Rice Chex

No Allergens

Whole grain rice, rice, sugar, salt, molasses.

Bkft. Cereal, Granola

Corn, Soy, Honey, Gluten

Whole grain oats, sugar, canola oil, yellow corn flour, honey, soy flour, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor.

Bkft. Cereal, Hot, Oatmeal

Gluten

Rolled oats.

Bkft. Chorizo & Cheese Frittata Wrap

Corn, Dairy, Egg, Soy, Wheat, Gluten

Eggs, pork, soy flour, caramel color, cheddar cheese, milk salt, enzymes, paprika, annatto, jalapeno peppers, onions, soy oil, sugar, baking powder, cornstarch, paprika, spices, dry whole milk, soy lecithin, modified corn starch, xanthan gum, whole wheat flour, vegetable shortening, vital wheat gluten.



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Bkft. Cinnamon French Toast, WG, 3 oz IW	Dairy, Egg, Wheat, Gluten	Whole wheat flour (wheat flour, cracked wheat, wheat germ), occident flour (wheat flour, malted barley flour), water, bread base, sugar, yeast, wheat gluten, cinnamon, cinnamon oil, calcium propionate, whole eggs, water, sugar, NF dry milk, baking powder, enriched bread flour, soy oil, salt.
Bkft. Cranberry Orange Biscuit, WG	Dairy, Egg, Wheat, Gluten	Wheat whole flour, cranberries, brown sugar, applesauce, canola oil, eggs, enriched wheat flour, rolled oats, sugar, butter, flax seed, baking soda, natural flavor, salt.
Bkft. Crunchy Granola (Granola Cereal)	Corn, Soy, Honey, Gluten	Whole grain oats, sugar, canola oil, yellow corn flour, honey, soy flour, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor.
Bkft. Egg & Cheese Sandwich	Corn, Dairy, Egg, Soy, Wheat, Gluten	Whole wheat flour, sugar, yeast, soybean oil, sorbitan monostearate, salt, citric acid, calcium propionate, calcium sulfate, microcrystalline cellulose, eggs, modified food starch (corn?), whey solids, nonfat dried milk, cheese culture, cream, sodium pyrphosphate,color added, soy lecithin.



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Bkft. Fiesta Egg & Cheese Sandwich

Allergens

Corn, Dairy, Egg, Soy,
Wheat, Gluten

Ingredients

Whole wheat flour, enriched bleached white flour, sugar, yeast, soy oil, salt, citric acid, enzyme, wheat starch, onions, red & green peppers, whole eggs, modified food starch, whey solids, nonfat dried milk, xanthan gum, white pepper, processed American pepper jack cheese, milk, cheese culture, jalapeno peppers, cream, natural flavor, soy lecithin, lactic acid, enzymes.

Bkft. Italian Egg & Cheese Pocket (Cheese & Egg Stuffed Sandwich), WG

Corn, Dairy, Egg, Soy,
Tomato, Wheat, Gluten

White whole wheat flour, enriched flour (wheat flour, malted barley flour), isolated soy protein, vegetable oil (soy, cottonseed, corn, and/or canola), wheat gluten, yeast, sugar, baking powder, corn starch, sea salt, datem, malt, dextrose, malted barley flour, guar gum, soy lecithin, maltodextrin, enzymes, part skim mozzarella cheese, tomato paste, dried whole egg, modified food starch, whey protein concentrate, garlic

Bkft. Yogurt, Vanilla (4 oz. Driftwood)

Corn, Dairy

Cultured pasteurized Grade A milk, non-fat milk, sugar, modified corn starch, whey protein concentrate, vanilla extract, natural flavor, kosher gelatin, live active cultures.



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Bkft. Zesty Chorizo Wrap	Corn, Dairy, Soy, Tomato, Wheat, Gluten	Turkey, spices, soy protein concentrate, paprika, salt, cilantro, flavorings, garlic powder, reduced fat process American cheese, cultured pasteurized milk, skim milk, whey protein concentrate, locust bean gum, guar gum, potatoes, tomatoes, tomato juice, green bell pepper, red bell pepper, onion, textured vegetable protein, caramel color, modified corn starch, vinegar, whole wheat flour tortilla, wheat flour, soy
Cheese, Cheddar, Shredded, Reduced Fat & Sodium	Dairy	Cultured, pasteurized reduced fat milk, salt, enzymes, annatto. Vitamin A, powdered cellulose.
Cheese, Cheddar, Sliced	Dairy	Pasteurized part-skim milk, cheese culture, salt, enzymes, annatto (color).
Cheese, Mozzarella, Shredded	Dairy	Pasteurized whole milk, cheese cultures, salt, enzymes.
Cheese, Parmesan, Shredded	Dairy	Pasteurized part skim milk, cheese culture, salt, enzymes.
Condiment, BBQ Ranch Dressing (Recipe)	Citrus, Corn, Dairy, Egg, Tomato	Ranch Dressing Mix, Buttermilk, Mayonnaise, BBQ Sauce: Salt, whey, garlic, maltodextrin, onion, dextrose, cellulose gum, spice, parsley, natural flavor, cultured skim milk, cream, salt, citric acid, soybean oil, eggs, distilled vinegar, corn syrup, lemon juice concentrate, tomato paste, brown sugar, modified corn starch, ground mustard seed, caramel color, natural hickory smoke flavor, garlic powder



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Condiment, Ind. Pkt. Dressing, 1000 Island, 12 gm	Corn, Egg, Tomato	High fructose corn syrup, vinegar, pickle relish (cucumbers, peppers, egg yolk, tomato paste solids, onion, modified food starch, spices, onion, paprika).
Condiment, Ind. Pkt. Dressing, Caesar, 1.5 oz	Corn, Dairy	Parmesan cheese (cultured part-skim milk), vinegar, salt, sugar, garlic, spices, Worcestershire sauce (molasses, corn syrup, caramel color, tamarind, natural flavor), onion powder, citric acid, xanthan gum, soybean oil.
Condiment, Ind. Pkt. Dressing, Italian, 12 gm (Portion Pac)	Citrus, Corn	Distilled vinegar, high fructose corn syrup, soybean oil, salt, modified food starch, garlic, bell pepper, onion, xanthan gum, lemon peel, lemon juice concentrate, spices, artificial color.
Condiment, Ind. Pkt. Dressing, Ranch, 12 gm	Corn, Dairy	Vinegar, corn syrup, cultured buttermilk, food starch, xanthan gum, onion powder, garlic powder.
Condiment, Ind. Pkt. Grape Jelly, 0.5 oz	Corn	Grape juice, corn syrup, high fructose corn syrup, pectin, citric acid.
Condiment, Ind. Pkt. Honey 9 gm	Honey	Honey.
Condiment, Ind. Pkt. Ketchup, Low Sodium 9 gm Foil Pkt	Tomato	Tomato concentrate, sugar, distilled vinegar, salt, natural flavors, Potassium chloride, onion powder, citric acid, garlic powder, spices
Condiment, Ind. Pkt. Mayonnaise, Reduced Calorie - 12 gm (Heinz)	Corn, Egg	Water, soybean oil, polydextrose, distilled vinegar, egg white, high fructose corn syrup, salt, paprika, garlic, spices, xanthan gum, turmeric.



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Condiment, Ind. Pkt. Mayonnaise, Reduced Calorie -12 gm (Four in One)	Citrus, Corn, Egg	Canola oil, corn syrup, vinegar, modified food starch, salt, maltodextrin, lemon juice, egg white solids, lactic acid, xanthan gum, natural flavors, guar gum, paprika.
Condiment, Ind. Pkt. Mustard, Yellow, 5.5 gm	No Allergens	Mustard seed, vinegar, turmeric, spices.
Condiment, Ind. Pkt. Strawberry Jam, 0.5 oz	Corn	Strawberries, corn syrup, high fructose corn syrup, sugar, citric acid, pectin.
Condiment, Ind. Pkt. Syrup, 1.5 oz	Corn	Corn syrup, maple flavor, citric acid, caramel color, xanthan gum.
Condiment, Italian Seasoning	No Allergens	Spices, salt, garlic , onion.
Condiment, Organic Sesame Ginger Vinaigrette Dressing	Soy	Tamari sauce (soybeans, salt), white vinegar, sesame oil, ginger puree, onion powder, ground mustard seed, ginger powder, sesame seeds, malt powder, xanthan gum.
Condiment, Ranch Dip/Dressing (Recipe)	Citrus, Corn, Dairy, Egg	Ranch Dressing Mix: (Salt, whey, garlic, maltodextrin, onion, dextrose, cellulose gum, spice, parsley, natural flavor), Mayonnaise: Soybean oil, eggs, distilled vinegar, corn syrup, salt, spice, lemon juice concentrate, buttermilk (cultured skim milk, cream, citric acid).
Condiment, Salsa, Red Gold, Mild (Bulk)	Tomato	Tomato Puree, diced tomatoes in tomato juice, jalapeno peppers, vinegar, dehydrated onion, salt, sea salt, natural flavors, sugar, dehydrated garlic.
Condiment, Salt Free 17 Seasoning	Citrus, Corn	Black pepper, basil, oregano, celery seed, dill weed, sage, bay leaves, turmeric, garlic, carrots, onion, sesame seeds, red bell peppers, orange peel, corn starch, parsley flakes, lemon peel.

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Condiment, Taco Seasoning	No Allergens	Chili pepper, salt, paprika, garlic, onion, sugar.
Crackers, Cinna Crisps (Cinnamon Crisps) (Breakfast & Snack)	Corn, Honey, Gluten	Whole grain oats, whole grain oat flour, fructose, canola oil, corn syrup, sugar, rice flour, honey, salt, cinnamon, baking soda, malt extract, natural flavor, oil of rosemary.
Crackers, Goldfish made with Whole Grain Pretzel (Snack)	Corn, Dairy, Wheat, Gluten	Whole wheat flour, unbleached enriched wheat flour, vegetable oils (canola, sunflower and/or soybean), baking powder, baking soda, cornstarch, malted barley flour, non-fat dry milk.
Crackers, Graham (Jungle, WG) (Snack)	Wheat, Gluten	Whole wheat flour, sugar, canola oil, invert syrup, baking soda, salt, natural flavor.
Eggs, Hard Boiled	Egg	Egg.
Fruit, Canned, Mandarin Oranges	Citrus	Peeled Mandarin orange segments, sugar.
Fruit, Canned, Peaches	Corn	Peaches, corn syrup, sugar.
Fruit, Canned, Pineapple Tidbits	No Allergens	Pineapple, pineapple juice, citric acid.
Fruit, Dried Cranberries	No Allergens	Cranberries, sugar, citric acid, sunflower oil, elderberry juice.
Fruit, Fresh, Apple (Farm Fresh Apple)	No Allergens	Apple.
Fruit, Fresh, Banana	No Allergens	Banana.
Fruit, Fresh, Orange (Local Farm Orange)	Citrus	Oranges.
Fruit, Fresh, Pear (Pick-a-Fresh Pear)	No Allergens	Pear.
Fruit, Frozen, Blueberries	No Allergens	Blueberries.



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Grain, Bread, Multi-Grain	Corn, Dairy, Soy, Wheat, Honey, Gluten	Water, whole wheat flour, enriched wheat flour, malted barley flour, nine grain mix (hard red wheat, white wheat, barley, rye, oats, corn, millet, hulled buckwheat & flax seed), sugar, yeast, honey, wheat gluten, soy oil, salt, molasses, buttermilk, soy flour, whey, NF dry milk, ascorbic acid. This product is manufactured on equipment that processes products containing wheat, milk, soy, and sesame seeds.
Grain, Bread, Whole Wheat	Wheat, Gluten	Whole wheat flour, water, malted barley flour, sugar, yeast, gluten, soy oil, salt, caramel color. This product is manufactured on equipment that processes products containing: wheat, milk, soy, and sesame seeds.
Grain, Breadstick, WG	Soy, Wheat, Gluten	Whole grain flour, enriched flour (wheat flour, malted barley flour), vegetable shortening (soybean or cottonseed oil), salt, dextrose, soy bean oil, yeast, sugar, soy flour, enzymes. This facility produces products with tree nuts, eggs and cheese.
Grain, Bun, 4" Knot, Whole Grain (for Homemade-Style Tuna Sandwich)	Corn, Wheat, Gluten	Whole wheat flour, malted barley flour, sugar, soy oil, wheat gluten, yeast, cornmeal. Possible exposure to egg, dairy, soy, wheat.
Grain, Bun, Whole Wheat Hamburger, 3", 12 Pack(for Cafe LA Burger, Grilled Chicken Sandwich, & Our Fav Turkey Burger)	Wheat, Gluten	Whole wheat flour, malted barley flour, water, sugar, soybean oil, wheat gluten, yeast, salt, enzymes.



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Grain, Bun, Whole Wheat Hamburger, 3", 48 Pack(for Cafe LA Burger, Grilled Chicken Sandwich, & Our Fav Turkey Burger)	Wheat, Gluten	Whole wheat flour, enriched wheat flour (flour, malted barley flour), water, sugar, soybean oil, wheat gluten, yeast.
Grain, Croutons, Seasoned	Corn, Dairy, Wheat, Gluten	Wheat flour, malted barley flour, canola oil, whey, salt, yeast, high fructose corn syrup, sugar, onion, parsley, wheat gluten, paprika, turmeric, citric acid, gluten, milk.
Grain, Pita Bread, WG (8 Grain Pocket Thin)	Corn, Wheat, Gluten	Whole wheat flour, enriched wheat flour, cellulose fiber, wheat gluten, yeast, sugar, canola oil, polydextrose, salt, cracked wheat, rye, corn grits, oats, citric acid, cellulose gum, barley, brown rice, flaxseed, millet, xanthan gum.
Grain, Rice, Brown (6-8 & 9-12)	No Allergens	Long grain parboiled brown rice.
Grain, Rice, Brown, IQF	No Allergens	Rice (brown).
Grain, Roll, Whole Wheat, 1 oz or 2 oz (Artisan Dinner Roll)	Wheat, Gluten	Whole wheat flour, enriched wheat flour, (malted barley flour), water, sugar, yeast, soy oil, salt, emulsifier. Possible exposure to eggs, milk, modified food starch, soy, wheat.
Grain, Tortilla Chips, WG (Corn)	Corn	Ground corn, soy oil, water, sea salt.
Grain, Tortilla, Wheat, WG, 10"	Corn, Wheat, Gluten	Whole grain wheat flour, vegetable oil (may contain soybean, cottonseed, or palm oils), margarine, leavening (cornstarch, rice flour), salt, guar gum.
Grain, Tortilla, Wheat, WG, 6"	Corn, Wheat, Gluten	Whole grain wheat flour, vegetable oil, margarine, leavening, cornstarch, rice flour, salt, guar gum.



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Grain, Wheat Naan Bread, 4 x 6	Corn, Wheat, Gluten	Wheat flour (whole wheat flour and enriched wheat flour - wheat flour, malted barley flour), soybean oil, sugar, yeast, wheat gluten, natural flavor, salt, vinegar.
Grain, Won Ton Strips	Corn, Wheat, Gluten	Enriched flour (wheat flour), vegetable oil (soybean and/or cottonseed oil), cornstarch, salt.
Juice, Apple, 4 oz or 8 oz	No Allergens	Apple Juice Concentrate.
Juice, Orange, 4 oz or 8 oz	Citrus	Orange juice concentrate.
Juice, Wild Berry 4 oz or 8 oz	No Allergens	Fruit from concentrate (apple, grape, blackberry, boysenberry, cherry), natural flavor.
Lun. BBQ Chicken Flatbread	Corn, Dairy, Tomato, Wheat, Gluten	Diced chicken (chicken), cilantro, red bell pepper, green bell pepper, red onion, parmesan cheese (pasteurized part skim milk, cheese culture, salt, enzymes), mozzarella cheese (pasteurized whole milk, cheese culture, salt, enzymes), BBQ Sauce (tomato paste, brown sugar, distilled vinegar, salt, modified corn starch, ground mustard seed, caramel color, natural hickory smoke flavor, garlic powder)
Lun. Beef Ravioli (Sp. Ed. only)	Corn, Dairy, Soy, Tomato, Wheat, Gluten	Tomatoes, wheat macaroni, casein, malted barley flour, wheat gluten, ground beef, high fructose corn syrup, carrots, soy protein, caramel coloring, salt, onions, citric acid, soy oil.



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Lun. Beefy Taco Potato Skins	Corn, Dairy, Soy, Tomato	Ground beef, seasoning (dehydrated onion, spices, salt, yellow corn flour, paprika, dextrose, garlic powder, hydrolyzed soy protein, citric acid, caramel color). potatoes, chili powder, tomato puree, diced tomatoes in tomato juice, jalapeno peppers, vinegar, dehydrated onion, salt, sea salt, natural flavors, sugar, dehydrated garlic, cultured pasteurized reduced fat milk, salt, enzymes, annatto (color), powdered
Lun. Calzone, Italian, Vegetarian, IW	Corn, Dairy, Soy, Tomato, Wheat, Gluten	Crust: Whole wheat flour, water, soy oil, isolated soy protein, sugar, yeast, vital wheat gluten, salt. Filling: Mozzarella cheese, milk, cultures, enzymes, annatto color, tomato sauce, citric acid, spices, granulated garlic & onion, modified corn starch. Topping: Parmesan cheese.
Lun. Charbroiled Beef Patty, 2 oz (for Cafe LA Burger)	No Allergens	Ground beef, onion, seasoning (salt, dehydrated onion & garlic, spices, torula yeast w/natural hickory smoke flavor, sugar, natural flavor).
Lun. Chicken Salad	Citrus, Corn, Egg	Chicken (diced), celery sticks, dried cranberries (cranberries, sugar, citric acid, elderberry juice concentrate), onion, lemon juice, mayonnaise (eggs, vinegar, corn syrup, spice, lemon juice), black pepper, salt-free seasoning (black pepper, basil, oregano, celery seed, dill weed, sage, bay leaves, turmeric, garlic, carrots, ground onion, citric acid, toasted sesame seed, red bell peppers, orange peel, corn starch, parsley flakes



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Lun. Chicken Salad (for Cafe LA Chicken Salad Pita)	Citrus, Corn, Egg	Diced chicken (chicken), celery, onion, black pepper, seasoning, salt free spices (black pepper, basil, oregano, celery seed, dill weed, sage, bay leaves, turmeric), garlic, carrots, ground onion, minced onion, citric acid, toasted sesame seeds, red bell pepper, orange peel, cornstarch, parsley flakes, lemon peel. Mayonnaise: Soybean oil, eggs, distilled vinegar, corn syrup, salt, spice, lemon juice concentrate (lemon oil)
Lun. Chicken, Diced	No Allergens	Chicken, diced.
Lun. Chili Mac	Corn, Tomato, Wheat, Gluten	Turkey, Savory Crumbles (turkey, yeast extract, sugar, dextrose, onion powder, garlic powder, salt flavorings, potassium, chloride), Low Sodium Pinto Beans (pinto beans, salt, calcium chloride, disodium EDTA), tomatoes, diced, tomato paste, salt, chili seasoning mix (spice, including chili pepper), modified corn starch, sugar, onion, garlic, yeast extract, malic acid), and natural flavors. Macaroni. Whole grain
Lun. Diced Chicken & Gravy/Noodle (Sp. Ed. only)	Corn, Dairy, Soy, Wheat, Gluten	Chicken, gravy mix (modified food starch, corn syrup solids, salt, chicken, coconut oil, hydrolyzed soy and corn protein, onion, mushroom powder, yeast extract, non-fat dry milk, caramel color, natural & artificial color, sugar, soy lecithin, paprika), wheat gluten.
Lun. Honey Mustard Sauce/Dip	Citrus, Corn, Egg, Honey	Mustard, mayonnaise (soy oil, eggs, vinegar, corn syrup, salt, spice, lemon juice concentrate), honey, vinegar.



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Lun. Loaded Beefy Taco Wedges	Corn, Dairy, Soy, Tomato	Ground beef, seasoning (dehydrated onion, spices, salt, yellow corn flour, paprika, dextrose, garlic powder, hydrolyzed soy protein, citric acid, caramel color), chili powder, tomato puree, diced tomato in tomato juice, jalapeno, pinto beans, vinegar, salt, sea salt, natural flavors, sugar, dehydrated garlic, pasteurized whole milk, cheese culture, enzymes, potatoes, vegetable oil (contains one or more of the
Lun. Marinara Sauce	Tomato	Tomato paste, diced tomatoes, tomato juice, citric acid, sugar, onions, dehydrated garlic, soybean oil, seasoning (sugar, onion, spice, garlic), spices, maltodextrin, salt.
Lun. Meatballs, Chicken (for Lotsa Meatball Sub)	Soy, Wheat, Gluten	Ground dark chicken, textured soy protein concentrate, bread crumbs (bleached wheat flour, dextrose, salt, yeast, soybean oil), seasoning (maltodextrin, yeast extract, torula yeast, garlic powder, chicken broth, sugar, spice, chicken fat, onion powder, dried chicken skin, dried chicken, natural flavors, sea salt).
Lun. New Bean & Cheese Pupusa	Citrus, Corn, Dairy	Masa: White corn masa flour (trace of lime), canola oil, dextrose; salt. Filling: Beans (pinto beans, (jalapeno pepper, vinegar, salt) salt, chili powder (chili pepper and spices), mozzarella cheese (pasteurized part skim milk), cheese culture, salt, enzyme).



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Lun. Oven Baked Drumstick	Corn	Chicken Drumstick: Seasoning (chicken flavor and binder (maltodextrin, salt, chicken powder, sunflower oil, chicken broth, yeast extract, flavors, chicken fat, onion powder, gum arabic, sodium phosphate, garlic powder, acetic acid, and grill flavor), modified potato starch. Glazed with: Dextrose, modified corn starch, caramelized sugar, cooked chicken, onion powder, garlic powder, xanthan gum, methylcellulose, natural
Lun. Pork, BBQ (for BBQ Pork Sandwich)	Corn, Soy, Tomato	Pork, tomato paste, sugar, vinegar, soy protein, caramel color, mustard, modified food starch (corn starch), onion powder, garlic, paprika, beet powder, citric acid, corn syrup solids, tumeric, guar gum.
Lun. Salad, Chef's (Does not include dressing)	Dairy, Egg, Tomato	Romaine lettuce, carrot sticks, cucumber coins, hard boiled eggs, tomatoes, Turkey ham (turkey, salt, natural flavoring, sodium nitrite, celery juice powder, vinegar, baking soda), Cheddar Cheese-reduced fat (milk, salt, annatto).



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Lun. Salad, Chicken Caesar (Does not include dressing)	Corn, Dairy, Soy, Wheat, Gluten	Romaine lettuce, seasoned croutons: enriched wheat flour, malted barley flour, canola oil, whey, salt, yeast, high fructose corn syrup, sugar, onion powder, parsley, ascorbic acid, wheat gluten, paprika, turmeric, citric acid. Glazed chicken breast filet (brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, celery, garlic powder, maltodextrin, flavors, silicon dioxide.
Lun. Salad, Forever Tostada (Does not include dressing)	Corn, Dairy, Tomato	Romaine lettuce, corn, shredded cheddar cheese (reduced fat milk, salt, annatto), pinto beans, tomato salsa (tomato puree, diced tomatoes, jalapenos, vinegar, onion, natural flavors, sugar, garlic), sour cream (milk, cream, gelatin).
Lun. Salad, Mexicali BBQ Chicken (Does not include dressing)	Corn, Soy, Tomato	Glazed chicken breast filet (brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, celery, garlic powder, maltodextrin, flavors, silicon dioxide, citric acid, modified food starch, soy protein concentrates, sea salt.) Glaze: Modified corn starch, xanthan gum, tartaric acid, soy oil. Romaine lettuce, corn, red onions, red pepper, green pepper, black beans, BBQ Sauce.



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Lun. Salad, New Chinese Chicken (Does not include dressing)

Corn, Soy, Wheat, Gluten

Romaine lettuce (3-way), carrots, red cabbage, glazed chicken breast filet (brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, celery, garlic powder, maltodextrin, flavors, silicon dioxide, citric acid, modified food starch, soy protein concentrates, sea salt). Glaze: Modified corn starch, xanthan gum, tartaric acid, soy oil. Wonton Strips: Enriched wheat flour, vegetable oil

Lun. Sandwich, All American Submarine

Dairy, Wheat, Gluten

Turkey breast (salt, turkey broth), Turkey ham (turkey, salt, natural flavoring, sodium nitrite, celery juice powder, vinegar, baking soda), Cheddar cheese-reduced fat (milk, salt, annatto); French roll-whole grain (whole wheat flour, enriched wheat flour, (flour, malted barley flour, sugar, wheat gluten, soybean oil, yeast, enzymes, emulsifier).

Lun. Sandwich, BBQ Pork (Special Ed)

Corn, Soy, Tomato, Wheat, Gluten

Pork, tomato paste, vinegar, soy protein, sugar, caramel color, onion powder, garlic, corn syrup solids, whole wheat flour, malted barley flour, gluten, yeast, cornmeal.

Lun. Sandwich, Cafe LA Burger

Wheat, Gluten

Beef, onion, garlic, hickory smoke flavor, sugar, whole wheat flour, enriched wheat flour (flour, malted barley flour), water, sugar, soybean oil, wheat gluten, yeast.



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Lun. Sandwich, Cafe LA Chicken Salad Pita

Citrus, Corn, Egg, Wheat, Gluten

Chicken Salad: Chicken, celery sticks, cranberries, elderberry juice, onion, lemon juice. Pita Pocket Thins: Whole wheat flour, enriched wheat flour, cellulose fiber, wheat gluten, yeast, sugar, canola oil, salt, cracked wheat, rye, corn grits, oats, citric acid, barley, brown rice, flaxseed, millet, triticale, xanthan gum. Romaine lettuce, mayonnaise (soybean oil, eggs, distilled vinegar, corn syrup, salt, lemon juice)

Lun. Sandwich, Cheese (Recipe, w/Whole Wheat Bread)

Dairy, Wheat, Gluten

Cheddar cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, annatto,) and wheat bread (whole wheat flour, enriched wheat flour, malted barley flour, sugar, gluten, soybean oil, yeast, salt, caramel color).

Lun. Sandwich, Fresh Veggie Cheese (Does not include dressing)

Dairy, Tomato, Wheat, Gluten

French roll, whole grain (whole wheat flour, enriched wheat flour, [flour, malted barley flour, sugar, wheat gluten, yeast, enzymes, emulsifier]); lettuce leaf, green, Pepper Jack Cheese (pasteurized milk, cheese culture, jalapeno peppers, red bell peppers, salt); Cheddar cheese, reduced fat (milk, salt, annatto); tomatoes; cucumber coins.



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Lun. Sandwich, Grilled Chicken	Corn, Soy, Wheat, Gluten	Chicken, maltodextrin, carrot, onion, celery, modified corn starch, soy protein concentrate, garlic powder, brown sugar, yeast extract, xanthan gum, salt, canola oil, flavor, silicon dioxide, citric acid, spice, sodium phosphate, dextrin, potassium chloride, tartaric acid. 3" Whole Wheat Bun: Wheat flour, malted barley flour, yeast, gluten, cornmeal.
Lun. Sandwich, Home-Style Tuna	Citrus, Corn, Egg, Wheat, Fish, Gluten	Tuna (chunk light) pickle relish (cured cucumbers, cauliflower, sugar, distilled vinegar, salt, sweet pickle emulsion, celery seed, mustard seed, xanthan gum, turmeric), black pepper, celery. Mayonnaise: Soybean oil, eggs, distilled vinegar, corn syrup, salt, spice, lemon juice. Knot Bun: Whole wheat flour, enriched wheat flour, malted barley flour, sugar, wheat gluten, yeast, cornmeal.
Lun. Sandwich, Our Fav Turkey Burger	Corn, Wheat, Gluten	Turkey, seasoning (yeast extract, dextrose, onion powder, maltodextrin, worchestershire sauce (vinegar, molasses, corn syrup, salt, caramel color, garlic powder, sugar, tamarind, natural flavor), garlic powder, corn syrup solids, modified food starch, natural flavoring, isolated plum product, plum powder. WG Bun: whole wheat flour, enriched wheat flour, (flour, malted barley flour), sugar, soybean oil



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Lun. Sandwich, Toasted Cheese (w/Whole Wheat Bread)	Dairy, Wheat, Gluten	Cheddar cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, annatto), Bread: Whole wheat flour, enriched wheat flour, malted barley flour, sugar, yeast, soy oil, gluten, salt, caramel color. Butter.
Lun. Sandwich, Turkey (Recipe)	Dairy, Soy, Wheat, Gluten	Turkey, turkey broth, salt, dextrose, carrageenan. Bread: Whole wheat flour, enriched wheat flour, malted barley flour, wheat gluten, yeast, caramel color. May be exposed to milk and sesame seeds.
Lun. Southwestern Rice & Bean Bowl (Pre-made) (Grades K-5) (Special Ed)	Corn, Dairy, Soy, Tomato	Refried Beans: Water, pinto beans, corn oil, salt, mod. corn starch, disodium inosinate, disodium guanylate, chili pepper, cumin. Fiesta Rice: Parboiled rice, water, tomato sauce, red ripe tomatoes, citric acid, red bell pepper powder, natural flavoring, spice, soy oil, vegetable base, onion, dextrose, dehydrated potato, partially hydrogenated soy & cottonseed oils, corn syrup solids, sodium caseinate.
Lun. Spicy Buffalo Glazed Chicken	Corn	Chicken, maltodextrin, cornstarch, vinegar, salt, garlic, modified food starch, vegetable oil. Glaze: Modified corn starch, dried red pepper, paprika, natural flavor, citric acid, annatto, xanthan gum, turmeric.
Lun. Teriyaki Chicken Bowl (Does not include vegetables)	Corn, Soy, Wheat, Gluten	Diced chicken (chicken), brown rice, teriyaki sauce: sugar, soy sauce, (water, wheat, soybeans, salt), modified food starch, vinegar, caramel color, ginger, garlic.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Tex-Mex Beef Soft Taco (Beef Soft Taco, IW)	Corn, Soy, Tomato, Wheat, Gluten	Beef Filling: Ground beef, salsa (tomato, onion, sweet corn, bell pepper, green onion), seasoning (dehydrated onion, spices, salt, spices, salt, yellow corn flour, paprika, dextrose, garlic powder, hydrolyzed soy protein, citric acid, caramel color). White WW Flour Tortilla: WW Flour; Whole wheat flour, bleached enriched flour, soybean oil, salt, wheat starch, wheat flour, corn starch, .L-cysteine dough conditioner, mod. potato
Lun. Tex-Mex Turkey Soft Taco (Grades K-5)	Corn, Soy, Tomato, Wheat, Gluten	Filling: Turkey, soy protein concentrate, spices, salt, dehydrated onion, cilantro, diced tomato, tomato juice, salt, citric acid, corn, red bell pepper, diced onion, spices, garlic powder, modified cornstarch, white vinegar, paprika. Whole Wheat Flour Tortilla: Wheat flours (whole wheat flour, enriched bleached flour, soybean oil, wheat gluten, baking powder.
Lun. Tex-Mex Turkey Soft Taco (Scratch- Grades 6-8 & 9-12)	Corn, Dairy, Soy, Wheat, Gluten	Turkey Taco/Savory Crumbles: Turkey, soy protein concentrate, spices, salt, dehydrated onions, flavorings, cilantro, yeast ext., garlic, sugar, dextrose, disodium inosinate, disodium guranylate, potassium chloride. Cheese, Cheddar: Cultured pasteurized reduced fat milk, salt, enzymes, annato, powdered cellulose. WW Flour Tortilla: Whole grain wheat flour, vegetable oil (may contain soybean, cottonseed or



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Tuna Salad (for Home Style Tuna sandwich)	Citrus, Corn, Egg, Fish	Tuna, chunk light, pickle relish (cured cucumbers, cauliflower, sugar, distilled vinegar, salt, sweet pickle emulsion, celery seed, mustard seed, xanthan gum, tumeric), black pepper, celery. Mayonnaise: Soybean oil, eggs, distilled vinegar, corn syrup, salt, spice, lemon juice.
Lun. Turkey Breast, Sliced (for Turkey Sandwich)	No Allergens	Turkey breast, turkey broth, salt, dextrose, carrageenan, sodium phosphate, vegetable oil. Contains no allergens or gluten.
Lun. Turkey Burger (w/Whole Wheat Bun)(Our Fav Turkey Burger)	Corn, Wheat, Gluten	Turkey, yeast extract, sugar, onion powder, garlic powder, natural flavoring, plum powder, modified corn starch. WW Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), water, sugar, soybean oil, wheat gluten, yeast. Possible exposure to dairy, modified food starch, soy or wheat. Possible exposure to dairy, wheat, modified food starch (corn).
Lun. Turkey Burger Patty (for Our Fav Turkey Burger)	Corn	Turkey, water, seasoning (salt, yeast extract, dextrose, onion powder, spices, maltodextrin, Worcestershire sauce (distilled vinegar, molasses, corn syrup, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor), garlic powder, corn syrup solids, smoke flavor, lactic acid, grill flavor (from vegetable oil, natural flavor), modified food (corn) starch, isolated plum product, plum powder sodium

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Turkey Ham	No Allergens	Turkey thigh meat, natural smoke flavoring, sugar, salt, carrageenan.
Lun. Turkey Ham, All Natural, Sliced	No Allergens	Turkey, sugar, vinegar, salt, natural flavor (celery juice powder), baking soda, natural smoke flavor
Lun. Turkey Savory Crumbles	No Allergens	Turkey, yeast extract, sugar, dextrose, onion powder, garlic powder, spice, disodium inosinate, disodium guanylate, salt, flavorings, potassium chloride.
Lun. Vegetable Burger Patty (for Vegetable Burger)	Corn, Dairy, Soy, Wheat, Gluten	Soy protein concentrate, water, caramel color, canola oil, modified vegetable gum, salt, hydrolyzed vegetable protein (corn gluten, wheat gluten, soy protein), dextrose, natural & artificial flavors, yeast extract, modified tapioca starch, soy sauce (water, soybeans, wheat, salt), maltodextrin, sugar, whey, spices, garlic powder, mixed triglycerides, disodium guanylate, ascorbic acid, instant coffee, malic acid, succinic acid
Milk, White, 1% Low Fat	Dairy	Milk.
Milk, White, Fat Free	Dairy	Milk.
Milk, White, Fat Free, Lactose Free	Dairy	Calcium, lactase enzyme, vitamins A & D, palmitate.
Supper, Energy 2 Go-Energizer Box--Apple Berry Juice	No Allergens	Apple juice, vegetable juice (black carrot), & fruit juice black currant) (for color).
Supper, Energy 2 Go-Energizer Box--Cheddar Cheese	Dairy	Cultured pasteurized milk, skim milk, cream, salt, sodium phosphate, lactic acid, acetic acid sorbic acid, artificial color, enzymes.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Energy 2 Go-Energizer Box--Cheddar Cheese, Raisins, Lightly Salted Sunflower Seeds, Honey Graham Crackers, Apple Berry Juice	Dairy, Wheat, Honey, Gluten	Apple juice, malic acid, citric acid, raisins, cheddar cheese, milk, cream, salt, sunflower seed kernels, canola oil, whole wheat (graham) flour, sugar, honey, natural flavor, vegetable and fruit juice.
Supper, Energy 2 Go-Energizer Box--Honey Graham Crackers	Wheat, Honey, Gluten	Whole wheat (graham) flour, enriched flour (wheat), sugar, canola oil, honey, calcium carbonate, leavening (baking soda, monocalcium phosphate), salt, natural flavor.
Supper, Energy 2 Go-Energizer Box--Raisins	No Allergens	Seedless raisins.
Supper, Energy 2 Go-Power Up Box--Apple Berry Juice	No Allergens	Apple Juice from concentrate, malic acid, citric acid, natural flavor, vegetable (black carrot) and fruit (currant) juices (for color).
Supper, Energy 2 Go-Power Up Box--Cinnamon Graham Crackers, WG	Wheat, Gluten	Whole wheat (graham) flour, enriched flour (wheat flour, sugar, canola oil, cinnamon, invert syrup, calcium carbonate, leavening (baking soda, monocalcium phosphate), salt, natural flavor.
Supper, Energy 2 Go-Power Up Box--Raisins	No Allergens	Seedless raisins.
Supper, Energy 2 Go-Power Up Box--Sunbutter	No Allergens	Sunflower seed, sugar, mono-diglycerides to prevent separation, salt, and natural mixed tocopherols.
Supper, Energy 2 Go-Power Up Box--Sunflower Seeds, Honey Roasted	Honey	Non-gmo sunflower kernels, sugar, sunflower oil, honey, salt, maltodextrin, and xanthan gum.
Supper, Energy 2 Go-Power-Up Box--Raisins, Sunbutter, Honey Roasted Sunflower Seeds, Cinnamon Graham Crackers, Apple Berry Juice	Wheat, Honey, Gluten	Apple Juice, malic acid, citric acid, raisins, sunflower seed, sugar, salt, sunflower oil, honey, wheat, gluten.



LAUSD Food Allergy & Ingredient Information

Product

Supper, Fresh 2 Go-Asian Salad--Hard Boiled Egg, Green Cabbage, Fresh Carrots, Sesame Dressing, Edamame, WW Crackers, Sunflower Seeds

Allergens

Citrus, Corn, Egg, Soy, Tomato, Wheat, Gluten

Ingredients

Cabbage, eggs, modified food starch (corn), citric acid, soy sauce (wheat, sugar, ginger, wheat, soybeans, salt, distilled vinegar, brown sugar), tomato paste, orange juice, dehydrated onion, lemon juice concentrate, garlic, sesame seed, sesame oil, natural flavor, whole wheat, wheat bran, sea salt, yeast, sunflower kernels, edamame, carrot, red cabbage.

Supper, Fresh 2 Go-BBQ Chicken Slider--BBQ Chicken, WG Roll, Fresh Baby Carrots, Fruit Punch Juice

Corn, Egg, Tomato, Wheat, Gluten

Fruit Punch Juice: Apple juice, malic acid, citric acid, natural flavor, vegetable/fruit flavor; chicken, sugar, water, tomato paste, vinegar, modified food starch, pineapple juice concentrate, molasses, natural flavors, spices, sodium benzoate, sea salt, soy oil, eggs, xanthan gum, malted barley flavor, wheat gluten, yeast, wheat flour.

Supper, Fresh 2 Go-Cheese Plate--Cheddar Cheese, Pretzels, Fresh Baby Carrots, Fruit Punch Juice

Corn, Dairy, Wheat, Gluten

Apple juice, malic acid, citric acid, skim milk, cheese cultures, salt, annatto for color, baby carrots, wheat flour, corn syrup, salt, yeast, corn oil.

Supper, Fresh 2 Go-Chef Salad--Hard Boiled Egg, Fresh Baby Carrots, Ranch Dressing, WW Cracker, Grape Tomatoes, Yellow Corn, Cheddar & Monterey Jack Cheese

Corn, Dairy, Egg, Tomato, Wheat, Gluten

Egg, water, citric acid, iceberg lettuce, red cabbage, carrots, buttermilk, low fat milk, cream, salt, soybean or canola oil, sugar, rice starch, vinegar, spice, onion powder, garlic powder, parsley, whole wheat pastry flour, brown sugar, wheat bran, yeast, tomatoes, corn, cheese, annatto, potato starch, corn starch.



LAUSD Food Allergy & Ingredient Information

Product

Supper, Fresh 2 Go-Chipotle Chicken Slider--
Chipotle Chicken Mix, WG Roll, Fresh Baby
Carrots, Fruit Punch Juice

Allergens

Citrus, Corn, Egg, Tomato,
Wheat, Gluten

Ingredients

Apple juice, malic acid, citric acid,
chicken, salt, carrageenan, Chipotle
dressing (water, soybean oil, whole egg,
sugar, distilled vinegar, modified food
starch-corn, salt, natural flavors, sodium
benzoate, xanthan gum, calcium
disodium EDTA, Chipotle puree (vinegar,
Chipotle jalapeno, tomato paste, spices,
red chili flakes, onion powder, garlic
powder, sugar, IQF cilantro, corn starch,
lime juice, sea salt, whole wheat flour

Supper, Fresh 2 Go-Chipotle Chicken--Fruit
Punch Juice

No Allergens

Apple juice, vegetable juice (black
carrot) & fruit juice (black currant) for
color.

Supper, Fresh 2 Go-Egg Salad Slider--Egg Salad,
WG Roll, Fresh Baby Carrots, Fruit Punch Juice

Corn, Egg, Wheat, Gluten

Apple juice, malic acid, citric acid, eggs,
modified food starch (corn), salt, citric
acid, natural flavors, distilled vinegar,
sugar, sea salt, baby carrots, whole
wheat flour, malted barley flour, wheat
gluten, yeast.

Supper, Fresh 2 Go-Egg Salad Slider--Fruit
Punch Juice

No Allergens

Apple juice, vegetable juice (black
carrot) & fruit juice (black currant) for
color.

Supper, Fresh 2 Go-Honey Mustard Chicken
Wrap--Honey Mustard Chicken, WG Tortilla,
Fresh Baby Carrots, Fruit Punch Juice

Corn, Egg, Wheat, Honey,
Gluten

Fruit Punch Juice: Apple juice, malic
acid, citric acid, natural flavor, vegetable
& fruit juice. Honey Mustard Chicken:
Chicken, water, soy oil, eggs, sugar,
vinegar, modified food starch, salt,
spice, honey, mustard, mustard seed,
turmeric, paprika. Carrots. WG Tortilla:
Wheat flour, corn flour, corn masa, trace
of lime, yeast.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Fresh 2 Go-Kaiser Cheese Sandwich Plate--American Swiss Cheese, WG Bread, Fresh Baby Carrots, Fruit Punch Juice	Dairy, Soy, Wheat, Gluten	Apple juice, citric acid, cheese, milk, whole wheat flour, malted barley flour, wheat gluten, sugar, yeast, salt, milk cheese culture, cream, enzymes, cream, soy lecithin, baby carrots, mustard, spices.
Supper, Fresh 2 Go-Kaiser Cheese Sandwich Plate--Fruit Punch Juice	No Allergens	Apple juice, vegetable juice (black carrot) & fruit juice (black currant) for color.
Supper, Fresh 2 Go-Southwestern BBQ Pasta--Fruit Punch Juice	No Allergens	Apple juice, vegetable juice (black carrot) & fruit juice (black currant) for color.
Supper, Fresh 2 Go-Trail Mix & Cheese--Cheddar Cheese, Pretzels, Sunflower Seeds, Raisins, Cranberries, Fruit Punch Juice	Corn, Dairy, Wheat, Gluten	Apple juice, sunflower kernels, sunflower oil, salt, cranberries, citric acid, elderberry juice, sugar, raisins, milk, cheese cultures, enzymes, annatto (for color), wheat flour, corn syrup, corn oil, yeast.
Supper, Fresh 2 Go-Trail Mix & Cheese--Fruit Punch Juice	No Allergens	Apple juice, vegetable juice (black carrot) & fruit juice (black currant) for color.
Veg. Canned, Fiesta Pinto Beans (Pinto Beans II)	No Allergens	Pinto beans, salt, green chili, garlic powder, paprika, black pepper.
Veg. Fresh, Baby Carrots, Cooked (Special Ed)	No Allergens	Baby Carrots.
Veg. Fresh, Carrots, Baby	No Allergens	Carrots.
Veg. Fresh, Garden Salad (Does not include Dressing)	No Allergens	Romaine lettuce, red cabbage, carrots.
Veg. Fresh, Lettuce & Tomato	Tomato	Leaf lettuce, tomato.
Veg. Fresh, Romaine Salad with Mandarin Oranges (without salad dressing)	Citrus	Romaine lettuce, Mandarin oranges, cranberries.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Veg. Fresh, Spicy Slaw	No Allergens	Cabbage, carrots, red cabbage, onion, oregano, vinegar, salt, sugar, red chili pepper.
Veg. Fresh, Steamed Carrots & Broccoli	No Allergens	Carrots, broccoli.
Veg. Frozen, Corn, Whole Kernel (Mellow Yellow Corn)	Corn	Corn.
Veg. Frozen, Crispy Potato Wedges	Corn	Potatoes, vegetable oil (canola, soybean, cottonseed, sunflower, and/or corn), modified potato starch, annato, corn starch, modified corn starch, dextrin, dextrose, paprika, garlic powder, leavening, onion powder, rice flour, salt, natural color, spices, tapioca starch, xanthan gum.
Veg. Frozen, Potato Skins	No Allergens	Potato.
Veg. Frozen, Spiced Waffle Cut Sweet Taters (Grades 6-8 & 9-12)	No Allergens	Sweet potatoes, vegetable oil (canola, soybean, cottonseed, sunflower and/or corn), potato starch, annato, baking soda, caramel (color), natural flavors, rice flour, sugar, tapioca dextrin, xanthan gum, salt, chili powder.
Veg. Frozen, Waffle Cut Sweet Potatoes (Grades K-5)	No Allergens	Sweet potatoes, vegetable oil, baking soda, caramel color, natural flavors, rice flour, salt, sodium acid pyrophosphate, tapioca dextrin, xanthan gum, potato starch.