

This allergen list is to be used as a resource guide only. It is not a guarantee of ingredients in foods or all inclusive. Manufacturers may change ingredient profiles without the knowledge of NEISD

**Allergen: Cow's Milk, Butter, Cheese**

**Breakfast Entrée**

Bagel-fuls, Strawberry	Cinnamon Roll	Mini Bagel, Strawberry & Cream	Taco, Chorizo & Bean - Ind Pkg
Banana Bread	Cinnamon Whole Wheat Muffin	Oatmeal w/Brown Sugar Cinnamon	Waffle, Cinnamon -Ind Pkg
Bean & Cheese Taco	Chicken, Breakfast Pattie	Pancake, Blueberry - Ind Package	Waffle, Mini
Biscuit & Sausage	Chilaquiles	Pancake, Maple - Ind Package	Waffle, Mini Maple
Breakfast Bagel	Flat Bread, Sausage & Cheese	Pancake, Whole Grain	Waffle Single, Choc Chip - Ind Pkg
Breakfast Slider	Flat Bread, Sausage & Gravy	Pancake Wrap	Waffle Sticks, Whole Grain
Cereal Chocolate Bar	French Toast Sticks	Pizza, Breakfast	Waffle, Whole Grain
Chicken & Biscuit	Kolache, Sausage	Taco, Bean & Cheese	Yogurt Berry Parfait

**Lunch Entrée**

Bagel Bites	Cheese Sub Sandwich	Fish & Cheese Sandwich	Pizza, Hawaiian
Baked Potato w/ Shredded Cheese	Chef Salad w/ Chicken	Flat Bread Sandwich	Pizza, Pepperoni
Beef, Chicken Fried Steak	Chef Salad, Egg & Cheese	Gluten Free Beef & Cheese Slider Wrap	Pizza, Premium Pepperoni Box
Beef, Meatballs	Chicken & Cheese Salad	Gluten Free Nacho Chips & Cheese	Pizza, Sriracha Chicken
Beef & Cheese Nachos	Chicken Chunk, Asian Deluxe	Grilled Cheese Sandwich	Pizza, Stuffed Crust
Black Bean Burger on Wheat Bun	Chicken Chunk, Regular Deluxe	Grilled Chicken & Cheese on Bun	Pizza, Veggie
Boneless BBQ Bites	Chicken Fried Steak	Ham & Cheese Croissant	Ravioli
Boneless Buffalo Bites	Chicken Parmigiana	Ham and Cheese Sub Sandwich	Snack Pack: Turkey & Cheese
Breaded Chicken on Wheat Bun	Chicken Pattie on Wheat Bun	Ham, Turkey, Cheese Sub Sandwich	Spaghetti w Meat Sauce
Buffalo Chicken Salad	Chicken Pattie on Wheat Bun (Premium)	Honey Sriracha Chicken	Spicy Tso Chicken
Burritos, Bean & Cheese	Chicken Pepperoni Pasta	Hot Dog on Wheat Bun	Steak & Cheese Sub
Burrito, Beef & Bean - Individual	Chicken Teriyaki	Italian Chef Salad	Steak Finger
Chalupa Grande w/ Chicken	Chicken Wrap, Breaded	Macaroni & Cheese	Stromboli
Chalupa w/ Cheese	Chili Pie	Meatball Sandwich	Toasted Panini
Cheese Enchiladas	Corn Dog	Pepperoni Pizza Bites	Twisted Cheese Breadstick
Cheeseburger	Deluxe Chicken Sandwich on Bun	Pizza, Buffalo Chicken	Wrap, Ham & Cheese
Cheese Nachos	Gluten Free Chicken & Mozzarella Quesadilla	Pizza Cheese Stick	Wrap, Italian Combo & Cheese
Cheese Sandwich on Shaped Bread	Gluten Free Hot Dog Wrap	Pizza, Cheese	
	Gluten Free Toasted Ham & Cheese Sndwch	Pizza, Double Stuffed Cheese	
	Egg Roll		

*Continued on next page...*

**Common Food Allergens  
 2016-2017**

This allergen list is to be used as a resource guide only. It is not a guarantee of ingredients in foods or all inclusive. Manufacturers may change ingredient profiles without the knowledge of NEISD

<b>Allergen: Cow's Milk, Butter, Cheese</b>			
<b>Grains</b>			
Biscuits	Bread Stick, Cheese	Croutons	Garlic Cheese Bread
Blueberry Muffin	Chocolate Muffin	Focaccia Bread	Toast, Buttered
Breadstick	Cornbread Dressing	Garlic Bread	Toast, Cinnamon Whole Grain Roll
<b>Dairy Products</b>			
Cheese Cup, Individual	Milk, Chocolate Fat Free	Milk, Skim White	Yogurt, 6 oz All flavors
Milk, 1% White	Milk, Lactose Free Skim	Milk, Strawberry Fat Free Mozzarella String Cheese	Yogurt, 4 oz All flavors
<b>Vegetables</b>			
Broccoli Salad	California Blend w/ Alfredo Sauce	Mixed Green Salad	Sweet Potato Squares
Broccoli w/ Cheese Sauce	Carrots, Glazed Baby	Potatoes, Mashed	
<b>Fruits</b>			
Bananas w/ whipped topping			
<b>Condiments/Sauces</b>			
Buffalo Ranch Dipping Sauce	Croutons	Nacho Cheese Sauce	Thousand Island Dressing
Caesar Dressing, Fat Free	General Tso Sauce		Whipped Topping
Chicken Gravy	Gravy, Cream Mix low sodium	Ranch Dressing, Reduced Fat	
Cream Gravy	Margarine, Individual	Sweet-Mustard Sauce	
<b>Snacks/Desserts</b>			
Banana Fudge Bar	Chips, Cheetos	Granola Bar, Maple	Oatmeal Maple Bar
Bananas w/ Whipped Topping	Chips, Doritos	Granola Bar, Smores	Orange Sherbet
Brownie	Chips, Fantastix Chili Cheese	Ice Cream, Chocolate Fudge Bar	Pop Chips, Honey BBQ
Cheese Fries	Chips, Garden Salsa	Ice Cream, Cookies N' Cream Cone, Low Fat	Pop Chips, Sour Cream
Cheese Nachos	Chips, Sour Cream & Onion	Ice Cream Cup, Chocolate	Popcorn, Cheddar
Chips, Cheez Its	Chips, Sunchip Cheddar	Ice Cream Cup, Vanilla	Pudding Cup, Chocolate

**Continued on next page...**

**Common Food Allergens  
 2016-2017**

This allergen list is to be used as a resource guide only. It is not a guarantee of ingredients in foods or all inclusive. Manufacturers may change ingredient profiles without the knowledge of NEISD

**Allergen: Cow's Milk, Butter, Cheese**

**Snacks/Desserts**

Cheese Cup, Jalapeno	Cookies & Cream Sandwich	Ice Cream, Mini Sandwich Reduced Fat	Pudding Cup, Vanilla
Cheese, Mozzarella String	Crackers, Atomic Cheddar	Ice Cream, Orange Sherbet	Rainbow Sherbet
Cheese Sandwich Snack	Crackers, Chez Its	Ice Cream, Raspberry Sherbet	Rainbow Pop Up
Cheetos Puffs Whole Grain	Crackers, Flavored spicy or ranch	Ice Cream Sandwich Reduced Fat	Snack Mix, Chocolate
Cheetos Flaming Hot Puffs Whole Grain	Crackers, Graham Cinnamon Mini	Ice Cream, Vanilla Chocolate Crunch	Snack Mix, Strawberry Yogurt
Chips, Baked KC Masterpiece	Crackers, Whole-grain Goldfish	Marshmallow Treat Bar	Strawberry Fruit Bar, Frozen
Chips, Cheddar Sunchip Mix	Doritos Nacho Reduced Fat	Nutrigrain Apple Bar	Yogurt, 4 oz & 6 oz, All flavors
Chips, Cooler Ranch, Reduced Fat	Cinnamon Apples	Nutrigrain Strawberry Bar	
Chips, Fantastix Flamin Hot	Granola Bar, Chocolate Chip		

**Allergen: Egg whites, Egg Yolks**

**Entrée Breakfast**

Banana Bread	Cinnamon Roll	Pancake, Whole Grain	Waffle Sticks, Whole Grain
Breakfast Slider	Cinnamon Twist	Pan Dulce	Waffle, Choc Chip - Ind Package
Blueberry Muffin	French Toast Sticks	Taco, Chorizo & Bean - ct	Waffle, Mini Maple - Ind Package
Chicken, Breakfast Pattie	Kolache, Sausage	Taco, Chorizo, Potato & Egg	Waffle Single, Cinnamon -Ind Pckg
Chicken & Biscuit	Pancakes, Maple, Ind Package	Taco, Potato & Egg	
Chilaquiles	Pancake & Turkey Sausage Wrap	Toasted Panini	

**Entrée Lunch**

Asian Salad	Chicken Parmigiana w/ pasta	Ham and Cheese Sub Sandwich	Pizza, Pepperoni, w/ Box
Bagel Bites	Chicken Salad Croissant/Sub	Ham Sub Sandwich	Pulled Pork Sub
Black Bean Burger on Wheat Bun	Corn Dogs	Ham, Turkey, Cheese Sub Sandwich	Spaghetti w Meat Sauce
Cheese Ravioli	Egg Roll	Ham, Turkey Sub Sandwich	Sweet Asian Chicken
Cheese Sub Sandwich	Egg & Cheese Chef Salad	Macaroni & Cheese	Turkey, Cheese Sub Sandwich
Chef Salad: Egg & Cheese	Gluten Free Italian Sandwich	Meatball Sandwich	Turkey Sub Sandwich
Chicken Nuggets	Gluten Free Toasted Ham & Cheese Swich		
Chicken Pepperoni Pasta	Ham and Cheese Croissant		

*Continued on next page...*

**Common Food Allergens  
 2016-2017**

This allergen list is to be used as a resource guide only. It is not a guarantee of ingredients in foods or all inclusive. Manufacturers may change ingredient profiles without the knowledge of NEISD

<b>Allergen: Egg whites, Egg Yolks</b>			
<b>Vegetables</b>			
Baked Potato Salad	Broccoli Salad	California Blend w/ Alfredo Sauce	Sweet Potato Squares
<b>Grains</b>			
Banana Bread	Jalapeno Cornbread	Muffin, Blueberry	Pasta, Spaghetti Whole Wheat
Cornbread	Loaf, Banana	Muffin, Chocolate	
<b>Snacks/Desserts</b>			
Bar, Oatmeal Brown Sugar	Cookies & Cream Cup	Ice Cream, low-fat Cookie Cone	
Brownie	Cookies & Cream Sandwich		
<b>Condiments/Sauces</b>			
Buffalo Ranch Dipping Sauce	Gravy, Cream Mix low sodium	Ranch Dressing	Sweet-Mustard Sauce
Cream Gravy	Mayonnaise, Reduced Fat	Salad Dressing, Individual	Tarter Sauce
<b>Allergen: Fish</b>			
Ceasar Dressing, Fat Free	Fish & Cheese Sandwich		
<b>Allergen: Peanuts, Tree Nuts</b>			
<b>Snacks/Desserts</b>			
Cereal, Honey Nut Chex	Cookies, Chocolate Chip Mini	Granola Bar Crunchy Honey Oat - Nat. Valley	Granola Bar, Smores
Cereal, Honey Nut Chex	Granola Bar, Chocolate Chip		
<b>Allergen: Trace Nuts</b>			
<b>Snacks/Desserts</b>			
Granola	Granola Bar, Smores	Oatmeal Maple Bar	
Granola Bar, Chocolate Chip	Oatmeal Brown Sugar Bar	Granola, Ind Package	
<b>Allergen: Red Dye</b>			
<b>Snacks/Desserts</b>			
Bananas w/ whipped topping (Cherry)	Cheetos Flaming Hot	Gelatin Cup, Orange & Strawberry	Fruit Cocktail w/ Maraschino Cherries
Cereal, Fruity Cheerios	Chips, Cooler Ranch, Reduced Fat	Fruity Cherrios Bar	
Cereal, Trix	Chips, Doritos Nacho Reduced Fat		
<b><i>Continued on next page...</i></b>			

**Common Food Allergens  
 2016-2017**

This allergen list is to be used as a resource guide only. It is not a guarantee of ingredients in foods or all inclusive. Manufacturers may change ingredient profiles without the knowledge of NEISD

**Allergen: Seeds, Sesame Seed/Oil**

**Lunch Entrée**

Deli Style Sandwich on Flat Bread		Pizza, Buffalo Chicken	Steak & Cheese Sub
	Ham Sandwich on Flatbread	Pizza, Sriracha Chicken	Turkey Sandwich on Flatbread

**Allergen: Soy, Soybean Oil**

**Breakfast Entrée**

Bagel-fuls, Strawberry	Chicken Taquito	Pancake, Blueberry/Maple Ind Package	Taco, Chorizo, Potato & Egg
Banana Bread	Cinnamon Roll	Pancake & Turkey Sausage Wrap	Taco, Potato & Egg
Bar, Cereal Chocolate	Cinnamon Twist	Pizza, Breakfast	Toast, Buttered
Bar, Nutrigrain	Cinnamon Whole Grain Muffin	Sausage & Cheese Flatbread	Toast, Cinnamon
Breakfast Bagel	French Toast Sticks	Sausage & Gravy Flatbread	Toaster Pastry, Brown Sugar Whole-grain
Breakfast Slider	Kolache, Sausage	Taco, Chorizo & Bean	Waffle, Mini
Cereal, Cinnamon Toast Crunch	Fruit Pocket, Apple	Taco, Bean & Cheese	Waffle Sticks, Whole Grain
Cheese Toast	Muffin, Blueberry or Chocolate	Taco, Chorizo & Bean	Waffle, Whole Grain
Chicken, Breakfast Pattie	Oatmeal w/Brown Sugar Cinnamon		

**Lunch Entrée**

Asian Salad	Chicken & Cheese Salad	Grilled Chicken Sandwich	Pizza, Buffalo Chicken
Baked Potato w/ Cheese	Chicken Fried Steak	Grilled Chicken & Cheese on Bun	Pizza, Cheese
Beef & Cheese Nachos	Chicken Nuggets	Hamburger on Wheat Bun	Pizza Cheese Stick
Beef & Cheese Nachos	Chicken Pepperoni Pasta	Ham & Cheese Croissant	Pizza, Double stuffed
Black Bean Burger on Wheat Bun	Chicken Parmigiana	Ham & Cheese Wrap	Pizza, Pepperoni
Black Beans, Build a Burrito	Chicken Salad Croissant	Ham and Cheese Sub Sandwich	Pizza, Premium Pepperoni Boxed
Boneless BBQ Bites	Chicken Salad Pita	Ham Sandwich on Flatbread	Pizza, Sriracha Chicken
Boneless Buffalo Bites	Chicken Salad Sub	Ham Sub Sandwich	Pizza Sticks w/ Sauce
Breaded Chicken Wrap	Chicken Slider	Ham, Turkey Sub Sandwich	Pocket Sandwich, Pepperoni
Burritos, Bean & Cheese	Chicken Tamale	Ham, Turkey, Cheese Sub Sandwich	Snack Pack, Turkey & Cheese
Burrito, Beef & Bean	Chicken Wrap	Hot Dog on Wheat Bun	Spaghetti w/ Chicken Alfredo Sauce
Burrito, Taco Snack	Corn Dogs, Whole-grain	Italian Chef Salad	Spicy Chicken on Wheat Bun
Cheese Sandwich Snack		Italian Wrap	Spicy Tso Chicken

*Continued on next page...*

**Common Food Allergens  
 2016-2017**

This allergen list is to be used as a resource guide only. It is not a guarantee of ingredients in foods or all inclusive. Manufacturers may change ingredient profiles without the knowledge of NEISD

<b>Allergen: Soy, Soybean Oil (Continued)</b>			
Chalupa Grande	Chicken Chunk, Regular Deluxe	Macaroni & Cheese	Teriyaki Chicken
Cheeseburger	Crispy Chicken Salad	Meatball Sub	Tex Mex Salad
Cheese Fries	Deli Sandwich on Flatbread	Pepperoni Pizza Bites	Toasted Panini
Cheese Nachos	Deluxe Chicken Sandwich on Bun	Pepperoni, Slices Chicken or Beef	Turkey & Cheese Croissant
Cheese Sandwich on Flatbread	Egg Roll	Pulled Pork Sub	Turkey Sub Sandwich
Cheese Sub Sandwich	Fried Brown Rice	Steak & Cheese Sub	Turkey Sandwich on Flatbread
Chicken Alfredo w Penne pasta	Grilled Cheese Sandwich	Steak Finger	
Chicken Caesar Salad	Gluten Free BBQ Chicken Wrap	Stromboli, Meatlover's	
Chicken Chunk, Asian Deluxe	Gluten Free Beef & Cheese Slider Wrap	Sweet Asian Chicken	
<b>Grains</b>			
Banana Loaf	Cornbread Muffin	Cornbread Dressing	Spanish Rice
Blueberry Muffin	Cornbread (Stuffing)	Focaccia Bread	Twisted Cheese Breadstick
Bread, Wheat Loaf Sliced	Cornbread Mix, Whole Grain	Fried Brown Rice	Whole Grain Roll
		Garlic Bread	
<b>Dairy Products</b>			
Soy Milk, Chocolate	Mayonnaise, Reduced Fat	Ranch Dressing, Reduced Fat	Soy Sauce
Margarine	Nacho Cheese Sauce	Salad Dressing, Individual	Tarter Sauce
Margarine, Individual	Orange Glaze Sauce	Soy Sauce	Thousand Island Dressing, Reduced Fat
<b>Vegetables</b>			
California Blend w/ Alfredo Sauce	Potatoes, Hashbrown Spicy	Potatoes, Sweet Roasted Maple	Stir Fry Vegetables
Carrots, Glazed Baby	Potatoes, Mashed	Potatoes, Sweet Waffle Cut	Sweet Potato Fries
Green Beans, Country Style	Potatoes, Rounds Tots	Ranch Style Beans	Sweet Potato Squares
Pinto Beans	Potatoes, Seasoned Wedges	Refried Beans	
<b>Condiments &amp; Sauces</b>			
Asian Barbeque Dipping Sauce	Buffalo Ranch Dipping Sauce	Cream Gravy	General Tso Sauce
			<b>Continued on next page...</b>

**Common Food Allergens  
 2016-2017**

This allergen list is to be used as a resource guide only. It is not a guarantee of ingredients in foods or all inclusive. Manufacturers may change ingredient profiles without the knowledge of NEISD

**Allergen: Soy, Soybean Oil (continued)**

Barbeque Sauce	Chicken Gravy	Dressing, Lite French Dressing, Italian	Gravy, Cream, low sodium Sweet Mustard Dipping Sauce
----------------	---------------	--	---

**Snacks/Desserts**

Banana Loaf	Cinnamon Apples	Granola, Ind Pkg	Nutrigrain Apple
Bar, Marshmallow Treat	Crackers, Cheez Its	Granola Bar Crunchy Honey Oat	Nutrigrain Strawberry
Bar, Oatmeal Brown Sugar	Crackers, Flavored spicy or ranch	Granola Bar, Chocolate Chip	Popcorn, Cheddar
Bar, Oatmeal Maple	Crackers, Graham Cinnamon	Granola Bar, Smores	Popped Crisps, Honey BBQ
Brownie, Ind. Wrapped	Crackers, Graham Cinnamon Mini	Ice Cream, Cookies N' Cream Cone, Low Fat	Popped Crisps, Sour Cream
Chips, Baked KC Masterpiece	Crackers, Graham Vanilla Mini	Ice Cream, Mini Sandwich Reduced Fat	Snack Mix, Chocolate
Chips, Sour Cream & Onion	Crackers, Whole-grain Goldfish	Ice Cream Sandwich Reduced Fat	Snack Mix, Strawberry Yogurt
Chips, Tortilla Baked Scoops, Ind Bag		Ice Cream, Vanilla Chocolate Crunch	

**Allergen: Wheat, Rye, Oats, and Barley**

**Breakfast Entrée**

Bagel-fuls, Strawberry	Cheese Sub Sandwich	Fruity Cherrios Bar	Taco, Potato & Egg
Blueberry Muffin	Chicken Alfredo w Penne pasta	Kolache, Sausage	Toaster Pastry, Brown Sugar Whole-grain
Breakfast Bagel	Chocolate Muffin	Oatmeal, Brown Sugar Cinnamon	Toast, Buttered
Breakfast Slider	Cinnamon Apple Stick	Oatmeal, Quick Cook	Toast, Cinnamon
Biscuit & Sausage	Cinnamon Roll	Pancake & Turkey Sausage Wrap	Waffle Sticks, Whole Grain
Cereal, Apple Jack Reduced Sugar	Cinnamon Twist	Pancakes, Whole-grain	Waffles, Whole Grain
Cereal, Cinnamon Mini-Wheats	Cinnamon Whole Wheat Muffin	Pan Dulce	
Cereal, Cinnamon Toast Crunch	French Toast Sticks	Pizza, Breakfast	
Cereal, Golden Grahams	Flatbread, Sausage & Cheese	Taco, Bean & Cheese	
Cereal, Honey Toasted Low Sugar	Frosted Flakes Multi Grain	Taco, Chorizo, Potato & Egg	
Chicken, Breakfast Pattie	Fruit Loops/Cherrios	Taco, Chorizo and Bean	
Chicken & Waffles			

**Lunch Entrée**

Asian Salad	Beef Slider	Buffalo Chicken Salad	Boneless Buffalo Bites
Bagel Bites	Black Bean Burger on Wheat Bun	Burritos, Bean & Cheese	Boneless BBQ Bites

*Continued on next page...*

This allergen list is to be used as a resource guide only. It is not a guarantee of ingredients in foods or all inclusive. Manufacturers may change ingredient profiles without the knowledge of NEISD

<b>Allergen: Wheat, Rye, Oats, and Barley</b>			
<b>Lunch Entrée (continued)</b>			
Cheeseburger	Corn Dogs	Macaroni & Cheese	Spaghetti w Marinara Sauce
Cheese Enchilada	Deluxe Chicken Sandwich on Bun	Meatball Sandwich	Spaghetti w Meat Sauce
Cheese Sandwich on Flat Bread	Egg Roll	Pepperoni Pizza Bites	Spaghetti w Chicken Alfredo Sauce
Chicken, Breaded on Wheat Bun	Fish Filet Sandwich	Pizza, Cheese	Spicy Tso Chicken
Chicken Chunk, Asian Deluxe	Fried Brown Rice - BYOL (HS Only)	Pizza Cheese Stick	Steak & Cheese Sub
Chicken Chunk, Regular Deluxe	Grilled Cheese Sandwich	Pizza, Buffalo Chicken	Steak Fingers
Chicken Fried Steak	Grilled Chicken & Cheese on Bun	Pizza, Pepperoni	Stromboli, Meatlover's
Chicken Nuggets	Grilled Chicken Sandwich	Pizza, Pepperoni, w/ Box	Sweet Asian Chicken
Chicken Parmigiana	Hamburger on Wheat Bun	Pizza Sticks w/ sauce	Taquito, Chicken
Chicken Pepperoni Pasta	Hamburger on Pretzel Bun	Pizza, Sriracha Chicken	Teriyaki Chicken
Chicken Salad Sandwich	Ham & Cheese Croissant	Pizza, Stuffed Crust	Turkey & Cheese Croissant
Chicken Slider	Ham and Cheese Sub Sandwich	Pasta, Spaghetti Whole Wheat	Turkey Sandwich on Flatbread
Chicken Salad Pita	Ham Sub Sandwich	Pulled Pork Sub	Turkey Sub Sandwich
Chicken Salad Sub	Ham Sandwich on Flatbread	Pocket Sandwich, Pepperoni	Steak Fingers
Chicken Tenders	Ham, Turkey, Cheese Sub Sandwich	Ravioli, Cheese	Wrap, Ham & Cheese
Chicken Teriyaki	Ham, Turkey Sub Sandwich	Snack Pack: Turkey/Cheese, Ham/Cheese	Wrap, Italian Combo
Chili Pie	Hot Dog on Wheat Bun	Soba Noodles - BYOL (HS Only)	
<b>Grains</b>			
Banana Loaf	Bun, Wheat Hot Dog	Cornbread Muffin	Garlic Bread
Biscuits	Bun, Mini Whole Grain	Cornbread (Stuffing)	Tortillas, Corn
Breadstick	Bun, Wheat Hamburger	Crackers, Graham Cinnamon	Tortillas, Whole-grain Flour
Breadstick, Cheese	Cinnamon Toast Bar	Crackers, Graham Cinnamon Mini	Tortillas, Whole Wheat
Breadstick, Twisted Cheese	Cornbread Dressing	Croutons	Whole Grain Roll
Brownie	Cornbread, Whole Grain	Focaccia Bread	
Bun, Hoagie, Bakery			
<b>Vegetables</b>			
Broccoli w/ Cheese Sauce	Mixed Green Salad	Potatoes, Sweet Roasted Maple	Sweet Potato Squares
Green Beans, Country Style	Potatoes, Hashbrown Spicy	Stir Fry Vegetables	
Green Beans, Savory	Potatoes, Seasoned Wedges	Sweet Potato Fries	



**Common Food Allergens  
 2016-2017**

This allergen list is to be used as a resource guide only. It is not a guarantee of ingredients in foods or all inclusive. Manufacturers may change ingredient profiles without the knowledge of NEISD

**Allergen: Wheat, Rye, Oats, and Barley**

**Condiments/Sauces**

Asian Barbeque Dipping Sauce	General Tso Sauce	Soy Sauce
Chicken Gravy	Gravy, Cream Mix low sodium	
Cream Gravy	Orange Glaze Sauce	

**Allergen: Wheat, Rye, Oats, and Barley**

**Snacks/Desserts**

Bar, Nutrigrain	Crackers, Atomic Cheddar	Granola	Nutrigrain Apple Bar
Cereal Snack, Graham and Chocolate	Cookie, Gingerbread Man	Granola Bar Crunchy Honey Oat - Nat. Valley	Nutrigrain Strawberry Bar
Cereal Snack, Oat and Marshmallows	Cookies, Mini Vanilla Bites	Granola Bar, Chocolate Chip	Oatmeal Brown Sugar Bar
Cheese Sandwich Snack	Crackers, Atomic Cheddar	Granola Bar, Smores	Oatmeal Maple Bar
Chips, Baked KC Masterpiece	Crackers, Chocolate Chip	Ice Cream, Cookies N' Cream Cone, Low Fat	Peanut Butter Snack - No Jelly
Chips, Garden Salsa Mix	Crackers, Flavored spicy or ranch	Ice Cream, Mini Sandwich Reduced Fat	Popped Crisps
Chips, Pop Chips	Crackers, Graham Vanilla Mini	Ice Cream Sandwich Reduced Fat	Pretzel Whole-grain
Chips, Sunchip Cheddar	Crackers, Saltines	Ice Cream, Vanilla Chocolate Crunch	Snack Mix, Chocolate
Cookie, Gingerbread Man	Crackers, Whole-grain Goldfish		Snack Mix, Strawberry Yogurt