

## Onslow County School System

### Allergens & Food Sensitivity

Rec. #	Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
001465	Bagel, mini strawberry WG	YES	NO	NO	NO	NO	NO	YES	YES
001349	Biscuit Egg & Cheese	YES	YES	NO	NO	NO	NO	YES	YES
001456	Biscuit WG 2.51 oz	YES	NO	NO	NO	NO	NO	YES	YES
001386	Biscuit, Chicken	YES	NO	NO	NO	NO	NO	YES	YES
001365	Biscuit, Steak WG	YES	YES	NO	NO	NO	NO	YES	YES
001327	Biscuit- Ham & Cheese	YES	NO	NO	NO	NO	NO	YES	YES
000547	Biscuit-Sausage (chicken saus)	YES	YES	NO	NO	NO	NO	YES	YES
001398	Box Lunch-Cheese Spread Cup	YES	NO	NO	NO	NO	NO	YES	YES
001399	Box Lunch-Sun Butter &CheesStk	YES	NO	NO	NO	NO	NO	YES	YES
000506	Breakfast, Hot Pocket	YES	YES	NO	NO	NO	NO	YES	YES
001457	Catfish, Strips USDA	NO	NO	NO	NO	YES	NO	YES	YES
000735	Cereal Frost Choco Mini Wheats	NO	NO	NO	NO	NO	NO	YES	YES
001486	Cereal, Apple Cinnamon Cheerio	?	?	?	?	?	?	?	YES
000730	Cereal, Apple Jacks	NO	NO	NO	NO	NO	NO	YES	YES
000534	Cereal, Froot Loops	NO	NO	NO	NO	NO	NO	YES	YES
000535	Cereal, Kellogg's Frost Flakes	NO	NO	NO	NO	NO	NO	NO	YES
001316	Cheese Breadsticks bites	YES	NO	NO	NO	NO	NO	NO	YES
001488	cheese filled bread stick- SUB	YES	YES	?	?	?	?	YES	YES
001301	Cheeseburger Mac JTM	YES	YES	NO	NO	NO	NO	YES	YES
000647	Cheeseburger USDA	YES	NO	NO	NO	NO	NO	YES	YES
001458	Cheeseburger, \$\$	YES	NO	NO	NO	NO	NO	YES	YES
001439	Chef Salad Cheese w/ yogurt	YES	NO	NO	NO	NO	NO	NO	NO
000403	Chicken Chunks, HS	NO	NO	NO	NO	NO	NO	YES	YES
001192	Chicken Mini Tacos	YES	NO	NO	NO	NO	NO	YES	YES
000957	Chicken Roasted USDA	NO	NO	NO	NO	NO	NO	YES	NO
001351	Chicken Wings Spicy HS	NO	NO	NO	NO	NO	NO	YES	YES
000865	Chicken, Baked USDA	NO	NO	NO	NO	NO	NO	YES	NO
000557	Chicken, Buffalo Nuggets WG	NO	NO	NO	NO	NO	NO	YES	YES
001168	Chili with Beans-beef JTM	NO	NO	NO	NO	NO	NO	YES	NO
001357	Cinnamon Roll Sweet Pot WG	YES	NO	NO	NO	NO	NO	YES	YES
000166	COND BBQ Sauce packet	NO	NO	NO	NO	NO	NO	NO	NO
000170	COND French Dressing packet	NO	NO	NO	NO	NO	NO	NO	NO
000172	COND Hot Sauce packet	NO	NO	NO	NO	NO	NO	NO	NO
000459	COND Italian Dressing packet	NO	NO	NO	NO	NO	NO	YES	NO
000732	COND Jelly, Grape	NO	NO	NO	NO	NO	NO	NO	NO
000222	COND Ketchup packets	NO	NO	NO	NO	NO	NO	NO	NO
000457	COND Mayo packet	NO	YES	NO	NO	NO	NO	YES	NO
000223	COND Mustard packet	NO	NO	NO	NO	NO	NO	NO	NO
000171	COND Ranch Dressing	YES	NO	NO	NO	NO	NO	NO	NO
000176	COND Salsa	NO	NO	NO	NO	NO	NO	NO	YES
001290	COND Salt packet	NO	NO	NO	NO	NO	NO	NO	NO
000733	COND Syrup packet	NO	NO	NO	NO	NO	NO	NO	NO
000174	COND Taco Sauce packet	NO	NO	NO	NO	NO	NO	YES	YES
000461	COND Tartar Sauce packet	NO	YES	NO	NO	NO	NO	YES	YES
000458	CONDThous Isle Dressing packet	NO	YES	NO	NO	NO	NO	YES	NO
001347	Corn Dog Nuggets, Turkey	YES	YES	NO	NO	NO	NO	YES	YES
001138	Corn Dog, Chicken	NO	YES	NO	NO	NO	NO	YES	YES

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000026	Corn Dog, Turkey	YES	YES	NO	NO	NO	NO	YES	YES
001450	Cornbread, 'Fat Cat' HS	YES	YES	NO	NO	NO	NO	YES	YES
001234	Cornbread, 'Fat Cat' K-8	YES	YES	NO	NO	NO	NO	YES	YES
001194	Crackers Sallines WG (4 pkg)	NO	NO	NO	NO	NO	NO	YES	YES
000233	Crackers, Elf Graham	NO	NO	NO	NO	NO	NO	YES	YES
000903	Crackers- Crunch Mania	YES	NO	NO	NO	NO	NO	YES	YES
000900	Crackers-Bug Bites Graham	NO	NO	NO	NO	NO	NO	YES	YES
001114	Crackers-Gripz choc chip	YES	NO	NO	NO	NO	NO	YES	YES
001470	Crackers-Gripz Cinnamon Grm	YES	NO	NO	NO	NO	NO	YES	YES
000897	Crackers-Scooby Doo	NO	NO	NO	NO	NO	NO	YES	YES
001442	DF- WW Spaghetti: JTM sauce	NO	YES	?	?	?	?	YES	YES
001482	Double Cheeseburger HS	YES	NO	NO	NO	NO	NO	YES	YES
001092	Double Cheeseburger USDA-HS	NO	NO	NO	NO	NO	NO	YES	YES
001463	Fajita, Chicken USDA-HS	YES	NO	NO	NO	NO	NO	YES	YES
001133	Fajita, Chicken USDA-K-8	YES	NO	NO	NO	NO	NO	YES	YES
001451	Fish Sticks, Golden WG	YES	NO	NO	NO	YES	NO	NO	YES
900006	Fruit-Applesauce	NO	NO	NO	NO	NO	NO	NO	NO
000299	Fruit-Applesauce USDA	NO	NO	NO	NO	NO	NO	NO	NO
001098	Fruit-Baked Apples USDA	NO	NO	NO	NO	NO	NO	NO	NO
001409	Fruit-Dried fruit mix USDA	YES	NO	YES	YES	NO	NO	YES	YES
000385	Fruit-Fresh Apple	NO	NO	NO	NO	NO	NO	NO	NO
001311	Fruit-Fresh Apple Slices	NO	NO	NO	NO	NO	NO	NO	NO
001012	Fruit-Fresh Blueberries-DOD	NO	NO	NO	NO	NO	NO	NO	NO
001380	Fruit-Fresh Cantaloupe	NO	NO	NO	NO	NO	NO	NO	NO
001312	Fruit-Fresh Grapes-2 oz	NO	NO	NO	NO	NO	NO	NO	NO
001285	Fruit-Fresh Grapes-bulk	NO	NO	NO	NO	NO	NO	NO	NO
001429	Fruit-Fresh Grapple	NO	NO	NO	NO	NO	NO	NO	NO
000731	Fruit-Fresh Kiwi	NO	NO	NO	NO	NO	NO	NO	NO
001343	Fruit-Fresh Nectarine	NO	NO	NO	NO	NO	NO	NO	NO
000086	Fruit-Fresh Orange	NO	NO	NO	NO	NO	NO	NO	NO
001405	Fruit-Fresh Orange Smiles	NO	NO	NO	NO	NO	NO	NO	NO
001013	Fruit-Fresh Peach	NO	NO	NO	NO	NO	NO	NO	NO
000969	Fruit-Fresh Pear	NO	NO	NO	NO	NO	NO	NO	NO
000998	Fruit-Fresh Strawberries	NO	NO	NO	NO	NO	NO	NO	NO
001326	Fruit-Fresh tangerine (2)	NO	NO	NO	NO	NO	NO	NO	NO
001336	Fruit-Fresh Watermelon Cubes	NO	NO	NO	NO	NO	NO	NO	NO
000419	Fruit-Fruit Cocktail	NO	NO	NO	NO	NO	NO	NO	NO
001484	Fruit-Italian Ice Strawb Lemon	NO	NO	NO	NO	NO	NO	NO	NO
000594	Fruit-Juice, Apple	NO	NO	NO	NO	NO	NO	NO	NO
000595	Fruit-Juice, Grape	NO	NO	NO	NO	NO	NO	NO	NO
000593	Fruit-Juice, Orange	NO	NO	NO	NO	NO	NO	NO	NO
000287	Fruit-Mixed Fruit USDA	NO	NO	NO	NO	NO	NO	NO	NO
001406	Fruit-Peach Cup-frz USDA	NO	NO	NO	NO	NO	NO	NO	NO
000437	Fruit-Peaches, diced	NO	NO	NO	NO	NO	NO	NO	NO
000803	Fruit-Peaches, diced USDA	NO	NO	NO	NO	NO	NO	NO	NO
001222	Fruit-Pear Halves USDA	NO	NO	NO	NO	NO	NO	NO	NO
000300	Fruit-Pears-diced	NO	NO	NO	NO	NO	NO	NO	NO

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000804	Fruit-Pears-diced USDA	NO	NO	NO	NO	NO	NO	NO	NO
000301	Fruit-Pineapple Tidbits	NO	NO	NO	NO	NO	NO	NO	NO
001148	Fruit-Polish Ice-Birthday cake	NO	NO	NO	NO	NO	NO	NO	NO
001448	Fruit-Polish Ice-Blue Rasp	NO	NO	NO	NO	NO	NO	NO	NO
001430	Fruit-Polish Ice-Blueberry	NO	NO	NO	NO	NO	NO	NO	NO
001156	Fruit-Polish Ice-Cherry	NO	NO	NO	NO	NO	NO	NO	NO
001093	Fruit-Polish Ice-Mango	NO	NO	NO	NO	NO	NO	NO	NO
001483	Fruit-Polish Ice-Watermelon	NO	NO	NO	NO	NO	NO	NO	NO
000097	Fruit-Raisins USDA	NO	NO	NO	NO	NO	NO	NO	NO
001154	Fruit-Strawberries, frzn USDA	NO	NO	NO	NO	NO	NO	NO	NO
001219	Fruit-Strawberry Cup-frz USDA	NO	NO	NO	NO	NO	NO	NO	NO
001432	GF Cheeseburger	YES	NO	NO	NO	NO	NO	YES	NO
001435	GF Hot Dog- Brightleaf Pork	NO	NO	NO	NO	NO	NO	YES	NO
001434	GF RIB-A-QUE (BEEF)	NO	NO	NO	NO	NO	NO	YES	NO
001433	GF- Spaghetti- JTM sauce	YES	NO	NO	NO	NO	NO	NO	NO
001431	GF-Sloppy Joe	NO	NO	NO	NO	NO	NO	YES	NO
001440	GF-Turkey Taco meat-JTM	NO	NO	NO	NO	NO	NO	YES	NO
001479	Gordita Chipotle Chicken	YES	NO	NO	NO	NO	NO	YES	YES
001481	Gordita Ranchero Bean & Cheese	YES	NO	NO	NO	NO	NO	YES	YES
001480	Gordita Zesty Turkey Chorizo	YES	NO	NO	NO	NO	NO	YES	YES
000780	Gravy, Brown	YES	NO	NO	NO	NO	NO	YES	YES
001066	Grilled Chicken Nuggets	NO	NO	NO	NO	NO	NO	YES	NO
001461	Ham, glazed with pineapple	NO	NO	NO	NO	NO	NO	NO	NO
001459	Hamburger	NO	NO	NO	NO	NO	NO	YES	YES
000193	Hamburger USDA	NO	NO	NO	NO	NO	NO	YES	YES
000830	Hot Dog/Bun- Brightleaf Pork	NO	NO	NO	NO	NO	NO	YES	YES
000665	Mac & Cheese-Land o Lake	YES	YES	NO	NO	NO	NO	NO	YES
000473	Maple filled breadstick:1 EACH	YES	NO	NO	NO	NO	NO	NO	YES
001447	Maple filled breadstick:2 EACH	YES	NO	NO	NO	NO	NO	NO	YES
001489	Meatballs/Gravy-JTM	YES	NO	NO	NO	NO	NO	YES	YES
000029	Milk, 1 %	YES	NO	NO	NO	NO	NO	NO	NO
000028	Milk, Chocolate Skim	YES	NO	NO	NO	NO	NO	NO	NO
000081	Milk, Skim	YES	NO	NO	NO	NO	NO	NO	NO
000777	Milk, Soy	NO	NO	NO	NO	NO	NO	YES	NO
000082	Milk, Strawberry-skim	YES	NO	NO	NO	NO	NO	NO	NO
000723	Mini Pancakes, Strawberry	YES	YES	NO	NO	NO	NO	YES	YES
001487	Muffin Apple H IW Sky Blue	YES	YES	?	?	?	?	YES	YES
001362	Muffin Blueberry H IW Sky Blue	YES	YES	NO	NO	NO	NO	YES	YES
001443	Muffin, Orange Dream WG	YES	YES	NO	NO	NO	NO	YES	YES
001364	Muffin-Banana H IW Sky Blue	YES	YES	NO	NO	NO	NO	YES	YES
001205	Pancake, Blueberry Mini Eggo	YES	YES	NO	NO	NO	NO	YES	YES
001204	Pancakes, Maple mini	YES	YES	NO	NO	NO	NO	YES	YES
001142	Pizza, Breakfast Bagel HS	YES	NO	NO	NO	NO	NO	YES	YES
001346	Pizza, Buffalo Style Chicken	YES	NO	NO	NO	NO	NO	YES	YES
001053	Pizza, Cheese K-8	YES	NO	NO	NO	NO	NO	YES	YES
001045	Pizza, Pepperoni K-8	YES	NO	NO	NO	NO	NO	YES	YES
001044	Pizza, Thai Flatbread HS	YES	NO	NO	NO	NO	NO	YES	YES

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001385	Pizza, Wild Mikes Cheese HS	YES	NO	NO	NO	NO	NO	YES	YES
000739	Pizza, Wild Mikes Pepperoni HS	YES	NO	NO	NO	NO	NO	YES	YES
000590	Pizza-Breakfast Sausage	YES	NO	NO	NO	NO	NO	YES	YES
001191	Pop Tart-Cinnamon (2pk)	NO	NO	NO	NO	NO	NO	YES	YES
000888	Pop Tart-strawberry (2pk)	NO	NO	NO	NO	NO	NO	YES	YES
000483	Salisbury Steak/Gravy-JTM	YES	NO	NO	NO	NO	NO	YES	YES
001064	Sandwich, Chicken Filet K-8	NO	NO	NO	NO	NO	NO	YES	YES
001190	Sandwich, Fish-pollock	YES	NO	NO	NO	YES	NO	YES	YES
001389	Sandwich, Grilled Chicken HS	NO	NO	NO	NO	NO	NO	YES	YES
001173	Sandwich, Ham & Cheese	YES	NO	NO	NO	NO	NO	YES	YES
001307	Sandwich, Meatloaf JTM	YES	YES	NO	NO	NO	NO	YES	YES
000984	Sandwich, Philly steak JTM-HS	YES	NO	NO	NO	NO	NO	YES	YES
000621	Sandwich, Pork Chop Breaded	NO	NO	NO	NO	NO	NO	YES	YES
000470	Sandwich, Rib-A-Que Beef JTM	NO	NO	NO	NO	NO	NO	YES	YES
000014	Sandwich, Toasted Cheese	YES	NO	NO	NO	NO	NO	YES	YES
000698	Sandwich-Pork BBQ Brookwood	NO	NO	NO	NO	NO	NO	YES	YES
001278	Sandwich-Sloppy Joe JTM	NO	NO	NO	NO	NO	NO	YES	YES
000626	SN-Baked Cheetos	YES	NO	NO	NO	NO	NO	YES	NO
001474	SN-Brownie, WG	NO	YES	NO	NO	NO	NO	YES	YES
000912	SN-Cheetos Fantastix Chili	YES	NO	NO	NO	NO	NO	YES	NO
000974	SN-Cheez-It WG	YES	NO	NO	NO	NO	NO	YES	YES
000908	SN-Chip BBQ Lay's	NO	NO	NO	NO	NO	NO	NO	YES
000904	SN-Chip Cheetos-Flamin Hot	YES	NO	NO	NO	NO	NO	YES	NO
000907	SN-Chip Doritos Nacho Baked	YES	NO	NO	NO	NO	NO	YES	NO
000905	SN-Chip Doritos Ranch Red Fat	YES	NO	NO	NO	NO	NO	NO	NO
000911	SN-Chip-Chex Hot & Spicy	YES	NO	NO	NO	NO	NO	YES	YES
000910	SN-Chips Sour Cream Baked	YES	NO	NO	NO	NO	NO	YES	NO
001476	SN-Cookie, Choc Chip 1.3 oz.	NO	YES	NO	NO	NO	NO	NO	YES
001477	SN-Cookie, Sug Vanilla 1.3 oz	NO	YES	NO	NO	NO	NO	NO	YES
001485	SN-Crackers, Honey Graham	NO	NO	NO	NO	NO	NO	YES	YES
001292	SN-Ice Cream-Push Up	YES	NO	NO	NO	NO	NO	NO	NO
001413	SN-PBJ Twin Pack	NO	NO	YES	NO	NO	NO	YES	YES
000896	SN-Quaker Kids Mix	YES	NO	NO	NO	NO	NO	YES	YES
000922	SN-Rice Krispy Treat	YES	NO	NO	NO	NO	NO	YES	NO
000964	SN-Switch-Black Cherry M&H	NO	NO	NO	NO	NO	NO	NO	NO
001237	SN-Switch-Fruit Punch M&H	NO	NO	NO	NO	NO	NO	NO	NO
000963	SN-Switch-Kiwi Berry M&H	NO	NO	NO	NO	NO	NO	NO	NO
000965	SN-Switch-Orange Tangerine M&H	NO	NO	NO	NO	NO	NO	NO	NO
000962	SN-Switch-Wtrmelon Strw M & H	NO	NO	NO	NO	NO	NO	NO	NO
000919	SN-Water 16.9 oz ALL	NO	NO	NO	NO	NO	NO	NO	NO
000921	SN-Water Strawberry flavored	NO	NO	NO	NO	NO	NO	NO	NO
000920	SN-Water- grape flavored ALL	NO	NO	NO	NO	NO	NO	NO	NO
001042	Spaghetti: JTM sauce & wvw pasta	YES	YES	NO	NO	NO	NO	YES	YES
001333	Sub, Meatball JTM	YES	NO	NO	NO	NO	NO	YES	YES
001320	Sunrise Flatbread	YES	YES	NO	NO	NO	NO	YES	YES
001478	Taco Soft, Beef JTM-HS	NO	NO	NO	NO	NO	NO	YES	YES
001252	Taco Soft, Beef JTM-K-8	NO	NO	NO	NO	NO	NO	YES	YES

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001455	Taco Soft, Turkey JTM-HS	NO	NO	NO	NO	NO	NO	YES	YES
001449	Taco Soft, Turkey JTM-K-8	NO	NO	NO	NO	NO	NO	YES	YES
001467	Tortilla Chips 1 oz El Pasado	NO	NO	NO	NO	NO	NO	NO	NO
001475	Tortilla Chips 2 oz El Pasado	NO	NO	NO	NO	NO	NO	NO	NO
000652	Veg-Baked Beans	NO	NO	NO	NO	NO	NO	NO	NO
001106	Veg-Black-Eyed Peas-low sodium	NO	NO	YES	NO	NO	NO	NO	NO
000258	Veg-Broccoli, steamed	NO	NO	NO	NO	NO	NO	NO	NO
000366	Veg-Cabbage, steamed	NO	NO	NO	NO	NO	NO	NO	NO
001109	Veg-Carrots, steamed low sod	NO	NO	NO	NO	NO	NO	NO	NO
001036	Veg-Collard Greens-frz	NO	NO	NO	NO	NO	NO	NO	NO
900048	Veg-Corn, steamed	NO	NO	NO	NO	NO	NO	NO	NO
001471	Veg-Fresh Carrots, baby 2.6 oz	NO	NO	NO	NO	NO	NO	NO	NO
000386	Veg-Fresh Cucumber slices	NO	NO	NO	NO	NO	NO	NO	NO
001344	Veg-Fresh Grape Tomatoes	NO	NO	NO	NO	NO	NO	NO	NO
001472	Veg-Fresh Radish/Cucumber pcks	NO	NO	NO	NO	NO	NO	NO	NO
001473	Veg-Fresh Red/Green Pepper Str	NO	NO	NO	NO	NO	NO	NO	NO
001414	Veg-Fresh Snap Peas	NO	NO	NO	NO	NO	NO	NO	NO
001107	Veg-Green Beans-low sodium	NO	NO	NO	NO	NO	NO	NO	NO
001428	Veg-Juice, V8, Low Sodium	NO	NO	NO	NO	NO	NO	NO	NO
001038	Veg-Lima Beans-low sodium	NO	NO	NO	NO	NO	NO	NO	NO
001110	Veg-Mixed Veggies.frz	NO	NO	NO	NO	NO	NO	NO	NO
001226	Veg-Northern Beans-low sodium	NO	NO	NO	NO	NO	NO	NO	NO
000502	Veg-Peas, green (purchased)	NO	NO	NO	NO	NO	NO	NO	NO
001108	Veg-Peas, green USDA	NO	NO	NO	NO	NO	NO	NO	NO
001039	Veg-Pinto Beans with Cheese	YES	NO	NO	NO	NO	NO	YES	NO
001136	Veg-Potatoes, Home Style Mash	YES	NO	NO	NO	NO	NO	NO	NO
001468	Veg-Potatoes, Strght cut 3/8"	NO	NO	NO	NO	NO	NO	NO	YES
000995	Veg-Potatoes, Tater tot (comm)	NO	NO	NO	NO	NO	NO	YES	NO
001227	Veg-Refried Beans-low sodium	NO	NO	NO	NO	NO	NO	NO	NO
000051	Veg-Spinach, seasoned USDA	NO	NO	NO	NO	NO	NO	NO	NO
000448	Veg-Sweet Potato Casserole	NO	NO	NO	NO	NO	NO	NO	NO
000939	Veg-Tomatoes, stewed	NO	NO	NO	NO	NO	NO	NO	NO
000134	Veg-Tossed Salad	NO	NO	NO	NO	NO	NO	NO	NO
001308	Wrap, Pork Ham & Cheese K-8	YES	NO	NO	NO	NO	NO	YES	YES
001158	Yakisoba	NO	YES	NO	NO	NO	NO	YES	YES
001490	Yogurt Blueberry	YES	?	?	?	?	?	?	?
001345	Yogurt Parfait	YES	NO	NO	NO	NO	NO	NO	NO
001269	Yogurt Peach	YES	NO	NO	NO	NO	NO	NO	NO
001469	Yogurt Strawberry	YES	NO	NO	NO	NO	NO	NO	NO

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