



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. Aloha Turkey Ham & Cheese Slider	Corn, Dairy, Soy, Wheat, Gluten	Whole Grain Hawaiian Bun: whole wheat flour, enriched wheat flour (flour, malted barley flour, sugar, soybean oil, salt, yeast, gluten, calcium propionate, sodium stearoyl lactylate, calcium sulfate, enzymes, turmeric, calcium carbonate,. Turkey Ham: turkey thigh, salt, sugar, vinegar, modified food starch (corn), sodium phosphate, smoke flavoring, natural flavor. Reduced Fat American Cheese: reduced fat, reduced
Bkft. Apple Stuffed Bagel Bar (Bagel-fuls Bagel & Cream Cheese Bar)	Corn, Dairy, Wheat, Gluten	Whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), apple cinnamon filling (sugar, evaporated apples, modified food starch, cellulose gel or gum, malic acid, cinnamon, natural flavors, salt, potassium sorbate, gellan gum, benzoate of soda, citric acid, nutmeg, sodium citrate), brown sugar, dough
Bkft. Breakfast Cheese Bagel	Corn, Dairy, Tomato, Wheat, Gluten	Flour Blend: (Whole wheat flour, enriched wheat flour, malted barley flour), yeast, sugar, dry malt (malted barley, wheat flour, dextrose), salt, low moisture part skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes. Sauce: Tomato paste, modified food starch (corn), sugar, dehydrated onion, dehydrated romano cheese, (pasteurized cultured cow's milk, salt



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. Cafe LA Coffee Cake (2 oz., Grades K-5)	Corn, Dairy, Egg, Wheat, Gluten	Cake Mix (whole wheat flour, brown sugar, sugar, enriched wheat flour (wheat flour), non-fat dry milk, modified food starch (corn), baking powder (baking soda, cornstarch), salt, soybean oil, cinnamon, nutmeg, canola oil, eggs, vinegar. Topping Mix (whole wheat flour, brown sugar, sugar, enriched wheat flour, soybean oil, salt, cinnamon, nutmeg, canola oil.
Bkft. Cafe LA Coffee Cake (2.9 oz., Grades 6-12)	Corn, Dairy, Egg, Wheat, Gluten	Cake Mix (whole wheat flour, brown sugar, sugar, enriched wheat flour, non-fat dry milk, modified food starch (corn), baking powder (baking soda, cornstarch), salt, soybean oil, cinnamon, nutmeg, canola oil, eggs, vinegar. Topping Mix, brown sugar, sugar, enriched wheat flour, soybean oil, salt, cinnamon, nutmeg, canola oil.
Bkft. Cereal, Cold (Cheerios, Gluten Free)(Also for Snack)	Corn	Whole grain oats, cornstarch, sugar, salt, tripotassium phosphate, Vitamin E. Product is gluten free.
Bkft. Cereal, Cold (Cheerios, Gluten Free) & Yogurt (Strawberry NF, 4 oz.)	Citrus, Corn, Dairy	Cheerios: Whole grain oats, cornstarch, sugar, salt, tripotassium phosphate, Vitamin E. Yogurt, Strawberry: Cultured Grade A non-fat milk, cane sugar, cornstarch, strawberry puree, agar agar, natural flavors, fruit and vegetable juice (apple, cranberry, carrot, beets), carob bean gum, lemon juice concentrate.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. Cereal, Cold (Corn Chex) & Yogurt (Strawberry NF, 4 oz.)	Citrus, Corn, Dairy	Corn Chex: Whole grain corn, corn meal, sugar, cornstarch, salt, baking soda, yellow corn flour, brown sugar syrup. Yogurt: Cultured Grade A non-fat milk, cane sugar, cornstarch, strawberry puree, agar agar, natural flavors, fruit & vegetable juice (apple, cranberry, carrots, beets), carob bean gum, lemon juice concentrate.
Bkft. Cereal, Cold (Corn Chex)(Also for Snack)	Corn	Whole grain corn, corn meal, sugar, corn starch, salt, baking soda, yellow corn flour, brown sugar syrup.
Bkft. Cereal, Cold (Rice Chex) & Yogurt (Strawberry NF, 4 oz.)	Citrus, Corn, Dairy	Rice Chex: Whole grain rice, rice, salt, sugar, molasses. Yogurt: Cultured Grade A non-fat milk, cane sugar, cornstarch, strawberry puree, agar agar, natural flavors, fruit & vegetable juice (apple, cranberry carrot, beets), carob bean gum, lemon juice concentrate.
Bkft. Cereal, Cold (Rice Chex)(Also for Snack)	No Allergens	Whole grain rice, rice, sugar, salt, molasses.
Bkft. Cereal, Hot, Cream of Wheat	Wheat, Gluten	Whole Grain Wheat (wheat farina, wheat bran, wheat germ), Defatted Wheat Germ.
Bkft. Cereal, Hot, Oatmeal	No Allergens	Whole Grain Rolled Oats.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. Chicken Biscuit	Corn, Dairy, Egg, Soy, Wheat, Honey, Gluten	Filling: WG Breaded Chicken Breast Patty (boneless chicken breast, vegetable protein product [soy protein concentrate], dried whole egg, salt, rice starch, onion powder, garlic powder, yeast extract, natural flavors, maltodextrin, spice, citric acid. Breaded with: Whole wheat flour, enriched wheat flour (wheat flour), modified corn starch, whole grain yellow corn flour, salt, spices, dried garlic, dried onion.
Bkft. Cinnamon Pancakes	Dairy, Egg, Soy, Wheat, Gluten	Whole wheat flour (ultragrain), enriched wheat flour, sugar, soybean oil, dextrose, buttermilk, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), salt, soy lecithin, cinnamon, natural flavors, xanthan gum.
Bkft. Egg & Cheese Italiano Pocket	Corn, Dairy, Egg, Soy, Tomato, Wheat, Gluten	Crust: Flour Blend (white whole wheat flour, enriched flour, malted barley flour), isolated soy protein, soy/cottonseed/corn and/or canola oil, wheat gluten yeast, sugar, baking powder, corn starch, sea salt, datem, malt (dextrose, guar gum, wheat flour, malted barley flour), soy lecithin, wheat starch, enzymes, maltodextrin, modified food starch (corn and/or tapioca). Filling: Mozzarella cheese
Bkft. Eggs, Hard Cooked, 2 pack (Also for Sp. Diets at Lunch)	Egg	Eggs, Citric Acid, Sodium Benzoate



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. French Toast Trio (Cinnamon French Toast Stix)	Corn, Dairy, Egg, Soy, Wheat, Gluten	Egg Batter: Eggs, whey (milk), sugar, salt, natural vanilla flavor, (alcohol, propylene glycol, invert syrup, natural flavors, vanilla extract, caramel color), xanthan gum, citric acid. Bread: Whole wheat flour, wheat gluten, sugar, yeast, soybean oil, salt, ethoxylated mono and diglycerides, calcium propionate, calcium sulfate, monocalcium phosphate, corn starch, soy lecithin, potassium iodate. Cinnamon Glaze:
Bkft. Los Cabos Bean & Cheese Burrito	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. Morning Beef Sausage Sandwich	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).



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Bkft. Strawberry Stuffed Bagel Bar	Corn, Dairy, Wheat, Gluten	Whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), strawberry filling (sugar, strawberries, modified food starch, cellulose gel and gum, fruit and vegetable juice for color, natural flavors, citric acid, benzoate of soda and potassium sorbate, gellan gum, sodium citrate), brown sugar, dough.
Bkft. Yogurt, Strawberry NF, 4 oz. (Dannon) (Also for Snack)	Citrus, Corn, Dairy	Strawberry Flavor Yogurt: Cultured Grade A non-fat milk, cane sugar, cornstarch, strawberry puree, agar agar, natural flavors, fruit and vegetable juice (apple, cranberry, carrot, beets), carob bean gum, lemon juice concentrate.
Condiment, Curdito (Spicy Slaw)	No Allergens	Carrots, cabbage, red cabbage, onion, oregano, vinegar, salt, sugar, red chili pepper.
Condiment, Ind. Cup, Marinara Sauce, 2.5 oz.	Tomato	Tomato puree, (tomato paste), diced tomatoes, sugar, soybean oil, salt, dried garlic, dried onion, spices, parsley, citric acid.
Condiment, Ind. Pkt., BBQ Sauce, 12 gm (Flavor Fresh)	Corn, Tomato	Corn syrup, sugar, tomato paste, distilled vinegar, modified food starch (corn), molasses, salt, natural smoke flavor, spices, caramel color, rice flour, garlic powder.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Condiment, Ind. Pkt., Dressing, Caesar, 1 oz. (Heinz)	Citrus, Dairy, Fish	Organic soybean oil, organic romano cheese, cultured pasteurized organic milk, salt, cellulose, microbial enzymes, organic cider vinegar, organic white vinegar, organic sugar, organic garlic puree, organic maltodextrin, organic garlic, organic lemon juice concentrate, organic black pepper, natural anchovy flavor, xanthan gum.
Condiment, Ind. Pkt., Dressing, Italian, 12 gm (Flavor Fresh)	No Allergens	Distilled vinegar, sugar, salt, soybean oil, xanthan gum, garlic, red bell pepper, spices, rice flour, caramel color, turmeric.
Condiment, Ind. Pkt., Dressing, Ranch, 12 gm (Flavor Fresh)	Corn, Dairy, Egg	Soybean oil, corn syrup, distilled vinegar, egg yolks, modified food starch (corn), buttermilk, natural flavors, salt, garlic, onion, xanthan gum, yeast extract, lactic acid, phosphoric acid, whey powder, rice flour, spice, parsley.
Condiment, Ind. Pkt., Dressing, Sesame Ginger Vinaigrette, 1 oz. (Chelton House)	Soy	Sugar, tamari sauce (soybeans, salt), soybean oil, white vinegar, sesame oil, ginger puree, garlic puree, onion powder, ground mustard seed, ginger powder, sesame seeds, malt powder, ginger extract, xanthan gum).
Condiment, Ind. Pkt., Dressing, Thousand Island, 12 gm (Flavor Fresh)	Corn, Egg, Tomato	Soybean oil, sugar, relish (cucumbers, sugar, distilled vinegar, salt, xanthan gum, red bell peppers, natural spice flavors, turmeric), tomato paste, egg yolks, modified food starch (corn), corn syrup, salt, spice, xanthan gum, rice flour, citric acid, natural flavors, paprika.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Condiment, Ind. Pkt., Hot Sauce, 7 gm (Tapatio)	No Allergens	Red peppers, salt, spices, garlic, acetic acid, xanthan gum.
Condiment, Ind. Pkt., Jelly, Grape, 0.5 oz. (Diamond Crystal/Treemont Farms)	Corn	Concord grape juice (grape juice concentrate), corn syrup, citric acid, pectin, potassium citrate.
Condiment, Ind. Pkt., Ketchup, Low Sodium, 9 gm (Red Gold)	Tomato	Tomato concentrate, sugar, distilled vinegar, salt, natural flavors, onion powder, citric acid, garlic powder, spices.
Condiment, Ind. Pkt., Mayonnaise, 12 gm (Four in One)	Citrus, Corn, Egg	Soybean oil, corn syrup, distilled vinegar, modified food starch, salt, maltodextrin, lemon juice, microcrystalline cellulose, egg white solids, lactic acid, xanthan gum, natural flavors, guar gum, cleoresin, paprika.
Condiment, Ind. Pkt., Mustard, Yellow, 5.5 gm (Heinz)	No Allergens	Distilled vinegar, mustard seed, mustard bran, salt, turmeric, paprika, garlic powder, spices, mustard oil.
Condiment, Ind. Pkt., Table Syrup, 1 oz. (Diamond Crystal/Flavor Fresh)	Corn	Corn syrup, sugar, natural flavor, potassium sorbate, sodium benzoate, salt, molasses, caramel color, citric acid, cellulose gum.
Condiment, Ind. Pkt., Taco Sauce, 9 gm (Four in One)	Corn, Tomato	Tomato paste, spices, modified starch, onion, garlic, salt, sodium benzoate.
Condiment, Ranch Dip/Dressing (Recipe)	Citrus, Corn, Dairy, Egg	Mix: Salt, whey, garlic, maltodextrin, onion, dextrose, cellulose gum, spice, parsley, natural flavor. Buttermilk (Cultured skim milk, cream, salt, citric acid), Mayonnaise (Soybean oil, eggs, distilled vinegar, corn syrup, salt, spice, lemon juice concentrate).



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Condiment, Savory Beef Gravy (Foothill Farms)	Corn, Dairy, Tomato	Modified food starch (corn, tapioca), corn syrup solids, salt, whey protein concentrate, soybean oil, hydrolyzed corn protein, caramel color, tomato powder, cooked beef powder, dehydrated onion, tricalcium phosphate, spice, disodium inosinate, spice extractive (includes celery extract).
Fruit, Canned, Applesauce, Chilled	No Allergens	Apples, water, ascorbic acid.
Fruit, Canned, Peachy Peaches, Chilled	No Allergens	Peaches, extra light syrup.
Fruit, Canned, Perfect Pears, Chilled	No Allergens	Pears, extra light syrup.
Fruit, Cup, Mandarin Orange	Citrus	Mandarin Orange (tangerine), pear juice from concentrate, ascorbic acid.
Fruit, Cup, Pineapple	No Allergens	Pineapple, pineapple and/or grape juice from concentrate, Vitamin C.
Fruit, Cup, Strawberry Applesauce	No Allergens	Apples, water, strawberry puree, natural flavor, natural color, Vitamin C.
Fruit, Cup, Tropical Applesauce (Mango Peach Applesauce)	No Allergens	Apples, Mango puree, peach puree, natural flavors, malic acid, citric acid, ascorbic acid.
Fruit, Dried, Watermelon Cranberries (Dried Cranberries- Watermelon Flavor)	No Allergens	Cranberries, sugar, natural flavor, citric acid, elderberry juice concentrate (for color).
Fruit, Fresh, Apple Slices, Ind. Bag	No Allergens	Apples, Ascorbic Acid, Calcium Carbonate.
Fruit, Fresh, Awesome Apple	No Allergens	Apple.
Fruit, Fresh, Go Banana	No Allergens	Banana.
Fruit, Fresh, Grapes	No Allergens	Grapes.
Fruit, Fresh, Local Farm Orange	Citrus	Oranges.
Fruit, Fresh, Nectarine	No Allergens	Nectarines.
Fruit, Fresh, Peach	No Allergens	Peach.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Fruit, Fresh, Pear	No Allergens	Pear.
Fruit, Fresh, Plum	No Allergens	Plum
Fruit, Fresh, Tangelo Minneola	Citrus	Tangelo Minneola.
Fruit, Frozen, Cherry Limeade Fruit Slush (Hot Supper Pilots Only)	No Allergens	Pear juice concentrate, apple juice concentrate, maltodextrin, citric acid, natural flavors, ascorbic acid, cellulose gum.
Fruit, Frozen, Lemon Berry Swirl Cup	No Allergens	Pineapple Juice from concentrate, apple juice from concentrate, inulin, natural flavors, citric acid, fruit and vegetable juice (for color), guar and xanthan gums, malic acid, calcium hydroxide, turmeric.
Fruit, Frozen, Orange Sorbet Juice Cooler	No Allergens	Pineapple Juice from concentrate, Apple Juice from concentrate, Inulin (vegetable fiber), natural flavor, citric acid, guar and xanthan gums, calcium hydroxide, ascorbic acid, Annatto, Beta Carotene.
Fruit, Frozen, Pineapple Swirl Cup	No Allergens	Pineapple juice, apple juice, inulin, natural flavors, citric acid, beet juice, guar and xanthan gums, turmeric, ascorbic acid, beta carotene
Fruit, Frozen, Sour Apple Slush	No Allergens	Apple juice concentrate, maltodextrin, citric acid, natural flavor, cellulose gum, gum arabic, xanthan gum.
Fruit, Frozen, Sour Lemon Cup	No Allergens	Apple juice from concentrate, inulin, citric acid, natural flavor, guar and xanthan gums, calcium hydroxide, turmeric.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Fruit, Frozen, Sour Watermelon Cup	No Allergens	Apple Juice from concentrate, inulin, citric acid, natural flavor, guar and xanthan gums, malic acid, calcium hydroxide, ascorbic acid, beet concentrate. (color)
Gluten Free Bread Slice IW (CMS #2139)	Corn, Egg, Honey	Brown rice flour, corn starch, tapioca starch, eggs, corn dextrin, sugar, canola oil, honey, potato flour, baking powder, yeast, rice bran, xanthan gum, salt, vinegar, enzymes.
Gluten Free Cheese Pizza (CMS #2138)	Corn, Dairy, Tomato	Crust: Rice flour, tapioca flour, potato flour, olive oil, sugar, fresh yeast, salt, xanthan gum. Cheese: Mozzarella cheese (pasteurized milk, cultures, salt, enzymes), modified food starch, powdered cellulose, non fat milk, whey protein concentrate, Cheddar cheese (pasteurized milk, cultures, salt, enzymes), sodium citrate, annatto. Sauce: Crushed tomatoes, tomato puree (tomato paste), sugar, salt, spice.
Gluten Free Macaroni & Cheese (CMS #2165)	Corn, Dairy, Soy	Cooked macaroni (water, rice flour), pasteurized processed cheese spread (cheddar cheese, milk, cheese culture, salt, enzymes), whey protein concentrate, cream, nonfat dry milk, anhydrous milk fat, yeast, natural flavor, paprika, annatto, Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), margarine, soy oil, vegetable lecithin, vegetable mono and diglycerides, citric acid, food starch-



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Bread, Whole Wheat	Wheat, Gluten	Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour), sugar, yeast, soybean oil, wheat gluten, salt, enzymes, caramel color, ascorbic acid.
Grain, Bun, Hamburger, Whole Grain, 3"	Wheat, Gluten	Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate.
Grain, Bun, Hot Dog, Whole Grain, 5"	Corn, Wheat, Gluten	Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, yeast, soybean oil, salt, wheat gluten, emulsifier, enzymes, calcium propionate, monoglyceride, calcium carbonate, microcrystalline cellulose, cornstarch.
Grain, Bun, Knot Roll, Whole Grain, 4"	Corn, Wheat, Gluten	Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, enzymes, emulsifier, cornmeal, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate, ascorbic acid.
Grain, Crispy Chow Mein Noodles (for Chinese Chicken Salad #2)	Egg, Wheat, Gluten	Whole wheat flour, enriched wheat flour, vegetable oil, (contains one or more of the following: Soybean, corn, rice, canola, cottonseed and/or sunflower), salt, vinegar. May contain trace of eggs.



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Grain, Croissant, Whole Grain

Dairy, Egg, Soy, Wheat, Gluten

Wheat flour (whole wheat flour, enriched flour (wheat flour), skim milk, vegetable oil (palm and soybean oils), sugar, yeast, wheat gluten, mono and diglycerides, eggs, salt, wheat starch, whey, enzyme, propylene glycol alginate, sodium alginate, soy lecithin, natural flavor, tragacanth gum, citric acid.

Grain, Croutons, Whole Grain

Dairy, Tomato, Wheat, Gluten

Whole wheat flour, canola and/or sunflower oil, citric acid, 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, tomato, garlic, natural flavor, vinegar powder (maltodextrin, vinegar), spices, rye chops, oats, yeast, cracked wheat, wheat gluten, caraway seeds, natural

Grain, Crunchy Tortilla Chips, Whole Grain Corn

Corn

Whole grain stone ground corn, soybean oil, sea salt,

Grain, Flatbread, Whole Grain

Dairy, Soy, Wheat, Gluten

Whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, soybean oil, yeast, sugar, non-fat dry milk, salt, wheat gluten, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), sodium stearoyl lactylate, guar gum. May contain soy and sesame.

Grain, Premium Granola, Bulk

Corn, Gluten

Whole grain oats, corn starch, sugar, salt.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Premium Granola, IW (Peanuts and Tree Nuts may also be present in this product)	Corn, Dairy, Nuts, Soy, Wheat, Gluten	Granola (Whole grain rolled oats, evaporated cane syrup, expeller pressed canola oil, whole oat flour, powdered cane sugar (dried cane sugar, corn starch), brown rice syrup, molasses, salt, natural flavor, baking soda, soy lecithin, whole grain rolled wheat). Peanuts, Tree Nuts and Milk may also be present in this product.
Grain, Rice, Brown, IQF	No Allergens	IQF Brown Rice.
Grain, Rice, Brown, Parboiled	No Allergens	Long Grain Parboiled Brown Rice.
Grain, Roll, Artisan	Corn, Wheat, Gluten	Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, wheat gluten, yeast, soybean oil, salt, emulsifier, enzymes, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate, ascorbic acid, cornmeal.
Grain, Roll, French Roll, Whole Grain, 4"	Wheat, Gluten	Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, wheat gluten, soybean oil, yeast, salt, enzymes, emulsifier, calcium propionate, calcium carbonate, calcium carbonate, monocrySTALLINE cellulose, sodium stearoyl lactylate, ascorbic acid.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Grain, Southern Buttermilk Biscuit, Whole Grain	Corn, Dairy, Soy, Wheat, Gluten	Cultured non-fat buttermilk (cultured skim milk, non-fat dry milk, modified food starch, salt, sodium citrate, mono and diglycerides, locust bean gum, carrageenan), whole wheat flour, enriched wheat flour (bleached wheat flour), palm and palm kernel oil, sugar, leavening (sodium aluminum phosphate, sodium bicarbonate, potassium carbonate, monocalcium phosphate), salt, sugarcane fiber, soybean oil
Grain, Spanish Rice	No Allergens	Brown Rice, maltodextrin, dehydrated vegetables (onion, red & green bell pepper, garlic, parsley), salt, sea salt, paprika, spice (includes chili pepper, cumin), yeast extract, sugar, red beet powder, citric acid, paprika extract, silicon dioxide.
Grain, Stuffing (Holiday Item)	Corn, Soy, Wheat, Gluten	Breadcrumbs (enriched wheat flour), palm oil, salt, sugar, yeast, vinegar, caramel color, soy lecithin), seasoning blend (corn syrup solids, dehydrated vegetables (onion, celery, garlic), chicken flavor (chicken fat, cooked chicken, chicken broth, salt, gelatin, natural flavor), yeast extract, parsley, spice, chicken flavor (natural flavor, canola oil, chicken fat), spice extract, citric acid, turmeric extract (color)
Grain, Tortilla, Corn	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"	Corn, Wheat, Gluten	Whole grain wheat flour (Ultra Grain), enriched wheat flour (wheat flour, malted barley), vegetable oil (may contain soybean, cottonseed or palm oils), leavening (corn starch, sodium bicarbonate, sodium acid pyrophosphate, rice flour, monocalcium phosphate), salt, guar gum, fumaric acid.
Juice, Apple (4 oz or 8 oz)	No Allergens	Apple Juice Concentrate, Ascorbic Acid
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, ascorbic acid
Lun. (Vegan Pilot Only) Bean Tamale	Corn	Pinto beans, canola oil, salt, distilled vinegar, chili pepper, onion powder, spices, garlic powder, natural flavor. Masa: stone ground whole kernel white corn, vegetable stock (onions), diced green chili peppers (salt, citric acid, calcium chloride), baking powder.
Lun. (Vegan Pilot Only) Italian Sausage Nuggets	Soy	Water, soy protein concentrate, sunflower oil, natural flavors and spices, modified vegetable gum, isolated soy protein, caramel color, locust bean gum, beet powder, autolyzed yeast extract, dried yeast, dehydrated garlic, salt.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. (Vegan Pilot Only) Italian Sausage Sub	Corn, Soy, Tomato, Wheat	Italian Sausage Nuggets: Water, soy protein concentrate, sunflower oil, natural flavors and spices, modified vegetable gum, isolated soy protein, caramel color, locust bean gum, beet powder, autolyzed yeast extract, dried yeast, dehydrated garlic, salt. Marinara Sauce: Tomato concentrate ((tomato paste), diced tomatoes in juice, sugar, soybean oil, potassium chloride, onion powder, garlic powder, salt, spices
Lun. (Vegan Pilot Only) Range Free Burger Patty (no bun)	Soy	Water, soy protein concentrate, sunflower oil, natural flavors, modified vegetable gum, isolated soy protein, caramel color, locust bean gum, beet powder, salt, autolyzed yeast extract.
Lun. (Vegan Pilot Only) Sandwich, Range Free Burger	Soy, Wheat	Range-Free Patty: Water, soy protein concentrate, sunflower oil, natural flavors, modified vegetable gum, isolated soy protein, caramel color, locust bean gum, beet powder, salt, autolyzed yeast extract. 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



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. (Vegan Pilot Only) Sandwich, Teriyaki Veggie Patty	Corn, Soy, Tomato, Wheat, Gluten	Patty: Textured vegetable protein (soy protein concentrate, caramel color), sunflower oil, seasoning [salt, tomato powder, garlic powder, natural flavor (with hydrolyzed corn soy wheat gluten protein, autolyzed yeast extract), dehydrated parsley, celery powder, spices, carrot powder, onion powder], methycellulose, salt, potassium chloride, sugar, caramel color, flavor, propylene glycol, natural flavor. Teriyaki Sauce:
Lun. (Vegan Pilot Only) Teriyaki Veggie Patty (no bun)	Corn, Soy, Tomato, Wheat, Gluten	Patty: Textured vegetable protein (soy protein concentrate, caramel color), sunflower oil, seasoning [salt, tomato powder, garlic powder, natural flavor (with hydrolyzed corn soy wheat gluten protein, autolyzed yeast extract), dehydrated parsley, celery powder, spices, carrot powder, onion powder], methycellulose, salt, potassium chloride, sugar, caramel color, flavor, propylene glycol, natural flavor. Teriyaki Sauce:
Lun. 3-Cheese Calzone	Corn, Dairy, Tomato, Wheat, Gluten	Crust: Whole wheat flour, enriched wheat flour, blended canola & olive oil, sugar, salt, yeast. Filling: Mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), pizza sauce (crushed tomatoes, corn syrup, salt, soybean oil, extra virgin olive oil, spices, dehydrated garlic, citric acid), cheddar cheese (pasteurized milk, cheese cultures, salt, microbial enzymes, annatto), unsmoked



LAUSD Food Allergy & Ingredient Information

Product

Lun. Baja Fish Tacos (Grades 6-12)

Allergens

Citrus, Corn, Dairy, Egg, Wheat, Fish, Gluten

Ingredients

Fish Sticks: Alaska Pollock, sodium tripolyphosphate, potatoes, vegetable oil (canola, corn, cottonseed and/or soybean), whole wheat flour, enriched wheat flour, whole yellow corn meal, enriched bleached wheat flour, yellow corn flour, modified corn starch, salt, corn starch, sugar, whey, yeast, leavening (sodium bicarbonate, sodium aluminum phosphate), natural flavor, egg. Corn Tortilla: Whole grain corn

Lun. Bean and Cheese Pupusa (without curtido)

Citrus, Corn, Dairy

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).

Lun. Bean and Cheese Pupusa with Curtido (Spicy Slaw)

Citrus, Corn, Dairy

Pupusa: Masa- whole cooked corn, canola oil, cultured dextrose, salt, trace of lime. Filling- beans (pinto beans, jalapeno pepper, vinegar, salt), chili powder (chili pepper & spices), mozzarella cheese (pasteurized part skim milk, cheese culture, salt, enzyme. Curtido: cabbage, carrots, red cabbage, onion, oregano, vinegar, salt, sugar, red chili pepper.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Breaded Chicken Filet (Don Lee - for Breaded Chicken Filet Sandwich)	Corn, Dairy, Wheat, Gluten	Chicken Patty: Ground chicken breast, seasoning (sea salt, mustard [grain vinegar, mustard seed, salt, spices], garlic powder, granulated onion, black pepper, paprika, sugar). Bread Coating: Whole wheat flour, enriched wheat flour, iodized salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, salt, extractive of paprika, spice extractive, buttermilk solids, modified corn starch, spices.
Lun. Cafe LA Cheeseburger (no bun)	Dairy	Beef Patty: Ground beef, onion, seasoning (salt, dehydrated onion and garlic), spices, natural flavor, torula yeast with natural hickory smoke flavor), sugar. Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto.
Lun. Charbroiled Beef Patty, Plain, 2 oz.	No Allergens	Ground beef, onion, seasoning (salt, dehydrated onion and garlic, spices, natural flavor, torula yeast with natural hickory smoke flavor, sugar).
Lun. Cheese, Cheddar, Sliced	Dairy	Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Cheesy Bread	Dairy, Wheat, Gluten	Bread: White whole wheat flour, enriched flour (wheat flour, enzyme), dextrose, interesterified soybean oil, salt, dried yeast, non-fat milk, wheat flour, malted barley flour, sorbitan monostearate. Filling: part-skim mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes). Topping: Interesterified soybean oil, parmesan cheese (pasteurized part-skim milk, salt, cheese cultures).
Lun. Cheesy Flatbread	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.
Lun. Cheesy Mac	Dairy, Wheat, Gluten	Cooked Whole Grain Elbow Macaroni: Cooked pasta [whole white wheat flour, enriched durum seminola and durum wheat flour (durum seminola wheat flour)]. Reduced fat reduced sodium American cheese: [Cultured milk and skim milk, non-fat dry milk, potassium citrate, lactic acid, annatto color, enzymes]. whey (from milk), lactic acid, natural cheddar cheese flavor [cheddar cheese (pasteurized milk, cheese



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Chicken Tenders	Corn, Soy, Wheat, Gluten	Boneless chicken breast strips, whole wheat flour, brown sugar, canola oil, carrot powder, citric acid, cocoa powder, dried yeast, garlic powder, isolated soy protein, leavening (cream of tartar, baking soda), maltodextrin, natural flavors, onion powder, paprika extract, salt, soybean oil, spices, sugar, tapioca starch, turmeric extract, vegetable stock (carrot, onion, celery), wheat gluten, yeast extract, yellow corn flour
Lun. Chicken, Diced	No Allergens	Chicken
Lun. Chile Cheese Tamale	Corn, Dairy	Reduced fat cheddar cheese:milk, whey protein concentrate, milk fat, sodium citrate, contains less than 2% calcium phosphate, whey protein concentrate, salt, lactic acid, sorbic acid, cheese culture, annatto and paprika extract, enzymes, vitamin D3. Masa: whole kernal stone ground white corn, water, vegetable broth (water, onions, garlic powder, salt), canola oil. diced green chili peppers, water, salt, citric acid
Lun. Creamy Yogurt & Artisan Roll	Corn, Dairy, Wheat, Gluten	Yogurt: Cultured pasteurized Grade A non-fat milk, sugar, strawberries, modified corn starch, whey, natural flavoring, gellan gum, citric acid, purple carrot juice concentrate, carob bean gum. Artisan Roll: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, wheat gluten, yeast, soybean oil, salt, emulsifier, enzymes, cornmeal, calcium propionate, calcium carbonate, microcrystalline



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Crispy Beef Taquitos, Bulk	Corn, Tomato	Ground beef, seasoning (tomato powder, chili pepper, sugar, spices, soybean oil, silicon dioxide), salt, sodium phosphates. Whole Kernel Corn Flour Tortilla: Whole kernel corn flour, white corn masa flour, rice flour, canola oil, guar gum, cellulose gum, phosphoric acid, enzymes. Green chili juice, onion powder, garlic powder, cumin. Canned Pinto Beans: Pinto beans, garlic powder, onion powder, salt, green chili juice.
Lun. Crispy Beef Taquitos, IW	Corn, Tomato	Ground Beef, seasoning (tomato powder, chili pepper, sugar, salt, spices, soybean oil, silicon dioxide), salt, sodium phosphates. Whole Kernel Corn Flour Tortilla: Whole kernel corn flour, white corn masa flour, rice flour, canola oil, guar gum, cellulose gum, phosphoric acid, enzymes. Green Chili Juice, onion powder, garlic powder, cumin. Cooked Canned Pinto Beans: Pinto beans, garlic powder, onion powder, salt, green chili
Lun. Crunchy Fish Sticks (3 - Elementary Sites)	Corn, Dairy, Egg, Wheat, Fish, Gluten	Alaska Pollock, sodium tripolyphosphate, potatoes, vegetable oil (canola, corn, cottonseed and/or soybean), whole wheat flour, enriched wheat flour, whole yellow corn meal, enriched bleached wheat flour, yellow corn flour, modified corn starch, salt, corn starch, sugar, whey, yeast, leavening (sodium bicarbonate, sodium aluminum phosphate), natural flavor, egg.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Crunchy Fish Sticks (4 - Secondary Sites)	Corn, Dairy, Egg, Wheat, Fish, Gluten	Alaska Pollock, sodium tripolyphosphate, potatoes, vegetable oil (canola, corn, cottonseed and/or soybean), whole wheat flour, enriched wheat flour, whole yellow corn meal, enriched bleached wheat flour, yellow corn flour, modified corn starch, salt, corn starch, sugar, whey, yeast, leavening (sodium bicarbonate, sodium aluminum phosphate), natural flavor, egg.
Lun. Garlicky Cheese Bread	Corn, Dairy, Soy, Wheat, Gluten	French Bread Crust: whole wheat flour, enriched wheat flour (wheat flour, malted barley flour), soybean oil, salt, yeast, calcium propionate. Cheese Topping: (low moisture part-skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), Provolone Cheese (pasturized milk, cheese cultures, salt, enzymes), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes). Sauce:
Lun. Golden Chicken Filet, plain (Tyson - for Golden Chicken Filet Sandwich)	Soy, Wheat, Gluten	Chicken Filet: Boneless, skinless chicken breast filets with rib meat, whole wheat flour, brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, isolated soy protein, maltodextrin, natural flavors, onion powder, paprika extract, rosemary extract, salt, spice, sugar, torula yeast, turmeric extract, vegetable stock (carrot, onion, celery), wheat gluten, yeast extract, vegetable



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Oven Fried Chicken Drumstick (Tyson)	Corn, Wheat, Gluten	Chicken drumsticks, whole wheat flour, citric acid, cornstarch, extractives of paprika and turmeric, garlic powder, leavening (cream of tartar, baking soda), maltodextrin, natural flavor, onion powder, rice starch, salt, spices (including celery seed), wheat gluten, whole grain yellow corn flour, yeast extract, vegetable oil.
Lun. Pork Chop Patty with Gravy (Available February 2018)	Corn, Dairy, Soy, Tomato, Wheat, Gluten	Pork Chop Patty: Pork, ground, whole wheat flour, textured soy protein concentrate, whole grain yellow corn flour, enriched wheat flour (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, sodium phosphate, dried onion, dried garlic, soybean oil, spice, paprika
Lun. Pork Chop Patty, Plain (No Gravy) (Available Feb. 2018)	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>
Lun. Pork, BBQ (for Mesquite BBQ Pork Sandwich)	Corn, Soy, Tomato	Pork, tomato paste, sugar, vinegar, textured vegetable protein (soy protein concentrate, caramel color), mustard (distilled vinegar, mustard seed, salt, turmeric, spices), seasoning (salt, sugar, modified food starch, dextrose, onion powder, guar gum, paprika, garlic, beet powder, spices, citric acid, natural flavor), corn syrup solids, seasoning (potassium chloride, natural flavor, maltodextrin, onion powder)
Lun. Pork, BBQ Rib Patty (for Smokin' BBQ Rib Sandwich)	Corn, Dairy, Soy, Tomato, Wheat, Honey, Gluten	Ground pork, vegetable protein product [Soy protein concentrate]. May contain caramel color and/or soy lecithin]. Seasoning [tomato powder, dextrose, brown sugar, vinegar flavor (malic acid, sodium acetate, lactose, fumaric acid), worchestershire sauce powder (corn syrup solids, salt, garlic powder, sugar, spices, soy sauce solids (wheat, soybeans, salt, maltodextrin, caramel color), tamarinds, natural flavor, spices)
Lun. Premium Granola and Yogurt	Corn, Dairy, Soy, Wheat, Gluten	Yogurt (Cultured pasteurized Grade A non-fat milk, sugar, strawberries, modified corn starch, whey, natural flavors, purple carrot concentrate, tricalcium phosphate, gellan gum, potassium sorbate, citric acid, carob bean gum. Granola (Whole grain rolled oats, evaporated cane syrup, canola oil, whole oat flour, powdered cane sugar (dried cane sugar, corn starch), brown rice syrup, molasses, salt, natural



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Salad, Chicken Caesar (does not include dressing)	Dairy, Tomato, Wheat, Gluten	Chicken, Diced (Diced chicken white and dark meat), Romaine Lettuce, Croutons: Whole wheat flour, canola and/or sunflower oil, (contains citric acid and/or tocopherols, 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]
Lun. Salad, Far East Turkey (does not include dressing)	Corn, Wheat, Gluten	Diced Turkey Breast (Turkey breast meat, turkey broth, modified food starch (corn), sugar, salt, pepper, potassium chloride, sodium phosphate), romaine mix 3 way (romaine lettuce, red cabbage, carrots), carrots, wonton strips (enriched flour {wheat flour, enzyme}, soybean and/or cottonseed oil, cornstarch, salt, sodium benzoate.
Lun. Salad, Italian Chopped (does not include dressing)	Corn, Dairy, Tomato	Romaine Mix 3-Way: Romaine lettuce, red cabbage, carrots. Grape tomatoes. Cucumber coins. Turkey Breast, Smoked, Sliced: Turkey breast meat, turkey broth, salt, sugar, dehydrated turkey broth, rosemary extract, natural smoke flavoring, baking soda. Turkey Salami: Turkey, seasoning (sugar, spices, garlic powder), sea salt, cultured celery powder, salt, natural smoke flavoring. Shredded Mozzarella Cheese:



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Salad, Mexicali (does not include dressing)	Corn, Dairy, Tomato	Pinto Beans (pinto beans, salt), romaine lettuce, shredded cheddar cheese pasteurized milk, cheese cultures, salt, enzymes, annatto, potato starch, corn starch, powdered cellulose), salsa (tomato puree, diced tomatoes in tomato juice, jalapeno peppers, vinegar, onion, salt, sea salt, natural flavors, sugar, garlic, spices), corn, sour cream (grade A cultured milk, cream, non-fat milk powder, gelatin)
Lun. Salad, Shanghai Chicken #2 (does not include dressing)	Corn, Soy, Wheat, Gluten	Chicken, Diced: Dark and white meat chicken. Edamame: Shelled edamame (soybeans), Romaine Mix, 3 way: Romaine lettuce, red cabbage, carrots. Carrot Coins. Wonton Strips: Enriched flour (wheat flour, enzymes), vegetable oil (soybean and/or cottonseed), cornstarch, salt, sodium benzoate.
Lun. Salisbury Steak (with Beef Gravy)	Corn, Dairy, Soy, Tomato, Wheat, Gluten	Salisbury Steak: 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



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Salisbury Steak (without Beef Gravy)	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
Lun. 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, calcium
Lun. Sandwich, Breaded Chicken Filet (using Don Lee Chicken Filet)	Corn, Dairy, Wheat, Gluten	Chicken Patty: Ground chicken breast, seasoning (sea salt, mustard [grain vinegar, mustard seed, salt, spices], garlic powder, granulated onion, black pepper, paprika, sugar). Bread Coating: Whole wheat flour, enriched wheat flour, iodized salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, salt, extractives of paprika, spice extractive, buttermilk solids, modified corn starch, spices



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. 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.
Lun. Sandwich, Cafe LA Cheeseburger	Dairy, 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). Cheese: Cheddar Cheese:
Lun. Sandwich, Classic Tuna	Citrus, Corn, Egg, Soy, Wheat, Fish, Gluten	Tuna Salad: Tuna, vegetable broth (soy), salt. Celery, black pepper. Sweet Pickle Relish (cured cucumbers, cauliflower, sugar, distilled vinegar, salt, sweet pickle emulsion, celery seed, mustard seed, xanthan gum, sodium benzoate, turmeric), Mayonnaise: (Soybean oil, eggs, distilled vinegar, corn syrup, spice, salt, lemon juice concentrate, calcium disodium, turmeric. Knot Roll: Whole wheat flour



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Sandwich, Deli Cheese (Cold, NNC Field Trip)	Dairy, Wheat, Gluten	Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto. Whole Grain Bread: Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour), sugar, yeast, soybean oil, wheat gluten, salt, enzymes, calcium propionate, ethoxylated mono-diglycerides, calcium sulfate, silicone dioxide, ammonium sulfate, sodium stearyl lactylate, mono-glycerides, caramel color.
Lun. Sandwich, Deli Cheese (Cold, Prep)	Dairy, Wheat, Gluten	Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, salt, yeast, sugar, calcium propionate, enzymes, emulsifier, calcium carbonate, microcrystalline cellulose, sodium stearyl lactylate. Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto.
Lun. Sandwich, Deli Turkey & Cheese	Corn, Dairy, Wheat, Gluten	Turkey: Turkey breast meat, turkey broth, salt, sugar, dehydrated turkey broth, rosemary extract, natural smoke flavoring, baking soda. Cheddar Cheese, Sliced: Pasteurized milk, cheese culture, salt, enzymes, annatto. Knot Roll: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, soybean oil, wheat gluten, yeast, salt, enzymes, emulsifier, cornmeal, calcium propionate, calcium carbonate.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Sandwich, Golden Chicken Filet (using Tyson Chicken Filet)	Corn, Soy, Wheat, Gluten	Chicken Filet: Chicken breast filet, whole wheat flour, brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, isolated soy protein, maltodextrin, natural flavors, onion powder, paprika extract, rosemary extract, salt, spice, sugar, tortula yeast, turmeric extract, vegetable stock (carrot, onion, celery), wheat gluten, yeast extract, vegetable oil. Knot Roll:
Lun. Sandwich, Mama's Meatball Sub (with Marinara Sauce)	Dairy, Egg, Tomato, Wheat, Gluten	Meatballs: White turkey, bread crumbs (wheat flour, sugar, salt, yeast extract, canola oil), dextrose, onion powder, garlic powder, spice, flavoring, barley malt powder, non-fat dry milk, dried whole eggs. French Roll: Whole wheat flour, enriched wheat flour, (flour, malted barley flour,), sugar, wheat gluten, soybean oil, yeast, salt, enzymes, emulsifier, monocrystalline cellulose, sodium stearoyl lactylate.
Lun. Sandwich, Mama's Meatball Sub (without Marinara Sauce)	Dairy, Egg, Wheat, Gluten	Meatballs: White turkey, bread crumbs (wheat flour, sugar, salt, yeast extract, canola oil), dextrose, onion powder, garlic powder, spice, flavoring, barley malt powder, non-fat dry milk, dried whole eggs. French Roll: Whole wheat flour, enriched wheat flour, (flour, malted barley flour,), sugar, wheat gluten, soybean oil, yeast, salt, enzymes, emulsifier, monocrystalline cellulose, sodium stearoyl lactylate.



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Lun. Sandwich, Mesquite BBQ Pork

Corn, Soy, Tomato, Wheat, Gluten

BBQ Pork: Pork, tomato paste, sugar, vinegar, textured vegetable protein (soy protein concentrate, caramel color), mustard (distilled vinegar, mustard seed, salt, turmeric, spices), seasoning (salt, sugar, modified food starch, dextrose, onion powder, guar gum, paprika, garlic, beet powder, spices, citric acid, natural flavor), corn syrup solids, seasoning (potassium chloride, natural flavor, maltodextrin, onion

Lun. Sandwich, Oven Roasted Turkey Breast

Corn, Wheat, Gluten

Turkey Breast (turkey breast, turkey broth, salt, dextrose, carrageenan, sodium phosphate, vegetable oil). Knot Roll (whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, canola oil, wheat gluten, yeast, salt, enzymes, emulsifier, cornmeal, calcium propionate, monoglyceride, calcium carbonate.

Lun. Sandwich, Pastrami & Cheese Croissant

Dairy, Egg, Soy, Wheat, Gluten

Turkey Pastrami: turkey, pastrami seasoning (sugar, garlic powder, natural flavors, oleoresin paprika, garlic oil), sea salt, spices (cracked peppercorn), cultured celery powder, salt, natural smoke flavoring. Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto. Croissant: Wheat flour [whole wheat flour, enriched flour (wheat flour)], skim milk, vegetable oil (palm and soybean oils), sugar, yeast



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Sandwich, Smokin BBQ Rib	Corn, Dairy, Soy, Tomato, Wheat, Honey, Gluten	Pork (Ground pork, vegetable protein product [soy protein concentrate]). May contain caramel color and/or soy lecithin. Seasoning (tomato powder, dextrose, brown sugar, vinegar flavor (malic acid, sodium acetate, lactose, fumaric acid), worchestershire sauce powder [corn syrup solids, salt, garlic powder, sugar, spices, soy sauce solids (wheat, soybeans, salt, maltodextrin, caramel color), tamarinds, natural
Lun. Sandwich, Toasted Cheese (Pre-made)	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, monocalcium phosphate, potassium iodide, enzyme
Lun. Sandwich, Turkey & Cheese Melt	Dairy, Soy, Wheat, Gluten	Turkey Breast: Turkey breast meat, turkey broth, salt, sugar, dehydrated turkey broth, rosemary extract, natural smoke flavor, baking soda. Turkey Ham: Turkey thigh meat, vinegar, sugar, sea salt, cultured celery powder, salt, potassium chloride, baking soda, natural smoke flavor. Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto. Flatbread: Whole wheat flour, enriched unbleached wheat



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Sandwich, Turkey Ham on Knot Roll (Field Trip)	Corn, Wheat, Gluten	Turkey Ham: Turkey, vinegar, sugar, sea salt, cultured celery powder, salt, potassium chloride, baking soda, natural smoke flavor. Knot 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.
Lun. Sandwich, Yellow Submarine	Dairy, Wheat, Gluten	Turkey Breast: Turkey breast meat, turkey broth, salt, sugar, dehydrated turkey broth, rosemary extract, natural smoke flavoring, baking soda. Turkey Ham: Turkey thigh meat, vinegar, sugar, sea salt, cultured celery powder, salt, potassium chloride, baking soda, natural smoke flavor. Cheddar Cheese: Pasteurized milk, cheese culture, salt, enzymes, annatto. French Roll: Whole wheat flour, enriched wheat flour (flour,
Lun. Savory Sausage Flatbread	Corn, Dairy, Soy, Tomato, Wheat, Gluten	Crust: Flour blend (white whole wheat flour, enriched flour [wheat flour, malted barley flour], defatted soy flour, yeast, soy protein concentrate, vegetable oil (soybean, cottonseed, corn and/or canola oil), sugar, datem, leavening, salt, cornstarch, wheat starch. Toppings: part-skim mozzarella cheese (cultured, pasteurized part skim milk, salt, enzymes), turkey sausage and textured vegetable protein topping.
Lun. Sunflower Seeds (Roasted and Salted)	No Allergens	Sunflower kernels, sunflower oil, salt.



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Lun. Taco Bean Dip (without Tortilla Chips)

Corn, Dairy, Tomato

Turkey Savory Crumbles (turkey), seasoning (yeast extract, sugar, dextrose, onion powder, garlic powder, spice), salt, sugar, flavorings. Pinto Beans (pinto beans, salt), Tomato Paste (tomato paste, citric acid), Taco Seasoning (Chili pepper, salt, paprika, garlic, onion, sugar, silicon dioxide), Shredded Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto, potato starch, corn starch

Lun. Tasty Turkey & Gravy

Corn, Soy

Turkey, modified food starch, salt, chicken base (chicken meat including chicken juices, salt, hydrolyzed soy and corn protein, sugar, natural flavorings, potato flour, autolyzed yeast extract, carrot powder, turmeric), sodium phosphate, celery salt, onion salt, flavoring.

Lun. Teriyaki Beef Dipper Rice Bowl

Corn, Soy, Wheat, Gluten

Beef Teriyaki Dunkers: Ground beef, seasoning (sugar, soy sauce powder (wheat, soybeans, salt, maltodextrin), garlic powder, flavor (canola oil, sesame oil, natural flavors), chili peppers and other spices, flavoring, caramel color, citric acid), textured vegetable protein (soy flour, caramel color). Glaze Ingredients: sugar, soy sauce powder, (wheat, soybeans, salt, maltodextrin), modified corn starch, xanthan gum



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Teriyaki Beef Dunkers, Plain (for Teriyaki Beef Dipper Rice Bowl)	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.
Lun. Turkey Breast, Sliced, Smoked (for Smoked Turkey Breast & Cheese Sandwich, Turkey & Cheese Flatbread Sandwich and Yellow Submarine Sandwich #2)	No Allergens	Turkey breast meat, turkey broth, salt, sugar, dehydrated turkey broth, rosemary extract, natural smoke flavoring, baking soda.
Lun. Turkey Frank (no bun)	Corn	Turkey Frank: Turkey, seasoning (corn syrup solids, dextrose, sugar, paprika, natural flavoring), salt, potassium chloride, natural flavor (celery juice powder), natural flavoring, natural smoke flavoring.
Lun. Turkey Ham, All natural, uncured (for Turkey & Cheese Flatbread Sandwich & Yellow Submarine Sandwich #2)	No Allergens	Turkey thigh meat, vinegar, sugar, sea salt, cultured celery powder, salt, potassium chloride, baking soda, natural smoke flavor.
Lun. Turkey Pastrami (for Turkey Pastrami & Cheese Croissant)	No Allergens	Turkey, pastrami seasoning (sugar, garlic powder, natural flavorings oleoresin paprika, garlic oil), sea salt, spices (cracked peppercorns), cultured celery powder, salt, natural smoke flavoring.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Turkey Salami, Sliced (for Italian Chopped Salad)	No Allergens	Turkey, seasoning (sugar, spices, garlic powder), sea salt, cultured celery powder, salt, natural smoke flavoring.
Lun. Vegan Chili (with Tortilla Chips)	Citrus, Corn, Tomato	Chili: Red kidney beans, black beans, great Northern beans, tomato strips in puree (with salt & citric acid), tomato paste, celery, onions, soybean oil, green bell peppers, seasoning (potassium chloride), flavor [contains maltodextrin], salt, masa harina (corn masa flour, trace of lime), sugar, dehydrated cilantro, dehydrated garlic, spices. Tortilla Chips: Whole grain stone ground corn, soybean oil, sea salt, calcium
Lun. Vegan Chili (without Tortilla Chips)	Citrus, Corn, Tomato	Red kidney beans, black beans, great Northern beans, tomato strips in puree, salt, citric acid, tomato paste, celery, onions, soybean oil, green bell peppers, seasoning, potassium chloride, maltodextrin, salt, masa harina (corn masa flour, trace of lime), sugar, dehydrated cilantro, dehydrated garlic, spices.
Lun. Veggie Salad Bowl (Vegan Pilot Only) (does not include dressing)	Corn, Soy	Edamame (edamame, soybean), corn, black beans, salt, romaine lettuce, red cabbage, carrots.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Veggie Salad Bowl with Artisan Roll (Vegan Pilot Only) (does not include dressing)	Corn, Soy, Wheat, Gluten	Veggie Salad Bowl: Edamame (edamame, soybeans), corn, black beans, salt, romaine lettuce, red cabbage, carrots. Artisan Roll: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar, wheat gluten, yeast, soybean oil, salt, emulsifier, enzymes, cornmeal, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate.
Lun. Yogurt, Strawberry NF (all grade levels), 8 OZ.	Corn, Dairy	Yogurt: Cultured pasteurized Grade A non-fat milk, sugar, strawberries, modified corn starch, whey, natural flavors, gellan gum, citric acid, purple carrot juice concentrate, carob bean gum.
Lun. Zesty Beef Chalupa (Beef & Cheese), Bulk	Citrus, Corn, Dairy, Soy, 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 oil), trace of lime. Beef Filling: ground beef, textured vegetable protein (soy flour, caramel color), onions, seasoning (salt, chili peppers, tomato powder, garlic powder, hydrolyzed corn gluten, wheat & soy



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Lun. Zesty Beef Chalupa (Beef & Cheese), IW	Citrus, Corn, Dairy, Soy, 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
Milk, Almond	Nuts	Almond Milk (filtered Water, Almonds), Cane Sugar, Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum.
Milk, Chocolate, Fat Free	Corn, Dairy	Fat free milk, sucrose, cocoa processed with alkali, corn starch, carrageenan, vanillin, Vitamins A Palmitate & D3.
Milk, Rice	No Allergens	Organic brown rice, organic expeller pressed canola oil and/or organic safflower oil and/or organic sunflower oil, sea salt.
Milk, Soy, 30% Vitamin D	Soy	Organic Soy base (whole organic soybeans), dried cane syrup, natural flavors, tricalcium phosphate, sea salt, carrageenan.
Milk, Unflavored, White, 1% Low Fat	Dairy	Lowfat milk, non-fat milk solids.
Milk, Unflavored, White, Fat Free	Dairy	Non-fat milk.
Milk, Unflavored, White, Fat Free, Lactose Free	Dairy	Fat-Free Milk, Calcium, lactase enzyme, carrageenan, guar gum, vitamins A & D, palmitate.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Snack, Banana Muffin	Corn, Dairy, Egg, Wheat, Gluten	Whole wheat flour, sugar, egg, enriched flour (wheat flour), banana puree, soybean oil, invert sugar, non-fat milk, modified corn starch, glycerine, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), mono & diglycerides, natural flavor, sodium propionate, salt, potassium sorbate, xanthan gum.
Snack, Blueberry Muffin	Corn, Dairy, Egg, Wheat, Gluten	Whole wheat flour, sugar, egg, enriched flour (wheat flour), soybean oil, blueberries, invert sugar, non-fat milk, modified corn starch, glycerine, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), mono & diglycerides, natural flavor, sodium propionate, salt, potassium sorbate, xanthan gum.
Snack, Crackers, Cheez-It, WG	Dairy, Soy, Wheat, Gluten	Whole wheat flour, enriched flour (wheat flour), white cheddar cheese (milk, cheese cultures, salt, enzymes), soybean oil, salt, paprika, yeast, paprika oleoresin, turmeric, annatto, soy lecithin.
Snack, Crackers, Goldfish Pretzel	Corn, Dairy, Wheat, Gluten	Whole wheat flour, unbleached enriched wheat flour, vegetable oils (canola, sunflower, and/or soybean), salt, baking powder, baking soda, cornstarch, malted barley flour, non-fat dry milk.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Snack, Crackers, Rainbow Goldfish Cheese	Dairy, Wheat, Gluten	Whole wheat flour, enriched wheat flour (flour), canola and/or sunflower oils, cheddar cheese ([cultured milk, salt, enzymes], annatto), salt, yeast, natural flavors, yeast extract, spices, celery, sugar, monocalcium phosphate, baking soda, onion powder, colors (beet, huito, and watermelon juice concentrates; paprika, turmeric and annatto extracts).
Snack, Crackers, Saltine (Whole Wheat Hearty Squares)	Corn, Wheat, Gluten	Whole wheat flour, unbleached enriched wheat flour (wheat starch), canola oil, all natural molasses, salt, corn starch, baking soda.
Snack, Crackers, Wheat (Back to Basics)	Corn, Dairy, Wheat, Honey, Gluten	Whole wheat flour, enriched wheat flour (wheat flour), soybean oil, sugar, salt, baking soda, non-fat dry milk, malt syrup (malt, corn), molasses, honey, ammonium bicarbonate, onion powder, citric acid, cream of tartar, sodium acid pyrophosphate, garlic powder.
Snack, Mozzarella Cheddar Cheese	Dairy	Cheddar Mozzarella Cheese: Cultured pasteurized milk, salt, sodium phosphate, natural flavoring, sorbic acid, enzymes.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Cafe LA Better Way (NNC Kit #2)	Corn, Dairy, Tomato, Wheat, Honey, Gluten	Cheese Stick: Cultured pasteurized milk, salt, sodium phosphate, natural flavoring, sorbic acid, enzymes. Wheat Crackers: Whole wheat flour, enriched wheat flour, soybean oil, sugar, salt, baking soda, non-fat dry milk, honey, non diastatic malt syrup (malt, corn), molasses, ammonium bicarbonate, onion powder, citric acid, cream of tartar, sodium acid pyrophosphate, garlic powder. Vegetable Juice (Tropical)
Supper, Cold, Cheese Lunch Pack	Dairy, Tomato, Wheat, Gluten	Crust: Whole grain whole wheat flour, enriched flour (wheat flour), soybean oil, sugar, oat fiber, sea salt, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, starch, monocalcium phosphate), calcium propionate, calcium sulfate. Cheese: Low moisture part skim mozzarella cheese (cultured pasteurized milk, salt, enzymes). Pizza Sauce: Tomato paste, salt, spices, flavoring.
Supper, Cold, Fresh 2 Go - BBQ Chicken Slider -- Apple Berry Juice, BBQ Seasoned Chicken, Baby Carrots, Whole Grain Roll	Corn, Egg, Tomato, Wheat, Gluten	Apple Berry Juice (Apple juice, malic acid, citric acid, natural flavor, vegetable and fruit juice for color), natural flavors). BBQ Seasoned Chicken (chicken, BBQ dressing [BBQ Sauce {sugar, tomato paste, distilled vinegar, modified food starch [corn and potato], pineapple juice concentrate, molasses, natural flavors, spices, sodium benzoate, dehydrated garlic, caramel color}). Salad Dressing [soybean oil,



LAUSD Food Allergy & Ingredient Information

Product

Supper, Cold, Fresh 2 Go - Cheese & Veggie Plate--Apple Berry Juice, Baby Carrots, Mozzarella Cheese, Whole Grain Cheeze-It Crackers

Allergens

Dairy, Soy, Wheat, Gluten

Ingredients

Apple Berry Juice (apple juice, malic acid, citric acid, natural flavor, vegetable & fruit juice for color), Baby Carrots, Mozzarella Cheese (pasteurized part skim milk, cheese culture, salt, enzymes), Whole Grain Cheez-It's (whole wheat flour, enriched flour {wheat flour}, White Cheddar Cheese (milk, cheese cultures, salt, enzymes), soybean oil with TBHQ for freshness, salt, calcium carbonate, paprika, yeast

Supper, Cold, Fresh 2 Go - Deluxe Cheese Sandwich - Apple Berry Juice, Baby Carrots, Swiss Cheese, Whole Grain Bread, Yellow Mustard

Dairy, Soy, Wheat, Gluten

Apple Berry Juice (apple juice, malic acid, citric acid, natural flavor, vegetable and fruit juice for color), Baby Carrots, Swiss Cheese (American cheese [milk, cheese culture, salt, enzymes], Swiss Cheese [part-skim milk, cheese culture, salt, enzymes], cream, sodium citrate, sodium phosphate, sorbic acid, lactic acid, acetic acid, soy lecithin), Whole Grain Bread (whole wheat flour, enriched wheat flour [flour, malted

Supper, Cold, Fresh 2 Go - Hummus & Veggie Plate--Apple Berry Juice, Hummus, Baby Carrots, Mozzarella Cheese, Whole Grain Cheez-It Crackers

Citrus, Corn, Dairy, Soy, Wheat, Gluten

Apple Berry Juice (Apple juice, malic acid, citric acid, natural flavor, vegetable & fruit juice (for color), Hummus: (Garbanzo beans, salt, fresh lemon juice, tahini, soybean oil, modified corn starch, dehydrated garlic, sea salt, cultured dextrose, maltodextrin, spice). Baby Carrots, Mozzarella Cheese (pasteurized part skim milk, cheese culture, salt, enzymes), Whole Grain Cheez-It's (whole wheat flour, enriched



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Cold, Fresh 2 Go - Sun Butter & Jelly Sandwich -- Apple Berry Juice, Baby Carrots, Sun Butter, Whole Grain Roll, Lightly Salted Sunflower Seeds, Grape Jam	Corn, Wheat, Gluten	Apple Berry Juice (Apple juice, malic acid, citric acid, natural flavor, vegetable and fruit juice for color), Baby Carrots, Sun Butter (sunflower seed, sugar, monodiglycerides, salt, natural mixed tocopherols), Whole Grain Roll (whole wheat flour, enriched wheat flour [flour, malted barley flour, sugar, soybean oil, wheat gluten, yeast, salt, vinegar, calcium propionate, calcium sulfate, sodium stearoyl lactylate
Supper, Cold, Smoked Turkey & Cheese Lunch Kit	Dairy, Soy, Wheat, Gluten	Turkey: Turkey breast, turkey broth, vinegar, salt, sugar, rosemary extract, natural smoke flavoring, baking soda. Reduced Fat, Reduced Sodium Pasteurized Process American Cheese: Cultured skim milk and milk, whey, sodium citrate, potassium citrate, paprika, annatto, salt, sorbic acid, enzymes, soy lecithin. WG Snack Cracker: Whole wheat flour, enriched wheat flour (wheat flour), soybean oil
Supper, Cold, Turkey Breast, Turkey Ham & Cheese Wedge Sandwich	Dairy, Soy, Wheat, Gluten	Whole Grain Sliced Bread: Whole wheat flour, enriched flour (wheat flour, malted barley flour), wheat gluten, soybean oil, yeast, sugar, enzyme (wheat flour, enzyme), salt, potassium chloride. Turkey Breast: Turkey breast meat, turkey broth, salt, vinegar, sugar, rosemary extract, baking soda. Turkey Ham: Turkey thigh meat, vinegar, sugar, sea salt, cultured celery powder, salt, potassium chloride, baking soda



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Cold, Turkey Ham & Cheese Lunch Kit	Dairy, Soy, Wheat, Gluten	Turkey Ham: Turkey thigh meat, vinegar, sugar, salt, natural flavor (celery juice powder), baking soda, natural smoke flavor. Reduced Fat, Reduced Sodium Pasteurized Process American Cheese: Cultured skim milk and milk, whey, sodium citrate, potassium citrate, paprika, annatto, salt, sorbic acid, enzymes, soy lecithin, cream, enzymes, sodium phosphate. W/C Snack Cracker: Whole wheat flour
Supper, Energy 2 Go - Energizer Box - Dragon Juice Punch, Raisins, Cheddar Cheese, Lightly Salted Sunflower Seeds, Honey Graham Crackers	Dairy, Wheat, Honey, Gluten	Dragon Punch Juice (Sweet potato, jujube, apple and pear juice concentrates, dragon fruit, carrot and aronia juice, natural flavors, malic acid, celery, kale, broccoli, lettuce and spinach juice concentrates), Raisins (raisins), Cheddar Cheese (Cultured pasteurized milk, salt, sodium phosphate, natural flavoring, sorbic acid, color [paprika, turmeric extract], enzymes). Lightly Salted Sunflower
Supper, Energy 2 Go - Energizer Box - Honey Graham Crackers	Wheat, Honey, Gluten	Honey Graham Crackers (whole wheat [graham] flour, enriched flour [wheat flour], sugar, canola oil, honey, calcium carbonate, leavening [baking soda, monocalcium phosphate], salt, natural flavor).
Supper, Energy 2 Go - Energizer Box - Lightly Salted Sunflower Seeds	No Allergens	Lightly Salted Sunflower Seeds (sunflower kernels, sunflower oil, salt).



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Energy 2 Go - Power Up Box - Dragon Punch Juice, Raisins, Honey Roasted Sunflower Seeds, Sunbutter, Cinnamon Graham Crackers.	Wheat, Honey, Gluten	Dragon Punch Juice (Sweet potato, jujube, apple and pear juice concentrates, dragon fruit, carrot, aronia juice, natural flavors, malic acid, celery, kale, broccoli, lettuce, spinach), Raisins (raisins), Honey Roasted Sunflower Seeds (Non-GMO Sunflower kernels, sugar, sunflower oil, honey, salt, maltodextrin, xanthan gum), Sunbutter (Roasted sunflower seeds, sugar, mono-diglycerides, salt, natural
Supper, Energy 2 Go - Power Up Box- Honey Roasted Sunflower Seeds	Honey	Honey Roasted Sunflower Seeds (Non-GMO Sunflower kernels, sugar, sunflower oil, honey, salt, maltodextrin, xanthan gum).
Supper, Energy 2 Go -Power Up Box - Sunbutter	No Allergens	Sunbutter (Roasted sunflower seeds, sugar, mono-diglycerides, salt, natural mixed tocopherols to preserve freshness).
Supper, Energy 2 Go- Energizer Box- Cheddar Cheese	Dairy	Cheddar Cheese (cultured pasteurized milk, salt, sodium phosphate, natural flavoring, sorbic acid, color [turmeric, paprika], enzymes).
Supper, Energy 2 Go- Energizer Box- Raisins	No Allergens	Raisins.
Supper, Energy 2 Go- Power Up Box - Cinnamon Graham Crackers	Wheat, Gluten	Cinnamon Graham Crackers (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	Raisins.

LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Energy 2 Go-Energizer Box- Dragon Punch Juice	No Allergens	Sweet potato, jujube, apple and pear juice concentrates, dragon fruit, carrot and aronia juice concentrates, natural flavors, malic acid, celery, kale, broccoli, lettuce and spinach juice concentrates.
Supper, Energy 2 Go-Power Up Box- Dragon Punch Juice	No Allergens	Sweet potato, jujube, apple and pear juice concentrates, dragon fruit, carrot and aronia juice concentrates, natural flavors, malic acid, celery, kale, broccoli, lettuce and spinach juice concentrates.
Supper, Fiesta Surprise Kit (NNC Kit #1)	Corn, Dairy, Tomato	Cheese Spread: Cheddar cheese (milk, cheese cultures, salt, enzymes), cream, whey, sodium phosphate, sodium citrate, natural cheddar cheese flavor, locust bean gum, sorbic acid, apo-carotenol. Sunflower seeds: Sunflower kernals, sunflower oil, salt. Tortilla chips: Whole grain stone ground corn, soybean oil, sea salt, calcium hydroxide. Salsa: Tomato puree (tomato paste, water), diced tomatoes, jalapeno
Supper, Hot, All American Burger (Pilot Sites Only)	Soy, Wheat, Gluten	Beef Patty: Ground beef, textured vegetable protein (soy flour, caramel color), seasonings (salt, garlic powder, onion powder, spice, sugar, beef flavor (beef extract, maltodextrin, beef stock, yeast extract, salt, lactic acid, flavor, citric acid), flavoring, mesquite flavor (maltodextrin, natural mesquite smoke flavoring), grill flavor (from vegetable oil), sodium phosphate, caramel color. Whole grain Bun: whole wheat flour



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Hot, Beef & Bean Burrito (Pilot Sites Only)	Corn, Soy, Wheat, Gluten	Filling: Ground beef, pinto beans, textured vegetable protein product (soy flour, caramel color, flavorings, enriched flour (wheat flour), salt. Tortilla: Whole wheat flour tortilla, enriched soy flour (wheat flours [whole wheat flour, enriched bleached flour (wheat flour)]), soy flour, soybean oil, potato starch, pea fiber, distilled monoglyceride, wheat gluten, glyceriine, salt, baking powder (corn starch, sodium bicarbonate)
Supper, Hot, Beef Taco Sticks (Pilot Sites Only)	Corn, Dairy, Soy, Tomato, Wheat, Gluten	Whole Grain Flour Tortilla: Whole grain wheat flour, bleached enriched flour (wheat flour), palm oil, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum sulfate), salt, sugar, calcium propionate, potassium sorbate, mono and diglycerides, fumaric acid, yeast, enzyme,. Taco Beef Filling: ground beef, textured vegetable protein (soy flour, caramel color), onions, seasoning (salt
Supper, Hot, Beef Taquitos, IW (Pilot Sites Only)	Corn, Tomato	Ground beef, seasoning (tomato powder, chili pepper, sugar, spices, soybean oil, silicon dioxide), salt, sodium phosphates. Whole Kernel Corn Flour Tortilla: Whole kernel corn flour, white corn masa flour, rice flour, canola oil, guar gum, cellulose gum, phosphoric acid, enzymes. Green chili juice, onion powder, garlic powder, cumin. Canned Pinto Beans: Pinto beans, garlic powder, onion powder, salt, green chili juice



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Supper, Hot, Breaded Chicken Filet Sandwich
(using Don Lee Farms Chicken - Pilot Sites Only)

Corn, Dairy, Wheat, Gluten

Chicken Patty: Ground chicken breast, seasoning (sea salt, mustard [grain vinegar, mustard seed, salt, spices], garlic powder, granulated onion, black pepper, paprika, sugar). Bread Coating: Whole wheat flour, enriched wheat flour, iodized salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, salt, extractives of paprika, spice extractive, buttermilk solids, modified corn starch, spices.

Supper, Hot, Chili Cheese Flautas (Pilot Sites Only)

Corn, Dairy, Wheat, Gluten

WG flour tortilla: whole grain wheat flour (ultra grain), enriched wheat flour (wheat flour, malted barley, ferrrous sulfate, niacin, thiamine mononitrate, riboflavin), vegetable oil (soybean and/or cottonseed oil), leavening (corn starch, sodium bicarbonate, sodium aluminum sulfate, rice flour, monocalcium phosphate), salt, calcium propionate, potassium sorbate, guar gum, fumaric acid, L-cysteine. Reduced

Supper, Hot, Deep Dish Cheese Flatbread (Pilot Sites Only)

Corn, Dairy, Soy, Tomato, Wheat, Gluten

Crust: Flour blend (white whole wheat flour, enriched flour [wheat flour, malted barley flour]), isolated soy protein, sugar, yeast, vegetable oil (soybean and/or canola), salt, distilled mono-glycerides, enzymes (contains wheat), ascorbic acid. Topping: part-skim mozzarella cheese (cultured pasteurized part skim milk, salt, enzymes). Sauce: Tomatoes (tomato paste, modified food starch [corn and



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Supper, Hot, Golden Chicken Filet Sandwich (using Tyson Chicken Filet - Pilot Sites Only)	Corn, Soy, Wheat, Gluten	Chicken Filet: Chicken breast filet, whole wheat flour, brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, isolated soy protein, maltodextrin, natural flavors, onion powder, paprika extract, rosemary extract, salt, spice, sugar, tortula yeast, turmeric extract, vegetable stock (carrot, onion, celery), wheat gluten, yeast extract, vegetable oil. Knot Roll:
Supper, Hot, Mini Double Dogs (Beef Double Dogs) (Pilot Sites Only)	Wheat, Gluten	Hot Dog Bun: Whole wheat flour, enriched wheat flour (flour, malted barley flour), sugar. Soybean oil, wheat gluten, yeast, salt, emulsifier, enzymes, calcium propionate, calcium carbonate, microcrystalline cellulose, sodium stearoyl lactylate. Beef Franks: Beef, sea salt, natural flavorings, vinegar, cherry powder, sugar, paprika.
Supper, Hot, Turkey Hot Dog (Pilot Sites Only)	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, monoacylglyceride, calcium



LAUSD Food Allergy & Ingredient Information

Product

Allergens

Ingredients

Supper, Super Power Kit (NNC Kit #3)

Citrus, Corn, Dairy, Soy, Tomato, Wheat, Honey, Gluten

Wow Butter: Non-GM Toasted Soy, Non-GM Soy Oil, Granulated Cane Sugar, Monoglyceride, Sea Salt. Sunflower Seeds: Sunflower Kernals, Sunflower Oil, Salt. Wheat Crackers: Whole Wheat Flour, Enriched Wheat Flour, Soybean Oil, Sugar, Salt, Baking Soda, Non Fat Dry Milk, Honey, Non Diastatic Malt Syrup (Malt, Corn), Molasses, Ammonium Bicarbonate, Onion Powder, Citric Acid, Cream of Tartar, Sodium

Supper, Tropical Twist Juice

Tomato

100% Juice from sweet potato, apple, pear, grape, jujube fruit, carrot, beet, pineapple, cherry and tomato juice concentrates, natural flavors, citric acid, ascorbic acid, vegetable color.

Veg. Canned, Campfire Baked Beans

Corn

Prepared white beans, brown sugar, sugar, salt, mustard (vinegar, mustard seed, salt, turmeric, spices), modified corn starch, onion powder, caramel color, spices, garlic powder, natural flavor.

Veg. Canned, Fiesta Pinto Beans

No Allergens

Pinto Beans, salt, diced green chilis, garlic powder, paprika, black pepper.

Veg. Cooked, Broccoli Buds

No Allergens

Broccoli

Veg. Cooked, Carrots (Baby Carrots)

No Allergens

Carrots.

Veg. Cooked, Spinach

No Allergens

Spinach.

Veg. Cup, Marinara Sauce

Tomato

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



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Veg. Cup, Tangy Salsa	Tomato	Tomato Puree (tomato paste), diced tomatoes, jalapeno peppers, vinegar, dried onion, sea salt, salt, sugar, dried garlic, natural flavors, spices, citric acid.
Veg. Fresh, Garden Salad (does not include dressing)	No Allergens	Romaine Lettuce, Red Cabbage, Carrots.
Veg. Fresh, Let Us Tomato (Sandwich Set Up)	Tomato	Green Leaf Lettuce, Tomato.
Veg. Fresh, Petite Baby Carrots	No Allergens	Carrots.
Veg. Frozen, Edamame	Soy	Edamame (Soybean).
Veg. Frozen, Fluffy Mashed Potatoes (ORE-IDA)	Dairy	Potatoes, Beta carotene, Cream cheese (pasteurized milk & cream, cheese culture, salt, locust bean gum), creamer (whey, whey protein concentrate), modified cellulose, salt, sodium acid pyrophosphate, soybean oil, spices, whole milk powder (pasteurized skim milk, cream)
Veg. Frozen, Golden Hash Brown Patties	No Allergens	Potatoes, vegetable oil (soybean, canola, corn and/or sunflower), salt, disodium dihydrogen pyrophosphate, dextrose.
Veg. Frozen, Mashed Potatoes (ORE-IDA)	Dairy	Potatoes, soybean oil, whole milk powder (pasteurized skim milk, cream) {milk}, salt, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean (gum), creamer (whey, milk protein concentrate), spices.
Veg. Frozen, Mini Potato Tots (ORE-IDA)	No Allergens	Potatoes, Vegetable oil (one or more of: canola, soybean, cottonseed, sunflower, corn), dextrose, modified cellulose, natural flavor, salt.



LAUSD Food Allergy & Ingredient Information

<u>Product</u>	<u>Allergens</u>	<u>Ingredients</u>
Veg. Frozen, Roasted Potato Wedges	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, Sidewinder Fries (Simplot)	Corn	Potatoes Vegetable Oil (soybean, canola, cottonseed and/or sunflower), modified food starch (corn and potato), dextrose, leavening (sodium acid pyrophosphate), sodium bicarbonate), rice flour, salt, xanthan gum, disodium dihydrogen pyrophosphate.
Veg. Frozen, Sweet Corn (Corn, Whole Kernel)	No Allergens	Corn.
Veg. Frozen, Veggie Medley	No Allergens	Carrots, Green Beans, Yellow Squash, Zucchini.