

This is a list of our most common menu items and ingredients and their known allergens. Menu items are subject to change depending on season and availability. For more information, please contact us at (440) 286-0425.

**KEY:** NO = Allergen Not Present YES = Allergen Present  
N/D = Not Determined. Allergen may be present. Please call for details.

**NOTE on WHEAT/GLUTEN:** Meatballs, breaded chicken patties and breaded chicken nuggets contain gluten. Most sandwich/wrap menu items are gluten-free without the bread or wrap. School meals can be adapted to accommodate dietary restrictions.

**BEVERAGES**

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
FRUIT JUICE, ASSORTED 100%	NO	NO	NO	NO	NO	NO	NO	NO
MILK - Variety	YES	NO	NO	NO	NO	NO	NO	NO
MILK, 1% Chocolate	YES	NO	NO	NO	NO	NO	NO	NO
MILK, 1% Lowfat	YES	NO	NO	NO	NO	NO	NO	NO
MILK, Skim	YES	NO	NO	NO	NO	NO	NO	NO

**BREADS/GRAINS**

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
BROWN RICE PILAF	NO	NO	NO	NO	NO	NO	N/D	NO
CORNBREAD	YES	YES	NO	NO	NO	NO	NO	YES
CORNBREAD STUFFING	YES	YES	NO	NO	NO	NO	N/D	YES
CRACKERS	N/D	N/D	NO	NO	NO	NO	NO	YES
CRACKERS, GRAHAM	N/D	N/D	NO	NO	NO	NO	N/D	YES
FRIED RICE	NO	YES	NO	NO	NO	NO	YES	YES
ITALIAN BREAD	YES	NO	NO	NO	NO	NO	NO	YES
RICE, BROWN	NO	NO	NO	NO	NO	NO	NO	NO
SPANISH RICE	NO	NO	NO	NO	NO	NO	N/D	NO
TAHINI NOODLE SALAD	NO	NO	NO	NO	NO	NO	YES	YES
TOAST, WHOLE-WHEAT BREAD	NO	NO	NO	NO	NO	NO	N/D	YES
VEGGIE EGG ROLL	N/D	N/D	NO	NO	NO	NO	YES	YES
WHITE BREAD	YES	NO	NO	NO	NO	NO	NO	YES

**BREAKFAST**

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
BREAKFAST BURRITO: Egg, Cheese	YES	YES	NO	N/D	NO	NO	YES	YES
BREAKFAST BURRITO: Tky Sausage	YES	YES	NO	N/D	NO	NO	YES	YES
CEREAL, VARIETY	NO	NO	NO	NO	NO	NO	NO	YES
CINNAMON-OATMEAL COOKIE	YES	YES	NO	N/D	NO	NO	YES	YES
EGG & CHEESE ENGLISH MUFFIN	YES	YES	NO	NO	NO	NO	N/D	YES
FRENCH TOAST STICKS	NO	NO	NO	NO	NO	NO	YES	YES
MUFFIN: Apple-Cinnamon	YES	YES	NO	NO	NO	NO	YES	YES
MUFFIN: Blueberry	YES	YES	NO	NO	NO	NO	YES	YES
OATMEAL	NO	NO	NO	NO	NO	NO	NO	NO
YOGURT: 4oz	YES	NO	NO	NO	NO	NO	NO	NO

**CONDIMENTS & SAUCES**

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
BARBECUE SAUCE	NO	NO	NO	NO	NO	NO	NO	NO
BASIL PESTO: (nut-free)	YES	NO	NO	NO	NO	NO	NO	NO
BROWN GRAVY	N/D	NO	NO	NO	NO	NO	N/D	YES
CHEESE SAUCE	YES	NO	NO	NO	NO	NO	N/D	YES
CREAM CHEESE	YES	NO	NO	NO	NO	NO	NO	NO
ITALIAN SEASONING MIX	NO	NO	NO	NO	NO	NO	NO	NO
KALE PESTO MARINARA	YES	NO	NO	NO	NO	NO	NO	NO
KETCHUP: packet	NO	NO	NO	NO	NO	NO	NO	NO
MAYONNAISE: packet	NO	N/D	NO	NO	NO	NO	YES	NO
MEXICAN SEASONING MIX	NO	NO	NO	NO	NO	NO	NO	NO
RELISH: packet	NO	NO	NO	NO	NO	NO	NO	NO
SALAD DRESSINGS, Assorted	N/D	N/D	N/D	N/D	N/D	N/D	N/D	N/D
SUGAR PACKET	NO	NO	NO	NO	NO	NO	NO	NO
SWEET & SOUR SAUCE: Minh's	NO	NO	NO	NO	YES	NO	YES	YES
SYRUP, PANCAKE	NO	NO	NO	NO	NO	NO	NO	NO
TARTAR SAUCE	NO	YES	NO	NO	NO	NO	N/D	NO
TERIYAKI SAUCE	NO	NO	NO	NO	NO	NO	YES	YES
TOMATO SAUCE (MEATLESS)	NO	NO	NO	NO	NO	NO	NO	NO
WHITE SAUCE	YES	NO	NO	NO	NO	NO	N/D	YES

**DESSERTS**

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
APPLE COBBLER	NO	NO	NO	NO	NO	NO	NO	YES
APPLE CRISP	N/D	NO	NO	NO	NO	NO	N/D	YES
APPLESAUCE CAKE	YES	YES	NO	NO	NO	NO	NO	YES
CARROT CAKE	YES	YES	NO	NO	NO	NO	YES	N/D
OATMEAL COOKIES	NO	YES	NO	NO	NO	NO	N/D	YES
PEACH COBBLER	NO	NO	NO	NO	NO	NO	N/D	YES
WHIPPED TOPPING	YES	NO	NO	NO	NO	NO	NO	NO

**ENTRÉES**

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
BARBECUE CHICKEN SANDWICH	NO	NO	NO	NO	NO	NO	NO	YES
BARBECUED CHICKEN	NO	NO	NO	NO	NO	NO	NO	NO
BEAN BURRITO	YES	NO	NO	NO	NO	NO	NO	YES
BEAN TACO	YES	NO	NO	NO	NO	NO	NO	N/D
BEEF & BEAN TAMALES PIE	YES	NO	NO	NO	NO	NO	NO	YES
BEEF BURRITO	YES	NO	NO	NO	NO	NO	NO	YES
BEEF TACO	YES	NO	NO	NO	NO	NO	NO	N/D
BEEF TACO PIE	YES	NO	NO	NO	NO	NO	N/D	N/D
BEEF TAMALES PIE	YES	YES	NO	NO	NO	NO	NO	YES
BUFFALO CHICKEN WRAP	NO	NO	NO	NO	NO	NO	NO	YES
CHEESEBURGER ON A BUN	YES	NO	NO	NO	NO	NO	YES	YES
CHEESY BAKED ZITI	YES	NO	NO	NO	NO	NO	NO	YES
CHICKEN & BISCUITS	YES	YES	NO	NO	NO	NO	NO	YES
CHICKEN A LA KING	YES	NO	NO	NO	NO	NO	N/D	YES
CHICKEN CURRY WITH VEGETABLES	NO	NO	NO	NO	NO	NO	NO	NO

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
CHICKEN FAJITAS	NO	NO	NO	NO	NO	NO	NO	YES
CHICKEN LO MEIN	NO	NO	NO	NO	NO	NO	YES	YES
CHICKEN NUGGETS	NO	YES	NO	NO	NO	NO	YES	N/D
CHICKEN PARMESAN SANDWICH	YES	YES	NO	NO	NO	NO	YES	YES
CHICKEN PATTY SANDWICH	NO	NO	NO	NO	NO	NO	YES	YES
CHICKEN STIR-FRY	NO	NO	NO	NO	NO	NO	YES	YES
CHICKEN TACO	YES	NO	NO	NO	NO	NO	NO	YES
CHICKEN TAMALES	NO	NO	NO	NO	NO	NO	NO	YES
CHILI CON CARNE W/ BEANS	NO	NO	NO	NO	NO	NO	NO	NO
EGG, HARD-BOILED	NO	YES	NO	NO	NO	NO	NO	NO
GENERAL TSO'S CHICKEN	NO	YES	NO	NO	NO	NO	YES	YES
GROUND BEEF AND SPANISH RICE	NO	NO	NO	NO	NO	NO	NO	NO
HAMBURGER ON A BUN	NO	NO	NO	NO	NO	NO	YES	YES
HOT DOG (all-beef) ON A BUN	NO	NO	NO	NO	NO	NO	N/D	YES
LASAGNA WITH GROUND BEEF	YES	NO	NO	NO	NO	NO	NO	YES
LENTIL SOUP	NO	NO	NO	NO	NO	NO	YES	NO
MACARONI AND CHEESE (SF Ched)	YES	NO	NO	NO	NO	NO	N/D	YES
MACARONI AND CHEESE(NEW)	YES	NO	NO	NO	NO	NO	N/D	YES
MACARONI SALAD	NO	NO	NO	NO	NO	NO	N/D	YES
MEAT LOAF	N/D	YES	NO	NO	NO	NO	N/D	N/D
MEATBALL SUB	N/D	YES	NO	NO	NO	NO	YES	YES
NACHOS WITH GROUND BEEF	YES	NO	NO	NO	NO	NO	NO	N/D
PIZZA: Whole Grain Cheese	YES	NO	NO	NO	NO	NO	YES	YES
ROASTED CHICKEN	NO	NO	NO	NO	NO	NO	NO	NO
SCRAMBLED EGGS	NO	YES	NO	NO	NO	NO	NO	NO
SESAME CHICKEN & NOODLES	NO	NO	NO	NO	NO	NO	YES	YES
SHEPARD'S PIE	NO	NO	NO	NO	NO	NO	N/D	NO
SPAGHETTI & MEATBALLS	NO	NO	NO	NO	NO	NO	N/D	YES
SPAGHETTI AND MEAT SAUCE	NO	NO	NO	NO	NO	NO	NO	YES
SWEET & SOUR CHICKEN	NO	NO	NO	NO	YES	NO	YES	NO
SWEET & SOUR MEATBALLS	NO	YES	NO	NO	YES	NO	YES	YES
TERIYAKI CHICKEN	NO	NO	NO	NO	NO	NO	YES	YES
TUNA AND NOODLES	NO	YES	NO	NO	YES	NO	N/D	YES
TURKEY AND DRESSING SUPREME	NO	NO	NO	NO	NO	NO	N/D	YES
VEGETABLE LASAGNA	YES	NO	NO	NO	NO	NO	NO	YES
VEGETABLE WRAPS	YES	NO	NO	NO	NO	NO	N/D	N/D
VEGETARIAN CHILI	NO	NO	NO	NO	NO	NO	NO	NO

SALADS

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
APPLE/CARROT/RAISIN/SALAD	NO	NO	NO	NO	NO	NO	NO	NO
BROCCOLI SALAD	NO	N/D	NO	NO	NO	NO	N/D	NO
CAESAR SALAD	YES	N/D	NO	NO	N/D	NO	NO	NO
CARROT-RAISIN SALAD	YES	NO	NO	NO	NO	NO	N/D	NO
CHERRY TOMATO & CORN SALAD	YES	NO	NO	NO	NO	NO	NO	NO
CHICKEN SALAD	NO	NO	NO	NO	NO	NO	YES	NO
CONFETTI CORN SALAD	NO	NO	NO	NO	NO	NO	NO	NO

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
CREAMY COLE SLAW	NO	YES	NO	NO	NO	NO	N/D	NO
HUMMUS: nut-free	NO	NO	NO	NO	NO	NO	NO	NO
ITALIAN DRESSING(NEW)	NO	NO	NO	NO	NO	NO	NO	NO
MARINATED BLACK BEAN SALAD	NO	NO	NO	NO	NO	NO	NO	NO
PASTA SALAD	NO	NO	NO	NO	NO	NO	N/D	YES
POTATO SALAD	NO	NO	NO	NO	NO	NO	N/D	NO
RANCH DRESSING	YES	N/D	NO	NO	NO	NO	YES	NO
SALAD BAR	YES	N/D	N/D	N/D	N/D	N/D	N/D	N/D
SALAD, TOSSED (no dressing)	NO	NO	NO	NO	NO	NO	YES	NO
THOUSAND ISLAND DRESSING	NO	N/D	NO	NO	NO	NO	N/D	NO
THREE BEAN SALAD	NO	NO	NO	NO	NO	NO	NO	NO

SANDWICHES

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
CHICKEN WRAP	NO	NO	NO	NO	NO	NO	NO	YES
EGG SALAD SANDWICH	N/D	YES	NO	NO	NO	NO	YES	YES
HAM & CHEESE SANDWICH	YES	NO	NO	NO	NO	NO	N/D	YES
PEANUT BUTTER & JELLY	NO	NO	YES	NO	NO	NO	NO	YES
SLOPPY JOE ON A ROLL	NO	NO	NO	NO	NO	NO	YES	YES
TOASTED CHEESE SANDWICH: W	YES	NO	NO	NO	NO	NO	N/D	YES
TUNA MELT	YES	NO	NO	NO	YES	NO	N/D	YES
TUNA SALAD SANDWICH	NO	N/D	NO	NO	YES	NO	N/D	YES
TURKEY W/CHEESE SANDWICH	YES	NO	NO	NO	NO	NO	YES	YES

SNACKS

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
GOLDFISH CRACKERS	YES	NO	NO	NO	NO	NO	N/D	YES
OATMEAL SNACK BAR	NO	NO	NO	NO	NO	NO	N/D	YES
STRING CHEESE	YES	NO	NO	NO	NO	NO	NO	NO

SOUPS

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
BEAN SOUP	NO	NO	NO	NO	NO	NO	YES	NO
BEEF VEGETABLE SOUP	NO	NO	NO	NO	NO	NO	YES	NO
CHICKEN NOODLE SOUP	NO	YES	NO	NO	NO	NO	YES	YES
CHICKEN RICE SOUP	NO	NO	NO	NO	NO	NO	YES	NO
CORN CHOWDER	YES	NO	NO	NO	NO	NO	N/D	NO
MINISTRONE	NO	NO	NO	NO	NO	NO	YES	YES
THICK VEGETABLE SOUP	NO	NO	NO	NO	NO	NO	NO	NO
VEGETABLE NOODLE SOUP	NO	YES	NO	NO	NO	NO	YES	NO
VEGETABLE SOUP	NO	NO	NO	NO	NO	NO	YES	NO

VEGETABLES

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
APPLE-GINGER SLAW	NO	YES	NO	NO	NO	NO	NO	NO
ASIAN CABBAGE SLAW	NO	NO	NO	NO	NO	NO	YES	NO
BAKED BEANS (VEGETARIAN)	NO	NO	NO	NO	NO	NO	NO	NO
BAKED SWEET POTATOES & APPL	NO	NO	NO	NO	NO	NO	N/D	NO
BEETS	NO	NO	NO	NO	NO	NO	NO	NO
BROCCOLI & CARROTS	NO	NO	NO	NO	NO	NO	NO	NO

Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
BROCCOLI: sesame rstd	NO	NO	NO	NO	NO	NO	NO	NO
CABBAGE: boiled	NO	NO	NO	NO	NO	NO	NO	NO
CARROTS: glazed, rstd	NO	NO	NO	NO	NO	NO	NO	NO
CAULIFLOWER: roasted	NO	NO	NO	NO	NO	NO	NO	NO
CHEESY ZUCCHINI BAKE	YES	NO	NO	NO	NO	NO	NO	NO
CREAMED CORN	NO	NO	NO	NO	NO	NO	NO	NO
FRENCH FRIES: oven baked	NO	NO	NO	NO	NO	NO	NO	NO
GARLICK KALE & ZUCCHINI	NO	NO	NO	NO	NO	NO	NO	NO
GARLICKY GREENS: kale	NO	NO	NO	NO	NO	NO	NO	NO
HERBED BROCCOLI & CAULIFLOW	YES	NO	NO	NO	NO	NO	N/D	NO
HONEY GLAZED CARROTS	NO	NO	NO	NO	NO	NO	NO	NO
KALE PESTO	YES	NO	NO	NO	NO	NO	NO	NO
LETTUCE & TOMATO	NO	NO	NO	NO	NO	NO	NO	NO
MASHED POTATOES	YES	NO	NO	NO	NO	NO	NO	NO
MEXICAN SUCCOTASH	NO	NO	NO	NO	NO	NO	NO	NO
POTATOES AU GRATIN	YES	NO	NO	NO	NO	NO	NO	YES
RATATOUILLE	NO	NO	NO	NO	NO	NO	NO	N/D
REFRIED BEANS	NO	NO	NO	NO	NO	NO	NO	NO
ROASTED ROOTS	NO	NO	NO	NO	NO	NO	NO	NO
SAUERKRAUT	NO	NO	NO	NO	NO	NO	NO	NO
SCALLOPED POTATOES:(FRESH)	YES	NO	NO	NO	NO	NO	N/D	YES
SESAME CARROTS	NO	NO	NO	NO	NO	NO	NO	NO
SQUASH,WINTER: baked	NO	NO	NO	NO	NO	NO	NO	NO
SWEET POTATO & BLACK BEANS	NO	NO	NO	NO	NO	NO	NO	NO
SWEET POTATO HUMMUS	NO	NO	NO	NO	NO	NO	YES	NO
SWEET POTATO, BAKED	NO	NO	NO	NO	NO	NO	NO	NO
ZUCCHINI: rstd, seasoned	NO	NO	NO	NO	NO	NO	NO	NO