

Poway Unified School District
Food and Nutrition Department

Presence of "Big 8" Food Allergens in Middle and High School Smart Snacks

Revised 9/6/2017

	Wheat	Soy *	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
A LA CARTE ENTREES and SANDWICHES								
Burrito, Bean and Cheese	x	x	x					
Burrito, Shredded Beef and Cheese	x	x	x					
Cheeseburger (Beef)	x	x	x					
Chicken Tenders (2-piece) with Dinner Roll	x	x						
Chicken, Orange, with Rice	x	x		x				
Chicken, Teriyaki, with Chow Mein Noodles	x	x		x				
Chicken, Teriyaki, with Rice	x	x						
Flatbread, BBQ Chicken	x	x	x					
Parfait: Yogurt, Fruit, and Granola	trace	trace	x					
Pizza, Cheese, Slice	x	x	x					
Pizza, Pepperoni (Turkey), Slice	x	x	x					
Pocket, Baked Habanero "Nada" (Turkey)	x	x	x					
Pocket, Baked Taco "Nada" (Turkey)	x	x	x					
Salad, Garden, with Dinner Roll <i>Dressings listed separately below</i>	x	x	x					
Sandwich, Bagel, Egg and Cheese	x	x	x	x				
Sandwich, Bagel, Ham (Turkey) and Cheese	x	x	x					
Sandwich, BBQ Pork Rib	x	x						
Sandwich, Breakfast Sausage (Chicken) Slider	x	x						
Sandwich, Chicken, Breaded	x	x						
Sandwich, Chicken, Spicy, Breaded	x	x	x					
Sandwich, Deli, Turkey Breast and Cheese	x	x	x					
Sandwich, Meatball Sub (Beef)	x	x	x					
Sandwich, Panini, Ham (Turkey) and Cheese	x	x	x					
Sandwich, Panini, Turkey Breast and Pepper Jack	x	x	x					
Sandwich, Philly Cheesesteak (Beef)	x	x	x					
Wrap, Chicken Caesar	x	x	x				anchovy	

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A LA CARTE SNACKS								
Bagel, Plain <i>Cream cheese listed separately below</i>	x							
Bar, Buttermilk	x	x	x	x				
Bar, Cereal, Apple Cinnamon Cheerios	x	x						
Bar, Cereal, Cinnamon Toast Crunch	x	x						
Bar, Cereal, Nutri-Grain, Apple Cinnamon	x	x	x					
Bar, Cereal, Nutri-Grain, Blueberry	x	x	x					
Bar, Cereal, Nutri-Grain, Strawberry	x	x	x					
Bar, Cereal, Team Cheerios	x	x						
Bar, Granola, Nature Valley Oats 'n Honey		x			may contain	may contain		
Bar, Granola, Quaker Chewy Apples & Caramel	x	x	x		may contain			
Bar, Granola, Quaker Chewy Chocolate Chunk	x	x	x		may contain	may contain		
Bar, Rice Krispies Treat		x	x					
Bar, Rice Krispies Treat, Chocolatey Chip		x	x					
Brownie	x	x		x				
Cheese, Cubes, Cheddar			x					
Cheese, Cubes, Colby Jack			x					
Cheese, String, Mozzarella			x					
Breadstick, Cheese-Filled <i>Marinara sauce listed separately below</i>	x	x	x					
Chex, Mix, Hot & Spicy	x	x	x					
Chex, Simply, Cheddar	x	may contain	x					
Chex, Simply, Chocolate Caramel	x	x	x					
Chips, Cheetos, Baked, Crunchy Cheese			x					
Chips, Cheetos, Baked, Flamin' Hot			x					
Chips, Cheetos, Fantastix, Flamin' Hot			x					
Chips, Cheetos, Reduced Fat Puffs, Flamin' Hot			x					
Chips, Doritos, Reduced Fat, Cool Ranch			x					

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Chips, Doritos, Reduced Fat, Flamas			x					
Chips, Doritos, Reduced Fat, Nacho Cheese			x					
Chips, Doritos, Reduced Fat, Spicy Sweet Chili	x	x						
Chips, Funyuns, Baked			x					
Chips, Lay's, Baked, Barbecue	x	x	x					
Chips, Lay's, Baked, Original		x						
Chips, Lay's, Baked, Sour Cream & Onion		x	x					
Chips, Quaker Munchies Snack Mix	x		x					
Chips, Ruffles, Baked, Cheddar & Sour Cream		x	x					
Chips, Sun Chips Mix, Harvest Cheddar	x		x					
Chips, Tostitos, Baked, Scoops <i>Cheese sauce and salsa listed separately below</i>								
Cinnamon Roll	x	x		x				
Cookie, Fresh Baked, Candy	x	x	x	x				
Cookie, Fresh Baked, Chocolate Chip	x	x	x	x				
Cookie, Fresh Baked, Double Chocolate	x	x	x	x				
Cookies, Mini, Chocolate Chip, Grandma's	x	x	x					
Crackers, Cheez-It	x	x	x					
Crackers, Cheez-It, Atomic Cheddar	x	x	x					
Crisps, Granola, Nature Valley Chocolate Chip	may contain	x	x					
Crumb Square	x	x	x	x				
Fruit Cup, Applesauce								
Fruit Cup, Diced Peaches								
Fruit Cup, Diced Strawberries								
Fruit, Dried, "Mountain Quest" Blend								
Fruit, Dried, "Tropical Adventure" Blend						coconut		
Fruit, Dried, "Wild River" Blend								
Ice Cream Bar, Chocolate Shortcake	x	x	x			coconut oil		
Ice Cream Bar, Creamy Cotton Candy			x					
Ice Cream Bar, Fudge Frenzy			x					
Ice Cream Bar, Orange Cream			x					

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Ice Cream Bar, Sour Swell Cherry			x					
Ice Cream Bar, Strawberry Shortcake	x	x	x					
Ice Cream Cone, Birthday Cake	x	x	x			coconut oil		
Ice Cream Cone, Crumbled Cookie	x	x	x			coconut oil		
Ice Cream Push-Up, Rainbow Polar Pole			x					
Ice Cream Sandwich, Vanilla	x	x	x					
Juice Cup, Frozen, J&J "Whole Fruit"								
Potato Wedges, Baked <i>Condiments listed separately below</i>		may contain						
Pretzel, Soft Baked	x	x						
Pretzels, Mini, Snyder's	x							
A LA CARTE BEVERAGES								
Milk, Chocolate, Fat Free			x					
Milk, White, Low Fat (1%)			x					
Fruit Juice, Cartons - all flavors								
Fruit Juice, Sparkling, "Switch" - all flavors								
Gatorade "G2" - all flavors								
Smoothie, Fruit & Yogurt			x					
CONDIMENTS								
Barbecue Sauce								
Cream Cheese, Light			x					
Jalapeno Cheese Sauce		x	x					
Ketchup								
Marinara Sauce		x						
Mustard								
Pickle Chips								
Pickle Relish								
Salad Dressing, Asian Sesame	x	x						
Salad Dressing, Italian, 12 g packet		x						
Salad Dressing, Italian, Fat Free, 1.5 oz pouch								
Salad Dressing, Ranch, 12 g packet		x	x	x				

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Salad Dressing, Ranch, Light, 1.5 oz pouch		x	x					
Salsa								
Sour Cream			x					
Sriracha Ketchup								
Taco Sauce								

NOTE: This document includes FDA "Big 8" food allergens listed on manufacturers' food labels at the time of this revision. It does not make any assumptions regarding manufacturing facilities or equipment that may be shared with allergen-containing foods. Menus and ingredients are subject to change without notice.

Poway Unified School District is an equal opportunity provider and employer.

For more information, contact Emily Cena, PhD, RD, Dietetic Supervisor: 858-668-2570 / ecena@powayusd.com.

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