

Roanoke County Public Schools - Nutrition Department
Allergen Listing - Lunch Menu

Information provided herein is to be used as a guide only. If your child has a food allergy, please contact the school cafeteria manager. Because of the number of meals served and the number of items used each day, along with the possibility of food product changes from the manufacturer, it cannot be guaranteed that every allergen in the food served is identified and labeled. There is a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. Parents and students concerned with food allergies must be aware of this risk.

Product Name	Wheat	Milk	Egg	Soy	Peanut	Tree Nut	Fish	Shellfish
Meat/Meat Alternate								
Advance Pierre BBQ Pork Rib Patty				X				
Advance Pierre Beef Crumbles (CP 8737)				X				
Advance Pierre Breaded Pork Steak (All Types)	X			X				
Advance Pierre Meatballs	X	X		X				
Advance Pierre Pulled Seasoned Pork								
Advance Pierre Salisbury Steak	X	X		X				
Advance Pierre Welch's PB&J - All Flavors	X			X	X			
Asian Solutions Cherry Blossom Chicken	X		X					
Asian Solutions Sriracha Honey Chicken	X		X					
Asian Solutions Tangerine (Orange) Chicken	X		X	X				
Bake Crafters Grilled Cheese Sandwich	X	X		X				
Bake Crafters Turkey Breast & Cheese Hoagie	X	X	X	X				
Bake Crafters Turkey Ham & Cheese Hoagie	X	X	X	X				
Beacon Street Cheese Stuffed Breadsticks	X	X	X	X				
Bosco Stuffed Crust Pizza	X	X						
Brookwood Pork BBQ	X			X				
Conagra Lunch a Round Individual Pizza	X	X		X				
Danimal Yogurt - All Flavors		X						
Don Lee Farms Beef Patty								
ES Foods Meal Kit Cheese Beef Sticks	X	X		X				
ES Foods Meal Kit No Nut Butter	X			X				
ES Foods Meal Kit PB&J	X			X	X			
ES Foods Sun Butter Cup	X	X						
ES Foods Sweet BBQ Bites	X	X		X				
Foster Farms WG Corn Dog	X		X	X				

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Foster Farms WG Corn Dog Nuggets	X		X	X				
Highliner WG Breaded Pollock Fish Shapes	X			X			X	
Highliner WG Cornmeal Fish Fries	X						X	
Highliner WG Nacho Crusted Pollock Sticks	X						X	
Highliner WG Potato Crusted Fish	X	X		X			X	
Hormel Natural Choice Ham								
Hormel Natural Choice Turkey								
Integrated Food Svc Griled Cheese Sandwich	X	X		X				
Jennie-O Turkey Chunked White Meat								
Jennie-O Turkey Ham Diced								
JTM Beef Crumble (CP5868)				X				
JTM Breaded Pork Steak	X			X				
JTM RS Beef Patty				X				
JTM RS Meatball	X	X		X				
Land o Lakes Cheddar & Mont. Jack Blend, Shredded		X						
Land o Lakes Mild Cheddar Cheese Sticks		X						
Land o Lakes Mozzarella String Cheese		X						
Land o Lakes Mucho Queso Jalapeno Cheese Sauce		X						
Land o Lakes Ultimate White Cheese Sauce		X						
Nardone WG Garlic French Bread Cheese Pizza	X	X						
Pro View WG Chicken Nugget	X	X		X				
Pro View WG Chicken Patty 3 oz (Elementary)	X	X		X				
Pro View Louisiana Chicken Patty 4 oz (Secondary)	X	X						
Pro View WG Popcorn Chicken	X	X		X				
Pro View WG Spicy Chicken Patty	X	X	X	X				
Roseli Mozzarella String Cheese Light		X						
Schwan's Big Daddy 4 Meat Pizza	X	X		X				
Schwan's Big Daddy Buffalo Chicken Pizza	X	X		X				
Schwan's Big Daddy Cheese Pizza	X	X		X				
Schwan's Big Daddy Pepperoni Pizza	X	X		X				
Silver Springs Fully Cooked Seasoned Beef Steak				X				
Smucker's Uncrustables Wheat (All Flavors)	X				X			
Stony Creek RF Hot Dogs	X			X				

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Product Name	Wheat	Milk	Egg	Soy	Peanut	Tree Nut	Fish	Shellfish
Tasty Turkey & Cheese Croissant	X	X	X	X				
Tasty Turkey Ham & Cheese Croissant	X	X	X	X				
Tyson Chicken Tenders	X			X				
Tyson Crispy Chicken Nuggets	X			X				
Tyson Crispy Chicken Breat Filets	X			X				
Tyson General Tso's Chicken	X			X				
Tyson Grilled Chicken Breast Filet								
Tyson Mini Chicken Corn Dogs	X			X				
Tyson Popcorn Chicken	X			X				
US Foods Pepperoni								
USDA American Cheese *		X						
USDA Diced Chicken*								
USDA Ham*								
USDA Lite Mozzarella Cheese*		X						
USDA Roasted Chicken								
USDA Shredded Cheddar Cheese *		X						
USDA Sliced Turkey*								
Yang's Mandarin Orange Chicken Rice Bowl	X		X	X				
Yang's General Tso's Chicken Rice Bowl	X		X	X				

*** - Check Label**

Seasoning/Sauce	Wheat	Milk	Egg	Soy	Peanut	Tree Nut	Fish	Shellfish
Angela Mia Spaghetti Sauce								
Brookwood Hot Dog Chili	X			X				
Butter Buds		X						
Buttermist Food Spray		X						
Foothill Farms Asian Stir Fried Rice Seasoning	X			X				
Foothill Farms Brown Gravy		X						
Foothill Farms Cheese Sauce		X		X				
Foothill Farms Chicken Gravy		X		X				
Foothill Farms RS Taco Seasoning								
Foothill Farms Turkey Gravy		X		X				
Foothills Farms Ranch Dressing (Dry)		X						
Heinz Pizza Sauce								

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Hunt's Manwich Sloppy Joe Sauce								
Huy Fong Sriracha Sauce								
Lawry's Seasoning Salt*								
McCormick Caribbean Jerk Seasoning								
Minor's Vegetable Base								
Minor's Teriyaki Sauce	X			X				
Minor's Zesty Orange Sauce	X			X				
Red Gold Marinara Sauce Cups								
Red Gold Salsa								
Sauer's Sweet and Spicy BBQ Sauce	X			X				

* - Check Label

Grains

Bake Crafters Hoagie Rolls WG	X			X				
Bake Crafters WG Garlic Breadstick	X	X		X				
Bake Crafters Waffles	X	X	X	X				
Barilla WG Pasta	X		X					
Cheez-It WG Cheddar	X	X		X				
Goldfish WG Cheddar	X	X						
Heiner's Hamburger Buns White WG	X	X		X				
Heiner's Hot Dog Bun White WG	X	X		X				
Heiner's WG White Bread	X	X		X				
Mission WW and White Flour Tortillas (all sizes)	X							
Mission Large Yellow Taco Shells								
Ole 8" Whole Wheat Tortilla	X							
Pillsbury Biscuit Dough (WG or Southern Style)	X	X						
Pillsbury Ciabtta Bread	X	X		X				
Rice, Brown Long Grained Parboiled*								
Rich's Gluten Free White Bread			X	X				
Rich's WG Dinner Roll	X	X	X	X				
Rich's WG Flatbread	X	X		X				
Rich's WG Mini Flatbread	X	X		X				
Rich's WG Pizza Crust	X	X		X				
Roseli WW Pasta (Spaghetti, Rotini, Macaroni)	X		X					

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Tostitos RF Crispy Round Tortilla Chips								
Ultragrain Pasta (all types)	X		X					
* - Check Label								
Condiments								
Americana Light Ranch Dressing		X		X				
Foothill Farms Ranch Dressing - Prepared		X	X	X				
Glenview Farms Margarine				X				
Heinz Ketchup								
Huy Fong Sriracha Sauce								
Ken's FF 1000 Island Dressing	X		X	X				
Ken's FF Italian Dressing								
Ken's Light Mayo			X	X				
Ken's Red Fat French Dressing				X				
Kraft Light Mayo Packs			X					
Monarch BBQ Sauce	X							
Monarch Grape Jelly								
Monarch Hot Sauce								
Monarch Mustard								
Monarch Taco Sauce				X				
Monarch Tartar Sauce	X		X	X				
Naturally Fresh FF Italian Dressing								
Naturally Fresh Light Honey Mustard Dressing	X		X	X				
Naturally Fresh Lite Ranch Dressing	X	X	X					
Rich's On-Top Whipped Topping		X						
Smucker's Grape Jelly								
Texas Pete Hot Sauce								
Fruit								
Apples, Sliced, Canned								
Applesauce, Canned								
Applesauce, Flavored Cups								
Fruit Crisp	X	X		X				
Fruit with Gelatin								
Luigi's Frozen Sorbet - All Flavors								

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Mandarin Oranges, Canned								
Mini Fruit & Yogurt Parfait		X						
Pears, Canned								
Pineapple Tidbits								
Suncup Juice - All Flavors								
USDA Berry Cups*								
USDA Peach Cups*								
USDA Strawberry Cups*								

* - Check Label

Vegetable

Beans, Refried*								
Beans, Vegetarian*								
Broccoli, Frozen*								
Bush's Pinto Beans								
Carrots, Frozen								
Corn, Canned *								
Corn, Frozen								
Country Pure Dragon Punch Veggie Juice								
Country Pure Wango Mango Veggie Juice								
Green Beans, Canned								
Idahoan Au Gratin Potatoes		X		X				
Idahoan Mashed Potatoes		X		X				
Lamb Weston Crinkle Cut French Fry								
Lamb Weston Tater Puffs				X				
McCain Crinkle Cut Seasoned Fries								
McCain Curly Fries	X							
McCain Straight Cut Seasoned Fry								
McCain Sweet Potato Chopped Wedges								
Molly Kitchen Onion Rings	X	X		X				
Peas, Frozen								
Simplot Savory Potato Wedge	X							
Vegetable Blend 5-Way, Frozen								
Vegetable Blend California Normandy, Frozen								

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Vegetable Blend Capri, Frozen								
Vegetable Blend Oriental, Frozen								

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Advance Pierre Pork Sausage Patty								
Bake Crafter's Granola								
Bake Crafter's Muffins - All Flavors	X	X	X	X				
Briar Street Tyson Pork Sausage Patty				X				
Dannon Danimals Yogurt - All Flavors		X						
Eggo Mini French Toast - All Flavors	X	X	X	X				
Eggo Mini Pancakes - Birthday Cake	X	X	X	X				
Eggo Mini Waffles - All Flavors	X	X	X	X				
Fieldstone Granola	X	X	X	X	X	X		
Glenview Cream Cheese		X						
GM Cinnamon Toast Crunch Red. Sugar	X			X				
GM Cocoa Puffs Reduced Sugar								
GM Cocoa Puff Bar	X	X						
GM Golden Grahams	X							
GM Honey Nut Cheerios						X		
GM Trix Reduced Sugar								
Hadley Farms WG Croissant	X	X	X	X				
Jimmy Dean Tyson Sausage Flapstix	X	X	X	X				
Kellogg's Apple Jacks RS - All Packs	X			X				
Kellogg's Frosted Flakes Multigrain RS - All Packs	X			X				
Kellogg's Fruit Loops RS - All Packs	X			X				
Kellogg's Jump Starts Apple Jacks	X			X				
Kellogg's Jump Starts Crunchmania	X	X		X				
Kellogg's Jump Starts Froot Loops	X			X				
Kellogg's Jump Starts Frosted Flakes	X			X				
Kellogg's Jump Starts Nutri Grain	X	X		X				
Kellogg's Jump Starts Pop Tart Cinnamon	X			X				
Land o Lakes Mild Cheddar Cheese Sticks		X						
Land o Lakes Mozzarella String Cheese		X						
Lender's WG Bagel - All Flavors	X			X				
Michael's Cheddar Omelet		X	X	X				
Michael's Cinnamon French Toast Slice	X	X	X	X				

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Michael's Cinnamon French Toast Sticks	X	X	X	X				
Michael's Egg Patty		X	X	X				
Michael's Scrambled Eggs		X	X	X				
Nardone Bros. Bacon and Egg Pizza	X	X	X	X				
Pierre Sausage Biscuit	X	X		X				
Pillsbury Biscuit Dough (WG & Southern Style)	X	X						
Pillsbury Cinnamon Roll WG	X	X	X	X				
Pillsbury Mini Cinnis	X	X						
Pillsbury Mini Pancakes - All Flavors	X	X	X					
Pro View Chicken Breakfast Patty	X	X		X				
Rich's Pancake Bites	X	X	X	X				
Tony's Turkey Sausage Breakfast Pizza	X	X		X				
Yoplait Parfait Pro Yogurt		X						
Zee Zee's Breakfast Bars - All Flavors	X	X		X				

**Roanoke County Public Schools - Nutrition Department
Allergen Listing - Ala Carte Snacks**

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Product Name	Wheat	Milk	Egg	Soy	Peanut	Tree Nut	Fish	Shellfish
Chips								
Baked Tostitos Bowls								
Baked WG Funyuns		X						
Cheeto's Fantastix Chili Cheese Snacks		X						
Cheeto's Oven Baked Cheese Puff		X						
Cheeto's Oven Baked Crunchy Cheese		X						
Doritos RF Cool Rancho Tortilla Chips		X						
Doritos RF Flamas Tortilla Chips		X						
Doritos RF Nacho Cheese Tortilla Chips		X						
Doritos RF Spicy Sweet Chili Chips	X			X				
Doritos RF Wild White Nacho Chips		X						
Lay's Original Baked Chips				X				
Lay's Oven Baked BBQ Chips		X		X				
Lay's Oven Baked Sour Cream & Onion Chips		X		X				
Rold Gold Heartzel Pretzel	X							
Ruffles Baked Sour Cream & Cheddar		X		X				
Smartfood White Cheddar Popcorn		X						
Tostitos RF Crispy Round Tortilla Chips								
Snack Mixes								
Muchies Mix	X	X						
Nat'l Honey Roasted Sunflower Kernels								
Simply Chex Mix Cheddar	X	X		X				
Simply Chex Mix Chocolate Caramel	X							
Simply Chex Mix Strawberry Yogurt	X	X		X				

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Crackers/Cookies								
Cheetos Trax Crackers	X	X		X				
Cheez-It Cheddar Whole Grain	X	X		X				
Goldfish Cheddar Whole Grain	X	X						
Goldfish Giant Cinnamon Graham	X			X				
Grandma's WG Choc. Chip Cookies	X	X		X				
Keebler Animal Crackers	X			X				
Keebler Elf Graham Chocolate	X			X				
Keebler Elf Graham Cinnamon	X			X				
Fruit Snacks								
Mott's Fruit Snacks - All Flavors								
Bars								
Betty Crocker Oatmeal Bars Double Choc.	X	X	X	X				
Cinnamon Toast Crunch Cereal Bar	X			X				
Cocoa Puffs Cereal Bar	X			X				
Quaker Chewy Granola Bar Choc. Chip	X	X		X	X	X		
Rice Krispies Treat WG (Mini and Full Size)		X		X				
Trix Cereal Bar	X			X				
Pop Tarts								
Pop Tart WG Blueberry	X			X				
Pop Tart WG Chocolate Fudge	X			X				
Pop Tart WG Frosted Cinnamon	X			X				
Pop Tart WG Frosted Strawberry	X			X				
Proteins								
Dannon Danimals Yogurt		X						
Land o Lakes Mild Cheddar Cheese Sticks		X						
Land o Lakes Mozzarella String Cheese		X						
Light Mozzarella String Cheese		X						
Nat'l Honey Roasted Sunflower Kernels								
Old Wisconsin Turkey Stick								

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 pudding								
Kraft Chocolate		X						
Kraft Vanilla		X						
 Frozen Treats								
Hershey's 3 oz. LF Ice Cream Cups (All Flavors)		X						
Hershey's Fudge-O Bar		X				X		
Hershey's Juice Rush Cups (All Flavors)								
Hershey's LF Chocolate Scooter	X	X		X		X		
Hershey's LF Cookies & Cream Cone	X	X		X	X			
Hershey's LF Crazy Cone	X	X		X	X			
Hershey's LF Ice Cream Sandwich (All Flavors)	X	X		X				
Hershey's LF Strawberry Scooter	X	X		X		X		
Hershey's LF Twist Cone	X	X		X	X			
Hershey's NF Cotton Candy Yogurt Bar		X				X		
Hershey's Orange Blossom Bar		X				X		
Hershey's Polar Blast Bar								
Hershey's Salted Caramel Brownie Crunch	X	X		X		X		
Hershey's Sherbet Cups (All Flavors)		X						
Hershey's Twister Cup, Birthday Cake		X						
Hershey's Twister Cup, Cotton Candy		X						
Hershey's Twister Cup, Sour Apple								
Hershey's Twister Cup, Sour Blue Raspberry								
Luigi's Sherbets - All Flavors		X						
Luigi's Sorbets - All Flavors								
 Prepared Snack Items								
David's WG RF Candy Cookie	X	X	X	X				
David's WG RF Chocolate Chip Cookie	X	X	X	X				
David's WG RF Sugar Cookie	X	X	X	X				
Lunch a Round Cheese Pizza	X	X		X				
Smoothie, Any Flavor		X						
 Beverages								

Beverages (except milk) do not contain any of the Big 8 allergens.