

The following list is for your convenience. Western Dubuque Schools does not assume responsibility for food items consumed by students, please be advised that this list is accurate to the best of our knowledge and that products can change at any time without notice. Food items listed containing no wheat are not guaranteed Gluten Free. Food items on this list do not represent the final item served from the food service department, combinations of ingredients are used daily (i.e. butter buds is added to all steamed vegetables). This list does **NOT** include a la carte items. Please contact Clif Cameron at clif.cameron@wdbqschools.org or 563-744-3885 ext. 6041, with any further questions regarding allergens found in school meals.

Allergens:

X = product contains or may contain allergen or derivative of the allergen

Food Item:	Wheat	Dairy/Milk	Egg	Soy	Peanuts	Tree Nuts	Fish Product	Contains Pork
Breakfast								
Bacon-Pre-Cooked								X
Bagel - Cream Cheese Stuffed	X	X		X				
Breakfast Bar - Ham/Egg/Cheese	X	X	X	X				X
Breakfast Bar - Sausage/Egg/Cheese	X	X	X	X				X
Breakfast Boat	X	X	X	X				
Breakfast Breadstick	X	X	X	X				
Breakfast Wrap	X	X	X	X				
Cake - Cinn Streusel	X	X	X	X		X		
Cereal-Apple Jacks	X			X				
Cereal-Cheerios								
Cereal-Cinnamon Toast Crunch	X			X				
Cereal-Cocoa Puffs								
Cereal-Frosted Flakes	X			X				
Cereal-Fruity Cheerios								
Cereal-Golden Grahams	X							
Cereal-Honey Nut Cheerios						X		
Cereal-Lucky Charms								
Cereal-Reese's Puffs					X			
Cereal-Trix								
Cheese Omelet		X	X	X				
Cheese-Sliced American		X		X				
Cinnamon Roll	X	X	X	X				
Donut-WG Long John	X	X	X	X				
Egg Patties		X	X	X				
French Toast Sticks	X		X	X				
Ham-Sliced								X
Honey Wheat Biscuit	X	X		X				
Muffin - Apple Cinnamon	X		X	X				
Muffin - Banana	X		X	X				
Muffin - Blueberry	X		X	X				
Muffin - Cheese	X	X	X	X				
Muffin - Chocolate Chip	X	X	X	X				
Muffin - Wild Berry	X	X	X	X				
Pizza - Breakfast Bacon	X	X	X	X				
Pizza - Breakfast Sausage	X	X		X				X
Pizza - Breakfast Slider/Sausage	X	X	X	X				

Pop Tart - Cinnamon	X			X				
Pop Tart - Strawberry	X			X				
Potato-Hash Rounds				X				
Raisels								
Raisins								
Sausage & Pancake Bites	X	X		X				X
Sausage & Pancake Stick	X	X	X	X				X
Sausage Bagel	X	X		X				
Sausage Patty								X
Waffle	X	X	X	X				
Waffle Dutch Style	X	X	X	X				
Waffle Stix	X	X	X	X				
Yogurt - Trix/Cherry		X						
Yogurt -Trix/Raspberry		X						
Yogurt -Trix/Strawberry Banana		X						

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Lunch Entrees

Beef & Gravy	X	X		X				
Beef Crumbles				X				
Beef Ground								
Beef Patties (Raw)								
Cheddarwurst		X						X
Cheese Breadsticks	X	X	X	X				
Chicken - Breaded Patty	X			X				
Chicken - Breaded Patty Spicy	X			X				
Chicken - Diced/Cooked								
Chicken - Grilled Patty	X	X		X				
Chicken - Mandarin Orange	X		X	X				
Chicken - Noodle Soup	X	X	X	X				
Chicken - Nuggets	X			X				
Chicken - Popcorn	X			X				
Chicken - Rolled Taco (Crispito)	X	X		X				
Chicken - Strip	X			X				
Chili				X				
Corn Dog	X		X	X				
Country Fried Steak (no gravy)	X			X				
Country Fried Steak (with gravy)	X	X		X				
Fish Patty & Shapes-Breaded	X			X			X	
French Toast Sticks	X		X	X				
Grilled Cheese	X	X		X				
Hot Dog								X
Lasagna Roll-Up	X	X	X					
Mac & Cheeseburger	X	X	X	X				
Meatball	X	X		X				
MeatSauce for Spaghetti				X				
Mozzarella Sticks	X	X		X				

PB&J - Homemade	X	X		X	X			
PB & Grape Jelly - Uncrustable	X			X	X			
PB & Strawberry Jelly - Uncrustable	X			X	X			
Pizza - 4" Round/Cheese	X	X		X				
Pizza - 4" Round/Pepperoni	X	X		X				
Pizza - 5" Round/Cheese	X	X		X				
Pizza - Cheese/Garlic Bread	X	X		X				
Pizza - Pepperoni Bread	X	X		X				
Pizza - GF/Cheese		X		X				
Pizza - GF/Pepperoni		X		X				X
Pizza - Pepperoni-Elem	X	X		X				X
Pizza - Sausage - Elem	X	X		X				
Pizza - Slice/Cheese	X	X		X				
Pizza - Slice/Pepperoni	X	X		X				X
Pizza - Slice/Sausage	X	X		X				
Pizza - Stuffed Crust/Cheese	X	X		X				
Pizza - Stuffed Crust/Pepperoni	X	X		X				X
Pizza - Stuffed Crust/Sausage	X	X		X				X
Pizza Cruncher	X	X		X				
Pork Rib Patty (McRib)	X	X		X				X
Pork Tenderloin	X	X		X				X
Pretzel - King Size	X			X				
Pulled Pork								X
Pulled Pork/Carnitas								X
Quesadilla - Cheese	X	X	X	X				
Quesadilla -Chicken	X	X		X				
Salisbury Steak	X	X		X				
Sausage - Cocktail Smokies								X
Sloppy Joe				X				
Taco Meat				X				
Turkey Roast w/gravy		X		X				
Food Item:	Wheat	Dairy/Milk	Egg	Soy	Peanuts	Tree Nuts	Fish Produ	contains Pork
Vegetables				X				
Beans - Baked								
Beans - Black Turtle								
Beans - Green								
Beans - Refried		X		X				
Broccoli								
Carrots								
Corn - Canned								
Corn - Creamed								
Corn - Frozen								
Marinara Cup				X				
Peas								
Potato - Curly Fry	X			X				
Potato - Hash brown				X				
Potato - Mashed		X		X				

Potato - Oven Fry/Crinkle Cut								
Potato - Ranch Wedge		X		X				
Potato - Rounds				X				
Potato - Sweet Potato								
Potato - Tater Tot								
Salsa								
Spaghetti Sauce				X				
Tomato Sauce								
Vegetable Blend - California								
Vegetable Blend - Stir Fry								
Food Item:	Wheat	Dairy/Milk	Egg	Soy	Peanuts	Tree Nuts	Fish Produ	contains Pork
Dairy								
Chocolate - Fat Free		X						
White - Fat Free		X						
White - Low-fat 1%		X						
Food Item:	Wheat	Dairy/Milk	Egg	Soy	Peanuts	Tree Nuts	Fish Produ	contains Pork
Fruit								
Apples - Sliced								
Applesauce								
Juice - Apple								
Juice - Grape								
Juice - Orange								
Mixed Fruit								
Oranges - Mandarin								
Peaches								
Pears								
Pineapple								
Sidekicks								
Strawberries								
Food Item:	Wheat	Dairy/Milk	Egg	Soy	Peanuts	Tree Nuts	Fish Produ	contains Pork
Grains								
Bread - Hamburger Bun	X	X		X				
Bread - Hot Dog Bun	X	X		X				
Bread -Loaf/Sliced	X	X		X				
Breadstick-Garlic Parmesan	X	X	X	X				
Chips - Cheddar/Sun	X	X						
Chips - Garden Salsa/Sun	X	X						
Chips - Sun/Original								
Chips - Tortilla/Taco Salad								
Chips - Walking Taco		X						
Crackers	X			X				
Macaroni & Cheese	X	X	X					
Pasta - Egg Noodle	X		X					
Pasta - Spaghetti	X							
Rice - Brown								
Roll - Dinner	X	X		X				
Tortilla - Soft	X			X				

Food Item:	Wheat	Dairy/Milk	Egg	Soy	Peanuts	Tree Nuts	Fish Product	Contains Pork
Condiments								
BBQ Sauce								
Butter Buds		X		X				
Cheddar Cheese Sauce		X						
French Dressing				X				
Gravy - Beef	X	X	X	X				
Gravy - Brown		X		X				
Gravy - Chicken		X		X				
Jelly - Grape								
Ketchup								
Mustard								
Peanut Butter					X			
Pickles								
Ranch		X	X	X				
Salad Dressing			X	X				
Syrup - Pancake								
Taco Seasoning				X				

***All information and nutritional data contained here-in is accurate and current to the best of Western Dubuque School District Food Service Department's knowledge. If you have any questions based on information provided in this packet, please address them to Clif Cameron, Director of Food and Nutritional Services. If you have any food related medical questions, concerns, or known allergies please contact your school nurse.**