

Western Dubuque Community School District

Allergen List - By Allergen

Egg -

Recipe #	Recipe Name
660	BREAD, SNACK BANANA
123	BREADSTIX,CHEESE FILLED(2)
576	BREADSTIX,CHEESE FILLED(3)
374	BREAKFAST BAR, HAM
375	BREAKFAST BAR, SAUSAGE
990136	BREAKFAST BURRITO
990175	Breakfast Burrito Cheese and Egg
380	BREAKFAST PIZZA
388	BREAKFAST SAND BACON
452	BREAKFAST SAND HAM
389	BREAKFAST SAND SAUSAGE
606	BREAKFAST TORNADO, SAUSAGE
565	BROWNIES
578	CAKE, RED VELVET
376	CHEESE OMELET
481	CHICKEN NOODLE SOUP
188	CHICKEN, MANDARIN ORANGE
582	CHOCOLATE CAKE
299999	CHOCOLATE CHIP COOKIE
383	CINNAMON ROLL
398	COFFEECAKE
468	COLESLAW
1062	CORN DOG
465	CORN DOGS, MINI
990135	DONUT, GLAZED IW
386	EGG PATTY
144	FRENCH TOAST STICKS (BRKFST)
368	FRENCH TOAST STICKS (ELEM)
20	FRENCH TOAST STICKS (M/HS)
522	JELL-O CAKE, HOMEMADE
523	LASGANA ROLL-UP
477	LONG JOHN, WG
547	MAC & CHEESEBURGER (ELM/MS)
575	MAC & CHEESEBURGER (HS)

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Egg -

Recipe #	Recipe Name
19	MACARONI & CHEESE
342	MAYO, PREPARED, LITE
193	MUFFIN, IND., 2OZ
990059	NOODLES, BUTTER (ELEM/MS)
458	NOODLES, BUTTER (HS)
990115	PANCAKE (2 EACH)
635	PIZZA POCKET, PEPPERONI
990176	Power Bites Sausage Egg Potato Cheese
511	QUESADILLA, CHEESE
476	RANCH,CONDIMENT
990139	RAVIOLI, CHEESE & ALFREDO (ELEM)
990140	RAVIOLI, CHEESE & ALFREDO (MSHS)
36	SALAD DRESSING
33	SAUSAGE & PANCAKE BITES
533	SAUSAGE & PANCAKE STICK
990169	Snackn Waffles
505	TARTAR SAUCE
990174	UBR Ultimate Breakfast Round
625	WAFFLE, FUNNEL CAKE
387	WAFFLES, EGGO (2 EACH)

Egg Potential - Made in a factory that processes egg products

Recipe #	Recipe Name
622	ONION RING (ELEM)
623	ONION RING (MS/HS)

Fish -

Recipe #	Recipe Name
445	FISH PATTY, BRD
990098	FISH STICKS (ELEM 4)
653	FISH STICKS (MSHS 5)
990150	POPCORN SHRIMP (ELM)
990151	POPCORN SHRIMP (MSHS)

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Allergen List - By Allergen

Milk -

Recipe #	Recipe Name
604	BAGEL, CHEESE FILLED
990104	BBQ MEATBALLS (4 EACH)
990084	BBQ MEATBALLS (5 EACH)
990113	BBQ MEATBALLS (6 EACH)
546	BISCUIT
990114	BISCUIT (2 EACH)
990162	Bosco Sticks
990163	Bosco Sticks
660	BREAD, SNACK BANANA
371	BREADSTICK, GARLIC TWIST
123	BREADSTIX,CHEESE FILLED(2)
576	BREADSTIX,CHEESE FILLED(3)
374	BREAKFAST BAR, HAM
375	BREAKFAST BAR, SAUSAGE
990136	BREAKFAST BURRITO
990175	Breakfast Burrito Cheese and Egg
380	BREAKFAST PIZZA
388	BREAKFAST SAND BACON
452	BREAKFAST SAND HAM
389	BREAKFAST SAND SAUSAGE
606	BREAKFAST TORNADO, SAUSAGE
990038	BROCCOLI & CHEESE (1/2 CUP)
221	BUTTER, PKT
578	CAKE, RED VELVET
990161	Calzone Pepp/Sausage
990158	CARROTS, GLAZED (1 CUP)
990065	CARROTS, GLAZED (1/2 CUP)
990157	CARROTS, GLAZED (3/4 CUP)
376	CHEESE OMELET
567	CHEESE SAUCE, (ELEM/MS)
204	CHEESE SAUCE, (MSHS)
637	CHEESE STICK
540	CHEESE, MOZZ, SHRD, RF
990090	CHEESE, MOZZ, SHRD, RF (1/2 OZ)

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Allergen List - By Allergen

Milk -

Recipe #	Recipe Name
149	CHEESEBURGER
409	CHEESEBURGER, BACON
206	CHICKEN & GRAVY (ELEM/MS)
457	CHICKEN & GRAVY (HS)
990096	CHICKEN ALFREDO (ELEM/MS)
990092	CHICKEN ALFREDO (HS)
564	CHICKEN CRISPITO
990082	CHICKEN CRISPITO (2 EACH)
397	CHICKEN GRILLED PATTY
481	CHICKEN NOODLE SOUP
1064	CHICKEN NUGGETS: (ELEM/MS)
15	CHICKEN NUGGETS: (HS)
500	CHICKEN PARMESAN
515	CHICKEN PINK ALFREDO (SAUCE)
46	CHICKEN, POPCORN,CKD (ELM/MS)
572	CHICKEN, POPCORN,CKD (HS)
628	CHIP, CHEETOS
990145	CHIPS, DORITOS
582	CHOCOLATE CAKE
446	CHOCOLATE CHIP COOKIE
299999	CHOCOLATE CHIP COOKIE
383	CINNAMON ROLL
643	CINNAMON ROLL, MINI BAGGED
398	COFFEECAKE
990071	COUNTRY GRAVY
638	CRACKERS, CHEEZ-IT (SNACK)
332	CRACKERS, GOLDFISH, IND.
1056	DELI SANDWICH
392	DELIGHT DESSERT
990135	DONUT, GLAZED IW
417	DRESSING, BREAD (1/3 CUP)
386	EGG PATTY
445	FISH PATTY, BRD
990098	FISH STICKS (ELEM 4)

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Allergen List - By Allergen

Milk -

Recipe #	Recipe Name
653	FISH STICKS (MSHS 5)
574	FLATBREAD PIZZA - 1.5M/MA
569	FLATBREAD PIZZA - 1.75M/MA
990141	GARLIC TOAST
642	GRANOLA BAR
89	GRAVY, BEEF (1 OZ)
581	GRAVY, CHICKEN (1 OZ)
18	GRILLED CHEESE SANDWICH
146	HAM & CHEESE ON BUN (HOT)
522	JELL-O CAKE, HOMEMADE
523	LASGANA ROLL-UP
477	LONG JOHN, WG
990177	Louisiana Chicken Fillet
547	MAC & CHEESEBURGER (ELM/MS)
575	MAC & CHEESEBURGER (HS)
19	MACARONI & CHEESE
990170	Meatballs JTM
645	MILK - Variety
489	MILK - Variety (brkfast)
207	MILK (snack)
990073	MIXED VEGGIES & CHEESE (1/2 CUP)
239	NACHOS / BEEF & CHEESE
990159	NACHOS /Chicken & Queso(ELEM)
990160	NACHOS /Chicken & Queso(MS/HS)
990059	NOODLES, BUTTER (ELEM/MS)
458	NOODLES, BUTTER (HS)
990134	NUTRIGRAIN BAR
106	OATMEAL CHOCOLATE CHIP COOKIE
622	ONION RING (ELEM)
623	ONION RING (MS/HS)
610	PIZZA - 2ND CHOICE (MS/HS)
434	PIZZA - FRENCH BREAD CHEESE
609	PIZZA CRUCHER (ELEM)
611	PIZZA CRUCHER (MS/HS)

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Allergen List - By Allergen

Milk -

Recipe #	Recipe Name
341	PIZZA PEPPERONI (ELEM)
635	PIZZA POCKET, PEPPERONI
990152	PIZZA, CHEESE ROUND
607	PIZZA, FRENCH BREAD PEPPERONI
559	PIZZA, PEPP STF CRST
340	PIZZA, SAUSAGE (ELEM)
562	PIZZA, SAUSAGE STF CRST
168	PIZZA, TACO (FIESTADA)
990173	Pizza, The MAX Cheese
396	PORK ROAST & GRAVY
555	PORK, COUNTRY FRIED
990080	POTATO, AUGRATIN
990078	POTATO, RANCH BAKE
990039	POTATO, WEDGE, RANCH
440	POTATOES, MASHED
990176	Power Bites Sausage Egg Potato Cheese
537	PUMPKIN PIE BAR
511	QUESADILLA, CHEESE
464	QUESADILLA, CHICKEN & CHEESE
990143	QUESO BLANCO
476	RANCH,CONDIMENT
990139	RAVIOLI, CHEESE & ALFREDO (ELEM)
990140	RAVIOLI, CHEESE & ALFREDO (MSHS)
354	RICE KRISPIE BAR
990075	RICE, CHEESY MEXICAN (1/3 CUP)
1	RICE, SPANISH
36	SALAD DRESSING
171	SALISBURY STEAK
33	SAUSAGE & PANCAKE BITES
533	SAUSAGE & PANCAKE STICK
990169	Snackn Waffles
217	SUGAR COOKIE, HOMEMADE
990167	Sugar Cookies 350
990061	TACO CHEESE

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Allergen List - By Allergen

Milk -

Recipe #	Recipe Name
442	TOAST, BUTTERED w/ cereal
990138	TORNADO, BEEF & CHEESE
990081	TURKEY & GRAVY
990174	UBR Ultimate Breakfast Round
625	WAFFLE, FUNNEL CAKE
387	WAFFLES, EGGO (2 EACH)
990166	Wild Mike's Cheese Bites
2	YOGURT CUP, VANILLA, FRZ (4OZ)
87	YOGURT, 4oz
618	YOGURT, STRAWBERRY, LOCAL

Peanut -

Recipe #	Recipe Name
237	PEANUT B SANDWICH
82	PEANUT B&J SANDWICH
516	PEANUT BUTTER

Peanut Potential - Manufactured in a factory that may process peanuts

Recipe #	Recipe Name
1072	CEREAL,BOWL, VARIETY
642	GRANOLA BAR

Soy -

Recipe #	Recipe Name
990104	BBQ MEATBALLS (4 EACH)
990084	BBQ MEATBALLS (5 EACH)
990113	BBQ MEATBALLS (6 EACH)
338	BBQ SAUCE
990127	BREAD, SARA LEE
660	BREAD, SNACK BANANA
371	BREADSTICK, GARLIC TWIST
123	BREADSTIX,CHEESE FILLED(2)
576	BREADSTIX,CHEESE FILLED(3)
990136	BREAKFAST BURRITO

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Soy -

Recipe #	Recipe Name
380	BREAKFAST PIZZA
389	BREAKFAST SAND SAUSAGE
606	BREAKFAST TORNADO, SAUSAGE
990129	BUN, HAMBURGER, SARA LEE
990128	BUN, HOT DOG, SARA LEE
578	CAKE, RED VELVET
990161	Calzone Pepp/Sausage
990158	CARROTS, GLAZED (1 CUP)
990065	CARROTS, GLAZED (1/2 CUP)
990157	CARROTS, GLAZED (3/4 CUP)
658	CEREAL BAR (SNACK)
1072	CEREAL,BOWL, VARIETY
206	CHICKEN & GRAVY (ELEM/MS)
457	CHICKEN & GRAVY (HS)
397	CHICKEN GRILLED PATTY
481	CHICKEN NOODLE SOUP
1064	CHICKEN NUGGETS: (ELEM/MS)
15	CHICKEN NUGGETS: (HS)
357	CHICKEN STRIPS, BREADED (ELEM)
241	CHICKEN STRIPS,BRD (MS/HS)
188	CHICKEN, MANDARIN ORANGE
46	CHICKEN, POPCORN,CKD (ELM/MS)
572	CHICKEN, POPCORN,CKD (HS)
446	CHOCOLATE CHIP COOKIE
299999	CHOCOLATE CHIP COOKIE
383	CINNAMON ROLL
398	COFFEECAKE
1062	CORN DOG
465	CORN DOGS, MINI
619	COUNTRY FRIED STEAK
127	CRACKERS (ELEM)
232	CRACKERS (M/HS)
638	CRACKERS, CHEEZ-IT (SNACK)
233	CRACKERS,GRAHAM

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Allergen List - By Allergen

Soy -

Recipe #	Recipe Name
392	DELIGHT DESSERT
990135	DONUT, GLAZED IW
417	DRESSING, BREAD (1/3 CUP)
990098	FISH STICKS (ELEM 4)
653	FISH STICKS (MSHS 5)
642	GRANOLA BAR
89	GRAVY, BEEF (1 OZ)
581	GRAVY, CHICKEN (1 OZ)
18	GRILLED CHEESE SANDWICH
522	JELL-O CAKE, HOMEMADE
477	LONG JOHN, WG
547	MAC & CHEESEBURGER (ELM/MS)
575	MAC & CHEESEBURGER (HS)
360	McRIB
990170	Meatballs JTM
990134	NUTRIGRAIN BAR
106	OATMEAL CHOCOLATE CHIP COOKIE
622	ONION RING (ELEM)
623	ONION RING (MS/HS)
990115	PANCAKE (2 EACH)
990154	PHILLY BEEF
610	PIZZA - 2ND CHOICE (MS/HS)
434	PIZZA - FRENCH BREAD CHEESE
341	PIZZA PEPPERONI (ELEM)
635	PIZZA POCKET, PEPPERONI
990152	PIZZA, CHEESE ROUND
607	PIZZA, FRENCH BREAD PEPPERONI
559	PIZZA, PEPP STF CRST
340	PIZZA, SAUSAGE (ELEM)
562	PIZZA, SAUSAGE STF CRST
168	PIZZA, TACO (FIESTADA)
990173	Pizza, The MAX Cheese
990150	POPCORN SHRIMP (ELM)
990151	POPCORN SHRIMP (MSHS)

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Soy -

Recipe #	Recipe Name
990142	POPCORN, KETTLE STYLE
990149	POP-TART
110	PORK PULLED (ELEM.MS)
613	PORK PULLED (HS)
396	PORK ROAST & GRAVY
109	PORK TENDERLOIN BRD
555	PORK, COUNTRY FRIED
990080	POTATO, AUGRATIN
990078	POTATO, RANCH BAKE
440	POTATOES, MASHED
990176	Power Bites Sausage Egg Potato Cheese
511	QUESADILLA, CHEESE
464	QUESADILLA, CHICKEN & CHEESE
354	RICE KRISPIE BAR
1	RICE, SPANISH
990091	RICE, STIR FRIED
171	SALISBURY STEAK
33	SAUSAGE & PANCAKE BITES
533	SAUSAGE & PANCAKE STICK
471	SCOOBY SNACK, CINN GRAHAM
990056	SPAGHETTI SAUCE (ELM)
990070	SPAGHETTI SAUCE (MS/HS)
474	STRAWBERRY SHORTCAKE
366	TACO BEEF, SALAD
310	TACO BEEF, SOFT
215	TACO BEEF, WALKING
505	TARTAR SAUCE
990138	TORNADO, BEEF & CHEESE
990081	TURKEY & GRAVY
990174	UBR Ultimate Breakfast Round
625	WAFFLE, FUNNEL CAKE
387	WAFFLES, EGGO (2 EACH)
990166	Wild Mike's Cheese Bites

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TreeNut Potential - Manufactured in a factory that may process Tree Nuts

Recipe #	Recipe Name
1072	CEREAL,BOWL, VARIETY
642	GRANOLA BAR

Wheat -

Recipe #	Recipe Name
604	BAGEL, CHEESE FILLED
990104	BBQ MEATBALLS (4 EACH)
990084	BBQ MEATBALLS (5 EACH)
990113	BBQ MEATBALLS (6 EACH)
546	BISCUIT
990114	BISCUIT (2 EACH)
990162	Bosco Sticks
990163	Bosco Sticks
990127	BREAD, SARA LEE
660	BREAD, SNACK BANANA
371	BREADSTICK, GARLIC TWIST
123	BREADSTIX,CHEESE FILLED(2)
576	BREADSTIX,CHEESE FILLED(3)
374	BREAKFAST BAR, HAM
375	BREAKFAST BAR, SAUSAGE
990136	BREAKFAST BURRITO
990175	Breakfast Burrito Cheese and Egg
380	BREAKFAST PIZZA
388	BREAKFAST SAND BACON
452	BREAKFAST SAND HAM
389	BREAKFAST SAND SAUSAGE
606	BREAKFAST TORNADO, SAUSAGE
565	BROWNIES
990156	BUN, HAMBURGER, POG
990129	BUN, HAMBURGER, SARA LEE
990171	Bun, Hoagie, POG
990128	BUN, HOT DOG, SARA LEE
578	CAKE, RED VELVET
990161	Calzone Pepp/Sausage

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Wheat -

Recipe #	Recipe Name
658	CEREAL BAR (SNACK)
1072	CEREAL,BOWL, VARIETY
206	CHICKEN & GRAVY (ELEM/MS)
457	CHICKEN & GRAVY (HS)
564	CHICKEN CRISPITO
990082	CHICKEN CRISPITO (2 EACH)
990172	Chicken Drumstick
397	CHICKEN GRILLED PATTY
481	CHICKEN NOODLE SOUP
1064	CHICKEN NUGGETS: (ELEM/MS)
15	CHICKEN NUGGETS: (HS)
500	CHICKEN PARMESAN
357	CHICKEN STRIPS, BREADED (ELEM)
241	CHICKEN STRIPS,BRD (MS/HS)
299	CHICKEN, BREADED PATTY
188	CHICKEN, MANDARIN ORANGE
46	CHICKEN, POPCORN,CKD (ELM/MS)
572	CHICKEN, POPCORN,CKD (HS)
352	CHIPS, SUN
582	CHOCOLATE CAKE
446	CHOCOLATE CHIP COOKIE
299999	CHOCOLATE CHIP COOKIE
383	CINNAMON ROLL
643	CINNAMON ROLL, MINI BAGGED
398	COFFEECAKE
1062	CORN DOG
465	CORN DOGS, MINI
619	COUNTRY FRIED STEAK
990071	COUNTRY GRAVY
127	CRACKERS (ELEM)
232	CRACKERS (M/HS)
638	CRACKERS, CHEEZ-IT (SNACK)
332	CRACKERS, GOLDFISH, IND.
233	CRACKERS,GRAHAM

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Wheat -

Recipe #	Recipe Name
1056	DELI SANDWICH
392	DELIGHT DESSERT
990135	DONUT, GLAZED IW
417	DRESSING, BREAD (1/3 CUP)
445	FISH PATTY, BRD
990098	FISH STICKS (ELEM 4)
653	FISH STICKS (MSHS 5)
574	FLATBREAD PIZZA - 1.5M/MA
569	FLATBREAD PIZZA - 1.75M/MA
144	FRENCH TOAST STICKS (BRKFST)
368	FRENCH TOAST STICKS (ELEM)
20	FRENCH TOAST STICKS (M/HS)
990141	GARLIC TOAST
473	GOULASH (ELM/MS)
632	GOULASH (HS)
642	GRANOLA BAR
89	GRAVY, BEEF (1 OZ)
18	GRILLED CHEESE SANDWICH
1048	HAM SANDWICH (ELEM)
990155	HOT DOG BUN, POG
522	JELL-O CAKE, HOMEMADE
523	LASGANA ROLL-UP
477	LONG JOHN, WG
990177	Louisiana Chicken Fillet
547	MAC & CHEESEBURGER (ELM/MS)
575	MAC & CHEESEBURGER (HS)
19	MACARONI & CHEESE
990170	Meatballs JTM
193	MUFFIN, IND., 2OZ
990059	NOODLES, BUTTER (ELEM/MS)
458	NOODLES, BUTTER (HS)
990134	NUTRIGRAIN BAR
106	OATMEAL CHOCOLATE CHIP COOKIE
622	ONION RING (ELEM)

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Wheat -

Recipe #	Recipe Name
623	ONION RING (MS/HS)
990115	PANCAKE (2 EACH)
237	PEANUT B SANDWICH
82	PEANUT B&J SANDWICH
610	PIZZA - 2ND CHOICE (MS/HS)
434	PIZZA - FRENCH BREAD CHEESE
609	PIZZA CRUCHER (ELEM)
611	PIZZA CRUCHER (MS/HS)
341	PIZZA PEPPERONI (ELEM)
635	PIZZA POCKET, PEPPERONI
990152	PIZZA, CHEESE ROUND
607	PIZZA, FRENCH BREAD PEPPERONI
559	PIZZA, PEPP STF CRST
340	PIZZA, SAUSAGE (ELEM)
562	PIZZA, SAUSAGE STF CRST
168	PIZZA, TACO (FIESTADA)
990173	Pizza, The MAX Cheese
990150	POPCORN SHRIMP (ELM)
990151	POPCORN SHRIMP (MSHS)
990149	POP-TART
109	PORK TENDERLOIN BRD
555	PORK, COUNTRY FRIED
990080	POTATO, AUGRATIN
990049	POTATO, CURLY
990078	POTATO, RANCH BAKE
990076	POTATO, WAFFLE, SEASONED
990039	POTATO, WEDGE, RANCH
487	POTATOES, FRENCH FRIES, BAKED
990176	Power Bites Sausage Egg Potato Cheese
537	PUMPKIN PIE BAR
511	QUESADILLA, CHEESE
464	QUESADILLA, CHICKEN & CHEESE
990139	RAVIOLI, CHEESE & ALFREDO (ELEM)
990140	RAVIOLI, CHEESE & ALFREDO (MSHS)

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Allergen List - By Allergen

Wheat -

Recipe #	Recipe Name
990165	ROLL, DINNER, POG
171	SALISBURY STEAK
33	SAUSAGE & PANCAKE BITES
533	SAUSAGE & PANCAKE STICK
471	SCOOBY SNACK, CINN GRAHAM
990169	Snackn Waffles
990054	SPAGHETTI NOODLES (ELM)
117	SPAGHETTI NOODLES (MS/HS)
442	TOAST, BUTTERED w/ cereal
990138	TORNADO, BEEF & CHEESE
664	TORTILLA, FLOUR, 8 INCH
990081	TURKEY & GRAVY
990174	UBR Ultimate Breakfast Round
387	WAFFLES, EGGO (2 EACH)
990166	Wild Mike's Cheese Bites

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning or treating medical conditions.