Bland Co. School Nutrition Major Allergen Information									
Menu Item	**Egg**	**Wheat**	**Peanut**	**Tree nut**	**Shellfish**	**Fish**	**Sesame**	**Milk**	**Soy**
100% Fruit Juice (all flavors)	**No major allergens**								
American Cheese Slice								**X**	**X**
Apple Crisps	**No major allergens**								
Applesauce	**No major allergens**								
BBQ Sauce			**No major allergens**						
BBQ Baked Beans	**No major allergens**								
BBQ Pork on Bun		**X**							
Baby Baker Potatoes			**No major allergens**						
Bacon Rounds			**No major allergens**						
Bagels								**x**	**x**
BeefStick		**No major allergens**							
Blueberry Muffin	**X**	**X**							**X**
Breakfast bar	**X**	**X**						**X**	**X**
Breakfast Pizza		**X**						**X**	**X**
Broccoli	**No major allergens**								
Brown Sugar Cinnamon Pop tarts								**x**	**x**
Canned Fruits	**No major allergens**								
Cheesy Pull-Aparts		**X**							**X**
Cream Cheese (all Flavors)								**x**	
Chicken Biscuit		**X**						**X**	**X**
Chicken Cheese Wrap		**X**						**X**	**X**
Chicken Popcorn		**X**							**X**
Chicken Nuggets		**X**						**X**	**X**

Chicken Sandwich (includes spicy)		X						X	X
Chicken Tenders		X							X
Chips (All Flavors)		X						X	X
Corn									
Coke Products			No major allergens						
Corndogs (large and mini)	X	X						X	X
Craisins	No major allergens								

gluten

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Cinnamon Roll	x	x						x	x
Cinnamon Toast Crunch Cereal		X							X
Cupcake	X	X						X	X
Cherrios Cereal		No major allergens							
Deli Subs with Cheese		X						X	X
Donut Ring	x	x						x	x
Donuts (powdered)	x	x						x	x
Egg Frittata Cheddar/ham/veg	x							x	
Fish Sticks	X	X				X			X
Fluid Milk (all flavors)								X	
Fries/wedges			No major allergens						
Frosted Flake Cereal		x							
Fresh Fruits	No major allergens								
Fresh Vegetables	No major allergens								
Fruit snacks	No major allergens								
Garlic Knots		X						X	

Grandma Cookies		X	MAY					X	X
granola									X
Gravy & Biscuit	x	X						X	X
Green Beans	No major allergens								
Grilled Cheese Sandwich		X						X	X
Hamburger on Bun		X							X
Honey Mustard	x								
Hotdog on Bun with Chili		X							X
Hot Sauce	X								
Juice Boxes	No major allergens								
Ketchup	No major allergens								
Macaroni & cheese	x	x						x	
Mandarin Orange Chicken	X	X							X

Bland Co. School Nutrition Major Allergen Information

Menu Item	Egg	Wheat	Peanut	Tree nut	Shellfish	Fish	Sesame	Milk	Soy
Mashed Potatoes								x	
Mayonnaise Packet	x								
Meatballs Subs		x							x
Meatloaf	x	x							x
Mini Cinnis		X						X	
Mozzarella Cheese Sticks		X						X	
Pancake minis	X	X						X	X
Pancake Stick	X	X							X
Pancake Syrup	No major allergens								
Peanut Butter Cup		x							
Pepsi Beverages	No major allergens								

Pepperoni Pizza		x						x	x
Pizza quesadilla		x						x	x
Popcorn Chicken		X						X	X
Poptarts									
Potato Wedges					**No major allergens**				
PB & J Uncrustables		X	X						X
Ranch dressing packets	X	X							X
Reduced Sugar Cinn. Toast		X							X
Reduced Sugar Cocoa Puffs		MAY							
Ribaque on Bun		X						X	X
Rice					**No major allergens**				
Sliced Cheese		X							X
Salisbury Steak		X						X	X
Sausage Biscuit		X						X	
Scalloped Potatoes								x	
Scrambled Eggs	x								
Scooby Bones		X							X
Sherbet (all flavors)					x			x	
Sidekick Cups					**No major allergens**				
Snack'n Waffle (all flavors)	X	X						X	
Spaghetti		X							
Strawberry Poptarts								x	x
String Cheese								X	
Sour Cream Packets		X							

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Stuffed Crust Pizza (Cheese/Pepperoni)		**X**						**X**	**X**
Switch Beverages	**No major allergens**								
Soy Sauce	**X**	**X**	**X**	**X**	**X**	**X**	**X**	**X**	**X**
Tomato Soup		**x**							
Tortilla Wraps		**x**							
Trix Cereal		**X**							**X**
Yoplait yogurt cups								**X**	
Whole Grain Roll	**X**	**X**						**X**	