

FREMONT UNION HIGH SCHOOL DISTRICT

ALLERGENS FOR SPRING 2024 MENU

Menu Item	Allergen(s)
Bagel w/ cream cheese	Contains Gluten, Milk, Wheat.
Black Bean Burger w/ Oven baked fries w/ knot bun	Contains Egg, Gluten, Soy, Wheat.
Breakfast Burrito	Contains Egg, Gluten, Milk, Soy, Wheat.
Cereal, Cinnamon Toast Crunch	Contains Gluten.
Cheeseburger w/ oven baked fries w/ knot bun	Contains Gluten, Milk, Soy, Wheat.
Chicken Burrito	Contains Gluten, Soy, Wheat.
Chicken Caesar Salad	Contains Egg, Gluten, Milk, Soy, Wheat.
Chicken Tikka Masala w/ rice	Contains Milk.
Cinnamon roll	Contains Egg, Gluten, Wheat. May contain Milk, Soy.
Crunchy Berry Parfait	Contains Milk, Soy.
Eggs w/ hashbrowns and croissant	Contains Egg, Milk, Wheat.
French Toast Sticks w/ Bacon and syrup	Contains Egg, Gluten, Milk, Soy, Wheat.
Gluten Free House Salad	Contains Egg, Milk, Soy.
Grilled Cheese Sandwich	Contains Gluten, Milk, Soy, Wheat.
House salad w/ hawaiian roll	Contains Egg, Gluten, Milk, Soy, Wheat.

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Menu Item	Allergen(s)
Asian Chicken Bowl (orange chicken) w/ rice	Contains Egg, Gluten, Soy, Wheat.
Muffins	Contains Egg, Gluten, Milk, Soy, Wheat.
Nashville Chicken Wrap	Contains Egg, Gluten, Milk, Soy, Wheat.
Overnight Oats	Contains Milk.
Pancake w/ bacon and syrup	Contains Egg, Gluten, Milk, Soy, Wheat.
Pasta Bolognese w/ garlic bread	Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.
Pasta w/ cheese w/garlic bread	Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.
Pizza (Cheese)	Contains Milk, Soy, Wheat
Pizza (Pepperoni)	Contains Milk, Soy, Wheat
Pizza (Vegetarian)	Contains Milk, Soy, Wheat
Pizza (Butter Chicken)	Contains Milk, Soy, Wheat
Roasted Vegetable Sandwich	Contains Egg, Gluten, Milk, Soy, Wheat.
Santa Fe Vegetarian wrap	Contains Egg, Gluten, Milk, Soy, Wheat.
Scones	Contains Gluten, Soy, Wheat.
Tofu Tikka Masala w/ rice	Contains Milk, Soy.

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Menu Item	Allergen(s)
Turkey Sub Sandwich	Contains Egg, Gluten, Milk, Soy, Wheat.
Vegan Chili	Contains Soy
Vegan Chili w/ breadstick	Contains Gluten, Milk, Soy, Wheat.
Vegetarian Burrito	Contains Gluten, Soy, Wheat.
Veggie Omelet w/ Texas Toast	Contains Egg, Gluten, Milk, Soy, Wheat