FREMONT UNION HIGH SCHOOL DISTRICT

ALLERGENS FOR 2026-2027 MENU

Menu Item	Allergen(s)
Bagel Sandwich	Contains Egg, Gluten, Milk, Wheat
Bagel w/ Cream Cheese	Contains Gluten, Milk, Wheat
Burrito	Contains Egg, Gluten, Milk, Soy, Wheat
Burrito Bowl (Vegetarian, Gluten Free, Vegan)	Contains Soy
Burrito Bowl w/ Chicken (Gluten Free)	None indicated
Butter Chicken w/ Naan	Contains Gluten, Milk, Wheat
Carnitas Burrito Bowl (Gluten Free)	None indicated
Cereal, Cinnamon Toast Crunch	Contains Gluten
Chicken Salad w/ Hawaiian Roll	Contains Egg, Gluten, Milk, Soy, Wheat. May contain Sesame.
Cinnamon Roll	Contains Egg, Gluten, Wheat. May contain Milk, Soy.
Eggs w/ Potatoes and Croissant	Contains Egg, Gluten, Milk, Soy, Wheat
Falafal Hummus Salad	Contains Gluten, Wheat, Sesame
Fried Rice (Gluten Free, Vegan)	Contains Soy
Grilled Cheese Sandwich	Contains Gluten, Milk, Soy, Wheat
House Salad w/ Hawaiian Roll	Contains Egg, Gluten, Milk, Soy, Wheat. May contain Sesame.

FREMONT UNION HIGH SCHOOL DISTRICT

ALLERGENS FOR 2026-2027 MENU

Menu Item	Allergen(s)
Korean Wings with Fries	Contains Gluten, Milk, Sesame, Soy, Wheat. Processed in a facility that also processes Egg.
Mango Berry Smoothie	Contains Milk
Minestrone Soup w/ bread	Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.
Muffin	Contains Egg, Gluten, Milk, Soy, Wheat
Nashville Chicken Wrap	Contains Egg, Gluten, Milk, Soy, Wheat
Pasta Bolognese	Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.
Pizza, Cheese	Contains Wheat, Gluten, Milk
Pizza, Pepperoni	Contains Wheat, Gluten, Milk
Plant Based Sandwich	Contains Egg, Gluten, Milk, Soy, Wheat
Ranch Dressing	Contains Egg, Milk
Spicy Chicken Sandwich	Contains Egg, Gluten, Milk, Soy, Wheat
Sushi	Contains Fish, Wheat, Egg, Soy, Sesame
Thai Chili Chicken w/ Rice	Contains Gluten, Soy, Wheat
Teriyaki Tofu w/ Rice	Contains Gluten, Soy
Turkey & Pesto on Ciabatta	Contains Egg, Gluten, Milk, Soy, Wheat

FREMONT UNION HIGH SCHOOL DISTRICT

ALLERGENS FOR 2026-2027 MENU

Menu Item	Allergen(s)
Vegan Tenders w/ Fries	Contains Gluten, Milk, Sesame, Soy, Wheat. Processed in a facility that also processes Egg.
Vegetarian Pasta & Garlic bread	Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.
Waffles w/ Syrup	Contains Egg, Gluten, Milk, Soy, Wheat
Yogurt Crunch Bowl	Contains Gluten, Milk, Soy, Wheat

Disclaimer: Nutritional values and allergen listings are subject to change without notice due to ingredient variability, formulation changes, and product substitutions. This data is an estimate only and does not guarantee exact nutritional content. Because our cafeterias use shared preparation areas, we cannot completely eliminate the risk of allergen cross-contact. For specific dietary accommodations or medical concerns, please contact the Nutrition Services Department at 408-522-2216.