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
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.
Korean Wings with Fries	Contains Gluten, Milk, Sesame, Soy, Wheat. Processed in a facility that also processes Egg.

FREMONT UNION HIGH SCHOOL DISTRICT

ALLERGENS FOR 2026-2027 MENU

Menu Item	Allergen(s)
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
Vegan Tenders w/ Fries	Contains Gluten, Milk, Sesame, Soy, Wheat. Processed in a facility that also processes Egg.

FREMONT UNION HIGH SCHOOL DISTRICT

ALLERGENS FOR 2026-2027 MENU

Menu Item	Allergen(s)
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

Our school kitchens make every effort to identify ingredients that may cause allergic reactions for those individuals with food allergies. Effort is made to instruct our food production staff on the severity of food allergies. However, there is always a risk of contamination. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. If you have a specific food allergy you need accommodation for, please contact your school site's Food Manager or email Nutrition Services at nutritionservices@fuhsd.org