

# FREMONT UNION HIGH SCHOOL DISTRICT

## ALLERGENS FOR SPRING 2025 MENU

Menu Item	Allergen(s)
Bagel w/ Cream Cheese	Contains Gluten, Milk, Wheat
Breakfast Burrito	Contains Egg, Gluten, Milk, Soy, Wheat
Carnitas Burrito Bowl	None
Cereal, Cinnamon Toast Crunch	Contains Gluten
Chicken Tikka Masala w/ Rice	Contains Milk
Chilaquiles	Contains Egg, Milk
Cinnamon Rolls	Contains Egg, Gluten, Wheat. May contain Milk, Soy.
Crunchy Berry Parfait	Contains Milk, Soy
Egg and Ham Sandwich	Contains Egg, Gluten, Milk, Wheat
Eggs w/ Potatoes and Croissant	Contains Egg, Milk, Soy, Wheat
French Toast Sticks w/ Syrup	Contains Egg, Gluten, Milk, Soy, Wheat
Grilled Cheese Sandwich	Contains Gluten, Milk, Soy, Wheat. May contain Sesame.
Italian Melt	Contains Egg, Gluten, Milk, Soy, Wheat
Kale House Salad	Contains Egg, Gluten, Milk, Soy, Wheat
Mini Waffles w/ Syrup	Contains Egg, Milk, Soy, Wheat

Muffins	Contains Egg, Gluten, Milk, Soy, Wheat
Nashville Chicken Wrap	Contains Egg, Gluten, Milk, Soy, Wheat
Nashville Chicken Tenders w/ Fries	Contains Gluten, Milk, Soy, Wheat
Overnight Oats	Contains Milk
Pasta Bolognese	Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.
Pizza (Cheese)	Contains Gluten, Milk, Wheat
Pizza (Pepperoni)	Contains Gluten, Milk, Wheat
Plant-based Tenders w/ Fries	Contains Milk, Soy, Wheat, Gluten
Pulled Pork Sandwich w/ Coleslaw	Contains Egg, Gluten, Milk, Soy, Wheat
Southwest Chicken Salad	Contains Egg, Gluten, Milk, Soy, Wheat
Thai Chili Chicken Rice Bowl	Contains Gluten, Soy, Wheat
Tofu Rice Bowl	Contains Gluten, Soy
Tofu Tikka Masala w/ Rice	Contains Milk, Soy
Vegan Chili w/ Breadstick	Contains Gluten, Milk, Soy, Wheat
Vegetarian Breakfast Burrito	Contains Gluten, Soy, Wheat
Vegetarian Burrito Bowl	None
Vegetarian Pasta	Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.

Yogurt Parfait	Contains Milk, Soy
<b>GLUTEN FREE OFFERINGS</b>	
Gluten Free Cereal	Offered Daily
Chicken Tikka Masala w/ rice	Refer to lunch Menu
Chilaquiles	Refer to brunch Menu
Carnitas Burrito Bowl	Refer to lunch Menu
Gluten Free Pasta	Dependent on availability
Tofu Tikka Masala w/ rice	Refer to lunch Menu
Vegetarian Burrito Bowl	Refer to lunch Menu

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@fuhd.org](mailto:nutritionservices@fuhd.org)