

# ALLERGY AWARENESS MENU SHEET

Food Item	Milk	Eggs	Fish	Shellfish	Wheat	Peanuts	Tree Nuts	Soy	Sesame
Example: Peanut Butter Chocolate Brownie	X	X			X	X			
1. Chicken Nuggets					X			X	
2. Chicken Patty	X	X			X			X	
3. Bosco Stick	X				X				
4. Chicken Fries					X			X	
5. Chocolate chip cookie	X	X			X			X	
6. Corn bread muffin	X	X			X			X	
7. Beef Patty								X	
8. Mini Corndogs	X	X			X			X	
9. Soft Pretzel					X				
10. French toast sticks		X			X			X	
11. Pepperoni Pizza	X				X			X	
12. Pancake	X	X			X				
13. waffle	X	X			X			X	
14. Pizza Quesadilla	X	X			X			X	
15. Cheese Tortellini	X	X			X				
16. Chocolate ice cream cup	X	X						X	
17. Tater Tots								X	
18. Hash Brown Oval								X	
19. Mashed Potatoes	X								
20. Hotdog								X	
21. Brownie									
22. Elbow Macaroni		X			X				
23. Spaghetti Noodles		X			X				
24. Flour Tortilla					X				
25. Trio Gravy mix					X			X	
.									

