Food Item	None	Gluten	Dairy	Soy	Eggs	Corn	Peanut	Fish	Tomato	Other
Apple Crisps	Х									
Applesauce	Х									
Bacon - 1/4" Diced						Υ				
Bacon - 1/2" Diced						Υ				
Bacon - 3/4" Diced						Υ				
Bacon Sliced						Υ				
Bacon - Turkey	Х									
Bagel - Whole Wheat		Υ		Υ		Υ				
Base - Beef				Υ		Υ				MSG
Base - Chicken						Υ				MSG
Base - Vegetable						Υ				
Beans - Black	Х									
Beans - Chick Peas	Х									
Beans - Great Northern	Х									
Beans - Kidney	Х									
Beans - Refried	Х									
Beans - Vegetarian						Υ			Υ	
Beef - Corned Beef						Υ				
Beef - Diced	Х									
Beef - Ground	Х									
Beef - Hot Dog						Υ				
Beef - Patty Burger				Y						
Beef - Roast				Υ						
Beef - Steak Fingers		Υ	Υ		Υ	Υ				
Beef - Steak Tips	Х									
BIC - Animal Crackers		Υ		Y						
BIC - Bagel Cinnamon		Υ	Υ			Υ				
BIC - Bagel Slider		Υ	Υ	Y	Υ	Υ				
BIC - Bagel Strawberry		Υ	Υ			Υ				
BIC - Blueberry Muffins		Υ		Υ	Υ	Υ				
BIC - Breakfast Burrito		Υ	Υ	Υ	Υ	Υ				
BIC - Breakfast Stick		Υ	Υ		Υ	Υ				
BIC - Cereal Crunch Bar Cinn Toast		Υ	Υ			Y				
BIC - Cereal Crunch Bar Cocoa Puffs		Υ	Υ			Υ				
BIC - Chocolate Muffin		Υ	Υ	Υ	Υ	Υ				
BIC - Cinnamon Mini Donut		Υ	Υ	Υ	Υ	Υ				

BIC - Early Risers	Υ	Υ		Υ	Υ			
BIC - French Toast Sticks	Υ	Υ	Υ	Υ	Υ			
BIC - Pancake in a Bag	Υ	Υ		Υ	Υ			
BIC - Pancake on a Stick	Υ	Υ	Υ	Υ	Υ			
BIC - Sausage Bites in a Bag	Υ		Y	Υ	Y			
BIC - Scooby Snacks	Υ		Υ		Υ			
BIC - Waffle Bites in a Bag	Υ	Υ	Υ	Υ	Υ			
Bread - Biscuit	Υ	Υ	Y					
Bread - Dinner Roll	Υ				Y			
Bread - English Muffin	Υ	Υ	MC		Υ			
Bread - French Loaf	Υ	Υ	Υ		Υ			
Bread - Garlic Toast	Υ	Υ	Υ	Υ	Υ			
Bread - Gluten Free Dinner Roll				Υ	Υ			
Bread - Gluten Free Hamburger Bun				Υ	Υ			
Bread - Gluten Free Hot Dog Bun				Υ	Υ			
Bread - Gluten Free Sandwich Loaf				Υ	Υ			
Bread - Hamburger Bun	Υ				Υ			
Bread - Hoagie Large	Υ				Υ			
Bread - Hoagie Slider	Υ				Υ			
Bread - Hot Dog Bun	Υ				Υ			
Bread - Pita Round	Υ	Υ			Υ			
Bread - Sandwich/Loaf	Υ	Υ	Υ		Υ			
Bread - Texas Toast	Υ		Υ		Υ			
Breadcrumbs	Υ	Υ	Υ		Υ			Sesame Seed
Breadstick	Υ	Υ	Υ	Υ	Υ			
Breadstick - Cheese Fill	Υ	Υ			Υ			
Breakfast Burrito	Υ	Υ	Υ	Υ	Υ			
Breakfast Pizza	Υ	Υ	Υ	Υ	Υ			
Breakfast Sausage on Stick	Υ		Υ	Υ	Υ			
Buffalo Ground X								
Butter - Block		Υ	Υ					
Butter - Pat		Υ	Υ					
Calzone - Meat/Cheese	Υ	Υ	Υ		Υ		Υ	
Calzone - Cheese	Υ	Υ	Υ		Υ		Υ	
Candied Walnut								Walnut
Cereal - Cheerios					Υ			Almond
Cereal - Cinnamon Toast Crunch	Υ		Υ		Υ			

Cereal - Frosted Mini Wheats		Υ							
Cereal - Frosted Chocolate Mini		Υ		Υ		Υ			
Cereal - Froot Loops		Υ				Υ			Red #40
Cereal - Honey Nut Cheerios						Υ			Almond
Cereal - Lucky Charms						Y			Red #40
Cereal - Raisin Bran		Y				Υ			
Cereal - Rice Krispies	Х								
Cheese - Feta			Υ						
Cheese - Nacho			Υ			Y		Υ	
Cheese - Parmesan Grated			Υ						
Cheese - Parmesan Shredded			Υ						
Cheese - Ricotta			Υ						
Cheese - Asiago Shredded			Υ						
Cheese - Mild Cheddar Shredded			Υ						
Cheese - Mozzarella Shredded			Υ						
Cheese - American Slices			Υ	Y					
Cheese - Mozzarella Slices			Υ						
Cheese - Pepperjack Slices			Υ						
Cheese - Provolone			Υ						
Cheese - Cheddar String Stick			Υ						
Cheese - Mozzarella String Stick			Υ						
Cheese - Velveeta Loaf			Υ			Υ			
Chex Mix Strawberry		Υ	Υ	Υ		Υ			
Chicken - BBQ Wings		Υ		Y		Y			
Chicken - Breast Plain Staff Salad	Х								
Chicken - Breast Grill Marks				Y		Υ			
Chicken - Diced						Y			
Chicken - Drumstick Breaded		Y		Y		Υ			
Chicken - Drumstick Not Breaded				Y		Υ			
Chicken - Fajita Strips		Υ		Υ		Υ			
Chicken - Fried Steak		Υ				Υ			
Chicken - Nuggets		Υ		Υ	Υ	Υ			
Chicken - Patty Breaded		Υ		Υ		Υ			
Chicken - Patty Grilled	Х								
Chicken - Patty Spicy Breaded		Y		Υ		Υ			
Chicken - Popcorn Bites		Υ		Υ		Υ			
Chicken - Gluten Free Strips					Υ	Υ			

Chicken - Strip Sysco		Υ		Υ		Υ		
Chicken - Thigh	Х							
Chips - Hot Cheetos			Υ			Υ		Red #40 & MSG
Chips - Doritos Cool Ranch			Υ			Υ	Υ	Red #40 & MSG
Chips - Doritos Nacho Cheese			Υ			Υ	Υ	Red #40 & MSG
Chips - Kettle Cooked Variety Pack			Υ			Υ		
Chips - Regular Lays	Х							
Chips - Baked BBQ			Υ	Υ		Υ	Υ	
Chips - Jalapeno Cheddar			Υ			Υ		
Chips - Salt and Vinegar						Υ		
Chips - Sun Chips		Υ				Υ		
Chips - Corn Tortilla						Υ		
Churro - Raspberry		Υ	Υ	Υ	Υ	Υ		Red #40
Churro - Apple		Υ	Υ	Υ	Υ	Υ		
Churro - Cinnamon		Υ	Υ	Υ	Υ	Υ		
Churro - Regular		Υ	Υ	Y	Υ	Υ		
Cinnamon Donut Bite		Υ	Υ	Υ	Υ	Υ		
Cinnamon Rolls		Υ	Υ	Υ	Υ	Υ		
Cinnamon Roll Icing			Υ	Υ		Υ		
Coleslaw Mix	Х							
Condiment - Balsamic Vinaigrette						Υ		Sulfites
Condiment - BBQ Sauce						Υ		MSG
Condiment - Coleslaw Dressing					Υ	Υ		
Condiment - Honey	Х							
Condiment - Honey Mustard				Υ	Υ	Υ		
Condiment - Italian				Υ		Υ		
Condiment - Ketchup						Υ	Υ	
Condiment - Mayo				Υ	Υ			
Condiment - Miracle Whip						Υ		
Condiment - Mustard	Х							
Condiment - Poppyseed					Υ	Υ		
Condiment - Ranch Culinary Secrets			Υ	Υ	Υ	Υ		MSG
Condiment - Ranch Classic Gourmet			Υ		Υ	Υ		MSG
Condiment - Raspberry Vinaigrette						Υ		Red #40
Cookie - Apple Delight		Υ	Υ	Υ	Υ	Υ		
Cookie - Caramel Pecan		Υ	Υ	Υ	Υ	Υ		Pecans
Cookie - M&M		Υ	Υ	Υ	Υ	Υ		Red #40

Cookie - Chocolate Chip GF			Υ		Υ	Υ			
Cookie - Chocolate Chip		Υ	Υ		Υ	Υ			
Cookie - Oatmeal Raisin		Υ	Υ	Υ	Υ	Υ			
Cookie - Peanut Butter		Υ	Υ		Υ		Υ		
Cookie - Pumpkin		Υ	Υ	Υ	Υ		MC		
Cookie - Snickerdoodle		Υ	Υ	Υ	Υ	Υ			
Cookie - Sugar		Υ	Υ	Υ	Υ	Υ			
Cookie - White Choc Macadamia		Υ	Υ	Υ	Υ	Υ	MC		Macadamia
Cooking/Pan Non Stick Spray				Υ					
Corn Bread Dry Mix		Υ				Υ			
Corn Dog		Υ		Υ	Υ	Υ			
Cottage Cheese			Υ						
Cracker - Animal Cracker		Υ		Υ					
Cracker - Cheez-It		Υ	Υ	Υ					
Cracker - Saltine		Υ	Υ	Υ					
Craisins	Х								
Cranberry Sauce						Υ			
Cream Cheese - Original Cup			Υ			Υ			
Cream Cheese - Strawberry Cup			Υ			Υ			Red #40
Cream Cheese - Original Whipped			Υ						
Donut - Maple Icing			Υ			Υ			
Donut - Longjohn		Υ	Υ	Υ	Υ	Υ			
Donut - Pumpkin		Υ	Υ	Υ	Υ	Υ			
Egg Roll		Υ	Υ	Υ	Υ			Υ	
Eggs - Patty Round			Υ		Υ				
Eggs - Patty Round Peppered Sysco			Υ		Υ	Υ			
Eggs - Hard Boiled					Υ				
Eggs - Liquid					Υ	Υ			
Eggs - Omelet			Υ	Υ	Υ	Υ			
Fortune Cookie		Υ			Υ				Red #40
French Toast Sticks		Υ	Υ	Υ	Υ	Υ			
French Toast Sticks - Commodity		Υ			Υ				
Fruit Canned - Mandarin Orange	Х								
Fruit Canned - Peaches Sliced	Х								
Fruit Canned - Pear Diced	Х								
Fruit Canned - Pineapple Tidbits						Υ			
Fruit Canned - Tropical Fruit						Υ			

Fruit Frozen - Mango Cubes	Х								
Fruit Frozen - Sliced Strawberries	Х								
Fruit Raw - Apples	Х								
Fruit Raw - Banana	Х								
Fruit Raw - Blackberries	Х								
Fruit Raw - Cantaloupe	Х								
Fruit Raw - Grapes	Х								
Fruit Raw - Honeydew	Х								
Fruit Raw - Kiwi	Х								
Fruit Raw - Oranges	Х								
Fruit Raw - Pear	Х								
Fruit Raw - Pineapple	Х								
Fruit Raw - Strawberries	Х								
Fruit Raw - Watermelon	Х								
Fruit Roll up						Υ			
Fruit Snacks - Berry & Cherry						Υ			Red #40
Fruit Snacks - Brach's						Υ			
Fruit Snacks - Island Berry						Υ			Red #40
Fruit Snacks - Mixed Fruit						Υ			Red #40
Fruitocracy Pouches	Х								
Fudge Bar			Υ			Υ			
Funnel Cake		Υ	Υ	Υ	Υ	Υ			
Gold Fish Grilled Cheese Bread		Υ				Υ			
Graham Cracker Crumbs		Υ		Υ		Υ			
Granola		Υ				Υ			Sunflower Seeds
Granola Bar Chocolate Chunk			MC	Υ		Υ			
Granola Bar Oats and Honey				Υ	MC		MC		
Gravy - Brown		Υ	Υ	Υ	MC	Υ			
Gravy - Chicken		Υ				Υ			
Gravy - Country		Υ	Υ	Υ	MC	Υ			
Gravy - Turkey		Υ	Υ	Υ	MC	Υ			
Grilled Cheese Sandwich - Ready Made		Υ	Υ	Υ		Υ			
Ham - Sliced Smoked						Υ			
Ham - Whole	Х								
Healthy Round		Υ	Υ	Υ	Υ	Υ	MC		
Hot Chocolate Powder			Υ			Υ			
Hushpuppy		Υ	Υ	Υ		Υ			

Ice Cream - Cookies & Cream Cone		Υ	Υ	Υ		Υ	MC		
Ice Cream - Strawberry Bar		Υ	Υ	Υ		Υ	MC		
Ice Cream - Strawberry Cup			Υ			Υ			
Ice Cream - Vanilla Cup			Υ			Υ			
Jalapeno Slices	Х								
Jell-O Lime						Υ			
Jelly - Assorted Pats						Υ			
Jelly - Assorted Pats Sugar Free						Υ			Red #40
Juice - Apple	Х								
Juice - Cherry	Х								
Juice - Dragon Punch	Х								
Juice - Grape Halloween						Υ			Red #40
Juice - Lemon	Х								
Juice - Mango	Х								
Juice - Orange	Х								
Juice - V8 Pomegranate Blueberry	Х								
Juice - V8 Strawberry Banana	Х								
Korean BBQ Chicken Bites		Υ		Υ		Υ			
Lemonade Dry Mix	Х								
Marshmallow - Mini						Υ			
Marshmallow - Standard						Υ			
Meatballs		Υ		Υ					
Meatballs - Commodity		Υ	Υ			Υ			
Milk - White 1%			Υ						
Milk - Chocolate Fat Free			Υ			Υ			
Milk - Almond Silk Vanilla			Υ						
Milk - Soy Silk Chocolate				Υ		Υ			
Muffin - Blueberry GF					Υ	Υ			
Muffin - Chocolate GF					Υ	Υ			
Muffin - Mini (Blueberry/Banana/Choc)		Υ	Υ	MC	Υ	Υ			
Muffin - Mini Blueberry		Υ		Υ	Υ	Υ			
Nutella			Υ	Υ					Hazelnuts
Nutri Grain Bar - Apple Cinnamon		Υ	Υ	Υ		Υ			
Nutri Grain Bar - Blueberry		Υ	Υ	Υ		Υ			Red #40
Nutri Grain Bar - Raspberry		Υ	Υ	Y		Υ			Red #40
Nutri Grain Bar - Strawberry		Υ	Υ	Υ		Υ			Red #40
Nutri Grain Bar - Strawberry Yogurt		Υ	Υ	Υ		Υ			Red #40

Oatmeal	Х								
Olives - Kalamata	Х								
Olives - Sliced Black	Х								
Oreo - Single Serving		Υ		Υ		Υ			
Pancakes 3.5 inch		Υ	Υ	Υ	Υ	Υ			
Pancakes 3.75 inch		Υ	Υ	Υ	Υ	Υ			
Pancake Dry Mix		Υ	Υ	Υ	Υ	Υ			
Pancake on a Stick		Υ	Υ	Υ	Υ	Υ			
Pasta - Couscous Tri-Color		Υ						Υ	
Pasta - Elbow		Υ							
Pasta - Italian w/Olives & Peppers						Υ			
Pasta - Lasagna		Υ							
Pasta - Penne		Υ							
Pasta - Spaghetti GF						Υ			
Pasta - Spaghetti		Υ							
Pasta - Spaghetti Spinach		Υ							
Pepperoni - Pizza Size						Υ			
Pepperoni - Sandwich Size						Υ			
Philly Steak Meat	Х								
Pickle Dill Chip Sliced	Х								
Pickle Relish						Υ			
Pita Pocket		Υ				Υ			
Pizza - Big Daddy Cheese		Υ	Υ	Υ		Υ		Υ	
Pizza - Big Daddy Meat Lovers		Υ	Υ	Υ		Υ		Υ	
Pizza - Big Daddy Pepperoni		Υ	Υ	Υ		Υ		Υ	
Pizza - Breakfast		Υ	Υ	Υ	Υ	Υ			
Pizza - Buffalo Chicken		Υ	Υ	Υ		Υ			
Pizza - Crust 12x16		Υ				Υ			
Pizza - Crust GF					Υ	Υ			
Pizza - Deep Dish Personal Pan		Υ							
Pollock Portions							Υ		
Pork - BBQ Riblet				Υ		Υ		Υ	
Pork - BBQ Riblet - Commodity				Υ		Υ		Υ	
Pork - Butt Boneless whole in the bag	Х								
Pork - Egg Roll		Υ	Υ	Υ	Υ		Υ		
Pork - Loin	Х								
Pork - Pulled	Х								

Pork - Spare Ribs	Х								
Potatoes - Baby Bakers Whole						Υ			
Potatoes - Crinkle French Fries Seasoned		Υ				Υ			
Potatoes - Crinkle French Fries						Υ			
Potatoes - Crispy Cubes PreSeasoned		Υ				Υ			
Potatoes - Curly Fries		Υ				Υ			
Potatoes - Dried Flake			Υ			Υ			
Potatoes - French Fries						Υ			
Potatoes - Hash Brown Patty						Υ			
Potatoes - Hash Brown Rounds						Υ			
Potatoes - Hash Brown Smiles						Υ			
Potatoes - Potato Salad Ready Made					Υ	Υ			
Potatoes - Scalloped O'Brien			Υ			Υ			
Potatoes - Sour Cream & Onion Fries		Υ				Υ			
Potatoes - Sweet Potato Fries						Υ			
Potatoes - Sweet Potato Fries Maple						Υ			
Potatoes - Sweet Potato Mashed			Υ						
Potatoes - Sweet Potato Wedges	Х								
Potatoes - Tater Tot						Υ			
Pretzel - A la Carte Size		Υ				Υ			
Pretzel - Menu Elem Size		Υ				Υ			
Pretzel - Stick Bavarian		Υ		Υ		Υ			
Pretzel - Tiny Twist in a Bag		Υ				Υ			
Quesadilla - Cheese Pizza		Υ	Υ	Υ		Υ		Υ	
Quinoa - Regular	Х								
Quinoa - Sunrise Blend		Υ							
Ramen Noodle		Υ			MC				
Ravioli Italian Sausage		Υ	Υ		Υ	Υ		Υ	
Rice - Kale Veggie Mix	X								
Rice - Long Grain Brown & Wild (Sysco)				Υ					
Rice - Ruby Red	Х								
Rice - Wild Garden Blend		Υ		Υ		Υ			
Rice - Uncle Ben's Wild Rice (FSA)		Υ		Υ					
Rice - Wild Rice Pilaf		Υ		Υ		Υ			
Roast Beef				Υ		Υ			
Salmon						Υ	Υ		
Salsa								Υ	

Salsa - Pico De Gallo						Υ	Y	
Sauce - A1 Steak Sauce						Υ	Y	
Sauce - Alfredo		MC	Υ	MC	MC	Υ		
Sauce - BBQ						Υ	Y	MSG
Sauce - Cayenne	Х							
Sauce - Enchilada						Υ	Υ	
Sauce - General Tso's		Υ		Υ		Υ		
Sauce - Cheese (Nacho)			Υ			Υ	Υ	
Sauce - Orange Oriental		Υ		Υ		Υ		
Sauce - Pizza							Υ	
Sauce - Spaghetti						Υ	Υ	
Sauce - Sriracha						Υ		
Sauce - Sweet & Sour				Υ		Υ	Υ	
Sauce - Taco Sauce Packet		MC		Υ		Υ	Υ	
Sauce - Tapatio						Υ		
Sauce - Tomato Paste						Υ	Υ	
Sauce - Tomato Sauce						Υ	Υ	
Sauce - Worcestershire				Υ		Υ		
Sausage - Andouille						Υ		
Sausage - Bratwurst						Υ		MSG
Sausage - Crumbled						Υ		MSG
Sausage - Crumbled Chorizo				Υ		Υ		
Sausage - Link						Υ		
Sausage - Patty						Υ		
Scooby Snacks		Υ		Υ		Υ		
Seasoning - Black Pepper	Х							
Seasoning - Cajun	Х							
Seasoning - Chili Powder	Х							
Seasoning - Cinnamon	Х							
Seasoning - Cumin	Х							
Seasoning - Garden Blend							Υ	
Seasoning - Garlic & Herb	Х							
Seasoning - Garlic Minced	Х							
Seasoning - Italian	Х							
Seasoning - Lemon Pepper				Υ		Υ		
Seasoning - Old Bay	Х							
Seasoning - Sage	Х							

Seasoning - Salt	Х								
Seasoning - Sloppy Joe		Υ				Υ			
Seasoning - Taco			Υ			Υ			
Seasoning - Tajin	Х								
Shrimp - Coconut Butterfly		Υ				Υ	Υ		Coconut
Shrimp - Cooked Unbreaded							Υ		
Shrimp - Raw Tail Off							Υ		
Soup - Chicken Noodle		Υ	Υ	Υ		Υ			
Soup - Chicken Noodle Sysco		Υ	Υ	Υ		Υ			
Soup - Cream of Chicken		Υ	Υ	Υ		Υ			MSG
Soup - Cream of Mushroom		Υ	Υ	Υ		Υ			MSG
Soup - Cream of Potato			Υ	Υ					
Soup - Cream of Potato Sysco			Υ						
Soup - Tomato		Υ				Υ		Υ	
Soup - Vegetable Beef & Barley		Υ		Υ		Υ		Υ	
Sour Cream			Υ			Υ			
Soy Milk Chocolate				Υ					
Soy Milk Vanilla				Υ					
Sqwincher - Grape						Υ			Red #40 & Blue #1
Sqwincher - Orange						Υ			Red #40 & Blue #1
Sqwincher - Fruit Punch						Υ			Red #40 & Blue #1
Sqwincher - Mixed Berry						Υ			Blue #1
Strawberry Fruitsicle	X								
Sunflower Seeds									Sunflower Seeds
Syrup						Υ			
Taco Shells - Crispy	X								
Tortilla 6" Corn Street						Υ			
Tortilla 6"/8" Whole Wheat Flour		Υ				Υ			
Tortilla 12" Whole Wheat Flour		Υ				Υ			
Tortilla 12" Herb & Garlic		Υ				Υ			
Tortilla 12" Honey Wheat		Υ				Υ			
Tortilla 12" Spinach		Υ				Υ			
Tortilla Gluten Free					Υ	Υ			
Tostada Shell						Υ			
Tuna - Canned							Υ		
Turkey - Breast Sliced						Υ			
Turkey - Diced	Х								

Turkey - Hot Dog					Υ				
Turkey - Whole Breast	Х								
Uncrustable - Grape		Υ			Υ	Υ			
Uncrustable - Strawberry		Υ			Υ	Υ			
Veggie Burger		MC		Υ	Y			Υ	
Veggies - Canned - Chop Green Chile	Х								
Veggies - Canned - Corn					Υ				
Veggies - Canned - Cream Style Corn					Υ				
Veggies - Canned - Dill Pickles Chip	Х								
Veggies - Canned - Green Beans	Х								
Veggies - Canned - Peppers Whole					Υ				
Veggies - Canned - Tomato Diced					Υ			Υ	
Veggies - Canned - Tomato Fire Roast					Υ			Υ	
Veggies - Frozen - Carrots Diced	Х								
Veggies - Frozen - 4-Way					Υ				
Veggies - Frozen - Caribbean	Х								
Veggies - Frozen - Corn on the Cob					Υ				
Veggies - Frozen - Fajita Mix	Х								
Veggies - Frozen - Garlic Mixed			Υ	Υ	Υ				
Veggies - Frozen - Kale Salad									Barley
Veggies - Frozen - Normandy Blend	Х								
Veggies - Frozen - Onion Pearls	Х								
Veggies - Frozen - Roasted Mix					Υ				
Watermelon Sorbet					Υ		Υ		
Whipped Topping			Υ						
Yogurt - Cherry Vanilla			Υ		Υ				
Yogurt - Danimal Raspberry			Υ		Υ				
Yogurt - Danimal Strawberry Banana			Υ		Υ				
Yogurt - GoGurt Strawberry			Υ		Υ				
Yogurt - Greek Variety			Υ		Υ				
Yogurt - Peach			Υ		Υ				
Yogurt - Raspberry			Υ		Υ				
Yogurt - Strawberry Banana			Υ		Υ				
Yogurt - Strawberry			Υ		Υ				
Yogurt - Vanilla			Υ		Υ				