



The following is a list of items that ARAMARK uses at The Archdiocese of Chicago common food allergens. This list may not be complete. There is always a risk of contamination, and the manufacturers of the foods we use could change the formulation at any time, without notice. ARAMARK cannot guarantee the accuracy of any of the information contained herein. The information contained in this list is not intended as a substitute for advice from your physician or other healthcare professional or for any information contained on or in any product label, packaging or insert. You should not use the information herein for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance. You should always consult a physician or other healthcare professional before taking any medication, drug or nutritional, herbal or homeopathic supplement, before starting any diet or exercise program and/or before adopting any treatment for a health problem, condition or ailment. Individuals concerned with food allergies must be aware of this risk. Archdiocese of Chicago and ARAMARK will not assume any liability for adverse reactions to foods consumed, or items with which one may come into contact while eating at any school district establishment. Families of students with food allergies or those wishing to see additional information are encouraged to contact the registered dietitian.

Menu Item *May Contain ▲ Contains No Pork	Soy	Milk	Wheat Gluten	Egg	Shellfish	Fish	Peanut	Treenut	Sesame (Illinois)	None
Potato, Mashed		x								
Potato, Crinkle Fries										x
Potato, Emoticon Fries										x
Potato, Tater Tots										x
Potato, Sweet Potato Fries										x
Salad, Potato	x			x						
Salad, Spinach										x
Salad, Tossed										x
Spinach										x
Tomato, Grape										x
<b>Protein, Cheese, Dairy, Yogurt</b>										
Cheese, Cube		x								
Cheese, Stick		x								
Cheese, String Mozzarella		x								
Egg, Hard Boiled				x						
Pepperoni, Slices ▲										x
Yogurt, Strawberry Banana Danimals		x								
Yogurt, Vanilla Danimals		x								
<b>Grains, Rice, Pasta</b>										
Bread, Biscuit WG		x	x							
Bread, Breadstick WG			x							
Bread, Breadstick Garlic			x							
Bread, Cornbread Poppers	x	x	x	x						
Bread, Flatbread*	May Contain	x	x							
Bread, Garlic Toast	x	x	x							
Bread, Pretzel Bites			x							
Bread, Pretzel Rod			x							
Pasta, Egg Noodles	x	x	x	x						
Pasta, Penne*			x	May Contain						
Pasta, Spaghetti*			x	May Contain						
Rice, Plain										x
Roll, Dinner			x							
<b>Breakfast Cold</b>										
Bagel, Blueberry			x							
Bagel, Cinnamon Raisin			x							
Bagel, Plain			x							
Bagel, Mini Cinnamon Cream Cheese		x	x							
Bagel, Mini Strawberry Cream Cheese		x	x							
Bar, Butterscotch Oatmeal	x	x	x	x						

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Bar, Benefit, French Toast	x	x	x	x						
Bar, Benefit, Mini Brown Sugar	x	x	x	x						
Bar, Benefit, Banana Chocolate Chip	x	x	x	x						
Bar, Cereal, Cocoa Puffs	x		x							
Bar, Cereal, Cinn Toast Crunch	x		x							
Bar, Cereal, Fruity Cheerios	x		x							
Bar, Cereal, Golden Grahams	x		x							
Bar, Cereal, Strawberry Cheerios	x		x							
Bar, Cereal, Trix	x		x							
Bar, Nutrigrain, Apple Cinnamon	x	x	x							
Bar, Nutrigrain, Blueberry	x	x	x							
Bar, Nutrigrain, Strawberry	x	x	x							
Bread, Pumpkin	x	x	x	x						
Breakfast Round, Cinnamon	x	x	x	x						
Breakfast Round, Oatmeal Chocolate Chip	x	x	x	x						
Breakfast Round, Oatmeal Banana Chocolate Chip	x	x	x	x						
Cereal, Cheerios										x
Cereal, Cheerios Apple Cinnamon										x
Cereal, Cheerios Fruity										x
Cereal, Chex Cinnamon										x
Cereal, Chex Corn										x
Cereal, Chex Rice										x
Cereal, Cinnamon Toast Crunch (Reduced Sugar)	x		x							
Cereal, Cocoa Puffs										x
Cereal, Frosted Flakes			x							
Cereal, Golden Grahams			x							
Cereal, Lucky Charms										x
Cereal, Raisin Bran*			x					May Contain		x
Cereal, Rice Krispies										x
Donut, Hole (Dunkers)	x	x	x							
Frudel, Apple		x	x							
Frudel, Cherry		x	x							
Muffin, Apple Cinnamon	x		x	x						
Muffin, Banana	x		x	x						
Muffin, Blueberry	x		x	x						
Muffin, Chocolate Chip	x	x	x	x						
Muffin, Corn	x	x	x	x						
Muffin, English	x	x	x							
Roll, Crescent, Chocolate		x	x							



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Sauce, Pizza										x
Sauce, Relish										x
Sauce, Spaghetti	x									
Sauce, Spaghetti, Beef	x									
Sauce, Taco										x
Sauce, Tartar				x						
Syrup, Maple										x
<b>Snacks, Chips, and Crackers</b>										
Chip, Cheeto, Baked		x								
Chip, Dorito, Cool Ranch		x								
Chip, Dorito, Wild White Nacho		x								
Chip, Munchies Snack Mix		x	x							
Chip, Tostitos Scoops										x
ear	x		x							
Cracker, Belly Bear, Chocolate			x							
Cracker, Belly Bear, Cinnamon			x							
Cracker, Bug Bite	x		x							
Cracker, Churro Cruncher			x							
Cracker, Chz It	x	x	x							
Cracker, Crunchmania, Cinn	x	x	x							
Cracker, Elf Graham, Chocolate	x		x							
Cracker, Elf Graham, Cinnamon	x		x							
Cracker, Goldfish Cheddar		x	x							
Cracker, Goldfish Colors		x	x							
Cracker, Goldfish Graham, Giant Vanilla			x							
Cracker, Graham	x		x							
Cracker, Jungle			x							
Cracker, Scooby Graham	x		x							
Pretzel, Goldfish Pretzel		x	x							
Pretzel, Heartzel			x							
Snack, Rice Krispies, Mini	x	x								
<b>Lunch Entrées (Hot)</b>										
Beef Dippers, Teriyaki with Rice	x		x							
Bowl, Chicken Mashed Potato with Corn & Cheese	x	x	x							
Bowl, Country Chicken Nugget	x	x	x	x						
Bowl, Southwest Chicken & Rice		x	x							
Burrito, Bean & Cheese		x	x							
Burrito, Chili Cheese	x	x	x							
Calzone, Meat Lovers	x	x	x							

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Cheeseburger (Beef)	x	x	x							
Chicken, Corn Dog ▲	x	x	x	x						
Chicken, Drumstick, Roasted										x
Chicken, LoMein*	x		x	May Contain					x	
Chicken, Nuggets	x		x							
Chicken, Orange with Broccoli	x		x							
Chicken, Popcorn	x		x							
Chicken, Popcorn Spicy	x		x							
Chicken, Sandwich, Breaded	x		x							
Chicken, Sandwich, Diced BBQ	x		x							
Chicken, Sandwich, Parmesan	x	x	x							
Chicken, Sandwich, Slider	x		x							
Chicken, Tender	x		x							
Hamburger, Classic (Beef)	x		x							
Hot Dog, Plain / Hot Diggity Dog (Turkey) ▲			x							
Fish, Bites		x	x			x				
Fish, Sticks		x	x			x				
French Toast, Sticks	x	x	x	x						
Fun Lunch: Mini (Turkey) Corn Dogs, Pretzel Bites, Cheese Sauce	x	x	x	x						
Meatball, Beef	x									
Meatball, Beef BBQ	x	x	x							
Meatball, Chicken	x		x							
Meatball, Chicken BBQ	x		x							
Meatball, (Chicken) Korean with Rice	x		x						x	
Meatball, (Chicken) with Gravy & Parsley Egg Noodles	x	x	x	x						
Meatloaf, Cheeseburger		x	x							
Melt, Turkey Ham & Cheese ▲	x	x	x							
Melt, Cheese (All American)	x	x	x							
Melt, Fish, Patty, American Cheese	x	x	x	x		x				
Nacho, Beef, Cheese, Bean Combo	x	x	x							
Pasta, Cheesy Baked Penne*		x	x	May Contain						
Pasta, Lasagna Roll-Up (Cheese)		x	x	x						
Pasta, Macaroni & Cheese*	x	x	x	May Contain						
Pasta, Penne, Chicken with Tomato Cream Sauce*		x	x	May Contain						
Pasta, Ravioli, Jumbo Cheese		x	x	x						
Pasta, Spaghetti with (Chicken) Meatballs*	x		x	May Contain						
Pizza, Cheesy Flatbread	x	x	x							
Pizza, Crunchers		x	x							
Pizza, Dippers	x	x	x							

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Pizza, Deep Dish Galaxy Cheese	x	x	x							
Pizza, Deep Dish Galaxy Pepperoni (Turkey & Beef)	x	x	x							
Pizza, Turkey Sausage Flatbread ▲	x	x	x							
Pull-Apart, Italian Cheese & Garlic		x	x							
Pull-Apart, Southwest Queso		x	x							
Salisbury Steak (Beef) with (Brown) Gravy & Egg Noodles	x	x	x	x						
Salisbury Steak (Beef) with (Brown) Gravy & Mashed Potatoes	x	x	x	x						
Sloppy Joe (Beef) on a Bun	x		x							
Sandwich, Pancake Griddler ▲	x		x	x						
Soup, Chili, Con Carne	x									
Soup, Chili, Vegetarian										x
Sticks, Mozzarella, Breaded		x	x							
Sub, Meatball (Chicken), BBQ	x	x	x							
Sub, Meatball (Chicken), Pizza	x	x	x							
Tacos, Chicken	x	x	x							
Tacos, Soft Beef & Cheese	x	x	x							
Turkey, Mini Corn Dog ▲	x	x	x	x						
Turkey with Gravy*	x	x	x	May Contain						
<b>Lunch Entrees (Cold), Lunch Express Sandwich and Salad Entrées</b>										
Chicken, Popcorn (Dippin' Chicken)	x		x							
Flatbread*, (Chicken & Beef or Turkey) Pepperoni, Cheese Cubes ▲	May Contain	x	x							
Flatbread*, Shredded Mozzarella & Pizza Sauce	May Contain	x	x							
Plate, Fresh Apple & Cheese		x								
Salad, Beef Nacho	x	x								
Salad, All-American ▲ (see "Condiments" section for dressing/dressing allergens)		x								
Salad, Chicken Caesar (Includes Caesar dressing allergens)		x				x				
Salad, Chicken, Chef (see "Condiments" section for dressing/dressing allergens)		x		x						
Salad, Chicken, Popcorn (see "Condiments" section for dressing/dressing allergens)	x	x	x							
Salad, Egg, Chef (see "Condiments" section for dressing/dressing allergens)		x		x						
Salad, Garden, Cheese (see "Condiments" section for dressing/dressing allergens)		x								
Salad, Italian ▲ (see "Condiments" section for dressing/dressing allergens)		x								
Sandwich, Cheese, American	x	x	x							
Sandwich, Chicken Ham, American on a Bun ▲	x	x	x							
Sandwich, Chicken Ham, Provolone ▲	x	x	x							
Sandwich, Roast Beef & Cheddar Cheese		x	x							
Sandwich, Sunbutter & Jelly	x		x							
Sandwich, Turkey Ham, American ▲	x	x	x							
Sandwich, Turkey Ham, Provolone ▲	x	x	x							
Sandwich, Turkey, American	x	x	x							

