

Lunch Direct has made every effort to ensure the accuracy of this list. Manufacturers may change their formulations without notice or caterers may need to make substitutions. In addition, there may be different ingredients that may be from the same food family such as milk, whey, caseine, or soy or soy protein and some children may be allergic to all, none, or a combination of the different variations of these ingredients. These varying forms of the ingredients generally have not been researched for this list. In general, this list includes sample foods from our menus, and not in the numerous other possible forms in which these ingredients may occur.

Children with life-threatening allergies are strongly encouraged not to participate in Lunch Direct's meal program. Parents of children with life-threatening food allergies are encouraged to pack a lunch from home.

EGG ALLERGY: Do NOT eat the following

Chicken Patty on Bun Corn Dog Nuggets Oven Fried Chicken legs Pork BBQ & Cole Slaw Tortellini – Pink Sauce Swedish Meatballs Spaghetti Pasta Vegetarian Burger	Meatballs Macaroni & Cheese Cream of Celery Veggie Lasagna Fish & Batter Veggie Wrap All dips & dressings	Chicken Noodle Soup Chow-Mein Noodles Fresh baked Chocolate Chip Cookies Fresh baked Oatmeal Raisin Cookies Fresh baked Sugar Cookies Buttered Egg Noodles Pastas
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MILK, CHEESE, MILK POWDER: Do NOT eat the following

Baked Pork Loin w/gravy & rice Alfredo (any) Corn Dog Nuggets Gyro, Pita Bread, Tzatziki Sauce Macaroni & Cheese Fettuccini Alfredo Philly Cheese Steak Roast Turkey w/Gravy Sausage Ziti Meatballs Tortellini – Pink Sauce Vegetarian Lasagna Fish & Batter	Nacho Cheese Sauce Cheese Sour Cream New England Clam Chowder Cream of Broccoli Minestrone Cream of Celery Cream of Asparagus Potato Soup French Onion Soup Cream of Tomato Oyster Crackers Swedish Meatballs	Chow-Mein Noodles Caesar Dressing Blue Cheese dressing Spanish Rice Mashed Potatoes Fresh baked Chocolate Chip Cookies Vanilla Pudding Chocolate Pudding Banana Pudding Ice Cream Cheetos Doritos Yogurts Vegetarian Burger, Morningstar
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SOY ALLERGY : Do NOT eat the following

Asian Beef & Peppers Baked Ham Baked Pork Loin w/gravy & rice Beef Tacos Beef Tips over Rice BLT Alfredo (any) Chicken Fajitas w/ peppers & onions Chicken Patty on Bun Chicken Tender Nuggets Chicken Teriyaki & Rice Chicken Wing Dings Corn Dog Nuggets General Tso Chicken Gyro, Pita Bread, Tzatziki Sauce Hamburger on a Bun Honey BBQ Wings Hot Dog on Bun Jumbo Bratwurst on Bun Macaroni & Cheese Fettuccini Alfredo Pepper Steak over Rice Cream of Asparagus Swedish Meatballs	Philly Cheese Steak Pork BBQ & Cole Slaw Roast Turkey w/Gravy Sausage Ziti Spaghetti w/Marinara Meat Balls Meat Sauce Sweet & Sour Chicken/Pork & Rice Tortellini – Pink Sauce Vegetarian Lasagna Vegetarian – Ziti/Rotini/Penne Chipotle 'Style' Buffet Chili LO Mein Taco Shells Tortillas Breads American Cheese Mayonnaise Peanut Butter Butter Cream of Celery Veggie Wrap Vegetarian Burger, Morningstar	Potato Soup French Onion Soup Saltine Crackers Oyster Crackers Croutons Chow-Mein Noodles Oil & vinegar Italian Dressing Blue Cheese Dressing Vegetable Paella French Dressing Thousand Island Dressing Mashed Potatoes Fresh baked Chocolate Chip Cookies Fresh baked Sugar Cookies Vanilla Pudding Chocolate Pudding Banana Pudding Baked Lays Cheetos Doritos Tortilla chips
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CORN, CORN SYRUP or CORNSTARCH allergy: Do NOT eat any of the following:

Asian Beef & Peppers Baked Ham Baked Pork Loin w/gravy & rice BBQ Chicken BBQ Spare Ribs Beef Tacos Beef Tips over Rice Chicken Cacciatore	Hot Dog on Bun Meatballs Jumbo Bratwurst on Bun Pepper Steak over Rice Philly Cheese Steak Roast Turkey w/Gravy Sausage Ziti Spaghetti w/Marinara	Grape Jelly Bacon bits Chicken Noodle Soup Bacon Bits Fresh baked Oatmeal Raisin Cookies Ice Cream Fritos Cheetos
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Chicken Fajitas w/ peppers & onions
 Chicken Patty on Bun
 Chicken Tender Nuggets
 Chicken Teriyaki & Rice
 Corn Dog Nuggets
 Gyro, Pita Bread, Tzatziki Sauce
 Hamburger on a Bun
 Honey BBQ Wings
 Dinner Roll

Tortellini – Pink Sauce
 Vegetarian Lasagna
 Vegetarian – Ziti/Rotini/Penne
 Chipotle 'Style' Buffet
 Taco Shells
 Tortillas
 Breads
 Peanut Butter

Sunchips
 Pretzels
 Multigrain Sunchips
 Ridged Potato Chips
 Doritos
 Tortilla chips
 Yogurts
 Rice Pilaf

FISH allergy: Do NOT eat any of the following:

Fish Wedges
 Fish Sticks
 Sloppy Joe
 Hawaiian Meatballs

Asian Beef & Peppers
 Pepper Steak over Rice
 Shrimp Creole w/Rice
 Manhattan Clam Chowder

New England Clam Chowder
 French Onion Soup
 Caesar Dressing

BEEF allergy: Do NOT eat any of the following:

Asian Beef & Peppers
 Baked Ham
 Beef Tacos
 Beef Tips over Rice
 Chicken & Gravy

Beef Tips stir fry w/Rice
 Hot Dog on Bun
 Pepper Steak over Rice
 Philly Cheese Steak
 Swedish Meatballs

Meat Sauce
 Chili
 Minestrone
 French Onion Soup

Tomato allergy: Do NOT eat any of the following:

BBQ Chicken
 BBQ Spare Ribs
 Beef Tacos
 BLT
 Chicken Cacciatore
 Gyro, Pita Bread, Tzatziki Sauce

Honey BBQ Wings
 Meatballs
 Pork BBQ & Cole Slaw
 Spaghetti w/Marinara
 Meatballs
 Meat Sauce

Shrimp Creole w/Rice
 Vegetarian Lasagna
 Vegetarian – Ziti/Rotini/Penne
 Chili
 Tomato Basil Dressing

Sesame or seed allergy: Do NOT eat any of the following:

Vegetarian Nuggets (sesame)
 Sesame Bread Sticks

Raspberry Vinaigrette Dressing (poppy)

WHEAT allergy: Do NOT eat any of the following:

Asian Beef & Peppers
 Baked Ham
 Baked Pork Loin w/gravy & rice
 Beef Tacos
 Beef Tips over Rice
 BLT
 Fish & Batter
 Chicken Cacciatore
 Chicken Fajitas w/ peppers & onions
 Chicken Patty on Bun
 Chicken Wing Dings
 CousCous
 Corn Dog Nuggets
 General Tso Chicken
 General Tso Chicken
 Gyro, Pita Bread, Tzatziki Sauce
 Hamburger on a Bun
 Hot Dog on Bun
 LoMeain
 Meatballs

Jumbo Bratwurst on Bun
 Macaroni & Cheese
 Oven Fried Chicken legs
 Alfredo (any)
 Pepper Steak over Rice
 Philly Cheese Steak
 Roast Turkey w/Gravy
 Sausage Ziti
 Spaghetti w/Marinara
 Meatballs
 Swedish Meatballs
 Buttered Egg Noodles
 Sweet & Sour Chicken or Pork & Rice
 Tortellini – Pink Sauce
 Veggie Wrap
 Vegetarian Lasagna
 Vegetarian – Ziti/Rotini/Penne
 Chipotle 'Style' Buffet
 Tortillas
 Home Made Stuffing

All Breads
 Chicken Noodle Soup
 New England Clam Chowder
 Cream of Celery
 French Onion Soup
 Saltine Crackers
 Oyster Crackers
 Croutons
 Chow-Mein Noodles
 Fresh baked Chocolate Chip Cookies
 Fresh baked Oatmeal Raisin Cookies
 Banana Pudding
 Pretzels
 Multigrain Sunchips
 Doritos
 Vegetarian Burger, Morningstar

STRAWBERRIES allergy,

Strawberries are sent as fresh fruit on occasion and they are also in one of the salad dressings. The salad dressing is pink, and the strawberry pieces are visible.