

An Apple a Day, LLC

Allergens & Food Sensitivity

ASD

Rec. #	Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
001942	Apples, cinnamon (warm)	NO	NO	NO	NO	NO	NO	NO	NO
002027	Bagel, 3 oz Sara Lee	NO	NO	NO	NO	NO	NO	NO	YES
002036	Bagel, breakfast (Tony's)	YES	NO	NO	NO	NO	NO	YES	YES
002028	Bagel, cinnamon raisin	NO	NO	NO	NO	NO	NO	YES	YES
001893	Bagel, cinnamon raisin (2 oz)	NO	NO	NO	NO	NO	NO	YES	YES
001959	Bagel, whole wheat	NO	NO	NO	NO	NO	NO	YES	YES
001894	Bagel, whole wheat (2 oz)	NO	NO	NO	NO	NO	NO	YES	YES
001953	Bagelful, apple cinnamon	YES	NO	NO	NO	NO	NO	NO	YES
002009	Bagelful, original	YES	NO	NO	NO	NO	NO	NO	YES
002008	Bagelful, strawberry & cr chs	YES	NO	NO	NO	NO	NO	NO	YES
001794	Baked Potato Bar	YES	NO	NO	NO	NO	NO	YES	NO
001896	Bar, banana choc chip	YES	YES	NO	NO	NO	NO	YES	YES
002007	Bar, cherry apple crunch (bkf)	NO	NO	NO	NO	NO	NO	YES	YES
001958	Bar, Granola (NV oats & honey)	NO	NO	YES	YES	NO	NO	YES	NO
002011	Bar, maple brown sugar	YES	YES	NO	NO	NO	NO	YES	YES
002010	Bar, oatmeal spice (bkfst)	YES	YES	NO	NO	NO	NO	YES	YES
001957	Bar, Power Alley Choc Chip	YES	NO	NO	NO	NO	NO	YES	NO
001818	BBQ Beef Rib Sand	NO	NO	NO	NO	NO	NO	YES	YES
001907	Beans, garbanzo	NO	NO	NO	NO	NO	NO	NO	NO
001908	Beans, kidney	NO	NO	NO	NO	NO	NO	NO	NO
001919	Beef Stew	YES	NO	NO	NO	NO	NO	YES	YES
001947	Bread, ww pullman slice	NO	NO	NO	NO	NO	NO	YES	YES
001897	Breakfast pizza	YES	NO	NO	NO	NO	NO	YES	YES
002033	Breakfast round	YES	YES	NO	NO	NO	NO	YES	YES
001969	Breakfast Sandwich (egg & chs)	YES	YES	NO	NO	NO	NO	YES	YES
900045	Broccoli, fresh	NO	NO	NO	NO	NO	NO	NO	NO
001946	Bun, ww hamburger	NO	NO	NO	NO	NO	NO	YES	YES
002035	Burrito, bkfst (Los Cabos)	YES	YES	NO	NO	NO	NO	YES	YES
001961	Burrito, breakfast (Fernando)	YES	YES	NO	NO	NO	NO	YES	YES
001789	Burrito, WG Bean & Cheese	YES	NO	NO	NO	NO	NO	YES	YES
001943	Cake, gingerbread	NO	YES	NO	NO	NO	NO	NO	YES
001905	Carrots, Baby	NO	NO	NO	NO	NO	NO	NO	NO
001906	Cauliflower, fresh	NO	NO	NO	NO	NO	NO	NO	NO
001948	Cereal, Cheerios	NO	NO	NO	NO	NO	NO	NO	YES
001950	Cereal, Cheerios (fruity)	NO	NO	NO	NO	NO	NO	NO	YES
001998	Cereal, Cheerios (fruity)	NO	NO	NO	NO	NO	NO	NO	YES
001997	Cereal, Cheerios (honey nut)	NO	NO	NO	YES	NO	NO	NO	YES
001949	Cereal, Cheerios (honey nut)	NO	NO	NO	YES	NO	NO	NO	YES
001951	Cereal, Cinnamon Toast Crunch	NO	NO	NO	NO	NO	NO	YES	YES
001996	Cereal, Cinnamon Tst Crunch	NO	NO	NO	NO	NO	NO	YES	YES
001995	Cereal, Golden Grahams	NO	NO	NO	NO	NO	NO	NO	YES
001999	Cereal, Honey Graham Squares	YES	NO	NO	NO	NO	NO	NO	YES
001994	Cereal, Kix	NO	NO	NO	NO	NO	NO	NO	NO
001952	Cereal, Rice Chex	NO	NO	NO	NO	NO	NO	NO	NO

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001992	Cereal, Rice Krispies	NO	NO	NO	NO	NO	NO	NO	NO
001993	Cereal, Wheaties	NO	NO	NO	NO	NO	NO	NO	YES
001956	Cheese, string	YES	NO	NO	NO	NO	NO	NO	NO
001802	Cheeseburger (elem)	YES	NO	NO	NO	NO	NO	YES	YES
001944	Cherries, dried	NO	NO	NO	NO	NO	NO	NO	NO
001806	Chicken Burger	YES	YES	NO	NO	NO	NO	YES	YES
001964	Chicken Nuggets	NO	NO	NO	NO	NO	NO	YES	YES
001793	Chicken, baked	NO	NO	NO	NO	NO	NO	NO	NO
001923	Chicken, Roasted (Salt&Pepper)	NO	NO	NO	NO	NO	NO	NO	NO
001925	Chili, Texas	YES	NO	NO	NO	NO	NO	YES	YES
001967	Coleslaw	NO	YES	NO	NO	NO	NO	NO	NO
001832	Condiments, elem (basic)	NO	YES	NO	NO	NO	NO	NO	NO
001929	Corn, Whole Kernal	NO	NO	NO	NO	NO	NO	NO	NO
001930	Corndog, whole grain	NO	YES	NO	NO	NO	NO	YES	YES
002023	Crackers, Jungle	NO	NO	NO	NO	NO	NO	NO	YES
001945	Craisins	NO	NO	NO	NO	NO	NO	NO	NO
001827	Cucumber, slices	NO	NO	NO	NO	NO	NO	NO	NO
900344	Egg Roll, Turkey & Vegetable	NO	YES	NO	NO	NO	NO	YES	YES
001954	Egg, hard cooked	NO	YES	NO	NO	NO	NO	NO	NO
001960	Eggs, scrambled	NO	YES	NO	NO	NO	NO	NO	NO
001815	Enchilada Bake	YES	NO	NO	NO	NO	NO	NO	NO
001920	Enchiladas, chs w/salsa verde	YES	NO	NO	NO	NO	NO	NO	NO
001902	Fish & Chips	YES	NO	NO	NO	YES	NO	NO	YES
001965	Fish Nuggets	YES	NO	NO	NO	YES	NO	NO	YES
001814	Fish Sandwich	YES	YES	NO	NO	YES	NO	YES	YES
001926	Fish, pollack wedge	YES	YES	NO	NO	YES	NO	YES	YES
002030	French Toast Sticks	YES	YES	NO	NO	NO	NO	YES	YES
001966	Fries, Sweet Potato	NO	NO	NO	NO	NO	NO	NO	YES
001918	Gardenburger	YES	NO	NO	NO	NO	NO	YES	YES
001910	Garlic Toast	YES	NO	NO	NO	NO	NO	YES	YES
001913	Garlic Toast	YES	YES	NO	NO	NO	NO	YES	YES
005061	Graham Crackers	NO	NO	NO	NO	NO	NO	YES	YES
002024	Grahams, Goldfish (giant)	NO	NO	NO	NO	NO	NO	NO	YES
002025	Grahams, Goldfish (wh grain)	NO	NO	NO	NO	NO	NO	NO	YES
002022	Grahams, Scooby	NO	NO	NO	NO	NO	NO	YES	YES
001935	Grapes, fresh	NO	NO	NO	NO	NO	NO	NO	NO
001989	Gravy, brown (RS)	YES	NO	NO	NO	NO	NO	YES	NO
001990	Gravy, Chicken (RS)	YES	NO	NO	NO	NO	NO	YES	NO
900139	Green Beans, canned	NO	NO	NO	NO	NO	NO	NO	NO
001921	Grilled Cheese Sandwich	YES	NO	NO	NO	NO	NO	YES	YES
001801	Hamburger (elem)	YES	NO	NO	NO	NO	NO	YES	YES
001987	Hoagie - Italian	YES	NO	NO	NO	YES	NO	YES	YES
001809	Hoagie, roast beef	YES	NO	NO	NO	NO	NO	YES	YES
001963	Hot pocket, bkfs (tky,egg&chs)	YES	YES	NO	NO	NO	NO	YES	YES
001791	Hummus (house-made)	NO	NO	NO	NO	NO	NO	NO	NO
001816	Lasagna	YES	YES	NO	NO	NO	NO	NO	YES
001903	Lettuce, romaine	NO	NO	NO	NO	NO	NO	NO	NO

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001813	Macaroni & Cheese	YES	YES	NO	NO	NO	NO	YES	YES
001985	Macaroni & Cheese w/Smokies	?	?	?	?	?	?	?	?
001968	Mandarin Oranges	NO	NO	NO	NO	NO	NO	NO	NO
001991	Mashed Potatoes	YES	NO	NO	NO	NO	NO	NO	NO
001823	Milk - combined	YES	NO	NO	NO	NO	NO	NO	NO
001898	Milk, chocolate (RS)	YES	NO	NO	NO	NO	NO	NO	NO
001899	Milk, non-fat	YES	NO	NO	NO	NO	NO	NO	NO
002031	Morning mix up	YES	NO	NO	NO	NO	NO	NO	YES
002004	Muffin, apple cinnamon	YES	YES	NO	NO	NO	NO	NO	YES
002005	Muffin, banana (breakfast)	YES	YES	NO	NO	NO	NO	NO	YES
002006	Muffin, blueberry (bkfst)	YES	YES	NO	NO	NO	NO	YES	YES
001803	Nachos - elem	YES	NO	NO	NO	NO	NO	NO	NO
001909	Orange Wedges	NO	NO	NO	NO	NO	NO	NO	NO
001962	Pancake on a Stick (elem)	NO	YES	NO	NO	NO	NO	YES	YES
002032	Pancakes, mini	YES	YES	NO	NO	NO	NO	YES	YES
001817	Penne Pasta w/Meat Sauce	YES	YES	NO	NO	NO	NO	NO	YES
001924	Pie, Sweet Potato	YES	YES	NO	NO	NO	NO	NO	YES
001830	Pineapple, fresh	NO	NO	NO	NO	NO	NO	NO	NO
001917	Pizza, Cheese (BigDaddy'sH)	YES	NO	NO	NO	NO	NO	YES	YES
001914	Pizza, Pepperoni (BigDaddy'sH)	YES	NO	NO	NO	NO	NO	YES	YES
001916	Pizza, Smart - Cheese - 4x6	YES	NO	NO	NO	NO	NO	YES	YES
001915	Pizza, Smart Pepperoni-4x6	YES	NO	NO	NO	NO	NO	YES	YES
001927	Potatoes, roasted (fresh)	NO	NO	NO	NO	NO	NO	NO	NO
001941	Pretzel, cheese filled	YES	NO	NO	NO	NO	NO	NO	YES
001788	Pretzels (Heartzels)	NO	NO	NO	NO	NO	NO	NO	YES
001805	Quesadilla, chicken & cheese	YES	NO	NO	NO	NO	NO	NO	YES
001933	Refried beans	NO	NO	NO	NO	NO	NO	NO	NO
001928	Rice, Asian Fried	NO	YES	NO	NO	NO	NO	YES	NO
001799	Rice, brown only	NO	NO	NO	NO	NO	NO	NO	NO
001824	Roasted Fresh Vegetables	NO	NO	NO	NO	NO	NO	NO	NO
001825	Roasted potatoes & vegetables	NO	NO	NO	NO	NO	NO	NO	NO
002026	Roll, cinnamon (wh grain)	YES	YES	NO	NO	NO	NO	NO	YES
001895	Roll, dinner-100% whole wheat	NO	NO	NO	NO	NO	NO	NO	YES
001822	Salad bar	NO	NO	NO	NO	NO	NO	NO	YES
001800	Salad, Caesar (elem)	YES	YES	NO	NO	NO	NO	NO	YES
001804	Salad, Chef	YES	YES	NO	NO	NO	NO	YES	YES
001911	Salad, Moroccan Carrot	NO	NO	NO	NO	NO	NO	NO	NO
001828	Salad, Spinach	YES	NO	NO	NO	NO	NO	YES	YES
001820	Salad, Taco	YES	YES	NO	NO	NO	NO	NO	NO
001831	Salad, Wild Cherry Broccoli	YES	YES	NO	NO	NO	NO	NO	NO
001807	Salsa, corn & bean	NO	NO	NO	NO	NO	NO	NO	NO
001808	Sandwich, egg salad	NO	YES	NO	NO	NO	NO	YES	YES
001829	Sandwich, roast beef	YES	NO	NO	NO	NO	NO	YES	YES
001810	Sandwich, roast turkey	YES	NO	NO	NO	NO	NO	YES	YES
001811	Sandwich, tuna salad	NO	YES	NO	NO	NO	NO	YES	YES
001812	Sandwich, turkey ham	YES	NO	NO	NO	NO	NO	YES	YES
001955	Seeds, sunflower (honey rst)	NO	NO	NO	NO	NO	NO	NO	NO

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001795	Soft taco	YES	NO	NO	NO	NO	NO	YES	YES
001796	Soft taco - condiments (elem)	YES	NO	NO	NO	NO	NO	NO	NO
001932	Soup, turkey (homemade)	NO	NO	NO	NO	NO	NO	NO	NO
001988	Spaghetti Sauce w Meat	?	?	?	?	?	?	?	?
001986	Spaghetti w/Meat Balls	NO	NO	NO	NO	NO	NO	YES	YES
001900	Spaghetti w/Meat Sauce	YES	NO	NO	NO	NO	NO	YES	YES
001904	Spinach	NO	NO	NO	NO	NO	NO	NO	NO
001922	Squash, roasted delicata	NO	NO	NO	NO	NO	NO	NO	NO
001819	Stuffed shells	YES	YES	NO	NO	NO	NO	NO	YES
001934	Teriyaki Chicken	NO	NO	NO	NO	NO	NO	YES	YES
001931	Turkey & Gravy	NO	NO	NO	NO	NO	NO	YES	NO
001974	Turkey, roast	NO	NO	NO	NO	NO	NO	NO	NO
002029	Turnover, cherry	NO	NO	NO	NO	NO	NO	NO	YES
001790	Uncrustable (PB&J)	NO	NO	YES	NO	NO	NO	YES	YES
001798	Waffle sides	YES	NO	NO	NO	NO	NO	NO	NO
001797	Waffle, Belgian	YES	YES	NO	NO	NO	NO	YES	YES
001792	White Bean Dip	NO	NO	NO	NO	NO	NO	NO	NO
001821	White Bean Dip & Pita Bread	NO	NO	NO	NO	NO	NO	NO	YES
001901	Yogurt (4 oz)	YES	NO	NO	NO	NO	NO	NO	NO

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