

Portland Public Schools
Allergens & Food Sensitivity

Deering Portland Casco
Breakfast + Lunch
January 2021

Rec. #	Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
000680	APPLE FRUDEL PILLSBURY	YES	NO	NO	NO	NO	NO	NO	YES
000064	APPLES,FRESH 125 ct	NO	NO	NO	NO	NO	NO	NO	NO
000976	Asian Noodle Salad	NO	YES	NO	YES	NO	NO	YES	YES
000632	BAGEL & CRM CHEESE	YES	YES	NO	NO	NO	NO	YES	YES
001023	BANANA BREAD HS	NO	YES	NO	NO	NO	NO	NO	YES
000068	BANANAS regular 100ct	NO	NO	NO	NO	NO	NO	NO	NO
001072	Bean Salad, Mexican	NO	NO	NO	NO	NO	NO	NO	NO
001716	Biscuit Bkd WG EZ Split	YES	NO	NO	NO	NO	NO	NO	YES
001275	Breakfast round UBR berry RICH	YES	YES	NO	NO	NO	NO	YES	YES
000730	BROCCOLI FLORETS, RAW 1/2C	NO	NO	NO	NO	NO	NO	NO	NO
001879	Buffalo Chicken Wrap	YES	YES	NO	NO	NO	NO	NO	YES
001709	CARROTS,BABY,RAW 3/4C	NO	NO	NO	NO	NO	NO	NO	NO
000267	CELERY STICKS 3/4 cup	NO	NO	NO	NO	NO	NO	NO	NO
000328	CEREAL, ASSORTED	NO	NO	NO	NO	NO	NO	NO	NO
001599	Chicken Tender for Waffles	NO	NO	NO	NO	NO	NO	YES	YES
000882	Chips, Baked Tostitos Scoops	NO	NO	NO	NO	NO	NO	NO	NO
900048	Cinnamon Rolls hs/ms	NO	YES	NO	NO	NO	NO	NO	YES
001794	CORN: frozen, yellow 1/2 cup	NO	NO	NO	NO	NO	NO	NO	NO
001785	Craisins Strawberry	NO	NO	NO	NO	NO	NO	NO	NO
000781	Egg Hard Cooked Whole Peeled	NO	YES	NO	NO	NO	NO	NO	NO
000382	Egg Roll	NO	YES	NO	NO	NO	NO	YES	YES
001779	EGG SALAD HS MS	NO	YES	NO	NO	NO	NO	NO	YES
001922	Fiesta Ranch Chicken Wrap	NO	YES	NO	NO	NO	NO	NO	YES
000245	FRUIT,FRESH ASSORTED	NO	NO	NO	NO	NO	NO	NO	NO
001472	Garlic Bread WG	YES	NO	NO	NO	NO	NO	NO	YES
001747	Granola Bulk	NO	NO	NO	YES	NO	NO	NO	YES
001503	GRAPEFRUIT HALVES - HS	NO	NO	NO	NO	NO	NO	NO	NO
001504	GRAPES,Fresh HS 1C	NO	NO	NO	NO	NO	NO	NO	NO
001919	Greek Salad	YES	YES	NO	NO	NO	NO	NO	YES
001915	Grilled Chicken Patty	NO	NO	NO	NO	NO	NO	YES	NO
001905	Hawaiian Chicken wrap	NO	YES	NO	NO	NO	NO	NO	YES
001435	Juice Cup	NO	NO	NO	NO	NO	NO	NO	NO
001505	KIWI - HS 1 C	NO	NO	NO	NO	NO	NO	NO	NO
000836	MANDARIN ORANGE SEGMENTS	NO	NO	NO	NO	NO	NO	NO	NO
000122	MILK - VARIETY maine	YES	NO	NO	NO	NO	NO	NO	NO
001744	Muffin Blueberry Gold Med	NO	YES	NO	NO	NO	NO	NO	YES
001743	Muffin Chocolate Chip Gold Med	YES	YES	NO	NO	NO	NO	YES	YES
000241	ORANGE fresh 138ct SMILES	NO	NO	NO	NO	NO	NO	NO	NO
001501	ORANGE fresh 138ct SMILES HS	NO	NO	NO	NO	NO	NO	NO	NO
000501	PASTA SALAD PPS	NO	NO	NO	NO	NO	NO	YES	YES
000090	PEARS,FRESH 100 ct	NO	NO	NO	NO	NO	NO	NO	NO
001901	Pesto Grilled Chicken	YES	NO	NO	YES	NO	NO	NO	YES
001626	Pita, Whole Wheat	NO	NO	NO	NO	NO	NO	YES	YES
001509	POTATO SALAD HS 1C	NO	YES	NO	NO	NO	NO	YES	NO
900227	RANCH DRESSING	YES	YES	NO	NO	NO	NO	NO	NO
000520	ROAST BEEF SANDWICH	NO	NO	NO	NO	NO	NO	NO	YES
000775	Roll, Deli Roll Fantini	NO	NO	NO	NO	NO	NO	NO	YES

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.