

Portland Public Schools  
Allergens & Food Sensitivity

Middle School  
Breakfast + Lunch  
January 2021

Dec 18, 2020

Rec. #	Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
001921	Donut Hole	YES	NO	YES	NO	NO	NO	YES	YES
001263	Hummus, Celery, Pita, Cheese	NO	NO	NO	NO	NO	NO	NO	YES
000064	APPLES, FRESH 125 ct	NO	NO	NO	NO	NO	NO	NO	NO
001222	APPLE SAUCE CUP PC	NO	NO	NO	NO	NO	NO	NO	NO
000632	BAGEL & CRM CHEESE	YES	YES	NO	NO	NO	NO	YES	YES
000736	BANANAS, RAW Petite 150 ct	NO	NO	NO	NO	NO	NO	NO	NO
000275	BBQ CHICKEN SANDWICH WG	NO	NO	NO	NO	NO	NO	YES	YES
000730	BROCCOLI FLORETS, RAW 1/2C	NO	NO	NO	NO	NO	NO	NO	NO
001586	CARROT BABY PC	NO	NO	NO	NO	NO	NO	NO	NO
000895	CELERY, RAW STICK 4" Purchased	NO	NO	NO	NO	NO	NO	NO	NO
001546	CEREAL, CHEERIOS	NO	NO	NO	NO	NO	NO	NO	NO
001550	CEREAL, CINN TOAST CRUNCH RS	NO	NO	NO	NO	NO	NO	YES	YES
001551	CEREAL, TRIX	NO	NO	NO	NO	NO	NO	NO	YES
001925	chicken and Pasta salad	YES	YES	NO	NO	NO	NO	NO	YES
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
001037	COLE SLAW 1/2c	YES	YES	NO	NO	NO	NO	NO	NO
001785	Craisins Strawberry	NO	NO	NO	NO	NO	NO	NO	NO
001693	Del Monte Diced Peaches Cup	NO	NO	NO	NO	NO	NO	NO	NO
001608	Fruit Cup - Diced Pineapple	NO	NO	NO	NO	NO	NO	NO	NO
001609	Fruit Cup - Mixed Fruit Delmon	NO	NO	NO	NO	NO	NO	NO	NO
001747	Granola Bulk	NO	NO	NO	YES	NO	NO	NO	YES
000422	GRAPES, Fresh	NO	NO	NO	NO	NO	NO	NO	NO
001915	Grilled Chicken Patty	NO	NO	NO	NO	NO	NO	YES	NO
001926	Hawaiian Rice and Chicken	NO	NO	NO	NO	NO	NO	YES	YES
001627	Mango Chunks, IQF, 1/2 CUP	NO	NO	NO	NO	NO	NO	NO	NO
001428	Milk Breakfast	YES	NO	NO	NO	NO	NO	NO	NO
000090	PEARS, FRESH 100 ct	NO	NO	NO	NO	NO	NO	NO	NO
001626	Pita, Whole Wheat	NO	NO	NO	NO	NO	NO	YES	YES
900226	POTATO SALAD	NO	YES	NO	NO	NO	NO	YES	NO
000116	RANCH DRESSING PC	YES	YES	NO	NO	NO	NO	YES	NO
000698	ROLL DINNER WG 1 OZ	NO	NO	NO	NO	NO	NO	NO	YES
001237	ROLL DINNER WG AOS93	NO	YES	NO	NO	NO	NO	NO	YES
001914	SALAD CAESAR ROMAINE Chicken	YES	YES	NO	NO	YES	NO	NO	YES
000826	Salad Dressing Italian Pkt	NO	NO	NO	NO	NO	NO	YES	NO
001585	SALAD SPINACH with STRAW 1-CUP	NO	NO	NO	NO	NO	NO	NO	NO
000076	shredded cheese	YES	NO	NO	NO	NO	NO	NO	NO
001927	snow balls	NO	YES	NO	NO	NO	NO	NO	YES
000200	STRAWBERRIES, FRESH	NO	NO	NO	NO	NO	NO	NO	NO
900155	string cheese	YES	NO	NO	NO	NO	NO	NO	NO
001838	Sunbutter Bag Lunch	NO	NO	NO	NO	NO	NO	NO	YES
001379	TACO MEAT, 100% Beef, CK	NO	NO	NO	NO	NO	NO	NO	NO
001704	Tangerine, 100 ct	NO	NO	NO	NO	NO	NO	NO	NO
000878	Yogurt (upstate) Strawberry Ba	YES	NO	NO	NO	NO	NO	NO	NO
000877	Yogurt PARFAIT HS/MS	YES	NO	NO	NO	NO	NO	NO	YES
001683	Zee Zees Bar, Berry Apple Cris	YES	NO	NO	NO	NO	NO	YES	YES
001687	Zee Zees Bar, Cinnamon Crisp,	YES	NO	NO	NO	NO	NO	YES	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.