

FREMONT UNION HIGH SCHOOL DISTRICT

ALLERGENS FOR FALL 2024 MENU

Menu Item	Allergen(s)
Asian Chicken Rice Bowl	Contains Egg, Gluten, Soy, Wheat
Bagel w/ Cream Cheese	Contains Gluten, Milk, Wheat
Burrito	Contains Egg, Gluten, Milk, Soy, Wheat
Cereal, Cinnamon Toast Crunch	Contains Gluten
Chicken Burrito	Contains Gluten, Soy, Wheat
Chicken Tikka Masala w/ Rice	Contains Milk
Chilaquiles	Contains Egg, Milk
Chili Verde w/ Spanish Rice	Contains Soy
Cinnamon Rolls	Contains Egg, Gluten, Wheat. May contain Milk, Soy.
Crunchy Berry Parfait	Contains Milk, Soy
Deli style Turkey Sub	Contains Egg, Gluten, Milk, Soy, Wheat
Egg and Bacon Sandwich	Contains Egg, Gluten, Milk, Wheat
Eggs w/ Potatoes and Croissant	Contains Egg, Milk, Wheat
French Toast Sticks w/ Syrup	Contains Egg, Gluten, Milk, Soy, Wheat
Grilled Cheese Sandwich	Contains Gluten, Milk, Soy, Wheat

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Menu Item	Allergen(s)
House Salad	Contains Egg, Gluten, Milk, Soy, Wheat
Mini Waffles w/ Syrup	Contains Egg, Gluten, Milk, Soy, Wheat
Muffins	Contains Egg, Gluten, Milk, Soy, Wheat
Overnight Oats	Contains Milk
Pasta Bolognese	Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.
Philly Cheesesteak Sandwich	Contains Egg, Gluten, Milk, Sesame, Wheat
Pizza (Cheese)	Contains Milk, Soy, Wheat
Pizza (Pepperoni)	Contains Milk, Soy, Wheat
Plant based Burger w/ oven baked Fries	Contains Egg, Gluten, Soy, Wheat
Santa Fe Vegetarian Wrap	Contains Egg, Gluten, Milk, Soy, Wheat
Southwest Chicken Salad	Contains Egg, Gluten, Milk, Soy, Wheat
Spicy Chicken Sandwich w/ Oven Baked Fries	Contains Egg, Gluten, Milk, Soy, Wheat
Tofu Chili Verde w/ Spanish Rice	Contains Soy
Tofu Rice Bowl	Contains Gluten, Soy
Tofu Tikka Masala w/ Rice	Contains Milk, Soy

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Menu Item	Allergen(s)
Vegan Chili w/ Breadstick	Contains Gluten, Milk, Soy, Wheat
Vegetarian Burrito	Contains Gluten, Soy, Wheat
Vegetarian Pasta	Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg.
Yogurt Parfait	Contains Milk, Soy
GLUTEN FREE OFFERINGS	
Cinnamon Chex Cereal	Offered Daily
Chicken Tikka Masala w/ rice	Refer to lunch Menu
Chilaquiles	Refer to brunch Menu
Chili Verde w/ Spanish Rice	Refer to lunch Menu
Gluten Free Pasta	Dependent on availability
Overnight Oats	Offered Daily
Tofu Chili Verde w/ Spanish Rice	Refer to lunch Menu
Tofu Tikka Masala w/ rice	Refer to lunch Menu
Vegan Chili	Refer to lunch Menu

Our school kitchens make every effort to identify ingredients that may cause allergic reactions for those individuals with food allergies. Effort is made to instruct our food production staff on the severity of food allergies. However, there is always a risk of contamination. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. If you have a specific food allergy you need accommodation for, please contact your school site's Food Manager or email Nutrition Services at nutritionservices@fuhd.org