

Allergy Ingredients in Cafeteria Food

Chick- Fil-A: sandwich- wheat, milk, egg, soy

nuggets- dairy, wheat, egg

100% refined peanut oil- okay for majority of peanut allergies.

Mac n cheese- milk, eggs, wheat, soy

Pizza: milk, soy, wheat

Mister Jim's: Italian Sub- milk, soy, wheat, and may contain sesame seeds

Turkey sub- milk, soy, wheat, and may contain sesame seeds

Ham sub- milk, soy, wheat, and may contain sesame seeds

Angus Cheeseburger: Wheat, milk, soy, and may contain sesame seed

Corn dogs: wheat, soy, eggs, milk

Smucker's peanut butter and jelly: wheat, soy, and **peanuts; May contain hazelnut and hazelnut products and milk.**

Muffins

Otis Wild Blueberry: eggs, soy, milk, wheat; **made in facility that also processes milk, peanuts, and tree nuts (ALMONDS, CASHEWS, COCONUT, MACADAMIA NUTS, PECANS, WALNUTS).**

OTIS Banana Nut muffin: **walnut nuts, eggs, soy, milk, wheat; made in facility that also processes milk, peanuts, and tree nuts (ALMONDS, CASHEWS, COCONUT, MACADAMIA NUTS, PECANS, WALNUTS).**

Otis Chocolate muffin: eggs, soy, milk, wheat; **made in facility that also processes milk, peanuts, and tree nuts (ALMONDS, CASHEWS, COCONUT, MACADAMIA NUTS, PECANS, WALNUTS).**

Crackers

Lance Nekot: soy, milk, **peanuts**, wheat

Lance Toastchee: soy, milk, **peanuts**, wheat

Chips

Ruffles cheddar and sour cream: milk

Doritos Nacho Cheese chips: milk

Veggie Ranch snacks: milk

Veggie Cheddar Cheese snacks: milk

Veggie Sea Salt snacks: none

Lays Potato Chips- soy

Lays BBQ Potato Chips- none

Cheez-it: wheat, milk, soy

Gold fish: wheat, milk

Chex Mix: wheat, soy

Condiments

Mayo: soy, eggs

Sweets

ice cream: milk; “**Processed around other allergens**” factor has only 1 assembly line and even though they clean between batches they cannot guarantee any cross contamination.

Garber’s Vanilla Sandwich: Milk, soy, and wheat; **processed with other allergens.**

Oatmeal Crème Pie: **trace peanuts and tree nuts;** Soy, milk, eggs, wheat

Duchess Mini sugar donuts: Wheat, milk, egg, soy, coconut

Duchess Mini choc donuts: Wheat, milk, egg, soy

Voortman Vanilla Wafers: wheat, soy, egg, milk. May contain coconut.

Pillsbury Chocolate Chip cookies- eggs, milk, soy, and wheat