

Quincy Public Schools - High Schools

Allergen List - By Recipe

Recipe Name	Allergen(s)
Baked Beans	
Baked Potato Bar	Milk
BBQ Beef Ribs	Milk, Soy, Wheat
BBQ Chicken Strips	Soy, Wheat
BBQ Dipping Sauce	Soy, Wheat
BBQ Pulled Pork	Soy, Wheat
BBQ Pulled Pork on WW Bun	Soy, Wheat
Beef & Broccoli	
Beef Burger	Wheat
Beef Burger with Cheese	Wheat
Beef Burrito Bowl	Milk
Beef Crumbles w/ Mex Seasoning	
Beef Gravy, Homemade	
Broccoli Salad	Egg, Milk, Soy
Brown Rice, Cooked	
Caesar Salad - secondary	Egg, Milk, Soy, Wheat
Cajun Chicken Wings & Drumsticks	Soy, Wheat
Carrot Packs	
Cheese Calzone	Milk, Wheat
Chef Salad	Egg, Fish, Milk, Soy, Wheat
Chicken and Waffles	Egg, Milk, Soy, Wheat
Chicken Breast Filet on WW Sub Roll	Egg, Soy, Wheat
Chicken Pattie on WG Bun	Wheat
Chicken Salad on WG Sub Roll	Egg, Soy, Wheat
Chicken Salad Sanwich, Elementary	Egg, Soy, Wheat
Corn and Black Beans	
Corn Muffin	Egg, Milk, Soy, Wheat
Cucumber Tomato Salad	
Deli Bar	Egg, Milk, Soy, Wheat
Dressing Dippers	Egg, Fish, Milk, Soy, Wheat
Dressing, side	Egg, Fish, Milk, Soy, Wheat
Egg and Cheese Croissant-wich	Egg, Milk, Wheat
Egg, Ham, and Cheese Croissant-wich	Egg, Milk, Wheat
Fish Tacos	Fish, Milk, Soy, Wheat
Garden Salad	Salad alone has none. Various Dressings contain: Egg, Fish, Milk,
Garden Salad - With Cheese	Salad alone has milk/cheese. Various Dressings contain: Egg, Fish,
Garden Salad, Spinach	Salad alone has none. Various Dressings contain: Egg, Fish, Milk,

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Garlic Toast, WW, Texas Style	Milk, Soy, Wheat
Greek Salad	Milk, Soy
Green Beans, steamed	
Ham & Cheese on WG Sub Roll	Milk, Wheat
Homemade Pizza, Hawaiian	Milk, Soy, Wheat
Homemade Pizza, Plain	Milk, Soy, Wheat
Homemade Pizza, w/ Chicken Meatballs	Milk, Soy, Wheat
Homemade Pizza, w/ Chicken	Milk, Soy, Wheat
Homemade Pizza, w/ Peppers & Onions	Milk, Soy, Wheat
Hot & Spicy Chicken on WG Bun	Egg, Milk, Soy, Wheat
Italian Sub	Egg, Soy, Wheat
Oven Baked Fries	Soy, Wheat
Pepperoni & Cheese Calzone	Milk, Wheat
Philly Cheesesteak Flatbread	Milk, Wheat
Pork Riblet with BBQ sauce, on WW	Milk, Soy, Wheat
Potato Wedges	Wheat
Roast Beef & Cheese on WG Sub Roll	Wheat
Roast Turkey	
Salad Bar, HS	Egg, Fish, Milk, Soy, Wheat
Seasonal Fruit	
Side Romaine Salad	Salad has none. Dressings may contain: Egg, Fish, Milk, Soy, Whe
Sweet Potato Tots	
Tater Tots	Soy
Teriyaki Chicken Strips with WW	Soy, Wheat
Teriyaki Sauce	Soy, Wheat
Three Bean Salad	
Tortilla Chips	
Tuna on WG Sub Roll	Egg, Fish, Soy, Wheat
Turkey & Cheese on WG Sub Roll	Wheat
Vegetable Medley	

