

December 2025 Allergens Baldwinsville (Lunch)

Daily Choices

*High School Deli Bar "Please See Last Page"

*Schools may serve the previous days Entree as Choice

Items		Allergens
Cheeseburgers		Eggs, Milk, Sesame, Soy, Wheat.
Chicken Patty		Original: GoldKist #665400: Soy, Wheat, Corn GK #7516: Milk, Wheat, Corn Spicy: GK #615600: Soy, Wheat Bun (BakeCrafters #472): Soy and wheat. This product is processed in a facility that produces products with sesame.
Ham & Cheese Sandwich		Milk, Soy, Wheat. *Contains Pork
Hotdog		Soy, Wheat. This product is processed in a facility with sesame. *may contain pork (we get in beef, pork, and turkey products check label)
PB&J Sandwich w/ cheese stick *sunbutter available for peanut allergies		Peanuts, Soy and Wheat. This product is processed in a facility that produces products with Eggs, Milk, and Tree nuts. (Bread) Wheat, Soy, (Peanut Butter) (SKIPPY) Peanuts, Soy; (American) Peanuts, Soy; (Sunny Boy) Peanuts; (AZAR) Peanuts, Soy, TREE NUTS, Milk, Egg, WHEAT; (ABC CREAMERY) Peanuts, Soy; (Highland) Peanuts, TREE NUTS; (Peanut Kids) Peanuts, Soy; (Jelly) Corn (Cheese Stick) Milk
PB & J Uncrustable		Grape Jelly & PB, Raspberry Jelly & PB, Honey & PB: Peanuts, Wheat, Soy* *MAY contain hazelnut and milk.
Pizza Prepackaged (product changes school to school)		"Please See Second to Last Page"

Pizza Homemade		Milk, Soy, Wheat. May contain sesame. *Eggs are present in pizza bagel products, homemade breakfast pizza, and any homemade pizza dressed with ranch dressing
Soft Pretzel, Cheese Stick, Yogurt		(Yogurt - Danimals (Strawberry, Vanilla, or Strawberry Banana): Milk, Corn (Cinnamon Granola) None (Cheese Stick) Milk (Soft Pretzel) Wheat, Corn, Soy (Cheeze-It) Wheat, Milk, Soy (Cornbread #2111) Wheat, Corn, Egg, Milk, Soy
Turkey & Cheese Sandwich		Milk, Soy, Wheat.
Turkey & Cheese Sub (Ray)		Milk, Sesame, Wheat.
Yogurt Parfait		Milk, Wheat. (Granola Bake Crafters 2265 and Rockin Ola Granola are gluten free)
Milks: 1% white, 1% chocolate, fat free		Milk
Bento Box (Elementary + PreK)		Meat (deli turkey): None Fish (tuna packet): Fish (tuna) Cheese (cheddar, cubed): Milk Vegetarian (Yogurt - Parfait Pro Vanilla/Strawberry): Corn, Milk Fruit (grapes or melon): None Vegetables (tomatoes, cucumbers or baby carrots): None Grain (Cheez-Its): Wheat, Milk, Soy Grain (Pretzels, Tiny Twists): Wheat, Corn Grain (Pretzels, Mini 3 ring): Wheat Grain (Granola - BC #2264): None *Gluten Free Ranch dip: Milk, Egg, Soy, Corn
Breaded Chicken Salad (Ray MS)		Popcorn Chicken: (Goldkist #110452): Wheat, Corn, Milk, Soy Ranch: Milk, Egg, Soy, Corn Italian: Soy, Yellow Dye

****Gluten Free Menu: The GF Breakfast and Lunch Menus are located on the Baldwinsville School District website. For the allergen and carb information for GF items, see the last tab in the Google Excel document: "25-26 Lunch Bville".**

December 1st: French Toast Sticks

Items	Allergens
French Toast Sticks	(Bake Crafters #442) Wheat, Eggs, Milk, Soy, Corn
Chicken Sausage Patties	Rich Chicks: None
Orange Glazed Carrots	Soy, Corn
Crispy Round Potatoes	Soy, Corn
Applesauce Cup	None

December 2nd: Orange/Asian Chicken

Items	Allergens
Mandarin Orange Chicken	(Yang's 5th In Taste 8-52724-15555-5 OR General Tso) Wheat, Corn, Soy, Egg
Vegetable Fried Rice	Wheat, Soy
Edamame	Soy
Mixed Fruit Cup	None

December 3rd: Chicken Patty

Items	Allergens
Chicken Patty on WG Bun (Deluxe)	(Goldkist #7516 Patty): Wheat, Corn, Soy, Milk Bun: Wheat, Soy Lettuce: None Pickles: Yellow Dye Cheese Slice: Milk, Soy
Sweet Potato Fries	Corn, Soy
Italian Green Beans	Dressing (Light Italian): Soy, Yellow Dye
Diced Pears	None

December 4th: 3 Cheese Mac & Cheese, Chicken Riggies, Yogurt Parfait (PreK)

Items	Allergens
3 Cheese Mac & Cheese	JTM #5743 3 Cheese Cavatappi: Milk, Egg, Wheat
Garlic Breadstick	Bake Crafters #1638: Milk, wheat, soy (This product is processed in a facility that produces products with eggs).

Steamed Broccoli	None
Spinach Salad	Salad: None Dressing: Ranch: Milk, Egg, Soy, Corn; Italian: Soy, Yellow Dye
100% Juice	None
Chicken Riggies	Milk, Egg, Soy, Wheat
Yogurt Parfait	Yogurt: Milk, Corn Granola (Bake Crafters): None *Gluten Free Strawberries: None
Fresh Veggies with Dip	Celery, Carrots, Cucumbers, Grape Tomatoes: None Ranch Dressing Dip: Egg, Milk, Soy, Corn

December 5th: Wild Mike's Cheese Bites, Nardone's Pizza Round

Items	Allergens
Wild Mike's Cheese Bites	Wild Mike's #11003: Milk, Wheat
Marinara Sauce	None
Cheese Pizza Round	Nardones (6 inch): Soy, Milk and Wheat. This product is processed in a facility that produces products with eggs.
Celery & Carrots w/ Dip	Veggies: None; Ranch Dressing Dip: Egg, Milk, Soy, Corn
Assorted Fresh Fruit	None
Mixed Greens Salad	Salad: None; Dressing (Light Italian): Soy, Yellow Dye; Ranch Dressing: Egg, Milk, Soy, Corn

December 8th: Pancake on a Stick, Egg/Cheese/Sausage Tornado

Items	Allergens
Pancake on a Stick	Jimmy Dean: Soy, Wheat, Egg, Milk
Syrup	Corn

Egg, Cheese & Sausage Tornado	Ruiz Foods: Wheat, Milk, Egg, Corn, Soy, *contains Pork
Strawberry Yogurt Cup	Danimals: Corn, Milk
Crispy Potato Rounds	Soy, Corn
Fresh Grapes	None

December 9th: Nacho Grande, Ham Sandwich (preK)

Items	Allergens
Beef Nachos Grande	Taco Beef JTM (CP5249): None(Chips Crispy Rounds) Corn; (Shredded Cheese) Milk, Soy; Cheese Sauce: Milk
Lettuce & Tomato Cup	None
Salsa & Sour Cream	Salsa: None; Sour Cream: Milk
Black Beans & Corn Salad	Corn, Soy
Oranges	None
Ham Sandwich	Ham (Hormel): None Cheese: Milk, Soy Bread (Bake Crafters): Soy, Wheat

December 10th: BBQ Pulled Pork Sliders, 3 Cheese Mac & Cheese (No lunch K-5)

Items	Allergens
BBQ Pulled Pork Sliders	Pork (Brookwood): Waiting for ingredient label BBQ Sauce - Dinosaur (SS Sauce): None *Gluten Free (Bake Crafters Slider 519): Wheat. This product is processed in a facility that produces products with milk, sesame, and soy.
Coleslaw	Kraft Coleslaw Dressing: Soy, Corn
Oven Roasted Fries	McCain (#7470): Soy, Corn
Mixed Fruit Cup	None
Mac & Cheese	JTM #5743 3 Cheese Cavatappi: Milk, Egg, Wheat
Texas Toast	Milk, Soy, Wheat, Corn
Parmesan Green Beans	Milk, Soy

December 11th: Chicken Parm Sandwich, Crispy Chicken Drumstick, 3 Cheese Mac & Cheese (PreK)

Items	Allergens
Chicken Parm Sandwich	Chicken Patty: GoldKist #665400: Soy, Wheat, Corn Mozzarella Cheese: Milk Bun (BC #472): Soy and wheat. This product is processed in a facility that produces products with sesame.
Crispy Chicken Drumstick	Goldkist #7803: Wheat, Corn
3 Cheese Mac & Cheese	JTM #5743 3 Cheese Cavatappi: Milk, Egg, Wheat
Parmesan Green Beans	Milk, Soy
Carrots with Dip	Carrots: None; Ranch Dressing Dip: Egg, Milk, Soy, Corn
Apple Slices	None
Mashed Potatoes	Soy, Milk

December 12th: Stuffed Crust Pizza, Tony's Pizza Slice (preK)

Items	Allergens
Stuffed crust Pizza	Max: Wheat, Milk, Soy, Corn
Kale Caesar Salad	Milk, Soy, Wheat, Corn, Eggs, Fish
Grape Tomatoes with Dip	Tomatoes: None; Ranch: Egg, Milk, Soy, Corn
Diced Peaches	None
Tony's Cheese Pizza Slice	#78673: Soy, Wheat, Milk, Corn

December 15th: French Toast Sticks

Items	Allergens
French Toast Sticks	(Bake Crafters #442) Wheat, Eggs, Milk, Soy, Corn
Turkey Sausage Links	None
Maple Butternut Squash	Soy (in cooking oil)

Hashbrown Potatoes	(Cubes - McCain): Wheat, Soy, Corn
Applesauce	None
Syrup	Corn

December 16th: Popcorn Chicken, Asian Chicken (see 12/2), Turkey Sandwich (PreK)

Items	Allergens
Popcorn Chicken	(Goldkist #110452): Wheat, Corn, Milk, Soy
Dipping Sauce	(Ketchup) Corn; (BBQ – Ken’s Salad Bar) Gluten/Wheat, Corn, Soy; (Honey Mustard) Soy, Corn, Egg; (Red Gold BBQ) Corn, Soy
Brown Rice Pilaf	Corn
Steamed Broccoli	None
Corn	Corn
Peaches, diced	None
Turkey Sandwich	Turkey: None Cheese: Milk, Soy Bread (Bake Crafters): Soy, Wheat

December 17th: CNY Wednesday NY Hot Dog, Dino BBQ Pulled Pork Sliders (see 12/10)

Items	Allergens
NY Hot Dog on a WG Roll	Hot Dog (Sabrett’s): None (Gluten Free) WG Roll (Bake Crafters): Soy, Wheat. Processed in a facility with sesame.
NY Onion Rings	Chow&Ciao: Wheat, Soy, Corn
NY Carrot Coins	None
NY Apple Crisp	Wheat, Soy

December 18th: Rotini with Meat Sauce, Chicken Riggies, Chicken Wings & Cheese Breadstick, Yogurt Parfait (PreK - see 12/4)

Items	Allergens
Rotini with Meat Sauce	Wheat, egg, soy

Items	Allergens
Chicken Riggies	Milk, Egg, Soy, Wheat
Chicken Wings	Proview Wings: None Sauces: Hot Sauce (Frank's): None BBQ Sauce (redGold): Soy, Carmel Color Sweet Baby Rays BBQ: Corn, Carmel Color Sweet Baby Rays Garlic Parm: Soy, Milk Orange Sauce (Minors): Soy, Sesame Chick'n Dip: Soy, Egg, Corn
Cheese Stuffed Breadstick with Marinara	TheMax: Milk, Wheat, Soy, Corn Sauce (Spaghetti Sauce, RedPack): None
Celery & Carrots with Dip	Celery & Carrots: None; Ranch: Egg, Milk, Soy, Corn
Texas Toast	Milk, Soy, Wheat, Corn
Fresh Spinach Salad	Salad: None Dressing: Ranch: Milk, Egg, Soy, Corn; Italian: Soy, Yellow Dye
Fresh Pears	None
Fresh Fruit	None

December 19th: Pizza Party

Items	Allergens
Homemade Cheese Pizza	Wheat, Milk
Homemade Garlic Pizza	Wheat, Milk
Cheese Pizza Round	Nardones (#40W5ARCH): Soy, Milk and Wheat. This product is processed in a facility that produces products with eggs.
Pepperoni Pizza Round	Nardones (#5WRMTP3): Soy, Milk, Wheat. This product is processed in a facility that produces products with eggs.
French Bread	Nardones (60WGUM2): Soy, Milk, Wheat
Pizza Crunchers	Farm Rich: Milk, Wheat, Corn
Stuffed Crust	Max: Wheat, Milk, Soy, Corn
Pizza Slice	Wild Mike's: Milk, Wheat, Corn
Wild Mike's Cheese Bites	Wild Mike's #11003: Milk, Wheat

Items	Allergens
Italian Green Beans	Dressing (Light Italian): Soy, Yellow Dye
Roasted Chickpeas	Soy (in cooking oil)
Holiday Frozen Sidekick	Jolly: None

December 22nd - January 2nd Holiday Break! ❄️🧑‍🎄

Prepackaged Pizza

<u>Food</u>	<u>Manufacturer</u>	<u>#</u>	<u>Allergens</u>
Pizza, Bagel (Egg, Cheese, Sausage, Bacon)	Nardones	96WBR	Egg, Milk, Soy, Wheat. May Contain Sesame. Contains Pork.
Pizza, Bagel, Cheese	Tasty Brand	52222	Milk, Soy, Wheat
Pizza, Bites, Cheese	Wild Mikes	11113	Milk, Wheat, Corn
Pizza, Calzone	Gilardi	1627220120	Milk, Soy, Wheat
Pizza, Crunchers, Cheese	Farm Rich	65225	Milk, Wheat, Corn
Pizza, Pocket	Wild Mikes	11003 or 11008	Milk, Wheat.
Pizza, Pocket	Wild Mikes	11009	Milk, Wheat
Pizza, French Bread	Nardones	All products	Milk, Wheat, Soy
Pizza, Ranchero	Nardones	96WWMEX2	Milk, Soy, Wheat
Pizza, Round, Cheese	Tonys	478364	Milk, Soy, Wheat
Pizza, Round, Cheese	Tonys	178368	Milk, Soy, Wheat
Pizza, Round, Cheese	Tonys	178315	Milk, Soy, Wheat.
Pizza, Round, Cheese	Nardones	#40W5ARCH	Milk, Soy, Wheat. Processed in a facility that produces products with eggs.
Pizza, Round, Pepperoni	Nardones	#5WRMTP3	Milk, Wheat, Soy. Processed in a facility that produces products with eggs.

Pizza, Slice, Breakfast (Cheese, Eggs, Turkey Bacon)	Tonys	78353	Egg, Milk, Soy, Wheat.
Pizza, Slice, Cheese	Wild Mikes	90501	Milk, Wheat, Corn
Pizza, Slice, Cheese	Big Daddy	78637	Milk, Soy, Wheat.
			Milk, Wheat.
Pizza, Slice, White Garlic	Bake Crafters	3693	Processed in a facility with Eggs.
Pizza, Stick	The Max	12685	Milk, Soy, Wheat
Pizza, Stick	The Max	12439	Milk, Soy, Wheat
Pizza, Stuffed Crust, Cheese	Nardones	72WWSCM2	Milk, Wheat, Soy
Pizza, Stuffed Crust, Cheese	The Max	77387-12671	Milk, Soy, Wheat, Corn
Pizza, Stuffed Crust, Cheese	The Max	77387-12616	Milk, Soy, Wheat, Corn

High School Deli Bar

Food	Manufacturer #	CHO Count	Allergens
Cheese, Shredded, Cheddar	Great Lakes 23444 Or USDA	1oz = 0g 1 oz = 1 oz meat eq.	Milk
Cheese, Shredded, Mozzarella	USDA or Land O Lakes	1oz = 1g 1 oz = 1 oz meat eq.	Milk
Chicken, Patty	Goldkist (GK)	1 patty = 2oz meat, 1oz grain 1 patty = GK 665400: 13 gm GK 7516: 19 gm Spicy 615600: 12 gm	Original: GoldKist #665400: Soy, Wheat, Corn GoldKist #7516: Milk, Wheat, Corn Spicy: GK #615600: Soy, Wheat
Chicken, Popcorn	Goldkist #110452	5 pieces = 9.5 gm carb 5 pieces = 1 Meat and 0.5 grain	Soy, Wheat, Milk, Corn
Chicken, Tenders	Goldkist 625300	3 PC = 14g 3 PC= 2oz meat, 1oz grain	Soy, Wheat, Corn

Chicken, Unbreaded, Strips	USDA	2oz = 0 gm	None
Chicken, Diced	USDA	2 oz = 0 gm	None
Taco Chicken (Chicken with Taco Seasoning)	USDA Chicken, FootHill Taco Seasoning	1 tsp taco seasoning = 2 gm	Chicken: None Taco Seasoning: Soy
Ham, Sliced	Hormel 13507 Farmland 3831	2 oz meat = 1g gm	None, Gluten Free *Contains Pork
Turkey, Sliced	Jennie O 209903	3 slices = 0 gm 3 thin slices = 2 oz meat	None, Gluten Free
Lettuce, Shredded	Fresh	¼ cup = 1.5 gm ½ cup=¼ cup veg = 3g ¼ cup = ⅛ cup veg	None
Tomato, diced	Fresh	¼ cup diced = 2.5 gm 2 slices = ¼ cup=2.5 gm 7 grape = ¼ cup = 2.5 gm	None
Chickpeas	Canned	¼ cup = 7g	None
Banana Peppers	Canned, Many Brands	¼ cup =1g	Yellow Dye
Jalapeno Peppers	Canned, Many Brands	¼ cup =1g	Yellow Dye
Black Olives	Canned, Arrezzio 220003	2 tbsp = 1 gm	None
Wrap, White, 10 inch	Father Sam 34025	1, 10 inch wrap = 29g	Wheat, Soy, Corn
Taco Seasoning	Foothill Farms V413-05190	1 tsp = 2g	Soy. Gluten Free
Dressing, Italian, Lite	Kens 0801	2 tbsp = 2g	Yellow Dye, Soy, Carmel Color. Gluten Free
Dressing, Ranch, Lite	Kens 0708	2 tbsp = 1g	Eggs, Milk, Soy, Corn. Gluten Free
Dressing, Chipotle Ranch	Kens 1152	2 tbsp= 4g	Eggs, Milk, Soy, Corn, Carmel Color. Gluten Free
Dressing, Asian Sesame	Kens 619	2 tbsp = 14g	Sesame, Soy, Wheat, Corn, Carmel Color.

Honey Mustard Dressing	Kens 0634	2 tbsp = 4g	Soy, Egg. Gluten Free
Mayonnaise	Kens 911B6	PC Packet 0.44 oz = 0 gm	Egg, Soy. Gluten Free
Barbeque Sauce	Kens SR0654	2 tbsp = 10g	Wheat, Corn, Soy, Carmel Color.
Hot Sauce	Frank's Red Hot	1 tsp = 0g	None. Gluten Free
Ketchup	Redgold REDY59G	PC	Corn. Gluten Free