

Manatee County Food & Nutrition Services updated 2/15/12

2011-2012 Allergy information
Salads and Sandwiches

Information based on current recipes and manufactures' food labels.

Ingredients can change based on manufactures' recipe.

Items listed separately. Condiments are not included

X-Indicates food allergen



Item	Portion	Peanuts	Treenuts	Egg	Wheat	Rye	Barley	Oats	Soy	Whey	Milk	MSG	Corn	Red Dye #40	Pork	Fish
Salads																
BBQ Grilled Chicken Salad									x		x		x			
Breaded Chicken Caesar Salad				x	x				x	x	x		x			x
Chef Salad											x		x			
Chef Salad w/Egg				x							x		x			
Chicken Nugget Caesar Salad				x	x				x	x	x		x			
Chicken Salad				x					x							
Chicken Tender Caesar Salad				x	x				x	x	x		x			
Cottage Cheese Salad										x	x		x			
Egg Salad				x					x							
Egg Salad w/Relish				x					x				x			
Fruit Salad													x			
Grilled Chicken Caesar Salad									x		x		x			
Grilled Chicken Caesar Pasta Salad					x				x		x		x			x
Grilled Chicken Spinach Salad									x				x			
Grilled Chicken Spinach Salad w/Egg				x					x				x			
Hummus Plate					x				x		x		x			
Lettuce, Tomato, Pickle Cup																
Mini Garden Salad																
Mini Romaine Salad																
Mini Spinach Salad																
Muffin (variety)/Cheese/Fruit Plate				x	x				x	x	x		x			
Muffin (variety)/Cottage Cheese/Fruit Plate				x	x				x	x	x		x			
Muffin(variety)/Yogurt/Cheese				x	x				x	x	x		x			
Munchable-Egg Goldfish Graham				x	x				x		x		x			
Munchable-Turkey/Goldfish Graham					x				x		x		x			
Munchable-Turkey, Ham/Cheez-it Scorb					x				x	x	x					
Oriental Chicken Salad					x				x				x			
Oriental Chicken Salad, Spinach					x				x				x			
Pasta Salad				x	x				x		x		x			x
Popcorn Chicken Buffalo Salad				x	x				x		x		x			
Popcorn Chicken Caesar Salad				x	x				x		x		x			
Shrimp Popper Salad				x	x				x	x	x		x			x
Shrimp Popper Salad, Spinach				x	x				x	x	x		x			x
Southwestern Grilled Chicken Salad									x		x		x			
Southwestern Vegetarian Salad											x		x			
Stuffed Tomato, Chicken Salad				x					x							
Stuffed Tomato, Cottage Cheese										x	x		x			
Stuffed Tomato, Tuna Salad				x					x				x			X
Taco Salad									x	x	x		x			
w/ Boxed Scoops									x	x	x		x			
Trio Salad																
Tuna Salad				x					x				x			x
Chicken Salad				x					x							
Egg Salad				x					x							
Tuna Salad				x					x				x			x
Tuna Salad Plate w/ Fruit and Egg				x					x				x			x
Tuna Salad Plate w/ Cottage Cheese and Fruit				x					x	x	x		x			x
Tuna Salad Plate w/ Cottage Cheese and Egg Salad				x					x	x	x		x			x

Item	Portion	Peanuts	Treenuts	Egg	Wheat	Rye	Barley	Oats	Soy	Whey	Milk	MSG	Corn	Red Dye #40	Pork	Fish
Cottage Cheese/Fruit/Crackers					x				x	x	x		x			
Vegetarian Salad				x							x					
Vegetarian Salad, Spinach				x							x					
Yogurt/Clodhopper/Fruit *Facility processes almonds, cashews, & macadamia nuts			x		x			x	x	x	x		x			
Yogurt Parfaits (Kosher Gelatin)									x		x		x			

Sandwiches/Wraps

Whole Grains Sub Roll (may contain sesame)				x	x		x	x	x		x					
BBQ Grilled Chicken									x				x			
Bun					x		x		x				x			
Loco w/Cheese					x				x		x		x			
Breaded Beef Patty Wrap				x	x		x		x	x	x		x			
Breaded Chicken Loco				x	x				x	x	x		x			
Breaded Chicken Wrap				x	x		x		x	x	x		x			
Buffalo Breaded Chicken				x	x				x	x	x		x			
On Bun				x	x		x		x	x	x		x			
On Loco				x	x				x	x	x		x			
Buffalo Chicken Tender				x	x				x	x	x		x			
On Loco				x	x				x	x	x		x			
Wrap				x	x		x		x	x	x		x			
Buffalo Grilled Chicken Wrap w/ cheese					x		x		x		x		x			
Chicken Grilled Ceasar Loco/w Dressing				x	x				x		x		x			x
Chicken Grilled Caesar Wrap/w Dressing				x	x		x		x		x		x			x
Chicken Salad				x					x							
Deli				x	x		x		x				x			
Wrap				x	x		x		x				x			
Chicken Tender Caesar Wrap				x	x		x		x	x	x		x			x
Chicken Tender Hoagie				x	x		x		x	x	x		x			
Chicken Tender Loco				x	x				x	x	x		x			
Egg Salad				x					x							
Deli				x	x		x		x				x			
Wrap				x	x		x		x				x			
Grilled Chicken Loco					x				x				x			
Ham and Cheese									x		x					
Bagel					x		x			x	x		x			
Deli					x		x		x		x		x			
Hoagie					x		x		x		x		x			
Loco					x				x		x		x			
Bun					x		x		x		x		x			
Wrap					x		x		x		x		x			
Ham and Turkey													x			
Hoagie					x		x		x				x			
Bun					x		x		x				x			
Deli					x		x		x				x			
Wrap					x		x		x		x		x			
Ham Sandwich					x		x		x				x			
Meatball Sub					x		x		x	x	x		x			
McManatee on Loco					x				x		x		x		x	
Oriental Chicken Wrap					x		x		x				x			
Philly Cheese Steak					x		x		x		x		x			
Popcorn Chicken Wrap				x	x		x		x		x		x			
Southwestern Chicken Wrap					x		x		x		x		x			
Southwestern Vegetarian Wrap					x		x		x		x		x			
Tuna Salad				x					x							x
Loco				x	x				x				x			x
Sandwich				x	x		x		x				x			x
Wrap				x	x		x		x				x			x

Item	Portion	Peanuts	Treenuts	Egg	Wheat	Rye	Barley	Oats	Soy	Whey	Milk	MSG	Corn	Red Dye #40	Pork	Fish
Turkey and Cheese									x		x		x			
Deli Sandwich					x		x		x		x		x			
Hoagie					x		x		x		x		x			
Loco					x				x		x		x			
Ruben Sandwich				x	x	x	x		x		x		x			
Cheese Sandwich					x		x		x		x		x			
Bun					x		x		x		x		x			
Wrap					x		x		x		x		x			
Turkey and Ham													x			
Deli Sandwich					x		x		x				x			
Wrap					x		x		x				x			
Turkey Sandwich					x		x		x				x			
Vegetarian Wrap					x		x		x		x		x			

Dressings/Condiments

Dressing, Caesar PC	1 pkt								x		x						x
Dressing, Caesar	bulk/1serv			x					x	x	x						x
Dressing, Caesar Creamy	bulk/1serv			x					x	x	x						x
Dressing, Creamy Italian Heinz PC	1 pkt								x								
Dressing, FF Ranch	1 pkt										x		x				
Dressing, French	1pkt/1serv								x				x				
Dressing, Honey Mustard Bulk	1serv			x					x								
Dressing, Italian	1 pkt								x				x				
Dressing, Italian Low-Calorie	1 pkt												x				
Dressing, Oriental	1 each				x				x				x				
Dressing, Ranch Ken Lite	1 pkt								x								
Dressing, Raspberry Vinaigrette	1 pkt/1serv		x						x				x	x			
Dressing 1000 Island	bulk/1serv			x					x				c				
Ketchup	1 pkt												x				
Mayonnaise	1 pkt			x					x				x				
Mayonnaise, Reduced Calorie	1 pkt			x					x				x				
Mustard	1 pkt																
Relish	1 pkt												x				
Sauce, BBQ	1 pkt/1serv												x				
Sauce, Buffalo	1 serving																
Sauce, Cocktail	1 pkt/1serv												x				x
Sauce, Hot	1 pkt																
Sauce, Marinara																	
Sauce, Soy	1 pkt				x				x								
Sauce, Sweet & Sour	1 pkt								x				x				
Sauce, Taco	1 pkt												x				
Sauce, Tartar	1 pkt			x					x				x				