



Allergy List October, 2018 – September, 2019

Regular Lunch

Efforts have been made to ensure the accuracy of this list but we may have missed something. When in doubt, send us an e-mail gfoodc@aol.com. Manufacturers may change their formulations without notice, or distributors may make substitutions to Good Food Company's food order without notice. Manufacturers may produce items with allergens on the same line as other products. Additionally, there may be different ingredients that may be from the same food family such as milk, whey, caseine, or soy and soy protein and some children may be allergic to all, none, or a combination of the different variations of these ingredients. These varying forms of the ingredients generally have not been researched for this list. Generally, this list has the foods from our menu in the form as they are listed in each heading and not in the numerous other possible forms in which these ingredients may occur. It is suggested that children with life-threatening allergies not participate in Good Food Company's meal program. Food allergens may be/are stored or processed at our facility. When in doubt, parents of children with allergies are encouraged to bring food from home for their child. The following items have been researched for their allergens. Allergens not shown below have not been researched but can be done upon request.

PEANUT STATEMENT: Good Food Company does not menu anything with tree nuts or peanuts. We do not process any peanut/nut products nor do we knowingly use any products that have manufacturer statements that say their products may contain nuts. No other known tree nut/peanut products are on our menu)

If your allergy is to Eggs, do not eat any of the following:

All salad dressings, mayonnaise

Spinach manicotti

Meatloaf

Lasagna

Quiche

Ravioli

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-LUNCH CONTINUED-

If your allergy is to Milk, cheese, or milk powder do not eat any of the following:

All salad dressings

Broccoli & cheese salad

Butter

Grated cheese sent as a condiment

Pizza

Black bean, corn, & chicken quesadilla

Potato soup

Spinach manicotti

Mashed sweet potatoes

Lasagna

Cheese melt

Tomato soup

Macaroni & cheese

Quiche

Ravioli

Turkey & gravy

Chicken chili (possibly trace amount)

Shepherd's Pie

Chicken w/ buttermilk gravy

Chicken alfredo w/ tri-color pasta

If your allergy is to corn, corn syrup or corn starch , do not eat any of the following:

All salad dressings

Ketchup

Mayonnaise

Dirty rice with beef, vegetables, quinoa, and faro

Black bean, corn, & chicken quesadilla

Tortillas

Sloppy Joe

Hamburger slider

BBQ chicken

Chicken patty

Meatloaf

Corn

Corn & edamame

Quiche

Chicken nuggets

Shepherd's pie

Chicken w/ buttermilk gravy

Power veggie beef & chicken stew

Roll

Chicken alfredo w/ tri-color pasta

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-LUNCH CONTINUED-

If your allergy is to soy, the following all contain soy in the form of soybean oil or soy lecithin:

Whole wheat bread

Tuscan bean & garlic soup
Dirty rice with beef, vegetables, quinoa, and farro
Pizza
Cheese melt
Ravioli
Manicotti
Lasagna
Tortillas
Salad dressings, mayonnaise
Roll
Meatloaf
Turkey & gravy
Chicken patty (trace)
Chicken nuggets
Corn & edamame
Shepherd's pie
Chicken w/ buttermilk gravy
Power veggie beef & chicken stew
Chicken Alfredo w/ tri-color pasta
Potato soup
Beans and brown rice

If your allergy is to tomatoes, do not eat any of the following:

Ziti with chicken sausage
Baked beans
Beans & rice
Spinach manicotti
Sloppy Joe
Meatloaf
Lasagna
Tomato soup
Soft taco
Spaghetti w/ meat sauce
Turkaroni
Pizza
Chicken chili
BBQ chicken
Red salad dressings
Ketchup
Power veggie beef & chicken stew
Chicken alfredo w/ tri-color pasta

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-LUNCH CONTINUED-

If your allergy is to strawberries, they are sent as fresh fruit from time to time and they are also in one of the salad dressings. The salad dressing is pink and there are visible pieces of strawberries.

If your allergy is to wheat, do not eat any of the following:

Breads, rolls, tortillas

Chicken & cheese quesadilla

Dirty rice with beef, vegetables, quinoa, and farro

Ravioli

Pizza

Quiche

Spaghetti

Macaroni & cheese

Ziti w/ chicken sausage

Spinach manicotti

Turkaroni

Meatloaf

Lasagna

Cheese melt

Chicken chili

Chicken nuggets

Turkey & gravy

Chicken alfredo w/ tri-color pasta

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