

# Recipe Database October 5, 2009

## Allergens

KEY: X= Allergen Present != Processed in a Facility with Allergen oil= Product only contains allergen *oil*

!! Rudi's Organic rolls and breads are processed in a plant that uses hazelnuts. Their Allergen Control Program requires a thorough, monitored cleaning of the common use lines when switching from allergen-containing products to non allergen-containing products to eliminate cross contamination from products containing allergens to those that do not.

Recipe Name	None	Eggs	Fish	Milk	Peanut	Tree Nuts	Shellfish	Soy	Wheat
Bagel									X
Beans, Baked	X								
Beans, Side Pintos	X							oil	
Brown Rice and Tofu Salad								X	
Brown Rice Salad								X	
Bun- Hot Dog						!!			X
Burger, Black Bean (with bun)						!!		X	X
Burrito (Bean)				X				X	X
Burrito (Beef)				X					X
Burrito (Chicken)				X				X	X
Burrito, Breakfast (Egg and Cheese)		X		X				X	X
Chicken BBQ Elem	X								
Chicken BBQ Sec	X								
Chicken Pot Pie				X				X	X
Chicken Salad		X							
Chicken Teriyaki Elem								X	X
Chicken Teriyaki Sec								X	X
Chicken, Roasted Elem	X								
Chicken, Roasted Sec	X								
Chili (Beef)								X	X
Chili (Vegetarian)	X								
Eggs, Scrambled		X		X					
Hamburger (Beef) Elem- Patty Only	X								
Hamburger (Beef) Sec- Patty Only	X								
Hamburger- Bun Only						!!			X
Hot Dog (Beef) (with bun)						!!			X
Hot Dog (Veggie)- Dog Only		!						X	X
Hot Dog- Bun Only						!!			X
Hot Dog (Beef)- Dog Only	X								
Lo Mein (Chicken) Elem		!						X	X
Lo Mein (Chicken) Sec		!						X	X
Lo Mein (Tofu) Elem		!						X	X
Lo Mein (Tofu) Sec		!						X	X
Macaroni and Cheese Elem				X				X	X
Macaroni and Cheese Sec				X				X	X
Marinara Sauce Veg	X								
Nachos (Bean and Cheese) Elem				X				oil	
Nachos (Bean and Cheese) Sec				X				oil	
Nachos (Beef and Cheese) Elem				X					
Nachos (Beef and Cheese) Sec				X					
Oatmeal	X								
Pasta Bolognese Beef Penne Elem		!		X					X
Pasta Bolognese Beef Penne Sec		!		X					X
Pasta Bolognese Beef Rotini Elem		!		X					X
Pasta Bolognese Beef Rotini Sec		!		X					X
Pasta Marinara Chicken Penne Elem		!		X					X
Pasta Marinara Chicken Penne Sec		!		X					X
Pasta Marinara Chicken Rotini Elem		!		X					X
Pasta Marinara Chicken Rotini Sec		!		X					X
Pasta Marinara Veg Penne Elem		!		X					X
Pasta Marinara Veg Penne Sec		!		X					X
Pasta Marinara Veg Rotini Elem		!		X					X
Pasta Marinara Veg Rotini Sec		!		X					X
Pizza BJ 14" Cheese Elem				X				oil	X
Pizza BJ 16" Cheese Sec				X				oil	X
Pizza BJ 16" Pepperoni Sec				X				oil	X
Pizza BJ 16" Sausage Sec				X				oil	X
Pizza BJ 16" Vegetable Sec				X				oil	X
Pizza Cheese Nederland				X				X	X
Potato Salad		X							
Potatoes, Mashed				X					
Potatoes, Roasted	X								
Quesadilla (Chicken) Elem				X				oil	X
Quesadilla (Chicken) Sec				X				oil	X
Quesadilla (Pinto and Cheese) Elem				X				oil	X
Quesadilla (Pinto and Cheese) Sec				X				oil	X
Quesadilla (Turkey and Cheese) Elem				X				X	X
Quesadilla (Turkey and Cheese) Sec				X				X	X
Rice Brown LG RiceCookr Method	X								
Sandwich BBQ GB (S) Elem						!!			X
Sandwich BBQ GB (S) Sec						!!			X
Sandwich Chicken BBQ						!!			X
Sandwich Chicken Mexican				X		!!		X	X
Sandwich Turkey Deli				X		!!		X	X
Sandwich Veggie Sub				X		!!			X
Sausage Turkey Patty	X								
Taco Meat (Beef)	X								
Taco, Soft (Bean and Cheese) Elem				X				oil	X
Taco, Soft (Bean and Cheese) Sec				X				oil	X
Taco, Soft (Beef) Elem				X				X	X
Taco, Soft (Beef) Sec				X				X	X
Tofu Teriyaki								X	X
Wrap, Chicken Caesar		X	X	X				X	X
Wrap, Chicken Salad		X						oil	X