

# Foods containing WHEAT/Gluten

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**Breads:** Hamburger buns

Coney Buns  
Whole Wheat Bakery Bread  
Cheese Breadstick  
Pizza dough  
Pretzel Roll  
Pretzel Rod  
Loco Bread  
Ross: Hoagie Roll  
Ross: Whole Wheat Roll

**Breakfast:** Sausage Pancakes

Sausage Sandwich  
Pancake  
Mini Pancakes  
Waffles  
Otis Muffins  
English Muffin  
Biscuit  
French Toast  
Pancake wrapped Sausage: all flavors  
Ross: Cinnamon Roll  
Cinnamon Roll - Frozen  
Ross: Breakfast bread

**Cereal:** Cinnamon Flakes Multigrain

Froot Loops  
Apple Jacks  
Frosted Flakes  
Nutrigrain Bars  
Poptarts  
Oatmeal (gluten)

**Crackers:** Elf Grahams

Wheat  
Cheez-it, Scrabble  
Atomic Cheez-it  
Scooby Grahams  
Animal  
Simply Chex – Snack Mixes

**Dressings**

Ken's Honey Mustard

**Dry Mixes:** Gravy**Meat:** Meatballs

Beef Steak Fingers  
Chicken Chunk  
Chicken Patty, Breaded  
Chicken, nuggets  
Chicken, strips  
Drumstick, Breaded  
Fish Nuggets  
Corn Dog (Chicken)

**Pasta:** Spaghetti

Macaroni  
Penne  
Rotini

**Pizza:** Pizza (Elem and Sec)

Flatbread Pizza

**Soup:** Cream of Mushroom**Staples:** Shawnee Mill Flours (All)**Wraps:** Whole Wheat Tortillas

Cheese/Jalapeno Tortilla  
Tomato Basil Tortilla

**Others:** Burrito – Cheese & Bean

Potato Cubes  
WowButter Sandwich

**Desserts:** Cookie Dough

Ross: Applesauce Cake  
Ross: Wacky Cake  
Ross: Peach/apple Crisp

May Contain: Nature Valley Oat Biscuits

Processed in the Same factory as Wheat:

Nacho chips, Oats