

Food Allergen List – Laramie County School District #1

	Gluten	Soy	Milk	Eggs	Peanuts	Tree Nuts	Corn	Fish
<u>Lunch Entrees K-12:</u>								
BBQ Grilled Chicken Sandwich	X	X	*	o	o	o	X	o
BBQ Rib Patty Sandwich	X	X	X	o	o	o	X	o
Bean & Cheese Burrito	X	X	X	o	o	o	X	o
Beef and Bean Burrito	X	X	X	o	o	o	X	o
Beef Soft Tacos	X	X	*	o	o	o	X	o
Breaded Pork Chop Sandwich	X	X	*	o	o	o	X	o
Burrito Bowl	o	o	X	o	o	o	X	o
Cheddar Baked Potato	o	o	X	o	o	o	X	o
Cheeseburger w/o bun	o	X	X	o	o	o	X	o
Cheese Dunkers	X	X	X	X	o	o	X	o
Cheese Pizza	X	X	X	o	o	o	X	o
Cheese Pizza Ripper	X	X	X	X	o	o	X	o
Cheese Sandwich (Alternate Meal)	X	X	X	o	o	o	X	o
Cheesy Lasagna	X	o	X	X	o	o	X	o
Chicken Alfredo	X	o	X	o	o	o	X	o
Chicken Cordon Bleu Sandwich	X	X	X	o	o	o	X	o
Chicken Fajita Meat	o	X	o	o	o	o	o	o
Chicken Nuggets	X	X	o	o	o	o	X	o
Chicken Patty Sandwich	X	X	*	o	o	o	X	o
Chicken Quesadilla	X	X	X	o	o	o	X	o
Chicken Tenders	X	X	o	o	o	o	X	o
Chili	o	o	o	o	o	o	o	o
Cinnamon Roll	X	X	X	X	o	o	o	o
Club Wrap	X	X	X	o	o	o	X	o
Creamy Tomato Soup	o	o	X	o	o	o	o	o
Crispy Chicken Wrap	X	X	X	o	o	o	X	o
Deli Sandwich	X	X	X	o	o	o	X	o
Dinner Roll	X	X	X	X	o	o	o	o
Fish Sticks	X	X	X	o	o	o	X	X
French Bread Boat	X	X	X	o	o	o	X	o
Fruit & Yogurt Plate w/ Bagel	X	X	X	o	o	o	X	o
Fruit & Yogurt Plate w/	X	X	X	o	o	o	X	o

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Graham Cracker								
Fruit, Yogurt, Cheese Plate w/ Granola	X	X	X	o	o	o	X	o
Graham Crackers	X	X	o	o	o	o	X	o
Green Eggs & Ham	o	o	o	X	o	o	o	o
Grilled Cheese	X	X	X	o	o	o	X	o
Grilled Ham & Cheese Sandwich	X	X	X	o	o	o	X	o
Grilled Turkey & Cheese Sandwich	X	X	X	o	o	o	X	o
Ham & Cheese Ripper	X	X	X	X	o	o	X	o
Ham & Cheese Sandwich	X	X	X	o	o	o	X	o
Ham Sandwich	X	X	o	o	o	o	X	o
Hamburger (without bun)	o	o	o	o	o	o	o	o
Hamburger Bun	X	X	X	o	o	o	X	o
Hashbrowns	o	X	o	o	o	o	X	o
Hummus Wrap	X	X	o	o	o	o	o	o
Macaroni & Cheese	X	X	X	o	o	o	X	o
Mandarin Orange Chicken	X	X	o	X	o	o	X	o
Marinara Sauce	o	o	o	o	o	o	X	o
Mashed Potatoes	o	X	X	o	o	o	o	o
Meatballs w/ Brown Gravy	X	X	X	o	o	o	X	o
Mini Bagel Pizzas	X	X	X	X	o	o	X	o
Mini Cheese Raviolis	X	o	X	X	o	o	X	o
Mini Corn Dogs	X	X	o	X	o	o	X	o
Mini Pancakes	X	o	X	X	o	o	X	o
Munchable	X	X	X	o	o	o	X	o
Pepperoni Pizza	X	X	X	X	o	o	X	o
Pepperoni Ripper	X	X	X	X	o	o	X	o
Popcorn Chicken	X	X	o	o	o	o	X	o
Potato Smiles	o	X	o	o	o	o	X	o
Refried Beans	o	o	X	o	o	o	o	o
Roast Chicken	o	o	o	o	o	o	o	o
Sack Lunch Fruit & Yogurt Plate	X	X	X	o	o	o	X	o
Sack Lunch Sun Wise Sandwich	X	X	X	o	o	o	X	o
Sausage Patty	o	o	o	o	o	o	X	o
Sloppy Joe	X	X	X	o	o	o	X	o

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Steak Fingers	X	X	o	o	o	o	X	o
Sun Wise Butter and Jelly Sandwich	X	X	X	o	o	o	X	o
Super Nachos	o	X	X	o	o	o	X	o
Sweet & Sour Chicken	X	X	o	X	o	o	X	o
Taco Meat	o	o	o	o	o	o	X	o
Teriyaki Chicken	X	X	o	o	o	o	X	o
Tortilla Chips	o	o	o	o	o	o	X	o
Tortilla Soup	o	X	X	o	o	o	X	o
Turkey Gravy	o	X	o	o	o	o	X	o
Turkey Pot Pie	X	X	X	o	o	o	X	o
Turkey Sandwich	X	X	o	o	o	o	X	o
Turkey, sliced	o	o	o	o	o	o	X	o
Uncrustable PBJ (All Flavors)	X	X	o	o	X	o	X	o
W.W. Tortilla Shell	X	X	*	o	o	o	o	o
Whole Wheat Bread	X	X	*	o	o	o	X	o
Whole Wheat Bun	X	X	*	o	o	o	X	o
Yogurt	o	o	X	o	o	o	X	o
<u>Sides:</u>								
Baked Beans	o	o	o	o	o	o	X	o
Banana Bread (Scratch)	X	X	X	X	o	o	X	o
Breadstick	X	X	*	*	o	o	o	o
Brown Rice	o	o	o	o	o	o	o	o
Cheesy Broccoli	o	X	X	o	o	o	o	o
Corn on the Cob	o	o	o	o	o	o	X	o
Goldfish	X	o	X	o	o	o	X	o
Hummus	o	o	o	o	o	o	o	o
Potato Wedges	o	X	o	o	o	o	X	o
Pumpkin Bread	X	X	o	X	o	o	X	o
Seasoned Green Beans	o	o	o	o	o	o	o	o
Sweet Potato Tots	o	X	o	o	o	o	X	o
Tater Tots	o	X	o	o	o	o	X	o
<u>Sauces:</u>								
Alfredo Sauce	o	o	X	o	o	o	X	o
Asian Sauce	X	X	o	o	o	o	X	o
Brown Gravy	o	X	o	o	o	o	X	o
Country Gravy	X	X	X	*	o	o	X	o
Cranberry Sauce	o	o	o	o	o	o	X	o
Marinara Sauce	o	o	o	o	o	o	X	o

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	Gluten	Soy	Milk	Eggs	Peanuts	Tree Nuts	Corn	Fish
Sausage Gravy	X	X	X	*	o	o	X	o
Sweet Chili	o	X	o	o	o	o	X	o
Queso Blanco Sauce	o	X	X	o	o	o	X	o
<u>Breakfast Entrees:</u>								
Alternate Breakfast	X	X	X	o	o	o	o	o
Bagel	X	X	o	o	o	o	o	o
Bagel-ful, Strawberry	X	X	X	o	o	o	X	o
Banana Bread	X	X	X	X	o	o	o	o
Biscuits, Blueberry	X	X	X	o	o	o	X	o
Blueberry Bagel	X	X	o	o	o	o	X	o
Blueberry Bread	X	X	o	X	o	o	X	o
Breakfast Sliders	X	X	X	X	o	o	X	o
Cereal, Cheerios	o	o	o	o	o	o	X	o
Cereal, Cinn. Toast Crunch RS	X	X	o	o	o	o	X	o
Cereal, Frosted Mini Wheats	X	o	o	o	o	o	o	o
Cereal, Rice Chex Gluten Free	o	o	o	o	o	o	o	o
Cereal, Trix Low Sugar	o	o	o	o	o	o	X	o
Chocolate Chip Benefit Bar	X	X	X	X	o	o	o	o
Chocolate Chip Benefit Bar, Mini	X	X	X	X	o	o	o	o
Egg Patty	o	X	X	X	o	o	X	o
French Toast Sticks	X	X	o	o	o	o	X	o
Frosted Mini Wheats	X	o	o	o	o	o	o	o
Fruit Frudel	X	X	X	o	o	o	X	o
Granola (bulk)	X	X	o	o	o	o	X	o
Granola (pkt)	X	X	*	o	*	*	o	o
Green Eggs & Ham	o	o	o	X	o	o	o	o
Maple & Brown Sugar Benefit Bar, Mini	X	X	X	X	o	o	o	o
Mini Cinnamon French Toast	X	X	o	X	o	o	X	o
Mini Egg & Cheese Sandwich	X	X	X	X	o	o	X	o
Mini Pancakes (Maple)	X	o	X	X	o	o	o	o
Mini Strawberry Pancakes	X	o	X	X	o	o	X	o
Muffin (Apple Cinnamon, Banana,	X	X	X	X	o	o	X	o

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Blueberry, Chocolate chip)								
Oatmeal	X	o	o	o	o	o	o	o
Pancake on a Stick	X	X	X	X	o	o	X	o
Ultimate Breakfast Round (UBR)	X	X	X	X	*	o	X	o
Waffle, Blueberry	X	o	X	X	o	o	o	o
Yogurt	o	o	X	o	o	o	X	o
Yogurt Parfait	X	X	X	o	o	o	X	o
Zucchini Bread	X	X	o	X	o	o	X	o
<u>Snacks:</u>								
Cheddar Cheese Stick	o	o	X	o	o	o	o	o
Colby-Jack Cheese Stick	o	o	X	o	o	o	o	o
Frozen Fruit Cups – all flavors	o	o	o	o	o	o	o	o
Giant Goldfish Grahams, Cinnamon	X	X	o	o	o	o	X	o
Habanero Lime Chex	X	X	o	o	o	o	X	o
Mozzarella String Cheese	o	o	X	o	o	o	o	o
Sliced Cheese	o	X	X	o	o	o	o	o
Strawberry Yogurt Chex	X	X	X	o	o	o	X	o
<u>Beverages:</u>								
1% White Milk	o	o	X	o	o	o	o	o
Apple Juice 100% Juice	o	o	o	o	o	o	o	o
Orange Juice 100% Juice	o	o	o	o	o	o	o	o
Skim Chocolate Milk	o	o	X	o	o	o	X	o
Skim White Milk	o	o	X	o	o	o	o	o
<u>Condiments:</u>								
BBQ Sauce	o	o	o	o	o	o	X	o
Caesar Dressing	o	X	X	X	o	o	X	X
Cinnamon Sugar Mix	o	o	o	o	o	o	X	o
Italian Dressing	o	X	X	o	o	o	X	o
Ketchup	o	o	o	o	o	o	X	o
Miracle Whip, Light	o	X	o	X	o	o	X	o
Mustard	o	o	o	o	o	o	o	o
Ranch Dressing, Light	o	X	X	X	o	o	X	o
Salsa, Picante	o	o	o	o	o	o	o	o
Syrup	o	o	o	o	o	o	X	o

Food Allergen List- JH/HS Only Entrees– Laramie County School District #1

	Gluten	Soy	Milk	Eggs	Peanuts	Tree Nuts	Corn	Fish
Lunch Entrees 7-12:								
Asian Chicken Wrap	X	X	o	o	o	o	X	o
Asian Salad Shaker	X	X	o	o	X	o	X	o
Baked Potato w/ Broccoli & Cheese	o	o	X	o	o	o	X	o
Bean Burrito w/ Queso	X	X	X	o	o	o	X	o
Beef and Bean Burrito	X	X	X	o	o	o	X	o
Beef Super Burrito w/ Queso	X	X	X	o	o	o	X	o
Breaded Pork Chop Sandwich	X	X	*	o	o	o	X	o
Buffalo Chicken	X	X	X	X	o	o	X	o
Buffalo Chicken Salad Shaker	X	X	X	X	o	o	X	o
Buffalo Chicken Wrap	X	X	X	X	o	o	X	o
Chef Salad	o	o	X	X	o	o	X	o
Chef Salad (Supper) w/dressing	o	X	X	X	o	o	X	X
Chicken Alfredo	X	o	X	o	o	o	X	o
Chicken Caesar Salad (w/out dressing)	X	o	X	o	o	o	X	o
Chicken Caesar Wrap	X	X	X	X	o	o	X	X
Chicken Cordon Bleu Sandwich	X	X	X	o	o	o	X	o
Chicken Enchilada	o	X	X	X	o	o	X	o
Chicken Super Burrito w/ Queso	X	X	X	o	o	o	X	o
Chicken Tenders, Spicy	X	X	o	o	o	o	X	o
Crispy Chicken Salad	X	X	X	o	o	o	X	o
Deli Sandwich	X	X	X	o	o	o	X	o
Fajita Burrito	X	X	X	o	o	o	o	o
Fiesta Salad Shaker	o	X	X	o	o	o	X	o
Fish Sandwich	X	X	X	o	o	o	X	X
Garden Salad Shaker	o	X	X	o	o	o	X	o
General Tso's Meatballs	X	X	X	o	o	o	X	o
Hot & Spicy Chicken Sandwich	X	X	X	o	o	o	X	o

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Jumbo Stuffed Shells	X	o	X	X	o	o	X	o
Meatball Sub Sandwich	X	X	X	o	o	o	X	o
Popcorn Chicken Salad	X	X	X	o	o	o	o	o
Popcorn Chicken Wrap	X	X	X	o	o	o	o	o
Southwest Chicken Sandwich	X	X	X	o	o	o	X	o
Spicy Beef Lo Mein	X	X	o	o	o	o	X	o
Spicy Chicken Sandwich	X	X	X	o	o	o	X	o
Spicy Chicken Wrap	X	X	X	o	o	o	X	o
Spicy Sichuan Chicken	X	X	o	o	o	o	X	o
Taco Salad	o	o	X	o	o	o	X	o
<u>Breakfast Entrees 7-12:</u>								
Biscuits and Gravy	X	X	X	*	o	o	X	o
Breakfast Burrito, Potato and Potato & Ham Secondary	X	X	X	X	o	o	X	o
Breakfast Sandwich on Biscuit, Egg & Sausage	X	X	X	X	o	o	X	o
Breakfast Sandwich on Bun, Egg & Ham, Egg & Sausage	X	X	X	X	o	o	X	o
Breakfast Sandwich on Pancake, Egg & Sausage	X	X	X	X	o	o	X	o
French Toast Sticks	X	X	o	o	o	o	X	o
Pancakes, Secondary	X	X	o	X	o	o	X	o
Pumpkin Bread	X	X	o	X	o	o	X	o
Smoothie	o	o	X	o	o	o	X	o
Toast w/margarine	X	X	X	o	o	o	X	o

“X” = Contains this allergen

“o” = Does Not contain this allergen

*- Manufactured on shared equipment

To the best of our knowledge the above list is correct. This list does NOT guarantee that any food is free of any allergen.

There are eight foods that account for 90% of all food-allergy reactions in the U.S.: cow's milk, egg, peanut, tree nuts (for example, walnuts, pecans, almonds, and cashews), fish, shellfish, soy, and wheat.

Foods manufactured since January 1, 2006 are required to FDA rules that mandate that the top eight food allergens be listed in plain language either in the body of the ingredients or in boldface after the ingredients. However, be aware that some foods are older, or include hidden allergens.

The FDA does not require manufacturers to disclose on food labels whether manufacturing lines are used for multiple "major allergens" so cross-contamination information may not be clearly marked.

Egg Allergy

Egg allergies – especially to egg whites – are more common in children than in adults and reactions range from mild to severe. Mild reactions tend to involve the skin and gastrointestinal tracts. Severe allergic reactions can be instantaneous. If you suffer from an egg allergy, strictly avoiding eggs and food containing egg and egg products is the only way to prevent a reaction. There are many ingredients that are derived from egg products, this allergy list is tagged for all of them. If there is a question about a specific product and what kind of egg product it contains, refer to your supervisor/dietitian.

Milk Allergy

A milk allergy is different than lactose intolerance. A person with a milk allergy can have a reaction to many different dairy based ingredients; this allergy list is tagged for all of them. If there is a question about a specific product and what kind of milk product it contains, refer to your supervisor/dietitian. Lactose is in all dairy products such as milk, cheese, and yogurt. A person with lactose intolerance may have different degrees of intolerance. Some may not be able to drink milk, but could still tolerate some cheese.

Gluten Allergy

A gluten-free diet means not eating foods that contain wheat, rye, and barley. The foods and products made from these grains should also be avoided. In other words, a person with celiac disease should not eat most grain, pasta, cereal, and many processed foods. There are many ingredients that may not be tolerated by a person on a gluten free diet. A person with a wheat allergy is less restricted than a gluten allergy; this allergy list is tagged for all gluten ingredients. If there is a question about a specific product and what kind of gluten product it contains, refer to your supervisor/dietitian.

Soy Allergy

Many processed products contain some form of soy derivatives. Many people with soy allergy can tolerate small to moderate amounts of soy protein. As a result, not all of those

allergic to soy need to avoid very minor sources of soy protein such as soy oil or soy lecithin. The items tagged on this list include all soy products. If there is a question about a specific product and what kind of soy protein it contains, refer to your supervisor/dietitian.

Nut Allergy

Peanuts are among the most common allergy-causing foods, and they often find their way into things you wouldn't imagine. Peanuts aren't actually a true nut; they're a legume (in the same family as peas and lentils). But the proteins in peanuts are similar in structure to those in tree nuts. For this reason, people who are allergic to peanuts can also be allergic to tree nuts, such as almonds, Brazil nuts, walnuts, hazelnuts, macadamias, pistachios, pecans, and cashews. This allergy list is tagged for all nuts, not just peanuts. If there is a question about a specific product and what kind of nut it contains, refer to your supervisor/dietitian.

Fish Allergy

Fish allergies are similar to shellfish allergies in that they are more likely than many food allergies to start during adulthood and less likely than other allergies to be outgrown. Most people with an allergy to one fish are advised to avoid all fish. Fish is not a particularly common hidden ingredient and generally appears as its own species in ingredient lists.