

## Food Allergen List – Laramie County School District #1

	Gluten	Soy	Milk	Eggs	Peanuts	Tree Nuts	Corn	Fish
<b><u>Lunch Entrees K-12:</u></b>								
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	o	X	o
Beef Tamale Pie	X	o	X	X	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	o	o
Cheeseburger w/o bun	o	X	X	o	o	o	X	o
Cheese Pizza	X	X	X	X	o	o	X	o
Cheese Pizza Ripper	X	X	X	o	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 Drumsticks	o	o	o	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 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
Dinner Roll	X	X	X	X	o	o	o	o
Fish Sticks	X	X	X	X	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/ Graham Cracker	X	X	X	o	o	o	X	o
Fruit, Yogurt, Cheese Plate w/ Granola	X	X	X	o	o	o	X	o
Graham Crackers	X	X	o	o	o	o	o	o
Green Eggs & Ham	o	o	o	X	o	o	o	o
Grilled Cheese	X	X	X	o	o	o	X	o
Ham & Cheese Ripper	X	X	X	o	o	o	X	o
Hamburger (without bun)	o	o	o	o	o	o	o	o
Macaroni & Cheese	X	X	X	o	o	o	X	o

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Mandarin Orange Chicken	X	X	o	X	o	o	X	o
Meatballs w/ Brown Gravy (without mashed potatoes)	o	X	X	o	o	o	X	o
Mini Bagel Pizzas	X	X	X	o	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	o	o	o	X	o
Personal Pan Pizza	X	X	X	o	o	o	o	o
Popcorn Chicken	X	X	o	o	o	o	X	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
Steak Fingers	X	X	o	o	o	o	X	o
Sun Wise Butter and Jelly Sandwich	X	X	o	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
Tomato Soup	o	o	o	o	o	o	o	o
Tortilla Chips	o	o	o	o	o	o	X	o
Turkey Gravy/Turkey Pot Pie Filling (without mashed potatoes)	o	X	o	o	o	o	X	o
Turkey Pot Pie with Biscuit	X	X	X	o	o	o	X	o
Turkey Sandwich	X	X	*	o	o	o	X	o
Turkey & Cheese Sandwich	X	X	X	o	o	o	X	o
Turkey, sliced	o	o	o	o	o	o	X	o
Whole Wheat Tortilla	X	X	o	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
<b>Sides:</b>								
Baked Beans	o	o	o	o	o	o	X	o
Banana Bread (Scratch)	X	X	X	X	o	o	X	o

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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
Chocolate Chip Cookies	X	X	X	X	o	o	o	o
Frozen Fudge Bar	o	o	X	o	o	o	X	o
Goldfish	X	o	X	o	o	o	X	o
Hashbrowns	o	X	o	o	o	o	o	o
Hummus	o	o	o	o	o	o	o	o
Marinara Sauce	o	o	o	o	o	o	X	o
Mashed Potatoes	o	X	X	o	o	o	o	o
Onion Rings	X	X	X	o	o	o	X	o
Potato Smiles	o	X	o	o	o	o	X	o
Potato Wedges	o	X	o	o	o	o	X	o
Raspberry Churro	X	X	X	X	o	o	X	o
Refried Beans	o	o	X	o	o	o	o	o
Seasoned Green Beans	o	o	o	o	o	o	o	o
Sugar Cookies	X	X	X	X	o	o	o	o
Tater Tots	o	X	o	o	o	o	X	o
Tortilla Chips								
<b><u>Sauces:</u></b>								
Alfredo Sauce	o	o	X	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
General Tso's Sauce	X	X	o	o	o	o	X	o
Marinara Sauce	o	o	o	o	o	o	X	o
Salsa Verde	o	X	o	o	o	o	X	o
Sausage Gravy	X	X	X	*	o	o	X	o
Queso Blanco Sauce	o	o	X	o	o	o	X	o
<b><u>Breakfast Entrees:</u></b>								
Alternate Breakfast	X	X	X	o	o	o	o	o
Bagel	X	X	o	o	o	o	X	o
Bagel-ful, Strawberry	X	X	X	o	o	o	X	o
Banana Bread	X	X	o	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	X	X	o	o	o	o	X	o

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Crunch RS								
Cereal, Frosted Mini Wheats	X	o	o	o	o	o	o	o
Cereal, Rice Chex	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	X	X	o	o	X	o
Fruit Frudel	X	X	X	o	o	o	X	o
Granola (bulk)	X	X	o	o	o	o	X	o
Granola (packet)	X	X	*	o	*	*	o	o
Maple & Brown Sugar Benefit Bar, Mini	X	X	X	X	o	o	o	o
Mini Egg & Cheese Sandwich	X	X	X	X	o	o	X	o
Muffin (Apple Cinnamon, Banana, Blueberry, Chocolate chip)	X	X	X	X	o	o	X	o
Mini Waffles (Maple & Blueberry)	X	X	X	X	o	o	X	o
Oatmeal	X	o	o	o	o	o	o	o
Pancake on a Stick	X	X	X	X	o	o	X	o
Pumpkin Bread	X	X	o	X	o	o	X	o
Ultimate Breakfast Round (UBR) Individually Wrapped	X	X	X	X	o	o	X	o
Ultimate Breakfast Round (UBR) Fresh Baked	X	X	X	X	*	o	X	o
Yogurt	o	o	X	o	o	o	X	o
Yogurt Parfait	X	X	X	o	o	o	X	o
<b><u>Snacks:</u></b>								
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
Mozzarella String Cheese	o	o	X	o	o	o	o	o
Sliced Cheese	o	X	X	o	o	o	o	o

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Strawberry Yogurt Chex	X	X	X	o	o	o	X	o
<b><u>Beverages:</u></b>								
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
<b><u>Condiments:</u></b>								
BBQ Sauce	o	o	o	o	o	o	X	o
Caesar Dressing	o	X	X	X	o	o	X	X
Cream Cheese	o	o	X	o	o	o	o	o
Guacamole	o	o	o	o	o	o	o	o
Italian Dressing	o	X	X	o	o	o	X	o
Ketchup	o	o	o	o	o	o	X	o
Mayonnaise, 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
Sour Cream	o	o	X	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
<b>Lunch Entrees 7-12:</b>								
Asian Chicken Wrap	X	X	o	o	o	o	X	o
Asian Salad Shaker	X	X	o	o	X	o	X	o
Beef Super Burrito w/ Queso	X	X	X	o	o	o	X	o
Buffalo Chicken Pizza	X	X	X	o	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	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 Enchiladas	o	X	X	X	o	o	X	o

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Chicken Super Burrito w/ Queso	X	X	X	o	o	o	X	o
Club Wrap	X	X	X	o	o	o	o	o
Crispy Chicken Salad	X	X	X	o	o	o	X	o
Deli Sandwich	X	X	X	*	o	o	X	o
Fiesta Salad Shaker	o	X	X	o	o	o	X	o
Four Meat Pizza	X	X	X	o	o	o	X	o
Garden Salad Shaker	o	X	X	o	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
Spicy Chicken Sandwich	X	X	X	o	o	o	X	o
Spicy Chicken Tenders	X	X	o	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
<b><u>Breakfast Entrees 7-12:</u></b>								
Biscuits and Gravy	X	X	X	*	o	o	X	o
Breakfast Burrito	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
Waffles, Secondary	X	X	X	X	o	o	o	o
Smoothie	o	o	X	o	o	o	X	o
Uncrustable PBJ (All Flavors)	X	X	o	o	X	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.