

Food Allergen List – Laramie County School District #1

	Wheat	Soy	Milk	Eggs	Peanuts	Tree Nuts	Corn	Fish
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Lunch Entrees K-12:								
Alternate Meal (Cheese Sandwich)	X	X	X	o	o	o	o	o
Beef, Stir Fry Over Rice	o	X	o	o	o	o	X	o
Beef Soft Tacos	X	X	o	o	o	o	X	o
Beef, Taco Meat	o	X	o	o	o	o	X	o
Burrito Bowl	o	X	X	o	o	o	X	o
Burrito, Bean & Cheese	X	X	X	o	o	o	X	o
Burrito, Beef & Bean	X	X	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 Dunkers	X	X	X	X	o	o	X	o
Chicken Drumstick	o	o	o	o	o	o	X	o
Chicken Drumstick, Asian	o	X	o	o	o	o	o	o
Chicken Drumstick, BBQ	o	o	o	o	o	o	X	o
Chicken Nuggets	X	X	o	o	o	o	X	o
Chicken, Oven Fried	X	o	o	o	o	o	X	o
Chicken Tenders	X	X	o	o	o	o	X	o
Chicken, Fajita Strips	o	X	o	o	o	o	o	o
Chicken, Mandarin Orange	X	X	o	X	o	o	X	o
Chicken, Sweet & Sour	X	X	o	X	o	o	X	o
Chicken, Teriyaki	X	X	o	o	o	o	X	o
Chili	o	X	o	o	o	o	o	o
Corn Dog, Mini	X	X	o	X	o	o	X	o
Corn Dog, Large, Supper	X	X	o	X	o	o	X	o
Fish Sticks	X	X	o	o	o	o	X	X
Fruit, Yogurt, Cheese Plate w/ Bagel	X	X	X	o	o	o	X	o
Fruit, Yogurt, Cheese Plate w/ Graham Cracker	X	X	X	o	o	o	X	o

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Fruit, Yogurt, Cheese Plate w/ Granola	X	X	X	o	*	*	X	o
Green Eggs & Ham	o	o	o	X	o	o	o	o
Hamburger (without bun)	o	o	o	o	o	o	o	o
Meatballs w/ Brown Gravy (w/o mashed potatoes)	o	X	o	*	o	o	X	o
Munchable w/ Goldfish	X	o	X	o	o	o	o	o
Nachos, Super	o	X	X	o	o	o	X	o
Pancakes, Mini	X	o	X	X	o	o	X	o
Pasta, Cheesy Lasagna	X	o	X	o	o	o	X	o
Pasta, Chicken Alfredo	X	o	X	o	o	o	X	o
Pasta, Rotini with Meatballs	X	o	o	*	o	o	X	o
Pizza, Cheese	X	X	X	*	o	o	*	o
Pizza, French Bread Boat	X	X	X	o	o	o	X	o
Pizza, Pepperoni	X	X	X	o	o	o	o	o
Pizza, Personal Pan	X	X	X	o	o	o	o	o
Ripper, Cheese Pizza	X	X	X	o	o	o	*	o
Ripper, Ham & Cheese	X	X	X	o	o	o	*	o
Ripper, Pepperoni Pizza	X	X	X	o	o	o	*	o
Sack Lunch - Fruit & Yogurt Plate	X	X	X	o	*	*	X	o
Sack Lunch - Sun Wise Sandwich	X	X	X	o	o	o	X	o
Sandwich, Breaded Pork Chop	X	X	o	o	o	o	X	o
Sandwich, BBQ Pulled Turkey (Smoked)	X	X	o	o	o	o	X	o
Sandwich, Chicken Patty	X	X	o	o	o	o	X	o
Sandwich, Grilled Cheese w/ Cheddar	X	X	X	o	o	o	X	o
Sandwich, Sun Wise Butter and Jelly (Contains Sunflower Seeds)	X	X	o	o	o	o	X	o

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Sandwich, Turkey	X	X	o	o	o	o	X	o
Sandwich, Turkey & Cheese	X	X	X	o	o	o	X	o
Sausage Patty, Pork	o	o	o	o	o	o	X	o
Soup, Tomato Creamy	o	o	X	o	o	o	o	o
Turkey Gravy/Turkey Pot Pie Filling (without mashed potatoes)	o	X	o	o	o	o	X	o
Turkey, Sliced	o	o	o	o	o	o	X	o

Lunch Entrees 7-12:								
Burrito, Beef Super w/ Queso	X	X	X	o	o	o	X	o
Burrito, Super Chicken w/ Queso	X	X	X	o	o	o	X	o
Chicken Tenders, Spicy	X	X	o	o	o	o	X	o
Chicken, Spicy Sichuan	X	X	o	o	o	o	X	o
Pizza, Buffalo Chicken	X	X	X	o	o	o	X	o
Pizza, Meat Eater's	X	X	X	o	o	o	X	o
Pork, BBQ Shredded	o	X	o	o	o	o	X	o
Quesadilla, Beef	X	X	X	o	o	o	X	o
Quesadilla, Cheese	X	X	X	o	o	o	o	o
Quesadilla, Chicken	X	X	X	o	o	o	X	o
Roast Beef, w/o Mashed Potatoes	o	X	o	o	o	o	X	o
Roast Beef, with Mashed Potatoes	o	X	X	o	o	o	X	o
Ripper, Buffalo Chicken	X	X	X	X	o	o	X	o
Salad, Chef	o	o	X	X	o	o	X	o
Salad, Chef (Supper) w/ Dressing	o	X	X	X	o	o	X	o
Salad, Chicken Caesar (w/o dressing)	X	o	X	o	o	o	X	o
Salad, Crispy Chicken	X	X	X	o	o	o	X	o

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Salad, Shaker, Apple Balsamic (contains sunflower seeds)	*	X	X	*	*	*	o	o
Salad, Shaker, Asian	X	X	*	X	*	*	o	o
Salad, Shaker, Fiesta	o	X	X	X	o	o	X	o
Salad, Shaker, Garden	o	X	X	X	o	o	X	o
Salad, Shaker, Spicy Chicken	X	X	X	X	o	o	X	o
Salad, Southwest	o	X	o	o	o	o	X	o
Salad, Taco	o	X	X	o	o	o	X	o
Sandwich, Deli	X	X	X	o	o	o	X	o
Sandwich, Meatball Sub	X	X	X	o	o	o	X	o
Sandwich, Philly Cheesesteak	X	X	X	o	o	o	X	o
Sandwich, Spicy Chicken	X	X	o	o	o	o	X	o
Soup, Chicken Kale	*	X	X	o	o	o	X	o
Soup, Chicken Tortilla	o	X	X	o	o	o	X	o
Wrap, Asian Chicken	X	X	o	*	o	*	X	o
Wrap, Chicken Caesar	X	X	X	X	o	o	X	*
Wrap, Club	X	X	X	o	o	o	X	o
Wrap, Crispy Chicken	X	X	X	o	o	o	X	o
Wrap, Spicy Chicken	X	X	X	o	o	o	X	o
Wrap, Turkey Guacamole	X	X	X	X	o	o	X	o

Breakfast Entrees K-12:								
Bagel	X	X	o	o	o	o	X	o
Bagel, Blueberry	X	X	o	o	o	o	X	o
Bagel-ful, Strawberry	X	X	X	o	o	*	X	o
Biscuit, Blueberry	X	X	X	o	o	o	o	o
Biscuit, Plain	X	X	X	o	o	o	X	o
Bread, Banana	X	X	X	X	o	o	X	o
Bread, Blueberry	X	X	X	X	o	o	X	o
Bread, Pumpkin	X	X	X	X	o	o	X	o

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Cereal Bar, Chocolate Chip Benefit	X	X	X	X	o	o	X	o
Cereal Bar, Chocolate Chip Benefit, Mini	X	X	X	X	o	o	o	o
Cereal Bar, Maple & Brown Sugar, Benefit, Mini	X	X	X	X	o	o	o	o
Cereal, Cheerios	o	o	o	o	o	o	X	o
Cereal, Cinnamon Toast Crunch, Reduced Sugar	X	X	o	o	o	o	X	o
Cereal, Cocoa Puffs, Reduced Sugar	o	o	o	o	o	o	X	o
Cereal, Fruity Cheerios	o	o	o	o	o	o	X	o
Cereal, Rice Chex	o	o	o	o	o	o	o	o
Cereal, Trix Low Sugar	o	o	o	o	o	o	X	o
Cinnamon Rolls, Mini (Mini Cinnis)	X	X	X	o	o	o	X	o
Crescent Roll, Chocolate Filled	X	X	X	o	o	o	X	o
Egg Patty	o	X	X	X	o	o	X	o
French Toast Sticks	X	X	X	X	o	o	X	o
Frudel (Apple or Cherry)	X	X	X	o	o	o	X	o
Granola (bulk)	*	*	o	o	*	*	X	o
Granola (packet)	X	X	*	o	*	*	o	o
Muffin, English	X	X	o	o	o	o	X	o
Muffin (All Flavors)	X	X	X	X	o	o	X	o
Oatmeal	*	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	o	X	o
Waffles, Mini (Maple & Blueberry)	X	X	X	X	o	o	X	o
Yogurt (all flavors)	o	o	X	o	o	o	X	o
Yogurt Parfait w/ Granola	X	X	X	o	*	*	X	o

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Breakfast Entrees 7-12:								
Biscuits and Gravy	X	X	X	*	o	o	X	o
Breakfast Burrito	X	X	X	X	o	o	X	o
Pizza, Breakfast, Sausage	X	X	X	X	o	o	X	o
Sandwich, Egg & Sausage on Biscuit	X	X	X	X	o	o	X	o
Sandwich, Egg & Sausage on Pancake	X	X	X	X	o	o	X	o
Sandwich, on Bun (Egg & Ham, Egg & Sausage)	X	X	X	X	o	o	X	o
Sandwich, Uncrustable PBJ (All Flavors)	X	X	o	o	X	o	o	o
Smoothie, All Flavors	o	o	X	o	o	o	X	o
Waffles, White	X	X	X	X	o	o	o	o

Breads/Grains:								
Banana Bread (Homemade)	X	X	X	X	o	o	X	o
Biscuit	X	X	X	o	o	o	X	o
Bread, Sliced	X	X	o	o	o	o	o	o
Breadstick, Garlic	X	X	*	*	o	o	o	o
Bun, Hamburger	X	X	o	o	o	o	X	o
Chips, Tortilla	o	o	o	o	o	o	X	o
Cinnamon Roll	X	X	X	X	o	o	X	o
Cornbread	X	X	X	X	o	o	X	o
Crackers, Goldfish	X	o	X	o	o	o	o	o
Crackers, Graham	X	X	o	o	o	o	*	o
Rice, Brown	o	o	o	o	o	o	o	o
Rice, Fried	o	X	o	o	o	o	*	o
Roll, Dinner WW Sara Lee	X	X	*	o	o	o	X	o
Roll, Dinner	X	X	X	X	o	o	X	o

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Roll, Hoagie	X	X	o	o	o	o	X	o
Tortilla, All Sizes	X	X	o	o	o	o	o	o
Waffle, WG	X	X	X	X	o	o	o	o

Sides:								
Beans, Baked	o	o	o	o	o	o	X	o
Beans, Refried	o	o	X	o	o	o	X	o
Broccoli, Cheesy	o	X	X	o	o	o	X	o
Coleslaw	o	X	X	X	o	o	X	o
Corn, Mexicali	o	X	X	o	o	o	X	o
Green Beans, Seasoned	o	o	o	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
Potatoes, Hashbrowns	o	X	o	o	o	o	X	o
Potatoes, Mashed	o	X	X	o	o	o	o	o
Potatoes, Tater Tots	o	X	o	o	o	o	X	o

Desserts:								
Churro, Raspberry	X	X	X	X	o	o	X	o
Cookies, Chocolate Chip	X	X	X	X	o	o	o	o
Cookies, Double Chocolate	X	X	X	X	o	o	o	o
Cookie, Fortune	X	X	o	X	o	o	X	o
Cookies, Sugar	X	X	X	X	o	o	o	o
Crisp, Apple	X	X	X	o	o	o	*	o
Crisp, Peach	X	X	X	o	o	o	*	o
Frozen Fruit Cups – all flavors	o	o	o	o	o	o	o	o
Frozen Fudge Bar (contains coconut oil)	o	o	X	o	o	*	X	o
Fruit Snacks (Mott's)	o	o	o	o	o	o	X	o

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Pumpkin Crunch	X	X	X	X	o	o	X	o
Strawberry Yogurt Pie, Frozen	*	*	X	o	o	*	X	o

Sauces:								
Sauce, Alfredo	o	o	X	o	o	o	X	o
Gravy, Brown	o	X	o	o	o	o	X	o
Gravy, Country	X	X	X	*	o	o	X	o
Gravy, Sausage	X	X	X	*	o	o	X	o
Sauce, Buffalo	o	X	X	o	o	o	X	o
Sauce, Cranberry	o	o	o	o	o	o	X	o
Sauce, General Tso's	X	X	o	o	o	o	X	o
Sauce, Jalapeno Cheese	o	o	X	o	o	o	X	o
Sauce, Marinara	o	o	o	o	o	o	o	o
Sauce, Queso Blanco (contains coconut oil)	o	o	X	o	o	*	X	o
Sauce, Sriracha (contains coconut oil)	o	o	o	o	o	*	X	o
Sauce, Three Cheese	o	o	X	o	o	o	X	o

Miscellaneous/Snacks:								
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 (American)	o	X	X	o	o	o	o	o
Sliced Cheese (all but American)	o	o	X	o	o	o	o	o
Strawberry Yogurt Chex	X	X	X	o	o	o	X	o

Beverages:								
Milk, 1% White	o	o	X	o	o	o	o	o
Juice, 100% Apple	o	o	o	o	o	o	o	o
Juice, 100% Orange	o	o	o	o	o	o	o	o

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Milk, Skim Chocolate	o	o	X	o	o	o	X	o
Milk, Skim White	o	o	X	o	o	o	o	o

Condiments:								
Cream Cheese	o	o	X	o	o	o	o	o
Croutons	X	o	X	o	o	o	X	o
Dressing, Asian Sesame	X	X	o	*	o	*	X	o
Dressing, Balsamic	o	X	o	o	o	o	o	o
Dressing, Caesar	o	X	X	X	o	o	X	*
Dressing, Italian	o	X	X	o	o	o	X	o
Dressing, Ranch	o	X	X	X	o	o	X	o
Guacamole	o	o	o	o	o	o	o	o
Ketchup	o	o	o	o	o	o	X	o
Margarine	o	X	o	o	o	o	o	o
Mayonnaise, Light	o	X	o	X	o	o	X	o
Mustard	o	o	o	o	o	o	o	o
Pickles	o	o	o	o	o	o	o	o
Salsa, Picante	o	o	o	o	o	o	o	o
Sauce, BBQ	o	o	o	o	o	o	X	o
Sauce, Cholula	o	o	o	o	o	o	o	o
Sauce, Marinara Packet (Suppers only)	o	X	X	o	o	o	X	o
Sauce, Tartar	o	X	o	X	o	o	X	o
Sour Cream	o	o	X	o	o	o	o	o
Syrup, Maple	o	o	o	o	o	o	X	o

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