

2023-24 Elementary School Allergens List

2-Jan-24	Dairy	Eggs	Wheat	Soy	Peanut	Tree Nut	Sesame	Fish	Shellfish	Notes
Baked Beans										
Baked Chips	Maybe		Maybe	*						*Soy Oil
Baked Potato w/ Chili	X									
Baked Potato w/ Cheese	X									
Banana Bread	X	X	X	*						*Soy Oil
BBQ Chicken Sandwich										
BBQ Rib Sandwich	X		X	X						
Biscuit	X		X	*						*Soy Oil
Black Beans, Seasoned										
Black Bean Dip & Chips	X									
Bread Stick, garlic	X		X	*						*Soy Oil
Buffalo Chicken Dip & Chips	X	X		*						*Soy Oil
Canadian Bacon										
Cereal, Apple Cin Cheerios										
Cereal, Mini Wheats			X							
Cereal, Rice Chex										
Cheese Munchie Lunch	X		X	*						*Soy Oil & Lecithin
Cheese Pretzel	X		X							Turkey Pretzel
Cheese Quesadilla	X		X							
Cheese String	X									
Cheeseburger	X		X	*						Hamburger; *Soy Oil
Chicken Alfredo	X	*	X							*pasta from factory with eggs
Chicken Breast, breaded			X	X						
Chicken Cheesesteak	X		X	X						w/o cheese
Chicken Nuggets (Goldkist)			X	X						
Chicken Patty Sandwich (Gk)			X	X						
Chicken, Popcorn (Goldkist)	X		X	X						
Chicken, Roasted/BBQ Leg				*						*Soy Oil
Chickpeas, Roasted Ranch	X			X						
Chickpea Salad				*						*Soy Oil
Chili, Beef/All Bean										
Churro, Cinnamon	X	X	X	X						
Coffee Cake	X	X	X	*						*Soy Oil
Cole Slaw	X	X		*						*Soy Oil
Cookie, Choc Chip, Sugar, Oatmeal	X	X	X	*						*Soy Lecithin
Corn Bread	X	X	X							
Corn Chips, Fritos										
Cowboy Bean Salad				*						*Soy Oil
Dinner Roll			X	*						*Soy Oil
Doritos	X									
Elf Grahams			X	*						*Soy Oil & Lecithin
Fish Sticks			X	*				X		*Soy Oil
Flatbread	X		X	*						*Soy Oil

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French Toast, Mini	X	X	X	*						*Soy Oil, Soy Lecithin
Frudel	X		X	*						*Soy Oil
General Tso's Chicken & Rice	X		X	X			X			
Goldfish Crackers, Cheese	X		X							
Goldfish Grahams			X	*						*Soy Oil
Graham Crackers			X							
Gravy	X		X	X						
Grilled Cheese Sandwich	X		X	*						*Soy Oil, Soy Lecithin
Ham, Egg, & Ch Croissant	X	X	X							
Hamburger			X	*						*Soy Oil
Hashbrown				*						*Soy Oil
Hot Dog			X	X						
Hummus							X			
Italian Dunkers	X		X	*						*Soy Oil
Italian Hoagie	X		X	X						w/o cheese
Lasagna	X	X	X							
Macaroni & Cheese	X	X	X							
Mashed Potatoes	X									
Mexican Rice										
Meatballs			X	X						
Mini Cinnis	X		X	*						*Soy Oil
Muffin	X	X	X	*						*Soy Oil, Soy Lecithin
Pancakes, Mini Maple	X	X	X	*						*Soy Oil, Soy Lecithin
Pancakes	X	X	X	X						
Pasta with Marinara Sauce		*	X							*pasta from factory with eggs
Pierogies	X	X	X	X						
Pizza, Big Daddy	X		X							
Pizza, French Bread	X		X	*						*Soy Oil
Pizza, Pan	X		X	*						*Soy Oil
Pizza Munchie Lunch	X		X	*						*Soy Oil
Pizzaboli	X		X							
Pulled Pork Sandwich			X	*						*Soy Oil
Refried Beans	X									w/o cheese
Salad, Chef	X		X							w/o cheese
Salad, Grilled Chicken	X		X							w/o cheese;
Salad, Romaine	X		X							
Sloppy Joe Sandwich			X	*						*Soy Oil
Soft Pretzel/Soft Pretzel Rod			X							
Soft Taco	X		X	*						w/o cheese; *Soy Oil
Sorbet										
Soup, Tomato	X		X							
Soup, Vegetable			X							
Sweet Potato Fries				*						*Soy Oil
Tossed Salad										
Tuna Sandwich	X	X	X	*				X		*Soy Oil

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Turkey Bacon Sub	X		X	X						w/o cheese
Turkey Sandwich	X		X	*						w/o cheese; *Soy Oil
Vegetable Soup		*	X	X						*pasta from factory with eggs
Veggie Burger			X							
Waffles, Mini	X	x	X							
Walking Taco	X									w/o cheese
Yogurt	X									
Yogurt Parfait	X									
Ranch Dressing	X	X		*						*Soy Oil
Italian Dressing				*						*Soy Oil
Mayonnaise		X		*						*Soy Oil
Sweet & Sour Dressing				*						*Soy Oil
Saltines			X							

Highlighted items can be prepared to eliminate the dairy allergen.