

## 2022-23 Elementary School Allergens List

27-Sep-22	Dairy	Eggs	Wheat	Soy	Peanut	Tree Nut	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 Rib Sandwich	X		X	X					
Biscuit	X		X	*					*Soy Oil
Black Bean Dip & Chips	X								w/o cheese
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 Leg				*					*Soy Oil
Chickpea Salad				*					*Soy Oil
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
Dinner Roll			X	*					*Soy Oil
Doritos	X								
Elf Grahams			X	*					*Soy Oil & Lecithin
Fish Sticks			X	*			X		*Soy Oil
Flatbread	X		X	*					*Soy Oil
French Bread Pizza	X		X	*					*Soy Oil
French Toast, Mini	X	X	X	*					*Soy Oil, Soy Lecithin
Frudel	X		X	*					*Soy Oil
General Tso's Chicken & Rice	X		X	X					
Goldfish Crackers, Cheese	X		X						
Goldfish Grahams			X	*					*Soy Oil
Gravy	X		X	X					
Grilled Cheese Sandwich	X		X	*					*Soy Oil, Soy Lecithin
Ham, Egg, & Ch Croissant	X	X	X						
Hamburger			X	*					*Soy Oil

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Hashbrown				*					*Soy Oil
Hot Dog			X	X					
Hummus*									<b>*Contains Sesame</b>
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
Pan Pizza	X		X	*					*Soy Oil
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 Munchie Lunch	X		X	*					*Soy Oil
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									
Sweet Potato Fries				*					*Soy Oil
Tossed Salad									
Tuna Sandwich	X	X	X	*			X		*Soy Oil
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								
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.

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Notes