Food Allergen List

Littleton Public Schools Nutrition Services

2016-2017

X = contains allergen *** = processed in a facility that may process other products with allergen**

Entree	Milk	Eggs	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten	Sesame
All American Sub Sandwich	X						X	X	X	
Bagel							X	X	X	
BBQ Pulled Pork Sandwich							X	X	X	
Bosco Sticks	X						X	X	X	
Buffalo Chicken Ranch Wrap	X	X					X	X	X	
Burrito, Bean & Cheese (Fiesta)	X						X	X	X	
Cheese Ravioli	X	X						X	X	
Cheese Sticks	X									
Cheeseburger	X						X	X	X	
Chicken Alfredo	X							X	X	
Chicken Chili										
Chicken Drumstick	X						X			
Chicken Nuggets							X	X	X	
Chicken Parmesan	X						X	X	X	
Chicken Tenders							X	X	X	
Chicken Teriyaki							X	X	X	X
Corn Dog	X	X					X	X	X	
Creamy Mac & Cheese	X						X	X	X	
Crispy Chicken Sandwich							X	X	X	
Enchiladas, Cheese	X									
Flat Bread, BBQ Chicken	X						X	X	X	
Fish & Chips		X			X		X	X	X	
Fish Sticks					X		X	X	X	
French Toast Sticks & Sausage	X						X	X	X	
Grilled Cheese	X						X	X	X	
Ham & Cheese Sandwich	X						X	X	X	
Hamburger							X	X	X	
Hot Dog							X	X	X	
Italian Meatball Sub	X	X					X	X	X	
Italian Sub Sanwich							X	X	X	
Macaroni & Cheese	X						X	X	X	
Meatballs and Orange Sauce	X	X					X	X	X	
Meatballs and Teriyaki Sauce	X	X					X	X	X	X
Lasagna, homemade	X	X						X	X	
Nachos with chicken	X						X			
Orange Chicken Rice Bowl		X					X	X	X	
PB&J			X				X	X	X	
Penne with Meatballs	X	X						X	X	
Philly Cheesesteak Sub	X						X	X	X	
Pig in a Blanket								X	X	
Pizza Pocket, pepperoni	X							X	X	
Pizza, Buffalo Chicken	X						X	X	X	
Pizza, Cheese	X						X	X	X	
Pizza, Hawaiian	X						X	X	X	
Pizza, Pepperoni	X						X	X	X	
Pork Egg Roll		X					X	X	X	
Penne with Meatballs	X	X					X	X	X	
Ravioli, Cheese	X	X						X	X	
Salad, Chef (incl. cheese)	X									
Salad, Chicken Caesar (incl. dressir	X	X			X		X	X	X	
Soft Tacos (incl. cheese)	X						X	X	X	
Spicy Chicken Sandwich							X	X	X	
Straw Hat (with cheese)	X									
Taco Salad (with cheese)	X									
Turkey Breast Sandwich	X						X	X	X	
Turkey Pot Roast										
Turkey Roast & Gravy							X			
Yogurt & Muffin, K - 5	X	X					*	X	X	
Yogurt & Muffin, 6 - 8	X	X					X	X	X	

Sides	Milk	Eggs	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten	Sesame
Cinnamon Roll	X							X	X	
French Fries, spiral, seasoned							X	X	X	
French Fries, spiral, unseasoned							X			
Harvest Bread								X	X	
Mashed Potatoes	X									
Refried Beans										
Tater Tots							X			
Vegetarian Baked Beans										
Cookies, Carnival	X	X	*	*			X	X	X	
Cookies, Chocolate Chip	X	X	*	*			X	X	X	

Condiments	Milk	Eggs	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten	Sesame
BBQ Sauce										
Dressing, Caesar	X	X			X		X			
Dressing, Italian										
Dressing,Ranch, homemade	X	X					X			
Jelly Packets, Assorted Flavors										
Ketchup										
Louisiana Hot Sauce										
Mayonaise		X					X			
Mustard										
Salsa, homemade										
Sweet Thai Chili Sauce										
Tartar Sauce		X								

Breakfast	Milk	Eggs	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten	Sesame
Applesauce Bread	X	X					X	X	X	
Bagel							X	X	X	
Banana Bread		X						X	X	
Banana Bread Muffins		X						X	X	
Benefit Bar	X	X					X	X	X	
Breakfast Burrito	X	X					X	X	X	
Breakfast Pizza	X						X	X	X	
Breakfast Taco	X	X					X	X	X	
Cheese Sticks	X									
Cereal, Frosted Flakes							*	X	X	
Cereal, Cinnamon Frosted Flakes								X	X	
Cereal, Fruit Loops								X	X	
Cereal, Rice Krispies										
Graham Crackers, Goldfish							X	X	X	
Jelly Packets, Assorted Flavors										
Mini Cinni Rolls	X						X	X	X	
Muffins, Individually Wrapped (Banana, Chocolate Chip,or Blueberry)	X	X					X	X	X	
Nutritgrain Bars	X						X	X	X	
Pancakes with Cinnamon Glaze	X	X					X	X	X	
Toast							X	X	X	
UBR	X	X	*	*			X	X	X	
Waffles		X					X	X	X	
Yogurt	X									

Thanksgiving/Holiday Meal	Milk	Eggs	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten	Sesame
Turkey										
Gravy	X	*					*	X	X	
Mashed Potatoes										
Green Beans										
Fruit Salad										
Cranberry Sauce										
Crustless Pumpkin Pie	X	X					X	X	X	

Food Bars (HHS & LHS)	Milk	Eggs	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten	Sesame
Pizza Bar										
Pizza, Cheese	X						X	X	X	
Pizza, Hawaiian	X						X	X	X	
Pizza, Pepperoni	X						X	X	X	
Bosco Sticks	X						X	X	X	
Flat Bread, BBQ Chicken	X						X	X	X	
Flat Bread, Margherita	X						X	X	X	
Smoke House Bar										
Chicken										
Philly Beef							X			
Italian Cheese Sauce	X									
Hamburger Bun							X	X	X	
Hoagie Bun							X	X	X	
Chicken Drumstick	X						X			
Harvest Bread							X	X	X	
Pasta Bar										
Penne Pasta								X	X	
Chicken										
Turkey Meatballs	X	X						X	X	
Alfredo Sauce	X									
Marinara	X						X			
Cheddar Cheese Sauce	X						X			
Lasagna	X	X						X	X	
Ravioli	X	X						X	X	
Asian Bar										
Chicken, Diced										
Chicken, Breaded		X					X	X	X	
Meatball, turkey, commodity	X	X						X	X	
Rice										
Orange Sauce							X			
Teriyaki Sauce							X	X	X	X
Sweet Thai Chili Sauce										
Nacho Bar										
Corn Tortilla Chips										
Flour Tortilla							X	X	X	
Seasoned Chicken, Shredded										
Seasoned Beef										
Queso Sauce	X						X			
Shredded Cheddar Cheese	X									
Salsa										
Hot Sauce										
Jalapenos										