

Food Allergen List

Littleton Public Schools Nutrition Services
2017-2018

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	
Burrito, Bean & Cheese	X						X	X	X	
Cheese Ravioli	X	X						X	X	
Cheese Sticks	X									
Cheeseburger	X						X	X	X	
Chicken Alfredo	X							X	X	
Chicken Drumstick	X						X			
Chicken Nuggets							X	X	X	
Chicken Parmesan	X						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									
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 Sub Sandwich							X	X	X	
Macaroni & Cheese	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	
Pig in a Blanket							X	X	X	
Calzone, Pepperoni	X						X	X	X	
Pizza, Buffalo Chicken	X						X	X	X	
Pizza, Cheese	X						X	X	X	
Pizza, Pepperoni	X						X	X	X	
Ramen Bowl, Shaved Beef							X	X	X	
Ramen Bowl, Pulled Pork							X	X	X	
Salad, Chef (incl. cheese)	X									
Salad, Chicken Caesar (incl. dressing)	X	X			X		X	X	X	
Spicy Chicken Sandwich							X	X	X	
Straw Hat (with cheese)	X									
Street Tacos, chicken							X	X	X	
Street Tacos, pork							X	X	X	
Turkey & Cheese To Go!	X						X	X	X	
Turkey Breast Sandwich	X						X	X	X	
Turkey Melt	X						X	X	X	
Turkey Pot Roast										
Turkey Roast & Gravy (Holiday Meals)							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	X	
Dinner Roll							X	X	X	
French Fries, spiral, seasoned							X	X	X	
French Fries, spiral, unseasoned							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										
Buffalo Sauce	X									
Dressing, Caesar	X	X			X		X			
Dressing, Italian										
Dressing,Ranch, homemade	X	X					X			
General Tso Sauce							X	X	X	X
Jelly Packets, Assorted Flavors										
Ketchup										
Louisiana Hot Sauce										
Mayonaise		X					X			
Mustard										
Orange Sauce							X			
Salsa, homemade										
Sriracha Sauce										
Sweet Thai Chili Sauce										
Tartar Sauce		X								
Teriyaki Sauce							X	X	X	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	
Cheese Sticks	X									
Cereal, Frosted Flakes							*	X	X	
Cereal, Cinnamon Frosted Flakes								X	X	
Cereal, Fruit Loops								X	X	
Cereal, Rice Krispies										
Cereal, Cheerios							X	X	X	
Cereal, Cinnamon Toast Crunch										
Cereal, Cocoa Puffs										
Cereal, Trix								X	X	
Cereal, Frosted Corn Flakes										
Graham Crackers, Goldfish							X	X	X	
Jelly Packets, Assorted Flavors										
Muffins, Individually Wrapped (Banana, Chocolate Chip, or Blueberry)	X	X					X	X	X	
Nutritrain 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	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	

