## **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	-990	1 Gariat	1100 1144		Giloillion	X	X	X	Cocamo
Bagel							X	X	X	
BBQ Pulled Pork Sandwich							X	X	X	
Bosco Sticks	Х						X	X	X	
Burrito, Bean & Cheese	X						X	X	X	
Cheese Ravioli	X	Х					^	X	X	
Cheese Sticks	X	^						^	^	
Cheese Sticks Cheeseburger	X						Х	Х	Х	
Chicken Alfredo	X						^	X	X	
Chicken Drumstick	X						Х	^	^	
Chicken Nuggets	^					1	X	Х	Х	
ÜÜ										
Chicken Parmesan	Х						X	X	X	V
Chicken Teriyaki							X	X	X	Х
Corn Dog	Х	X					X	X	X	
Creamy Mac & Cheese	Х	Х	-	-				X	X	
Crispy Chicken Sandwich							Х	Х	Х	
Enchiladas, Cheese	Х	<del></del>	ļ		L.,	<b> </b>		.,		
Fish & Chips		Х	<b></b>		Х	1	Х	Х	Х	
Fish Sticks					Х		Х	Х	Х	
French Toast Sticks & Sausage	Х						Х	Х	Х	
Grilled Cheese	Χ						Χ	Х	Χ	
Ham & Cheese Sandwich	Х						Х	X	Х	
Hamburger							Х	X	Х	
Hot Dog							Х	X	X	
Italian Sub Sandwich							Х	Х	X	
Macaroni & Cheese	Х						Х	Х	X	
Lasagna, homemade	Х	X						Х	X	
Nachos with chicken	Х						Х			
Orange Chicken Rice Bowl		X					X	Х	X	
PB&J			Х				X	X	Х	
Penne with Meatballs	X	Х						Х	X	
Pig in a Blanket							Х	Х	Х	
Calzone, Pepperoni	Х						Х	Х	Х	
Pizza, Buffalo Chicken	Х						Х	Х	Х	
Pizza, Cheese	Х						Х	Х	Х	
Pizza, Pepperoni	Х						Х	Х	Х	
Ramen Bowl, Shaved Beef							Х	Х	Х	
Ramen Bowl, Pulled Pork							Х	Х	Х	
Salad, Chef (incl. cheese)	Х									
Salad, Chicken Caesar (incl. dressir	Х	Х			Х		Х	Х	Х	
Spicy Chicken Sandwich							X	X	X	
Straw Hat (with cheese)	Х	-				1	^	^	^	
Straw Hat (with cheese) Street Tacos, chicken	^	<del>                                     </del>	<del>                                     </del>	<del>                                     </del>		1	Х	Х	Х	
Street Tacos, chicken Street Tacos, pork		<del>                                     </del>	<del>                                     </del>	<del>                                     </del>		1	X	X	X	
	Х					1	X		X	
Turkey & Cheese To Go! Turkey Breast Sandwich	X	<del>                                     </del>	1	<del>                                     </del>		1	X	X	X	
,		<del>                                     </del>	1	1		1				
Turkey Melt	Х	<del> </del>	<del> </del>	1		1	X	Х	Х	
Turkey Pot Roast		<b></b>	<b> </b>			1				
Turkey Roast & Gravy (Holiday Mea		<b></b>	<b> </b>			1	X			
Yogurt & Muffin, K - 5	X	X	<b></b>				*	X	X	
Yogurt & Muffin, 6 - 8	Х	Х					Χ	X	X	

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

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

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

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

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Food Bars (MS)	Milk	Eggs	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten	Sesame
Asian Bar Chicken, Breaded		Х	1			1		Х	Х	
Beef, Shaved		^					X	^	^	
Rice							^			
General Tso Sauce							Х	Х	Х	Х
Orange Sauce							X			
Teriyaki Sauce							X	Х	Х	Х
Pasta Bar		l	II.							
Penne Pasta								Х	Х	
Chicken										
Turkey Meatballs	Х	Х						Х	Х	
Alfredo Sauce	Х									
Marinara							Χ			
Macaroni & Cheese	Х						Χ	Х	Х	
Lasagna	Х	Х						Х	Х	
Ravioli	Х	Х						Х	Х	
Dinner Roll							Х	Х	Х	
Food Bars (HHS & LHS)	Milk	Eggs	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten	Sesame
Smoke House Bar										
Chicken										
Philly Beef							Χ			
Queso Blanco	Χ									
BBQ Sauce										
Hamburger Bun							Х	Х	Х	
Hoagie Bun							Χ	Х	Х	
Chicken Drumstick	Χ						Х			
Dinner Roll							Х	Х	X	
Ramen Bowl Bar		1		, ,		, ,			1	
Chicken, Shredded										
Pork, Pulled										
Beef, Shaved							Х	L		
Yakisoba Noodles		ı	1			1	Х	Х	Х	
General Tso Sauce							Х	Х	Х	Х
Teriyaki Sauce							Χ	Х	Х	Χ
Sweet Thai Chili Sauce							Х	Х	Х	
Sriracha Sauce										
Pasta Bar		ı	1			1				
Penne Pasta								Х	Х	
Chicken									.,	
Turkey Meatballs	X	Х						Х	Х	
Alfredo Sauce	Х									
Marinara							<u> </u>	V	V	
Macaroni & Cheese	X	v					Х	X	X	
Lasagna	X	X						X	X	
Ravioli						1	Х	X	X	
Dinner Roll							^			
Asian Bar Chicken, Breaded		Х		<del> </del>		T 1	Х	Х	Х	
Pork, Pulled		^				+	^			
Beef, Shaved			1			1	Х	<del> </del>		
Rice			1				^	<del> </del>		
General Tso Sauce				<del> </del>		<del>                                     </del>	Х	Х	Х	Х
Orange Sauce			<u> </u>			<del> </del>	X		_^	^
Teriyaki Sauce			<u> </u>			1	X	Х	Х	Х
Sweet Thai Chili Sauce						1	X	X	X	
Nacho Bar		l	L			1		. ^		
Corn Tortilla Chips										
Flour Tortilla			1	1			Х	Х	Х	
Seasoned Chicken, Shredded							<u>-</u>	1		
Seasoned Beef										
Pork, Pulled										
Queso Sauce	Х						Х			
Queso Blano	X									
Shredded Cheddar Cheese	X									
BBQ Sauce										
BBQ Sauce Buffalo Sauce	Х									
	Х						Х	Х	Х	Х
Buffalo Sauce	Х						Х	Х	Х	Х

Jalapenos