

Disclaimer: Manufacturers provide food labels to London ISD and are reviewed annually. Product reformulation may occur at any time and may not be known by our department. In addition, distributors may deliver, on short notice, alternate or substitute products which contain unexpected allergens. Because of this, London ISD Child Nutrition cannot be responsible for ensuring that a child's menu selections are free from allergens.

**This list will list the top 8 food allergens. Milk, Eggs, Peanuts, Tree Nuts, Wheat, Soy, Fish, & Crustacean Shellfish.**

| Food Item                              | Allergens                |  |
|----------------------------------------|--------------------------|--|
|                                        |                          |  |
| Entrée's                               |                          |  |
|                                        |                          |  |
|                                        |                          |  |
| Chicken                                |                          |  |
| Chicken Patty, Breaded on Bun          | Soy, Wheat, Sesame       |  |
| Chicken Patty Spicy, Breaded on Bun    | Soy, Wheat, Sesame       |  |
| Chicken, Diced White                   | None                     |  |
| Chicken Nuggets                        | Soy, Wheat               |  |
| Chicken, Tangerine, Asian Foods w/Rice | Eggs, Soy, Wheat         |  |
| Chicken Tenders                        | Soy, Wheat               |  |
| Popcorn Chicken                        | Soy, Wheat               |  |
|                                        |                          |  |
| Corn Dog                               |                          |  |
| Corn Dog, Foster Farms                 | Wheat, Soy, Egg          |  |
|                                        |                          |  |
| Hamburger                              |                          |  |
| Cheeseburger on Bun                    | Wheat, Soy, Milk, Sesame |  |
| Hamburger on Bun                       | Wheat, Soy, Sesame       |  |
|                                        |                          |  |
| Hot Dog                                |                          |  |
| Hot Dog on Bun                         | Wheat, Soy, Sesame       |  |
| Hot Dog On Bun with Chili              | Wheat, Soy, Sesame       |  |
| Hot Dog on Bun with Chili & Cheese     | Wheat, Soy, Milk, Sesame |  |
|                                        |                          |  |
| Italian, Pasta                         |                          |  |
| Cheesy Breadsticks                     | Milk, Wheat, Soy         |  |
| Macaroni and Cheese                    | Milk, Wheat, Egg         |  |
| Pizza, Pepperoni, French Bread, Tony's | Milk, Wheat, Soy         |  |
| Pizza, Cheese, French Bread, Tony's    | Milk, Wheat, Soy         |  |
|                                        |                          |  |

|                                              |                                                              |  |
|----------------------------------------------|--------------------------------------------------------------|--|
|                                              |                                                              |  |
| <b>Recipes</b>                               |                                                              |  |
| Frito Pie with cheese                        | Milk                                                         |  |
| Frito Pie without cheese                     | None                                                         |  |
| Nachos Grande                                | Milk, Soy, Manufactured in a facility that processes wheat   |  |
| Salad Meal                                   | Milk, Wheat, Soy                                             |  |
| Spaghetti                                    | Wheat, Soy, Manufactured in a facility that processes egg    |  |
|                                              |                                                              |  |
|                                              |                                                              |  |
| <b>Sandwiches</b>                            |                                                              |  |
| Cheese Sandwich                              | Milk, Wheat, Soy, Sesame                                     |  |
| Ham & Cheese Sandwich                        | Milk, Wheat, Soy, Sesame                                     |  |
| Ham Sandwich, no cheese                      | Wheat, Soy, Sesame, Manufactured on equipment that uses milk |  |
| Italian Sub Sandwich                         | Milk, Wheat, Soy, Sesame                                     |  |
| Uncrustable, PBJ Grape                       | Peanuts, Wheat, Soy                                          |  |
| Uncrustable, PBJ Strawberry                  | Peanuts, Wheat, Soy                                          |  |
|                                              |                                                              |  |
|                                              |                                                              |  |
|                                              |                                                              |  |
| <b>Condiments</b>                            |                                                              |  |
| Butter, Whipped                              | Milk                                                         |  |
| Jelly, Apple, Grape, Mixed Fruit             | None                                                         |  |
| Ketchup or Ketchup Packet                    | None                                                         |  |
| Mayonnaise                                   | Egg, Soy                                                     |  |
| Mustard Packet                               | None                                                         |  |
| Parmesan Cheese Packet                       | Milk                                                         |  |
| Picante Sauce Packet                         | None                                                         |  |
| Pickle Slices                                | None                                                         |  |
| Ranch Packet, (on tray)                      | Milk                                                         |  |
| Ranch Dresssing, Ken's (served w/Salad Meal) | Milk, Egg                                                    |  |
| Relish, Sweet                                | None                                                         |  |
| Sour Cream                                   | Milk                                                         |  |
| Syrup                                        | None                                                         |  |
| Tajin Fruit & Veggie Seasoning               | None                                                         |  |
|                                              |                                                              |  |
|                                              |                                                              |  |
| <b>Sides/Extras</b>                          |                                                              |  |
| Garlic Breadsticks                           | Milk, Wheat, Manufactured with eggs.                         |  |
|                                              |                                                              |  |
| Grahams/Crackers                             |                                                              |  |

|                                    |                  |  |
|------------------------------------|------------------|--|
| Goldfish, Cheddar, Pepperidge Farm | Wheat, Milk, Soy |  |
| Grahams, All Sports Bites, Vanilla | Wheat, Soy       |  |
| Grahams, Apple Cinnamon Bear       | Wheat, Soy       |  |
| Grahams, Chocolate Bear Grahams    | Wheat, Soy       |  |
| Grahams, Kelloggs                  | Wheat, Soy       |  |
| Grahams, Honey, MJM                | Wheat, Soy       |  |
| Peanut Butter Cup, Jif             | Peanuts, Soy     |  |
| Peanuts                            | Peanuts          |  |
| String Cheese                      | Milk             |  |

## Fruit

|                                                   |      |  |
|---------------------------------------------------|------|--|
| Fresh Fruit, Fruit Cups, Canned Fruit, Applesauce | None |  |
| Any fruit with whipped topping                    | Milk |  |
| Raisins                                           | None |  |
| Craisins, Ocean Spray                             | None |  |

## Vegetables

|                        |      |  |
|------------------------|------|--|
| Broccoli & Cheese      | Milk |  |
| Carrots, Baby, Fresh   | None |  |
| Corn Frozen            | None |  |
| Green Beans            | None |  |
| Marinara Cup, Red Gold | None |  |
|                        |      |  |
| Beans/Legumes          |      |  |
| Beans, Baked, Hanover  | None |  |
| Beans, Black           | None |  |
| Beans, Pinto, Bush's   | None |  |
|                        |      |  |
| Potatoes               |      |  |
| Crinkle Fries          | Soy  |  |
| Potato Smiles, McCain  | Soy  |  |
| Tots                   | Soy  |  |
| Wedge Fries, Simplot   | Soy  |  |
|                        |      |  |
|                        |      |  |
|                        |      |  |
|                        |      |  |
|                        |      |  |

## Breakfast

|                                |                                                 |  |
|--------------------------------|-------------------------------------------------|--|
| Biscuit                        | Wheat, Milk, Soy, May Contain Egg               |  |
| French Toast Sticks, Farm Rich | Soy, Wheat (Substitutions do contain milk/eggs) |  |
| Pancakes                       | Wheat, Milk, Egg, Soy                           |  |

|                                        |                                                      |  |
|----------------------------------------|------------------------------------------------------|--|
| Pancakes, Mini Confetti, or Maple Eggo | Wheat, Milk, Egg, Soy                                |  |
| Piggie in a Blanket                    | Milk, Egg, Wheat, Soy                                |  |
| Waffles, Mini, Eggo                    | Wheat, Egg, Soy, Milk                                |  |
| Yogurt, All Flavors                    | Milk                                                 |  |
| Cereals                                |                                                      |  |
| Cheerios                               | None                                                 |  |
| Cheerios, Honeynut                     | Almond                                               |  |
| Cheerios, Fruity, Apple Cinnamon       | None                                                 |  |
| Cocoa Puffs                            | None, But not labeled gluten free, May contain Wheat |  |
| Cinnamon Toast Crunch                  | Soy, Wheat                                           |  |
| Frosted Flakes                         | Wheat                                                |  |
| Lucky Charms                           | None                                                 |  |
| Trix                                   | None, But not labeled gluten free                    |  |
|                                        |                                                      |  |

## Snacks/Extras/Sides

|                                                                  |                                                                                     |  |
|------------------------------------------------------------------|-------------------------------------------------------------------------------------|--|
| Chips                                                            |                                                                                     |  |
| Cheetos, Baked, Flamin Hot, or Limon, Or Crunchy Cheese          | Milk                                                                                |  |
| Cheetos, Puffs                                                   | Milk                                                                                |  |
| Doritos, Cool Ranch                                              | Milk                                                                                |  |
| Doritos, Flamas                                                  | Milk                                                                                |  |
| Doritos, Nacho Cheese                                            | Milk                                                                                |  |
| Doritos, Spicy Sweet Chili                                       | None                                                                                |  |
| Funyuns                                                          | Milk                                                                                |  |
| Lay's, Original, Baked                                           | Soy                                                                                 |  |
| Lay's, Barbecue, Baked                                           | Milk, Soy                                                                           |  |
| Lay's Sour Cream and Onion                                       | Milk, Soy                                                                           |  |
| Tostitos Crispy Rounds                                           | Soy                                                                                 |  |
|                                                                  |                                                                                     |  |
| Brookie                                                          | Wheat, Milk, Egg, Soy                                                               |  |
| Cookies, Mini Chocolate Chip, Grandma's                          | Milk, Soy, Wheat, Manufactured on shared equipment with Peanuts and Tree Nuts       |  |
| Cookies, Triple Chocolate Filled, Or Confetti Cake Cookie Rich's | Eggs, Milk, Soy, Wheat, Manufactured on shared equipment with Peanuts and Tree Nuts |  |
| Fruit Roll Ups, Crazy Colors,                                    | None                                                                                |  |
| Fruit Snacks, Scooby Doo General Mills                           | None                                                                                |  |
| Gatorade, G2, All Flavors                                        | None                                                                                |  |
| Granola                                                          | May contain wheat and soy                                                           |  |
| Guacamole                                                        | None                                                                                |  |
| Ice Cream, Cotton Candy, Hershey's                               | Milk                                                                                |  |
| Ice Cream, Sour Blue Raspberry, Real Fruit Juice Twister Cup     | None                                                                                |  |

|                                                         |                        |  |
|---------------------------------------------------------|------------------------|--|
| Ice Cream Bar, Chocolate Scooter                        | Milk, Soy,Wheat        |  |
| Ice Cream Bar, Strawberry Scooter Crunch                | Milk, Soy,Wheat        |  |
| Ice Cream Bar, Fudge-O                                  | Milk                   |  |
| Ice Cream Bar, Orange Dream,                            | Milk                   |  |
| Ice Cream Bar, Polar Blast, Hershey's                   | None                   |  |
| Ice Cream Bar, Salted Caramel Brownie Crunch, Hershey's | Milk, Soy, Wheat       |  |
| Ice Cream Bar, Strawberry Fruit, FrozFruit              | None                   |  |
| Ice Cream Cone, Chocolate Twist, Hershey's              | Milk, Soy, Wheat       |  |
| Ice Cream Cone, Cookies & Cream, Hershey's              | Milk, Soy, Wheat       |  |
| Ice Cream Cone, Crazy Cone, Hershey's                   | Milk, Soy, Wheat       |  |
| Ice Cream Cup, Chocolate Sundae, Hershey's              | Milk                   |  |
| Ice Cream Sandwich, Cookies & Cream, Hershey's          | Milk, Soy, Wheat       |  |
| Ice Cream Sandwich, Vanilla, Hershey's                  | Milk, Soy, Wheat       |  |
| Juice, Apple                                            | None                   |  |
| Juice, Orange                                           | None                   |  |
| Juice Boxes, All Flavors                                | None                   |  |
| Juice Pouch, Capri Sun, All Flavors                     | None                   |  |
| Juice, Sparkling, All Flavors, Izze, Switch             | None                   |  |
| Milk, Soy, Vanilla, Or Chocolate Pearl                  | Soy                    |  |
| Muffin, Blueberry, Otis Spunkmeyer                      | Eggs, Milk, Soy, Wheat |  |
| Muffin, Chocolate Chip, Otis Spunkmeyer                 | Eggs, Milk, Soy, Wheat |  |
| Parfaits, All Flavors                                   | Milk                   |  |
| PopTart, All Flavors                                    | Wheat, Soy             |  |
| Pudding, Chocolate, Snack Pack                          | Milk                   |  |
| Rice Krispy Bar, Original, Chocolate                    | Milk, Soy              |  |
| Trix Yogurt                                             | None                   |  |
|                                                         |                        |  |