

Allergy Information for Elementary Menu Items

	Peanuts	Tree Nuts	Milk	Eggs	Soy	Wheat	Fish	Shellfish		Peanuts	Tree Nuts	Milk	Eggs	Soy	Wheat	Fish	Shellfish
BEEF									FISH								
Beef Rib B Que on a Bun			X	X	X	X			Fish Nuggets			X	X	X	X	X	
Chili			X		X	X			PORK								
Cheeseburger on Bun			X	X	X	X			Pepperoni Pizza			X		X	X		
Soft Taco			X	X	X	X			FRUITS & VEGETABLES								
Hamburger Gravy (no potato)			X		X	X			Canned Fruit								
Macho Nachos			X		X	X			Canned Vegetable								
Ravioli			X	X	X	X			Fresh Fruit								
Spaghetti			X	X	X	X			Fresh Vegetable								
Teriyaki Dippers (no rice)			X	X	X	X			Raisins								
CHICKEN & TURKEY									BREADS & STARCHES								
BBQ Chicken Fillet on Bun			X	X		X			Mashed Potatoes			X		X			
Chicken Burger on a bun			X	X	X	X			Rice, Brown								
Chicken Nuggets			X	X		X			Roll, Whole Wheat			X		X	X		
Teriyaki Chicken Bites					X	X			MILK								
Corn Dog			X	X	X	X			1%White Milk			X					
Hot Dog			X	X	X	X			fat free Chocolate Milk			X					
									SALAD DRESSING								
CHICKEN & TURKEY									Ranch			X	X				
CHICKEN & TURKEY									CHIPS & COOKIES								
Bean and Cheese Burrito			X		X	X			Fritos								
Cheese Pizza			X		X	X			Garden Salsa Sun Chips			X			X		
Cheese Quesadilla			X			X			Baked Cheetos								
Chili Cheese Wrap			X		X	X			Sun Chips						X		
Macaroni and Cheese			X			X			Chocolate Chip Cookie			X	X	X	X		
Stuffed Bread Stick			X	X		X			Ginger Snap Cookie			X	X		X		
Taco			X	X	X	X			Oatmeal Cookie			X	X	X	X		
Texas Cheese Toast			X		X	X			Krackle Sugar Cookie			X	X		X		
Toasted Cheese Sandwich			X			X											

The nutritional information is taken directly from manufacturers' labels and databases and is subject to change. Lakewood School District does not guarantee the accuracy of the information and provides it solely for your convenience.

X = Contains Allergen