

Lawrence Public Schools USD 497

Allergen List - By Ingredient

Ingredient #	Ingredient Description	Allergen(s)
990519	Apple Juice Box	No Allergens Listed
990563	Apple Slices, Individually Bagged	No Allergens Listed
990403	Apple Strudel Stick	Milk, Wheat
990394	Apple, Local Variety	No Allergens Listed
903339	Apples, Canned, Sliced in Water	
900475	Apples, Red Delicious	No Allergens Listed
990512	Applesauce Unsweetened Cup	No Allergens Listed
900648	APPLESAUCE, UNSWTND	No Allergens Listed
901587	ASIAN VEGETABLES	No Allergens Listed
990447	Avocado, IW	No Allergens Listed
990391	Bagel, Mini Straw Cream Cheese	Milk, Wheat
900203	Bagel, Sliced WG	Wheat
903350	Bagels, Mini Cinnamon Cream Cheese	Milk, Wheat
903344	Banana Bread, WG, Super Bakery	Egg, Milk, Soy, Wheat
990466	BANANA FRESH TIP GREEN	No Allergens Listed
990515	Bean & Cheese Burrito WG	Milk, Soy, Wheat
902980	bean vegetarian	No Allergens Listed
801	BEANS GARBANZO ,CANNED	No Allergens Listed
902997	BEANS, GREAT NORTHERN, CANNED	
990165	BEANS,KIDNEY,RED,MATURE,CND,DRND	No Allergens Listed
990388	Beef Patty Charbroiled	Soy
990523	Beef Patty Fully Cooked HS ONLY	Soy
990518	Beef Pizza Pocket IW	Egg, Milk, Soy, Wheat
990546	Beef Pizza, Hand Tossed, Pizza Hut	Milk, Soy, Wheat
990520	Berry Juice Box	No Allergens Listed
990525	BERRY PERFECT -PARFAIT	No Allergens Listed
990521	Biscuit Baked WG	Milk, Wheat
902983	Biscuit Dough WG Frozen	Milk, Wheat
990517	Black Bean Burger	Egg, Milk, Soy, Wheat
902970	Black Beans, Fancy Canned	No Allergens Listed
990464	BLUEBERRY IQF	No Allergens Listed
903284	BOSCO STICK, WG	Milk, Wheat
903156	Bread, White Whole Grain	Soy, Wheat

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990478	Breaded Beef Fingers	Soy, Wheat
903320	Breadstick, Garlic	Milk, Wheat
990566	Breadstick, WG	Soy, Wheat
990548	Breakfast Chicken Patty 1.6 oz	Soy, Wheat
990556	Breakfast Pizza Bacon & Egg WG	Egg, Milk, Soy, Wheat
990527	Breakfast Pizza Turkey Sausage WG IW	Milk, Soy, Wheat
900442	BROCCOLI FLORETS	No Allergens Listed
990459	Broth, Vegetable	No Allergens Listed
903166	bun hot dog bun WG	Soy, Wheat
903155	Bun, Hamburger	Wheat
990532	Calzone Nacho Stuffed Pretzel IW	Milk, Wheat
990395	Cantaloupe, Fresh, Local	No Allergens Listed
902944	Carrot, Sliced Cc Medium Frozen	
900446	Carrots - Baby	No Allergens Listed
900448	Cauliflower Florets	No Allergens Listed
900441	Celery	
903160	Cereal Cheerios WG Bowl	No Allergens Listed
903124	Cereal mini wheats frosted bowl	Wheat
903353	Cereal, Bar, 2 oz, WG, Cinnamon Toast Crunch	Soy, Wheat
903354	Cereal, Bar, 2 oz, WG, Lucky Charms	Soy, Wheat
903352	Cereal, Bar, 2 oz, WG, Peach Cheerios	Soy, Wheat
903355	Cereal, Cup, 2 oz WGR, Cinn Toast Crunch	Soy, Wheat
903357	Cereal, Cup, 2 oz, WG, Cinnamon Chex (gf)	No Allergens Listed
903359	Cereal, Cup, 2 oz, WG, Lucky Charms (gf)	Artificial Colors/Dyes
903356	Cereal, Cup, 2 oz, WGR, Cocoa Puffs	No Allergens Listed
903358	Cereal, Cup, 2 oz, WGR, Honey Cheerios (gf)	No Allergens Listed
990460	Cereal, Rice Chex (1 oz)	No Allergens Listed
900002	CHEESE BLEND, AMERICAN SHRD	
990420	Cheese Cheddar Cubes	Milk
990564	Cheese Cheddar Jack Fancy Shredded	Milk
903112	Cheese pepper jack sliced	Milk
990542	Cheese Pizza, Hand Tossed, Pizza Hut	Milk, Soy, Wheat
990531	Cheese Sandwich	Milk, Wheat

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900860	CHEESE SUB,"SCHOOL CHOICE SHRED CHEDDAR CHEES	
900006	Cheese, American Shred	Milk
903113	Cheese, cheddar mild sliced	
990430	Cheese, Cottage 2%	Milk
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	Milk
903114	cheese, provolone sliced .75 oz	Milk
900372	Cheese, Sliced, American Yellow Style	Milk, Soy
900016	Cheese, string 1 oz 2023	Milk
1017	CHEESE,CREAM	Milk
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	
903237	CHEEZ-IT WHOLE GRAIN CRACKER	Milk, Soy, Wheat
990509	Chicken Breast Strips Grilled	No Allergens Listed
990554	Chicken Carnitas Shredded	Milk, Soy
990547	Chicken Egg Roll WG	Egg, Milk, Soy, Wheat
990503	Chicken Fajita Strips	No Allergens Listed
990476	Chicken Fillet, WG Spicy	Egg, Milk, Soy, Wheat
903271	Chicken Nugget WG	Soy, Wheat
903204	chicken patty breaded whole grain	Soy, Wheat
990560	Chicken Sausage Link	No Allergens Listed
903203	chicken tender (strip) WG	Wheat
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	No Allergens Listed
990434	Chicken, Boneless Chicken Breast Chunk	Egg, Milk, Soy, Wheat
990480	Chicken, Buffalo Bites	Milk, Soy, Wheat
51520	Chicken, Diced, Cooked, Frozen	No Allergens Listed
990438	Chicken, Drumstick Glazed Cooked	No Allergens Listed
990457	Chicken, Drumstick Gochujang Glazed	Soy, Wheat
990422	Chicken, Fry Stix	Soy, Wheat
990442	Chicken, Patty Unbreaded Grilled	Soy
990479	Chicken, Sweet & Sour w/ Sauce	Egg, Soy, Wheat
903125	Chili Powder	No Allergens Listed
990461	Chip, Sunchip, Harvest Cheddar	Milk, Wheat
990427	Chocolate Chips, Mini, Semi Sweet	Milk, Soy
990477	Cinnamon Roll, WGR	Egg, Wheat

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903133	Cinnamon Spice	No Allergens Listed
990492	Coffee Cold Brew Concentrate	No Allergens Listed
990436	Cookie Dough, Chocolate Chip	Egg, Milk, Soy, Wheat
990468	Cookie, Oreo crumbs	Soy, Wheat
903301	Corn Dog, Mini 2023	Egg, Soy, Wheat
990392	Corn Dog, WG, Chicken	Egg, Soy, Wheat
900151	CORN FROZEN	No Allergens Listed
990522	Corn Muffin Whole Grain IW	Egg, Milk, Soy, Wheat
990474	Corn on the Cob, Petite	No Allergens Listed
990473	Cornbread Poppers	Egg, Milk, Soy, Wheat
990419	Cracker Ritz Original Bulk	Soy, Wheat
900261	Cracker, Goldfish, Ind Bags WG	Milk, Wheat
990423	Cracker, Graham, Tiger Bites	Soy, Wheat
990408	Cracker, Pretzel, WG, Ind	Milk, Wheat
990561	Cream Cheese Plain, Cup	Milk
900423	Crispito, Chicken Chili	Wheat
903302	Croissant	Milk, Soy, Wheat
900451	Cucumber	No Allergens Listed
901196	Cumin, Ground	No Allergens Listed
990572	Diced Breakfast Potatoes	Wheat
990549	Donut Ring WG	Egg, Milk, Soy, Wheat
903282	dough, pizza 16"	Wheat
990501	Dressing Caesar Creamy	Fish, Milk
990450	Dressing, Asian Sesame	Soy, Wheat
990449	Dressing, Balsamic Vinaigrette	No Allergens Listed
990451	Dressing, Caesar	Fish, Milk
990452	Dressing, Jalapeno Ranch	Egg, Milk, Soy
602138	DRESSING,RANCH,SINGLE SERVE PKT	Egg, Milk
990443	Dumpling, Chicken & Vegetable, WGR	Soy, Wheat
903179	Edamame / Soybeans	Soy
900426	Egg Patty	Egg, Milk
990570	Egg Scramble Mix	Egg, Milk
903333	Egg, Hard Boiled whole peeled	Egg

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900427	Eggs Scramble	
903206	Flatbread, WG 2023	Milk, Soy, Wheat
990494	Flour, All Purpose	Wheat
990493	Flour, White Whole Wheat	Wheat
990508	Frank's Hot Sauce	
903207	French Toast Sticks-WG	Egg, Milk, Soy, Wheat
990399	French Toast, Mini Cinnamon Rush	Egg, Milk, Soy, Wheat
902216	fruit cocktail, in light-syrup canned	Artificial Colors/Dyes
903364	Granola Bar, Oats 'n Honey (1.5 oz)	Soy
990390	Granola, Bulk	Soy, Wheat
901298	GRAPES,CONCORD,RAW	No Allergens Listed
903154	Gravy, Pepper Low Na+	Egg, Milk, Soy, Wheat
990446	Gravy, Poultry Mix Low Sodium	Milk, Wheat
990511	Green Bean Cut Grade A Frozen, SFSP	No Allergens Listed
902176	Green Beans, canned, cut	No Allergens Listed
900464	Green Bell Pepper	No Allergens Listed
990565	Green Chile Diced, Roasted & Peeled	No Allergens Listed
900429	Ground Beef 81/19, raw	No Allergens Listed
990524	Ham Sliced Lower Sodium Fully Cooked	Pork
990550	Honey Glaze for Donut	No Allergens Listed
902213	hot dog, All Beef 8:1	No Allergens Listed
903265	Hummus cup-Sabra brand	Soy
990439	Hushpuppy	Egg, Milk, Soy, Wheat
990544	Italian Sausage Pizza, Hand Tossed, Pizza Hut	Milk, Pork, Soy, Wheat
990514	IW Cheese Pizza WG	Milk, Soy, Wheat
903361	Jicama, Fresh	
900395	Juice apple 4 oz.	
900394	Juice Apple 6 OZ	
900401	Juice Grape 4 Oz	
900400	Juice Grape 6 OZ	
990568	JUICE LEMON CONC	No Allergens Listed
900398	Juice Orange 4 oz,	
900397	Juice ORANGE 6 OZ	

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903196	Juice, Frozen Slushy Cup - Blue Rasp Lem	Artificial Colors/Dyes
990432	Juice, Frozen Slushy Cup - Kiwi Straw	Artificial Colors/Dyes
990497	Juice, Orange Gallon	No Allergens Listed
990467	Juice, Pineapple (bulk)	No Allergens Listed
901478	Kidney Beans	
990440	LETTUCE FRESH ARCADN BLEND	No Allergens Listed
901501	LIME JUICE	No Allergens Listed
990573	Liquid Egg	Egg
990407	Local - Beef, Ground 81/19	No Allergens Listed
990421	LOCAL- CUCUMBER	No Allergens Listed
990411	LOCAL- PEPPER, GREEN BELL	No Allergens Listed
990404	LOCAL- PEPPER, RED BELL	No Allergens Listed
990410	LOCAL- TOMATO, CHERRY	No Allergens Listed
990396	LOCAL- WATERMELON	No Allergens Listed
990558	Mac & Cheese Bites	Milk, Wheat
990536	Mandarin Orange Fruit Cup	No Allergens Listed
903105	mango frozen chunks	No Allergens Listed
900381	Margarine Solid	Milk, Soy
902938	Margarine, Liquid	Soy
601590	Meatball	Milk, Soy, Wheat
902949	Milk 1% Lowfat	Milk
903273	Milk Choc 1%	Milk
990405	MILK SOY VAN CREAMY PEARL	Soy
990505	Milk, 1%, Strawberry 1/2 pint	Milk
900405	Milk, Instant Dry Non-Fat	Milk
990406	Milk, Soy, Organic Pearl	Soy
900491	Milk-Skim White 1/2 PT	Milk
990555	Mini Bagel, Plain	Soy, Wheat
990504	Miracle Whip	Egg
990533	Mixed Fruit Cup	No Allergens Listed
990426	Muffin Mix WG	Egg, Milk, Wheat
903331	Muffin, Blueberry, WG 2 oz (1g/b)	Egg, Soy, Wheat
903101	Mushroom, White fresh	

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88	MUSTARD ,DRY	No Allergens Listed
902180	Olive, Ripe Premium Sliced	
903120	onion chopped, dehydrated	
990346	ONION POWDER	No Allergens Listed
903106	onion, red jumbo, fresh	No Allergens Listed
990453	Onion, Yellow Jumbo	No Allergens Listed
901575	ONIONS,RED,RAW	
990551	Orange Chicken	Egg, Soy, Wheat
990506	Orange, Mandarin Canned	No Allergens Listed
990470	Pancakes, Mini, WG	Egg, Milk, Soy, Wheat
903126	Paprika	No Allergens Listed
903269	Pasta Elbow Macaron- NonWG	Wheat
990475	Pasta, Cavatappi, Dry	Wheat
903104	pea, green frozen	
902191	Peach, Sliced in Light-Syrup Canned Yellow	No Allergens Listed
990397	PEACHES, Local, Fresh	No Allergens Listed
900383	Peanut Butter	Peanut
990562	Peanut Butter, Creamy, Cup	Peanut
990534	Pear Fruit Cup	No Allergens Listed
902936	Pear sliced in juice	No Allergens Listed
990398	PEAR, Local, Fresh	No Allergens Listed
902937	Pear, raw fresh	No Allergens Listed
990429	Peas & Carrots	No Allergens Listed
990418	Penne Pasta	Egg, Wheat
903122	Pepper, black ground	No Allergens Listed
990543	Pepperoni Pizza, Hand Tossed, Pizza Hut	Milk, Pork, Soy, Wheat
990529	Pepperoni Stuffed Sandwich	Egg, Milk, Soy, Wheat
902181	Pepperoni, Sliced 14-16 ct	
900040	PINEAPPLE TIDBIT in juice	No Allergens Listed
990535	Pineapple Tidbits Fruit Cup	No Allergens Listed
990469	Pizza Bagel	Egg, Milk, Soy, Wheat
990537	Pizza Cheese WG, Pizza Hut	Milk, Soy, Wheat
990538	Pizza Pepperoni WG, Pizza Hut	Milk, Pork, Soy, Wheat

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990541	Pizza WG Beef, Pizza Hut	Milk, Soy, Wheat
990539	Pizza WG Italian Sausage, Pizza Hut	Milk, Pork, Soy, Wheat
990540	Pizza WG Veggie, Pizza Hut	Milk, Soy, Wheat
900028	PIZZA, CHEESE TONY'S SMART	Milk, Soy, Wheat
990463	Pizza, Dominos, Beef	Milk, Soy, Wheat
990413	Pizza, Dominos, Cheese	Milk, Soy, Wheat
990412	Pizza, Dominos, Pepperoni	Milk, Soy, Wheat
990414	Pizza, Dominos, Sausage	Milk, Soy, Wheat
990462	Pizza, Dominos, Veggie	Milk, Soy, Wheat
900026	Pizza, Pepperoni (Pork) Tony's 4x6 WG	Milk, Pork, Soy, Wheat
990015	Pizza-Brkfst Sausage	Milk, Soy, Wheat
990481	pork, pulled with sauce	No Allergens Listed
990454	Potato, Crinkle Cut Fries	No Allergens Listed
990455	Potato, Hash Brown Rounds	No Allergens Listed
990437	Potato, Mashed	Milk
990456	Potato, Seasoned Spirals	No Allergens Listed
903346	Potato, Smiles	No Allergens Listed
990401	Potato, Stuffed Hashbrown (Early Riser)	Egg, Milk, Wheat
990507	Powdered Sugar	No Allergens Listed
903316	Pretzel Bun, WW	Egg, Milk, Soy, Wheat
903327	Pretzel, Twist Heartzels (ind. bags)	Wheat
990557	Pumpkin Bread WG	Egg, Milk, Soy, Wheat
990428	Quesadilla, Chicken	Milk, Soy, Wheat
903103	Radish, fresh	
900605	Ranch Dressing Kraft Light Done Right	Egg, Milk
902971	Red Pepper, Fresh	No Allergens Listed
900023	Refried Bean, Vegetarian	No Allergens Listed
990458	Rice, Par Boiled Brown Whole Grain, Dry	No Allergens Listed
990441	ROLL HOAGIE WG	Milk, Soy, Wheat
990433	Roll, WG (2.5 oz)	Egg, Milk, Soy, Wheat
990415	Romaine, Whole Head	No Allergens Listed
903304	salsa cup	
900359	Salt 25#	No Allergens Listed

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990489	Sauce BBQ Smokey	No Allergens Listed
990484	Sauce Picante Mild	No Allergens Listed
990488	SAUCE TABASCO HOT	
903338	Sauce, Alfredo, CN	Milk
990409	Sauce, Cheese, Yellow Pouch	Milk
990417	Sauce, Marinara	No Allergens Listed
902179	Sauce, Pizza Tomato Midwest w/basil	
990444	Sauce, Teriyaki Glaze	Soy, Wheat
990528	Sausage & Pancake Bites	Egg, Milk, Soy, Wheat
990400	SAUSAGE & PANCAKE WRP WHLGR CN	Egg, Milk, Soy, Wheat
990387	Sausage, Chicken Patty	No Allergens Listed
990471	Scone, WGR Cinnamon Chip	Egg, Milk, Peanut, Soy, TreeNut, Wheat
990472	Scone, WGR Mixed Berry	Egg, Milk, Peanut, Soy, TreeNut, Wheat
990500	Shredded Parmesan Cheese	Milk
990552	Smoked Pulled Chicken	No Allergens Listed
990402	Snack Bar, Cinnamon Toast	Milk, Wheat
990416	Spaghetti	Egg, Wheat
990487	Spice Garlic Powder	No Allergens Listed
990491	Spice Oregano	No Allergens Listed
990482	SPICE RED PEPPER CRUSHED	
903107	spinach flat leaf	No Allergens Listed
902950	Strawberry frozen	No Allergens Listed
900194	Sugar Brown	
990574	Sugar Free Syrup	No Allergens Listed
900195	Sugar Granulated	No Allergens Listed
990483	Sugar, Powdered	No Allergens Listed
902043	SUGARS,BROWN,LIGHT	
990485	Sunflower Seeds	No Allergens Listed
990496	Syrup Caramel Sugar Free	
900199	Syrup PC, Maple	No Allergens Listed
990495	Syrup Vanilla Sugar Free	No Allergens Listed
990498	Syrup, Vanilla, Sugar	No Allergens Listed
903300	tator tots	No Allergens Listed

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990567	Teriyaki Beef Dippers	Soy, Wheat
990576	Tomato Juice	No Allergens Listed
990569	Tomato Puree	No Allergens Listed
902947	Tomato, Paste Canned	
900471	Tomatoes 5x6 Layer	No Allergens Listed
900012	Tomatoes, Cherry	No Allergens Listed
903288	tortilla chips 2 oz package	No Allergens Listed
990571	Tortilla Whole Wheat 6"	Wheat
990502	Tortilla Wrap Cheddar Jalapeno 12	Wheat
990435	Tortilla, Flour, 6 inch	Wheat
900009	Turkey, Breast Extra Lean Roasted, Sliced	No Allergens Listed
903328	Uncrustable, 2.6 oz, WG (1/1)	Peanut, Wheat
990575	V8 Juice	No Allergens Listed
900365	Vanilla, Imitation	
902131	VEGETABLE OIL	Soy
900014	Vegetables, California Blend	No Allergens Listed
990431	Vegetables, Italian Blend	No Allergens Listed
990545	Veggie Pizza, Hand Tossed, Pizza Hut	Milk, Soy, Wheat
903349	Waffle, Mini, WG Ind.	Egg, Milk, Soy, Wheat
902210	Waffle, WG	Egg, Milk, Soy, Wheat
1	WATER,BOILING	
75010	WATER,COLD	
75012	WATER,HOT	
902214	Watermelon, raw	No Allergens Listed
990526	WG Corn Muffin 2.5 oz IW	Egg, Milk, Soy, Wheat
990530	WG Soft Pretzel IW	Wheat
990559	WG Vegetable Fried Rice	Soy, Wheat
990486	White Cheese Sauce	Milk
990553	White Corn Tortilla	No Allergens Listed
990448	Wonton Strips	Wheat
990499	Wrap Tortilla Spinach 12	Wheat
900367	Yeast Instant Dry	No Allergens Listed
900612	Yogurt for parfaits (lowfat vanilla)	Milk

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990424	Yogurt, Cherry	Milk
990425	Yogurt, Raspberry	Milk
903272	Yogurt, Strawberry & Banana	Milk
990465	Yogurt, Strawberry (for parfaits)	Milk
990389	Yogurt, Vanilla Parfait Pouch	Milk

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