

# Bellingham School District

## Allergy Information

### Elementary & Secondary Lunch Menu Items

	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
<b>Beef</b>								
Bacon (turkey) Cheeseburger on a Bun	X							X
BBQ Riblet Sandwich						X		X
Beef Taco (soft)						X		X
Cheeseburger on Bun	X					X		X
French Dip with Au Jus	X					X		X
Hamburger on a Bun						X		X
Lasagna with Beef	X					X		X
Nachos with Taco Meat	X					X		
Meat Sauce with Penne Pasta								X
Sloppy Joe (with Manwich)						X		X
Teriyaki Beef Dipper						X		X
<b>CHICKEN &amp; TURKEY</b>								
Chicken & Alfredo Sauce w/Penne Pasta	X					X		X
Chicken & Lo Mein Noodles	X					X		X
Chicken Burger (breaded)	X					X		X
Breaded chicken patty		X				X		X
Chicken Burger (breaded)	X					X		X
Chicken Tenders								X
Chicken Nuggets	X	X				X		X
Corn Dog		X				X		X
Deli Sandwich	X							X
Eggroll, Chicken & Vegetables						X		X
Hot Dog on a Bun (turkey)						X		X
Salad, Chicken Caesar (no dressing)						X		X
Savory Chicken Leg	X							
Soft Taco (chicken)								X
Soup, Chicken Noodle	X	X				X		X
Teriyaki Rice Bowl (with chicken)	X					X		X
Turkey Bacon								
Turkey Gravy (Trio)	X					X		

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Turkey Roast								
Turkey Sausage								
<b>MEATLESS</b>								
Bean and Cheese Burrito	X					X	X	
Cheese-stuffed breadsticks	X	X				X	X	
French Toast	X	X				X	X	
Macaroni and Cheese	X						X	
Pancakes	X	X				X	X	
PBJ Pockets	X		X			X	X	
Pizza, Cheese (Big Daddy's)	X					X	X	
Pizza, Cheese (Galaxy)	X					X	X	
Pizza, Cheese (stuffed crust)	X					X	X	
Pizza, Pepperoni (Big Daddy's)	X					X	X	
Soft Taco (refried beans)								X
Soup, Tomato (Healthy Request)						X	X	
Texas Cheese Toast	X					X	X	
Waffle, Belgian	X	X				X	X	
Yogurt Parfait (2ndary)	X					X		
Yogurt with a Muffin	X	X				X	X	
Yogurt with a Zack Bar	X	X						X
Yogurt with a Mini Blueberry Loaf	X	X						X
<b>FISH</b>								
Fish Sandwich	X	X			X		X	X
Fish Nuggets					X			X
<b>PORK</b>								
Eggroll, Pork							X	X
Hoagie/Sub Sandwich (with turkey & ham)	X							X
Pizza, Ham & Pineapple	X						X	X
<b>FRUITS &amp; VEGETABLES</b>								
Beans, Baked							X	

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Beans, Refried								
Caesar Salad (with Croutons)	X					X	X	
Fruit (canned or fresh)								
Potatoes, fries (shoestring)	X							X
Potatoes, mashed	X					X		
Potatoes, roasted wedges	X					X		
Potatoes, tots						X		
Potatoes, sweet potato fries								X
Potatoes, sweet potato tots								X
Raisins								
Salad, Potato		X				X		
Vegetables (canned or fresh)								
<b>BREADS &amp; STARCHES</b>								
Breadstick								X
Cornbread	X	X						X
Noodles, Egg		X						X
Penne Pasta								X
Rice, Brown								
Rice, Mexi						X		
Roll, Whole Wheat	X							X
Salad, Macaroni		X						X
<b>MILK</b>								
1% White	X							
Chocolate (Fat-Free)	X							
Soy						X		
Non-Fat	X							
<b>SALAD DRESSING &amp; CONDIMENTS</b>								
Dressing, Caesar	X	X			X		X	
Dressing, Ranch	X	X					X	
Tartar Sauce		X					X	
<b>CHIPS, OTHER</b>								

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Chips, Tri-Color Tortilla								
Grahams, heart shaped								X
Gravy, Beef						X	X	
Gravy, Country	X					X	X	
Gravy, Poultry	X					X	X	
Ice cream, chocolate (cup)	X							
Ice cream, vanilla (cup)	X							
Ice Cream Sandwich	X					X	X	
Sherbet	X							
Sun Chips, Cheddar	X					X	X	
Sun Chips, Garden Salsa	X						X	
Sun Chips, Regular								X
Whipped topping	X					X		

The allergen information is taken directly from manufacturers' labels and databases and is subject to change. Bellingham School District does not guarantee the accuracy of the information and provides it solely for your convenience. For additional information, please contact the BSD Food Services Department 360-676-6504.

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