

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	
Burrito with Chili			X	X	X	X			PORK								
Cheeseburger on Bun			X	X	X	X			Pepperoni Pizza			X		X	X		
Country Beef Steak Strips			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 Casserole			X		X	X			Fresh Vegetable								
Sweet and Sour Meatballs (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			1% Chocolate Milk			X					
MEATLESS									SALAD DRESSING								
Bean and Cheese Burrito			X		X	X			Ranch			X	X				
Cheese Pizza			X		X	X			CHIPS & COOKIES								
Cheese Quesadilla			X			X			Fritos								
Chili Cheese Wrap			X		X	X			Garden Salsa Sun Chips			X			X		
Macaroni and Cheese			X			X			Baked Cheetos								
Stuffed Bread Stick			X	X		X			Sun Chips						X		
Taco Hot Pocket			X	X	X	X			Chocolate Chip Cookie			X	X	X	X		
Texas Cheese Toast			X		X	X			Ginger Snap Cookie			X	X		X		
Toasted Cheese Sandwich			X			X			Oatmeal Cookie			X	X	X	X		
									Krackle Sugar Cookie			X	X		X		
The nutritional information is taken directly from manufacturers' labels and databases and is subject to change. Edmonds School District does not guarantee the accuracy of the information and provides it solely for your convenience. For additional information, please contact Sara Conroy, Edmonds Operations Manager of Food Services, at 425-431-7076.																	

x = Contains Allergen