

# Indian River School District Allergy Fact Sheet



## **Milk/Dairy**

- Found in menu items containing cheese, yogurt, butter
- Hidden sources baked products, dressings, sauces, battered products, processed meats
- There are different degrees of lactose intolerance, students may not be able to consume milk but can have cheese/yogurt/ice cream etc.



## **Peanuts**

- PB&J sandwich common source of peanuts
- Hidden sources baked products, sauces



## **Tree nuts**

- **Almond, Hazelnut, Cashew, Walnut, Pecan**
- Hidden sources baked products, sauces, cereals



## **Eggs**

- Allergy can be to whole egg or eggs in baked products
- Hidden sources baked products, sauces, battered products, pastas
- On a label look for albumin, egg, ovalbumin, meringue



## **Wheat**

- On a label look for flour, bread crumbs, durum, wheat protein isolate, modified food starch

## **Gluten**

- If a student has a gluten allergy/intolerance they cannot have **WHEAT, RYE, OR BARLEY**
- Hidden sources are dressings, sauces, processed products, baked goods



## **Fish**

- Found in fish fillet, tuna salad, fish nuggets, and Caesar dressing



## **Shellfish**

- **Shrimp poppers (HS only)**



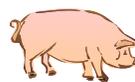
## **Soy**

- Used as a filler in processed meat products and baked goods
- Found in margarine (used to flavor vegetables)
- On a label look for soybean, soy, soya, textured vegetable protein



## **Sesame**

- Found within bread products, even though you might not see sesame seeds on top sesame flour is listed on some ingredient lists
- Hidden sources in sauces, Asian menu items



## **Pork**

- Some students have “alerts” to avoid this for religious reasons or an allergy, the same precautions should be taken in either case.
- Found in hot dog, pulled pork, pork patty, bologna, salami

## **Other modified menus:**

- Diabetic: for the most part nurses just look for carbohydrate amounts, make sure you have up-to-date recipe cards to provide that information if a nurse asks you for it.
- Low calorie/Low-fat: many menu items are already considered low calorie/low fat but Dr. notes may state other restrictions such as “no juice” or “no breaded products”.

**\*Always check the ingredients list! If you are unsure about an item, call the Nutrition Services Office.**