

**St. Benedict School has adopted the following Dairy Allergy Safe Food List guidelines effective school year 2015-2016. If you have any questions regarding a “Safe Food,” please contact the school nurse at 835-2518 ext. 318.**

## **DAIRY ALLERGY SAFE FOODS LIST**

*Last Updated January 7, 2005*

**DISCLAIMER: Here's a general list, but remember it is crucial to read all food labels, EACH time you buy a product & double check the ingredients on this list — manufacturers have been known to change without warning.**

**\*\*\*\* PLEASE DO NOT REPOST THIS LIST WITHOUT THE DISCLAIMER!!! \*\*\*\***

**Thanks to everyone on the Babycenter Food Allergies board who contributed to the compilation of this list.**

### **Breakfast**

Bacon (Wellshire Farms Uncured Bacon, Louis Rich Turkey Bacon, Applegate Farms Turkey Bacon)

Bagels (read labels)

Bisquick - original and reduced fat

Cereal: Kix, Cheerios, Product 19, Raisin Bran, Rice Chex, Corn Chex, Life, Wheaties, EnviroKids Gorilla Munch (may contain peanuts, treenuts and soy) EnviroKids Koala Krisp (May contain peanuts, treenuts and soy), EnviroKids Orangutan-O's (may contain peanuts, treenuts and soy), +HealthValley Rice Crunch-Ems, Rice Krispies, Puffed Rice, Alphabits, Barbara's Breakfast O's\*, Barbara's Honey Rice Puffins\*, Barbara's Shredded Oats\*, Barbara's Wheatines\*, +Pacific Grain Nutty Corn Cereal, Post Shredded Wheat, Heartland Granola Cereal (orig. and raisin), New Morning Oatios, Organic Kidz Koala Krispies, etc. check labels of other cereals

+Cascadian Farms Hash Browns (<http://www/cfarm.com>)

Chorizo

Cream of Wheat

French Toast made w/ safe milk

Hungry Jack Microwave Ready Syrup

Hy vee brand cinnamon rolls in a can with frosting (confirmed safe)

Fruit salad

Hash — Libby's or store brand

Hash browns (most are cooked in oil, not butter; ask) — Store brand or Ore Ida

Hodgson Mill Buckwheat Pancake Mix

Malt O Meal

Nature's Choice Cereal Bars (may contain traces of nuts)

Ore Ida hash browns

Pancakes made w/ safe milk

Pop-Tarts - check labels as only a few are safe

Price Chopper Instant Oatmeal - maple & brown sugar, cinnamon & spice

Quaker Instant Oatmeal – plain and cinnamon/spice (apple/cinnamon MAY contain milk)

"Safe" bread (try wheat bread from a health food store; beware Pepperidge Farms, which has milk in almost all varieties - read further, list of milk free breads)

Sara Lee Bagels (plain & cinnamon raisin are definitely okay — double check any other flavors)

Sausage (lots of sausages have milk in them) Jimmy Dean and some store brands are safe

Vans Mini Waffles (only the Wheat free ones are dairy free, the package clearly says dairy free on the ones that are!)

Whole Kids Waffles

### **Lunch/Dinner (and easy prep ideas)**

Applesauce

Applegate Farms store-sliced deli meats (all varieties)

Armour Original Meatballs

Hamburger

Poached, roasted, grilled chicken breast (skinless if you want to watch calories)

Pretty much any roast meat (if dining out, make sure they don't put butter on it)

Turkey, roasted or as a sandwich, with fixings of your choice (lettuce, cranberry, bacon)

Bean salad (good protein)

Pasta, rice and potatoes are also okay for your carbo fix so long as you prepare them without the butter (use safe margarine!!).

Pasta salad, with chicken, peppers, etc. (if you can't have egg, careful about the pasta...most dry pastas are OK)

Salad in general.....California (fruit and chicken - careful if the chicken is breaded), spinach with bacon...the possibilities are endless!

Steamed, boiled, or baked veggies

Rice

Tunafish (check label to be sure it is free of hydrolyzed caseinate) - Starkist and Trader Joe's are safe

Van de Kamps Crisp & Healthy fish sticks-(not verified directly, box looks safe)

Baked beans

Veggies – Canned, Frozen or fresh. Beware of the veggies in sauces in the frozen section. Beware of the

creamed varieties in the canned.

Chili – Hormel or Dennison’s chili

Franks N Beans – Hormel or Kid’s Kitchen, Kid’s Cuisine

Hormel Beefy Mac (mac & beef in tomato sauce)

Hormel Spaghetti with Meat Sauce

Hormel Spam

Hormel Vienna Sausages

All Hormel canned meats

Vienna Sausages – Libby’s

French Fries (some frozen or store brands are safe; McCain FF and Smilies (confirmed safe); Ore-Ida Cottage Fries, Ore-Ida Country Style Hashbrowns, Ore-Ida Golden Crinkles, Ore-Ida Golden Fries, Ore-Ida Golden Patties, Ore-Ida Shoestrings, Ore-Ida Pixie Crinkles, Ore-Ida Steak Fries) McD’s fries are safe! And so are most restaurants. Be careful – they might use some form of milk to coat them. They could also fry in the same oil as other foods – cross-contamination issues.

Tater Tots – Ore Ida and Store brand

Chicken Nuggets – Tyson, Ian's

+Ian’s Sweet Potato Fries

Taquitos – Delimex, Chicken

Amy’s frozen meals — some do have milk in them, read labels

+Amy’s Roasted Vegetable Pocket Sandwich (<http://www.amys.com>)

StoveTop Cornbread stuffing

Mrs. Cubbison’s Stuffing

Tomato Sauce

Cento Tomato Puree

Spaghetti Sauce – Hunt’s or Store brand (in the can) Traditional or Mushroom, Barilla, Francesco Rinaldi (“Sweet and Tasty Tomato”, “Tomato and Basil” and “Marinara” only)

Refried Beans – Rosarita and Taco Bell

Green Chiles

Red Chili Sauce (enchilada sauce)

Hot Dogs – Yorkshire Farms, Shelton turkey dogs (they also make chicken ones), Armour Jumbo Beef Hot Dogs, Applegate Farms, Hebrew Nation, BallPark Beef Franks (and singles), Bryan Juicy Jumbo Hot Dogs, Nathans Beef Cocktail Franks (great w/ the Pillsbury crescent rolls wrapped on them!!).

SoyBoy Mini Ravioli (found in the HFS, these are mini ravioli stuffed with Tofu- they come in 3 different flavors, Reg, Spinach and Roasted Pepper - they are awesome!)

Soy Nut butter – I.M. Healthy

365 Tater Tots

Cascadian Farms Country Style Potatoes

Chef Boyardee - Rice with Chicken & Vegetables, Mini Bites, Mini Pasta Shells & Meatballs in Tomato Sauce

Dinty Moore - Beef Stew; Chicken and Dumplings - 7.5 oz microwave size

Dole Tropical Fruit Salad

+Road's End Organic Mac & Cheese

+Yukon Gold Rissolle Potatoes

+Yukon Gold Julienne Fries with Sea Salt (<http://www.alexiafoods.com>)

Rice-A-Roni (chicken flavor, chicken and garlic, chicken and broccoli)

Old El Paso Taco Seasoning

Old El Paso White Corn Taco Shells

### **Soup**

Campbell's – Bean w/ Bacon, Tomato, Chicken and Rice, Chicken Noodle (contains soy/egg), Vegetarian vegetable (contains egg)

Top Ramen – Chicken Flavor

Some Store Brands – Vegetable

Imagine Foods offers “creamed” varieties.

Pacific Foods – chicken, mushroom and vegetable broth

ConAgra - Van Camp's Pork and Beans in Tomato Sauce

Health Choice - Country Vegetable

Progresso Soup - Grilled Chicken Italiano

Swanson 100% Fat Free Chicken Broth

Swanson Organic Chicken Broth

### **Baby Food**

Gerber Graduates (ONLY THESE FLAVORS: White Turkey Stew w/ Rice; Chicken Stew w/ Noodles; Veg Stew w/ Beef; Macaroni & Beef in Sauce)

Gerber Lil Entrees - Turkey & Green Bean Dices, Chicken & Veggies, Turkey with Green Beans & Sweet

Gerbers Lil Entrees - Chicken Noodle Dinner with Oatmeal, Pears and Cinnamon; Potatoes, Chicken with Apples

Gerbers Lil Entrees Chicken Stew with Noodles and Green Bean Dices

Gerbers Lil Entrees Macaroni & Beef in Sauce with Carrot Dices

Gerber fruit wagon wheels (but only the fruit ones - the veggie ones have cheese)  
Gerber apple wagon wheels  
Gerber Apple Graham Crisps  
Gerber Banana Cereal Snackin' Squares  
Gerber Vanilla Snackin' Squares  
Gerber Cinnamon Graham Animal Crackers  
Gerber Veggie Crackers  
Gerber Fruit Juice Snacks  
Gerber Veggie Puffs (Sweet Potato)  
Gerber Fruit Puffs (Banana, Strawberry Apple)  
Healthy Times Teething Biscuits  
Kid Cuisine Franks & Beans  
Stage 1 Fruits and Vegetables (Gerber or Beechnut)  
Most of Stage 2 Fruits and Veggies (Gerber or Beechnut)  
Cereals – Rice, Oatmeal, Barley & Mixed (Gerber and Beechnut); Beechnut has a SOY FREE version  
Fruit Juice

\*\*NOTE: Gerber and Beechnut First Foods are made on their own lines, separate from other foods. However, Gerber and Beechnut 1st and 2nd Stage Foods are made on shared equipment with dairy products.

### **Snacks/Desserts**

Fruit  
Fruit popsicles  
Philly Swirl - Sorbet Swirl Cups (made on shared equipment with dairy)  
Luigi's Italian Ice - cherry, grape, lemon, strawberry (confirmed)  
Minute Maid Soft Frozen Ice - lemonade and strawberry/lemonade (confirmed)  
Sorbet – Edy's Whole Fruit  
Vienna Fingers cookies  
Uh Oh! Oreo Cookies, Reduced Fat Oreos, Oreo Crisps, Golden Oreos (only these varieties have been confirmed free of dairy, however they are run on shared equipment)  
Pepperidge Farm Apple Turnovers  
Duncan Hines cake mixes (most of them; check the label - run on shared equip. with dairy and same plant as peanuts)  
Duncan Hines Fudge Brownies mix (check labels)  
"SHOP-RITE" Vanilla Frosting

Harvest Crisps

Ian's Alphabet fried potatoes

Potato chips – Lays Classic & some store brands (Plain and BBQ)

Tortilla chips – Mission or store brand

Veggie Booty

Rice cakes

Some granola bars – Nature Valley \*contains nuts; Quaker Chocolate Chip (may contain traces of milk); DO NOT GET the Quaker Chocolate Chip Cookie as it contains milk derivatives)

Keebler Animal Crackers (frosted, iced and plain - shared equipment with tree nuts/peanuts)

Mrs Smith's Fruit Pies

Home Run Apple Pies (frozen singles)

Odwalla Nutritional Bars - contain soy (<http://www.odwalla.com/obar2/obarfact.html>)

Popcorn - Old-fashioned popcorn (the plain stuff, NOT the microwaveable kinds) - you can place plain popcorn in a brown lunch bag and microwave it, but you'll have to play around with the cook time as it varies from microwave to microwave, Kroger brand Natural Microwave Popcorn

Jello

Belsoy Pudding - Chocolate and Vanilla

Hunt's Snack Pack (4 pack) Lemon pudding and Lemon Meringue Pie pudding (confirmed dairy-free and not run on shared equipment)

Fruit snacks (Gerber, Sunkist, Nabisco, Betty Crocker - others are probably okay, too, but I've only verified these)

Mariani/Jovy Fruit Rolls - strawberry, peach, green apple grape, pineapple (confirmed safe)

Presidents Choice Animal Crackers

Dominick's Animal Cookies

Rye-Krisp

Super Pretzels (<http://www.superpretzel.com/>)

Healthy Times Hugga Bear Cookies

Healthy Times Teddy Puffs

Teddy Grahams Chocolate Snacks (not chocolate chip)

Newman's Own Alphabet Grahams

Newman's Own Pretzels

Sesame Street Cookies - "Big Bird Barnyard Friends" and "Cookie Monster" Vanilla and Chocolate

Pillsbury Slice and Bake Sugar Cookies (the roll in the dairy aisle).

Soy Yogurt – Silk, Trader Joe’s brand, Whole Soy (may contain traces of milk), O’Soy (may contain traces of milk)  
Daddy Ray's Fig Bars & Strawberry Bars  
Lady Stella Cookie Assortment  
Sugar Kake Assorted Creme Wafers  
Wal-Mart Vanilla and Assorted Creme Wafers (may contain traces of nuts!)  
Chi-Chi’s salsa  
Desert Trading Company Black Bean Dip  
Edward & Son’s Baked Brown Rice Snaps  
Jewel Oatmeal Cookies  
Jiffy muffin mixes - blueberry, apple cinnamon, corn (substitute rice milk or soy milk)  
Pringles (original only)  
+Rold Gold Pretzels  
Ryvita  
Stretch Island Fruit Leather - various flavors  
Sunmaid Fruit Bits  
+Trader Joe’s Potato Sticks  
Near East Couscous (Herbed Chicken) - has soy  
Near East Rice Pilaf (Wild Mushroom and Herb) - has soy  
Walmart's Great Value brand Fudge Striped Shortbread Cookies (made at a plant with dairy/peanut products)  
Barbara’s Bakery Vanilla Snackimals Animal Cookies  
Mariani/Jovy Fruit Rolls - strawberry, peach, green apple grape, pineapple (confirmed safe)

### **Ice Cream**

Rice Ice Cream – Rice Dream  
Soy Ice Cream – Soy Dream (made on shared equip. w/dairy), Soy Delicious, Tofutti, Tofutti Cuties  
Keebler Fudge Shoppe fudge pops (confirmed safe)

### **Crackers**

Albertson's Crackers  
Barbara's Wheatines (beware - may contain traces of peanuts)  
Best Yet  
Carr's Table Water Crackers  
Erewhon Crispy Brown Rice- Gluten Free Variety

Good Health Quilt Crackers  
Graham Crackers  
Hain Wheatettes  
Honey Maid Graham Crackers  
Hy-Top  
Kroger Original Grahams  
Lay's Chips (original, and Natural Thick Cut Sea Salt Chips)  
Midel Swedish Style Snap Cookies (nut warning)  
Nabisco Gourmet Crackers  
Premium Saltines  
Quaker Plain No Salt Added Rice Cakes  
Ritz Snack Crackers - original  
Safeway Unsalted  
Saltine Crackers  
Sesmark Rice Thins  
Store brands - check labels  
Triscuits (original)  
Whole Foods Brand Veggie Chips  
Wal-Mart Honey Grahams  
Wheatables - Seven Grain Crackers  
Wheat Thins (original)  
Zesta (at least two kinds-Original & Unsalted)  
Zips Party Crackers Ritz

### **Bread**

Flour Tortillas — read labels  
Grissini Classic Flavor Breadsticks (from Trader Joe's)  
Mission Corn Tortillas (and store brand)  
Most sliced bread will have dairy, but you can look for bagels, tortillas, pita bread, and some of the French, Italian or sourdough breads in the bakery area of your grocery  
Lender's Bagels (1-800-432-3102)  
Oroweat Bagels  
Oroweat Country Potato Buns & Rolls



Old Country Sandwich White Bread from Oroweat Foods

Oroweat 100% Whole Wheat Bread

Pillsbury Crescent Rolls (original)

Pillsbury corn bread twists in the can

Store brand biscuits (check labels)

Sara Lee Bagels (1-800-323-7117 9-4:30 CST)

The Bagel Bunch (from Inter-American Products, Inc.)

Thomas' Sahara Pita Bread – Whole wheat and white

Safe Sandwich Bread Brands: IronKids (not wheat), Wonder, Roman's 100% Whole Wheat, Strohmamm's 100% Country Whole Wheat Earth Grains Hogie Buns (for Sub sandwiches-not sure on the name) and maybe other products from EarthGrains, Freihofer's Stone Ground 100% Whole Wheat Freihofer's Sourdough Italiano, Freihofer's Split Top Wheat, Freihofer's Split Top White, Freihofer's Country Potato, Freihofer's Country White, Freihofer's Soft Rye (no seeds), Freihofer's Light Oat, Freihofer's Canadian Oat, Freihofer's Italiano, Freihofer's Pumpnickel; Butternut Roman Meal calcium rich sandwich bread

### **Baking/Spices and Seasonings**

Baking Powder

Baking Soda

Brown Sugar (not to be confused with brown sugar FLAVORING which isn't always safe)

Butterscotch baking chips - Price Chopper brand

Flour

Guacamole Seasoning Mix - Casa Fiesta Mild

Hershey's baking cocoa

Hershey's chocolate syrup

Marshmallows - Kroger, Safeway, Jet Puff

Milk free chocolate chips: Sunspire, Chatfields, Tropical Source, Trader Joe's, Baker's Brand Semi-Sweet (made on shared equip.), some store brands (Price Chopper and Wal-mart/Sam's Club); chocolate baking chips from <http://www.enjoylifefoods.com>

Most McCormack Grill-Mates seasoning packets

Most spices are safe

Oil - Canola, Olive, Safflower, Sunflower

Pam Oil Spray

Pepperidge Farms Puff Pastry Sheets

Pillsbury Pie crusts (red box)

Salsa

Shake n Bake Original

Spectrum shortening

Sugar

Taco Bell Taco Seasoning Packet

Ortego Taco Seasoning Packet

Taco Sauce

Whipped Toppings (Spray) Rod's Whipped Topping (I know you can buy it at Albertson's - look for the "Pareve"); Safeway has a brand that is "Pareve or Parve".

### **Margarine**

Fleischman's Light or unsalted (sticks and tub versions), Benocal, Willow's Run, Smart Balance Light, Earth Balance, Nucoa, Mother's Margarine, Hain Safflower Margarine

### **Beverages**

Coca-cola

Coffee (Soy Creamer - Silk)

+Dr. Pepper

Fruit Juice — calcium fortified

Gatoraid

Kool Aid

Orange Juice — Calcium fortified

Pepsi-cola

Sierra Mist

Sprite

Store brand sodas

Tea

### **Milk Beverages**

Oat Milk: Pacific Foods

Potato Milk: Darifree

Rice Milk: 365, Pacific Foods, Rice Dream (look for enriched) — Plain, chocolate and vanilla

Soy Milk: Soy Dream, Silk (look for enriched) — Plain, chocolate and vanilla

### **Nutritional type drinks**

Slim Fast Soy based drinks — comes in variety of “fruit” flavors. My favorite was an orange/pineapple drink

Kashi GoLean — in the CAN — chocolate, vanilla

Snapple A Day Meal Replacement - all flavors (contain soy)

### **Condiments**

Atkins Diet Condiments

Black Olives

Green olives

Hellmann’s Mayo (regular and light) \*contains egg

Homestyle BBQ Sauce

Jellies and jams

Ketchup

Kraft 1000 Islands Dressing

Lipton Recipe Secrets - Savory Herb with Garlic

Most Mustards

Oil

Pickles

Relish

Soy Cheese — Tofutti and veganrella

Soy cream cheese & sour cream — Tofutti

Vinegar (distilled white and apple cider)

Wish Bone Italian dressing

Wish Bone Thousand Islands dressing

1000 Island, French, and Italian Dressings (Albertson's, Hy-Top, IGA, and I think Safeway)

Veganaisse Mayo (contains soy)

4C Unsalted Bread Crumbs (yellow and black canister)