

## Food Allergen List

		Allergen										
	<u>Manufacturer</u>	<u>Wheat</u>	<u>Eggs</u>	<u>Milk</u>	<u>Soy</u>	<u>Peanuts</u>	<u>Fish</u>	<u>Shellfish</u>	<u>Tree Nuts</u>	<u>No Known</u>	<u>Gluten Free</u>	<u>Kosher</u>
<b><u>Breakfast Foods</u></b>												
Bagel, Cinnamon Raisin	Hilltop Hearth	X										
Bagel, White	Sara Lee	X										
Bagel, White Whole Grain	Lenders	X										
Benefit Bar, French Toast	J&J Snack Foods	X	X	X	X							OU-Dairy
Bread, Banana, Whole Wheat	Super Bakery	X	X	X	X							X
Breads, Rolls, Whole Wheat	Morabito	X										
Breakfast Sandwich- Egg & Cheese	Tyson	X	X	X	X							
Cereal, Cheerios	General Mills									X	X	
Cereal, Maple Brown Sugar Oatmeal (w/out Milk)	Quaker									X		X
Cereal, Rice Krispies	Kellogg's									X		X
Cinnamon Roll	Hadley Farms	X				X						
Craisins (plain and flavored)	Ocean Spray										X	
Cream Cheese	Various Manufacturers			X								
Egg, Colby Cheese Omelet	Sunny Fresh		X	X								
French Toast Sticks, Whole Grain	Rich's	X				X						
Muffin, Whole Grain, Blueberry	Otis Spunkmeyer	X	X			X						Dairy
Muffin, Whole Grain, Chocolate Chocolate Chip	Otis Spunkmeyer	X	X	X	X							Dairy
Nutri-Grain, Blueberry	Kellogg's	X		X	X							X
Nutri-Grain, Strawberryberry	Kellogg's	X		X	X							X
Waffle, Maple	Waffle Envy	X	X	X								
Waffle, Strawberry	Waffle Envy	X	X	X								
Yogurt, Vanilla	Upstate Farms			X								
		Allergen										
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<b><u>Lunch Foods</u></b>												
Beans, Vegetarian Baked	Bush's									X		
Beef, Hamburger Patty	Advance Pierre/Tyson											
Beef, Meatballs, 1/2 oz.	Advance Pierre/Tyson	X		X	X							
Beef, Mini Twin Cheeseburger on WG Roll	Advance Pierre/Tyson	X		X	X							
Breads, Rolls, Whole Wheat	Morabito	X										
Cheese Stick, Mozzarella, Whole Grain	Max/Gilardi	X		X	X							
Chicken, Patty Breaded	Advance Pierre/Tyson	X				X						
Chicken, Popcorn Bites	Tyson	X								X	X	X
Chicken, Tangerine, Whole Grain	Asian Food Solutions	X	X			X						
Chicken, Quesadilla, Whole Grain	Schwan's	X		X	X							

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Chip, Baked Original	Frito Lay				X							
Condiment, Ketchup	Red Gold									X		X
Condiment, Mayonnaise	Heinz		X	X	X							
Condiment, Mustard	Heniz or equal									X		
Condiment, Sour Cream				X								
Cookie, Fortune, Whole Wheat	Asian Food Solutions	X			X							X
Doritos, Reduced fat, Cool Ranch	Frito Lay			X								
Macaroni & Cheese, Reduced Sodium, Reduced Fat, WG	Land O Lakes	X	X	X								
Pasta, Penne Rigati	Maretti	X										
Pasta, Rotini	Maretti	X										
Peanut Butter & Jelly Sandwich		X		X	X							
Pizza, 5" Round, Cheese	Tony's/Schwans	X		X	X							
Pizza, 5" Round, Cheese & Pepperoni	Tony's/Schwans	X		X	X							
Pizza, Cheese Wedge	Mickey's	X		X								
Potatoes, French Fries	McCain/Orelda	X										
Potatoes, Instant Mashed	Basic American			X								
Potatoes, Mashed, Emoticons, Shaped	McCain/Orelda									X		
Potatoes, Mashed, Smile Shaped	McCain/Orelda									X		
Potatoes, Tater Tots	McCain/Orelda									X		
Pretzels	Rold Gold	X										X
Rice, Vegetable Fried	Minh	X			X							
Sauce, Marinara	Red Gold									X		X
Sauce, Salsa	Red Gold									X		X
Sauce, Spaghetti, Nutritionally enhanced	Red Gold									X		X
Sauce, Ultimate White Cheese	Land O Lakes			X								
Turkey & Cheese Sub Sandwich		X		X								
Turkey & Gravy	Jennie-O				X							