

Tredyffrin Easttown School District Allergens List
Elementary Schools
Breakfast
2023-2024

The information on this list is taken from the most up to date nutritional information provided to the Food and Nutrition Services Department. Please be aware that there are occurrences throughout the school year when our food distributor will make substitutions for ordered foods that may be out of stock. In addition, we receive monthly offerings from the USDA which may be substituted for regularly purchased items. If the information we have received states that a product is manufactured in a facility with a known allergen a "T" for Trace is indicated in the list. The best management of students with food allergies will take teamwork between the parent or guardian, student, school nurse and the Food and Nutrition Services Department.

If a student has a life threatening allergy parents, staff and students should never rely solely on this list or a cafeteria staff member to monitor a student's meal selection as a way to protect students from selecting foods that contain allergens.

			Allergens											
ITEM (Double Click on Bold Items to get ingredients, bread sheets at bottom of list)		Portion	Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free	Carbs- Grams	Other
ENTRÉE		ITEM												
French Toast Sticks	French Toast	4ea	x				x	x					38g	Sesame Seed
	Syrup	1.5z											17g	
Mini Pancakes	Mini Pancakes	4ea	x	x			x	x		x			35g	
	Syrup	1.5z											17g	
Cinnamon Roll	Cinnamon Roll	2.7z	x				x						38g	
Yogurt	Yogurt	8oz		x									38g	
Cereal/Cereal Bar/Bagel														
Cereal Bar Cinn. Toast Crunch Lunch Snack Only		1.42z	x				x						30g	
Cereal Bar Cocoa Puffs Lunch Snack Only		1.42z	x				x						29g	
Cereal Bar Trix Lunch Snack Only		1.42z	x				x						29g	
Pretzel Heart Plain Salted		.7z	x										16g	
Cereal Chx Blueberry Cup		2oz										x	46g	
Cereal Chx Cin Cup		2oz										x	46g	
Cereal Cin Toast Crc Wgr		2oz	x				x						44g	
Cereal Cocoa Puffs Wgr Reduc		2oz										x	47g	
Cereal Honey Cheerios 2C		2oz										x	44g	
Cereal Lucky Charms Wgr		2oz											47g	
Cereal Trix Cup		2oz											46g	
Muffin Banana Wgr 3.1 Z lw Fzn		3.1z	x	x			x			x			44g	
Muffin Choc Chip Wgr 3.1 Z lw		3.1z	x	x			x			x			45g	
Muffin, Banana WG 3.3 Oz lw Flat		3.3z	x	x				x		x			44g	
Muffin, Chocolate Chip WG 3.3 Oz lw Flat		3.3z	x	x				x		x			44g	
FRUIT														
Apple Juice		4z											13g	
Apple Slices		1 bag/2z											7g	
Apple-Fresh		1 ea											34g	
Applesauce		1/2 cup											14g	
Banana		1 ea											23	
Grape Juice		4z											19g	
Grapes, Fresh		1/2 cup											8g	
Mixed Fruit in Juice		1/2 cup											17g	
Orange Juice		4z											13g	
Orange Smiles		3 ea											11g	
Peaches in Juice		1/2 cup											12g	
Pears in Juice		1/2 cup											19g	
VEGETABLES														
Potato Puffs, Baked		9ea											14g	
BEVERAGES														
1% White		8z											13g	
Skim		8z											13g	
Non-Fat Chocolate		8z											24g	
Water		8z											0g	
CONDIMENTS														
Ketchup Tomato Fancy 33% Single Serve Packet		9qr											2g	

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