

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

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ITEM (Double Click on Bold Items to get ingredients, bread sheets at bottom of list)			Allergens										Carbs- Grams	Other
			Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free		
<b>ENTRÉE</b>	<b>ITEM</b>													
French Toast Sticks	<b>French Toast</b>	4ea	x				x	x					38g	Sesame Seed
	<b>Syrup</b>	1.5z											17g	
	<b>w Sausage Patty</b>	2z										x	0g	
Cheeseburger	<b>Hamburger Patty</b>	2										x	0g	
	<b>American Cheese</b>	1 sl		x			x	x					2g	
	Hamburger Bun	1.75z	x	x			x						22g	May contain Sesame Seeds
Chicken Nuggets	<b>Nuggets</b>	5 ea	x				x						13g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	May contain Sesame Seeds
Popcorn Chicken	<b>Popcorn Chicken</b>	10ea	x	x			x						20g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	May contain Sesame Seeds
Chicken Patty	<b>Chicken Patty</b>	1 ea	x				x						15g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	May contain Sesame Seeds
Chicken Tenders	<b>Tenders</b>	3ea/95gr	x				x						16g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	Facility w/ Sesame Seeds
Macaroni & Cheese	<b>Mac &amp; Cheese</b>	6oz	x	x						x			31g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	Facility w/ Sesame Seeds
Meatball Sandwich	<b>Beef Meatballs</b>	5ea	x	x			x						4g	
	<b>Marinara Sauce</b>	1/2 cup										x	8g	
	Steak Roll 6" #555	1ea	x	x				x						Facility w/ Sesame Seeds
Mini Corn Dogs	<b>Mini Corn Dogs</b>	6 ea	x				x			x			30g	
Nachos	<b>Tortilla Chips</b>	1.5z						x				x	30g	
	<b>Cheddar Cheese</b>	2z		x								x	2g	
	<b>Beef Crumble</b>	2z						x				x	2g	
Pasta w/Meatsauce	Pasta	5ea	x	x			x						4g	
	<b>Marinara Sauce</b>	1/2 cup										x	8g	
	<b>Beef Crumble</b>	1ea					x						2g	
Pizza Dippers	<b>Breadsticks w/Mozzarella</b>	2 ea	x	x									54g	
	<b>Marinara Sauce</b>	2.5z						x					7g	
PBJ on Whole Wheat	<b>PBJ</b>	1 ea/5.3z	x		x			x					64g	
Pizza Slice	<b>Pizza Slice</b>	1 sl	x	x									28g	Facility w/ Egg
Pizza French Bread Tony's	<b>French Bread</b>	1 sl	x	x			x						32g	
Pizza 5" Individual	<b>5" Individual</b>	1 sl	x	x			x						31g	
Taco Salad	<b>Tortilla Chips</b>	1.5z						x				x	30g	

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						Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free		
	Beef Crumble	2z						x				x	2g				
	Cheddar Cheese	2z		x								x	2g				
	Diced Tomato	1/4 cup											1.2g				
	Shredded Lettuce	1/4 cup											.5g				
	Taco Sauce	1pkt											1g				
Veggie Burger & Cheese on a Bun	Veggie Burger	2.5z	x	x			x			x			16g	Facility w/ Sesame Seeds			
	Hamburger Bun	1.75z	x	x			x						22g				
	American Cheese	1 sl		x			x	x					2g				
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				
Pears, Fresh		1 ea											26g				
Pineapple Chunks		1/2 cup											22g				
VEGETABLES																	
Baby Carrots		1 bag/2.6z											5g				
Baked Beans		1/2 cup											30g				
Broccoli		1/2 cup											3g				
Carrot Sticks		1/2 cup											9.6g				
Corn		1/2 cup											20g				
Cucumber Slices		1/2 cup											5g				
Green Beans		1/2 cup											7g				
Peas		1/2 cup											11g				
Potato Puffs, Baked		9ea											14g				
BEVERAGES																	
1% White		8z											13g				
Skim		8z											13g				
Non-Fat Chocolate		8z											24g				
Water		8z											0g				
Fresh Baked Cookie																	
Chocolate Chip Cookie		1oz	x	x			x			x			17g				
Sugar Cookie		1oz	x				x			x			18g				
SNACKS																	
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				
Chip Cheese Crunchy Baked Hot WG		.88z		x								x	16g				
Chip Cheese Crunchy Baked WG		.88z		x								x	16g				
Chip Cheese Puff Cheddar Reduced Fat		.7z		x								x	13g				
Chip Potato Bbq Baked Crisps		.88z		x			x					x	19g				

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		Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free		
Chip Potato Regular Baked Crisps	.88z					x					x	19g	
Chip Potato Ruffles Cheddar And Sour Cream Baked	.8z		x			x					x	17g	
Chip Potato Sour Cream & Onion	.88z		x			x					x	19g	
Chip Tortilla Cool Ranch Reduced Fat	1z		x									20g	
Chip Tortilla Corn Baked Scoop	.88z										x	19g	
Chip Tortilla Nacho Cheese Reduced Fat	1z		x									20g	
Cookie Chocolate Chip Grandmas WG	1.22z	x	x			x						25g	
Cracker Animal Shaped Mixed Berry WG (Nut-Free)	1z	x	x			x						18g	
Cracker Cheese WG Square	1z	x	x			x						19g	
Dorito's Yellow Corn Nacho Cheese Tri	1z		x									20g	
Frito's Original Corn Chips	.75z										x	12g	
Pepperidge Farm Cheddar Goldfish	.75z	x	x									14g	
Pepperidge Farm Pretzel Goldfish	.75z	x	x									16g	
Popcorn Cheese Cheddar White Ckd	.5z		x								x	13g	
Pretzel Heart Plain Salted	.7z	x										16g	
Sunchip Chip Multigrain Cheddar Harvest	1z	x	x									19g	
Sunchip Chip Multigrain Garden Salsa	1z	x	x									19g	
Sunchip Multigrain	1z	x										19g	
Tostitos Red. Fat Crispy Rounds	.87z										x	18g	
Welches Fruit Snacks Mixed Bites	1.55z											36g	
<b>FROZEN NOVELTIES</b>													
Rosati 4.4oz Blue Rasp Freeze	1ea										x	25g	
Rosati 4.4oz Cherry/Fruit	1ea										x	25g	
Rosati 4.4oz Cry- Sr Apple Cup	1ea										x	25g	
Rosati 4.4oz Mango Fruit Frz	1ea										x	25g	
Richs 3oz Lf Choc/Vanilla Cup	1ea		x									17g	
Richs 3oz Lf Chocolate Cup	1ea		x									17g	
Richs Fudge Frenzy	1ea		x									14g	
Richs Orange Cream Bar	1ea		x									21g	
Richs Rich Choc Dipped Vanilla Bar	1ea		x			x						19g	
Richs Sav. Sour Blue Rasp	1ea											14g	
Richs Sch Choc Crunch	1ea	x	x			x						23g	
Richs Sch Sav. Sour Cherry	1ea											14g	
Richs Sch Straw Shortcake	1ea	x	x			x						23g	
Richs Sch Van Sand	1ea	x	x			x						24g	
<b>BREAKFAST</b>													
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	
<b>CONDIMENTS</b>													
Honey Mustard Dressing Single Serve Cup	1z								x			9g	
Ranch Buttermilk Dressing	12gr		x				x		x			1g	

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