Tredyffrin Easttown School District Allergens List Conestoga High School 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.

| | | | | Allergens | | | | | | | | | | |
|---|---------------------------------|----------------------|-------|-----------|---------|-----------|-----|-------------|-------------|-----|------|-------------|-----------------|-----------------------------|
| | | | | | | | | | | | | | | |
| ITE (Double Click on Bold Items to sheets at bo | get detailed ingredients, bread | Portion | Wheat | Milk | Peanuts | Tree Nuts | Soy | Soybean Oil | Shell- fish | Egg | Fish | Gluten-Free | Carbs- Grams | Other |
| ENTRÉE | ITEM | | | | | | | | | | | | | |
| Breaded Chix Breast on Bun | Chicken Breast Patty | 1ea | Х | | | | | | | | | | 19g | |
| | Hamburger Bun | 1.75z | Х | Х | | | Х | | | | | | 22g | May contain Sesame Seeds |
| Beef BBQ Rib Patty | Beef BBQ Rib | 1ea | Χ | | | | | | | | | | 19g | |
| | Hamburger Bun | 1.75z | х | х | | | Х | | | | | | 22g | May contain Sesame Seeds |
| Chicken Drumstick | Drumstick | 1ea | | | | | | | | | | | 2g | |
| | Whole Wheat Dinner Roll #60 | 1ea(1z) | х | х | | | х | | | | | | 14g | May contain Sesame Seeds |
| Ground Beef with Gravy over | Ground Beef | 2.5z | | | | | Χ | | | | | | 2g | |
| Mashed Potatoes | Beef Gravy | 1/2 cup | Х | Х | | | Х | | | t | | | 2g | facility w/egg |
| | Mashed Potatoes | 1/2 cup | | Χ | | | | | | | | | 17g | |
| Elbow Macaroni & Beef | Elbow Macaroni | 8oz Ckd | Х | | | | | | | t | | | 41g | Facility w/egg |
| | Beef Crumble | 2.4z | | | | | Х | | | | | | 2g | |
| Franch Taret Offel a | Marinara Sauce | 20Z | | | | | | | | | | | 00 | 0 0 |
| French Toast Sticks | French Toast | 4ea 1.5z | Х | | | | Х | Х | | | | | 38g 17g | Sesame Seed |
| | Syrup w Sausage Patty | 2z | | | | | | | | | | Х | 0g | |
| Cheeseburger | Hamburger Patty | 2 | | | | | | | | | | X | 0g | |
| one occurred to | American Cheese | 1sl | | Х | | | Х | Х | | | | | 2g | |
| | Hamburger Bun | 1.75z | х | Х | | | Х | | | | | | 22g | May contain |
| Bacon Cheeseburger | Hamburger Patty | 2 | - | | | | | | | | | Х | 0g | Sesame Seeds |
| Dacon Onceseburger | American Cheese | 1sl | | Х | | | Х | Х | | | | X | 2g | |
| | Bacon | 1ea | | | | | | , | | | | Х | 0g | |
| | Hamburger Bun | 1.75z | х | Х | | | Х | | | | | | 22g | May contain |
| Cheesesteak with Fried Onions | Steak Meat | 2.5z | | | | | | | | | | Х | 0g | Sesame Seeds |
| | American Cheese | 1.5sl | | Х | | | Х | Х | | | | Х | 3g | |
| | Fried Onions | 1ea | | | | | | | | | | Х | 0g | |
| | Steak Roll 6" #555 | 1ea | х | Х | | | | Х | | | | | 37g | Facility w/ Sesame Seeds |
| Chicken Cacciatore | Pasta | 1 cup | Х | Х | | | Х | | | | | | 42g | oesame seeds |
| | Marinara Sauce | 6oz | | | | | | | | | | Х | 12g | |
| | Chicken | 2oz | | | | | | | | | | | 0g | |
| | Pepper & Onions | 2oz | | | | | | | | | | | 6g | |
| Chicken Nuggets | Nuggets | 5ea | Х | | | | Χ | | | | | | 13g | |
| | Whole Wheat Dinner Roll #60 | 1ea(1z) | х | х | | | х | | | | | | 14g | May contain Sesame Seeds |
| Popcorn Chicken | Popcorn Chicken | 10ea | Х | Х | | | Χ | | | | | | 20g | |
| | Whole Wheat Dinner Roll #60 | 1ea(1z) | х | Х | | | Х | | | | | | 14g | May contain Sesame Seeds |
| Chicken Patty | Chicken Patty | 1ea | Х | | | | Х | | | | | | 15g | Coame Seeds |
| , | Whole Wheat Dinner Roll #60 | 1ea(1z) | Х | Х | | | Х | | | | | | 14g | May contain |
| Chicken Tenders | Tenders | 3ea/95gr | Х | | | | Х | | | | | | 16g | Sesame Seeds |
| C.IIC.COTT TOTAGE | Whole Wheat Dinner Roll #60 | 1ea(1z) | X | Х | | | X | | | | | | | Facility w/ |
| | vvnoie vvneat Diffile Roll #00 | 1 0 a(12) | Χ | Χ | | | X | | | | | | 14g | Sesame Seeds |

| | | | | | | / | ller | aen | s | | | | Ī | |
|--|--------------------------------|-----------------|-------|------|---------|-----------|------|-------------|-------------|-----|------|-------------|-----------------|-----------------------------|
| ITE (Double Click on Bold Items to g sheets at bot | et detailed ingredients, bread | Portion | Wheat | Milk | Peanuts | Tree Nuts | Soy | Soybean Oil | Shell- fish | Egg | Fish | Gluten-Free | Carbs- Grams | Other |
| Chicken Teriyaki | Chicken Teriyaki | 3.9z | X | X | - | | 0) | X | 0) | Х | _ | | 24g | O |
| Chicken Tonyaki | Fried Rice | 1 cup | X | | | | | X | | | | | 32g | |
| Macaroni & Cheese | Mac & Cheese | 6oz | Х | Х | | | | | | Х | | | 31g | |
| Masarerii a erieses | Whole Wheat Dinner Roll #60 | 1ea(1z) | Х | X | | | х | | | | | | 14g | Facility w/ |
| Meatball Sandwich | Beef Meatballs | 5ea | X | X | | | X | | | | | | | Sesame Seeds |
| Weathail Salluwich | Marinara Sauce | 1/2cup | | Χ | | | | | | | | Х | 4g 8g | |
| | | | ., | ., | | | | · ,, | | | | ^ | | Facility w/ |
| Misi Osas Bass | Steak Roll 6" #555 | 1ea | Х | Х | | | | Х | | | | | 37g | Sesame Seeds |
| Mini Corn Dogs | Mini Corn Dogs | 6ea | Х | | | | Х | | | Х | | | 30g | |
| Nachos | Tortilla Chips | 1.5z | | ., | | | | Х | | | | X | 30g | |
| | Cheddar Cheese Beef Crumble | 2z 2z | | Х | | | | Х | | | | X | 2g | |
| Orange Chicken over Rice | Orange Chicken | 3.9z | . v | | | | v | | | v | | Х | 2g 25g | |
| Crange Chicken Over Rice | White Rice | 3.92 1/2 cup | Х | | | | Х | Х | | Х | | | 23g | |
| Pasta w/Meatsauce | Pasta | 1 Cup | Х | Х | | | Х | | | | | | 42g | |
| i asia w/ivicatsauce | Marinara Sauce | 1/2cup | ^ | ^ | | | | | | | | Х | 8g | |
| | Beef Crumble | 1ea | | | | | Х | | | | | ^ | 2g | |
| Pizza Dippers | Breadsticks w/Mozzarella | 2ea | х | Х | | | ^ | | | | | | 54g | |
| 1 1224 2 199010 | Marinara Sauce | 2.5z | | | | | | Х | | | | | 7g | |
| Pulled Pork Macaroni & Cheese | Pulled Pork | 2z | | | | | | | | | | | 14g | |
| r uneu r em macarem a emesee | Macaroni & Cheese | | | | | | | | | | | | 9 | |
| | Whole Wheat Dinner Roll #60 | 1ea(1z) | х | х | | | х | | | | | | 14g | May contain |
| PBJ on Whole Wheat | PBJ | 1ea/5.3z | Х | | Х | | | Х | | | | | 64g | Sesame Seeds |
| Pizza Slice | Pizza Slice | 1sl | X | Х | ^ | | | ^ | | | | | 28g | Facility w/ Egg |
| Pizza French Bread Tony's | French Bread | 1sl | X | Х | | | Х | | | | | | 32g | 1 domity 11, 299 |
| Pizza 5" Individual | 5" Individual | 1sl | X | Х | | | Х | | | | | | 31g | |
| Walking Taco Beef | Tortilla Nacho Cheese Chips | 2.5z | | Х | | | | | | | | | 28g | |
| g . acc _cc. | Beef Crumble | 2z | | | | | | Х | | | | Х | 2g | |
| | Cheddar Cheese | 2z | | Х | | | | | | | | Х | 2g | |
| | Diced Tomato | 1/4cup | | | | | | | | | | | 1.2g | |
| | Shredded Lettuce | 1/4cup | | | | | | | | | | | .5g | |
| | Taco Sauce | 1pkt | | | | | | | | | | | 1g | |
| Pulled Pork on a Bun | Pulled Pork | 2.5z | | | | | | | | | | | 14g | |
| | Whole Wheat Dinner Roll #60 | 1ea(1z) | X | Х | | | х | | | | | | 14g | May contain Sesame Seeds |
| Taco Salad | Tortilla Chips | 1.5z | | | | | | Х | | | | Х | 30g | |
| | Beef Crumble | 2z | | | | | | Х | | | | Х | 2g | |
| | Cheddar Cheese | 2z | | Х | | | | | | | | Х | 2g | |
| | Diced Tomato | 1/4cup | | | | | | | | | | | 1.2g | |
| | Shredded Lettuce | 1/4cup | | | | | | | | | | | .5g | |
| | Taco Sauce | 1pkt | | | | | | | | | | | 1g | |
| Veggie Burger & Cheese on a Bun | Veggie Burger | 2.5z | Х | Χ | | | Х | | | Χ | | | 16g | |
| veggie burger & Cheese on a bull | Hamburger Bun | 1.75z | х | Х | | | х | | | | | | 22g | Facility w/ Sesame Seeds |
| | American Cheese | 1sl | | Х | | | Х | Х | | | | | 2g | |
| FRUIT | | | | | | | | | | | | | | |
| Apple Juice | | 4z | | | | | L | | | | | | 13g | |

| | | | | | A | Aller | gen | S | | | | | |
|---|-----------|-------|------|---------|-----------|---|-------------|-------------|-----|------|-------------|-----------------|-------|
| ITEM (Double Click on Bold Items to get detailed 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 |
| Apple Slices | 1bag/2z | | | _ | Ė | <u>, , , , , , , , , , , , , , , , , , , </u> | , | · · | | _ | | 7g | |
| Apple-Fresh | 1ea | | | | | | | | | | | 34g | |
| Applesauce | 1/2cup | | | | | | | | | | | 14g | |
| Banana | 1ea | | | | | | | | | | | 23 | |
| Grape Juice | 4z | | | | | | | | | | | 19g | |
| Grapes, Fresh | 1/2cup | | | | | | | | | | | 8g | |
| Mixed Fruit in Juice | 1/2cup | | | | | | | | | | | 17g | |
| Orange Juice | 4z | | | | | | | | | | | 13g | |
| Orange Smiles | 3ea | | | | | | | | | | | 11g | |
| Peaches in Juice | 1/2cup | | | | | | | | | | | 12g | |
| Pears in Juice | 1/2cup | | | | | | | | | | | 19g | |
| Pears, Fresh | 1ea | | | | | | | | | | | 26g | |
| Pineapple Chunks | 1/2cup | | | | | | | | | | | 22g | |
| VEGETABLES | | | | | | | | | | | | | |
| French Fries Baked 3/8" | 3z | | | | | Х | | | | | | 20 g | |
| Spiral Fries | 3z (9ea) | Х | | | | | Х | | | | | 20g | |
| Waffle Fries | 3z (15ea) | | | | | | Х | | | | | 20g | |
| Baby Carrots | 1bag/2.6z | | | | | | | | | | | 5g | |
| Baked Beans | 1/2cup | | | | | | | | | | | 30g | |
| Broccoli | 1/2cup | | | | | | | | | | | 3g | |
| Carrot Sticks | 1/2cup | | | | | | | | | | | 9.6g | |
| Corn | 1/2cup | | | | | | | | | | | 20g | |
| Cucumber Slices | 1/2cup | | | | | | | | | | | 5g | |
| Green Beans | 1/2cup | | | | | | | | | | | 7g | |
| Peas | 1/2cup | | | | | | | | | | | 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 | | | | | | | | | | | | • 5 | |
| Chocolate Chip Cookie | 1oz | Х | Х | | | Х | | | Χ | | | 17g | |
| Sugar Cookie | 1oz | х | | | | Х | | | Х | | | 18g | |
| SNACKS | | | | | | | | | | | | - 5 | |
| Cereal Bar Cinn. Toast Crunch Lunch Snack Only | 1.42z | Х | | | | X | | | | | | 30g | |
| Cereal Bar Cocoa Puffs Lunch Snack Only | 1.42z | х | | | | х | | | | | | 29g | |
| Cereal Bar Trix Lunch Snack Only | 1.42z | х | | | | х | | | | | | 29g | |
| Chip Cheese Crunchy Baked Hot WG | .88z | | х | | | | | | | | Х | 16g | |
| Chip Cheese Crunchy Baked WG | .88z | | Х | | | | | | | | Х | 16g | |
| Chip Cheese Puff Cheddar Reduced Fat | .7z | | Х | | | | | | | | X | 13g | |
| Chip Potato Bbq Baked Crisps | .88z | | Х | | | х | | | | | X | 19g | |
| Chip Potato Regular Baked Crisps | .88z | | | | | х | | | | | X | 19g | |
| Chip Potato Ruffles Cheddar And Sour Cream Baked | .8z | | Х | | | Х | | | | | Х | 17g | |
| Chip Potato Sour Cream & Onion | .88z | | Х | | | х | | | | | X | 19g | |
| Chip Tortilla Cool Ranch Reduced Fat | 1z | | х | | | | | | | | | 20g | |

| | nat contain allergens. | | | | | | | | | | | | |
|---|------------------------|----------|------|--|-----------|--|-------------|-------------|-----|----------|-------------|-----------------|-------|
| | - | | | | , | Aller | gen | S | | | | | |
| ITEM (Double Click on Bold Items to get detailed 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 |
| Chip Tortilla Corn Baked Scoop | .88z | | | _ | | 0, | 0, | 0, | | _ | х | | 0 |
| Chip Tortilla Nacho Cheese Reduced Fat | 1z | | х | | | | | | | | ^ | 20g | |
| Cookie Chocolate Chip Grandmas WG | 1.22z | х | X | | | х | | | | | | 25g | |
| Cracker Animal Shaped Mixed Berry WG (Nut-Free) | 1.222 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 | | ^ | | | | | | | | х | | |
| Pepperidge Farm Cheddar Goldfish | .75z | х | х | | | | | | | | X | 14g | |
| Pepperidge Farm Pretzel Goldfish | .75z | X | X | | | | | | | | | 16g | |
| Popcorn Cheese Cheddar White Ckd | .75z | X | X | | | | | | | | v | 13g | |
| Pretzel Heart Plain Salted | .52 .7z | х | X | | | | | | | | X | 16g | |
| Sunchip Chip Multigrain Cheddar Harvest | 1z | X | Х | | | | | | | | | 19g | |
| Sunchip Chip Multigrain Cheddar Harvest Sunchip Chip Multigrain Garden Salsa | | | | | | | | | | | | | |
| Sunchip Multigrain Garden Salsa Sunchip Multigrain | 1z | X | X | | | | | | | | | 19g | |
| Tostitos Red. Fat Crispy Rounds | 1z | Х | | | | | | | | | | 19g | |
| | .87z | | | | | | | | | | X | | |
| Welches Fruit Snacks Mixed Bites | 1.55z | | | | | | | | | | | 36g | |
| FROZEN NOVELTIES | 4 | | | | | | | | | | | 0.5 | |
| Rosati 4.4oz Blue Rasp Freeze | 1ea | | | | | | | | | | Х | 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 | | | Х | | | | | | 19g | |
| Richs Sav. Sour Blue Rasp | 1ea | | | | | | | | | | | 14g | |
| Richs Sch Choc Crunch | 1ea | Х | X | | | Х | | | | | | 23g | |
| Richs Sch Sav. Sour Cherry | 1ea | | | | | | | | | | | 14g | |
| Richs Sch Straw Shortcake | 1ea | Х | X | | | Х | | | | | | 23g | |
| Richs Sch Van Sand | 1ea | Х | X | | | Х | | | | | | 24g | |
| BREAKFAST | | | | | | | | | | | | | |
| Cereal Chx Blueberry Cup | 2oz | | | | | | | | | | Х | 46g | |
| Cereal Chx Cin Cup | 2oz | | | | | | | | | | Х | 46g | |
| Cereal Cin Toast Crc Wgr | 2oz | Х | | | | Х | | | | | | 44g | |
| Cereal Cocoa Puffs Wgr Reduc | 2oz | | | | | | | | | | Х | 47g | |
| Cereal Honey Cheerios 2C | 2oz | | | | | | | | | | Х | 44g | |
| Cereal Lucky Charms Wgr | 2oz | | | | | | | | | | | 47g | |
| Cereal Trix Cup | 2oz | | | | | | | | | | | 46g | |
| Muffin Banana Wgr 3.1 Z lw Fzn | 3.1z | Х | Х | | | Х | | | Х | | | 44g | |
| Muffin Choc Chip Wgr 3.1 Z lw | 3.1z | Х | Х | | | Х | | | Х | | | 45g | |
| Muffin, Banana WG 3.3 Oz lw Flat | 3.3z | Х | Х | | | | Х | | Х | | | 44g | |
| Muffin, Chocolate Chip WG 3.3 Oz Iw Flat | 3.3z | Х | Х | | | | Х | | Х | | | 44g | |
| CONDIMENTS | | | | | | | | | | | | | |
| Honey Mustard Dressing Single Serve Cup | 1z | | | | | | | | Χ | | | 9g | |
| Ranch Buttermilk Dressing | 12gr | | Х | | | | Х | | Х | | | 1g | |
| Ranch Light Dressing Cup | 1z | | Х | | | | | | Х | - | | 2g | |

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|---|---------|-------|------|---------|-----------|-------|-------------|-------------|-----|------|-------------|-----------------|-------|
| ITEM (Double Click on Bold Items to get detailed 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 |
| Bbq Sweet Sauce Single Serve Cup | 1z | | | | | | | | | | | 10g | |
| Honey Mustard Cup | 1z | | | | | | | | | | | 8g | |
| Ketchup Tomato Fancy 33% Single Serve Packet | 9gr | | | | | | | | | | | 2g | |
| Marinara Sauce Single Serve Cup | 2.5z | | | | | | | | | | | 7g | |
| Mayonnaise Light Single Serve Pouch | .44z | | | | | | Х | | Х | | | 1g | |
| Mayonnaise Pouch | 12gr | | | | | | Х | | Х | | | 0g | |
| Mustard Ylw Pouch | 4.5gr | | | | | | | | | | | 0g | |
| Salsa Mild Cup | 3z | | | | | | | | | | | 5g | |
| Syrup Pnck Mapl Flvrd Rc | 1z | | | | | | | | | | | 17g | |



55% Whole Wheat Cluster Dinner Rolls

| Nutrition | Facts |
|---------------------------|----------------|
| 12 servings per container | |
| Serving size | 1 Roll (33g) |
| Amount Per Serving | 70 |
| Calories | 70 |
| | % Daily Value* |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber 2g | 7% |
| Total Sugars 1g | |
| Protein 3g | 6% |
| Vitamin D 0mcg | 0% |
| Calcium 26mg | 2% |
| Iron 1.08mg | 6% |
| Potassium 45mg | 1% |
| | |

^{*} The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, WHOLE WHEAT FLOUR, WHEAT FLOUR ENRICHED WITH [MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], SALT, YEAST, PALM & SOYBEAN OIL, SUGAR, VITAL WHEAT GLUTEN, DEXTROSE, CALCIUM PROPIONATE, SOY FLOUR, SODIUM STEAROYL LACTYLATE, DATEM, CALCIUM SULFATE, NATURAL FLAVOR, POTASSIUM BROMATE, ASCORBIC ACID, WHEY, L-CYSTEINE, ENZYMES.

ALLERGEN ALERT: WHEAT, SOY AND MILK.

BAKED & DISTRIBUTED BY:

MORABITO BAKING COMPANY, INC. 757 KOHN STREET, NORRISTOWN, PA 19401 www.morabito.com

Revised Date: 06.06.2017

INFORMATION: The information listed above has been compiled from publications of the USDA and from data provided by Ingredient Vendor Suppliers.



55% Whole Wheat Hamburger Rolls

Nutrition Facts 12 servings per container 1 Roll (50g)

Amount Per Serving

Serving size

Calories

| % Daily Value |
|---------------|
| 1% |
| 0% |
| |
| 0% |
| 10% |
| 8% |
| 7% |
| |
| 8% |
| 0% |
| 2% |
| 8% |
| 1% |
| |

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, **WHEAT WHOLE** FLOUR, WHEAT FLOUR ENRICHED WITH [MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], SALT, YEAST, VEGETABLE SHORTENING, SUGAR, VITAL WHEAT GLUTEN. DEXTROSE, CALCIUM PROPIONATE, FLOUR, SODIUM STEAROYL LACTYLATE DATEM. CALCIUM SULFATE. **ENZYMES** NATURAL FLAVOR, POTASSIUM BROMATE ASCORBIC ACID, L-CYSTEINE, WHEY.

ALLERGEN ALERT: WHEAT, SOY AND MILK.

MAY CONTAIN: SESAME SEEDS

BAKED & DISTRIBUTED BY:

MORABITO BAKING COMPANY, INC. 757 KOHN STREET, NORRISTOWN, PA 19401 www.morabito.com

Revised Date: 06.09.2017

INFORMATION: The information listed above has been compiled from publications of the USDA and from data provided by Ingredient Vendor Suppliers.



55% Whole Wheat Medium Kaiser Rolls

| Nutrition | Facts |
|---------------------------|----------------|
| 12 servings per container | |
| Serving size | 1 Roll (50g) |
| Amount Per Serving | 400 |
| Calories | <u> 160</u> |
| | % Daily Value* |
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 350mg | 15% |
| Total Carbohydrate 30g | 11% |
| Dietary Fiber 3g | 11% |
| Total Sugars 1g | |
| Protein 6g | 12% |
| Vitamin D 0mcg | 0% |
| Calcium 78mg | 6% |

Iron 1.8mg

Potassium 105mg

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SALT, WHEAT GLUTEN, WHEY, YEAST, CANOLA OIL, SOY FLOUR, CORN FLOUR, MALT, CALCIUM PROPIONATE, DATEM, ASCORBIC ACID, L-CYSTEINE, ENZYMES.

ALLERGEN ALERT: WHEAT, SOY AND MILK.

BAKED & DISTRIBUTED BY:

MORABITO BAKING COMPANY, INC. 757 KOHN STREET, NORRISTOWN, PA 19401 www.morabito.com

Revised Date: 07.13.2017

INFORMATION: The information listed above has been compiled from publications of the USDA and from data provided by Ingredient Vendor Suppliers.

10% 2%

^{*} The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



100% Whole Wheat Pullman Bread

| Nutrition | Facts |
|--|----------------|
| 24 servings per container Serving size | 1 Slice (33g) |
| Amount Per Serving Calories | 70 |
| | % Daily Value* |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 240mg | 10% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 2g | 7% |
| Total Sugars 2g | |
| Protein 4g | 8% |
| Vitamin D 0mcg | 0% |

Calcium 26mg Iron 0.72mg

Potassium 80mg

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, SALT, CRACKED WHEAT, YEAST, WHEY (MILK), VITAL WHEAT GLUTEN, CORN STARCH, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, SOY FLOUR, DATEM, AMMONIUM SULFATE, CALCIUM SULFATE, CANOLA OIL, ASCORBIC ACID, ENZYMES, CALCIUM PEROXIDE, MONOCALCIUM PHOSPHATE, CALCIUM PROPIONATE.

ALLERGEN ALERT: WHEAT, SOY AND MILK.

BAKED & DISTRIBUTED BY:

MORABITO BAKING COMPANY, INC. 757 KOHN STREET, NORRISTOWN, PA 19401 www.morabito.com

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2%

4% 2%

^{*} The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



55% Whole Wheat 6" Steak Roll

Nutrition Facts 12 servings per container 1 Roll (71g) Serving size

Amount Per Serving

| Calories | 190 |
|------------------------|----------------|
| | % Daily Value* |
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 420mg | 18% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 1g | |
| Protein 7g | 14% |
| Vitamin D 0mcg | 0% |
| Calcium 71mg | 5% |
| Iron 2mg | 11% |
| Potassium 126mg | 3% |
| | |

^{*} The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE **WHEAT** FLOUR, WATER, WHEAT FLOUR ENRICHED WITH [MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SALT, WHEAT GLUTEN, WHEY, YEAST, VEGETABLE SHORTENING, CORN FLOUR, CALCIUM PROPIONATE. DATEM, CALCIUM SULFATE, ASCORBIC ACID, L-CYSTINE, SOY FLOUR, ENZYMES.

ALLERGEN ALERT: WHEAT, SOY AND MILK.

BAKED & DISTRIBUTED BY:

MORABITO BAKING COMPANY, INC. 757 KOHN STREET, NORRISTOWN, PA 19401 www.morabito.com

Revised Date: 06.07.2017

INFORMATION: The information listed above has been compiled from publications of the USDA and from data provided by Ingredient Vendor Suppliers.