

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.

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 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
ENTRÉE	ITEM														
Breaded Chix Breast on Bun	Chicken Breast Patty	1ea	x										19g		
	Hamburger Bun	1.75z	x	x			x						22g		May contain Sesame Seeds
Beef BBQ Rib Patty	Beef BBQ Rib	1ea	x										19g		
	Hamburger Bun	1.75z	x	x			x						22g		May contain Sesame Seeds
Chicken Drumstick	Drumstick	1ea											2g		
	Whole Wheat Dinner Roll #60	1ea(1z)	x	x			x						14g		May contain Sesame Seeds
Ground Beef with Gravy over Mashed Potatoes	Ground Beef	2.5z					x						2g		
	Beef Gravy	1/2 cup	x	x			x			t			2g		facility w/egg
	Mashed Potatoes	1/2 cup		x									17g		
Elbow Macaroni & Beef	Elbow Macaroni	8oz Ckd	x							t			41g		Facility w/egg
	Beef Crumble	2.4z					x						2g		
	Marinara Sauce	2oz													
French Toast Sticks	French Toast	4ea	x				x	x					38g		Sesame Seed
	Syrup	1.5z											17g		
	w Sausage Patty	2z										x	0g		
Cheeseburger	Hamburger Patty	2										x	0g		
	American Cheese	1sl		x			x	x					2g		
	Hamburger Bun	1.75z	x	x			x						22g		May contain Sesame Seeds
Bacon Cheeseburger	Hamburger Patty	2										x	0g		
	American Cheese	1sl		x			x	x				x	2g		
	Bacon	1ea										x	0g		
	Hamburger Bun	1.75z	x	x			x						22g		May contain Sesame Seeds
Cheesesteak with Fried Onions	Steak Meat	2.5z										x	0g		
	American Cheese	1.5sl		x			x	x				x	3g		
	Fried Onions	1ea										x	0g		
	Steak Roll 6" #555	1ea	x	x				x					37g		Facility w/ Sesame Seeds
Chicken Cacciatore	Pasta	1 cup	x	x			x						42g		
	Marinara Sauce	6oz										x	12g		
	Chicken	2oz											0g		
	Pepper & Onions	2oz											6g		
Chicken Nuggets	Nuggets	5ea	x				x						13g		
	Whole Wheat Dinner Roll #60	1ea(1z)	x	x			x						14g		May contain Sesame Seeds
Popcorn Chicken	Popcorn Chicken	10ea	x	x			x						20g		
	Whole Wheat Dinner Roll #60	1ea(1z)	x	x			x						14g		May contain Sesame Seeds
Chicken Patty	Chicken Patty	1ea	x				x						15g		
	Whole Wheat Dinner Roll #60	1ea(1z)	x	x			x						14g		May contain Sesame Seeds
Chicken Tenders	Tenders	3ea/95gr	x				x						16g		
	Whole Wheat Dinner Roll #60	1ea(1z)	x	x			x						14g		Facility w/ Sesame Seeds

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[illegible]

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ITEM (Double Click on Bold Items to get detailed ingredients, bread sheets at bottom of list)	Portion	Allergens										Carbs-Grams	Other
		Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free		
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	
FROZEN NOVELTIES													
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	
BREAKFAST													
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	
CONDIMENTS													
Honey Mustard Dressing Single Serve Cup	1z								x			9g	
Ranch Buttermilk Dressing	12gr		x				x		x			1g	
Ranch Light Dressing Cup	1z		x						x			2g	

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Code: 60

55% Whole Wheat Cluster Dinner Rolls

Nutrition Facts

12 servings per container

Serving size 1 Roll (33g)

Amount Per Serving

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.



Code: 84

55% Whole Wheat Hamburger Rolls

Nutrition Facts

12 servings per container

Serving size 1 Roll (50g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 22g 8%

Dietary Fiber 2g 7%

Total Sugars 1g

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 1.44mg 8%

Potassium 70mg 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, VEGETABLE SHORTENING, SUGAR, VITAL WHEAT GLUTEN, DEXTROSE, CALCIUM PROPIONATE, SOY 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

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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.



Code: 505

55% Whole Wheat Medium Kaiser Rolls

Nutrition Facts

12 servings per container

Serving size 1 Roll (50g)

Amount Per Serving

Calories 160

% 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 10%

Potassium 105mg 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.

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.

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



Code: 506

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 2%

Iron 0.72mg 4%

Potassium 80mg 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.

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.

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Revised Date: 07.19.2017

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



Code: 555

55% Whole Wheat 6" Steak Roll

Nutrition Facts

12 servings per container

Serving size 1 Roll (71g)

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.

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Revised Date: 06.07.2017

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