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			_								Ū		Ŭ
Breaded Chix Breast on Bun	Chicken Breast Patty	1ea	Х										19g	May contain
	Hamburger Bun	1.75z	х	Х			Х						22g	Sesame Seeds
Beef BBQ Rib Patty	Beef BBQ Rib	1ea	Х										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					Х						2g	
Mashed Potatoes	Beef Gravy	1/2 cup	х	Х			х			t			2g	facility w/egg
	Mashed Potatoes	1/2 cup		Х									17g	
Elbow Macaroni & Beef	Elbow Macaroni	8oz Ckd	х							t			41g	Facility w/egg
	Beef Crumble	2.4z					Х						2g	
	Marinara Sauce	2oz												
French Toast Sticks	French Toast	4ea	х				Х	Х					38g	Sesame Seed
	Syrup	1.5z											17g	
Ohaaaahuuraan	w Sausage Patty	2z										Х	0g	
Cheeseburger	Hamburger Patty American Cheese	2 1sl		v			v	v				Х	0g 2g	
		1.75z	v	X			X	Х						May contain
Deser Obseechunger	Hamburger Bun		х	Х			х						22g	Sesame Seeds
Bacon Cheeseburger	Hamburger Patty American Cheese	2 1sl		v			v	v				X	0g 2g	
	Bacon	15i 1ea		Х			х	Х				X X	2 <u>y</u> 0g	
		1.75z	v	v			v					^	22g	May contain
	Hamburger Bun		х	Х			х						-	Sesame Seeds
Cheesesteak with Fried Onions	Steak Meat American Cheese	2.5z 1.5sl		v			v	v				X	0g	
	Fried Onions	1.5si 1ea		Х			х	х				X X	3g 0g	
	Steak Roll 6" #555	1ea	х	х				x				^	37g	Facility w/
Chicken Cacciatore	Pasta						v	^	_				_	Sesame Seeds
Chicken Cacciatore	Marinara Sauce	1 cup 6oz	х	х			х		-			Х	42g 12g	
	Chicken	202			-							^	0g	
	Pepper & Onions	202 202											6g	
Chicken Nuggets	Nuggets	5ea	х				х						13g	
	Whole Wheat Dinner Roll #60	1ea(1z)	x	х			x						14g	May contain
Popcorn Chicken	Popcorn Chicken	10ea	X	X			x		-				20g	Sesame Seeds
	Whole Wheat Dinner Roll #60	1ea(1z)	х	x			x						14g	May contain Sesame Seeds
Chicken Patty	Chicken Patty	1ea	x				x						15g	Sesame Seeds
	Whole Wheat Dinner Roll #60	1ea(1z)	x	х			x						14g	May contain Sesame Seeds
Chicken Tenders	Tenders	3ea/95gr	х				х						16g	Sesame Seeds
	Whole Wheat Dinner Roll #60	1ea(1z)	х	х			х						14g	Facility w/ Sesame Seeds

ITEN Double Click on Bold Items to g) sheets at bott	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	Х				Х		Х			24g	
	Fried Rice	1 cup	х					х					32g	
Aacaroni & Cheese	Mac & Cheese	6oz	х	Х						Х			31g	
	Whole Wheat Dinner Roll #60	1ea(1z)	х	х			х						14g	
leatball Sandwich	Beef Meatballs	5ea	х	х			х						4g	Sesame Seeds
	Marinara Sauce	1/2cup	~	~			~					х		
	Steak Roll 6" #555	1ea	х	x				х					37g	Facility w/
/ini Corn Dogs	Mini Corn Dogs	6ea	x	~			х	~		х			30g	ocsame occus
Vachos	Tortilla Chips	1.5z	^				^	х		^		х	× ×	
	Cheddar Cheese	2z		x				^			-	x	2g	ł
	Beef Crumble	2z		~				х				X	2g	
Drange Chicken over Rice	Orange Chicken	3.9z	х				х	Х		х		~	25g	
	White Rice	1/2 cup	~				~	~		~			23g	
Pasta w/Meatsauce	Pasta	1 Cup	х	х			Х						42g	
	Marinara Sauce	1/2cup										х		
	Beef Crumble	1ea					х						2g	
Pizza Dippers	Breadsticks w/Mozzarella	2ea	х	Х									54g	
	Marinara Sauce	2.5z						Х					7g	
Pulled Pork Macaroni & Cheese	Pulled Pork	2z											14g	
	Macaroni & Cheese													
	Whole Wheat Dinner Roll #60	1ea(1z)	х	х			х						14g	May contain Sesame Seeds
PBJ on Whole Wheat	PBJ	1ea/5.3z	х		Х			Х					64g	
Pizza Slice	Pizza Slice	1sl	х	Х									28g	Facility w/ Egg
Pizza French Bread Tony's	French Bread	1sl	х	Х			Х						32g	
Pizza 5" Individual	5" Individual	1sl	х	Х			Х						31g	
Valking Taco Beef	Tortilla Nacho Cheese Chips	2.5z		Х									28g	
	Beef Crumble	2z						Х				х	2g	
	Cheddar Cheese	2z		Х								Х	<u> </u>	
	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)	х	Х			Х						14g	Sesame Seeds
aco Salad	Tortilla Chips	1.5z						Х				Х	30g	
	Beef Crumble	2z						Х				х		
	Cheddar Cheese	2z		Х								Х		
	Diced Tomato	1/4cup											1.2g	
	Shredded Lettuce	1/4cup									<u> </u>		.5g	
	Taco Sauce	1pkt											1g	
/eggie Burger & Cheese on a Bun	Veggie Burger	2.5z	х	Х			Х			Х			16g	
	Hamburger Bun	1.75z	х	Х			Х						22g	Sesame Seeds
	American Cheese	1sl		х			х	Х					2g	
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ITEM (Double Click on Bold Items to get detailed ingredients, bread sheets at bottom of list) Total Total <thtotal< th=""> Total Tota</thtotal<>																												
ITEM (Double Click on Bold Items to get detailed ingredients, bread sheets at bottom of list) Image: State Sta																				Allergens								
Apple Sites 1bag/22 Image: Site Site Site Site Site Site Site Site	(Double Click on Bold Items to get detailed ingredients, bread	Portion	Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free	Carbs- Grams	Other														
Apple-Fresh 1ea 1ea 14g Banana 1ea 14g Banana 1ea 12g Grape Juice 4z 19g Grapes, Fresh 1/2cup 8g Mixed Fruit in Juice 1/2cup 11g Orange Smiles 3ea 11g Peaches in Juice 1/2cup 11g Peaches in Juice 1/2cup 12g Pears, Fresh 1ea 26g Prineapie Chunks 1/2cup 22g Veti Tabl 43 20g 22g Spiral Fries 3z (9ea) x 20g Baby Carnots 1bag/2.6z 5g Baked Beans 1/2cup 30g Corn 1/2cup 30g Corn 1/2cup 5g Granet Silces 1/2cup 5g Grene Beans 1/2cup 14g <td>Apple Slices</td> <td>1bag/2z</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>_</td> <td>7q</td> <td></td>	Apple Slices	1bag/2z										_	7q															
Applesauce 1/2cup 14g Grape Juice 4z 13g Grape Juice 4z 13g Grape Speech 1/2cup 13g Grape Speech 1/2cup 13g Grape Speech 4z 13g Orange Smiles 3ea 11g Peaches in Juice 1/2cup 12g Prears, Fresh 1ea 22g Prefer Aprile Stated 3/8" 3z x 22g Vector Aprile Stated 3/8" 3z x 22g Spiral Fries 3z (1sea) x 22g Baked Beans 1/2cup 3g 3g Corn 1/2cup 3g 3g Corn Coucumber Slices 1/2cup 9.6g Coucumber Slices 1/2cup <t< td=""><td>Apple-Fresh</td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Apple-Fresh	-																										
Banana 1ea 1ea 1ea 19g Grape Juice 4z 19g 19g Grapes, Fresh 1/2cup 1 19g Mixed Fruit in Juice 1/2cup 1 19g Orange Smiles 3ea 11g 11g Peaches in Juice 1/2cup 1 11g Peaches in Juice 1/2cup 1 19g Pears, Fresh 1ea 19g 26g Pineapple Chunks 1/2cup 1 20g VEGETABLES 1/2cup 1 20g Vaffe Fries 3z (9ea) x 20g Baked Bans 1/2cup 1 30g Baked Bans 1/2cup 1 30g Baked Bans 1/2cup 1 20g Baked Bans 1/2cup 1 30g Baked Bans 1/2cup 1 30g Corm 1/2cup 1 10g Corm 1/2cup 1 10g Peas 1/2cup 1 10g Baked Bans	Applesauce	1/2cup																										
Grapes, Fresh 1/2cup 8g Mixed Fruit in Juice 1/2cup 17g Orange Smiles 3ea 11g Peaches in Juice 1/2cup 12g Pears, Fresh 1ea 12g Preaches in Juice 1/2cup 22g VEGETABLES 22g VEGETABLES 22g Variant State 32 (15ea) x x 20g Baked Beans 1/2cup 1 30g 30g 30g Brocooli 1/2cup 1 30g 30g 30g Corons 1/2cup 1 30g 30g 30g <t< td=""><td>Banana</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Banana																											
Grapes, Fresh 1/2cup 8g Mixed Fruit in Juice 1/2cup 17g Orange Smiles 3ea 11g Peaches in Juice 1/2cup 12g Pears, Fresh 1ea 12g Pears, Fresh 1ea 22g VEGTABLES 1/2cup 22g French Fries Baked 3/8" 3z x x Spiral Fries 3z (15ea) x 20g Baked Beans 1/2cup 30g 30g Broccoli 1/2cup 30g 30g Corrots 1/2cup 30g 30g Corots 1/2cup 3g 3g Carrot Sticks 1/2cup 3g 3g Coron 1/2cup 5g 3g Grade Sticks 1/2cup 7g 9ea Peas 1/2cup 7g 11g Potato Puffs, Baked 9ea 14g 13g	Grape Juice	4z											19g															
Mixed Fruit in Juice 1/2cup 1 17g Orange Smiles 3ea 11g 11g Peaches in Juice 1/2cup 1 11g Pears in Juice 1/2cup 1 12g Pears in Juice 1/2cup 1 12g Pears in Juice 1/2cup 1 12g Pears in Juice 1/2cup 1 22g VEGETABLES 1/2cup 2 2 Preach Fries 3z (9ea) x x 20g Baly Carrots 1bag/2.6z x 20g 30g Baly Carrots 1bag/2.6z x 20g 30g Barccoli 1/2cup 2 30g 3g Carrot Sticks 1/2cup 2 3g 3g Corn 1/2cup 2 5g 3g Carrot Sticks 1/2cup 2 5g 3g Corn Beans 1/2cup 2 5g 3g Carrot Sticks 1/2cup 2 11g 3g Corean Curuch Unch Snack Only 1/2cup		1/2cup																										
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Peaches in Juice 1/2cup 1 12g Pears in Juice 1/2cup 1 19g Pears, Fresh 1ea 22g VEGETABLES 1/2cup 2 20g French Fries Baked 3/8" 3z x x 20g Gyiral Fries 3z (15ea) x 20g Baky Carrots 1bag/2.6z x 20g Baked Beans 1/2cup x 20g Breachild 1/2cup 30g 5g Baked Beans 1/2cup 3g 5g Baked Beans 1/2cup 3g 3g Breacoli 1/2cup 3g 3g Corn 1/2cup 20g 3g Cucumber Slices 1/2cup 20g 3g Green Beans 1/2cup 20g 11g Potato Puffs, Baked 9ea 14g 3g Skim 8z 2 20g 20g Water 8z 2 24g 3g Skim 8z 24g 3g 3g	Orange Smiles	3ea																										
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Pineapple Chunks 1/2cup x 22g VEGETABLES 3z x x 20g Spiral Fries 3z (16ea) x 20g Baky Carrots 1bag/2.6z x x 20g Baked Beans 1/2cup x x 20g Baked Beans 1/2cup x x 20g Carrot Sicks 1/2cup x x 20g Carrot Sicks 1/2cup x x 20g Corn Coli 1/2cup x x 20g Cuumber Slices 1/2cup x x 20g Cuumber Slices 1/2cup x x 11g Peas 1/2cup x x 11g Potato Puffs, Baked 9ea x 11g Skim 8z x x 12g Yeas 8z x x 12g Skim 8z x x 12g Skim 8z x x 12g Sugar Cookie 10z	Pears, Fresh																											
VEGETABLES French Fries Baked 3/8" 3z x x 20g Spiral Fries 3z (15ea) x x 20g Baby Carrots 3z (15ea) x x 20g Baby Carrots 1bag/2.6z x x 20g Baked Beans 1/2cup x x 20g Broccoli 1/2cup x x 20g Carrot Sticks 1/2cup x x 20g Carrot Sticks 1/2cup x x 9.6g Corn 1/2cup x x 5g Green Beans 1/2cup x x 7g Peas 1/2cup x x 11g Potato Puffs, Baked 9ea 13g 13g Skim 8z x 13g 13g Skim 8z x x x 24g Water 8z x x x 12g Sugar Cookie 1oz x x x 24g Strin <t< td=""><td>Pineapple Chunks</td><td>1/2cup</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Pineapple Chunks	1/2cup																										
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Baby Carrots 1bag/2.6z Image: Constraint of the second secon	Waffle Fries							х																				
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Green Beans1/2cup17gPeas1/2cup1/2cup1/1gPotato Puffs, Baked9ea9ea14gBEVERAGES9ea14gBEVERAGES13gSkim8z13gNon-Fat Chocolate8z13gWater8z12gChocolate Chip Cookie10zxSugar Cookie10zxSugar Cookie10zxSNACKS11gCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zCareal Bar Coco Puffs Lunch Snack Only1.42zChip Cheese Crunchy Baked Hot WG88zChip Cheese Crunchy Baked WG88zChip Cheese Puff Cheddar Reduced Fat.7zChip Cheese Puff Cheddar Reduced Fat.7zChip Cheese Crunch Baked Crisps.88zChip Potato Regular Baked Crisps.88zChip Potato Regular Baked Crisps.88zChip Potato Rugellar Baked Cris	Cucumber Slices																											
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Chip Potato Sour Cream & Onion .88z x x x 19g				x																								
	Chip Potato Sour Cream & Onion			-																								
	Chip Tortilla Cool Ranch Reduced Fat	1z		X									20g															

foods that cor		·											
		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
Chip Tortilla Corn Baked Scoop	.88z	_		-	-	v /	•	v ,			x		0
Chip Tortilla Nacho Cheese Reduced Fat	1z		x	-							^	20g	
Cookie Chocolate Chip Grandmas WG	1.22z	х	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	х	x								^	14g	
Pepperidge Farm Pretzel Goldfish	.75z	x	x									16g	
Popcorn Cheese Cheddar White Ckd	.732 .5z	^	x	-							x	13g	
Pretzel Heart Plain Salted	.32 .7z	x	~	-							^	16g	
Sunchip Chip Multigrain Cheddar Harvest	.72 1z	X	x	-								19g	
Sunchip Chip Multigrain Garden Salsa	12 1z	x	x	-								19g	
Sunchip Multigrain	12 1z		X									19g	
Tostitos Red. Fat Crispy Rounds	.87z	х									v	-	
Welches Fruit Snacks Mixed Bites											X		
FROZEN NOVELTIES	1.55z											36g	
	100										X	25 m	
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 1ea			-							X	25g	
Rosati 4.4oz Mango Fruit Frz			~	-							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	0.0-											46-	
, ,	2oz			-							X	46g	
Cereal Chx Cin Cup Cereal Cin Toast Crc Wgr	2oz			-							Х	46g	
Cereal Cocoa Puffs Wgr Reduc	20Z	х		-		X					~	44g	
	2oz			-							X	47g	
Cereal Honey Cheerios 2C	2oz			-							х	-	
Cereal Lucky Charms Wgr	2oz			-								47g	
Cereal Trix Cup Muffin Banana Wgr 3.1 Z Iw Fzn	20Z			-								46g	
	3.1z	X	X			X			X			44g	
Muffin Choc Chip Wgr 3.1 Z lw	3.1z	X	X	-		х			X			45g	
Muffin, Banana WG 3.3 Oz Iw Flat	3.3z	X	X	-		<u> </u>	X	<u> </u>	X	<u> </u>		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			<u> </u>		<u> </u>		<u> </u>	Х			9g	
Ranch Buttermilk Dressing	12gr		Х	<u> </u>			Х	<u> </u>	х			1g	
Ranch Light Dressing Cup	1z		х						х			2g	

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	