

Tredyffrin Easttown School District Allergens List
Middle Schools
2023-2024

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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 | | |
| 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 | |
| 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 | |
| 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 | |
| Macaroni & Cheese | Mac & Cheese | 6oz | x | x | | | | | | x | | | 31g | | |
| | Whole Wheat Dinner Roll #60 | 1ea(1z) | x | x | | | x | | | | | | 14g | Facility w/ Sesame Seeds | |
| Meatball Sandwich | Beef Meatballs | 5ea | x | x | | | x | | | | | | 4g | | |
| | Marinara Sauce | 1/2cup | | | | | | | | | | x | 8g | | |
| | Steak Roll 6" #555 | 1ea | x | x | | | | x | | | | | 37g | Facility w/ Sesame Seeds | |
| Mini Corn Dogs | Mini Corn Dogs | 6ea | x | | | | x | | | x | | | 30g | | |
| Nachos | Tortilla Chips | 1.5z | | | | | | x | | | | x | 30g | | |
| | Cheddar Cheese | 2z | | x | | | | | | | | x | 2g | | |
| | Beef Crumble | 2z | | | | | | x | | | | x | 2g | | |
| Pasta w/Meatsauce | Pasta | 5ea | x | x | | | x | | | | | | 4g | | |

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| ITEM (Double Click on Bold Items to get detailed 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 | | |
| | Marinara Sauce | 1/2cup | | | | | | | | | | x | 8g | |
| | Beef Crumble | 1ea | | | | | x | | | | | | 2g | |
| Pizza Dippers | Breadsticks w/Mozzarella | 2ea | x | x | | | | | | | | | 54g | |
| | Marinara Sauce | 2.5z | | | | | | x | | | | | 7g | |
| PBJ on Whole Wheat | PBJ | 1ea/5.3z | x | | x | | | x | | | | | 64g | |
| Pizza Slice | Pizza Slice | 1sl | x | x | | | | | | | | | 28g | Facility w/ Egg |
| Pizza French Bread Tony's | French Bread | 1sl | x | x | | | x | | | | | | 32g | |
| Pizza 5" Individual | 5" Individual | 1sl | x | x | | | x | | | | | | 31g | |
| Taco Salad | Tortilla Chips | 1.5z | | | | | | x | | | | x | 30g | |
| | Beef Crumble | 2z | | | | | | x | | | | x | 2g | |
| | Cheddar Cheese | 2z | | x | | | | | | | | x | 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 | x | x | | | x | | | x | | | 16g | |
| | Hamburger Bun | 1.75z | x | x | | | x | | | | | | 22g | Facility w/ Sesame Seeds |
| | American Cheese | 1sl | | x | | | x | x | | | | | 2g | |
| FRUIT | | | | | | | | | | | | | | |
| | Apple Juice | 4z | | | | | | | | | | | 13g | |
| | Apple Slices | 1bag/2z | | | | | | | | | | | 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 | | | | | | | | | | | | | | |
| | 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 | | | | | | | | | | | | | | |
| | Chocolate Chip Cookie | 1oz | x | x | | | x | | | x | | | 17g | |

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