Tredyffrin Easttown School District Allergens List Middle Schools 2023-2024

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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										1	
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 Breaded Chix Breast on Bun	ITEM	4											40	
Breaded Chix Breast on Bun	Chicken Breast Patty	1ea	X										19g	May contain
Beef BBQ Rib Patty	Hamburger Bun Beef BBQ Rib	1.75z	X	Х			Х						22g 19g	Sesame Seeds
beel bbQ Rib Pally	Hamburger Bun	1ea 1.75z	X	Х			Х						22g	May contain
Chicken Drumstick	Drumstick	1.732 1ea	^	^			^						22g 2g	Sesame Seeds
Official Diamstick														May contain
	Whole Wheat Dinner Roll #60	1ea(1z)	Х	Х			Х						14g	Sesame Seeds
Elbow Macaroni & Beef	Elbow Macaroni	8oz Ckd	Х							t			41g	Facility w/egg
	Beef Crumble	2.4z					Х						2g	
French Toast Sticks	Marinara Sauce French Toast	2oz 4ea	Х				Х	Х					38g	Sesame Seed
FIGURE TOASE SUCKS	Syrup	1.5z	^				^	^					17g	Sesame Seed
	w Sausage Patty	2z										Х	0g	
Cheeseburger	Hamburger Patty	2										Х	0g	
	American Cheese	1sl		Х			Х	Х					2g	
	Hamburger Bun	1.75z	х	х			Х						22g	May contain Sesame Seeds
Bacon Cheeseburger	Hamburger Patty	2										Х	0g	
	American Cheese	1sl		Х			Х	Χ				Х	2g	
	Bacon	1ea										Х	0g	Marrantaia
	Hamburger Bun	1.75z	Х	Х			Х						22g	May contain Sesame Seeds
Chicken Nuggets	Nuggets	5ea	Х				Х						13g	
	Whole Wheat Dinner Roll #60	1ea(1z)	х	х			х						14g	May contain Sesame Seeds
Popcorn Chicken	Popcorn Chicken	10ea	Х	Х			Х						20g	
	Whole Wheat Dinner Roll #60	1ea(1z)	х	х			х						14g	May contain Sesame Seeds
Chicken Patty	Chicken Patty	1ea	Х				Х						15g	
	Whole Wheat Dinner Roll #60	1ea(1z)	х	х			х						14g	May contain Sesame Seeds
Chicken Tenders	Tenders	3ea/95gr	Х				Х						16g	
	Whole Wheat Dinner Roll #60	1ea(1z)	х	х			х						14g	Facility w/ Sesame Seeds
Macaroni & Cheese	Mac & Cheese	6oz	Х	Х						Х			31g	
	Whole Wheat Dinner Roll #60	1ea(1z)	х	х			х						14g	Facility w/ Sesame Seeds
Meatball Sandwich	Beef Meatballs	5ea	Х	Х			Х						4g	
	Marinara Sauce	1/2cup										Х	8g	
	Steak Roll 6" #555	1ea	х	х				Х					37g	Facility w/ Sesame Seeds
Mini Corn Dogs	Mini Corn Dogs	6ea	х				Х			Х			30g	Cosame Geeds
Nachos	Tortilla Chips	1.5z						Х				Х	30g	
	Cheddar Cheese	2z		Х								Х	2g	
	Beef Crumble	2z						Χ				Х	2g	
Pasta w/Meatsauce	Pasta	5ea	Х	Χ	l		Х						4g	

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	Marinara Sauce	1/2cup										Χ	8g	
	Beef Crumble	1ea					Х						2g	
Pizza Dippers	Breadsticks w/Mozzarella	2ea	Х	Х									54g	
	Marinara Sauce	2.5z						Χ					7g	
PBJ on Whole Wheat	PBJ	1ea/5.3z	Χ		Χ			Χ					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	
Taco Salad	Tortilla Chips	1.5z						Х				Χ	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	2.5z	Х	Х			Х			Х			16g	
Veggie Burger & Cheese on a Bun	Hamburger Bun	1.75z	X	Х			Х						22g	Facility w/
			^										_	Sesame Seeds
EDIJIT	American Cheese	1sl		Χ			Χ	Χ					2g	
FRUIT		4-											42	
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	Х	Х			Х			Χ			17g	

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Sugar Cookie	1oz	Χ				Х			Χ			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	
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			Х					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			Х						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 Pretzel Heart Plain Salted	.5z		X								X	13g	
	.7z	X										16g	
Sunchip Chip Multigrain Cheddar Harvest	1z	X	X									19g	
Sunchip Chip Multigrain Garden Salsa	1z	X	X									19g	
Sunchip Multigrain	1z	Х										19g	
Tostitos Red. Fat Crispy Rounds	.87z										X	18g	
Welches Fruit Snacks Mixed Bites	1.55z											36g	
FROZEN NOVELTIES	100											25~	
Rosati 4.4oz Blue Rasp Freeze	1ea										X	25g 25g	
Rosati 4.4oz Cherry/Fruit Rosati 4.4oz Cry- Sr Apple Cup	1ea											_	
Rosati 4.4oz Mango Fruit Frz	1ea 1ea										X	25g 25g	
Richs 3oz Lf Choc/Vanilla Cup	1ea		х								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	X	х			Х						23g	
Richs Sch Sav. Sour Cherry	1ea	^	^			_						14g	
Richs Sch Straw Shortcake	1ea	Х	х			Х						23g	
Richs Sch Van Sand	1ea	X	X			X						24g	
BREAKFAST	ı c a	٨	٨			٨						∠ +y	
Cereal Chx Blueberry Cup	2oz										Х	46g	
Cereal Chx Cin Cup	20Z 20Z										X	46g	
Cereal Cin Toast Crc Wgr	20Z 20Z	Х				х					^	44g	
Cereal Cocoa Puffs Wgr Reduc	20Z 20Z	^									Х	44g 47g	
Servar Gooda i and fryi Nedado	202					l				l	^	71 9	

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Cereal Honey Cheerios 2C	2oz										Χ	44g	
Cereal Lucky Charms Wgr	2oz											47g	
Cereal Trix Cup	2oz											46g	
Muffin Banana Wgr 3.1 Z lw Fzn	3.1z	Х	Χ			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	Χ				Х		Х			44g	
Muffin, Chocolate Chip WG 3.3 Oz lw Flat	3.3z	Х	Χ				Х		Х			44g	
CONDIMENTS													
Honey Mustard Dressing Single Serve Cup	1z								Χ			9g	
Ranch Buttermilk Dressing	12gr		Χ				Х		Х			1g	
Ranch Light Dressing Cup	1z		Χ						Χ			2g	
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		Χ			1g	
Mayonnaise Pouch	12gr						Х		Χ			0g	
Mustard Ylw Pouch	4.5gr											0g	
Salsa Mild Cup	3z											5g	
Syrup Pnck Mapl Flvrd Rc	1z											17g	