

Tredyffrin Easttown School District Allergens List
Elementary Schools
2023-2024

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ITEM (Double Click on Bold Items to get 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													
French Toast Sticks	French Toast	4ea	x				x	x					38g	Sesame Seed	
	Syrup	1.5z											71g		
	w Sausage Patty	2z										x	0g		
Cheeseburger	Hamburger Patty	2										x	0g		
	American Cheese	1 sl		x			x	x					2g		
	Hamburger Bun	1.75z	x	x			x						22g	May contain Sesame Seeds	
Chicken Nuggets	Nuggets	5 ea	x				x						13g		
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	May contain Sesame Seeds	
Popcorn Chicken	Popcorn Chicken	10ea	x	x			x						20g		
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	May contain Sesame Seeds	
Chicken Patty	Chicken Patty	1 ea	x				x						15g		
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	May contain Sesame Seeds	
Chicken Tenders	Tenders	3ea/95gr	x				x						16g		
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	Facility w/ Sesame Seeds	
Macaroni & Cheese	Mac & Cheese	6oz	x	x						x			31g		
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	Facility w/ Sesame Seeds	
Meatball Sandwich	Beef Meatballs	5ea	x	x			x						4g		
	Marinara Sauce	1/2 cup										x	8g		
	Steak Roll 6" #555	1ea	x	x				x						Facility w/ Sesame Seeds	
Mini Corn Dogs	Mini Corn Dogs	6 ea	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		
	Marinara Sauce	1/2 cup										x	8g		
	Beef Crumble	1ea					x						2g		
Pizza Dippers	Breadsticks w/Mozzarella	2 ea	x	x									54g		
	Marinara Sauce	2.5z						x					7g		
PBJ on Whole Wheat	PBJ	1 ea/5.3z	x		x			x					64g		
Pizza Slice	Pizza Slice	1 sl	x	x									28g	Facility w/ Egg	
Pizza French Bread Tony's	French Bread	1 sl	x	x			x						32g		
Pizza 5" Individual	5" Individual	1 sl	x	x			x						31g		
Taco Salad	Tortilla Chips	1.5z						x				x	30g		

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			Allergens											
ITEM	(Double Click on Bold Items to get 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
	Beef Crumble	2z						x				x	2g	
	Cheddar Cheese	2z		x								x	2g	
	Diced Tomato	1/4 cup											1.2g	
	Shredded Lettuce	1/4 cup											.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	1 sl		x			x	x					2g	
FRUIT														
Apple Juice		4z											13g	
Apple Slices		1 bag/2z											7g	
Apple-Fresh		1 ea											34g	
Applesauce		1/2 cup											14g	
Banana		1 ea											23	
Grape Juice		4z											19g	
Grapes, Fresh		1/2 cup											8g	
Mixed Fruit in Juice		1/2 cup											17g	
Orange Juice		4z											13g	
Orange Smiles		3 ea											11g	
Peaches in Juice		1/2 cup											12g	
Pears in Juice		1/2 cup											19g	
Pears, Fresh		1 ea											26g	
Pineapple Chunks		1/2 cup											22g	
VEGETABLES														
Baby Carrots		1 bag/2.6z											5g	
Baked Beans		1/2 cup											30g	
Broccoli		1/2 cup											3g	
Carrot Sticks		1/2 cup											9.6g	
Corn		1/2 cup											20g	
Cucumber Slices		1/2 cup											5g	
Green Beans		1/2 cup											7g	
Peas		1/2 cup											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	
Sugar Cookie		1oz	x				x			x			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	

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		Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free		
Chip Potato Ruffles Cheddar And Sour Cream Baked	.8z		x			x					x	17g	
Chip Potato Sour Cream & Onion	.88z		x			x					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			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	
Bbq Sweet Sauce Single Serve Cup	1z											10g	

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[illegible]



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

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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757 KOHN STREET, NORRISTOWN, PA 19401
www.morabito.com

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

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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Code: 00804WG

Product Name: Whole Grain Jumbo Cheese Ravioli

Serving Size: 3.78 oz.

Pack: 324/1.26 oz.

Each serving (three – 1.26 oz. units) of Whole Grain Jumbo Cheese Ravioli provides 2.00 oz equivalent meat alternate and 1.0 oz-eq grains. CN# 093367 08-15

Product Info



PREPARATION – for best results

Keep frozen until ready to prepare

Method 1 – Baking

- 1.Preheat convection oven to 375° ; fan speed on high.
- 2.Spray bottom and sides of full steam table pan with non-stick cooking spray.
- 3.Pour 4 cups of room temperature, canned sauce into the bottom of a stainless steel pan and spread to cover the bottom.
- 4.Place 5 pounds of frozen (-10°F to +10°F) ravioli and cover with 6 cups of room temperature , canned sauce
- 5.Spread sauce over pasta to cover..
- 6.Lightly apply non-stick cooking spray to bottom of aluminum foil; cover pan tightly with the foil.
- 7.Bake for 50 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. **Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.**

Method 2 - Boiling

- 1.Heat to a full boil an appropriate amount of water. Use 3 quarts of water for each 1 pound of ravioli.
- 2.Add the frozen ravioli to the boiling water. Gently stir the contents, initially and periodically, to prevent sticking.
- 3.Boil the ravioli for approximately 3-4 minutes; the ravioli will begin to float. **Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.**

If storing in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour.

Shelf life:	12 months frozen (0° - 15°F)	Dim: 17"x13"x8"
Ti-Hi:	8 x 7	Case cube: 1.023 ft ³
Cases/pallet:	56	Pallet height: 62-inches
Gross case wt:	26.51 lbs;	Net wt: 25.51 lbs
Pallets/truck:	26	
UPC:	10852777002148	
ALLERGENS: Contains Wheat, Milk, & Egg		
GRAINS: 51% of the grains used in this product are whole grains		
CONTAINS 110242 COMMODITY CHEESE		

Filling Ingredients: Low Fat Ricotta Cheese (Skim Milk, Water, Modified Food Starch, Milkfat, Milk Protein Concentrate, Xanthan Gum, Carrageenan Gum, Acetic Acid), Water, Low Moisture Part Skim Mozzarella Cheese (Cultured Part Skim Milk, Salt, Enzymes), Romano Cheese Made From Cow's Milk (Cultured Milk, Salt, Enzymes), Whey Protein Isolate, Sodium Caseinate, Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Asiago Cheese (Cultured Milk, Salt, Enzymes), Whole Wheat Crackermeal (Whole Wheat Flour, Dextrose), Garlic Salt (Salt, Dehydrated Garlic), Corn Starch-Modified, Sugar, Dehydrated Garlic. **Pasta Ingredients:** Whole Wheat Flour and Enriched Flour Blend (Whole Wheat Flour, Enriched Durum Wheat Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Egg, Ascorbic Acid.

Nutrition Facts

Serving Size 3 Pieces (107g)

Amount Per Serving

Calories 200 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 360mg	15%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 2g	

Protein 15g

Vitamin A 4% • Vitamin C 10%

Calcium 20% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Andrew P. Signorelli
Dir./Tech. Services
Tasty Brands

CONTAINS: 108 – 3.78 OZ SERVINGS PER CASE
(3 WG CHEESE RAVIOLI PER SERVING)

Tasty Brands • 6800 Jericho Turnpike, Suite 101 West • Syosset, NY 11791 • 516-938-4588

Fax 516-935-1825 • www.tastybrandsk12.com

7980450

Nutrition Facts		Per Serving		Per Container	
Nutrition Data for Label		NLR 2016 NLEA			
Serving Size (Household Measure)		1 packet			
Serving Size (Metric Measure)		4.5 g			
Servings Per Container		1			
Servings per Container - Outer		500			
Serving Size Label Statement		1 packet (4.5g)			
Include Container Nutritionals on Label?					
Amount	Per Serving	Per Serving % DV	Per Container	Per Container % DV	Per 100g
Calories	5 cal				90.1 kcal
Calories from Fat					2.75 g
Total Fat	0 g	0 %			5.54 g
Saturated Fat	0 g	0 %			0.31 g
Trans Fat	0 g				0 g
Polyunsaturated Fat					1.53 g
Monounsaturated Fat					3.43 g
Cholesterol	0 mg	0 %			0 mg
Sodium	55 mg	2 %			1191.11 mg
Total Carbohydrate	0 g	0 %			5.13 g
Dietary Fiber	0 g	0 %			2 g
Sugars	0 g				1.06 g
Added Sugars	0 g	0 %			0 g
Protein	0 g				4.03 g
Vitamin D	0 mcg	0 %			0 mcg
Calcium	2 mg	0 %			44.64 mg
Iron	0 mg	0 %			1.69 mg
Potassium	5 mg	0 %			115.74 mg
Vitamin A					22.31 mcg
Vitamin C					1.12 mg
Vitamin E					0.77 mg
Vitamin K					0.83 mcg
Thiamine (B1)					0.15 mg
Riboflavin (B2)					0.06 mg
Niacin (B3)					1.36 mg
Vitamin B6					0.06 mg

Folate					24.65 mcg DFE
Vitamin B12					0 mcg
Biotin					0 mcg
Pantothenic Acid (B5)					0.12 mg
Phosphorus					mg
Iodine					3 mcg
Magnesium					57.08 mg
Zinc					0.93 mg
Selenium					31.66 mcg
Copper					0.1 mg
Manganese					0.38 mg
Chromium					0.03 mcg
Molybdenum					0 mcg
Chloride					1815.82 mg
Choline					18.67 mg
Vitamin A IU					74.37 iu
Vitamin D IU					0 iu
Vitamin E IU					iu

Ingredient Statement

(exactly as on the label): INGREDIENTS: DISTILLED VINEGAR, WATER, NO. 1 MUSTARD SEED, SALT, TURMERIC, OLEORESIN PAPRIKA, SPICES.