

**Tredyffrin Easttown School District Elementary Allergens List**

**2021-2022**

**as of 11/12/21**

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.**

ITEM	Manuf	Manuf #	Portion	Allergens										Carbs- Grams	May Contain
				Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free		
<b>ENTRÉE</b>															
<b>BBQ Grilled Chicken Patty</b> Hamburger Bun	Tyson	10299010928	1ea/2.47z											0g	
	Morabito	84	1.75z	X	X			X						22g	Sesame Seeds
<b>French Toast Sticks</b> Syrup w Sausage Patty	Sunny Fresh	40497-110034448	2.9z	X					X		X			28g	
	Monarch	270305	1.5z									X		31g	
	Jones	018717	2z									X		1g	
<b>Cheeseburger</b> Hamburger Patty American Cheese Hamburger Bun	Advance/Pierre	69104	2.21z											1g	
	Land O Lakes	46219000034500	1 sl		X			X	X					1g	
	Morabito	84	1.75z	X	X			X						22g	Sesame Seeds
<b>Chicken Nuggets</b> Whole Wheat Roll	Tyson	10021550928	5 ea	X				X						16g	
	Morabito	60	1 ea (1z)	X	X			X						14g	
<b>Chicken Patty</b> Whole Wheat Roll	Tyson	10021540928	1 ea	X				X						15g	
	Morabito	60	1 ea (1z)	X	X			X						14g	
<b>Chicken Tenders</b> Whole Wheat Roll	Tyson	10703340928	3ea/95gr	X				X						16g	
	Morabito	60	1 ea (1z)	X	X			X						14g	
<b>Pizza Dippers (Cheese Breadsticks)</b> Marinara Sauce	Bosco		2 ea	X	X									27g	
	Red Gold	REDNA2ZC84	1/4 cup						X					7g	
<b>Pretzel Bites</b> Baked Pretzel Nuggets Yogurt String Cheese Baby Carrots Apple Slices	J&J	30185	4ea	X										28g	
	Danimals	73558	4oz		X									12g	
	Land o Lakes	59701000034500	1ea		X									1g	
	Grimmway Farms	88139	1 bag/2.6z											5g	
	Peterson Farms	210005	1 bag/2z											9g	
<b>PBJ on Whole Wheat</b>	Smuckers	Uncrustable	1 ea/5.3z	X		X		X	X					64g	
<b>Pizza Wedge</b>	Mickeys	G16C16S08US	1 sl	X	X									28g	Egg
<b>Soft Chicken Taco</b>	Tortilla	Catallia	1 ea	X					X					18g	



ITEM	Manuf	Manuf #	Portion	Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free	Carbs- Grams	May Contain
TruMoo Non-Fat Chocolate	Wawa		8z		X									20g	
<b>SNACKS</b>															
Cheese Curls Pln Bag	Herr'S	202	42/1Z		X								X	13g	
Chip Cheese Crunchy Bkd WG	Frito Lay	62933	104 EA		X									16g	
Chip Corn Reg	Fritos	32405	104/1Z										X	16g	
Chip Multgrn Cheddar Hrvst	Sun Chips	11152	104/1Z	X	X									19g	
Chip Multgrn Grdn Salsa	Sun Chips	36445	104/1Z	X	X									19g	
Chip Potato Bkd Bbq Crisp	Baked Lays	32078	60/.875Z		X			X	X				X	19g	
Chip Potato Bkd Orig Tff	Herr'S	257	30/1Z										X	22g	
Chip Potato Bkd Sour Cream & Cheddar	Bkd Ruffls	56882	60/.8Z		X				X				X	17g	
Chip Potato Bkd Sr Cream & Chdr	Herr'S	265	30/1Z		X								X	21g	
Chip Potato Pln Tff Bag	Herr'S	107	84/1Z										X	22g	
Chip Potato Rdgd Pln Tff	Herr'S	101	48/.5Z										X	22g	
Chip Potato Reg Crisps Bkd	Baked Lays	33625	60/.875Z					X					X	19g	
Chip Potato Sour Cream & Onion	Baked Lays	33627	60/.875Z		X			X					X	19g	
Chip Tortilla Cool Ranch Rf	Doritos	00028400360968	72/1Z		X									20g	
Chip Tortilla Corn Bkd Scoop	Tostitos	42537	72/.875Z											19g	
Chip Tortilla Corn Bkd Scoop	Tostitos	42391	4/16Z											22g	
Chip Tortilla Nacho Cheese	Doritos	31748	72/1Z		X									20g	
Chip Tortilla WG Rnd	Tostitos	18792	104/.87Z											18g	
Cookie Choc Chip WG	Grandma'S	66154	80/1.22Z	X	X			X						25g	
Cookie Sugar, Fresh Baked	Davids Cookies	33723	1z	X				X			X			18g	
Cookie Chocolate Chip, Fresh Baked	Davids Cookies	42601		X	X			X			X			23g	
Cracker Cheddar Goldfish Shpd	Pepperidge	000014367	300/.75Z	X	X									14g	
Cracker, Graham Cinn WG Bug Ss Bag	Kellogg's	3010055644	210/1z	X				X	X					21g	
Cracker Cheese WG Sq	Cheez-It	2410010480	60/1Z	X	X			X						17g	
Cracker Prtzi Gfsh Shpd Saltd	Pepperidge	000014396	300/.75Z	X	X									16g	
Cracker Saltine Saltd lw	Keebler	3010001008	500/2 EA	X				X	X					5g	
Fruit Snack By Foot Brry Rs	Fruit Foot	16000-12106	96/.75Z										X	17g	
Fruit Snack Mxd Brry	Mottsmedly	16000-47953	144/1.6Z										X	38g	
Fruit Snack Rolup Crzy Clrs	Frt Rollup	16000-11561	96/.5Z										X	11g	
Pastry Pop Tart Blueberry Fruited	Kellogg's	3800017196	120/1.76Z	X				X	X					38g	
Pastry Pop Tart Cin WG	Kellogg's	3800055122	120/1.76Z	X				X	X					50g	
Pastry Pop Tart Smores Fruited	Kellogg's	3800022280	12/12/1.69 Z	X	X			X	X		X			67g	
Pastry Pop Tart Stwby Whl	Kellogg's	3800055130	120/1.76Z	X				X						38g	
Popcorn Cheese Cheddar White Ckd	Smart Food		104/.625z		X									8g	
Pretzel Heart Pln Saltd	Rold Gold	15940	104/.7Z	X										16g	
Snack Bar Rice Crispy lw Small	Kellogg's	3800051109	600/.39Z		X			X						8.5g	
Snack Mix Chex Cheddar lw	Chex	16000-31932	60/.92Z	X	X				X					20g	Soy
<b>FROZEN NOVELTIES</b>															
Vanilla Sandwich LF	Rich's			X	X			X						24g	

ITEM	Manuf	Manuf #	Portion	Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free	Carbs- Grams	May Contain
Crumbled Cookie Cone	Rich's			X	X			X						29g	
Chocolate Crunch bar	Rich's			X	X			X						23g	
Strawberry Shortcake	Rich's			X	X			X						23g	
Polar Pole Rainbow	Rich's				X								X	16g	
Small Vanilla/Chocolate Ice Cream Cup	Glenview		4oz Cup		X								X	16g	
<b>BREAKFAST</b>															
Bagel Plain 2.3 Z Sliced Thaw &	Lenders		2.3z	X					X					33g	
Cereal Apple Jacks Apple Cin	Kelloggs	3800078787	1z	X					X					24g	
Cereal Cheerio Apple Cinnamon	General Mills	1600031879	1z											23g	
Cereal Cheerio	General Mills	1600032262	1z										X	21g	
Cereal Chex Cinnamon GF	General Mills	1600038387	1z										X	23g	
Cereal Chex Rice GF	General Mills	1600031921	1z										X	24g	
Cereal Cinnamon Toast Crunch Red Sugar	General Mills	1600029444	1z	X				X						22g	
Cereal Cocoa Puffs Red Sugar	General Mills	1600031888	1z											25g	
Cereal Corn Flake Frosted	General Mills	1600011768	1z											24g	
Cereal Fruit Loops Reduced Sugar	Kelloggs	3800078788	1z	X										24g	
Cereal Lucky Charms	General Mills	1600031917	1z										X	23g	
Cereal Raisin Bran Bwl Shlf	Kelloggs	3800000896	1z	X										23g	
Cereal Rice Krispies	Kelloggs	3800078789	1z											23g	
Cereal Trix Reduced Sugar	General Mills	1600031922	1z											24g	
Muffin Appl Cin Wgr 2 Z lw	BakeCrafters	1380	2z	X	X		t	X	X		X			25g	
Muffin Blueberry 2 Z lw Fzn Wild	BakeCrafters	1394	2.2z	X	X		t	X	X		X			28g	
Muffin Choc Chip WG	BakeCrafters	1307	2z	X	X		t	X	X		X			29g	
<b>CONDIMENTS</b>															
Bbq Sauce Cup	Kraft/Heinz	27945	1z											10g	
Honey Must Cup	Kraft/Heinz		1 tbls											8g	
Jelly Grape Cup	C F Sauer Co	6370	1z											9g	
Ketchup Tmto Fcy 33% Pkt	Red Gold	redy599	1 tbls											2g	
Marinara Sauce Cup	Red Gold	ufzna99	1/4 cup						X					7g	
Mayonnaise Pouch	Kraft/Heinz		1 tbls						X		X			0g	
Mustard Ylw Pouch	Kraft/Heinz		1 tbls											0g	
Relish Pkl Swt Pouch	Kraft/Heinz	542200	.5z											2g	
Salsa Mild Cup	Red Gold	272993	1z											0g	
Swt & Sour Sauce Cup	Monarch		1 tsp											13g	
Syrup Pnck Maple Flvr Cup	C F Sauer Co													31g	
Taco Sauce Mild Pouch	Sauer			X				X						1g	