

**Tredyffrin Easttown School District Allergens List
Elementary Schools**

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ITEM (Double Click on Bold Items to get 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		
ENTRÉE	ITEM	Portion												
Egg, Turkey-Ham, Cheese, on a Bun	Egg Patty	1ea	x				x	x					39g	
	Canadian Turkey Bacon	.75z sl											0g	
	American Cheese	1 sl		x			x	x					2g	
	Hamburger Bun	1.75z	x	x			x						22g	Facility w/ Sesame Seeds
French Toast Sticks	French Toast	4ea	x				x	x					39g	
	Syrup	1.5z											30g	
	w Sausage Patty	2z										x	0g	
Cheeseburger	Hamburger Patty	1ea										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						19.5g	
	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
Italian Turkey	Combo Meats	6 slcs.											6g	
	American Cheese	1 sl		x			x	x					2g	
	Tomato	1/4 cup											1.2g	
	Shredded Lettuce	1/4 cup											.5g	
	Steak Roll 6" #555	1ea	x	x				x						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

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				Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free		
Pizza French Bread Tony's	French Bread	1 sl	x	x			x						32g		
Pizza 5" Individual	5" Individual	1 sl	x	x			x						31g		
Toasted Cheese	Whole Wheat Bread Morabito	2sl	x	x			x						30g	Facility w/ Sesame Seeds	
	American Cheese	2sl		x			x	x			x	4g			
Taco Salad	Tortilla Chips	1.5z						x			x	30g			
	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	Facility w/ Sesame Seeds		
	Hamburger Bun	1.75z	x	x			x					22g			
	American Cheese	1 sl		x			x	x				2g			
Waffle & Chicken	Waffle	1ea													
	Nuggets	5 ea	x				x					13g			
	Syrup	1.5z										30g			
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															

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		Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free		
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	
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	

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