

November 2011

2011-12 ALLERGEN INFORMATION* FOR BREAKFAST MENUS

NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY USE PRODUCTS ON HAND FROM PREVIOUS YEAR

INGREDIENT CODES: X = YES

(X) = Present in some versions

FS = Non-specified Food Starch

M = Used in manufacturing plant

Item	Portion																	
		Wheat	Dairy	Eggs	Peanuts	Tree Nuts	Soy	Corn	Sesame	Oats	Barley	Rye	Red #40	MSG	Rice	Mustard	Cottonseed Oil	Sunflower
GENERAL																		
Bagel, wrapped, plain, 2.5 oz	1 each	X					X											
Bagel-ful	1 each	X	X				oil	X		X								
Biscuit	1 each	X					oil	CS										
Cereal, Raisin Bran (no milk)	Bowlpack	X						X										
Cereal, Cornflakes (no milk)	Bowlpack	X					X	X										
Cereal, Rice Krispies (no milk)	Bowlpack	(X)												X				
Cereal, Crispix	Bowlpack	(X)					(X)	X										
Cinn Roll, wrapped, WW	1 each	X	X	X		M	X	X		X							X	
Cinnamon Toast w/ margarine	1 each	X					X	X		X								
Egg & Cheese Wrap	1 each	X	X	X			X	X									X	
English muffin, plain	1 each	X					oil	X		X								
Egg Pattie	1.25 oz		X	X			X											
French Toast Sticks	4	X	X	X			oil	CS		X								
Fruit/Spice Muffin, average	1 each	X	X	X			oil											
Hard Cooked Egg	1 each			X														
Oatmeal, instant	1 packet								X									
Pancakes, Mini	1 packet	X	X	X			X	X										
Sausage Patty (Pork)	1 each						X											
Toast w/ margarine	1 each	X					X	X		X								
Breakfast Bar Mini Bar	1 each	X	X	X			X	CS										
FRUITS/JUICES																		
Fresh Fruit, average	1 piece																	
Apple Juice	4 fl oz																	
Applesauce, canned, unsweetened	1/2 cup							X										
Apricots, canned, light syrup	1/2 cup							X										
Mixed fruit, canned	1/2 cup							X										
Peaches, canned, light syrup	1/2 cup							X										
Pears, canned, light syrup	1/2 cup							X										
Pineapple, canned, in juice	1/2 cup							X										
Orange Juice	4 oz. ctn																	

1A of 2A

*Based on current recipes and manufacturers' labels. Inventory at schools may vary. Condiments not included; bread not included when served separate from entrée.

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Yogurt, 4 oz	1 each		X					X										
Yogurt, 8 oz	1 each		X					X				X						
ELEMENTARY SANDWICHES																		
Sausage Patty/Cheese on English Muffin	1 each	X	X				X	X			X							
Sausage Patty/Cheese on Hamburger Bun	1 each	X	X				X	X			X							
SECONDARY SANDWICHES																		
Croissant	1 each	X	X	X			X	X										X
Turkey Ham/Cheese on Croissant	1 each	X	X	X			X	X										X
Sausage Patty/Cheese on English Muffin	1 each	X	X				X	X			X							
MILK																		
Chocolate, Fat Free	1/2 pint		X					X										
Strawberry, Fat Free	1/2 pint		X					X										
White, 1%	1/2 pint		X															
White, non-fat	1/2 pint		X															
OTHER																		
Cream cheese, light	1 pkt		X															
Catsup	1 pkt							X										
Jelly	1 pkt							X										
Sugar	1 pkt																	
Syrup	1 pkt							X										

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