

2009-10 ALLERGEN INFORMATION* FOR BREAKFAST MENUS

Updated 8/31/2009

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

INGREDIENT CODES: X = YES

FS = Non-specified Food Starch

(X) = Present in some versions

M = Used in manufacturing plant

Item	Portion	Allergens															
		Wheat	Dairy	Eggs	Peanuts	Tree Nuts	Soy	Corn	Sesame	Oats	Barley	Rye	Red #40	MSG	Rice	Mustard	Cottonseed Oil
GENERAL																	
Bagel, wrapped, plain, 2.5 oz	1 each	X					X										
Bageler	1 each	X	X				oil	X		X							
Biscuit	1 each	X					oil	CS									
Cereal, 0's (no milk)	Bowlpack	X					X	X	X								
Cereal, Bran Flakes w/Raisins (no milk)	Bowlpack	X					X	X									
Cereal, Cornflakes (no milk)	Bowlpack	X					X	X									
Cereal, Crispy Rice (no milk)	Bowlpack								(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							
French Toast Sticks	4	X	X	X			oil	CS		X							
Hard Cooked Egg	1 each			X													
Oatmeal, instant	1 packet									X							
Pancakes Whole Grain	1 each	X	X	X			X	X									
Sausage Patty (Pork)	1 each						X										
Toast w/ margarine	1 each	X					X	X		X							
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, 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, 1%	1/2 pint		X					X										
Strawberry, 1%	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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