

# MCPS Division of Food and Nutrition Services Middle & High School Allergen Information

Revised April 2024



Allergen Information is provided by the Division of Food and Nutrition's approved food manufacturers. Variations may occur as product formulations can change periodically. As manufacturers inform us of product changes we will update allergen information to reflect changes. This information is correct as of **04/25/24**.

We encourage parents to complete [MCPS Form 240-23 "Special Dietary Needs Form"](#) so that correct allergen information can be documented on the child's account.

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>BREAKFAST BITES</b>											
<b>Belgian Waffle<sup>IW</sup> with Syrup<sup>IW</sup></b>		<b>Eggs, Milk, Wheat</b>									
Belgian Waffle	Waffle Envy	Y	Y						Y		
Syrup	Madiera Farms										
<b>Blueberry Chex Cereal<sup>IW</sup></b>		<b>None</b>									
<b>Chicken Sausage Biscuit<sup>IW</sup></b>		<b>Milk, Soy, Wheat</b>									
<b>Egg &amp; Cheese English Muffin<sup>IW</sup></b>		<b>Eggs, Milk, Wheat</b>									
<b>Egg &amp; Cheese on <i>Maryland Made</i> Croissant</b>		<b>Eggs, Milk, Soy, Wheat</b>									
Egg Patty	Sunny Fresh	Y	Y	Y							
Local Croissant	Hadley Farms	Y	Y	Y					Y		
Cheese	Land O Lakes		Y	Y							
<b>Egg &amp; Turkey Sausage Bagel<sup>IW</sup></b>		<b>Eggs, Milk, Soy, Wheat</b>									

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>French Toast Sticks w Syrup</b>		<b>Soy, Wheat</b>									
French Toast Sticks	Rich's			Y					Y		
Syrup	Madiera Farms										
<b>Fruit &amp; Yogurt Parfait with Granola</b>		<b>Milk, Soy, Wheat</b>									
Fruit, Assorted	N/A										
Granola	Kellogg's			Y					Y		
Yogurt	General Mills		Y								
<b>Honey Cheerios Cereal<sup>IW</sup></b>		<b>None</b>									
<b>Maryland-Made Cinnamon Roll<sup>IW</sup></b>		<b>Soy, Wheat</b>									
<b>Mini Cinnamon Bagel<sup>IW</sup></b>		<b>Milk, Wheat</b>									
<b>Mini Maple Pancakes<sup>IW</sup></b>		<b>Eggs, Milk, Soy, Wheat</b>									
<b>Mini Strawberry Bagel<sup>IW</sup></b>		<b>Milk, Wheat</b>									
<b>Sausage Breakfast Sandwich</b>		<b>Soy, Wheat, Pork</b>									
Local Hamburger Roll	H & S Bakery			Y					Y		
Sausage Patty	Tyson										Y
<b>Turkey Ham &amp; Cheese Breakfast Sandwich</b>		<b>Milk, Soy, Wheat</b>									
Local Hamburger Roll	H & S Bakery			Y					Y		
Cheese	Land O Lakes		Y	Y							
Turkey Ham	Shady Brook Farms										
<b>Yogurt<sup>IW</sup> &amp; Oatmeal Breakfast Bar<sup>IW</sup></b>		<b>Eggs, Milk, Soy, Wheat</b>									
Oatmeal Breakfast Bar	Darlington Snacks	Y	Y	Y					Y		
Yogurt	General Mills		Y								

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Yogurt<sup>IW</sup> with Grahams<sup>IW</sup></b>		<b>Milk, Soy, Wheat</b>									
Grahams	Kellogg's			Y					Y		
Yogurt	General Mills		Y								
<b>LUNCH</b>											
<b>CHEF INSPIRED ENTRÉES</b>											
<b>BBQ Beef Sandwich</b>		<b>Soy, Wheat</b>									
BBQ Sauce	MCPS Made			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Shredded Beef	International Food Solutions										
<b>BBQ Chicken Drumstick with Mashed Potatoes</b>		<b>Milk, Soy, Wheat</b>									
Chicken Drumstick, Glazed	Tyson's										
Mashed Potatoes	Idahoan		Y	Y							
BBQ Sauce	MCPS Made			Y					Y		
<b>BBQ Pulled Chicken Sandwich</b>		<b>Soy, Wheat</b>									
BBQ Sauce	MCPS Made			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Pulled Chicken	Tyson										
<b>Beef Enchilada Tacos</b>		<b>Milk, Soy, Wheat</b>									
Enchilada Sauce	Red Gold										
Mini Round Flatbreads	Rich's			Y					Y		
Cheese	Land O Lakes		Y								
Shredded Beef	International Food Solutions										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Beef Loaded Potatoes</b>		<b>Milk, Soy</b>									
Beef Taco Mixture	MCPS Made			Y							
Cheese Sauce	MCPS Made		Y	Y							
Seasoned Potatoes	McCain										
<b>Beef Nachos with Salsa, Lettuce &amp; Tomatoes</b>		<b>Milk, Soy</b>									
Beef Taco Mixture	MCPS Made			Y							
Cheese Sauce	MCPS Made		Y	Y							
Tortilla Pieces	Casa De Carmen										
<b>Beef Philly Sandwich</b>		<b>Milk, Soy, Wheat</b>									
Local Sub Roll	H & S Bakery			Y					Y		
Cheese	Land O Lakes		Y								
Peppers & Onions	N/A										
Shredded Beef	International Food Solutions										
<b>Beef Tacos</b>		<b>Milk, Soy, Wheat</b>									
Beef Taco Mixture	MCPS Made			Y							
Mini Round Flatbreads	Rich's			Y					Y		
Cheese	Land O Lakes		Y								
<b>Chicken &amp; Vegetable Dumplings</b>		<b>Milk, Soy, Wheat</b>									
<b>Chicken &amp; Waffles</b>		<b>Eggs, Milk, Soy, Wheat</b>									
Belgian Waffle	Waffle Envy	Y	Y						Y		
Chicken Bite	Tyson's			Y					Y		
<b>Chicken &amp; Waffle Flatbread Sandwich</b>		<b>Milk, Soy, Wheat</b>									
Waffle Flatbread	Rich's		Y		Y				Y		
Chicken Patty	Tyson's								Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Chicken Bite Bowl</b>		<b>Milk, Soy, Wheat</b>									
Chicken Bite	Tyson's			Y					Y		
Mashed Potatoes	Idahoan		Y	Y							
Gravy	MCPS Made		Y	Y					Y		
Corn	N/A										
<b>Breaded Chicken Drumstick with Mashed Potatoes</b>		<b>Milk, Soy, Wheat</b>									
Chicken Drumstick, Breaded	Tyson's								Y		
Mashed Potatoes	Idahoan		Y	Y							
<b>Chicken Parm Sub</b>		<b>Milk, Soy, Wheat</b>									
Chicken Bite	Tyson's			Y					Y		
Marinara Sauce	MCPS Made			Y							
Cheese	Land O Lakes		Y								
Local Sub Roll	H & S Bakery			Y					Y		
<b>Chicken Philly Sandwich</b>		<b>Milk, Soy, Wheat</b>									
Local Sub Roll	H & S Bakery			Y					Y		
Cheese	Land O Lakes		Y								
Peppers & Onions	N/A										
Pulled Chicken	Tyson										
<b>Cuban Seasoned Beef with Rice</b>		<b>None</b>									
Shredded Beef	International Food Solutions										
Peppers & Onions	N/A										
Tomato Sauce Mixture	MCPS Made										
Brown Rice	Par Excellence										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Chicken Tacos</b>		<b>Milk, Soy, Wheat</b>									
Cheese	Land O Lakes		Y								
Mini Round Flatbreads	Rich's			Y					Y		
Peppers & Onions	N/A										
Pulled Chicken	Tyson										
<b>Curry Chicken with Rice</b>		<b>None</b>									
Brown Rice	Par Excellence										
Curry Sauce	MCPS Made										
Pulled Chicken	Tyson										
<b>French Toast Sticks with Sausage</b>		<b>Soy, Wheat, Pork</b>									
French Toast Sticks	Rich's			Y					Y		
Syrup	Madiera Farms										
Sausage Links	Tyson										Y
<b>Hunan Orange Chicken with Rice</b>		<b>Soy, Wheat, Pork</b>									
Chicken Bites	Gold Creek			Y					Y		
Hunan Orange Sauce	JTM			Y							
Brown Rice	Par Excellence										
<b>Korean BBQ Chicken Drumstick w/ Rice</b>		<b>Soy</b>									
Chicken Drumstick, Glazed	Tyson's			Y							
Sauce, Korean BBQ	JTM										
Brown Rice	Par Excellence										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Mac &amp; Cheese with Chicken Bites &amp; Rolls</b>		<b>Milk, Soy, Wheat</b>									
Cheese Sauce	MCPS Made		Y	Y					Y		
Chicken Bites	Tyson			Y					Y		
Macaroni Pasta	Barilla								Y		
Local Dinner Roll	H & S Bakery			Y					Y		
<b>Mandarin Orange Chicken w/ Veg Rice</b>		<b>Egg, Soy, Wheat</b>									
Mandarin Orange Chicken	Yang's 5 <sup>th</sup> Choice	Y		Y					Y		
Veggie Rice	Schwan's			Y					Y		
<b>Meatball Sub</b>		<b>Soy, Wheat</b>									
Local Sub Roll	H & S Bakery			Y					Y		
Marinara Sauce	MCPS Made			Y							
Meatball, Beef	JTM										
<b>Penne w/ Meatballs</b>		<b>Soy, Wheat</b>									
Penne Pasta	Barilla								Y		
Marinara Sauce	MCPS Made			Y							
Meatball, Beef	JTM										
<b>Ranch Chicken Power Bowl</b>		<b>Eggs, Milk, Soy, Wheat</b>									
Chicken Bites	Tyson			Y					Y		
Cheese	Land O Lakes		Y								
Ranch Dressing	MCPS Made	Y	Y	Y							
Brown Rice	Par Excellence										
<b>Rotini with Beef Sauce &amp; Roll</b>		<b>Eggs, Soy, Wheat</b>									
<b>Southwest Beef &amp; Rice Bowl</b>		<b>Milk, Soy</b>									
Beef Taco Mixture	MCPS Made			Y							

Cheese	Land O Lakes		Y								
Brown Rice	Par Excellence										
<b>MENU ITEM</b>	<b>BRAND</b>	<b>EGGS</b>	<b>MILK</b>	<b>SOY</b>	<b>PEANUTS</b>	<b>TREE NUTS</b>	<b>FISH</b>	<b>SHELLFISH</b>	<b>WHEAT</b>	<b>SESAME</b>	<b>PORK</b>
<b>Southwest Power Bowl</b>		<b>Eggs, Milk, Soy, Wheat</b>									
Assorted Veggies	N/A										
Power Bowl Grain Mix	Uncle Bens								Y		
Pulled Chicken	Tyson's										
Ranch Dressing	MCPS Made	Y	Y	Y							
<b>Spicy Chicken Power Bowl</b>		<b>Eggs, Milk, Soy, Wheat</b>									
Assorted Veggies	N/A										
Power Bowl Grain Mix	Uncle Bens								Y		
Spicy Chicken	Tyson's		Y						Y		
Ranch Dressing	MCPS Made	Y	Y	Y							
<b>Sweet N Sour Chicken with Rice</b>		<b>Soy</b>									
Brown Rice	Par Excellence										
Pulled Chicken	Tyson's										
Sweet N Sour Sauce	MCPS Made			Y							
<b>Teriyaki Chicken &amp; Broccoli with Rice</b>		<b>Soy, Wheat</b>									
Broccoli	N/A										
Brown Rice	Par Excellence										
Pulled Chicken	Tyson's										
Teriyaki Sauce	MCPS Made			Y					Y		
<b>Turkey Dinner</b>		<b>Milk, Soy, Wheat</b>									
Turkey, Thick Cut	Cargill										
Mashed Potatoes	Idahoan		Y	Y							



Gravy	MCPS Made		Y	Y					Y		
Local Rolls	H&S Bakery			Y					Y		
MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>PLANT-BASED &amp; PLANT-FORWARD ENTRÉES</b>											
<b>Bean &amp; Cheese Nachos with Salsa, Lettuce &amp; Tomatoes</b>		<b>Milk, Soy</b>									
Beans, Pinto	MCPS Made			Y							
Cheese Sauce	MCPS Made		Y	Y							
Tortilla Pieces	Casa De Carmen										
<b>Cheese Nachos with Salsa, Lettuce &amp; Tomatoes</b>		<b>Milk, Soy</b>									
Cheese Sauce	MCPS Made		Y	Y							
Tortilla Pieces	Casa De Carmen										
<b>Chik'N &amp; Broccoli Teriyaki</b>		<b>Milk, Soy, Wheat</b>									
Chik'N Nuggets	Kellogg's			Y					Y		
Assorted Vegetables	N/A										
Brown Rice	Par Excellence										
Teriyaki Sauce	MCPS Made			Y					Y		
<b>Chik'N Bite Bowl</b>		<b>Milk, Soy, Wheat</b>									
Chik'N Nuggets	Kellogg's			Y					Y		
Mashed Potatoes	Idahoan		Y	Y							
Corn	N/A										
<b>Chik'N Parm Sub</b>		<b>Milk, Soy, Wheat</b>									
Chik'N Nuggets	Kellogg's			Y					Y		
Marinara Sauce	MCPS Made			Y							
Cheese	Land O Lakes		Y								
Local Sub Roll	H & S Bakery			Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Chik'N &amp; Waffle Flatbread Sandwich</b>		<b>Milk, Soy, Wheat</b>									
Waffle Flatbread	Rich's		Y						Y		
Chik'N Nuggets	Morning Star Farms			Y					Y		
<b>Curry Chickpeas w/ Rice</b>		<b>N/A</b>									
Chickpeas	N/A										
Curry Sauce	MCPS										
Brown Rice	Par Excellence										
<b>French Toast Sticks with Chik'N</b>		<b>Soy, Wheat</b>									
French Toast Sticks	Rich's			Y					Y		
Syrup	Madiera Farms										
Chik'N Nuggets	Kellogg's			Y					Y		
<b>Korean BBQ Chik'N w/ Rice</b>		<b>Soy, Wheat</b>									
Chik'N Nuggets	Morning Star Farms			Y					Y		
Sauce, Korean BBQ	JTM										
Brown Rice	Par Excellence										
<b>Mac &amp; Cheese with Chik'N Nuggets &amp; Roll</b>		<b>Milk, Soy, Wheat</b>									
Cheese Sauce	MCPS Made		Y	Y							
Chik'N Nuggets	Kellogg's			Y					Y		
Local Dinner Roll	H & S Bakery			Y					Y		
Macaroni Noodles	Barilla								Y		
<b>Spicy Chik'N Street Tacos</b>		<b>Soy, Wheat</b>									
Assorted Vegetables	N/A										
Chik'N Nuggets	Kellogg's			Y					Y		
Mini Round Flatbreads	Rich's			Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Sweet N Sour Chik'N with Rice</b>		<b>Soy, Wheat</b>									
Brown Rice	Par Excellence										
Chik'N Nuggets	Kellogg's			Y					Y		
Sweet N Sour Sauce	MCPS Made			Y							
<b>Teriyaki Edamame &amp; Broccoli with Rice</b>		<b>Soy, Wheat</b>									
Assorted Vegetables	N/A										
Brown Rice	Par Excellence										
Teriyaki Sauce	MCPS Made			Y					Y		
<b>Veggie Burger on Bun</b>		<b>Soy, Wheat</b>									
Local Hamburger Bun	H & S Bakery			Y					Y		
Veggie Patty	Dr. Praeger's			Y					Y		
<b>Veggie Loaded Potatoes</b>		<b>Milk, Soy</b>									
Three Bean Chili	MCPS Made										
Cheese Sauce	MCPS Made		Y	Y							
Seasoned Potatoes	McCain										
<b>Veggie Power Bowl</b>		<b>Wheat</b>									
Assorted Vegetables	N/A										
Power Bowl Grain Mix	Uncle Bens								Y		
Roasted Chickpeas	Go Bonzos										
Sweet Mustard Dressing	MCPS Made										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>FROM THE FARMS</b>											
<b>Baked Fries</b>		<b>None</b>									
<b>Entrée Salad, Chef</b>		<b>Eggs, Milk, Soy, Wheat</b>									
Assorted Vegetables	N/A										
Deli Meat, Turkey	Shady Brook Farms										
Local Dinner Roll	H & S Bakery			Y					Y		
Ranch Dressing	MCPS Made	Y	Y	Y							
<b>Entrée Salad, Chickpea</b>		<b>Soy, Wheat</b>									
Assorted Vegetables	N/A										
Local Dinner Roll	H & S Bakery			Y					Y		
Roasted Chickpeas	Go Bonzos										
Sweet Mustard Dressing	MCPS Made										
<b>Entrée Salad, Chik'N</b>		<b>Milk, Soy, Wheat</b>									
Assorted Vegetables	N/A										
Chik'N Nuggets	Kellogg's			Y					Y		
Local Dinner Roll	H & S Bakery			Y					Y		
Sweet Mustard Dressing	MCPS Made										
<b>Entrée Salad, Chicken</b>		<b>Milk, Soy, Wheat</b>									
Assorted Vegetables	N/A										
Local Dinner Roll	H & S Bakery			Y					Y		
Diced Chicken	N/A										
Ranch Dressing	MCPS Made	Y	Y	Y							

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Entrée Salad, Spicy Chicken</b>		<b>Milk, Soy, Wheat</b>									
Assorted Vegetables	N/A										
Local Dinner Roll	H & S Bakery			Y					Y		
Spicy Chicken Patty	Tyson										
Ranch Dressing	MCPS Made	Y	Y	Y							
<b>Entrée Salad, Taco</b>		<b>Eggs, Soy, Wheat</b>									
Assorted Vegetables	N/A										
Beef Taco Mixture	MCPS Made			Y							
Salsa Ranch Dressing	MCPS Made	Y	Y	Y							
Tortilla Pieces	Casa De Carmen										
<b>Fresh Baby Carrots<sup>IW</sup></b>		<b>None</b>									
<b>Fresh Celery Sticks</b>		<b>None</b>									
<b>Fresh Cucumber Slices</b>		<b>None</b>									
<b>Fresh Grape Tomatoes</b>		<b>None</b>									
<b>Fresh Side Salad</b>		<b>None</b>									
<b>Fresh Spinach, Romaine, &amp; Craisin Salad</b>		<b>None</b>									
<b>Garlic &amp; Herb Broccoli</b>		<b>Milk</b>									
<b>Roasted Chickpeas<sup>IW</sup></b>		<b>None</b>									
<b>Roasted Corn</b>		<b>None</b>									
<b>Roasted Green Beans</b>		<b>None</b>									
<b>Southwest Seasoned Pinto Beans</b>		<b>None</b>									
<b>Soup, Broccoli Cheddar</b>		<b>Milk</b>									
<b>Soup, Butternut Squash</b>		<b>None</b>									
<b>Soup, Chicken, Vegetable, &amp; Ancient Grain</b>		<b>Soy, Wheat</b>									

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Soup, Chili</b>		<b>Soy</b>									
<b>Soup, Tomato</b>		<b>Milk</b>									
<b>Sweet-Heat Potatoes</b>		<b>None</b>									
<b>FAN FAVORITES</b>											
<b>Cheeseburger on Bun</b>		<b>Milk, Soy, Wheat</b>									
Beef Patty	JTM										
Cheese	Land O Lakes		Y								
Local Hamburger Roll	H & S Bakery			Y					Y		
<b>Cheese Crunchers with Marinara Sauce<sup>IW</sup></b>		<b>Milk, Soy, Wheat</b>									
<b>Chicken Sandwich on Bun</b>		<b>Soy, Wheat</b>									
Chicken Patty	Tyson's			Y					Y		
Local Hamburger Roll	H & S Bakery			Y					Y		
<b>Hot Dog on Bun</b>		<b>Soy, Wheat</b>									
Turkey Frank	Jenni-O										
Local Hot Dog Roll	H & S Bakery			Y					Y		
<b>Grilled Cheese</b>		<b>Milk, Soy, Wheat</b>									
<b>Pizza, Cheese</b>		<b>Milk, Soy, Wheat</b>									
<b>Pizza, Pepperoni</b>		<b>Milk, Soy, Wheat</b>									
<b>Spicy Chicken Tenders with Roll</b>		<b>Milk, Soy, Wheat</b>									
Local Dinner Roll	H & S Bakery			Y					Y		
Spicy Chicken Tenders	Gold Creek			Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>GRAB 'N GO</b>											
<b>Cold Cut Sub</b>		<b>Milk, Soy, Wheat</b>									
Cheese	Land O Lakes		Y								
Deli Meat, Turkey	Shady Brook Farms										
Local Sub Roll	H & S Bakery			Y					Y		
<b>Fruit &amp; Yogurt Parfait with Granola</b>		<b>Milk, Soy, Wheat</b>									
Fruit, Assorted	N/A										
Granola	Kellogg's			Y					Y		
Yogurt	Upstate Farms		Y								
<b>Hummus<sup>IW</sup> &amp; Rounds<sup>IW</sup></b>		<b>None</b>									
<b>PB&amp;J Sandwich<sup>IW</sup>, Smuckers</b>		<b>Soy, Peanuts, Wheat</b>									
<b>Dressings</b>											
<b>MCPS Made Ranch</b>			<b>Egg, Milk, Soy</b>								
<b>MCPS Made Spinach Dressing</b>			<b>Soy</b>								
<b>MCPS Made Sweet Mustard</b>			<b>None</b>								