

# MCPS Division of Food and Nutrition Services Elementary School Allergen Information

Revised June 2023



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 **June 8, 2023.**

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 ENTRÉES</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	Four in one										
<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; Turkey Sausage Bagel<sup>IW</sup></b>		<b>Eggs, Milk, Soy, Wheat</b>									
<b>French Toast Sticks w Syrup</b>		<b>Soy, Wheat</b>									
French Toast Sticks	Rich's			Y					Y		
Syrup	Four in one										
<b>Fruit &amp; Yogurt Parfait with Granola</b>		<b>Milk, Soy, Wheat</b>									
Fruit, Assorted	N/A										
Granola	Kellogg's			Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Yogurt	Upstate Farms		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>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	Jenni-O										
<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								
<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>HOT PACK ENTRÉES</b>											
<b>BBQ Beef Sandwich w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
BBQ Sauce	MCPS Made			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Pulled Beef	International Food Solutions										
Assorted Vegetables	N/A										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>BBQ Pulled Chicken Sandwich w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
BBQ Sauce	MCPS Made			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Pulled Chicken	Tyson's										
Assorted Vegetables	N/A										
<b>Breaded Chicken Drumstick w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Chicken Drumstick, Breaded	Tyson's								Y		
Local Dinner Roll	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
<b>Buffalo Chicken &amp; Cheese on <i>Maryland Made</i> Croissant</b>		<b>Egg, Milk, Soy, Wheat</b>									
Deli Meat, Buffalo Chicken	Tyson										
Cheese	Land O Lakes		Y								
Local Croissant	Hadley Farms	Y	Y	Y					Y		
<b>Cheese Crunchers w/ Marinara Sauce</b>		<b>Milk, Soy, Wheat</b>									
Cheese Crunchers	Rich's		Y						Y		
Marinara Sauce	MCPS Made			Y							
<b>Chicken Bites w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Chicken Bites	Tyson			Y					Y		
Assorted Vegetables	N/A										
<b>Chicken Bites w/ Cheesy Spinach</b>		<b>Milk, Soy, Wheat</b>									
Chicken Bites	Tyson			Y					Y		
Cheesy Spinach	MCPS Made		Y	Y							
<b>Chicken Bites w/ Ranchero Beans</b>		<b>Soy, Wheat</b>									
Chicken Bites	Tyson			Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Ranchero Beans	MCPS Made			Y							
<b>Chicken Ham &amp; Cheese on Maryland Made Croissant</b>		<b>Egg, Milk, Soy, Wheat</b>									
Deli Meat, Chicken	Tyson										
Cheese	Land O Lakes		Y								
Local Croissant	Hadley Farms	Y	Y	Y					Y		
<b>Chicken Nuggets w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Chicken Nuggets	Tyson			Y					Y		
Assorted Vegetables	N/A										
<b>Chicken Nuggets w/ Blueberry Bread</b>		<b>Egg, Soy, Wheat</b>									
Chicken Nuggets	Tyson			Y					Y		
Blueberry Bread	MCPS Made	Y		Y					Y		
<b>Chicken Taco w/ Assorted Vegetables</b>		<b>Milk, Soy, Wheat</b>									
Chicken Taco Mixture	MCPS Made										
Cheese	Land O Lakes		Y								
Whole Flatbread	Rich's		Y	Y					Y		
Assorted Vegetables	N/A										
<b>Chik'N Nuggets w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Chik'N Nuggets	Kellogg's			Y					Y		
Assorted Vegetables	N/A										
<b>Crunchy Taco w/ Assorted Vegetables</b>		<b>Milk, Soy</b>									
Beef Taco Mixture	MCPS Made			Y							
Cheese	Land O Lakes		Y								
Whole Grain Scoops	Tostitos										
Assorted Vegetables	N/A										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Curry Chickpeas w/ Rice</b>		<b>None</b>									
Curry Chickpeas	MCPS Made										
Brown Rice	Par Excellence										
<b>French Toast Sticks w/ Sausage &amp; Syrup</b>		<b>Soy, Wheat</b>									
French Toast Sticks	Rich's			Y					Y		
Sausage Links	Tyson										Y
Syrup	Four in one										
<b>Grilled Cheese w/ Assorted Vegetables</b>		<b>Milk, Soy, Wheat</b>									
Grilled Cheese Sandwich	Integrated Food Service		Y	Y					Y		
Assorted Vegetables	N/A										
<b>Hamburger w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Beef Patty	JTM										
Local Hamburger Bun	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
<b>Hot Dog w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Turkey Frank	Butterball										
Local Hotdog Bun	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
<b>Hot Dog w/ Ranchero Beans</b>		<b>Soy, Wheat</b>									
Turkey Frank	Butterball										
Local Hotdog Bun	H & S Bakery			Y					Y		
Ranchero Beans	MCPS Made			Y					Y		
<b>Mac &amp; Cheese w/ Fish Bites</b>		<b>Milk, Soy, Fish, Wheat</b>									
Mac & Cheese	MCPS Made		Y	Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Fish Bites	H & S Bakery		Y	Y			Y		Y		
<b>Meatball Sub w/ Marinara Sauce &amp; Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Beef Meatballs	JTM										
Local Hotdog Bun	H & S Bakery			Y					Y		
Marinara Sauce	MCPS Made			Y							
Assorted Vegetables	N/A										
<b>Mini Chicken Tacos w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Chicken Taco Mixture	MCPS Made										
Mini Round Flats	Rich's		Y	Y					Y		
Assorted Vegetables	N/A										
<b>Penne Pasta w/ Homestyle Meatsauce</b>		<b>Egg, Soy, Wheat</b>									
Penne Pasta	Marzetti	Y							Y		
Homestyle Meatsauce	MCPS Made			Y							
<b>Potato Crisp Fish Filet Sandwich</b>		<b>Eggs, Milk, Soy, Fish, Wheat</b>									
Potato Crusted Fish Filet	Highliner	Y	Y	Y			Y		Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
<b>Rotini w/ Beef Sauce &amp; Assorted Vegetables</b>		<b>Eggs, Soy, Wheat</b>									
Rotini w/Beef Sauce	JTM	Y		Y					Y		
Assorted Vegetables	N/A										
<b>Scrambled Eggs &amp; Sausage w/ Waffle &amp; Potatoes</b>		<b>Eggs, Milk, Soy, Wheat</b>									
Scrambled Eggs	Sunny Fresh	Y	Y								
Sausage Links	Tyson										Y
Belgian Waffle	Waffle Envy	Y	Y						Y		
Seasoned Potatoes	Cavendish Farms										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Spaghetti &amp; Meatballs w/ Marinara</b>		<b>Egg, Soy, Wheat</b>									
Spaghetti Noodles	Marzetti	Y							Y		
Beef Meatballs	JTM										
Marinara Sauce	MCPS Made			Y							
<b>Spicy Chicken Tenders w/ Assorted Vegetables</b>		<b>Milk, Soy, Wheat</b>									
Spicy Chicken Tenders	Gold Creek		Y	Y					Y		
Assorted Vegetables	N/A										
<b>Teriyaki Beef Bites w/ Veggie Rice</b>		<b>Soy, Wheat, Sesame</b>									
Beef Bites	Schwan's										
Teriyaki Sauce	MCPS Made			Y					Y		
Veggie Rice	Schwan's			Y					Y	Y	
<b>Teriyaki Meatballs w/ Veggie Rice</b>		<b>Soy, Wheat</b>									
Beef Meatballs	JTM			Y							
Teriyaki Sauce	MCPS Made			Y					Y		
Veggie Rice	Schwan's			Y					Y		
<b>Three Bean Chili w/ Assorted Vegetables</b>		<b>Soy</b>									
Three Bean Chili	MCPS Made			Y							
Assorted Vegetables	N/A										
<b>Turkey &amp; Cheese on Maryland Made Croissant</b>		<b>Egg, Milk, Soy, Wheat</b>									
Deli Meat, Turkey	Shady Brook Farms										
Cheese	Land O Lakes		Y								
Local Croissant	Hadley Farms	Y	Y	Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Turkey Ham &amp; Cheese on <i>Maryland Made</i> Croissant</b>		<b>Egg, Milk, Soy, Wheat</b>									
Deli Meat, Turkey Ham	Shady Brook Farms										
Cheese	Land O Lakes		Y								
Local Croissant	Hadley Farms	Y	Y	Y					Y		
<b>Turkey Sausage &amp; Cheese Egg Bites w/Seasoned Potatoes</b>		<b>Egg, Milk</b>									
Egg Bites, Turkey Sausage & Cheese	Cargill	Y	Y								
Seasoned Potatoes	Cavendish Farms										
<b>Turkey Dinner</b>		<b>Milk, Soy, Wheat</b>									
Turkey	Butterball										
Mashed Potatoes	Idahoan		Y	Y							
Gravy	MCPS Made		Y	Y					Y		
Local Rolls	H&S Bakery			Y					Y		
<b>Veggie Burger w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Veggie Patty	Dr. Praeger's			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
<b>CARGO ENTRÉES</b>											
<b>Belgian Waffle<sup>IW</sup> w/Yogurt<sup>IW</sup></b>		<b>Eggs, Milk, Wheat</b>									
Belgian Waffle	Waffle Envy	Y	Y						Y		
Yogurt	Upstate Farms		Y								
<b>Chicken Patty on Bun</b>		<b>Soy, Wheat</b>									
Chicken Patty	Tyson's			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
<b>Hummus<sup>IW</sup> &amp; Rounds<sup>IW</sup></b>		<b>None</b>									



MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Mini Cheese Calzones w/Marinara Sauce<sup>™</sup></b>		<b>Milk, Soy, Wheat</b>									
Mini Cheese Calzones	Tools for Schools		Y	Y					Y		
Marinara Sauce	Red Gold										
<b>Mini Pancakes<sup>™</sup> w/Yogurt<sup>™</sup> &amp; Cheese Stick<sup>™</sup></b>		<b>Egg, Milk, Soy, Wheat</b>									
Mini Pancakes	Kellogg's	Y	Y	Y					Y		
Yogurt	General Mills		Y								
Cheese Stick	Land O Lakes		Y								
<b>PB&amp;J Sandwich<sup>™</sup>, Smuckers</b>		<b>Soy, Peanuts, Wheat</b>									
<b>Pepperoni &amp; Cheese Stuffed Sandwich<sup>™</sup></b>		<b>Milk, Soy, Wheat</b>									
<b>Pizza, Personal</b>		<b>Milk, Soy, Wheat</b>									
<b>Pizza, Stuffed Crust</b>		<b>Milk, Soy, Wheat</b>									
<b>VEGETABLE SIDES</b>											
<b>Baked French Fries</b>		<b>None</b>									
<b>Fresh Baby Carrots<sup>™</sup></b>		<b>None</b>									
<b>Fresh Celery Sticks</b>		<b>None</b>									
<b>Roasted Chickpeas<sup>™</sup></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>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>									
<b>Soup, Chili</b>		<b>Soy</b>									

<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>Soup, Tomato</b>		<b>Milk</b>									
<b>GRAINS</b>											
<b>Local Dinner Roll</b>		<b>Soy, Wheat</b>									
<b>Local Hamburger Roll</b>		<b>Soy, Wheat</b>									
<b>Local Hot Dog Roll</b>		<b>Soy, 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>									