

MCPS Division of Food and Nutrition Services Elementary School Allergen Information

Revised December 2022



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 **December 20, 2022.**

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
BREAKFAST ENTRÉES											
Belgian Waffle^{IW} with Syrup^{IW}		Eggs, Milk, Wheat									
Belgian Waffle	Waffle Envy	Y	Y						Y		
Syrup	Four in one										
Blueberry Chex Cereal^{IW}		None									
Egg & Cheese English Muffin^{IW}		Eggs, Milk, Wheat									
Egg & Turkey Sausage Bagel^{IW}		Eggs, Milk, Soy, Wheat									
French Toast Sticks w Syrup		Soy, Wheat									
French Toast Sticks	Rich's			Y					Y		
Syrup	Four in one										
Fruit & Yogurt Parfait with Granola		Milk, Soy, Wheat									
Fruit, Assorted	N/A										
Granola	Kellogg's			Y					Y		
Yogurt	Upstate Farms		Y								

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Honey Cheerios Cereal^{IW}		None									
Maryland-Made Cinnamon Roll^{IW}		Soy, Wheat									
Mini Cinnamon Bagel^{IW}		Milk, Wheat									
Mini Maple Pancakes^{IW}		Eggs, Milk, Soy, Wheat									
Mini Strawberry Bagel^{IW}		Milk, Wheat									
Turkey Ham & Cheese Breakfast Sandwich		Milk, Soy, Wheat									
Local Hamburger Roll	H & S Bakery			Y					Y		
Cheese	Land O Lakes		Y	Y							
Turkey Ham	Jenni-O										
Yogurt^{IW} & Oatmeal Breakfast Bar^{IW}		Eggs, Milk, Soy, Wheat									
Oatmeal Breakfast Bar	Darlington Snacks	Y	Y	Y					Y		
Yogurt	General Mills		Y								
Yogurt^{IW} with Grahams^{IW}		Milk, Soy, Wheat									
Grahams	Kellogg's			Y					Y		
Yogurt	General Mills		Y								
LUNCH											
HOT PACK ENTRÉES											
BBQ Beef Sandwich w/ Assorted Vegetables		Soy, Wheat									
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
Breaded Chicken Drumstick w/ Assorted Vegetables		Soy, Wheat									
Chicken Drumstick, Breaded	Tyson's								Y		
Local Dinner Roll	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
Cheese Crunchers w/Marinara Sauce		Milk, Soy, Wheat									
Cheese Crunchers	Rich's		Y						Y		
Marinara Sauce	MCPS Made			Y							
Chicken Bites w/Assorted Vegetables		Soy, Wheat									
Chicken Bites	Tyson			Y					Y		
Assorted Vegetables	N/A										
Chicken Bites w/Cheesy Spinach		Milk, Soy, Wheat									
Chicken Bites	Tyson			Y					Y		
Cheesy Spinach	MCPS Made		Y	Y							
Chicken Bites w/Ranchero Beans		Milk, Soy, Wheat									
Chicken Bites	Tyson			Y					Y		
Ranchero Beans	MCPS Made			Y							
Chicken Ham & Cheese on <i>Maryland Made</i> Croissant		Egg, Milk, Soy, Wheat									
Deli Meat, Chicken	Tyson										
Cheese	Land O Lakes		Y								
Local Croissant	Hadley Farms	Y	Y	Y					Y		
Chicken Nuggets w/Assorted Vegetables		Soy, Wheat									
Chicken Nuggets	Tyson			Y					Y		
Assorted Vegetables	N/A										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Chicken Nuggets w/Blueberry Bread		Egg, Soy, Wheat									
Chicken Nuggets	Tyson			Y					Y		
Blueberry Bread	MCPS Made	Y		Y					Y		
Chik'N Nuggets w/ Assorted Vegetables		Soy, Wheat									
Chik'N Nuggets	Kellogg's			Y					Y		
Assorted Vegetables	N/A										
Crunchy Taco w/ Assorted Vegetables		Milk, Soy									
Beef Taco Mixture	MCPS Made			Y							
Cheese	Land O Lakes		Y								
Whole Grain Scoops	Tostitos										
Assorted Vegetables	N/A										
Curry Chickpeas w/ Rice		None									
Curry Chickpeas	MCPS Made										
Brown Rice	Par Excellence										
French Toast Sticks w/ Sausage & Syrup		Soy, Wheat									
French Toast Sticks	Rich's			Y					Y		
Sausage Links	Tyson										Y
Syrup	Four in one										
Grilled Cheese w/ Assorted Vegetables		Milk, Soy, Wheat									
Grilled Cheese Sandwich	Integrated Food Service		Y	Y					Y		
Assorted Vegetables	N/A										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Hamburger w/ Assorted Vegetables		Soy, Wheat									
Beef Patty	JTM										
Local Hamburger Bun	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
Hot Dog w/ Assorted Vegetables		Soy, Wheat									
Turkey Frank	Butterball										
Local Hotdog Bun	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
Hot Dog w/ Ranchero Beans		Soy, Wheat									
Turkey Frank	Butterball										
Local Hotdog Bun	H & S Bakery			Y					Y		
Ranchero Beans	MCPS Made			Y					Y		
Mac & Cheese w/ Fish Bites		Milk, Soy, Fish, Wheat									
Mac & Cheese	MCPS Made		Y	Y					Y		
Fish Bites	H & S Bakery		Y	Y			Y		Y		
Meatball Sub w/ Marinara Sauce		Soy, Wheat									
Beef Meatballs	JTM										
Local Hotdog Bun	H & S Bakery			Y					Y		
Marinara Sauce	MCPS Made			Y							
Mini Chicken Tacos w/ Assorted Vegetables		Soy, Wheat									
Chicken Taco Mixture	MCPS Made										
Mini Round Flats	Rich's		Y	Y					Y		
Assorted Vegetables	N/A										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Potato Crisp Fish Filet Sandwich		Eggs, Milk, Soy, Fish, Wheat									
Potato Crusted Fish Filet	Highliner	Y	Y	Y			Y		Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Rotini w/ Beef Sauce & Assorted Vegetables		Eggs, Soy, Wheat									
Rotini w/Beef Sauce	JTM	Y		Y					Y		
Assorted Vegetables	N/A										
Scrambled Eggs & Sausage w/ Waffle & Potatoes		Eggs, Milk, Soy, Wheat									
Scrambled Eggs	Sunny Fresh	Y	Y								
Sausage Links	Tyson										Y
Belgian Waffle	Waffle Envy	Y	Y						Y		
Seasoned Potatoes	Cavendish Farms										
Spaghetti & Meatballs w/ Marinara		Egg, Soy, Wheat									
Spaghetti Noodles	Marzetti	Y							Y		
Beef Meatballs	JTM										
Marinara Sauce	MCPS Made			Y							
Teriyaki Meatballs w/ Veggie Rice		Soy, Wheat, Sesame									
Beef Meatballs	JTM										
Teriyaki Sauce	MCPS Made			Y					Y		
Veggie Rice	Schwan's			Y					Y	Y	
Three Bean Chili w/ Assorted Vegetables		Soy									
Three Bean Chili	MCPS Made			Y							
Assorted Vegetables	N/A										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Turkey Dinner		Milk, Soy, Wheat									
Turkey	Butterball										
Mashed Potatoes	Idahoan		Y	Y							
Gravy	MCPS Made		Y	Y					Y		
Local Rolls	H&S Bakery			Y					Y		
Veggie Burger w/ Assorted Vegetables		Soy, Wheat									
Veggie Patty	Dr. Praeger's			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
CARGO ENTRÉES											
Belgian Waffle^{IW} w/Yogurt^{IW}		Eggs, Milk, Wheat									
Belgian Waffle	Waffle Envy	Y	Y						Y		
Yogurt	Upstate Farms		Y								
Chicken Patty on Bun		Soy, Wheat									
Chicken Patty	Tyson's			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Hummus^{IW} & Rounds^{IW}		None									
Mini Cheese Calzones w/Marinara Sauce^{IW}		Milk, Soy, Wheat									
Mini Cheese Calzones	Tools for Schools		Y	Y					Y		
Marinara Sauce	Red Gold										
Mini Pancakes^{IW} w/Yogurt^{IW} & Cheese Stick^{IW}		Egg, Milk, Soy, Wheat									
Mini Pancakes	Kellogg's	Y	Y	Y					Y		
Yogurt	General Mills		Y								
Cheese Stick	Land O Lakes		Y								

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
PB&J Sandwich^{TW}, Smuckers		Soy, Peanuts, Wheat									
Pepperoni & Cheese Stuffed Sandwich^{TW}		Milk, Soy, Wheat									
Pizza, Personal		Milk, Soy, Wheat									
Pizza, Stuffed Crust		Milk, Soy, Wheat									
VEGETABLE SIDES											
Baked French Fries		None									
Fresh Baby Carrots^{TW}		None									
Fresh Celery Sticks		None									
Roasted Chickpeas^{TW}		None									
Fresh Cucumber Slices		None									
Fresh Grape Tomatoes		None									
Soup, Broccoli Cheddar		Milk									
Soup, Butternut Squash		None									
Soup, Chicken, Vegetable, & Ancient Grain		Soy, Wheat									
Soup, Chili		Soy									
Soup, Tomato		Milk									
GRAINS											
Local Dinner Roll		Soy, Wheat									
Local Hamburger Roll		Soy, Wheat									
Local Hot Dog Roll		Soy, Wheat									
Dressings											
MCPS Made Ranch		Egg, Milk, Soy									
MCPS Made Sweet Mustard		None									