



**2011-12 Allergy information
Elementary and Secondary Breakfast**

Information based on current recipes and manufactures' food labels.

Items listed separately. All condiments are not included

Information subject to change based on changes in manufactures recipe.

X-Indicates food allergen

Item	Portion	Peanuts	Treenuts	Egg	Wheat	Rye	Barley	Oats	Soy	Milk	MSG	Corn	Red Dye #40	Pork
Milk														
Chocolate, Skim	8oz									x		x		
White, 1%, & Skim	8oz									x				
Juice														
Apple	4oz													
Apple - Cherry	4 oz													
Blue Rasbery	4 oz												x	
Grape	4oz													
Orange	4oz													
Sour Apple	4 oz													
Fruit- *may contain lite corn syrup														
Applesauce	1/2 cup													
Fruit, Fresh - all varieties	1 each													
Mixed Fruit* - canned	1/2 cup											x		
Peaches*-canned	1/2 cup											x		
Pears* - canned	1/2 cup											x		
Pineapple* -canned	1/2 cup											x		
Cereal														
Breakfast Breaks- Apple Cheerios	1 pkg				x		x	x	x	x		x		
Breakfast Breaks- Trix	1 pkg				x		x		x	x		x	x	
Cheerios, Frosted	1 bowl				x			x				x	color added	
Cheerios, Fruity	1 bowl				x			x				x	x	
Cheerios, Honey Nut	1 bowl		almond		x			x				x		
Cinnamon Toast Crunch Reduced Sugar	1 bowl				x				x				color added	
Cocoa Puffs	1 bowl											x		
Cookie Crisp	1 bowl				x				x			x	olor added	
Corn Flakes	1 bowl				x		Malt					x		
Frosted Flakes	1 bowl				x		Malt					x		
Granola, Cruncy Cluster (Parfait)	2oz						Malt		x			x		
Grits	1 cup											x		
Kix	1 bowl											x		
Lucky Charms	1 bowl							x				x	x	Gelatin
Oatmeal	1 bowl							x						
Entrée items														
Bagel, Egg and Cheese	1 each			x	x		x		x	x		x		
Bagel, Sausage and Cheese	1 each				x		x		x	x		x		x
Bagelwich, Egg and Cheese	1 each			x	x		x		x	x		x		
Bagelwich, Turkey, Ham and Cheese	1 each				x		x		x	x		x		
Biscuit	1 each				x		x		x	x				
Biscuit & Gravy	1 each				x		x		x	x	x	x		x
Biscuit, Chicken Patty	1 each			x	x		x		x	x		x		
Biscuit, Egg & Cheese	1 each			x	x		x		x	x				
Biscuit, Sausage (Pork) & Cheese	1 each				x		x		x	x		x		x
Biscuit, Sausage (Turkey) & Cheese	1 each				x		x		x	x				
Breakfast Pizza	1 each				x		x		x	x		x		x
Breakfast Pizza, Bacon Scramble	1 each			x	x		x		x	x		x		x
Cheese Omelet	1 each			x					x	x				
Chicken Breakfast Patty	1 each			x	x				x	x		x		
Cinnamon Roll	1 each			x	x		x		x	x		x	rtificial color	

