

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

Revised July 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 **07/26/24**.

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 ENTRÉES</b>											
<b>Banana Bread<sup>IW</sup></b>		<b>Eggs, Milk, Soy, Wheat</b>									
<b>Bagel, Honey Wheat<sup>IW</sup></b>		<b>Soy, Wheat</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 Biscuit Sandwich<sup>IW</sup></b>		<b>Milk, Soy, Wheat</b>									
<b>French Toast Sticks w Syrup</b>		<b>Soy, Wheat</b>									
French Toast Sticks	Rich's			Y					Y		
Syrup	Madiera Farms										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<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>Honey Cheerios Cereal<sup>™</sup></b>		<b>None</b>									
<b>Maryland-Made Cinnamon Roll<sup>™</sup></b>		<b>Soy, Wheat</b>									
<b>Mini Cinnamon Bagel<sup>™</sup></b>		<b>Milk, Wheat</b>									
<b>Mini Maple Pancakes<sup>™</sup></b>		<b>Eggs, Milk, Soy, Wheat</b>									
<b>Mini Strawberry Bagel<sup>™</sup></b>		<b>Milk, Wheat</b>									
<b>Strawberry Banana Smoothie<sup>™</sup></b>		<b>Milk</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	Butterball										
<b>Turkey Ham &amp; Cheese on Hawaiian Bun<sup>™</sup></b>		<b>Milk, Soy, Wheat</b>									
<b>Yogurt<sup>™</sup> with Grahams<sup>™</sup></b>		<b>Milk, Soy, Wheat</b>									
Grahams	Kellogg's			Y					Y		
Yogurt	Upstate Farms		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 Turkey Sandwich w/Assorted Vegetables</b>		<b>Soy, Wheat</b>									
BBQ Base	Midas International			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Turkey Thigh Meat	Butterball										
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	Tasty Brands										
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>Cheese Lasagna Roll Up w/ Marinara Sauce</b>		<b>Milk, Soy, Wheat</b>									
Lasagna Roll Up	Tasty Brands		Y	Y					Y		
Marinara Sauce	MCPS Made			Y							
<b>Chicken Bites w/Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Chicken Bites/Mini Chicken Bites	Tyson/Gold Creek			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							

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Chicken Bites w/Ranchero Beans</b>		<b>Soy, Wheat</b>									
Chicken Bites/Mini Chicken Bites	Tyson/Gold Creek			Y					Y		
Ranchero Beans	MCPS Made			Y					Y		
<b>Chicken Drumstick, Glazed w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Chicken Drumstick, Glazed	Tyson										
Local Dinner Roll	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
<b>Turkey Ham &amp; Cheese on <i>Maryland Made</i> Croissant</b>		<b>Egg, Milk, Soy, Wheat</b>									
Deli Meat, Turkey Ham	Butterball										
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								
Walking Taco, Corn Chips	Frito Lay										
Assorted Vegetables	N/A										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Chik'N Nuggets w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Chik'N Nuggets	Morningstar Farms			Y					Y		
Assorted Vegetables	N/A										
<b>Chik'n Nuggets w/ Mac &amp; Cheese</b>		<b>Milk, Soy, Wheat</b>									
Chik'N Nuggets	Morningstar Farms			Y					Y		
Mac & Cheese	MCPS Made		Y	Y					Y		
<b>Chik'n Parmesan w/ Penne Pasta</b>		<b>Soy, Wheat</b>									
Chik'N Nuggets	Morningstar Farms			Y					Y		
Penne Pasta	Marzetti								Y		
Dinner Roll	H & S Bakery			Y					Y		
Marinara Sauce	MCPS Made			Y							
<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										
<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	Madiera Farms										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Hamburger w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Beef Patty	DonLee Farms										
Local Hamburger Bun	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
<b>Korean BBQ Turkey w/ Veggie Rice</b>		<b>Soy, Wheat</b>									
Turkey Meat, White	Butterball										
Korean BBQ Sauce	JTM			Y							
Veggie Rice	Schwan's			Y					Y		
<b>Mini Hot Dogs w/ Assorted Vegetables</b>		<b>Soy, Wheat</b>									
Mini Beef Franks	Eisenberg										
Mini Hot Dog Buns	Eisenberg			Y					Y		
Assorted Vegetables	N/A										
<b>Mini Hot Dogs w/ Ranchero Beans</b>		<b>Soy, Wheat</b>									
Mini Beef Frank	Eisenberg										
Mini Hot Dog Buns	Eisenberg			Y					Y		
Ranchero Beans	MCPS Made			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										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<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		
Homestyle Meatsauce	MCPS Made			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										
Seasoned Potatoes	Cavendish Farms										
<b>Penne &amp; Meatballs w/ Marinara Sauce</b>		<b>Egg, Soy, Wheat</b>									
Penne Pasta	Marzetti								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	Tyson/Don yLee Farms			Y						Y	
Teriyaki Sauce	MCPS Made			Y					Y		
Veggie Rice	Schwan's			Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<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 Frank w/ Ranchero Beans</b>											
Turkey Frank	Jennie O										
Ranchero Beans	MCPS Made			Y					Y		
<b>Turkey &amp; Cheese on <i>Maryland Made</i> Croissant</b>		<b>Egg, Milk, Soy, Wheat</b>									
Deli Meat, Turkey	Butterball										
Cheese	Land O Lakes		Y								
Local Croissant	Hadley Farms	Y	Y	Y					Y		
<b>Turkey Ham &amp; Cheese on <i>Maryland Made</i> Croissant</b>		<b>Egg, Milk, Soy, Wheat</b>									
Deli Meat, Turkey Ham	Butterball										
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	McCain's										



MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>Turkey Dinner</b>		<b>Milk, Soy, Wheat</b>									
Turkey Meat, White	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										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<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>Beef &amp; Cheese Taco Crisp Ups<sup>IW</sup></b>		<b>Milk, Soy</b>									
<b>Cheesy Pull Apart<sup>IW</sup></b>		<b>Milk, Soy, Wheat</b>									
<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>Chicken Enchilada Empanada<sup>IW</sup></b>		<b>Milk, Soy, Wheat</b>									
<b>Grilled Cheese<sup>IW</sup></b>		<b>Milk, Soy, Wheat</b>									
<b>Hummus<sup>IW</sup> &amp; Rounds<sup>IW</sup></b>		<b>None</b>									
<b>Mini Pancakes<sup>IW</sup> w/Yogurt<sup>IW</sup> &amp; Cheese Stick<sup>IW</sup></b>		<b>Egg, Milk, Soy, Wheat</b>									
Mini Pancakes	Kellogg's	Y	Y	Y					Y		
Yogurt	Upstate Farms		Y								
Cheese Stick	Land O Lakes		Y								
<b>PB&amp;J Sandwich<sup>IW</sup>, Smuckers</b>		<b>Soy, Peanuts, Wheat</b>									
<b>Pepperoni &amp; Cheese Stuffed Sandwich<sup>IW</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>									

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
<b>VEGETABLE SIDES</b>											
<b>Crinkle Cut Potatoes</b>		None									
<b>Fresh Baby Carrots<sup>TW</sup></b>		None									
<b>Fresh Celery Sticks</b>		None									
<b>Roasted Chickpeas<sup>TW</sup></b>		None									
<b>Fresh Cucumber Slices</b>		None									
<b>Fresh Grape Tomatoes</b>		None									
<b>Fresh Side Salad</b>		None									
<b>Fresh Spinach, Romaine, &amp; Craisin Salad</b>		None									
<b>Soup, Broccoli Cheddar</b>		Milk									
<b>Soup, Butternut Squash</b>		None									
<b>Soup, Chicken, Vegetable, &amp; Ancient Grain</b>		Soy, Wheat									
<b>Soup, Chili</b>		Soy									
<b>Soup, Tomato</b>		Milk									
<b>GRAINS</b>											
<b>Local Dinner Roll</b>		Soy, Wheat									
<b>Local Hamburger Roll</b>		Soy, Wheat									
<b>Local Hot Dog Roll</b>		Soy, Wheat									
<b>Dressings</b>											
<b>MCPS Made Ranch</b>		Egg, Milk, Soy									
<b>MCPS Made Spinach Dressing</b>		Soy									
<b>MCPS Made Sweet Mustard</b>		None									