

MCPS Division of Food and Nutrition Services Elementary School Allergen Information

Revised August 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 **08/20/24.**

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
BREAKFAST ENTRÉES											
Banana Bread^{IW}		Eggs, Milk, Soy, Wheat									
Bagel, Honey Wheat^{IW}		Soy, Wheat									
Belgian Waffle^{IW} with Syrup^{IW}		Eggs, Milk, Wheat									
Belgian Waffle	Waffle Envy	Y	Y						Y		
Syrup	Madiera Farms										
Blueberry Chex Cereal^{IW}		None									
Chicken Biscuit Sandwich^{IW}		Milk, Soy, Wheat									
French Toast Sticks w Syrup		Soy, Wheat									
French Toast Sticks	Rich's			Y					Y		
Syrup	Madiera Farms										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Fruit & Yogurt Parfait with Granola		Milk, Soy, Wheat									
Fruit, Assorted	N/A										
Granola	Kellogg's			Y					Y		
Yogurt	Upstate Farms		Y								
Honey Cheerios Cereal[™]		None									
Maryland-Made Cinnamon Roll[™]		Soy, Wheat									
Mini Cinnamon Bagel[™]		Milk, Wheat									
Mini Maple Pancakes[™]		Eggs, Milk, Soy, Wheat									
Mini Strawberry Bagel[™]		Milk, Wheat									
Strawberry Banana Smoothie[™]		Milk									
Turkey Ham & Cheese Breakfast Sandwich		Milk, Soy, Wheat									
Local Hamburger Roll	H & S Bakery			Y					Y		
Cheese	Land O Lakes		Y	Y							
Turkey Ham	Butterball										
Turkey Ham & Cheese on Hawaiian Bun[™]		Milk, Soy, Wheat									
Yogurt[™] with Grahams[™]		Milk, Soy, Wheat									
Grahams	Kellogg's			Y					Y		
Yogurt	Upstate Farms		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
BBQ Pulled Turkey Sandwich w/Assorted Vegetables		Soy, Wheat									
BBQ Base	Midas International			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Turkey Thigh Meat	Butterball										
Assorted Vegetables	N/A										
Buffalo Chicken & Cheese on Maryland Made Croissant		Egg, Milk, Soy, Wheat									
Deli Meat, Buffalo Chicken	Tasty Brands										
Cheese	Land O Lakes		Y								
Local Croissant	Hadley Farms	Y	Y	Y					Y		
Cheese Crunchers w/Marinara Sauce		Milk, Soy, Wheat									
Cheese Crunchers	Rich's		Y						Y		
Marinara Sauce	MCPS Made			Y							
Cheese Lasagna Roll Up w/ Marinara Sauce		Milk, Soy, Wheat									
Lasagna Roll Up	Tasty Brands		Y	Y					Y		
Marinara Sauce	MCPS Made			Y							
Chicken Bites w/Assorted Vegetables		Soy, Wheat									
Chicken Bites/Mini Chicken Bites	Tyson/Gold Creek			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							

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Chicken Bites w/Ranchero Beans		Soy, Wheat									
Chicken Bites/Mini Chicken Bites	Tyson/Gold Creek			Y					Y		
Ranchero Beans	MCPS Made			Y					Y		
Chicken Drumstick, Glazed w/ Assorted Vegetables		Soy, Wheat									
Chicken Drumstick, Glazed	Tyson										
Local Dinner Roll	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
Turkey Ham & Cheese on <i>Maryland Made</i> Croissant		Egg, Milk, Soy, Wheat									
Deli Meat, Turkey Ham	Butterball										
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										
Chicken Nuggets w/Blueberry Bread		Egg, Soy, Wheat									
Chicken Nuggets	Tyson			Y					Y		
Blueberry Bread	MCPS Made	Y		Y					Y		
Chicken Taco w/ Assorted Vegetables		Milk, Soy, Wheat									
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
Chik'N Nuggets w/ Assorted Vegetables		Soy, Wheat									
Chik'N Nuggets	Morningstar Farms			Y					Y		
Assorted Vegetables	N/A										
Chik'n Nuggets w/ Mac & Cheese		Milk, Soy, Wheat									
Chik'N Nuggets	Morningstar Farms			Y					Y		
Mac & Cheese	MCPS Made		Y	Y					Y		
Chik'n Parmesan w/ Penne Pasta		Soy, Wheat									
Chik'N Nuggets	Morningstar Farms			Y					Y		
Penne Pasta	Marzetti								Y		
Dinner Roll	H & S Bakery			Y					Y		
Marinara Sauce	MCPS Made			Y							
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										
French Toast Sticks w/ Sausage & Syrup		Soy, Wheat									
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
Hamburger w/ Assorted Vegetables		Soy, Wheat									
Beef Patty	DonLee Farms										
Local Hamburger Bun	H & S Bakery			Y					Y		
Assorted Vegetables	N/A										
Korean BBQ Turkey w/ Veggie Rice		Soy, Wheat									
Turkey Meat, White	Butterball										
Korean BBQ Sauce	JTM			Y							
Veggie Rice	Schwan's			Y					Y		
Mini Hot Dogs w/ Assorted Vegetables		Soy, Wheat									
Mini Beef Franks	Eisenberg										
Mini Hot Dog Buns	Eisenberg			Y					Y		
Assorted Vegetables	N/A										
Mini Hot Dogs w/ Ranchero Beans		Soy, Wheat									
Mini Beef Frank	Eisenberg										
Mini Hot Dog Buns	Eisenberg			Y					Y		
Ranchero Beans	MCPS Made			Y					Y		
Meatball Sub w/ Marinara Sauce & Assorted Vegetables		Soy, Wheat									
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
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										
Penne Pasta w/ Homestyle Meatsauce		Soy, Wheat									
Penne Pasta	Marzetti								Y		
Homestyle Meatsauce	MCPS Made			Y							
Rotini w/ Beef Sauce & Assorted Vegetables		Eggs, Soy, Wheat									
Rotini w/Beef Sauce	JTM	Y		Y					Y		
Assorted Vegetables	N/A										
Seasoned Potatoes	Cavendish Farms										
Penne & Meatballs w/ Marinara Sauce		Soy, Wheat									
Penne Pasta	Marzetti								Y		
Beef Meatballs	JTM										
Marinara Sauce	MCPS Made			Y							
Spicy Chicken Tenders w/Assorted Vegetables		Milk, Soy, Wheat									
Spicy Chicken Tenders	Gold Creek		Y	Y					Y		
Assorted Vegetables	N/A										
Teriyaki Beef Bites w/ Veggie Rice		Soy, Wheat, Sesame									
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
Teriyaki Meatballs w/ Veggie Rice		Soy, Wheat									
Beef Meatballs	JTM			Y							
Teriyaki Sauce	MCPS Made			Y					Y		
Veggie Rice	Schwan's			Y					Y		
Three Bean Chili w/ Assorted Vegetables		Soy									
Three Bean Chili	MCPS Made			Y							
Assorted Vegetables	N/A										
Turkey Frank w/ Ranchero Beans											
Turkey Frank	Jennie O										
Ranchero Beans	MCPS Made			Y					Y		
Turkey & Cheese on <i>Maryland Made</i> Croissant		Egg, Milk, Soy, Wheat									
Deli Meat, Turkey	Butterball										
Cheese	Land O Lakes		Y								
Local Croissant	Hadley Farms	Y	Y	Y					Y		
Turkey Ham & Cheese on <i>Maryland Made</i> Croissant		Egg, Milk, Soy, Wheat									
Deli Meat, Turkey Ham	Butterball										
Cheese	Land O Lakes		Y								
Local Croissant	Hadley Farms	Y	Y	Y					Y		
Turkey Sausage & Cheese Egg Bites w/Seasoned Potatoes		Egg, Milk									
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
Turkey Dinner		Milk, Soy, Wheat									
Turkey Meat, White	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										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
CARGO ENTRÉES											
Belgian Waffle^{IW} w/Yogurt^{IW}		Eggs, Milk, Wheat									
Belgian Waffle	Waffle Envy	Y	Y						Y		
Yogurt	Upstate Farms		Y								
Beef & Cheese Taco Crisp Ups^{IW}		Milk, Soy									
Cheesy Pull Apart^{IW}		Milk, Soy, Wheat									
Chicken Patty on Bun		Soy, Wheat									
Chicken Patty	Tyson's			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Chicken Enchilada Empanada^{IW}		Milk, Soy, Wheat									
Grilled Cheese^{IW}		Milk, Soy, Wheat									
Hummus^{IW} & Rounds^{IW}		None									
Mini Pancakes^{IW} w/Yogurt^{IW} & Cheese Stick^{IW}		Egg, Milk, Soy, Wheat									
Mini Pancakes	Kellogg's	Y	Y	Y					Y		
Yogurt	Upstate Farms		Y								
Cheese Stick	Land O Lakes		Y								
PB&J Sandwich^{IW}, Smuckers		Soy, Peanuts, Wheat									
Pepperoni & Cheese Stuffed Sandwich^{IW}		Milk, Soy, Wheat									
Pizza, Personal		Milk, Soy, Wheat									
Pizza, Stuffed Crust		Milk, Soy, Wheat									

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
VEGETABLE SIDES											
Crinkle Cut Potatoes		None									
Fresh Baby Carrots^{TW}		None									
Fresh Celery Sticks		None									
Roasted Chickpeas^{TW}		None									
Fresh Cucumber Slices		None									
Fresh Grape Tomatoes		None									
Fresh Side Salad		None									
Fresh Spinach, Romaine, & Craisin Salad		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 Spinach Dressing		Soy									
MCPS Made Sweet Mustard		None									