

Food Allergen Information for Foods Served in Montgomery Public Schools Child Nutrition Department

Item	Contains Peanuts	Contains Tree Nuts	Contains Milk	Contains Soy	Contains Wheat	Contains Eggs	Contains Fish	Contains Shellfish	CHO Count
Breakfast (**contains PORK)									
Biscuit, Sausage, IW					C				19 grams
Breakfast bagel, Sausage and cheese, WG			C	C	C				19 grams
Breakfast Pizza, sausage WG			C	C	C				16 grams
Breakfast Sandwich, Egg & Chees, IW			C	C	C	C			19 grams
Burrito, Breakfast, Egg, sausage, and cheese WG			C	C	C	C			25 grams
Chicken, for Biscuit, WG				C	C	C			7 grams
Fruit Pastry, Fruit filled pastry, WG, Strawberry flavor				C	C				38 grams
Fruit Pastry, Fruit filled pastry, Frosted, Fudge flavor				C	C				37 grams
Pancake, Mini, Berry flavor, WG			C	C	C	C			35 grams
Pancakes, Frozen, WG				C	C	C			41 grams
Pancake, Mini, Maple flavor, WG			C	C	C	C			35 grams
Pastry, Brown Sugar and Cinnamon Filling, WG				C	C				37 grams
Toast, French Toast Sticks WG			C	C	C				42 grams
Toast, Mini French, IW, WG, Plain/Original			C	C	C	C			37 grams
Toast, Mini French, IW, WG, Chocolate Chip			C	C	C	C			35 grams
Waffles, Mini, IW, WG, berry			C	C	C	C			37 grams
Waffles, Mini, IW, WG, Maple			C	C	C	C			38 grams
Waffle Sticks, WG			C	C	C	C			22 grams
WG Breakfast pancake, sausage on a Stick, berry flavored**			C	C	C	C			21 grams
WG Pancake Coated Breakfast sausage, mini**			C	C	C	C			17 grams
WG, Breakfast Wrap, Egg/Meat/Cheese, IW			C	C	C	C			17 grams
WG, IW, Strudel Stick, Apple			C		C				46.4 grams
WG, IW, Strudel Stick, Cherry			C		C				47.1 grams
CONDIMENTS									
Bacon Bits, Imitation				C					2 grams
Balsamic Vinaigrette				C					3 grams
Barbecue Sauce, Mild, Smokey flavor, 4/1 gal									25.7 grams
Barbecue Sauce, Single serve				C					5 grams
Buffalo Sauce				C					1 gram
Honey Mustard Dressing, Bulk				C		may contain			5 grams
Honey Mustard Dressing, Single serve				C					7 grams
Hot Dog Chili/Sauce				C	C				6 grams
Margarine, Solid, All vegetable, Trans-fat free			C	C					0 grams
Mayonnaise, Reduced Calorie				soybean oil	C				1 gram
Mayonnaise, Reduced Fat, Single serve				soybean oil	C				1 gram
Mayonnaise, Regular, Single serve				soybean oil	C				1 gram
Salad Dressing, Fat free, Buttermilk Ranch, Single Serve, 12 gram size			C	soybean oil					3 grams
Salad Dressing, Fat free, Italian, Single serve, 1 1/2 oz size				soybean oil					4 grams
Salad dressing, Reduced calorie 1000 Island				soybean oil		C			5 grams
Salad dressing, Reduced calorie Italian				soybean oil					6 grams
Salad dressing, Reduced calorie Ranch	may contain		C	soybean oil		C	may contain		4 grams
Salad Dressing, Reduced Calorie, 1000 Island, Single serve, 1 1/2 oz size				C					9 grams
Salad Dressing, Reduced Calorie, Buttermilk Ranch, Single serve, 1 1/2 oz size			C			C			9 grams
Salad Dressing, Reduced Calorie, French, Single Serve				C					4 grams
Sour Cream, Reduced fat, Single serve			C						4 grams
Soy Sauce, Low sodium				C					1 gram
Sweet and Sour Sauce				soybean oil					9 grams
Sweet and Sour Sauce, Single serve cup				soybean oil					12 grams
Taco sauce, Single serve, Medium flavor				C					1 gram
Tarter Sauce, Single serve				soybean oil		C			2 grams

Teriyaki Glaze		soybean oil	C			6 grams
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Dairy

Alfredo Sauce	C	C	C			4 grams
Cheese, American, Processed Loaf	C					2 grams
Cheese, American, Sliced, Processed Loaf	C					<1 gram
Cheese, Cheddar Cubes	C					1 gram
Cheese, Cheddar, Shredded	C					0 grams
Cheese, Feta, Wet Pack	C					1 gram
Cheese, Mozzarella, Shredded	C					0.74 grams
Cheese, Parmesan, Grated	C					0 grams
Cheese, Shredded Parmesan	C					3.41 grams
Cheese, Pepper Jack, Sliced	C					0 grams
Cheese, Swiss, Sliced	C	C				<1 gram
Cheese Sauce, Canned, Plain	C					6 grams
Cheese Sauce, Canned, nacho flavored	C					6 grams
Cheese Sauce Mix, Dehydrated, Nacho Flavored	C	may contain	C	may contain	may contain	6 grams
Cheese Sauce Mix, Dehydrated, Plain	C	may contain	C	may contain	may contain	7 grams
Cream Cheese-PC Cups - Plain	C					2 grams
Cream Cheese-Blocks or Tubs - Plain	C					2 grams
Cream Cheese-PC Cups - Strawberry	C					4 grams
Non Fat dry milk solids	C					12 grams
Pudding, Chocolate, RTS, Fat free	C					23 grams
Pudding, Vanilla, RTS, Fat free	C					25 grams
Pudding, Cup, Vanilla	C					18 grams
Pudding, Cup, Chocolate	C					20 grams
Sour Cream, Low fat, Bulk	C					2 grams
Sour Cream, Reduced fat, Single serve	C					<1 gram
String Cheese, Wrapped individual servings	C					<1 gram
Whipped Topping, Frozen, Non-dairy, Pastry bag, ready to use	C					2 grams
Whipped Spread, Single serve	C					2 grams
Yogurt, Greek, Individual	C					19 grams
Yogurt, Nonfat, Strawberry	C					16 grams
Yogurt, Nonfat, Strawberry-Banana	C					16 grams
Yogurt, strawberry, bulk pack	C					37 grams
Yogurt, tube, Strawberry	C					13 grams
Yogurt, Vanilla, bulk pack	C					37 grams

Eggs

Eggs					C	1 gram
Egg, IW Colby Cheese Omelet	C				C	1 gram
Eggs, Frozen Diced					C	1 gram
Egg, Scrambled, Squares	C	C			C	1 gram
Eggs, Whole, Scrambled, Boil in Bag					C	1 gram

Fish/Fish Products

Cod, Nuggets, WG Breaded	C		C	C		22 grams
Cod, Squares, WG Breaded	C		C	C		16 grams
Fish, Catfish Strips, breaded, IQF				C		0 grams
Tilapia, fillet, unbreaded				C		0 grams
Tuna, Canned, chunk light, water pack				C		0 grams

Grains

Bagels, Frozen, Soft, Plain, Sliced				C		29 grams
Bagel, White Whole Wheat, FZN				C		29 grams

Biscuits, southern style			C		C			24 grams
Biscuit, Southern Style, Wholegrain (Rich's) (may contain Sesame)			C	C	C		may contain	15 grams
Biscuit, Southern Style, Wholegrain (Pillsbury)			C		C			27 grams
Bread, Flat Bread, Frozen, WG				C	C			26 grams
Bread, Hamburger buns					C			27 grams
Bread, Hoagie/Sub buns					C			36 grams
Bread, Hot dog buns					C			27 grams
Bread, sliced				C	C			15 grams
Breadsticks, Whole Wheat (may contain Sesame)			may contain	may contain	C		may contain	15 grams
Brownie, wrapped, WG			C	C	C		C	26.5 grams
Bun, Slider				C	C			17 grams
Cereal Bar, Fruit filled, Apple Flavor, WG			C	C	C		C	24 grams
Cereal Bar, Fruit filled, Banana Bread, WG			C	C	C		C	24 grams
Cereal Bar, Fruit filled, Brown Sugar Cinnamon, WG			C	C	C		C	24 grams
Cereal, Bowl Pack, Cinnamon Toast Crunch, Reduced Sugar, WG				C	C			79 grams
Cereal Bar, Cocoa Puffs, Breakfast, IW					C			74 grams
Cereal Bar, Trix, Breakfast, IW				C	C			74.4 grams
Cereal Bar, Cinn Tst Crch, Breakfast, IW				C	C			74.5 grams
Cereal, Pouch, WG, Fruit Loops				C	C			24 grams
Cereal, Bowl Pack, Cocoa Puffs, Reduced Sugar, WG					C			25 grams
Cereal, Bowl Pack, Trix, Reduced Sugar, WG				C	C			24 grams
Cereal, Bowl Pack, Golden Grahams, WG					C			24 grams
Cereal, Bowl Pack, Frosted Corn Flakes, WG					C			24 grams
Cereal, Bowl Pack, Fruity Cheerios, WG				C	C			74.5 grams
Cereal, Bowl Pack, Cheerios, WG					C			20 grams
Cereal, Bowl Pack, Apple Cinnamon Cheerios, WG					C			22 grams
Cereal, Bowl Pack, Honey Nut Chex, WG (Gluten Free)			may contain		C			27 grams
Cereal, Bowl Pack, Rice Chex (Gluten Free)			C		C			24 grams
Cereal, Pouch, WG, Apple Jacks				C	C			24 grams
Cereal, Pouch, WG, Frosted Flakes				C	C			24 grams
Cereal, Bowl Pack, Honey Nut Cheerios, WG			C		C			27 grams
Cinnamon Bun, Wrapped			C	C	C		C	30 grams
Cinnamon Roll Dough, Frozen, WG			C	C	C		C	36 grams
Cinnamon, Roll, mini, IW, WG,					C			
Cookie Dough, Low fat, colored candy pieces, WG		may contain	may contain	C	C		C	18 grams
Cookie Dough, Low fat Chocolate Chip, WG		may contain	may contain	C	C		C	18 grams
Cookie Dough, Low fat, Oatmeal raisin, WG		may contain	may contain	C	C		C	18 grams
Cookie Dough Low fat Sugar, WG		may contain	may contain	C	C		C	18 grams
Croissants, Sliced, Frozen			C	C	C		C	15 grams
Croutons, Seasoned				may contain	C			4 grams
Doughnuts, Frozen Unglazed			C	C	C		C	40 grams
Granola, WG Bulk pack			may contain	may contain	C		C	43 grams
Granola Singles			may contain	may contain	C		C	20 grams
Hush puppies, Bake style, Sweet corn, WG			C	C	C		C	22 grams
Lasagna, Roll			C		C		C	22 grams
Muffins, Apple, WG			C	C	C		C	19.5 grams
Muffins, Blueberry, WG			C	C	C		C	26 grams
Muffin, Banana, WG			C	C	C		C	28 grams
Muffin, Choc Chip, IW			C	C	C		C	56.2 grams
Pastry Tart Shells, Prebaked, 3" diameter			may contain		C			67 grams
Pasta, Egg noodles, Medium					C		C	34 grams
Pasta, Elbow Macaroni, WG					C		may contain	72.7 grams
Pasta, Lasagna noodles, Curly					C			38 grams
Pasta, Penne', WG					C			72.7 grams
Pasta, Rotini, Tricolored					C			42 grams
Pasta, Rotini, uncolored, WG					C			72.7 grams

Pasta, Spaghetti noodles, Thin				C	42 grams
Pasta, Spaghetti noodles, WG				C	72.7 grams
Roll Dough, Parkerhouse style		C	C	C	15 grams
Roll dough, Whole wheat (may contain sesame)		may contain	may contain	C	may contain
Sandwich, IW, WG, Peanut Butter & Jelly		C	C	C	28 grams
Sandwich, Cream Cheese and Jelly Sandwich, IW, WG		C	C	C	C
Tortilla, Soft Flour				C	19 grams
Tortilla, Soft Flour, Spinach-Herb Flavor			C	C	30 grams

Meat/Meat Alternates

Beef, Nugget, Steak, Breaded		C	C	C	C	16 grams
Beef, patty, Hoagie style			C			2 grams
Beef, Pattie, Breaded		C	C	C		14.8 grams
Beef, patty all meat			C			0.7 grams
Beef, patty, Salisbury style		C	C	C		4 grams
Beef, Roast, Well done, Split top round			C	C		1 gram
Bologna, Pork/Beef, no chicken			C			3 grams
Burrito, Beef & Bean, Bulk WG			C	C		38.8 grams
Burrito, Beef & Bean, IW WG			C	C		38.8 grams
Chicken, Asian, Breaded, Tangerine			C	C	C	25 grams
Chicken, Asian, General Tso			C	C	C	12 grams
Chicken, Asian, mandarin style (contains citrus)			C	C	C	19 grams
Chicken, Asian, spicy (contains citrus)			C	C		11 grams
Chicken, Asian, Sweet and Sour (contains citrus)			C	C	C	18 grams
Chicken, Asian, teriyaki			C	C		10 grams
Chicken, breast, grilled, whole muscle			C			1 gram
Chicken, BNLS, BRST, Breaded, Whole muscle		C	C	C		17 grams
Chicken, BNLS, BRST, Breaded, Spicy flavor, Whole muscle			C	C	C	13 grams
Chicken, Bite, Whole Muscle			C	C		13 grams
Chicken, Nugget, WG breading, Min 236 nuggets			C	C	C	16 grams
Chicken, patty, grilled, white meat only, un-breaded			C			1 gram
Chicken, patty, WG breading, 48-52 ct			C	C	C	15 grams
Chicken, Tenders, Chopped and Formed, WG, Min 136 Portion			C	C	C	15 grams
Chicken, Tenderloins, Whole Muscle, WG				C	C	
Chicken, wings, Precooked, Hot flavor				C		1 gram
Corndog, Lowfat, whole grain batter			C	C	C	30 grams
Crispito, chicken and chili (WG)			C	C		
Egg, Roll, Vegetable				C	C	22 grams
Enchilada, Cheese		C	C			20 grams
Meatballs, Italian Style (turkey)		C	C	C		5 grams
Pizza, cheese topping, 4 x 6 rectangle WG		C	C	C		34 grams
Pizza, Cheese Topping, Cheese Stuffed Crust WG		C	C	C		35 grams
Pizza, Pepperoni Topping, Cheese Stuffed Crust, WG		C	C	C		35 grams
Pizza 16", Cheese, round, WG		C	C	C		27 grams
Pizza, Cheese Topping, 5" round individual (WG)		C	C	C		40 grams
Pizza, cheese topping, Wedge shaped, WG		C	C	C		34 grams
Pizza, French bread style, 6", Pepperoni, WG**		C	C	C		30 grams
Pizza, frozen, Mexican style, WG		C	C	C		39 grams
Pizza, Pepperoni, 4 x 6 rectangle WG**		C	C	C		33 grams
Pizza 16", Pepperoni, frozen, round, WG		C		C		35 grams
Pizza, Pepperoni Topping, 5" round individual (WG)		C	C	C		39 grams
Pizza, Pepperoni, wedge shaped, WG**		C	C	C		33 grams
Pizza, sausage, 4 x 6 rectangle WG		C	C	C		34 grams
Pizza, Sausage, Wedge shaped WG		C	C	C		32 grams
Pocket style enrobed sandwich, Pepperoni (WG)		C	C	C	C	32 grams
Pork, patty, Rib Shaped**			C			11 grams

Quesadilla, Cheese, whole grain	C	C	C	18 grams	
Quesadilla, Chicken filling (WG)	C	C	C		
Sausage, Dog**		C		3 grams	
Sausage, Link style**		C		0 grams	
Sausage, Pancake on a stick		C	C	C	18 grams
Sausage, Smoked, Rope Style		C		2 grams	
Taco Meat (chicken)		C		3 grams	
WG, Breaded Mozzarella Cheese Sticks	C	C	C	17 grams	
WG, Chicken and Cheese Stick	C	C	C	20 grams	
Wrap, Buffalo Chicken	C	C	C	23 grams	
Wrap, Spicy Beef	C	C	C	23 grams	

Miscellaneous

Mix, Gravy, Brown (MSG)	C	C	C	5.6 grams	
Mix, Gravy, Country Style	C	C	C	C	5 grams
Icing Chocolate RTU	C			24 grams	
Icing Vanilla RTU	C			25 grams	

Snacks/Deserts

Cake Mix, Low fat, Chocolate	C	C	C	34 grams	
Cake Mix, Low fat, White	C	C	C	C	33 grams
Cake Mix, Low fat, Yellow	C	C	C	C	33 grams
Animal Crackers, Individual packages, WG			C	20 grams	
Brownie Mix, Chocolate		C	C	34 grams	
Brownie, wrapped, WG	C	C	C	C	26.5 grams
Cheese Curls, Baked,	C			17 grams	
Cheese Curls, Baked, Spicy	C			17 grams	
Chips, Potato, Baked chips, Barbecue Flavor	C	C	C	24 grams	
Chips, Tortilla, Baked, Reduced Fat Nacho Cheese Flavored, WG	C			20 grams	
Chips, Potato, Baked chips, Regular Flavor		C		26 grams	
Chips, Potato, Baked chips, Sour Cream/Onion Flavor	C	C		24 grams	
Chips, Tortilla, Baked, Reduced Fat Ranch Flavored, WG	C			19 grams	
Chips, Sun, Cheddar, WG	C		C	18 grams	
Chips, Sun, Garden Salsa flavor, WG	C		C	18 grams	
Chips, Sun, Original flavor, WG			C	18 grams	
Cracker, Cheese Flavored	C	C	C	14 grams	
Crackers, Cheese Flavored, fish shape	C	C	C		
Crackers, Saltines, WG	C	C	C	7 grams	
Crackers, salad style,		C	C	67.6 grams	
Graham Cracker Snacks, Chocolate flavor		C	C	21 grams	
Graham Cracker Snack, cinnamon flavor, WG		C	C	21 grams	
Graham Cracker Snacks, Honey flavor		C	C	20 grams	
Pretzels, Soft, WG			C	14 grams	
Snack bar, whole grain, Chocolate flavored (WG)	C	C		27 grams	
Snack bar, Marshmallow/Crisped Rice Treats	C	C		31 grams	
Vanilla Wafers, Bulk Pack	C		C	C	56 grams