

MCPS Division of Food and Nutrition Services Middle & High 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
BREAKFAST BITES											
Banana Bread^{IW}		Egg, Milk, Soy, Wheat									
Beef Chorizo & Cheese Sunrise Rollup^{IW}		Milk, 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 Sausage Biscuit^{IW}		Milk, Soy, Wheat									
Egg & Cheese on <i>Maryland Made</i> Croissant		Eggs, Milk, Soy, Wheat									
Egg Patty	Sunny Fresh	Y	Y	Y							
Local Croissant	Hadley Farms	Y	Y	Y					Y		
Cheese	Land O Lakes		Y	Y							

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
French Toast Sticks w/ Syrup		Soy, Wheat									
French Toast Sticks	Rich's			Y					Y		
Syrup	Madiera Farms										
Fruit & Yogurt Parfait with Granola		Milk, Soy, Wheat									
Fruit, Assorted	N/A										
Granola	Kellogg's			Y					Y		
Yogurt	Upstate Farms		Y								
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									
Sausage Breakfast Sandwich		Soy, Wheat, Pork									
Local Hamburger Roll	H & S Bakery			Y					Y		
Sausage Patty	Tyson										Y
Strawberry Banana Smoothie^{IW}		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										
Yogurt^{IW} with Grahams^{IW}		Milk, Soy, Wheat									
Grahams	Kellogg's			Y					Y		
Yogurt	Upstate Farms		Y								

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
LUNCH											
CHEF INSPIRED ENTRÉES											
BBQ Beef Sandwich		Soy, Wheat									
BBQ Sauce	MCPS Made			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Shredded Beef	International Food Solutions										
BBQ Chicken Drumstick with Mashed Potatoes		Milk, Soy, Wheat									
Chicken Drumstick, Glazed	Tyson's										
Mashed Potatoes	Idahoan		Y	Y							
BBQ Sauce	MCPS Made			Y					Y		
BBQ Pulled Chicken Sandwich		Soy, Wheat									
BBQ Sauce	MCPS Made			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Pulled Chicken	Tyson										
Beef Unstuffed Potatoes		Milk, Soy									
Beef Taco Mixture	MCPS Made			Y							
Cheese Sauce	MCPS Made		Y	Y							
Seasoned Potatoes	McCain										
Beef & Cheese Taco Crisp Ups[™]		Milk, Soy									
Beef Nachos with Salsa, Lettuce & Tomatoes		Milk, Soy									
Beef Taco Mixture	MCPS Made			Y							
Cheese Sauce	MCPS Made		Y	Y							
Tortilla Pieces	Casa De Carmen										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Beef Tacos		Milk, Soy, Wheat									
Beef Taco Mixture	MCPS Made			Y							
Mini Round Flatbreads	Rich's			Y					Y		
Cheese	Land O Lakes		Y								
Cheese Lasagna Marinara w/ Roll		Milk, Soy, Wheat									
Lasagna Roll up	Tasty Brands		Y						Y		
Marinara Sauce	MCPS Made			Y							
Cheese	Land O Lakes		Y	Y							
Local Sub Roll	H & S Bakery			Y					Y		
Chicken Bite Bowl		Milk, Soy, Wheat									
Chicken Bite/Mini Chicken Bites	Tyson's/Gold Creek			Y					Y		
Mashed Potatoes	Idahoan		Y	Y							
Gravy	MCPS Made		Y	Y					Y		
Corn	N/A										
Chicken Parm Sub		Milk, Soy, Wheat									
Chicken Bite	Tyson's			Y					Y		
Marinara Sauce	MCPS Made			Y							
Cheese	Land O Lakes		Y								
Local Sub Roll	H & S Bakery			Y					Y		
Chicken Philly Sandwich		Milk, Soy, Wheat									
Local Sub Roll	H & S Bakery			Y					Y		
Cheese	Land O Lakes		Y								
Peppers & Onions	N/A										
Pulled Chicken	Tyson										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Chicken Tacos		Milk, Soy, Wheat									
Cheese	Land O Lakes		Y								
Mini Round Flatbreads	Rich's			Y					Y		
Peppers & Onions	N/A										
Pulled Chicken	Tyson										
French Toast Sticks with Sausage		Soy, Wheat, Pork									
French Toast Sticks	Rich's			Y					Y		
Syrup	Madiera Farms										
Sausage Links	Tyson										Y
Korean BBQ Chicken Drumstick w/ Rice		Soy									
Chicken Drumstick, Glazed	Tyson's			Y							
Sauce, Korean BBQ	JTM										
Brown Rice	Par Excellence										
Mac & Cheese with Chicken Bites & Rolls		Milk, Soy, Wheat									
Cheese Sauce	MCPS Made		Y	Y					Y		
Chicken Bites/ Mini chicken Bites	Tyson/Gold Creek			Y					Y		
Macaroni Pasta	Barilla								Y		
Local Dinner Roll	H & S Bakery			Y					Y		
Mandarin Orange Chicken w/ Veg Rice		Egg, Soy, Wheat									
Mandarin Orange Chicken	Yang's 5 th Choice	Y		Y					Y		
Veggie Rice	Schwan's			Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Meatball Sub		Soy, Wheat									
Local Sub Roll	H & S Bakery			Y					Y		
Marinara Sauce	MCPS Made			Y							
Meatball, Beef	JTM										
Penne w/ Meatballs		Soy, Wheat									
Penne Pasta	Barilla								Y		
Marinara Sauce	MCPS Made			Y							
Meatball, Beef	JTM										
Ranch Chicken Power Bowl		Eggs, Milk, Soy, Wheat									
Chicken Bites	Tyson			Y					Y		
Cheese	Land O Lakes		Y								
Ranch Dressing	MCPS Made	Y	Y	Y							
Brown Rice	Par Excellence										
Rotini with Beef Sauce & Roll		Eggs, Soy, Wheat									
Southwest Beef & Rice Bowl		Milk, Soy									
Beef Taco Mixture	MCPS Made			Y							
Cheese	Land O Lakes		Y								
Brown Rice	Par Excellence										
Southwest Power Bowl		Eggs, Milk, Soy, Wheat									
Assorted Veggies	N/A										
Power Bowl Grain Mix	Uncle Bens								Y		
Pulled Chicken	Tyson's										
Ranch Dressing	MCPS Made	Y	Y	Y							

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Spicy Chicken Power Bowl		Eggs, Milk, Soy, Wheat									
Assorted Veggies	N/A										
Power Bowl Grain Mix	Uncle Bens								Y		
Spicy Chicken	Tyson's		Y						Y		
Ranch Dressing	MCPS Made	Y	Y	Y							
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		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
PLANT-BASED & PLANT-FORWARD ENTRÉES											
Bean & Cheese Nachos w/ Salsa, Lettuce & Tomatoes		Milk, Soy									
Beans, Pinto	MCPS Made			Y							
Cheese Sauce	MCPS Made		Y	Y							
Tortilla Pieces	Casa De Carmen										
Cheese Nachos with Salsa, Lettuce & Tomatoes		Milk, Soy									
Cheese Sauce	MCPS Made		Y	Y							
Tortilla Pieces	Casa De Carmen										
Chik'N Bite Bowl		Milk, Soy, Wheat									
Chik'N Nuggets	Morningstar Farms			Y					Y		
Mashed Potatoes	Idahoan		Y	Y							
Corn	N/A										
Chik'N Parm Sub		Milk, Soy, Wheat									
Chik'N Nuggets	Morningstar Farms			Y					Y		
Marinara Sauce	MCPS Made			Y							
Cheese	Land O Lakes		Y								
Local Sub Roll	H & S Bakery			Y					Y		
French Toast Sticks with Chik'N		Soy, Wheat									
French Toast Sticks	Rich's			Y					Y		
Syrup	Madiera Farms										
Chik'N Nuggets	Morningstar Farms			Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Korean BBQ Chik'N w/ Rice		Soy, Wheat									
Chik'N Nuggets	Morningstar Farms			Y					Y		
Sauce, Korean BBQ	JTM										
Brown Rice	Par Excellence										
Mac & Cheese with Chik'N Nuggets & Roll		Milk, Soy, Wheat									
Cheese Sauce	MCPS Made		Y	Y							
Chik'N Nuggets	Morningstar Farms			Y					Y		
Local Dinner Roll	H & S Bakery			Y					Y		
Macaroni Noodles	Barilla								Y		
Spicy Chik'N w/ Cheesy Spinach		Milk, Soy, Wheat									
Buffalo Chik'N Nugget	Morningstar Farms			Y					Y		
Cheesy Spinach	MCPS Made		Y	Y							
Local Dinner Roll	H & S Bakery			Y					Y		
Spicy Chik'N w/ Rice & Beans											
Buffalo Chik'N Nugget	Morningstar Farms			Y					Y		
Brown Rice	USDA										
Ranchero Beans	MCPS Made			Y					Y		
Assorted Vegetables	N/A										
Spicy Chik'N Street Tacos		Soy, Wheat									
Assorted Vegetables	N/A										
Chik'N Nuggets	Morningstar Farms			Y					Y		
Mini Round Flatbreads	Rich's			Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Teriyaki Edamame & Broccoli with Rice		Soy, Wheat									
Assorted Vegetables	N/A										
Brown Rice	Par Excellence										
Teriyaki Sauce	MCPS Made			Y					Y		
Veggie Burger on Bun		Soy, Wheat									
Local Hamburger Bun	H & S Bakery			Y					Y		
Veggie Patty	Dr. Praeger's			Y					Y		
Veggie Loaded Potatoes		Milk, Soy									
Three Bean Chili	MCPS Made										
Cheese Sauce	MCPS Made		Y	Y							
Seasoned Potatoes	McCain										
Veggie Power Bowl		Wheat									
Assorted Vegetables	N/A										
Power Bowl Grain Mix	Uncle Bens								Y		
Roasted Chickpeas	Go Bonzos										
Sweet Mustard Dressing	MCPS Made										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
FROM THE FARMS											
Crinkle Cut Potatoes		None									
Cheese & Hummus Protein Pack w/ Chips		Milk, Wheat									
String Cheese	Land O' Lakes		Y								
Hummus	Zee Zees										
Pretzels	J & J Snack Foods								Y		
Baby Carrots	Keaney										
Entrée Salad, Chef		Eggs, Milk, Soy, Wheat									
Assorted Vegetables	N/A										
Deli Meat, Turkey	Butterball										
Local Dinner Roll	H & S Bakery			Y					Y		
Ranch Dressing	MCPS Made	Y	Y	Y							
Entrée Salad, Chickpea		Soy, Wheat									
Assorted Vegetables	N/A										
Local Dinner Roll	H & S Bakery			Y					Y		
Roasted Chickpeas	Go Bonzos										
Sweet Mustard Dressing	MCPS Made										
Entrée Salad, Chik'N		Milk, Soy, Wheat									
Assorted Vegetables	N/A										
Chik'N Nuggets	Morningstar Farms			Y					Y		
Local Dinner Roll	H & S Bakery			Y					Y		
Sweet Mustard Dressing	MCPS Made										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Entrée Salad, Chicken		Milk, Soy, Wheat									
Assorted Vegetables	N/A										
Local Dinner Roll	H & S Bakery			Y					Y		
Diced Chicken	N/A										
Ranch Dressing	MCPS Made	Y	Y	Y							
Entrée Salad, Spicy Chicken		Milk, Soy, Wheat									
Assorted Vegetables	N/A										
Local Dinner Roll	H & S Bakery			Y					Y		
Spicy Chicken Patty	Tyson										
Ranch Dressing	MCPS Made	Y	Y	Y							
Entrée Salad, Taco		Eggs, Soy, Wheat									
Assorted Vegetables	N/A										
Beef Taco Mixture	MCPS Made			Y							
Salsa Ranch Dressing	MCPS Made	Y	Y	Y							
Tortilla Pieces	Casa De Carmen										
Fresh Baby Carrots^{IW}		None									
Fresh Celery Sticks		None									
Fresh Cucumber Slices		None									
Fresh Grape Tomatoes		None									
Fresh Side Salad		None									
Fresh Spinach, Romaine, & Craisin Salad		None									
Garlic & Herb Broccoli		Milk									
Roasted Chickpeas^{IW}		None									
Roasted Corn		None									

Roasted Green Beans		None										
Southwest Seasoned Pinto Beans		None										
Soup, Broccoli Cheddar		Milk										
Soup, Butternut Squash		None										
Soup, Chicken, Vegetable, & Ancient Grain		Soy, Wheat										
Soup, Chili		Soy										
Soup, Tomato		Milk										
Sweet-Heat Potatoes		None										
FAN FAVORITES												
Cheeseburger on Bun		Milk, Soy, Wheat										
Beef Patty	JTM											
Cheese	Land O Lakes		Y									
Local Hamburger Roll	H & S Bakery			Y						Y		
Cheese Crunchers with Marinara Sauce^{IW}		Milk, Soy, Wheat										
Chicken Sandwich on Bun		Soy, Wheat										
Chicken Patty	Tyson's			Y						Y		
Local Hamburger Roll	H & S Bakery			Y						Y		
Mini Beef Hot Dog on Bun		Soy, Wheat										
Mini Beef Hot Dogs	Eisenbeg											
Mini Buns	Eisenbeg			Y						Y		
Grilled Cheese		Milk, Soy, Wheat										
Pizza, Cheese		Milk, Soy, Wheat										
Pizza, Pepperoni		Milk, Soy, Wheat										
Spicy Chicken Tenders with Roll		Milk, Soy, Wheat										
Local Dinner Roll	H & S Bakery			Y						Y		
Spicy Chicken Tenders	Gold Creek			Y						Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
GRAB 'N GO											
Cold Cut Sub		Milk, Soy, Wheat									
Cheese	Land O Lakes		Y								
Deli Meat, Turkey	Butterball										
Local Sub Roll	H & S Bakery			Y					Y		
Fruit & Yogurt Parfait with Granola		Milk, Soy, Wheat									
Fruit, Assorted	N/A										
Granola	Kellogg's			Y					Y		
Yogurt	Upstate Farms		Y								
Hummus^{IW} & Rounds^{IW}		None									
PB&J Sandwich^{IW}, Smuckers		Soy, Peanuts, Wheat									
Dressings											
MCPS Made Ranch			Egg, Milk, Soy								
MCPS Made Spinach Dressing			Soy								
MCPS Made Sweet Mustard			None								