

MCPS Division of Food and Nutrition Services Middle & High School Allergen Information

Revised December 2022



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 **December 20, 2022.**

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											
Belgian Waffle^{IW} with Syrup^{IW}		Eggs, Milk, Wheat									
Belgian Waffle	Waffle Envy	Y	Y						Y		
Syrup	Madiera Farms										
Blueberry Chex Cereal^{IW}		None									
Egg & Cheese English Muffin^{IW}		Eggs, Milk, 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							
Egg & Turkey Sausage Bagel^{IW}		Eggs, 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	General Mills		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
Turkey Ham & Cheese Breakfast Sandwich		Milk, Soy, Wheat									
Local Hamburger Roll	H & S Bakery			Y					Y		
Cheese	Land O Lakes		Y	Y							
Turkey Ham	Shady Brook Farms										
Yogurt^{IW} & Oatmeal Breakfast Bar^{IW}		Eggs, Milk, Soy, Wheat									
Oatmeal Breakfast Bar	Darlington Snacks	Y	Y	Y					Y		
Yogurt	General Mills		Y								
Yogurt^{IW} with Grahams^{IW}		Milk, Soy, Wheat									
Grahams	Kellogg's			Y					Y		
Yogurt	General Mills		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										
Beef Enchilada Tacos		Milk, Soy, Wheat									
Enchilada Sauce	Red Gold										
Mini Round Flatbreads	Rich's			Y					Y		
Cheese	Land O Lakes		Y								
Shredded Beef	International Food Solutions										
Beef Loaded Potatoes		Milk, Soy									
Beef Taco Mixture	MCPS Made			Y							
Cheese Sauce	MCPS Made		Y	Y							
Seasoned Potatoes	McCain										
BBQ Pulled Chicken Sandwich		Soy, Wheat									
BBQ Sauce	MCPS Made			Y					Y		
Local Hamburger Bun	H & S Bakery			Y					Y		
Pulled Chicken	Tyson										
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 Philly Sandwich		Milk, Soy, Wheat									
Local Sub Roll	H & S Bakery			Y					Y		
Cheese	Land O Lakes		Y								
Peppers & Onions	N/A										
Shredded Beef	International Food Solutions										
Beef Tacos		Milk, Soy, Wheat									
Beef Taco Mixture	MCPS Made			Y							
Mini Round Flatbreads	Rich's			Y					Y		
Cheese	Land O Lakes		Y								
Chicken & Vegetable Dumplings		Milk, Soy, Wheat									
Chicken & Waffles		Eggs, Milk, Soy, Wheat									
Belgian Waffle	Waffle Envy	Y	Y						Y		
Chicken Bite	Tyson's			Y					Y		
Chicken Bite Bowl		Milk, Soy, Wheat									
Chicken Bite	Tyson's			Y					Y		
Mashed Potatoes	Idahoan		Y	Y							
Gravy	MCPS Made		Y	Y					Y		
Corn	N/A										
Chicken Drumstick with Mashed Potatoes		Milk, Soy, Wheat									
Chicken Drumstick	Tyson's								Y		
Mashed Potatoes	Idahoan		Y	Y							
Chicken Parm Sub		Milk, Soy, Wheat									
Chicken Bite	Tyson's			Y					Y		
Marinara Sauce	MCPS Made			Y							

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
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										
Cuban Seasoned Beef with Rice		None									
Shredded Beef	International Food Solutions										
Peppers & Onions	N/A										
Tomato Sauce Mixture	MCPS Made										
Brown Rice	Par Excellence										
Chicken Tacos		Milk, Soy, Wheat									
Cheese	Land O Lakes		Y								
Mini Round Flatbreads	Rich's			Y					Y		
Peppers & Onions	N/A										
Pulled Chicken	Tyson										
Curry Chicken with Rice		None									
Brown Rice	Par Excellence										
Curry Sauce	MCPS Made										
Pulled Chicken	Tyson										

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
French Toast Sticks with Sausage		Soy, Wheat, Pork									
French Toast Sticks	Rich's			Y					Y		
Syrup	Madiera Farms										
Sausage Links	Tyson										Y
Hunan Orange Chicken with Rice		Soy, Wheat, Pork									
Chicken Bites	Gold Creek			Y					Y		
Hunan Orange Sauce	JTM			Y							
Brown Rice	Par Excellence										
Mac & Cheese with Chicken Bites & Rolls		Milk, Soy, Wheat									
Cheese Sauce	MCPS Made		Y	Y					Y		
Chicken Bites	Tyson			Y					Y		
Macaroni Pasta	Barilla								Y		
Local Dinner Roll	H & S Bakery			Y					Y		
Meatball Sub		Soy, Wheat									
Local Sub Roll	H & S Bakery			Y					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									

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
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							
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							
Sweet N Sour Chicken with Rice		Soy									
Brown Rice	Par Excellence										
Pulled Chicken	Tyson's										
Sweet N Sour Sauce	MCPS Made			Y							
Teriyaki Chicken & Broccoli with Rice		Soy, Wheat									
Broccoli	N/A										
Brown Rice	Par Excellence										
Pulled Chicken	Tyson's										
Teriyaki Sauce	MCPS Made			Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Turkey Dinner		Milk, Soy, Wheat									
Turkey, Thick Cut	Cargill										
Mashed Potatoes	Idahoan		Y	Y							
Gravy	MCPS Made		Y	Y					Y		
Local Rolls	H&S Bakery			Y					Y		
PLANT-BASED & PLANT-FORWARD ENTRÉES											
Bean & Cheese Nachos with Salsa, Lettuce & Tomatoes		Milk, Soy, Wheat									
Beans, Pinto	MCPS Made			Y							
Cheese Sauce	MCPS Made		Y	Y							
Tortilla Pieces	Casa De Carmen										
Chik'N & Broccoli Teriyaki		Milk, Soy, Wheat									
Chik'N Nuggets	Kellogg's			Y					Y		
Assorted Vegetables	N/A										
Brown Rice	Par Excellence										
Teriyaki Sauce	MCPS Made			Y					Y		
Chik'N Bite Bowl		Milk, Soy, Wheat									
Chik'N Nuggets	Kellogg's			Y					Y		
Mashed Potatoes	Idahoan		Y	Y							
Corn	N/A										
Chik'N Parm Sub		Milk, Soy, Wheat									
Chik'N Nuggets	Kellogg's			Y					Y		
Marinara Sauce	MCPS Made			Y							
Cheese	Land O Lakes		Y								
Local Sub Roll	H & S Bakery			Y					Y		

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
Curry Chickpeas with Rice		None									
Brown Rice	Par Excellence										
Chickpeas	N/A										
Curry Sauce	MCPS Made										
French Toast Sticks with Chik'N		Soy, Wheat									
French Toast Sticks	Rich's			Y					Y		
Syrup	Madiera Farms										
Chik'N Nuggets	Kellogg's			Y					Y		
Mac & Cheese with Chik'N Nuggets & Roll		Milk, Soy, Wheat									
Cheese Sauce	MCPS Made		Y	Y							
Chik'N Nuggets	Kellogg's			Y					Y		
Local Dinner Roll	H & S Bakery			Y					Y		
Macaroni Noodles	Barilla								Y		
Spicy Chik'N Street Tacos		Soy, Wheat									
Assorted Vegetables	N/A										
Chik'N Nuggets	Kellogg's			Y					Y		
Mini Round Flatbreads	Rich's			Y					Y		
Sweet N Sour Chik'N with Rice		Soy, Wheat									
Brown Rice	Par Excellence										
Chik'N Nuggets	Kellogg's			Y					Y		
Sweet N Sour Sauce	MCPS Made			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										
FROM THE FARMS											
Baked Fries		None									
Entrée Salad, Chef		Eggs, Milk, Soy, Wheat									
Assorted Vegetables	N/A										
Deli Meat, Turkey	Shady Brook Farms										
Local Dinner Roll	H & S Bakery			Y					Y		
Ranch Dressing	MCPS Made	Y	Y	Y							

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
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	Kellogg's			Y					Y		
Local Dinner Roll	H & S Bakery			Y					Y		
Sweet Mustard Dressing	MCPS Made										
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							

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
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^{TW}		None									
Fresh Celery Sticks		None									
Fresh Cucumber Slices		None									
Fresh Grape Tomatoes		None									
Fresh Side Salad		None									
Garlic & Herb Broccoli		Milk									
Roasted Chickpeas^{TW}		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									

MENU ITEM	BRAND	EGGS	MILK	SOY	PEANUTS	TREE NUTS	FISH	SHELLFISH	WHEAT	SESAME	PORK
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		
Hot Dog on Bun		Soy, Wheat									
Turkey Frank	Jenni-O										
Local Hot Dog Roll	H & S Bakery			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		
GRAB 'N GO											
Cold Cut Sub		Milk, Soy, Wheat									
Cheese	Land O Lakes		Y								
Deli Meat, Turkey	Shady Brook Farms										
Local Sub Roll	H & S Bakery			Y					Y		

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								
Hummus^{IW} & Rounds^{IW}		None									
PB&J Sandwich^{IW}, Smuckers		Soy, Peanuts, Wheat									
Dressings											
MCPS Made Ranch			Egg, Milk, Soy								
MCPS Made Sweet Mustard			None								