

East Penn School District

Allergens & Food Sensitivity

Rec. #	Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
000787	CHICKEN STIR FRY	NO	NO	NO	NO	NO	NO	YES	YES
001122	Chicken strip BOXED SALAD	YES	YES	NO	NO	NO	NO	YES	YES
000864	CHICKEN STRIP WRAP	YES	YES	NO	NO	NO	NO	YES	YES
000623	Chicken Strips GOLDKIST	YES	YES	NO	NO	NO	NO	YES	YES
000773	Chicken Strips BBQ	YES	YES	NO	NO	YES	NO	YES	YES
000774	Chicken Strips Buffalo	YES	YES	NO	NO	NO	NO	YES	YES
000759	CHICKEN TACOS	YES	NO	NO	NO	NO	NO	YES	YES
005025	CHICKEN TETRAZZINI	YES	YES	NO	NO	NO	NO	YES	YES
000921	Chicken Tetrazzini- LMMS	YES	YES	NO	NO	NO	NO	YES	YES
000878	CHICKEN, BREADED, GOV'T 7 PC	YES	YES	NO	NO	NO	NO	YES	YES
000652	CHICKEN,herbed PIECES	NO	NO	NO	NO	NO	NO	NO	YES
000981	CHOCOLATE APPLESAUCE CAKE	YES	YES	NO	NO	NO	NO	YES	YES
000980	CHOCOLATE BANANA CAKE	YES	YES	NO	NO	NO	NO	YES	YES
000315	Cooked carrots	YES	NO	NO	NO	NO	NO	YES	NO
001115	Cookie Emmaus High Red/Fat	YES	YES	NO	NO	NO	NO	YES	YES
000317	CORN	YES	NO	NO	NO	NO	NO	YES	NO
000032	CORN ON THE COB: frozen,boiled	YES	NO	NO	NO	NO	NO	YES	NO
001126	COTTAGE CHEESE W/ FRUIT	YES	NO	NO	NO	NO	NO	NO	NO
005047	CUCUMBER SALAD	NO	YES	NO	NO	NO	NO	YES	NO
001116	CUTIE PIE APPLE	NO	NO	NO	NO	NO	NO	YES	YES
001117	CUTIE PIE CHERRY	NO	NO	NO	NO	NO	NO	YES	YES
001118	CUTIE PIE PEACH	NO	NO	NO	NO	NO	NO	YES	YES
000717	DOMINO PIZZA PIE, 8 SLICES PER	YES	NO	NO	NO	NO	NO	YES	YES
001113	Dressing BLUE CHEESE RH 17242	YES	YES	NO	NO	NO	NO	YES	YES
000544	Dressing French FF RH 17394	NO	NO	NO	NO	NO	NO	NO	YES
001111	DRESSING ITALIAN LITE RH J2820	NO	NO	NO	NO	NO	NO	YES	NO
000849	DRESSING ITALIAN Rh 58588	NO	NO	NO	NO	NO	NO	YES	NO
000393	Dressing Ranch FULL RH 23084	YES	YES	NO	NO	NO	NO	YES	YES
001112	Dressing Ranch R/CAL RH J2688	YES	YES	NO	NO	NO	NO	YES	YES
000777	EGG /SAUSAGE SANDWICH	YES	YES	NO	NO	NO	NO	YES	YES
000723	EGG PATTY W/ CHZ	YES	YES	NO	NO	NO	NO	YES	YES
001137	EGG PATTY W/ CHZ BURRITO	YES	YES	NO	NO	NO	NO	YES	YES
000778	EGG, SAUSAGE, CHZ PATTY	YES	YES	NO	NO	NO	NO	YES	YES
000785	EGGS, Scramble from USDA froz	NO	YES	NO	NO	NO	NO	NO	NO
000900	Fish Sandwich	YES	YES	NO	NO	YES	NO	YES	YES
000576	Fish Sandwich W/ Cheese	YES	YES	NO	NO	YES	NO	YES	YES
000575	FISH STICK,POLLOCK,CKD,FRZ,BR	YES	YES	NO	NO	YES	NO	YES	YES

EAST PENN

Rec. #	Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
000927	FRENCH TOAST SLICE	YES	YES	NO	NO	NO	NO	YES	YES

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001036	FRENCH TOAST STICKS 3 EACH	YES	YES	NO	NO	NO	NO	YES	YES

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000823	FRIED RICE CHICKEN	NO	NO	NO	NO	NO	NO	YES	YES
000822	FRIED RICE PORK	NO	NO	NO	NO	NO	NO	YES	YES
000846	FRIES, 3/8" KRINKLE	NO	NO	NO	NO	NO	NO	YES	NO
001028	GARDEN SALAD W/ EGG	YES	YES	NO	NO	NO	NO	NO	NO
000746	GRAVY,BROWN,CND	NO	NO	NO	NO	NO	NO	YES	YES
000745	GRAVY,CHICKEN,CANNED Rh 28226	YES	NO	NO	NO	NO	NO	YES	YES
000761	Green Bean Salad	NO	NO	NO	NO	NO	NO	YES	NO
000318	GREEN BEANS	YES	NO	NO	NO	NO	NO	YES	NO
000579	GRILL CHZ SAND SPRAY	YES	NO	NO	NO	NO	NO	YES	YES
000410	GRILLED CHICKEN FAJITA WRAP	YES	YES	NO	NO	NO	NO	YES	YES
000753	GRILLED CHICKEN on bun	NO	NO	NO	NO	NO	NO	YES	YES
001109	GRILLED CHICKEN W/CHZ on bun	YES	NO	NO	NO	NO	NO	YES	YES
000160	GROUND BEEF & SPANISH RICE A	YES	NO	NO	NO	NO	NO	YES	YES
000159	GROUND BEEF STROGANOFF	YES	NO	NO	NO	NO	NO	YES	YES
000360	Ham & Cheese HOAGIE 6"roll	YES	NO	NO	NO	NO	NO	YES	YES
001023	Ham & Cheese Sandwich (HOT)	YES	NO	NO	NO	NO	NO	YES	YES
000853	Ham & Cheese Sandwich (SLICED)	YES	NO	NO	NO	NO	NO	YES	YES
000780	HAM & CHZ HOT ON WW BUN	YES	NO	NO	NO	NO	NO	YES	YES
000962	HAM SALAD SANDWICH	YES	YES	NO	NO	NO	NO	YES	YES
000782	HAM SANDWICH ON BUN	NO	NO	NO	NO	NO	NO	YES	YES
000963	HAM SLICE WITH PINEAPPLE GLAZ	YES	NO	NO	NO	NO	NO	YES	NO
001095	HAM TETRAZZINI (HAM & NOODLES	YES	YES	NO	NO	NO	NO	NO	YES
000781	HAM, EGG, CHZ PATTY	YES	YES	NO	NO	NO	NO	YES	YES
000744	Hamburger Bun, Butterkrust	NO	NO	NO	NO	NO	NO	YES	YES
000483	Hamburger on Bun	NO	NO	NO	NO	NO	NO	YES	YES
000838	HASHBROWN PATTY B4798	NO	NO	NO	NO	NO	NO	YES	NO
000291	HEARTY MACARONI DINNER	NO	YES	NO	NO	NO	NO	NO	YES
000399	HOAGIE, 3 MEAT	YES	NO	NO	NO	NO	NO	YES	YES
000869	HOMEMADE BBQ Pizza	YES	NO	NO	NO	YES	NO	YES	YES
000866	HOMEMADE BUFF PERSONAL Pizza	YES	NO	NO	NO	NO	NO	YES	YES
000867	Homemade Buffalo Pizza	YES	YES	NO	NO	NO	NO	YES	YES
000868	HOMEMADE CHEESE Pizza	YES	NO	NO	NO	NO	NO	YES	YES
000875	Homemade Pepperoni Pizza	YES	NO	NO	NO	NO	NO	YES	YES
000898	HOMEMADE PIZZA W/ BROCCOLI	YES	NO	NO	NO	NO	NO	YES	YES
000917	HOMEMADE PIZZA, MOZZ/BASIL	YES	NO	NO	NO	NO	NO	YES	YES
000870	Homemade Sausage Pizza	YES	NO	NO	NO	NO	NO	YES	YES
000828	HOT APPLE SLICES	YES	NO	NO	NO	NO	NO	YES	NO
000642	HOT DOG BAR	YES	NO	NO	NO	NO	NO	YES	YES
000873	HOT ITALIAN HOAGIE	YES	NO	NO	NO	NO	NO	YES	YES
000874	HOT POCKET	YES	YES	NO	NO	NO	NO	YES	YES
000908	HOT TUSCAN HOAGIE	YES	NO	NO	NO	NO	NO	YES	YES
000816	Hotdog on Bun	NO	NO	NO	NO	NO	NO	YES	YES
000877	Hotdog on Bun W/ CHEESE	YES	NO	NO	NO	NO	NO	YES	YES
000992	ITALIAN DUNKERS STICKS	YES	NO	NO	NO	NO	NO	YES	YES
000749	LASAGNA WITH GROUND BEEF	YES	YES	NO	NO	NO	NO	NO	YES
000164	MACARONI & CHEESE	YES	YES	NO	NO	NO	NO	YES	YES
000961	MACARONI AND CHEESE w/ HAM	YES	YES	NO	NO	NO	NO	YES	YES
000914	MACARONI CARBONARA	YES	YES	NO	NO	NO	NO	YES	YES
000818	MACARONI SALAD	YES	YES	NO	NO	NO	NO	YES	YES

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000721	MARINARA	NO	NO	NO	NO	NO	NO	YES	NO
001098	Marinara sauce homemade	NO	NO	NO	NO	NO	NO	YES	NO
000719	MASHED POTATO, DRY CANNED, R	YES	NO	NO	NO	NO	NO	YES	NO
000547	Mayonaise REDUCED FAT	NO	YES	NO	NO	NO	NO	YES	NO
000850	Mayonnaise heavy duty Reinhart	NO	YES	NO	NO	NO	NO	YES	NO
000851	MAYONNAISE:individual PC	NO	YES	NO	NO	NO	NO	YES	NO
000815	MEAT SAUCE	NO	NO	NO	NO	NO	NO	YES	NO
000501	MEATBALL & MOZZ SUB 6"	YES	NO	NO	NO	NO	NO	YES	YES

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000725	MEATBALL STROGANOFF	YES	YES	NO	NO	NO	NO	YES	YES

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000814	MEATBALLS	YES	NO	NO	NO	NO	NO	YES	YES
000810	MEATLOAF	YES	YES	NO	NO	NO	NO	YES	YES
000958	Mexican Side Salad	YES	YES	NO	NO	NO	NO	YES	YES
001119	MILK, FAT FREE Chocolate	YES	NO	NO	NO	NO	NO	NO	NO
000230	MILK, 1% Lowfat	YES	NO	NO	NO	NO	NO	NO	NO
000433	MIXED VEGETABLES:frozen,boiled	YES	NO	NO	NO	NO	NO	YES	NO
000766	Muffin Otis Rh 61418	YES	YES	NO	NO	NO	NO	YES	YES
000756	MULTI-GRAIN BUN #795	NO	NO	NO	NO	NO	NO	YES	YES
000896	NACHO BAR	YES	NO	NO	NO	NO	NO	YES	YES
000694	NACHOS W/ GROUND BEEF ELEM E	NO	NO	NO	NO	NO	NO	NO	YES
001100	NOODLES, Egg	NO	YES	NO	NO	NO	NO	NO	YES
000912	NOT FRIED RICE	YES	YES	NO	NO	NO	NO	YES	YES
000784	Pancakes, Mrs Buttwrth, RH#415	YES	YES	NO	NO	NO	NO	YES	YES
000956	Pancakes, W/ topping	YES	YES	NO	NO	NO	NO	YES	YES
000988	PANINI, BBQ	YES	NO	NO	NO	YES	NO	YES	YES
001091	PANINI, BEEF TERIYAKI	YES	NO	NO	NO	NO	NO	YES	YES
001090	PANINI, CHICKEN BUFFALO	YES	NO	NO	NO	NO	NO	YES	YES
000983	PANINI, CHICKEN PARMESAN	YES	YES	NO	NO	NO	NO	YES	YES
000982	PANINI, CHICKEN RANCH	YES	YES	NO	NO	NO	NO	YES	YES
000837	PANINI, HAM & CHEESE	YES	NO	NO	NO	NO	NO	YES	YES
000986	PANINI, ITALIAN HAM	YES	NO	NO	NO	NO	NO	YES	YES
000984	PANINI, PIPERATO	YES	YES	NO	NO	NO	NO	YES	YES
000987	PANINI, SPICY ITALIAN	YES	NO	NO	NO	NO	NO	YES	YES
000989	PANINI, TACO	YES	NO	NO	NO	NO	NO	YES	YES
000985	PANINI, THREE CHEESE	YES	NO	NO	NO	NO	NO	YES	YES
000990	PANINI, TURKEY & CHEESE	YES	NO	NO	NO	NO	NO	YES	YES
000897	PASTA BAR	YES	YES	NO	NO	NO	NO	YES	YES
000819	PASTA SALAD	YES	YES	NO	NO	NO	NO	YES	YES
000973	PASTA SALAD- RANCH	YES	YES	NO	NO	NO	NO	YES	YES
000336	PEANUT B&J (2 SLICES)	NO	YES	YES	YES	NO	NO	YES	YES

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000328	Peas	YES	NO	NO	NO	NO	NO	YES	NO
000596	PEAS & CARROTS	YES	NO	NO	NO	NO	NO	YES	NO
000903	PIEROGIE CASSEROLE	YES	YES	NO	NO	NO	NO	YES	YES
001132	Pizza 4 x 6 BUFFALO CHICKEN	YES	NO	NO	NO	NO	NO	YES	YES
001130	Pizza 4 x 6 PEPPERONI	YES	NO	NO	NO	NO	NO	YES	YES
001131	Pizza 4 x 6 SAUSAGE	YES	NO	NO	NO	NO	NO	YES	YES
000307	Pizza 4 x 6 Tony's Smart thick	YES	NO	NO	NO	NO	NO	YES	YES
000720	PIZZA STIX, MAX, 96 SERV CASE,	YES	NO	NO	NO	NO	NO	YES	YES
001099	Pizza, Breakfast	YES	NO	NO	NO	NO	NO	YES	YES
000739	PIZZA, THREE CHEESE personal	YES	NO	NO	NO	NO	NO	YES	YES
000733	PIZZABURGER ON BUN	YES	NO	NO	NO	NO	NO	YES	YES
000906	POPCORN CHICKEN Bowl	YES	YES	NO	NO	NO	NO	YES	YES
000740	PORK CUTLET	YES	NO	NO	NO	NO	NO	YES	YES
000714	PORK RIBLET 200/ 2.5OZ,RH	NO	NO	NO	NO	YES	NO	YES	YES
000995	Pork Roast, BBQpulled sandwich	NO	NO	NO	NO	YES	NO	YES	YES
000727	Pork Roast, pulled sandwich	NO	NO	NO	NO	NO	NO	YES	YES
000772	POTATO & PARSLEY w/ butter	YES	NO	NO	NO	NO	NO	YES	NO
000840	POTATO BAR	YES	NO	NO	NO	NO	NO	YES	YES
000526	POTATO PUFFS CAVENDISH	NO	NO	NO	NO	NO	NO	YES	NO
000841	POTATO SALAD	NO	YES	NO	NO	NO	NO	YES	NO
000442	POTATO WEDGES CAVENDISH	NO	NO	NO	NO	NO	NO	YES	NO
000886	PULLED BBQ SANDWICH	NO	NO	NO	NO	YES	NO	YES	YES
000904	QUESADILLA, MEAT/CHEESE	YES	NO	NO	NO	NO	NO	YES	YES
000852	RANCH GALLON	YES	YES	NO	NO	NO	NO	YES	YES
000826	RICE CHICKEN CHEESY	YES	NO	NO	NO	NO	NO	YES	YES
000825	RICE, CHEESY	YES	NO	NO	NO	NO	NO	YES	YES
000829	RICE,Cooked Brown	YES	NO	NO	NO	NO	NO	YES	NO
001097	RIGATONI BAKED	YES	YES	NO	NO	NO	NO	NO	YES
000817	ROAST BEEF SANDWICH	NO	NO	NO	NO	NO	NO	YES	YES
000905	ROAST BEEF/CHEESE SANDWICH	YES	NO	NO	NO	NO	NO	YES	YES
000724	Roll, multi-grain dinner, butt	NO	NO	NO	NO	NO	NO	YES	YES
000771	SALAMI AND CHEESE SANDWICH	YES	NO	NO	NO	NO	NO	YES	YES
000673	Salisbury Steak RH # 53296 Adv	YES	NO	NO	NO	NO	NO	YES	YES
001133	Salisbury Steak SANDWICH	YES	NO	NO	NO	NO	NO	YES	YES
000658	SALSA,COMMODITY	NO	NO	NO	NO	NO	NO	YES	NO
001024	Sausage LINK LUNCH f8090	NO	NO	NO	NO	NO	NO	NO	YES
000926	Sausage Pancake Wrap Brk Rh F7	NO	YES	NO	NO	NO	NO	YES	YES
000854	Sausage PATTY	NO	NO	NO	NO	NO	NO	NO	YES
001022	Sausage Sandwich	NO	NO	NO	NO	NO	NO	YES	YES
000779	SAUSAGE, CHZ PATTY	YES	NO	NO	NO	NO	NO	YES	YES
000713	Scalloped Potatoes, Dry Mix, R	YES	NO	NO	NO	NO	NO	YES	YES
000800	SHEPHERD'S PIE	YES	NO	NO	NO	NO	NO	YES	YES
000860	SLOPPY JOE buffalo ON BUN	NO	NO	NO	NO	NO	NO	YES	YES
000114	SLOPPY JOE ON BUN	NO	NO	NO	NO	NO	NO	YES	YES
000757	SPAGHETTI	NO	YES	NO	NO	NO	NO	NO	YES
000734	SPAGHETTI AND MEATBALLS	YES	YES	NO	NO	NO	NO	YES	YES
000824	SPANISH RICE	NO	NO	NO	NO	NO	NO	YES	YES
000863	Spicy Chicken MG Goldkist	NO	YES	NO	NO	NO	NO	YES	YES
000856	Spicy Chicken Patty	NO	YES	NO	NO	NO	NO	YES	YES

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Rec. #	Description	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
000313	Stromboli ham & Chz w/ sauce	YES	NO	NO	NO	NO	NO	YES	YES
000811	SWEDISH MEATBALLS	YES	NO	NO	NO	NO	NO	YES	YES
000788	SWEET AND SOUR CHICKEN	NO	NO	NO	NO	NO	NO	YES	YES
000865	Sweet and sour meatballs	YES	NO	NO	NO	NO	NO	YES	YES
000741	SWEET POTATO BAKE	YES	NO	NO	NO	NO	NO	YES	NO
000887	SWEET POTATOES	YES	NO	NO	NO	NO	NO	YES	NO
000769	Syrup cup 1.5 oz Rh	NO	NO	NO	NO	NO	NO	NO	YES
005028	TACO BAKE W/ GR. BEEF	YES	YES	NO	NO	NO	NO	NO	YES
000976	TATOR TOT BAKE	YES	NO	NO	NO	NO	NO	YES	YES
000972	Tex Mex Pasta Side Salad	YES	YES	NO	NO	NO	NO	YES	YES
000821	THREE BEAN SALAD	NO	NO	NO	NO	NO	NO	YES	YES
001044	TOAST,WHEAT BREAD CINNAMON	NO	NO	NO	NO	NO	NO	YES	YES
000407	TOASTED TK HAM*CHEESE SAND	YES	NO	NO	NO	NO	NO	YES	YES
000798	TOMATO SOUP	YES	NO	NO	NO	NO	NO	YES	YES
001106	Toppings- Lettuce, salsa, chz	YES	NO	NO	NO	NO	NO	NO	YES
000813	TUNA AND NOODLES	YES	YES	NO	NO	YES	NO	YES	YES
000965	Tuna Melt	YES	YES	NO	NO	YES	NO	YES	YES
000019	TUNA SALAD	YES	YES	NO	NO	YES	NO	YES	NO
001029	TUNA SALAD BOX	YES	YES	NO	NO	YES	NO	YES	NO
001030	TUNA W/ CHEESE SANDWICH	YES	YES	NO	NO	YES	NO	YES	YES
000993	TURKEY & CHEESE SANDWICH	YES	NO	NO	NO	NO	NO	YES	YES
001135	TURKEY & CHEESE SANDWICH HO	YES	NO	NO	NO	NO	NO	YES	YES
000737	TURKEY & GRAVY OVER BREAD	YES	NO	NO	NO	NO	NO	YES	YES
000735	TURKEY /CHEESE WRAP	YES	NO	NO	NO	NO	NO	YES	YES
001107	TURKEY ALA KING	YES	NO	NO	NO	NO	NO	YES	YES
000414	TURKEY and CHEZ Seeded ROLL 6"	YES	NO	NO	NO	NO	NO	YES	YES
000382	Turkey and Waffles	YES	YES	NO	NO	NO	NO	YES	YES
000389	turkey melt	YES	NO	NO	NO	NO	NO	YES	YES
000732	TURKEY POT PIE	NO	YES	NO	NO	NO	NO	NO	YES
000793	TURKEY SALAD SANDWICH	YES	YES	NO	NO	NO	NO	YES	YES
000783	TURKEY SAUSAGE LINKS	NO	NO	NO	NO	NO	NO	NO	YES
000881	Vegetable Frz. Cal. Blend (Rh)	YES	NO	NO	NO	NO	NO	YES	NO
001120	Vegetable wrap	YES	YES	NO	NO	NO	NO	YES	YES
000834	VEGETABLES MARINATED	NO	NO	NO	NO	NO	NO	YES	NO
000743	VEGETABLES,MXD,FRZ, RH b3460	YES	NO	NO	NO	NO	NO	YES	NO
000751	VEGETARIAN CHILI	NO	NO	NO	NO	NO	NO	YES	NO
000283	VEGGIE FRIED RICE	NO	YES	NO	NO	NO	NO	YES	NO
000920	Veggy Burger - Rh Vegi Max	YES	NO	NO	NO	NO	NO	YES	YES
000767	Waffles Rh 41484 breakfast	YES	YES	NO	NO	NO	NO	YES	YES
000722	Wheat Penne Casserole	YES	YES	NO	NO	NO	NO	NO	YES
000716	WHEAT SLICE SCHOOL (BUTTERKR	NO	NO	NO	NO	NO	NO	YES	YES
000612	Whipped Topping	YES	NO	NO	NO	NO	NO	YES	NO
000978	WHOLE GRAIN BANANA OATMEAL	YES	YES	NO	NO	NO	NO	YES	YES
000786	Yogurt Colombo Lowfat Strawber	YES	NO	NO	NO	NO	NO	NO	NO
000955	Yogurt Parfait	YES	NO	YES	YES	NO	NO	YES	YES