

**Food Allergy Chart**  
**Menu and Ala Carte Items Containing Common Food Allergens**  
**Breakfast in the Classroom**

<b>Item</b>	<b>Dairy</b>	<b>Eggs</b>	<b>Wheat</b>	<b>Nuts</b>
<b>Breakfast</b>				
Bagelful	X		X	
Strawberry Cereal Bar			X	
Cinnamon Toast Crunch	X		X	
Cinn. Toast Crunch Bar	X		X	
Cookie Crisp			X	
Granola Bar	X	X	X	X
Honey Wheat Brk Bar	X	X	X	
Milk	X			
Muffin (Apple Cinn.)	X	X	X	
Muffin (Banana Nut)	X	X	X	
Muffin (Blueberry)	X	X	X	
Proball	X	X	X	
String Cheese	X			
Trix - reduced sugar			X	
Whole Grain Brk Bun	X		X	
Yogurt	X			

**This list does not include all menu items just items that contain the four food allergens above. Manufacturers can change labels without warning. If you have questions regarding ingredients of menu items, please contact Nutrition & Wellness at (602) 422-7424 or the kitchen manager at the school your child is attending.**

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# Food Allergy Chart

## Menu and Ala Carte Items Containing Common Food Allergens

Items,  
contain  
allergens  
indicated

If you

have a  
food allergy,  
please  
call  
149 -  
for  
specific  
information

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