

Breakfast Item Allergens (GLUTEN, SOY, DAIRY, EGG ONLY)

Category	Menu Item	Allergies
1 oz Cereal Bars	Cereal Bar, Cinnamon Toast Crunch	Wheat, Soy
	Cereal Bar, Golden Grahams	Wheat, Soy
	Cereal Bar, Cocoa Puffs	Wheat, Soy
	Cereal Bar, Trix	Wheat, Soy
2 oz Cereal Bars	Cereal Bar, Cinnamon Toast Crunch (2 oz)	Wheat, Soy
	Cereal Bar, Lucky Charms (2oz)	Wheat, Soy
	Cereal Bar, Cocoa Puffs (2oz)	Wheat, Soy
Breakfast Bars & Nutrigrain Bars	Nutrigrain Bar, Apple Cinnamon	Milk, Wheat, Soy
	Nutrigrain Bar, Blueberry	Milk, Wheat, Soy
	Nutrigrain Bar, Strawberry	Milk, Wheat, Soy
	Breakfast Bar, Apple	Wheat, Egg, Soy, Milk
	Breakfast Bar, Strawberry	Wheat, Egg, Soy, Milk
Breakfast Meat	Turkey Sausage Links	NONE
	Chicken Patty, Breakfast	Soy, Wheat
	Chicken Sausage Patty - BREAKFAST	NONE
Breakfast Burritos	Chorizo Seasoned Beef and Cheese Sunrise Stick	Wheat, Milk, Soy
	Sausage Crumbles, Egg, & Cheese Breakfast Burrito	Wheat, Milk, Soy, Egg
Breakfast Bread	Banana Bread	Wheat, Soy, Egg, Milk
	Blueberry Bread	Wheat, Soy, Egg, Milk
	Cinnamon Mini Loaf	Wheat, Soy, Egg, Milk
	Pumpkin Bread	Wheat, Soy, Egg, Milk
Bagels	Bagel, Bulk	Wheat, Soy
	Bagel, Original, IW	Wheat, Soy
	Bagel, Blueberry, IW, Sliced	Wheat, Soy, Milk, Sesame
Mini Bagels	Mini Cinnamon Bagel	Wheat, Milk, Soy
	Mini Strawberry Bagel	Wheat, Milk, Soy
Breakfast Grains	Biscuit, Honey Wheat, Sliced	Milk, Soy, Wheat
	Biscuit, Mini, Unsliced	Wheat, Milk, Soy
	English Muffin	Soy, Wheat

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Breakfast Pizza	Breakfast Cheese Pizza Bagel, IW	Wheat, Milk
	Breakfast Turkey Sausage Pizza Bagel, IW	Wheat, Milk, Soy
1 oz Cereal	Cereal, Cheerios	NONE
	Cereal, Cheerios, Multigrain	NONE
	Cereal, Cinnamon Toast Crunch, Reduced Sugar	Wheat, Soy
	Cereal, Cinnamon Toast Crunch, SS Bowl	Wheat, Soy
	Cereal, Frosted Mini Wheat	Wheat
	Cereal, Trix	NONE
	Cereal, Golden Grahams	Wheat, Soy
	Cereal, Lucky Charms	NONE
2 oz Cereal	Cereal, Lucky Charms, 2 oz	NONE
	Cereal, Cinnamon Toast Crunch, 2 oz	Wheat, Gluten, Soy, Cinnamon, Eggs
	Cereal, Chex, Cinnamon, GF 2 oz	Cinnamon
	Cereal, Cocoa Puffs, Bowl, 2 oz	May contain wheat
	Cereal, Trix, 2 oz	NONE
Cinnamon Rolls	Cinnamon Roll (Dough)	Wheat, Milk, Egg, Soy
	Cinnamon Bun Super Bakery	Wheat, Soy, Milk, Egg
	Cinnamon Filled Pretzel	Wheat, Soy, Milk
	Cinnamon Roll Hadley Farms	Wheat, Soy
	Mini Cinnis & Caramel Mini Cinnis	Wheat, Soy, Milk
Crackers	Bug Bites, Graham Crackers	Wheat, Soy
	Eggo Graham Crackers, Original Waffle	Wheat, Soy
	Eggo Graham Crackers, Cinnamon French Toast	Wheat, Soy
	Scooby Grahams	Wheat, Soy
	Goldfish Graham Cracker, Cinnamon	Wheat, Gluten
	Graham Cracker Square	Wheat, Soy
	Waffle Snaps, Chocolate Chip	Wheat, Milk, Soy
	Eggo Waffle/ FT Grahams	Wheat, Soy
Donuts	Blueberry Glaze Donut Holes	Wheat, Soy, Milk, Egg
	Mini Powdered Donut Holes	Wheat, Soy, Milk, Eggs

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	Glazed Donut Pull Apart Ring	Wheat, Soy, Milk, Egg
	Breakfast Bites	Wheat, Soy, Egg, Milk
Eggs	Egg Patty (USDA)	Egg
	Egg Patty (Sunny Fresh)	Egg, Milk
	Scrambled Eggs	Egg, Milk, Soy
French Toast	French Toast Sticks (BREAKFAST 4 LUNCH)	Wheat, Gluten, Soy, Egg, Milk, Cinnamon
	French Toast Sticks, 2 pk, IW	Egg, Milk, Soy, Wheat, Gluten
	French Toast, Cinnamon, Mini	Wheat, Soy, Milk, Egg
	French Toast, Triple Berry	Wheat, Soy, Milk, Egg
	Mini Eggo French Toast	Wheat, Soy, Milk, Egg
1 oz Muffins	Muffin, Apple Cinnamon	Wheat, Egg, Soy, Milk
	Muffin, Banana	Wheat, Egg, Soy, Milk
	Muffin, Blueberry	Wheat, Egg, Soy, Milk
	Chocolate Chip Muffin Top	Wheat, Egg, Soy, Milk
2 oz Muffins	Muffin, Apple Cinnamon	Wheat, Egg, Soy, Milk
	Muffin, Banana	Wheat, Egg, Soy, Milk
	Muffin, Blueberry	Wheat, Egg, Soy, Milk
	Muffin, Trix	Wheat, Egg, Soy, Milk
Pancakes	Mini Eggo Pancake, Confetti	Wheat, Soy, Milk, Egg
	Mini Eggo Pancake, Maple	Wheat, Soy, Milk, Egg
	Mini Eggo Pancake, Blueberry	Wheat, Soy, Milk, Egg
	Strawberry Pancake Puffs	Wheat, Soy, Milk, Egg
	Maple Pancake Puffs	Wheat, Soy, Milk, Egg
Pop Tarts	Pop Tart, Cinnamon	Wheat, Soy
	Pop Tart, Fudge	Wheat, Soy
	Pop Tart, Strawberry	Wheat, Soy
Waffles	Mini Eggo Waffle, Cinnamon	Wheat, Soy, Milk, Egg
	Mini Eggo Waffle, Maple	Wheat, Soy, Milk, Egg
	Mini Waffle, Blueberry	Wheat, Soy, Milk, Egg
	Mini Waffle, Maple	Wheat, Soy, Milk, Egg
	Waffle, Fruit Loop	Wheat, Soy, Milk, Egg
	Waffle, Bulk (Chicken & Waffles)	Wheat, Soy Milk, Egg
Yogurt	Yogurt, Cherry/Vanilla, 4 oz	Milk

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	Yogurt, Blueberry, 4 oz	Milk
	Yogurt, Peach, 4 oz	Milk
	Yogurt, Straw/Banana, 4 oz	Milk
	Yogurt, Vanilla, Squeeze Pouch	Milk
	Yogurt, Strawberry, Squeeze Pouch	Milk
	Yogurt, Strawberry Banana 4 oz	Milk
	Yogurt, Strawberry 4 oz	Milk
	Yogurt, Vanilla 4 oz	Milk
	Yogurt, Strawberry Banana Cloverland	Milk
	Yogurt, Rasp/Cherry Cloverland	Milk
	Yogurt, Strawberry/Vanilla Cloverland	Milk
Additional Breakfast Entrees	Oatmeal, Canister	NONE
	PB Uncrustables 2.6 oz (HS Only)	Peanut, Wheat, Soy
	Piggletstick, Original, IW	Egg, Milk, Soy, Wheat
	Tornado (Steak, Cheese)	Milk, Soy, Wheat
	Frudel, Apple	Wheat, Soy, Milk
	Frudel, Cherry	Wheat, Soy, Milk
IW Breakfast Sandwich	Maple Seasoned Beef Sausage & Pancake Breakfast Sandwich	Wheat, Milk, Eggs, Soy
	Egg Patty & Cheese on English Muffin	Wheat, Milk, Eggs, Soy