

**Columbia Public Schools Nutrition Services**  
**Common Food Allergens\* for Breakfast Entrees- Updated 3.1.23**

**Allergen Advisory: We cannot guarantee that our food is free from any allergens because we use shared equipment.**

**This list does not contain food substitutions. Please check with your Kitchen Manager to confirm the entree being served matches the one listed in this document.**

Product Name	Type - Brand - NK#	Product Code or UPC #	Contains Common Food Allergens*						
			Eggs	Fish	Milk	Peanut	Soy <sup>1</sup>	Tree Nuts	Wheat
Apple Churros	J & J Snack Foods	41110	X		X		X		X
Biscuits and Gravy - HS	<a href="#">Biscuit - Bridgford</a>	6170			X				X
	<a href="#">Gravy - Pioneer</a>	212642	M		X		M		X
Bug Bites - WG	<a href="#">Keebler</a>	30100-55856					X		X
Cereal - Blueberry Chex- HS	<a href="#">General Mills</a>	100-16000-17262-0							
Cereal - Cheerios	<a href="#">General Mills</a>	0 1600032262 2							
Cereal - Cinnamon Toast Crunch	<a href="#">General Mills</a>	29444000					X		X
Cereal - Cocoa Puffs	<a href="#">General Mills</a>	31888000							
Cereal - Honey Cheerios	<a href="#">General Mills</a>	18447							
Cereal - Rice Chex	<a href="#">General Mills</a>	31921000							
Cereal - Trix	<a href="#">General Mills</a>	31922000							
Cheese Stick - Mozzarella, String	USDA Miceli's				X				
Chocolate Cherry Granola Bar	<a href="#">Cooper Street</a>	3288	X						X
Cookie N Cream Granola Bar	<a href="#">Quaker</a>	56586			X	M	X	M	X
Donut - WG	<a href="#">Donut Glaze</a>	21506							
	<a href="#">Goody Donut Ring - Super</a>	18400	X		X		X		X
	<a href="#">Honey Wheat Bar - Sky Blue Bakery - HS</a>	6735	X		X		X		X
	<a href="#">Raised Yeast Donut - Rich's</a>	14839	M		X		X		X
French Toast Sticks	<a href="#">Bake Crafters</a>	449	X		X		X		X
Muffin - Banana - WG	<a href="#">Otis Spunkmeyer</a>	10144	X				X		X
Muffin - Blueberry - WG	<a href="#">Otis Spunkmeyer</a>	10143	X				X		X
Muffin - Chocolate - WG	<a href="#">Otis Spunkmeyer</a>	10145	X		X		X		X
Nutri Grain Bar - Strawberry -WG	<a href="#">Kellogg</a>	13440			X		X		X
Sausage Biscuit - HS	<a href="#">Biscuit - Bridgford</a>	6170			X				X
	<a href="#">Sausage Patty (Chx) - Tyson</a>	017443-0928							
Tiger Grahams - Cracker	<a href="#">Chocolate - Kellog</a>	40239					X		X
	<a href="#">Cinnamon - Kellog</a>	40221					X		X
	<a href="#">Original - Kellog</a>	40213					X		X
Wrap- Egg and Cheese - HS	<a href="#">Los Cabos</a>	97861	X		X		X		X
Yogurt - Cherry	<a href="#">Trix</a>	31077000			X				
Yogurt - Raspberry	<a href="#">Trix - Raspberry</a>	17725000			X				
Yogurt - Strawberry Banana	<a href="#">Trix - Strawberry Banana</a>	17725000			X				

**Key**

\* = The Federal Food, Drug, and Cosmetic Act requires that the labels of most packaged foods disclose when they are made with a "major food allergen." This list contains seven of the nine most common food allergens. Shellfish and sesame are not listed as we do not serve anything containing these allergens for breakfast. Click on the underlined hyperlink to view the complete food label.

1 = There are two exceptions to the Food Allergen Labeling and Consumer Protection Act law regarding soy. Manufacturers do not have to label a product "containing soy" if the product only contains refined soy oil or soy lecithin that has been used as a "release agent." In an effort to be consistent with product labels, this list also follows those exceptions.

M = The manufacturer included a voluntary "may contain" or a "produced in a facility" statement on the food label. Click on the underlined hyperlink to view the complete food label. For questions or if you are serving a substitution, please contact [lunch@cpsk12.org](mailto:lunch@cpsk12.org) or 573-214-3480.