

We are pleased to provide you with the following information on the use of peanut/nut products in our various menu items. Many items we prepare from scratch recipes; of those, the following **do not contain nuts or nut products**:

Pasta with Meat Sauce	Spaghetti with Marinara Sauce
Taco Boat <u>Meat</u>	Spaghetti with Meatballs
Pizza Pita <u>Meat</u>	Penne Pasta with Zesty Marinara Sauce
Nacho Cheese/Chili	Soft Shell Taco <u>Meat</u>
Snickerdoodle Cookie	Macaroni & Cheese
Banana Cookie (has nutmeg)	Sugar Cookie
Oatmeal Raisin Cookie	Lemon Cookie
Gingersnap Cookie	Chocolate Chip Cookie
Baking Powder Biscuit	Banana Bread
Chocolate Brownie (has soybean oil)	Apple Spice Bread
Chocolate Cake (has soybean oil)	Peach Bread
Confetti Cake	Zucchini Bread
Sunshine Cake	Carrot Bread
Banana Cake	Orange Craisin® Bread
Homemade Granola Bar	

It is important to know, however, that we **do have** nuts in our production facility. We produce an M&M Cookie (appearing on our Lunch and Snack menus) that contains M&M's that are produced where there are nuts and/or traces of nuts/peanuts.

One product that is often of special interest is the Honey Roasted Sunflower Seeds and the Lightly-Salted Pumpkin Seeds. These products are actually **peanut-free** and produced in a plant that is free of peanuts.

Because of our bidding process and use of different brand name products, we cannot guarantee that purchased products will be free of nuts or peanuts or traces of nuts/peanuts. Substitutions are also necessary at times. We can, however, tell you with certainty that **at this time the following items do contain peanut products**: Nature Valley Granola Bar, Peanut Butter & Jelly Wafer Bar, Fruit & Grain Bar (Blueberry), Trail Mix and Animal Crackers (Stauffers).

We have also provided an allergen chart on our website (www.fspro.com) that lists current menu items and their allergen information. Please use this as a guide. We strive to continually update this information; but manufacturers can make formulation changes with no prior notification to us. Hence, we recommend diligent label-reading from both food servers and parents for all products served to children with allergies. Manufacturers are now required to list the common allergens present in their products on the packaging.

We hope this information is helpful to you. If we can be of any further assistance, we invite you to contact us to discuss your concerns.

Thank you!

FSP/ Ceres Food Group, Inc.
Nutrition Services
5150 N. Northwest Highway
Chicago, IL 60630
773-385-6020
nutritioninfo@fspro.com