

Thursday, April 09, 2009

Dear Parent:

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
Baking Powder Biscuit	Chocolate Chip Cookie
Chocolate Brownie (has soybean oil)	Banana Bread
Chocolate Cake (has soybean oil)	Apple Spice Bread
Confetti Cake	Peach Bread
Sunshine Cake	Zucchini Bread
Banana Cake	Carrot 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. Recently we have added the Lightly-Salted Pumpkin Seeds. These products are actually **peanut-free** and produced in a plant that is free of peanuts.

We cannot guarantee that purchased product will be free of nuts or peanuts or traces of nuts/peanuts because of our bidding process and use of different brand name products. 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).

As you can see, many of the products containing nuts or peanuts/peanut butter have this description in their menu name such as the Peanut Butter & Jelly Wafer Bars; however, there are some other items such as M&M Cookie that may contain traces of nuts/peanuts and this statement would not appear on the menu. 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.

I hope this information is helpful to you. If I can be of further assistance, please call me at 773-385-5025.

Thank you,

Maria Bournas MS, RD, LDN
Nutrition Services Manager