

## **Allergen Disclaimer**

The following is a list of items that Aramark uses at FSP schools that contain common food allergens. This list may not be complete. There is always a risk of contamination, and the manufacturers of the foods we use could change the formulation at any time, without notice. Aramark cannot guarantee the accuracy of any of the information contained herein. The information contained in this list is not intended as a substitute for advice from your physician or other healthcare professional or for any information contained on or in any product label, packaging or insert. You should not use the information herein for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance. You should always consult a physician or other healthcare professional before taking any medication, drug or nutritional, herbal or homeopathic supplement, before starting any diet or exercise program and/or before adopting any treatment for a health problem, condition or ailment. Individuals concerned with food allergies must be aware of this risk. FSP and Aramark will not assume any liability for adverse reactions to foods consumed, or items with which one may come into contact while eating at any school district establishment. Families of students with food allergies or those wishing to see additional information are encouraged to contact the registered dietitian. (this statement is what has been posted with our allergen list)

**This allergen list is posted when the menu is originally created. Whenever there are any menu substitutions, changes to the allergen list are communicated directly to the school.**

### **Nutritional Information Disclaimer**

As part of the Healthy, Hunger-Free Kids Act of 2010, many changes have been made to the USDA's child nutrition programs. In 2014, the USDA updated the guidelines for all meals served in schools. One of the guidelines followed by Aramark, your school food provider, is that all grain products on the menu contain whole grain rich products. This is in compliance with *2010 Dietary Guidelines for Americans* (DGAs) which recommend that children and adults consume at least half of their grains as whole grains. We encourage your children to try a healthy and tasty School Lunch!

The information contained in this list is not intended as a substitute for advice from your physician or other healthcare professional or for any information contained on or in any product label, packaging or insert. You should not use the information herein for the diagnosis or treatment of any health problem, condition or ailment or for the prescription or taking of any medication, drug or nutritional, herbal or homeopathic substance. You should always consult a physician or other healthcare professional before taking any medication, drug or nutritional, herbal or homeopathic supplement, before starting any diet or exercise program and/or before adopting any treatment for a health problem, condition or ailment.

**This Nutrient list is posted when the menu is originally created. Whenever there are any menu substitutions, changes to the Nutrient list are communicated directly to the school.**