**North Syracuse Breakfast Allergen List 23-24**

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| Pancake Wrapped Sausage | Wheat/Gluten, Egg, Milk, Soy |  | **DAILY** |  |
| French Toast/Syrup | (Bake Crafters) Gluten/Wheat, Soy, Corn, Egg, Milk; (Farm Rich) French Toast)Wheat/Gluten, Soy, Corn – Rich’s French Toast is free of Eggs; (Syrup) Corn |  | Super Bakery Ultra Bread Slices  Hadley Farms Breakfast Roll | (Super Bakery) Wheat/Gluten, Soy, Egg, Corn & Milk  (Hadley Farms) Gluten/Wheat, Soy, Corn) |
| French Toast Bites | Wheat/Gluten, Egg, Soy, Corn, Milk |  | Powdered Mini Donuts | Gluten/Wheat, Milk, Soy, Eggs, Corn |
| Breakfast Sandwich | (English Muffin) Wheat/Gluten, Soy; (Egg Patty) Egg, Milk, Soy; (Cheese) Milk, Soy |  | **Pop Tarts**  Frosted Blueberry  Frosted Fudge  Frosted Strawberry  Frosted Brown Sugar Cinnamon | **(Frosted Blueberry)** Gluten, Soy, Corn, Red Dye, Blue Dye, Blueberries, Grapes, Apple;  **(Frosted Fudge)** Gluten, Soy, Corn;  **(Frosted Strawberry)**  Gluten, Corn, Soy, Red & Yellow Dye  **(Frosted Brown Sugar Cinnamon)**  Gluten, Corn, Soy |
| Breakfast Pizza  (Bacon Scramble) | Wheat/Gluten, Milk, Soy, Corn, Egg |  | Appleway’s Apple Simply Wholesome Oatmeal Bar | Wheat/Gluten, Corn, Soy, Eggs |
| Breakfast Pizza (Sausage) | Wheat/Gluten, Milk, Soy, Corn |  | **Toast**  **Whole Grain Bagel Variety** | **(Toast) Gluten/Wheat, Soy, Corn;**  **(Bagel) (Plain, Cinnamon & Long Island) Wheat/Gluten, Corn (Blueberry) Wheat, Corn, Soy, Blue & Red Dye** |
| Mini French Toast | (Pillsbury Cinnamon Rush) Gluten/Wheat, Soy, Milk, Egg, Tree Nut |  | Jelly/Peanut Butter/Cream Cheese | (Jelly) Corn; (Peanut Butter)Nut;  (Cream Cheese) Milk |
| Mini Pancakes | (Pillsbury Maple Burstin’) Gluten/Wheat, Soy, Milk, Egg, Corn, Tree Nuts; (Eggo Confetti) Gluten/Wheat, Soy, Milk, Egg, Corn |  | **Cereal** | **Wheat/Gluten; Some – Soy; May Contain Nuts & Food Dye**  **(Refer to Cereal Allergen List)** |
| Mini Waffles | (Pillsbury Maple Madness) Gluten/Wheat, Soy, Milk, Egg, Tree Nut; (Pillsbury Blueberry Bash) Gluten/Wheat, Soy, Corn, Milk, Egg, Tree Nut |  | **Hot Oatmeal**  **(Regular) (Apple & Cinnamon) (Maple & Brown Sugar) (Raisins & Spice)** | **None** |
| Bake Crafter WG Breakfast Bun/  Bake Crafter Cinnamon Roll | (Bun) Wheat/Gluten, Egg, Milk, Soy, Corn;  (Roll) Wheat/Gluten, Corn, Milk, Soy |  | UBR Cookie /  Pillsbury Mini Bagels  Strawberry or Cinnamon | (**UBR Cookie**) Wheat, Milk, Eggs, Soy;  (**Pillsbury Mini Bagels**)  Wheat/Gluten, Milk, Soy, Corn |
| **MILK CHOICES** |  |  | Sausage Patty (Chicken) | Soy |
| Chocolate 1% & Fat-Free Milk/  White 1% & FF | (Chocolate) Chocolate, Milk, Corn;  (White) Milk |  | Quaker Chewy Granola Reduced Sugar Chocolate Chip Bar | Wheat/Gluten, Soy, Milk, Corn, Peanut & Tree Nut |
| Hadley Farms CINNABAR WG | Gluten/Wheat, Soy, Corn |  | Pillsbury Mini Cinnis – Cinnamon | Gluten/Wheat, Milk, Soy, Corn |
| Rich’s Donut  Raised Yeast | Gluten/Wheat, Milk, Soy |  |  |  |