



Allergy List December, 2018 – January, 2019

Snack/Breakfast

Efforts have been made to ensure the accuracy of this list but we may have missed something. When in doubt, send us an e-mail gfoodc@aol.com. Manufacturers may change their formulations without notice, or distributors may make substitutions to Good Food Company's food order without notice. Manufacturers may produce items with allergens on the same line as other products. Additionally, there may be different ingredients that may be from the same food family such as milk, whey, casseine, or soy and soy protein and some children may be allergic to all, none, or a combination of the different variations of these ingredients. These varying forms of the ingredients generally have not been researched for this list. Generally, this list has the foods from our menu in the form as they are listed in each heading and not in the numerous other possible forms in which these ingredients may occur. It is suggested that children with life-threatening allergies not participate in Good Food Company's meal program. Food allergens may be/are stored or processed at our facility. When in doubt, parents of children with allergies are encouraged to bring food from home for their child. The following items have been researched for their allergens. Allergens not shown below have not been researched but can be done upon request.

PEANUT STATEMENT: Good Food Company does not menu anything with tree nuts or peanuts. We do not process any peanut/nut products nor do we knowingly use any products that have manufacturer statements that say their products may contain nuts. No other known tree nut/peanut products are on our menu

If your allergy is to milk, do not eat any of the following:

Cheese cubes, slices, string cheese, cheese for pizza (sent separately)
Cereal snack mix (goldfish crackers)
Yogurt
Cream cheese
Butter

If your allergy is to soy, the following contain soy in the form of **soy lecithin** or **soybean oil**:

Bran muffin
Whole wheat bagel
Whole wheat pita
Graham crackers
Refried beans
Wheat Thins
Sliced cheese
Saltines
Cereal snack mix
Soft breadstick

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If you are allergic to **corn, corn syrup or corn starch**, do not eat the following:

Wheat Thins
Whole wheat bagel
Cinnamon bagel
Whole wheat pita
Granola
Corn Chex
Graham crackers
Applesauce
Rice cakes
Yogurt
Soft breadsticks
Cheerios
Soft pretzel
Kix
Bran muffin

If you are allergic to **eggs**, do not eat the following:

Bran muffin

If you are allergic to **wheat**, do not eat the following:

Shredded wheat
Wheat Thins
Whole wheat bagel
Whole wheat pita
Pita chips
Cinnamon bagel
Graham crackers
Cheerios
Soft Pretzel
Saltines
Soft breadstick
Bran muffin
Cereal snack mix
Granola
Whole wheat flakes

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