



Creating Healthy Schools
and Communities
in Suffolk County

Breakfast Allergy List

Breakfast Items:	Allergy					
	Gluten/ Wheat	Milk	Soy	Nut	Egg	Peanut
Cereals						
Apple Jacks	x		x			
Cinnamon Toast Crunch	x		x			
Cocoa Puffs	x					
Froot Loops	x		x			
Frosted Flakes			x			
Frosted Mini Wheats	x					
Honey Nut Cheerios				x		
Lucky Charms						
Multi Grain Cheerios						
Rice Chex (Gluten Free)						
Trix						
Breakfast Bars						
Apple Cinnamon Oat Bar	x	x	x		x	
Banana Chocolate Chip Oat Bar	x	x	x		x	
BeneFIT Breakfast Bars- Banana Chocolate Chunk	x	x	x		x	
BeneFIT Breakfast Bars- Oatmeal Chocolate Chip	x	x	x		x	
Cinnamon Toast Crunch Cereal Bar	x		x			
Cocoa Puffs Cereal Bar Breakfast	x		x			
Golden Grahams Cereal Bar	x		x			
Strawberry Oatmeal Bar	x	x	x			
Team Cheerios Cereal Bar	x		x			
Trix Cereal Bar Breakfast	x		x			



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Bagels and Muffin						
Whole Bagel	x		x			
Whole Grain Smart Choice Apple Muffin Top Breakfast	x	x	x		x	
Whole Grain Smart Choice Banana Muffin Breakfast	x	x	x		x	
Pop Tart						
Pop Tart- Cinnamon	x		x			
Pop Tart- Fudge	x	x	x		x	
MJM Grahams						
Apple Cinnamon Bear Grahams	x					
Cinnamon Grahams	x					
Honey Graham w/ Fiber	x					
Maple Waffle Grahams	x					
Strawberry Waffle Grahams	x					
Other						
Pretzel Goldfish	x	x				
String Cheese		x				
Sunflower Seeds						