



# Allergy & Food Sensitivity Information

## **Nut Allergies**

Peanuts, tree nuts and peanut butter are only served in prepackaged individual portion sizes at Frederick H Tuttle Middle School and South Burlington High School.

Peanut butter & jelly sandwiches are only offered at SBHS and are an individually packaged, premade product.

## **Fish & Shell Fish**

All fish and shellfish items are clearly marked on the monthly menus, when served with other non-fish or shellfish menu items, they are prepared separately and served separately to avoid cross contamination.

## **Wheat/Gluten**

Gluten free bread, buns and pizza crusts are available daily at all schools. The cold meats used in our daily deli offerings are all gluten free.

We make every effort to ensure the products we offer to our students are properly labeled and handled to avoid cross contamination. We keep a record of the labels of all products used in food production. Recipes and product labels are available on line through a link on the monthly menus.

**Please do not hesitate to contact us with any questions or concerns you may have.**



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