

Dish:

This dish contains no peanut or tree nut products
(www.cais.org/familyhandbook#allergy)

This dish contains:

- NONE OF THE FOLLOWING (current middle school community allergens):
- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Fruits, pitted
(peaches, plums,
etc.) | <input type="checkbox"/> Lentils | <input type="checkbox"/> pumpkin, etc.) |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Gluten (wheat/rye/
barley) | <input type="checkbox"/> Peas | <input type="checkbox"/> Sesame oil |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Gourds (pumpkin,
squash, zucchini) | <input type="checkbox"/> Roots / Root
Vegetables (ginger,
sweet potato) | <input type="checkbox"/> Soy |
| <input type="checkbox"/> Coconuts | <input type="checkbox"/> Kumquats | <input type="checkbox"/> Roses (strawberries) | |
| <input type="checkbox"/> Dairy | | <input type="checkbox"/> Seeds, all (sesame,
sunflower, lotus, | |
| <input type="checkbox"/> Eggs | | | |
| <input type="checkbox"/> Fish/Shellfish/
Seafood | | | |

Please also list all ingredients used:

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