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):
  - Apples
  - Avocado
  - Berries
  - Coconuts
  - Dairy
  - Eggs
  - Fish/Shellfish/Seafood
  - Fruits, pitted (peaches, plums, etc.)
  - Gluten (wheat/rye/barley)
  - Gourds (pumpkin, squash, zucchini)
  - Kumquats
  - Lentils
  - Peas
  - Roots/Root Vegetables (ginger, sweet potato)
  - Roses (strawberries)
  - Seeds, all (sesame, sunflower, lotus, pumpkin, etc.)
  - Sesame oil
  - Soy

Please also list all ingredients used: