



SHELF RELIANCE®

# Allergens Report

## THRIVE® Foods

Eight foods account for 90 percent of all food related allergic reactions. Milk, Egg, Peanut, Tree Nuts, Fish, Shellfish, Soy, and Wheat.

Grains	Milk*	Eggs*	Peanut*	Tree Nuts*	Fish	Shellfish	Soy*	Wheat*	MSG*	Gluten Free*	GMO Free
6 Grain Pancake Mix	✓	✓					✓	✓			✓
9 Grain Cracked Cereal								✓			✓
Cornmeal										✓	✓
Egg Noodle Pasta		✓						✓			✓
Elbow Macaroni								✓			✓
Flour, White								✓			✓
Flour, Whole Wheat								✓			✓
Germade (Farina)								✓			✓
Barley, Pearled								✓			✓
Quick Oats								✓			✓
Rice, Instant White										✓	
Rice, White										✓	✓
Spaghetti								✓			✓
Wheat, Hard Winter White								✓			✓
Vegetables	Milk*	Eggs*	Peanut*	Tree Nuts*	Fish	Shellfish	Soy*	Wheat*	MSG*	Gluten Free*	GMO Free
Broccoli										✓	✓
Carrot Dices										✓	✓
Cauliflower (FD)										✓	✓
Celery (FD)										✓	✓
Corn (FD)										✓	✓
Green Beans (FD)										✓	✓
Mushroom Pieces (FD)										✓	✓
Onions, Chopped (FD)										✓	✓
Onions, Chopped										✓	✓
Peas, Green (FD)										✓	✓
Peas, Split Green										✓	✓
Peppers, Mixed Bell										✓	✓
Potato Chunks										✓	✓
Potato Dices (FD)										✓	✓
Potato Beads	✓									✓	✓
Spinach (FD)										✓	✓
Sweet Potatoes										✓	✓
Tomato Powder										✓	✓

<b>Fruits</b>	Milk*	Eggs*	Peanut*	Tree Nuts*	Fish	Shellfish	Soy*	Wheat*	MSG*	Gluten Free*	GMO Free
Apple Chips										✓	✓
Apple Slices										✓	✓
Apricots (FD)										✓	✓
Banana Chips										✓	✓
Banana Slices (FD)										✓	✓
Blackberries (FD)										✓	✓
Blueberries (FD)										✓	✓
Mandarin Oranges (FD)										✓	✓
Mangoes (FD)										✓	✓
Peach Slices (FD)										✓	✓
Pears (FD)										✓	✓
Pineapple										✓	✓
Pineapple Chunks (FD)										✓	✓
Raspberries (FD)										✓	✓
Strawberries (FD)										✓	✓
<b>Dairy</b>	Milk*	Eggs*	Peanut*	Tree Nuts*	Fish	Shellfish	Soy*	Wheat*	MSG*	Gluten Free*	GMO Free
Cheese Blend	✓									✓	✓
Chocolate Drink Mix	✓									✓	✓
Instant Milk	✓									✓	✓
Mac & Cheese Powder	✓									✓	✓
Powdered Milk	✓									✓	✓
Cheddar Cheese (FD)	✓									✓	✓
Colby Cheese (FD)	✓									✓	✓
Monterey Jack Cheese (FD)	✓									✓	✓
Mozzarella Cheese (FD)	✓									✓	✓
<b>Meats &amp; Beans</b>	Milk*	Eggs*	Peanut*	Tree Nuts*	Fish	Shellfish	Soy*	Wheat*	MSG*	Gluten Free*	GMO Free
Bacon TVP							✓			✓	
Beef TVP							✓	✓			
Black Beans										✓	✓
Chicken Dices (FD)										✓	✓
Chicken TVP							✓		✓	✓	
Egg Powder, whole		✓								✓	✓
Ground Beef (FD)										✓	✓
Ham Dices (FD)										✓	✓
Ham TVP							✓	✓	✓		
Kidney Beans										✓	✓
Lentils										✓	✓
Lima Beans										✓	✓

Pinto Beans										✓	✓
Roast Beef (FD)										✓	✓
Sausage Crumbles (FD)										✓	✓
Sausage TVP							✓	✓			
Sloppy Joe TVP							✓	✓	✓		
Small Red Beans										✓	✓
Small White Navy Beans										✓	✓
Taco TVP							✓			✓	
Turkey Dices (FD)										✓	✓
<b>Basics</b>	Milk*	Eggs*	Peanut*	Tree Nuts*	Fish	Shellfish	Soy*	Wheat*	MSG*	Gluten Free*	GMO Free
Apple Drink										✓	✓
Baking Powder										✓	✓
Baking Soda										✓	
Bouillon, Beef										✓	
Bouillon, Chicken										✓	
Butter Powder	✓									✓	✓
Orange Drink										✓	✓
Peach Drink										✓	✓
Salt, Iodized										✓	✓
Shortening Powder	✓									✓	
Sour Cream Powder	✓									✓	✓
Sugar, Brown										✓	✓
Sugar, Powdered										✓	✓
Sugar, White										✓	✓
<b>Deserets</b>	Milk*	Eggs*	Peanut*	Tree Nuts*	Fish	Shellfish	Soy*	Wheat*	MSG*	Gluten Free*	GMO Free
Brownies, Fudge		✓					✓	✓			
Macaroon Cookies		✓						✓			
<b>Entrees</b>	Milk*	Eggs*	Peanut*	Tree Nuts*	Fish	Shellfish	Soy*	Wheat*	MSG*	Gluten Free*	GMO Free
Baked Potato Cheese Soup	✓									✓	
Beefy Chili with Beans										✓	
Broccoli Cheese Soup	✓									✓	
Cheesy Potatoes with Chives	✓									✓	
Creamy Chicken Noodle Soup	✓	✓					✓	✓			
Creamy Tomato Pasta w/Chicken	✓						✓	✓			
Curry Rice with Chicken	✓							✓			
Dijon Rice with Chicken	✓							✓			
Mesquite BBQ Flavored Rice & Beans with Chicken										✓	
Rice w/Sweet Pepper Beef Steak										✓	
Vegetable Risotto	✓			✓				✓			