



Epicenter Supplies LLC
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MOUNTAIN HOUSE® PRODUCTS ALLERGEN INFO*

MOUNTAIN HOUSE PRODUCTS	EGGS	PEAS	PEANUTS	MILK	SHELLFISH	SOY	TREE NUTS	WHEAT	ASPARTAME	SULFITES	MSG	FD&C YELLOW #5
Granola w/ Blueberries & Milk				YES		YES		YES				
Precooked Eggs w/ Bacon	YES			YES								
Precooked Eggs w/ Ham & Peppers (Western Omelette)	YES			YES								
Precooked Scrambled Eggs	YES			YES								
Beef Stew		YES				YES		YES		YES		
Beef Stroganoff	YES			YES		YES		YES		YES		
Beef Teriyaki w/ Rice		YES				YES				YES		
Chili Mac w/ Beef						YES		YES		YES		
Lasagna w/ Meat Sauce				YES		YES		YES		YES		
Potatoes & Beef w/ Onions				YES		YES		YES				
Spaghetti w/ Meat Sauce				YES		YES		YES		YES		YES
Chicken & Noodles	YES			YES		YES		YES				
Chicken Ala King	YES			YES				YES				
Chicken Polynesian w/ Rice				YES	YES	YES						
Chicken Stew				YES		YES		YES				
Chicken Teriyaki		YES				YES				YES		
Grilled Chicken w/ Mashed Potatoes				YES		YES						
Jamaican-style Rice & Chicken (discontinued in 2011)						YES		YES		YES		
Mexican Chicken w/ Rice				YES		YES				YES		
Oriental Spicy Chicken w/ Rice						YES		YES				
Rice & Chicken						YES		YES				
Turkey Tetrazzini				YES		YES		YES		YES		
Sweet & Sour Pork w/ Rice				YES		YES		YES		YES		
Seafood Chowder				YES	YES							
Macaroni & Cheese				YES				YES				
Pasta Primavera		YES		YES		YES		YES				
Potatoes & Cheddar				YES								YES
Vegetable Lasagna				YES		YES		YES		YES		
Wild Rice Mushroom Pilaf				YES		YES		YES				
Corn												
Green Beans												
Peas		YES										
Blueberry Cheesecake				YES		YES		YES				
Chocolate Strawberry Crunch (discontinued in 2011)				YES		YES	YES		YES			
Raspberry Crumble				YES		YES		YES				
Ice Cream Sandwich				YES				YES				
Neapolitan Ice Cream Bar				YES								
Organic Apple Fruit Snacks												
Organic Banana Fruit Snacks												
Organic Strawberry Fruit Snacks												
Breakfast Skillet Filling (wraps not included)	YES			YES		YES		YES				
Buffalo Chicken Filling (wraps not included)				YES								
BBQ Sauce w/ Beef Filling (wraps not included)												
Mexican Style Beef Filling (wraps not included)						YES						

*This information is subject to change at any time without prior notice.

MOUNTAIN HOUSE® PRODUCTS : ALLERGEN INFO* (continued)

MSG-FREE:

There is NO MSG in Mountain House products.

DAIRY-FREE ITEMS:

- BBQ Sauce w/ Beef Wrap Filling
- Mexican-style Beef Wrap Filling
- Beef Stew
- Beef Teriyaki w/ Rice
- Chicken & Rice
- Chicken Teriyaki
- Chili Mac w/ Beef
- Oriental Spicy Chicken w/ Rice
- Corn
- Green Beans
- Peas
- Organic Apple Fruit Snacks
- Organic Banana Fruit Snacks
- Organic Strawberry Fruit Snacks

GLUTEN-FREE ITEMS:

- BBQ Sauce w/ Beef Wrap Filling
- Buffalo-style Chicken Wrap Filling
- Mexican-style Beef Wrap Filling
- Mexican Chicken w/ Rice
- Potatoes & Cheddar
- Seafood Chowder
- Corn
- Green Beans
- Peas
- Scrambled Eggs
- Eggs w/ Bacon
- Eggs w/ Ham & Peppers (Omelette)
- Organic Apple Fruit Snacks
- Organic Banana Fruit Snacks
- Organic Strawberry Fruit Snacks
- Neapolitan Ice Cream

SOY-FREE ITEMS:

- BBQ Sauce w/ Beef Wrap Filling
- Buffalo-style Chicken Wrap Filling
- Chicken Ala King
- Macaroni & Cheese
- Seafood Chowder
- Corn
- Green Beans
- Peas
- Scrambled Eggs
- Eggs w/ Bacon
- Eggs w/ Ham & Peppers (Omelette)
- Organic Apple Fruit Snacks
- Organic Banana Fruit Snacks
- Organic Strawberry Fruit Snacks
- Neapolitan Ice Cream