The items listed in the **Peanuts and Tree Nuts Friendly Guide** contain peanuts or tree nuts, and it is the intent of Dining Services to assure all preparation steps prevent cross contact with peanut and tree nut products. However, as Dining Services prepares and serves many products with peanut and tree nut ingredients, it is recommended that any concerns or questions about peanut friendly items be addressed with the dining unit manager.

Please visit our website to view a copy of this guide: wmich.edu/dining/nutrition
Peanut and Tree Nut Foods

Menu Items

**Walnuts**
- Banana Nut Bread
- Banana Nut Muffins
- Banana Nut Sheet Cake
- Magic Cookie Bar with Walnuts
- Quinoa Walnut Salad
- Tollhouse Cookie Bar with Nut Topping
- Walnut Pear Salad (Bistro3)

**Pine Nuts**
- Caprese Sandwich with Pesto
- Cheese Tortellini with Pesto Alfredo (Bistro3)
- Margherita Chicken Sandwich with Pesto
- Margherita Pizza with Pesto (Bistro3)
- Pesto Sauce
- Three Cheese Penne Pasta with Chicken and Pesto
- Turkey, Pesto and Swiss on a Pretzel Roll

**Pecans**
- German Chocolate Nut Sheet Cake
- Pecan Crusted Tilapia
- Pecan Pie
- Pecan Sticky Buns

**Peanuts**
- Chicken Satay with Peanut Sauce
- Chocolate Covered Peanut Butter Rice Krispies Treat
- Monster Cookie Bar with Peanut Butter Pad Thai Stir-Fry
- Peanut Butter Chocolate Chex Bar
- Peanut Butter Cookies
- Peanut Butter Pie
- Peanut Butter Rice Krispies Treat
- Reese’s Peanut Butter Cupcake
- Snickers Brownie with Nuts
- Turtle Cheesecake with Nuts

**Cashews**
- Breakfast Nut Bar
- Cashew Chicken Stir-Fry

**Almonds**
- Bear Claw Danish
- Cherry Almond Biscotti (Bistro3)
- Chicken Cherry Wrap with Almonds (Bistro3)

*This list may be incomplete as menu items may change periodically. To be absolutely sure, always ask a Dining Services manager or employee to see ingredient labels.*