The items listed in the **Peanuts and Tree Nuts 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 Muffin
- Banana Nut Cake
- Magic Cookie Bar with Walnuts
- Quinoa Walnut Salad
- Tollhouse Cookie Bar with Nut Topping
- Walnut Pear Salad

**Pine Nuts**
- Caprese Wrap with Pesto
- Cheese Tortellini with Pesto Alfredo (Bistro3)
- Gnocchi w/ Kale Pesto
- Margherita Chicken Sandwich with Pesto
- Margherita Pizza with Pesto
- Pesto Sauce
- Turkey, Pesto and Swiss on a Pretzel Roll

**Peanuts**
- Breakfast Nut Bar
- Chicken Satay with Peanut Sauce
- Choco Taco with Nuts
- Chocolate Covered Peanut Butter Rice Krispies Treat
- Monster Peanut Butter Cookie Bar
- Pad Thai (Bistro3)
- Peanut Butter Chocolate Chex Bar
- Peanut Butter Cookie
- Peanut Butter No Bake Cookie
- Peanut Butter Pie
- Peanut Butter Rice Krispies Treat
- Reese’s Brownie with Nuts
- Reese’s Peanut Butter Cupcake
- Snickers Brownie with Nuts
- Turtle Cheesecake with Nuts

**Cashews**
- Breakfast Nut Bar

**Pecans**
- German Chocolate Nut Cake
- Pancake, Praline Pecan
- Pecan Crusted Tilapia
- Pecan Pie
- Pecan Sticky Bun

**Almonds**
- Cherry Almond Biscotti
- Green Beans Almadine
- Honey Nut Cheerios®

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.

Reviewed and Approved by Kelsey Patterson, R.D. Nutrition Services Specialist - WMU Dining Services, August 2016