

Allergen Information

Prince William County Elementary Schools 2020-21

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<http://pwcsnutrition.com/>

X = item contains allergen
^ = item contains soy oil
= item is produced on equipment that also handles allergen

Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
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BREAKFAST PROTEINS & GRAINS							
Cereal, Cinnamon Flakes	X	#					
Cereal, Cinnamon Toast Crunch	X	X					
Cereal, Corn Chex							
Cereal, Frosted Flakes	X	#					
Cereal, Frosted Mini-Wheats	X						
Cereal, Frosted Mini-Wheats, Chocolate	X	X					
Cereal, Multigrain Cheerios							
Cheese Stick, Mozzarella			X				
Chicken Slider	X	^	X				
Egg & Cheese Sandwich	X	X	X	X			
French Toast Sticks	X	X	X	X			
Ham & Cheese Croissant	X	X	X	X			
Mini Pancakes - Blueberry	X	X	X	X			
Nutri-Grain Bar, Apple Cinnamon	X	X	X				
Pancake Puppy	X	X		X			
Sausage Breakfast Bagel	X	X	X				
Sausage Breakfast Pizza	X	X	X				
MILK							
1% Lowfat Unflavored			X				
Fat Free Chocolate			X				
Fat Free Strawberry			X				
Skim			X				
Vanilla Soy Milk		X					

BREADS & GRAINS							
Banana Bread	X	X	X	X			
Bread Stick	X	X	X	#			
Bun, Hamburger	X	^					
Bun, Hot Dog	X	^					
Bun, Slider	X	^					
Cinnamon Bread	X		X				
Cinnamon Bread Stick	X	X	X	#			
Crackers	X	^					
Crackers, Graham	X	X					
Dinner Roll	X		X				
Garlic Bread	X		X				
Gordita Bread	X	X					
Mini Pancakes - Blueberry	X	X	X	X			
Nutri-Grain Bar, Apple Cinnamon	X	X	X				
Rice							
Stuffing	X	X	X				
Sub Roll	X	^					
Tortilla Chips or Nacho Chips		^					
Tortilla, Soft	X						
Twisted Cheese Bread Stick	X	X	X				
Waffles	X	X	X	X			
Wild Berry Bread	X	X	X	X			

Please be aware vendors on rare occasions provide substitutions for the products we typically purchase. In addition, manufacturers may change product formulations without our knowledge.

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LUNCH ENTRÉE (PROTEINS/GRAINS)							
Baked Ziti	X	^	X	#			
Beef Burger (w/o Bun)							
Beef Nachos (w/o Cheese Sauce)		^					
Beef Taco (w/o Cheese)	X						
Carnita Nachos (w/o Cheese Sauce)		^					
Cheese Quesadilla	X	X	X				
Cheeseburger/Bun	X	^	X				
Cheesy Bread	X	X	X	X			
Chicken Enchilada	X	^	X				
Chicken Fajita (w/o Cheese)	X	X					
Chicken for Chicken & Waffles	X	X					
Chicken Pot Pie	X	X	X	X			
Chicken Tenders	X	X					
Chicken Teriyaki (w/o Rice)	X	X					
Chili							
Corn Dog Nuggets	X	X					
Crispy Chicken Patty (w/o Bun)	X	X	X				
Fiesta Queso Mac & Cheese	X		X	#			
Fish Nuggets	X	X	X			X	
Grilled Cheese Sandwich	X	^	X				
Ham & Cheese Pull-Apart Bread Sticks	X	X	X	X			
Honey Fire Chicken (w/o Rice)	X	X		X			
Hot Dog (w/o Bun)							
Italian Stuffed Peppers	X	X	X	X			
Macaroni & Cheese	X		X	#			
Mini Calzones	X	^	X				
Mini Pancakes - Blueberry	X	X	X	X			
Morningstar Chik'n Nuggets	X	X					
Pepperoni & Cheese Calzone	X	^	X	X			
Pizza Sticks	X	X	X				

LUNCH ENTRÉE (PROTEINS/GRAINS)							
Pizza, Cheese	X	^	X				
Pizza, Pepperoni	X	^	X				
Pizza, Stuffed Crust, Cheese	X	X	X				
Pizza, Stuffed Crust, Pepperoni	X	X	X				
Popcorn Chicken	X	^					
Roasted BBQ Chicken							
Roasted Chicken Wings							
Roasted Turkey Breast							
Rose' Bolognese	X	X	X	X			
Salad Topping - Cheese, Cheddar			X				
Salad Topping - Cheese, Mozzarella			X				
Salad Topping - Chicken, Diced							
Salad Topping - Roasted Chickpeas							
Salad Topping - Turkey Breast, Diced							
Salad Topping - Turkey Ham, Diced							
Sloppy Joe (w/o Buns)							
Spaghetti & Meat Sauce	X	^		#			
Spicy Chicken (w/o Bun)	X	X	X	X			
SunWise Sandwich	X	X					
Sweet & Sour Chicken (w/o Rice)	X	X		X			
Teriyaki Chicken Drumstick	X	X					
Tuna Salad for Sub (w/o Roll)		X		X			X
Turkey Sausage Links							
Vegetable Baked Ziti	X	^	X	#			
Vegetarian Stuffed Peppers		^	X				
Waffles	X	X	X	X			
Western Omelet			X	X			
Yogurt, All Varieties			X				
Zesty Meatloaf	#			X			

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VEGETABLES

Baby Carrots							
Baby Carrots, Packaged							
Baked Beans							
Baked Plantains							
BLT Romaine Salad (w/o Dressing)	X	^	X				
Broccoli & Cauliflower (w/o Cheese)							
Broccoli Florets							
Broccoli, Steamed							
Candy Corn			X				
Cauliflower Florets							
Celery Sticks							
Chickpeas, Roasted							
Confetti Collards		X					
Corn on the Cob							
Corn Salad							
Cran-Blueberry Spinach Salad (w/o Drsg)							
Cucumber Slices							
Fiesta Veggie Dip & Chips		^	X				
Grape Tomatoes							
Greek Salad (w/o Dressing)							
Green Beans			X				
Kickin' Roasted Veggies							
Layered Lettuce Salad (w/o Dressing)			X				
Lettuce & Tomato							
Parmesan Broccolini			X				
Pom-Blueberry Spinach Salad (w/o Drsg)							
Potato Wedges		^					
Potato, Baked							
Potatoes, Curly Fries		^					
Potatoes, Mashed		^	X				
Pumpkin Souffle			X	X			
Rainbow Veggie Sticks			X				
Roasted Brussels Sprouts							
Roasted Sweet Potatoes & Apples			X				
Soup, Broccoli Cheese			X				
Soup, Tomato Basil		^	X				
Stir Fried Cabbage	X	X					
Sugar Snap Blend							
Sunny Broccoli & Cauliflower Toss		^		X			
Sunshine Carrots			X				
Super Food Kale Salad							
Sweet Potato Fries							
Tomatoes, Sliced							
Tossed Salad (w/o Dressing)							
Trees, Clouds & Sunshine			X				

FRUITS

Apple Crisp w/Topping	X	#	X				
Apple Slices, Packaged							
Apple Wedges							
Applesauce							
Applesauce Cup							
Blueberry Apple Crisp w/Topping	X	#	X				
Cantaloupe							
Citrus Boat							
Craisins, Strawberry							
Diced Pears & Blueberries							
Diced Pears & Red Grapes							
Fresh Fruit, Apple							
Fresh Fruit, Banana							
Fresh Fruit, Nectarine							
Fresh Fruit, Orange							
Fresh Fruit, Peach							
Fresh Fruit, Pear							
Fresh Fruit, Plum							
Frozen Fruit Juice Cup, All Varieties							
Fruit Salsa w/Graham Crackers	X	X					
Graham Banana Bites	X	X					
Grapes							
Happy Birthday Frozen Juice Cup							
Honey Lime Fruit Toss							
Hot Spiced Apples			X				
Juice, Apple							
Juice, Blended Fruit							
Juice, Orange							
Juice, Veg/Fruit, Cherry Star							
Kiwi Wedges							
Mandarin Orange Cup							
Mandarin Oranges							
Mixed Berry Cup							
Mixed Fruit							
Orange Wedges							
Peach Crisp w/Topping	X	#	X				
Peaches							
Pear Wedges							
Pineapple							
Raisins							
Strawberries							
Strawberry Shortcake	X		X	X			
Tropical Fruit Salad							
Watermelon							

