

Allergen Information

Prince William County Elementary Schools 2017-2018

<http://pwcsnutrition.com/>

Revised 09/07/2017

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 | X | | | | | |
| Cereal, Frosted Mini-Wheats | X | | | | | | |
| Cereal, Frosted Mini-Wheats, Chocolate | X | X | | | | | |
| Cereal, Multigrain Cheerios | | | | | | | |
| Cheese Stick, Marble | | | X | | | | |
| Cheese Stick, Mozzarella | | | X | | | | |
| Chicken Slider | X | ^ | X | | | | |
| Egg & Cheese Sandwich | X | X | X | X | | | |
| Egg Pop, Bacon Ranch | | ^ | X | X | | | |
| Egg Pop, Plain | | | | X | | | |
| Egg Pop, Sriracha | | ^ | 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 & Cheese Pita | 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 | | | |
| Bread Stick | X | ^# | X | # | | | |
| Bun, Hamburger | X | ^ | | | | | |
| Bun, Hot Dog | X | ^ | | | | | |
| Bun, Slider | X | ^ | | | | | |
| Cinnamon Bread | X | | X | | | | |
| Cinnamon Bread Stick | 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 | | | | |
| Pasta & Flame Roasted Vegetables | 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 | | | |

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) | Wheat | Soy | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish |
|--------------------------------------|-------|-----|------|-----|--------|----------|------|-----------|
| Baked Ziti | X | ^ | X | # | | | | |
| BBQ Pulled Pork (w/o Bun) | | | | | | | | |
| Beef Burger (w/o Bun) | | | | | | | | |
| Beef Nachos (w/o Cheese Sauce) | | ^ | | | | | | |
| Beef Taco (w/o Cheese) | X | | | | | | | |
| Cheese Quesadilla | X | X | X | | | | | |
| Cheeseburger Mac | 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 | X | | | | | |
| Chicken Pot Pie | X | X | X | X | | | | |
| Chicken Tenders | X | X | X | | | | | |
| Chicken Teriyaki (w/o Rice) | | X | | | | | | |
| Chili | | | | | | | | |
| Corn Dog Nuggets | X | X | X | X | | | | |
| Crispy Chicken Patty (w/o Bun) | X | 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 Sausage Stuffed Peppers | | ^ | X | | | | | |
| Macaroni & Cheese | X | | X | # | | | | |
| Mini Calzones | X | X | X | | | | | |
| Mini Pancakes - Blueberry | X | X | X | X | | | | |
| Morningstar Chik'n Nuggets | X | X | X | X | | | | |
| Pepperoni & Cheese Calzone | X | ^ | X | X | | | | |
| Pizza Sticks | X | X | X | | | | | |

| LUNCH ENTRÉE (PROTEINS/GRAINS) | Wheat | Soy | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish |
|--|-------|-----|------|-----|--------|----------|------|-----------|
| Pizza, Cheese | X | X | X | | | | | |
| Pizza, Pepperoni | X | X | X | | | | | |
| Pizza, Southwest | X | X | X | | | | | |
| Pizza, Stuffed Crust, Cheese | X | X | X | | | | | |
| Pizza, Stuffed Crust, Pepperoni | X | X | X | | | | | |
| Popcorn Chicken | X | ^ | | | | | | |
| Roasted BBQ Chicken | | | | | | | | |
| Roasted Turkey Breast | | | | | | | | |
| Salad Topping - Cheese, Cheddar | | | X | | | | | |
| Salad Topping - Cheese, Mozzarella | | | X | | | | | |
| Salad Topping - Chicken, Diced | | | | | | | | |
| Salad Topping - Egg, Hard Cooked, Sliced | | | | X | | | | |
| 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 | | | | | | | |
| Baked Beans | | | | | | | |
| Baked Plantains | | | | | | | |
| BLT Romaine Salad (w/o Dressing) | X | ^ | X | | | | |
| Broccoli & Cauliflower (w/o Cheese) | | | | | | | |
| Broccoli Florets | | | | | | | |
| Broccoli, Steamed | | | | | | | |
| Brussels Sprouts (w/o Cheese Sauce) | | | | | | | |
| 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) | | | | | | | |
| Creamy Cole Slaw | | ^ | X | | | | |
| Creamy Cucumber Moons | | ^ | X | | | | |
| Cucumber Slices | | | | | | | |
| Fiesta Veggie Dip & Chips | | ^ | X | | | | |
| Garbanzo Beans | | | | | | | |
| 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 | X | ^ | | | | | |
| Potatoes, Mashed | | | X | | | | |
| Pumpkin Souffle | | | X | X | | | |
| Rainbow Veggie Sticks | | | X | | | | |
| Roasted Sweet Potatoes & Apples | | | X | | | | |
| Soup, Broccoli Cheese | | X | X | | | | |
| Soup, Tomato Basil | | ^ | X | | | | |
| Stir Fried Cabbage | X | X | | | | | |
| Sunny Broccoli & Cauliflower Toss | X | X | | X | | | |
| Sunshine Carrots | | | X | | | | |
| Super Food Kale Salad | X | X | | | | | |
| Sweet Potato Fries | | | | | | | |
| Teriyaki Sugar Snap Blend | X | X | | | | | |

| VEGETABLES | | | | | | | |
|---------------------------------------|---|---|---|---|--|--|--|
| Tomatoes, Sliced | | | | | | | |
| Tossed Salad (w/o Dressing) | | | | | | | |
| Trees, Clouds & Sunshine | | | X | | | | |
| FRUITS | | | | | | | |
| Apple Crisp w/Topping | X | | X | | | | |
| Apple Wedges | | | | | | | |
| Applesauce | | | | | | | |
| Cantaloupe | | | | | | | |
| Citrus Boat | | | | | | | |
| Craisins, Strawberry | | | | | | | |
| Diced Pears & Blueberries | | | | | | | |
| Diced Pears & Red Grapes | | | | | | | |
| Diced Pears & Strawberries | | | | | | | |
| 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 Oranges | | | | | | | |
| 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 | | | | | | | |

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| CONDIMENTS | | | | | | | | |
| Barbecue Sauce, Packet | | X | | | | | | |
| Cheese Sauce | | X | X | | | | | |
| Cheese, Grated Cheddar | | | X | | | | | |
| Cheese, Parmesan | | | X | | | | | |
| Chili Hot Dog Sauce | X | ^ | | | | | | |
| Chocolate Yogurt Dip | | | X | | | | | |
| Crackers | X | ^ | | | | | | |
| Croutons | X | ^ | X | | | | | |
| Dip for all Vegetables | | ^ | X | X | | | | |
| Dipping Sauce | | ^ | | | | | | |
| Gravy | | X | | | | | | |
| Hot Sauce | | | | | | | | |
| Hot Sauce, Packet | | | | | | | | |
| Ketchup, Packet | | | | | | | | |
| Margarine | | X | X | | | | | |
| Mayonnaise, Packet | | ^ | | X | | | | |
| Mustard, Packet | | | | | | | | |
| Pickles | | | | | | | | |
| Salsa | | | | | | | | |
| Sour Cream | | | X | | | | | |
| Syrup, Pancake | | | | | | | | |
| Taco Sauce, Packet | | | | | | | | |
| Tartar Sauce, Packet | | ^ | | X | | | | |
| Whipped Topping | | | X | | | | | |
| Yogurt Dip | | | X | | | | | |

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|------------------------------------|-------|-----|------|-----|--------|----------|------|-----------|
| SALAD DRESSINGS | | | | | | | | |
| French Dressing, Bottle | | ^ | | | | | | |
| French Dressing, Pouch | | ^ | | | | | | |
| Greek Dressing, Bottle | | ^ | X | | | | | |
| Honey Mustard Dressing, Bottle | | ^ | | X | | | | |
| Italian Dressing, Bottle | | ^ | | | | | | |
| Italian Dressing, Pouch | | ^ | | | | | | |
| Pomegranate Dressing, Bottle | | ^ | | | | | | |
| Ranch Dressing, Bottle | | ^ | X | X | | | | |
| Ranch Dressing, Pouch | | ^ | X | X | | | | |
| COOKIES | | | | | | | | |
| Cookie, Chocolate Chip | X | X | X | X | | | | |
| Cookie, Double Chocolate Chip | X | X | X | X | | | | |
| Cookie, Oatmeal Chocolate Chip | X | X | X | X | | | | |
| Cookie, Sugar | X | X | X | X | | | | |
| SNACKS | | | | | | | | |
| Annie's Bunny Friends | X | X | # | | | | | |
| Cinnamon Toast Crunch | X | X | | | | | | |
| Cookies, Mini Butter Crunch | X | X | | X | | | | |
| Cookies, Mini Chocolate Chip | X | X | | X | | | | |
| Crispy Bites, Blueberry Lemon | X | X | X | | | | | |
| Fruit Slushie Cup, SideKicks | | | | | | | | |
| Granola | X | X | # | | | # | | |
| Harvest Cheddar SunChips Snack Mix | X | | X | | | | | |
| Oatmeal Bites, S'Mores | X | X | X | X | | | | |
| Popcorn, Kettle Style | | X | | | | | | |
| Popcorn, White Cheddar | | | X | | | | | |
| Sunflower Kernels, Honey Roasted | X | X | | | | | | |
| Tostitos Scoops | | ^ | | | | | | |