http://pwcsnutrition.com/

Allergen Information Prince William County Middle Schools 2017-2018

Revised 8/14/2017

X = item contains allergen ^ = item contains soy oil # = item is produced on equipment that also handles allergen	Wheat	<i>R</i> oy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish		Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shelffish
BREAKFAST PROTEINS & G									BREADS & GRAINS								
Banana Bread	Х	Х		Х					Banana Bread	Х	Х		Х				
Cereal, Cinnamon Flakes	Х	#							Bun, Hamburger	Х	^						
Cereal, Cinnamon Toast Crunch	Х	Х							Bun, Hot Dog	Х	^						
Cereal, Corn Chex									Cilantro Lime Rice								
Cereal, Frosted Flakes	Х	Х							Cinnamon Roll	Х		Х					
Cereal, Frosted Mini-Wheats	Х								Crackers	Х	^						
Cereal, Frosted Mini-Wheats, Chocolate	Х	Х							Crackers, Graham	Х	Х						
Cereal, Multigrain Cheerios						_			Dinner Roll	Х		Х					
Cheese Stick, Marble			Х						Garlic Bread	Х		Х					
Cheese Stick, Mozzarella			Х						Mini Pancakes - Blueberry	Х	Х	Х	Х				
Chicken Slider	Х	^	Х						Nacho Chips		^						
Egg & Cheese Sandwich	Х	Х	Х	Х					Nutri-Grain Bar, Apple Cinnamon	Х	Х	Х					
French Toast Sticks	Х	Х	Х	Х					Pasta & Flame Roasted Vegetables	Х	Х	Х					
Fruit Smoothie - Blueberry			Х						Rice								
Fruit Smoothie - Chocolate Banana			Х					-	Spaghetti Noodles	Х			#				
Fruit Smoothie - Green			Х						Stuffing	Х	Х	Х					
Fruit Smoothie - Orange			Х			_			Sub Roll	Х	۸						
Fruit Smoothie - Pumpkin			Х						Tortilla Chips or Nacho Chips		^						
Fruit Smoothie - Strawberry			Х						Tortilla Wrap	Х							
Fruit Smoothie - Strawberry Banana			Х			_			Tortilla, Soft	Х							
Fruit Smoothie - Tropical			Х						Tostitos Scoops		^						
Fruit Smoothie - Very Berry			Х						Waffles	Х	Х	Х	Х				
Granola	Х	Х	#			#			Wild Berry Bread	Х	Х		Х				
Ham & Cheese Croissant	Х	Х	Х	Х					MILK								
Mini Pancakes - Blueberry	Х	Х	Х	Х					1% Lowfat Unflavored			Х					
Nutri-Grain Bar, Apple Cinnamon	Х	Х	Х			_			Fat Free Chocolate			Х					
Pancake Puppy	Х	Х		Х					Fat Free Strawberry			Х					
Pancake Sandwich	Х	Х	Х	Х		_			Skim			Х					
Sausage & Cheese Pita	Х		Х					-	Vanilla Soy Milk		Х						
Sausage Breakfast Pizza	Х	Х	Х					[-									I
Strawberry Bagel-ful	Х	۸	Х														
SunWise Sandwich	Х	Х															
Wild Berry Bread	Х	Х		Х													
Yogurt			Х														

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.

X = item contains allergen ^ = item contains soy oil # = item is produced on equipment that also handles allergen	Wheat		Milk	Egg	Peanut	Tree Nut	Fish	Shellfish		Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shelifish
LUNCH ENTRÉE (PROTEINS	S/GRA	NNS)							LUNCH ENTRÉE (PROTEINS	S/GRA	INS)						
Alfredo Sauce			Х						Meatloaf	Х		Х					
Baja Fish Sticks	Х	^	Х				Х		Mini Calzones	Х	Х	Х					
BBQ Pulled Pork (w/o Bun)									Peanut Butter & Jelly Pocket Sandiwch	Х	Х			Х			
Beef & Broccoli	Х	Х							Pepperoni & Cheese Calzone	Х	^	Х	Х				
Beef Burger (w/o Bun)									Philly Cheese Steak	Х	Х	Х					
Cheese Quesadilla	Х	Х	Х						Pizza Sticks	Х	Х	Х					
Cheesy Bread	Х	Х	Х	Х					Pizza, Cheese	Х	Х	Х					
Chicken Enchilada	Х		Х						Pizza, Pepperoni	Х	Х	Х					
Chicken for Chicken & Waffles	Х	Х	Х						Pizza, Personal Pan	Х	^	Х	_				
Chicken for Chicken Parmesan	Х	Х	Х						Pizza, Southwest	Х	Х	Х	_				
Chicken Pot Pie	Х	Х	Х	Х					Pizza, Stuffed Crust, Cheese	Х	Х	Х	_				
Chicken Strips (w/o Bacon, Pasta or Roll)									Pizza, Stuffed Crust, Pepperoni	Х	Х	Х	_				
Chicken Tenders	Х	Х	Х						Popcorn Chicken	Х	^						
Chicken Teriyaki (w/o Rice)		Х							Pork Carnitas (w/o Tortillas or Cheese)				_				
Chicken Teriyaki Meat for Sub (w/o Roll)	Х	Х							Roasted BBQ Chicken				_				
Chili									Roasted Turkey Breast								
Corn Dog Nuggets	Х	Х	Х	Х					Salad Topping - Cheese, Cheddar			Х	_				
Crispy Chicken Fillet (w/o Bun)	Х	Х	Х						Salad Topping - Cheese, Mozzarella			Х					
Dragon Fire Chicken (w/o Rice)	Х	Х		Х					Salad Topping - Chicken, Diced								
Fish Fillet (w/o Bun)	Х	^					Х		Salad Topping - Roasted Chickpeas								
General Tso's Chicken (w/o Rice)	Х	Х		Х					Salad Topping - Turkey Breast, Diced								
Grilled Cheese Sandwich	Х	^	Х						Salad Topping - Turkey Ham, Diced								
Ham & Cheese Croissant	Х	Х	Х	Х					Southwest Chicken (w/o Tortilla or Rice)		Х						
Ham & Cheese Pull-Apart Bread Sticks	Х	Х	Х	Х					Spicy Beef (w/o Tortilla or Rice)								
Honey Fire Chicken (w/o Rice)	Х	Х		Х					Spicy Chicken (w/o Bun)	Х	Х	Х	Х				
Hot Dog (w/o Bun)									Steak & Cheese Stromboli	Х	Х	Х	#				
Kung Pao Chicken (w/o Rice)	Х	Х		Х		_			Steak Meat for Sub (w/o Roll)		Х		_		_		
Lasagna	Х	٨	Х	Х					SunWise Sandwich	Х	Х						
Macaroni & Cheese	Х		Х	#					Sweet & Sour Chicken (w/o Rice)	Х	Х		Х				
Marinara Sauce		٨	Х						Turkey Bacon Pieces				_				
Meat Sauce for Spaghetti		٨	Х						Turkey Sausage Links								
Meatballs for Sub (w/o Roll)	Х	Х	Х	Х					Yogurt, All Varieties			Х					
Meatballs, Plain (w/o Sauce)	Х	Х	Х	Х													I

X = item contains allergen ^ = item contains soy oil # = item is produced on equipment that also handles allergen	Wheat	<i>Sol</i>	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish		Wheat	Roy	Milk	Egg	Peanut	Tree Nut	Fish
VEGETABLES		, ,				1-		•,	VEGETABLES						13 1	
Baby Carrots									Teriyaki Sugar Snap Blend	Х	Х					
Baked Beans									Tossed Salad (w/o Dressing)							
Baked Plantains									FRUITS							
Black Beans									Apple Crisp w/Topping	Х		Х				
BLT Romaine Salad (w/o Dressing)	Х	^	Х						Apple Wedges							
Broccoli & Cauliflower (w/o Cheese)									Applesauce							
Broccoli Florets									Blueberry Crisp w/Topping	Х		Х				
Broccoli, Steamed									Cantaloupe							
Brussels Sprouts (w/o Cheese)									Craisins, Strawberry							
Candy Corn			Х						Diced Pears & Blueberries							
Cauliflower Florets									Diced Pears & Red Grapes							
Celery Sticks									Diced Pears & Strawberries							
Chickpeas, Roasted									Fresh Fruit, Apple							
Confetti Collards		Х							Fresh Fruit, Banana							
Corn Salad									Fresh Fruit, Nectarine							
Cran-Blueberry Spinach Salad (w/o Drsg)									Fresh Fruit, Orange							
Creamy Cucumber Moons		^		Х					Fresh Fruit, Peach							
Cucumber Slices									Fresh Fruit, Pear							
Grape Tomatoes									Fresh Fruit, Plum							
Greek Salad (w/o Dressing)									Frozen Fruit Juice Cup							
Green Beans			Х						Fruit Salsa w/Graham Crackers	Х	Х					
Harvest Romaine Salad									Graham Banana Bites	Х	Х					
Kickin' Roasted Veggies									Grapes							
Layered Lettuce Salad (w/o Dressing)			Х						Holiday Frozen Juice Cup							
Maui Vegetable Blend									Honey Lime Fruit Toss							
Parmesan Broccolini			Х						Hot Spiced Apples			Х				
Pico de Gallo									Juice, Apple							
Pom-Blueberry Spinach Salad (w/o Drsg)									Juice, Blended Fruit							
Potato Wedges		^							Juice, Orange							
Potato, Baked									Juice, Veg/Fruit, Cherry Star							
Potatoes, Curly Fries	Х	^							Kiwi Wedges							
Potatoes, French Fries		^							Mandarin Oranges							
Potatoes, Mashed			Х						Mango Pineapple Salsa							
Pumpkin Souffle'			Х	Х					Mixed Fruit							
Rainbow Veggie Sticks			Х						Orange Wedges							
Refried Beans									Peach Crisp w/Topping	Х		Х				
Roasted Sweet Potatoes & Apples			Х						Peaches							
Sauteed Peppers & Onions									Pear Wedges							
Sesame Green Beans	Х	Х							Pineapple							
Shredded Romaine Lettuce									Raisins							

Strawberries

Watermelon

Strawberry Shortcake

Tropical Fruit Salad

Х

Х

Х

Х

Х

۸

Х

Х

Х

Х

Х

Х

Soup, Tomato Basil

Stir Fried Cabbage

Sweet Potato Fries

Super Food Kale Salad

Sunny Broccoli & Cauliflower Toss

Shellfish

X = item contains allergen ^ = item contains soy oil # = item is produced on equipment that also handles allergen	Wheat	Soy	Milk	E93	Peanut	Tree Nut	Fish Statistica		Wheat	Soy	Milk	Egg	Peanurt	Tree Nut	Fish	Shellfish
CONDIMENTS								SALAD DRESSINGS								
Barbecue Sauce, Packets		Х						French Dressing, Bottle		۸						
Cheese Sauce		Х	Х					French Dressing, Pouch		۸						
Cheese, Grated Cheddar			Х					Greek Dressing, Bottle		۸	Х					
Cheese, Grated Mozzarella			Х					Honey Mustard Dressing, Bottle		٨		Х				
Cheese, Parmesan			Х					Italian Dressing, Bottle		۸						
Cheese, Sliced, American			Х					Italian Dressing, Pouch		٨						
Cheese, Sliced, Pepper Jack		Х	Х					Pomegranate Dressing, Bottle		٨						
Chili Hot Dog Sauce	Х	^						Ranch Dressing, Bottle		٨	Х	Х				
Chocolate Yogurt Dip			Х					Ranch Dressing, Pouch		٨	Х	Х				
Crackers	Х	٨						COOKIES								
Croutons	Х	^	Х					Cookie, Chocolate Chip	Х	Х	Х	Х				
Dip for all Vegetables		^	Х	Х				Cookie, Double Chocolate Chip	Х	Х	Х	Х				
Dipping Sauce		^						Cookie, Oatmeal Chocolate Chip	Х	Х	Х	Х				
Gravy		Х						Cookie, Sugar	Х	Х	Х	Х				
Hot Sauce								SNACKS								
Hot Sauce, Packet								Annie's Bunny Friends	Х	Х	#					
Ketchup, Packets								Baked Potato Chips, BBQ	Х	Х	Х					
Margarine		Х	Х					Baked Potato Chips, Original		Х						
Mayonnaise, Packets		٨		Х		_		Baked Potato Chips, Sour Cream & Onion		Х	Х			_		
Mustard, Packets						_		Cinnamon Toast Crunch	Х	Х				_		
Pickles						_		Cookies, Mini Butter Crunch	Х	Х		Х		_		
Salsa						_		Cookies, Mini Chocolate Chip	Х	Х		Х		_		
Salsa Verde						_		Crispy Bites, Blueberry Lemon	Х	Х	Х					
Sour Cream			Х			_		Fruit Slushie Cup, SideKicks						_		
Syrup, Pancake								Harvest Cheddar SunChips Snack Mix	Х		Х					
Taco Sauce, Packets						_		Oatmeal Bites, S'Mores	Х	Х	Х	Х		_		
Tartar Sauce, Packet		٨		Х				Popcorn, Kettle Style		Х						
Tomatoes, Diced								Popcorn, White Cheddar			Х					
Tomatoes, Sliced								Sunflower Kernels, Honey Roasted	Х	Х						
Whipped Topping			Х					Tostitos Scoops		٨						
Yogurt Dip			Х													