Allergen Information

http://pwcsnutrition.com/

Wild Berry Bread

Yogurt

Х

Х

Х

Х

Prince William County High Schools 2017-2018

Revised 9/22/2017

Shellfish

Fish

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	Shelifish		Wheat	Soy	Milk	Egg	Peanut	Tree Nut	/
BREAKFAST PROTEINS & G	RAIN	S							BREADS & GRAINS							
Banana Bread	Х	Х		Х					Banana Bread	Х	Х		Х			
Cereal, Cinnamon Flakes	Х	#							Bread Stick	Х	^#	Х	#			
Cereal, Cinnamon Toast Crunch	Х	Х							Bun, Hamburger	Х	٨					
Cereal, Corn Chex									Bun, Hot Dog	Х	٨					
Cereal, Frosted Flakes	Х	Х							Bun, Slider	Х	٨					
Cereal, Frosted Mini-Wheats	Х								Cilantro Lime Rice							
Cereal, Frosted Mini-Wheats, Chocolate	Х	Х							Cinnamon Roll	Х		Х				
Cereal, Multigrain Cheerios									Crackers	Х	^					
Cheese Stick, Marble			Х						Crackers, Graham	Х	Х					
Cheese Stick, Mozzarella			Х						Dinner Roll	Х		Х				
Chicken Slider	Х	۸	Х						Fiesta Rice							
Egg & Cheese Sandwich	Х	Х	Х	Х					Garlic Bread	Х		Х				
French Toast Sticks	Х	Х	Х	Х					Gordita Bread	Х	Х					
Fruit Smoothie - Blueberry			Х						Mini Pancakes - Blueberry	Х	Х	Х	Х			
Fruit Smoothie - Chocolate Banana			Х						Nacho Chips		^					
Fruit Smoothie - Green			Х						Nutri-Grain Bar, Apple Cinnamon	Х	Х	Х				
Fruit Smoothie - Orange			Х						Ramen Noodles	Х			#			
Fruit Smoothie - Pumpkin			Х						Rice							
Fruit Smoothie - Strawberry			Х						Spaghetti Noodles	Х			#			
Fruit Smoothie - Strawberry Banana			Х						Stuffing	Х	Х	Х				
Fruit Smoothie - Tropical			Х						Sub Roll	Х	^					
Fruit Smoothie - Very Berry			Х						Tortilla Chips		٨					
Granola	Х	Х	#			#			Tortilla Wrap	Х						
Ham & Cheese Croissant	Х	Х	Х	Х					Waffles	Х	Х	Х	Х			
Mini Pancakes - Blueberry	Х	Х	Х	Х					Wild Berry Bread	Х	Х		Х			
Nutri-Grain Bar, Apple Cinnamon	Х	Х	Х						MILK							
Pancake Puppy	Х	Х		Х					1% Lowfat Unflavored			Х				
Pancake Sandwich	Х	Х	Х	Х					Fat Free Chocolate			Х				
Sausage & Cheese Pita	Х		Х						Fat Free Strawberry			Х				
Sausage Breakfast Pizza	Х	Х	Х						Skim			Х				
Strawberry Bagel-ful	Х	۸	Х						Vanilla Soy Milk		Х					
SunWise Sandwich	Х	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.

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 a term contains soy oil
 a term is produced on equipment
 b handles allergen

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Wheat	<i>જે</i>	Milk	E99	Peanut	Tree Nut	Fish	Shellfish	/

LUNCH ENTRÉE (PROTEINS/GRAINS)									LUNCH ENTRÉE (PROTEINS/GRAINS)								
Alfredo Sauce			Х						Italian Sausage Stuffed Peppers		۸	Х					
Baja Fish Sticks	Х	۸	Х				Х		Kung Pao Chicken (w/o Rice)	Х	Х		Х				
Baked Ziti	Х	۸	Х	#					Lasagna	Х	۸	Х	Х				
BBQ Pulled Pork (w/o Bun)									Macaroni & Cheese	Х		Х					
Beef & Broccoli (w/o Rice)	Х	Х							Marinara Sauce		۸	Х					
Beef & Snow Peas (w/o Rice)	Х	Х							Meatballs (Italian)	Х	Х	Х	Х				
Beef Burger (w/o Bun)									Meatloaf	Х		Х					
Cheese, American			Х						Peanut Butter & Jelly Pocket Sandwich	Х	Х			Х			
Cheese, Cheddar			Х						Pepperoni & Cheese Stromboli	Х	^#	Х	#				
Cheese, Mozzarella			Х						Philly Cheese Steak	Х	Х	Х					
Cheese, Pepper Jack		Х	Х						Pizza Sticks	Х	Х	Х					
Cheese, Swiss		Х	Х						Pizza, Cheese	Х		Х	#				
Chicken Broth for Ramen Bowl		Х							Pizza, Pepperoni	Х		Х	#				
Chicken Enchilada	Х		Х						Popcorn Chicken	Х	٨						
Chicken for Chicken & Waffles	Х	Х	Х						Queso (Cheese Sauce)		Х	Х					
Chicken for Ramen Bowl									Roasted BBQ Chicken								
Chicken Pot Pie	Х	Х	Х	Х					Roasted Turkey Breast								
Chicken Strips (w/o Bacon, Pasta or Roll)									Sausage Hippie Roll	Х	^#	Х	#				
Chicken Tenders	Х	Х	Х						Shredded Pork Carnita (w/o Tortilla or Rice))							
Chicken Teriyaki (w/o Rice)		Х							Sloppy Joe (w/o Buns)								
Chili									Southwest Chicken (w/o Tortilla or Rice)		Х						
Crispy Chicken Fillet (w/o Bun)	Х	Х	Х						Spicy Beef (w/o Tortilla or Rice)								
Dragon Fire Chicken (w/o Rice)	Х	Х		Х					Spicy Chicken Breast (w/o Bun)	Х	Х	Х	Х				
Fish Fillet (w/o Bun)	Х	۸					Х		Steak & Cheese Stromboli	Х	Х	Х	#				
General Tso's Chicken (w/o Rice)	Х	Х		Х					Stuffed Shells	Х	٨	Х	Х				
Grilled Cheese Sandwich	Х	^	Х						Turkey Bacon Pieces								
Ham & Cheese Croissant	Х	Х	Х	Х					Turkey Sausage Links								
Honey Fire Chicken (w/o Rice)	Х	Х		Х					Yogurt, All Varieties			Х					
Hot Dog (w/o Bun)]								

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Wheat Soy Milk Milk Feanut Tree Nut Fish
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	Wheat	Ś	Mij	<u></u> В	Peanut	TreeNut	Fish	Shelifish		Wheat	ß	Nij	B	Peanut	^T reeNut	Fish	Shellfish
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VEGETABLES									VEGETABLES		_						
Baby Carrots									Super Food Kale Salad	Х	Х				_		
Baked Beans									Sweet Potato Fries								
Baked Plantains						_			Teriyaki Sugar Snap Blend	Х	Х				_		
Black Beans									Tossed Salad (w/o Dressing)								
BLT Romaine Salad (w/o Dressing)	Х	^	Х						FRUITS								
Broccoli & Cauliflower (w/o Cheese)									Apple Crisp w/Topping	Х		Х					
Broccoli Florets									Apple Wedges								
Broccoli, Steamed									Applesauce								
Brussels Sprouts (w/o Cheese)									Blueberry Crisp w/Topping	Х		Х					
Candy Corn			Х						Cantaloupe								
Cauliflower Florets									Craisins, Strawberry								
Celery Sticks									Diced Pears & Blueberries								
Chickpeas, Roasted									Diced Pears & Red Grapes								
Confetti Collards		Х							Diced Pears & Strawberries								
Corn Salad									Fresh Fruit, Apple								
Cran-Blueberry Spinach Salad (w/o Drsg)									Fresh Fruit, Banana								
Creamy Cucumber Moons		^		Х					Fresh Fruit, Nectarine								
Cucumber Slice								-	Fresh Fruit, Orange								
Garbanzo Beans						_			Fresh Fruit, Peach								
Grape Tomatoes						_			Fresh Fruit, Pear								
Greek Salad w/o Dressing						_			Fresh Fruit, Plum		_				_		
Green Beans			Х			_			Frozen Fruit Juice Cup						_		
Green Peas						_		-	Fruit Salsa w/Graham Crackers	Х	Х				_		
Harvest Romaine Salad						_			Graham Banana Bites	X	X				_		
Kickin' Roasted Veggies						_			Grapefruit Wedges						_		
Layered Lettuce Salad (w/o Dressing)			Х			-			Grapes		-				-		
Maui Vegetable Blend			~			-			Holiday Frozen Juice Cup		-				-		
Parmesan Broccolini			Х			_			Honey Lime Fruit Toss		-				_		
Pico de Gallo						_			Hot Spiced Apples			Х			_		
Pom-Blueberry Spinach Salad (w/o Drsg)						_			Juice, Apple		_	~			_		
Potato Wedges		^				-			Juice, Blended Fruit				-		-		
Potato, Baked						_			Juice, Orange						-		
Potatoes, Curly Fries	Х	^				-			Juice, Veg/Fruit, Cherry Star				-		-		
Potatoes, French Fries	~	^				-			Kiwi Wedges						-		
Potatoes, Mashed			Х			-			Mandarin Oranges						-		
Pumpkin Souffle'			× X	Х		_			Mango Pineapple Salsa			_	-				
				^		_		-							-		
Rainbow Veggie Sticks			X			_			Mixed Fruit						-		
Refried Beans Roasted Sweet Potatoes & Apples			Х			-			Orange Wedges	V	-	V			_		
			X						Peach Crisp w/Topping	Х		Х					
Sauteed Peppers & Onions	V	V							Peaches						_		
Sesame Green Beans	Х	Х				_			Pear Wedges								
Shredded Carrots						_			Pineapple		-				_		
Shredded Romaine Lettuce									Raisins								
Sliced Beets						_			Strawberries						_		
Stir Fried Cabbage	X	X				_			Strawberry Shortcake	Х		Х	Х				
Sunny Broccoli & Cauliflower Toss	Х	Х		Х					Tropical Fruit Salad		_						
Sunshine Carrots			Х						Watermelon								

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CONDIMENTS									SALAD DRESSINGS								
Barbecue Sauce, Packets		Х							French Dressing, Bottle		^						
Cheese Sauce		Х	Х						French Dressing, Pouch		^						
Cheese, Grated Cheddar			Х						Greek Dressing, Bottle		^	Х					
Cheese, Grated Mozzarella			Х						Honey Mustard Dressing, Bottle		۸		Х				
Cheese, Parmesan			Х						Italian Dressing, Bottle		^						
Cheese, Sliced, American			Х						Italian Dressing, Pouch		^						
Cheese, Sliced, Pepper Jack		Х	Х						Pomegranate Dressing, Bottle		^						
Chili Hot Dog Sauce	Х	۸							Ranch Dressing, Bottle		^	Х	Х				
Chocolate Yogurt Dip			Х						Ranch Dressing, Pouch		^	Х	Х				
Crackers	Х	۸							COOKIES								
Croutons	Х	۸	Х						Cookie, Chocolate Chip	Х	Х	Х	Х				
Dip for all Vegetables		^	Х	Х					Cookie, Double Chocolate Chip	Х	Х	Х	Х				
Dipping Sauce		۸							Cookie, Oatmeal Chocolate Chip	Х	Х	Х	Х				
Gravy		Х							Cookie, Sugar	Х	Х	Х	Х				
Green Onions									SNACKS								
Green Peppers									Annie's Bunny Friends	Х	Х	#					
Hot Sauce, Packet									Baked Potato Chips, BBQ	Х	Х	Х					
Ketchup, Packets									Baked Potato Chips, Original		Х						
Margarine		Х	Х						Baked Potato Chips, Sour Cream & Onion		Х	Х					
Mayonnaise, Packets		۸		Х					Cinnamon Toast Crunch	Х	Х						
Mustard, Packets									Cookies, Mini Butter Crunch	Х	Х		Х				
Onions									Cookies, Mini Chocolate Chip	Х	Х		Х				
Pickles									Crispy Bites, Blueberry Lemon	Х	Х	Х					
Salsa									Fruit Slushie Cup, SideKicks								
Salsa Verde									Harvest Cheddar SunChips Snack Mix	Х		Х					
Sour Cream			Х						Oatmeal Bites, S'Mores	Х	Х	Х	Х				
Sweet Chili Sauce		۸							Popcorn, Kettle Style		Х						
Syrup, Pancake									Popcorn, White Cheddar			Х					
Taco Sauce, Packets									Sunflower Kernels, Honey Roasted	Х	Х						
Tartar Sauce, Packet		۸		Х					Tostitos Scoops		^						
Teriyaki Sauce	Х	Х															.
Tomatoes, Diced																	
Tomatoes, Sliced																	
Whipped Topping			Х														
Yogurt Dip			Х														