Allergen Information

Prince William County Elementary Schools 2018-2019

http://pwcsnutrition.com/

Revised 1/16/2019

							-		-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		Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
BREAKFAST PROTEINS & G	GRAIN	S							BREADS & GRAINS								
Cereal, Cinnamon Flakes	Х	#							Banana Bread	Х	Х	Х	Х				
Cereal, Cinnamon Toast Crunch	Х	Х							Bread Stick	Х	Х	Х	#				
Cereal, Corn Chex									Bun, Hamburger	Х	۸						
Cereal, Frosted Flakes	Х	#							Bun, Hot Dog	Х	۸						
Cereal, Frosted Mini-Wheats	Х								Bun, Slider	Х	^						
Cereal, Frosted Mini-Wheats, Chocolate	Х	Х							Cinnamon Bread	Х		Х					
Cereal, Multigrain Cheerios									Cinnamon Bread Stick	Х	Х	Х	#				
Cheese Stick, Mozzarella			Х						Crackers	Х	۸						
Chicken Slider	Х	^	Х						Crackers, Graham	Х	Х						
Egg & Cheese Sandwich	Х	Х	Х	Х					Dinner Roll	Х		Х					
French Toast Sticks	Х	Х	Х	Х					Garlic Bread	Х		Х					
Ham & Cheese Croissant	Х	Х	Х	Х					Gordita Bread	Х	Х						
Mini Pancakes - Blueberry	Х	Х	Х	Х					Mini Pancakes - Blueberry	Х	Х	Х	Х				
Nutri-Grain Bar, Apple Cinnamon	Х	Х	Х						Nutri-Grain Bar, Apple Cinnamon	Х	Х	Х					
Pancake Puppy	Х	Х		Х					Rice								
Sausage Breakfast Bagel	Х	Х	Х						Stuffing	Х	Х	Х					
Sausage Breakfast Pizza	Х	Х	Х						Sub Roll	Х	۸						
MILK									Tortilla Chips or Nacho Chips		^						
1% Lowfat Unflavored			Х						Tortilla, Soft	Х							
Fat Free Chocolate			Х						Twisted Cheese Bread Stick	Х	Х	Х					
Fat Free Strawberry			Х						Waffles	Х	Х	Х	Х				
Skim			Х						Wild Berry Bread	Х	Х	Х	Х				
Vanilla Soy Milk		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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LUNCH ENTRÉE (PROTEINS	S/GRA	(INS)						LUNCH ENTRÉE (PROTEINS	S/GRA	AINS)						
Baked Ziti	Х	^	Х	#				Pizza, Cheese	Х	^	Х					
Beef Burger (w/o Bun)								Pizza, Pepperoni	Х	^	Х					
Beef Nachos (w/o Cheese Sauce)		^						Pizza, Stuffed Crust, Cheese	Х	Х	Х					
Beef Taco (w/o Cheese)	Х							Pizza, Stuffed Crust, Pepperoni	Х	Х	Х					
Carnita Nachos (w/o Cheese Sauce)		^						Popcorn Chicken	Х	^						
Cheese Quesadilla	Х	Х	Х					Roasted BBQ Chicken								
Cheeseburger/Bun	Х	^	Х					Roasted Chicken Wings								
Cheesy Bread	Х	Х	Х	Х				Roasted Turkey Breast								
Chicken Enchilada	Х	^	Х					Rose' Bolognese	Х	Х	Х	Х				
Chicken Fajita (w/o Cheese)	Х	Х						Salad Topping - Cheese, Cheddar			Х					
Chicken for Chicken & Waffles	Х	Х	Х					Salad Topping - Cheese, Mozzarella			Х					
Chicken Pot Pie	Х	Х	Х	Х				Salad Topping - Chicken, Diced								
Chicken Tenders	Х	Х	Х					Salad Topping - Roasted Chickpeas								
Chicken Teriyaki (w/o Rice)	Х	Х						Salad Topping - Turkey Breast, Diced								
Chili								Salad Topping - Turkey Ham, Diced								
Corn Dog Nuggets	Х	Х	Х	Х				Sloppy Joe (w/o Buns)								
Crispy Chicken Patty (w/o Bun)	Х	Х	Х					Spaghetti & Meat Sauce	Х	^		#				
Fiesta Queso Mac & Cheese	Х		Х	#				Spicy Chicken (w/o Bun)	Х	Х	Х	Х				
Fish Nuggets	Х	Х	Х				Х	SunWise Sandwich	Х	Х						
Grilled Cheese Sandwich	Х	^	Х					Sweet & Sour Chicken (w/o Rice)	Х	Х		Х				
Ham & Cheese Pull-Apart Bread Sticks	Х	Х	Х	Х				Teriyaki Chicken Drumstick	Х	Х						
Honey Fire Chicken (w/o Rice)	Х	Х		Х				Tuna Salad for Sub (w/o Roll)		Х		Х			Х	
Hot Dog (w/o Bun)								Turkey Sausage Links								
Italian Stuffed Peppers	Х	Х	Х	Х				Vegetable Baked Ziti	Х	^	Х	#				
Macaroni & Cheese	Х		Х	#				Vegetarian Stuffed Peppers		^	Х					
Mini Calzones	Х	^	Х					Waffles	Х	Х	Х	Х				
Mini Pancakes - Blueberry	Х	Х	Х	Х				Western Omelet			Х	Х				
Morningstar Chik'n Nuggets	Х	Х						Yogurt, All Varieties			Х					
Pepperoni & Cheese Calzone	Х	^	Х	Х				Zesty Meatloaf	#			Х				
Pizza Sticks	Х	Х	Х									-				

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handles allergen	Wheat		Mij	6	Peanut	^T ree Nut	Fish	Shellfish	/	Wheat		Milk	6	Peanut	^{Tree} Nut	Fish	Shellfish
	≥	Soy	Ŵ	Egg	Pe		ו בי	Sh			Soy	Σ	Egg	Pe	14	Ë	Sh
VEGETABLES									FRUITS								
Baby Carrots									Apple Crisp w/Topping	Х	#	Х					
Baby Carrots, Packaged									Apple Slices, Packaged								
Baked Beans									Apple Wedges								
Baked Plantains									Applesauce								
BLT Romaine Salad (w/o Dressing)	Х	^	Х						Applesauce Cup								
Broccoli & Cauliflower (w/o Cheese)									Blueberry Apple Crisp w/Topping	Х	#	Х					
Broccoli Florets									Cantaloupe								
Broccoli, Steamed									Citrus Boat								
Candy Corn			Х						Craisins, Strawberry								
Cauliflower Florets									Diced Pears & Blueberries								
Celery Sticks						_			Diced Pears & Red Grapes				_				
Chickpeas, Roasted				<u> </u>		-			Fresh Fruit, Apple		<u> </u>		-				
Confetti Collards		Х				_			Fresh Fruit, Banana				_				
Corn on the Cob		~		-		_			Fresh Fruit, Nectarine		-		_				
Corn Salad	_			-		_			Fresh Fruit, Orange		-		_				
Cran-Blueberry Spinach Salad (w/o Drsg)	_								Fresh Fruit, Peach	_	-						
Cucumber Slices	_			_		_			Fresh Fruit, Pear	_	_		_				
Fiesta Veggie Dip & Chips		٨	Х						Fresh Fruit, Plum								
Grape Tomatoes			~						Frozen Fruit Juice Cup, All Varieties								
Greek Salad (w/o Dressing)	_			-		-			Fruit Salsa w/Graham Crackers	Х	Х		-				
Green Beans	_		Х			_			Graham Banana Bites	X	X		_				
Kickin' Roasted Veggies	_		^			-			Grapes	^	^		-				
	_		v			_			•	_			_				
Layered Lettuce Salad (w/o Dressing)	_		Х						Happy Birthday Frozen Juice Cup								
Lettuce & Tomato			V			_			Honey Lime Fruit Toss			V	_				
Parmesan Broccolini	_		Х			-			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	_	^							Juice, Veg/Fruit, Cherry Star	_							
Potatoes, Mashed		^	Х						Kiwi Wedges								
Pumpkin Souffle	_		Х	Х		_			Mandarin Orange Cup	_			_				
Rainbow Veggie Sticks			Х						Mandarin Oranges								
Roasted Brussels Sprouts									Mixed Berry Cup								
Roasted Sweet Potatoes & Apples			Х						Mixed Fruit								
Soup, Broccoli Cheese			Х						Orange Wedges								
Soup, Tomato Basil		۸	Х	L					Peach Crisp w/Topping	Х	#	Х					
Stir Fried Cabbage	Х	Х							Peaches								
Sugar Snap Blend									Pear Wedges								
Sunny Broccoli & Cauliflower Toss		۸		Х					Pineapple								
Sunshine Carrots			Х						Raisins								
Super Food Kale Salad									Strawberries								
Sweet Potato Fries									Strawberry Shortcake	Х		Х	Х				
Tomatoes, Sliced									Tropical Fruit Salad								
Tossed Salad (w/o Dressing)									Watermelon								
Trees, Clouds & Sunshine			Х														

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Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	7
	^							

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CONDIMENTS								SALAD DRESSINGS						
Barbecue Sauce, Bottle								French Dressing		^				
Barbecue Sauce, Packet								Greek Dressing		^	Х			
Cheese Sauce, Cheddar		Х	Х					Honey Mustard Dressing		^		Х		
Cheese Sauce, Queso Blanco			Х					Italian Dressing		^				
Cheese, Grated Cheddar			Х					Pomegranate Dressing		^				
Cheese, Parmesan			Х					Ranch Dressing		^	Х	Х		
Chili Hot Dog Sauce	Х	^						Raspberry Acai Dressing						
Chocolate Yogurt Dip			Х					COOKIES						
Crackers	Х	۸						Cookie, Chocolate Chip	Х	Х	Х	Х		
Croutons	Х	۸	Х					Cookie, Double Chocolate Chip	Х	Х	Х	Х		
Dip for all Vegetables		^	Х	Х				Cookie, Oatmeal Chocolate Chip	Х	Х	Х	Х		
Dipping Sauce		^						Cookie, Sugar	Х	Х	Х	Х		
Gravy		Х						SNACKS						
Honey Fire Sauce	Х	Х						Annie's Bunny Cheddar Crackers	Х		Х			
Hot Sauce, Packet								Capri Sun, 100% Juice						
Ketchup, Packet								Cinnamon Toast Crunch	Х	Х				
Margarine		Х	Х					Crispy Bites, Blueberry Lemon	Х	Х	Х			
Mayonnaise, Packet		۸		Х				Fruit Slushie Cup, SideKicks						
Mustard, Packet								Granola	#	#	#	#		
Pickles								Harvest Cheddar SunChips Snack Mix	Х		Х			
Salsa								Oatmeal Bites, S'Mores	Х	Х	Х	Х		
Sour Cream			Х					Popcorn, Kettle Style		Х				
Syrup, Pancake								Popcorn, White Cheddar			Х			
Taco Sauce, Packet								Sunflower Kernels, Honey Roasted						
Tartar Sauce, Packet		^		Х				Tostitos Scoops						
Teriyaki Sauce	Х	Х												
Whipped Topping			Х]						
Yogurt Dip			Х											