http://pwcsnutrition.com/

## Allergen Information Prince William County High Schools 2018-2019

Revised 1/16/2019

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	RAIN	S							BREADS & GRAINS								
Banana Bread	Χ	Х	Х	Х					Banana Bread	Х	Х	Х	Х				
Cereal, Cinnamon Flakes	X	#							Bread Stick	X	Х	Х	#				
Cereal, Cinnamon Toast Crunch	Х	Х							Broccoli & Cheese Rice			Х					
Cereal, Corn Chex									Bun, Hamburger	Х	^						
Cereal, Frosted Flakes	X	#							Bun, Hot Dog	X	^						
Cereal, Frosted Mini-Wheats	Х								Cinnamon Roll	X		Х					
Cereal, Frosted Mini-Wheats, Chocolate	Х	Х							Crackers	Х	^						
Cereal, Multigrain Cheerios									Crackers, Graham	Х	Х						
Cheese Stick, Mozzarella			Х						Dinner Roll	X		Х					
Chicken Slider	X	^	Χ						Fiesta Rice								
Egg & Cheese Sandwich	X	X	Х	Х					Garlic Bread	Х		Х					
French Toast Sticks	X	X	X	Х					Gordita Bread	X	X						
Fruit Smoothie - Blueberry			Х						Mini Pancakes - Blueberry	Х	Х	Х	Х				
Fruit Smoothie - Chocolate Banana			X						Nacho Chips		^						
Fruit Smoothie - Green			X						Nutri-Grain Bar, Apple Cinnamon	X	X	X					
Fruit Smoothie - Orange			X						Rice								
Fruit Smoothie - Pumpkin			X						Spaghetti Noodles	X			#				
Fruit Smoothie - Strawberry			X						Stuffing	X	X	X					
Fruit Smoothie - Strawberry Banana			X						Sub Roll	X	^						
Fruit Smoothie - Sunrise			Х						Tortilla Chips		^						
Fruit Smoothie - Tropical			Х						Tortilla Wrap	Х							
Fruit Smoothie - Very Berry			Х						Tostitos Scoops								
Granola	#	#	#	#					Waffles	Х	Х	Х	Х				
Ham & Cheese Croissant	X	Х	Х	Х					Wild Berry Bread	Х	Х	Х	Х				
Mini Pancakes - Blueberry	Х	Х	Х	Х					MILK								
Nutri-Grain Bar, Apple Cinnamon	X	Х	Х						1% Lowfat Unflavored			Χ					
Pancake Sandwich	X	Х	Х	Χ					Fat Free Chocolate			Х					
Sausage Breakfast Bagel	Χ	Х	Х						Fat Free Strawberry			Χ					
Sausage Breakfast Pizza	Х	Х	Х						Skim			Χ					
Strawberry Bagel-ful	Χ	٨	Х						Vanilla Soy Milk		Х						
SunWise Sandwich	Х	Х															
Wild Berry Bread	Х	Х	Х	Х													
Yogurt			Х														

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LUNCH ENTRÉE (PROTEINS	S/GRA								LUNCH ENTRÉE (PROTEINS	/GRA	INS)						
Alfredo Sauce			Χ						Italian Stuffed Peppers	Х	Х	Χ	Х				
Baked Pinwheel	Χ	Х	Χ						Kung Pao Chicken (w/o Rice)	Χ	Х		Х				
Baked Ziti	Χ	٨	Χ	#					Lasagna	Χ	٨	Χ	Х				
BBQ Pulled Pork (w/o Bun)									Macaroni & Cheese	Х		Χ	#				
Beef & Broccoli (w/o Rice)	Χ	Х							Marinara Sauce		٨	Χ					
Beef & Snow Peas (w/o Rice)	Х	Х							Meatballs	Х	Х	Х	Х				
Beef Burger (w/o Bun)									Peanut Butter & Jelly Pocket Sandwich	Х	Х			Х			
Cheese, American			Х						Pepperoni & Cheese Stromboli	Х	٨	Х	#				
Cheese, Grated Mozzarella			Х						Philly Cheese Steak	Х	Х	Х					
Cheese, Parmesan			Х						Pizza Sticks	Х	Х	Х					
Cheese, Swiss		Х	Х						Pizza, Cheese	Х	٨	Х					
Chicken Enchilada	Х	٨	Χ						Pizza, Pepperoni	Х	٨	Х					
Chicken for Chicken & Waffles	Х	Х	Х						Pizza, Stuffed Crust, Cheese	Х	Х	Χ					
Chicken Tenders	Х	Х	Х						Popcorn Chicken	Х	٨						
Chicken Teriyaki (w/o Rice)	Х	Х							Queso Blanco Cheese Sauce			Х					
Chicken Wings		۸							Roasted BBQ Chicken								
Chili									Roasted Turkey Breast								
Crispy Chicken Fillet (w/o Bun)	Χ	Х	Χ						Rose' Bolognese	Χ	Х	Χ	Х				
Dragon Fire Chicken (w/o Rice)	Χ	Х		Х					Shredded Pork Carnita (w/o Tortilla or Rice)								
Fiesta Queso Mac & Cheese	Χ		Χ	#					Sloppy Joe (w/o Bun)								
Fish Fillet (w/o Bun)	Χ	٨					Х		Southwest Chicken (w/o Tortilla or Rice)		Х						
General Tso's Chicken (w/o Rice)	Х	Х		Х					Spicy Beef (w/o Tortilla or Rice)								
Grilled Cheese Sandwich	Х	۸	Х						Spicy Chicken Breast (w/o Bun)	Х	Х	Х	Х				
Ham & Cheese Croissant	Х	Х	Х	Х					Steak & Cheese Stromboli	Х	Х	Х	#				
Hippie Roll	Х	Х	Х	Х					Stuffed Shells	Х	٨	Х	Х				
Honey Fire Chicken (w/o Rice)	Х	Х		Х					Turkey Sausage Links								
Hot Dog (w/o Bun)									Yogurt, All Varieties			Х					

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	Wheat	Şō	Milk	Egg	ear	ree	Fish	hel	1	Wheat	Soy	Milk	E99	ear	řee	Fish	hel
VEGETABLES		<i>J</i> 05	<	ш	4		4	υ,	VEGETABLES		Ο,	_ <	ш	4			<i>V</i> <sub>1</sub>
Baby Carrots									Sweet Potato Fries								
Baby Carrots, Packaged									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	۸	Х						Apple Slices, Packaged								
Broccoli & Cauliflower (w/o Cheese)									Apple Wedges								
Broccoli Florets									Applesauce								
Broccoli, Steamed									Blueberry Apple Crisp w/Topping	Х	#	Х					
Brussels Sprouts (w/o Cheese)									Cantaloupe								
Candy Corn			Х						Craisins, Strawberry								
Cauliflower Florets									Diced Pears & Blueberries								
Celery Sticks									Diced Pears & Red Grapes								
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								
Cucumber Slice									Fresh Fruit. Peach								
Garbanzo Beans									Fresh Fruit, Pear								
Golden Hash Brown Rounds		٨							Frozen Fruit Juice Cup								
Grape Tomatoes									Fruit Salsa w/Graham Crackers	Χ	X						
Greek Salad w/o Dressing									Graham Banana Bites	X	X						
Green Beans			Х						Grapefruit Wedges								
Green Peas			- / \						Grapes								
Harvest Romaine Salad									Holiday Frozen Juice Cup								
Kickin' Roasted Veggies									Honey Lime Fruit Toss								
Layered Lettuce Salad (w/o Dressing)			Х						Hot Spiced Apples			Х					
Maui Vegetable Blend									Juice, Apple								
Parmesan Broccolini			Х						Juice, Blended Fruit								
Pico de Gallo									Juice, Orange								
Pom-Blueberry Spinach Salad (w/o Drsg)									Juice, Veg/Fruit, Cherry Star								
Potato Wedges		۸							Kiwi Wedges								
Potato, Baked									Mandarin Orange Cup								
Potatoes, Curly Fries		۸							Mandarin Oranges								
Potatoes, French Fries		^							Mango Pineapple Salsa								
Potatoes, Mashed			Х						Mixed Berry Cup								
Pumpkin Souffle'			X	Х					Mixed Berry Gup  Mixed Fruit								
Rainbow Veggie Sticks			X						Orange Wedges								
Refried Beans		٨							Peach Crisp w/Topping	Х	#	X					
Sauteed Peppers & Onions									Peaches		.,	,					
Sesame Green Beans	X	Х							Pear Wedges								
Shredded Romaine Lettuce	- / -								Pineapple								
Sliced Beets									Raisins								
Stir Fried Cabbage	Х	Х							Strawberries								
Sunny Broccoli & Cauliflower Toss		٨		Х					Strawberry Shortcake	Х		Х	Х				
Sunshine Carrots			Х	_^					Tropical Fruit Salad				^				
Super Food Kale Salad									Watermelon								
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CONDIMENTS									SALAD DRESSINGS								
Barbecue Sauce, Bottle									French Dressing		٨						
Barbecue Sauce, Packets									Greek Dressing		۸	Χ					
Cheese Sauce, Cheddar		Х	Χ						Honey Mustard Dressing		٨		Х				
Cheese Sauce, Queso Blanco			Χ						Italian Dressing		٨						
Cheese, Grated Cheddar			Χ						Pomegranate Dressing		٨						
Cheese, American			Χ						Ranch Dressing		٨	Χ	Χ				
Cheese, Grated Mozzarella			Χ						Raspberry Acai Dressing								
Cheese, Parmesan			Χ						COOKIES								
Cheese, Swiss		Х	Χ						Cookie, Chocolate Chip	Χ	Х	Χ	Х				
Chili Hot Dog Sauce	X	٨							Cookie, Double Chocolate Chip	Χ	Х	Χ	Х				
Chocolate Yogurt Dip			Χ						Cookie, Oatmeal Chocolate Chip	Χ	Х	Χ	Х				
Crackers	X	٨							Cookie, Sugar	Χ	Х	Χ	Х				
Croutons	X	٨	Χ						SNACKS								
Dip for all Vegetables		٨	Χ	Х					Annie's Bunny Cheddar Crackers	Χ		Χ					
Dipping Sauce		٨							Baked Potato Chips, BBQ		Х	Χ					
Gravy		X							Baked Potato Chips, Original		Х						
Honey Fire Sauce	X	Х							Capri Sun, 100% Juice								
Hot Sauce, Packet									Cinnamon Toast Crunch	Χ	Х						
Ketchup, Packets									Crispy Bites, Blueberry Lemon	Χ	Х	X					
Margarine		X	Χ						Fruit Slushie Cup, SideKicks								
Mayonnaise, Packets		٨		X					Harvest Cheddar SunChips Snack Mix	Χ		Χ					
Mustard, Packets									Juice Bowl, All Flavors								
Onions									Oatmeal Bites, S'Mores	Χ	Х	X	Х				
Pickles									Popcorn, Kettle Style		Х						
Salsa									Popcorn, White Cheddar			Χ					
Salsa Verde									Sunflower Kernels, Honey Roasted								
Sour Cream			Χ						Tostitos Scoops								
Sriracha Sauce									White Nacho Doritos, Reduced Fat			Χ					
Sweet Chili Sauce		^															
Syrup, Pancake																	
Taco Sauce, Packets																	
Tartar Sauce, Packet		٨		Х													
Teriyaki Sauce	Х	Х															
Tomatoes, Diced																	
Tomatoes, Sliced																	
140 : 1 = :																	

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Whipped Topping

Yogurt Dip