

Allergen Information

Prince William County High Schools 2018-2019

<http://pwcsnutrition.com/>

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 & GRAINS									BREADS & GRAINS								
Banana Bread	X	X	X	X					Banana Bread	X	X	X	X				
Cereal, Cinnamon Flakes	X	#							Bread Stick	X	X	X	#				
Cereal, Cinnamon Toast Crunch	X	X							Broccoli & Cheese Rice			X					
Cereal, Corn Chex									Bun, Hamburger	X	^						
Cereal, Frosted Flakes	X	#							Bun, Hot Dog	X	^						
Cereal, Frosted Mini-Wheats	X								Cinnamon Roll	X		X					
Cereal, Frosted Mini-Wheats, Chocolate	X	X							Crackers	X	^						
Cereal, Multigrain Cheerios									Crackers, Graham	X	X						
Cheese Stick, Mozzarella			X						Dinner Roll	X		X					
Chicken Slider	X	^	X						Fiesta Rice								
Egg & Cheese Sandwich	X	X	X	X					Garlic Bread	X		X					
French Toast Sticks	X	X	X	X					Gordita Bread	X	X						
Fruit Smoothie - Blueberry			X						Mini Pancakes - Blueberry	X	X	X	X				
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			X						Tortilla Chips		^						
Fruit Smoothie - Tropical			X						Tortilla Wrap	X							
Fruit Smoothie - Very Berry			X						Tostitos Scoops								
Granola	#	#	#	#					Waffles	X	X	X	X				
Ham & Cheese Croissant	X	X	X	X					Wild Berry Bread	X	X	X	X				
Mini Pancakes - Blueberry	X	X	X	X					MILK								
Nutri-Grain Bar, Apple Cinnamon	X	X	X						1% Lowfat Unflavored			X					
Pancake Sandwich	X	X	X	X					Fat Free Chocolate			X					
Sausage Breakfast Bagel	X	X	X						Fat Free Strawberry			X					
Sausage Breakfast Pizza	X	X	X						Skim			X					
Strawberry Bagel-ful	X	^	X						Vanilla Soy Milk		X						
SunWise Sandwich	X	X															
Wild Berry Bread	X	X	X	X													
Yogurt			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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	Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
LUNCH ENTRÉE (PROTEINS/GRAINS)								
Alfredo Sauce			X					
Baked Pinwheel	X	X	X					
Baked Ziti	X	^	X	#				
BBQ Pulled Pork (w/o Bun)								
Beef & Broccoli (w/o Rice)	X	X						
Beef & Snow Peas (w/o Rice)	X	X						
Beef Burger (w/o Bun)								
Cheese, American			X					
Cheese, Grated Mozzarella			X					
Cheese, Parmesan			X					
Cheese, Swiss		X	X					
Chicken Enchilada	X	^	X					
Chicken for Chicken & Waffles	X	X	X					
Chicken Tenders	X	X	X					
Chicken Teriyaki (w/o Rice)	X	X						
Chicken Wings		^						
Chili								
Crispy Chicken Fillet (w/o Bun)	X	X	X					
Dragon Fire Chicken (w/o Rice)	X	X		X				
Fiesta Queso Mac & Cheese	X		X	#				
Fish Fillet (w/o Bun)	X	^					X	
General Tso's Chicken (w/o Rice)	X	X		X				
Grilled Cheese Sandwich	X	^	X					
Ham & Cheese Croissant	X	X	X	X				
Hippie Roll	X	X	X	X				
Honey Fire Chicken (w/o Rice)	X	X		X				
Hot Dog (w/o Bun)								

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LUNCH ENTRÉE (PROTEINS/GRAINS)								
Italian Stuffed Peppers	X	X	X	X				
Kung Pao Chicken (w/o Rice)	X	X		X				
Lasagna	X	^	X	X				
Macaroni & Cheese	X		X	#				
Marinara Sauce		^	X					
Meatballs	X	X	X	X				
Peanut Butter & Jelly Pocket Sandwich	X	X			X			
Pepperoni & Cheese Stromboli	X	^	X	#				
Philly Cheese Steak	X	X	X					
Pizza Sticks	X	X	X					
Pizza, Cheese	X	^	X					
Pizza, Pepperoni	X	^	X					
Pizza, Stuffed Crust, Cheese	X	X	X					
Popcorn Chicken	X	^						
Queso Blanco Cheese Sauce			X					
Roasted BBQ Chicken								
Roasted Turkey Breast								
Rose' Bolognese	X	X	X	X				
Shredded Pork Carnita (w/o Tortilla or Rice)								
Sloppy Joe (w/o Bun)								
Southwest Chicken (w/o Tortilla or Rice)		X						
Spicy Beef (w/o Tortilla or Rice)								
Spicy Chicken Breast (w/o Bun)	X	X	X	X				
Steak & Cheese Stromboli	X	X	X	#				
Stuffed Shells	X	^	X	X				
Turkey Sausage Links								
Yogurt, All Varieties			X					

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	Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
CONDIMENTS								
Barbecue Sauce, Bottle								
Barbecue Sauce, Packets								
Cheese Sauce, Cheddar		X	X					
Cheese Sauce, Queso Blanco			X					
Cheese, Grated Cheddar			X					
Cheese, American			X					
Cheese, Grated Mozzarella			X					
Cheese, Parmesan			X					
Cheese, Swiss		X	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						
Honey Fire Sauce	X	X						
Hot Sauce, Packet								
Ketchup, Packets								
Margarine		X	X					
Mayonnaise, Packets		^		X				
Mustard, Packets								
Onions								
Pickles								
Salsa								
Salsa Verde								
Sour Cream			X					
Sriracha Sauce								
Sweet Chili Sauce		^						
Syrup, Pancake								
Taco Sauce, Packets								
Tartar Sauce, Packet		^		X				
Teriyaki Sauce	X	X						
Tomatoes, Diced								
Tomatoes, Sliced								
Whipped Topping			X					
Yogurt Dip			X					

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SALAD DRESSINGS								
French Dressing		^						
Greek Dressing		^	X					
Honey Mustard Dressing		^		X				
Italian Dressing		^						
Pomegranate Dressing		^						
Ranch Dressing		^	X	X				
Raspberry Acai Dressing								
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 Cheddar Crackers	X		X					
Baked Potato Chips, BBQ		X	X					
Baked Potato Chips, Original		X						
Capri Sun, 100% Juice								
Cinnamon Toast Crunch	X	X						
Crispy Bites, Blueberry Lemon	X	X	X					
Fruit Slushie Cup, SideKicks								
Harvest Cheddar SunChips Snack Mix	X		X					
Juice Bowl, All Flavors								
Oatmeal Bites, S'Mores	X	X	X	X				
Popcorn, Kettle Style		X						
Popcorn, White Cheddar			X					
Sunflower Kernels, Honey Roasted								
Tostitos Scoops								
White Nacho Doritos, Reduced Fat			X					