

Allergen Information

Prince William County Middle Schools 2018-2019

Revised 1/16/2019

<http://pwcsnutrition.com/>

X = item contains allergen
^ = item contains soy oil
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| | Wheat | Soy | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish |
|--|-------|-----|------|-----|--------|----------|------|-----------|
| BREAKFAST PROTEINS & GRAINS | | | | | | | | |
| Banana Bread | X | X | X | X | | | | |
| Cereal, Cinnamon Flakes | X | # | | | | | | |
| Cereal, Cinnamon Toast Crunch | X | X | | | | | | |
| Cereal, Corn Chex | | | | | | | | |
| Cereal, Frosted Flakes | X | # | | | | | | |
| Cereal, Frosted Mini-Wheats | X | | | | | | | |
| Cereal, Frosted Mini-Wheats, Chocolate | X | X | | | | | | |
| Cereal, Multigrain Cheerios | | | | | | | | |
| Cheese Stick, Mozzarella | | | X | | | | | |
| Chicken Slider | X | ^ | X | | | | | |
| Egg & Cheese Sandwich | X | X | X | X | | | | |
| French Toast Sticks | X | X | X | X | | | | |
| Fruit Smoothie - Blueberry | | | X | | | | | |
| Fruit Smoothie - Chocolate Banana | | | X | | | | | |
| Fruit Smoothie - Green | | | X | | | | | |
| Fruit Smoothie - Orange | | | X | | | | | |
| Fruit Smoothie - Pumpkin | | | X | | | | | |
| Fruit Smoothie - Strawberry | | | X | | | | | |
| Fruit Smoothie - Strawberry Banana | | | X | | | | | |
| Fruit Smoothie - Sunrise | | | X | | | | | |
| Fruit Smoothie - Tropical | | | X | | | | | |
| Fruit Smoothie - Very Berry | | | X | | | | | |
| Granola | # | # | # | # | | | | |
| Ham & Cheese Croissant | X | X | X | X | | | | |
| Mini Pancakes - Blueberry | X | X | X | X | | | | |
| Nutri-Grain Bar, Apple Cinnamon | X | X | X | | | | | |
| Pancake Sandwich | X | X | X | X | | | | |
| Sausage Breakfast Bagel | X | X | X | | | | | |
| Sausage Breakfast Pizza | X | X | X | | | | | |
| Strawberry Bagel-ful | X | ^ | X | | | | | |
| SunWise Sandwich | X | X | | | | | | |
| Wild Berry Bread | X | X | X | X | | | | |
| Yogurt | | | X | | | | | |
| BREADS & GRAINS | | | | | | | | |
| Banana Bread | X | X | X | X | | | | |
| Bun, Hamburger | X | ^ | | | | | | |
| Bun, Hot Dog | X | ^ | | | | | | |
| Cinnamon Roll | X | | X | | | | | |
| Crackers | X | ^ | | | | | | |
| Crackers, Graham | X | X | | | | | | |
| Dinner Roll | X | | X | | | | | |
| Garlic Bread | X | | X | | | | | |
| Mini Pancakes - Blueberry | X | X | X | X | | | | |
| Nacho Chips | | ^ | | | | | | |
| Nutri-Grain Bar, Apple Cinnamon | X | X | X | | | | | |
| Pasta & Flame Roasted Vegetables | X | | | | | | | |
| Rice | | | | | | | | |
| Spaghetti Noodles | X | | | # | | | | |
| Stuffing | X | X | X | | | | | |
| Sub Roll | X | ^ | | | | | | |
| Tortilla Chips or Nacho Chips | | ^ | | | | | | |
| Tortilla Wrap | X | | | | | | | |
| Tortilla, Soft | X | | | | | | | |
| Tostitos Scoops | | | | | | | | |
| Waffles | X | X | X | X | | | | |
| Wild Berry Bread | X | X | X | X | | | | |
| MILK | | | | | | | | |
| 1% Lowfat Unflavored | | | X | | | | | |
| Fat Free Chocolate | | | X | | | | | |
| Fat Free Strawberry | | | X | | | | | |
| Skim | | | X | | | | | |
| Vanilla Soy Milk | | 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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|---------------------------------------|-------|-----|------|-----|--------|----------|------|-----------|
| LUNCH ENTRÉE (PROTEINS/GRAINS) | | | | | | | | |
| Alfredo Sauce | | | X | | | | | |
| Baked Pinwheel | X | X | X | | | | | |
| BBQ Pulled Pork (w/o Bun) | | | | | | | | |
| Beef & Broccoli (w/o Rice) | X | X | | | | | | |
| Beef Burger (w/o Bun) | | | | | | | | |
| Cheese Quesadilla | X | X | X | | | | | |
| Cheesy Bread | X | X | X | X | | | | |
| Chicken Enchilada | X | ^ | X | | | | | |
| Chicken for Chicken & Waffles | X | X | X | | | | | |
| Chicken for Chicken Parmesan | X | X | X | | | | | |
| Chicken Pot Pie | X | X | X | X | | | | |
| Chicken Tenders | X | X | X | | | | | |
| Chicken Teriyaki (w/o Rice) | X | X | | | | | | |
| Chicken Wings | | ^ | | | | | | |
| Chili | | | | | | | | |
| Corn Dog Nuggets | X | X | X | X | | | | |
| 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 | | | | |
| Ham & Cheese Pull-Apart Bread Sticks | X | X | X | X | | | | |
| Honey Fire Chicken (w/o Rice) | X | X | | X | | | | |
| Hot Dog (w/o Bun) | | | | | | | | |
| Kung Pao Chicken (w/o Rice) | X | X | | X | | | | |
| Lasagna | X | ^ # | X | X | | | | |
| Macaroni & Cheese | X | | X | # | | | | |
| Marinara Sauce | | ^ | X | | | | | |
| Meat Sauce for Spaghetti | | ^ | X | | | | | |
| Meatballs for Sub (w/o Roll) | X | X | X | X | | | | |
| Meatballs, Plain (w/o Sauce) | X | X | X | X | | | | |

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| LUNCH ENTRÉE (PROTEINS/GRAINS) | | | | | | | | |
| Mini Calzones | X | ^ | X | | | | | |
| Peanut Butter & Jelly Pocket Sandwich | X | X | | | X | | | |
| Pepperoni & Cheese Calzone | X | ^ | 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 | | | | | |
| Pizza, Stuffed Crust, Pepperoni | X | X | X | | | | | |
| Popcorn Chicken | X | ^ | | | | | | |
| Pork Carnitas (w/o Tortillas or Cheese) | | | | | | | | |
| Roasted BBQ Chicken | | | | | | | | |
| Roasted Turkey Breast | | | | | | | | |
| Rose' Bolognese | X | X | X | X | | | | |
| Salad Topping - Cheese, Cheddar | | | X | | | | | |
| Salad Topping - Cheese, Mozzarella | | | X | | | | | |
| Salad Topping - Chicken, Diced | | | | | | | | |
| Salad Topping - Roasted Chickpeas | | | | | | | | |
| Salad Topping - Turkey Breast, Diced | | | | | | | | |
| Salad Topping - Turkey Ham, Diced | | | | | | | | |
| Southwest Chicken (w/o Tortilla or Rice) | | X | | | | | | |
| Spicy Beef (w/o Tortilla or Rice) | | | | | | | | |
| Spicy Chicken (w/o Bun) | X | X | X | X | | | | |
| Steak & Cheese Stromboli | X | X | X | # | | | | |
| Steak Meat for Sub (w/o Roll) | | X | | | | | | |
| SunWise Sandwich | X | X | | | | | | |
| Sweet & Sour Chicken (w/o Rice) | X | X | | X | | | | |
| Turkey Sausage Links | | | | | | | | |
| Yogurt, All Varieties | | | X | | | | | |

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| CONDIMENTS | | | | | | | | |
| Barbecue Sauce, Bottle | | | | | | | | |
| Barbecue Sauce, Packets | | | | | | | | |
| Cheese Sauce, Cheddar | | X | X | | | | | |
| Cheese Sauce, Queso Blanco | | | X | | | | | |
| Cheese, American | | | X | | | | | |
| Cheese, Grated Cheddar | | | X | | | | | |
| Cheese, Grated Mozzarella | | | X | | | | | |
| Cheese, Parmesan | | | 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 | | | | | | | | |
| Pickles | | | | | | | | |
| Salsa | | | | | | | | |
| Sour Cream | | | X | | | | | |
| Sriracha 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 | | | | | |