## **Allergen Information**

http://pwcsnutrition.com/

## Prince William County Middle Schools 2018-2019

Revised 1/16/2019

X = item contains allergen									1	/							1 1
^ = item contains soy oil	/					/		1					1		۱		I = I
# = item is produced on equipment that also handles allergen	/ ~				/ 🛫	§		] <del>!</del>	1	/ +-	1			/ ±	ج ا		1 & 1
nandios and gon	Wheat	1	×		Peanut	Tree Nut	ا ۔ ا	Shellfish		Wheat	1	×		Peanut	Tree Nut	ا ہا	Shellfish
		\ So.	Mik	Egg	ĕ	ויייו	Fish	She	1	🔰	So	Miķ	E99	l å	re l	Fish	Sh.
BREAKFAST PROTEINS & G	RAIN								BREADS & GRAINS								
Banana Bread	Χ	Х	Χ	Χ					Banana Bread	X	X	Χ	Χ				
Cereal, Cinnamon Flakes	X	#							Bun, Hamburger	X	^						
Cereal, Cinnamon Toast Crunch	Х	Х							Bun, Hot Dog	Х	^						
Cereal, Corn Chex									Cinnamon Roll	Х		Х					
Cereal, Frosted Flakes	Х	#							Crackers	Х	^						
Cereal, Frosted Mini-Wheats	X								Crackers, Graham	Х	Х						
Cereal, Frosted Mini-Wheats, Chocolate	Х	Х							Dinner Roll	Х		Х					
Cereal, Multigrain Cheerios									Garlic Bread	Х		X					
Cheese Stick, Mozzarella			Х						Mini Pancakes - Blueberry	Х	Х	Х	Х				
Chicken Slider	Х	٨	Х						Nacho Chips		٨						
Egg & Cheese Sandwich	Х	Х	Х	Χ					Nutri-Grain Bar, Apple Cinnamon	Х	Х	Х					
French Toast Sticks	Х	Х	Х	Х					Pasta & Flame Roasted Vegetables	Х							
Fruit Smoothie - Blueberry			X						Rice								
Fruit Smoothie - Chocolate Banana			Х						Spaghetti Noodles	Х			#				
Fruit Smoothie - Green			X						Stuffing	X	X	Χ					
Fruit Smoothie - Orange			Χ						Sub Roll	X	٨						
Fruit Smoothie - Pumpkin			X						Tortilla Chips or Nacho Chips		٨						
Fruit Smoothie - Strawberry			Χ						Tortilla Wrap	X							
Fruit Smoothie - Strawberry Banana			X						Tortilla, Soft	X							
Fruit Smoothie - Sunrise			X						Tostitos Scoops								
Fruit Smoothie - Tropical			X						Waffles	X	X	X	Χ				
Fruit Smoothie - Very Berry			X						Wild Berry Bread	X	X	Χ	Χ				
Granola	#	#	#	#					MILK								
Ham & Cheese Croissant	X	Х	X	Х					1% Lowfat Unflavored			Χ					
Mini Pancakes - Blueberry	X	Х	X	Х					Fat Free Chocolate			Χ					
Nutri-Grain Bar, Apple Cinnamon	X	Х	X						Fat Free Strawberry			Χ					
Pancake Sandwich	X	Χ	X	Х					Skim			Χ					
Sausage Breakfast Bagel	X	Х	Χ						Vanilla Soy Milk		X						
Sausage Breakfast Pizza	Χ	Χ	X														
Strawberry Bagel-ful	Χ	٨	X														
SunWise Sandwich	Χ	Х															
Wild Berry Bread	Χ	Х	X	Χ													
Yogurt			X														

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LUNCH ENTRÉE (PROTEIN:	S/GRA								LUNCH ENTRÉE (PROTEINS	S/GRA							
Alfredo Sauce			X						Mini Calzones	Χ	٨	Χ					
Baked Pinwheel	Χ	Х	Χ						Peanut Butter & Jelly Pocket Sandwich	Χ	Х			Χ			
BBQ Pulled Pork (w/o Bun)									Pepperoni & Cheese Calzone	Χ	٨	Χ	X				
Beef & Broccoli (w/o Rice)	Χ	X							Philly Cheese Steak	Χ	Х	Χ					
Beef Burger (w/o Bun)									Pizza Sticks	Χ	Х	Χ					
Cheese Quesadilla	Χ	Х	Χ						Pizza, Cheese	Χ	٨	Χ					
Cheesy Bread	Х	Х	Χ	Х					Pizza, Pepperoni	Χ	٨	Х					
Chicken Enchilada	Χ	٨	Χ						Pizza, Stuffed Crust, Cheese	Χ	Х	Χ					
Chicken for Chicken & Waffles	Х	Х	Х						Pizza, Stuffed Crust, Pepperoni	Χ	Х	Χ					
Chicken for Chicken Parmesan	Х	Х	Х						Popcorn Chicken	Χ	^						
Chicken Pot Pie	Χ	Х	Χ	Х					Pork Carnitas (w/o Tortillas or Cheese)								
Chicken Tenders	Χ	Х	Χ						Roasted BBQ Chicken								
Chicken Teriyaki (w/o Rice)	Χ	Х							Roasted Turkey Breast								
Chicken Wings		٨							Rose' Bolognese	Χ	Х	Χ	Х				
Chili									Salad Topping - Cheese, Cheddar			Χ					
Corn Dog Nuggets	Χ	Х	Χ	Х					Salad Topping - Cheese, Mozzarella			Х					
Crispy Chicken Fillet (w/o Bun)	Х	Х	Х						Salad Topping - Chicken, Diced								
Dragon Fire Chicken (w/o Rice)	Х	Х		Χ					Salad Topping - Roasted Chickpeas								
Fiesta Queso Mac & Cheese	Χ		Χ	#					Salad Topping - Turkey Breast, Diced								
Fish Fillet (w/o Bun)	Χ	^					Х		Salad Topping - Turkey Ham, Diced								
General Tso's Chicken (w/o Rice)	Χ	Х		Х					Southwest Chicken (w/o Tortilla or Rice)		Х						
Grilled Cheese Sandwich	Χ	^	Χ						Spicy Beef (w/o Tortilla or Rice)								
Ham & Cheese Croissant	Χ	Х	Χ	Χ					Spicy Chicken (w/o Bun)	Χ	Х	Χ	Х				
Ham & Cheese Pull-Apart Bread Sticks	Х	Х	Х	Х					Steak & Cheese Stromboli	Χ	Х	Χ	#				
Honey Fire Chicken (w/o Rice)	Х	Х		Х					Steak Meat for Sub (w/o Roll)		Х						
Hot Dog (w/o Bun)									SunWise Sandwich	Х	Х						
Kung Pao Chicken (w/o Rice)	Х	Х		Х					Sweet & Sour Chicken (w/o Rice)	Х	Х		Х				
Lasagna	Х	^#	Х	Х					Turkey Sausage Links								
Macaroni & Cheese	Х		Х	#					Yogurt, All Varieties			Х					
Marinara Sauce		^	Х														
Meat Sauce for Spaghetti		٨	Х														
Meatballs for Sub (w/o Roll)	Х	Х	Х	Х													
Meatballs, Plain (w/o Sauce)	Х	Х	Х	Х													

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VEGETABLES		0,						O,	VEGETABLES		, o,					, U,
Baby Carrots									Teriyaki Sugar Snap Blend	Х	Х	_		_		
Baby Carrots, Packaged									Tossed Salad (w/o Dressing)							
Baked Beans									FRUITS							
Baked Plantains									Apple Crisp w/Topping	Х	#	Х		_		
Black Beans									Apple Slices, Packaged							
BLT Romaine Salad (w/o Dressing)	X	٨	X						Apple Wedges		_					
Broccoli & Cauliflower (w/o Cheese)									Applesauce		_			_		
Broccoli Florets									Blueberry Apple Crisp w/Topping	X	#	X				
Broccoli, Steamed									Cantaloupe	^	#	^		-		
									· · · · · · · · · · · · · · · · · · ·		-			-		
Brussels Sprouts (w/o Cheese)			V						Craisins, Strawberry		_			_		
Candy Corn			Х						Diced Pears & Blueberries		-			-		
Cauliflower Florets									Diced Pears & Red Grapes		-			-		
Celery Sticks									Fresh Fruit, Apple		_			_		
Chickpeas, Roasted									Fresh Fruit, Banana		_			_		
Confetti Collards		Х							Fresh Fruit, Nectarine		_			_		
Corn Salad									Fresh Fruit, Orange							
Cran-Blueberry Spinach Salad (w/o Drsg)									Fresh Fruit, Peach							
Cucumber Slices									Fresh Fruit, Pear							
Golden Hash Brown Rounds		^							Frozen Fruit Juice Cup							
Grape Tomatoes									Fruit Salsa w/Graham Crackers	X	X					
Greek Salad (w/o Dressing)									Graham Banana Bites	X	X					
Green Beans			X						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			X				
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		٨							Kiwi Wedges							
Potato, Baked									Mandarin Orange Cup							
Potatoes, Curly Fries		^							Mandarin Oranges							
Potatoes, French Fries		^							Mango Pineapple Salsa							
Potatoes, Mashed			Х						Mixed Berry Cup							$\vdash$
Pumpkin Souffle'			X	Х					Mixed Fruit					_		$\vdash$
Rainbow Veggie Sticks			X	^					Orange Wedges							$\vdash$
Refried Beans		٨	^						Peach Crisp w/Topping	X	#	X				$\vdash$
Sauteed Peppers & Onions									Peaches Peaches	^	#			-		$\vdash$
	X	V									-					$\vdash$
Sesame Green Beans		Х							Pear Wedges					-		$\vdash$
Shredded Romaine Lettuce									Pineapple		-			-		$\vdash$
Soup, Tomato Basil		۸	X						Raisins		-			-		$\vdash$
Stir Fried Cabbage	Х	X		.,					Strawberries							$\vdash$
Sunny Broccoli & Cauliflower Toss		٨		Х					Strawberry Shortcake	Х		X X		_		$\blacksquare$
Super Food Kale Salad									Tropical Fruit Salad		_					$\blacksquare$
Sweet Potato Fries									Watermelon							

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CONDIMENTS									SALAD DRESSINGS								
Barbecue Sauce, Bottle									French Dressing		٨						
Barbecue Sauce, Packets									Greek Dressing		٨	Χ					
Cheese Sauce, Cheddar		Х	Х						Honey Mustard Dressing		٨		Х				
Cheese Sauce, Queso Blanco			Х						Italian Dressing		٨						
Cheese, American			Х						Pomegranate Dressing		٨						
Cheese, Grated Cheddar			Х						Ranch Dressing		٨	Х	Х				
Cheese, Grated Mozzarella			Х						Raspberry Acai Dressing								
Cheese, Parmesan			Х						COOKIES								
Chili Hot Dog Sauce	Х	٨							Cookie, Chocolate Chip	X	Х	Χ	Х				
Chocolate Yogurt Dip			Х						Cookie, Double Chocolate Chip	Х	Х	Х	Х				
Crackers	Х	٨							Cookie, Oatmeal Chocolate Chip	X	Х	Х	Х				
Croutons	Х	٨	Х						Cookie, Sugar	Х	Х	Χ	Х				
Dip for all Vegetables		٨	Χ	Х					SNACKS								
Dipping Sauce		٨							Annie's Bunny Cheddar Crackers	X		Χ					
Gravy		Х							Baked Potato Chips, BBQ		Х	Χ					
Honey Fire Sauce	Х	Х							Baked Potato Chips, Original		Х						
Hot Sauce, Packet									Capri Sun, 100% Juice								
Ketchup, Packets									Cinnamon Toast Crunch	X	Х						
Margarine		Х	Χ						Crispy Bites, Blueberry Lemon	X	Х	X					
Mayonnaise, Packets		٨		Х					Fruit Slushie Cup, SideKicks								
Mustard, Packets									Harvest Cheddar SunChips Snack Mix	Х		Χ					
Pickles									Juice Bowl, All Flavors								
Salsa									Oatmeal Bites, S'Mores	X	Х	Х	Х				
Sour Cream			Χ						Popcorn, Kettle Style		Х						
Sriracha Sauce									Popcorn, White Cheddar			Χ					
Syrup, Pancake									Sunflower Kernels, Honey Roasted								
Taco Sauce, Packets									Tostitos Scoops								
Tartar Sauce, Packet		٨		Х					White Nacho Doritos, Reduced Fat			Χ					
Teriyaki Sauce	Х	Х															•
Tomatoes, Diced									1								
Tomatoes, Sliced									1								
Whipped Topping			Х						1								
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Х

Yogurt Dip