Allergen Information

http://pwcsnutrition.com/

Prince William County Elementary Schools 2019-2020

Revised 6/14/2019

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								
Cereal, Cinnamon Flakes	Χ	#							Banana Bread	X	Х	Χ	Х				
Cereal, Cinnamon Toast Crunch	Χ	Х							Bread Stick	X	X	Χ	#				
Cereal, Corn Chex									Bun, Hamburger	X	٨						
Cereal, Frosted Flakes	Χ	#							Bun, Hot Dog	X	٨						
Cereal, Frosted Mini-Wheats	Χ								Bun, Slider	X	٨						
Cereal, Frosted Mini-Wheats, Chocolate	Χ	Х							Cinnamon Bread	X		Χ					
Cereal, Multigrain Cheerios									Cinnamon Bread Stick	X	X	Χ	#				
Cheese Stick, Mozzarella			X						Crackers	X	٨						
Chicken Slider	Χ	^	X						Crackers, Graham	X	Х						
Egg & Cheese Sandwich	X	Х	X	Χ					Dinner Roll	X		Χ					
French Toast Sticks	Χ	Х	X	Х					Garlic Bread	X		Χ					
Ham & Cheese Croissant	Χ	Х	X	Х					Gordita Bread	X	Х						
Mini Pancakes - Blueberry	Χ	Х	X	X					Mini Pancakes - Blueberry	X	X	Χ	Х				
Nutri-Grain Bar, Apple Cinnamon	Χ	Х	X						Nutri-Grain Bar, Apple Cinnamon	X	X	Χ					
Pancake Puppy	Χ	Х		Χ					Rice								
Sausage Breakfast Bagel	Χ	Х	X						Stuffing	X	X	Χ					
Sausage Breakfast Pizza	Χ	Х	X						Sub Roll	X	٨						
MILK									Tortilla Chips or Nacho Chips		٨						
1% Lowfat Unflavored			X						Tortilla, Soft	X							
Fat Free Chocolate			Χ						Twisted Cheese Bread Stick	Χ	Χ	Χ					
Fat Free Strawberry			Χ						Waffles	Χ	Х	Χ	Х				
Skim			Х						Wild Berry Bread	Х	Х	Х	Х				
Vanilla Soy Milk		Х															

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LUNCH ENTRÉE (PROTEIN:	S/GR/	AINS)							LUNCH ENTRÉE (PROTEIN:	S/GR	AINS)						
Baked Ziti	X	۸	Χ	#					Pizza, Cheese	Х	^	Χ					
Beef Burger (w/o Bun)									Pizza, Pepperoni	Х	^	Х					
Beef Nachos (w/o Cheese Sauce)		^							Pizza, Stuffed Crust, Cheese	Х	X	Χ					
Beef Taco (w/o Cheese)	X								Pizza, Stuffed Crust, Pepperoni	Х	X	Χ					
Carnita Nachos (w/o Cheese Sauce)		٨							Popcorn Chicken	Х	^						
Cheese Quesadilla	X	Х	Χ						Roasted BBQ Chicken								
Cheeseburger/Bun	X	٨	Χ						Roasted Chicken Wings								
Cheesy Bread	X	X	Χ	Χ					Roasted Turkey Breast								
Chicken Enchilada	X	٨	Χ						Rose' Bolognese	Х	X	Χ	Χ				
Chicken Fajita (w/o Cheese)	X	Х							Salad Topping - Cheese, Cheddar			Χ					
Chicken for Chicken & Waffles	X	Х							Salad Topping - Cheese, Mozzarella			Χ					
Chicken Pot Pie	X	Х	Χ	Χ					Salad Topping - Chicken, Diced								
Chicken Tenders	X	Х							Salad Topping - Roasted Chickpeas								
Chicken Teriyaki (w/o Rice)	X	Х							Salad Topping - Turkey Breast, Diced								
Chili									Salad Topping - Turkey Ham, Diced								
Corn Dog Nuggets	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		Χ	#					Spicy Chicken (w/o Bun)	Х	Х	Χ	Х				
Fish Nuggets	Х	Х	Χ				X		SunWise Sandwich	Х	Х						
Grilled Cheese Sandwich	Х	٨	Χ						Sweet & Sour Chicken (w/o Rice)	Х	Х		Х				
Ham & Cheese Pull-Apart Bread Sticks	Х	Х	Χ	Х					Teriyaki Chicken Drumstick	Х	Х						
Honey Fire Chicken (w/o Rice)	Х	Х		Х					Tuna Salad for Sub (w/o Roll)		Х		Х			Χ	
Hot Dog (w/o Bun)									Turkey Sausage Links								
Italian Stuffed Peppers	Χ	Х	Χ	Х					Vegetable Baked Ziti	Х	^	Χ	#				
Macaroni & Cheese	Х		Χ	#					Vegetarian Stuffed Peppers		٨	Χ					
Mini Calzones	Х	٨	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	٨	Х	Х					Zesty Meatloaf	#			Х				
Pizza Sticks	Х	Х	Х														

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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	٨	Χ						Applesauce Cup								
Broccoli & Cauliflower (w/o Cheese)									Blueberry Apple Crisp w/Topping	Х	#	Х					
Broccoli Florets									Cantaloupe	7.							
Broccoli, Steamed									Citrus Boat								
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 on the Cob									Fresh Fruit, Nectarine		-						
Corn Salad									Fresh Fruit, Orange								
Cran-Blueberry Spinach Salad (w/o Drsg)									Fresh Fruit, Peach		-		_		_		
Cucumber Slices											_		_		_		
		٨							Fresh Fruit, Pear		-		_				
Fiesta Veggie Dip & Chips			X						Fresh Fruit, Plum								
Grape Tomatoes									Frozen Fruit Juice Cup, All Varieties Fruit Salsa w/Graham Crackers	V	V		_				
Greek Salad (w/o Dressing)										X	X		_		_		
Green Beans			Х						Graham Banana Bites	X	Х		_		_		
Kickin' Roasted Veggies									Grapes				_				
Layered Lettuce Salad (w/o Dressing)			Х						Happy Birthday Frozen Juice Cup								
Lettuce & Tomato									Honey Lime Fruit Toss		_		_				
Parmesan Broccolini			X						Hot Spiced Apples		_	Х	_				
Pom-Blueberry Spinach Salad (w/o Drsg)									Juice, Apple								
Potato Wedges		٨							Juice, Blended Fruit								
Potato, Baked									Juice, Orange								
Potatoes, Curly Fries		٨							Juice, Veg/Fruit, Cherry Star								
Potatoes, Mashed		^	Х						Kiwi Wedges								
Pumpkin Souffle			X	X					Mandarin Orange Cup								
Rainbow Veggie Sticks			X						Mandarin Oranges								
Roasted Brussels Sprouts									Mixed Berry Cup								
Roasted Sweet Potatoes & Apples			X						Mixed Fruit								
Soup, Broccoli Cheese			X						Orange Wedges								
Soup, Tomato Basil		^	X						Peach Crisp w/Topping	X	#	Χ					
Stir Fried Cabbage	X	Х							Peaches								
Sugar Snap Blend									Pear Wedges								
Sunny Broccoli & Cauliflower Toss		٨		Х					Pineapple								
Sunshine Carrots			Χ						Raisins								
Super Food Kale Salad									Strawberries								
Sweet Potato Fries									Strawberry Shortcake	Х		X	Х				
Tomatoes, Sliced									Tropical Fruit Salad								
Tossed Salad (w/o Dressing)									Watermelon								
Trees, Clouds & Sunshine			Х														

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CONDIMENTS									SALAD DRESSINGS								
Barbecue Sauce, Bottle									French Dressing		٨						
Barbecue Sauce, Packet									Greek Dressing		٨	Χ					
Cheese Sauce, Golden Queso			Χ						Honey Mustard Dressing		٨		Х				
Cheese, Grated Cheddar			Χ						Italian Dressing		٨						
Cheese, Parmesan			Χ						Pomegranate Dressing		٨						
Chili Hot Dog Sauce	Х	٨							Ranch Dressing		٨	Χ	Х				
Chocolate Yogurt Dip			Χ						Raspberry Acai Dressing								
Crackers	Χ	٨							COOKIES								
Croutons	Χ	٨	Χ						Cookie, Chocolate Chip	Х	Χ	Χ	Х				
Dip for all Vegetables		٨	Χ	Х					Cookie, Double Chocolate Chip	Х	Χ	Χ	Х				
Dipping Sauce		٨							Cookie, Oatmeal Chocolate Chip	Х	Χ	Χ	Х				
Gravy		Х							Cookie, Sugar	Х	Х	Χ	Х				
Honey Fire Sauce	Χ	Х							SNACKS								
Hot Sauce, Packet									Annie's Bunny Cheddar Crackers	X		Χ					
Ketchup, Packet									Capri Sun, 100% Juice								
Margarine		Х	Χ						Cinnamon Toast Crunch	Х	Χ						
Mayonnaise, Packet		٨		Х					Crispy Bites, Blueberry Lemon	Х	Χ	Χ					
Mustard, Packet									Fruit Slushie Cup, SideKicks								
Pickles									Granola	#	#	#	#				
Salsa									Harvest Cheddar SunChips Snack Mix	Х		Χ					
Sour Cream			Χ						Oatmeal Bites, S'Mores	Х	Χ	Χ	Х				
Syrup, Pancake									Popcorn, Kettle Style		Х						
Taco Sauce, Packet									Popcorn, White Cheddar			Х					
Teriyaki Sauce	Х	Х							Sunflower Kernels, Honey Roasted								
Whipped Topping			Х						Tostitos Scoops								
Yogurt Dip			Χ														