Allergen Information

http://pwcsnutrition.com/

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

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LUNCH ENTRÉE (PROTEINS	S/GRA	(INS)						LUNCH ENTRÉE (PROTEINS	GRA	INS)						
Alfredo Sauce			Χ					Italian Stuffed Peppers	Χ	Х	Χ	Χ				
Baked Pinwheel	Х	Х	Х					Kung Pao Chicken (w/o Rice)	Х	Х		Х				
Baked Ziti	Х	٨	Χ	#				Lasagna	Х	٨	Х	Х				
BBQ Pulled Pork (w/o Bun)								Macaroni & Cheese	Х		Х	#				
Beef & Broccoli (w/o Rice)	Χ	Х						Marinara Sauce		٨	Χ					
Beef & Snow Peas (w/o Rice)	Χ	Х						Meatballs	Χ	Х	Χ	Х				
Beef Burger (w/o Bun)								Peanut Butter & Jelly Pocket Sandwich	Χ	Х			Χ			
Cheese, American			Χ					Pepperoni & Cheese Stromboli	Χ	٨	Χ	#				
Cheese, Grated Mozzarella			Χ					Philly Cheese Steak	Χ	Х	Χ					
Cheese, Parmesan			Χ					Pizza Sticks	Х	Х	Χ					
Cheese, Swiss		Х	Χ					Pizza, Cheese	Х	٨	Χ					
Chicken Enchilada	Χ	٨	Χ					Pizza, Pepperoni	Х	٨	Χ					
Chicken for Chicken & Waffles	Χ	Х						Pizza, Stuffed Crust, Cheese	Х	Х	Χ					
Chicken Tenders	Χ	Х						Popcorn Chicken	Χ	٨						
Chicken Teriyaki (w/o Rice)	Χ	Х						Queso Blanco Cheese Sauce			Χ					
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	Х		Χ	#				Sloppy Joe (w/o Bun)								
Fish Fillet (w/o Bun)	Х	^					X	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	۸	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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VEGETABLES									VEGETABLES								
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	Χ	#	Х					
BLT Romaine Salad (w/o Dressing)	Х	^	Х			_			Apple Slices, Packaged								
Broccoli & Cauliflower (w/o Cheese)									Apple Wedges								
Broccoli Florets						_			Applesauce		_						
Broccoli, Steamed				_		_					ш	V	_				
· · · · · · · · · · · · · · · · · · ·						_			Blueberry Apple Crisp w/Topping	Х	#	X	_				
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		Χ							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	Х						
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)			X						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		٨							Mandarin Oranges								
Potatoes, French Fries		٨							Mango Pineapple Salsa								
Potatoes, Mashed			Х						Mixed Berry Cup								
Pumpkin Souffle'			X	Х					Mixed Fruit								
Rainbow Veggie Sticks			X	- ` `					Orange Wedges								
Refried Beans		^				_			Peach Crisp w/Topping	Х	#	X					
Sauteed Peppers & Onions						_			Peaches		#						
Sesame Green Beans	V	Х		-		-			Pear Wedges		_		_				
Shredded Romaine Lettuce	Х	^		-							-						
						_			Pineapple				_				
Sliced Beets						_			Raisins								
Stir Fried Cabbage	Х	X							Strawberries		_						
Sunny Broccoli & Cauliflower Toss		٨		Х					Strawberry Shortcake	X		X	Х				
Sunshine Carrots			Χ						Tropical Fruit Salad								
Super Food Kale Salad									Watermelon								1

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	Wheat	So.	Milk	E99	Peanut	Tree Nut	Fish	Shellfish	1	Wheat	\	Milk	Fgg	Peanut	Tree Nut	Fish	Shellfish
CONDIMENTS		<i>y</i>	_ <		4		4	<i>V</i> ₃	SALAD DRESSINGS		<i>-</i> 05	<		4		ш.	0,
Barbecue Sauce, Bottle									French Dressing		٨						
Barbecue Sauce, Packets									Greek Dressing		۸	Х					
Cheese Sauce, Golden Queso			Χ						Honey Mustard Dressing		٨		Х				
Cheese, Grated Cheddar			Χ						Italian Dressing		٨						
Cheese, American			Χ						Pomegranate Dressing		٨						
Cheese, Grated Mozzarella			Х						Ranch Dressing		٨	Х	Х				
Cheese, Parmesan			Х						Raspberry Acai Dressing								
Cheese, Swiss		Х	Х						COOKIES								
Chili Hot Dog Sauce	Х	٨							Cookie, Chocolate Chip	Х	Χ	Χ	Х				
Chocolate Yogurt Dip			Х						Cookie, Double Chocolate Chip	Х	Х	Х	Х				
Crackers	Χ	^							Cookie, Oatmeal Chocolate Chip	Х	Х	Χ	Х				
Croutons	Χ	^	Χ						Cookie, Sugar	Х	Х	Χ	Х				
Dip for all Vegetables		٨	Χ	Х					SNACKS								
Dipping Sauce		٨							Annie's Bunny Cheddar Crackers	Х		Χ					
Gravy		Х							Baked Potato Chips, BBQ		Х	Χ					
Honey Fire Sauce	Χ	Х							Baked Potato Chips, Original		Х						
Hot Sauce, Packet									Capri Sun, 100% Juice								
Ketchup, Packets									Cinnamon Toast Crunch	Х	Х						
Margarine		Х	Χ						Crispy Bites, Blueberry Lemon	Х	Х	Χ					
Mayonnaise, Packets		٨		Х					Frozen Yogurt Cup, Holiday			Χ					
Mustard, Packets									Fruit Slushie Cup, SideKicks								
Onions									Harvest Cheddar SunChips Snack Mix	Χ		Χ					
Pickles									Juice Bowl, All Flavors								
Salsa									Oatmeal Bites, S'Mores	Х	Х	Χ	Х				
Salsa Verde									Popcorn, Kettle Style		Х						
Sour Cream			Χ						Popcorn, White Cheddar			Χ					
Sriracha Sauce									Sunflower Kernels, Honey Roasted								
Sweet Chili Sauce		٨							Tostitos Scoops								
Syrup, Pancake									White Nacho Doritos, Reduced Fat			Χ					
Taco Sauce, Packets																	_
Teriyaki Sauce	Х	Х							1								
Tomatoes, Diced]								
Tomatoes, Sliced]								

Whipped Topping

Yogurt Dip

X