Allergen Information

http://pwcsnutrition.com/

Prince William County Middle Schools 2019-2020

Revised 6/14/2019

BREAKFAST PROTEINS & GRAINS Banana Bread X X X X X Banana Bread X X X X X X X X X X X X X X X X X X X	
Banana Bread X X X X Banana Bread X X X X X	
Cereal, Cinnamon Flakes X # Bun, Hamburger X ^	
Cereal, Cinnamon Toast Crunch X X X Bun, Hot Dog X ^	
Cereal, Corn Chex Cinnamon Roll X X X	
Cereal, Frosted Flakes X # Crackers X ^	
Cereal, Frosted Mini-Wheats X Crackers, Graham X X	
Cereal, Frosted Mini-Wheats, Chocolate X X Dinner Roll X X X	
Cereal, Multigrain Cheerios Garlic Bread X X	
Cheese Stick, Mozzarella X Mini Pancakes - Blueberry X X X X X	
Chicken Slider X ^ X Nacho Chips ^	
Egg & Cheese Sandwich X X X X X N Nutri-Grain Bar, Apple Cinnamon X X X X	
French Toast Sticks X X X X X Pasta & Flame Roasted Vegetables X	
Fruit Smoothie - Blueberry X Rice	
Fruit Smoothie - Chocolate Banana X Spaghetti Noodles X #	
Fruit Smoothie - Green X Stuffing X X X	
Fruit Smoothie - Orange X Sub Roll X ^	
Fruit Smoothie - Pumpkin X Tortilla Chips or Nacho Chips ^	
Fruit Smoothie - Strawberry X 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 X X	
Fruit Smoothie - Very Berry X Wild Berry Bread X X X X X	
Granola # # # # # MILK	
Ham & Cheese Croissant X X X X X 1% Lowfat Unflavored X	
Mini Pancakes - Blueberry X X X X X Fat Free Chocolate X	
Nutri-Grain Bar, Apple Cinnamon X X X X Fat Free Strawberry X	
Pancake Sandwich X X X X Skim X	
Sausage Breakfast Bagel X X X X V Vanilla Soy Milk X	
Sausage Breakfast Pizza X X X	
Strawberry Bagel-ful X ^ X	
SunWise Sandwich X X	
Wild Berry Bread X X X X X	
Yogurt X	

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

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	Š	Soy	Mik	E99	P _e	٤	Fish	Sh		<u> </u>	Soy	Ž	E99	Pe	Ĕ	Fish	\ \s\ \ \
VEGETABLES									VEGETABLES								
Baby Carrots									Teriyaki Sugar Snap Blend	X	Х						
Baby Carrots, Packaged									Tossed Salad (w/o Dressing)								
Baked Beans									FRUITS								
Baked Plantains									Apple Crisp w/Topping	X	#	X					
Black Beans									Apple Slices, Packaged								
BLT Romaine Salad (w/o Dressing)	Х	٨	Х						Apple Wedges								
Broccoli & Cauliflower (w/o Cheese)									Applesauce								
Broccoli Florets									Blueberry Apple Crisp w/Topping	Х	#	Х					
Broccoli, Steamed									Cantaloupe								
Brussels Sprouts (w/o Cheese)									Craisins, Strawberry								
Candy Corn			Х						Diced Pears & Blueberries								
Cauliflower Florets			7.						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		۸							Frozen Fruit Juice Cup								
Grape Tomatoes									Fruit Salsa w/Graham Crackers	X	Х						
Greek Salad (w/o Dressing)									Graham Banana Bites	X	Х						
Green Beans			X						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			X						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'			Х	Х					Mixed Fruit								
Rainbow Veggie Sticks			X	_					Orange Wedges								
Refried Beans		٨							Peach Crisp w/Topping	X	#	X					
Sauteed Peppers & Onions									Peaches								
Sesame Green Beans	X	Х							Pear Wedges								
Shredded Romaine Lettuce									Pineapple								
Soup, Tomato Basil		٨	Х						Raisins								
Stir Fried Cabbage	X	X							Strawberries								
Sunny Broccoli & Cauliflower Toss	^			Х					Strawberry Shortcake	X		X	Х		_		
										Λ	-		^				
Super Food Kale Salad Sweet Potato Fries									Tropical Fruit Salad Watermelon						_		
Sweet Potato Files									watermeion								

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