Allergen Information

http://pwcsnutrition.com/

Prince William County High Schools 2017-2018

Revised 3/9/2018

X = item contains allergen * item contains soy oil item contains soy oil * = item contains soy oil # = item is produced on equipment that also handles allergen item contains soy oil item contains soy oil Market State item contains soy oil item contains soy oil item contains soy oil item contains soy oil Market State item contains soy oil item contains soy oil item contains soy oil item contains soy oil Market State item contains soy oil item contains soy oil item contains soy oil item contains soy oil Market State item contains soy oil item contains soy oil item contains soy oil item contains soy oil Market State item contains soy oil Market State item contains soy oil State State item contains soy oil item contains soy oil item contains soy oil item contains soy oil State State State State State State State <
BREAKFAST PROTEINS & GRAINSBanana BreadXXXXBanana BreadXXXXXCereal, Cinnamon FlakesX#Benana BreadXXXXCereal, Cinnamon Toast CrunchXXX </th
Cereal, Cinnamon FlakesX#Image: Sector ConstraintsXX#Image: Sector ConstraintsCereal, Cinnamon Toast CrunchXXXImage: Sector ConstraintsXXXImage: Sector ConstraintsXXImage: Sector ConstraintsXImage: Sector ConstraintsXXImage: Sector ConstraintsXXImage: Sector ConstraintsXXImage: Sector ConstraintsXXImage: Sector ConstraintsXXImage: Sector ConstraintsXImage: Sector Const
Cereal, Cinnamon Toast CrunchXXXCereal, Corn ChexImage: Sector ChexImage: Sector ChexImage: Sector ChexCereal, Frosted FlakesXXImage: Sector ChexImage: Sector ChexCereal, Frosted FlakesXXImage: Sector ChexImage: Sector ChexCereal, Frosted Mini-WheatsXImage: Sector ChexImage: Sector ChexImage: Sector Chex
Cereal, Corn Chex Bun, Hot Dog X A A A Cereal, Frosted Flakes X X A Bun, Slider X A
Cereal, Frosted Flakes X X Bun, Slider X A Cereal Cereal, Frosted Mini-Wheats X X Cereal Cerea Cerea Cereal Cerea<
Cereal, Frosted Mini-Wheats X Cilantro Lime Rice
Cereal, Frosted Mini-Wheats, Chocolate X X C Cinnamon Roll X X X
Cereal, Multigrain Cheerios X ^
Cheese Stick, Marble X Crackers, Graham X X
Cheese Stick, Mozzarella X Dinner Roll X X X
Chicken Slider X ^ X E Fiesta Rice
Egg & Cheese Sandwich X X X X Garlic Bread X X
French Toast Sticks X X X X X Gordita Bread X X
Fruit Smoothie - Blueberry X X X X X X
Fruit Smoothie - Chocolate Banana X Nacho Chips ^
Fruit Smoothie - Green X Nutri-Grain Bar, Apple Cinnamon X X X
Fruit Smoothie - Orange X Ramen Noodles X #
Fruit Smoothie - Pumpkin X Rice
Fruit Smoothie - Strawberry X Spaghetti Noodles X #
Fruit Smoothie - Strawberry Banana X Stuffing X X X
Fruit Smoothie - Tropical X Sub Roll X ^
Fruit Smoothie - Very Berry X Tortilla Chips ^
Granola X X # # Tortilla Wrap X O
Ham & Cheese Croissant X X X X Waffles X
Mini Pancakes - Blueberry X X X X X W Wild Berry Bread X X X X
Nutri-Grain Bar, Apple Cinnamon X X X X M MILK
Pancake Puppy X X X X 1% Lowfat Unflavored X
Pancake Sandwich X X X X Fat Free Chocolate X
Sausage & Cheese Pita X X Fat Free Strawberry X
Sausage Breakfast Pizza X X X X Skim X Skim
Strawberry Bagel-ful X ^ X Vanilla Soy Milk X
SunWise Sandwich X X
Wild Berry Bread X X X
Yogurt X A

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.

X = item contains allergen ^ = item contains soy oil					
# = item is produced on equipment that also handles allergen	Wheat	Soy	Milk	⁵ 99	^b eanut

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Tree Nut

Fish

Shellfish

Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfi _{sh}	
			- 1	- 1	12 1		•,	

LUNCH ENTRÉE (PROTEINS	S/GRA	INS)					LUNCH ENTRÉE (PROTEINS	/GRA	INS)				
Alfredo Sauce			Х				Italian Sausage Stuffed Peppers		^	Х			
Baja Fish Sticks	Х	۸	Х			Х	Kung Pao Chicken (w/o Rice)	Х	Х		Х		
Baked Ziti	Х	۸	Х	#			Lasagna	Х	^	Х	Х		
BBQ Pulled Pork (w/o Bun)							Macaroni & Cheese	Х		Х			
Beef & Broccoli (w/o Rice)	Х	Х					Marinara Sauce		^	Х			
Beef & Snow Peas (w/o Rice)	Х	Х					Meatballs (Italian)	Х	Х	Х	Х		
Beef Burger (w/o Bun)							Meatloaf	Х		Х			
Cheese, American			Х				Peanut Butter & Jelly Pocket Sandwich	Х	Х			Х	
Cheese, Cheddar			Х				Pepperoni & Cheese Stromboli	Х	^#	Х	#		
Cheese, Mozzarella			Х				Philly Cheese Steak	Х	Х	Х			
Cheese, Pepper Jack		Х	Х				Pizza Sticks	Х	Х	Х			
Cheese, Swiss		Х	Х				Pizza, Cheese	Х		Х	#		
Chicken Broth for Ramen Bowl		Х					Pizza, Pepperoni	Х		Х	#		
Chicken Enchilada	Х		Х				Popcorn Chicken	Х	^				
Chicken for Chicken & Waffles	Х	Х	Х				Queso (Cheese Sauce)		Х	Х			
Chicken for Ramen Bowl							Roasted BBQ Chicken						
Chicken Pot Pie	Х	Х	Х	Х			Roasted Turkey Breast						
Chicken Strips (w/o Bacon, Pasta or Roll)							Sausage Hippie Roll	Х	^#	Х	#		
Chicken Tenders	Х	Х	Х				Shredded Pork Carnita (w/o Tortilla or Rice)						
Chicken Teriyaki (w/o Rice)	Х	Х					Sloppy Joe (w/o Buns)						
Chili							Southwest Chicken (w/o Tortilla or Rice)		Х				
Crispy Chicken Fillet (w/o Bun)	Х	Х	Х				Spicy Beef (w/o Tortilla or Rice)						
Dragon Fire Chicken (w/o Rice)	Х	Х		Х			Spicy Chicken Breast (w/o Bun)	Х	Х	Х	Х		
Fish Fillet (w/o Bun)	Х	۸				Х	Steak & Cheese Stromboli	Х	Х	Х	#		
General Tso's Chicken (w/o Rice)	Х	Х		Х			Stuffed Shells	Х	^	Х	Х		
Grilled Cheese Sandwich	Х	^	Х				Turkey Bacon Pieces						
Ham & Cheese Croissant	Х	Х	Х	Х			Turkey Sausage Links						
Honey Fire Chicken (w/o Rice)	Х	Х		Х			Yogurt, All Varieties			Х			
Hot Dog (w/o Bun)													

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# = item is produced on equipment that also	/ *				1	13		15						+	13	/	1 5 1
handles allergen	Wheat		1 2		Peanut	^{Tree} Nut		Shellfish	1	Wheat		1 2		Peanut	^{Tree} Nut		Shellfish
	1 Ś	Soy	Milk	Egg	Ъ е	ا تم ا	Fish	Shi		Ι Ś	Soy	Milk		Pe	ц.	Fish	l &
VEGETABLES		/						- 7	VEGETABLES								
Baby Carrots									Super Food Kale Salad	Х	Х		_				<u> </u>
Baked Beans		-		-					Sweet Potato Fries	X	~						
Baked Plantains		-		-					Teriyaki Sugar Snap Blend	Х	Х		-				
Black Beans		-							Tossed Salad (w/o Dressing)	Λ	~						
BLT Romaine Salad (w/o Dressing)	Х	^	Х	-					FRUITS								
Broccoli & Cauliflower (w/o Cheese)		-		-					Apple Crisp w/Topping	Х		Х					<u> </u>
Broccoli Florets		-		-					Apple Wedges	X		~					
Broccoli, Steamed		-		-					Applesauce								
Brussels Sprouts (w/o Cheese)				-					Blueberry Crisp w/Topping	Х		Х					
Candy Corn		-	Х	-					Cantaloupe	~		~					
Cauliflower Florets			~						Craisins, Strawberry								———————————————————————————————————————
Celery Sticks		-		-					Diced Pears & Blueberries								
Chickpeas, Roasted		-		-					Diced Pears & Red Grapes								
Confetti Collards		Х		-					Diced Pears & Strawberries								
Corn Salad		~		-					Fresh Fruit, Apple								
Cran-Blueberry Spinach Salad (w/o Drsg)		-							Fresh Fruit, Banana								
Creamy Cucumber Moons		^		Х					Fresh Fruit, Nectarine								
Cucumber Slice		-		~					Fresh Fruit, Orange								
Garbanzo Beans				-					Fresh Fruit, Peach								
Grape Tomatoes		-		-					Fresh Fruit, Pear				-				
Greek Salad w/o Dressing		-		-					Fresh Fruit, Plum								
Green Beans		-	Х	-					Frozen Fruit Juice Cup								
Green Peas			~	-					Fruit Salsa w/Graham Crackers	Х	Х						
Harvest Romaine Salad				-					Graham Banana Bites	X	X						
Kickin' Roasted Veggies		-		-					Grapefruit Wedges	X	~						
Layered Lettuce Salad (w/o Dressing)		-	Х	-					Grapes								
Maui Vegetable Blend		-	~	-					Holiday Frozen Juice Cup								
Parmesan Broccolini			Х	-					Honey Lime Fruit Toss								
Pico de Gallo				-					Hot Spiced Apples			Х					
Pom-Blueberry Spinach Salad (w/o Drsg)		-		-					Juice, Apple			~					
Potato Wedges		^		-					Juice, Blended Fruit								
Potato, Baked				-					Juice, Orange								
Potatoes, Curly Fries	Х	^		-					Juice, Veg/Fruit, Cherry Star								
Potatoes, French Fries	Λ	^							Kiwi Wedges								
Potatoes, Mashed			Х						Mandarin Oranges								———————————————————————————————————————
Pumpkin Souffle'		-	X	Х					Mango Pineapple Salsa								
Rainbow Veggie Sticks		-	X	~					Mixed Fruit								
Refried Beans		-	~						Orange Wedges								
Roasted Sweet Potatoes & Apples		-	Х						Peach Crisp w/Topping	Х		Х					
Sauteed Peppers & Onions		-							Peaches	~		~					
Sesame Green Beans	Х	Х		-					Pear Wedges								
Shredded Carrots	~	~							Pineapple								
Shredded Romaine Lettuce									Raisins								———
Sliced Beets				-					Strawberries								———————————————————————————————————————
Stir Fried Cabbage	Х	Х							Strawberry Shortcake	Х		Х	Х				
Sunny Broccoli & Cauliflower Toss	X	X		Х					Tropical Fruit Salad	Λ		~	~				
Sunshine Carrots	~	~	Х	~					Watermelon								
			~														

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CONDIMENTS									SALAD DRESSINGS								
Barbecue Sauce, Packets		Х							French Dressing, Bottle		^						
Cheese Sauce		Х	Х						French Dressing, Pouch		^						
Cheese, Grated Cheddar			Х						Greek Dressing, Bottle		^	Х					
Cheese, Grated Mozzarella			Х						Honey Mustard Dressing, Bottle		۸		Х				
Cheese, Parmesan			Х						Italian Dressing, Bottle		^						
Cheese, Sliced, American			Х						Italian Dressing, Pouch		^						
Cheese, Sliced, Pepper Jack		Х	Х						Pomegranate Dressing, Bottle		^						
Chili Hot Dog Sauce	Х	^							Ranch Dressing, Bottle		۸	Х	Х				
Chocolate Yogurt Dip			Х						Ranch Dressing, Pouch		^	Х	Х				
Crackers	Х	^							COOKIES								
Croutons	Х	^	Х						Cookie, Chocolate Chip	Х	Х	Х	Х				
Dip for all Vegetables		^	Х	Х					Cookie, Double Chocolate Chip	Х	Х	Х	Х				
Dipping Sauce		^							Cookie, Oatmeal Chocolate Chip	Х	Х	Х	Х				
Gravy		Х							Cookie, Sugar	Х	Х	Х	Х				
Green Onions									SNACKS								
Green Peppers									Annie's Bunny Friends	Х	Х	#					
Hot Sauce, Packet									Baked Potato Chips, BBQ	Х	Х	Х					
Ketchup, Packets									Baked Potato Chips, Original		Х						
Margarine		Х	Х						Baked Potato Chips, Sour Cream & Onion		Х	Х					
Mayonnaise, Packets		^		Х					Cinnamon Toast Crunch	Х	Х						
Mustard, Packets									Cookies, Mini Butter Crunch	Х	Х		Х				
Onions									Cookies, Mini Chocolate Chip	Х	Х		Х				
Pickles									Crispy Bites, Blueberry Lemon	Х	Х	Х					
Salsa									Fruit Slushie Cup, SideKicks								
Salsa Verde									Harvest Cheddar SunChips Snack Mix	Х		Х					
Sour Cream			Х						Oatmeal Bites, S'Mores	Х	Х	Х	Х				
Sweet Chili Sauce		^							Popcorn, Kettle Style		Х						
Syrup, Pancake									Popcorn, White Cheddar			Х					
Taco Sauce, Packets									Sunflower Kernels, Honey Roasted	Х	Х						
Tartar Sauce, Packet		٨		Х					Tostitos Scoops		^						
Teriyaki Sauce	Х	Х															· · ·
Tomatoes, Diced																	
Tomatoes, Sliced																	
Whipped Topping			Х														
Yogurt Dip			Х														