

Allergen Information

Prince William County Elementary Schools 2017-2018

<http://pwcsnutrition.com/>

Revised 3/9/2018

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

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.

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LUNCH ENTRÉE (PROTEINS/GRAINS)							
Baked Ziti	X	^	X	#			
BBQ Pulled Pork (w/o Bun)							
Beef Burger (w/o Bun)							
Beef Nachos (w/o Cheese Sauce)		^					
Beef Taco (w/o Cheese)	X						
Cheese Quesadilla	X	X	X				
Cheeseburger Mac	X	^	X	#			
Cheeseburger/Bun	X	^	X				
Cheesy Bread	X	X	X	X			
Chicken Enchilada	X		X				
Chicken Fajita (w/o Cheese)	X	X					
Chicken for Chicken & Waffles	X	X	X				
Chicken Pot Pie	X	X	X	X			
Chicken Tenders	X	X	X				
Chicken Teriyaki (w/o Rice)	X	X					
Chili							
Corn Dog Nuggets	X	X	X	X			
Crispy Chicken Patty (w/o Bun)	X	X	X				
Fish Nuggets	X	X	X			X	
Grilled Cheese Sandwich	X	^	X				
Ham & Cheese Pull-Apart Bread Sticks	X	X	X	X			
Honey Fire Chicken (w/o Rice)	X	X		X			
Hot Dog (w/o Bun)							
Italian Sausage Stuffed Peppers		^	X				
Macaroni & Cheese	X		X	#			
Mini Calzones	X	X	X				
Mini Pancakes - Blueberry	X	X	X	X			
Morningstar Chik'n Nuggets	X	X	X	X			
Pepperoni & Cheese Calzone	X	^	X	X			
Pizza Sticks	X	X	X				

LUNCH ENTRÉE (PROTEINS/GRAINS)							
Pizza, Cheese	X	X	X				
Pizza, Pepperoni	X	X	X				
Pizza, Southwest	X	X	X				
Pizza, Stuffed Crust, Cheese	X	X	X				
Pizza, Stuffed Crust, Pepperoni	X	X	X				
Popcorn Chicken	X	^					
Roasted BBQ Chicken							
Roasted Turkey Breast							
Salad Topping - Cheese, Cheddar						X	
Salad Topping - Cheese, Mozzarella						X	
Salad Topping - Chicken, Diced							
Salad Topping - Egg, Hard Cooked, Sliced						X	
Salad Topping - Roasted Chickpeas							
Salad Topping - Turkey Breast, Diced							
Salad Topping - Turkey Ham, Diced							
Sloppy Joe (w/o Buns)							
Spaghetti & Meat Sauce	X	^				#	
Spicy Chicken (w/o Bun)	X	X	X	X			
SunWise Sandwich	X	X					
Sweet & Sour Chicken (w/o Rice)	X	X				X	
Teriyaki Chicken Drumstick	X	X					
Tuna Salad for Sub (w/o Roll)		X				X	X
Turkey Sausage Links							
Vegetable Baked Ziti	X	^	X	#			
Vegetarian Stuffed Peppers		^	X				
Waffles	X	X	X	X			
Western Omelet			X	X			
Yogurt, All Varieties			X				
Zesty Meatloaf	#			X			

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VEGETABLES							
Baby Carrots							
Baked Beans							
Baked Plantains							
BLT Romaine Salad (w/o Dressing)	X	^	X				
Broccoli & Cauliflower (w/o Cheese)							
Broccoli Florets							
Broccoli, Steamed							
Brussels Sprouts (w/o Cheese Sauce)							
Candy Corn			X				
Cauliflower Florets							
Celery Sticks							
Chickpeas, Roasted							
Confetti Collards		X					
Corn on the Cob							
Corn Salad							
Cran-Blueberry Spinach Salad (w/o Drsg)							
Creamy Cole Slaw		^	X				
Creamy Cucumber Moons		^	X				
Cucumber Slices							
Fiesta Veggie Dip & Chips		^	X				
Garbanzo Beans							
Grape Tomatoes							
Greek Salad (w/o Dressing)							
Green Beans			X				
Kickin' Roasted Veggies							
Layered Lettuce Salad (w/o Dressing)			X				
Lettuce & Tomato							
Parmesan Broccolini			X				
Pom-Blueberry Spinach Salad (w/o Drsg)							
Potato Wedges		^					
Potato, Baked							
Potatoes, Curly Fries	X	^					
Potatoes, Mashed			X				
Pumpkin Souffle			X	X			
Rainbow Veggie Sticks			X				
Roasted Sweet Potatoes & Apples			X				
Soup, Broccoli Cheese		X	X				
Soup, Tomato Basil		^	X				
Stir Fried Cabbage	X	X					
Sunny Broccoli & Cauliflower Toss	X	X		X			
Sunshine Carrots			X				
Super Food Kale Salad	X	X					
Sweet Potato Fries							
Teriyaki Sugar Snap Blend	X	X					

VEGETABLES							
Tomatoes, Sliced							
Tossed Salad (w/o Dressing)							
Trees, Clouds & Sunshine			X				
FRUITS							
Apple Crisp w/Topping	X		X				
Apple Wedges							
Applesauce							
Cantaloupe							
Citrus Boat							
Craisins, Strawberry							
Diced Pears & Blueberries							
Diced Pears & Red Grapes							
Diced Pears & Strawberries							
Fresh Fruit, Apple							
Fresh Fruit, Banana							
Fresh Fruit, Nectarine							
Fresh Fruit, Orange							
Fresh Fruit, Peach							
Fresh Fruit, Pear							
Fresh Fruit, Plum							
Frozen Fruit Juice Cup, All Varieties							
Fruit Salsa w/Graham Crackers	X	X					
Graham Banana Bites	X	X					
Grapes							
Happy Birthday Frozen Juice Cup							
Honey Lime Fruit Toss							
Hot Spiced Apples			X				
Juice, Apple							
Juice, Blended Fruit							
Juice, Orange							
Juice, Veg/Fruit, Cherry Star							
Kiwi Wedges							
Mandarin Oranges							
Mixed Fruit							
Orange Wedges							
Peach Crisp w/Topping	X		X				
Peaches							
Pear Wedges							
Pineapple							
Raisins							
Strawberries							
Strawberry Shortcake	X		X	X			
Tropical Fruit Salad							
Watermelon							

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CONDIMENTS								
Barbecue Sauce, Packet		X						
Cheese Sauce		X	X					
Cheese, Grated Cheddar			X					
Cheese, Parmesan			X					
Chili Hot Dog Sauce	X	^						
Chocolate Yogurt Dip			X					
Crackers	X	^						
Croutons	X	^	X					
Dip for all Vegetables		^	X	X				
Dipping Sauce		^						
Gravy		X						
Hot Sauce								
Hot Sauce, Packet								
Ketchup, Packet								
Margarine		X	X					
Mayonnaise, Packet		^		X				
Mustard, Packet								
Pickles								
Salsa								
Sour Cream			X					
Syrup, Pancake								
Taco Sauce, Packet								
Tartar Sauce, Packet		^		X				
Whipped Topping			X					
Yogurt Dip			X					

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SALAD DRESSINGS								
French Dressing, Bottle		^						
French Dressing, Pouch		^						
Greek Dressing, Bottle		^	X					
Honey Mustard Dressing, Bottle		^		X				
Italian Dressing, Bottle		^						
Italian Dressing, Pouch		^						
Pomegranate Dressing, Bottle		^						
Ranch Dressing, Bottle		^	X	X				
Ranch Dressing, Pouch		^	X	X				
COOKIES								
Cookie, Chocolate Chip	X	X	X	X				
Cookie, Double Chocolate Chip	X	X	X	X				
Cookie, Oatmeal Chocolate Chip	X	X	X	X				
Cookie, Sugar	X	X	X	X				
SNACKS								
Annie's Bunny Friends	X	X	#					
Cinnamon Toast Crunch	X	X						
Cookies, Mini Butter Crunch	X	X		X				
Cookies, Mini Chocolate Chip	X	X		X				
Crispy Bites, Blueberry Lemon	X	X	X					
Fruit Slushie Cup, SideKicks								
Granola	X	X	#			#		
Harvest Cheddar SunChips Snack Mix	X		X					
Oatmeal Bites, S'Mores	X	X	X	X				
Popcorn, Kettle Style		X						
Popcorn, White Cheddar			X					
Sunflower Kernels, Honey Roasted	X	X						
Tostitos Scoops		^						