

# Allergen Information

## Prince William County Middle 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
<b>BREAKFAST PROTEINS &amp; GRAINS</b>									<b>BREADS &amp; GRAINS</b>								
Banana Bread	X	X		X					Banana Bread	X	X		X				
Cereal, Cinnamon Flakes	X	#							Bun, Hamburger	X	^						
Cereal, Cinnamon Toast Crunch	X	X							Bun, Hot Dog	X	^						
Cereal, Corn Chex									Cilantro Lime Rice								
Cereal, Frosted Flakes	X	X							Cinnamon Roll	X		X					
Cereal, Frosted Mini-Wheats	X								Crackers	X	^						
Cereal, Frosted Mini-Wheats, Chocolate	X	X							Crackers, Graham	X	X						
Cereal, Multigrain Cheerios									Dinner Roll	X		X					
Cheese Stick, Marble			X						Garlic Bread	X		X					
Cheese Stick, Mozzarella			X						Mini Pancakes - Blueberry	X	X	X	X				
Chicken Slider	X	^	X						Nacho Chips		^						
Egg & Cheese Sandwich	X	X	X	X					Nutri-Grain Bar, Apple Cinnamon	X	X	X					
French Toast Sticks	X	X	X	X					Pasta & Flame Roasted Vegetables	X	X	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 - Tropical			X						Tostitos Scoops		^						
Fruit Smoothie - Very Berry			X						Waffles	X	X	X	X				
Granola	X	X	#			#			Wild Berry Bread	X	X		X				
Ham & Cheese Croissant	X	X	X	X					<b>MILK</b>								
Mini Pancakes - Blueberry	X	X	X	X					1% Lowfat Unflavored			X					
Nutri-Grain Bar, Apple Cinnamon	X	X	X						Fat Free Chocolate			X					
Pancake Puppy	X	X		X					Fat Free Strawberry			X					
Pancake Sandwich	X	X	X	X					Skim			X					
Sausage & Cheese Pita	X		X						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													
Yogurt			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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	Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
<b>LUNCH ENTRÉE (PROTEINS/GRAINS)</b>								
Alfredo Sauce			X					
Baja Fish Sticks	X	^	X				X	
BBQ Pulled Pork (w/o Bun)								
Beef & Broccoli (w/o Rice)	X	X						
Beef Burger (w/o Bun)								
Cheese Quesadilla	X	X	X					
Cheesy Bread	X	X	X	X				
Chicken Enchilada	X		X					
Chicken for Chicken & Waffles	X	X	X					
Chicken for Chicken Parmesan	X	X	X					
Chicken Pot Pie	X	X	X	X				
Chicken Strips (w/o Bacon, Pasta or Roll)								
Chicken Tenders	X	X	X					
Chicken Teriyaki (w/o Rice)	X	X						
Chicken Teriyaki Meat for Sub (w/o Roll)	X	X						
Chili								
Corn Dog Nuggets	X	X	X	X				
Crispy Chicken Fillet (w/o Bun)	X	X	X					
Dragon Fire Chicken (w/o Rice)	X	X		X				
Fish Fillet (w/o Bun)	X	^					X	
General Tso's Chicken (w/o Rice)	X	X		X				
Grilled Cheese Sandwich	X	^	X					
Ham & Cheese Croissant	X	X	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)								
Kung Pao Chicken (w/o Rice)	X	X		X				
Lasagna	X	^	X	X				
Macaroni & Cheese	X		X	#				
Marinara Sauce		^	X					
Meat Sauce for Spaghetti		^	X					
Meatballs for Sub (w/o Roll)	X	X	X	X				
Meatballs, Plain (w/o Sauce)	X	X	X	X				

	Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
<b>LUNCH ENTRÉE (PROTEINS/GRAINS)</b>								
Meatloaf	X		X					
Mini Calzones	X	X	X					
Peanut Butter & Jelly Pocket Sandwich	X	X			X			
Pepperoni & Cheese Calzone	X	^	X	X				
Philly Cheese Steak	X	X	X					
Pizza Sticks	X	X	X					
Pizza, Cheese	X	X	X					
Pizza, Pepperoni	X	X	X					
Pizza, Personal Pan	X	^	X					
Pizza, Southwest	X	X	X					
Pizza, Stuffed Crust, Cheese	X	X	X					
Pizza, Stuffed Crust, Pepperoni	X	X	X					
Popcorn Chicken	X	^						
Pork Carnitas (w/o Tortillas or Cheese)								
Roasted BBQ Chicken								
Roasted Turkey Breast								
Salad Topping - Cheese, Cheddar			X					
Salad Topping - Cheese, Mozzarella			X					
Salad Topping - Chicken, Diced								
Salad Topping - Roasted Chickpeas								
Salad Topping - Turkey Breast, Diced								
Salad Topping - Turkey Ham, Diced								
Southwest Chicken (w/o Tortilla or Rice)		X						
Spicy Beef (w/o Tortilla or Rice)								
Spicy Chicken (w/o Bun)	X	X	X	X				
Steak & Cheese Stromboli	X	X	X	#				
Steak Meat for Sub (w/o Roll)		X						
SunWise Sandwich	X	X						
Sweet & Sour Chicken (w/o Rice)	X	X		X				
Turkey Bacon Pieces								
Turkey Sausage Links								
Yogurt, All Varieties			X					

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VEGETABLES							
Baby Carrots							
Baked Beans							
Baked Plantains							
Black Beans							
BLT Romaine Salad (w/o Dressing)	X	^	X				
Broccoli & Cauliflower (w/o Cheese)							
Broccoli Florets							
Broccoli, Steamed							
Brussels Sprouts (w/o Cheese)							
Candy Corn			X				
Cauliflower Florets							
Celery Sticks							
Chickpeas, Roasted							
Confetti Collards		X					
Corn Salad							
Cran-Blueberry Spinach Salad (w/o Drsg)							
Creamy Cucumber Moons		^	X				
Cucumber Slices							
Grape Tomatoes							
Greek Salad (w/o Dressing)							
Green Beans			X				
Harvest Romaine Salad							
Kickin' Roasted Veggies							
Layered Lettuce Salad (w/o Dressing)			X				
Maui Vegetable Blend							
Parmesan Broccolini			X				
Pico de Gallo							
Pom-Blueberry Spinach Salad (w/o Drsg)							
Potato Wedges		^					
Potato, Baked							
Potatoes, Curly Fries	X	^					
Potatoes, French Fries		^					
Potatoes, Mashed			X				
Pumpkin Souffle'			X	X			
Rainbow Veggie Sticks			X				
Refried Beans							
Roasted Sweet Potatoes & Apples			X				
Sauteed Peppers & Onions							
Sesame Green Beans	X	X					
Shredded Romaine Lettuce							
Soup, Tomato Basil		^	X				
Stir Fried Cabbage	X	X					
Sunny Broccoli & Cauliflower Toss	X	X	X				
Super Food Kale Salad	X	X					
Sweet Potato Fries							

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VEGETABLES							
Teriyaki Sugar Snap Blend	X	X					
Tossed Salad (w/o Dressing)							
FRUITS							
Apple Crisp w/Topping	X		X				
Apple Wedges							
Applesauce							
Blueberry Crisp w/Topping	X		X				
Cantaloupe							
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							
Fruit Salsa w/Graham Crackers	X	X					
Graham Banana Bites	X	X					
Grapes							
Holiday 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							
Mango Pineapple Salsa							
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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<b>CONDIMENTS</b>								
Barbecue Sauce, Packets		X						
Cheese Sauce		X	X					
Cheese, Grated Cheddar			X					
Cheese, Grated Mozzarella			X					
Cheese, Parmesan			X					
Cheese, Sliced, American			X					
Cheese, Sliced, Pepper Jack		X	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, Packets								
Margarine		X	X					
Mayonnaise, Packets		^		X				
Mustard, Packets								
Pickles								
Salsa								
Salsa Verde								
Sour Cream			X					
Syrup, Pancake								
Taco Sauce, Packets								
Tartar Sauce, Packet		^		X				
Tomatoes, Diced								
Tomatoes, Sliced								
Whipped Topping			X					
Yogurt Dip			X					

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<b>SALAD DRESSINGS</b>								
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				
<b>COOKIES</b>								
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				
<b>SNACKS</b>								
Annie's Bunny Friends	X	X	#					
Baked Potato Chips, BBQ	X	X	X					
Baked Potato Chips, Original		X						
Baked Potato Chips, Sour Cream & Onion		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								
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		^						