

Allergen Information

Prince William County High Schools 2017-2018

<http://pwcsnutrition.com/>

Revised 9/22/2017

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
BREAKFAST PROTEINS & GRAINS								
Banana Bread	X	X		X				
Cereal, Cinnamon Flakes	X	#						
Cereal, Cinnamon Toast Crunch	X	X						
Cereal, Corn Chex								
Cereal, Frosted Flakes	X	X						
Cereal, Frosted Mini-Wheats	X							
Cereal, Frosted Mini-Wheats, Chocolate	X	X						
Cereal, Multigrain Cheerios								
Cheese Stick, Marble			X					
Cheese Stick, Mozzarella			X					
Chicken Slider	X	^	X					
Egg & Cheese Sandwich	X	X	X	X				
French Toast Sticks	X	X	X	X				
Fruit Smoothie - Blueberry			X					
Fruit Smoothie - Chocolate Banana			X					
Fruit Smoothie - Green			X					
Fruit Smoothie - Orange			X					
Fruit Smoothie - Pumpkin			X					
Fruit Smoothie - Strawberry			X					
Fruit Smoothie - Strawberry Banana			X					
Fruit Smoothie - Tropical			X					
Fruit Smoothie - Very Berry			X					
Granola	X	X	#			#		
Ham & Cheese Croissant	X	X	X	X				
Mini Pancakes - Blueberry	X	X	X	X				
Nutri-Grain Bar, Apple Cinnamon	X	X	X					
Pancake Puppy	X	X		X				
Pancake Sandwich	X	X	X	X				
Sausage & Cheese Pita	X		X					
Sausage Breakfast Pizza	X	X	X					
Strawberry Bagel-ful	X	^	X					
SunWise Sandwich	X	X						
Wild Berry Bread	X	X		X				
Yogurt			X					

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BREADS & GRAINS								
Banana Bread	X	X		X				
Bread Stick	X	^#	X	#				
Bun, Hamburger	X	^						
Bun, Hot Dog	X	^						
Bun, Slider	X	^						
Cilantro Lime Rice								
Cinnamon Roll	X		X					
Crackers	X	^						
Crackers, Graham	X	X						
Dinner Roll	X		X					
Fiesta Rice								
Garlic Bread	X		X					
Gordita Bread	X	X						
Mini Pancakes - Blueberry	X	X	X	X				
Nacho Chips		^						
Nutri-Grain Bar, Apple Cinnamon	X	X	X					
Ramen Noodles	X			#				
Rice								
Spaghetti Noodles	X			#				
Stuffing	X	X	X					
Sub Roll	X	^						
Tortilla Chips		^						
Tortilla Wrap	X							
Waffles	X	X	X	X				
Wild Berry Bread	X	X		X				
MILK								
1% Lowfat Unflavored			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)							
Alfredo Sauce			X				
Baja Fish Sticks	X	^	X			X	
Baked Ziti	X	^	X	#			
BBQ Pulled Pork (w/o Bun)							
Beef & Broccoli (w/o Rice)	X	X					
Beef & Snow Peas (w/o Rice)	X	X					
Beef Burger (w/o Bun)							
Cheese, American			X				
Cheese, Cheddar			X				
Cheese, Mozzarella			X				
Cheese, Pepper Jack		X	X				
Cheese, Swiss		X	X				
Chicken Broth for Ramen Bowl		X					
Chicken Enchilada	X		X				
Chicken for Chicken & Waffles	X	X	X				
Chicken for Ramen Bowl							
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					
Chili							
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			
Honey Fire Chicken (w/o Rice)	X	X		X			
Hot Dog (w/o Bun)							

LUNCH ENTRÉE (PROTEINS/GRAINS)							
Italian Sausage Stuffed Peppers		^	X				
Kung Pao Chicken (w/o Rice)	X	X		X			
Lasagna	X	^	X	X			
Macaroni & Cheese	X		X				
Marinara Sauce		^	X				
Meatballs (Italian)	X	X	X	X			
Meatloaf	X		X				
Peanut Butter & Jelly Pocket Sandwich	X	X			X		
Pepperoni & Cheese Stromboli	X	^#	X	#			
Philly Cheese Steak	X	X	X				
Pizza Sticks	X	X	X				
Pizza, Cheese	X		X	#			
Pizza, Pepperoni	X		X	#			
Popcorn Chicken	X	^					
Queso (Cheese Sauce)		X	X				
Roasted BBQ Chicken							
Roasted Turkey Breast							
Sausage Hippie Roll	X	^#	X	#			
Shredded Pork Carnita (w/o Tortilla or Rice)							
Sloppy Joe (w/o Buns)							
Southwest Chicken (w/o Tortilla or Rice)		X					
Spicy Beef (w/o Tortilla or Rice)							
Spicy Chicken Breast (w/o Bun)	X	X	X	X			
Steak & Cheese Stromboli	X	X	X	#			
Stuffed Shells	X	^	X	X			
Turkey Bacon Pieces							
Turkey Sausage Links							
Yogurt, All Varieties			X				

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CONDIMENTS								
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						
Green Onions								
Green Peppers								
Hot Sauce, Packet								
Ketchup, Packets								
Margarine		X	X					
Mayonnaise, Packets		^		X				
Mustard, Packets								
Onions								
Pickles								
Salsa								
Salsa Verde								
Sour Cream			X					
Sweet Chili Sauce		^						
Syrup, Pancake								
Taco Sauce, Packets								
Tartar Sauce, Packet		^		X				
Teriyaki Sauce	X	X						
Tomatoes, Diced								
Tomatoes, Sliced								
Whipped Topping			X					
Yogurt Dip			X					

	Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
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	#					
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		^						