

# Allergen Information

## Prince William County Elementary Schools 2019-2020

<http://pwcsnutrition.com/>

Revised 6/14/2019

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>								
Cereal, Cinnamon Flakes	X	#							Banana Bread	X	X	X	X				
Cereal, Cinnamon Toast Crunch	X	X							Bread Stick	X	X	X	#				
Cereal, Corn Chex									Bun, Hamburger	X	^						
Cereal, Frosted Flakes	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, Mozzarella			X						Crackers	X	^						
Chicken Slider	X	^	X						Crackers, Graham	X	X						
Egg & Cheese Sandwich	X	X	X	X					Dinner Roll	X		X					
French Toast Sticks	X	X	X	X					Garlic Bread	X		X					
Ham & Cheese Croissant	X	X	X	X					Gordita Bread	X	X						
Mini Pancakes - Blueberry	X	X	X	X					Mini Pancakes - Blueberry	X	X	X	X				
Nutri-Grain Bar, Apple Cinnamon	X	X	X						Nutri-Grain Bar, Apple Cinnamon	X	X	X					
Pancake Puppy	X	X		X					Rice								
Sausage Breakfast Bagel	X	X	X						Stuffing	X	X	X					
Sausage Breakfast Pizza	X	X	X						Sub Roll	X	^						
<b>MILK</b>									Tortilla Chips or Nacho Chips		^						
1% Lowfat Unflavored			X						Tortilla, Soft	X							
Fat Free Chocolate			X						Twisted Cheese Bread Stick	X	X	X					
Fat Free Strawberry			X						Waffles	X	X	X	X				
Skim			X						Wild Berry Bread	X	X	X	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	#				
Beef Burger (w/o Bun)								
Beef Nachos (w/o Cheese Sauce)		^						
Beef Taco (w/o Cheese)	X							
Carnita Nachos (w/o Cheese Sauce)		^						
Cheese Quesadilla	X	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						
Chicken Pot Pie	X	X	X	X				
Chicken Tenders	X	X						
Chicken Teriyaki (w/o Rice)	X	X						
Chili								
Corn Dog Nuggets	X	X						
Crispy Chicken Patty (w/o Bun)	X	X	X					
Fiesta Queso Mac & Cheese	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 Stuffed Peppers	X	X	X	X				
Macaroni & Cheese	X		X	#				
Mini Calzones	X	^	X					
Mini Pancakes - Blueberry	X	X	X	X				
Morningstar Chik'n Nuggets	X	X						
Pepperoni & Cheese Calzone	X	^	X	X				
Pizza Sticks	X	X	X					

LUNCH ENTRÉE (PROTEINS/GRAINS)								
Pizza, Cheese	X	^	X					
Pizza, Pepperoni	X	^	X					
Pizza, Stuffed Crust, Cheese	X	X	X					
Pizza, Stuffed Crust, Pepperoni	X	X	X					
Popcorn Chicken	X	^						
Roasted BBQ Chicken								
Roasted Chicken Wings								
Roasted Turkey Breast								
Rose' Bolognese	X	X	X	X				
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								
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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CONDIMENTS							
Barbecue Sauce, Bottle							
Barbecue Sauce, Packet							
Cheese Sauce, Golden Queso			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					
Honey Fire Sauce	X	X					
Hot Sauce, Packet							
Ketchup, Packet							
Margarine		X	X				
Mayonnaise, Packet		^		X			
Mustard, Packet							
Pickles							
Salsa							
Sour Cream			X				
Syrup, Pancake							
Taco Sauce, Packet							
Teriyaki Sauce	X	X					
Whipped Topping			X				
Yogurt Dip			X				

SALAD DRESSINGS							
French Dressing		^					
Greek Dressing		^	X				
Honey Mustard Dressing		^		X			
Italian Dressing		^					
Pomegranate Dressing		^					
Ranch Dressing		^	X	X			
Raspberry Acai Dressing							
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 Cheddar Crackers	X		X				
Capri Sun, 100% Juice							
Cinnamon Toast Crunch	X	X					
Crispy Bites, Blueberry Lemon	X	X	X				
Fruit Slushie Cup, SideKicks							
Granola	#	#	#	#			
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							
Tostitos Scoops							