

Allergen Information

Prince William County Middle Schools 2019-2020

Revised 6/14/2019

<http://pwcsnutrition.com/>

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								
Banana Bread	X	X	X	X					Banana Bread	X	X	X	X				
Cereal, Cinnamon Flakes	X	#							Bun, Hamburger	X	^						
Cereal, Cinnamon Toast Crunch	X	X							Bun, Hot Dog	X	^						
Cereal, Corn Chex									Cinnamon Roll	X		X					
Cereal, Frosted Flakes	X	#							Crackers	X	^						
Cereal, Frosted Mini-Wheats	X								Crackers, Graham	X	X						
Cereal, Frosted Mini-Wheats, Chocolate	X	X							Dinner Roll	X		X					
Cereal, Multigrain Cheerios									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							
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 - Sunrise			X						Tostitos Scoops								
Fruit Smoothie - Tropical			X						Waffles	X	X	X	X				
Fruit Smoothie - Very Berry			X						Wild Berry Bread	X	X	X	X				
Granola	#	#	#	#					MILK								
Ham & Cheese Croissant	X	X	X	X					1% Lowfat Unflavored			X					
Mini Pancakes - Blueberry	X	X	X	X					Fat Free Chocolate			X					
Nutri-Grain Bar, Apple Cinnamon	X	X	X						Fat Free Strawberry			X					
Pancake Sandwich	X	X	X	X					Skim			X					
Sausage Breakfast Bagel	X	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	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
LUNCH ENTRÉE (PROTEINS/GRAINS)								
Alfredo Sauce			X					
Baked Pinwheel	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						
Chicken for Chicken Parmesan	X	X	X					
Chicken Pot Pie	X	X	X	X				
Chicken Tenders	X	X						
Chicken Teriyaki (w/o Rice)	X	X						
Chicken Wings		^						
Chili								
Corn Dog Nuggets	X	X						
Crispy Chicken Fillet (w/o Bun)	X	X	X					
Dragon Fire Chicken (w/o Rice)	X	X		X				
Fiesta Queso Mac & Cheese	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				

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LUNCH ENTRÉE (PROTEINS/GRAINS)								
Mini Calzones	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					
Pizza, Pepperoni	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								
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								
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 Sausage Links								
Yogurt, All Varieties			X					

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CONDIMENTS								
Barbecue Sauce, Bottle								
Barbecue Sauce, Packets								
Cheese Sauce, Golden Queso			X					
Cheese, American			X					
Cheese, Grated Cheddar			X					
Cheese, Grated Mozzarella			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, Packets								
Margarine		X	X					
Mayonnaise, Packets		^		X				
Mustard, Packets								
Pickles								
Salsa								
Sour Cream			X					
Sriracha Sauce								
Syrup, Pancake								
Taco Sauce, Packets								
Teriyaki Sauce	X	X						
Tomatoes, Diced								
Tomatoes, Sliced								
Whipped Topping			X					
Yogurt Dip			X					

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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					
Baked Potato Chips, BBQ		X	X					
Baked Potato Chips, Original		X						
Capri Sun, 100% Juice								
Cinnamon Toast Crunch	X	X						
Crispy Bites, Blueberry Lemon	X	X	X					
Frozen Yogurt Cup, Holiday			X					
Fruit Slushie Cup, SideKicks								
Harvest Cheddar SunChips Snack Mix	X		X					
Juice Bowl, All Flavors								
Oatmeal Bites, S'Mores	X	X	X	X				
Popcorn, Kettle Style		X						
Popcorn, White Cheddar			X					
Sunflower Kernels, Honey Roasted								
Tostitos Scoops								
White Nacho Doritos, Reduced Fat			X					