

Allergen Information

Prince William County Elementary Schools 2016-2017

<http://pwcsnutrition.com/>

Revised 3/29/2016

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	#				
Cereal, Frosted Flakes	X	X							Bun, Hamburger	X	^						
Cereal, Frosted Mini-Wheats	X								Bun, Hot Dog	X	^						
Cereal, Frosted Mini-Wheats, Chocolate	X	X							Bun, Slider	X	X						
Cereal, Multigrain Cheerios									Cinnamon Bread	X	^	X					
Cheese & Egg Pizza	X		X	X					Cinnamon Bread Stick	X	^#	X	#				
Cheese Stick, Marble			X						Corn Chips, Fritos								
Cheese Stick, Mozzarella			X						Crackers	X	^						
Chicken Slider	X	X							Crackers, Graham	X	X						
Egg Pop, Bacon Ranch		X	X	X					Dinner Roll	X	^	X					
Egg Pop, Plain				X					Fiesta Cornbread	X	^	X	X				
Egg Pop, Sriracha		X	X	X					Garlic Bread	X		X					
French Toast Sticks	X	X	X	X					Garlic Bread Stick	X	^#	X	#				
Ham & Cheese Croissant	X	X	X	X					Gordita Bread	X	^						
Mini Pancakes - Banana	X	X	X	X					Mini Pancakes - Blueberry	X	^	X	X				
Mini Pancakes - Blueberry	X	^	X	X					Nutri-Grain Bar, Apple Cinnamon	X	X	X					
Nutri-Grain Bar, Apple Cinnamon	X	X	X						Parmesan Bread Stick	X	^#	X	#				
Pancake Puppy	X	X		X					Pasta & Flame Roasted Vegetables	X	X	X					
Sausage Breakfast Pizza	X	X	X						Rice		^						
Skillet Frittata Wrap	X	X	X	X					Stuffing	X	X	X					
MILK									Sub Roll	X	^						
1% Lowfat Unflavored			X						Tortilla Chips or Nacho Chips		^						
Fat Free Chocolate			X						Tortilla, Soft	X							
Fat Free Strawberry			X						Waffles	X	X	X	X				
Skim			X						Wild Berry Bread	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	#			
BBQ Pulled Pork							
Beef Enchilada Pie	X	^	X				
Beef Nachos (w/o Cheese Sauce)		^					
Cheese Quesadilla	X	X	X				
Cheeseburger/Bun	X	^	X				
Cheesy Bread	X	X	X	X			
Cheesy Taco Rice		X	X				
Chicken Enchilada	X		X				
Chicken Enchilada Pie	X	X	X				
Chicken Fajita (w/o Cheese)	X	X					
Chicken for Chicken & Waffles	X	X	X				
Chicken Pot Pie	X	X	X				
Chicken Tenders	X	X	X				
Chicken Teriyaki (w/o Rice)		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			
Hamburger (w/o Bun)							
Honey Fire Chicken (w/o Rice)	X	X		X			
Hot Dog (w/o Bun)							
Italian Sausage Stuffed Peppers		^	X				
Lasagna	X	^	X	X			
Macaroni & Cheese	X		X	#			
Mini Calzones	X	X	X				
Mini Pancakes - Blueberry	X	^	X	X			
Morningstar Chik'n Nuggets	X	X	X	X			
Pepperoni & Cheese Calzone	X	^	X	X			

LUNCH ENTRÉE (PROTEINS/GRAINS)							
Pizza Sticks	X	X	X				
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 Bun)							
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			X
Turkey Sausage Links							
Vegetable Lasagna	X	^	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	X			
Creamy Cucumber Moons		^	X	X			
Cucumber Slices							
Fiesta Veggie Dip & Chips		^	X				
Garbanzo Beans							
Grape Tomatoes							
Greek Salad (w/o Dressing)							
Green Beans			X				
Harvest Romaine Salad		^					
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, French Fries		^					
Potatoes, Mashed			X				
Potatoes, Sidewinders Fries		^					
Pumpkin Souffle		^	X	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	X			
Sunshine Carrots			X				
Super Food Kale Salad	X	X					
Sweet Potato Fries							

VEGETABLES							
Teriyaki Sugar Snap Blend	X	X					
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							
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, Calypso Crush							
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							
Seafood Cocktail Sauce, Packet		^					
Sour Cream			X				
Syrup, Pancake							
Taco Sauce, Packet							
Tartar Sauce, Packet		^		X			
Whipped Topping			X				
Yogurt Dip			X				

SALAD DRESSINGS							
French Dressing (Squeeze Bottle)		^					
French Dressing, Pouch		^					
Greek Dressing (Squeeze Bottle)		^	X				
Italian Dressing (Squeeze Bottle)		^					
Italian Dressing, Pouch		^					
Pomegranate Dressing (Squeeze Bottle)		^					
Ranch Dressing (Squeeze Bottle)		^	X	X			
Ranch Dressing, Pouch		^	X	X			
Spinach Salad Dressing (Squeeze Bottle)		^	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 Crisp	X	X					
Cookies, Mini Butter Crunch	X	X		X			
Cookies, Mini Chocolate Chip	X	X		X			
Fruit Slushie Cup, SideKicks							
Harvest Cheddar SunChips Snack Mix	X		X				
Popcorn, Kettle Style		X					
Popcorn, White Cheddar			X				
Sunflower Kernels, Honey Roasted	X	X					
Tostitos Scoops		^					