

Allergen Information

Prince William County High Schools 2016-2017

http://pwcsnutrition.com/

Revised 10/5/2016

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
BREAKFAST PROTEINS & GRAINS								
Banana Bread	X	X		X				
Cereal, Cinnamon Flakes	X	#						
Cereal, Cinnamon Toast Crunch	X	X						
Cereal, Frosted Flakes	X	X						
Cereal, Frosted Mini-Wheats	X							
Cereal, Frosted Mini-Wheats, Chocolate	X	X						
Cereal, Multigrain Cheerios								
Cheese & Egg Pizza	X		X	X				
Cheese Stick, Marble			X					
Cheese Stick, Mozzarella			X					
Chicken Biscuit	X	X	X					
Egg Pop, Bacon Ranch		X	X	X				
Egg Pop, Plain				X				
Egg Pop, Sriracha		X	X	X				
French Toast Sticks	X	X	X	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					
Granola	X	X	#			#		
Ham & Cheese Croissant	X	X	X	X				
Mini Pancakes - Banana	X	X	X	X				
Mini Pancakes - Blueberry	X	^	X	X				
Nutri-Grain Bar, Apple Cinnamon	X	X	X					
Pancake Puppy	X	X		X				
Pancake Sandwich	X	X	X	X				
Sausage Breakfast Pizza	X	X	X					
Skillet Frittata Wrap	X	X	X	X				
SunWise Sandwich	X	X						
Wild Berry Bread	X	X		X				
Yogurt			X					

	Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
BREADS & GRAINS								
Banana Bread	X	X		X				
Biscuit	X	X	X					
Bun, Hamburger	X	^						
Bun, Hot Dog	X	^						
Cilantro Lime Rice			X					
Cinnamon Roll	X	^	X					
Corn Chips, Fritos								
Crackers	X	^						
Crackers, Graham	X	X						
Dinner Roll	X	^	X					
Fiesta Rice								
Garlic Bread	X		X					
Gordita Bread	X	^						
Mini Pancakes - Blueberry	X	^	X	X				
Nacho Chips		^						
Nutri-Grain Bar, Apple Cinnamon	X	X	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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	Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
LUNCH ENTRÉE (PROTEINS/GRAINS)								
Alfredo Sauce			X					
Baked Ziti	X	^	X	#				
BBQ Pulled Pork (w/o Bun)								
Beef Enchilada Pie	X	^	X					
Buffalo Chicken for Deli (w/o Roll)		X						
Cheese Quesadilla	X	X	X					
Cheese, American			X					
Cheese, Cheddar			X					
Cheese, Mozzarella			X					
Cheese, Pepper Jack		X	X					
Cheese, Swiss		X	X					
Chicken Bacon Ranch (w/o Roll)		^	X	X				
Chicken Chunks (Italian Oven)		X						
Chicken Enchilada	X		X					
Chicken Enchilada Pie	X	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						
Chicken Teriyaki for Deli (w/o Roll)	X	X						
Chili								
Combo Meat for Deli (w/o Roll)								
Crispy Chicken Fillet (w/o Bun)	X	X	X					
Double Cheese for Deli (w/o Roll)		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				
Ham for Deli (w/o Roll)								
Hamburger (w/o Bun)								
Honey Fire Chicken (w/o Rice)	X	X		X				
Hot Dog (w/o Bun)								
Italian Sausage Stuffed Peppers		^	X					
Kung Pao Chicken (w/o Rice)	X	X		X				

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LUNCH ENTRÉE (PROTEINS/GRAINS)								
Lasagna	X	^	X	X				
Marinara Sauce		^	X					
Meatballs (Italian)	X	X	X	X				
Meatballs for Deli (w/o Roll)	X	X	X	X				
Mini Calzones	X	X	X					
Peanut Butter & Jelly Pocket Sandwich	X	X			X			
Pepperoni & Cheese Calzone	X	^	X	X				
Pepperoni & Cheese Stromboli	X	X	X	#				
Pizza Sticks	X	X	X					
Pizza, Cheese & Egg	X		X	X				
Pizza, Cheese	X		X	#				
Pizza, Pepperoni	X		X	#				
Popcorn Chicken	X	^						
Popcorn Shrimp (w/o Tortilla or Rice)	X	X	X					X
Pork Fried Rice	X	X		X				
Queso (Cheese Sauce)		X	X					
Roasted BBQ Chicken								
Roasted Turkey Breast								
Seafood Platter	X	X	X	X			X	X
Shredded Pork Carnita (w/o Tortilla or Rice)								
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	#				
Steak Meat for Deli (w/o Roll)		X						
Stuffed Shells	X	^	X	X				
Sweet & Sour Chicken (w/o Rice)	X	X		X				
Tuna Salad for Deli (w/o Roll)		X	X	X			X	
Turkey for Deli (w/o Roll)								
Turkey Sausage Links								
Yogurt, All Varieties			X					
Zesty Meatloaf	#			X				

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CONDIMENTS								
Banana Peppers								
Barbecue Sauce, Packets		X						
Black Olives								
Carrots, Shredded								
Cheese Sauce		X	X					
Cheese, Grated Cheddar			X					
Cheese, Parmesan			X					
Cheese, Sliced, American			X					
Cheese, Sliced, Pepper Jack		X	X					
Cheese, Sliced, Swiss		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 Peppers								
Hot Sauce, Packet								
Ketchup, Packets								
Margarine		X	X					
Mayonnaise, Packets		^		X				
Mustard, Packets								
Onions								
Pickles								
Salsa								
Salsa Verde								
Seafood Cocktail Sauce, Packets		^						
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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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	#					
Baked Potato Chips, BBQ	X	X	X					
Baked Potato Chips, Original		X						
Baked Potato Chips, Sour Cream & Onion		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		^						