

Allergen Information

Prince William County Middle Schools 2016-2017

Revised 3/29/2016

<http://pwcsnutrition.com/>

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^ = 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					

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BREADS & GRAINS								
Banana Bread	X	X		X				
Biscuit	X	X	X					
Bun, Hamburger	X	^						
Bun, Hot Dog	X	^						
Cilantro Lime Rice			X					
Cinnamon Bread Stick	X	^#	X	#				
Cinnamon Roll	X	^	X					
Corn Chips, Fritos								
Crackers	X	^						
Crackers, Graham	X	X						
Dinner Roll	X	^	X					
Garlic Bread	X		X					
Mini Pancakes - Blueberry	X	^	X	X				
Nacho Chips		^						
Nutri-Grain Bar, Apple Cinnamon	X	X	X					
Pasta & Flame Roasted Vegetables	X	X	X					
Rice		^						
Spaghetti Noodles	X	^		#				
Stuffing	X	X	X					
Sub Roll	X	^#	#	#				
Tortilla Chips or Nacho Chips		^						
Tortilla Wrap	X							
Tortilla, Soft	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)								
Baja Fish Sticks	X	^	X				X	
BBQ Pulled Pork								
Beef Enchilada Pie	X	^	X					
Cheese Quesadilla	X	X	X					
Cheeseburger/Bun	X	^	X					
Cheesy Bread	X	X	X	X				
Chicken Enchilada	X		X					
Chicken Fajita (w/o Tortilla or Cheese)		X						
Chicken for Chicken & Waffles	X	X	X					
Chicken for Chicken Parmesan	X	X	X					
Chicken Pot Pie	X	X	X					
Chicken Tenders	X	X	X					
Chicken Teriyaki (w/o Rice)		X						
Chicken Teriyaki Meat for Sub (w/o Roll)	X	X						
Chili								
Corn Dog Nuggets	X	X	X	X				
Crispy Chicken Fillet (w/o Bun)	X	X	X					
Dragon Fire Chicken (w/o Rice)	X	X		X				
Fiesta Fish Fillet	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 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					
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				
Mini Calzones	X	X	X					
Peanut Butter & Jelly Pocket Sandwich	X	X			X			

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LUNCH ENTRÉE (PROTEINS/GRAINS)								
Pepperoni & Cheese Calzone	X	^	X	X				
Pizza Sticks	X	X	X					
Pizza, Cheese	X	X	X					
Pizza, Cheese & Egg	X		X	X				
Pizza, Pepperoni	X	X	X					
Pizza, Personal Pan	X	^	X					
Pizza, Southwest	X	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)								
Pork Fried Rice	X	X		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								
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				
Sweet & Sour Meatballs (w/o Rice)	X	X	X	X				
Teriyaki Chicken Drumstick	X	X						
Turkey Sausage Links								
Vegetarian Stuffed Peppers		^	X					
Yogurt, All Varieties			X					
Zesty Meatloaf	#			X				

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CONDIMENTS								
Barbecue Sauce, Packets		X						
Cheese Sauce		X	X					
Cheese, Grated Cheddar			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						
Hot Sauce								
Hot Sauce, Packet								
Ketchup, Packets								
Margarine		X	X					
Mayonnaise, Packets		^		X				
Mustard, Packets								
Pickles								
Salsa								
Salsa Verde								
Seafood Cocktail Sauce, Packets		^						
Sour Cream			X					
Syrup, Pancake								
Taco Sauce, Packets								
Tartar Sauce, Packet		^		X				
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		^						