Allergen Information

http://pwcsnutrition.com/

Prince William County Middle Schools 2016-2017

Revised 3/29/2016

X = item contains allergen ^ = item contains soy oil										\int							
# = item is produced on equipment that also handles allergen	W heat	R R	Milk	E99	Peanut	Tree Nut	Fish	Shellfish		W heat	Sol.	Milk	- 66 - 10 - 10 - 10 - 10 - 10 - 10 - 10 - 10	Peanut	Tree Nut	Fish	Shelifish
BREAKFAST PROTEINS & C			Z	Щ	<u>م</u>	<u> </u>	Ĩ	あ	BREADS & GRAINS	3	୪	Σ	Щ	<u>ה</u>	<u> </u>		あ
BREAKFAST PROTEINS & C Banana Bread	X	S X		Х		_				Х	Х		Х		_		
Cereal, Cinnamon Flakes				^		-			Banana Bread			V	^		-		
Cereal, Cinnamon Toast Crunch	X X	# X				-			Biscuit Bun, Hamburger	X X	X	Х			_		
Cereal, Crinamon Toast Crunch Cereal, Frosted Flakes	X	X				-			Bun, Hot Dog	X	л л				_		
Cereal, Frosted Mini-Wheats	X	^				- 1			Cilantro Lime Rice	^	~	Х			_		
Cereal, Frosted Mini-Wheats, Chocolate	X	Х				-			Cinnamon Bread Stick	Х	^#	X	#		_		
Cereal, Multigrain Cheerios	^	^							Cinnamon Roll	X	^# 	<u>^</u> Х	#		_		
Cheese & Egg Pizza	v		~	v		- 1			Corn Chips, Fritos	~	X	~			_		
Cheese & Egg Pizza Cheese Stick, Marble	Х		<u>Х</u> Х	Х		-	_			Х	٨				_		
Cheese Stick, Marble Cheese Stick. Mozzarella			<u>х</u> Х			-			Crackers	X	X				_		
Chicken Biscuit	Х	Х	× X			_			Crackers, Graham Dinner Roll	X	∧ ∧	Х			_		
Egg Pop, Bacon Ranch	^	X		Х		-			Garlic Bread		~				_		
<u> </u>		~	Х	X		- 1				X X	٨	X X	Х		_		
Egg Pop, Plain		Х	Х	<u>х</u>		-	_		Mini Pancakes - Blueberry Nacho Chips	~	л л	~	~		_		
Egg Pop, Sriracha French Toast Sticks	Х	X	X	X		_			Nutri-Grain Bar, Apple Cinnamon	Х	X	Х			_		
Fruit Smoothie - Chocolate Banana	^	^	X	^		_			Pasta & Flame Roasted Vegetables	X	X	× X			_		
Fruit Smoothie - Green			X			-			Rice	~	∧ ∧	^			_		
			X			_				Х	л л		#		_		
Fruit Smoothie - Orange						_			Spaghetti Noodles			V	#		_		
Fruit Smoothie - Pumpkin			X X			-	_		Stuffing	X X	X	X			-		
Fruit Smoothie - Strawberry			<u>х</u> Х			-			Sub Roll	X	^ # 	#	#				
Fruit Smoothie - Strawberry Banana						_			Tortilla Chips or Nacho Chips		~				_		
Fruit Smoothie - Tropical	X	X	X						Tortilla Wrap	X					_		
Granola	X	X	#	X		#			Tortilla, Soft	X	X	X	X		-		
Ham & Cheese Croissant	X	X	X	X		-			Waffles	X	X	Х	X		_		
Mini Pancakes - Banana	X	X ^	X	X		-			Wild Berry Bread	Х	Х		Х	_	_		
Mini Pancakes - Blueberry	X		X	Х		_			MILK		_	N					
Nutri-Grain Bar, Apple Cinnamon	X	X	Х			-			1% Lowfat Unflavored			X			_		
Pancake Puppy	X	X		X		- 1			Fat Free Chocolate			X			_		
Pancake Sandwich	X	Х	X	Х		- 1			Fat Free Strawberry			X			_		
Sausage Breakfast Pizza	X	X	X						Skim			Х			_		
Skillet Frittata Wrap	Х	Х	Х	Х		_			Vanilla Soy Milk		Х						
SunWise Sandwich	Х	Х				_											
Wild Berry Bread	Х	Х		Х		_											
Yogurt			Х														

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.

 * = item contains soy oil # = item is produced on equipment that also handles allergen 	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shelifish		Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
LUNCH ENTRÉE (PROTEINS/GRA	AINS)				_			LUNCH ENTRÉE (PROTEINS	S/GRA	(INS)						
Baja Fish Sticks X	^	Х				Х		Pepperoni & Cheese Calzone	Х	^	Х	Х				
BBQ Pulled Pork								Pizza Sticks	Х	Х	Х					
Beef Enchilada Pie X	^	Х						Pizza, Cheese	Х	Х	Х					
Cheese Quesadilla X	Х	Х						Pizza, Cheese & Egg	Х		Х	Х				
Cheeseburger/Bun X	^	Х						Pizza, Pepperoni	Х	Х	Х					
Cheesy Bread X	Х	Х	Х					Pizza, Personal Pan	Х	۸	Х					
Chicken Enchilada X		Х						Pizza, Southwest	Х	Х	Х					
Chicken Fajita (w/o Tortilla or Cheese)	Х							Pizza, Stuffed Crust, Cheese	Х	Х	Х					
Chicken for Chicken & Waffles X	Х	Х						Pizza, Stuffed Crust, Pepperoni	Х	Х	Х					
Chicken for Chicken Parmesan X	Х	Х						Popcorn Chicken	Х	^						
Chicken Pot Pie X	Х	Х						Pork Carnitas (w/o Tortillas or Cheese)								
Chicken Tenders X	Х	Х						Pork Fried Rice	Х	Х		Х				
Chicken Teriyaki (w/o Rice)	Х							Roasted BBQ Chicken								
Chicken Teriyaki Meat for Sub (w/o Roll) X	Х							Roasted Turkey Breast								
Chili								Salad Topping - Cheese, Cheddar			Х					
Corn Dog Nuggets X	Х	Х	Х					Salad Topping - Cheese, Mozzarella			Х					
Crispy Chicken Fillet (w/o Bun) X	Х	Х						Salad Topping - Chicken, Diced								
Dragon Fire Chicken (w/o Rice) X	Х		Х					Salad Topping - Egg, Hard Cooked, Sliced				Х				
Fiesta Fish Fillet X	^		Х			Х		Salad Topping - Roasted Chickpeas				_				
Fish Fillet (w/o Bun) X	^					Х		Salad Topping - Turkey Breast, Diced								
General Tso's Chicken (w/o Rice) X	Х		Х					Salad Topping - Turkey Ham, Diced				_				
Grilled Cheese Sandwich X	^	Х						Southwest Chicken (w/o Tortilla or Rice)		Х						
Ham & Cheese Pull-Apart Bread Sticks X	Х	Х	Х					Spicy Beef (w/o Tortilla or Rice)				_				
Hamburger (w/o Bun)								Spicy Chicken (w/o Bun)	Х	Х	Х	Х				
Honey Fire Chicken (w/o Rice) X	Х		Х					Steak & Cheese Stromboli	Х	Х	Х	#				
Hot Dog (w/o Bun)								Steak Meat for Sub (w/o Roll)		Х		_				
Italian Sausage Stuffed Peppers	^	Х			-			SunWise Sandwich	Х	X						
Kung Pao Chicken (w/o Rice) X	Х		Х					Sweet & Sour Chicken (w/o Rice)	X	X		Х				
Lasagna X	^	Х	X					Sweet & Sour Meatballs (w/o Rice)	X	X	Х	X				
Macaroni & Cheese X		X	#					Teriyaki Chicken Drumstick	X	X						
Marinara Sauce	^	X	"					Turkey Sausage Links	~	~		-				
Meat Sauce for Spaghetti	^	X						Vegetarian Stuffed Peppers		٨	Х	-				
Meatballs for Sub (w/o Roll) X	X	X	Х					Yogurt, All Varieties			× X					—
Mini Calzones X	X	X	~					Zesty Meatloaf	#		X	Х				
Peanut Butter & Jelly Pocket Sandwich X	X	~		Х					11			Λ				

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that also handles allergen	eal	1.				₹ ¢	-	5	1	Gal	1.			<u>n</u>	e R		<u>ا چ</u>
	Wheat	8	Milk	6 <u>6</u>	Peanut	Tree Nut	Fish	Shelifish		Wheat	S	Miķ	86	Peanut	Tree Nut	Fish	Shelifish
VEGETABLES		,				13		•,	VEGETABLES		, ,				13		
Baby Carrots									Sunshine Carrots			Х	_				
Baked Beans						_			Super Food Kale Salad	Х	Х				_		
Baked Plantains						_			Sweet Potato Fries				_		_		
Black Beans						_			Teriyaki Sugar Snap Blend	Х	Х		_		_		
BLT Romaine Salad (w/o Dressing)	Х	^	Х			_			Tossed Salad (w/o Dressing)						_		
Broccoli & Cauliflower (w/o Cheese)									FRUITS								
Broccoli Florets									Apple Crisp w/Topping	Х	^	Х					
Broccoli, Steamed						_			Apple Wedges						_		
Brussels Sprouts (w/o Cheese)									Applesauce								
Candy Corn			Х						Cantaloupe								
Cauliflower Florets									Craisins, Strawberry								
Celery Sticks									Diced Pears & Blueberries								
Chickpeas, Roasted									Diced Pears & Red Grapes						_		
Confetti Collards		Х							Fresh Fruit, Apple				_		_		
Corn Salad		^							Fresh Fruit, Banana				_		_		
Cran-Blueberry Spinach Salad (w/o Drsg)									Fresh Fruit, Nectarine				_		_		
Creamy Cole Slaw		^	Х	Х		_			Fresh Fruit, Orange						_		
Creamy Cucumber Moons		^	Х	Х		_			Fresh Fruit, Peach				_		_		
Cucumber Slices						_			Fresh Fruit, Pear						_		
Fiesta Veggie Dip & Chips		^	Х			_			Fresh Fruit, Plum				_		_		
Garbanzo Beans						_			Frozen Fruit Juice Cup						_		
Grape Tomatoes									Fruit Salsa w/Graham Crackers	Х	Х		_		_		
Greek Salad (w/o Dressing)						_			Graham Banana Bites	Х	Х				_		
Green Beans			Х						Grapefruit Wedges								
Harvest Romaine Salad		^				_			Grapes						_		
Kickin' Roasted Veggies									Holiday Frozen Juice Cup				_		_		
Layered Lettuce Salad (w/o Dressing)			Х			_			Honey Lime Fruit Toss						_		
Maui Vegetable Blend									Hot Spiced Apples			Х			_		
Parmesan Broccolini			Х			_			Juice, Apple						_		
Pico de Gallo		^							Juice, Blended Fruit								
Pom-Blueberry Spinach Salad (w/o Drsg)									Juice, Orange								
Potato Salad		^		Х					Juice, Veg/Fruit, Calypso Crush								
Potato Wedges		^							Juice, Veg/Fruit, Cherry Star								
Potato, Baked									Kiwi Wedges								
Potatoes, Curly Fries	Х	^							Mandarin Oranges								
Potatoes, French Fries		^							Mixed Fruit								
Potatoes, Mashed			Х						Orange Wedges								
Potatoes, Sidewinder Fries		^							Peach Crisp w/Topping	Х	^	Х					
Pumpkin Souffle'		^	Х	Х					Peaches								
Refried Beans									Pear Wedges								
Roasted Sweet Potatoes & Apples			Х						Pineapple								
Sesame Green Beans	Х	Х							Raisins								
Shredded Asian Carrots	Х	Х							Strawberries								
Shredded Romaine Lettuce									Strawberry Shortcake	Х	^	Х	Х				
Soup, Tomato Basil		^	Х						Sweet & Sour Pineapple	Х	Х						
Stir Fried Cabbage	Х	Х							Tropical Fruit Salad								
Sunny Broccoli & Cauliflower Toss	Х	Х	Х	Х					Watermelon								

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CONDIMENTS		-						SALAD DRESSINGS								
Barbecue Sauce, Packets		Х						French Dressing (Squeeze Bottle)		^						
Cheese Sauce		Х	Х					French Dressing, Pouch		^						
Cheese, Grated Cheddar			Х					Greek Dressing (Squeeze Bottle)		^	Х					
Cheese, Parmesan			Х					Italian Dressing (Squeeze Bottle)		^						
Cheese, Sliced, American			Х					Italian Dressing, Pouch		^						
Cheese, Sliced, Pepper Jack		Х	Х					Pomegranate Dressing (Squeeze Bottle)		^						
Chili Hot Dog Sauce	Х	^						Ranch Dressing (Squeeze Bottle)		^	Х	Х				
Chocolate Yogurt Dip			Х					Ranch Dressing, Pouch		^	Х	Х				
Crackers	Х	^						Spinach Salad Dressing (Squeeze Bottle)		^	Х	Х				
Croutons	Х	^	Х					COOKIES								
Dip for all Vegetables		^	Х	Х				Cookie, Chocolate Chip	Х	Х	Х	Х				
Dipping Sauce		^						Cookie, Double Chocolate Chip	Х	Х	Х	Х				
Gravy		Х						Cookie, Oatmeal Chocolate Chip	Х	Х	Х	Х				
Hot Sauce								Cookie, Sugar	Х	Х	Х	Х				
Hot Sauce, Packet								SNACKS								
Ketchup, Packets								Annie's Bunny Friends	Х	Х	#					
Margarine		Х	Х					Baked Potato Chips, BBQ	Х	Х	Х					
Mayonnaise, Packets		^		Х				Baked Potato Chips, Original		Х						
Mustard, Packets								Baked Potato Chips, Sour Cream & Onion		Х	Х					
Pickles								Cinnamon Toast Crunch Crisp	Х	Х						
Salsa								Cookies, Mini Butter Crunch	Х	Х		Х				
Salsa Verde								Cookies, Mini Chocolate Chip	Х	Х		Х				
Seafood Cocktail Sauce, Packets		^						Fruit Slushie Cup, SideKicks								
Sour Cream			Х					Harvest Cheddar SunChips Snack Mix	Х		Х					
Syrup, Pancake								Popcorn, Kettle Style		Х						
Taco Sauce, Packets								Popcorn, White Cheddar			Х					
Tartar Sauce, Packet		^		Х				Sunflower Kernels, Honey Roasted	Х	Х						
Whipped Topping			Х					Tostitos Scoops		^						
Yogurt Dip			Х													