http://pwcsnutrition.com/

Allergen Information Prince William County Elementary Schools 2021-2022

Revised 8/10

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 & GR	RAINS	; 							BREADS & GRAINS								
Cereal, Cinnamon Flakes	Х	Х							Banana Bread	Χ	Χ	Х	Х				
Cereal, Cinnamon Toast Crunch	Χ	Х							Bread Stick	Χ	Χ	Χ	#				
Cereal, Corn Chex									Bun, Hamburger	Х	۸						L
Cereal, Frosted Flakes	Χ	#							Bun, Hot Dog	Χ	۸						
Cereal, Frosted Mini-Wheats	Χ								Bun, Slider	Χ	۸						
Cereal, Multigrain Cheerios									Cinnamon Bread	Χ		Х					
Cheese Stick, Mozzarella			Х						Crackers	Χ	۸						
Chicken Slider	Χ	٨	Х						Crackers, Graham	Х	Х						
Egg & Cheese Sandwich	Χ	Х	Χ	Х					Dinner Roll	Х		Х					
French Toast Sticks	Χ	Х	Χ	Х					Garlic Bread	Χ		Χ					
Ham & Cheese Croissant	Χ	Х	Χ	Х					Gordita Bread	Χ	X						
Mini Pancakes - Blueberry	Χ	Х	Х	Х					Mini Pancakes - Blueberry	Х	Х	Х	Χ				
Nutri-Grain Bar, Apple Cinnamon	Χ	Х	Χ						Nutri-Grain Bar, Apple Cinnamon	Х	Х	Х					
Pancake Puppy	Χ	Х		Х					Rice								
Sausage Breakfast Pizza	Χ	Х	Х						Stuffing	Х	Χ	Х					
				_					Sub Roll	Χ	۸						
MILK									Tortilla Chips or Nacho Chips		۸						
1% Lowfat Unflavored			Х						Tortilla, Soft	Χ	~~~~~						
Fat Free Chocolate			Χ						Twisted Cheese Bread Stick	Χ	Χ	Χ		•••			
Fat Free Strawberry			Χ		~~~~~				Waffles	Χ	Χ	Χ	Х				
Skim			X						Wild Berry Bread	Х	Х	Χ	Χ				
Vanilla Soy Milk		Χ															

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LUNCH ENTRÉE (PROTEINS	/GRAII	NS)						LUNCH ENTRÉE (PROTEINS	/GRAI	NS)						
Baked Ziti	Х	٨	Χ	#				Pizza, Cheese	Х		Х					
Beef Burger (w/o Bun)								Pizza, Pepperoni	Х	۸	Х					
Beef Nachos (w/o Cheese Sauce)		٨				~~~~		Pizza, Stuffed Crust, Cheese	Χ	Χ	Χ		***************************************			
Beef Taco (w/o Cheese)	Χ							Pizza, Stuffed Crust, Pepperoni	Χ	Χ	Х					
Carnita Nachos (w/o Cheese Sauce)		٨						Popcorn Chicken	Χ	۸						
Cheese Quesadilla	Χ	Χ	Χ					Roasted Chicken Wings		۸						
Cheeseburger/Bun	Χ	۸	Х					Roasted Turkey Breast								
Cheesy Bread	Χ	Х	Χ	Х				Rose' Bolognese	Х	Х	Х	Х				
Chicken Enchilada	Х	٨	Χ					Salad Topping - Cheese, Cheddar			Х					
Chicken Fajita (w/o Cheese)	Х	Х						Salad Topping - Cheese, Mozzarella			Χ					
Chicken for Chicken & Waffles	Х	Х	***********			•••••		Salad Topping - Chicken, Diced								
Chicken Pot Pie	Х	Х	Х	Х		•••••		Salad Topping - Roasted Chickpeas								
Chicken Tenders	Х	Х						Salad Topping - Turkey Breast, Diced								
Chicken Teriyaki (w/o Rice)	Х	Х						Salad Topping - Turkey Ham, Diced								
Chili								Sloppy Joe (w/o Buns)								
Corn Dog Nuggets	Х	Х						Spaghetti & Meat Sauce	Х	۸		#				
Crispy Chicken Patty (w/o Bun)	Х	Х	Х	~~~~~				Spicy Chicken (w/o Bun)	Х	Х	Х	Х		***********		***************************************
Fiesta Queso Mac & Cheese	Χ		Χ	#				SunWise Sandwich	Χ	Х	~~~~~			***********		***************************************
Fish Nuggets	Х	Х	Χ	***********	***************************************	Χ	***********	Sweet & Sour Chicken (w/o Rice)	Χ	Х		Х	************	*********	***********	***************************************
Grilled Cheese Sandwich	Χ	۸	Х			~~~~~	~~~~~	Teriyaki Chicken Drumstick	Х	Х			~~~~			
Ham & Cheese Pull-Apart Bread Sticks	Х	Χ	Х	Х				Tuna Salad for Sub (w/o Roll)		Χ		Х	•••••		Χ	
Honey Fire Chicken (w/o Rice)	Χ	Χ		Х		••••	• • • • • • • • • • • • • • • • • • • •	Turkey Sausage Links	••••••		•••••		• • • • • • • • • • • • • • • • • • • •		••••••	
Beef Hot Dog (w/o Bun)		~~~~~	***********	***********		***********		Vegetable Baked Ziti	Х	٨	Х	#		~~~~	~~~~	
Italian Stuffed Peppers	Χ	Χ	Χ	Χ				Vegetarian Stuffed Peppers		٨	Χ					
Macaroni & Cheese	Х		Х	#				Waffles	Х	Х	Χ	Χ				
Mini Calzones	Х	۸	Х				~~~~~	Western Omelet			Х	Χ				
Mini Pancakes - Blueberry	Χ	Χ	Х	Χ				Yogurt, All Varieties			Х					
Morningstar Chik'n Nuggets	Х	Χ	Х	Χ			~~~~~	Zesty Meatloaf	#	#		Χ		*********		
Pepperoni & Cheese Calzone	Х	۸	Х	Х						······	~~~~~			~~~~~		
Pizza Sticks	Х	Χ	Х					1								1

X = item contains allergen ^ =																	T
item contains soy oil #=	1					±	1	4						1	t		4
item is produced on equipment that also handles	#				<u>#</u>	2	1	1 👸	1	#		1	1	<u>≠</u>	2	1	<u>iii</u>
allergen	Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	1	Wheat	Soy	Milk	E_{gg}	Peanut	Tree Nut	Fish	Shellfish
unor gon	℞	×	🛮	ਖ਼ੌ	Å	🛱	Œ	<u>s</u>		🗷	×	🛮	<u>H</u>	🖁		臣」	\(\sigma \)
VEGETABLES									FRUITS								
Baby Carrots			~~~~		~~~~	~~~~	***********	~~~~~	Apple Crisp w/Topping	Χ	#	Χ					
Baby Carrots, Packaged		***************************************		*************					Apple Slices, Packaged			~~~~				~~~~	
Baked Beans									Apple Wedges								
Baked Plantains									Applesauce								
BLT Romaine Salad (w/o Dressing)	Χ		Χ						Applesauce Cup								
Broccoli & Cauliflower (w/o Cheese)									Blueberry Apple Crisp w/Topping	Χ	#	Χ					
Broccoli Florets									Cantaloupe								
Broccoli, Steamed									Citrus Boat								
Candy Corn			Х						Craisins, Strawberry								
Cauliflower Florets									Diced Pears & Blueberries								
Celery Sticks	************								Diced Pears & Red Grapes								
Chickpeas, Roasted			***************************************						Fresh Fruit, Apple							~~~~	
Confetti Collards		Χ							Fresh Fruit, Banana								
Corn on the Cob	•••••	• • • • • • • • • • • • • • • • • • • •					• • • • • • • • • • • • • • • • • • • •		Fresh Fruit, Nectarine			• · · · · · · · · · · · · · · · · · · ·				••••••	
Corn Salad		******	**********	*******	***********	***********		***********	Fresh Fruit, Orange	***********	*******	***********	**********	**********	*********	******	***********
Cran-Blueberry Spinach Salad (w/o Drsg)	•••••								Fresh Fruit, Peach	••••••							
Cucumber Slices	***********				~~~~~	~~~~~	*********	~~~~~	Fresh Fruit, Pear	************		***********	· · · · · · · · · · · · · · · · · · ·				
Fiesta Veggie Dip & Chips		٨	Х						Fresh Fruit, Plum								
Grape Tomatoes									Frozen Fruit Juice Cup, All Varieties								
Greek Salad (w/o Dressing)	•••••	• • • • • • • • • • • • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •	•••••		••••••		Fruit Salsa w/Graham Crackers	Х	Х	•••••		••••••		••••••	
Green Beans		***********	Χ	~~~~	************	***********		************	Graham Banana Bites	X X	٨	***********	***********	***********	**********	*********	***********
Kickin' Roasted Veggies									Grapes								
Layered Lettuce Salad (w/o Dressing)	•••••	• • • • • • • • • • • • • • • • • • • •	Χ	• • • • • • • • • • • • • • • • • • • •	•••••		••••••		Happy Birthday Frozen Juice Cup			•••••		••••••		••••••	
Lettuce & Tomato		***********	************	**********	************	***********		************	Honey Lime Fruit Toss	••••••	***********	************	***********	************	**********	~~~~~	***********
Parmesan Broccolini			Χ						Hot Spiced Apples			Х					
Pom-Blueberry Spinach Salad (w/o Drsg)	************				· · · · · · · · · · · · · · · · · · ·	***********			Juice, Apple			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,					***************************************
Potato Wedges	• • • • • • • • • • • • • • • • • • • •	٨							Juice, Blended Fruit								
Potato, Baked									Juice, Orange								
Potatoes, Curly Fries	•••••	٨					•••••		Juice, Veg/Fruit, Cherry Star			• • • • • • • • • • • • • • • • • • • •				••••••	
Potatoes, Mashed		۸	Χ	**********		**********		***********	Kiwi Wedges		************				**********	***********	
Pumpkin Souffle			X	Χ					Mandarin Orange Cup								
Rainbow Veggie Sticks			X X						Mandarin Oranges								
Roasted Brussels Sprouts		**********		~~~~~				************	Mixed Berry Cup		***********		************		**********	***********	
Roasted Sweet Potatoes & Apples			Y						Mixed Fruit	••••••							
Soup, Broccoli Cheese	***********		X			***********	***********	~~~~~	Orange Wedges								
		^	X	• • • • • • • • • • • • • • • • • • • •							#	~					
Soup, Tomato Basil Stir Fried Cabbage	~~~~~	X							Peach Crisp w/Topping Peaches	·····	#	Х					
Sugar Snap Blend	• • • • • • • • • • • • • • • • • • • •	·····^					••••••		Pear Wedges								
Sunny Broccoli & Cauliflower Toss		^		X					Pear weages Pineapple				************			************	
Sunny Broccoil & Caulifower Loss Sunshine Carrots			~~~~	^					Raisins								
			X														
Super Food Kale Salad				***************************************					Strawberry Shortoka	······································		······				************	
Sweet Potato Fries									Strawberry Shortcake	Х		X	Х				
Tonad Soled (w/o Dressing)					***************************************		**********		Tropical Fruit Salad				***************************************				
Tossed Salad (w/o Dressing)									Watermelon				l				
Trees, Clouds & Sunshine			X														

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CONDIMENTS									SALAD DRESSINGS								
Barbecue Sauce, Bottle									French Dressing		۸						
Barbecue Sauce, Packet									Greek Dressing		۸	Х					
Cheese Sauce, Golden Queso			Χ						Honey Mustard Dressing		۸		Х				
Cheese, Grated Cheddar			Χ						Italian Dressing		۸						
Cheese, Parmesan			Χ						Pomegranate Dressing		۸						
Chili Hot Dog Sauce	Х								Ranch Dressing		۸	Χ	Х				
Chocolate Yogurt Dip			Х						Raspberry Acai Dressing								
Crackers	Х	٨							COOKIES								
Croutons	X		Χ						Cookie, Chocolate Chip	Χ	Х	Χ	Х				
Dip for all Vegetables		۸	Х	Х					Cookie, Double Chocolate Chip	Χ	Х	Χ	Χ				
Dipping Sauce		٨	•••••					***********	Cookie, Oatmeal Chocolate Chip	Х	Х	Х	Х	***************************************			
Gravy		Х							Cookie, Sugar	Х	Х	Х	Х				
Honey Fire Sauce	Х	Х		•••••					SNACKS								
Hot Sauce, Packet	~~~~~				~~~~~	~~~~			Annie's Bunny Cheddar Crackers	Х	#	Х					
Ketchup, Packet									Capri Sun, 100% Juice								
Margarine		Х	Χ	**********		**********	************	*********	Cinnamon Toast Crunch	Χ	Х			**********	**********		***************************************
Mayonnaise, Packet		٨		Х					Crispy Bites, Blueberry Lemon	Х	Χ	Х		•••••			
Mustard, Packet									Fruit Slushie Cup, SideKicks					•••••			
Pickles		••••••••		• • • • • • • • • • • • • • • • • • • •			•••••		Granola	#	#	#	#	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •		
Salsa	***************************************	***************************************	~~~~~				~~~~~		Harvest Cheddar SunChips Snack Mix	Х	************	Х	•••••			***************************************	
Sour Cream			Х						Oatmeal Bites, S'Mores	Х	Χ	Х	Χ				
Syrup, Pancake									Popcorn, Kettle Style		Х						
Taco Sauce, Packet		~~~~~						~~~~~	Popcorn, White Cheddar			Х		~~~~~			
Teriyaki Sauce	Χ	Χ							Sunflower Kernels, Honey Roasted		#	************		••••••			
Whipped Topping	~~~~~		Х			*********		~~~~	Tostitos Scoops	***************************************	***************************************		***************************************			***************************************	
Yogurt Dip			Х														استستست