http://pwcsnutrition.com/

Allergen Information

Prince William County Middle Schools 2021-2022

Revised 8/10

X = item contains allergen ^ =					1 1		- /				- 1			- 1	1	- 1
item contains soy oil # =	1			- 1	1 1			1		- 1				1		
item is produced on equipment that also handles	1	- 1			##		1 48					- 1	1	Į į	1	l ds
allergen	gat	1	1			1 ~	#	1	g		1	1		~	/ ~ ·	≝
	Wheat	Soy	Milk	$\mathcal{E}_{\mathcal{B}}^{\mathcal{B}}$	Peanut Tree Nut	Fish	Shellfish		Wheat	Soy	Milk	F_{gg}	Peanut	Tree Nut	Fish	Shellfish
BREAKFAST PROTEINS & GF			~	144		14	01	BREADS & GRAINS		01	~	<u> </u>	"		Н	0)
Banana Bread	X	Х	Х	Х			_	Banana Bread	Х	Х	Х	Х				
Cereal, Cinnamon Flakes					•••••			Bun, Hamburger	X	~~~						
Cereal, Cinnamon Toast Crunch	X X	X						Bun, Hot Dog	X	^		••••••				
Cereal, Corn Chex								Cinnamon Roll	X		X					
Cereal, Frosted Flakes	Y	#	~~~~~		~~~~~~			Crackers		٨	·····		•••••	•••••	~~~~	
Cereal, Frosted Mini-Wheats	X X			• • • • • • • • • • • • • • • • • • • •	••••••			Crackers, Graham	X	X				•••••		
Cereal, Multigrain Cheerios			•••••		••••••			Dinner Roll		Х	×					
Cheese Stick, Mozzarella			Y					Garlic Bread	X		^`					
Chicken Slider	Χ	Λ	X X				~~~~	Mini Pancakes - Blueberry	~~~~~~~~X	X	X	······································	***************************************	**********	~~~~	
Egg & Cheese Sandwich	X	X	X	Χ				Nacho Chips		······································						
French Toast Sticks	X	X	X	X	•••••			Nutri-Grain Bar, Apple Cinnamon	X	Х	X					
Fruit Smoothie - Blueberry			X				~~~~~	Rice						**********	~~~~~	
Fruit Smoothie - Chocolate Banana			Χ					Spaghetti Noodles	X X X			#				
Fruit Smoothie - Green		**********	Χ	*********	***************************************	***********	***************	Stuffing	Χ	Х	Х	***********	***********			***********
Fruit Smoothie - Orange	••••••		Χ					Sub Roll	Χ	٨						
Fruit Smoothie - Pumpkin		************	Χ	**************		***************************************		Tortilla Chips or Nacho Chips		۸				************		************
Fruit Smoothie - Strawberry			Χ					Tortilla Wrap	Х							
Fruit Smoothie - Strawberry Banana			Χ					Tortilla, Soft	Х							
Fruit Smoothie - Sunrise	•••••		Χ					Tostitos Scoops								
Fruit Smoothie - Tropical			Х					Waffles	Х	Х	Χ	Х				
Fruit Smoothie - Very Berry			Χ	***********	***************************************	***********	************	Wild Berry Bread	Х	Х	Х	Х	*************		******	***********
Granola	#	#	#	#				MILK								
Ham & Cheese Croissant	Х	Х	Х	Х				1% Lowfat Unflavored			Χ					
Mini Pancakes - Blueberry	Х	Х	Χ	Х				Fat Free Chocolate			Х					
Nutri-Grain Bar, Apple Cinnamon	Х	Х	Χ					Fat Free Strawberry			Х					
Pancake Sandwich	Χ	Х	Χ	Х				Skim			Χ					
Sausage Breakfast Pizza	Χ	Х	Χ					Vanilla Soy Milk		Х						
Strawberry Bagel-ful	Χ	۸	Χ													
Wild Berry Bread	Χ	Χ	Χ	Χ			~~~~~									

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X = item contains allergen ^ =						- 1	- /				- 1	1	- /				
item contains soy oil # =	- 1					1 4	- 1	1							1		1
item is produced on equipment that also handles	1 4				بي	1 8	1	l ish		1 4	1			بي	\vec{z}{2}		l sh
allergen	eal	1 .	📈	1 50	🚆	[g	4	∄	1	ea	1 🛴	**	1 20	🚆	[g	4	<i> ∄</i>
	Wheat	Soy	Milk	889	Peanut	Tree Nut	Fish	Shellfish		Wheat	Soy	Milk	$\left \begin{array}{c} g_{H} \\ g_{H} \end{array}\right $	Peanut	Tree Nut	Fish	Shellfish
LUNCH ENTRÉE (PROTEINS/								-	LUNCH ENTRÉE (PROTEINS						,		
Alfredo Sauce		Ĺ	Х						Mini Calzones	Х	۸	Х					
Baked Pinwheel	Χ	Х	Х				*************		Peanut Butter & Jelly Uncrustable	Χ	٨			Χ			
Beef & Broccoli (w/o Rice)	Х	Х	•••••	************			~~~~~~		Pepperoni & Cheese Calzone	Х	۸	Х	Χ	~~~~~~			
Beef Burger (w/o Bun)	~~~~~					***********			Philly Cheese Steak	Х	Х	Х	***********	~~~~~		***********	
Cheese Quesadilla	Х	Х	Χ	~~~~					Pizza Sticks	Х	Х	Χ			***************************************		
Cheesy Bread	Х	Х	Х	Х					Pizza, Cheese	Х		Х					
Chicken Enchilada	Х	٨	Х						Pizza, Pepperoni	X	۸	Х				***************************************	
Chicken for Chicken & Waffles	Х	Х							Pizza, Stuffed Crust, Cheese	Χ	Χ	Χ					
Chicken for Chicken Parmesan	Х	Х	Х						Pizza, Stuffed Crust, Pepperoni	Х	Х	Х					
Chicken Pot Pie	Х	Х	Х	Х					Popcorn Chicken	Х	٨						
Chicken Tenders	Х	Х							Roasted BBQ Chicken								
Chicken Teriyaki (w/o Rice)	Χ	Х							Roasted Turkey Breast								
Chicken Wings		٨							Rose' Bolognese	Х	Х	Х	Χ				
Chili									Salad Topping - Cheese, Cheddar			Χ					
Corn Dog Nuggets	Х	Х							Salad Topping - Cheese, Mozzarella			Х					
Crispy Chicken Fillet (w/o Bun)	Х	Х	X						Salad Topping - Chicken, Diced								
Dragon Fire Chicken (w/o Rice)	Χ	Х		Х					Salad Topping - Roasted Chickpeas								
Fiesta Queso Mac & Cheese	Х		Х	#					Salad Topping - Turkey Breast, Diced								
Fish Fillet (w/o Bun)	Х	٨					Х		Salad Topping - Turkey Ham, Diced								
General Tso's Chicken (w/o Rice)	Х	Х		Х					Southwest Chicken (w/o Tortilla or Rice)		Х						
Grilled Cheese Sandwich	Χ	٨	Χ						Spicy Beef (w/o Tortilla or Rice)								
Ham & Cheese Croissant	Х	Χ	Χ	Х					Spicy Chicken (w/o Bun)	Х	Χ	Х	Х				
Ham & Cheese Pull-Apart Bread Sticks	Χ	Х	Χ	Х					Steak & Cheese Stromboli	Χ	Х	Χ	#				
Honey Fire Chicken (w/o Rice)	Х	Х		Х					Steak Meat for Sub (w/o Roll)								
Beef Hot Dog (w/o Bun)									Sweet & Sour Chicken (w/o Rice)	Χ	Х		Χ				
Kung Pao Chicken (w/o Rice)	Х	Х		Х					Turkey Sausage Links								
Lasagna	Χ	^#	Χ	Χ					Yogurt, All Varieties			Χ					
Macaroni & Cheese	Х		Χ	#													
Marinara Sauce		۸	Χ														
Meat Sauce for Spaghetti		۸	Χ														
Meatballs for Sub (w/o Roll)			omoroomer					,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,									

Meatballs, Plain (w/o Sauce)

X = item contains allergen item contains soy oil item is produced on equipment that also handles allergen	Soy	Milk	Egg	$Tree N_{ut}$	Fish	Shellfish		Wheat	Soy	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish
VEGETABLES	01	I	7 7	1 ()		01	VEGETABLES		⁰ 2			7		I	<u> </u>
Baby Carrots							Teriyaki Sugar Snap Blend	Χ	Х						
Baby Carrots, Packaged	***********						Tossed Salad (w/o Dressing)								
Baked Beans							FRUITS								
Baked Plantains		•••••					Apple Crisp w/Topping	Х	#	Х					
Black Beans	······			~~~~~~	************		Apple Slices, Packaged						~~~~~		
BLT Romaine Salad (w/o Dressing) X	٨	Х		******	•••••	••••••	Apple Wedges	• • • • • • • • • • • • • • • • • • • •					• • • • • • • • • • • • • • • • • • • •		
Broccoli & Cauliflower (w/o Cheese)		·····					Applesauce	************			~~~~~				***********
Broccoli Florets		~~~~~~					Blueberry Apple Crisp w/Topping	Х	#	Χ			~~~~~~		
Broccoli, Steamed	**********		***************************************	***************************************			Cantaloupe					~~~~~			
Brussels Sprouts (w/o Cheese)							Craisins, Strawberry								
Candy Corn		Χ					Diced Pears & Blueberries	•••••							***************************************
Cauliflower Florets							Diced Pears & Red Grapes								
Celery Sticks					*************	***************************************	Fresh Fruit, Apple						~~~~~		~~~~~
Chickpeas, Roasted							Fresh Fruit, Banana								
Confetti Collards	X						Fresh Fruit, Nectarine								
Corn Salad				************	~~~~~		Fresh Fruit, Orange	~~~~	~~~~		~~~~~	~~~~~	~~~~	***********	
Cran-Blueberry Spinach Salad (w/o Drsg)	•••••	••••••			••••	•••••••	Fresh Fruit, Peach	••••••					• • • • • • • • • • • • • • • • • • • •		
Cucumber Slices		•••••					Fresh Fruit, Pear								
Golden Hash Brown Rounds	۸						Frozen Fruit Juice Cup								
Grape Tomatoes	**********		***************************************				Fruit Salsa w/Graham Crackers	······································	X			~~~~~			
							Graham Banana Bites	X X	······⁄						
Greek Salad (w/o Dressing) Green Beans		X					Grapes								
Harvest Romaine Salad							Holiday Frozen Juice Cup								
Kickin' Roasted Veggies							Honey Lime Fruit Toss								
Layered Lettuce Salad (w/o Dressing)		······								······································					
Maui Vegetable Blend		X					Hot Spiced Apples Juice, Apple			X					
Parmesan Broccolini		Χ					Juice, Applie Juice, Blended Fruit								
Pico de Gallo							 								
							Juice, Orange								
Pom-Blueberry Spinach Salad (w/o Drsg) Potato Wedges	Λ				••••		Juice, Veg/Fruit, Cherry Star Kiwi Wedges						~~~~		
Potato, Baked							Mandarin Orange Cup						• • • • • • • • • • • • • • • • • • • •		
	Λ							***************************************							
Potatoes, Curly Fries Potatoes, French Fries	^						Mandarin Oranges Mango Pineapple Salsa						~~~~~		
Potatoes, Mashed	**********	Х	***************************************	***************************************	***************************************		Mixed Berry Cup			***************************************		~~~~	~~~~		
Potatoes, Masned Pumpkin Souffle'		X	X				Mixed Fruit								
Rainbow Veggie Sticks		X	^				Orange Wedges	•••••							
Refried Beans	٨	^					Peach Crisp w/Topping	Χ	#	Χ					
							Peaches Peaches		#	^					
Sauteed Peppers & Onions							Peacnes Pear Wedges								
Sesame Green Beans X	Х						,								
Shredded Romaine Lettuce	٨				•••••		Prince								
Soup, Tomato Basil		Х					Raisins								
Stir Fried Cabbage	Λ		······				Strawberries			· · · · · · · · · · · · · · · · · · ·	·····				
Sunny Broccoli & Cauliflower Toss			X				Strawberry Shortcake	X		X					
Super Food Kale Salad	,,,,,,,,,,,,,,			***************************************	***************************************		Tropical Fruit Salad	•••••				~~~~	••••		
Sweet Potato Fries							Watermelon								

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	Wheat	Soy	Miik	Egg Peanut	Tree Nut	Fish	Shellfish		Wheat	Soy	Milk	F_{gg}	Peanut	Tree Nut	Fish Shellfish
CONDIMENTS								SALAD DRESSINGS				, , , ,			
Barbecue Sauce, Bottle							4 '	French Dressing		۸					
Barbecue Sauce, Packets								Greek Dressing		٨	Χ				
Cheese Sauce, Golden Queso			Χ	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		·		Honey Mustard Dressing		۸		Χ			
Cheese, American			Χ	***************************************			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Italian Dressing		۸					
Cheese, Grated Cheddar		4	Х	4			4	Pomegranate Dressing		٨					
Cheese, Grated Mozzarella			Χ					Ranch Dressing		٨	Χ	Χ			
Cheese, Parmesan			Х					Raspberry Acai Dressing							
Chili Hot Dog Sauce	Χ	·····		***************************************	***************************************			COOKIES							
Chocolate Yogurt Dip		***************************************	Х			***************************************		Cookie, Chocolate Chip	Х	Χ	Χ	Х			
Crackers	Х	٨		***************************************		***************************************		Cookie, Double Chocolate Chip	Χ	Χ	Χ	Χ			***************************************
Croutons	X	,	Х	***************************************	***************************************		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Cookie, Oatmeal Chocolate Chip	Χ	Χ	Χ	X	***************************************	000000000000000000000000000000000000000	
Dip for all Vegetables		^	Х	Χ				Cookie, Sugar	Χ	Χ	Χ	Χ			
Dipping Sauce		^		4			4	SNACKS							
Gravy		Х						Annie's Bunny Cheddar Crackers	Х	#	Χ				
Honey Fire Sauce	Х	Х		***************************************			***************************************	Baked Potato Chips, BBQ	••••••	Χ	Χ	*************			***************************************
Hot Sauce, Packet		***************************************			***************************************		***************************************	Baked Potato Chips, Original		Χ					
Ketchup, Packets		4		A	***************************************		4	Capri Sun, 100% Juice							
Margarine		Х	Х					Cinnamon Toast Crunch	Х	Χ					
Mayonnaise, Packets		^		Χ			4	Crispy Bites, Blueberry Lemon	Χ	Χ	Χ				
Mustard, Packets		_						Frozen Yogurt Cup, Holiday	••••		Χ		•••••		
Pickles		***************************************						Fruit Slushie Cup, SideKicks							
Salsa		***************************************	***************************************		***************************************	***************************************		Harvest Cheddar SunChips Snack Mix	Χ	***************************************	Χ	*************	•••••	***************************************	
Sour Cream		_	Х				<u> </u>	Juice Bowl, All Flavors							
Sriracha Sauce	***************************************	***************************************	************			***********		Oatmeal Bites, S'Mores	Х	Χ	Χ	Χ	************		
Syrup, Pancake						***************************************		Popcorn, Kettle Style		Χ			•••••		
Taco Sauce, Packets	***************************************	***************************************				************	announced to	Popcorn, White Cheddar	***************************************	***************************************	Χ	***********	•••••	*************	***************************************
Teriyaki Sauce	X	X					<u></u>	Sunflower Kernels, Honey Roasted		#					
Tomatoes, Diced		mmmm	************		/mmmmmm	*****************	mmmmmd	Tostitos Scoops	•••••			~~~~	***************************************		***************************************
Tomatoes, Sliced								White Nacho Doritos, Reduced Fat			Χ				
Whipped Topping		4	Х	4			<u> </u>	VVIII60 1 100 110 D 0 1 100 1 1 1 1 1 1 1 1 1							
Yogurt Dip			X	A				1							
roguit Dip			^				······································								