

Allergen Information

Prince William County High Schools

2021-2022

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 & GRAINS									BREADS & GRAINS								
Banana Bread	X	X	X	X					Banana Bread	X	X	X	X				
Cereal, Cinnamon Flakes	X	#							Bread Stick	X	X	X	#				
Cereal, Cinnamon Toast Crunch	X	X							Broccoli & Cheese Rice			X					
Cereal, Corn Chex									Bun, Hamburger	X	^						
Cereal, Frosted Flakes	X	#							Bun, Hot Dog	X	^						
Cereal, Frosted Mini-Wheats	X								Cinnamon Roll	X		X					
Cereal, Multigrain Cheerios									Crackers	X	^						
Cheese Stick, Mozzarella			X						Crackers, Graham	X	X						
Chicken Slider	X	^	X						Dinner Roll	X		X					
Egg & Cheese Sandwich	X	X	X	X					Fiesta Rice								
French Toast Sticks	X	X	X	X					Garlic Bread	X		X					
Fruit Smoothie - Blueberry			X						Gordita Bread	X	X						
Fruit Smoothie - Chocolate Banana			X						Mini Pancakes - Blueberry	X	X	X	X				
Fruit Smoothie - Green			X						Nacho Chips		^						
Fruit Smoothie - Orange			X						Nutri-Grain Bar, Apple Cinnamon	X	X	X					
Fruit Smoothie - Pumpkin			X						Rice								
Fruit Smoothie - Strawberry			X						Spaghetti Noodles	X			#				
Fruit Smoothie - Strawberry Banana			X						Stuffing	X	X	X					
Fruit Smoothie - Sunrise			X						Sub Roll	X	^						
Fruit Smoothie - Tropical			X						Tortilla Chips		^						
Fruit Smoothie - Very Berry			X						Tortilla Wrap	X							
Granola	#	#	#	#					Tostitos Scoops								
Ham & Cheese Croissant	X	X	X	X					Waffles	X	X	X	X				
Mini Pancakes - Blueberry	X	X	X	X					Wild Berry Bread	X	X	X	X				
Nutri-Grain Bar, Apple Cinnamon	X	X	X						MILK								
Pancake Sandwich	X	X	X	X					1% Lowfat Unflavored			X					
Sausage Breakfast Bagel	X	X	X						Fat Free Chocolate			X					
Sausage Breakfast Pizza	X	X	X						Fat Free Strawberry			X					
Strawberry Bagel-ful	X	^	X						Skim			X					
SunWise Sandwich	X	X							Vanilla Soy Milk		X						
Wild Berry Bread	X	X	X	X													
Yogurt			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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LUNCH ENTRÉE (PROTEINS/GRAINS)								
Alfredo Sauce			X					
Baked Pinwheel	X	X	X					
Baked Ziti	X	^	X	#				
BBQ Pulled Pork (w/o Bun)								
Beef & Broccoli (w/o Rice)	X	X						
Beef & Snow Peas (w/o Rice)	X	X						
Beef Burger (w/o Bun)								
Cheese, American			X					
Cheese, Grated Mozzarella			X					
Cheese, Parmesan			X					
Cheese, Swiss		X	X					
Chicken Enchilada	X	^	X					
Chicken for Chicken & Waffles	X	X						
Chicken Tenders	X	X						
Chicken Teriyaki (w/o Rice)	X	X						
Chicken Wings		^						
Chili								
Crispy Chicken Fillet (w/o Bun)	X	X	X					
Dragon Fire Chicken (w/o Rice)	X	X		X				
Fiesta Queso Mac & Cheese	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 Croissant	X	X	X	X				
Hippie Roll	X	X	X	X				
Honey Fire Chicken (w/o Rice)	X	X		X				
Beef Hot Dog (w/o Bun)								

LUNCH ENTRÉE (PROTEINS/GRAINS)								
Italian Stuffed Peppers	X	X	X	X				
Kung Pao Chicken (w/o Rice)	X	X		X				
Lasagna	X	^	X	X				
Macaroni & Cheese	X		X	#				
Marinara Sauce		^	X					
Meatballs								
Peanut Butter & Jelly Uncrustable	X	^			X			
Pepperoni & Cheese Stromboli	X	^	X	#				
Philly Cheese Steak	X	X	X					
Pizza Sticks	X	X	X					
Pizza, Cheese	X	# ^	X					
Pizza, Pepperoni	X	^	X					
Pizza, Stuffed Crust, Cheese	X	^	X					
Popcorn Chicken	X	^						
Queso Blanco Cheese Sauce			X					
Roasted BBQ Chicken								
Roasted Turkey Breast								
Rose' Bolognese	X	X	X	X				
Sloppy Joe (w/o Bun)								
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	#				
Stuffed Shells	X	^	X	X				
Turkey Sausage Links								
Yogurt, All Varieties			X					