

## Aramark @ The Archdiocese of Chicago

The following is a list of items that Aramark uses at FSP schools that contain common food allergens. This list may not be complete. There is always a risk of contamination, and these manufacturers of the foods we use could change the formulation at any time, without notice. Aramark cannot guarantee the accuracy of any of the information contained herein. The information contained in this list is not intended as a substitute for advice from your physician or other healthcare professional or for any information contained on or in any product label, packaging or insert. You should not use the information herein for the diagnosis or treatment of any health problem, condition or ailment. Individuals concerned with food allergies must be aware of this risk. FSP and Aramark will not assume any liability for adverse reactions to foods consumed, or items with which one may come into contact while eating at any school district establishment. Families of students with food allergies or those wishing to see additional information are encouraged to contact the registered dietitian.

### Allergen Breakfast

#### Monday through Friday Rotation

<i>Top 8 Allergens: Milk, egg, fish, shellfish, tree nut, peanut, wheat, soy</i>	<i>*May Contain **Contains Pork</i>
<b>Monday</b>	
CEREAL BWL, Rice Krispies WG	None
CEREAL BWL, Chex Cinnamon WG	None
FRUIT: ORANGE 138ct Whole 1/2c	None
JUICE SS, Grape 100% 4oz Cart	None
MILK SS, Soy Original 8oz	Soy
MILK SS, 1% White 8oz	Milk
<b>Tuesday</b>	
CEREAL BWL, Chex Cinnamon WG	None
CEREAL BWL, Rice Krispies WG	None
FRUIT: APPLE, 138ct Whole 1c	None
JUICE SS, Frt Bld 100% 4oz Crt	None
MILK SS, Soy Original 8oz	Soy
MILK SS, 1% White 8oz	Milk
<b>Wednesday</b>	
CEREAL BWL, Rice Krispies WG	None
CEREAL BWL, Chex Cinnamon WG	None
FRUIT: APPLESAUCE, AP 1/2c	None
JUICE SS, Orange 100% 4oz Cart	None

MILK SS, Soy Original 8oz	Soy
MILK SS, 1% White 8oz	Milk
<b>Thursday</b>	
CEREAL BWL, Chex Cinnamon WG	None
CEREAL BWL, Rice Krispies WG	None
FRUIT: PEARS, Dice w/Jc 1/2c	None
JUICE SS, Pineapl 100% 4ozCart	None
MILK SS, Soy Original 8oz	Soy
MILK SS, 1% White 8oz	Milk
<b>Friday</b>	
CEREAL BWL, Rice Krispies WG	None
CEREAL BWL, Chex Cinnamon WG	None
FRUIT: RAISINS, SS 1.5oz	None
JUICE SS, Apple 100% 4oz Cart	None
MILK SS, Soy Original 8oz	Soy
MILK SS, 1% White 8oz	Milk

<b>K-8 Allergen Lunch</b>	
<b>Monday through Friday Rotation</b>	
<i>Top 8 Allergens: Milk, egg, fish, shellfish, tree nut, peanut, wheat, soy</i>	<i>*May Contain **Contains Pork</i>
<b>Monday</b>	
100% Beef Burger	None
RICE, Plain WG 2BG	None
VEG: CARROTS, Fresh Baby 3/4c	None
FRUIT: APPLE, 138ct Whole 1c	None
MILK SS, Soy Vanilla 8oz	Soy
MILK SS, 1% White 8oz	Milk
COND PC Ketchup 9g Heinz	None
COND PC Mustard 6g	None
<b>Tuesday</b>	
Black Bean Bowl	None
RICE, Plain WG 2BG	None
VEG: CELERY, Sticks AP 1/4c	None
VEG: POTATO, Baked 120ct	None
FRUIT: ORANGE 113ct Whole 5/8c	None
MILK SS, Soy Vanilla 8oz	Soy
MILK SS, 1% White 8oz	Milk
<b>Wednesday</b>	
PORK: HAM, Plain 2.0	**Pork
RICE, Plain WG 2BG	None
JUICE SS, DragonVBld100%4ozCrt	None
VEG: BEANS, Black 1/2c	None
FRUIT: APPLE, 138ct Whole 1c	None
MILK SS, Soy Vanilla 8oz	Soy

MILK SS, 1% White 8oz	Milk
COND PC Mustard 6g	None
<b>Thursday</b>	
100% Beef Hot Dog	None
RICE, Plain WG 2BG	None
VEG: BROCCOLI, Fresh 3/4c	None
JUICE SS, Grape100% 4oz Cart	None
MILK SS, Soy Vanilla 8oz	Soy
MILK SS, 1% White 8oz	Milk
COND PC Ketchup 9g Heinz	None
COND PC Mustard 6g	None
<b>Friday</b>	
Vegetable Bean Chili	None
RICE, Plain WG 2BG	None
VEG: PEPPERS, Red Strips3/4c	None
FRUIT: CUP SS, Pears Dcd 1/2c	None
MILK SS, Soy Vanilla 8oz	Soy
MILK SS, 1% White 8oz	Milk

<b>9-12 Allergen Lunch</b>	
<b>Monday through Friday Rotation</b>	
<i>Top 8 Allergens: Milk, egg, fish, shellfish, tree nut, peanut, wheat, soy</i>	<i>*May Contain **Contains Pork</i>
<b>Monday</b>	
100% Beef Burger	None
RICE, Plain WG 2BG	None
VEG: BROCCOLI, Fresh 1/4c	None
VEG: CARROTS, Fresh Baby 3/4c	None
FRUIT: APPLE, 138ct Whole 1c	None
MILK SS, Soy Vanilla 8oz	Soy
MILK SS, 1% White 8oz	Milk
COND PC Ketchup 9g Heinz	None
COND PC Mustard 6g	None
<b>Tuesday</b>	
Black Bean Bowl	None
RICE, Plain WG 2BG	None
VEG: CELERY, Sticks AP 1/2c	None
VEG: POTATO, Baked 120ct	None
FRUIT: ORANGE 113ct Whole 5/8c	None
JUICE SS, Grape100% 4oz Cart	None
MILK SS, Soy Vanilla 8oz	Soy
MILK SS, 1% White 8oz	Milk
<b>Wednesday</b>	
PORK: HAM, Plain 2.0	<b>**Pork</b>
RICE, Plain WG 2BG	None

VEG: BEANS, Black 1/2c	None
JUICE SS, DragonVBld100%4ozCrt	None
FRUIT: APPLE, 138ct Whole 1c	None
MILK SS, Soy Vanilla 8oz	Soy
MILK SS, 1% White 8oz	Milk
COND PC Mustard 6g	None
<b>Thursday</b>	
100% Beef Hot Dog	None
RICE, Plain WG 2BG	None
VEG: BROCCOLI, Fresh 3/4c	None
VEG: TOMATOES, Cherry 1/4c	None
FRUIT: ORANGE 138ct GFP 1/2c	None
FRUIT: ORANGE 138ct 1/8wg 1/2c	None
MILK SS, Soy Vanilla 8oz	Soy
MILK SS, 1% White 8oz	Milk
COND PC Ketchup 9g Heinz	None
COND PC Mustard 6g	None
<b>Friday</b>	
Vegetable Bean Chili	None
RICE, Plain WG 2BG	None
VEG: PEPPERS, Red Strips3/4c	None
FRUIT: CUP SS, Pears Dcd 1/2c	None
JUICE SS, Grape100% 4oz Cart	None
MILK SS, Soy Vanilla 8oz	Soy
MILK SS, 1% White 8oz	Milk