

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.

Lunch Express 9-12

2 Cold Ent

12/01/2017-12/22/2017

<i>Top 8 Allergens: Milk, egg, fish, shellfish, tree nut, peanut, wheat, soy</i>		<i>*May Contain **Contains Pork</i>
Fri	12/1/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Potato AP 1/2c VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea JUICE SS, Apple 100% 4oz Cart FRUIT: PEARS 135 ct. COND PC Drsg French Red FF 12g MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat Egg, Soy None Soy, Wheat None None None Milk Milk Milk Egg None
Mon	12/4/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Bean Three 3/4 c Roll, DinnerWheatAP(Alpha)1ea VEG: TOMATOES, Cherry 1/4c FRUIT: CRAISINS, SS Origin1.16	Milk, Soy, Wheat Soy, Wheat None Soy, Wheat None None

	JUICE SS, Grape100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	None Milk Milk Milk Egg None
Tues	12/5/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: CORN, Fz 1/2c VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW JUICE SS, Orange 100% 4oz Cart FRUIT: CUP SS, Applesc STW1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None None None None None Milk Milk Milk Egg None
Wed	12/6/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: PEAS, Green Fz 1/2c VEG: BROCCOLI, GFP IW 1/2c FRUIT: ORANGE 138ct Whole 1/2c JUICE SS, Frt Bld 100% 4oz Crt MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None None Milk Milk Milk Egg None
Thurs	12/7/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea VEG: PEAS, Green Fz 1/2c Fruit: Clementine GFP 1/2c JUICE SS, Apple 100% 4oz Cart COND PC Drsg French Red FF 12g MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None None None None Milk Milk Milk Egg None
Fri	12/8/2017	

	<p>SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CARROTS, Coin 1/4c GFP IW VEG: CARROTS, Coin 1/4c GFP IW VEG: SALAD, Potato AP 1/2c FRUIT: APPLE, 138ct Whole 1c JUICE SS, Orange 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g</p>	<p>Milk, Soy, Wheat Soy, Wheat None None Egg, Soy None None Milk Milk Milk Egg None</p>
Mon	12/11/2017	
	<p>SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Bean Three 3/4 c Roll, DinnerWheatAP(Alpha)1ea VEG: CARROTS, Baby 1/4c GFP IW FRUIT: CUP SS, Applesc Pea1/2c JUICE SS, Grape100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g</p>	<p>Milk, Soy, Wheat Milk, Soy, Wheat None None None None None Milk Milk Milk Egg None</p>
Tues	12/12/2017	
	<p>SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, Fz 1/2c VEG: TOMATOES, Cherry 1/2c FRUIT: FRUIT MIX w/Lt Syr 1/2c JUICE SS, Frt Bld 100% 4oz Crt MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g</p>	<p>Milk, Soy, Wheat Soy, Wheat None None None None Milk Milk Milk Egg None</p>
Wed	12/13/2017	
	<p>SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea VEG: PEAS, Green Fz 1/2c FRUIT: PEARS 135 ct. JUICE SS, Apple 100% 4oz Cart COND PC Drsg Ranch BtrmlkFF12g</p>	<p>Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None None None Milk</p>

	MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk Milk Milk Egg None
Thurs	12/14/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: CELERY, Sticks AP 1/2c JUICE SS, Grape100% 4oz Cart FRUIT: CUP SS, Applesc Mixed B MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat Egg, Soy None None None Milk Milk Milk Egg None
Fri	12/15/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: BROCCOLI, GFP IW 1/2c VEG: CARROTS, Coin 1/4c GFP IW VEG: CARROTS, Coin 1/4c GFP IW JUICE SS, Orange 100% 4oz Cart FRUIT: APPLE, 138ct Whole 1c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None None None None None Milk Milk Milk Egg None
Mon	12/18/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: TOMATOES, Cherry 1/2c VEG: CORN, Fz 1/2c FRUIT: FRUIT MIX w/Lt Syr 1/2c FRUIT: BANANA (100-120ct) Whl MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None None Milk Milk Milk Egg None
Tues	12/19/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: PEAS, Green Fz 1/2c	Milk, Soy, Wheat Milk, Soy, Wheat None

	VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW FRUIT: CUP SS, Applesc 1/2c JUICE SS, Frt Bld 100% 4oz Crt MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	None None None None Milk Milk Milk Egg None
Wed	12/20/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: PEPPERS, Red Strips1/2c JUICE SS, Grape100% 4oz Cart FRUIT: APPLE, Slcd IW 2oz MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat Egg, Soy None None None Milk Milk Milk Egg None
Thurs	12/21/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Bean Three 3/4 c Roll, DinnerWheatAP(Alpha)1ea VEG: BROCCOLI, GFP IW 1/2c FRUIT: APPLE, 138ct Whole 1c JUICE SS, Orange 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None None Milk Milk Milk Egg None
Fri	12/22/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea VEG: PEAS, Green Fz 1/2c FRUIT: ORANGE 138ct Whole 1/2c JUICE SS, Apple 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g	Milk, Soy, Wheat Soy, Wheat None Soy, Wheat None None None Milk Milk Milk Egg

COND PC Mustard 6g

None

COND PC Drsg French Red FF 12g

None