

## 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 K-8

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>
<b>Fri 12/1/2017</b>	
<b>SUB AP, Tky AM WG NoVegALPHA</b> <b>SDW BD, AM WG 2.0</b> <b>VEG: SALAD, Potato AP 1/2c</b> <b>VEG: SALAD, Side RomMix AP1/2c</b> <b>Roll, DinnerWheatAP(Alpha)1ea</b> <b>FRUIT: PEARS 135 ct.</b> <b>COND PC Drsg French Red FF 12g</b> <b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b> <b>MILK SS, Skim Chocolate</b> <b>COND PC Mayonnaise FF 12g</b> <b>COND PC Mustard 6g</b>	<b>Milk, Soy, Wheat</b> <b>Milk, Soy, Wheat</b> <b>Egg, Soy</b> <b>None</b> <b>Soy, Wheat</b> <b>None</b> <b>None</b> <b>Milk</b> <b>Milk</b> <b>Milk</b> <b>Egg</b> <b>None</b>
<b>Mon 12/4/2017</b>	
<b>SUB AP, Ham AM WG NoVegALPHA</b> <b>SDW BD, SBJ WG 2.0 ALPHA</b> <b>VEG: SALAD, Bean Three 3/4 c</b> <b>Roll, DinnerWheatAP(Alpha)1ea</b> <b>VEG: TOMATOES, Cherry 1/4c</b> <b>FRUIT: CRAISINS, SS Origin1.16</b> <b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b>	<b>Milk, Soy, Wheat</b> <b>Soy, Wheat</b> <b>None</b> <b>Soy, Wheat</b> <b>None</b> <b>None</b> <b>Milk</b> <b>Milk</b>

	MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk Egg None
<b>Tues</b>	<b>12/5/2017</b>	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: CORN, Fz 1/2c VEG: CARROTS, Baby 1/4c GFP IW FRUIT: CUP SS, Applesc STW1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None None None Milk Milk Milk Egg None
<b>Wed</b>	<b>12/6/2017</b>	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: PEAS, Green Fz 1/4c VEG: BROCCOLI, GFP IW 1/2c FRUIT: ORANGE 138ct Whole 1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None Milk Milk Milk Egg None
<b>Thurs</b>	<b>12/7/2017</b>	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Side RomMix AP1/2c Roll, DinnerWheatAP(Alpha)1ea VEG: PEAS, Green Fz 1/2c Fruit: Clementine GFP 1/2c COND PC Drsg French Red FF 12g MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None None None Milk Milk Milk Egg None
<b>Fri</b>	<b>12/8/2017</b>	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: CARROTS, Coin 1/4c GFP IW FRUIT: APPLE, 138ct Whole 1c MILK SS, 1% White 8oz	Milk, Soy, Wheat Soy, Wheat Egg, Soy None None Milk

	MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk Milk Egg None
<b>Mon</b>	<b>12/11/2017</b>	
	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 MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None Milk Milk Milk Egg None
<b>Tues</b>	<b>12/12/2017</b>	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, Fz 1/2c VEG: TOMATOES, Cherry 1/4c FRUIT: FRUIT MIX w/Lt Syr 1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None Milk Milk Milk Egg None
<b>Wed</b>	<b>12/13/2017</b>	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: PEAS, Green Fz 1/2c VEG: SALAD, Side RomMix AP1/2c Roll, DinnerWheatAP(Alpha)1ea FRUIT: PEARS 135 ct. COND PC Drsg Ranch BtrmlkFF12g MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None None Soy, Wheat None Milk Milk Milk Egg None
<b>Thurs</b>	<b>12/14/2017</b>	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: CELERY, Sticks AP 1/4c	Milk, Soy, Wheat Soy, Wheat Egg, Soy None

	<b>FRUIT: CUP SS, Applesc Mixed B</b> <b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b> <b>MILK SS, Skim Chocolate</b> <b>COND PC Mayonnaise FF 12g</b> <b>COND PC Mustard 6g</b>	None Milk Milk Milk Egg None
<b>Fri</b>	<b>12/15/2017</b>	
	<b>SUB AP, Tky AM WG NoVegALPHA</b> <b>SDW BD, AM WG 2.0</b> <b>VEG: BROCCOLI, GFP IW 1/2c</b> <b>VEG: CARROTS, Coin 1/4c GFP IW</b> <b>FRUIT: APPLE, 138ct Whole 1c</b> <b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b> <b>MILK SS, Skim Chocolate</b> <b>COND PC Mayonnaise FF 12g</b> <b>COND PC Mustard 6g</b>	Milk, Soy, Wheat Milk, Soy, Wheat None None None Milk Milk Milk Egg None
<b>Mon</b>	<b>12/18/2017</b>	
	<b>SUB AP, Ham AM WG NoVegALPHA</b> <b>SDW BD, SBJ WG 2.0 ALPHA</b> <b>VEG: TOMATOES, Cherry 1/4c</b> <b>VEG: CORN, Fz 1/2c</b> <b>FRUIT: FRUIT MIX w/Lt Syr 1/2c</b> <b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b> <b>MILK SS, Skim Chocolate</b> <b>COND PC Mayonnaise FF 12g</b> <b>COND PC Mustard 6g</b>	Milk, Soy, Wheat Soy, Wheat None None None Milk Milk Milk Egg None
<b>Tues</b>	<b>12/19/2017</b>	
	<b>SUB AP, Tky AM WG NoVegALPHA</b> <b>SDW BD, AM WG 2.0</b> <b>VEG: PEAS, Green Fz 1/2c</b> <b>VEG: CARROTS, Baby 1/4c GFP IW</b> <b>VEG: CARROTS, Baby 1/4c GFP IW</b> <b>FRUIT: CUP SS, Applesc 1/2c</b> <b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b> <b>MILK SS, Skim Chocolate</b> <b>COND PC Mayonnaise FF 12g</b> <b>COND PC Mustard 6g</b>	Milk, Soy, Wheat Milk, Soy, Wheat None None None None Milk Milk Milk Egg None
<b>Wed</b>	<b>12/20/2017</b>	
	<b>SUB AP, Ham AM WG NoVegALPHA</b> <b>SDW BD, SBJ WG 2.0 ALPHA</b> <b>VEG: SALAD, Potato AP 1/2c</b> <b>VEG: CELERY, Sticks AP 1/4c</b> <b>FRUIT: APPLE, Slcd IW 2oz</b>	Milk, Soy, Wheat Soy, Wheat Egg, Soy None None

	<b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b> <b>MILK SS, Skim Chocolate</b> <b>COND PC Mayonnaise FF 12g</b> <b>COND PC Mustard 6g</b>	<b>Milk</b> <b>Milk</b> <b>Milk</b> <b>Egg</b> <b>None</b>
<b>Thurs</b>	<b>12/21/2017</b>	
	<b>SUB AP, Tky AM WG NoVegALPHA</b> <b>SDW BD, AM WG 2.0</b> <b>VEG: SALAD, Bean Three 3/4 c</b> <b>Roll, DinnerWheatAP(Alpha)1ea</b> <b>VEG: BROCCOLI, GFP IW 1/2c</b> <b>FRUIT: APPLE, 138ct Whole 1c</b> <b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b> <b>MILK SS, Skim Chocolate</b> <b>COND PC Mayonnaise FF 12g</b> <b>COND PC Mustard 6g</b>	<b>Milk, Soy, Wheat</b> <b>Milk, Soy, Wheat</b> <b>None</b> <b>Soy, Wheat</b> <b>None</b> <b>None</b> <b>Milk</b> <b>Milk</b> <b>Milk</b> <b>Egg</b> <b>None</b>
<b>Fri</b>	<b>12/22/2017</b>	
	<b>SUB AP, Ham AM WG NoVegALPHA</b> <b>SDW BD, SBJ WG 2.0 ALPHA</b> <b>VEG: SALAD, Side RomMix AP1/2c</b> <b>Roll, DinnerWheatAP(Alpha)1ea</b> <b>VEG: PEAS, Green Fz 1/2c</b> <b>FRUIT: ORANGE 138ct Whole 1/2c</b> <b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b> <b>MILK SS, Skim Chocolate</b> <b>COND PC Mayonnaise FF 12g</b> <b>COND PC Mustard 6g</b> <b>COND PC Drsg French Red FF 12g</b>	<b>Milk, Soy, Wheat</b> <b>Soy, Wheat</b> <b>None</b> <b>Soy, Wheat</b> <b>None</b> <b>None</b> <b>Milk</b> <b>Milk</b> <b>Milk</b> <b>Egg</b> <b>None</b> <b>None</b>













