

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

02/01/2018-02/28/2018

<i>Top 8 Allergens: Milk, egg, fish, shellfish, tree nut, peanut, wheat, soy</i>		<i>*May Contain **Contains Pork</i>
Thurs	2/1/2018	
	SUB AP, Tky AM WG NoVegALPHA	Milk, Soy, Wheat
	SDW BD, AM WG 2.0	Milk, Soy, Wheat
	VEG: TOMATOES, Cherry 1/2c	None
	VEG: BROCCOLI, GFP IW 1/2c	None
	JUICE SS, Grape100% 4oz Cart	None
	FRUIT: APPLE, 138ct Whole 1c	None
	MILK SS, 1% White 8oz	Milk
	MILK SS, Skim 8oz	Milk
	MILK SS, Skim Chocolate	Milk
	COND PC Mayonnaise 12g	Egg
	COND PC Mustard 6g	None
Fri	2/2/2018	
	SUB AP, Ham AM WG NoVegALPHA	Milk, Soy, Wheat
	SDW BD, SBJ WG 2.0 ALPHA	Soy, Wheat
	VEG: CARROTS, Baby 1/4c GFP IW	None
	VEG: CARROTS, Baby 1/4c GFP IW	None
	VEG: CELERY, Sticks AP 1/2c	None
	JUICE SS, Frt Bld 100% 4oz Crt	None
	FRUIT: CUP SS, Applesc Pea1/2c	None

	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
Mon	2/5/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW VEG: CORN, Fz 1/2c FRUIT: APPLE, 138ct Whole 1c JUICE SS, Apple 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 None None None None Milk Milk Milk Egg None
Tues	2/6/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, Fz 1/2c VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW FRUIT: CUP SS, Applesc PeachMa 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 Soy, Wheat None None None None None Milk Milk Milk Egg None
Wed	2/7/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: CORN, Fz 1/2c VEG: BROCCOLI, GFP IW 1/2c FRUIT: ORANGE 138ct Whole 1/2c 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	Milk, Soy, Wheat Milk, Soy, Wheat None None None None None Milk Milk Milk Egg None
Thurs	2/8/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA	Milk, Soy, Wheat Soy, Wheat

	MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk Milk Egg None
Wed	2/14/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, 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	2/15/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea VEG: CORN, Fz 1/2c FRUIT: APPLE, 138ct Whole 1c 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 Milk Milk Milk Egg None
Fri	2/16/2018	
	SDW BD, AM WG 2.0 SDW BD, SBJ WG 2.0 ALPHA VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW VEG: SALAD, Potato AP 1/2c Fruit: Clementine GFP 1/2c 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 Soy, Wheat None None Egg, Soy None None Milk Milk Milk Egg None
Mon	2/19/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0	Milk, Soy, Wheat Milk, Soy, Wheat

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	None Soy, Wheat None None None Milk Milk Milk Egg None
Tues	2/20/2018
SDW GRAH, PBJ GrpHFCSFreeAPWG1 CHEESE, MZ String LF 1ea 1.0 BRD: CRACK SS, Animal WG 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	Peanut, Soy, Wheat Milk Soy, Wheat None None None None Milk Milk Milk Egg None
Wed	2/21/2018
SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea VEG: CORN, Fz 1/2c FRUIT: PEARS 135 ct. JUICE SS, Apple 100% 4oz Cart COND PC Drsg Ranch BtrmlkFF12g 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 Milk Egg None
Thurs	2/22/2018
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, Soy, Wheat Soy, Wheat Egg, Soy None None None None Milk Milk

	MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk Egg None
Fri	2/23/2018	
	SDW BD, SBJ WG 2.0 ALPHA SDW BD, AM WG 2.0 VEG: BROCCOLI, GFP IW 1/2c VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 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	Soy, Wheat Milk, Soy, Wheat None None None None None Milk Milk Milk Egg None
Mon	2/26/2018	
	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	2/27/2018	
	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 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	Milk, Soy, Wheat Milk, Soy, Wheat None None None None None Milk Milk Milk Egg None
Wed	2/28/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: PEPPERS, Red Strips1/2c	Milk, Soy, Wheat Soy, Wheat Egg, Soy None

JUICE SS, Grape100% 4oz Cart	None
FRUIT: APPLE, Slcd IW 2oz	None
MILK SS, 1% White 8oz	Milk
MILK SS, Skim 8oz	Milk
MILK SS, Skim Chocolate	Milk
COND PC Mayonnaise 12g	Egg
COND PC Mustard 6g	None