

## 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.

### Cold Breakfast Allergens

**3/1/2018-3/30/2018**

<i>Top 8 Allergens: Milk, egg, fish, shellfish, tree nut, peanut, wheat, soy</i>	<i>*May Contain **Contains Pork</i>
<b>Thurs 3/1/2018</b>	
BRD: BAR, Cereal FrtyCh WG IW CHEESE, MZ String LF 1ea 1.0 FRUIT: PEACHES Dice w/Syr 1/2c FRUIT: GRAPES, Fresh 1/2c IW MILK SS, 1% White 8oz MILK SS, Skim 8oz	Soy, Wheat Milk None None Milk Milk
<b>Fri 3/2/2018</b>	
CEREAL BWL, Apple Jck RS WG BRD: CRACK SS, Jungle WG FRUIT: CUP SS, Applesc Pea1/2c FRUIT: CRAISINS, SS Origin1.16 MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat, *Soy Wheat None None Milk Milk
<b>Mon 3/5/2018</b>	
CEREAL BWL, Cheerios WG BRD: CRACK SS, Bear GrhmChocWG JUICE SS, Grape100% 4oz Cart FRUIT: ORANGE 138ct GFP 1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz	None Wheat None None Milk Milk
<b>Tues 3/6/2018</b>	

	BRD: MUF AP, Ban 2oz WG (1BG) YOGURT SS, Danimals Str/Ban4oz FRUIT: PEACHES Dice w/Syr 1/2c JUICE SS, Apple 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz	Egg, Wheat, Soy Milk None None Milk Milk
<b>Wed</b>	<b>3/7/2018</b>	
	CEREAL BWL, Froot Loops RS WG CHEESE, MZ String LF 1ea 1.0 FRUIT: APPLE, 138ct Whole 1c JUICE SS, Frt Bld 100% 4oz Crt MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat, *Soy Milk None None Milk Milk
<b>Thurs</b>	<b>3/8/2018</b>	
	CEREAL BWL, Chex Cinnamon WG BRD: CRACK SS, Animal WG FRUIT: CUP SS, Applesc STW1/2c JUICE SS, Grape100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz	None Soy, Wheat None None Milk Milk
<b>Fri</b>	<b>3/9/2018</b>	
	Yogurt with Trailmix FRUIT: PEACHES Dice w/Syr 1/2c FRUIT: RAISINS, SS 1.5oz MILK SS, 1% White 8oz MILK SS, Skim 8oz	Milk, Soy, Wheat None None Milk Milk
<b>Mon</b>	<b>3/12/2018</b>	
	BRD: POPTARTS, Straw 1.76oz WG CHEESE, MZ String LF 1ea 1.0 FRUIT: PEACHES Dice w/Syr 1/2c JUICE SS, Frt Bld 100% 4oz Crt MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat, Soy Milk None None Milk Milk
<b>Tues</b>	<b>3/13/2018</b>	
	CEREAL BWL, CinnTstCrnch RS WG BRD: CRACK SS, Bear GrhmHnyWG FRUIT: CRAISINS, SS Origin1.16 JUICE SS, Orange 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat, Soy Wheat None None Milk Milk
<b>Wed</b>	<b>3/14/2018</b>	
	BRD: MUF AP, Choc 2oz WG (1BG) FRUIT: CUP SS, Applesc Cin1/2c JUICE SS, Grape100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat, Eggs, Milk, Soy None None Milk Milk

<b>Thurs</b>	<b>3/15/2018</b>	
	BRD: BAR, Cereal Trix WG IW YOGURT SS, Danimals Str/Ban4oz FRUIT: PEARS, Dice w/Syr 1/2c JUICE SS, Apple 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat, Soy Milk None None Milk Milk
<b>Fri</b>	<b>3/16/2018</b>	
	CEREAL BWL, Rice Krispies WG BRD: CRACK SS, Animal WG FRUIT: CRAISINS, SS Origin1.16 FRUIT: ORANGE 138ct Whole 1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz	None Soy, Wheat None None Milk Milk
<b>Mon</b>	<b>3/19/2018</b>	
	BRD: Bkfst Rnd Cinn 2.2oz WGIW FRUIT: CUP SS, Applesc Pea1/2c JUICE SS, Apple 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat, Milk, Soy, Eggs None None Milk Milk
<b>Tues</b>	<b>3/20/2018</b>	
	BRD: POPTARTS, Fudge 1.76oz WG YOGURT SS, Danimals Vanilla4oz FRUIT: PEARS, Dice w/Syr 1/2c FRUIT: CRAISINS, SS Origin1.16 MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat, Soy Milk None None Milk Milk
<b>Wed</b>	<b>3/21/2018</b>	
	BRD: MUF AP, Ban 2oz WG (1BG) FRUIT: PEARS 135 ct. JUICE SS, Apple 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz	Egg, Wheat, Soy None None Milk Milk
<b>Thurs</b>	<b>3/22/2018</b>	
	BRD: BAGEL. Cinn Rsn WG COND PC Cream Cheese 1oz FRUIT: PEACHES Dice w/Syr 1/2c JUICE SS, Grape100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat Milk None None Milk Milk
<b>Fri</b>	<b>3/23/2018</b>	
	BRD: BAR, Benefit BanChoc WGIW FRUIT: CUP SS, Applesc PeachMa FRUIT: ORANGE 138ct Whole 1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz	Eggs, Milk, Wheat, Soy None None Milk Milk

<b>Mon</b>	<b>3/26/2018</b>	
	BRD: MUF AP, Blueb 2ozWG (1BG) YOGURT SS, Danimals Str/Ban4oz FRUIT: PEARS, Dice w/Syr 1/2c JUICE SS, Apple 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat, Eggs, Soy Milk None None Milk Milk
<b>Tues</b>	<b>3/27/2018</b>	
	BRD: BAGEL. White WG 2oz COND PC Cream Cheese 1oz FRUIT: CRAISINS, SS Origin1.16 JUICE SS, Grape100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat Milk None None Milk Milk
<b>Wed</b>	<b>3/28/2018</b>	
	CEREAL BWL, Cheerios WG BRD: CRACK SS, Animal WG FRUIT: APPLE, 138ct Whole 1c JUICE SS, Orange 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz	None Soy, Wheat None None Milk Milk
<b>Thurs</b>	<b>3/29/2018</b>	
	CEREAL BWL, Froot Loops RS WG CHEESE, MZ String LF 1ea 1.0 FRUIT: CUP SS, Applesc Cin1/2c JUICE SS, Frt Bld 100% 4oz Crt MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat, *Soy Milk None None Milk Milk
<b>Fri</b>	<b>3/30/2018</b>	
	BRD: BAR, Cereal Trix WG IW BRD: CRACK SS, Bear GrhmChocWG FRUIT: CRAISINS, SS Origin1.16 FRUIT: PEARS 135 ct. MILK SS, 1% White 8oz MILK SS, Skim 8oz	Wheat, Soy Wheat None None Milk Milk