

## 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

**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>	
SUB AP, Tky AM WG NoVegALPHA	Milk, Soy, Wheat
SDW BD, AM WG 2.0	Milk, Soy, Wheat
VEG: SALAD, Bean Three 3/4 c	None
Roll, DinnerWheatAP(Alpha)1ea	Soy, Wheat
VEG: BROCCOLI, GFP IW 1/2c	None
FRUIT: APPLE, 138ct Whole 1c	None
JUICE SS, Orange 100% 4oz Cart	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
<b>Fri 3/2/2018</b>	
SDW BD, AM WG 2.0	Milk, Soy, Wheat
SDW BD, SBJ WG 2.0 ALPHA	Soy, Wheat
VEG: SALAD, Side RomMix AP1c	None
Roll, DinnerWheatAP(Alpha)1ea	Soy, Wheat
VEG: CORN, Fz 1/2c	None
FRUIT: ORANGE 138ct Whole 1/2c	None
JUICE SS, Apple 100% 4oz Cart	None

	MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g COND PC Drsg French Red FF 12g	Milk Milk Milk Egg None None
<b>Mon</b>	<b>3/5/2018</b>	
	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 Cin1/2c 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 Soy, Wheat None None None None None Milk Milk Milk Egg None
<b>Tues</b>	<b>3/6/2018</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: PEACHES Dice w/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	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None None Milk Milk Milk Egg None
<b>Wed</b>	<b>3/7/2018</b>	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea FRUIT: PEARS 135 ct. JUICE SS, Grape100% 4oz Cart COND PC Drsg Italian 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 Soy, Wheat Egg, Soy None Soy, Wheat None None None Milk Milk Milk Egg None

<b>Thurs</b>	<b>3/8/2018</b>	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: TOMATOES, Cherry 1/2c VEG: BROCCOLI, GFP IW 1/2c JUICE SS, Grape100% 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 Milk Milk Milk Egg None
<b>Fri</b>	<b>3/9/2018</b>	
	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: CELERY, Sticks AP 1/2c JUICE SS, Frt Bld 100% 4oz Crt FRUIT: CUP SS, Applesc Pea1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None None None Milk Milk Milk Egg None
<b>Mon</b>	<b>3/12/2018</b>	
	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
<b>Tues</b>	<b>3/13/2018</b>	
	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, Soy, Wheat Soy, Wheat None None None None 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
<b>Wed</b>	<b>3/14/2018</b>	
	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 Milk Milk Milk Egg None
<b>Thurs</b>	<b>3/15/2018</b>	
	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: PEACHES Dice w/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	Milk, Soy, Wheat Soy, Wheat None Soy, Wheat None None None Milk Milk Milk Egg None
<b>Fri</b>	<b>3/16/2018</b>	
	SDW BD, SBJ WG 2.0 ALPHA 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	Soy, Wheat Milk, Soy, Wheat Egg, Soy None Soy, Wheat None None None Milk Milk Milk Egg None
<b>Mon</b>	<b>3/19/2018</b>	
	SUB AP, Ham AM WG NoVegALPHA	Milk, Soy, Wheat

	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 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	Soy, Wheat None Soy, Wheat None None None Milk Milk Milk Egg None
<b>Tues</b>	<b>3/20/2018</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 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
<b>Wed</b>	<b>3/21/2018</b>	
	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
<b>Thurs</b>	<b>3/22/2018</b>	
	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, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None None None None Milk

	MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk Milk Egg None
<b>Fri</b>	<b>3/23/2018</b>	
	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
<b>Mon</b>	<b>3/26/2018</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 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 Soy, Wheat None None None Milk Milk Milk Egg None
<b>Tues</b>	<b>3/27/2018</b>	
	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	Milk, Soy, Wheat Soy, Wheat None None None None Milk Milk Milk Egg None
<b>Wed</b>	<b>3/28/2018</b>	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Side RomMix AP1c	Milk, Soy, Wheat Milk, Soy, Wheat None

Roll, DinnerWheatAP(Alpha)1ea	Soy, Wheat
VEG: CORN, Fz 1/2c	None
FRUIT: PEARS 135 ct.	None
JUICE SS, Apple 100% 4oz Cart	None
COND PC Drsg Ranch BtrmlkFF12g	Milk
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
<b>Thurs 3/29/2018</b>	
SUB AP, Ham AM WG NoVegALPHA	Milk, Soy, Wheat
SDW BD, SBJ WG 2.0 ALPHA	Soy, Wheat
VEG: SALAD, Potato AP 1/2c	Egg, Soy
VEG: CELERY, Sticks AP 1/2c	None
JUICE SS, Grape100% 4oz Cart	None
FRUIT: CUP SS, Applesc Mixed B	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
<b>Fri 3/30/2018</b>	
SDW BD, SBJ WG 2.0 ALPHA	Soy, Wheat
SDW BD, AM WG 2.0	Milk, Soy, Wheat
VEG: BROCCOLI, GFP IW 1/2c	None
VEG: CARROTS, Baby 1/4c GFP IW	None
VEG: CARROTS, Baby 1/4c GFP IW	None
JUICE SS, Orange 100% 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