

## 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

**05/01/2017-05/31/2017**

<i>Top 8 Allergens: Milk, egg, fish, shellfish, tree nut, peanut, wheat, soy</i>		<i>*May Contain **Contains Pork</i>
<b>Mon</b>	<b>5/1/2017</b>	
	<b>SUB AP, Ham AM WG NoVegALPHA</b> <b>SDW BD, SBJ WG 2.0 ALPHA</b> <b>VEG: CARROTS, Coin 1/4c GFP IW</b> <b>VEG: CARROTS, Coin 1/4c GFP IW</b> <b>VEG: PEAS, Green Fz 1/2c</b> <b>FRUIT: PEARS 135 ct.</b> <b>JUICE SS, Apple 100% 4oz Cart</b> <b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b> <b>MILK SS, Skim Chocolate</b> <b>COND PC Mayonnaise 12g</b> <b>COND PC Mustard 6g</b>	Milk, Soy, Wheat Soy, Wheat None None None None None Milk Milk Milk Egg None
<b>Tues</b>	<b>5/2/2017</b>	
	<b>SUB AP, Tky AM WG NoVegALPHA</b> <b>SDW BD, AM WG 2.0</b> <b>VEG: CORN, 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 Pea1/2c</b> <b>JUICE SS, Orange 100% 4oz Cart</b>	Milk, Soy, Wheat Milk, 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>5/3/2017</b>	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, Fz 1c 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 Soy, Wheat None None None None Milk Milk Milk Egg None
<b>Thurs</b>	<b>5/4/2017</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: TOMATOES, Cherry 1/4c FRUIT: APPLE, 138ct Whole 1c 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>Fri</b>	<b>5/5/2017</b>	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: PEAS, Green Fz 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 Soy, Wheat None None Soy, Wheat None None None Milk Milk Milk Egg None
<b>Mon</b>	<b>5/8/2017</b>	
	SUB AP, Tky AM WG NoVegALPHA	Milk, Soy, Wheat

	SDW BD, AM WG 2.0 VEG: SALAD, Bean Three 3/4 c Roll, DinnerWheatAP(Alpha)1ea VEG: TOMATOES, Cherry 1/4c FRUIT: CRAISINS, SS Cherry1.16 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	Milk, Soy, Wheat None None None None Milk Milk Milk Egg None
<b>Tues</b>	<b>5/9/2017</b>	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: PEAS, Green 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 Soy, Wheat None None None None None Milk Milk Milk Egg None
<b>Wed</b>	<b>5/10/2017</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 1/8wg 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
<b>Thurs</b>	<b>5/11/2017</b>	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA 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 French Red FF 12g MILK SS, 1% White 8oz	Milk, Soy, Wheat 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>5/12/2017</b>	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: CARROTS, Coin 1/4c GFP IW VEG: CARROTS, Coin 1/4c GFP IW VEG: PEAS, Green Fz 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 None None None None Milk Milk Milk Egg None
<b>Mon</b>	<b>5/15/2017</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: 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 Soy, Wheat None Soy, Wheat None None None Milk Milk Milk Egg None
<b>Tues</b>	<b>5/16/2017</b>	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: PEAS, Green Fz 1/2c VEG: TOMATOES, Cherry 1/2c FRUIT: CUP SS, Mixed 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 Milk Milk Milk Egg None
<b>Wed</b>	<b>5/17/2017</b>	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Side RomMix AP1c	Milk, Soy, Wheat Soy, Wheat None

	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	None None None None Milk Milk Milk Milk Egg None
<b>Thurs</b>	<b>5/18/2017</b>	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: CORN, Fz 1/2c VEG: CELERY, Sticks AP 1/2c JUICE SS, Grape100% 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 Milk Milk Milk Egg None
<b>Fri</b>	<b>5/19/2017</b>	
	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
<b>Mon</b>	<b>5/22/2017</b>	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: TOMATOES, Cherry 1/2c VEG: PEAS, Green Fz 1/2c FRUIT: CUP SS, Mixed 1/2c FRUIT: PEARS 135 ct. MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g	Milk, Soy, Wheat Milk, Soy, Wheat None None None None None Milk Milk Milk Egg

	COND PC Mustard 6g	None
Tues	5/23/2017	
	SUB AP, Ham AM WG NoVegALPHA	Milk, Soy, Wheat
	SDW BD, SBJ WG 2.0 ALPHA	Soy, Wheat
	VEG: CORN, Fz 1/2c	None
	VEG: CARROTS, Baby 1/4c GFP IW	None
	VEG: CARROTS, Baby 1/4c GFP IW	None
	FRUIT: CUP SS, Applesc 1/2c	None
	JUICE SS, Frt Bld 100% 4oz Crt	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
Wed	5/24/2017	
	SUB AP, Tky AM WG NoVegALPHA	Milk, Soy, Wheat
	SDW BD, AM WG 2.0	Milk, Soy, Wheat
	VEG: PEAS, Green Fz 1/2c	None
	VEG: PEPPERS, Red Strips1/2c	None
	JUICE SS, Grape100% 4oz Cart	None
	FRUIT: PEARS 135 ct.	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
Thurs	5/25/2017	
	SUB AP, Ham AM WG NoVegALPHA	Milk, Soy, Wheat
	SDW BD, SBJ WG 2.0 ALPHA	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
Fri	5/26/2017	
	SUB AP, Tky AM WG NoVegALPHA	Milk, Soy, Wheat
	SDW BD, AM WG 2.0	Milk, 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

	<b>JUICE SS, Apple 100% 4oz Cart</b> <b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b> <b>MILK SS, Skim Chocolate</b> <b>COND PC Mayonnaise 12g</b> <b>COND PC Mustard 6g</b> <b>COND PC Drsg French Red FF 12g</b>	None Milk Milk Milk Egg None None
<b>Tues</b>	<b>5/30/2017</b>	
	<b>SDW GRAH, PBJ GrpHFCSFreeAPWG1</b> <b>CHEESE, MZ String LF 1ea 1.0</b> <b>BRD: CRACK SS, Animal WG</b> <b>VEG: SALAD, Bean Three 3/4 c</b> <b>Roll, DinnerWheatAP(Alpha)1ea</b> <b>VEG: CARROTS, Coin 1/4c GFP IW</b> <b>FRUIT: CUP SS, Peaches Dcd1/2c</b> <b>JUICE SS, Frt Bld 100% 4oz Crt</b> <b>MILK SS, 1% White 8oz</b> <b>MILK SS, Skim 8oz</b> <b>MILK SS, Skim Chocolate</b> <b>COND PC Mayonnaise 12g</b> <b>COND PC Mustard 6g</b>	Peanut, Soy, Wheat Milk Soy, Wheat None Soy, Wheat None None None Milk Milk Milk Egg None
<b>Wed</b>	<b>5/31/2017</b>	
	<b>SUB AP, Ham AM WG NoVegALPHA</b> <b>SDW BD, SBJ WG 2.0 ALPHA</b> <b>VEG: PEAS, Green Fz 1/2c</b> <b>VEG: SALAD, Side RomMix AP1c</b> <b>Roll, DinnerWheatAP(Alpha)1ea</b> <b>FRUIT: PEARS 135 ct.</b> <b>JUICE SS, Grape100% 4oz Cart</b> <b>COND PC Drsg Italian 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 12g</b> <b>COND PC Mustard 6g</b>	Milk, Soy, Wheat Soy, Wheat None None Soy, Wheat None None None Milk Milk Milk Egg None