

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 9-12

High School

5.1.2018-5.31.2018

*Top 8 Allergens: Milk, egg, fish, shellfish,
tree nut, peanut, wheat, soy*

**May Contain
**Contains Pork*

Tues	5/1/2018	
	Strawberry Pancakes	Wheat, Egg, Milk
	Strawberry Banana Yogurt	Milk
	String Cheese	Milk
	Fresh Baby Carrots	None
	Fresh Baby Carrots	None
	Tater Tots	None
	Sliced Apples	None
	Fruit Juice	None
	Ketchup	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
Wed	5/2/2018	
	Chicken Nuggets	Soy, Wheat
	Dinner Roll	Soy, Wheat
	Ketchup	None
	Roasted Potatoes	None
	Celery Sticks	None
	Fresh Pear	None
	Apple Juice	None
	1% Milk	Milk

	Skim Milk Chocolate Milk	Milk Milk
Thurs	5/3/2018	
	Hot Dog Ketchup Mustard Scooby Doo Crackers Sweet Golden Corn Fresh Baby Carrots Fresh Baby Carrots Mixed Berry Applesauce Grape Juice 1% Milk Skim Milk Chocolate Milk	Wheat None None Soy, Wheat None None None None None None Milk Milk Milk
Fri	5/4/2018	
	Beef Tacos Mexican Rice Taco Sauce Fresh Broccoli Fresh Baby Carrots Fresh Baby Carrots Fresh Apple Orange Juice Cinnamon Churro 1% Milk Skim Milk Chocolate Milk	Milk, Soy, Wheat Milk Soy None None None None None Eggs, Wheat, Milk, Soy Milk Milk Milk
Mon	5/7/2018	
	Cheeseburger Mustard Ketchup Sweet Potato Fries Fresh Baby Carrots Watermelon Craisins Apple Juice Ketchup 1% Milk Skim Milk Chocolate Milk	Milk, Soy, Wheat None None None None None None None None Milk Milk Milk
Tues	5/8/2018	
	Maple Pancakes Poultry Sausage Tater Tots Fresh Baby Carrots Fresh Baby Carrots	Wheat, Egg, Milk None None None None

	Applesauce	None
	Fruit Juice	None
	Ketchup	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
Wed	5/9/2018	
	Breaded Chicken Sandwich	Soy, Wheat
	BBQ Sauce	Soy, Wheat
	Mashed Potato	*Milk
	Celery Sticks	None
	Sliced Apples	None
	Grape Juice	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
Thurs	5/10/2018	
	Cheese Pizza	Milk, Soy, Wheat
	Animal Crackers	Soy, Wheat
	Fresh Broccoli	None
	Side Salad	None
	Ranch Dressing	Eggs, Milk
	Warmed Cinnamon Peaches	None
	Fruit Juice	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
Fri	5/11/2018	
	Hot Dog	Wheat
	Mustard	None
	Ketchup	None
	Black Charro Beans	None
	Fresh Baby Carrots	None
	Fresh Baby Carrots	None
	Craisins	None
	Apple Juice	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
Mon	5/14/2018	
	Cinnamon French Toast	Wheat, Eggs, Milk, Soy
	Poultry Sausage	None
	Tater Tots	None
	Fresh Baby Carrots	None
	Ketchup	None
	Cinnamon Applesauce	None

	Apple Juice 1% Milk Skim Milk Chocolate Milk	None Milk Milk Milk
Tues	5/15/2018	
	Cheese Pizza Scooby Doo Crackers Three Bean Salad Steamed Carrots Fruit Juice Mixed Berry Applesauce 1% Milk Skim Milk Chocolate Milk	Milk, Soy, Wheat Soy, Wheat None None None None Milk Milk Milk
Wed	5/16/2018	
	BBQ Meatballs Dinner Roll Animal Crackers Side Salad Sweet Golden Corn Fresh Pear Grape Juice Ranch Dressing 1% Milk Skim Milk Chocolate Milk	Milk, Soy, Wheat Soy, Wheat Soy, Wheat None None None None Eggs, Milk Milk Milk Milk
Thurs	5/17/2018	
	Nacho Combo Brown Rice Streamed Broccoli Fresh Baby Carrots Fresh Baby Carrots Fresh Apple Grape Juice 1% Milk Skim Milk Chocolate Milk	Milk, Soy None None None None None None Milk Milk Milk
Fri	5/18/2018	
	Breaded Chicken Sandwich BBQ Sauce Sweet Potato Fries Celery Sticks Peach Applesauce Fruit Juice Ketchup 1% Milk	Soy, Wheat Soy, Wheat None None None None None None Milk

	Skim Milk Chocolate Milk	Milk Milk
Mon	5/21/2018	
	Grilled Cheese BBQ Black Beans Fresh Baby Carrots Fresh Baby Carrots Fresh Apple Apple Juice 1% Milk Skim Milk Chocolate Milk	Milk, Soy, Wheat None None None None None Milk Milk Milk
Tues	5/22/2018	
	Maple Waffles Poultry Sausage Tater Tots Fresh Baby Carrots Peach Mango Applesauce Orange Juice Ketchup 1% Milk Skim Milk Chocolate Milk	Egg, Milk, Soy, Wheat None None None None None None Milk Milk Milk
Wed	5/23/2018	
	Cheese Pizza Pretzel Goldfish Crackers Fresh Broccoli Celery Sticks Warmed Cinnamon Peaches Grape Juice 1% Milk Skim Milk Chocolate Milk	Milk, Soy, Wheat Milk, Wheat None None None None Milk Milk Milk
Thurs	5/24/2018	
	Chicken Tenders Dinner Roll BBQ Sauce Sweet Golden Corn Side Salad Ranch Dressing Fruit Juice Fresh Orange 1% Milk Skim Milk Chocolate Milk	Egg, Soy, Wheat Soy, Wheat Soy, Wheat None None Eggs, Milk None None Milk Milk Milk
Fri	5/25/2018	

	Salisbury Steak Parsley Noodles Brown Gravy Mashed Potato Fresh Baby Carrots Fresh Baby Carrots Fresh Pear Fruit Juice 1% Milk Skim Milk Chocolate Milk	Milk, Soy, Wheat Wheat, Egg, Milk, Soy Milk, Wheat, Soy, *Egg *Milk None None None None Milk Milk Milk
Mon	5/28/2018	
	No School	
Tue	5/29/2018	
	Pizza Dippers Marinara Sauce Jungle Crackers Steamed Corn Fresh Baby Carrots Strawberry Applesauce Orange Juice 1% Milk Skim Milk Chocolate Milk	Milk, Soy, Wheat None Wheat None None None None Milk Milk Milk
Wed	5/30/2018	
	Cheeseburger Taco Sauce BBQ Sauce French Fries Fresh Baby Carrots Fresh Baby Carrots Craisins Grape Juice Ketchup 1% Milk Skim Milk Chocolate Milk	Milk, Soy, Wheat Soy Soy, Wheat None None None None None None Milk Milk Milk
Thur	5/31/2018	
	Mini Corn Dogs Ketchup Mustard Harvest Cheddar Sunchips Tater Tots Celery Sticks Fresh Apple	Wheat, Soy, Egg None None Milk, Wheat None None None

Grape Juice	None
Ketchup	None
1% Milk	Milk
Skim Milk	Milk
Chocolate Milk	Milk