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
5.1.2018-5.31.2018

Top 8 Allergens: Milk, egg, fish, shellfish, tree		*May Contain
nut, pe	anut, wheat, soy	**Contains Pork
Tues	5/1/2018	

nut, pe	unut, wheat, soy	Contains Fork
Tues	5/1/2018	
	Ham & Cheese Sub	Milk, Soy, Wheat, Pork**
	Sun Butter & Jelly Sandwich	Soy, Wheat
	Sweet Golden Corn	None
	Dinner Roll	Soy, Wheat
	Sliced Apples	None
	Ranch Dressing	Eggs, Milk
	Fruit Juice	None
	1% Milk	Milk
	Skim Milk	Milk
I	Chocolate Milk	Milk
	Mayonnaise	Egg
	Mustard	None
Wed	5/2/2018	
	Turkey & Cheese Sub	Milk, Soy, Wheat
	Cheese Sandwich	Milk, Soy, Wheat
	Potato Salad	Egg, Soy
	Celery Sticks	None
	Fresh Pear	None

None

Apple Juice

	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
	Mayonnaise	Egg
	Mustard	None
Thurs	5/3/2018	None
murs	Ham & Cheese Sub	Milk, Soy, Wheat, Pork**
	Sun Butter & Jelly Sandwich	Soy, Wheat
	Sweet Golden Corn	None
	Fresh Baby Carrots	None
	Fresh Baby Carrots	None
	Mixed Berry Applesauce	None
	Grape Juice	
	1% Milk	None Milk
	Skim Milk	
	Chocolate Milk	Milk
		Milk
	Mayonnaise	Egg
- ·	Mustard	None
Fri	5/4/2018	2011 2 2011
	Turkey & Cheese Sub	Milk, Soy, Wheat
	Cheese Sandwich	Milk, Soy, Wheat
	Fresh Broccoli	None
	Fresh Baby Carrots	None
	Fresh Baby Carrots	None
	Fresh Apple	None
	Orange Juice	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
	Mayonnaise	Egg
	Mustard	None
Mon	5/7/2018	
	Turkey & Cheese Sub	Milk, Soy, Wheat
	Cheese Sandwich	Milk, Soy, Wheat
	Sweet Golden Corn	None
	Fresh Baby Carrots	None
	Fresh Baby Carrots	None
	Watermelon Craisins	None
	Apple Juice	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
	Mayonnaise	Egg
	Mustard	None
Tues	5/8/2018	
	Ham & Cheese Sub	Milk, Soy, Wheat, Pork**

Sı	un Butter & Jelly Sandwich	Soy, Wheat
	weet Golden Corn	None
	resh Baby Carrots	None
	resh Baby Carrots	None
	inner Roll	Soy, Wheat
	pplesauce	None
	ruit Juice	None
	% Milk	Milk
	hocolate Milk	Milk
	kim Milk	Milk
	1ayonnaise	Egg
	lustard	None
	/9/2018	None
	urkey & Cheese Sub	Milk, Soy, Wheat
	heese Sandwich	Milk, Soy, Wheat
	otato Salad	Egg, Soy
	elery Sticks	None
	liced Apples	None
	rape Juice	None
	% Milk	Milk
	kim Milk	Milk
	hocolate Milk	Milk
	1ayonnaise	Egg
	lustard	None
	/10/2018	TTO TO
	am & Cheese Sub	Milk, Soy, Wheat, Pork**
Sı	un Butter & Jelly Sandwich	Soy, Wheat
Fi	resh Broccoli	None
	lesti broccon	None
Si	ide Salad	None
		None
R	ide Salad	
R: D	ide Salad anch Dressing	None Eggs, Milk
R: D	ide Salad anch Dressing inner Roll	None Eggs, Milk Soy, Wheat
R: D M	ide Salad anch Dressing inner Roll Iixed Berry Applesauce	None Eggs, Milk Soy, Wheat None
Ri D M Fi	ide Salad anch Dressing inner Roll 1ixed Berry Applesauce ruit Juice	None Eggs, Milk Soy, Wheat None None
R: D M Fi 1' SI	ide Salad anch Dressing inner Roll 1ixed Berry Applesauce ruit Juice % Milk	None Eggs, Milk Soy, Wheat None None Milk
Ri D M Fr 11 SI C	ide Salad anch Dressing inner Roll 1ixed Berry Applesauce ruit Juice % Milk kim Milk	None Eggs, Milk Soy, Wheat None None Milk Milk
Ri D M Fi 1º Si C	ide Salad anch Dressing inner Roll Iixed Berry Applesauce ruit Juice % Milk kim Milk hocolate Milk	None Eggs, Milk Soy, Wheat None None Milk Milk Milk
Ri D M Fr 1º SI CI M	ide Salad anch Dressing inner Roll lixed Berry Applesauce ruit Juice % Milk kim Milk hocolate Milk	None Eggs, Milk Soy, Wheat None None Milk Milk Milk Egg
R: D M: 11: SI C: M: M: Fri 5.	ide Salad anch Dressing inner Roll lixed Berry Applesauce ruit Juice % Milk kim Milk hocolate Milk layonnaise	None Eggs, Milk Soy, Wheat None None Milk Milk Milk Egg
R: D M: 1: SI C: M: M: Fri 5.	ide Salad anch Dressing inner Roll fixed Berry Applesauce ruit Juice % Milk kim Milk hocolate Milk flayonnaise flustard	None Eggs, Milk Soy, Wheat None None Milk Milk Milk Egg None
R: D M F: 1: SI C: M M Fri T: C: C:	ide Salad anch Dressing inner Roll lixed Berry Applesauce ruit Juice % Milk kim Milk hocolate Milk layonnaise lustard //11/2018 urkey & Cheese Sub	None Eggs, Milk Soy, Wheat None None Milk Milk Milk Egg None Milk, Soy, Wheat
R:	ide Salad anch Dressing inner Roll lixed Berry Applesauce ruit Juice % Milk kim Milk hocolate Milk layonnaise lustard /11/2018 urkey & Cheese Sub heese Sandwich	None Eggs, Milk Soy, Wheat None None Milk Milk Milk Egg None Milk, Soy, Wheat Milk, Soy, Wheat
R:	ide Salad anch Dressing inner Roll lixed Berry Applesauce ruit Juice % Milk kim Milk hocolate Milk layonnaise flustard /11/2018 urkey & Cheese Sub heese Sandwich hree Bean Salad	None Eggs, Milk Soy, Wheat None None Milk Milk Milk Egg None Milk, Soy, Wheat Milk, Soy, Wheat None
R:	ide Salad anch Dressing inner Roll lixed Berry Applesauce ruit Juice % Milk kim Milk hocolate Milk layonnaise lustard /11/2018 urkey & Cheese Sub heese Sandwich hree Bean Salad resh Baby Carrots	None Eggs, Milk Soy, Wheat None None Milk Milk Milk Egg None Milk, Soy, Wheat Milk, Soy, Wheat None None

Skim Milk Chocolate Milk Mayonnaise Mayonnaise French Dressing Mon 5/14/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Sweet Golden Corn Fresh Baby Carrots Fresh Baby Carrots Dinner Roll Cinnamon Applesauce Apple Juice Apple Juice 1% Milk Skim Milk Chocolate Milk Mayonnaise Milk Mayonnaise Milk Milk Milk Mayonnaise Milk Milk Milk Mayonnaise Milk Milk Milk Milk Milk Milk Milk Milk	1	1% Milk	Milk
Chocolate Milk Mayonnaise Mone French Dressing Mone French Dressing Mone Mon 5/14/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Sweet Golden Corn Fresh Baby Carrots Fresh Baby Carrots Dinner Roll Cinnamon Applesauce Apple Juice None Apple Juice None 1% Milk Kkim Milk Chocolate Milk Mayonnaise Mustard Turkey & Cheese Sub Cheese Sandwich Milk, Soy, Wheat Milk Milk Milk Milk Milk Milk Milk Milk			
Mayonnaise More French Dressing Mone French Dressing Mone Mon 5/14/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Sweet Golden Corn Fresh Baby Carrots Dinner Roll Cinnamon Applesauce Apple Juice 1% Milk Skim Milk Chocolate Milk Mayonnaise Mustard Tures 5/15/2018 Turkey & Cheese Sub Cheese Sandwich Three Bean Salad Three Bean Salad Fresh Baby Carrots None Fresh Baby Carrots None Fresh Baby Carrots Milk Milk Chocolate Milk Milk Milk Mayonnaise Egg Mustard None Tues 5/15/2018 Turkey & Cheese Sub Milk, Soy, Wheat Cheese Sandwich Milk, Soy, Wheat Milk Skim Milk Mone Fresh Baby Carrots None Fresh Baby Carrots None Fresh Baby Carrots Fruit Juice None Mixed Berry Applesauce 1% Milk Skim Milk Chocolate Milk Milk Milk Mayonnaise Egg Mustard None Wed 5/16/2018 Ham & Cheese Sub Milk, Soy, Wheat, Pork** Side Salad None Sweet Golden Corn None Fresh Pear None Ranch Dressing Fegs, Milk Milk Skim Milk Milk Skim Milk Milk Milk Milk Milk Mone Mone Mone Regs, Milk Milk Milk Milk Milk Milk Milk Milk			
Mustard French Dressing Mon 5/14/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Sweet Golden Corn Fresh Baby Carrots Fresh Baby Carrots Dinner Roll Cinnamon Applesauce Apple Juice 1% Milk Skim Milk Chocolate Milk Mayonnaise Fresh Baby Carrots Turkey & Cheese Sub Cheese Sandwich Three Bean Salad Fresh Baby Carrots Fresh Baby Carrots None Tresh Baby Carrot Milk Milk Milk Milk Milk Milk Milk Milk			
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Ham & Cheese Sub Sun Butter & Jelly Sandwich Sweet Golden Corn Fresh Baby Carrots Fresh Baby Carrots Dinner Roll Cinnamon Applesauce Apple Juice 1% Milk Skim Milk Chocolate Milk Mayonnaise Fresh Baby Carrots None Tresh Baby Carrots None Apple Juice 1% Milk Skim Milk Chocolate Milk Mayonnaise Fegg Mustard Tues 5/15/2018 Turkey & Cheese Sub Cheese Sandwich Three Bean Salad Fresh Baby Carrots Fresh Baby Carrots Fruit Juice Mixed Berry Applesauce 1% Milk Skim Milk Chocolate Milk Milk Milk Skim Milk Chocolate Milk Milk Skim Milk Chocolate Milk Milk Skim Milk Chocolate Milk Milk Chocolate Milk Milk Milk Milk Milk Milk Milk Milk	Mon	<u> </u>	None
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Sweet Golden Corn Fresh Baby Carrots Fresh Baby Carrots Dinner Roll Cinnamon Applesauce Apple Juice 1% Milk Skim Milk Chocolate Milk Mayonnaise Cheese Sub Cheese Sandwich Fresh Baby Carrots Fresh Baby Carrots Fresh Milk Chocolate Milk Milk Mayonnaise Mustard Tues 5/15/2018 Turkey & Cheese Sub Cheese Sandwich Three Bean Salad Fresh Baby Carrots Fresh Baby Carrots Fresh Baby Carrots Fruit Juice Mixed Berry Applesauce 1% Milk Skim Milk Chocolate Milk Milk Milk Milk Chocolate Milk Milk Milk Milk Chocolate Milk Milk Milk Moyonnaise Mustard Wed 5/16/2018 Ham & Cheese Sub Milk, Soy, Wheat, Pork** Sun Butter & Jelly Sandwich Side Salad None Sweet Golden Corn Fresh Pear Ranch Dressing Feggs, Milk Milk Kim Mi		Sun Butter & Jelly Sandwich	•
Fresh Baby Carrots Presh Baby Carrots Dinner Roll Cinnamon Applesauce Apple Juice 1% Milk Skim Milk Chocolate Milk Mayonnaise Fresh Baby Carrots None Tues Turkey & Cheese Sub Cheese Sandwich Three Bean Salad Fresh Baby Carrots Fruit Juice Mike Berry Applesauce Mike Berry Applesauce None 1% Milk Skim Milk Chocolate Milk Mayonnaise Fegg Mustard Milk Skim Milk Skim Milk Skim Milk Chocolate Milk Sune Sune Sune Sune Sune Sune Sune Sune		•	**
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Turkey & Cheese Sub Cheese Sandwich Cheese Sandwich Three Bean Salad Fresh Baby Carrots Fresh Baby Carrots Fruit Juice Mixed Berry Applesauce 1% Milk Skim Milk Chocolate Milk Mayonnaise Mustard Wed 5/16/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Side Salad Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Milk Milk Milk Milk, Soy, Wheat None Milk, Soy, Wheat None Fegg, Milk None Ranch Dressing Grape Juice 1% Milk Skim Milk Milk Milk Milk Milk Milk Milk Milk	Tues	5/15/2018	
Cheese Sandwich Three Bean Salad Fresh Baby Carrots Fresh Baby Carrots Fresh Baby Carrots None Fruit Juice Mixed Berry Applesauce 1% Milk Skim Milk Chocolate Milk Mayonnaise Mustard Mone Wed 5/16/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Side Salad Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Skim Milk Milk Milk Milk Milk Milk Milk Milk			Milk, Soy, Wheat
Three Bean Salad Fresh Baby Carrots Fresh Baby Carrots Fruit Juice Mixed Berry Applesauce 1% Milk Skim Milk Chocolate Milk Mayonnaise Mustard Wed 5/16/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Side Salad Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Skim Milk Mone None Milk Milk Milk Milk Milk Milk Milk Milk		Cheese Sandwich	
Fresh Baby Carrots Fruit Juice Mixed Berry Applesauce 1% Milk Skim Milk Chocolate Milk Mayonnaise Mustard Wed 5/16/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Side Salad Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Skim Milk Chocolate Milk Milk Milk Milk Milk Milk Milk Milk		Three Bean Salad	·
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Fruit Juice Mixed Berry Applesauce 1% Milk Skim Milk Chocolate Milk Mayonnaise Mustard Milk Milk Mone Mone Med 5/16/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Side Salad Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Skim Milk Skim Milk Chocolate Milk Mine None Milk Milk Milk Milk Milk Milk Milk Milk		Fresh Baby Carrots	
1% Milk Skim Milk Chocolate Milk Milk Chocolate Milk Mayonnaise Egg Mustard None Wed 5/16/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Side Salad Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Skim Milk Skim Milk Chocolate Milk Milk Milk Milk Milk Milk Milk Milk		Fruit Juice	
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Chocolate Milk Mayonnaise Begg Mustard None Wed 5/16/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Side Salad Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Skim Milk Chocolate Milk Milk Milk Milk Milk Milk Milk Milk		1% Milk	Milk
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Mustard Mone Wed 5/16/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Side Salad Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Skim Milk Chocolate Milk Mone None Rone Rone Rone Rone Rone Rone Rone R		Chocolate Milk	Milk
Mustard Wed 5/16/2018 Ham & Cheese Sub Sun Butter & Jelly Sandwich Side Salad Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Skim Milk Chocolate Milk None None Milk Milk Milk Milk Milk Milk Milk Milk		Mayonnaise	Egg
Ham & Cheese Sub Sun Butter & Jelly Sandwich Side Salad None Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Skim Milk Chocolate Milk Milk, Soy, Wheat, Pork** Soy, Wheat None None None None Hone Milk None Milk Milk Milk Milk Milk Milk Milk		Mustard	
Sun Butter & Jelly Sandwich Side Salad None Sweet Golden Corn None Fresh Pear Ranch Dressing Grape Juice None 1% Milk Skim Milk Chocolate Milk Milk Milk Milk Milk	Wed	5/16/2018	
Side Salad Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Skim Milk Chocolate Milk None Milk Milk Milk Milk Milk Milk		Ham & Cheese Sub	Milk, Soy, Wheat, Pork**
Sweet Golden Corn Fresh Pear Ranch Dressing Grape Juice 1% Milk Skim Milk Chocolate Milk None Milk Milk Milk Milk		Sun Butter & Jelly Sandwich	Soy, Wheat
Fresh Pear Ranch Dressing Eggs, Milk Grape Juice None 1% Milk Skim Milk Chocolate Milk Milk Milk Milk Milk		Side Salad	None
Ranch Dressing Eggs, Milk Grape Juice None 1% Milk Skim Milk Chocolate Milk Milk Milk		Sweet Golden Corn	None
Grape Juice None 1% Milk Milk Skim Milk Chocolate Milk Milk		Fresh Pear	None
1% Milk Skim Milk Chocolate Milk Milk Milk		Ranch Dressing	Eggs, Milk
Skim Milk Chocolate Milk Milk		Grape Juice	None
Chocolate Milk Milk		1% Milk	Milk
		Skim Milk	Milk
Mayonnaise Egg		Chocolate Milk	Milk
		Mayonnaise	Egg
Mustard None		Mustard	

Thurs	5/17/2018	
	Turkey & Cheese Sub	Milk, Soy, Wheat
	Cheese Sandwich	Milk, Soy, Wheat
	Fresh Broccoli	None
	Fresh Baby Carrots	None
	Fresh Baby Carrots	None
	Fresh Apple	None
	Grape Juice	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
	Mayonnaise	Egg
	Mustard	None
Fri	5/18/2018	_
	Ham & Cheese Sub	Milk, Soy, Wheat, Pork**
	Sun Butter & Jelly Sandwich	Soy, Wheat
	Fresh Baby Carrots	None
	Fresh Baby Carrots	None
	Celery Sticks	None
	Dinner Roll	Soy, Wheat
	Peach Applesauce	None
	Fruit Juice	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
	Mayonnaise	Egg
	Mustard	None
Mon	5/21/2018	
	Turkey & Cheese Sub	Milk, Soy, Wheat
	Cheese Sandwich	Milk, Soy, Wheat
	Three Bean Salad	None
	Fresh Baby Carrots	None
	Fresh Baby Carrots	None
	Dinner Roll	Soy, Wheat
	Fresh Apple	None
	Apple Juice	None
	1% Milk	Milk
	Chocolate Milk	Milk
	Skim Milk	Milk
	Mayonnaise	Egg
	Mustard	None
Tues	5/22/2018	
	Ham & Cheese Sub	Milk, Soy, Wheat, Pork**
	Sun Butter & Jelly Sandwich	Soy, Wheat
	Sweet Golden Corn	None
	Fresh Baby Carrots	None

Ī	Fresh Baby Carrots	None
	Peach Mango Applesauce	None
	Orange Juice	None
	1% Milk	Milk
	Chocolate Milk	Milk
	Skim Milk	Milk
	Mayonnaise	
	Mustard	Egg None
Wed	5/23/2018	NOTIE
***	Turkey & Cheese Sub	Milk, Soy, Wheat
	Cheese Sandwich	Milk, Soy, Wheat
	Fresh Broccoli	None
	Fresh Celery Sticks	None
	Dinner Roll	Soy, Wheat
	Applesauce	None
	Grape Juice	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
	Mayonnaise	Egg
	Mustard	None
Thurs	5/24/2018	None
mars	Ham & Cheese Sub	Milk, Soy, Wheat, Pork**
	Sun Butter & Jelly Sandwich	Soy, Wheat
	Sweet Golden Corn	None
	Side Salad	None
	Fresh Orange	None
	Apple Juice	None
	Ranch Dressing	Eggs, Milk
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
	Mayonnaise	Egg
	Mustard	None
Fri	5/25/2018	•
	Turkey & Cheese Sub	Milk, Soy, Wheat
	Cheese Sandwich	Milk, Soy, Wheat
	Potato Salad	Egg, Soy
	Fresh Baby Carrots	None
	Fresh Baby Carrots	None
	Fresh Pear	None
	Fruit Juice	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
	Mayonnaise	Egg
	I '	00

	Mustard	None
Mon	5/28/2018	
	No School	
Tue	5/29/2018	
	PB &J Graham Bar	Peanut, Soy, Wheat
	Sweet Golden Corn	None
	Fresh Baby Carrots	None
	Fresh Baby Carrots	None
	Strawberry Applesauce	None
	Orange Juice	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
	Mayonnaise	Egg
	Mustard	None
Wed	5/30/2018	
	Ham & Cheese Sub	Milk, Soy, Wheat, Pork**
	Sun Butter & Jelly Sandwich	Soy, Wheat
	Sweet Golden Corn	None
	Fresh Baby Carrots	None
	Fresh Baby Carrots	None
	Grape Juice	None
	Craisins	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
	Mayonnaise	Egg
	Mustard	None
Thur	5/31/2018	
	Turkey & Cheese Sub	Milk, Soy, Wheat
	Cheese Sandwich	Milk, Soy, Wheat
	Sweet Golden Corn	None
	Celery Sticks	None
	Fresh Apple	None
	Grape Juice	None
	1% Milk	Milk
	Skim Milk	Milk
	Chocolate Milk	Milk
	Mayonnaise	Egg
	Mustard	None