

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 K-8

2 Cold Ent

11/01/2017-11/30/2017

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

**May Contain
**Contains Pork*

Wed 11/1/2017

SUB AP, Ham AM WG NoVegALPHA
SDW BD, SBJ WG 2.0 ALPHA
VEG: PEAS, Green Fz 1/4c
VEG: BROCCOLI, GFP IW 1/2c
FRUIT: ORANGE 138ct Whole 1/2c
MILK SS, 1% White 8oz
MILK SS, Skim 8oz
MILK SS, Skim Chocolate
COND PC Mayonnaise FF 12g
COND PC Mustard 6g

Milk, Soy, Wheat
Soy, Wheat
None
None
None
Milk
Milk
Milk
Egg
None

Thurs 11/2/2017

SUB AP, Tky AM WG NoVegALPHA
SDW BD, AM WG 2.0
VEG: SALAD, Side RomMix AP1/2c
Roll, DinnerWheatAP(Alpha)1ea
VEG: PEAS, Green Fz 1/2c
Fruit: Clementine GFP 1/2c
COND PC Drsg French Red FF 12g
MILK SS, 1% White 8oz
MILK SS, Skim 8oz

Milk, Soy, Wheat
Milk, Soy, Wheat
None
Soy, Wheat
None
None
None
None
Milk
Milk

	MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk Egg None
Fri	11/3/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: CARROTS, Coin 1/4c GFP IW FRUIT: APPLE, 138ct Whole 1c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat Egg, Soy None None Milk Milk Milk Egg None
Mon	11/6/2017	
	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 MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None Milk Milk Milk Egg None
Tues	11/7/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, Fz 1/2c VEG: TOMATOES, Cherry 1/4c FRUIT: FRUIT MIX w/Lt Syr 1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None Milk Milk Milk Egg None
Wed	11/8/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: PEAS, Green Fz 1/2c VEG: SALAD, Side RomMix AP1/2c Roll, DinnerWheatAP(Alpha)1ea FRUIT: PEARS 135 ct. COND PC Drsg Ranch BtrmlkFF12g	Milk, Soy, Wheat Milk, Soy, Wheat None None Soy, Wheat None Milk

	MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk Milk Milk Egg None
Thurs	11/9/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: CELERY, Sticks AP 1/4c FRUIT: CUP SS, Applesc Mixed B MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat Egg, Soy None None Milk Milk Milk Egg None
Fri	11/10/2017	
	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 FRUIT: APPLE, 138ct Whole 1c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None None None Milk Milk Milk Egg None
Mon	11/13/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: TOMATOES, Cherry 1/4c VEG: CORN, Fz 1/2c FRUIT: FRUIT MIX w/Lt Syr 1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None Milk Milk Milk Egg None None
Tues	11/14/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: PEAS, Green Fz 1/2c VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW	Milk, Soy, Wheat Milk, Soy, Wheat None None None

	FRUIT: CUP SS, Applesc 1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	None Milk Milk Milk Egg None
Wed	11/15/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: CELERY, Sticks AP 1/4c FRUIT: APPLE, Slcd IW 2oz MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat Egg, Soy None None Milk Milk Milk Egg None
Thurs	11/16/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Bean Three 3/4 c Roll, DinnerWheatAP(Alpha)1ea VEG: BROCCOLI, GFP IW 1/2c FRUIT: APPLE, 138ct Whole 1c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None Milk Milk Milk Egg None
Fri	11/17/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Side RomMix AP1/2c Roll, DinnerWheatAP(Alpha)1ea VEG: PEAS, Green Fz 1/2c FRUIT: ORANGE 138ct Whole 1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g COND PC Drsg French Red FF 12g	Milk, Soy, Wheat Soy, Wheat None Soy, Wheat None None Milk Milk Milk Egg None None
Mon	11/20/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: PEAS, Green Fz 1/2c	Milk, Soy, Wheat Soy, Wheat None

	VEG: CARROTS, Baby 1/4c GFP IW FRUIT: CUP SS, Applesc Cin1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	None None Milk Milk Milk Egg None
Tues	11/21/2017	
	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, Coin 1/4c GFP IW JUICE SS, Frt Bld 100% 4oz Crt MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None Milk Milk Milk Egg None
Wed	11/22/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Side RomMix AP1/2c Roll, DinnerWheatAP(Alpha)1ea VEG: SALAD, Potato AP 1/2c FRUIT: PEARS 135 ct. COND PC Drsg Italian FF 12g MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None Soy, Wheat Egg, Soy None None Milk Milk Milk Egg None
Mon	11/27/2017	
	SDW GRAH, PBJ GrpHFCSFreeAPWG1 VEG: PEAS, Green Fz 1/2c VEG: CARROTS, Baby 1/4c GFP IW FRUIT: CUP SS, Applesc PeachMa MILK SS, 1% White 8oz MILK SS, Skim Chocolate MILK SS, Skim 8oz COND PC Mayonnaise FF 12g COND PC Mustard 6g	Peanut, Soy, Wheat None None None Milk Milk Milk Egg None
Tues	11/28/2017	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, Fz 1/2c	Milk, Soy, Wheat Soy, Wheat None

	VEG: CARROTS, Coin 1/4c GFP IW FRUIT: APPLE, 138ct Whole 1c MILK SS, 1% White 8oz MILK SS, Skim Chocolate MILK SS, Skim 8oz COND PC Mayonnaise FF 12g COND PC Mustard 6g	None None Milk Milk Milk Egg None
Wed	11/29/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: BROCCOLI, GFP IW 1/2c VEG: PEAS, Green Fz 1/4c FRUIT: ORANGE 138ct Whole 1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None None None Milk Milk Milk Egg None
Thurs	11/30/2017	
	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: APPLE, 138ct Whole 1c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None Soy, Wheat None None Milk Milk Milk Egg None

