

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

08/07/2017-09/29/2017

<i>Top 8 Allergens: Milk, egg, fish, shellfish, tree nut, peanut, wheat, soy</i>	<i>*May Contain **Contains Pork</i>
Mon 10/2/2017	
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 10/3/2017	
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	Milk, Soy, Wheat Soy, Wheat None None None Milk Milk Milk Egg

	COND PC Mustard 6g	None
Wed	10/4/2017	
	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: SALAD, Side RomMix AP1/2c	None
	Roll, DinnerWheatAP(Alpha)1ea	Soy, Wheat
	FRUIT: PEARS 135 ct.	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 FF 12g	Egg
	COND PC Mustard 6g	None
Thurs	10/5/2017	
	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 1/4c	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 FF 12g	Egg
	COND PC Mustard 6g	None
Fri	10/6/2017	
	SUB AP, Tky AM WG NoVegALPHA	Milk, Soy, Wheat
	SDW BD, AM WG 2.0	Milk, Soy, Wheat
	VEG: BROCCOLI, GFP IW 1/2c	None
	VEG: CARROTS, Coin 1/4c GFP IW	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 FF 12g	Egg
	COND PC Mustard 6g	None
Mon	10/9/2017	
	SUB AP, Ham AM WG NoVegALPHA	Milk, Soy, Wheat
	SDW BD, SBJ WG 2.0 ALPHA	Soy, Wheat
	VEG: TOMATOES, Cherry 1/4c	None
	VEG: CORN, Fz 1/2c	None
	FRUIT: FRUIT MIX w/Lt Syr 1/2c	None
	MILK SS, 1% White 8oz	Milk
	MILK SS, Skim 8oz	Milk
	MILK SS, Skim Chocolate	Milk

	COND PC Mayonnaise FF 12g COND PC Mustard 6g	Egg None
Tues	10/10/2017	
	SDW GRAH, PBJ GrpHFCSFreeAPWG1 VEG: PEAS, Green Fz 1/2c VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW 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	Peanut, Soy, Wheat None None None None Milk Milk Milk Egg None
Wed	10/11/2017	
	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	10/12/2017	
	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	10/13/2017	
	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	Milk, Soy, Wheat Soy, Wheat None Soy, Wheat None None Milk Milk Milk

	COND PC Mayonnaise FF 12g COND PC Mustard 6g COND PC Drsg French Red FF 12g	Egg None None
Mon	10/16/2017	
	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 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	Milk, Soy, Wheat Soy, Wheat None None None Milk Milk Milk Egg None
Tues	10/17/2017	
	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	10/18/2017	
	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
Thurs	10/19/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: BROCCOLI, GFP IW 1/2c VEG: TOMATOES, Cherry 1/4c FRUIT: APPLE, 138ct Whole 1c MILK SS, 1% White 8oz	Milk, Soy, Wheat Milk, Soy, Wheat None None None Milk

	MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk Milk Egg None
Fri	10/20/2017	
	SUB AP, Ham AM WG NoVegALPHA 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 1/4c 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 Soy, Wheat None None None None Milk Milk Milk Egg None
Mon	10/23/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: CORN, Fz 1/2c 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	Milk, Soy, Wheat Milk, Soy, Wheat None None None Milk Milk Milk Egg None
Tues	10/24/2017	
	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 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	Milk, Soy, Wheat Soy, Wheat None None None Milk Milk Milk Egg None
Wed	10/25/2017	
	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, Soy, Wheat Milk, Soy, Wheat None None None Milk Milk

	MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk Egg None
Thurs	10/26/2017	
	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
Fri	10/27/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Potato AP 1/2c VEG: SALAD, Side RomMix AP1/2c Roll, DinnerWheatAP(Alpha)1ea 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 FF 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat Egg, Soy None Soy, Wheat None None Milk Milk Milk Egg None
Mon	10/30/2017	
	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: CRAISINS, SS Origin1.16 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
Tues	10/31/2017	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: CORN, Fz 1/2c VEG: CARROTS, Baby 1/4c GFP IW FRUIT: CUP SS, Applesc STW1/2c	Milk, Soy, Wheat Milk, Soy, Wheat None None None

MILK SS, 1% White 8oz

Milk

MILK SS, Skim 8oz

Milk

MILK SS, Skim Chocolate

Milk

COND PC Mayonnaise FF 12g

Egg

COND PC Mustard 6g

None