

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

3/1/2018-3/30/2018

<i>Top 8 Allergens: Milk, egg, fish, shellfish, tree nut, peanut, wheat, soy</i>	<i>*May Contain **Contains Pork</i>
Thurs 3/1/2018	
SUB AP, Tky AM WG NoVegALPHA	Milk, Soy, Wheat
SDW BD, AM WG 2.0	Milk, 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
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 3/2/2018	
SDW BD, AM WG 2.0	Milk, Soy, Wheat
SDW BD, SBJ WG 2.0 ALPHA	Soy, Wheat
VEG: SALAD, Side RomMix AP1/2c	None
Roll, DinnerWheatAP(Alpha)1ea	Soy, Wheat
VEG: CORN, Fz 1/2c	None
FRUIT: ORANGE 138ct Whole 1/2c	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
	COND PC Drsg French Red FF 12g	None
Mon	3/5/2018	
	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
	FRUIT: CUP SS, Applesc Cin1/2c	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
Tues	3/6/2018	
	SUB AP, Tky AM WG NoVegALPHA	Milk, Soy, Wheat
	SDW BD, AM WG 2.0	Milk, Soy, Wheat
	VEG: SALAD, Bean Three 3/4 c	None
	Roll, DinnerWheatAP(Alpha)1ea	Soy, Wheat
	VEG: CARROTS, Baby 1/4c GFP IW	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 FF 12g	Egg
	COND PC Mustard 6g	None
Wed	3/7/2018	
	SUB AP, Ham AM WG NoVegALPHA	Milk, Soy, Wheat
	SDW BD, SBJ WG 2.0 ALPHA	Soy, Wheat
	VEG: SALAD, Side RomMix AP1/2c	None
	Roll, DinnerWheatAP(Alpha)1ea	Soy, Wheat
	VEG: SALAD, Potato AP 1/2c	Egg, Soy
	FRUIT: PEARS 135 ct.	None
	COND PC Drsg Italian FF 12g	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
Thurs	3/8/2018	
	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: 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	None None Milk Milk Milk Egg None
Fri	3/9/2018	
	SDW BD, AM WG 2.0 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	3/12/2018	
	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: 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	3/13/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, 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	3/14/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: BROCCOLI, GFP IW 1/2c	Milk, Soy, Wheat Milk, Soy, Wheat None

VEG: CORN, 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	None None Milk Milk Milk Egg None
Thurs 3/15/2018	
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 3/16/2018	
SDW BD, SBJ WG 2.0 ALPHA 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	Soy, Wheat Milk, Soy, Wheat Egg, Soy None Soy, Wheat None None Milk Milk Milk Egg None
Mon 3/19/2018	
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 3/20/2018	
SUB AP, Tky AM WG NoVegALPHA	Milk, Soy, Wheat

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 SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise FF 12g COND PC Mustard 6g	Milk, Soy, Wheat None None None Milk Milk Milk Egg None
Wed 3/21/2018	
SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, 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 3/22/2018	
SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Side RomMix AP1/2c Roll, DinnerWheatAP(Alpha)1ea VEG: CORN, Fz 1/2c FRUIT: APPLE, 138ct Whole 1c 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 None Soy, Wheat None None None Milk Milk Milk Egg None
Fri 3/23/2018	
SDW BD, AM WG 2.0 SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: CARROTS, Baby 1/4c GFP IW Fruit: Clementine GFP 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 Egg, Soy None None Milk Milk Milk Egg None
Mon 3/26/2018	
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: 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 None Soy, Wheat None None Milk Milk Milk Egg None
Tues 3/27/2018	
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 3/28/2018	
SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: CORN, Fz 1/2c VEG: SALAD, Side RomMix AP1/2c Roll, DinnerWheatAP(Alpha)1ea FRUIT: PEARS 135 ct. COND PC Drsg Ranch BtrmlkFF12g 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 Soy, Wheat None Milk Milk Milk Milk Egg None
Thurs 3/29/2018	
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 3/30/2018	

SDW BD, SBJ WG 2.0 ALPHA	Soy, Wheat
SDW BD, AM WG 2.0	Milk, Soy, Wheat
VEG: BROCCOLI, GFP IW 1/2c	None
VEG: CARROTS, Baby 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