



Dietitian Ratings:

Go!

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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
<b>ENTRÉES - HOT</b>											
Baked Potato	Russet Potato	Russet Potato	Milk, Cheese, Butter							GF	
	Shredded 50/50 Blend: Cheddar Cheese & Monterey Jack Cheese	Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt & Enzymes), Potato Starch & Powdered Cellulose added to prevent caking. Natamycin (mould inhibitor)									
	Butter Patty	Pasteurized Cream (MILK), Salt- gluten free product									
Baked Ziti (V)	White Wheat Penne Pasta	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.	Milk, Cheese, Butter	(Facility)		Wheat					
	Mozzarella Cheese	Pasteurized milk, cheese cultures, salt, enzymes and powdered cellulose added to prevent caking.									
	Marinara	Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, seasonings, onions, sugar and naturally derived citric acid.									
	Seasonings added to Marinara										
BBQ Chicken Legs/ Bites	Chicken, Fresh	Water, tomato paste, brown sugar, distilled vinegar, salt, modified corn starch, ground mustard seed, caramel color, natural hickory smoke flavor, garlic powder, black pepper, cayenne pepper, cumin, oregano. Fat free, Trans fat free, Gluten free.								GF	
	BBQ Sauce										
	White Rice	Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid.									
BBQ Chicken Sandwich	Chicken Breast cut into strips	Water, tomato paste, brown sugar, distilled vinegar, salt, modified corn starch, ground mustard seed, caramel color, natural hickory smoke flavor, garlic powder, black pepper, cayenne pepper, cumin, oregano. Fat free, Trans fat free, Gluten free.			soy	wheat					
	BBQ Sauce										
	Whole Grain Hamburger Bun	Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Soybean oil, Yeast, Wheat Gluten, Salt, Emulsifier, Enzymes, Calcium Propionate, Monoglyceride, Calcium Carbonate, Microcrystalline Cellulose, Cornstarch.									
BBQ Meatballs and Mashed Potatoes	Meatballs	Beef, Mechanically Separated Chicken, Water, Eggs, Textured Soy Protein Concentrate (soy protein concentrate, caramel color), Contains 2% of less of the following: Oregano, dehydrated onions, spices, flavorings, bread crumbs, (wheat flour), corn syrup solids, soy protein concentrate, textured soy flour, salt, sodium phosphate.			soy sauce	wheat					
	BBQ Sauce	Water, tomato paste, brown sugar, distilled vinegar, salt, modified corn starch, ground mustard seed, caramel color, natural hickory smoke flavor, garlic powder, black pepper, cayenne pepper, cumin, oregano. Fat free, Trans fat free, Gluten free.									
	Mashed Potatoes	Potatoes, Maltodextrin, contains less than 2% of : sunflower oil, mono and diglycerides, artificial color, natural and artificial flavors, sodium bisulfite and BHT(preserves freshness).									
Bean, Cheese & Rice Burrito (V)	White Rice	Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid.	Cheese		Soy Oil/ soy	Flour					
	Black Beans	Black beans, water, salt, ferrous gluconate (to promote color retention) and calcium chloride.									
	Refried Beans	Cooked beans, water, less than 2% of: salt, canola oil, chili pepper, onion powder, spices and garlic powder. May contain soy									
	Salsa, Medium	Crushed tomatoes, water, fresh jalapeno peppers, diced tomatoes in tomato juice, fresh onions, distilled vinegar, dehydrated onions, salt, garlic, natural flavor.									
	Shredded 50/50 Blend: Cheddar Cheese & Monterey Jack Cheese	Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt & Enzymes), Potato Starch & Powdered Cellulose added to prevent caking. Natamycin (mould inhibitor)									
	White Wheat Flour Tortilla	Whole Wheat Flour, Margarine, Water, Salt, Baking Powder, Calcium, Vegetable Oil, Propionate (a preservative) No Lard.									



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
Bean Cheese Flauta (V)	<p>Refried Beans</p> <p>White Wheat Flour Tortilla</p> <p>Shredded 50/50 Blend: Cheddar Cheese &amp; Monterey Jack Cheese</p> <p>Mexican rice (No rice with family portion)</p>	<p>Cooked beans, water, less than 2% of: salt, canola oil, chili pepper, onion powder, spices and garlic powder. May contain soy</p> <p>Whole Wheat Flour, Margarine, Water, Salt, Baking Powder, Calcium, Vegetable Oil, Propionate (a preservative) No Lard.</p> <p>Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes &amp; Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt &amp; Enzymes), Potato Starch &amp; Powdered Cellulose added to prevent caking. Natamycin (mould inhibitor)</p>	cheese		soy	wheat					



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Bean Cheese Burrito (Family)	Refried Beans	Cooked beans, water, less than 2% of: salt, canola oil, chili pepper, onion powder, spices and garlic powder. May contain soy	cheese		soy	wheat					
	White Wheat Flour Tortilla	Whole Wheat Flour, Margarine, Water, Salt, Baking Powder, Calcium, Vegetable Oil, Propionate (a preservative) No Lard.									
	Cheddar Cheese	Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)									
Beef Hamburger	Hamburger	Ground beef (not more than 30% fat), water, textured vegetable protein product [soy protein concentrate, caramel color, zinc oxide, niacinamide ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), cyanocobalamin (B12)], salt, sodium phosphates.			Soy Flour, Protein, Soy	Wheat					
	Whole Grain Hamburger Bun	Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Soybean oil, Yeast, Wheat Gluten, Salt, Emulsifier, Enzymes, Calcium Propionate, Monoglyceride, Calcium Carbonate, Microcrystalline Cellulose, Cornstarch.									
Beef Enchilada Casserole (Family & Packaged)	Ground Beef	Ground beef (not more than 20% fat).									
	Olive/Canola Oil Blend	Canola Oil with up to 25% extra virgin olive oil									
	Onions										
	Green Bell Peppers										
	Seasonings	Black Pepper, Salt, Granulated Garlic, minced garlic.									
	Yellow Corn										
	Shredded 50/50 Blend: Cheddar Cheese & Monterey Jack Cheese	Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt & Enzymes), Potato Starch & Powdered Cellulose added to prevent caking. Natamycin (mould inhibitor)	Cheese, Butter		Soy Oil					GF	
	Rice	Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid.									
	Tomato Sauce	Tomato, salt, onion powder, garlic powder, natural flavors and spices									
	Corn Tortillas	Corn, water, lime, propionic acid, phosphoric, methyl paraben dextrose									
	Homemade Green Chile Sauce	Crushed tomatillos (tomatillos, citric acid), Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate (anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Onion, Water, Minced Garlic, Oil, Butter, Salt, Cumin, Black Pepper.									
Beef Hot Dog (H)	Beef Hot Dog	Beef, Water, Contains 2% Or Less Of Salt, Corn Syrup, Flavorings, Dextrose, Sodium Phosphate, Paprika, Sodium Diacetate, Sodium Erythorbate, And Sodium Nitrite.									
	Hot Dog Bun	Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Soybean oil, Wheat Gluten, Yeast, Salt, Monoglyceride, Emulsifier, Enzymes, Calcium Propionate, Calcium Carbonate, Microcrystalline Cellulose, Cornstarch.			Soy Oil	Wheat					Nitrites
Beef Taco Bowl	Ground Beef 80/20	Ground beef (not more than 20% fat).									
	Black Beans	Black beans, water, salt, ferrous gluconate (to promote color retention) and calcium chloride.									
	Salsa, Medium	Crushed tomatoes, water, fresh jalapeno peppers, diced tomatoes in tomato juice, fresh onions, distilled vinegar, dehydrated onions, salt, garlic, natural flavor.									
	Yellow Corn										
	Onion										
	Minced Garlic										
	Cilantro										
	Seasonings	Salt, Pepper, Cumin, Oregano, Chili Powder									
	Tortilla chips										
	Mexican rice										



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Broccoli Cheese soup	Melted Cheese	Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey, Milk protein concentrate, Milkfat, Whey protein concentrate, sodium phosphate, calcium phosphate, salt, sodium alginate, lactic acid, sorbic acid as a preservative, apocarotenal (color), annatto (color)	milk, cheese								
	Cream Of Celery Soup	Water, Celery, Vegetable Oil (Corn, Canola, And/Or Soybean), Modified Cornstarch, Wheat Flour, Contains Less Than 2% Of: Cream, Salt, Whey, Soy Protein Concentrate, Monosodium Glutamate, Yeast Extract, Beta Carotene For Color, Natural Flavoring, Onion Extract. Contains: Wheat, Milk, Soy									
Chicken Fajita Bowl	Chicken Fajita Seasoning	Boneless Skinless Chicken Breast Taco Seasoning (Spices (including paprika, cumin oregano, chili pepper), Onion, salt, lactose, sugar, garlic, enriched wheat flour (flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), Cocoa Powder (processed with alkali and natural flavor)) Salt, Black Pepper, Granulated Garlic	Lactose		Soy Oil	Flour					
	Onion Yellow Bell Peppers Red Bell Peppers Homemade Base	Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Garlic, black pepper, Chili powder, onion powder									
Chicken Fried Rice	Chicken White Rice	Boneless Skinless Chicken Breast Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid.		Fresh Eggs	Soybeans	Wheat					
	Peas, butter Carrots Eggs Soy Sauce, Low Sodium	Water, wheat, soybeans, salt, lactic acid, sodium benzoate (less than 1/10 of 1% as a preservative).									
Chicken Fingers	Chicken Fingers	chicken breasts with rib meat, water, vegetable protein product isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, viatrin a palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, salt, sodium phosphates, garlic powder, spice, soybean oil. Breded with enriched bleached wheat and enriched durum flour enriched with niacin, ferrous sulfate, thiamine mononitrate, sodium acid pyrophosphate, sodium bicarbonate, dextrose, extractives of paprika, cullulose gum sodium carboxymethylcellulose, natural flavor, sodium alginate.			Soy Protein	wheat					
Chicken Noodle Soup	Chicken Celery Onion Carrots Cream of Chicken Soup, (Healthy Request <sup>R</sup> )	Water, chicken stock, modified food starch, chicken meat, cream (milk), contains less than 2% of: wheat flour, vegetable oil, carrot juice concentrtrate, water, soy protein concentrate, salt, potassium chloride, flavoring, dehydrated mechanically seperated chicken, chicken fat, turmeric for color, yeast extract, disodium inosinate, disodium guanylate, soy protein isolate, sodium phosphate, spice, celery extract, dehydrated chicken, onion extract, mixed triglycerides	Cream	Eggs	Soy Protein	Wheat Flour					
	Homemade Base	Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Garlic, black pepper, Chili powder, onion powder									
	Flat Egg Noodles Water	Semolina, enriched with ferrous sulfate (iron) and B vitamins(Niacin, thiamine mononitrate, riboflavin, folic acid), egg whites.									



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Chicken Nuggets	Chicken Nugget	Chicken, water, whole wheat flour, textured soy protein concentrate, isolated soy protein, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breeding set in vegetable oil. CONTAINS soy, wheat			Soy	Wheat Flour					Baked at CaterTots
Chicken Quesadilla Roll Ups	Chicken Cream of Chicken Soup, (Healthy Request <sup>R</sup> )  Sour Cream Shredded 50/50 Blend: Cheddar Cheese & Monterey Jack Cheese White Wheat Flour Tortilla	Boneless Skinless Chicken Breast Water, chicken stock, modified food starch, chicken meat, cream (milk), contains less than 2% of: wheat flour, vegetable oil, carrot juice concentrate, water, soy protein concentrate, salt, potassium chloride, flavoring, dehydrated mechanically separated chicken, chicken fat, turmeric for color, yeast extract, disodium inosinate, disodium guanylate, soy protein isolate, sodium phosphate, spice, celery extract, dehydrated chicken, onion extract, mixed triglycerides  Grade A Milk, Cultured Cream Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt & Enzymes), Potato Starch & Powdered Cellulose added to prevent caking. Natamycin (mould inhibitor) Whole Wheat Flour, Margarine, Water, Salt, Baking Powder, Calcium, Vegetable Oil, Propionate (a preservative) No Lard.	milk, cheese		soy	Wheat					
Chicken and Rice Casserole	Chicken Cream of Chicken Soup, (Healthy Request <sup>R</sup> )  Cream of Mushroom Soup, (Healthy Request <sup>R</sup> )  Celery Rice Milk Water Seasonings Grated Parmesean Cheese	Boneless Skinless Chicken Breast Water, chicken stock, modified food starch, chicken meat, cream (milk), contains less than 2% of: wheat flour, vegetable oil, carrot juice concentrate, water, soy protein concentrate, salt, potassium chloride, flavoring, dehydrated mechanically separated chicken, chicken fat, turmeric for color, yeast extract, disodium inosinate, disodium guanylate, soy protein isolate, sodium phosphate, spice, celery extract, dehydrated chicken, onion extract, mixed triglycerides  Water, Mushrooms, modified food starch, wheat flour, contains less than 2% of: vegetable oil (corn, canola, and/or soybean), sugar, soy protein concentrate, cream (milk), salt, potassium chloride, lower sodium natural sea salt, flavoring, calcium, carbonate, disodium inosinate, disodium guanylate, dehydrated mushrooms, garlic extract.  Fresh Celery White - Parboiled Rice 1% Milk  Onion Powder, Garlic Powder, Pepper Part skim milk, cheese cultures, salt, enzymes.	milk, cheese		soy	Wheat					
Chicken Tenders	Chicken Strips	Portioned chicken tenders with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock, carrot, onion, flavors, carrot powder & garlic powder], sodium phosphates, salt, modified food starch. Breaded with wheat flour, water, bleached wheat flour, salt, wheat fluten, sugar, leavening sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate, yeast extract, yellow corn flour, onion powder, dextrose, garlic powder, yeast, spice, extractives of paprika, annatto, and turmeric, disodium inosinate and disodium inosinate and disodium guanylate. breeding set in vegetable oil.				Wheat Flour					
Chicken Taco Bowl	Chicken, Diced Salsa, Medium  Shredded 50/50 Blend: Cheddar Cheese & Monterey Jack Cheese  Minced Garlic Canola/Olive Oil Blend Seasonings	Boneless Skinless Chicken Breast Crushed tomatoes, water, fresh jalapeno peppers, diced tomatoes in tomato juice, fresh onions, distilled vinegar, dehydrated onions, salt, garlic, natural flavor.  Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt & Enzymes), Potato Starch & Powdered Cellulose added to prevent caking. Natamycin (mould inhibitor)  Cumin, Oregano, Chili Powder, Salt and Pepper								GF	



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	White rice Green Onions Cilantro Lime Rice										
<b>Minced Chicken with MP &amp; Peas</b>	Ground Chicken	Chicken Breast - Ground									
<b>Ground Chicken Saute(FAMILY)</b>	Minced Garlic Onions, Chopped Potatoes, Peeled & Cubbed Seasonings Tomatoes Crushed (can) Tomatoes Puree	Tumeric, Fine Chilis, Ginger (dry), Cumin Sliced Tomatoes, Tomato Juice, Sugar, Salt, Dehydrated Onions, Dehydrated Celery, Dehydrated Bell Peppers, Spices, Calcium Chloride, Citric Acid And Natural Flavors. Tomato Paste, Less than 2% of. Spices, natural flavors, citric acid.								GF	



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Chow Mein (V)	White Wheat Spaghetti Pasta (Barilla)	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Canola/Olive Oil Blend Minced Garlic Celery Cabbage Shredded Carrots Green Onions Soy Sauce, Low Sodium  Sugar Sesame Oil Salt Ground Fresh Ginger	Water, wheat, soybeans, salt, lactic acid, sodium benzoate (less than 1/10 of 1% as a preservative).		EGG	SOYBEANS	WHEAT					Sesame Oil
Crispy Chicken Sandwich	Chicken Patties	chicken, water, isolated soy protein, salt, sodium phosphates, breaded with: whole wheat flour, water, enriched wheat flour, dextrose, spices, garlic powder, Mustard, paprika and annatto extracts, breading set in vegetable oil.									
	Whole Grain Hamburger Bun	Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Soybean oil, Yeast, Wheat Gluten, Salt, Emulsifier, Enzymes, Calcium Propionate, Monoglyceride, Calcium Carbonate, Microcrystalline Cellulose, Cornstarch.			soy	wheat					
Hawaiian Meatballs	Meatballs	Beef, Mechanically Separated Chicken, Water, Eggs, Textured Soy Protein Concentrate (soy protein concentrate, caramel color), Contains 2% of less of the following: Oregano, dehydrated onions, spices, flavorings, bread crumbs, (wheat flour), corn syrup solids, soy protein concentrate, textured soy flour, salt, sodium phosphate.									
	Rice										
	Pineapple Juice, 100%										
	Grape Jelly	Corn syrup, high fructose corn syrup, water, concentrated grape juice, sugar, citric acid, sodium benzoate (preservative)		Eggs	Soy	Wheat					HFCS
	Tomato Sauce	Tomato, salt, onion powder, garlic powder, natural flavors and spices									
	Corn Starch										
	Worcestershire Sauce	Water, high fructose corn syrup, corn syrup, Molasses, Salt, Vinegar, caramel color, hydrolyzed soy protein, wheat flour, natural flavor, Guar Gum, and benzoate of soda									
Homemade Vegetable Soup (V)	Fresh Vegetables	Chef's choice.									
	Vegetable Base	Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid									
	Marinara	Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, seasonings, onions, sugar and naturally derived citric acid.								GF	
	Garlic Salt Pepper Granulated Garlic										



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Italian Chicken Bowl	Chicken, Fresh, Roasted and Cut										
	Garlic										
	Olive/Canola Oil Blend										
	Homemade Base	Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Garlic, black pepper, Chili powder, onion powder									
	Lemon Juice		Lactose		Soy Oil	Wheat				GF	
	Dried Italian Seasoning										
	Onion										
	Black Olives (None for Preschool)										
	Italian Parsley										
	Brown Rice	Parboiled Long Grain Brown rice enriched with iron, niacin, thiamine, and folate.									
Carrots											





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Korean Ground Beef & Rice Bowls	Ground Beef Garlic Cloves Brown Sugar Soy Sauce, Low Sodium	Ground beef (not more than 20% fat).  Water, wheat, soybeans, salt, lactic acid, sodium benzoate: less than 1/10 of 1% as a preservative.			Soybeans	Wheat					Sesame oil
	Sesame Oil Ground Ginger Crushed Red Pepper Flakes Pepper Green Onions	Fresh									
Meatballs in Gravy with Mashed Potatoes	Meatballs	Beef, Mechanically Separated Chicken, Water, Eggs, Textured Soy Protein Concentrate (soy protein concentrate, caramel color), Contains 2% of less of the following: Oregano, dehydrated onions, spices, flavorings, bread crumbs, (wheat flour), corn syrup solids, soy protein concentrate, textured soy flour, salt, sodium phosphate.									
	Brown Gravy	Food Starch-Modified, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm Oil, Sea Salt, Maltodextrin, Color Added, Corn Syrup solids, sugar, onion, natural flavors, contains less than 2% garlic, soybean oil, sodium caseinate, yeast extract, lactic acid, dipotassium phosphate, monoglycerides, succinic acid, gum acacia, gum arabic, disodium guanylate, disodium inosinate.	milk		soy	wheat					
	Mashed Potatoes	Potatoes, Maltodextrin, contains less than 2% of : sunflower oil, mono and diglycerides, artificial color, natural and artificial flavors, sodium bisulfite and BHT(preserves freshness).									
Meatballs in Marinara	Meatballs	Beef, Mechanically Separated Chicken, Water, Eggs, Textured Soy Protein Concentrate (soy protein concentrate, caramel color), Contains 2% of less of the following: Oregano, dehydrated onions, spices, flavorings, bread crumbs, (wheat flour), corn syrup solids, soy protein concentrate, textured soy flour, salt, sodium phosphate.	Cheese	Egg	Soy Protein	Wheat Flour					
	Marinara	Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, seasonings, onions, sugar and naturally derived citric acid.									
Italian Meatball Soup	Meatballs	Beef, Mechanically Separated Chicken, Water, Eggs, Textured Soy Protein Concentrate (soy protein concentrate, caramel color), Contains 2% of less of the following: Oregano, dehydrated onions, spices, flavorings, bread crumbs, (wheat flour), corn syrup solids, soy protein concentrate, textured soy flour, salt, sodium phosphate.									
	Shell Pasta - Small	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Vegetable Base	Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid	Cheese	Egg	Soy Protein	Wheat Flour					
	Marinara	Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, seasonings, onions, sugar and naturally derived citric acid.									
	Italian Seasoning Salt & Pepper										
Meatball Sub	Meatballs	Beef, Mechanically Separated Chicken, Water, Eggs, Textured Soy Protein Concentrate (soy protein concentrate, caramel color), Contains 2% of less of the following: Oregano, dehydrated onions, spices, flavorings, bread crumbs, (wheat flour), corn syrup solids, soy protein concentrate, textured soy flour, salt, sodium phosphate.									
	Marinara	Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, seasonings, onions, sugar and naturally derived citric acid.	Cheese	Egg	Soy Protein	Wheat					May Contain Sesame Seeds
	Whole Grain Wheat Sub Roll	Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Wheat Gluten, Soybean oil, Yeast, Salt, Enzymes, Emulsifier, Calcium Propionate, Monoglyceride, Calcium Carbonate.									
Mexican Picadillo served with Pita Round, 4"	Ground Beef Potatoes, diced	Ground beef (not more than 20% fat).									



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
	Vegetable/Canola Oil Salt Onion Red Bell Pepper Garlic, Minced pepper cumin cilantro tomatoes Pita Bread	Canola Oil with upto 25% extra virgin olive oil									
	Homemade Base	Enriched wheat flour (wheat, barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) - Water. Contains 2% or less of vital wheat gluten, yeast, salt, sugar, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonates, monocalcium phosphate) sodium stearoyl lactylate, calcium propionate and potassium sorbate (preservatives)				Wheat					
		Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Garlic, black pepper, Chili powder, onion powder									



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
Lasagna Cheese Rollups, Whole Grain	Low Fat Ricotta Cheese	Skim milk, water, modified food starch, milk fat, milk protein concentrate, xanthan gum, carrageenan gum and acetic acid.									
	Low Moisture Part Skim Mozzarella Cheese	Cultured part skim milk, salt, enzymes.									
	Romano Cheese	Made from cow's milk, cultured milk, salt, enzymes.									
	Eggs										
	Parmesan Cheese	Part skim milk, cheese cultures, salt, enzymes.									
	Asiago Cheese	Cultured milk, salt, enzymes.									
	Pasta	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.	Ricotta, Cheese, milk	Eggs		Wheat					
	Marinara	Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, seasonings, onions, sugar and naturally derived citric acid.									
Mac & Beef (Chili Mac)	Ground Beef	Ground beef (not more than 20% fat).									
	Diced Onions										
	Chili Powder										
	Sugar										
	Homemade Base	Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Garlic, black pepper, Chili powder, onion powder									
	Salt										
	Pepper	Tomato concentrate (water & tomato paste), Corn Syrup, Vinegar, Salt, Onion Powder, Spice, Natural Flavoring.									
	Ketchup										
	Brown Sugar										
	Elbow Macaroni	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
Macaroni & Cheese (V)	Macaroni & Cheese (V)	Blanched Macaroni Product (Water, Semolina, Egg Whites), Skim Milk, Water, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes, Annatto Color), Cheddar Club Cheese (Cheddar Cheese [Cultured Milk, Salt, Enzymes], Water, Salt, Annatto Color), Soybean Oil, 2% Or Less Of Bleached Wheat Flour, Modified Cornstarch, Sea Salt, Potassium Chloride, Whey, Mono- & Diglycerides, Whey Protein Concentrate, Lactic Acid Blend (Lactic Acid, Calcium Lactate). Contains: Milk, Wheat, Egg Ingredients.	Cheese, Milk	Egg	Soy Oil	Wheat, Wheat Gluten					
Mini Chicken Corn Dogs	Mini Chicken Corn Dogs	Frank - Mechanically separated chicken, water, salt, contains 2% or less or corn syrup solids, Potassium Lactate, spices, sodium phosphate, sodium diacetate, flavorings, sodium erythorbate, sodium nitrite. Batter: Water, Enriched Flour (Wheat Flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, yellow corn flour, enriched degermed yellow corn meal (yellow corn meal, niacin, iron, thiamine, mononitrate, riboflavin, folic acid) Contains 2% or less of soy flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), soybean oil, salt, egg yolk, potato flour, dried honey, egg white, artificial flavor. Breeding - Enriched wheat flour and enriched degermed yellow corn meal (both enriched with niacin, iron, thiamine, mononitrate, riboflavin, folic acid). sucar. modified corn starch. contains 2% or	milk	egg	soy	wheat					



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
Monterey Chicken Casserole	White Wheat Spaghetti Pasta (Barilla)	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Chicken, Diced Sour Cream Cream of Chicken Soup, (Healthy Request <sup>R</sup> )	Boneless Skinless Chicken Breast Grade A Milk, Cultured Cream Water, chicken stock, modified food starch, chicken meat, cream (milk), contains less than 2% of: wheat flour, vegetable oil, carrot juice concentrate, water, soy protein concentrate, salt, potassium chloride, flavoring, dehydrated mechanically seperated chicken, chicken fat, turmeric for color, yeast extract, disodium inosinate, disodium guanylate, soy protein isolate, sodium phosphate, spice, celery extract, dehydrated chicken, onion extract, mixed triglycerides	MILK	EGG	SOY	WHEAT					
	Fresh Spinach Feather Shredded monterey Jack Cheese Garlic Cloves	Pasteurized Milk, Cheese Cultures, Salt, enzymes, powdered cellulose (to prevent caking). Contains: Milk									
Pasta w/Meat Sauce	Ground Beef	Ground beef (not more than 20% fat).									
	Homemade Base	Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Garlic, black pepper, Chili powder, onion powder									
	Pasta	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.		(Facility)		Wheat					
	Marinara	Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, seasonings, onions, sugar and naturally derived citric acid.									
Pasta & Marinara (V)	Pasta	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Marinara	Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, seasonings, onions, sugar and naturally derived citric acid.		(Facility)		Wheat					



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Popcorn Chicken (Whole Grain Home-style Chicken Pattie Fritters)	Chicken	Chicken, water, isolated soy protein, seasoning (salt, yeast extract, maltodextrin, sugar, wheat flour, citric acid, contains less than 2% natural flavor, dextrose, dried vinegar corn starch, lactic acid, sodium phosphates, salt.									
	Breading	Whole wheat flour, water, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole grain yellow corn flour, modified corn starch, yellow corn flour, salt, yeast, spices, leavening (sodium bicarbonate, sodium aluminum phosphate), garlic powder, onion powder, extractives of paprika. Breading set in vegetable oil. Contains: Milk, Soy, Wheat.	lactose		Soy Protein	Flour					Artificial Flavoring; Baked at Cater Tots
Potato Cheese soup	Potatoes										
	Homemade mix consisting of Canola/Olive Oil Blend Melted Cheese	butter, onions, celery, garlic, water, veggie base, red bell pepper, carrots, corn, salt, black pepper, turmeric, milk.  Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey, Milk protein concentrate, Milkfat, Whey protein concentrate, sodium phosphate, calcium phosphate, salt, sodium alginate, lactic acid, sorbic acid as a preservative, apocarotenal (color), annatto (color)	milk							GF	
Potato Corn Cowder	Potatoes										
	Homemade mix consisting of	butter, onions, celery, garlic, water, veggie base, red bell pepper, carrots, corn, salt, black pepper, turmeric, milk.	milk							GF	
Quinoa & Black Bean Bowl (V)	White Quinoa										
	Cilantro Lime Juice Yellow Onions Salt Garlic Canola/ Olive Oil Blend Black Beans	Black beans, water, salt, ferrous gluconate (to promote color retention) and calcium chloride.	Milk							GF	
Roasted Chicken Bites	Chili Powder										
	Tomatoes Yellow Corn Parmesan Cheese	Pasteurized cultured milk, salt, enzymes.									
Roasted Chicken Leg	Chicken, Diced	Boneless Skinless Chicken Breast									
	Chili Powder Granulated Garlic Salt Pepper Chili Powder Black pepper Homemade Base	Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Garlic, black pepper, Chili powder, onion powder	Lactose		Soy Oil	Wheat					
Roasted Chicken Leg	Chicken Drumstick, Fresh & Roasted										
	Chili Powder Granulated Garlic Salt Pepper Chili Powder Black pepper Homemade Base	Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Garlic, black pepper, Chili powder, onion powder	Lactose		Soy Oil	Wheat					



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
Soft Taco, Chicken (no cheese)	Chicken Taco Seasoning	Spices (Including Paprika And Chili Peppers), Onion,Salt, Lactose (Milk), Sugar, Garlic, Enriched Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cocoa Powder Processed With Alkali, Citric Acid, And Natural Flavor			"Soybean Products"	Wheat Flour					
	Shredded Iceberg Lettuce White Wheat Flour Tortilla	Whole Wheat Flour, Margarine, Water, Salt, Baking Powder, Calcium, Vegetable Oil, Propionate (a preservative) No Lard.									
Sesame Veggie Pasta (V)	White Wheat Spaghetti Pasta (Barilla)	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Fresh Carrots Red Bell Peppers Sesame Seeds			(Facility)	Soy-beans	Wheat, soy sauce					Sesame Seeds
	Soy Yaki	Soy Sauce (Water, Wheat, Soybeans, Salt, Sugar, Garlic Puree (Garlic,Water, Citric Acid), Sesame Seeds, Soybean Oil, Ginger Puree, White Vinegar, Soy Powder (Soybeans, Salt, Wheat, Maltodextrin), Sesame Oil, Garlic, Onions, Onion Powder, Ginger Powder.									
Spaghetti w/Beef	White Wheat Spaghetti Pasta (Barilla)	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Homemade Base	Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, tumeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Garlic, black pepper, Chili powder, onion powder		(Facility)		Wheat					
	Marinara Ground Beef	Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, seasonings, onions, sugar and naturally derived citric acid. Ground beef (not more than 20% fat).									
Spaghetti & Meatballs	White Wheat Spaghetti Pasta (Barilla)	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Marinara	Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, seasonings, onions, sugar and naturally derived citric acid.	Milk, Cheese	Eggs	Soy Protein	Wheat Semolina					
	Meatballs	Beef, Mechanically Separated Chicken, Water, Eggs, Textured Soy Protein Concentrate (soy protein concentrate, caramel color), Contains 2% of less of the following: Oregano, dehydrated onions, spices, flavorings, bread crumbs, (wheat flour), corn syrup solids, soy protein concentrate, textured soy flour, salt, sodium phosphate.									
Southwest Chicken Bowl	Black Beans Salsa Garlic Diced Chicken Salt & Pepper Cumin Oregano Chili Powder Canola/ Olive Oil Blend Onion Corn Cilantro	Black beans, water, salt, ferrous gluconate (to promote color retention) and calcium chloride. Crushed tomatoes, water, fresh jalapeno peppers, diced tomatoes in tomato juice,fresh onions, distilled vinegar, dehydrated onions, salt, garlic, natural flavor.								GF	



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
Sweet & Sour Chicken	Chicken, Fresh & Roasted Sweet & Sour Sauce	water, sugar, naturally brewed soy sauce (water, wheat, soybeans, salt), vinegar, modified food starch, tomatoes, pineapple concentrate, onion powder, carmine *colors, Green bell pepper flakes, citric acid, garlic powder, disodium inosinate, disodium guanylate, red pepper, sodium benzoate: less than 1/10 of 1% as a preservative.			soy sauce	wheat					
Sweet & Sour Meatballs	Meatballs Sweet & Sour Sauce	Beef, Mechanically Separated Chicken, Water, Eggs, Textured Soy Protein Concentrate (soy protein concentrate, caramel color), Contains 2% of less of the following: Oregano, dehydrated onions, spices, flavorings, bread crumbs, (wheat flour), corn syrup solids, soy protein concentrate, textured soy flour, salt, sodium phosphate. water, sugar, naturally brewed soy sauce (water, wheat, soybeans, salt), vinegar, modified food starch, tomatoes, pineapple concentrate, onion powder, carmine *colors, Green bell pepper flakes, citric acid, garlic powder, disodium inosinate, disodium guanylate, red pepper, sodium benzoate: less than 1/10 of 1% as a preservative.			soy sauce	wheat					
Taco Beef Soup	Ground Beef Olive/Canola Oil Blend Onions, Diced Pepper, black Salt (Kosher) Homemade Base Pinto Beans Corn Tomatoes, Stewed Green Chilies Taco Seasoning Water	Ground beef (not more than 20% fat).  Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Garlic, black pepper, Chili powder, onion powder  Sliced Tomatoes, Tomato Juice, Sugar, Salt, Dehydrated Onions, Dehydrated Celery, Dehydrated Bell Peppers, Spices, Calcium Chloride, Citric Acid And Natural Flavors.  Spices (Including Paprika And Chili Peppers), Onion,Salt, Lactose (Milk), Sugar, Garlic, Enriched Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cocoa Powder Processed With Alkali, Citric Acid, And Natural Flavor			Soybean Oil	Natural Flavors?					
Tetrazzini (V) & Tetrazzini w/Chicken	Chicken, Seasoned with Salt and Pepper -not in "V" portion Olive Oil/Canola Blend White Onion Garlic Cloved Cream of Mushroom Soup Shredded Parmesean Cheese Peas, Frozen Sour Cream Water Spaghetti, Cooked Crushed Ritz Crakers	Grilled Chicken Breast seasoned with salt and pepper  Water, Mushrooms, modified food starch, wheat flour. Contains less than 2% of vegetable oil (corn, canola and/or soybean), sugar, soy protein concentrate, cream (milk), salt, potassium chloride, lower sodium natural sea salt, flavorings, calcium carbonate, disodium inosinate, disodium guanylate, dehydrated mushrooms, garlic extract.  Grade A Milk, Cultured Cream  Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.  Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), canola oil, palm oil, sugar, salt, leavening (baking soda and/or calcium phosphate) high fructose corn syrup, soy lecithin, natural flavor.									HFCS



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
Teryaki Chicken Bite/ Strips/ Bowl	Chicken Breast	Soy Sauce (water, wheat, soybeans, salt), sugar, water, white distilled vinegar, pineapple, food starch-modified, ginger, toasted sesame seeds, garlic, sorbic acid and chili pepper. Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid.			soy	wheat					sesame
	Teriyaki Sauce										
Tomato Soup	White Rice										
	Condensed Tomato soup	Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Wheat Flour, Water, Contains Less Than 2% Of: Salt, Potassium Chloride, Flavoring, Vegetable Oil( corn , conola and/or soybean) Citric Acid, Lower Sodium Natural Sea Salt, Ascorbic Acid (Vitamin C), Monopotassium Phosphate, celery extract, garlic oil									
	Chunky salsa	Crushed tomatoes, water, fresh jalapeno peppers, diced tomatoes in tomato juice, fresh onions, distilled vinegar, dehydrated onions, salt, garlic, natural flavor.	milk		soy						
Tortellini with Marinara	Milk										
	Onion, garlic, salt & pepper										
Tortellini with Marinara	Pasta	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Marinara	Vine-ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, seasonings, onions, sugar and naturally derived citric acid.		(Facility)		Wheat					
Tortellini with Feta and Garlic	Pasta	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Garlic , Feta, Olive Oil			(Facility)		Wheat					
Tortilla Chicken Soup	Chicken, Fresh & Roasted	Vegetable Base (Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, turmeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid), Garlic, black pepper, Chili powder, onion powder Spices (Including Paprika And Chili Peppers), Onion, Salt, Lactose (Milk), Sugar, Garlic, Enriched Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cocoa Powder Processed With Alkali, Citric Acid, And Natural Flavor Corn, lime, water, vegetable oil (contains one or more of the following: soybean oil, corn oil, sunflower oil), salt, calcium propionate ( preservative) Phosphoric acid.									
	Homemade Base										
	Taco Seasoning										
	Olive/Canola Oil Blend										
Turkey Chili	Garlic, Granulated										
	Black Pepper										
	Green Onions										
	Cilantro, Fresh										
	Mini-Round Tortilla Chips										
	Turkey, Ground										
	Garlic Minced	Sliced Tomatoes, Tomato Juice, Sugar, Salt, Dehydrated Onions, Dehydrated Celery, Dehydrated Bell Peppers, Spices, Calcium Chloride, Citric Acid And Natural Flavors. Tomato Paste, Less than 2% of: Spices, natural flavors, citric acid. Prepared dark red kidney beans, water, sugar, salt, calcium chloride and disodium EDTA for color retention.									GF
Olive/Canola Oil Blend											
Tomatoes, Stewed or Whole											
Tomato Paste											
Dark Red Kidney Beans											
Onions Diced											
Salt & Pepper											
Chili Powder											
Water											
Turkey Hot Dog	Hot Dog, Turkey	Mechanically separated turkey, water, corn syrup, contains 2% or less of the following: salt dextrose, potassium lactate, spices, sodium phosphate, sodium diacetate, flavorings, sodium erythorbate, sodium nitrite, smoke flavor, extract of paprika.									





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	Hot Dog Bun (Whole Wheat)	Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Soybean oil, Wheat Gluten, Yeast, Salt, Monoglyceride, Emulsifier, Enzymes, Calcium Propionate, Calcium Carbonate, Microcrystalline Cellulose, Cornstarch.			soybean oil	Flour					Nitrites
<b>Veggie Chili</b>	Black Beans Black Pepper Carrots Chili Powder Cilantro Dark Red Kidney Beans Garlic Green Onions Onions, White or Red Salt Tomatoes, Stewed Tomato Paste Vegetable Base	Black beans, water, salt, ferrous gluconate (to promote color retention) and calcium chloride.  Prepared dark red kidney beans, water, sugar, salt, calcium chloride and disodium EDTA for color retention.  Sliced Tomatoes, Tomato Juice, Sugar, Salt, Dehydrated Onions, Dehydrated Celery, Dehydrated Bell Peppers, Spices, Calcium Chloride, Citric Acid And Natural Flavors.  Tomato Paste, Less than 2% of: Spices, natural flavors, citric acid.  Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, tumeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid								GF	
<b>Veggie Fried Rice (V)</b>	Brown & White Rice Peas Carrots Eggs Soy Sauce, Low Sodium	Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid.  Water, wheat, soybeans, salt, lactic acid, sodium benzoate (less than 1/10 of 1% as a preservative).		eggs	soybeans	wheat					
<b>Vegetable Soup (V)</b>	Vegetable Base Olive/Canola Oil Blend Garlic, Minced Tomatoes, Stewed Peas & Carrots Green Beans White or Yellow Corn Broccoli Cauliflower Celery Salt Pepper, black Garlic, Granulated	Carrot Juice Concentrate, Maltodextrin, Salt, Sugar, Garlic Powder, soybean oil, onion powder, corn starch, Hydrolyzed corn protein, tumeric, Spice, Calcium Silicate(anticaking), caramel color, natural flavors, disodium inosinate, disodium guanylate, citric acid  Sliced Tomatoes, Tomato Juice, Sugar, Salt, Dehydrated Onions, Dehydrated Celery, Dehydrated Bell Peppers, Spices, Calcium Chloride, Citric Acid And Natural Flavors.								GF	



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<b>RICE</b>											
<b>Brown Rice</b>	Brown Rice	Parboiled Long Grain Brown rice enriched with iron, niacin, thiamine, and folate.									
<b>Cilantro Lime Rice</b>	White Rice Lime Juice Cilantro Canola/Olive Oil Blend Salt Minced Garlic	Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid.									
<b>Confetti Rice</b>	White Rice Carrots, Julienne Zucchini Squash, Julienne	Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid.									
<b>Jasmine Rice</b>	Jasmine Rice										
<b>Mexican Rice</b>	White Rice Tomato Sauce Tomato Paste Salt, Pepper & Granulated Garlic Water	Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid. Tomato, salt, onion powder, garlic powder, natural flavors and spices Tomato paste less than 2% of spices, natural flavors, citric acid.									
<b>Multi-Grain Rice</b>	White Rice, 30% Brown Rice, 70%	Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid. Parboiled Long Grain Brown rice enriched with iron, niacin, thiamine, and folate.									
<b>White Rice</b>	White Rice	Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid.									



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
<b>ENTRÉE - Salads &amp; Pasta Salads</b>											
7-Layer Salad (V)	Romaine Lettuce Celery Peas Cheddar Cheese  Monterey Jack Cheese Bell Peppers Tomatoes Ranch Dressing	Pasteurized milk, cheese cultures, salt, enzymes, annatto coloring (natural).  Pasteurized milk, cheese culture, salt, enzymes, powdered cellulose.  Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness).*Dried.	Cheese, Milk	Egg Yolk, but people with egg allergies should avoid	soy					GF	
Antipasto Salad	Romaine Lettuce Turkey Ham  Roasted Red Peppers Tomatoes Red Onions Black Olives Pepperoncini Parmesan Cheese Italian Dressing	Turkey thigh meat, Water, Salt, Contains 2% or less of Vinegar, Dextrose, Modified Food Starch, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrate  Pasteurized cultured milk, salt, enzymes. Soybean oil, water, distilled vinegar, sugar, salt, contains less than 2% of spices, garlic powder, onion powder, bell pepper (dried), dried garlic, glucose, tamarind and xanthan gum.	Cheese, Milk		Soy Protein	Barley					
Asian Salad (V) & Asian Chicken Salad	Romaine Lettuce Chicken, Grilled (not added to "V" portion) Mandarin Orange Slices Carrots, Grated Sesame Sticks  Lite Sesame Ginger Dressing	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning  Unbleached Wheat Flour (contains Malted Barley Flour as a natural enzyme additive), Soybean Oil, Sesame Seed, honey coating, Bulgur Wheat, Salt, Beet Powder (Color), Turmeric (Color). Water, distilled vinegar, sugar, soy sauce (wheat, water, soybeans, salt), ginger pulp (ginger cane sugar), ginger puree, sesame oil, soybean oil, salt, pineapple concentrate, contains less than 2% of: lemon juice concentrate, garlic*, onion*, toasted sesame seed, xanthan gum, caramel (color), spice. (*=Dried).			Soy Protein	Soy Sauce, Wheat					Sesame Oil & Sesame Seeds
Avocado Pasta Salad (V)	Rotini Pasta  Cherry Tomatoes Green Onions Cilantro Avocado, Fresh + Whole Avocado Pulp  Cheddar Cheese, Sharp Lime Juice Ranch  Cumin Garlic Powder	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.  Hass avocado, salt, sugar, erythorbic acid and/or ascorbic acid (to promote color retention), citric acid. Pasteurized cultured milk, salt, enzymes, annatto color (natural). Fresh Juice from Limes Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness).*Dried.	milk,	Egg Yolk, but people with egg allergies should avoid	Soybean Oil	Wheat					
BLT Salad	Romaine Lettuce										



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
	Croutons	White Whole Wheat Flour, Canola And/Or Sunflower Oil, Spelt Flour, Whey, Wheat Gluten, Amaranth Flour, Quinoa Flour, Salt, 2 Or Less Of Sugar, Yeast, Ascorbic Acid, Dehydrated Parsley, Garlic Powder, Vinegar, Natural And Artificial Flavor, Parmesan Cheese And Enzyme Modified Cheese Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Cultured Nonfat Milk, Annatto Color, Extractives Of Turmeric And Paprika Color, Tbhq To Preserve Freshness.									
	Ranch Dressing	Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness), *Dried.	milk, cheese	Egg Yolk, but people with egg allergies should avoid	soy	wheat					nitrate
	Turkey Bacon Bits	Dark Turkey, White Turkey, Water, Sugar, Salt, Contains 2% or Less Natural Smoke Flavoring, Sodium Erythorbate, Natural Flavoring, Sodium Nitrite, Vegetable Oil.									
	Tomatoes										
<b>Buffalo Chicken Pasta Salad</b>	Red's Hot Sauce	Hot Sauce (Cayenne Peppers, Distilled Vinegar, Salt and Garlic), Soybean Oil, Salt, Water, Contains Less Than 2% Of Xanthan Gum, polyorbate 80, paprika (color), Natural And Artificial Flavor (Milk).									
	Pasta, Rotini/Spiral	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Chicken, Grilled	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning									
	Bell Peppers										
	Purple Onion										
	Mayonnaise	Soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA used to protect quality, natural flavors.	Milk, Cheese, egg	Mayonnaise (Facility) + Egg Yolk, but people with egg allergies should avoid	Soy Oil	Wheat					
	Sugar										
	Black Pepper										
	Ranch Dressing	Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness), *Dried.									
<b>Caribbean Salad (V) &amp;w/Chicken</b>	Chicken, Grilled (not added to "V" portion)	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning									
	Romaine Lettuce										
	Pineapple										
	Mandarin Oranges (canned)				Soy					GF	sesame
	Red Bell Peppers										
	Dried Cranberries										
	Sesame Seeds										
	Dressing	Orange juice, white vinegar, dry mustard, sugar, sesame oil, salt and oil.									



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Chef Salad	Romaine Lettuce	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.										
	Turkey											
	Cheddar Cheese											Pasteurized milk, cheese cultures, salt, enzymes, annatto color (natural).
	Monterey Jack Cheese											Pasteurized milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking).
	Tomatoes											
Eggs	White Whole Wheat Flour, Canola And/Or Sunflower Oil, Spelt Flour, Whey, Wheat Gluten, Amaranth Flour, Quinoa Flour, Salt, 2 Or Less Of Sugar, Yeast, Ascorbic Acid, Dehydrated Parsley, Garlic Powder, Vinegar, Natural And Artificial Flavor, Parmesan Cheese And Enzyme Modified Cheese Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Cultured Nonfat Milk, Annatto Color, Extractives Of Turmeric And Paprika Color, Tbhq To Preserve Freshness.	Cheese, Buttermilk	Egg Yolk, but people with egg allergies should avoid	Soy Oil	Bread							
Carrots												
Croutons												
Ranch Dressing	Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness). *Dried.											
Caesar Salad (V*)	Romaine Lettuce	Pasteurized cultured milk, salt, enzymes. White Whole Wheat Flour, Canola And/Or Sunflower Oil, Spelt Flour, Whey, Wheat Gluten, Amaranth Flour, Quinoa Flour, Salt, 2 Or Less Of Sugar, Yeast, Ascorbic Acid, Dehydrated Parsley, Garlic Powder, Vinegar, Natural And Artificial Flavor, Parmesan Cheese And Enzyme Modified Cheese Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Cultured Nonfat Milk, Annatto Color, Extractives Of Turmeric And Paprika Color, Tbhq To Preserve Freshness.	Cheese, Milk	Egg Yolk, but people with egg allergies should avoid	soy bean oil	Wheat						
	Parmesan Cheese											
	Croutons											
Caesar Dressing	Soybean Oil, Water, Parmesan and Romano Made From Cow's Milk, Cheeses (Part-Skim Milk, Cheese Culture, Salt, Enzymes), Vinegar, Egg Yolks, Sugar, Salt, Contains Less than 2% of Dried Garlic, Spice, Lemon Juice Concentrate, Whey, Dried Onions, Molasses, Xanthan Gum, Corn Syrup, Modified Food Starch, Buttermilk, Disodium Phosphate, Autolyzed Yeast Extract, Disodium Guanylate, Disodium Inosinate, Natural Flavor, caramel color, Tamarind, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness).											
Cavatappi Pasta Salad (V) & Cavatappi Pasta Salad w/Chicken	Cavatappi Pasta	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.	Cheese	(Facility)	Soy Oil	Semolina						
	Chicken, Grilled (not added to "V" portion)	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning										
	Broccoli	Pasteurized cultured milk, salt, enzymes. Soybean oil, water, distilled vinegar, sugar, salt, contains less than 2% of spices, garlic powder, onion powder, bell pepper (dried), dried garlic, glucose, tamarind and xanthan gum.										
Cucumbers												
Grape tomatoes												
Cauliflower												
Parmesan Cheese												
Italian Dressing												



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Caesar Salad w/Chicken	Romaine Lettuce Grilled Chicken	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning									
	Parmesan Cheese Croutons	Pasteurized cultured milk, salt, enzymes. White Whole Wheat Flour, Canola And/Or Sunflower Oil, Spelt Flour, Whey, Wheat Gluten, Amaranth Flour, Quinoa Flour, Salt, 2 Or Less Of Sugar, Yeast, Ascorbic Acid, Dehydrated Parsley, Garlic Powder, Vinegar, Natural And Artificial Flavor, Parmesan Cheese And Enzyme Modified Cheese Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Cultured Nonfat Milk, Annatto Color, Extractives Of Turmeric And Paprika Color, Tbhq To Preserve Freshness.	Cheese	egg yolks	Soy Protein	Bread			may contain anchovy		
Caesar Dressing		Soybean Oil, Water, Parmesan and Romano Made From Cow's Milk, Cheeses (Part-Skim Milk, Cheese Culture, Salt, Enzymes), Vinegar, Egg Yolks, Sugar, Salt, Contains Less than 2% of Dried Garlic, Spice, Lemon Juice Concentrate, Whey, Dried Onions, Molasses, Xanthan Gum, Corn Syrup, Modified Food Starch, Buttermilk, Disodium Phosphate, Autolyzed Yeast Extract, Disodium Guanylate, Disodium Inosinate, Natural Flavor, caramel color, Tamarind, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness) .									
Cobb Salad	Romaine Lettuce Carrots Turkey	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.									
	Eggs Tomato Cheddar Cheese	Pasteurized Milk, Cheese Cultures, Salt, Enzymes and Annatto coloring (natural)									
Shredded 50/50 Blend: Cheddar Cheese & Monterey Jack Cheese		Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt & Enzymes), Potato Starch & Powdered Cellulose added to prevent caking. Natamycin (mould inhibitor)	Buttermilk	Egg Yolk, but people with egg allergies should avoid	Soy Oil					GF	Nitrites
	Turkey Bacon Bits	Dark Turkey, White Turkey, Water, Sugar, Salt, Contains 2% or Less Natural Smoke Flavoring, Sodium Erythorbate, Natural Flavoring, Sodium Nitrite, Vegetable Oil.									
Ranch Dressing	Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness). *Dried.										
Cheddar Mac Pasta Salad	Macaroni Pasta	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Mayonnaise	Soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA used to protect quality, natural flavors.									
Mustard	Distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors, garlic powder.	Pasteurized milk	eggs, mayonnaise	Soybean oil	Wheat						
Cheddar Cheese Cubes	Pasteurized cultured milk, salt, enzymes, annatto color (natural).										
Pickle Chips											
Red Onion											
Celery											
Pepper											
Granulated Garlic											
Onion Powder											



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Chicken pasta salad	Pasta(Spiral, penne, Cavatappi,elbow or tortellini)	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Grilled Chicken	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning		facility	soy	Wheat					
Chicken Club Pasta Salad	Broccoli Cauliflower Carrots Cucumbers Tomatoes Parmesan Cheese Italian Dressing	Pasteurized cultured milk, salt, enzymes. Soybean oil, water, distilled vinegar, sugar, salt, contains less than 2% of spices, garlic powder, onion powder, bell pepper (dried), dried garlic, glucose, tamarind and xanthan gum.									
	Rotini Pasta	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
Chicken Club Pasta Salad	Diced Tomatoes Cheddar Cheese Cubes Turkey Bacon	Pasteurized cultured milk, salt, enzymes, annatto color (natural), Dark Turkey, White Turkey, Water, Sugar, Salt, Contains 2% or Less Natural Smoke Flavoring, Sodium Erythorbate, Natural Flavoring, Sodium Nitrite, Vegetable Oil.	Milk, Cheese	Egg Yolk, but people with egg allergies should avoid	Soy	Wheat					
	Avocado, Fresh + Whole Avocado Pulp Lime Juice Ranch Dressing	Hass avocado, salt, sugar, erythorbic acid and/or ascorbic acid (to promote color retention), citric acid. Fresh Juice from Limes Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness). *Dried.									
Chinese Chicken Salad	Romaine Lettuce Grilled Chicken	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning									
	Mandarin Oranges (canned) Carrots, Grated Sesame Sticks Lite Sesame Ginger Dressing	Unbleached Wheat Flour (contains Malted Barley Flour as a natural enzyme additive), Soybean Oil, Sesame Seed, honey coating, Bulgur Wheat, Salt, Beet Powder (Color), Turmeric (Color). Water, distilled vinegar, sugar, soy sauce (wheat, water, soybeans, salt), ginger pulp (ginger cane sugar), ginger puree, sesame oil, soybean oil, salt, pineapple concentrate, contains less than 2% of: lemon juice concentrate, garlic*, onion*, toasted sesame seed, xanthan gum, caramel (color), spice. (*=Dried).			Soy Protein	soy sauce					sesame
Edamame Salad (V)	Edamame, Shelled Corn Jicama Celery Red Bell Peppers Green Bell Peppers Carrots Cranberries, Dried Italian Dressing	Soybean oil, water, distilled vinegar, sugar, salt, contains less than 2% of spices, garlic powder, onion powder, bell pepper (dried), dried garlic, glucose, tamarind and xanthan gum.	Milk, Cheese		Soybean Oil	Yes				GF	



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<b>Fusili Pasta Salad w/Veggies (V)</b>	Pasta, Spiral/Fusili Broccoli Cauliflower Carrots Celery Cucumbers Grape Tomatoes Parmesan Cheese Garlic Italian Dressing	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.  Pasteurized cultured milk, salt, enzymes.  Soybean oil, water, distilled vinegar, sugar, salt, contains less than 2% of spices, garlic powder, onion powder, bell pepper (dried), dried garlic, glucose, tamarind and xanthan gum.	Milk, Cheese	Facility	Soybean Oil	Pasta					
<b>Black Bean &amp; Corn Salsa w/ Chips (V)</b>	Yellow Corn Black Beans Green Peppers Garlic Tomatoes Cilantro Ground Cumin Black Pepper Tortilla Chips Salt	Black beans, water, salt, ferrous gluconate (to promote color retention) and calcium chloride.  Corn, lime, water, vegetable oil (contains one or more of the following: soybean oil, corn oil, sunflower oil), salt, calcium propionate ( preservative) Phosphoric acid.								GF	
<b>Garden Salad (V)</b>	Romaine Lettuce Grape or Cherry Tomatoes Cucumbers Carrots CROUTONS Ranch Dressing	White Whole Wheat Flour, Canola And/Or Sunflower Oil, Spelt Flour, Whey, Wheat Gluten, Amaranth Flour, Quinoa Flour,Salt, 2 Or Less Of Sugar, Yeast, Ascorbic Acid, Dehydrated Parsley, Garlic Powder, Vinegar, Natural And Artificial Flavor,Parmesan Cheese And Enzyme Modified Cheese Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Cultured Nonfat Milk,Annatto Color, Extractives Of Turmeric And Paprika Color, Tbhq To Preserve Freshness.  Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness).*Dried.	Buttermilk	Egg Yolk, but people with egg allergies should avoid	Soy Oil	Bread					
<b>Greek Salad</b>	Romaine Lettuce Red Onions Grape Tomatoes Cucumbers Olives Green Peppers Feta Cheese Balsamic Vinaigrette Dressing	Pasteurized milk,cheese cultures,salt, enzymes, powered cellulose(prevent caking), natamycin to protect flavor  Water, Balsamic Vinegar (Wine Vinegar, Grape Juice, Water), Soybean Oil, Sugar, Canola Oil, Salt, Contains Less Than 2% Of Dried Garlic, Dijon Mustard (Distilled Vinegar, Mustard Seed, Water, Salt, White Wine, Tartaric Acid, Citric Acid, Spice), Spice, Xanthan Gum, Dried Parsley, Oleoresin Paprika, Potassium Sorbate And Calcium Disodium Edta (To Protect Flavor).	Feta Cheese, milk		Soy Oil					GF	





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Mexican Caesar Salad (V*)	Romaine Lettuce Parmesan, Shredded Caesar Dressing	Soybean Oil, Water, Parmesan and Romano Made From Cow's Milk, Cheeses (Part-Skim Milk, Cheese Culture, Salt, Enzymes), Vinegar, Egg Yolks, Sugar, Salt, Contains Less than 2% of Dried Garlic, Spice, Lemon Juice Concentrate, Whey, Dried Onions, Molasses, Xanthan Gum, Corn Syrup, Modified Food Starch, Buttermilk, Disodium Phosphate, Autolyzed Yeast Extract, Disodium Guanylate, Disodium Inosinate, Natural Flavor, caramel color, Tamarind, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness) .	Milk, Cheese	Egg	Soy	Wheat			may contain anchovies		
	Cilantro, Fresh Green Chilies Cumin Tortilla Chips	Corn, lime, water, vegetable oil (contains one or more of the following: soybean oil, corn oil, sunflower oil), salt, calcium propionate ( preservative) Phosphoric acid.									
Pasta Salad w/Veggies (V)	Pasta	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Broccoli Cauliflower Carrots Celery Cucumbers Cherry Tomatoes Jicama (in season) Parmesan Cheese Garlic Italian Dressing	Pasteurized cultured milk, salt, enzymes.  Soybean oil, water, distilled vinegar, sugar, salt, contains less than 2% of spices, garlic powder, onion powder, bell pepper (dried), dried garlic, glucose, tamarind and xanthan gum.	Cheese	(Facility)	Soybean Oil	Semolina					
Pizza Pasta Salad	Pasta	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Beef Pepperoni  Mozzarella Cheese Bell Peppers Grape or Cherry Tomatoes Red Onion Salt Pepper Parmesan Cheese Italian Dressing	Beef, Water, Salt, Modified Food starch, evaporated cane syrup, flavoring and coloring. Sodium erythorbate, lactic acid started culture, sodium nitrite, BHT, TBHQ, citric acid. HALAL  Pasteurized milk, cheese cultures, salt, enzymes and powdered cellulose added to prevent caking.  Pasteurized cultured milk, salt, enzymes. Soybean oil, water, distilled vinegar, sugar, salt, contains less than 2% of spices, garlic powder, onion powder, bell pepper (dried), dried garlic, glucose, tamarind and xanthan gum.	Cheese	(Facility)	Soybean Oil	Pasta					Nitrites



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Quinoa & Black Bean Salad	Quinoa	Black beans, water, salt, ferrous gluconate (to promote color retention) and calcium chloride.								GF	
	Black Beans										
Ranch Chicken Salad & Crackers	Tomatoes	Lime juice, canola/olive oil blend, rice vinegar, honey, chili powder, oregano, salt, black pepper, and cayenne pepper.									
	Green Peppers										
Ranch Chicken Salad & Crackers	Red Peppers	Boneless, skinless chicken breast filets with rib meat.									
	Red Onions										
Ranch Chicken Salad & Crackers	Scallions	Soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA used to protect quality, natural flavors.									
	Jalapeno										
Ranch Chicken Salad & Crackers	Garlic	Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness). *Dried.		Egg Yolk, but people with egg allergies should avoid	Soy	Wheat					
	Cilantro										
Ranch Chicken Salad & Crackers	Southwest Lime Vinaigrette	Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), canola oil, palm oil, sugar, salt, leavening (baking soda and/or calcium phosphate) high fructose corn syrup, soy lecithin, natural flavor.									
Santa Fe Salad (V) & w/ Chicken*	Romaine Lettuce	Black beans, water, salt, ferrous gluconate (to promote color retention) and calcium chloride.								GF	
	Black Beans										
Santa Fe Salad (V) & w/ Chicken*	Corn	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning									
	Chicken, Grilled (not added to "V" portion)										
Santa Fe Salad (V) & w/ Chicken*	Diced tomatoes	Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness). *Dried. added lime juice, cilantro and cayenne spice		Egg Yolk, but people with egg allergies should avoid	soy						
	Red bell peppers										
Santa Fe Salad (V) & w/ Chicken*	Cilantro Ranch Dressing										
Sesame Pasta Salad (V)& Sesame Chicken Pasta Salad	White Wheat Spaghetti Pasta (Barilla)	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Chicken, Grilled (not added to "V" portion)										
Sesame Pasta Salad (V)& Sesame Chicken Pasta Salad	Garlic	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning									
	Ginger										
Sesame Pasta Salad (V)& Sesame Chicken Pasta Salad	Bell Peppers	Soy Sauce (Water, Wheat, Soybeans, Salt), Sugar, Garlic Puree (Garlic, Water, Citric Acid), Sesame Seeds, Soybean Oil, Ginger Puree, White Vinegar, Soy Powder (Soybeans, Salt, Wheat, Maltodextrin), Sesame Oil, Garlic, Onions, Onion Powder, Ginger Powder.		(Facility)	Soy Protein, Soy Sauce	Semolina, Wheat					Sesame Seeds
	Carrots										
Sesame Pasta Salad (V)& Sesame Chicken Pasta Salad	Fresh Cilantro										
	Sesame Seeds										
Sesame Pasta Salad (V)& Sesame Chicken Pasta Salad	Soyaki Sauce										



Dietitian Ratings:

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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
Southwest Cobb Salad & Cobb salad (V)	Romaine Lettuce Black Beans	Black beans, water, salt, ferrous gluconate (to promote color retention) and calcium chloride.									
	Corn Eggs Tomatoes										
	Turkey Bacon Bits(not added to "V" portion)	Dark Turkey, White Turkey, Water, Sugar, Salt, Contains 2% or Less Natural Smoke Flavoring, Sodium Erythorbate, Natural Flavoring, Sodium Nitrite, Vegetable Oil.	Cheese, Buttermilk	Egg Yolk, but people with egg allergies should avoid	Soy Oil					GF	Nitrites
	Shredded 50/50 Blend: Cheddar Cheese & Monterey Jack Cheese Ranch Dressing	Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt & Enzymes),Potato Starch & Powdered Cellulose added to prevent caking. Natamycin (mould inhibitor) Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness),*Dried.									
Southwest Chicken Salad	Romaine Lettuce Black Beans	Black beans, water, salt, ferrous gluconate (to promote color retention) and calcium chloride.									
	Corn Eggs Tomatoes Chicken, Grilled	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning									
	Shredded 50/50 Blend: Cheddar Cheese & Monterey Jack Cheese Ranch Dressing	Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt & Enzymes),Potato Starch & Powdered Cellulose added to prevent caking. Natamycin (mould inhibitor) Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness),*Dried.	cheese, milk	Egg Yolk, but people with egg allergies should avoid	soy					GF	
Southwest Tuna & Crackers	Tuna, in Water Mayonnaise	Chunk Light Tuna, water, vegetable broth (contains soys) and salt. Soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA used to protect quality, natural flavors.									
	Sweet Relish	Soybean oil, Sweet pickle relish (Cucumbers, Cauliflower, Sugar, water, Vinegar, salt,xanthan gum, natural flavor,turmeric, Bell Peppers),water, tomato paste,distilled vinegar, honey, contains less than 2% of: cultured skim milk,whey, protein concentrate,ground Mustard seed, onion powder,sugar,garlic powder,salt, tamarind and Xanthan Gum.									
	Tomatoes Green Onions Corn Mayonnaise		Skim Milk	eggs, mayonnaise	Soybean oil	Wheat			Tuna		
	Cilantro Salt Pepper Ritz Crackers	Soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA used to protect quality, natural flavors.  Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), canola oil, palm oil, sugar, salt, leavening (baking soda and/or calcium phosphate) high fructose corn syrup, soy lecithin, natural flavor.									



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<b>Taco Salad (V) &amp; Taco salad with Chicken</b>  <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Tortilla Chips are packaged seperately.</div>	Romaine Lettuce									GF if Tortilla Chips are not added.	
	Black Beans	Black beans, water, salt, ferrous gluconate (to promote color retention) and calcium chloride.									
	Tomatoes										
	Chicken, Fresh & Roasted(not added to "V" portion)										
	Cheddar Cheese	Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annato (coloring)									
	Monterey Jack Cheese	Pasteurized milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking).									
	Tortilla Chips/Strips	Corn, lime, water, vegetable oil (contains one or more of the following: soybean oil, corn oil, sunflower oil), salt, calcium propionate (preservative) Phosphoric acid.	Buttermilk, cheese	Egg Yolk, but people with egg allergies should avoid	Soy						
Salsa, Medium	Crushed tomatoes, water, fresh jalapeno peppers, diced tomatoes in tomato juice, fresh onions, distilled vinegar, dehydrated onions, salt, garlic, natural flavor.										
Chicken, Grilled (not added to "V" portion)	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning									Tortilla Chips are packaged seperately.	
Ranch Dressing	Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness). *Dried.										
<b>Tri-Color Pasta Salad (V)</b>  	Pasta- tri-color	Durum wheat flour, semolina(wheat), Vitamin B3(niacin), ferrous sulfate (iron), Vitamin B1 (thiamine mononitrate), Vitamin B2 (riboflavin), folic acid. Contains wheat ingredients. Processed in a facility that uses egg.									
	Broccoli										
	Cauliflower										
	Carrots										
	Celery										
	Cucumbers										
	Cherry Tomatoes										
	Jicama (in season)										
Parmesan Cheese	Pasteurized cultured milk, salt, enzymes.	Cheese	(Facility)	Soybean Oil	Semolina						
Garlic											
Italian Dressing	Soybean oil, water, distilled vinegar, sugar, salt, contains less than 2% of spices, garlic powder, onion powder, bell pepper (dried), dried garlic, glucose, tamarind and xanthan gum.										
<b>Western BBQ Salad</b>  <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Tortilla Chips are packaged seperately.</div>	Romaine Lettuce										
	Chicken, Fresh & Roasted										
	BBQ Sauce	Water, tomato paste, brown sugar, distilled vinegar, salt, modified corn starch, ground mustard seed, caramel color, natural hickory smoke flavor, garlic powder, black pepper, cayenne pepper, cumin, oregano. Fat free, Trans fat free, Gluten free.									
	Yellow Corn										
	Shredded 50/50 Blend: Cheddar Cheese & Monterey Jack Cheese	Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt & Enzymes), Potato Starch & Powdered Cellulose added to prevent caking. Natamycin (mould inhibitor)	Blue Cheese, milk	Egg Yolk, but people with egg allergies should avoid	Soybeans	Wheat					
	Monterey Jack Cheese	Pasteurized milk, cheese culture, salt, enzymes, powdered cellulose.									
Tortilla Strips	Won Ton wrappers, oil, salt.										
Ranch Dressing	Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness). *Dried.										



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
<b>Sandwiches, Subs, Bagels &amp; Wraps</b>											
<b>3-Cheese Sub (V)</b>	Cheddar Cheese Provolone Cheese Parmesan Cheese Whole Grain Wheat Sub Roll	Pasteurized cultured milk, salt, enzymes, annatto color (natural). Pasteurized milk, Cheese culture salt, enzymes. Pasteurized cultured milk, salt, enzymes. Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Wheat Gluten, Soybean oil, Yeast, Salt, Enzymes, Emulsifier, Calcium Propionate, Monoglyceride, Calcium Carbonate.	Cheeses		Soy Oil	Wheat Flour					
<b>4-Cheese Bagel (V)</b>	Bagel, Plain  Whipped Cream Cheese  Cheddar Cheese Provolone Cheese Parmesan Cheese Green Leaf Lettuce	Enriched unbleached flour (wheat flour, malted barley flour, niacin, Reduced iron, thiamine mononitrate, riboflavin, folic acid). Water, sugar contains 2% or less of: wheat gluten, salt, yeast, calcium propionate (preservative), Mono-Diglycerides calcium sulfate, tricalcium phosphate, ascorbic acid, hydrated monoglyceride l-cysteine, dextrose, enzymes.  Pasteurized Milk And Cream, Whey Protein Concentrate, Whey, Salt, Carob Bean Gum, Xanthan Gum, Guar Gum, Lactic Acid, Natamycin (A Natural Mould Inhibitor), Vitamin A Palmitate, Cheese Culture Pasteurized cultured milk, salt, enzymes, annatto color (natural). Pasteurized milk, Cheese culture salt, enzymes. Pasteurized cultured milk, salt, enzymes.	cheese, milk			Wheat Flour					
<b>Beef Gyro</b>	Pita Bread  Tzatziki Sauce (homemade)  Beef Gyro Slices  Red onion Leaf Lettuce	Enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, oat fiber, sugar, yeast, wheat gluten, canola and/or soybean oil, salt, potato flour, vinegar, psyllium, cultured wheat flour, soy lecithin, enzyme (plant based), ascorbic acid (vitamin c)  Gluten free Greek Yogurt(Grade A Pasteurized whole milk, Live active cultures, cultured after pasteurization), lemon juice, sour cream(Grade A Milk, Cultured Cream), cucumbers, jalapeño, minced garlic, Dill, Shallots.  Beef, Water, Bread crumbs (Bleached wheat flour, water, dextrose, salt, yeast, may contain soybean oil, calcium propionate), soy protein concentrate, contains less than 2% of salt, spices, garlic and onion powder, monosodium glutamate	milk		soy oil	wheat					
<b>Bruschetta w/Tomato Tappenade (V)</b>	Tomatoes Garlic Basil, Fresh Parsley Balsamic Vinegar Olive/Canola Oil Blend Brown Sugar Salt Pepper, black French Baguette	Enriched Flour Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Yeast, Salt, Sugar, Contains 1 Percent Or Less Of: Soybean Oil, Dough Conditioner Wheat Flour, Cellulose Gum, Dextrose, Datem, Guar Gum, Malted Barley Flour, Ascorbic Acid, Enzymes, Deactivated Yeast, Sodium Alginate, Vital Wheat Gluten, Egg Powder, Soy Lecithin, Nonfat Dry Milk. Contains: Wheat, Milk, Egg, Soybean.			Soybean Oil	Wheat					



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
California Turkey Wrap	Wheat Tortilla	Enriched bleached wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm shortening, salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate (as a preservative), Guar gum, mono & diglycerides, and fumaric acid. Contains: wheat									
	Avacado	Hass Avocados									
	Garlic & Herb Seasoning										
	Mayonnaise	Soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA used to protect quality, natural flavors.									
Chicken Gyro	Provolone Cheese	Pasteurized milk, Cheese culture salt, enzymes.									
	Romaine Lettuce										
	Tomato										
	Turkey Sliced (Jennio)	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.									
Chicken Caesar Wrap	Pita Bread	Enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, oat fiber, sugar, yeast, wheat gluten, canola and/or soybean oil, salt, potato flour, vinegar, psyllium, cultured wheat flour, soy lecithin, enzyme (plant based), ascorbic acid (vitamin c)									
	Tzatziki Sauce (homemade)	Gluten free Greek Yogurt(Grade A Pasteurized whole milk, Live active cultures, cultured after pasteurization), lemon juice, sour cream(Grade A Milk, Cultured Cream), cucumbers, jalapeño, minced garlic, Dill, Shallots.	milk		soy	wheat					
	Red onion										
	Leaf Lettuce										
Chicken Caesar Wrap	Chicken Gyro Slices	Chicken, chicken skin, water, vegetable protein product (soy protein concentrate, zinc oxide niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), Riboflavin (B2) and cyanocobalamin (B2)), non fat dry milk, seasoning (salt, spices, dehydrated garlic, paprika), lemon juice concentrate.									
	Grilled Chicken	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning									
	Parmesan Cheese	Pasteurized cultured milk, salt, enzymes.									
	CROUTONS (crushed)	White Whole Wheat Flour, Canola And/Or Sunflower Oil, Spelt Flour, Whey, Wheat Gluten, Amaranth Flour, Quinoa Flour, Salt, 2 Or Less Of Sugar, Yeast, Ascorbic Acid, Dehydrated Parsley, Garlic Powder, Vinegar, Natural And Artificial Flavor, Parmesan Cheese And Enzyme Modified Cheese Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Cultured Nonfat Milk, Annatto Color, Extractives Of Turmeric And Paprika Color, Tbhq To Preserve Freshness.									
Chicken Caesar Wrap	Tomatoes		Cheese	egg	"Soybean Products"	Bread, Wheat				May contain anchovies	
	White Wheat Flour Tortilla	Whole Wheat Flour, Margarine, Water, Salt, Baking Powder, Calcium, Vegetable Oil, Propionate (a preservative) No Lard.									
	Caesar Dressing - 1 Packet of Newmans Own Caesar Dressing, 2 oz	Soybean Oil, Water, Parmesan and Romano Made From Cow's Milk, Cheeses (Part-Skim Milk, Cheese Culture, Salt, Enzymes), Vinegar, Egg Yolks, Sugar, Salt, Contains Less than 2% of Dried Garlic, Spice, Lemon Juice Concentrate, Whey, Dried Onions, Molasses, Xanthan Gum, Corn Syrup, Modified Food Starch, Buttermilk, Disodium Phosphate, Autolyzed Yeast Extract, Disodium Guanylate, Disodium Inosinate, Natural Flavor, caramel color, Tamarind, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness).									



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Chicken Salad Sub	Chicken Breast, Fresh & Boiled	Soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA used to protect quality, natural flavors.		Eggs	Soy Oil	Wheat					
	Green Leaf Lettuce Mayonnaise  Celery Red Seedless Grapes Green Onions Salt & Pepper Lemon Juice Whole Grain Wheat Sub Roll										
Confetti Veggie Bagel	Bagel, Plain	Enriched unbleached flour (wheat flour, malted barley flour, niacin, Reduced iron, thiamine mononitrate, riboflavin, folic acid). Water, sugar contains 2% or less of: wheat gluten, salt, yeast, calcium propionate (preservative). Mono-Diglycerides calcium sulfate, tricalcium phosphate, ascorbic acid, hydrated monoglyceride l-cysteine, dextrose, enzymes.	Milk, Cream			Wheat					
	Whipped Cream Cheese  Bell Peppers Celery Carrots Lemon Juice	Pasteurized Milk And Cream, Whey Protein Concentrate, Whey, Salt, Carob Bean Gum, Xanthan Gum, Guar Gum, Lactic Acid, Natamycin (A Natural Mould Inhibitor), Vitamin A Palmitate, Cheese Culture									
Cracker Stacker, 2-Cheese	Provolone Cheese Cheddar Cheese Ritz Crakers	Pasteurized milk, Cheese culture salt, enzymes. Pasteurized cultured milk, salt, enzymes, annatto color (natural). Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), canola oil, palm oil, sugar, salt, leavening (baking soda and/or calcium phosphate) high fructose corn syrup, soy lecithin, natural flavor.	Milk, Cheese		Soy Oil	Crackers					HFCS
Cracker Stacker, Pepperoni & Cheese	Provolone Cheese Cheddar Cheese Ritz Crakers  Beef Pepperoni	Pasteurized milk, Cheese culture salt, enzymes. Pasteurized cultured milk, salt, enzymes, annatto color (natural). Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), canola oil, palm oil, sugar, salt, leavening (baking soda and/or calcium phosphate) high fructose corn syrup, soy lecithin, natural flavor.  Beef, Water, Salt, Modified Food starch, evaporated cane syrup, flavoring and coloring. Sodium erythorbate, lactic acid, sodium nitrite, BHT, TBHQ, citric acid. HALAL	Milk, Cheese		Soy Oil	Crackers					HFCS
Cracker Stacker, Turkey & Cheese	Turkey  Provolone Cheese Cheddar Cheese Ritz Crakers	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.  Pasteurized milk, Cheese culture salt, enzymes. Pasteurized cultured milk, salt, enzymes, annatto color (natural). Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), canola oil, palm oil, sugar, salt, leavening (baking soda and/or calcium phosphate) high fructose corn syrup, soy lecithin, natural flavor.	Cheese		Soy Oil	Flour					HFCS
Egg Salad Bagel (V)	Eggs Mayonnaise	Soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA used to protect quality, natural flavors.		Eggs	Soy Oil	Flour					
	Salt Mustard, Yellow  Bagel, Plain										



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Finger Sandwiches-Turkey	Whole Wheat Bread	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Contains less than 2% of: Soybean oil, Wheat Gluten, Salt, Calcium Sulfate, Calcium Propionate (preserves freshness), Ethoxylated Mono-Diglyceride, Silicon Dioxide, Enzymes, Ammonium Sulfate, Azodicarbonamide(ADA), caramel color, Monoglycerides (softener), Sodium Stearoyl Lactylate (Emulsifier), Ascorbic Acid.			Soy oil	wheat					
	Turkey Sliced	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.									
	Leaf Lettuce										
Fruit Salad & Yogurt (V)	Mixed Fresh Fruit Vanilla Yogurt	Variety of Any mixture: Cantaloupe, Honeydew, Watermelon and Grapes Cultured Grade A Milk, Cane Sugar, Water, Corn Starch, Contains Less Than 1% Of Natural Flavor, Lemon Juice Concentrate, Carob Bean Gum, Vitamin D3, Milk Calcium.	Yogurt								
Hummus & Veggies (V)	Hummus  Fresh Veggies...may contain:	Cooked Chickpeas, Water, Tahini (Ground Sesame), NonGMO Soybean Oil, Garlic, Salt, Non GMO Citric Acid, Potassium Sorbate Added to Maintain Freshness.  Carrots, celery, tomatoes, cucumbers, broccoli, Jicama, cauliflower or other fresh veggies.			Soy Beans						Sesame
Hummus & Pita Bread (V)	Hummus  Pita Bread	Cooked Chickpeas, Water, Tahini (Ground Sesame), NonGMO Soybean Oil, Garlic, Salt, Non GMO Citric Acid, Potassium Sorbate Added to Maintain Freshness.  Enriched wheat flour (wheat, barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) - Water. Conatins 2% or less of vital wheat gluten, yeast, salt, sugar, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonates, monocalcium phosphate) sodium stearoyl lactylate. calcium propionate and postassium sorbate (preservatives)			Soy Beans	Wheat					Sesame Seeds
Labne and Pita Bread	Labne  Pita Bread	Cultured pasteurized grade A milkand cream, condensed skim milk, whey protein concentrate, pectin and salt. Contains live active yogurt and probiotic cultures  Enriched wheat flour (wheat, barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) - Water. Conatins 2% or less of vital wheat gluten, yeast, salt, sugar, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonates, monocalcium phosphate) sodium stearoyl lactylate. calcium propionate and postassium sorbate (preservatives)	milk		Soy Bean oil	Wheat					
Bagel w/ Cream Cheese (*V)	Bagel, Plain  Whipped Cream Cheese	Enriched unbleached flour (wheat flour, malted barley flour, niacin, Reduced iron, thiamine mononitrate, riboflavin, folic acid). Water, sugar contains 2% or less of: wheat gluten, salt, yeast, calcium propionate (preservative). Mono-Diglycerides calcium sulfate, tricalcium phosphate, ascorbic acid, hydrated monoglyceride l-cysteine, dextrose, enzymes.  Pasteurized Milk And Cream, Whey Protein Concentrate, Whey, Salt, Carob Bean Gum, Xanthan Gum, Guar Gum, Lactic Acid, Natamycin (A Natural Mould Inhibitor), Vitamin A Palmitate, Cheese Culture	milk, cream			wheat					
New Wave Hummus Wrap	Wheat Tortilla  Hummus  Provolone Cheese Romaine Lettuce Cucumbers Tomatoes, Sliced Red onion, Sliced Bell Peppers Shredded Carrots	Enriched bleached wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm shortening , salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate (as a preservative), Guar gum, mono & diglycerides, and fumaric acid. Contains: wheat  Cooked Chickpeas, Water, Tahini (Ground Sesame), NonGMO Soybean Oil, Garlic, Salt, Non GMO Citric Acid, Potassium Sorbate Added to Maintain Freshness.  Pasteurized milk, Cheese culture salt, enzymes.  Red, Green or Yellow	Cheese		Soybeans	Tortilla					Sesame Seeds





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Pizza Style Stackable	Shredded 50/50 Blend: Cheddar Cheese & Monterey Jack Cheese	Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt & Enzymes), Potato Starch & Powdered Cellulose added to prevent caking.	Milk, Cheese		soybean oil	wheat					
	Pita Bread	Enriched wheat flour (wheat, barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) - Water. Contains 2% or less of vital wheat gluten, yeast, salt, sugar, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonates, monocalcium phosphate) sodium stearoyl lactylate. calcium propionate and potassium sorbate (preservatives)									
	Marinara Cup	tomato puree (water, tomato paste), tomatoes (diced tomatoes, tomato puree, salt, citric acid) sugar, salt, soybean oil, dehydrated onion, garlic powder, spice, ascorbic acid, potassium sorbate as a preservative, xanthan gum, citric acid, turmeric.									
Roast Beef Gyro	Pita Bread	Enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, oat fiber, sugar, yeast, wheat gluten, canola and/or soybean oil, salt, potato flour, vinegar, psyllium, cultured wheat flour, soy lecithin, enzyme (plant based), ascorbic acid (vitamin c)			soybean oil	wheat					
	Tzatziki Sauce (homemade)	Gluten free Greek Yogurt(Grade A Pasteurized whole milk, Live active cultures, cultured after pasteurization), lemon juice, sour cream(Grade A Milk, Cultured Cream), cucumbers, jalapeño, minced garlic, Dill, Shallots.									
	Roast Beef	Beef, Water, Salt, Carrageenan Sodium phosphate and Natural Flavorings. Rubbed With: Sugar, salt, caramel color, dextrose, garlic powder, Onion powder, spices									
	Red onion Leaf Lettuce										
Roast Beef on Whole Wheat	Whole Wheat Bread	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Contains less than 2% of: Soybean oil, Wheat Gluten, Salt, Calcium Sulfate, Calcium Propionate (preserves freshness), Ethoxylated Mono-Diglyceride, Silicon Dioxide, Enzymes, Ammonium Sulfate, Azodicarbonamide(ADA), caramel color, Monoglycerides (softener), Sodium Stearoyl Lactylate (Emulsifier), Ascorbic Acid.			soybean oil	wheat					
	Roast Beef	Beef, Water, Salt, Carrageenan Sodium phosphate and Natural Flavorings. Rubbed With: Sugar, salt, caramel color, dextrose, garlic powder, Onion powder, spices									
	Leaf Lettuce										
Roast Beef on Pita	Pita Bread	Enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, oat fiber, sugar, yeast, wheat gluten, canola and/or soybean oil, salt, potato flour, vinegar, psyllium, cultured wheat flour, soy lecithin, enzyme (plant based), ascorbic acid (vitamin c)			soybean oil	wheat					
	Roast Beef	Beef, Water, Salt, Carrageenan Sodium phosphate and Natural Flavorings. Rubbed With: Sugar, salt, caramel color, dextrose, garlic powder, Onion powder, spices									
	Leaf Lettuce Cheddar option depending on menu										
Roast Beef Sub	Roast Beef	Beef, Water, Salt, Carrageenan Sodium phosphate and Natural Flavorings. Rubbed With: Sugar, salt, caramel color, dextrose, garlic powder, Onion powder, spices			Soy Oil	Flour					
	Green Leaf Lettuce Whole Grain Wheat Sub Roll	Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Wheat Gluten, Soybean oil, Yeast, Salt, Enzymes, Emulsifier, Calcium Propionate, Monoglyceride, Calcium Carbonate.									



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ITEM NAME	INGREDIENT	DESCRIPTION	MILK	EGG	SOY	WHEAT-GLUTEN	PEA-NUT	TREE NUT	FISH	Gluten Free	OTHER
Southwest Chicken Wrap	Wheat Tortilla	Enriched bleached wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm shortening, salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate (as a preservative), Guar gum, mono & diglycerides, and fumaric acid. Contains: wheat									
	Grilled Chicken	Boneless, skinless chicken breast filets with rib meat. Marinade: Olive Oil/Canola Blend, Minced Garlic, Lemon Pepper seasoning	Cheese		Soybeans	Flour					
	Provolone Cheese	Pasteurized milk, Cheese culture salt, enzymes.									
	Romaine Lettuce										
	Corn Cilantro Salsa, Medium	Crushed tomatoes, water, fresh jalapeno peppers, diced tomatoes in tomato juice, fresh onions, distilled vinegar, dehydrated onions, salt, garlic, natural flavor.									
Sun Butter & Jelly Sandwich (V)	Sun Butter	Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt. Processed in a peanut free and nut free facility									
	Grape Jelly Whole Wheat Bread	Corn syrup, high fructose corn syrup, water, concentrated grape juice, sugar, citric acid, sodium benzoate (preservative) Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Contains less than 2% of: Soybean oil, Wheat Gluten, Salt, Calcium Sulfate, Calcium Propionate (preserves freshness), Ethoxylated Mono-Diglyceride, Silicon Dioxide, Enzymes, Ammonium Sulfate, Azodicarbonamide(ADA), caramel color, Monoglycerides (softener), Sodium Stearoyl Lactylate (Emulsifier), Ascorbic Acid.			Soy Bean Oil	Wheat					HFCS , sunflower seeds
Tuna Salad Sub/Bagel (V*)	Tuna, in Water Mayonnaise	Chunk Light Tuna, water, vegetable broth (contains soys) and salt. Soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA used to protect quality, natural flavors.									
	Sweet Relish	Soybean oil, Sweet pickle relish (Cucumbers, Cauliflower, Sugar, water, Vinegar, salt, xanthan gum, natural flavor, turmeric, Bell Peppers), water, tomato paste, distilled vinegar, honey, contains less than 2% of: cultured skim milk, whey, protein concentrate, ground Mustard seed, onion powder, sugar, garlic powder, salt, tamarind and Xanthan Gum.	milk	Eggs	Soy Oil	Flour			tuna		Pea Products
	Garlic & Herb Seasoning	Garlic, Spices (Including Oregano, Rosemary, Basil, And Red Pepper), Orange Peel, Onion, Paprika, And Celery.									
	Green Leaf Lettuce Whole Grain Wheat Sub Roll	Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Wheat Gluten, Soybean oil, Yeast, Salt, Enzymes, Emulsifier, Calcium Propionate, Monoglyceride, Calcium Carbonate.									
TBLT	Whole Grain Wheat Sub Roll	Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Wheat Gluten, Soybean oil, Yeast, Salt, Enzymes, Emulsifier, Calcium Propionate, Monoglyceride, Calcium Carbonate.									
	Turkey Sliced	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.			soybean oil	wheat					nitrate
	Turkey Bacon	Dark Turkey, White Turkey, Water, Sugar, Salt, Contains 2% or Less Natural Smoke Flavoring, Sodium Erythorbate, Natural Flavoring, Sodium Nitrite, Vegetable Oil.									
	Leaf Lettuce Tomatoes										



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Turkey Club	Turkey Sliced	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.									
	Turkey Ham	Turkey thigh meat, Water, Salt, Contains 2% or less of Vinegar, Dextrose, Modified Food Starch, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrate									
	Turkey Bacon	Dark Turkey, White Turkey, Water, Sugar, Salt, Contains 2% or Less Natural Smoke Flavoring, Sodium Erythorbate, Natural Flavoring, Sodium Nitrite, Vegetable Oil.									
	Green Leaf Lettuce Tomato Whole Wheat Bread	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Contains less than 2% of: Soybean oil, Wheat Gluten, Salt, Calcium Sulfate, Calcium Propionate (preserves freshness), Ethoxylated Mono-Diglyceride, Silicon Dioxide, Enzymes, Ammonium Sulfate, Azodicarbonamide(ADA), caramel color, Monoglycerides (softener), Sodium Stearoyl Lactylate (Emulsifier), Ascorbic Acid.	Milk		Soy Oil	Flour					
Turkey Provolone Sub	Whole Grain Wheat Sub Roll	Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Wheat Gluten, Soybean oil, Yeast, Salt, Enzymes, Emulsifier, Calcium Propionate, Monoglyceride, Calcium Carbonate.									
	Turkey Sliced	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.	milk, cheese		soybean oil	wheat					
	Provolone Cheese Green Leaf Lettuce	Pasteurized milk, Cheese culture salt, enzymes.									
Turkey Ham Sub (with or without cheese) see Menu	Turkey Ham	Turkey thigh meat, Water, Salt, Contains 2% or less of Vinegar, Dextrose, Modified Food Starch, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrate									
	Cheddar Cheese - <i>Optional based on menu</i> Red or Green Leaf Lettuce Whole Grain Wheat Sub Roll	Pasteurized cultured milk, salt, enzymes, annatto color (natural).  Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Wheat Gluten, Soybean oil, Yeast, Salt, Enzymes, Emulsifier, Calcium Propionate, Monoglyceride, Calcium Carbonate.	Milk		Soy Oil	Flour					
	Turkey Sliced	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.									
Turkey + Cheddar Slider	Cheddar Cheese Red or Green Leaf Lettuce Whole Grain Dinner roll	Pasteurized cultured milk, salt, enzymes, annatto color (natural).  Whole wheat flour, water, enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, contains 2% or less of: yeast, soybean oil, salt, emulsifier, enzymes, calcium propionate, calcium carbonate, monoglyceride, microcrystalline cellulose, cornstarch. Contains: Wheat.	Milk		Soy Oil	Flour					
	Turkey Sliced	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.									
Turkey on Whole Wheat	Green Leaf Lettuce Whole Wheat Bread	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Contains less than 2% of: Soybean oil, Wheat Gluten, Salt, Calcium Sulfate, Calcium Propionate (preserves freshness), Ethoxylated Mono-Diglyceride, Silicon Dioxide, Enzymes, Ammonium Sulfate, Azodicarbonamide(ADA), caramel color, Monoglycerides (softener), Sodium Stearoyl Lactylate (Emulsifier), Ascorbic Acid.			Soy Oil	Flour					



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Turkey Sub, pita, bagel	Turkey Sliced	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.									
	Green Leaf Lettuce Whole Grain Wheat Sub Roll	Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Wheat Gluten, Soybean oil, Yeast, Salt, Enzymes, Emulsifier, Calcium Propionate, Monoglyceride, Calcium Carbonate.			Soy Oil	Flour					
	-- or -- Bagel, Plain	Unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of: wheat gluten, salt, yeast, calcium propionate and sorbic acid (preservatives), mono-diglycerides, guar gum, ascorbic acid, citric acid, enzymes.									
add cheese	Cheddar Cheese	Pasteurized Milk, Cheese Cultures, Salt, Enzymes and Annatto coloring (natural)	cheese								
Turkey Wrap	White Wheat Flour Tortilla	Whole Wheat Flour, Margarine, Water, Salt, Baking Powder, Calcium, Vegetable Oil, Propionate (a preservative) No Lard.									
	Turkey Sliced	Turkey breast meat, turkey broth, contains 2% or less salt, sugar, modified food starch, corn syrup solids, sodium lactate, sodium phosphate, vinegar, pepper.									
	Shredded 50/50 Blend: Cheddar Cheese & Monterey Jack Cheese	Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (color)) Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt & Enzymes),Potato Starch & Powdered Cellulose added to prevent caking. Natamycin (mould inhibitor)	Cheese	Eggs	Soy	Flour					
	Romaine Lettuce Tomatoes Thousand Island Dressing	Ingredients: Soybean Oil, Tomato Puree (Water, Tomato Paste),Vinegar, Sugar, Water, Chopped Pickles, Egg Yolks, Salt, Containsless Than 2% Of Natural Flavor, Mustard Flour, Dried Onions,Xanthan Gum, Dried Red Bell Peppers, Citric Acid, Paprika,Oleoresin Turmeric, Potassium Sorbate And Calcium Disodium Edta(To Protect Flavor)Contains: Egg									
Veggie & Cheese Sub, Bagel and Wrap	Whipped Cream Cheese	Pasteurized Milk And Cream, Whey Protein Concentrate, Whey, Salt, Carob Bean Gum, Xanthan Gum, Guar Gum, Lactic Acid, Natamycin (A Natural Mould Inhibitor), Vitamin A Palmitate, Cheese Culture									
	Red & Green Bell Peppers Cucumbers Tomatoes Romain Lettuce or Green Leaf Lettuce										
	Cheddar Cheese Provolone Cheese Whole Grain Wheat Sub Roll	Pasteurized cultured milk, salt, enzymes, annatto (natural color). Pasteurized milk, Cheese culture salt, enzymes. Whole Wheat Flour, Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains less than 2% of: Wheat Gluten, Soybean oil, Yeast, Salt, Enzymes, Emulsifier, Calcium Propionate, Monoglyceride, Calcium Carbonate.	Milk, Cheese	Egg Yolk, but people with egg allergies should avoid	Soy Oil	Flour					Artificial color
	-- or -- Bagel, Plain	Unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of: wheat gluten, salt, yeast, calcium propionate and sorbic acid (preservatives), mono-diglycerides, guar gum, ascorbic acid, citric acid, enzymes.									
	or Wheat Tortilla	Enriched bleached wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm shortening, salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate (as a preservative), Guar gum, mono & diglycerides, and fumaric acid. Contains: wheat									
	Cheddar Cheese	Pasteurized Milk, Cheese Cultures, Salt, Enzymes and Annatto coloring (natural)									



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Veggie Rainbow Pinwheels (V)	Wheat Tortilla	Enriched bleached wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm shortening, salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate (as a preservative), Guar gum, mono & diglycerides, and fumaric acid. Contains: wheat									
	Cucumbers, sliced										
	Shredded Carrots										
	Whipped Cream Cheese	Pasteurized Milk And Cream, Whey Protein Concentrate, Whey, Salt, Carob Bean Gum, Xanthan Gum, Guar Gum, Lactic Acid, Natamycin (A Natural Mould Inhibitor), Vitamin A Palmitate, Cheese Culture		Egg Yolk, but people with egg allergies should avoid							
	Ranch Dressing	Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Salt, Buttermilk, Contains Less than 2% of Modified Food Starch, Garlic*, Xanthan Gum, Whey, Natural Flavor, Onions*, Phosphoric Acid, Spice, Parsley*, Disodium Guanylate, Disodium Inosinate, Sorbic Acid and Calcium Disodium EDTA (To Protect Freshness). *Dried.									
	Red Bell Peppers										
Yogurt and Granola	Yogurt	Cultured Grade A Milk, Cane Sugar, Water, Corn Starch, Contains Less Than 1% Of Natural Flavor, Lemon Juice Concentrate, Carob Bean Gum, Vitamin D3, Milk Calcium.	Milk		Soy	Whole grain oats					
	Granola	Whole grain oats, sugar, canola oil, rice flour, honey, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor.									



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<b>FRUIT</b>											
Apple Slices										GF	
Applesauce	Apples, Water, Ascorbic acid to maintain color and sucralose									GF	
Banana	Fresh banana.									GF	
Cantaloupe	Fresh cantaloupe.									GF	
Grapes	Fresh red seedless grapes									GF	
Mandarin Oranges	Mandarin Oranges, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate), Ascorbic Acid, Citric Acid									GF	
Melon	Fresh watermelon, cantaloupe or honeydew.									GF	
Orange Slices	Fresh navel oranges.									GF	
Peaches	Peaches in 100% Fruit Juice. Peaches, Water, Pear juice Concentrate/ white grape juice concentrate									GF	
Pears	Pears in 100% Fruit Juice. Pears, water, pear juice Concentrate									GF	
Pineapple Tidbits	Pineapple Bits in 100% Pineapple Juice. Pineapple, Pineapple Juice, Pineapple juice from Concentrate (Water, Clarified Pineapple Juice Concentrate), Citric Acid									GF	
Mixed Fruit Cup	Mixed Fruit in 100% Fruit Juice (Pineapple, Peaches, Pears), White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate), Ascorbic Acid, Citric Acid									GF	
Watermelon	Fresh watermelon.									GF	



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<b>VEGGIES</b>											
Baby Carrots	Fresh carrots									GF	
Broccoli Florets	Fresh broccoli									GF	
Carrot Coins	Carrots sliced (Grade A flash frozen)									GF	
Carrot Sticks	Fresh carrots									GF	
Cauliflower Florets	Fresh cauliflower									GF	
Celery Sticks	Fresh celery									GF	
Corn	Corn kernels (Grade A flash frozen)									GF	
Corn Nibbles	Corn kernels (Grade A flash frozen)									GF	
Crinkle Carrots	Carrots crinkle cut (Grade A flash frozen)									GF	
Cucumber Slices	Fresh cucumber									GF	
Edamame	Fresh edamame				Soybeans					GF	
Fresh Veggie Medley	Fresh broccoli, cauliflower and/or carrots									GF	
Golden Carrots & Corn	Diced carrots and corn (Grade A flash frozen)									GF	
Green Beans	Green beans (Grade A flash frozen)									GF	
Jicama Sticks	Fresh jicama									GF	
Lettuce, Shredded	Fresh iceberg and/or Romaine									GF	
Mashed Potatoes	Potatoes, Maltodextrin, contains less than 2% of : sunflower oil, mono and diglycerides, artificial color, natural and artificial flavors, sodium bisulfite and BHT(preserves freshness),		Milk		Soy, Soy Oil	wheat (facility)					Artificial color, Artificial flavor
Side Salad, Grades K-8	Romaine and Iceberg Lettuce Carrots Shredded Grape Tomatoes Ranch Dressing	Water, soybean oil, corn syrup, distilled vinegar, corn maltodextrin, salt, buttermilk powder, modified corn starch, egg yolk, natural flavors, xanthan gum, propylene glycol alginate, garlic juice, lactic acid, disodium guanylate, disodium inosinate, onion powder, potassium sorbate and sodium benzoate as preservatives, spice, calcium disodium edta to protect flavor	Buttermilk, milk	Egg Yolk, but people with egg allergies should avoid	Soy Oil					GF	
Sugar Snap Peas	Fresh sugar snap peas									GF	
Sweet Baby Peas	Baby peas (Grade A flash frozen)									GF	Pea Protein
Sweet Peas	Peas (Grade A flash frozen)									GF	Pea Protein
Tossed Salad, Preschool	Romaine and Iceberg Lettuce Carrots Shredded Ranch Dressing	Water, soybean oil, corn syrup, distilled vinegar, corn maltodextrin, salt, buttermilk powder, modified corn starch, egg yolk, natural flavors, xanthan gum, propylene glycol alginate, garlic juice, lactic acid, disodium guanylate, disodium inosinate, onion powder, potassium sorbate and sodium benzoate as preservatives, spice, calcium disodium edta to protect flavor	Buttermilk, Milk	Egg Yolk, but people with egg allergies should avoid	soy oil					GF	



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<b>BREADS</b>											
Whole Grain Dinner Roll		Whole wheat flour, water, enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, contains 2% or less of: yeast, soybean oil, salt, emulsifier, enzymes, calcium propionate, calcium carbonate, monoglyceride, microcrystalline cellulose, cornstarch. Contains: Wheat.			soy oil	Wheat					
Plain bagel	Western Bagel Baking	Enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar contains 2% or less of: wheat gluten, salt, yeast, calcium propionate (preservative), Mono-Diglycerides calcium sulfate, tricalcium phosphate, ascorbic acid, hydrated monoglyceride l-cysteine, dextrose, enzymes.				Wheat					
Whole Wheat Sandwich Bread		Whole wheat flour, water, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, yeast, contains 2% or less of the following: soybean oil, wheat gluten, salt, calcium sulfate, calcium propionate (preserves freshness), ethoxylated mono-diglyceride, silicon dioxide, enzymes, ammonium sulfate, azodicarbonamide (ADA), caramel color, monoglycerides (softener), sodium stearoyl lactylate (emulsifier), ascorbic acid. Contains: Wheat. Manufactured on equipment that processes: Wheat, Milk, Soy, and Sesame Seeds.	(Facility)		(Facility)	Wheat					(Facility - Sesame Seeds)
French Bread (Bruchetta)		Enriched Flour Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Yeast, Salt, Sugar, Contains 1 Percent Or Less Of: Soybean Oil, Dough Conditioner Wheat Flour, Cellulose Gum, Dextrose, Datem, Guar Gum, Malted Barley Flour, Ascorbic Acid, Enzymes, Deactivated Yeast, Sodium Alginate, Vital Wheat Gluten, Egg Powder, Soy Lecithin, Nonfat Dry Milk. Contains: Wheat, Milk, Egg, Soybean.			soy oil	Wheat					
Pita (4") for Pita/Dip		Enriched wheat flour (wheat, barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) - Water. Contains 2% or less of vital wheat gluten, yeast, salt, sugar, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonates, monocalcium phosphate) sodium stearoyl lactylate, calcium propionate and potassium sorbate (preservatives)			soybean	wheat					
Pita (6") for Sandwiches		Enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, oat fiber, sugar, yeast, wheat gluten, canola and/or soybean oil, salt, potato flour, vinegar, psyllium, cultured wheat flour, soy lecithin, enzyme (plant based), ascorbic acid (vitamin c)			soy	wheat					





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<b>DESSERTS &amp; BIRTHDAY MENU ITEMS</b>											
Brownies	Brownie Mix	Sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), palm oil, cocoa (processed with Alkali), soybean oil. Contains 2% or less of: egg white, salt, corn starch, leavening (baking soda, monocalcium phosphate), artificial flavor, soy flour, nonfat milk. Contains: Wheat, egg, milk, and soy ingredients.	Milk	Eggs	Soy Oil	Wheat					Artificial Flavor
	Cupcakes	Chocolate Cake Vanilla Cake Icing (Vanilla) Icing (Chocolate)	Sugar, wheat flour, cocoa processed with alkali, canola oil, leavening (calcium phosphate, baking soda), salt, corn starch, xanthan gum, natural flavor. Contains wheat ingredients. May contain milk and soybean ingredients. Wheat Flour, Sugar, Canola Oil, Leavening (Calcium Phosphate, Baking Soda), Corn Starch, Salt, Xanthan Gum, Natural Flavor. Contains wheat. May contain milk and soybean ingredients. Whipping cream. Whipping cream and cocoa powder.	Milk Milk		Soy Soy	Wheat Wheat				
Chocolate Chip Cookies (Whole Grain)	Chocolate Chip Cookies (Whole Grain)	Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), brown cane sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, dextros, Soya lecithin), applesauce (apples, water, erythorbic acid), eggs, butter, vegetable oil, pure natural Vanilla extract, baking soda and salt.		Eggs	soy	Wheat					
Double Chocolate Mint Cookies (Whole Grain)	Double Chocolate Mint Cookies (Whole Grain)	Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), cane sugar, applesauce (apples, water, ascorbic acid), pasteurized eggs, vegetable oil, chocolate chips (sugar, chocolate liquor, cocoa butter, dextros, Soya lecithin), butter, cocoa, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), natural peppermint extract, baking soda, pure natural vanilla extract and salt.		Eggs	soy	Wheat					
Oreo Crumble Brownies	Brownie Mix Oreo Cookie Crumbles	Sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), palm oil, cocoa (processed with Alkali), soybean oil. Contains 2% or less of: egg white, salt, corn starch, leavening (baking soda, monocalcium phosphate), artificial flavor, soy flour, nonfat milk. Contains: Wheat, egg, milk, and soy ingredients. Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [Vitamin B1], riboflavin [Vitamin B2], folic acid), higholeic canola oil and or palm oil and/or canola oil, cocoa (processed with alkali), high fructose corn syrup, baking soda, cornstarch, salt, soy lecithin (emulsifier), vanillin (an artificial flavor), chocolate.	Milk	Eggs	Soy Oil	Wheat					Hydrogenated Oil, Artificial Flavor, HFCS
Rice Krispie Treat	Rice Krispies Cereal Marshmallows Vegetelene Spray	Rice, Sugar, Corn Syrup, Salt, Vitamins Minerals: Vitamin B1 Thiamin Mononitrate, Vitamin B2 Riboflavin, niacin niacinamide, vitamin B6 pyridoxine hydrochloride, folic acid, vitamin B12, vitamin a palmitate, vitamin c sodium ascorbate, vitamin D, ferric orthophosphate iron, zinc zinc oxide. Corn Syrup, Sugar, Dextros, Beef Gelatin (Halal), Corn Starch, Artificial Flavor, Vanilla Potassium Sorbate. Vegetable oil (Canola, Sunflower, Soybean), Soy Lecithin, Natural Flavor, Beta-Carotene (Color)and Propellant.			Soy Oil	Wheat				GF	Artificial Flavor, Beef Gelatin
S'mores Brownie	Brownie Mix Marshmallows Graham Crackers, Nabisco	Sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), palm oil, cocoa (processed with Alkali), soybean oil. Contains 2% or less of: egg white, salt, corn starch, leavening (baking soda, monocalcium phosphate), artificial flavor, soy flour, nonfat milk. Contains: Wheat, egg, milk, and soy ingredients. Corn Syrup, Sugar, Dextros, Beef Gelatin (halal), Corn Starch, Artificial Flavor, Vanilla Potassium Sorbate. Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), graham flour (whole grain wheat flour), sugar, soybean oil, honey, leavening (baking soda and/or calcium phosphate), salt, soy lecithin, artificial flavor.	Milk	Eggs	Soy Oil	Wheat					Artificial Flavor, Beef Gelatin



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Sugar Cookies	Sugar Cookies	Enriched wheat flour (wheat, barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, vegetable oil blend (palm fruit, soybean and olive oils, water, salt, non-fat milk, mono and diglycerides, soy lecithin, potassium sorbate as a preservative, natural and artificial flavor, Vitamin A palmitate, beta carotene color), butter, eggs, invert sugar, soy flour, salt, natural & artificial butter flavor, natural vanilla flavor, baking soda. This product is made in a facility that manufactures products containing one or more of the following: wheat, eggs, peanuts, tree nuts, soybeans and milk.	Milk	Eggs	Soy	Wheat					
<b>DRINKS</b>											
Juice, Apple (100%)	Concentrated apple juice, water, ascorbic acid (vitamin C).									GF	
Milk, 1%	Low fat milk, nonfat milk solids, vitamin A palmitate, vitamin D3.		Milk							GF	
Milk, Low Fat 1% Chocolate Milk	Skim Milk, milk, sugar, chocolate powder (contains: cocoa processed alkali, salt carrageenan, sugar, vanilla), vitamin A palmitate, vitamin D3		Milk							GF	
Milk, Chocolate Nonfat	Fat free skim milk, sucrose, cocoa processed with alkali, corn starch, salt, carrageenan, vanillin, vitamin A palmitate and vitamin D3.		Milk							GF	
Milk, Homogenized	Milk, vitamin D3.		Milk							GF	
Milk, Nonfat	Nonfat milk, vitamin A palmitate, vitamin D3.		Milk							GF	
Organic Milk	Grade A Lowfat Milk, Vitamin A, Palmitate, Vitamin D3		milk							GF	
Organic Apple Juice	Honest Kids. Filtered Water, Organic Apple Juice from Concentrate, Natural Flavors, Vitamin C (Ascorbic Acid), Organic Natural Flavors, Citric Acid (provides tartness)									GF	
Organic Chocolate Milk	Organic grade a lowfat milk, organic can sugar, organic cocoa (processed with alkali), organic cocoa, gellan gum, organic natural flavor, salt, vitamin A palmitate, vitamin d3. Contains: Milk		milk							GF	
Hershey's Fat Free Chocolate Milk	Skim Milk, Sugar, contains less than 1% or less of each of the following: cocoa(processed with alkali), cellulose gel, natural flavor, carrageenan, salt, pectin, vanillin, artificial flavor, dextrose, vitamin A palmitate and vitamin D3.		milk							GF	
Hershey's 1% Lowfat Milk	Lowfat Milk, Vitamin A Palmitate, Vitamin D3		milk							GF	



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<b>SNACKS</b>											
Animal Cracker		Whole wheat flour, sugar, enriched flour wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin b2 [riboflavin], folic acid, soybean and pal oil. Conatins 2 or less of salt, baking sode, soy lecithin, natural flavor, rosemary extract for freshness.			Soy	Wheat					
Cheddar Sun Chips		Whole Corn, sunflower and/or canola oil, whole wheat, brown rice flour, whole oat flour, sugar, maltodextrin, made form corn, salt, cheddar cheese milk, cheese cultures, salt, enzymes, natural flavors, whey. Whey protein concentrate, onion powder, romano cheese cow's milk, cheese cultures, salt enzymes, butter milk, yeast extract, citric acide, paprika extracts, lactic acide, garlic powder, parmesan cheese milk, cheese cultures, salt, enzymes and skim milk. Contains wheat and milk ingredients.	milk			Wheat					
Cheezeits		Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid) vegetable oil (cottonseed, palm, sunflower and/or soybean oil with TBHQ for freshness) skim milk cheese (skim milk, whey protein, cheese cultures, salt, enzymes, annatto extract color)	milk			Wheat					
Cinnamon Toast Crunch, Pouches		Whole grain wheat, sugar, rice flour, canola oil, polydextrose, maltodextrin, fructose, dextrose, salt, cinnamon, trisodium phosphate, soy lecithin, caramel color. BHT added to preserve freshness. Vitamins and Minerals: Calcium carbonate, iron and zinc mineral nutrients, vitamin c sodium ascorbate, a b vitamin niacinamide, vitamin b6 pyridoxine, hydrochloride, viatmin b2 riboflavin, vitamin b1 thiamin mononitrate, vitamin a palmitate, a b vitamin folic acid, vitamin b12, vitamin d3. Contains wheat and soy ingredients.			Soy	Wheat					
Fritos		Corn, corn oil and salt.									
Goldfish		Unbleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Vegetable Oils (Canola, Sunflower And/Or Soybean), Contains 2 Percent Or Less Of: Salt, Yeast, Sugar, Autolyzed Yeast, Leavening (Baking Soda, Monocalcium Phosphate, Ammonium Bicarbonate), Paprika, Spices (Contains Celery) And Dehydrated Onions.				Wheat					
Hard Boiled Egg		Egg		Eggs						GF	
Pretzels		Snyder's. Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn syrup, corn oil, salt, yeast, and ammonium bicarbonate.				Wheat					
Potato Chips, Lays		Potatoes, sunflower oil and/or corn oil, and salt.									
Pretzels		Enriched flour (wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, corn syrup, yeast, baking soda.				Flour, Barley					
Ruffles		Potatoes, sunflower oil and/or corn oil, and salt. No preservatives.								GF	
Seaweed, Dried Roasted		Seaweed, sea salt, corn oil, sesame oil. <b>Packaging contains Silica Gel Packet. Silica Gel is not poisonous, non toxic and not harmful if consumed. It is FDA approved, however, silica gel packet as a whole could present a <u>choking hazard</u> to small children.</b>								GF	Sesame Oil
String Cheese		Pasteurized part skim milk, cheese cultures, salt and enzymes.	Milk, Cheese							GF	
Teddy Grahams		Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Sugar, Graham Flour (Whole Grain Wheat Flour), Soybean Oil and/or Canola Oil, Dextrose, Maltodextrin, Calcium Carbonate (Source of Calcium), Salt, Baking Soda, Natural Flavor, Soy Lecithin, Cinnamon.			soy	Wheat					
Tortilla Chips		Corn, lime, water, vegetable oil (contains one or more of the following: soybean oil, corn oil, sunflower oil), salt, calcium propionate ( preservative) Phosphoric acid.			soybean oil					GF	



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## Organic Entrees

<b>Spaghetti with Beef</b>	Ground Beef	Not more than 20% fat									
	Marinara Pasta Sauce	organic tomato puree (water, organic tomato paste), organic diced tomatoes in organic tomato juice, organic soybean oil, organic cane sugar, salt, organic parmesan cheese (pasteurized organic milk, cheese cultures, sea salt, microbial enzymes), organic extra virgin olive oil, organic onion powder, organic garlic powder, organic dried basil, organic dried parsley, organic black pepper.	milk		soybean oil						
	Spaghetti	Organic durum semolina.				wheat					
	Beef Stock	organic beef stock (water, organic beef stock from concentrate, dried organic beef stock), sea salt, organic caramel color, organic beef flavoring (organic beef flavor, salt), organic yeast extract, organic cane sugar, organic potato flour, organic sunflower oil, organic soy sauce (water, organic soybeans, organic wheat, salt, organic alcohol)			soy sauce	wheat					
	Minced Garlic	fresh garlic									
	Italian Seasonings	organic sage, organic thyme and organic organic									
	Black Pepper										
<b>Chicken Fajita Bowl</b>	Chicken Thighs	organic, free ranch, boneless, skinless chicken thigh									
	Chicken Stock	organic chicken stock (filtered water, organic chicken broth concentrate [organic chicken flavor {organic chicken flavor, sea salt}, organic chicken stock {organic chicken stock, water, salt}, organic chicken fat, organic onion juice concentrate, organic cornstarch, organic tomato paste, organic turmeric, organic flavor, organic spice, organic canola oil]) organic chicken flavor (organic chicken flavor, sea salt), sea salt, organic cane sugar, organic chicken fat.									
	Unfiltered Extra Virgin Olive Oil	Unfiltered Extra Virgin Olive Oil									
	Red Bell Peppers	Fresh Green Bell Pepper									
	Green Bell Peppers	Fresh Red Bell Pepper									
	Corn, Frozen										
	Long Grain Brown Rice	Organic long grain brown rice.									
	Cilantro	Fresh Cilantro									
	Granulated Garlic	Organic Granulated garlic									
<b>Teryaki Chicken Bowl</b>	Chicken Thighs	organic, free ranch, boneless, skinless chicken thigh									
	Chicken Stock	organic chicken stock (filtered water, organic chicken broth concentrate [organic chicken flavor {organic chicken flavor, sea salt}, organic chicken stock {organic chicken stock, water, salt}, organic chicken fat, organic onion juice concentrate, organic cornstarch, organic tomato paste, organic turmeric, organic flavor, organic spice, organic canola oil]) organic chicken flavor (organic chicken flavor, sea salt), sea salt, organic cane sugar, organic chicken fat.									
	Sesame Teryaki Sauce & Marinade	water, organic tamari sauce (water, organic soybeans, salt, organic alcohol), organic agave nectar, organic white vinegar, organic expeller pressed soybean oil, organic crushed garlic, organic sesame seeds, organic ginger puree, organic sesame oil, organic tamari powder (organic tamari sauce [organic soybeans, salt], organic maltodextrin, salt), salt, organic minced onions, organicgarlic granules, organic garlic powder, organic onion powder, xanthan gum.			soybean oil						sesame
	Long Grain Brown Rice	Organic long grain brown rice.									
	Green Onions	Fresh Green Onions									
<b>Enchilada Casserole w/Green Sauce</b>	Ground Beef	85/15									
	Unfiltered Extra Virgin Olive Oil	Unfiltered Extra Virgin Olive Oil									
	Onion, Diced	fresh onion									
	Garlic, Minced	fresh garlic									
	Green Bell Pepper, Diced	fresh green bell pepper									
	Corn	frozen corn									
	Long Grain Brown Rice	organic long grain brown rice.									
	Mozzerella Cheese	organic low moisture part skim mozzarella cheese (organic cultured pasteurized reduced fat milk, salt, microbial enzymes), powdered cellulose (added to prevent caking) Contains: MILK	milk								



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	Mexican Cheese Blend	organic colby jack cheese (pasteurized organic milk, cheese culture, salt, enzymes, organic annato [for color]), organic cheddar cheese (pasteurized organic milk, cheese culture, salt enzymes), organic monterey jack cheese (pasteurized organic milk, cheese culture, salt, enzymes) cellulose (to prevent caking). Contains MILK	milk								
	Corn Tortillas	organic corn masa, contains 3% or less of: organic rice flour, cultured rice flour, organic vinegar, malic acid, organic guar gum, xanthan gum, carrageenan)									
	Tomato Sauce	organic Tomato Puree, sea salt, organic red pepper, citric acid									
	Tomatillo Salsa	water, organic tomatillos, organic roasted anaheim peppers, organic onions, organic jalapeno powder, organic black pepper, organic cumin, organic garlic, xanthan gum.									
	Salt										
	Pepper										
<b>BBQ Chicken Sandwich</b>	Chicken Theighs	organic, free ranch, boneless, skinless chicken thigh									
	Original BBQ Sauce	Organic Tomato puree (filtered water, organic tomato paste), organic sugar, organic white vinegar, organic corn starch, salt, organic molasses, organic pineapple juice concentrate, pure liquid hickory smoke flavor, organic onion powder, organic garlic powder, organic caramel color, organic black pepper, organic tamarind concentrate, organic spices(organic all spice, salt, organic clove, organic red pepper, organic paprike), xantham gum									
	Hamburger Bun	Organic Wheat Flour, Water, Organic Cane Sugar, Yeast, Organic Vital Wheat Gluten, Organic Soybean Oil. Contains 2% or Less of the Following: Organic Vinegar, Organic Cultured Wheat Flour, Organic Soy Flour, Sea Salt, Ascorbic Acid, Enzymes.			soy	wheat					
<b>Baked Potato (V) w/ Butter and Cheese</b>	Russet Potatoes	organic idaho russet potatoes									
	Butter	organic sweet cream, lactic acid.	milk								
	Mexican Cheese Blend	Organic colby jack cheese (pasteurized organic milk, cheese culture, salt, enzymes, organic annato [for color]), organic cheddar cheese (pasteurized organic milk, cheese culture, salt enzymes), organic monterey jack cheese (pasteurized organic milk, cheese culture, salt, enzymes) cellulose (to prevent caking). Contains MILK	milk								
<b>Spaghetti with Marinara (V)</b>	Marinara Pasta Sauce	organic tomato puree (water, organic tomato paste), organic diced tomatoes in organic tomato juice, organic soybean oil, organic cane sugar, salt, organic parmesan cheese (pasteurized organic milk, cheese cultures, sea salt, microbial enzymes), organic extra virgin olive oil, organic onion powder, organic garlic powder, organic dried basil, organic dried parsley, organic black pepper.	milk		soybean oil						
	Spaghetti	Organic durum wheat semolina.				wheat					
<b>Macaroni &amp; Cheese (V)</b>		Organic Macaroni Product (Organic Durum Wheat Semolina), Organic Mild Cheddar Cheese Sauce (Organic Cheddar Cheese [Pasteurized Organic Milk, Cheese Culture, Salt, Enzymes], Water, Organic Butter [Pasteurized Organic Sweet Cream, Salt], Organic Soybean Oil, Sodium Phosphate, Organic Non-Fat Dry Milk, Organic Maltodextrin, Contains 2% or Less of: Salt, Natural Flavors, Colors Added [Organic Pumpkin, Organic Apple, Organic Annatto Extract], Lactic Acid, Xanthan Gum, Organic Guar Gum).	milk		soybean oil	wheat					
<b>Sesame Veggie Pasta (V)</b>	Spaghetti	Organic durum wheat semolina.				wheat					
	Red Bell Peppers	Fresh Red Bell Peppers									
	Shredded Carrots	Fresh Shredded Carrots									
	Cilantro	Fresh Cilantro									
	Sesame Teryaki Sauce & Marinade	water, organic tamari sauce (water, organic soybeans, salt, organic alcohol), organic agave nectar, organic white vinegar, organic expeller pressed soybean oil, organic crushed garlic, organic sesame seeds, organic ginger puree, organic sesame oil, organic tamari powder (organic tamari sauce [organic soybeans, salt], organic maltodextrin, salt), salt, organic minced onions, organic garlic granules, organic garlic powder, organic onion powder, xanthan gum.			soybeans					GF	
	Sesame Seeds	Organic sesame seeds									
<b>Baked Ziti (V)</b>	Marinara Pasta Sauce	organic tomato puree (water, organic tomato paste), organic diced tomatoes in organic tomato juice, organic soybean oil, organic cane sugar, salt, organic parmesan cheese (pasteurized organic milk, cheese cultures, sea salt, microbial enzymes), organic extra virgin olive oil, organic onion powder, organic garlic powder, organic dried basil, organic dried parsley, organic black pepper.	milk		soybean oil						



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	Spaghetti	Organic durum wheat semolina.				wheat					
	Mozzarella Cheese, Shredded	Organic low moisture part skim mozzarella cheese (organic cultured pasteurized reduced fat milk, salt, microbial enzymes), powdered cellulose (added to prevent caking)									

**SIDES**

<b>Broccoli Florets</b>		Fresh organic broccoli florets									
<b>Baby Carrots</b>		Fresh organic baby carrots									
<b>Cauliflower Florets</b>		Fresh organic cauliflower florets									
<b>Applesauce</b>		Organic Apples, Water, Ascorbic acid									
<b>Banana</b>		Fresh organic Banana									
<b>Orange Slices</b>		Fresh organic Orange Slices									
<b>Whole Apple</b>		Fresh Apple. Gala or Fuji									
<b>Side Salad</b>	Lettuce, Mix	Mixture of Chopped Romaine, Spinach and/or Shredded Lettuce									
	Shredded Carrots	Fresh Shredded Carrots									
	Grape Tomatoes										
	Ranch Dressing	filtered water, organic soybean oil, organic buttermilk (pasteurized organic skim milk, organic skim milk powder, cultures, sea salt), organic white vinegar, organic sugar, salt, organic egg yolks, organic onion powder, organic buttermilk powder (organic buttermilk, organic skim milk), organic yeast extract, organic black pepper, organic ground mustard seed, lactic acid, organic dill, xanthan gum. Contains MILK & EGG	milk	egg	soybean oil						

**DRINKS**

<b>Water</b>	Crystal Geiser	12 oz water									
<b>Honest Apple Juice</b>	Honest Kids	Honest Kids. Filtered Water, Organic Apple Juice from Concentrate, Natural Flavors, Vitamin C (Ascorbic Acid), Organic Natural Flavors, Citric Acid (provides tartness)									
<b>Horizon 1% White Milk</b>	Horizon	Horizon. Organic Grade A Lowfat Milk, Vitamin A Palmitate, Vitamin D4	milk								
<b>Horizon Chocolate Milk</b>	Horizon	Organic grade a lowfat milk, organic can sugar, organic cocoa (processed with alkali), organic cocoa, gellan gum, organic natural flavor, salt, vitamin a palmitate, vitamin d3. Contains: Milk	milk								



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