



Fall Lunch Menu } september 2017 october 2017 november 2017

monday

October 2, 2017
 Chicken Alfredo
Tofu Alfredo
 Broccoli
 Pear Slices
 Pita Bread

October 9, 2017
 Asian BBQ Chicken
Asian BBQ Tofu
 Broccoli
 Apple Slices
 Quinoa

October 16, 2017
 Turkey Meatloaf
Vegetarian "Meat"loaf
 Green Beans
 Pear Slices
 Whole Grain Bread

October 23, 2017
 Chicken Stir Fry
Tofu Stir Fry
 Peas & Carrots
 Apple Slices
 Brown Rice

October 30, 2017
 Chicken Alfredo
Tofu Alfredo
 Broccoli
 Pear Slices
 Pita Bread

tuesday

October 3, 2017
 Farfalle w/
 Tomato Cream Sauce &
 Mozzarella
 Cucumber
 Honeydew

October 10, 2017
 Beef Burger
Veggie Burger
 Roasted Potatoes
 Orange Slices
 Whole Grain Bun

October 17, 2017
 Orange Chicken
Orange Tofu
 Roasted Butternut Squash
 Pineapple Chunks
 Whole Grain Bread

October 24, 2017
 Penne Pasta Marinara
 w/ Mozzarella
 Broccoli
 Fruit Salad

October 31, 2017
 Farfalle w/
 Tomato Cream Sauce &
 Mozzarella
 Cucumber
 Honeydew

wednesday

October 4, 2017
 Lemon Chicken
Lemon Tofu
 Peas
 Fruit Salad
 Whole Grain Bread

October 11, 2017
 Turkey Pot Pie
Tofu Pot Pie
 Green Beans
 Cantaloupe
 Whole Grain Biscuit

October 18, 2017
 Beef Sloppy Joes
Boca Sloppy Joe
 Mashed Potatoes
 Apple Slices
 Whole Grain Bun

October 25, 2017
 Roasted Turkey w/ Gravy
Roasted Tofurkey
 Mashed Sweet Potatoes
 Pineapple
 Whole Grain Roll

thursday

October 5, 2017
 Turkey Sausage Patties
Veggie "Sausage" Patties
 Roasted Potatoes
 Pineapple
 French Toast

October 12, 2017
 Fiesta Burrito
 Cucumber
 Pineapple

October 19, 2017
 Creamy Mac N
 Cheese
 Broccoli
 Cantaloupe

October 26, 2017
 Beef Tacos
Boca Tacos
 Refried Beans
 Honeydew
 Flour Tortilla

friday

October 6, 2017
 Cheesy Pizza Muffins
 Glazed Carrots
 Appleberry Sauce

October 13, 2017
 Chicken Nuggets
Veggie Nuggets
 Peas
 Applesauce
 Whole Grain Bread

October 20, 2017
 Mediterranean Turkey
 Meatballs
Veggie Burger
 Peas
 Orange Slices
 Whole Grain Bread

October 27, 2017
 Fish Tenders
Veggie Nuggets
 Green Beans
 Applesauce
 Whole Grain Bread



This institution is an equal opportunity employer.



Fall GFDF Lunch Menu

september 2017
 october 2017
 november 2017

monday	tuesday	wednesday	thursday	friday
October 2, 2017 Grilled Chicken Broccoli Pear Slices GF Bread	October 3, 2017 GFDF Pasta Marinara Cucumber Honeydew	October 4, 2017 Lemon Chicken Peas Fruit Salad GF Bread	October 5, 2017 Turkey Sausage Patties Roasted Potatoes Pineapple GF Waffle	October 6, 2017 GFDF Turkey Bolognese Glazed Carrots Appleberry Sauce
October 9, 2017 Asian BBQ Chicken Broccoli Apple Slices Quinoa	October 10, 2017 Beef Burger Roasted Potatoes Orange Slices GF Bun	October 11, 2017 GFDF Turkey Pot Pie Green Beans Cantaloupe GF Bread	October 12, 2017 GFDF Tamale Cucumber Pineapple	October 13, 2017 Grilled Chicken Peas Applesauce GF Bread
October 16, 2017 GFDF Turkey Meatloaf Green Beans Pear Slices GF Bread	October 17, 2017 Orange Chicken Roasted Butternut Squash Pineapple Chunks GF Bread	October 18, 2017 Beef Sloppy Joe Mashed Potatoes Apple Slices GF Bun	October 19, 2017 GFDF Mac N Cheese Broccoli Cantaloupe	October 20, 2017 GFDF Turkey Mediterranean Meatballs Peas Orange Slices GF Bread
October 23, 2017 Chicken Stir Fry Peas & Carrots Apple Slices Brown Rice	October 24, 2017 GFDF Pasta Marinara Broccoli Fruit Salad	October 25, 2017 Roasted Turkey w/ Gravy GFDF Mashed Sweet Potatoes Pineapple GF Bread	October 26, 2017 Beef Tacos Refried Beans Honeydew Corn Tortilla	October 27, 2017 Three Bean Chili Green Beans Applesauce GF Bread
October 30, 2017 Grilled Chicken Broccoli Pear Slices GF Bread	October 31, 2017 GFDF Pasta Marinara Cucumber Honeydew			



Fruit & veggie sides are subject to change.

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Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Asian BBQ Chicken	Antibiotic-free chicken thigh, Asian BBQ Sauce (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion)	X						
Baked Chicken Nuggets	Antibiotic-free chicken breast, water, salt, unbleached wheat flour, water, salt, evaporated cane juice, dried yeast, spices, paprika. Soybean oil to set breading.	X		X				
Bean & Cheese Burrito	Tortilla (unbleached enriched flour (wheat flour, niacin reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil with monoglycerides) sugar, salt, sodium bicarbonate, sodium aluminum phosphate potassium sorbate (a preservative), Fumaric Acid, Mono & Diglycerides, Calcium Propionate (a preservative), refried beans (Cooked Beans, Water, Salt, Vegetable Oil (Cottonseed), Garlic), shredded chihuahua cheese (pasteurized grade a whole cows milk, salt enzymes, culture, potato starch & powdered cellulose added to prevent caking), salsa (diced canned tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion, raw cilantro, lime juice, sea salt)			X	X			
Beef Burger	Grass-fed beef, salt, pepper. Served on whole wheat hamburger bun (see bread ingredients).	X (Bun Only)		X (Bun Only)				
Beef Sloppy Joe	Ground Beef, Organic Ketchup (Organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), Sloppy Joe Sauce: Canola oil, raw garlic, yellow mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers							
Beef Tacos	Ground Beef, Dry Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)							
Chicken Alfredo	Antibiotic Free Chicken Breast, Canola Oil, Salt, Alfredo Sauce (whole milk, grated parmesan cheese (imported parmesan cheese (pasteurized) part-skim milk, cheese cultures, salt, enzymes), part skim mozzarella cheese (pasteurized milk, cheese culture, salt, rennet), garlic powder, sea salt, unsalted butter (cream, natural flavorings), raw onion)				X			
Chicken Stir Fry	Antibiotic Free Chicken Thigh, Peas & Carrots, Stir Fry Sauce (Vegetable Base, Water, White Wine Vinegar, Aminos Soy Sauce, Dry Garlic Powder, Dry Ginger Powder, Dark Brown Sugar, Dry Corn Starch, Water)	X						
Creamy Mac 'n Cheese	Pasta: Semolina (wheat), durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid (ferous sulfate). Cheese Sauce: cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), american cheese** (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), rice flour, whole milk, butter, salt.			X	X			
Fiesta Burrito	Refried Beans (Cooked Beans, Water, Salt, Vegetable Oil (Cottonseed), Garlic, Part Skim Mozzarella Cheese (pasteurized milk, cheese culture, salt, rennet), Salsa (Diced Tomatoes, Raw Onion, Raw Cilantro, Lime Juice, Sea Salt), Flour Tortilla (Unbleached Enriched Flour (Wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil shortening (palm oil with monoglycerides), sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative)			X	X			
Fish Tenders	Alaska pollock, whole wheat flour, water, modified corn starch, whole yellow corn meal, enriched wheat flour (flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, yeast, garlic powder, onion powder, salt, spices, corn syrup solids, leavening (sodium bicarbonate, sodium aluminum phosphate), concentrated lemon juice, natural flavor, citric acid, prefried in canola, cottonseed, and soybean oil	X		X		X		
French Toast	Whole Grain Bread (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate & Potassium Sorbate (Preservatives), Wheat Starch), Liquid Eggs (Whole eggs, citric acid, water), Whole Milk, Imitation Vanilla Extract, Ground Cinnamon, Sea Salt, White Sugar	X	X	X	X			
Lemon Chicken	Antibiotic free chicken breast, canola oil, salt. Lemon sauce (pure honey, raw onion, raw garlic, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), dried thyme, lemon juice, mustard powder, parsley flakes, apple juice (apple juice concentrate, ascorbic acid (vitamin c), apple cider vinegar, canola oil, corn starch, salt, sugar)							

Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Marinara Sauce	Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion							
Mediterranean Meatballs	Ground Turkey, Liquid Eggs, Raw Mint, Raw Cilantro, Raw Garlic, Ground Cumin, Sea Salt, Ground Black Pepper, Green Onions, Panko Bread Crumbs (bleached wheat flour, dextrose, yeast, salt)		X	X				
Orange Chicken	Antibiotic Free Chicken Breast, Canola Oil, Salt, Orange Sauce (Water, Orange Juice, Lemon Juice, Apple Cider Vinegar, Aminos Soy Sauce (non-GMO soybeans & purified water), Orange Marmalade, Dry Ground Ginger, Raw Garlic, Xanthan Gum, Sea Salt)	X						
Penne Pasta Marinara w/ Cheese	Pasta: Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, salt, canola oil. Marinara: Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion. Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).			X	X			
Pizza Muffin	All Purpose Enriched Flour, Baking Powder, Whole Milk, Liquid Eggs, Part Skim mozzarella cheese (Pasteurized milk, Cheese Culture, Salt, Rennet), Cheddar Cheese (Pasteurized milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color, Potato Starch, Corn Starch, Cellulose (anti-caking agents), Basil, Garlic Powder, Oregano. Served with Marinara Sauce (See ingredients above)		X	X	X			
Pasta (Farfalle) with Tomato Cream Sauce	Farfalle Pasta (Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid. Tomato cream sauce (grated parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate), Marinara sauce (canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).			X	X			
Roast Turkey w/Gravy	Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate.) Gravy (Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Salt, Sugar, Maltodextrin, Corn Oil, Less than 2% of Yeast Extract, Water, Potato Starch, Xanthan Gum, Natural Flavors, Carrot Juice Concentrate), Water, Rice Flour, Canola Oil, Dried Thyme, Raw Onion, Raw Carrots, Raw Celery, Xanthan Gum)							
Turkey Meatloaf	Antibiotic Free ground turkey, Mustard (Distilled White Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Tumeric, Paprika), Pure Honey, Spinach, Organic Ketchup (Organic Tomato Puree (Organic Tomato Paste, Water), Organic Natural Milled Sugar, Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor), Sea Salt, Dry Garlic Powder, Dry Onion Powder, Panko Bread Crumbs (Bleached Wheat Flour, Dextrose, Yeast, Salt)			X				
Turkey Pot Pie	Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate), Peas & Carrots, Raw Celery, Sea Salt, Russet Potatoes, Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Salt, Sugar, Maltodextrin, Corn Oil, Less than 2% of Yeast Extract, Water, Potato Starch, Xanthan Gum, Natural Flavors, Carrot Juice Concentrate), Water, Whole Milk, Rice Flour, Unsalted Butter (cream, natural flavorings), Onions				X			
Turkey Sausage	Turkey Sausage: Ground Turkey (Dry Poultry Seasoning (Sage, Salt, Thyme, Coriander, Marjoram Leaf, Red Pepper, Tricalcium Phosphate), Sea Salt, Canola Oil.							
Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue. **The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.								
**May be subbed with Yellow American Cheese	Yellow American Cheese: American Cheese (Milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Contains: Milk, Soy Lecithin	X	X					

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Asian BBQ Tofu	Tofu (Non-gmo soybeans, water, calcium sulfate), Asian BBQ Sauce: (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion)	X						
Bean & Cheese Burrito	Tortilla (unbleached enriched flour (wheat flour, niacin reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil with monoglycerides) sugar, salt, sodium bicarbonate, sodium aluminum phosphate potassium sorbate (a preservative), Fumaric Acid, Mono & Diglycerides, Calcium Propionate (a preservative), refried beans (Cooked Beans, Water, Salt, Vegetable Oil (Cottonseed), Garlic, shredded chihuahua cheese (pasteurized grade a whole cows milk, salt enzymes, culture, potato starch & powdered cellulose added to prevent caking), salsa (diced canned tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion, raw cilantro, lime juice, sea salt)			X	X			
Boca Tacos	Boca crumbles (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat), dried onions, garlic powder spices), taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor); Served on a tortilla (see bread ingredients)	X		X				
Cheese Melt	Cheddar cheese** (Cultured Pasteurized milk, salt, enzymes, annatto color) on whole grain hamburger bun. (see bread ingredients)	X (bun only)		X (bun only)	X			
Cheese Pizza	Dough: Whole wheat flour, yeast, water, salt. Sauce: diced canned tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Topping: Part Skim Mozzarella Cheese (Pasteurized milk, cheese culture, salt, rennet), Cheddar Cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents).			X	X			
Creamy Mac 'n Cheese	Pasta: Semolina (wheat), durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid (ferrous sulfate). Cheese Sauce: cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), american cheese** (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), rice flour, whole milk, butter, salt.			X	X			
Fiesta Burrito	Refried Beans (Cooked Beans, Water, Salt, Vegetable Oil (Cottonseed), Garlic, Part Skim Mozzarella Cheese (pasteurized milk, cheese culture, salt, rennet), Salsa (Diced Tomatoes, Raw Onion, Raw Cilantro, Lime Juice, Sea Salt), Flour Tortilla (Unbleached Enriched Flour (Wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil shortening (palm oil with monoglycerides), sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative)			X	X			
French Toast	Whole Grain Bread (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate & Potassium Sorbate (Preservatives), Wheat Starch), Liquid Eggs (Whole eggs, citric acid, water), Whole Milk, Imitation Vanilla Extract, Ground Cinnamon, Sea Salt, White Sugar	X	X	X	X			
Grilled Cheese	Whole Grain Bread (Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch), Sliced Mild Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto Color)	X		X	X			
Jerk Tofu	Tofu (Non-gmo soybeans, water, calcium sulfate), Jerk Seasoning (ground allspice, ground cumin, dry onion powder, dry garlic powder, ground nutmeg, red pepper, black pepper, sea salt, dry paprika, ground cinnamon, dried thyme, white sugar, cajun seasoning)	X						
Lemon Tofu	Tofu (Non-gmo soybeans, water, calcium sulfate); Lemon sauce (pure honey, raw onion, raw garlic, vegetable base (sautéed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), dried thyme, lemon juice, mustard powder, parsley flakes, apple juice (apple juice concentrate, ascorbic acid (vitamin c), apple cider vinegar, canola oil, corn starch, salt, sugar)	X						

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Marinara Sauce	Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion							
Orange Tofu	Tofu (Non-gmo soybeans, water, calcium sulfate); Orange Sauce (Water, Orange Juice, Lemon Juice, Apple Cider Vinegar, Aminos Soy Sauce (non-GMO soybeans & purified water), Orange Marmalade, Dry Ground Ginger, Raw Garlic, Xanthan Gum, Sea Salt)	X						
Pasta Marinara with Mozzarella Cheese	Pasta: Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, salt, canola oil. Marinara: Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion. Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).			X	X			
Pasta (Farfalle) with Tomato Cream Sauce	Farfalle Pasta (Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid. Tomato cream sauce (grated parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate), Marinara sauce (canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).			X	X			
Pizza Muffin	All Purpose Enriched Flour, Baking Powder, Whole Milk, Liquid Eggs, Part Skim mozzarella cheese (Pasteurized milk, Cheese Culture, Salt, Rennet), Cheddar Cheese (Pasteurized milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color, Potato Starch, Corn Starch, Cellulose (anti-caking agents), Basil, Garlic Powder, Oregano. Served with Marinara Sauce (See ingredients above)		X	X	X			
Tofu Alfredo	Tofu (Non-gmo soybeans, water, calcium sulfate), Alfredo Sauce (whole milk, grated parmesan cheese (imported parmesan cheese (pasteurized) part-skim milk, cheese cultures, salt, enzymes), part skim mozzarella cheese (pasteurized milk, cheese culture, salt, rennet), garlic powder, sea salt, unsalted butter (cream, natural flavorings), raw onion)	X			X			
Tofu Pup	Water, soy protein isolate, soybean oil, organic dried tofu (organic soybeans, calcium sulfate), salt, yeast extract, beet powder (color), tomato pulp, natural smoke flavorings, xantahn gum, oleoresin paprika (color), guar gum, natural flavor. Served on hot dog bun (see ingredients list)	X		X (Bun Only)				
Tofu Stir Fry	Tofu (Non-gmo soybeans, water, calcium sulfate), Peas & Carrots, Stir Fry Sauce (Vegetable Base, Water, White Wine Vinegar, Aminos Soy Sauce, Dry Garlic Powder, Dry Ginger Powder, Dark Brown Sugar, Dry Corn Starch, Water)	X						
Tofurkey with Gravy	Tofurkey: Mycoprotein (59%), rehydrated egg white, onion, milk proteins, canola oil, natural flavors from non-meat sources (contains yeast extract, onion, potato maltodextrin, salt, patioca dextrin, gum arabic). Contains 2% or less of calcium chloride and calcium acetate. Gravy (Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Salt, Sugar, Maltodextrin, Corn Oil, Less than 2% of Yeast Extract, Water, Potato Starch, Xanthan Gum, Natural Flavors, Carrot Juice Concentrate), Water, Rice Flour, Canola Oil, Dried Thyme, Raw Onion, Raw Carrots, Raw Celery, Xanthan Gum)		X		X			
Veggie Burgers	Refried beans (cooked beans, water, canola oil, salt, garlic powder), rice, breadcrumbs (bleached wheat flour, dextrose, yeast, salt), salsa (diced tomatoes, cilantro, salt, lime, onion), egg, onion, black pepper, garlic powder, cumin		X	X				
Veggie Meatball Marinara	Vegetarian Meatballs: water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methylcellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract. Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion power, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water.	X		X				
Veggie Meatloaf	Pinto Beans (Prepared Pinto Beans, Water, Salt, Calcium Chloride & Calcium Disodium EDTA added for color retention), Liquid Eggs, Ground Cumin, Garlic Powder, Dry Garlic Powder, Ground Black Pepper, Raw Onion, Panko Bread Crumbs (Bleached wheat flour, dextrose, yeast, salt), Salsa (Diced tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), raw onion, raw cilantro, lime juice, sea salt)			X				

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Veggie Nuggets	Mycoprotein (41%), wheat flour, canola oil, rehydrated egg white, wheat starch, contains 2% or less of natural flavor from non-meat sources (contains yeast, salt, onion), potato dextrin, salt, wheat gluten, dextrose, whole egg & egg white, pea fiber, milk proteins, firming agents: calcium chloride, calcium acetate; turbinado sugar, spice, yeast		X	X	X			
Veggie Pot Pie	Tofu (Non-gmo soybeans, water, calcium sulfate), Peas & Carrots, Raw Celery, Sea Salt, Russet Potatoes, Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Salt, Sugar, Maltodextrin, Corn Oil, Less than 2% of Yeast Extract, Water, Potato Starch, Xanthan Gum, Natural Flavors, Carrot Juice Concentrate), Water, Whole Milk, Rice Flour, Unsalted Butter (cream, natural flavorings), Onions	X			X			
Veggie Sausage Patty	Water, Wheat Gluten, Soy Flour, Egg Whites, Corn Oil, Soy Protein Concentrate, Sodium Casinate, Modified Tapioca Starch, Contains 2% or less of Lactose, Soybean Oil (With TBHQ for Freshness), Soy Protein Isolate, Autolyzed Yeast Extract, Spices, Natural & Artificial Flavors, Methylcellulose, Sodium Tripolyphosphate, Salt, Hydrolyzed wheat Gluten, Disodium Inosinate, Caramel Color, Modified Corn Starch, Whey, Hydrolyzed Corn Gluten, Maltodextrin, Onion Powder, Disodium Guanylate, Tetrasodium Pyrophosphate, Tricalcium Phosphate, Lactic Acid, Ascorbic Acid, Brewer's Yeast, Torula Yeast, Calcium Phosphate, Soy Lecithin, Iron (Ferrous Sulfate), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (vitamin B6), Riboflavin (vitamin B2), Vitamin B12.	X	X	X	X			
Veggie Sloppy Joe	Boca crumbles (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat flavor), dried onions, garlic powder spices). Sauce: red peppers, onion, garlic, vegetable oil, salt, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika). Served on whole wheat hamburger bun (see bread ingredients).	X		X				
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**May be subbed with Yellow American Cheese	Yellow American Cheese: American Cheese (Milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Contains: Milk, Soy Lecithin	X	X					

GDFEF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Asian BBQ Chicken	Antibiotic-free chicken thigh, Asian BBQ Sauce (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion)	X						
Beef Burgers	Grass-fed beef, salt, pepper. Served on a gluten free hamburger bun (see bread ingredients).							
Beef Nachos	Beef Taco Meat (Beef Taco Meat: Ground Beef, Dry Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor); Tortilla Chips: Whole Grain Yellow Corn treated with Lime, Vegetable Oil (Contains one or more of the following: Soybean Oil, Corn Oil), Water, Salt, TBHQ & Citric Acid (Used as a Preservative)	X						
Beef Sloppy Joe	Ground Beef, Organic Ketchup (Organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), Sloppy Joe Sauce: Canola oil, raw garlic, yellow mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers							
Beef Taco	Ground Beef, Dry Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)							
Cajun Catfish	Catfish, canola oil, garlic powder, dried thyme, paprika, ground chili pepper, ground black pepper, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, and garlic)					X		
Catfish	Catfish, salt, canola oil.					X		
Chicken Stir Fry	Antibiotic Free Chicken Thigh, Peas & Carrots, Stir Fry Sauce (Vegetable Base, Water, White Wine Vinegar, Aminos Soy Sauce (non-GMO soybeans & purified water), Dry Garlic Powder, Dry Ginger Powder, Dark Brown Sugar, Dry Corn Starch, Water)	X						
GF Pasta w/ DF Cheese Sauce	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Sauce: Vegan Mozzarella Cheese (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, carrageenan, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate) Soy Milk (organic soymilk (filtered water, whole organic soybeans, organic canse sugar, tricalcium phosphate, sea salt, carrageenan, organic vanilla flavor, natural flavors, vitamin A palmitate, vitamin D2, roboflavin (B2), Vitamin B12), Rice Flour, Canola Oil	X						
GF Pasta Marinara w/vegan cheese	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Dairy free mozzarella cheese (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate)	X						
GF/DF/EF Cheese Tamale	Dairy-free cheese (filtered water, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum) canola oil, dry corn masa, sea salt, baking powder, water							
GF/DF/EF Grilled Cheese	GF Bread (Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D) & Dairy Free Cheddar Cheese (rice base(filtered water, rice flour), maltodextrin, rice bran oil, pea protein, tricalcium phosphate, contains 2% or less of salt, mono & diglycerides, sodium polyphosphate, natural flavor, jalapeno peppers, lactic acid, sodium phosphate, food color (carotenal) and calcium chlorolide)							
GF/DF/EF Mediterranean Meatballs	Antibiotic Free Ground Turkey, Raw Mint, Raw Cilantro, Raw Garlic, Ground Cumin, Red Chili Pepper, Sea Salt, Ground Black Pepper, Green Onions							

GDFEF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
GF/DF/EF Pizza	Pizza crust: Gluten free flour (brown rice, tapioca, soy), water, palm oil, xanthan gum, dry yeast, salt, baking soda. Marinara: diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Dairy-free mozzarella (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate)	X						
GF/DF/EF Turkey Meatloaf	Antibiotic Free Ground Turkey, Mustard (Distilled White Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Turmeric, Paprika), Pure Honey, Spinach, Organic Ketchup (Organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), Sea Salt, Garlic Powder, Onion Powder							
GF/DF/EF Turkey Pot Pie	Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate), Peas & Carrots, Raw Celery, Sea Salt, Russet Potatoes, Vegetable Base (Sautéed Vegetable Puree Mix (Carrots, Onions, Celery), Water, Soy Milk (organic soymilk (filtered water, whole organic soybeans, organic cane sugar, tricalcium phosphate, sea salt, carrageenan, organic vanilla flavor, natural flavors, vitamin A palmitate, vitamin D2, roboflavin (B2), Vitamin B12), Rice Flour, Canola Oil	X						
GF/DG/EF Waffle	Water, Van's Gluten Free Mix (Brown Rice Flour, Potato Starch, Rice Flour, Soy Flour), Non-GMO Expeller Pressed Canola Oil, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Rice Flour, Monocalcium Phosphate), Van's Natural Fruit Juice Blend (Pineapple, Peach and Pear Juice Concentrates), Sea Salt, Guar Gum, Soy Lecithin.	X						
Grilled Chicken/Grilled Chicken Strips	Antibiotic-free chicken, canola oil, salt, pepper							
Hot Dog	Hot Dog: beef, water, contains 2% or less of allspice, celery juice powder, evaporated cane syrup, garlic powder, ginger, honey, lactic acid started culture, mustard, nutmeg, vinegar, onion powder, paprika, pepper, sea salt. Served on a Gluten Free Hotdog Bun (see bread ingredients).							
Hot Turkey Sandwich	Sliced turkey (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate) on a gluten free bun (see bread ingredients)							
Jerk Chicken Drumsticks	Antibiotic Free Chicken Drumstick, Jerk Seasoning (ground allspice, ground cumin, dry onion powder, dry garlic powder, ground nutmeg, red pepper, black pepper, sea salt, dry paprika, ground cinnamon, dried thyme, white sugar, cajun seasonin)							
Lemon Chicken	Antibiotic free chicken breast, canola oil, salt. Lemon sauce Lemon sauce (pure honey, raw onion, raw garlic, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), dried thyme, lemon juice, mustard powder, parsley flakes, apple juice (apple juice concentrate, ascorbic acid (vitamin c), apple cider vinegar, canola oil, corn starch, salt, sugar)							
Orange Chicken	Antibiotic Free Chicken Breast, Canola Oil, Salt, Orange Sauce (Water, Orange Juice, Lemon Juice, Apple Cider Vinegar, Aminos Soy Sauce (non-GMO soybeans & purified water), Orange Marmalade, Dry Ground Ginger, Raw Garlic, Xanthan Gum, Sea Salt)	X						
Three Bean Chili	Raw Onion, Green Peppers, Black Beans (Black Beans, Water, Salt, Calcium Chloride), Kidney Beans (Dark Red Kidney Beans, Water, Corn Syrup, Salt, Calcium Chloride, Disodium edta), Great Northern Beans (Great Northern Beans, Water, Salt, & Calcium Chloride), Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Dry Garlic Powder, Ground Red Chili Powder, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Organic Natural Flavor), Dark Brown Sugar, Ground Cinnamon							
Turkey Bolognese	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour) Bolognese sauce (Antibiotic-free turkey, Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, carrots, salt, sugar, oregano, basil, water.	X						

GDFEF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Turkey Meatballs Marinara	Meatballs: Antibiotic-free turkey, salt. Marinara: diced canned tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), olive oil, garlic, onions, salt, sugar, oregano, basil, water.							
Turkey Sausage Patties	Turkey Sausage: Ground Turkey (Dry Poultry Seasoning (Sage, Salt, Thyme, Coriander, Marjoram Leaf, Red Pepper, Tricalcium Phosphate), Sea Salt, Canola Oil							
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Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Baby Carrots	Carrots							
Baja Salad Remix	Black Beans, Corn, Granny Smith Apples, Raw Onion, Cherry Tomatoes, Lime Juice, Sriracha (Red Gold® Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Sugar, Distilled Vinegar, Salt, Less Than 2% Of: Onion Powder, Spices, Natural Flavors), Huy Fong Foods Sriracha Hot Chili Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite as Preservatives, and Xanthan Gum))							
Black Bean Dip	Black Beans, raw garlic, olive oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin							
Black Bean Dip with Salsa	Black Beans, raw garlic, olive oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin, Salsa (Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt)							
Broccoli	Broccoli							
Celery	Celery							
Cherry Tomatoes	Cherry Tomato							
Coined Carrots	Carrots, Sea Salt, Canola Oil							
Corn	Corn							
Cucumbers	Cucumbers							
Edamame	Edamame (shelled soybeans)	X						
Green Beans	Green Beans							
Green Pepper Strips	Green Pepper							
Mashed Potatoes	Potatoes, Milk, Butter, Sea Salt				X			
Mashed Sweet Potatoes	Sweet potatoes, sea salt, dark brown sugar, unsalted butter, whole milk				X			
Pickles	Cucumbers, distilled vinegar, salt, calcium chloride, polysorbate 80, natural spice, turmeric oleoresin							
Snap Peas	Sugar snap peas							
Soy Mashed Potatoes Potatoes (Dairy Free)	Potatoes, Soy Milk, Sea Salt	X						
Soy Mashed Sweet Potatoes	Sweet potatoes, soy milk, brown sugar, salt	X						
Peas	Peas							
Peas & Carrots	Peas & Carrots							
Peppers & Onions	Green Bell Pepper, Onions, Red Bell Peppers, Yellow Peppers							
Potato Fries	Potatoes, Vegetable Oil (soybean, canola, corn, cottonseed, and/or sunflower), contains 2% or less of: dextrose, disodium dihydrogen pyrophosphate (to maintain natural color).	X						
Oven Glazed Carrots	Carrots, Canola Oil, Brown Sugar.							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Refried Beans	Cooked beans, water, less than 2% of canola oil, calt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor							
Roasted Butternut Squash	Butternut Squash, Canola Oil, Salt							
Roasted Potatoes	Potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), dextrose	X						
Roasted Root Vegetables	Red beets, golden beets, parsnips, canola oil, salt, & pepper							
Roasted Sweet Potatoes	Sweet Potato, Vegetable Oil (Soybean Oil), Olive Oil, Brown Sugar, Sea Salt, Black Pepper	X						
Squash Medley	Yellow Squash, Zucchini Squash, canola oil, salt							
Sweet Potato Fries	Sweet potatoes, vegetable oil (soybean, canola, cottonseed, sunflower), food starch modified, rice flour, dextrin, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, xanthan gum, corn syrup solids, color (annatto powder, oleoresin paprika), disodium dihydrogen pyrophosphate	X						
Three Bean Salad	Garbanzo beans, kidney beans, great northern beans, apple cider vinegar, canola oil, sugar, black pepper, parsley flakes, dried rosemary, onion							
	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Apple Slices	Apples, Calcium Ascorbate							
Appleberry Sauce	Applesauce (Apples, Water, Erythorbic Acid (to maintain color), Blackberries, Blueberries, Raspberries, Strawberries, Water, .							
Applesauce	Apples, Water, Erythorbic Acid (to maintain color) *May contain Pears							
Banana	Banana							
Cantaloupe	Cantaloupe							
Fruit Salad	2 or more: Watermelon, Cantaloupe, Honeydew, Pineapple, Strawberries, Blueberries							
Honeydew	Honeydew melon							
Orange Slices	Oranges							
Pear Slices	Pears, Calcium Ascorbate							
Pearsauce	Raw pears, water, sugar							
Pineapple	Pineapple							
Watermelon	Watermelon							
	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Brown Rice	Whole grain parboiled brown rice							
Hummus	Garbanzo beans, tahini (pure ground sesame seeds), raw garlic, lemon juice, canola oil, ground cumin, sea salt, water							X
Ketchup	Tomato concentrate from red ripe tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Marinara sauce	Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion							
Mayonnaise	Water, Soybean Oil, Corn Syrup, modified food starch, distilled vinegar, egg white, sugar, salt, contains less than 1% of xanthan gum, lemon juice concentrate, cellulose gel and cellulose gum, spice mustard seed, phosphoric acid, sorbic acid and calcium disodium, EDTA (preservative), polysorbate 60, beta-Apo-8-carotenol and extractives of tumeric (color)	X	X					
Mustard	Distilled White Vinegar, Water, Mustard Seed, water, salt, tumeric, natural flavor & spices							
Ranch Dressing	Non fat greek yogurt (cultured skim milk, milk protein concentrate, corn starch, tapioca starch, locust bean gum), canola oil, water, salt, cider vinegar, distilled vinegar, egg yolk, natural flavors, dried garlic, lactic acid, gluconic acid spices, dried onion, acacia gum, xanthan gum, dried chive		X		X			
Salsa	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt							
Sour Cream	Grade A cultured milk and cream, enzymes				X			
Sumac Sauce	sour cream (cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carob bean gum, potassium sorbate (maintains freshness)), fat free plain yogurt (cultures pasteurized Grade A skim milk and skim milk solids, modified corn starch, polydextrose (fiber), natural flavor, Vitamin A palmitate and Vitamin D3), lemon juice, garlic, olive oil, sea salt, ground black pepper, ground sumac.				X			
Sunbutter	Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salst and Natural Mixed Tocopherols to preserve freshness							

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Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Brioche Bun	Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, yeast, palm oil, buttermilk powder (whey solids, enzyme-modified butter, maltodextrin, salt, dehydrated butter, guar gum, annatto and turmeric), salt, dough conditioner (wheat flour, datem, contains 2% or less of: soybean oil, enzymes, ascorbic acid, l-cysteine, azodicarbonamide), dry malt, dough extender (wheat flour, monoglycerides, guar gum, corn syrup solids, silicon dioxide, soybean oil, enzymes, calcium sulfate, salt), calcium propionate, dough conditioner (yellow corn flour, colors, natural and artificial flavors), egg wash	X	X	X	X			
Cornbread	Whole grain cornmeal, whole wheat flour, sugar, baking powder, salt, organic whole milk, canola oil, eggs		X	X	X			
Corn Tortilla	Corn, water and lime (calcium hydroxide)							
English Muffin	Whole wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor sodium stearoyl lactylate, mono- and diglycerides, ethoxylated mono- and diglycerides, sucralose, soy lecithin, soy, whey	X		X	X			
Flour tortilla	Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil with monoglycerides), sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate, fumaric acid, mono and diglycerides, calcium propionate			X				
Gluten Free Bread	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
Gluten Free Bun	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder. Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
Hot Dog Bun	Whole wheat flour, water, enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, yeast, contains 2% or less of the following: salt, dough conditioners (monoglycerides, sodium stearoyl lactylate, ascorbic acid, calcium peroxide, enzymes), yeast nutrients (monocalciumphosphate, calcium sulfate, ammonium sulfate).	X		X				
Pita	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate	X		X				
Pita, WW	Whole wheat flour, water, unbleached unbromated enriched flour (Niacin, thiamin, reduced iron, riboflavin, folic acid), soybean oil. Contains 2% or less of: Calcium propionate, caramel color, dextrose, fumaric acid, guar gum, lactic acid, maltodextrin, monocalcium phosphate, natural flavors, salt, sesame flour, sodium bicarbonate, sorbic acid, soy flour, soy protein, concentrate sugar, vegetable l-cysteine, vegetable mono diglycerides, wheat enzymes), wheat gluten, yeast	X		X				X
Pizza Dough	Whole wheat flour, yeast, water, salt			X				

Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Whole Grain Biscuit	Whole Wheat Flour, Buttermilk, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid), Palm Oil, Skim Milk, Leavening (Sodium Aluminum Phosphate, Baking Soda), Maltodextrin, Contains Less than 2% of the following: Potassium Chloride, Sugar, Water, Modified Cornstarch, Rice Flour, Soybean Oil, Artificial Flavor, Salt, Date, Mono & Diglycerides, Soy Lecithin	X		X	X			
Sliced Whole Grain Bread	Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch	X		X				
Whole Grain Hamburger Bun	Water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, soybean oil, contains 2% or less of the following: salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, ascorbic acid, calcium peroxide, enzymes), potassium sorbate, calcium propionate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate)	X		X				
Whole Grain Roll	Water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: salt, dough conditioners (calcium stearoyl lactylate, mono & diglycerides, date, ascorbic acid, l-cysteine hydrochloride, calcium peroxide, enzymes), yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate	X		X				
Whole Wheat Tortilla	Ingredients: Whole wheat flour, water, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite)			X				

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