

\*Sides may change based on freshness and availability

# spring lunch menu } march 2017 april 2017 may 2017

monday	tuesday	wednesday	thursday	friday
<b>April 3rd</b> Chicken Stir Fry <i>Tofu Stir Fry</i> Peas & Carrots Applesauce Brown Rice	<b>April 4th</b> Three Cheese Lasagna Broccoli Fruit Salad	<b>April 5th</b> Turkey Sloppy Joe <i>Veggie Sloppy Joe</i> Roasted Root Veggies Honeydew Hamburger Bun	<b>April 6th</b> Beef Tacos <i>Boca Tacos</i> Squash Medley Pineapple Flour Tortilla	<b>April 7th</b> Cheese Pizza Cucumber Cantaloupe
<b>April 10th</b> Cheese Tortellini w/ Marinara Squash Medley Orange Slices	<b>April 11th</b> Asian BBQ Chicken <i>Asian BBQ Tofu</i> Green Beans Fruit Salad Whole Grain Bread	<b>April 12th</b> Turkey Bolognese <i>Boca Bolognese</i> Broccoli Cantaloupe Chunks Rotini Pasta	<b>April 13th</b> Beef Burger <i>Veggie Burger</i> Mashed Sweet Potatoes Honeydew Hamburger Bun	<b>April 14th</b> Chicken Nuggets <i>Veggie Nuggets</i> Glazed Carrots Pear Slices Whole Grain Bread
<b>April 17th</b> Turkey Meatball Marinara <i>Veggie 'Meat'balls</i> Peas Applesauce Whole Grain Bread	<b>April 18th</b> Creamy Mac & Cheese Cucumber Cantaloupe Chunks	<b>April 19th</b> Roasted Turkey w/ Mango Glaze <i>Roasted Tofurkey</i> Roasted Potatoes Fruit Salad Whole Grain Bread	<b>April 20th</b> Fiesta Burrito Broccoli Pineapple	<b>April 21st</b> Chicken Parmesan <i>Veggie 'Chicken' Parmesan</i> Peas & Carrots Apple Slices Whole Grain Bread
<b>April 24th</b> Three Bean Chili Green Beans Orange Slices Elbow Pasta	<b>April 25th</b> Turkey Mini Meatloaf <i>Veggie Mini 'Meat'loaf</i> Roasted Potatoes Pineapple Whole Grain Bread	<b>April 26th</b> Penne Pasta w/ Marinara & Mozzarella Cucumber Applesauce	<b>April 27th</b> Sweet Apple Chicken Curry <i>Sweet Apple Tofu Curry</i> Broccoli Fruit Salad Pita Bread	<b>April 28th</b> Fish Tenders <i>Veggie Nuggets</i> Squash Medley Cantaloupe Whole Grain Bread



nut free kitchen!  
scratch cooking

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## spring gfdf lunch menu } march 2017 april 2017 may 2017

monday	tuesday	wednesday	thursday	friday
<b>April 3rd</b> Chicken Stir Fry Peas & Carrots Applesauce Brown Rice	<b>April 4th</b> GFDF Pasta Marinara Broccoli Fruit Salad	<b>April 5th</b> Turkey Sloppy Joe Roasted Root Veggies Honeydew GF Bun	<b>April 6th</b> Beef Tacos Squash Medley Pineapple Corn Tortilla	<b>April 7th</b> GFDF Pasta Marinara Cucumber Cantaloupe
<b>April 10th</b> GFDF Pasta Marinara Squash Medley Orange Slices	<b>April 11th</b> Asian BBQ Chicken Green Beans Fruit Salad GF Bread	<b>April 12th</b> Turkey Bolognese Broccoli Cantaloupe Chunks GF Pasta	<b>April 13th</b> Beef Burger GFDF Mashed Sweet Potatoes Honeydew GF Bun	<b>April 14th</b> Grilled Chicken Glazed Carrots Pear Slices GF Bread
<b>April 17th</b> GF Turkey Meatball Marinara Peas Applesauce GF Bread	<b>April 18th</b> GF Pasta w/ DF Cheese Sauce Cucumber Cantaloupe Chunks	<b>April 19th</b> Roasted Turkey w/ Mango Glaze Roasted Potatoes Fruit Salad	<b>April 20th</b> GFDF Tamale Broccoli Pineapple	<b>April 21st</b> GFDF Chicken Parmesan Peas & Carrots Apple Slices GF Bread
<b>April 24th</b> Chili Mac Green Beans Orange Slices GF Pasta	<b>April 25th</b> GF Turkey Meatloaf Roasted Potatoes Pineapple GF Bread	<b>April 26th</b> GFDF Pasta Marinara Cucumber Applesauce	<b>April 27th</b> GFDF Sweet Apple Chicken Curry Broccoli Fruit Salad GF Bread	<b>April 28th</b> Catfish Squash Medley Cantaloupe GF Bread



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**Preschool Lunch Ingredients**

**Allergens**

Item	Ingredients	Soy	Egg	Wheat/ Gluten	Dairy	Fish	Shellfish	Sesame
<b>Asian BBQ Chicken</b>	Antibiotic Free Chicken Thigh, Asian BBQ Sauce (Raw garlic, ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce, raw onion, Hoisin Sauce (Chinese five spice blend (Anise, cinnamon, star anise, cloves, ginger, and sulfiting agents), canola oil, rice vinegar, garlic, maple syrup, mizo paste - Gluten Free)	X						
<b>Baked Chicken Nuggets</b>	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				
<b>Beef Burgers</b>	Grass-fed beef, salt, pepper. Served on whole wheat hamburger bun (see bread ingredients).	X (Bun Only)		X (Bun Only)	X (bun only)			
<b>Beef Taco</b>	Ground Beef, dry taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)							
<b>Chicken Parmesan</b>	Breaded Chicken Tender (Chicken. Breading: wheat flour, sea salt, ground paprika, sodium bicarbonate, yeast, organic cane syrup crystals, spice, expeller pressed soybean oil, annatto, natural flavor. Dusted and battered with: water, wheat flour, corn starch, evaporated cane syrup crystals, sea salt, spice, guar gum, natural flavor, organic soybean oil, sodium bicarbonate, annatto, tumeric, vegetable oil), Mozzarella Cheese (pasteurized milk, cheese culture, salt, rennet), Marinara Sauce (canola oil, raw garlic, sea salt, cry basil, dry oregano, white sugar, tomato sauce, diced tomatoes, raw onion)	X		X	X			
<b>Chicken Stir Fry</b>	Antibiotic Free Chicken Thigh, Peas & Carrots, Stir fry sauce (vegetable base, water, white wine vinegar, aminos soy sauce, garlic powder, gry ginger, dark brown sugar, xanthan gum powder)	X						

<b>Cheesy Pizza</b>	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: Mozzarella cheese, cheddar cheese.			X	X			
<b>Creamy Mac 'n Cheese</b>	Pasta: Semolina (wheat), durum wheat flour, niacin, iron, 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			
<b>Fiesta Burrito</b>	Flour tortilla (see bread ingredients), refried beans (prepared pinto and pink beans, water, vegetable oil (may contain one or more of the following: cottonseed oil, corn oil, soybean oil with preservatives BHA, BHT, propyl gallate, and/or citric acid, salt), part skim mozzarella cheese, pico de gallo (red tomatoes, onion, cilantro, sea salt)	X		X (tortilla only)	X			
<b>Fish Tenders</b>	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		

<p><b>Four Cheese Lasagna</b></p>	<p>Grated parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), fat free cottage cheese (Skim milk, milk, nonfat dry milk, lactose, salt, stabilizer (maltodextrin, guar gum, mono and diglycerides, xanthan gum, carrageenan, carob bean gum, artificial color), citric acid, carbon dioxide and potassium sorbate (maintain freshness), cheese cultures, vitamin A palmitate), ricotta cheese (Pasteurized whey, pasteurized milk, vinegar, carrageenan), mozzarella cheese (pasteurized milk, cheese culture, salt, rennet), Egg lasagna noodles (Semolina Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Water, Whole Egg), canola oil, marinara sauce (canola oil, raw garlic, sea salt, dry basil, sea salt, dry oregano, white sugar, tomato sauce, diced tomatoes, raw onion)</p>		X	X	X			
<p><b>Pasta Marinara w/ Cheese</b></p>	<p>Pasta: Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, 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. Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).</p>			X	X			
<p><b>Roasted Turkey with Mango Glaze</b></p>	<p>Roasted Turkey (Whole turkey breast roast with up to 15% of a flavoring solution of Turkey Broth. Contain less than 2% Salt, sugar, sodium, and potassium phosphate) Mango Glaze (White sugar, apple cider vinegar, vegetable base sea salt, black pepper, frozen mango, raw onion)</p>							
<p><b>Sweet Apple Chicken Curry</b></p>	<p>Antibiotic free chicken breast, canola oil, salt, Apply Curry Sauce (Canola oil, raw onion, raw garlic, sea salt, curry powder, dark brown sugar, granny smith apples, water, all purpose enriched flour, unsalted butter, celery, ground cinnamon, ground cumin, vegetable base)</p>			X	X			

<b>Three Bean Chili &amp; Elbow Macaroni Noodles</b>	Chili: onion, green pepper, black beans, kidney beans, northern beans, diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, salt. Elbow Pasta: Canola Oil, Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid)			X				
<b>Three Cheese Tortellini</b>	Egg Tortellini (Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), Water, Whole Egg, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Dehydrated Potatoes (100% potatoes), Salt, Parsley, Black Pepper), Marinara Sauce 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.	X	X	X	X			
<b>Turkey Bolognese</b>	Rotini Pasta (Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid), 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				

<b>Turkey Meatballs Marinara</b>	Meatballs: Antibiotic-free ground turkey, wheat bread crumbs (bleached wheat flour, dextrose, yeast, salt), 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. Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).			X	X			
<b>Turkey Meatloaf Muffin w/Honey Glaze</b>	Meatloaf: Antibiotic-free ground turkey, mustard, honey, spinach, organic ketchup, sea salt, garlic powder, onion powder, panko bread crumbs (Bleached wheat flour, dextrose, yeast, salt) Honey Glaze: honey, chicken stock, garlic powder, onion powder, dry cornstarch			X				
<b>Turkey Sloppy Joe</b>	Antibiotic-free ground turkey, organic ketchup (organic tomato puree, organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor). Sloppy Joe Sauce: canola oil, garlic, mustard, tomato paste (fresh vine-ripened tomatoes), onion, red peppers. Served on whole grain hamburger bun (see bread ingredients).	X (bun only)		X (bun only)				

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## Vegetarian Lunch Ingredients List

## Allergens

Item	Ingredients	Soy	Egg	Wheat/ Gluten	Dairy	Fish	Shellfish	Sesame
<b>Asian BBQ Tofu</b>	Tofu (Non-gmo soybeans, water, calcium sulfate), Asian BBQ Sauce (Raw garlic, ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce, raw onion, Hoisin Sauce (Chinese five spice blend (Anise, cinnamon, star anise, cloves, ginger, and sulfiting agents), canola oil, rice vinegar, garlic, maple syrup, mizo paste - Gluten Free) \	X						
<b>Bean &amp; Cheese Burrito</b>	Flour tortilla (see bread ingredient list), refriend beans (prepared pinto and pink beans, water, vegetable oil (may contain one or more of the following: cottonseed oil, corn oil, soybean oil with preservatives BHA, BHT, propyl gallate, and/or citric acid, salt), Chihuahua shredded cheese (pasteurized grade a whole cows milk, salt, enzymes, culture, potato starch and powdered cellulose added to prevent caking) salsa (diced tomatoes, onion, cilantro, lime juice, sea salt).	X		X (tortilla only)	X			
<b>Boca Bolognese</b>	Boca Crumbles (water, soy protein concentrate, contains less tahn 2% of malt extract (contains gluten), Carrots, Marinara Sauce (canola oil, raw garlic, sea salt, dry basil, sea salt, dry oregano, white sugar, tomato sauce, diced tomatoes, raw onion) with Rotini Noodles (Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid),	X		X				
<b>Boca Tacos</b>	Boca crumbles (water, soy protein concentrate, contains less tahn 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery), dried onions, garlic powder spices). taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor). Flour tortilla (see bread ingredients).	X		X (tortilla only)				
<b>Cheese Melt</b>	Cheddar cheese (Cultured Pasteurized milk, salt, enzymes, annatto color) on whole grain hamburger bun. (see bread ingredients)	X (bun only)		X (bun only)	X			



<b>Cheesy Pizza</b>	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: Mozzarella cheese, cheddar cheese.			X	X			
<b>Cheese Quesadilla</b>	Flour tortilla (see bread ingredients), chihuahua cheese, mozzarella cheese			X	X			
<b>Fiesta Burrito</b>	Flour tortilla (see bread ingredients), refried beans (prepared pinto and pink beans, water, vegetable oil (may contain one or more of the following: cottonseed oil, corn oil, soybean oil with preservatives BHA, BHT, propyl gallate, and/or citric acid, salt), part skim mozzarella cheese, pico de gallo (red tomatoes, onion, cilantro, sea salt)	X		X (tortilla only)	X			
<b>Four Cheese Lasagna</b>	Grated parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose, fat free cottage cheese (Skim milk, milk, nonfat dry milk, lactose, salt, stabilizer (maltodextrin, guar gum, mono and diglycerides, xanthan gum, carrageenan, carob bean gum, artificial color), citric acid, carbon dioxide and potassium sorbate (maintain freshness), cheese cultures, vitamin A palmitate), ricotta cheese (Pasteurized whey, pasteurized milk, vinegar, carrageenan), mozzarella cheese (pasteurized milk, cheese culture, salt, rennet), Egg lasagna noodles (Semolina Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Water, Whole Egg), canola oil, marinara sauce (canola oil, raw garlic, sea salt, dry basil, sea salt, dry oregano, white sugar, tomato sauce, diced tomatoes, raw onion)		X	X	X			

<b>Pasta Marinara with Mozzarella Cheese</b>	Pasta: Whole grain durum wheat flour, semolina flour, durum wheat flour, oat fiber, niacin, iron (ferrous sulfate), thiamin, mononitrate, riboflavin, folic acid. 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. Served w/ mozzarella cheese.			X	X			
<b>Sweet Apple Curry Tofu</b>	Tofu (Non-gmo soybeans, water, calcium sulfate), Curry (canola oil, raw onion, garlic, sea salt, curry powder, dark brown sugar, granny smith apples, water, rice flour, raw celery, ground cinnamon, ground cumin, vegetable base)	X						
<b>Three Bean Chili &amp; Elbow Macaroni</b>	Pasta: Semolina (wheat), durum wheat flour, niacin, iron, 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				

<b>Three Cheese Tortellini</b>	Egg Tortellini (Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), Water, Whole Egg, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Dehydrated Potatoes (100% potatoes), Salt, Parsley, Black Pepper), Marinara Sauce 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.	X	X	X	X			
<b>Tofu Pup</b>	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)				
<b>Tofu Stir Fry</b>	Tofu (Non-gmo soybeans, water, calcium sulfate), Asian BBQ Sauce (Raw garlic, ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce, raw onion, Hoisin Sauce (Chinese five spice blend (Anise, cinnamon, star anise, cloves, ginger, and sulfiting agents), canola oil, rice vinegar, garlic, maple syrup, mizo paste - Gluten Free), Peas & Carrots	X						

<b>Tofuturkey with Gravy</b>	<p>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.</p> <p>Gravy: vegetable stock (sauteed vegetable puree mix (carrots, onions, cleery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, fatural flavors, carrot juice concentrate), water, brown rice flour, canola oil, onions, celery, carrots, thyme, sage, xanthan gum</p>	X	X		X			
<b>Veggie Burgers</b>	<p>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</p>		X	X				
<b>Veggie Chicken Parmesan</b>	<p>Chicken Scallopini (water, soy protein isolate*, expeller pressed canola oil*, modified vegetable gum, tapioca starch, potato starch, organic can sugar, yeast extract, natural flavors (from plant sources), carrot fiber, salt, quinoa, gluten-free soy sauce*, vinegar, garlic powder, onion powder, color added. rub: dehydrated vegetable (red bell pepper, garlic onion), spices, organic can sugar, salt.) Mozzarella Cheese (pasteurized milk, cheese culture, salt, rennet), Marinara Sauce (canola oil, raw garlic, sea salt, cry basil, dry oregano, white sugar, tomato sauce, diced tomatoes, raw onion)</p>	X			X			

<b>Veggie Meatball Marinara</b>	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				
<b>Veggie Meatloaf Muffin w/Honey Glaze</b>	Veggie Meatloaf: Pinto beans, liquid eggs, ground cumin, garlic powder, black pepper, raw onion, panko bread crumbs, salsa		X	X				
<b>Veggie Nuggets</b>	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 chloroxide, calcium acetate; turbinado sugar, spice, yeast		X	X	X			
<b>Veggie Sloppy Joes</b>	Boca crumbles (water, soy protein concentrate, contains less tahn 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery), 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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GFDF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/ Gluten	Dairy	Fish	Shellfish	Sesame
<b>Asian BBQ Chicken</b>	Antibiotic Free Chicken Thigh, Asian BBQ Sauce (Raw garlic, ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce, raw onion, Hoisin Sauce (Chinese five spice blend (Anise, cinnamon, star anise, cloves, ginger, and sulfiting agents), canola oil, rice vinegar, garlic, maple syrup, mizo paste - Gluten Free)	X						
<b>Beef Burgers</b>	Grass-fed beef, salt, pepper. Served on a gluten free bun (see bread ingredients).							
<b>Beef Tacos</b>	Grass-fed beef, Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor). Served on a corn tortilla (see bread ingredients).							
<b>Cajun Catfish</b>	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		
<b>Catfish</b>	Catfish, salt, canola oil.					X		
<b>Chicken Parmesan</b>	Antibiotic Free Chicken Breast, Marinara Sauce( canola oil, garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce, diced tomatoes, raw onion), Vegan mozzarella cheese (filtered water, organic palm fruit oil, modified food starch, natural floavors, 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)							

<b>Chicken Stir Fry</b>	Antibiotic Free Chicken Thigh, Peas & Carrots, Stir fry sauce (vegetable base, water, white wine vinegar, aminos soy sauce, garlic powder, gry ginger, dark brown sugar, xanthan gum powder)	X						
<b>GF Pasta w/ DF Cheese Sauce</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Sauce: Dairy-free mozzarella, monterey jack, & cheddar (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), soy milk.	X						
<b>GF Pasta Marinara w/vegan cheese</b>	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 power, 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 floavors, 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						



<p><b>GF Pasta w/ Turkey Bolognese</b></p>	<p>Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). 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.</p>	<p>X</p>						
<p><b>GFDF Pizza</b></p>	<p>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, monterey jack, &amp; cheddar (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), soy milk.</p>	<p>X</p>						
<p><b>GFDF Tamale</b></p>	<p>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), black beans, canola oil, cornmeal, shortening.</p>							

<b>GDFD Quesadilla</b>	Corn Tortilla (see bread ingredients), Vegan shredded 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)							
<b>Grilled Chicken</b>	Antibiotic-free chicken, canola oil, salt, pepper							
<b>Hot Dog</b>	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 bun (see bread ingredients).							
<b>Roasted Turkey with Mango Glaze</b>	Roasted Turkey (Whole turkey breast roast with up to 15% of a flavoring solution of Turkey Broth. Contain less than 2% Salt, sugar, sodium, and potassium phosphate) Mango Glaze (White sugar, apple cider vinegar, vegetable base sea salt, black pepper, frozen mango, raw onion)							
<b>Sweet Apple Chicken Curry</b>	Antibiotic Free Chicken, Curry (canola oil, raw onion, garlic, sea salt, curry powder, dark brown sugar, granny smith apples, water, rice flour, raw celery, ground cinnamon, ground cumin, vegetable base)							

<b>Three Bean Chili and Gluten Free Mac</b>	Chili: onion, green pepper, black beans, kidney beans, northern beans, diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, salt. Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour).	X						
<b>Turkey Bolognese</b>	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. Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour)	X						
<b>Turkey Meatballs Marinara</b>	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.							
<b>Turkey Meatloaf Muffin</b>	Antibiotic-free turkey, mustard, honey, spinach, organic ketchup (organic tomato puree, organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), sea salt, garlic powder, onion powder							

<b>Turkey Melt</b>	sliced turkey, dairy-free cheddar (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 choloride), on a gluten free bun (see bread ingredients)							
<b>Turkey Sloppy Joe</b>	Antibiotic-free ground turkey, organic ketchup (organic tomato puree, organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic power, natrual flavor). Sloppy Joe Sauce: canola oil, garlic, mustard, tomato paste (fresh vine-ripened tomatoes), onion, red peppers. Served on gluten free hamburger bun (see bread ingredients).							

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Fruit & Veggie Sides Ingredients		Allergens						
Veggies	Ingredients	Soy	Egg	Wheat/G luten	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 Potatoes (Dairy Free)	Potatoes, Soy Milk, Sea Salt	X						
Soy Sweet Potatoes	Sweet potatoes, soy milk, brown sugar, salt	X						
Peas	Peas							

<b>Peppers &amp; Onions</b>	Green Bell Pepper, Onions, Red Bell Peppers, Yellow Peppers							
<b>Potato Fries</b>	Potatoes, Vegetable Oil (soybean, canola, corn, cottonseed, and/or sunflower), contains 2% or less of: dextrose, disodium dihydrogen pyrophosphate (to maintain natural color).	X						
<b>Oven Glazed Carrots</b>	Carrots, Canola Oil, Brown Sugar.							
<b>Roasted Potatoes</b>	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						
<b>Roasted Sweet Potatoes</b>	Sweet Potato, Vegetable Oil (Soybean Oil), Olive Oil, Brown Sugar, Sea Salt, Black Pepper	X						
<b>Squash Medley</b>	Yellow Squash, Zucchini Squash, canola oil, salt							
<b>Sweet Potato Fries</b>	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						
<b>Three Bean Salad</b>	Garbanzo beans, kidney beans, great northern beans, apple cider vinegar, canola oil, sugar, black pepper, parsley flakes, dried rosemary, onion							
<b>Fruits</b>	<b>Ingredients</b>	<b>Soy</b>	<b>Egg</b>	<b>Wheat/G luten</b>	<b>Dairy</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Sesame</b>
<b>Apple Slices</b>	Apples, Calcium Ascorbate							
<b>Appleberry Sauce</b>	Applesauce (Apples, Water, Erythorbic Acid (to maintain color), Blackberries, Blueberries, Raspberries, Strawberries, Water, .							
<b>Applesauce</b>	Apples, Water, Erythorbic Acid (to maintain color) *May contain Pears							
<b>Banana</b>	Banana							
<b>Cantaloupe</b>	Cantaloupe							
<b>Fruit Salad</b>	2 or more: Watermelon, Cantaloupe, Honeydew, Pineapple, Strawberries, Blueberries							
<b>Honeydew</b>	Honeydew melon							
<b>Orange Slices</b>	Oranges							
<b>Pear Slices</b>	Pears, Calcium Ascorbate							
<b>Pineapple</b>	Pineapple							

Watermelon	Watermelon							
Other	Ingredients	Soy	Egg	Wheat/G luten	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							
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-carotenal 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			
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
<b>Brioche Bun</b>	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			
<b>Cornbread</b>	Whole grain cornmeal, whole wheat flour, sugar, baking powder, salt, organic whole milk, canola oil, eggs		X	X	X			
<b>Corn Tortilla</b>	Corn, water and lime (calcium hydroxide)							
<b>English Muffin</b>	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			
<b>Flour tortilla</b>	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				

<b>Gluten Free Bread</b>	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							
<b>Gluten Free Bun</b>	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							
<b>Hot Dog Bun</b>	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				
<b>Pita</b>	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				

	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
<b>Pita, WW</b>								
<b>Pizza Dough</b>	Whole wheat flour, yeast, water, salt			X				
	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				
<b>Sliced Whole Grain Bread</b>								
	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 stearyl lactylate, monoglycerides, ascorbic acid, calcium peroxide, enzymes), potassium sorbate, calcium propionate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate)	X		X				
<b>Whole Grain Hamburger Bun</b>								
	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 stearyl lactylate, mono & diglycerides, datem, ascorbic acid, l-cysteine hydrochloride, calcium peroxide, enzymes), yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate	X		X				
<b>Whole Grain Roll</b>								

**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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