

*Sides may change based on freshness and availability

summer lunch menu } june 2017 july 2017 august 2017

monday	tuesday	wednesday	thursday	friday
	August 1st Chicken Teriyaki <i>Tofu Teriyaki</i> Cucumber Cantaloupe Chunks Brown Rice	August 2nd Beef Burger <i>Veggie Burger</i> Mashed Sweet Potatoes Honeydew Hamburger Bun	August 3rd Fish Tenders <i>Veggie Nuggets</i> Broccoli Orange Slices Whole Grain Bread	August 4th Turkey Meatball Marinara <i>Veggie Meatballs</i> Mashed Potatoes Pineapple Hamburger Bun
August 7th Chicken Nuggets <i>Veggie Nuggets</i> Peas Cantaloupe Chunks Whole Grain Bread	August 8th Bean & Cheese Burrito Cucumber Fruit Salad	August 9th Sweet Apple Chicken Curry <i>Sweet Apple Tofu Curry</i> Green Beans Orange Slices Brown Rice	August 10th Creamy Mac & Cheese Broccoli Honeydew Chunks	August 11th Chicken Fajitas <i>Veggie Fajitas</i> Refried Beans Pineapple Chunks Flour Tortilla
August 14th Cheese Ravioli Broccoli Apple Slices	August 15th Turkey Kefte <i>Veggie Kefte</i> Glazed Carrots Honeydew Chunks Pita	August 16th BBQ Chicken <i>BBQ Tofu</i> Mashed Potatoes Fruit Salad Corn Bread	August 17th Penne Pasta Marinara w/ Mozzarella Green Beans Orange Slices	August 18th Cheesy Pizza Muffins Cucumber Slices Applesauce
August 21st Sweet & Sour Chicken <i>Sweet & Sour Tofu</i> Broccoli Orange Slices Brown Rice	August 22nd Beef Sloppy Joe <i>Veggie Sloppy Joe</i> Green Beans Pineapple Chunks Hamburger Bun	August 23rd Turkey Tacos <i>Boca Tacos</i> Glazed Carrots Cantaloupe Chunks Flour Tortilla	August 24th Spiral Pasta w/ Tomato Cream Sauce Cucumber Honeydew Chunks Whole Grain Roll	August 25th Lemon Chicken <i>Lemon Tofu</i> Roasted Potatoes Applesauce Whole Grain Roll
August 28th Roast Turkey w/ Hawaiian Sauce <i>Roasted Tofurkey</i> Green Beans Fruit Salad Whole Grain Bread	August 29th Chicken Teriyaki <i>Tofu Teriyaki</i> Cucumber Cantaloupe Chunks Brown Rice	August 30th Beef Burger <i>Veggie Burger</i> Mashed Sweet Potatoes Honeydew Hamburger Bun	August 31st Fish Tenders <i>Veggie Nuggets</i> Broccoli Orange Slices Whole Grain Bread	



nut free kitchen!
scratch cooking

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summer gfdf lunch menu }

june 2017
july 2017
august 2017

monday	tuesday	wednesday	thursday	friday
	August 1st Chicken Teriyaki Cucumber Cantaloupe Chunks Brown Rice	August 2nd Beef Burger GFDF Mashed Sweet Potatoes Honeydew GF Hamburger Bun	August 3rd Catfish Broccoli Orange Slices GF Bread	August 4th GFDF Turkey Meatballs GFDF Mashed Potatoes Pineapple GF Hamburger Bun
August 7th Grilled Chicken Peas Cantaloupe Chunks GF Bread	August 8th Cheese Tamale Cucumber Fruit Salad	August 9th GFDF Sweet Apple Chicken Curry Green Beans Orange Slices Brown Rice	August 10th GFDF Creamy Mac & Cheese Broccoli Honeydew Chunks	August 11th Chicken Fajitas Refried Beans Pineapple Chunks Corn Tortilla
August 14th GFDF Pasta Marinara Broccoli Apple Slices	August 15th GFDF Turkey Kefte Glazed Carrots Honeydew Chunks Pita	August 16th BBQ Chicken Mashed Potatoes Fruit Salad GF Bread	August 17th GFDF Pasta Marinara Cucumber Slices Orange Slices	August 18th GFDF Turkey Bolognese Cucumber Slices Applesauce
August 21st Sweet & Sour Chicken Broccoli Orange Slices Brown Rice	August 22nd Beef Sloppy Joe Green Beans Pineapple Chunks GF Hamburger Bun	August 23rd GFDF Turkey Tacos Glazed Carrots Cantaloupe Chunks Corn Tortilla	August 24th GFDF Pasta Marinara Cucumber Honeydew Chunks	August 25th GFDF Lemon Chicken Roasted Potatoes Applesauce GF Roll
August 28th GFDF Turkey w/ Hawaiian Sauce Green Beans Fruit Salad GF Bread	August 29th Chicken Teriyaki Cucumber Cantaloupe Chunks Brown Rice	August 30th Beef Burger GFDF Mashed Sweet Potatoes Honeydew GF Hamburger Bun	August 31st Catfish Broccoli Orange Slices GF Bread	



nut free kitchen!
scratch cooking

Preschool Lunch Ingredients

Allergens

Item	Ingredients	Soy	Egg	Wheat/G luten	Dairy	Fish	Shellfish	Sesame
Adobo Chicken (Chicken Fajita)	Antibiotic free chicken breast, salt, canola oil, Adobo sauce (tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), apple cider vinegar, white sugar, red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder)							
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 phosphates potassium sorbate (a preservative), Fumaric Acid, Mono & Diglycerides, Calcium Propionate (a preservative), refried beans (cooked beans, water, less than 2% of canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder natural flavor), 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)	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, tumeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers							

BBQ Chicken Breast	Antibiotic free chicken breast, canola oil, salt, BBQ sauce: Organic ketchup (Organic tomato puree (organic tomato paste, water) organic naturally milled sugar, sea salt, organic onion powder, organic natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (Aged cayenne red peppers, distilled vinegar, water, salt, & garlic powder)							
Chicken Teriyaki	Antibiotic free chicken thigh, canola oil, salt, Teriyaki Sauce (raw garlic, raw ginger, aminos soy sauce (non-GMO soybeans & purified water), canola oil, pure honey, dark brown sugar, xanthan gum, raw green onions, water)	X						
Cheese Ravioli	Ravioli: Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Water, Whole Egg, Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Parmesan Cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt, Black Pepper. 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			
Creamy Mac 'n Cheese	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	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		
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)							
Hawaiin Turkey	Roasted Turkey (salt, pepper), Hawaiiin Miso sauce (raw pineapple, white sugar, canola oil, water, miso paste, vegetable base, dry ground ginger, cornstarch)							
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							
Penne Pasta Marinara w/ Cheese	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).			X	X			

Pizza Muffin	All purpose enriched flour, baking powder, whole milk, liquid eggs, mozzarella cheese, cheddar cheese, basil, garlic powder, oregano,		X	X	X			
Rotini Pasta with Tomato Cream Sauce	Rotini 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			
Sweet Apple Chicken Curry	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, rice flour, unsalted butter, celery, ground cinnamon, ground cumin, vegetable base)			X	X			
Sweet & Sour Chicken	Antibiotic free chicken thigh, Sweet & Sour Sauce (Raw garlic, canola oil, white sugar, apple cider vinegar, water, corn starch, sea salt, red peppers, raw onion, raw pineapple)							
Turkey Kefte	Ground turkey, liquid eggs, raw mint, raw cilantro, raw garlic, ground cumin, red chili pepper, sea salt, black pepper, raw green onions, panko bread crumbs		X	X				
Turkey Meatballs Marinara	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.			X	X			

Turkey Tacos	Ground turkey (ground turkey with natural flavorings), dry taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)							
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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.

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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
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Vegetarian Lunch Ingredients List

Allergens

Item	Ingredients	Soy	Egg	Wheat/ Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Tofu (Veggie Fajitas)	Tofu (Non-gmo soybeans, water, calcium sulfate), Adobo sauce: tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), apple cider vinegar, white sugar, ground red chili pepper, groud cumin, dry paprika, dry garlic powder, dry onion powder	X						
BBQ Tofu	Tofu (Non-gmo soybeans, water, calcium sulfate), BBQ sauce: Organic ketchup (Organic tomato puree (organic tomato paste, water) organic natrually milled sugar, sea salt, organic onion powder, organic natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (Aged cayenne red peppers, distilled vinegar, water, salt, & garlic powder)	X						
Bean & Cheese Burrito	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			
Boca Tacos	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)				
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			

<p>Cheese Ravioli</p>	<p>Ravioli: Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Water, Whole Egg, Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Parmesan Cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt, Black Pepper. 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.</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>X</p>			
<p>Creamy Mac 'n Cheese</p>	<p>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.</p>			<p>X</p>	<p>X</p>			
<p>Hawaiian Tofurkey</p>	<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>							

Jerk Veggie Meatballs	Pinto beans, liquid eggs, ground cumin, dry garlic powder, black pepper, raw onion, panko bread crumbs, 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))		X	X				
Lemon Tofu	Tofu (Non-gmo soybeans, water, calcium sulfate); 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)	X						
Pasta Marinara with Mozzarella Cheese	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 power, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Served w/ mozzarella cheese.			X	X			
Pizza Muffin	All purpose enriched flour, baking powder, whole milk, liquid eggs, mozzarella cheese, cheddar cheese, basil, garlic powder, oregano, Marinara Sauce (Canola Oil, garlic, salt, basil, oregano, sugar, tomato sauce, diced tomatoes, raw onion)	X	X	X				

Rotini Pasta with Tomato Cream Sauce	Rotini 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			
Sweet Apple Curry Tofu	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						
Sweet & Sour Tofu	Tofu (Non-gmo soybeans, water, calcium sulfate), Sweet & Sour Sauce (Raw garlic, canola oil, white sugar, apple cider vinegar, water, corn starch, sea salt, red peppers, raw onion, raw pineapple)	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 Teriyaki	Tofu (Non-gmo soybeans, water, calcium sulfate), Teriyaki Sauce (raw garlic, raw ginger, aminos soy sauce (non-GMO soybeans & purified water), canola oil, pure honey, dark brown sugar, xanthan gum, raw green onions, water)	X						

Tofurkey with Hawaiian Glaze	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. Hawaiiin Miso sauce (raw pineapple, white sugar, canola oil, water, miso paste, vegetable base, dry ground ginger, cornstarch)	X						
Turkey Veggie Kefte	Pinto beans, liquid eggs, ground cumin, dry garlic powder, black pepper, raw onion, panko bread crumbs, raw mint, raw cilantro, raw garlic, ground cumin, red chili pepper, sea salt, black pepper, raw green onions,		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, ribolfavin, folic acid), methycellulose, 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 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 chloroxide, calcium acetate; turbinado sugar, spice, yeast		X	X	X			
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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), 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
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GFDF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/ Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Chicken (Chicken Fajita)	Antibiotic free chicken breast, salt, canola oil, Adobo sauce (tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), apple cider vinegar, white sugar, red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder)							
BBQ Chicken Breast	Antibiotic free chicken breast, canola oil, salt, BBQ sauce: Organic ketchup (Organic tomato puree (organic tomato paste, water) organic natrually milled sugar, sea salt, organic onion powder, organic natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (Aged cayenne red peppers, distilled vinegar, water, salt, & garlic powder)							
BBQ Chicken Drumsticks	Antibiotic free chicken drumsticks, canola oil, salt, BBQ sauce: Organic ketchup (Organic tomato puree (organic tomato paste, water) organic natrually milled sugar, sea salt, organic onion powder, organic natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (Aged cayenne red peppers, distilled vinegar, water, salt, & garlic powder)							
Beef Burgers	Grass-fed beef, salt, pepper. Served on a gluten free bun (see bread ingredients).							

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, tumeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers							
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 Teriyaki	Antibiotic free chicken thigh, canola oil, salt, Teriyaki Sauce (raw garlic, raw ginger, aminos soy sauce (non-GMO soybeans & purified water), canola oil, pure honey, dark brown sugar, xanthan gum, raw green onions, water)	X						
GF Pasta w/ DF Cheese Sauce	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						

GF Pasta Marinara w/vegan cheese	<p>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)</p>	X						
GFDF Pizza	<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 power, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Dairy-free mozzarella, monterey jack, & cheddar (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), soy milk.</p>	X						

GFDF 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								
Grilled Chicken/Grilled Chicken Strips	Antibiotic-free chicken, canola oil, salt, pepper								
Hawaiian Turkey	Roasted Turkey (salt, pepper), Hawaiiin Miso sauce (raw pineapple, white sugar, canola oil, water, miso paste, vegetable base, dry ground ginger, cornstarch)								
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 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 (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), white wine vinegar, canola oil, xanthan gum)								

Sweet Apple Chicken Curry	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)							
Sweet & Sour Chicken	Antibiotic free chicken thigh, Sweet & Sour Sauce (Raw garlic, canola oil, white sugar, apple cider vinegar, water, corn starch, sea salt, red peppers, raw onion, raw pineapple)							
Turkey Kefte	Ground turkey, raw mint, raw cilantro, raw garlic, ground cumin, red chili pepper, sea salt, black pepper, green onions							
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. Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour)	X						
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 Melt	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)							
Turkey Tacos	Ground turkey (ground turkey with natural flavorings), dry taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)							



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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 Mashed 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.							
Refried Beans	Cooked beans, water, less than 2% of canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor							
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							
Fruits	Ingredients	Soy	Egg	Wheat/G luten	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							
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							
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			

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				

	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
Pita, WW								
Pizza Dough	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				
Sliced Whole Grain Bread								
	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				
Whole Grain Hamburger Bun								
	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				
Whole Grain Roll								

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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