

*Sides may change based on freshness and availability

spring lunch menu } march 2017 april 2017 may 2017

monday	tuesday	wednesday	thursday	friday
May 1st Chicken Stir Fry <i>Tofu Stir Fry</i> Peas & Carrots Applesauce Brown Rice	May 2nd Three Cheese Lasagna Broccoli Fruit Salad	May 3rd Turkey Sloppy Joe <i>Veggie Sloppy Joe</i> Roasted Root Veggies Honeydew Hamburger Bun	May 4th Beef Tacos <i>Boca Tacos</i> Squash Medley Pineapple Flour Tortilla	May 5th Pizza Muffin Cucumber Cantaloupe
May 8th Cheese Tortellini w/ Marinara Squash Medley Orange Slices	May 9th Asian BBQ Chicken <i>Asian BBQ Tofu</i> Green Beans Fruit Salad Whole Grain Bread	May 10th Turkey Bolognese <i>Boca Bolognese</i> Broccoli Cantaloupe Chunks Rotini Pasta	May 11th Beef Burger <i>Veggie Burger</i> Mashed Sweet Potatoes Honeydew Hamburger Bun	May 12th Chicken Nuggets <i>Veggie Nuggets</i> Glazed Carrots Pear Slices Whole Grain Bread
May 15th Turkey Meatball Marinara <i>Veggie 'Meat'balls</i> Peas Applesauce Whole Grain Bread	May 16th Creamy Mac & Cheese Cucumber Cantaloupe Chunks	May 17th Roasted Turkey w/ Mango Glaze <i>Roasted Tofurkey</i> Roasted Potatoes Fruit Salad Whole Grain Bread	May 18th Fiesta Burrito Broccoli Pineapple	May 19th Chicken Parmesan <i>Veggie 'Chicken' Parmesan</i> Peas & Carrots Apple Slices Whole Grain Bread
May 22nd Three Bean Chili Green Beans Orange Slices Elbow Pasta	May 23rd Turkey Mini Meatloaf <i>Veggie Mini 'Meat'loaf</i> Roasted Potatoes Pineapple Whole Grain Bread	May 24th Penne Pasta w/ Marinara & Mozzarella Cucumber Applesauce	May 25th Sweet Apple Chicken Curry <i>Sweet Apple Tofu Curry</i> Broccoli Fruit Salad Pita Bread	May 26th Fish Tenders <i>Veggie Nuggets</i> Squash Medley Cantaloupe Whole Grain Bread
May 29th Chicken Stir Fry <i>Tofu Stir Fry</i> Peas & Carrots Applesauce Brown Rice	May 30th Three Cheese Lasagna Broccoli Fruit Salad	May 31st Turkey Sloppy Joe <i>Veggie Sloppy Joe</i> Roasted Root Veggies Honeydew Hamburger Bun		



nut free kitchen!
scratch cooking

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spring lunch menu } march 2017 april 2017 may 2017

monday	tuesday	wednesday	thursday	friday
May 1st Chicken Stir Fry Peas & Carrots Applesauce Brown Rice	May 2nd GFDF Pasta Marinara Broccoli Fruit Salad	May 3rd Turkey Sloppy Joe Roasted Root Veggies Honeydew GF Bun	May 4th Beef Tacos Squash Medley Pineapple Corn Tortilla	May 5th GFDF Pasta Marinara Cucumber Cantaloupe
May 8th GFDF Pasta Marinara Squash Medley Orange Slices	May 9th Asian BBQ Chicken Green Beans Fruit Salad GF Bread	May 10th Turkey Bolognese Broccoli Cantaloupe Chunks GF Pasta	May 11th Beef Burger GFDF Mashed Sweet Potatoes Honeydew GF Bun	May 12th Grilled Chicken Glazed Carrots Pear Slices GF Bread
May 15th GF Turkey Meatball Marinara Peas Applesauce GF Bread	May 16th GF Pasta w/ DF Cheese Sauce Cucumber Cantaloupe Chunks	May 17th Roasted Turkey w/ Mango Glaze Roasted Potatoes Fruit Salad	May 18th GFDF Tamale Broccoli Pineapple	May 19th GFDF Chicken Parmesan Peas & Carrots Apple Slices GF Bread
May 22nd Chili Mac Green Beans Orange Slices GF Pasta	May 23rd GF Turkey Meatloaf Roasted Potatoes Pineapple GF Bread	May 24th GFDF Pasta Marinara Cucumber Applesauce	May 25th GFDF Sweet Apple Chicken Curry Broccoli Fruit Salad GF Bread	May 26th Catfish Squash Medley Cantaloupe GF Bread
May 29th Chicken Stir Fry Peas & Carrots Applesauce Brown Rice	May 30th GFDF Pasta Marinara Broccoli Fruit Salad	May 31st Turkey Sloppy Joe Roasted Root Veggies Honeydew GF Bun		



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Preschool Lunch Ingredients

Allergens

Item	Ingredients	Soy	Egg	Wheat/G luten	Dairy	Fish	Shellfish	Sesame
Asian BBQ Chicken	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						
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				
Beef Burgers	Grass-fed beef, salt, pepper. Served on whole wheat hamburger bun (see bread ingredients).	X (Bun Only)		X (Bun Only)	X (bun only)			
Beef Taco	Ground Beef, dry taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)							
Chicken Parmesan	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			
Chicken Stir Fry	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						

Cheesy 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: Mozzarella cheese, cheddar cheese.			X	X			
Creamy Mac 'n Cheese	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			
Fiesta Burrito	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			
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		

<p>Four Cheese Lasagna</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>Pasta Marinara w/ Cheese</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>Pizza Muffin</p>	<p>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)</p>		X	X	X			
<p>Roasted Turkey with Mango Glaze</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>							

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, all purpose enriched flour, unsalted butter, celery, ground cinnamon, ground cumin, vegetable base)			X	X			
Three Bean Chili & Elbow Macaroni Noodles	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				
Three Cheese Tortellini	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			

Turkey Bolognese	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				
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. Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).			X	X			
Turkey Meatloaf Muffin w/Honey Glaze	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				
Turkey Sloppy Joe	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
Asian BBQ Tofu	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						
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 Bolognese	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				
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			

Cheesy 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: Mozzarella cheese, cheddar cheese.			X	X			
Cheese Quesadilla	Flour tortilla (see bread ingredients), chihuahua cheese, mozzarella cheese			X	X			
Fiesta Burrito	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			
Four Cheese Lasagna	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			

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 powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Served w/ mozzarella cheese.			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						
Three Bean Chili & Elbow Macaroni	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				

Three Cheese Tortellini	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			
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), 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						

Tofuturkey 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 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	X	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 Chicken Parmesan	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)	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 Muffin w/Honey Glaze	Veggie Meatloaf: Pinto beans, liquid eggs, ground cumin, garlic powder, black pepper, raw onion, panko bread crumbs, salsa		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 choloride, calcium acetate; turbinado sugar, spice, yeast		X	X	X			
Veggie Sloppy Joes	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
Asian BBQ Chicken	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						
Beef Burgers	Grass-fed beef, salt, pepper. Served on a gluten free bun (see bread ingredients).							
Beef Tacos	Grass-fed beef, Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor). Served on a corn tortilla (see bread ingredients).							
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 Parmesan	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 (iltered 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)							

Chicken Stir Fry	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						
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	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>GF Pasta w/ Turkey Bolognese</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>GFDF Pizza</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, & 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>GFDF Tamale</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>							

GDFD Quesadilla	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)						
Grilled Chicken	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 bun (see bread ingredients).						
Roasted Turkey with Mango Glaze	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)						
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)						

Three Bean Chili and Gluten Free Mac	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						
Turkey Bolognese	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 Meatloaf Muffin	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							

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 Sloppy Joe	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							

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.							
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							

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							
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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