

\*Sides may change based on freshness and availability

# summer lunch menu } june 2019 july 2019 august 2019

monday	tuesday	wednesday	thursday	friday
<b>June 3, 2019</b> Roasted Turkey w/ Gravy <i>Tofurkey w/ Gravy</i> Rice Pilaf Green Beans Apple Slices	<b>June 4, 2019</b> Lemon Chicken <i>Lemon Tofu</i> WG Bread Roasted Potatoes Cantaloupe	<b>June 5, 2019</b> Ravioli with Marinara and Mozzarella Cheese Broccoli Pear Slices	<b>June 6, 2019</b> Turkey Sloppy Joe <i>Boca Sloppy Joe</i> WG Bun Glazed Carrots Honeydew or Watermelon	<b>June 7, 2019</b> Southwest Veggie Burger WG Bun Cold Peas Orange Slices
<b>June 10, 2019</b> Sweet & Sour Chicken <i>Sweet &amp; Sour Tofu</i> Brown Rice Green Beans Honeydew	<b>June 11, 2019</b> Penne Pasta Marinara w/ Mozzarella Cheese Cold Peas Cantaloupe or Watermelon	<b>June 12, 2019</b> Meatloaf <i>Veggie Meatballs</i> WG Bread Glazed Carrots Fruit Salad	<b>June 13, 2019</b> Pizza Muffins with Marinara Broccoli Pineapple	<b>June 14, 2019</b> Chicken Nuggets <i>Veggie Nuggets</i> Whole Grain Bread Green Beans Orange Slices
<b>June 17, 2019</b> Beef Taco <i>Boca Taco</i> Flour Taco Refried Beans Apple Slices	<b>June 18, 2019</b> Creamy Mac n Cheese Cucumbers Cantaloupe	<b>June 19, 2019</b> Veggie Lo Mein w/ Scrambled Eggs Broccoli Fruit Salad	<b>June 20, 2019</b> BBQ Chicken Breast <i>BBQ Tofu</i> WG Roll Roasted Potatoes Honeydew	<b>June 21, 2019</b> Tortellini w/ Marinara and Mozzarella Cheese Green Beans Orange Slices
<b>June 24, 2019</b> Hawaiian Chicken <i>Hawaiian Tofu</i> Brown Rice Glazed Carrots Honeydew	<b>June 25, 2019</b> Turkey Meatballs w/ Marinara WG Bun Cucumber Slices Applesauce	<b>June 26, 2019</b> Rotini Pasta w/ Tomato Cream Sauce and Mozzarella Cheese Broccoli Pear Slices	<b>June 27, 2019</b> Fish Tenders <i>Veggie Nuggets</i> WG Pullman Cold Peas Apple Slices	<b>June 28, 2019</b> Beef Burger <i>Southwest Veggie Burger</i> WG Bun Roasted Sweet Potatoes Orange Slices



**nut free kitchen!**  
**scratch cooking**

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monday	tuesday	wednesday	thursday	friday
<b>June 3, 2019</b> Roasted Turkey w/ Gravy Brown Rice Green Beans Apple Slices	<b>June 4, 2019</b> Lemon Chicken GF Bread Roasted Potatoes Cantaloupe	<b>June 5, 2019</b> GFDF Turkey Bolognese Broccoli Pear Slices	<b>June 6, 2019</b> Turkey Sloppy Joe GF Bun Glazed Carrots Honeydew or Watermelon	<b>June 7, 2019</b> Beef Burger GF Bun Cold Peas Orange Slices
<b>June 10, 2019</b> Sweet & Sour Chicken Brown Rice Green Beans Honeydew	<b>June 11, 2019</b> GF Penne Marinara w/ DF Cheese Cold Peas Cantaloupe or Watermelon	<b>June 12, 2019</b> GF/DF Meatloaf GF Bread Glazed Carrots Fruit Salad	<b>June 13, 2019</b> GFDF Turkey Bolognese Broccoli Pineapple	<b>June 14, 2019</b> Grilled Chicken GF Bread Green Beans Orange Slices
<b>June 17, 2019</b> Beef Taco Corn Totrilla Refried Beans Apple Slices	<b>June 18, 2019</b> GFDF Mac n Cheese Cucumbers Cantaloupe	<b>June 19, 2019</b> GFDF Veggie Lo Mein w/ Tofu Broccoli Fruit Salad	<b>June 20, 2019</b> BBQ Chicken Breast GF Roll Roasted Potatoes Honeydew	<b>June 21, 2019</b> GFDF Turkey Bolognese Green Beans Orange Slices
<b>June 24, 2019</b> Hawaiian Chicken Brown Rice Glazed Carrots Honeydew	<b>June 25, 2019</b> GFDF Turkey Meatballs w/ Marinara Sauce GF Bun Cucumber Slices Applesauce	<b>June 26, 2019</b> GFDF Pasta Marinara w/ DF Cheese Broccoli Pear Slices	<b>June 27, 2019</b> Grilled Catfish GF Bread Cold Peas Apple Slices	<b>June 28, 2019</b> Beef Burger GF Bun Roasted Sweet Potatoes Orange Slices



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Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Adobo Chicken</b>	Antibiotic-free chicken breast, Adobo Sauce (Organic Tomato Sauce (Tomato Puree, Tomato Juice, Sea Salt, Onion Powder, Naturally Derived Citric Acid, Garlic Powder), Apple Cider Vinegar, White Sugar, Ground Red Chili Pepper, Ground Cumin, Dry Paprika, Dry Garlic Powder, Dry Onion Powder). Served with a Flour Tortilla (See Bread Ingredients)							
<b>Apple Chicken Curry</b>	Antibiotic-free chicken breast, Apple Curry Sauce (Canola Oil, Raw Onion, Raw Garlic, Sea Salt, Curry Powder (spices, turmeric, and celery), Dark Brown Sugar, Unsweetened Applesauce (apples, water, ascorbic acid added to maintain color), Water, Rice Flour, Unsalted Butter (cream, natural flavorings), Raw Celery, Ground Cinnamon, Ground Cumin, Vegetable Base (Sautéed Vegetable Puree Mix (Carrots, Onions, Celery), Salt, Sugar, Maltodextrin, Corn Oil, Less than 2% of Yeast Extract, Water, Potato Starch, Xanthan Gum, Natural Flavors, Carrot Juice Concentrate))				X			
<b>Asian BBQ Chicken</b>	Antibiotic-free chicken breast, Asian BBQ Sauce (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion)	X						
<b>Baked Ziti</b>	Ziti Noodles (Semolina (Wheat), Durum, Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid), Part Skim mozzarella cheese (Pasteurized milk, Cheese Culture, Salt, Rennet), Heavy Whipping Cream (Cream & Carageenan), 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, Grated Parmesan Cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), 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)			X	X			
<b>BBQ Chicken</b>	Antibiotic-free chicken breast, BBQ Sauce (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), Unsulfured Molasses, Apple Cider Vinegar, Hot Sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder))							
<b>Bean &amp; Cheese Burrito</b>	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 phosphite potassium sorbate (a preservative), Fumaric Acid, Mono & Diglycerides, Calcium Propionate (a preservative), refried beans (Cooked Beans, Water, Salt, Vegetable Oil (Cottonseed), Garlic), shredded chihuahua cheese (pasteurized grade a whole cows milk, salt enzymes, culture, potato starch & powdered cellulose added to prevent caking), salsa (diced canned tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion, raw cilantro, lime juice, sea salt)			X	X			
<b>Burrito, Los Cabos</b>	Ingredients: Filling: Water, Pinto Beans (Cooked Pinto Beans ([Water, Pinto Beans], and Salt), Pinto Beans), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Contains 2% or less of: Spices, Garlic Powder, Salt, and Corn Starch. Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).	X		X	X			
<b>Beef Burger</b>	Grass-fed beef, salt, pepper. Served on whole wheat hamburger bun ( <b>See Bread Ingredients</b> ).							
<b>Beef Sloppy Joe</b>	Ground Beef, Organic Ketchup (Organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), Sloppy Joe Sauce: Canola oil, raw garlic, yellow mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers. Served on a Whole Grain Hamburger Bun ( <b>See Bread Ingredients</b> )							
<b>Beef Tacos</b>	Ground Beef, Dry Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor). Served on a Flour Tortilla ( <b>See Bread Ingredients</b> )							

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Cajun Red Beans &amp; Rice</b>	Red Kidney Beans, Raw Onion, Raw Garlic, Raw Red Peppers, Raw Celery, Hot Sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder), Canola Oil, Cajun Seasoning (Spices, Herbs, Salt, Paprika, Onion, Garlic, Less than 2% Silicon Dioxide Added to Prevent Caking), Sea Salt, 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), Sea Salt. <b>Served with Brown Rice</b>							
<b>Cheesy Pizza Muffin</b>	All Purpose Enriched Flour, Baking Powder, Whole Milk, Liquid Eggs, Part Skim mozzarella cheese (Pasteurized milk, Cheese Culture, Salt, Rennet), Cheddar Cheese (Pasteurized milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color, Potato Starch, Corn Starch, Cellulose (anti-caking agents), Basil, Garlic Powder, Oregano. Served with Marinara Sauce (See marinara ingredients)		X	X	X			
<b>Cheesy Polenta</b>	Cornmeal, Water, Grated Parmesan Cheese (imported parmesan cheese (pasteurized) part-skim milk, cheese cultures, salt, enzymes), Sea Salt, Whole Milk, Mild Shredded Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, cellulose (anti-caking agents), Canola Oil				X			
<b>Chicken Alfredo</b>	Antibiotic Free Chicken Breast, Canola Oil, Salt, Alfredo Sauce (whole milk, grated parmesan cheese (imported parmesan cheese (pasteurized) part-skim milk, cheese cultures, salt, enzymes), part skim mozzarella cheese (pasteurized milk, cheese culture, salt, rennet), garlic powder, sea salt, unsalted butter (cream, natural flavorings), raw onion)				X			
<b>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>Chicken Stir Fry</b>	Antibiotic Free Chicken Thigh, Peas & Carrots, Stir Fry Sauce (Vegetable Base, Water, White Wine Vinegar, Aminos Soy Sauce, Dry Garlic Powder, Dry Ginger Powder, Dark Brown Sugar, Dry Corn Starch, Water)	X						
<b>Chicken Teriyaki</b>	Antibiotic-free chicken thigh, Teriyaki Sauce (Raw Garlic, Raw Ginger, Aminos Soy Sauce (Non-GMO soybeans and purified water), Canola Oil, Pure Honey, Dark Brown Sugar, Green Onions, Water, Cornstarch)	X						
<b>Chili</b>	Chili (Raw Green Peppers, Black Beans, Kidney Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Garlic Powder, Ground Red Chili Pepper, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor)), Dark Brown Sugar, Cinnamon). Elbow Noodles: Durum Wheat Semolina, Durum Wheat Flour, [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)]			X				
<b>Chipotle Lime Chicken</b>	Antibiotic Free Chicken Breast, Canola oil, Lime Juice, Soy Sauce, Ground Red Chili Powder, Garlic, Honey, Chipotle Salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic)	X						
<b>Deconstructed Burrito</b>	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 (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative)), Refried Beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), Shredded Mozzarella Cheese (Pasteurized milk, cheese culture, salt, rennet)			X	X			
<b>Fiesta Burrito</b>	Refried Beans (Cooked Beans, Water, Salt, Vegetable Oil (Cottonseed), Garlic, Chihuahua Cheese (Pasteurized grade a whole cows milk, salt, enzymes, culture, potato starch, and powdered cellulose added to prevent caking), Salsa (Diced Tomatoes, Raw Onion, Raw Cilantro, Lime Juice, Sea Salt), Flour Tortilla (Unbleached Enriched Flour (Wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil shortening (palm oil with monoglycerides), sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative)			X	X			
<b>Fish Tenders</b>	64.2% fish (Alaska Pollock), 35.8% batter & breading (whole wheat flour, vegetable oil [soybean and/or canola], enriched wheat flour [flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, contains 2% or less of: yellow corn flour, wheat gluten, salt, sugar, iodized salt, yeast, whole yellow corn flour, soy flour, dextrose, leavening [baking soda, sodium aluminum phosphate], mono and diglycerides, extractives of paprika, spice extract, spice.	X		X			X	

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>French Toast</b>	Whole Grain Bread (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate & Potassium Sorbate (Preservatives), Wheat Starch), Liquid Eggs (Whole eggs, citric acid, water), Whole Milk, Imitation Vanilla Extract, Ground Cinnamon, Sea Salt, White Sugar	X	X	X	X			
<b>Hawaiian Chicken</b>	Antibiotic Free Chicken Breast. Hawaiian Glaze: White Sugar, Canola Oil, Water, Miso Paste (soy), 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), Dry Ginger, Cornstarch, Pineapple	X						
<b>Hawaiian Turkey</b>	Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate.) Hawaiian Glaze: White Sugar, Canola Oil, Water, Miso Paste (soy), 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), Dry Ginger, Cornstarch, Pineapple	X						
<b>Lemon Chicken</b>	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)							
<b>Mac 'n Cheese</b>	Pasta: Durum Wheat Semolina, Durum Wheat Flour, [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)]. 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>Marinara Sauce</b>	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							
<b>Mediterranean Meatballs</b>	Ground Turkey, Liquid Eggs, Raw Mint, Raw Cilantro, Raw Garlic, Ground Cumin, Sea Salt, Ground Black Pepper, Green Onions, Panko Bread Crumbs (bleached wheat flour, dextrose, yeast, salt)		X	X				
<b>Orange Chicken</b>	Antibiotic Free Chicken Breast, Canola Oil, Salt, Orange Sauce (Water, Orange Juice, Lemon Juice, Apple Cider Vinegar, Aminos Soy Sauce (non-GMO soybeans & purified water), Orange Marmalade, Dry Ground Ginger, Raw Garlic, Xanthan Gum, Sea Salt)	X						
<b>Penne Pasta Marinara w/ Mozzarella</b>	Pasta: Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, salt, canola oil. Marinara: Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion. Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).			X	X			
<b>Pasta (Rotini) with Tomato Cream Sauce</b>	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			

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Pasta (Penne) with Tomato Cream Sauce</b>	Penne Pasta (Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, salt, canola oil. 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			
<b>Ravioli (Cheese) Marinara</b>	Cheese 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 Sauce: 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)	X	X	X	X			
<b>Roast Turkey w/Gravy</b>	Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate.) Gravy (Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Salt, Sugar, Maltodextrin, Corn Oil, Less than 2% of Yeast Extract, Water, Potato Starch, Xanthan Gum, Natural Flavors, Carrot Juice Concentrate), Water, Rice Flour, Canola Oil, Dried Thyme, Raw Onion, Raw Carrots, Raw Celery, Xanthan Gum)							
<b>Southwest Veggie Burger</b>	Hydrated Textured Soy Protein (Water, Soy Protein, Caramel Color), Onions, Wheat Gluten, Soy Protein Concentrate, Arrowroot Powder, Natural Vegan Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Flaxseed Meal, Garlic, Salt, Black Pepper. Pre cooked in Expeller Pressed Canola Oil. Served on a whole grain hamburger bun ( <b>see bread ingredients</b> )	X		X				
<b>Sweet &amp; Sour Chicken</b>	Antibiotic free chicken thigh, Sweet & Sour Sauce (Raw Garlic, Canola Oil, White Sugar, Apple Cider Vinegar, Water, Cornstarch, Sea Salt, Red Peppers, Raw Onion, Pineapple)							
<b>Three Bean Chili</b>	Raw Green Peppers, Black Beans, Kidney Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Garlic Powder, Ground Red Chili Pepper, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor)), Dark Brown Sugar, Cinnamon							
<b>Tortellini (Cheese) Marinara</b>	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: 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)	X	X	X	X			
<b>Turkey Meatball 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 on a Whole Grain Hamburger Bun ( <b>See Bread Ingredients</b> )			X				
<b>Turkey Meatloaf</b>	Antibiotic Free ground turkey, Mustard (Distilled White Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Turmeric, Paprika), Pure Honey, Spinach, Organic Ketchup (Organic Tomato Puree (Organic Tomato Paste, Water), Organic Natural Milled Sugar, Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor), Sea Salt, Dry Garlic Powder, Dry Onion Powder, Panko Bread Crumbs (Bleached Wheat Flour, Dextrose, Yeast, Salt)			X				

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Turkey Pot Pie</b>	Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate), Peas & Carrots, Raw Celery, Sea Salt, Russet Potatoes, Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Salt, Sugar, Maltodextrin, Corn Oil, Less than 2% of Yeast Extract, Water, Potato Starch, Xanthan Gum, Natural Flavors, Carrot Juice Concentrate), Water, Whole Milk, Rice Flour, Unsalted Butter (cream, natural flavorings), Onions				X			
<b>Turkey Sausage Patties</b>	Turkey Sausage: Ground Turkey (Dry Poultry Seasoning (Sage, Salt, Thyme, Coriander, Marjoram Leaf, Red Pepper, Tricalcium Phosphate), Sea Salt, Canola Oil.							
<b>Turkey Sloppy Joe</b>	Antibiotic Free Groud Turkey, 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. Served on a Whole Grain Hamburger Bun (See Bread Ingredients)							
<b>Turkey Bolognese</b>	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.							
<b>Turkey Tacos</b>	Antibiotic Free Ground Turkey, Taco Seasoning (Salt, Sugar, Paprika, Spices, Onion, Garlic, Citric Acid, Natural Flavor). Served on a Flour Tortilla (See Bread Ingredients)							
<b>Turkey Swiss Sandwich</b>	<b>Deli Turkey Breast</b> (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate); <b>Swiss Cheese</b> (cultured pasteurized milk, salt, enzymes); <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), sugar, wheat gluten, yeast, soybean oil, contains 2% or less of the following: salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, ascorbic acid, calcium peroxide, enzymes), potassium sorbate, calcium propionate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate))	X		X	X			
<b>Veggie Lo Mein</b>	Spaghetti (whole grain durham wheat flour); Scrambled Eggs (whole eggs, citric acid, water); Diced Carrots; Sauce(canola oil, raw garlic, ginger powder, hot sauce [aged cayenne red peppers, distilled vinegar, water, salt, garlic powder], water, dark brown sugar, toasted sesame oil [expeller pressed unrefined toasted sesame oil], liquid soy aminos [Non-GMO soybeans and purified water])	X	X (spaghetti contains egg whites)	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		X			

GF/DF/EF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Adobo Chicken</b>	Antibiotic-free chicken breast, Adobo Sauce (Organic Tomato Sauce (Tomato Puree, Tomato Juice, Sea Salt, Onion Powder, Naturally Derived Citric Acid, Garlic Powder), Apple Cider Vinegar, White Sugar, Ground Red Chili Pepper, Ground Cumin, Dry Paprika, Dry Garlic Powder, Dry Onion Powder). Served with a Corn Tortilla ( <b>See Bread Ingredients</b> )							
<b>Asian BBQ Chicken</b>	Antibiotic-free chicken thigh, Asian BBQ Sauce (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion)	X						
<b>Asian BBQ Drumsticks</b>	Antibiotic-free Chicken Drumstick, Asian BBQ Sauce (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion)	X						
<b>BBQ Chicken</b>	Antibiotic-free chicken breast, BBQ Sauce (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), Unsulfured Molasses, Apple Cider Vinegar, Hot Sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder))							
<b>BBQ Chicken Drumsticks</b>	Antibiotic-free Chicken Drumstick, BBQ Sauce (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), Unsulfured Molasses, Apple Cider Vinegar, Hot Sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder))							
<b>Beef Burger</b>	Grass-fed beef, salt, pepper. Served on a gluten free hamburger bun ( <b>See Bread Ingredients</b> ).							
<b>Beef Nachos</b>	Beef Taco Meat (Beef Taco Meat: Ground Beef, Dry Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor); Tortilla Chips: Whole Grain Yellow Corn treated with Lime, Vegetable Oil (Contains one or more of the following: Soybean Oil, Corn Oil), Water, Salt, TBHQ & Citric Acid (Used as a Preservative)	X						
<b>Beef Sloppy Joe</b>	Ground Beef, Organic Ketchup (Organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), Sloppy Joe Sauce: Canola oil, raw garlic, yellow mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers							
<b>Beef Taco</b>	Ground Beef, Dry Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)							
<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 Stir Fry</b>	Antibiotic Free Chicken Thigh, Peas & Carrots, Stir Fry Sauce (Vegetable Base, Water, White Wine Vinegar, Aminos Soy Sauce (non-GMO soybeans & purified water), Dry Garlic Powder, Dry Ginger Powder, Dark Brown Sugar, Dry Corn Starch, Water)	X						
<b>Chicken Teriyaki</b>	Antibiotic-free chicken thigh, Teriyaki Sauce (Raw Garlic, Raw Ginger, Aminos Soy Sauce (Non-GMO soybeans and purified water), Canola Oil, Pure Honey, Dark Brown Sugar, Green Onions, Water, Cornstarch)	X						
<b>Chili Mac</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour), Chili (Raw Green Peppers, Black Beans, Kidney Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Garlic Powder, Ground Red Chili Pepper, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor)), Dark Brown Sugar, Cinnamon).	X						
<b>Chipotle Lime Chicken</b>	Antibiotic Free Chicken Breast, Canola oil, Lime Juice, Soy Sauce, Ground Red Chili Powder, Garlic, Honey, Chipotle Salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic)	X						
<b>Chipotle Lime Chicken Drumstick</b>	Antibiotic Free Chicken Drumsticks, Canola oil, Lime Juice, Soy Sauce, Ground Red Chili Powder, Garlic, Honey, Chipotle Salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic)	X						
<b>Dairy Free Mozzarella Cheese</b>	Dairy free mozzarella cheese (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate)							



GF/DF/EF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Deconstructed Burrito</b>	Refried Beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), Vegan Mozzarella Cheese (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, carrageenan, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate), Corn Tortilla (Corn, water and lime (calcium hydroxide))							
<b>GF/DF/EF Mac n Cheese</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Sauce: Vegan Mozzarella Cheese (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, carrageenan, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate) Soy Milk (organic soymilk (filtered water, whole organic soybeans, organic cane sugar, tricalcium phosphate, sea salt, carrageenan, organic vanilla flavor, natural flavors, vitamin A palmitate, vitamin D2, roboflavin (B2), Vitamin B12), Rice Flour, Canola Oil	x						
<b>GF/DF/EF Pasta Marinara</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 powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Dairy free mozzarella cheese (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate)	x						
<b>GF/DF/EF Apple Chicken Curry</b>	Antibiotic Free Chicken Breast, Apply Curry Sauce (Canola Oil, Raw Onion, Raw Garlic, Sea Salt, Curry Powder (Spices, Turmeric, & Celery), Dark Brown Sugar, Water, Rice Flour, Raw Celery, Ground Cinnamon, Ground Cumin, 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), Unsweetened Applesauce (Apples, Water, Ascorbic Acid to maintain color)							
<b>GF/DF/EF Bean &amp; Cheese Tamale</b>	Black Beans, 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							
<b>GF/DF/EF Buffalo Chicken Sandwich</b>	Antibiotic Free Chicken Breast, Buffalo Sauce (Raw Garlic, Hot Sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder). Served on a Gluten Free Hamburger Bun ( <b>See Bread Ingredients</b> ))							
<b>GF/DF/EF Cheese Tamale</b>	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							
<b>GF/DF/EF Grilled Cheese</b>	GF Bread (Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D) & Dairy Free Cheddar Cheese (rice base(filtered water, rice flour), maltodextrin, rice bran oil, pea protein, tricalcium phosphate, contains 2% or less of salt, mono & diglycerides, sodium polyphosphate, natural flavor, jalapeno peppers, lactic acid, sodium phosphate, food color (carotenal) and calcium chlorolide)							
<b>GF/DF/EF Mediterranean Meatballs</b>	Antibiotic Free Ground Turkey, Raw Mint, Raw Cilantro, Raw Garlic, Ground Cumin, Red Chili Pepper, Sea Salt, Ground Black Pepper, Green Onions							
<b>GF/DF/EF Pizza</b>	Pizza crust: Gluten free flour (brown rice, tapioca, soy), water, palm oil, xanthan gum, dry yeast, salt, baking soda. Marinara: diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Dairy-free mozzarella (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate)	x						

GF/DF/EF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>GF/DF/EF 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>GF/DF/EF Turkey Meatloaf</b>	Antibiotic Free Ground Turkey, Mustard (Distilled White Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Turmeric, Paprika), Pure Honey, Spinach, Organic Ketchup (Organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), Sea Salt, Garlic Powder, Onion Powder							
<b>GF/DF/EF Turkey Nachos</b>	Turkey Taco Meat: Antibiotic Free Ground Turkey, Dry Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor); Tortilla Chips: Whole Grain Yellow Corn treated with Lime, Vegetable Oil (Contains one or more of the following: Soybean Oil, Corn Oil), Water, Salt, TBHQ & Citric Acid (Used as a Preservative)	X						
<b>GF/DF/EF Turkey Pot Pie</b>	Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate), Peas & Carrots, Raw Celery, Sea Salt, Russet Potatoes, Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Water, Soy Milk (organic soymilk (filtered water, whole organic soybeans, organic cane sugar, tricalcium phosphate, sea salt, carrageenan, organic vanilla flavor, natural flavors, vitamin A palmitate, vitamin D2, roboflavin (B2), Vitamin B12), Rice Flour, Canola Oil	X						
<b>GF/DF/EF Vegetarian Nachos</b>	Black Beans, Whole Grain Tortilla Chips: Whole Grain Yellow Corn treated with Lime, Vegetable Oil (Contains one or more of the following: Soybean Oil, Corn Oil), Water, Salt, TBHQ & Citric Acid (Used as a Preservative). Served with peppers & onions (See sides ingredient list)	X						
<b>GF/DG/EF Waffle</b>	Water, Van's Gluten Free Mix (Brown Rice Flour, Potato Starch, Rice Flour, Soy Flour), Non-GMO Expeller Pressed Canola Oil, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Rice Flour, Monocalcium Phosphate), Van's Natural Fruit Juice Blend (Pineapple, Peach and Pear Juice Concentrates), Sea Salt, Guar Gum, Soy Lecithin.	X						
<b>GF/DF/EF Veggie Lo Mein</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Diced Carrots, Diced Tofu (Non-gmo soybeans, water, calcium sulfate), Sauce (canola oil, raw garlic, raw ginger root, sriracha [chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as preservatives, & xantahn gum ], toasted sesame oil [expeller pressed unrefined toasted sesame oil], liquid soy aminos [Non-GMO soybeans and purified water])	X						X
<b>Grilled Chicken/Grilled Chicken Strips</b>	Antibiotic-free chicken, canola oil, salt, pepper							
<b>Hawaiian Chicken</b>	Antibiotic-free chicken breast, Hawaiian Glaze: White Sugar, Canola Oil, Water, Miso Paste (soy), 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), Dry Ginger, Cornstarch, Pineapple	X						
<b>Hawaiian Turkey</b>	Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate.) Hawaiian Glaze: White Sugar, Canola Oil, Water, Miso Paste (soy), 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), Dry Ginger, Cornstarch, Pineapple	X						
<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 a Gluten Free Hotdog Bun (see bread ingredients).							
<b>Hot Turkey Sandwich</b>	Sliced turkey (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate) on a gluten free bun (see bread ingredients)							
<b>Jerk Chicken Drumsticks</b>	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)							
<b>Lemon Chicken</b>	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)							

GF/DF/EF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Orange Chicken</b>	Antibiotic Free Chicken Breast, Canola Oil, Salt, Orange Sauce (Water, Orange Juice, Lemon Juice, Apple Cider Vinegar, Aminos Soy Sauce (non-GMO soybeans & purified water), Orange Marmalade, Dry Ground Ginger, Raw Garlic, Xanthan Gum, Sea Salt)	x						
<b>Roasted Turkey With Gravy</b>	Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate.) Gravy (Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Salt, Sugar, Maltodextrin, Corn Oil, Less than 2% of Yeast Extract, Water, Potato Starch, Xanthan Gum, Natural Flavors, Carrot Juice Concentrate), Water, Rice Flour, Canola Oil, Dried Thyme, Raw Onion, Raw Carrots, Raw Celery, Xanthan Gum)							
<b>Sweet Pea Pesto Chicken</b>	Antibiotic Free Chicken Breast, Organic Green Peas, Canola Oil, Water, Raw Garlic, Lemon Juice, Salt, Pepper,							
<b>Sweet &amp; Sour Chicken</b>	Antibiotic free chicken thigh, Sweet & Sour Sauce (Raw Garlic, Canola Oil, White Sugar, Apple Cider Vinegar, Water, Cornstarch, Sea Salt, Red Peppers, Raw Onion, Pineapple)							
<b>Three Bean Chili</b>	Raw Onion, Green Peppers, Black Beans (Black Beans, Water, Salt, Calcium Chloride), Kidney Beans (Dark Red Kidney Beans, Water, Corn Syrup, Salt, Calcium Chloride, Disodium edta), Great Northern Beans (Great Northern Beans, Water, Salt, & Calcium Chloride), Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Dry Garlic Powder, Ground Red Chili Powder, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Organic Natural Flavor), Dark Brown Sugar, Ground Cinnamon							
<b>Turkey Bolognese</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour) Bolognese sauce (Antibiotic-free turkey, Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, carrots, salt, sugar, oregano, basil, water.	x						
<b>Turkey Sausage Patties</b>	Turkey Sausage: Ground Turkey (Dry Poultry Seasoning (Sage, Salt, Thyme, Coriander, Marjoram Leaf, Red Pepper, Tricalcium Phosphate), Sea Salt, Canola Oil							
<b>Turkey Sloppy Joe</b>	Antibiotic Free Ground Turkey, 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. Served on a Gluten Free Hamburger Bun ( <b>See Bread Ingredients</b> )							
<b>Turkey Tacos</b>	Antibiotic Free Ground Turkey, Taco Seasoning (Salt, Sugar, Paprika, Spices, Onion, Garlic, Citric Acid, Natural Flavor). Served on a Corn Tortilla ( <b>See Bread Ingredients</b> )							
<b>GF/DF/EF Turkey Sandwich</b>	<b>Deli Turkey Breast</b> (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate); <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)							

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Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
<b>Baby Carrots</b>	Carrots							
<b>Baja Salad</b>	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))							
<b>Black Bean Dip</b>	Black Beans, raw garlic, canola oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin							
<b>Black Bean Dip with Salsa</b>	Black Beans, raw garlic, canola 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)							
<b>Broccoli</b>	Broccoli							
<b>Celery</b>	Celery							
<b>Cherry Tomatoes</b>	Cherry Tomato							
<b>Coined Carrots</b>	Carrots, Sea Salt, Canola Oil							
<b>Cold Peas</b>	Peas							
<b>Corn</b>	Corn							
<b>Cucumbers</b>	Cucumbers							
<b>Edamame</b>	Edamame (shelled soybeans)	X						
<b>Green Beans</b>	Green Beans							
<b>Green Pepper Strips</b>	Green Pepper							
<b>Mashed Potatoes</b>	Potatoes, Milk, Butter, Sea Salt				X			
<b>Mashed Sweet Potatoes</b>	Sweet potatoes, sea salt, dark brown sugar, unsalted butter, whole milk				X			
<b>Pickles</b>	Cucumbers, distilled vinegar, salt, calcium chloride, polysorbate 80, natural spice, turmeric oleoresin							
<b>Pickle, Chip</b>	Fresh cucumbers, water, salt, vinegar, contains less than 2% of lactic acid, sodium benzoate (a preservative), natural flavors, polysorbate 80, tumeric extract (color)							
<b>Snap Peas</b>	Sugar snap peas							
<b>GF/DF/EF Mashed Potatoes</b>	Potatoes, Soy Milk, Sea Salt	X						
<b>GF/DF/EF Mashed Sweet Potatoes</b>	Sweet potatoes, soy milk, brown sugar, salt	X						
<b>Peas</b>	Peas							
<b>Peas &amp; Carrots</b>	Peas & Carrots							
<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						

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
<b>Glazed Carrots</b>	Carrots, Canola Oil, Brown Sugar.							
<b>Refried Beans</b>	Cooked beans, water, less than 2% of canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor							
<b>Roasted Butternut Squash</b>	Butternut Squash, Canola Oil, Salt							
<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 Root Vegetables</b>	Red beets, golden beets, parsnips, canola oil, salt, & pepper							
<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, chipotle honey vinaigrette (red wine vinegar, honey, salt, chipotle salsa, cumin, garlic powder, black pepper, canola oil, mustard powder, lime juice)							
	<b>Ingredients</b>	<b>Soy</b>	<b>Egg</b>	<b>Wheat</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>Craisins, Strawberry</b>	Cranberries, sugar, natural strawberry flavor with other natural flavors, citric acid, sunflower oil, elderberry juice concentrate (color)							
<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>Pearsauce</b>	Raw pears, water, sugar							
<b>Pineapple</b>	Pineapple							
<b>Raisins</b>	California sun dried raisins							
<b>Watermelon</b>	Watermelon							
	<b>Ingredients</b>	<b>Soy</b>	<b>Egg</b>	<b>Wheat</b>	<b>Dairy</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Sesame</b>
<b>Brown Rice</b>	Whole grain parboiled brown rice							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
<b>Chipotle Ranch Packet</b>	Water, Soybean Oil, Corn Syrup, Distilled Vinegar, Egg Yolks, Modified FoodStarch, Contains 2% or less of Buttermilk*, Natural Flavors, Potassium Chloride, Salt, Chipotle Pepper, Garlic*, Onion*, Xanthan Gum, Yeast Extract, Lactic Acid, Phosphoric Acid, Whey Powder, Disodium Inosinate & Disodium Guanylate, Potassium Sorbate & Sodium Benzoate (preservatives), Rice Flour, Polysorbate 60, Spice, Parsley*, Calcium Disodium EDTA to protect flavor	X	X		X			
<b>Hummus</b>	Garbanzo beans, tahini (pure ground sesame seeds), raw garlic, lemon juice, canola oil, ground cumin, sea salt, water							X
<b>Jelly, Grape</b>	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic canse sugar, apple pectin, acsorbic acid, citric acid							
<b>Jelly Packet, Grape</b>	Concord Grapes, Sugar, Fruit Pectin, Citric Acid							
<b>Ketchup</b>	Tomato concentrate from red ripe tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring							
<b>Marinara sauce</b>	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							
<b>Mayonnaise</b>	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 an d extractives of tumeric (color)	X	X					
<b>Mustard</b>	Distilled White Vinegar, Water, Mustard Seed, water, salt, tumeric, natural flavor & spices							
<b>Ranch Dressing</b>	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			
<b>Salsa</b>	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt							
<b>Sour Cream</b>	Grade A cultured milk and cream, enzymes				X			
<b>Sumac Sauce</b>	sour cream (cultured milk, cream, whey, modified corn starch, sodium posphate, guar gum, carob bean gum, potassium sorbate (maintains freshness)), fat free plain yogurt (cultures pasteurized Grade A skim milk and skim milk solids, modified corn starch, polydextrose (fiber), natural flavor, Vitamin A palmitate and Vitamin D3), lemon juice, garlic, olive oil, sea salt, ground black pepper, ground sumac.				X			
<b>Sunbutter</b>	Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salst and Natural Mixed Tocopherols to preserve freshness							
<b>Syrup</b>	Invert sugar, water, contains 2% or less of: molasses, natural flavors, sea salt							
<b>Quinoa</b>	Quinoa, Canola Oil							
<b>Tajin Packet, Low Sodium</b>	Chili Peppers, Salt, Dehydrated Lime Juice, Potassium Chloride, Silicon Dioxide (to Prevent Caking).							

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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, Unsweetened Applesauce		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>Garlic Bread</b>	Whole Wheat Bread (Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch), Unsalted Butter (cream, natural flavorings), Oregano, Thyme, Garlic, Salt, Pepper	X		X	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>Kid Bun</b>	Unbleached, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Contains 2% or less of the following: Wheat Gluten, Soybean Oil, Salt, Cultured Wheat Flour, Monocalcium Phosphate, Sodium Stearoyl Lactylate, Monoglycerides, Flaxseed, Maltodextrin, Wheat Starch, DATEM, Calcium 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				

Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Whole Wheat Pita</b>	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>Whole Grain Pita</b>	Whole grain pita: (whole grain wheat flour, water, canola oil, yeast, cultured wheat flour, salt, wheat gluten, wheat starch, ascorbic acid).							
<b>Pizza Dough</b>	Whole wheat flour, yeast, water, salt			X				
<b>Whole Grain Biscuit</b>	Whole Wheat Flour, Buttermilk, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid), Palm Oil, Skim Milk, Leavening (Sodium Aluminum Phosphate, Baking Soda), Maltodextrin, Contains Less than 2% of the following: Potassium Chloride, Sugar, Water, Modified Cornstarch, Rice Flour, Soybean Oil, Artificial Flavor, Salt, Datem, Mono & Diglycerides, Soy Lecithin	X		X	X			
<b>Whole Grain Bread</b>	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>Whole Grain Hamburger Bun</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 Roll</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 Wheat Tortilla</b>	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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