



2018-2019 Cold Lunch Ingredient List

Main Entrees

Ham and Cheddar Hoagie: whole wheat hoagie - franz (whole wheat flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)), tomatoes, ham (cured with water, dextrose, salt, contains 2% or less of lemon juice concentrate, sodium phosphates, vinegar, sodium erythorbate, sodium nitrite), cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), romaine, mustard packet (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), mayonnaise packet (soybeans oil, water, eggs, vinegar, egg yolks, lemon juice concentrate, salt, sugar, dried onion, dried garlic, paprika, natural flavors, calcium disodium EDTA)

Ham and Provolone Hoagie: whole wheat hoagie - franz (whole wheat flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)), tomatoes, provolone cheese (pasteurized milk, cheese culture, salt, enzymes), ham (cured with water, dextrose, salt, contains 2% or less of lemon juice concentrate, sodium phosphates, vinegar, sodium erythorbate, sodium nitrite), romaine, mustard packet (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), mayonnaise packet (soybeans oil, water, eggs, vinegar, egg yolks, lemon juice concentrate, salt, sugar, dried onion, dried garlic, paprika, natural flavors, calcium disodium EDTA)

Turkey and Cheddar Hoagie: whole wheat hoagie - franz (whole wheat flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)), turkey, white, rotisserie, deli cut, tomatoes, cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), romaine, mustard packet (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), mayonnaise packet (soybeans oil, water, eggs, vinegar, egg yolks, lemon juice concentrate, salt, sugar, dried onion, dried garlic, paprika, natural flavors, calcium disodium EDTA)

Turkey and Provolone Hoagie: whole wheat hoagie - franz (whole wheat flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)), turkey, white, rotisserie, deli cut, tomatoes, provolone cheese (pasteurized milk, cheese culture, salt, enzymes), romaine, mustard packet (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), mayonnaise packet (soybeans oil, water, eggs, vinegar, egg yolks, lemon juice concentrate, salt, sugar, dried onion, dried garlic, paprika, natural flavors, calcium disodium EDTA)

Veggie and Cheese Hoagie: tomatoes, whole wheat hoagie - franz (whole wheat flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)), mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes, anticaking blend (potato starch, cellulose, natamycin (natural mold inhibitor))), romaine, mustard packet (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), mayonnaise packet (soybeans oil, water, eggs, vinegar, egg yolks, lemon juice concentrate, salt, sugar, dried onion, dried garlic, paprika, natural flavors, calcium disodium EDTA)



Chicken Caesar Salad: romaine, chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), caesar dressing packet (vegetable oil (soybean oil and/or canola oil), water, egg yolks, extra virgin olive oil, salt, contains 2% or less of: distilled vinegar, parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, dried garlic, sugar, spices, tamarind, natural flavor), lemon juice concentrate, spices, dried garlic, dried onion, xanthan gum, dried anchovy)), croutons, seasoned, parmesan cheese (milk, cheese cultures, salt, enzymes)

Chicken Salad Sandwich: chicken salad (chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), less than 2% of: distilled vinegar, salt, onion powder, black pepper), whole wheat bread - franz (whole grain wheat flour enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, tiilamin mononitra te, riboflavin and folic acid) water yeast vital wheat gluten sugar contains 2% or less of each of the following: vegetable oil (canola and/or soy) salt guar and/or xanthan gum yeast nu1rient (amrv!onium sulfa te) dough conditioners (sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate) calcium propionate (mold inililbitor) calcium sulfate enzymes nonfat dry milk soyflour) , tomatoes, pita (whole wheat flour, water, yeast, barley malt, salt, cultured wheat flour with added vinegar (for added freshness)), romaine

Delicious Deli Pack: wheat thin crackers (whole grain wheat flour, canola oil, sugar, cornstarch, malt syrup (from corn and barley), salt, refiner's syrup, leavening (calcium phosphate and/or baking soda)., turkey, white, rotisserie, deli cut, mozzarella string cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), cheddar cheese stick (cultured milk, salt, enzymes, annatto (color)), mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice)

Egg Salad Sandwich: egg salad (egg, mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), pickle relish, sweet, celery, mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), distilled vinegar, salt, black pepper, onion powder), whole wheat bread - franz (whole grain wheat flour enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, tiilamin mononitra te, riboflavin and folic acid) water yeast vital wheat gluten sugar contains 2% or less of each of the following: vegetable oil (canola and/or soy) salt guar and/or xanthan gum yeast nu1rient (amrv!onium sulfa te) dough conditioners (sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate) calcium propionate (mold inililbitor) calcium sulfate enzymes nonfat dry milk soyflour) , tomatoes, romaine

Macho Nacho Pack: refried beans (cooked pinto beans, water, canola oil, salt), queso dip (whole milk (milk, vitamin d3), cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), diced green chilies, salt, chili powder, sodium citrate, xanthan gum, cumin), salsa cup (tomato puree (water and tomato paste), diced tomatoes in tomato juice, jalapeno peppers, onions, vinegar, salt, garlic powder, and natural flavor), tortilla chips (yellow corn masa flour, vegetable oil, salt)

Sunflower Butter and Jelly Sandwich: whole wheat bread - franz (whole grain wheat flour enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, tiilamin mononitra te, riboflavin and folic acid) water yeast vital wheat gluten sugar contains 2% or less of each of the following: vegetable oil (canola and/or soy) salt guar and/or xanthan gum yeast nu1rient (amrv!onium sulfa te) dough conditioners (sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate) calcium propionate (mold inililbitor) calcium sulfate enzymes nonfat dry milk soyflour) , sunbutter natural (sunflower seeds, sugar, mono-diglycerides to prevent separation, salt, and natural mixed tocopherols to preserve freshness), raspberry preserves (raspberries, sugar, glucose syrup, water, fruit pectin, citric acid, potassium sorbate (as a preservative), xanthan gum)

Vegetarian Taco Salad: romaine, black beans, salsa (tomatoes, chiles, onions, garlic, cilantro), tomatoes, tortilla chips (yellow corn masa flour, vegetable oil, salt), cheddar cheese (milk, cultures, salt, enzymes, annatto (color))



Alternative Cold Entrees – Gluten Free, Dairy Free & Vegetarian Menu

Dairy Free Mexican Bean and Rice Bowl: kidney beans, brown rice, green bell pepper, salsa (tomatoes, chiles, onions, garlic, cilantro), salt, cumin

Dairy Free Premium Protein Pack: celery, tortilla chips (yellow corn masa flour, vegetable oil, salt), dried cranberries (cranberries, sugar, sunflower oil), egg, sunbutter natural (sunflower seeds, sugar, mono-diglycerides to prevent separation, salt, and natural mixed tocopherols to preserve freshness)

Dairy Free Vegetarian Taco Salad: romaine, black beans, salsa (tomatoes, chiles, onions, garlic, cilantro), tomatoes, tortilla chips (yellow corn masa flour, vegetable oil, salt)

Gluten Free Sunflower Butter and Jelly Sandwich: gluten free 7 grain bread - franz (water, brown rice flour, tapioca starch, tapioca syrup, whole grain sorghum flour, xanthan gum, whole grain millet seeds, contains 2% or less of each of the following: whole eggs, whole grain millet flour, whole grain amaranth seeds, whole grain teff seeds, red quinoa seeds, extra virgin olive oil, molasses, salt, cultured rice flour, yeast, enzymes), sunbutter natural (sunflower seeds, sugar, mono-diglycerides to prevent separation, salt, and natural mixed tocopherols to preserve freshness), raspberry preserves (raspberries, sugar, glucose syrup, water, fruit pectin, citric acid, potassium sorbate (as a preservative), xanthan gum)

Picnic Pack: baked beans (Prepared white beans, water, brown sugar, sugar, salt, mustard, (vinegar, water, mustard seed, salt, turmeric, paprika), modified corn starch, onion powder, caramel color, spices, garlic powder, and natural flavor), potato salad (potatoes, mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), distilled vinegar, salt, sugar, onion powder, black pepper), egg, tortilla chips (yellow corn masa flour, vegetable oil, salt)

Sides & Grains

Baked Beans: Prepared white beans, water, brown sugar, sugar, salt, mustard, (vinegar, water, mustard seed, salt, turmeric, paprika), modified corn starch, onion powder, caramel color, spices, garlic powder, and natural flavor.

Corn Salad: corn, red bell pepper, green onions, sugar, lime juice, mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), salt, chili powder, garlic powder, cumin

Cuban Black Bean Dip: black beans, coconut milk (coconut milk, water, guar gum), green bell pepper, water, salt, coriander, oregano, cumin

Hummus: chickpeas, tahini (pure ground sesame seed), water, lemon juice, canola oil, salt, garlic powder, cumin

Pea Salad: peas, mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), carrots, edamame, frozen, sugar, mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), salt, onion powder, dill, xanthan gum

Potato Salad: potatoes, mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), distilled vinegar, salt, sugar, onion powder, black pepper

Refried Beans: cooked pinto beans, water, canola oil, salt

8/3/2018



Three Bean Salad: white beans (cannellini beans, water, salt, calcium chloride (firming agent)), kidney beans, chickpeas, celery, canola oil, parsley, lemon juice, distilled vinegar, sugar, salt, garlic powder, xanthan gum

Cornbread Muffin: Wheat flour bleached and enriched, sugar, corn meal, modified wheat starch, soybean and/or cottonseed oil, whey (from milk), baking powder, baking soda, salt, emulsifier, wheat gluten, eggs (pasteurized whole egg), salad oil (fully refined soybean oil), water

Gluten Free 7- Grain Bread - Franz: water, brown rice flour, tapioca starch, tapioca syrup, whole grain sorghum flour, xanthan gum, whole grain millet seeds, contains 2% or less of each of the following: whole eggs, whole grain millet flour, whole grain amaranth seeds, whole grain teff seeds, red quinoa seeds, extra virgin olive oil, molasses, salt, cultured rice flour, yeast, enzymes

Tortilla Chips: Yellow corn masa flour, vegetable oil, salt

Whole Wheat Hoagie – Franz: Whole Wheat Flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% or less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)

Whole Wheat Bread - Franz: Whole grain wheat flour, water, yeast, sugar, vital wheat gluten, wheat bran, molasses, salt, vegetable oil (canola and/or soy), yeast nutrient (ammonium sulfate), dough conditioners (sodium stearoyl lactylate, ascorbic acid, mono-calcium phosphate), calcium propionate (mold inhibitor), calcium sulfate, enzymes, nonfat dry milk, soy flour

Whole Wheat Hoagie – Franz: Whole Wheat Flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% or less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)

Whole Wheat Roll 2 oz: Water, whole wheat flour, low-gluten flour, sugar, enriched wheat flour, wheat gluten, dry whey, dextrose, palm shortening, salt, soy flour, soybean oil, palm emulsifier, dough conditioners (wheat flour, ascorbic acid, enzymes), egg yolk, calcium sulfate, corn starch, wheat starch, yeast



2018-2019 Entrees Ingredient List - Individual

Main Entrees

BBQ Chicken Sandwich (filling): chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), bbq pulled chicken sauce (organic ketchup (water, organic tomato paste, white distilled vinegar, organic cane sugar, sea salt, organic granulated onion, organic allspice, organic cayenne pepper, organic ground cloves), distilled vinegar, brown sugar, molasses, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), liquid smoke (water, natural hickory smoke flavor, vinegar, molasses, caramel color, salt), salt, garlic powder, black pepper), onion

Bean and Cheese Burrito (filling): pinto beans, cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), salsa (tomatoes, chiles, onions, garlic, cilantro), less than 2% of: gluten free vegetable base: (vegetable puree (celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, 2% or less of natural flavors, corn powder, xanthan gum, soybean oil, canola oil), salt, chili powder, cumin

Biscuits and Gravy: gravy (skim milk (fat free milk, calcium lactate), ground turkey, cooked, canola oil, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), salt, black pepper, thyme, rosemary, sage), whole grain biscuit: whole wheat flour, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, buttermilk, palm oil, sugar, soybean oil, apple, contains less than 2%: sodium bicarbonate, salt, sodium aluminum phosphate, sodium acid pyrophosphate, vitamin a palmitate, natural and artificial flavor, soy lecithin. contains allergens: wheat, milk, soy may contain: egg

Cheese Quesadilla: whole wheat tortilla (white whole grain wheat flour, water, bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), nteresterified soybean oil, hydrogenated soybean oil, monoand diglycerides, datem, natural flavors, sugar, sodium bicarbonate, sodium aluminum phosphate, corn starch, guar gum, to maintain freshness (potassium sorbate, calcium propionate, fumaric acid, sorbic acid), salt, sodium stearoyl lactylate, sodium metabisulfite, enzymes.), cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), nonfat mozzarella cheese (pasteurized skim milk, cheese culture, salt, enzymes, yeast*, artificial color, vitamin a palmitate)

Cheesy Beans and Rice: brown rice, black beans, sour cream (cultured cream, enzymes), cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), corn, less than 2% of: chili powder, salt, green bell pepper, onion powder, cumin

Chicken Pasta Alfredo: whole milk (milk, vitamin d3), rotini pasta: (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes, anticaking blend (potato starch, cellulose, natamycin (natural mold inhibitor))), parmesan cheese (milk, cheese cultures, salt, enzymes), salt, sodium citrate, garlic powder, xanthan gum

Chicken Quesadilla: whole wheat tortilla (white whole grain wheat flour, water, bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), nteresterified soybean oil, hydrogenated soybean oil, monoand diglycerides, datem, natural flavors, sugar, sodium bicarbonate, sodium aluminum phosphate, corn starch, guar gum, to maintain freshness (potassium sorbate, calcium propionate, fumaric acid, sorbic acid), salt, sodium stearoyl lactylate, sodium metabisulfite, enzymes.), chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), nonfat mozzarella cheese (pasteurized skim milk, cheese culture, salt, enzymes, yeast*, artificial color, vitamin a palmitate)



Chicken Stuffing and Gravy: chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), gravy (chicken) (water, xanthan gum, canola oil, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), chicken flavored base (salt, sugar, chicken fat, monosodium glutamate, dextrose, palm oil and soybean oil, corn starch, turmeric, natural flavorings and coloring, disodium inosinate, disodium guanylate, garlic powder), salt, black pepper), water, white bread (enriched wheat flour (flour, malted barley flour, niacin, iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, malt, dough conditioners (ascorbic acid, calcium sulfate, sodium stearyl lactylate), calcium propionate (preservative)), onion, celery, chicken flavored base (salt, sugar, chicken fat, monosodium glutamate, dextrose, palm oil and soybean oil, corn starch, turmeric, natural flavorings and coloring, disodium inosinate, disodium guanylate, garlic powder), salt, black pepper, rosemary

Chicken Tacos (filling): chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), tomato paste (tomatoes, spices, natural flavors, citric acid), diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), onion, orange juice, green chili pepper, water, lemon juice, salt, canola oil, chili powder, garlic powder, cumin

Egg Fried Rice: eggs, brown rice, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), canola oil, peas and carrots, frozen, water, green onions, garlic powder, xanthan gum, ground ginger

Fajita Breakfast Burrito (filling): eggs, cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), red bell pepper, salsa (tomatoes, chiles, onions, garlic, cilantro), turkey bacon (mechanically separated turkey, turkey, water, sugar, contains 2% or less salt, potassium lactate, natural smoke flavor, flavor (canola oil, natural smoke, natural flavoring), sodium diacetate, sodium phosphate, rosemary extract, sodium erythorbate, sodium nitrite), less than 2% of: salt, garlic powder, onion powder

Hearty Chili: kidney beans, diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), pinto beans, green chili pepper, green bell pepper, celery, onion, chili powder, canola oil, salt, brown sugar, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), garlic powder, oregano, cumin

Hearty Spaghetti: general tomato sauce (water, tomato paste (tomatoes, spices, natural flavors, citric acid), diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), xanthan gum, salt, fennel seed powder, garlic powder, sugar, basil, black pepper, oregano), lentils, spaghetti, cooked, enriched

Mac and Cheese: macaroni, cooked, enriched, skim milk (fat free milk, calcium lactate), cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), salt, xanthan gum, sodium citrate, mustard seeds

Meatball Sub (filling): meatball sauce (diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), tomato paste (tomatoes, spices, natural flavors, citric acid), salt, sugar, oregano, garlic powder, basil), meatballs (ground beef (not more than 30% fat), water, onions, textured vegetable protein (soy flour), vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), and cyanocobalamin (b12)], breadcrumbs (bleached wheat flour, sugar, salt, yeast, canola oil), egg whites, green peppers, natural flavor, hydrolyzed soy protein, salt, parsley)

Meaty Chili: kidney beans, diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), ground turkey, cooked, green chili pepper, green bell pepper, celery, onion, chili powder, canola oil, salt, brown sugar, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), garlic powder, oregano, cumin

Meaty Moes (filling): textured vegetable protein (defatted soy flour), water, ground turkey, cooked, tomato paste (tomatoes, spices, natural flavors, citric acid), organic ketchup (water, organic tomato paste, white distilled vinegar, organic cane sugar, sea salt, organic granulated onion, organic allspice, organic cayenne pepper, organic ground cloves), onion, green bell pepper, salt, garlic powder, black pepper



Meaty Spaghetti: ground turkey, cooked, general tomato sauce (water, tomato paste (tomatoes, spices, natural flavors, citric acid), diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), xanthan gum, salt, fennel seed powder, garlic powder, sugar, basil, black pepper, oregano), spaghetti, cooked, enriched

Messy Moes (filling): textured vegetable protein (defatted soy flour), tomato paste (tomatoes, spices, natural flavors, citric acid), water, organic ketchup (water, organic tomato paste, white distilled vinegar, organic cane sugar, sea salt, organic granulated onion, organic allspice, organic cayenne pepper, organic ground cloves), onion, green bell pepper, salt, garlic powder, black pepper

Mozzarella Pasta Bake: general tomato sauce (water, tomato paste (tomatoes, spices, natural flavors, citric acid), diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), xanthan gum, salt, fennel seed powder, garlic powder, sugar, basil, black pepper, oregano), penne pasta (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes, anticaking blend (potato starch, cellulose, natamycin (natural mold inhibitor)))

Orange Chicken: brown rice, popcorn chicken: chicken breast with rib meat, water, isolated soy protein, salt, sodium phosphates, seasoning (salt, garlic powder, spice, soybean oil). breaded with enriched bleached wheat and enriched durum flours (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, modified food starch, salt, garlic powder, spices, soybean oil, yellow corn flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, extractives of paprika, cellulose gum (sodium carboxymethylcellulose), natural flavor, sodium alginate, not more than 2% silicon dioxide added to prevent caking., orange chicken sauce (distilled vinegar, sugar, water, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), canola oil, orange zest, cornstarch, garlic powder, ground ginger, dried chili flakes, xanthan gum)

Pasta Alfredo: whole milk (milk, vitamin d3), rotini pasta: (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes, anticaking blend (potato starch, cellulose, natamycin (natural mold inhibitor))), parmesan cheese (milk, cheese cultures, salt, enzymes), salt, sodium citrate, garlic powder, xanthan gum

Pinto Bean Tacos (filling): pinto beans, tomato paste (tomatoes, spices, natural flavors, citric acid), diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), onion, orange juice, green chili pepper, water, lemon juice, salt, canola oil, chili powder, garlic powder, cumin

Roasted Garlic Pizza Bagel: whole wheat bagel (whole wheat flour: cereal foods stone ground medium whole wheat flour; flour: pendleton flour mills power high gluten flour, vitamin c (ascorbic acid added as dough conditioner), enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid; salt, granulated sugar, honey, molasses, milk, yeast, oats), nonfat mozzarella cheese (pasteurized skim milk, cheese culture, salt, enzymes, yeast*, artificial color, vitamin a palmitate), roasted garlic pizza sauce (skim milk (fat free milk, calcium lactate), canola oil, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), salt, garlic powder, xanthan gum), basil

Rolled Enchiladas Rojas: rojo sauce (water, tomato paste (tomatoes, spices, natural flavors, citric acid), canola oil, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), onion, chili powder, garlic powder, salt, cumin), refried beans (cooked pinto beans, water, canola oil, salt), cheese enchiladas (filling: pepper jack cheese (monterey jack cheese with jalapeno peppers: pasteurized milk, cheese cultures, (salt and jalapeno peppers) or (jalapeno peppers and salt), enzymes, and may contain powdered potato and/or corn starch (added to prevent clumping)), whole grain corn tortilla: whole grain corn flour (white corn masa flour, proplonic acid (preservative) , guar gum, cellulose gum, benzoic add (preservative), phosphoric acid (acidulant), and enzymes (to preserve freshness)), yellow corn masa flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, calcium stearate, and silicon dioxide to retard caking, trace of lime), water), less than 2% of: cheddar cheese (milk, cultures, salt, enzymes, annatto (color))

Teriyaki Black Beans and Rice: black beans, brown rice, asian sauce (sugar, xanthan gum, water, distilled vinegar, cornstarch, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), chili powder, garlic powder, orange zest, ground ginger), broccoli florets

8/3/2018



Teriyaki Chicken and Rice: chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), brown rice, asian sauce (sugar, xanthan gum, water, distilled vinegar, cornstarch, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), chili powder, garlic powder, orange zest, ground ginger)

Traditional Pizza Bagel: whole wheat bagel (whole wheat flour: cereal foods stone ground medium whole wheat flour; flour: pendleton flour mills power high gluten flour, vitamin c (ascorbic acid added as dough conditioner), enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid; salt, granulated sugar, honey, molasses, milk, yeast, oats), nonfat mozzarella cheese (pasteurized skim milk, cheese culture, salt, enzymes, yeast*, artificial color, vitamin a palmitate), traditional pizza sauce (water, tomato paste (tomatoes, spices, natural flavors, citric acid), salt, garlic powder, sugar, fennel, basil, oregano), cheddar cheese (milk, cultures, salt, enzymes, annatto (color))

Quick & Easy Entrees

Breaded Chicken Breast: Boneless chicken breast with rib meat, whole wheat flour, water, soy protein isolate, salt, wheat gluten, soybean oil, sugar, leavening (cream of tartar, sodium bicarbonate), garlic powder, rosemary extract, yeast, onion powder, black pepper, served with mayonnaise and ketchup

Popcorn Chicken Bites: chicken breast with rib meat, water, isolated soy protein, salt, sodium phosphates, seasoning (salt, garlic powder, spice, soybean oil). breaded with enriched bleached wheat and enriched durum flours (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, modified food starch, salt, garlic powder, spices, soybean oil, yellow corn flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, extractives of paprika, cellulose gum (sodium carboxymethylcellulose), natural flavor, sodium alginate, not more than 2% silicon dioxide added to prevent caking.

Turkey Hot Dog: Mechanically separated turkey, water, corn syrup, salt, dextrose, potassium lactate, spices, sodium phosphate, sodium diacetate, flavorings, sodium erythorbate, sodium nitrate, served with ketchup, mustard and pickle relish

Whole Grain Chicken Corndog: Batter: water, whole wheat flour, whole grain corn, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), soy flour, soybean oil, salt, egg yolk with sodium silicoaluminate, ascorbic acid, egg white, dried honey, artificial flavor. Fried in vegetable oil. Chicken Frank: mechanically separated chicken, water, corn syrup solids, spices, salt, potassium lactate, potassium acetate, sodium phosphate, potassium chloride, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite, served with ketchup and mustard

Sides & Grains

Baked Beans: Prepared white beans, water, brown sugar, sugar, salt, mustard, (vinegar, water, mustard seed, salt, turmeric, paprika), modified corn starch, onion powder, caramel color, spices, garlic powder, and natural flavor.

Hummus: chickpeas, tahini (pure ground sesame seed), water, lemon juice, canola oil, salt, garlic powder, cumin

Refried Beans: cooked pinto beans, water, canola oil, salt

Roasted Potatoes: potatoes, canola oil, salt, black pepper



Cornbread Muffin: Wheat flour bleached and enriched, sugar, com meal, modified wheat starch, soybean and/or cottonseed oil, whey (from milk), baking powder, baking soda, salt, emulsifier, wheat gluten, eggs (pasteurized whole egg), salad oil (fully refined soybean oil), water

Gluten Free 7- Grain Bread - Franz: water, brown rice flour, tapioca starch, tapioca syrup, whole grain sorghum flour, xanthan gum, whole grain millet seeds, contains 2% or less of each of the following: whole eggs, whole grain millet flour, whole grain amaranth seeds, whole grain teff seeds, red quinoa seeds, extra virgin olive oil, molasses, salt, cultured rice flour, yeast, enzymes

Tortilla Chips: Yellow corn masa flour, vegetable oil, salt

Whole Grain Garlic Bread: Water, whole wheat flour, enriched flour, soybean oil, whey, eggs, wheat starch, vital wheat gluten, yeast, salt, sugar, potassium chloride, maltodextrin, dextrose, datem, ascorbic acid, enzyme, citric acid, butter, garlic, salt, yellow corn flour, turmeric, annatto, onion, parsley

Whole Wheat Hoagie – Franz: Whole Wheat Flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)

Whole Wheat Bread - Franz: Whole grain wheat flour, water, yeast, sugar, vital wheat gluten, wheat bran, molasses, salt, vegetable oil (canola and/or soy), yeast nutrient (ammonium sulfate), dough conditioners (sodium steroyl lactylate, ascorbic acid, mono-calcium phosphate), calcium propionate (mold inhibitor), calcium sulfate, enzymes, nonfat dry milk, soy flour

Whole Wheat Bun (Hamburger and Hot Dog - Franz): Whole grain wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), water, yeast, vital wheat gluten, sugar, vegetable oil (canola and/or soy), salt, guar and/or xanthan gum, yeast nutrient (ammonium sulfate), dough conditioners (sodium steroyl lactylate, ascorbic acid, mono-calcium phosphate), calcium propionate (mold inhibitor), calcium sulfate, enzymes

Whole Wheat Hoagie – Franz: Whole Wheat Flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)

Whole Wheat Roll 2 oz: Water, whole wheat flour, low-gluten flour, sugar, enriched wheat flour, wheat gluten, dry whey, dextrose, palm shortening, salt, soy flour, soybean oil, palm emulsifier, dough conditioners (wheat flour, ascorbic acid, enzymes), egg yolk, calcium sulfate, corn starch, wheat starch, yeast