

# **GORDON SCHOOL**

## **5 DAY LUNCH MENU & INGREDIENTS LIST**

### **Monday: Hamburger & Tater Tots**

**Hamburger** (ground beef – no fillers)

**Roll** (wheat flour, yeast, corn syrup, soy bean oil)

Condiments to include; ketchup, & mustard

**Tater tots** (potatoes, dextrose)

**Vegetarian Option Garden Burger** (brown rice, black beans, soy protein, corn, tomato, tomato paste)

**Carrot and Celery Sticks with Ranch Dressing**

### **Tues: Tacos**

**Hard Taco Shell:**

Whole grain corn, water, vegetable oil, less than 2% of niacin, iron & riboflavin.

**Taco Meat:**

Ground beef, vegetable oil, garlic, diced tomatoes, cilantro, taco seasoning (chili powder, garlic powder, onion powder, oregano, paprika, cumin, salt, & black pepper)

**Vegetarian Option:**

Grilled vegetables (zucchini, gold pepper, poblano pepper, red onion, red pepper, eggplant, chipotle, salt, black pepper & garlic)

**Toppings:**

Iceberg lettuce, diced roma tomatoes, monterey jack cheese (milk, cheese cultures & salt), salsa (diced tomatoes, jalapeno, tomato paste, onions, vinegar, dried onions & garlic), sour cream.

**Mexican salsa bean and rice:**

Vegetable oil, yellow onion, garlic, vegetable stock, water, parboiled rice, red pepper, gold pepper, green pepper, chili powder, cumin, black pepper, salt, diced tomatoes, cilantro, & black beans.

### **Wed: Pasta and Meatballs**

**Penne Pasta:**

Durum semolina, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid....this contains a wheat product

**Meatballs:**

(Beef, water, seasoning, wheat flour, Romano cheese (pasteurized milk, cheese cultures, salt, enzymes), bread crumbs, salt, milk, onion powder, spices)

**Hunts tomato sauce:**

(Tomato puree (water, tomato paste), less than 2% of: Salt, Citric acid, spice, natural flavor)

**Vegetarian option Pasta without meatballs**

**Carrot and Celery Sticks with Ranch Dressing**

## **Thurs: Individual Cheese Pizza**

### **Cheese pizza:**

Dough (wheat flour, water, yeast, corn syrup), Sauce (tomatoes, tomato puree (water, tomato paste), assorted spices), Mozzarella cheese (milk, salt, enzymes)

### **Mixed greens**

### **Two dressing choices:**

(Dressing will be chef's choice consisting of ranch and an emulsified vinaigrette)

## **Vegetarian option Individual Cheese Pizza**

### **Carrot and Celery Sticks with Ranch Dressing**

## **Fri: Fajita Style Chicken**

### **Fajita Chicken:**

Boneless, skinless chicken breast meat, fresh cilantro, soybean oil, Barbecue sauce (vinegar, sugar, tomato paste, water, molasses, modified food starch, salt, natural smoke flavor, spices, onion, garlic, caramel, maltodextrin, yeast extract, natural flavor, propylene glycol alginate, sunflower oil, ground cumin, chili powder, chopped fresh garlic, lime juice, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate: less than 1/10 of 1%))

### **Flour Tortillas:**

Enriched unbleached flour (wheat flour, malt barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, salt, calcium sulfate, dextrose, sodium aluminum phosphate, sodium bicarbonate, calcium propionate, fumaric acid, potassium sorbate, monodiglycerides, guar gum, carboxymethyl cellulose, sodium metabisulfate

### **Sauteed Onions:**

Spanish onions, soybean oil, salt, black pepper

### **Sauteed Green Peppers:**

Green bell peppers, soybean oil, salt, black pepper

### **Rice and Beans:**

Parboiled white rice, natural vegetable stock, kidney beans, soybean oil, garlic powder, salt, white pepper

### **Salsa:**

crushed tomatoes, diced tomatoes in tomato juice, fresh jalapeno peppers, fresh onions, distilled vinegar, dehydrated onions, salt, garlic, modified food starch, xanthan gum and natural flavoring

### **Monterey Jack Cheese, Shredded:**

Cultured pasteurized milk, salt, enzymes, potato starch and powdered

### **Grilled Vegetables:**

Zucchini, summer squash, eggplant, red & yellow pepper, vegetable oil, salt and pepper.