

FRIDAY, OCTOBER 1

Pancakes (Contains: Wheat, Dairy, Eggs, Soy)

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), Water, Sugar, Vegetable Oil (Soybean And/Or Canola), Buttermilk, Eggs, Contains 2% Or Less Of Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Salt, Fructose, Soy Lecithin. Vitamins And Minerals: Vitamin A Palmitate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12, Reduced Iron

Maple Syrup: Corn Syrup, High Fructose Corn Syrup, Water, Sugar, Natural & Artificial Flavor, Caramel Color, Salt, Cellulose Gum, Potassium Sorbate, Sodium Benzoate (As Preservative)

Omaha Sausage (Contains: Wheat, Dairy, Eggs, Soy)

Corned Beef (Beef, Salt, Potassium Lactate, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrate, Soybean Oil, High Fructose Corn Syrup, Distilled Vinegar, Pickled Cucumbers, Tomato Paste, Food Starch, Egg Yolk, Salt, Garlic, Sugar, Black Pepper, Zantham Gum, Dried Bell Pepper, Dried Onion, Turmeric, Cheese Culture, Wheat, Soy

Vegan Sausage Link (Dairy Free) (Contains: Wheat)

Filtered Water, Vital Wheat Gluten, Expeller Pressed Safflower Oil, Eggplant, Onions, Yeast Extract, Kosher Red Wine (Red Wine, Salt), Garlic, Barley Malt, Onion Powder, Dried Red Bell Pepper, Fennel Seed, Granulated Garlic, Sea Salt, Spices

Home Fries (Dairy Free) (Made Without Gluten)

Roasted Potatoes (Potatoes, Redskin Potatoes, Chicken Broth, Dextrose, Natural Flavors, Olive Oil, Onion, Garlic Powder, Salt, Spice), Paprika, White Onion, Bell Pepper, Salt, Pepper, Olive Oil

Lemon Cookie (Contains: Wheat, Dairy, Eggs)

Cake Flour, Confectioner's Sugar, Granulated Sugar, Shortening, Eggs, Water, Lemon Powder, Baking Powder, Vanilla Extract, Salt, Lemon Flavoring

MONDAY, OCTOBER 4

Beef Lasagna (Contain: Wheat, Dairy, Soy)

Water, Beef, Beef Seasoning, Tomato Paste, Salt, Soybean Oil, Cottage Cheese, Skim Milk, Onions, Garlic, Sugar, Spice Extracts, Disodium Inosinate,, Olive Oil, Dextrose, Modified Corn Starch, Beef Extract, Yeast Extract, Maltodextrin, Lactic Acid, Citric Acid, Soy Sauce, (Wheat, Soybeans, Sodium Benzoate), Ascorbic Acid, Onion Powder, Oregano, Ground Red Pepper, Black Pepper, Cooked Lasagna (Water, Durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Egg Whites, Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Soybean Oil

Vegetable Lasagna (Contains: Wheat, Dairy, Soy)

Cooked Lasagna Pasta (Water, Semolina [Milled Wheat, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid]), Skim Milk, Reduced Fat Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Water, Mozzarella Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Carrots, Margarine (Soybean Oil, Palm Oil, Palm Kernel Oil, Water, Mono- & Diglycerides, Soybean Lecithin [Soy], Sodium Benzoate [Preservative], Lactic Acid, Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate added), Broccoli, Bread Crumbs (Bleached Wheat Flour, Sugar, Yeast, Soybean Oil, Salt, Calcium Propionate [To Protect Freshness]), Onions, Spinach, Modified Corn Starch, Parmesan Cheese Pasteurized Milk, Cheese Culture, Salt, Enzymes), Celery, Cheese Blend (Cheddar, Granular, Semi-Soft And Blue Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Water, Sodium Phosphate, Vinegar, Salt), Rice Flour, Salt, Seasoning (Parmesan Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Water, Sodium Citrate [Emulsifier]), Dehydrated Garlic, Mono- & Diglycerides.

Broccoli (Made Without Gluten, Dairy Free)

Broccoli, Vegetable Oil, Olive Oil, Salt, Pepper

Whole Grain Breadsticks (Contain: Wheat, Soy)

Whole Wheat Flour, Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Malted Barley Flour, Water, Soybean Oil, Sugar, Salt, Yeast, Vegetable Protein, Ascorbic Acid, Enzymes

TUESDAY, OCTOBER 5

Honey Rosemary Chicken (Made Without Gluten, Dairy Free)

Chicken Breast, Honey, Rosemary, Italian Herbs, Salt, Pepper, Olive Oil, Vegetable Oil

Cauliflower Steak (Made Without Gluten, Dairy Free)

Cauliflower Crown, Salt, Pepper, Olive Oil, Vegetable Oil, Paprika, Cumin, Parsley

Herbed Couscous (Dairy Free) (Contains: Wheat)

Couscous, Salt, Pepper, Cumin, Olive Oil, Parsley

Brussel Sprouts (Made without Gluten)

Brussel Sprouts, Olive oil, Salt, Black pepper

WEDNESDAY, OCTOBER 6

Pulled Pork Sandwich (Contains: Wheat, Soy)

Smoked Cooked Pork, Cider Vinegar, Sugar, Salt, Spices, Cattleman's BBQ Sauce (Distilled Vinegar, Tomato Paste, High Fructose Corn Syrup, Water, Corn Syrup, Salt, Mustard Bran, Molasses, Spices, Onion Powder, Sodium Benzoate (As A Preservative), Garlic Powder, Sugar, Celery Seed And Natural Flavor)

Kaiser Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Salt, Yellow Corn Meal, Calcium Stearoyl-2-Lactylate, Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Calcium Stearate, Wheat Starch, Calcium Sulfate, Calcium Peroxide, Calcium Propionate (Contains: Wheat, Soy)

BBQ Tofu (Made Without Gluten, Dairy Free) (Contains: Soy)

Tofu, Salt, Pepper, Cattleman's BBQ Sauce (Distilled Vinegar, Tomato Paste, High Fructose Corn Syrup, Water, Corn Syrup, Salt, Mustard Bran, Molasses, Spices, Onion Powder, Sodium Benzoate (As A Preservative), Garlic Powder, Sugar, Celery Seed And Natural Flavor)

Succotash (Made Without Gluten) (Dairy Free)

Corn, Edamame, Onions, Salt, Pepper, Olive Oil, Red Peppers

Baked Beans (Made Without Gluten) (Dairy Free)

Navy Beans, Water, Brown Sugar, Salt, Mustard, Vinegar, Mustard Seed, Paprika, Turmeric, Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor

THURSDAY, OCTOBER 7

Chicken Tortilla Pie (Made Without Gluten) (Contains: Dairy)

Diced Chicken, Salt, Pepper, Cilantro, Black Beans, Green Chiles, Monterey Jack & Cheddar Blend , Corn tortillas, Chopped green peppers ,mozzarella shredded cheese, onions, garlic ,red salsa, sour cream

Vegetable Tortilla Pie (Made Without Gluten) (Contains: Dairy)

Zucchini, Yellow Squash, Tomatoes, Salt, Pepper, Cilantro, Corn Tortilla, Black Beans, Green Chiles, Monterey Jack & Cheddar Blend , onions, garlic ,red salsa, sour cream

White Rice (Made without Gluten) (Dairy free)

Long Grain Rice, Olive Oil, Salt

FRIDAY, OCTOBER 8

Beef Ravioli Marinara (Contains: Wheat, Eggs, Dairy)

Enriched Semolina Flour (Semolina Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Cooked Seasoned Beef (Beef, Water, Enriched Semolina Wheat Flour, Salt, Garlic Powder) Ricotta Cheese (Whey [Milk], Vinegar, Salt) Bread Crumbs (Wheat Flour, Dextrose, Yeast, Salt), Marinara Sauce (Fresh Tomatoes, Sugar, Sea Salt, Extra Virgin Olive Oil, Sunflower Oil, Onion Powder, Garlic Powder, Spices, Natural Flavor, Citric Acid), Pasteurized

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Eggs, Romano Cheese (Pasteurized Cows and/or Sheep's Milk, Cheese Culture, Salt Enzymes), Textured Soy Protein Concentrate (with added Caramel Color), Salt, Beef Base (Oven Roasted Beef with Natural Juices, Salt Maltodextrin [from Corn] Sugar, Yeast Extract, Onion Powder, Caramel Color, Vegetable Oil [Corn, Soy, Canola], Natural Flavoring), Caramel Color, Garlic Powder, Onion Powder, Beta Carotene (Color), Stabilizers

Cheese Ravioli Marinara (Contains: Wheat, Eggs, Dairy)

Enriched Semolina Flour (Semolina Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Ricotta Cheese (Whey [Milk], Vinegar, Salt), Romano Cheese (Pasteurized Cows and/or Sheep's Milk, Cheese Culture, Sea Salt, Enzymes), Pasteurized Eggs, Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt and Enzymes), Asiago Cheese (Pasteurized Park Skim Cows Milk, Cheese Culture, Salt, Enzymes), Salt, Dietary Fiber, Stabilizers (Pasteurized Park Skim Cows Milk, Cheese Culture, Salt, Enzymes), Salt, Dietary Fiber, Stabilizers (Propylene Glycol Alginate, Xanthan Gum, Locust Bean Gum, Guar Gum), Beta Carotene (Color).

Green Beans (Made Without Gluten, Dairy Free)

Green Beans, Salt, Pepper, Olive Oil, Vegetable Oil

Chocolate Chip Cookies (Contains: Wheat, Dairy, Eggs)

Semi-Sweet Chocolate Chips, Flour, Granulated Sugar, Margarine (Trans Fat Free), Butter, Eggs, Vanilla Extract, Baking Soda, Salt

TUESDAY, OCTOBER 12

Beef Stroganoff (Contains: Wheat, Dairy)

Beef Tips, Salt, Pepper, Corn Starch, Onions, Sour Cream, Mushrooms, Beef Base (Roasted Beef And Concentrated Beef Stock, Salt, Hydrolyzed Soy, Corn, And Wheat Proteins, Maltodextrin, Autolyzed Yeast Extract, Palm Oil, Sugar, Caramel Color, Onion Powder, 2 Or Less Of Corn Oil, Disodium Inosinate, Disodium Guanylate, Modified Cornstarch, Natural Flavors, Lactic Acid)

Mushroom Ragu (Contains: Wheat, Dairy)

Mushrooms, Salt, Pepper, Onions, Sour Cream, Vegetable Stock (May Contain Wheat)

Egg Noodles (Contains: Wheat, Egg)

Durum Flour (Wheat), Egg Yolks Or Eggs, Niacin, Iron (Ferrous Sulfate). Thiamin Mononitrate, Riboflavin And Folic Acid

Green Beans (Made without Gluten)

Green Beans, Olive oil, Salt, Black pepper

WEDNESDAY, OCTOBER 13

Rosemary Pork Loin (Made Without Gluten, Dairy Free)

Pork Loin, Rosemary, Onion Powder, Salt, Pepper, Olive Oil, Dijon Mustard

Cauliflower Steak (Made Without Gluten, Dairy Free)

Cauliflower Crown, Salt, Pepper, Olive Oil, Paprika, Cumin, Parsley

Roasted New Potatoes (Made Without Gluten) (Contain: Dairy)

New Potatoes, Salt, White Pepper, Unsalted Butter

Sweet Corn (Made without Gluten, Dairy Free)

Sweet Corn, Olive Oil, Vegetable Oil, Salt, Black pepper

THURSDAY, OCTOBER 14

Beef & Broccoli Stir Fry (Contains: Wheat, Soy)

Random steak pieces and ends, Salt, Pepper, soy Sauce, Broccoli, Scallions, green beans, onion strips, mushroom, red peppers.

Vegetable Stir Fry (Dairy Free) (Contains: Wheat, Soy)

Carrots, Broccoli, Onions, Salt, Pepper, Sugar, Soy Sauce, Broccoli, Scallions., green beans, onion strips, mushroom, red peppers.

Fried Rice (Dairy Free) (Contains: Wheat, Eggs, Soy)

Long Grain Rice, Soy Sauce, Onions, Scallions, Eggs, Carrots, Peas, Salt, Pepper, Vegetable Oil

Vegetarian Egg Rolls (Dairy Free) (Contains: Wheat, Soy)

Filling: Cabbage, Carrot, Celery, Onion, Sugar, Corn Starch, Soybean Oil, Salt, Oat, Yeast Extract, Soy Sauce (Water, Soybean, Salt, Wheat, Alcohol (To Preserve Freshness), Glucose, Black Pepper, Celery, Canola Oil, Carrot, Onion, Precooked Long Grain Rice, Contains Less Than 2% Of: Shiitake Mushroom Powder, Dehydrated Soy Sauce (Soy Sauce [Wheat, Soybeans, Salt], Maltodextrin, Salt), Garlic, Spice, Soy Lecithin, Flavor Enhancer (Yeast Extract), Vermicelli (Green Mung Beans, Water), Modified Food Starch, Corn Starch, Mono And Diglycerides, Sugar, Flavoring (Disodium Inosinate, Disodium Guanylate), Xanthan Gum, Salt..

Wrapper: Wheat Flour, Water, Salt, Corn Starch, Fried In Soybean Oil

FRIDAY, OCTOBER 15

Chicken Nuggets (Contains Wheat, Dairy)

Boneless, Skinless Chicken Breast With Rib Meat, Water, Seasoning [Salt, Flavors, Maltodextrin, Sugar, Vegetable Stock (Carrot, Onion, Celery), Garlic Powder], Salt, Sodium Phosphates

BATTERED WITH: Water, Yellow Corn Flour, Bleached Wheat Flour, Modified Corn Starch, Salt, Spices, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Dextrose, Wheat Starch, Onion Powder, Extractives Of Turmeric, Spice Extractive

PREDUSTED WITH: Wheat Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Salt, Spices, Calcium Lactate

BATTERED WITH: Water, Bleached Wheat Flour, Yellow Corn Flour, Salt, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Spice. Breading Set In Vegetable Oil

Veggie Nuggets ** (Dairy Free) (Contain: Wheat, Soy)

Water, Wheat Flour, Soy Flour, Vegetable Oil (Corn, Canola And/Or Sunflower Oil), Soy Protein Isolate. Contains 2% Or Less Of Wheat Gluten, Wheat Starch, Yellow Corn Flour, Methylcellulose, Potato Starch, Cornstarch, Yeast Extract, Sugar, Salt, Natural Flavors, Dextrose, Spices, Onion Powder, Yeast, Potassium Chloride, Glutamic Acid, Paprika (Color), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Garlic Powder, Citric Acid, Xanthan Gum, Barley Malt Extract

Macaroni & Cheese (Contains: Wheat, Dairy)

Elbow Pasta, Milk, Velveeta, Cheddar Cheese

Peas & Carrots (Made without Gluten)

Peas, Carrots, Olive Oil, Salt, Black Pepper

Assorted Puddings (Gluten Free) (Contains: Dairy)

Chocolate: Water, Nonfat Milk, Sugar, Modified Food Starch, Cocoa (Processed With Alkali), Contains Less Than 2% Of Cornstarch, Palm Oil, Salt, Sodium Stearoyl Lactylate (For Smooth Texture), Artificial Color, Artificial Flavor

Vanilla: Water, Nonfat Milk, Sugar, Modified Food Starch, Contains Less Than 2% Of Cornstarch, Palm Oil, Salt, Sodium Stearoyl Lactylate (For Smooth Texture), Artificial Color, Tetrasodium Pyrophosphate, Sodium Acid Pyrophosphate, Natural And Artificial Flavor, Yellow 5, Yellow 6

MONDAY, OCTOBER 18

Roasted Turkey Breast (Made Without Gluten, Dairy Free)

Turkey Breast, Salt, Pepper, Olive Oil, Parsley, Paprika, Garlic, Onion, Thyme

Herbed Tofu Steak (Gluten Free, Dairy Free) (Contains: Soy)

Tofu, Salt, Pepper, Paprika, Parsley, Olive Oil

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Mashed Potatoes (Made Without Gluten) (Contain: Dairy)

Russet Potatoes, Whole Milk, Salt, White Pepper, Unsalted Butter

Roasted Vegetable Medley (Made without Gluten, Dairy Free)

Broccoli, Cauliflower, Carrots, Green Beans, Salt, Black Pepper

TUESDAY, OCTOBER 19

Grilled Chicken with Penne & Marinara

Chicken Breast, Salt, Pepper, Olive Oil, Parsley, Paprika, Garlic, Onion, Thyme

Marinara sauce: vine ripened fresh tomatoes, blend of extra virgin olive oil and sunflower oil, salt, onion, sugar, black pepper, basil, Oregon, parsley and naturally derived citric acid.

Whole Wheat Penne (Contains: Wheat and Dairy)

Whole Grain Durum Wheat Flour (Durum flour is an unbleached flour ground from the hard wheat called “durum wheat.”)

Egg, Water, Salt

Sicilian Vegetable Medley (Made without Gluten)

Green Beans, Carrots, Cauliflower, Red Peppers, Yellow Peppers, Onion, Salt, Pepper

French Roll (Contains: Wheat) (Dairy Free)

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Yeast, Salt, Dough Conditioners (Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Ascorbic Acid, Enzymes)

WEDNESDAY, OCTOBER 20

Chuck Wagon Beef (Made without Gluten)

Ribeye Steak, Tomatoes, Mushrooms Green Beans, Carrots, Onion, Beef Bouillon, Olive Oil, Vegetable Oil, Sugar, Salt, Spices, Cattleman’s BBQ Sauce (Distilled Vinegar, Tomato Paste, High Fructose Corn Syrup, Water, Corn Syrup, Salt, Mustard Bran, Molasses, Spices, Onion Powder, Sodium Benzoate (As A Preservative), Garlic Powder, Sugar, Celery Seed And Natural Flavor)

Cauliflower Steak (Made Without Gluten, Dairy Free)

Cauliflower Crown, Salt, Pepper, Olive Oil, Paprika, Cumin, Parsley

Baked Beans (Made without Gluten, Dairy Free)

Prepared Navy Beans, Water, Brown Sugar, Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor

Roasted Carrots (Made without Gluten, Dairy Free)

Carrots, Olive Oil, Salt, Pepper

THURSDAY, OCTOBER 21

Turkey Chili (Made without Gluten, Dairy Free)

Ground Turkey, Salt, Pepper, Chicken Broth (May Contain: Wheat) Black Beans, Tomatoes, Chili Sauce, Cilantro, Onions, Olive Oil

Veggie Chili ** (Made without Gluten, Dairy Free)

Zucchini, Yellow Squash, Kidney Beans, Black Beans, Tomatoes, Onions, Olive Oil, Chili Sauce

White Rice (Made without Gluten, Dairy Free)

Long Grain Rice, Olive Oil, Salt

Roasted Broccoli (Made without Gluten, Dairy Free)

Broccoli, Salt, Pepper, Olive Oil

FRIDAY, OCTOBER 22

Hamburger (Contains: Wheat, Soy)

Ground Beef (80/20), Salt, Pepper

Kaiser Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Salt, Yellow Corn Meal, Calcium Stearoyl-2-Lactylate, Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Calcium Stearate, Wheat Starch, Calcium Sulfate, Calcium Peroxide, Calcium Propionate
(Contains: Wheat, Soy)

Veggie Burgers (Dairy Free) (Contains: Wheat, Soy)

Water, Onions, Cooked Black Beans (Black Beans, Water), Cooked Brown Rice (Water, Brown Rice), Corn, Soy Protein Concentrate, Tomatoes, Wheat Gluten, Onion Powder, Vegetable Oil (Corn, Canola And/Or Sunflower Oil), Green Chiles, Soy Protein Isolate, Bulgur Wheat, Cornstarch, Green Peppers, Red Bell Peppers, Spices, Tomato Powder, Cilantro, Tomato Juice, Salt, Chipotle Pepper, Methylcellulose, Cooked Onion And Carrot Juice Concentrate, Jalapeno Pepper, Carrageenan, Garlic Powder, Natural Flavor, Paprika, Soy Sauce Powder (Soybeans, Wheat, Salt), Gum Arabic, Vinegar, Citric Acid, Red Pepper, Green Pepper Juice, Turmeric, Garlic Juice, Lime Juice

Kaiser Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Salt, Yellow Corn Meal, Calcium Stearoyl-2-Lactylate, Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Calcium Stearate, Wheat Starch, Calcium Sulfate, Calcium Peroxide, Calcium Propionate
(Contains: Wheat, Soy)

Potato Chips (Made Without Gluten, Dairy Free)

Green Beans (Made without Gluten, Dairy Free)

Green Beans, Salt, Pepper, Olive Oil

Chocolate Chip Cookies (Contains: Wheat, Dairy, Eggs)

Semi-Sweet Chocolate Chips, Flour, Granulated Sugar, Margarine (Trans Fat Free), Butter, Eggs, Vanilla Extract, Baking Soda, Salt

MONDAY, OCTOBER 25

Spaghetti & Turkey Meatballs (Contains: Wheat, Dairy, Egg, Soy)

Spaghetti, Salt, Pepper, Marinara Sauce (Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Dried Onion, Citric Acid, Dried Parsley, Spices)

Meatballs: Turkey, Chicken, Water, Bread Crumbs (Wheat Flour), Soy Protein Concentrate, Seasoning (Romano Cheese Powder [{Pasteurized Milk, Salt, Culture, Enzymes, Disodium Phosphate}], Whey Powder, Yeast Extract, Lactic Acid, Natural And Artificial Flavor], Salt, Spices, Flavorings, Brown Sugar, Caramel Color, Disodium Inosinate, Disodium Guanylate), Romano Cheese (Pasteurized Sheep's And Cow's Milk, Rennet, Salt, Cheese Cultures, Enzymes), Egg Whites, Ricotta Cheese (Pasteurized Whey, Whole Milk, Cream, Vinegar, Salt, Carrageenan, Xanthan Gum, Locust Bean Gum, Guar Gum)

Vegetarian Meatballs (Dairy Free) (Contain: Soy, Gluten)

Portobello Mushroom, Water, Onion, Black Beans, iqf Brown Rice (Cooked Brown Rice), Rolled Oats, Quick Grits (White Hominy Corn Grits), Quinoa, Diced Red Peppers (Red Bell Peppers, Water, Vinegar, Citric Acid, Salt, Sugar, Calcium Chloride), Corn, Green Pepper, Cornstarch, Canola Oil, Xanthan Gum, Roasted Jalapeno Peppers, Garlic Powder, Salt, Oregano, Ground Cumin Seeds, Parsley, Chili Pepper, Black Pepper, Rosemary Oleoresin 1901

Sicilian Vegetables (Made without Gluten, Dairy free)

Green Beans, Carrots, Cauliflower, Red Peppers, Yellow Peppers, Onion, Salt, Pepper

Breadstick (Made without Gluten) Gold Crust Breadsticks (Dairy Free) (Contains: Wheat)

Ciabatta Dough (Enriched Wheat Flour—Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, Durum Flour (Dried Durum Wheat Sourdough, Yeast, Ascorbic Acid, Enzymes), Salt, Bred-Mate (Cultured Wheat Flour)

TUESDAY, OCTOBER 26

Chicken Parmesan (Contains: Wheat, Dairy, Soy)

Chicken Breast, Parmesan Cheese, Ricotta, Panko, Parsley, Salt, Pepper, Romano Cheese, Cow's Milk, Cheese Cultures, Whey, Disodium Phosphate, lactic acid, soy protein concentrate, sodium phosphate, flavouring, sugar, hydrolyzed soy protein, citric acid, disodium inosinate, disodium guanylate, dehydrated parsley. Marinara Sauce—Tomato Puree, diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Dried Onion, Citric Acid, Dried Parsley, Spices)

Eggplant Parmesan (Contains: Wheat, Dairy, Egg, Soy)

Breaded Eggplant: Eggplant, Breading (Wheat Flour, Yellow Corn Flour, Salt, Romano And Parmesan Cheeses [Made From Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes], Dried Yeast, Dextrose, Spices, Parsley, Garlic Powder, Onion Powder, Natural Flavor, Oleoresin Paprika, Annato Extract), Soybean Oil, Batter (Yellow Corn Flour, Wheat Flour, Salt, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate], Dried Whey, Spice, Milk Protein Concentrate, Sodium Alginate, Spice Extract), Water, Dried Whole Eggs
Parmesan Cheese, Ricotta Cheese, Parsley, Panko, Marinara Sauce (Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Dried Onion, Citric Acid, Dried Parsley, Spices)

Roasted Broccoli (Made without Gluten)

Broccoli, Vegetable Oil, Olive Oil, Salt, Pepper

Breadsticks (Dairy Free) (Contains: Wheat)

Ciabatta Dough (Enriched Wheat Flour—Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, Durum Flour (Dried Durum Wheat Sourdough, Yeast, Ascorbic Acid, Enzymes), Salt, Bred-Mate (Cultured Wheat Flour)

WEDNESDAY, OCTOBER 27

Salisbury Steak (Dairy Free) (Contains: Wheat, Soy)

Ground Beef, Water, Vegetable Protein Product (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate B1, Pyridoxine Hydrochloride B6, Riboflavin B2) Bell Peppers, Seasoning (Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractives) Bread Crumbs (Wheat Flour, Soybean Oil, Dextrose, Leavening Sodium Acid Pyrophosphate, Sodium Bicarbonate, Whey, Oleoresin Paprika) Salt, Sodium Phosphate

Black Bean Steak (Dairy Free) (Contains: Wheat, Soy)

Water, Onions, Cooked Black Beans (Black Beans, Water), Cooked Brown Rice (Water, Brown Rice), Corn, Soy Protein Concentrate, Tomatoes, Wheat Gluten, Onion Powder, Vegetable Oil (Corn, Canola And/Or Sunflower Oil), Green Chiles, Soy Protein Isolate, Bulgur Wheat, Cornstarch, Green Peppers, Red Bell Peppers, Spices, Tomato Powder, Cilantro, Tomato Juice, Salt, Chipotle Pepper, Methylcellulose, Cooked Onion And Carrot Juice Concentrate, Jalapeno Pepper, Carrageenan, Garlic Powder, Natural Flavor, Paprika, Soy Sauce Powder (Soybeans, Wheat, Salt), Gum Arabic, Vinegar, Citric Acid, Red Pepper, Green Pepper Juice, Turmeric, Garlic Juice, Lime Juice

Mashed Potatoes (Made Without Gluten) (Contain: Dairy)

Russet Potatoes, Whole Milk, Salt, White Pepper, Unsalted Butter

Green Beans (Made without Gluten, Dairy Free)

Green Beans, Salt, Pepper, Olive Oil

THURSDAY, OCTOBER 28

Chicken Scaloppini (Contains: Wheat, Dairy, Soy)

Chicken, Lemon Juice, Cremini Mushrooms, Garlic, Parsley, **Chicken Stock** (Chicken Meat Including Natural Chicken Juices, Salt, Sugar, Chicken Fat, Hydrolyzed Wheat, Corn, And Soy Proteins, Whey, Maltodextrin, 2 Or Less Of Onion

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Powder, Hydrogenated Cottonseed Oil, Disodium Inosinate And Disodium Guanylate, Corn Oil, Autolyzed Yeast Extract, Natural Extractives Of Turmeric And Annatto, Natural Flavors, Dextrose, Lactic Acid)

Tofu Scaloppini**

Whole Wheat Penne (Dairy Free) (Contains: Wheat)

Whole Grain Durum Wheat Flour

Peas & Carrots (Made without Gluten), Dairy free)

Peas, Carrots, Olive Oil, Salt, Black Pepper

FRIDAY, OCTOBER 29

Beef Hot Dog (Contains: Wheat, Soy)

Beef, Water, Salt, Flavorings, Sodium Phosphate, Paprika, Spices, Sodium Erythorbate, Sodium Nitrite

Hot Dog Buns: Water, Flour, Corn Starch, Sugar, Soy, Protein, Salt (**Contains: Wheat, Soy**)

Vegetarian Hot Dog (Contains: Wheat, Soy, Egg)

Water, Wheat Gluten, Corn Syrup Solids, Methylcellulose, Dextrose, Salt, Egg Whites, Natural Flavors, Brown Sugar (Sugar, Molasses), Hydrolyzed Vegetable Protein (Corn Protein, Soy Protein), Hydrolyzed Corn Protein, Soy Protein Isolate, Carrageenan, Mustard Flour, Onion Powder, Maltodextrin, Spices, Xanthan Gum, Hydrolyzed Soy Protein, Autolyzed Yeast, Paprika, Garlic Powder, Soybeans, Disodium Guanylate, Disodium Inosinate, Hydrolyzed Torula And Brewers Yeast, Wheat, Gum Arabic, Hydrolyzed Vegetable Protein (Corn Gluten, Soy Protein, Wheat Gluten), Soybean Oil, Thiamin Hydrochloride, Paprika Extract For Color, Autolyzed Yeast Extract, Lactic Acid, Nonfat Milk, Red 40, Sunflower Oil, Citric Acid, Blue 1

Hot Dog Buns: Water, Flour, Corn Starch, Sugar, Soy, Protein, Salt (**Contains: Wheat, Soy**)

Baked Beans (Made Without Gluten, Dairy Free)

Navy Beans, Water, Brown Sugar, Salt, Mustard, Vinegar, Mustard Seed, Paprika, Turmeric, Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor

Potato Salad (Made without Gluten, Contains: Dairy, Eggs)

Russet Potatoes, Corn, Mayonnaise, Salt, Pepper, Celery, Scallions, Red Wine Vinegar, Dijon Mustard

Halloween Sugar Cookies (Contains: Dairy, Eggs, Soy, Wheat)

Flour (Bleached Wheat Flour, Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Potassium Bromate), Sugar, Salted Butter (Cream, Salt), Margarine (Soybean Oil, Palm Oil And Palm Kernel Oil, Water, Salt, Mono And Diglycerides, Soy Lecithin, Sodium Benzoate (Preservative), Artificial Butter Flavor, Beta Carotene, Vitamin A Palmitate), Eggs, Baking Soda, Natural and Artificial Flavors, Cream of Tartar, Vanilla Extract