

OCTOBER 2024 LUNCH INGREDIENT



TUESDAY, OCTOBER 1

WALKING TACOS

Fritos Corn Chips (Gluten Free)

CORN, VEGETABLE OIL (CORN AND/OR CANOLA OIL), AND SALT

Doritos Chips (Gluten Free) (Contain: Dairy)

CORN, VEGETABLE OIL (SUNFLOWER, CANOLA, AND/OR CORN OIL), MALTODEXTRIN (MADE FROM CORN), AND LESS THAN 2% OF SALT, WHEY, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), BUTTERMILK, MONOSODIUM GLUTAMATE, ROMANO CHEESE (COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), ONION POWDER, CORN FLOUR, NATURAL AND ARTIFICIAL FLAVORS, DEXTROSE, TOMATO POWDER, WHEY PROTEIN CONCENTRATE, SPICES, LACTOSE, ARTIFICIAL COLOR (YELLOW 6, YELLOW 5, YELLOW 6 LAKE, YELLOW 5 LAKE, RED 40), POTASSIUM SALT, LACTIC ACID, SODIUM CASEINATE, CITRIC ACID, SUGAR, GARLIC POWDER, RED AND GREEN BELL PEPPER POWDER, SKIM MILK, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.

Seasoned Beef (Made Without Gluten) (Dairy Free)

GROUND BEEF, TOMATO SAUCE, CHILI SAUCE, ONIONS, BLACK PEPPER, PAPRIKA, CUMIN, OLIVE OIL, CORNSTARCH, OREGANO, SALT, RED PEPPER FLAKES

Seasoned Meatless Beef (Contains: Soy)

WATER, SOY PROTEIN CONCENTRATE, EXPELLER PRESSED CANOLA OIL, ORGANIC CANE SUGAR, SEA SALT, YEAST EXTRACT, ONION POWDER, GARLIC POWDER, CARAMEL COLOR, NATURAL FLAVORS (FROM PLANT SOURCES), SPICE, TOMATO SAUCE, CHILI SAUCE, ONIONS, BLACK PEPPER, PAPRIKA, CUMIN, OLIVE OIL, CORNSTARCH, OREGANO, SALT, RED PEPPER FLAKES

Mexican Street Corn (Made Without Gluten) (Contains: Dairy)

YELLOW CORN, COJITA CHEESE, TOMATOES, LIME JUICE, CILANTRO, GREEN ONIONS, RED PEPPER, YELLOW PEPPER, CUMIN, OLIVE OIL, VEGETABLE OIL, KOSHER SALT

Pico De Gallo, Green Onions, Guacamole (Made Without Gluten)

Cheddar Cheese (Contains: Dairy)

CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, COLOR ADDED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR)

Sour Cream (Contains: Dairy)

CULTURED CREAM (MILK), ENZYME

WEDNESDAY, OCTOBER 2

CAVATAPPI PASTA BAR (Contains: Wheat, Soy)

CAVATAPPI: SEMOLINA (WHEAT), DURUM WHEAT FLOUR, VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID (Contains: Wheat)

Bolognese Sauce (Gluten Free)

GROUND BEEF, CARROT, CELERY, ONION, GARLIC, TOMATO SAUCE, OLIVE OIL, SALT

Marinara Sauce (Gluten Free) (Contains: Soy)

TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES, LESS THAN 2% OF: SUGAR, SOYBEAN OIL, SALT, SPICE, DRIED GARLIC, DRIED ONION, OLIVE OIL, CITRIC ACID, SEA SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR

GREEN BEANS (Gluten Free)

GREEN BEANS, KOSHER SALT, WATER, PEPPER

GARLIC KNOT (Contains Wheat, Dairy, Soy)

ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYMES, FOLIC ACID), WATER, SUGAR, YEAST, SALT, SOYBEAN OIL, CULTURED CORN SYRUP (TO MAINTAIN FRESHNESS), LACTIC ACID, MALTED BARLEY FLOUR, ENZYMES, ASCORBIC ACID, RYE FLOUR. TOPPING: MARGARINE (CANOLA, COTTONSEED AND/OR SOYBEAN OILS, PALM OIL, WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL FLAVOR, ANNAT-TO EXTRACT COLOR, TURMERIC EXTRACT COLOR, VITAMIN A PALMITATE), GRANULATED GARLIC, SALT, LACTIC ACID, NATURAL FLAVORS, PARSLEY GRANULES

OCTOBER 2024 LUNCH INGREDIENT

THURSDAY, OCTOBER 3

PANCAKES (CONTAINS: EGGS, WHEAT, DAIRY)

WATER, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), DEXTROSE, SUGAR, SOYBEAN OIL, WHOLE EGGS, BAKING POWDER, BUTTER-MILK, SALT

SCRAMBLED EGGS (CONTAINS: EGGS)

WHOLE EGGS, CITRIC ACID, 0.15% WATER ADDED AS CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR, VEGETABLE OIL SALT, PEPPER

TURKEY SAUSAGE (GLUTEN FREE)

TURKEY, TURKEY SKINS, WATER, SALT, SUGAR, LEMON FLAVOR (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS), FLAVOR, TBHQ, BHA, CITRIC ACID, MADE WITH COLLAGEN CASING

VEGGIE SAUSAGE (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

HASH BROWN (CONTAINS: SOY)

POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: SOYBEAN, CANOLA, PALM, HYDROGENATED COTTONSEED, SUNFLOWER), DEHYDRATED POTATO, SALT, DISODIUM DIHYDROGEN PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), DEXTROSE

FRIDAY, OCTOBER 4

BBQ SANDWICH

PULLED CHICKEN (CONTAINS: SOY)

CHICKEN, CATSUP (TOMATO CONCENTRATE, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, SALT, ONION POWDER, SPICE, NATURAL FLAVORINGS), VINEGAR, BROWN SUGAR, MOLASSES, WORCESTERSHIRE SAUCE (WATER, VINEGAR, SALT, CORN SWEETENER, HYDROLYZED SOY PROTEIN, CITRIC ACID, CARAMEL COLOR, FLAVORINGS, SILICON DIOXIDE, BLACK PEPPER), MUSTARD (WATER, DISTILLED VINEGAR, MUSTARD SEED, MUSTARD BRAN, SALT, TURMERIC), VEGETABLE OIL, SALT, RED PEPPER, BLACK PEPPER

BBQ ROASTED VEGGIES (CONTAINS: SOY)

ROASTED RED ONION, RED PEPPER, ZUCCHINI, MUSHROOM, CATSUP (TOMATO CONCENTRATE, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, SALT, ONION POWDER, SPICE, NATURAL FLAVORINGS), VINEGAR, BROWN SUGAR, MOLASSES, WORCESTERSHIRE SAUCE (WATER, VINEGAR, SALT, CORN SWEETENER, HYDROLYZED SOY PROTEIN, CITRIC ACID, CARAMEL COLOR, FLAVORINGS, SILICON DIOXIDE, BLACK PEPPER), MUSTARD (WATER, DISTILLED VINEGAR, MUSTARD SEED, MUSTARD BRAN, SALT, TURMERIC), VEGETABLE OIL, SALT, RED PEPPER, BLACK PEPPER

HAMBURGER BUNS (CONTAINS: WHEAT, SOY)

PATENT FLOUR (ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), WATER, SUGAR, FRESH BAKED POTATO BASE (POTATO GRANULES, SALT, WHEAT GLUTEN, WHEAT FLOUR, YELLOW CORN FLOUR, CANOLA OIL, MONO AND DIGLYCERIDES, CALCIUM SULFATE, NATURAL FLAVOR, YEAST, ANNATTO, TURMERIC, ENZYMES, ASCORBIC ACID, SOYBEAN OIL), YEAST, DOUGH CONDITIONER (CULTURED WHEAT FLOUR), SOYBEAN OIL, DOUGH CONDITIONER (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES), DOUGH CONDITIONER (WHEAT FLOUR, ENZYMES), DOUBLE SPICE (YELLOW CORN FLOUR, COLORS [TURMERIC, PAPRIKA], MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS), DOUGH CONDITIONER (WATER, MONOGLYCERIDES, PROPIONIC ACID, PHOSPHORIC ACIDS)

BAKED BEANS (GLUTEN FREE)

PREPARED WHITE BEANS, WATER, BROWN SUGAR, BACON, SALT, MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES), MODIFIED CORN STARCH, ONION POWDER, CARAMEL COLOR, SPICES, GARLIC POWDER AND NATURAL FLAVOR

COLESLAW (GLUTEN FREE) (CONTAINS: EGGS)

CABBAGE, CARROTS, HELLMANN'S MAYONNAISE (SOYBEAN OIL, WATER, WHOLE EGGS AND EGG YOLKS, VINEGAR, SALT, SUGAR, LEMON JUICE, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), NATURAL FLAVORS), DIJON MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER), SUGAR, APPLE CIDER VINEGAR (APPLE CIDER VINEGAR DILUTED WITH WATER TO 5% ACIDITY), BLACK PEPPER, SALT

CHOCOLATE & VANILLA PUDDING (GLUTEN FREE) (CONTAINS: DAIRY)

VANILLA: WATER, NONFAT MILK, SUGAR, MODIFIED CORN STARCH, PALM OIL, LESS THAN 2% OF: CALCIUM CARBONATE, SALT, SODIUM STEAROYL LACTYLATE, DISODIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVORS, COLOR ADDED (INCLUDING YELLOW 5 AND YELLOW 6)

CHOCOLATE: WATER, NONFAT MILK, SUGAR, MODIFIED CORN STARCH, PALM OIL, COCOA (PROCESSED WITH ALKALI), LESS THAN 2% OF: SALT, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVORS

OCTOBER 2024 LUNCH INGREDIENT

MONDAY, OCTOBER 7

SPAGHETTI (CONTAINS: WHEAT, SOY)

SPAGHETTI (SEMOLINA (WHEAT), DURUM WHEAT FLOUR. VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID SALT, PEPPER

MEAT SAUCE (GLUTEN FREE)

GROUND BEEF, ONION, GARLIC, TOMATO SAUCE, OLIVE OIL, SALT, BASIL, OREGANO

TOMATO SAUCE (GLUTEN FREE) (CONTAINS: SOY)

TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES, LESS THAN 2% OF: SUGAR, SOYBEAN OIL, SALT, SPICE, DRIED GARLIC, DRIED ONION, OLIVE OIL, CITRIC ACID, SEA SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR

FRESH VEGGIE MEDLEY (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEANS, BROCCOLI, CARROTS, CAULIFLOWER, SALT, PEPPER, OIL

TEXAS TOAST (CONTAINS: SOY, WHEAT, DAIRY)

BREAD: WHEAT FLOUR ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: SOYBEAN OIL, YEAST, SALT, SUGAR, SOY FLOUR, MALTED BARLEY FLOUR, WHEAT GLUTEN, DEXTROSE, VEGETABLE PROTEIN, ENZYMES, ASCORBIC ACID, CORN MEAL. SPREAD: VEGETABLE OIL BLEND (SOYBEAN, PALM), WATER, GARLIC, CONTAINS 2% OR LESS OF: SALT, NATURAL FLAVORS, SWEET CREAM BUTTERMILK, ONION POWDER, SPICE, MONOGLYCERIDES, SOY LECITHIN, LACTIC ACID, CITRIC ACID, BETA-CAROTENE (FOR COLOR).

TUESDAY, OCTOBER 8

SWEET & SOUR CHICKEN (CONTAINS: SOY)

CHICKEN, VEGETABLE OIL, SALT, PEPPER, RED PEPPER, ONION, GARLIC, LEMON JUICE, BROWN SUGAR, PINEAPPLE, BELL PEPPER, WATER, SUGAR, TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), PINEAPPLE, VINEGAR, MODIFIED CORNSTARCH, HYDROLYZED SOY PROTEIN, 2% OR LESS OF MOLASSES, SOYBEAN OIL, TOMATO PASTE, PINEAPPLE JUICE FROM CONCENTRATE, SALT, DRIED ONIONS, DRIED GREEN PEPPER, SPICES, CORN SYRUP SOLIDS, LEMON JUICE CONCENTRATE, BEET POWDER (COLOR), DRIED GARLIC

SWEET & SOUR TOFU (CONTAINS: SOY)

TOFU- WATER, ORGANIC SOYBEANS, CALCIUM SULFATE, CALCIUM CHLORIDE VEGETABLE OIL, SALT, PEPPER, RED PEPPER, ONION, GARLIC, LEMON JUICE, BROWN SUGAR, PINEAPPLE, BELL PEPPER, WATER, SUGAR, TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), PINEAPPLE, VINEGAR, MODIFIED CORNSTARCH, HYDROLYZED SOY PROTEIN, 2% OR LESS OF MOLASSES, SOYBEAN OIL, TOMATO PASTE, PINEAPPLE JUICE FROM CONCENTRATE, SALT, DRIED ONIONS, DRIED GREEN PEPPER, SPICES, CORN SYRUP SOLIDS, LEMON JUICE CONCENTRATE, BEET POWDER (COLOR), DRIED GARLIC

JASMINE RICE (GLUTEN FREE)

JASMINE RICE, SALT, WATER

STEAMED BROCCOLI (GLUTEN FREE)

BROCCOLI, OLIVE OIL, SALT, PEPPER

OCTOBER 2024 LUNCH INGREDIENT

WEDNESDAY, OCTOBER 9

HAMBURGERS (CONTAINS: WHEAT, SOY)

BEEF BURGERS: BEEF, SEASONING (SALT, DEXTROSE, NATURAL FLAVORS, SPICE), NATURAL FLAVORING

BLACK BEAN BURGERS (CONTAINS: DAIRY, WHEAT, SOY) ****

VEGGIE BURGER: COOKED BROWN RICE (LONG GRAIN BROWN RICE, WATER), WATER, MUSHROOMS, ONIONS, ROLLED OATS, MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ANNATTO FOR COLOR, ENZYMES), HYDRATED BULGUR WHEAT (WATER, BULGUR WHEAT), CHEDDAR CHEESE (PASTEURIZED MILK, SALT, ENZYMES, CULTURES, ANNATTO), SOY PROTEIN CONCENTRATE, CONTAINS TWO PERCENT OR LESS OF SALT, PARSLEY, MODIFIED VEGETABLE GUM, WHEAT GLUTEN, GARLIC POWDER, YEAST EXTRACT, AUTOLYZED YEAST EXTRACT, SPICES, CITRIC ACID, MALTED BARLEY, NATURAL FLAVORS, ANNATTO COLOR, WHEY, MALTODEXTRIN, MALTED BARLEY FLOUR, DEHYDRATED ONION, DEHYDRATED MUSHROOMS, GUAR GUM, TURMERIC COLOR

HAMBURGER BUNS (CONTAINS: WHEAT, SOY)

PATENT FLOUR (ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), WATER, SUGAR, FRESH BAKED POTATO BASE (POTATO GRANULES, SALT, WHEAT GLUTEN, WHEAT FLOUR, YELLOW CORN FLOUR, CANOLA OIL, MONO AND DIGLYCERIDES, CALCIUM SULFATE, NATURAL FLAVOR, YEAST, ANNATTO, TURMERIC, ENZYMES, ASCORBIC ACID, SOYBEAN OIL), YEAST, DOUGH CONDITIONER (CULTURED WHEAT FLOUR), SOYBEAN OIL, DOUGH CONDITIONER (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES), DOUGH CONDITIONER (WHEAT FLOUR, ENZYMES), DOUBLE SPICE (YELLOW CORN FLOUR, COLORS [TURMERIC, PAPRIKA], MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS), DOUGH CONDITIONER (WATER, MONOGLYCERIDES, PROPIONIC ACID, PHOSPHORIC ACID)

WAFFLE FRIES (CONTAINS: SOY)

POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, PALM, SOYBEAN, SUNFLOWER), DISODIUM DIHYDROGEN PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), DEXTROSE.

OVEN ROASTED SPICED CARROTS (GLUTEN FREE)

CARROTS, OLIVE OIL, BROWN SUGAR, CINNAMON, SALT, PEPPER

THURSDAY, OCTOBER 10

PARMESAN - RANCH CHICKEN THIGHS (GLUTEN FREE) (CONTAINS: DAIRY)

CHICKEN THIGHS, OLIVE OIL, SALT, MONOSODIUM GLUTAMATE, GARLIC*, MODIFIED CORN STARCH, SPICES, ONION*, MALTODEXTRIN, LESS THAN 2% OF: NATURAL FLAVOR, GUAR GUM, CALCIUM STEARATE, PARMESAN CHEESE (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), ROMANO CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR)

STUFFED PORTOBELLO MUSHROOMS (CONTAINS: DAIRY) (GLUTEN FREE)

PORTOBELLO MUSHROOMS, SPICED, MOZZARELLA CHEESE, HEAVY CREAM, SALT, PEPPER, GARLIC, OLIVE OIL, ITALIAN SEASONING

CHEESE SMASHED POTATOES (MADE WITHOUT GLUTEN) (CONTAINS: DAIRY)

RUSSET POTATOES, WHOLE MILK, CHEDDAR CHEESE (MILK, VITAMIN D3), BUTTER (CREAM, SALT), SALT

BRAISED KALE (MADE WITHOUT GLUTEN, DAIRY FREE)

KALE, KOSHER SALT, OLIVE OIL, VEGETABLE OIL, BLACK PEPPER, GARLIC

DOUBLE CHOCOLATE COOKIES (CONTAINS: EGGS, DAIRY, WHEAT)

SEMI-SWEET CHOCOLATE CHIPS, COCOA POWDER, FLOUR, GRANULATED SUGAR, BROWN SUGAR, BUTTER, EGGS, VANILLA EXTRACT, BAKING SODA, SALT

OCTOBER 2024 LUNCH INGREDIENT

FRIDAY, OCTOBER 11

CHEESE RAVIOLI (CONTAINS: GLUTEN, DAIRY, EGG, SOY)

CHEESE RAVIOLI (ENRICHED SEMOLINA FLOUR (SEMOLINA FLOUR [NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), RICOTTA CHEESE (PASTEURIZED MILK, PASTEURIZED WHEY, PASTEURIZED CREAM, VINEGAR, SALT), WATER, 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 PART SKIM COWS MILK, CHEESE CULTURE, SALT, ENZYMES), SALT, DIETARY FIBER, STABILIZERS (PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM), BETA CAROTENE (COLOR), PARSLEY, SPICES, GARLIC POWDER), MARINARA SAUCE (DICED TOMATOES, TOMATO PUREE, SALT, DEHYDRATED ONION, PURE OLIVE OIL, SOYBEAN OIL, ONION POWDER, GARLIC POWDER, SPICES, CITRIC ACID, BASIL, OREGANO, PARSLEY, NATURALLY DERIVED CITRIC ACID), WATER, OLIVE OIL, VEGETABLE OIL

PESTO SAUCE: (CONTAINS: WHEAT, DAIRY, SOY)

HEAVY CREAM (CREAM), BASIL, WATER, PARMIGIANO REGGIANO CHEESE (COW'S MILK, SALT, RENNET), PECORINO ROMANO CHEESE (PASTEURIZED CULTURED SHEEP'S MILK, RENNET, SALT), ONIONS, CORNSTARCH, NATURAL FLAVOR, SALT, AUTOLYZED YEAST EXTRACT, GARLIC, NATURAL FLAVOR, SPICE, PAPRIKA, OLIVE OIL, VEGETABLE OIL, PARSLEY, GARLIC, SALT, THYME

MARINARA SAUCE: (GLUTEN FREE) (CONTAINS: SOY)

TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES, ONIONS, LESS THAN 2% OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, SALT, CITRIC ACID, BASIL, GARLIC POWDER, DRIED OREGANO, ONION POWDER, NATURAL FLAVOR, BLACK PEPPER, DRIED PARSLEY, GROUND FENNEL, GROUND SAVORY, GROUND THYME, CALCIUM CHLORIDE

ITALIAN GREEN BEANS (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEANS, SALT, PEPPER, OIL

FRENCH BREAD (CONTAINS: WHEAT, DAIRY)

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, WHEAT GLUTEN, DOUGH CONDITIONERS (ASCORBIC ACID, ENZYMES)

DOUBLE CHOCOLATE COOKIES (CONTAINS: EGGS, DAIRY, WHEAT)

SEMI-SWEET CHOCOLATE CHIPS, COCOA POWDER, FLOUR, GRANULATED SUGAR, BROWN SUGAR, BUTTER, EGGS, VANILLA EXTRACT, BAKING SODA, SALT

MONDAY, OCTOBER 14



OCTOBER 2024 LUNCH INGREDIENT

TUESDAY, OCTOBER 15

BEEF & BROCCOLI (CONTAINS: WHEAT, SOY)

BEEF, BROCCOLI, MINOR'S STIR FRY SAUCE (WATER, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, CORN SYRUP, SOY-BEAN OIL, WORCESTERSHIRE SAUCE (WATER, VINEGAR, SALT, CORN SWEETENER, HYDROLYZED SOY PROTEIN, CITRIC ACID, CARAMEL COLOR, FLAVORINGS, SILICON DIOXIDE, BLACK PEPPER), DRIED GARLIC, SALT, ONION POWDER, GARLIC POWDER, CARAMEL COLOR)

BROCCOLI STIR FRY (CONTAINS: WHEAT, SOY)

BROCCOLI, CARROT, SNOW PEAS, CORN, BEAN SPROUTS, CABBAGE, RED BELL PEPPER, BUTTON MUSHROOMS, MINOR'S STIR FRY SAUCE (WATER, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, CORN SYRUP, SOYBEAN OIL, WORCESTERSHIRE SAUCE (WATER, VINEGAR, SALT, CORN SWEETENER, HYDROLYZED SOY PROTEIN, CITRIC ACID, CARAMEL COLOR, FLAVORINGS, SILICON DIOXIDE, BLACK PEPPER), DRIED GARLIC, SALT, ONION POWDER, GARLIC POWDER, CARAMEL COLOR)

FRIED RICE (CONTAINS: WHEAT, SOY, EGG)

BROWN RICE, CARROTS, GREEN PEAS, EGG, SEASONING (MALTODEXTRIN, SOY SAUCE POWDER [SOY SAUCE {WHEAT, SOYBEANS, SALT}, MALTODEXTRIN, SALT], SALT, GARLIC POWDER, ONION POWDER, LEMON JUICE CARAMEL COLOR, VINEGAR POWDER [MALTODEXTRIN, WHITE DISTILLED VINEGAR, MODIFIED FOOD STARCH], LESS THAN 2% OF SPICE, SUGAR, YEAST EXTRACT, FRUCTOSE, MODIFIED FOOD STARCH, LACTIC ACID, SILICON DIOXIDE [ANTI-CAKING], SOYBEAN OIL

VEGETABLE SPRING ROLL (CONTAINS: WHEAT, SOY)

CABBAGE, WATER, WHEAT FLOUR, 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.

WEDNESDAY, OCTOBER 16

CHICKEN TENDERS (DAIRY FREE) (CONTAINS: WHEAT, SOY)

BONELESS, SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING [SALT, FLAVORS, MALTODEXTRIN, SUGAR, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER], SALT, SODIUM PHOSPHATES

BREADED, BATTERED AND PREDUSTED WITH: BLEACHED WHEAT FLOUR, WATER, SALT, SPICES, FLAVOR (HYDROLYZED CORN PROTEIN, SOYBEAN OIL), LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), RED BELL PEPPER POWDER, ONION POWDER, GARLIC POWDER

COATED WITH: WHEAT FLOUR. 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

HONEY BUTTER PEAS & CARROTS (MADE WITHOUT GLUTEN, DAIRY FREE)

PEAS, CARROTS, SALT, PEPPER, BUTTER, HONEY

WHITE CHEDDAR MAC & CHEESE (CONTAINS: WHEAT, DAIRY)

WHOLE MILK (MILK, VITAMIN D3), WATER, ELBOW PASTA (DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR), KRAFT VELVEETA (MILK, WHEY, MILK PROTEIN CONCENTRATE, MILKFAT, WHEY PROTEIN CONCENTRATE, SODIUM PHOSPHATE, CONTAINS LESS THAN 2 OF SALT, CALCIUM PHOSPHATE, SODIUM ALGINATE, LACTIC ACID, SORBIC ACID AS A PRESERVATIVE, CHEESE CULTURE, ENZYMES, APOCAROTENAL AND ANNATTO COLOR), SALT

OCTOBER 2024 LUNCH INGREDIENT

THURSDAY, OCTOBER 17

MEAT LASAGNA (CONTAINS: DAIRY, WHEAT, EGG, SOY)

SAUCE (WATER, COOKED BEEF CRUMBLES [BEEF, SEASONING, TOMATO PASTE, SALT, SOYBEAN OIL], TOMATO PASTE [TOMATOES, CITRIC ACID], COTTAGE CHEESE [CULTURED SKIM MILK, ENZYMES], ONIONS, BURGUNDY WINE, OLIVE OIL, SUGAR, SEASONING [SALT, DEXTROSE, SUGAR, SPICE, DISODIUM INOSINATE, DISODIUM GUANYLATE, PAPRIKA EXTRACTIVES], MODIFIED CORN STARCH, BEEF FLAVOR [CONTAINS BEEF EXTRACT, YEAST EXTRACT, SALT, MALTODEXTRIN, FLAVOR, LACTIC ACID, CITRIC ACID], SOY SAUCE [WATER, WHEAT, SOYBEANS, SALT, SODIUM BENZOATE], GARLIC, SALT, ASCORBIC ACID, ONION POWDER, BASIL, OREGANO, GROUND RED PEPPER, GROUND BLACK PEPPER), COOKED LASAGNA PASTA (WATER, DURUM FLOUR [DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], EGG WHITES), MOZZARELLA CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), SOYBEAN OIL.

VEGGIE LASAGNA (CONTAINS: DAIRY, WHEAT, SOY, EGG)

COOKED LASAGNA NOODLES (WATER, DURUM FLOUR [DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], EGG WHITES), WATER, RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED MILK, VINEGAR, SALT, CARRAGEENAN), CARROTS, MOZZARELLA CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), SPINACH, PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), CREAM, BROCCOLI, PART SKIM MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, SKIM MILK, SALT, CULTURES, ENZYMES), BREAD CRUMBS (BLEACHED WHEAT FLOUR, YEAST, SUGAR, SALT), ROMANO CHEESE FROM COW'S MILK (PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), LESS THAN 2% OF: MARGARINE (SOYBEAN OIL AND HYDROGENATED SOYBEAN OIL, WATER, SALT, CONTAINS LESS THAN 2% OF VEGETABLE MONO- AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [A PRESERVATIVE], CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), MODIFIED CORN STARCH, VEGETABLE BASE

ITALIAN SALAD (CONTAINS: WHEAT, DAIRY, SOY)

SALAD MIX: LETTUCE, RED ONION, BLACK OLIVES, PEPPERONCINI, CROUTONS, BEEFSTEAK TOMATOES, ROMANO CHEESE, PARMESAN CHEESE (CONTAINS: WHEAT, DAIRY)

ITALIAN DRESSING: SOYBEAN OIL, WATER, VINEGAR, HIGH FRUCTOSE CORN SYRUP, SALT, CONTAINS LESS THAN 2% OF: GARLIC, XANTHAN GUM, ONION, RED BELL PEPPER, POTASSIUM SORBATE AS A PRESERVATIVE, SPICE, LEMON JUICE CONCENTRATE, DEXTROSE, BETA CAROTENE, PAPRIKA (CONTAINS: SOY)

TEXAS TOAST (CONTAINS: SOY, WHEAT, DAIRY)

BREAD: WHEAT FLOUR ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: SOYBEAN OIL, YEAST, SALT, SUGAR, SOY FLOUR, MALTED BARLEY FLOUR, WHEAT GLUTEN, DEXTROSE, VEGETABLE PROTEIN, ENZYMES, ASCORBIC ACID, CORN MEAL. SPREAD: VEGETABLE OIL BLEND (SOYBEAN, PALM), WATER, GARLIC, CONTAINS 2% OR LESS OF: SALT, NATURAL FLAVORS, SWEET CREAM BUTTERMILK, ONION POWDER, SPICE, MONOGLYCERIDES, SOY LECITHIN, LACTIC ACID, CITRIC ACID, BETA-CAROTENE (FOR COLOR).

FRIDAY, OCTOBER 18

CRISPY CHICKEN SANDWICH (CONTAINS: WHEAT, DAIRY, SOY)

CHICKEN BREAST, SALT, SODIUM PHOSPHATES. BREADED WITH: WHEAT FLOUR, WATER, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: DEXTROSE, EXTRACTIVES OF TURMERIC, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SALT, SPICE EXTRACTIVE, SUGAR, WHEAT GLUTEN, YEAST, YELLOW CORN FLOUR. BREADING SET IN VEGETABLE OIL

CRISPY MEATLESS CHICKEN SANDWICH (CONTAINS: WHEAT, DAIRY, EGGS)

MYCOPROTEIN, WHEAT FLOUR, WATER, EXPELLER PRESSED CANOLA OIL, WHEAT STARCH, CONTAINS 2% OR LESS OF: WHEAT GLUTEN, MILK PROTEIN ISOLATE, SALT, FREE RANGE EGG WHITE POWDER, POTATO DEXTRIN, NONFAT MILK, WHEAT MALTODEXTRIN, MODIFIED CORN STARCH, SPICES, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), YEAST EXTRACT, CALCIUM ACETATE, CALCIUM CHLORIDE, DEXTROSE, TURBINADO SUGAR, PECTIN, GUAR GUM, YEAST, SUGAR, MALTODEXTRIN, NATURAL FLAVORS, POTASSIUM PHOSPHATES

POTATO KAISER ROLL (CONTAINS: WHEAT, SOY)

PATENT FLOUR (ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), WATER, SUGAR, FRESH BAKED POTATO BASE (POTATO GRANULES, SALT, WHEAT GLUTEN, WHEAT FLOUR, YELLOW CORN FLOUR, CANOLA OIL, MONO AND DIGLYCERIDES, CALCIUM SULFATE, NATURAL FLAVOR, YEAST, ANNATTO, TURMERIC, ENZYMES, ASCORBIC ACID, SOYBEAN OIL), YEAST, DOUGH CONDITIONER (CULTURED WHEAT FLOUR), SOYBEAN OIL, DOUGH CONDITIONER (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES), DOUGH CONDITIONER (WHEAT FLOUR, ENZYMES), DOUBLE SPICE (YELLOW CORN FLOUR, COLORS [TURMERIC, PAPRIKA], MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS), DOUGH CONDITIONER (WATER, MONOGLYCERIDES, PROPIONIC ACID, PHOSPHORIC ACID)

BROCCOLI SLAW (GLUTEN FREE) (CONTAINS: EGGS)

BROCCOLI, CARROTS, HELLMANN'S MAYONNAISE (SOYBEAN OIL, WATER, WHOLE EGGS AND EGG YOLKS, VINEGAR, SALT, SUGAR, LEMON JUICE, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), NATURAL FLAVORS), DIJON MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER), SUGAR, APPLE CIDER VINEGAR (APPLE CIDER VINEGAR DILUTED WITH WATER TO 5% ACIDITY), BLACK PEPPER, SALT

POTATO WEDGES (MADE WITHOUT GLUTEN, DAIRY FREE)

RUSSET POTATOES, SALT, BLACK PEPPER, GARLIC, OIL

SNICKERDOODLE 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

OCTOBER 2024 LUNCH INGREDIENT

MONDAY, OCTOBER 21

Hot Dogs (CONTAINS: WHEAT, SOY)

BEEF HOT DOG: BEEF, WATER, SALT, FLAVORINGS, SODIUM PHOSPHATE, PAPRIKA, SPICES, SODIUM ERYTHORBATE, SODIUM NITRITE

Hot Dog Buns (CONTAINS: WHEAT, SOY)

PATENT FLOUR (ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), WATER, SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH CONDITIONER (CULTURED WHEAT FLOUR), DOUGH IMPROVER (WHEAT FLOUR, ENZYMES), VITAL WHEAT GLUTEN, ARTIFICIAL FLAVOR PROPYLENE GLYCOL), DOUGH CONDITIONER (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES), WHITE DISTILLED VINEGAR

Black Bean Burgers (CONTAINS: SOY, WHEAT)

BLACK BEAN BURGERS: WATER, COOKED BLACK BEANS (WATER, BLACK BEANS, SALT), COOKED BROWN RICE (BROWN RICE, WATER), SOY PROTEIN CONCENTRATE, ONIONS, WHOLE KERNEL CORN, BULGUR WHEAT WITH WATER FOR HYDRATION, SOY PROTEIN ISOLATE, GREEN CHILES, MID-OLEIC CANOLA OIL, SALT, CONTAINS TWO PERCENT OR LESS OF: SALT, SPICES, RED BELL PEPPERS, BLACK BEAN POWDER, METHYLCELLULOSE, YEAST EXTRACT, SUGAR, ONION POWDER, TOMATO POWDER, CARAMEL COLOR, NATURAL FLAVOR, GARLIC POWDER, PAPRIKA COLOR, TURMERIC COLOR

Hamburger Buns (CONTAINS: WHEAT, SOY)

PATENT FLOUR (ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), WATER, SUGAR, FRESH BAKED POTATO BASE (POTATO GRANULES, SALT, WHEAT GLUTEN, WHEAT FLOUR, YELLOW CORN FLOUR, CANOLA OIL, MONO AND DIGLYCERIDES, CALCIUM SULFATE, NATURAL FLAVOR, YEAST, ANNATTO, TURMERIC, ENZYMES, ASCORBIC ACID, SOYBEAN OIL), YEAST, DOUGH CONDITIONER (CULTURED WHEAT FLOUR), SOYBEAN OIL, DOUGH CONDITIONER (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES), DOUGH CONDITIONER (WHEAT FLOUR, ENZYMES), DOUBLE SPICE (YELLOW CORN FLOUR, COLORS [TURMERIC, PAPRIKA], MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS), DOUGH CONDITIONER (WATER, MONOGLYCERIDES, PROPIONIC ACID, PHOSPHORIC ACID)

Baked Beans (GLUTEN FREE)

PREPARED WHITE BEANS, WATER, BROWN SUGAR, BACON, SALT, MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES), MODIFIED CORN STARCH, ONION POWDER, CARAMEL COLOR, SPICES, GARLIC POWDER AND NATURAL FLAVOR

Kettle Chips (GLUTEN FREE)

POTATOES, CORN OIL, SALT

TUESDAY, OCTOBER 22

Garlic Roasted Chicken Rigatoni (CONTAINS: GLUTEN, DAIRY)

CHICKEN BREAST, RIGATONI - DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, OIL, OREGANO, THYME, BASIL, ROSEMARY AND SAGE ,SALT, BLACK PEPPER, SUN-DRIED TOMATOES, GARLIC, HEAVY WHIPPING CREAM, LOW-MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES) NOT SMOKED PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), POTATO STARCH, CORN STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (A NATURAL MOLD INHIBITOR)

Garlic Roasted Vegetable Rigatoni (CONTAINS: GLUTEN, DAIRY)

ROASTED RED PEPPER, BABY SPINACH, BABY BELLA MUSHROOMS, RIGATONI - DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, OIL, OREGANO, THYME, BASIL, ROSEMARY AND SAGE ,SALT, BLACK PEPPER, SUN-DRIED TOMATOES, GARLIC, HEAVY WHIPPING CREAM, LOW-MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES) NOT SMOKED PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), POTATO STARCH, CORN STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (A NATURAL MOLD INHIBITOR)

Sauteed Spinach (MADE WITHOUT GLUTEN, DAIRY FREE)

SPINACH, SALT, PEPPER, OIL

Garlic Knot (CONTAINS WHEAT, DAIRY, SOY)

WHEAT FLOUR ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS LESS THAN 2% OF: SOYBEAN OIL, SALT, YEAST, MALTED BARLEY FLOUR, WHEAT GLUTEN, SUGAR, ENZYMES, ASCORBIC ACID, GUAR GUM, DEXTROSE, ASCORBIC ACID, VEGETABLE PROTEIN, CORN MEAL. SPREAD: VEGETABLE OIL BLEND (SOYBEAN, PALM), WATER, GARLIC, CONTAINS 2% OR LESS OF: ONION POWDER, SALT, NATURAL FLAVORS, SWEET CREAM BUTTERMILK, SPICES, MONOGLYCERIDES, SOY LECITHIN, LACTIC ACID, CITRIC ACID, BETA-CAROTENE

OCTOBER 2024 LUNCH INGREDIENT

WEDNESDAY, OCTOBER 23

WAFFLE (CONTAINS: WHEAT, DAIRY, EGGS, SOY)

ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, NON FAT MILK, SOYBEAN OIL, DRY WHEY (MILK), SUGAR, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE], WHOLE EGGS, SOY LECITHIN, SALT

MAPLE SYRUP: CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, SUGAR, NATURAL & ARTIFICIAL FLAVOR, CARAMEL COLOR, SALT, CELLULOSE GUM, POTASSIUM SORBATE, SODIUM BENZOATE (AS PRESERVATIVE)

APPLE SMOKED BACON (MADE WITHOUT GLUTEN, DAIRY FREE)

BACON CURED WITH: WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, SODIUM PHOSPHATE, SODIUM ERYTHROBATE, SODIUM NITRITE

VEGGIE SAUSAGE (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

SCRAMBLED EGGS (CONTAINS: EGGS)

WHOLE EGGS, CITRIC ACID, 0.15% WATER ADDED AS CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR, VEGETABLE OIL SALT, PEPPER

CHOCOLATE CHIP COOKIES (CONTAINS: EGGS, DAIRY, WHEAT)

SEMI-SWEET CHOCOLATE CHIPS, FLOUR, GRANULATED SUGAR, BROWN SUGAR, BUTTER, EGGS, VANILLA EXTRACT, BAKING SODA, SALT

THURSDAY, OCTOBER 24



OCTOBER 2024 LUNCH INGREDIENT

FRIDAY, OCTOBER 25



MONDAY, OCTOBER 28

ORANGE GLAZED MEATBALLS (CONTAINS: DAIRY, SOY, WHEAT)

MEATBALLS: BEEF, WATER, 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), CYANOCOBALAMIN (B12), (MAY CONTAIN CARAMEL COLOR)], SEASONING [DEXTROSE, TOMATO POWDER, SOYBEAN OIL, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE EXTRACTIVES, NONFAT DRY MILK], BELL PEPPERS, ONIONS, BREAD CRUMBS [BLEACHED WHEAT FLOUR, SOYBEAN OIL, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), WHEY, OLEORESIN PAPRIKA], SALT, SODIUM PHOSPHATE. SET IN VEGETABLE OIL. (CONTAINS: MILK, SOY, WHEAT)

ORANGE GLAZE SAUCE: HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, ORANGE PEEL, ORANGE JUICE CONCENTRATE, FRUIT PECTIN, CITRIC ACID, NATURAL ORANGE FLAVOR, GINGER, GARLIC, WATER, SOY SAUCE, GREEN ONION

ORANGE GLAZED VEGGIE MEATBALLS (CONTAINS: WHEAT, SOY, DAIRY)

PORTABELLA 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, **ORANGE GLAZE SAUCE:** HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, ORANGE PEEL, ORANGE JUICE CONCENTRATE, FRUIT PECTIN, CITRIC ACID, NATURAL ORANGE FLAVOR, GINGER, GARLIC, WATER, SOY SAUCE, GREEN ONION

OCTOBER 2024 LUNCH INGREDIENT

TUESDAY, OCTOBER 29

OVEN BAKED CHICKEN (MADE WITHOUT GLUTEN, DAIRY FREE)

CHICKEN THIGHS, SALT, PEPPER, GARLIC, ROSEMARY, THYME, PAPRIKA, PARSLEY

PARMESAN CHEESE QUICHE (CONTAINS: DAIRY, WHEAT, EGG)

PARMESAN CHEESE, BASIL, PIE CRUST, WHOLE MILK (MILK, VITAMIN D3), CHEDDAR & MONTEREY JACK (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR), FLOUR (BLEACHED WHEAT FLOUR, ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)), KOSHER SALT, BLACK PEPPER

RICE PILAF (MADE WITHOUT GLUTEN, DAIRY FREE)

WATER, LONG GRAIN RICE, WHITE ONION, OLIVE OIL, SALT

FRESH VEGGIE MEDLEY (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEANS, CAULIFLOWER, BROCCOLI, CARROTS, SALT, PEPPER, OIL

WEDNESDAY, OCTOBER 30

BUTTERFLY PASTA BAR (CONTAINS: WHEAT, SOY)

FARFALLE PASTA: (CONTAINS: WHEAT)

SEMOLINA (WHEAT), DURUM WHEAT FLOUR, VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID

MARINARA SAUCE: (GLUTEN FREE) (CONTAINS: SOY)

TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES, LESS THAN 2% OF: SUGAR, SOYBEAN OIL, SALT, SPICE, DRIED GARLIC, DRIED ONION, OLIVE OIL, CITRIC ACID, SEA SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR

ALFREDO SAUCE: (CONTAINS: WHEAT, DAIRY, SOY)

HALF AND HALF (CREAM, MILK), WATER, PARMESAN AND ROMANO CHEESES (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), BUTTER (CREAM [MILK], SALT), MARGARINE (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, WATER, SALT, CONTAINS 2% OR LESS OF: VEGETABLE MONO- AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [A PRESERVATIVE], CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, WHEAT FLOUR, DATEM, MONO- AND DIGLYCERIDES, SPICE, GARLIC POWDER, PAPRIKA, TURMERIC

FRESH ITALIAN VEGGIE MEDLEY (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEANS, CAULIFLOWER, BROCCOLI, CARROTS, SALT, PEPPER, OIL

FRENCH BREAD (CONTAINS: WHEAT, DAIRY)

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, WHEAT GLUTEN, DOUGH CONDITIONERS (ASCORBIC ACID, ENZYMES)

THURSDAY, OCTOBER 31

STEAK TACOS

STEAK: SIRLOIN STEAK, SALT, PEPPER, BELL PEPPERS (MADE WITHOUT GLUTEN, DAIRY FREE)

BLACK BEAN TACOS

BLACK BEAN & VEGGIE: ROASTED RED PEPPERS, YELLOW PEPPERS, GREEN PEPPERS, RED ONION, BLACK BEANS, OLIVE OIL, BLACK PEPPER, SALT (MADE WITHOUT GLUTEN, DAIRY FREE)

FLOUR TORTILLAS (CONTAINS: WHEAT, SOY)

ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (INTERESTERIFIED SOYBEAN OIL, FULLY HYDROGENATED SOYBEAN OIL), CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, MONO AND DIGLYCERIDES, DEXTROSE, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ALUMINUM SULFATE), FUMARIC ACID, YEAST, PRESERVATIVES (CALCIUM PROPIONATE, POTASSIUM SORBATE), CORN STARCH, CARBOXYMETHYL GUM, WHEAT STARCH, XANTHAN GUM, ENZYMES (WHEAT STARCH, MICROCRYSTALLINE CELLULOSE), DOUGH CONDITIONER (SODIUM METABISULFITE)

SPANISH RICE (MADE WITHOUT GLUTEN, DAIRY FREE)

WATER, LONG GRAIN RICE, VEGETABLE STOCK, SALT, PEPPER, ONION, TOMATO, PAPRIKA, GARLIC, OLIVE OIL, GREEN ONION, PEAS

ROASTED CORN SALAD (MADE WITHOUT GLUTEN)

YELLOW CORN, TOMATOES, LIME JUICE, CILANTRO, GREEN ONIONS, RED PEPPER, YELLOW PEPPER, CUMIN, OLIVE OIL, VEGETABLE OIL, KOSHER SALT

PICO DE GALLO, GREEN ONIONS, GUACAMOLE (MADE WITHOUT GLUTEN)

CHEDDAR CHEESE (CONTAINS: DAIRY)

CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, COLOR ADDED), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR)

SOUR CREAM (CONTAINS: DAIRY)

CULTURED CREAM (MILK), ENZYME

HALLOWEEN SUGAR COOKIES (CONTAINS: WHEAT, EGGS, DAIRY)

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, ORANGE, WHITE, BLACK SPRINKLES