

## NOVEMBER 2024 LUNCH INGREDIENT



FRIDAY, NOVEMBER 1

---

No Lunch Service - Noon Dismissal

MONDAY, NOVEMBER 4

---

### PHILLY CHEESESTEAKS (CONTAINS: WHEAT, DAIRY, SOY)

**CHICKEN:** CHICKEN BREAST WITH RIB MEAT. CONTAINS UP TO 22% OF A SOLUTION OF WATER, POTASSIUM LACTATE, DEXTROSE, SEASONING [SALT, DEHYDRATED CHICKEN BROTH (MALTODEXTRIN, NATURAL FLAVOR), SUGAR, DEHYDRATED ONION AND GARLIC], SODIUM PHOSPHATE (GLUTEN FREE)

### ROASTED VEGGIE CHEESESTEAK (CONTAINS: WHEAT, DAIRY, SOY)

**VEGETABLE:** PORTOBELLO MUSHROOMS, GRILLED RED & YELLOW PEPPERS & ONIONS SALT, PEPPER (GLUTEN FREE)

### PROVOLONE CHEESE (GLUTEN FREE) (CONTAINS: DAIRY)

PROVOLONE CHEESE ( 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)

### HOAGIE ROLL (CONTAINS: WHEAT, SOY)

ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, DURUM WHEAT SEMOLINA, SUNFLOWER AND/OR SOYBEAN OIL, SALT, CANE SUGAR, YEAST, MALTED BARLEY FLOUR

### KOSHER PICKLES (GLUTEN FREE)

FRESH CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), SPICES, GARLIC, TURMERIC, POLYSORBATE 80

### KETTLE CHIPS (GLUTEN FREE)

POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SUNFLOWER, OR CANOLA OIL), SEA SALT

TUESDAY, NOVEMBER 5

**BEEF RAVIOLI LASAGNA (CONTAINS WHEAT, DAIRY, EGG, SOY)**

ENRICHED SEMOLINA FLOUR (SEMOLINA WHEAT FLOUR [NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, COOKED SEASONED BEEF (BEEF, WATER, ENRICHED SEMOLINA FLOUR [SEMOLINA WHEAT FLOUR ], SALT, GARLIC POWDER), RICOTTA CHEESE (WHEY [MILK], VINEGAR, SALT), BREAD CRUMBS (WHEAT FLOUR, DEXTROSE, LESS THAN 2% OF EACH OF THE FOLLOWING: YEAST, SALT), MARINARA SAUCE (FRESH VINE RIPENED CALIFORNIA TOMATOES, SUGAR, SEA SALT, EXTRA VIRGIN OLIVE OIL, SUNFLOWER OIL, ONION POWDER, GARLIC POWDER, SPICES, NATURAL FLAVOR, CITRIC ACID), PASTEURIZED EGGS, ROMANO CHEESE (PASTEURIZED COWAË™S 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 (XANTHAN GUM, LOCUST BEAN GUM) **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 **MOZZARELLA & PROVOLONE CHEESE (GLUTEN FREE) (CONTAINS: DAIRY)** 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)

**CHEESE RAVIOLI LASAGNA (CONTAINS WHEAT, DAIRY, EGG, SOY)**

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 COWAS 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 COWAS 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 (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 **MOZZARELLA & PROVOLONE CHEESE (GLUTEN FREE) (CONTAINS: DAIRY)** 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)

**ITALIAN GREEN BEANS (MADE WITHOUT GLUTEN, DAIRY FREE)**

GREEN BEANS, SALT, PEPPER, ITALIAN SEASONING, OLIVE OIL

**GARLIC BREAD (CONTAINS WHEAT, DAIRY)**

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

WEDNESDAY, NOVEMBER 6

**BAKED POTATO & CHILI BAR (CONTAINS: GLUTEN, DAIRY, SOY)**

**BAKED RUSSET POTATOES**, VEGETABLE OIL, SALT, PEPPER (GLUTEN FREE)

**CHILI CON CARNE: (GLUTEN FREE)**

GROUND BEEF, ONION, DICED TOMATOES WITH JUICE, SOUP, BEEF BROTH BOUILLON AND CONSOMMÉ CANNED, CONDENSED, BEANS, RED, KIDNEY, MATURE SEEDS, CANNED, DRAINED SOLIDS, RED PEPPERS, TOMATO PASTE (TOMATOES), CANOLA OIL, JALAPENOS, KOREAN RED CHILI PEPPER POWDER, CUMIN SEED, GARLIC, WHITE PEPPER, KOSHER SALT, OREGANO, DRY, CAYENNE PEPPER

**VEGETARIAN CHILI: (GLUTEN FREE)**

TOMATOES, (TOMATOES, SALT, NATURALLY DERIVED CITRIC ACID), VEGETABLE BROTH ONIONS, PINTO BEANS, RED CHILI BEANS, BLACK BEANS, WATER, CORN, DICED GREEN CHILIES (GREEN CHILE PEPPERS, WATER, SALT, NATURALLY DERIVED CITRIC ACID), RED PEPPERS, GREEN PEPPERS, YELLOW PEPPERS, SPICES, GARLIC, CILANTRO, CORN OIL, PAPRIKA, SEA SALT, PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT)

**DICED BACON: (GLUTEN FREE)**

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

**CHEESE SAUCE (CONTAINS: DAIRY)**

WHEY (MILK), FOOD STARCH-MODIFIED, MALTODEXTRIN, PALM OIL, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), NONFAT MILK, BUTTERMILK, SALT, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CHEESES (BLUE, CHEDDAR [MILK,CHEESE CULTURE, SALT, ENZYMES]), DISODIUM PHOSPHATE, CORN SYRUP SOLIDS, AGED CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SODIUM CASEINATE (MILK), LACTIC ACID, NATURAL AND ARTIFICIAL FLAVORS, CITRIC ACID, SODIUM PHOSPHATE, FD&C YELLOW #6, FD&C YELLOW #5, DISODIUM GUANYLATE, DISODIUM INOSINATE, MONO- AND DIGLYCERIDES, PAPRIKA EXTRACT

**TOPPINGS**

SHREDDED CHEDDAR CHEESE, BUTTER (CONTAINS: DAIRY), SOUR CREAM (GRADE A CULTURED CREAM) (CONTAINS: DAIRY) GREEN ONIONS, BROCCOLI, SALSA

## NOVEMBER 2024 LUNCH INGREDIENT

### THURSDAY, NOVEMBER 7

---

#### **GENERAL TSO CHICKEN (CONTAINS: GLUTEN, SOY)**

DICED CHICKEN THIGHS, SUGAR, WATER, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), RED WINE VINEGAR, MODIFIED CORNSTARCH, 2% OR LESS OF GINGER PUREE (GINGER, WATER, CITRIC ACID), GARLIC, SALT, MOLASSES, GREEN ONIONS, SPICES, XANTHAN GUM, PAPRIKA EXTRACT

#### **GENERAL TSO TOFU (CONTAINS: GLUTEN, SOY)**

TOFU (WATER, WHOLE SOYBEANS, NIGARI (SEA WATER EXTRACT), CALCIUM SULFATE), CORNSTARCH, GREEN ONIONS, SUGAR, WATER, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), RED WINE VINEGAR, MODIFIED CORNSTARCH, 2% OR LESS OF GINGER PUREE (GINGER, WATER, CITRIC ACID), GARLIC, SALT, MOLASSES, SPICES, XANTHAN GUM, PAPRIKA EXTRACT

#### **JASMINE RICE (MADE WITHOUT GLUTEN, DAIRY FREE)**

WATER, JASMINE RICE, OLIVE OIL, SALT

#### **BROCCOLI (DAIRY FREE) (MADE WITHOUT GLUTEN)**

BROCCOLI, KOSHER SALT, OLIVE OIL, VEGETABLE OIL, BLACK PEPPER

#### **OREO CHUNK COOKIE (CONTAINS: DAIRY, EGGS, SOY, WHEAT)**

FLOUR (BLEACHED WHEAT FLOUR, ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), Malted BARLEY FLOUR, POTASSIUM BROMATE), BROWN SUGAR, 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), OREO COOKIES (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE, CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALE, SOY LECITHIN, CHOCOLATE, ARTIFICIAL

### FRIDAY, NOVEMBER 8

---



## NOVEMBER 2024 LUNCH INGREDIENT

### MONDAY, NOVEMBER 11

---

#### MOROCCAN STEAK (MADE WITHOUT GLUTEN) (DAIRY FREE )

FLANK STEAK, LEMON JUICE, BEEF TIPS, OLIVE OIL, VEGETABLE OIL, RED PEPPER, YELLOW PEPPER, CINNAMON, BLACK PEPPER, CORIANDER, CUMIN

#### MOROCCAN CHICKPEA STEW (MADE WITHOUT GLUTEN) (DAIRY FREE )

CHICKPEA, LEMON JUICE, BEEF TIPS, OLIVE OIL, VEGETABLE OIL, RED PEPPER, YELLOW PEPPER, CINNAMON, BLACK PEPPER, CORIANDER, CUMIN

#### COUSCOUS (DAIRY FREE )

COUSCOUS, OLIVE OIL, VEGETABLE OIL, PARSLEY, KOSHER SALT, CUMIN, BLACK PEPPER

#### SAUTEED CARROTS (MADE WITHOUT GLUTEN) (DAIRY FREE)

CARROT, SALT, PEPPER, OIL

#### PITA BREAD (CONTAINS: GLUTEN, SOY)

UNBLEACHED UNBROMATED ENRICHED FLOUR {NIACIN B-COMPLEX VITAMIN, THIAMINE B1 VITAMIN, REDUCED IRON, RIBOFLAVIN B2 VITAMIN, FOLIC ACID}, WATER AND SOYBEAN OIL. CONTAINS 2 OR LESS OF EACH OF THE FOLLOWING INGREDIENTS: CALCIUM PROPIONATE A PRESERVATIVE, CORN SYRUP SOLIDS, FUMARIC ACID, GUAR GUM, VEGETABLE OIL, SALT, SODIUM BICARBONATE, SORBIC ACID A PRESERVATIVE, SOY FLOUR, SUGAR, VEGETABLE MONO AND DIGLYCERIDES, VEGETABLE L CYSTEINE, WHEAT ENZYMES, WHOLE WHEAT FLOUR AND YEAST

### TUESDAY, NOVEMBER 12

---

#### 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

#### PEAS & CARROTS (MADE WITHOUT GLUTEN, DAIRY FREE)

PEAS, CARROTS, SALT, PEPPER

#### 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

## NOVEMBER 2024 LUNCH INGREDIENT

WEDNESDAY, NOVEMBER 13

### BBQ MEATBALLS (CONTAINS: WHEAT, SOY, DAIRY)

MEATBALLS (CHICKEN, TURKEY, WATER, BEEF, TEXTURED VEGETABLE PROTEIN PRODUCT [SOY FLOUR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12)], 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)], BREAD CRUMBS [BLEACHED WHEAT FLOUR, SOYBEAN OIL, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), WHEY, OLEORESIN PAPRIKA], BELL PEPPERS, SEASONING (DEXTROSE, TOMATO POWDER, SOYBEAN OIL, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE EXTRACTIVES, NONFAT DRY MILK), ONIONS, SALT, SODIUM PHOSPHATE, CARAMEL COLOR. SET IN VEGETABLE OIL, CATTLEMENS BBQ SAUCE (TOMATO PASTE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER, DISTILLED VINEGAR, MOLASSES, SALT, MUSTARD BRAN, NATURAL HICKORY SMOKE FLAVOR, SPICE, ONION POWDER, CELERY SEED, SODIUM BENZOATE/APRESERVATIVE, GARLIC POWDER, SUGAR AND NATURAL FLAVORS)

### BBQ 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, CATTLEMENS BBQ SAUCE (TOMATO PASTE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER, DISTILLED VINEGAR, MOLASSES, SALT, MUSTARD BRAN, NATURAL HICKORY SMOKE FLAVOR, SPICE, ONION POWDER, CELERY SEED, SODIUM BENZOATE/APRESERVATIVE, GARLIC POWDER, SUGAR AND NATURAL FLAVORS)

### MASHED POTATOES (MADE WITHOUT GLUTEN) (CONTAINS: DAIRY)

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

### FRESH VEGGIE MEDLEY (DAIRY FREE) (MADE WITHOUT GLUTEN)

GREEN BEANS, CARROTS, CAULIFLOWER, BROCCOLI, KOSHER SALT, OLIVE OIL, VEGETABLE OIL, BLACK PEPPER

THURSDAY, NOVEMBER 14

### 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)

### PENNE PASTA (CONTAINS: WHEAT)

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

**MARINARA SAUCE:** 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

### GREEN BEANS (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEANS, SALT, PEPPER, OLIVE OIL

## NOVEMBER 2024 LUNCH INGREDIENT

FRIDAY, NOVEMBER 15

### **BANG BANG POPCORN CHICKEN (CONTAINS: GLUTEN, SOY, EGG)**

CONTAINS UP TO 22% OF A SOLUTION OF WATER, MODIFIED CORN STARCH, SALT, SODIUM PHOSPHATES. BATTERED AND BREAD-ED WITH: WHEAT FLOUR, \*WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: DEHYDRATED GREEN BELL PEPPER, DEXTROSE, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, HYDROLYZED WHEAT AND CORN GLUTEN, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, SOYBEAN OIL (AS A PROCESSING AID), SPICES, WHEAT GLUTEN, YEAST EXTRACT, **BANG BANG SAUCE:** (MAYO SOYBEAN OIL, WHOLE EGGS, VINEGAR, WATER, EGG YOLKS, SALT, DEXTROSE, SUGAR, LEMON JUICE, CALCIUM DISODIUM EDTA USED TO PROTECT QUALITY, NATURAL FLAVORS, SUGAR, WATER, CHILI PEPPERS, GARLIC, SALT, ACETIC ACID, XANTHAN GUM, CITRIC ACID, HONEY, CHILI, SUGAR, GARLIC, SALT, DISTILLED VINEGAR, POTASSIUM SORBATE, AND SODIUM BISULFATE AS PRESERVATIVES, AND XANTHAN GUM, GREEN ONIONS

### **BANG BANG TOFU (CONTAINS: GLUTEN, SOY, EGG)**

TOFU (WATER, SOYBEANS, CALCIUM SULFATE, GLUCONO DELTA LACTONE, MAGNESIUM CHLORIDE), WATER, CANOLA OIL, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, WHEAT STARCH, SALT, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONO-CALCIUM PHOSPHATE), CORN STARCH, **BANG BANG SAUCE:** (MAYO SOYBEAN OIL, WHOLE EGGS, VINEGAR, WATER, EGG YOLKS, SALT, DEXTROSE, SUGAR, LEMON JUICE, CALCIUM DISODIUM EDTA USED TO PROTECT QUALITY, NATURAL FLAVORS, SUGAR, WATER, CHILI PEPPERS, GARLIC, SALT, ACETIC ACID, XANTHAN GUM, CITRIC ACID, HONEY, CHILI, SUGAR, GARLIC, SALT, DISTILLED VINEGAR, POTASSIUM SORBATE, AND SODIUM BISULFATE AS PRESERVATIVES, AND XANTHAN GUM, GREEN ONIONS

### **WHITE RICE (MADE WITHOUT GLUTEN, DAIRY FREE)**

WATER, LONG GRAIN RICE, OLIVE OIL, SALT

### **BROCCOLI (DAIRY FREE) (MADE WITHOUT GLUTEN)**

BROCCOLI, KOSHER SALT, OLIVE OIL, VEGETABLE OIL, BLACK PEPPER

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

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

MONDAY, NOVEMBER 18

### **HAMBURGERS (CONTAINS: WHEAT, SOY)**

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

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

**BLACK BEAN BURGER:** WATER, COOKED BLACK BEANS (BLACK BEANS, WATER), COOKED BROWN RICE (WATER, BROWN RICE), SOY PROTEIN CONCENTRATE, ONIONS, WHOLE KERNEL CORN, HYDRATED BULGUR WHEAT (WATER, BULGUR WHEAT), SOY PROTEIN ISOLATE, GREEN CHILES, CANOLA OIL, 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 ACIS)

### **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.

### **CORN ON THE COB (GLUTEN FREE)**

YELLOW CORN, SALT, PEPPER, OLIVE OIL

## NOVEMBER 2024 LUNCH INGREDIENT

TUESDAY, NOVEMBER 19

---

### CHICKEN & CHEESE FLAUTA (CONTAINS: WHEAT, DAIRY, SOY)

CHICKEN FILLING: COOKED CHICKEN PIECES, PASTEURIZED PROCESS CHEESE SAUCE WITH JALAPENO [CHEDDAR AND MONTEREY JACK CHEESES (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WHEY, CANOLA OIL, JALAPENO PEPPERS (JALAPENO PEPPERS, VINEGAR, SALT), MODIFIED FOOD STARCH, SODIUM PHOSPHATE, SALT, LACTIC ACID, SODIUM ALGINATE, SORBIC ACID (PRESERVATIVE), APOCAROTENAL (COLOR), ANNATTO (COLOR)], WATER, MODIFIED FOOD STARCH, ONION POWDER, SALT, SPICES, CHILI POWDER [SPICES (INCLUDING MUSTARD), SALT, AND GARLIC POWDER)]. FLOUR TORTILLA: ENRICHED WHEAT FLOUR (WHEAT FLOUR, ENZYME, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SODIUM STEAROYL LACTYLATE, POTASSIUM SORBATE (PRESERVATIVE), FUMARIC ACID. PASTE INGREDIENTS: WATER, XANTHAN GUM. BLANCHED IN VEGETABLE OIL

### VEGGIE & CHEESE FLAUTA (CONTAINS: WHEAT, DAIRY, SOY)

VEGGIE FILLING: RED & YELLOW PEPPERS, ONIONS, MUSHROOMS, ZUCCHINI, [CHEDDAR AND MONTEREY JACK CHEESES (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), FLOUR TORTILLA: ENRICHED WHEAT FLOUR (WHEAT FLOUR, ENZYME, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SODIUM STEAROYL LACTYLATE, POTASSIUM SORBATE (PRESERVATIVE), FUMARIC ACID. PASTE INGREDIENTS: WATER, XANTHAN GUM. BLANCHED IN VEGETABLE OIL

### MEXICAN BLACK BEANS (MADE WITHOUT GLUTEN)

BLACK BEAN, ONIONS, JALAPENO, CHILI POWDER, OREGANO, CUMIN, GARLIC, OLIVE OIL, SALT, LIME

### CILANTRO LIME RICE (DAIRY FREE) (MADE WITHOUT GLUTEN)

LONG GRAIN RICE, WATER, OLIVE OIL, VEGETABLE OIL, SALT, LIME, CILANTRO

### TOPPINGS

SHREDDED CHEDDAR CHEESE, BUTTER (CONTAINS: DAIRY), SOUR CREAM (GRADE A CULTURED CREAM) (CONTAINS: DAIRY) GREEN ONIONS, SALSA

WEDNESDAY, NOVEMBER 20

---

### CHICKEN SHAWARMA (MADE WITHOUT GLUTEN)

BEEF, LEMON JUICE, CURRY POWDER, CUMIN, GARLIC, SALT, OIL

### FALAFEL Shawarma (CONTAINS: SOY)

CHICKPEAS, WATER, ONIONS, CANOLA OIL, PARSLEY, CARROTS, SPICES, GARLIC, VINEGAR, MODIFIED CELLULOSE, SALT, LIME JUICE CONCENTRATE, SODIUM BICARBONATE, CARRAGEENAN, CAMEL (COLOR), MUSTARD

### PITA BREAD

ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE B1, RIBOFLAVIN B2, FOLIC ACID], WATER, SOYBEAN OIL AND/OR CANOLA OIL, CONTAINS 2 OR LESS OF: YEAST, SALT, SUGAR, WHOLE WHEAT FLOUR, DOUGH CONDITIONER CALCIUM SULFATE, ACACIA GUM, MONO- AND DIGLYCERIDES, ENZYMES, BAKING POWDER SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONO-CALCIUM PHOSPHATE, NONFAT DRY MILK, YEAST NUTRIENTS AMMONIUM SULFATE, ASCORBIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE PRESERVATIVES. CONTAINS: MILK, WHEAT.

### TOPPINGS

DICED TOMATOES, FETA CHEESE, CUCUMBERS, **TZATZIKI SAUCE**: CUCUMBER, NONFAT GREEK YOGURT (NONFAT YOGURT (CULTURED PASTEURIZED NONFAT MILK), LIVE AND ACTIVE CULTURES: S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS AND L. CASEI), GRANULATED GARLIC, LEMON JUICE, SUGAR, DILL, LEMON ZEST, KOSHER SALT

### TABOULEH (MADE WITHOUT GLUTEN), (DAIRY FREE)

COUSCOUS, OLIVE OIL, VEGETABLE OIL, PARSLEY, KOSHER SALT, CUMIN, BLACK PEPPER, CUCUMBERS, TOMATOS, RED ONIONS, MINT

## NOVEMBER 2024 LUNCH INGREDIENT LIST

### THURSDAY, NOVEMBER 21

---

#### **STUFFED SHELLS (CONTAINS: GLUTEN, DAIRY, EGG)**

RICOTTA CHEESE (PASTEURIZED MILK, PASTEURIZED WHEY, PASTEURIZED CREAM, VINEGAR, SALT), ENRICHED SEMOLINA FLOUR (SEMOLINA FLOUR [NIAICIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, ROMANO CHEESE (PASTEURIZED COW'S AND/OR SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES), PASTEURIZED WHOLE EGGS, CORN STARCH, SEA SALT, DIETARY FIBER, PARSLEY, SPICES, STABILIZERS (XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM), TURMERIC(COLOR)

#### **BOLOGNESE SAUCE: (GLUTEN FREE)**

GROUND BEEF, MARINARA SAUCE ( 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), CELERY, ONION, CARROTS, KOSHER SALT, OLIVE OIL, VEGETABLE OIL, GARLIC

#### **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

#### **FRESH VEGGIE MEDLEY (MADE WITHOUT GLUTEN, DAIRY FREE)**

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

#### **FRENCH BREAD (CONTAINS: GLUTEN)**

UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIAICIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST, MALTED BARLEY FLOUR

### FRIDAY, NOVEMBER 22

---

#### **ROASTED TURKEY (MADE WITHOUT GLUTEN, DAIRY FREE)**

TURKEY BREAST (TURKEY BREAST), GRANULATED GARLIC, PAPRIKA, SAGE, THYME, OLIVE OIL, KOSHER SALT, BLACK PEPPER

#### **TURKEY GRAVY (CONTAINS WHEAT)**

WATER, TURKEY BONES, SALT, PEPPER, CARROTS, ONIONS, CELERY, CORN STARCH

#### **SPINACH QUICHE (CONTAINS WHEAT, DAIRY, EGG, SOY)**

SPINACH, ONION, PARMESAN CHEESE, 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 (NIAICIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), KOSHER SALT, BLACK PEPPER

#### **HERB STUFFING (CONTAINS WHEAT)**

PLAIN WHITE BREAD CROUTONS, CHICKEN STOCK, SALT, PEPPER, CELERY, ONIONS

#### **MASHED POTATOES (MADE WITHOUT GLUTEN) (CONTAINS DAIRY FREE)**

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

#### **SWEET CORN (MADE WITHOUT GLUTEN, DAIRY FREE)**

CORN, KOSHER SALT, OLIVE OIL, VEGETABLE OIL, BLACK PEPPER

#### **THANKSGIVING SUGAR COOKIES (CONTAINS WHEAT, EGG, SOY)**

FLOUR (BLEACHED WHEAT FLOUR, ENRICHED(NIAICIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GREEN SPRINKLES (SUGAR, HYDROGENATED PALM KERNEL OIL AND/OR VEGETABLE OIL (SOYBEAN COTTON-SEED), GLUCOSE CORN STARCH, SOYA LECITHIN, CONFECTIONER'S GLAZE, GUM ARABIC, ARTIFICIAL COLORS, RED 40, YELLOW 5, YELLOW 6, BLUE 1, CARNAUBAWAX, NATURAL AND/OR ARTIFICIAL FLAVOR), SUGAR



## NOVEMBER 2024 LUNCH INGREDIENT

MONDAY, NOVEMBER 25

---

### 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

TUESDAY, NOVEMBER 26

---



**Early  
Release!**