

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	9/8, 10/6, 11/3	9/9, 10/7, 11/4	9/10, 10/8, 11/5	9/11, 10/9, 11/6	9/12, 10/10, 11/7
	<b>Lunch</b> <ul style="list-style-type: none"> <li>Chx. Sliders, WG Rolls, (V) Veg. Burger, Tomato Ketchup, Green &amp; Yellow Beans, Apples</li> </ul>	<ul style="list-style-type: none"> <li>Chx. Fajitas, WG Tortillas (V) Tofu Fajitas, Peas &amp; Carrots, Bananas</li> </ul>	<ul style="list-style-type: none"> <li>Three Cheese Ravioli, Marinara, Broccoli &amp; Cauliflower, Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>Southwest Chx., Brown Rice Bowl, (V) Tofu, 4 Veggie Blend, Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>WG* Garlic Bread Pizza, Green Beans, Diced Carrots, Fruit Salad</li> </ul>
Week 2	9/15, 10/13, 11/10	9/16, 10/14, 11/11	9/17, 10/15, 11/12	9/18, 10/16, 11/13	9/19, 10/17, 11/14
	<b>Lunch</b> <ul style="list-style-type: none"> <li>WG Mac &amp; Cheese, Broccoli &amp; Cauliflower, Apples</li> </ul>	<ul style="list-style-type: none"> <li>Chx. Meatballs In Marinara Sauce, (V) Tofu In Marinara Sauce, WG Rolls, Peas &amp; Carrots, Bananas</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Burger W/ Cheese, (V) Veg. Burger, Buns &amp; Ketchup, Green &amp; Yellow Beans, Honeydew</li> </ul>	<ul style="list-style-type: none"> <li>WG Cheese Tortellini In Garlic &amp; Herb Oil, 4 Veg. Blend, Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>Red Beans &amp; Rice, Roasted Chicken, (V) Tofu Red Beans, Green Beans &amp; Carrots, Fruit Salad</li> </ul>
Week 3	9/22, 10/20, 11/17	9/23, 10/21, 11/18	9/24, 10/22, 11/19	9/25, 10/23, 11/20	9/26, 10/24, 11/21
	<b>Lunch</b> <ul style="list-style-type: none"> <li>Chx. Fajitas, WG Tortillas (V) Tofu Fajitas, Green &amp; Yellow Beans, Apples</li> </ul>	<ul style="list-style-type: none"> <li>WG Rotini, Roasted Tomato Sauce, Turkey Sausage (V) Tomato Tofu, Peas &amp; Carrots, Bananas, Org. Milk</li> </ul>	<ul style="list-style-type: none"> <li>BBQ Chicken &amp; Brown Rice, (V) BBQ Tofu &amp; Brown Rice, Broccoli &amp; Cauliflower, Cantaloupe, Org. Milk</li> </ul>	<ul style="list-style-type: none"> <li>WG Chx Bites, Tomato Ketchup, (V) Veggie Bites, 4 Veggie Blend, Watermelon, Org. Milk</li> </ul>	<ul style="list-style-type: none"> <li>Chx. Alfredo, WG Rotini, (V) Tofu Alfredo, Green Beans, Diced Carrots, Fruit Salad, Milk</li> </ul>
Week 4	9/1, 9/29, 10/27, 11/24	9/2, 9/30, 10/28, 11/25	9/3, 10/1, 10/29, 11/26	9/4, 10/2, 10/30, 11/27	9/5, 10/3, 10/31, 11/28
	<b>Lunch</b> <ul style="list-style-type: none"> <li>Turkey Burger W/ Cheese, (V) Veggie Burger, Buns &amp; Ketchup, Broccoli &amp; Cauliflower, Apples</li> </ul>	<ul style="list-style-type: none"> <li>Herb Chx. &amp; WG Rotini Pasta, (V) Herbed Tofu, Peas &amp; Carrots, Bananas</li> </ul>	<ul style="list-style-type: none"> <li>WG Chx. Bites*, Tomato Ketchup, (V) Veg. Bites, Green &amp; Yellow Beans, Honeydew</li> </ul>	<ul style="list-style-type: none"> <li>Lemon Garlic Herb Rice &amp; Chx., (V) Tofu Rice &amp; Chicken, 4 Veggie Blend, Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>Chx. Marinara, WG Penne, (V) Veg. Crumbles, Green Beans, Diced Carrots, Fruit Salad</li> </ul>



**food2you**  
We love what we do

## Ingredients List

FALL 2025 Ingredients v1.0  
SEPTEMBER, OCTOBER & NOVEMBER

Nutritional Ingredient Information Only

## Breakfast Items

- Apple Spice Muffins  
Enriched wheat flour, water, sugar, apple juice, citric acid, soybean oil, diced apples, eggs, sour cream, tapioca starch, baking soda, salt, cinnamon, corn starch, spices.  
**Allergens: Gluten, Soy, Milk, Eggs.**
- Bagels, Mini  
Enriched wheat flour (wheat Flour, Malted barley flour, Niacin Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Liquid Sucrose (Sugar, Water), Salt (salt, Yellow Prussiate of Soda), Yeast, Dough Conditioner, (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Dextrose, Diacetyl Tartaric, Acid Esters pf Mono-and Diglycerides (DATEM), Monocalcium Phosphate, Ammonium Chloride and 2% or Less of each of the following: Potassium Bromate, Ascorbic Acid [Vitamin C], L-Cysteine Hydrochloride, Yeast, Enzymes [contains Wheat], Calcium Sulfate, Salt), Wheat Gluten, Calcium Propionate.  
**Allergens: Gluten, Wheat.**
- Blueberry Muffins  
Enriched wheat flour, sugar, water, soybean oil, blueberries, eggs, egg white, corn starch, salt, baking soda, sodium phosphate, citric acid.  
**Allergens: Gluten, Wheat, Soy, Eggs.**
- Whole Grain Biscuits  
Water, whole wheat flour, enriched bleached flour, malted barley flour, niacin, iron, folic acid, palm oil, sugar, salt, baking soda, buttermilk, nonfat milk, whey protein, whey.  
**Allergens: Milk, Gluten, Wheat.**
- English Muffins  
Enriched Wheat Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Corn Meal, Sugar, Vegetable Oil (canola And/or Soy), Salt, Calcium Propionate, Wheat Gluten, Dough Conditioners (monocalcium Phosphate Monohydrate, Datem, Ascorbic Acid, Enzymes), Corn Starch. **Allergens: Gluten, Wheat, Soy.**
- Homemade Granola **GLUTEN-FREE**  
Old fashioned rolled oats, butter, brown sugar, vanilla, pancake syrup.  
**Allergens: Dairy.**
- Shredded Mini Wheats  
Whole Grain Wheat, Sugar, Gelatin. Bht Added To Preserve Freshness. Vitamins And Minerals: Reduced Iron, Niacinamide (vitamin B3), Folic Acid, Zinc Oxide (source Of Zinc), Pyridoxine Hydrochloride (vitamin B6), Riboflavin (vitamin B2), Thiamin Mononitrate (vitamin B1), Vitamin B12.contains Wheat.  
**Allergens: Wheat, Gluten.**
- Lemon Poppy Seed Muffins  
Enriched wheat flour, sugar, water, barley flour, soybean oil, lemon juice concentrate, citric acid, poppy seeds, eggs, tapioca starch, sodium phosphate, salt, corn starch, citric acid.  
**Allergens: Gluten, Soy, Wheat, Eggs.**
- French Toast Sticks, Whole Grain  
Whole grain bread, wheat flour, sugar, wheat gluten, yeast, cinnamon, egg, skim milk, salt.  
**Allergens: Gluten, Soy, Dairy, Eggs.**



- Pancakes, Whole Grain  
Whole wheat flour, water, buttermilk, sugar, soybean oil, baking powder, whole eggs, salt.  
**Allergens: Gluten, Soy, Dairy, Eggs.**
- Herbed Potato Pancakes  
Shredded Potatoes, Vegetable Oil (soy), Dehydrated Onion, Egg, Modified Corn Starch, Spices (including Mustard), Salt, Nonfat Dry Milk, Xanthan Gum.  
**Allergens: Soy, Dairy, Milk, Egg.**
- Corn Flakes  
Yellow corn meal, sugar, contains 2% or less of: salt, barley malt extract, vitamin C, iron, vitamin A, niacinamide, vitamin B2, vitamin B1, vitamin D, folic acid.  
**Allergens: Soy, Gluten.**
- Hash Browns **GLUTEN-FREE**  
Potatoes, vegetable oil (soybean or canola), yellow corn flour, potato starch, salt, dextrose & sodium.  
**Allergens: Soy.**
- Strawberry Yogurt **GLUTEN-FREE**  
Pasteurized low-fat milk, water, sugar, modified food starch, strawberries, vegetable juice, carrageenan, pectin, citric acid, vitamin A, and vitamin D3.  
**Allergens: Milk.**
- Turkey Sausage **GLUTEN-FREE**  
Turkey, water, salt, spices, dextrose, sugar, dried parsley, citric acid.  
**Allergens: None.**
- Egg Patties **GLUTEN-FREE**  
Whole eggs, water, soybean oil, salt, nonfat dried milk, citric acid.  
**Allergens: Egg, Soy, Milk.**
- Vanilla Yogurt **GLUTEN-FREE**  
Pasteurized low-fat milk, water, sugar, modified food starch, annatto extract and turmeric, carrageenan, pectin, citric acid, vanilla extract, vitamin A, and vitamin D3.  
**Allergens: Milk.**
- Waffles, Whole Grain  
Whole wheat flour, water, non-fat milk, whey solids, soybean oil, sugar, whole eggs, salt.  
**Allergens: Gluten, Soy, Eggs, Dairy.**
- Toasted Oats  
Whole oat flour, corn starch, wheat starch, sugar, salt, calcium carbonate, oat fiber, potassium phosphate.  
**Allergens: Gluten.**
- Rice Krispies  
Rice, sugar, malt extract, salt.  
**Allergens: Gluten.**
- Corn Chex **GLUTEN-FREE**  
Whole grain corn, corn meal, sugar, corn starch, salt, baking soda. **Allergens: None.**

## Lunch Items

- Chicken Stir-fry **GLUTEN-FREE**  
Chicken breast, water, chicken stock, soy sauce, corn starch, red peppers, mushroom, broccoli, onion, carrot, pea pods, cauliflower. **Allergens: Soy.**
- 3 Cheese Ravioli  
Durum flour, water, whole eggs, ricotta cheese, mozzarella cheese, bread crumbs, romano cheese, salt, parsley, black pepper. **See Also: Marinara Sauce**  
**Allergens: Wheat, Milk, Dairy, Egg.**
- Meatballs, Chicken  
Ground Chicken, water, soy protein, wheat flour, dextrose, garlic powder, onion powder, salt, soybean oil, spices, sugar, yeast. *See also: marinara sauce.*  
**Allergens: Soy, Gluten.**
- Whole Grain Cheese Tortellini  
Pasta: Whole Durum wheat flour, water, whole eggs, corn flour, soybean oil, tomato powder, spinach powder, paprika, herbs. Filling: breadcrumbs, skim ricotta, water, romano cheese, salt, milk, parmesan cheese, black pepper. Garlic & Herb Oil: Garlic powder, basil leaves, vegetable oil.  
**Allergens: Wheat, Egg, Soy, Milk.**
- Chicken Alfredo with Pasta  
Chicken breast. Sauce: skim milk, water, cream, parmesan cheese, margarine, food starch-modified, cheddar cheese, cheese powder, wheat flour, pecorino romano cheese, salt, garlic, onion powder, black pepper flavor, ground red pepper.  
See Also: Rotini pasta.  
**Allergens: Dairy, Soy, Milk, Gluten.**
- Bbq Chicken & Brown Rice  
Chicken breast, whole grain brown rice, corn syrup, distilled vinegar, tomato paste, water, modified food starch, salt, spices, sodium, molasses, garlic, onion, sugar, lemon juice concentrate, ground celery, tamarind. **Allergens: None.**
- Turkey Chili **GLUTEN-FREE**  
Ground turkey, diced potatoes, red beans, tomatoes, tomato juice, citric acid, pepper, chili powder, salt, paprika, onions, onion powder, garlic powder, basil, oregano, thyme, cumin, cocoa powder, cayenne.  
**Allergens: None.**
- Chicken Bites, Whole Grain  
Chicken, water, isolated soy protein, sugar, sea salt, white pepper, onion powder, garlic powder. Breaded with whole wheat flour, salt, sugar, spices.  
**Allergens: Wheat, Gluten, Soy.**
- Lemon Garlic Herb Rice & Chicken **GLUTEN-FREE**  
Whole grain brown rice, roasted chicken breast, lemon pepper, granulated garlic & celery salt.  
**Allergens: None.**



- Chicken Sliders  
BONELESS CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING (MODIFIED FOOD STARCH, CARRAGEENAN), SALT, SODIUM PHOSPHATES. BREADED WITH ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, WATER, SALT, SPICES, LEAVENING (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE), WHEAT GLUTEN, WHITE CORN FLOUR, DEHYDRATED GARLIC, YELLOW CORN FLOUR, SOYBEAN OIL, SOY FLOUR, DRIED ONION, EXTRACTIVES OF PAPRIKA, DRIED GARLIC, SPICES.  
**Allergens: Soy, Gluten, Wheat.**
- Red Beans & Rice with Roasted Chicken  
Whole grain brown rice, chicken breast, red beans, granulated garlic, basil, onion, salt & spices.  
**Allergens: None**
- Mac N' Cheese  
Elbow wheat flour noodles, heavy cream, milk, water, vegetable oil, soybean oil, cheddar cheese, salt, cornstarch.  
**Allergens: Dairy, Soy, Gluten.**
- Garlic Bread Pizza  
Whole wheat garlic bread, flour, yeast, malted barley, wheat gluten, pea protein, soybean oil, mozzarella cheese, salt, romano cheese, tomato paste, sugar, dried onion, paprika, dried garlic.  
**Allergens: Dairy, Soy, Gluten.**
- Chicken Fajitas **GLUTEN-FREE**  
Roasted chicken breast, tomato paste, jalapeno, vinegar, bell peppers, onions, spices.  
**Allergens: None.**
- Spanish Rice w/ Chicken **GLUTEN-FREE**  
White rice, chicken breast, turmeric, sweet peas, granulated onion, spices.  
**Allergens: None.**
- Chicken Chili **GLUTEN-FREE**  
Diced tomatoes, diced potatoes, diced chicken, red beans, tomato juice, citric acid, pepper, chili powder, salt, paprika, onions, onion powder, garlic powder, basil, oregano, thyme, cumin, cocoa powder, cayenne.  
**Allergens: None.**
- Turkey Burger with Cheese  
Ground turkey, water, vegetable protein (soy protein), applesauce, yeast extract, salt, garlic powder, black pepper & spices. **SEE ALSO: American Cheese**  
**Allergens: Soy.**
- Herb Chicken & WG Rotini Pasta  
Chicken breast, whole grain rotini pasta, herbs, salt & pepper, olive oil, spices.  
**Allergens: Wheat.**

- Rotini in Roasted Tomato Sauce with Turkey Sausage  
Rotini Pasta. Cheese, water, tomato puree, corn syrup, soybean oil, dried garlic, citric acid, parsley, cream, whey, salt, spices. Turkey sausage: mechanically separated turkey, soy protein, salt, spices, paprika, soy protein, flavorings. See also: Rotini Pasta.  
**Allergens: Dairy, Soy, Gluten.**
- Chicken Marinara  
Roasted chicken, penne pasta, marinara sauce. **See also: Chicken, penne pasta & marinara sauce.**  
**Allergens: Gluten.**
- Meatballs in Brown Gravy  
Enriched wheat flour, food starch, salt, soybean oil, vegetable protein, sugar, corn, onion, garlic, soy sauce, **See also: Meatballs, chicken.**  
**Allergens: Wheat, Soy, Gluten.**
- Crispy Chicken  
Chicken, water, textured soy protein concentrate, isolated soy protein, chicken flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, citric acid, spices, salt, vegetable stock (carrot, onion, celery), natural flavor], sodium phosphate. Breaded with: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, 2% or less of the following: salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, turmeric extract (color), paprika extract (color).  
**Allergens: Wheat, Gluten, Soy.**
- Southwest Chicken Brown Rice Bowl **GLUTEN-FREE**  
Brown rice, chicken, black beans, red peppers, tomato, salt, pepper, spices.  
**Allergens: None.**

## Pasta, Rice & Side Dishes

- Whole Grain Brown Rice **GLUTEN-FREE**  
Brown rice, water, salt.  
**Allergens: None.**
- Pasta- All Shapes  
Durum, wheat semolina, durum wheat flour, niacini, iron, thiaminm monitrate, riboflavin, folic acid.  
**Allergens: Wheat, may contain egg.**
- Sweet Potatoes **GLUTEN-FREE**  
Whole sweet potatoes, maple syrup.  
**Allergens: None.**
- Spanish Rice **GLUTEN-FREE**  
Whole grain brown rice, peas & carrots, diced tomatoes, jalapeno pepper, tomato paste, onions, vinegar, dehydrated onion, salt, pepper, dehydrated garlic.  
**Allergens: None.**
- Mashed Potatoes **GLUTEN-FREE**  
Potatoes, milk, butter, salt, pepper, garlic powder, onion powder, parsley, basil & oregano.  
**Allergens: Dairy.**
- Herbed Potatoes **GLUTEN-FREE**  
Potatoes, salt, pepper & spices.  
**Allergens: None.**
- Roasted Potatoes **GLUTEN-FREE**  
Diced potatoes, salt & pepper.  
**Allergens: None.**
- Long Grain White Rice **GLUTEN-FREE**  
Parboiled long grain rice enriched with iron (ferric phosphate), niacin, thiamine, mononitrate, & folic acid.  
**Allergens: None.**



## Vegetables & Fruits

All vegetables are steamed and seasoned with only pure corn oil and kosher salt.

- Broccoli Florets
- Green Beans
- Yellow Wax Beans
- Peas & Carrots
- Cauliflower
- Zucchini & Yellow Squash Slices
- Veggie Blend  
Broccoli florets, yellow carrots, red pepper & orange carrots

All fruits are fresh and whole – we serve no canned fruits or vegetables.



## Dips, Dressings & Sauces

- Barbeque Sauce **GLUTEN-FREE**  
Corn syrup, distilled vinegar, tomato paste, water, modified food starch, salt, spices, sodium, molasses, garlic, onion, sugar, lemon juice concentrate, ground celery, tamarind.  
**Allergens: None.**
- Ranch Dressing **GLUTEN-FREE**  
Water, soybean oil, buttermilk, egg yolk, distilled vinegar, salt, sugar, garlic, spices, mustard seed, xanthan gum, onion, natural flavors.  
**Allergens: Dairy, Egg.**
- Italian Dressing **GLUTEN-FREE**  
Soybean oil, corn cider vinegar, water, salt, onion juice, garlic juice, mustard seed, spices, xanthan gum.  
**Allergens: Soy.**
- Applesauce **GLUTEN-FREE**  
Apples, citric acid.  
**Allergens: None.**
- Maple Syrup **GLUTEN-FREE**  
Corn syrup, water, maple flavor, salt, cellulose gum, potassium sorbate, sodium benzoate, caramel color.  
**Allergens: None.**
- Cheddar Cheese Sauce **GLUTEN-FREE**  
Water, whey, corn starch, vegetable oil, maltodextrin, cheddar cheese, salt, vinegar, cream, sodium phosphate, natural flavors, yeast extract, lactic acid, citric acid.  
**Allergens: Dairy.**
- Marinara Sauce  
Tomato concentrate (Water, Tomato Paste), Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor.  
**Allergens: None.**
- Mayonnaise  
Soybean oil, water, egg yolks, corn syrup, distilled vinegar, less than 2% of salt, mustard seed.  
**Allergens: Soy, Egg.**
- Cream Cheese **GLUTEN-FREE**  
PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, XANTHAN GUM, CAROB BEAN GUM. **Allergens: Milk, Dairy.**
- Ketchup **GLUTEN-FREE**  
Tomato Concentrate, Distilled Vinegar, Corn Syrup, Salt, Less Than 2% Of: Spice, Onion Powder, Natural Flavors. **Allergens: None.**
- Tomato Salsa  
Tomato pure, diced tomatoes in tomato juice, jalapenos, distilled vinegar, contains less than 2% of: natural flavors, dehydrated onion, salt, dehydrated garlic, spices.  
**Allergens: None**



## Breads, Rolls, Buns, Wraps and Others

- Ciabatta Bread  
Wheat flour, water, salt, olive oil, yeast, dry malt. (also listed on menu as “fresh bread”)  
**Allergens: Gluten.**
- Whole Wheat Pita  
Wheat flour, stone-ground whole-wheat flour, wheat flour enriched, (wheat flour malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid) water, yeast, soybean oil, wheat gluten, sugar, salt, dough conditioner, wheat flour, calcium sulfate, acacia gum, mono and diglycerides, enzymes, calcium propionate as mold inhibitor, oat fiber, potassium sorbate.  
**Allergens: Soy, Gluten, Wheat.**
- Corn Tortillas **GLUTEN-FREE**  
Corn, water, sodium propionate, sorbic acid, lime.  
**Allergens: None.**
- Whole Grain Tortillas  
Whole wheat flour, water, vegetable shortening, sugar, salt, sodium bicarbonate, dough conditioner.  
**Allergens: Gluten.**
- Fresh Buns (turkey burger buns)  
Enriched flour (unbleached wheat flour, malted barley flour), water, yeast, corn syrup, soybean oil, wheat gluten, salt, vinegar, ascorbic acid.  
**Allergens: Wheat, Soy, Gluten.**
- Whole Grain Rolls  
Whole Wheat Flour, Water, Sugar, Yeast, Contains 2% or less of the following: Wheat Gluten, Soybean Oil, Salt, Monoglycerides, Ascorbic Acid, Sodium Stearoyl Lactylate, Calcium Propionate (Preservative)  
**Allergens: Soy, Gluten.**
- Sliced Whole Wheat Bread  
Whole wheat flour, water, enriched wheat flour, malted barley, brown sugar, wheat gluten, wheat bran, raisin juice, soybean oil, yeast, corn starch, vinegar, palm oil, oat fiber, guar gum, sea salt, ascorbic acid.  
**Allergens: Soy, Gluten.**
- Mini Naan Breads  
ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED, IRON, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, THIAMINE, MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), BUTTERMILK (NONFAT MILK, DRY BUTTERMILK, BACTERIAL CULTURE), WATER, SOYBEAN OIL, CULTURED WHEAT FLOUR, EGGS, SUGAR, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORNSTARCH, MONOCALCIUM PHOSPHATE), SEA SALT, GHEE (CLARIFIED BUTTER), WHEAT GLUTEN, DEXTROSE, DEXTRIN, CARROT FIBER, YEAST. CONTAINS: WHEAT, MILK AND EGGS. MAY CONTAIN: SOY AND SESAME.  
**Allergens: Soy, Gluten, Milk, Eggs, Soy & Sesame.**

## Snacks

- String Cheese **GLUTEN-FREE**  
 Low moisture part-skim mozzarella cheese, cheese cultures, salt, enzymes. **Allergens: Dairy.**
- Bagels, Mini  
 Enriched wheat flour (wheat Flour, Malted barley flour, Niacin Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Liquid Sucrose (Sugar, Water), Salt (salt, Yellow Prussiate of Soda), Yeast, Dough Conditioner, (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Dextrose, Diacetyl Tartaric, Acid Esters pf Mono-and Diglycerides (DATEM), Monocalcium Phosphate, Ammonium Chloride and 2% or Less of each of the following: Potassium Bromate, Ascorbic Acid [Vitamin C], L-Cysteine Hydrochloride, Yeast, Enzymes [contains Wheat], Calcium Sulfate, Salt), Wheat Gluten, Calcium Propionate.  
**Allergens: Gluten, Wheat.**
- Animal Crackers  
 Enriched wheat flour, reduced iron, folic acid, vitamin B1, vitamin B2, sugar, soybean oil, corn syrup.  
**Allergens: Gluten & Soy.**
- Mini Croissant  
 Enriched wheat flour, water, butter, sweet cream, lactic acid, sugar, yeast, salt. **Allergens: Wheat, Dairy.**
- American Cheese **GLUTEN-FREE**  
 Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid, citric acid, soy lecithin.  
**Allergens: Dairy & Soy.**
- Homemade Granola **GLUTEN-FREE**  
 Old fashioned rolled oats, butter, brown sugar, vanilla, maple syrup. **Allergens: Dairy.**
- Graham Crackers  
 Graham flour, wheat flour, niacin, reduced iron, vitamin B1, vitamin B2, sugar, canola oil, sugar, molasses, calcium carbonate, salt, artificial flavor, soy lecithin.  
**Allergens: Soy, Wheat.**
- Saltine Crackers  
 Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil, Salt, High Fructose Corn Syrup, Cottonseed Oil, Malted Barley Flour, Baking Soda, Vegetable Monoglycerides.  
**Allergens: Soy, Wheat.**
- Ritz Crackers  
 UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SOYBEAN OIL, SUGAR, COTTONSEED OIL, SALT, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN, MALTED BARLEY FLOUR, NATURAL FLAVOR. CONTAINS WHEAT, SOY.  
**Allergens: Soy, Gluten.**
- Italian Hummus **GLUTEN-FREE**  
 Garbanzo beans, water, distilled vinegar, corn syrup, soybean oil, garlic, onion, red pepper, turmeric, paprika.  
**Allergens: Soy.**

- Turkey Slices  
 Turkey Breast, Turkey Broth, Contains 2% or less of the following: Modified Food Starch, Salt, Brown Sugar, Sodium Phosphate, Lemon Juice Concentrate, Dry Vinegar, Natural Flavors. **Allergens: None.**
- Kids Mix  
 Homemade granola, corn chex, toasted oats, toasted cheese squares.  
**Allergens: Soy, Gluten, Milk.**
- Cheddar Goldfish  
 ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: YEAST, SUGAR, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, ONION POWDER, MONOCALCIUM PHOSPHATE, BAKING SODA.  
**Allergens: Soy, Wheat, Gluten, Milk.**
- Cottage Cheese **GLUTEN-FREE**  
 Grade A cultured nonfat milk, milk, salt, contains less than 2% of: tapioca starch, potassium sorbate (preservative), artificial color, guar gum, mono and diglycerides, carrageenan, polysorbate 80, natural and artificial flavors, vitamin A palmitate, enzymes.  
**Allergens: Dairy, Milk.**
- Brown Rice Cakes **GLUTEN-FREE**  
 Organic brown rice, sea salt.  
**Allergens: None.**
- Pretzels, Soft  
 ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CORN SYRUP, BICARBONATES AND CARBONATES OF SODA.  
**Allergens: Wheat, Gluten.**
- Club Crackers  
 Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Soybean Oil with TBHQ For Freshness, Sugar, Contains Two Percent or Less of Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), High Fructose Corn Syrup, Corn Syrup, Cornstarch, Soy Lecithin.  
**Allergens: Soy, Gluten.**
- Pretzel Twists  
 Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Salt, Vegetable Oil (May contain one or more of the following: Canola, Corn, Soybean), Sodium Bicarbonate, Yeast.  
**Allergens: Wheat, Gluten, Soy.**
- Sunflower Butter **GLUTEN-FREE**  
 Roasted sunflower seeds, sugar, mono and diglycerides, salt.  
**Allergens: None.**
- Cheddar Cheese Cubes **GLUTEN-FREE**  
 Pasteurized Milk, Cheese Culture, salt, enzymes. Color added.  
**Allergens: Dairy, milk.**

## Vegetarian Menu Items

- Tofu  
Water, organic soybeans, calcium sulfate.  
**Allergens: Soy.**
- Veggie Quesadillas  
See also flour tortillas. Mozzarella cheese, cheddar cheese, peas, carrots, vegetable oil.  
**Allergens: Dairy.**
- Veggie Chili  
Red & black beans, tomatoes, tomato juice, citric acid, black pepper, chili powder, salt, paprika, onions, onion powder, garlic powder, basil, oregano, thyme, cumin, cocoa powder, cayenne, carrots, broccoli, peas, chickpeas. **Allergens: None.**
- Caprese Panini  
See also sliced wheat bread. Mozzarella cheese, nut-free basil pesto (canola oil, skim milk, parmesan cheese, basil.), fresh tomatoes.  
**Allergens: Dairy.**
- Cheese Quesadillas  
See also flour tortillas. Mozzarella cheese, cheddar cheese, vegetable oil. **Allergens: Dairy.**
- Veggie Crumbles  
Water, Soy Protein Concentrate, Contains Less Than 2% Of Malt Extract (contains Gluten), Salt, Yeast Extract, Sugar, Natural Flavor (contains Celery), Dried Onions, Garlic Powder, Spices.  
**Allergens: Soy, Gluten.**
- Veggie Bites  
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.  
**Allergens: Soy, Gluten, Wheat.**
- Veggie Burgers  
Hydrated Textured Vegetable Protein (Water, Soy Protein Concentrate), Onions, Wheat Gluten, Natural Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Soy Protein Isolate, Methyl Cellulose, Contains less than 2% of Garlic Powder, Fruit Juice (color), Salt, Black Pepper, Canola Oil.  
**Allergens: Wheat, Soy.**