



Menu Item Ingredients

Most of the items seen on the menu are listed in the online NutriSlice menu program and can be accessed at <https://irvingtonschools.nutrislice.com/menu/menus-eula>

For Items Not listed in NutriSlice, the Ingredients can be found below

Mozzarella cheese sticks

INGREDIENTS: Low Moisture Part Skim Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes). CONTAINS: Milk and Milk Products.

Bagel, Whole Grain

Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Syrup, Corn Malt, Sugar, Contains Less Than 2% Of Calcium Propionate, Corn Meal, Improver (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Enzymes (Wheat), Ascorbic Acid (Vitamin C), Salt, Wheat Gluten, Yeast.

Cream cheese (available with Bagels)

Ingredients: Pasteurized Milk And Cream, Salt, Guar Gum, Natamycin (A Natural Mold Inhibitor), Cheese Culture. Contains: Milk.

Tossed Salad

Ingredients: Lettuce Romaine, Red Cabbage, Carrot Mix and or Spinach

**CROUTON: Ingredients: OIL, VEGETABLE, SPICE, PAPRIKA GROUND, SPICE, GARLIC POWDER

**CHEESE, PARMESAN SHREDDED

Ingredients: Pasteurized Part-skim Milk, Cheese Culture, Salt, Enzymes. Potato Starch, Powdered Cellulose Added To Prevent Caking. May contain Milk. Free from Crustaceans, Eggs, Fish, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat

Fresh Baked Breadstick

Ingredients: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Contains 2% Or Less Of: Yeast, Salt, Potassium Chloride, Corn Protein, Ascorbic Acid Added As A Dough Conditioner, Microbial Enzymes

Spread: Vegetable Oil Blend (Soybean, Palm), Water, Crushed Garlic, Dried Garlic, salt, Contains 2% Or Less Of: Natural Flavors,

Mono Bread Sticks, Garlic, glycerides, Buttermilk, Whey . Spice, Onion Powder, Sun-flower Lecithin, Natural Garlic Flavor, Lactic Acid, Beta-Carotene (Color) • Contains milk and wheat ingredients.

French Fries

Ingredients: Potatoes, Vegetable oil (canola and/or soybean and/or cottonseed and/or sunflower and/or corn), Modified potato starch, Rice flour, Dextrin, Sodium phosphate, Pea fiber, Sugars, Baking powder, Xanthan gum, Pea protein, Paprika, Turmeric.

Macaroni and Cheese

Ingredients: Cooked Enriched Whole Grain Pasta (water, Whole Durum Wheat Flour, Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid, Reduced Sodium Reduced Fat American Cheese [cultured Pasteurized Milk And Skim Milk, Contains Less Than 2% Of Salt, Potassium Phosphate, Sodium Phosphate, Lactic Acid, Sorbic Acid (preservative), Annatto And Oleoresin Paprika (color), Vitamin A Palmitate, Enzymes], Water, Maltodextrin, Contains Less Than 2% Of Natural Flavor, Butter (cream, Salt), Salt, Food Starch - Modified, Xanthan Gum. Contains Eggs, Milk, Wheat

Colby Cheese Omelet

American cheese

Ingredients: Milk, Cream, Water, Sodium Citrate, Salt, Contains 2% Or Less Of Cheese Culture, Citric Acid, Color Added, Enzymes, Sorbic Acid (Preservative), Soy Lecithin. Contains: Milk, Soy

Cage-Free * Traditional Scrambled Egg Mix Frozen Egg Product

Ingredients: Whole Eggs, Whey, Skim Milk, Xanthan Gum, Citric Acid, 0.12% Water Added As A Carrier For Citric Acid.

Dinner Rolls

Ingredients: Water, Whole Wheat Flour, Enriched Unbleached Wheat Flour (wheat Flour, Niacin, Iron As Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid), Yeast, Wheat Gluten, Sugar, Soybean Oil, Contains Less Than 2% Of The Following: Oat Fiber, Fructose, Natural Flavor (contains Wheat Ingredients), Sea Salt, Honey, Enzymes (contains Wheat), Ascorbic Acid, Salt. Contains Wheat. May contain Eggs, Milk, Soy

CHICKEN BREAST, FILET BREADED GOLDEN CRISPY

Ingredients: Boneless, Skinless Chicken Breast (Whole Muscle) with Rib Meat, Whole Wheat Flour, Water, Enriched Wheat Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% Or Less Of The Following: Brown Sugar, Canola Oil, Carrot Powder, Citric Acid, Dextrose, Dried Garlic, Dried Onion, Dried Yeast, Garlic Powder, Isolated Soy Protein, Natural Flavor, Onion Powder, Paprika Extract (color), Salt, Sodium Phosphates, Spice, Sugar, Torula Yeast, Turmeric Extract (color), Vegetable Stock (onion, Celery, Carrot), Wheat Gluten, Yeast Extract. Breeding Set In Vegetable Oil. Contains Soy, Wheat

Pancake Syrup

100% maple syrup

Orange Juice

Ingredients: 100% pure orange juice

calories 150 total carb 35g total sugar 31g calcium 20mg potassium 610 mg vitamin c 90mg

Cheeseburger**Burger:**

USDA Choice at minimum, only 100% ground beef, total fat content not to exceed 15%

American Cheese:

Ingredients: Milk, Cream, Water, Sodium Citrate, Salt, Contains 2% Or Less Of Cheese Culture, Citric Acid, Color Added, Enzymes, Sorbic Acid (Preservative), Soy Lecithin.

Contains: Milk, Soy

Hamburger buns:

Ingredients: Water, Whole Wheat Flour, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten,

Contains 2% Or Less Of Each Of The Following: Soybean Oil, Salt, Dough Conditioners

(Contains One Or More Of The Following: Sodium Stearoyl Lactylate, Calcium Stearoyl

Lactylate, Monoglycerides, Mono- And Diglycerides, Distilled Monoglycerides, Calcium

Peroxide, Calcium Iodate, Ditem, Ethoxylated Mono- And Diglycerides, Enzymes, Ascorbic

Acid, Yeast, Calcium Sulfate, Guar Gum, Calcium Phosphate, Calcium Propionate (To retard

Spoilage) Contains: Wheat

Mayonnaise

Ingredients: Water, Soybean Oil, Vinegar, Modified Food Starch*, Egg Yolks, Contains Less Than 2% Of Salt, Eggs, Natural Flavor, Flour, Potassium Sorbate* And Calcium Disodium Edta (As Preservatives), Phosphoric Acid*, Oleoresin Paprika*.

Contains: Egg.

Spaghetti with Sauce and Ground Beef**Spaghetti:**

Ingredients: Semolina (wheat), Durum wheat flour.

Vitamins/Minerals: Niacin (vitamin B3), Ferrous sulphate (iron), Thiamine mononitrate (vitamin B1), Riboflavin (vitamin B2), Folic acid.

Contains: Wheat.

Marinara sauce

Ingredients: Tomato Puree, Sugar, Soybean Oil, Olive Oil, Dehydrated Onions, Spices, Dehydrated Garlic, Citric Acid. A Sodium Free Food.

Ground beef:

USDA Choice at minimum, only 100% ground beef, total fat content not to exceed 15%

Breaded Fish Bites

Ingredients: 64.2% Alaska Pollock; 35.8% Batter And Breading: Water, Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Modified Corn Starch, Enriched Wheat Flour (Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% Or Less Of: Whole Yellow Corn Meal, Yellow Corn Flour, Sugar, Salt, Yeast, Whey, Autolyzed Yeast Extract, Leavening (Sodium Bicarbonate, Monocalcium Phosphate), Modified Cellulose, Extractives Of Paprika, Annatto And Turmeric (Color), Dehydrated Onion. Par-Fried In Canola Oil, Cottonseed Oil, And/Or Soybean Oil. Contains: Fish (Pollock), Wheat, Milk

Sunbutter & Jelly Sandwich**Sunbutter Spread:**

Ingredients: Roasted Sunflower Seeds, Sugar, Mono & Diglycerides, Salt

Jelly:

Ingredients: Strawberries, Sugar, Fruit Pectin, Citric Acid.

Bread Sliced:

Ingredients: Water, Whole Wheat Flour, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Redi Ron, Thiamin Mononitrate, Riboflavin, Folic Acid, Sugar, Wheat Gluten, Contains 2% Or Less Of Each Of The Following: Ye Soybean Oil, Salt, Cultured Wheat Flour, Monocalcium Phosphate, Enzymes, Ascorbic Acid, Soy Lecithin. Contains: Wheat, Soy.

Bean and Cheese Burrito

Ingredients: Black Beans, Water, Salt, Calcium Chloride.

Shredded Cheddar

Ingredients: Cheddar Cheese [Cultured Pasteurized Milk, Sali, Enzymes, Annatto (Color)], Anticaking Blend (Potato Starc Cellulose), Natamycin (Natural Mold Inhibitor). Contains: Milk

10" Heat Pressed Flour Tortillas

Ingredients: Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Cellulose Gum, Distilled Monoglycerides, Enzymes, Fumaric Acid, And Calcium Propionate And Sorbic Acid (To Maintain Freshness). Contains: Wheat