

Spring Menu 2026

March / April / May



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	3/2, 4/27, 5/25	3/3, 4/28, 5/26	3/4, 4/1, 4/29, 5/27	3/5, 4/2, 4/30, 5/28	3/6, 4/3, 5/1, 5/29
Week 1					
Breakfast	<ul style="list-style-type: none"> Toasted Oats, Oranges, Org. Milk 	<ul style="list-style-type: none"> WG Pancakes* W/ Applesauce, Pineapple, Org. Milk 	<ul style="list-style-type: none"> WG Biscuits*, Turkey Sausage, V Egg Patties, Apples, Org. Milk 	<ul style="list-style-type: none"> Mini Bagels, Cream Cheese, Clementines, Org. Milk 	<ul style="list-style-type: none"> Lemon Poppyseed Muffins, Honeydew, Org. Milk
Lunch	<ul style="list-style-type: none"> Chx. Sliders, WG Rolls, V Veg. Burger, Tomato Ketchup, Green & Yellow Beans, Apples 	<ul style="list-style-type: none"> Chx. Fajitas, WG Tortillas V Tofu Fajitas, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> Three Cheese Ravioli, Marinara, Broccoli & Cauliflower, Cantaloupes 	<ul style="list-style-type: none"> Lemon Garlic Herb Rice & Chx., V Lemon Garlic Tofu, 4 Veggie Blend, Pineapple 	<ul style="list-style-type: none"> WG* Garlic Bread Pizza, Green Beans, Diced Carrots, Fruit Salad
Snack	<ul style="list-style-type: none"> Mini Pretzel Twists, Cheddar Cheese, Water 	<ul style="list-style-type: none"> Vanilla Yogurt, Fresh Pears, Water 	<ul style="list-style-type: none"> Brown Rice Cakes, Steamed Sweet Potatoes, Water 	<ul style="list-style-type: none"> Ritz Crackers, Fresh Bananas, Water 	<ul style="list-style-type: none"> Graham Squares, Fresh Apples, Water
	3/9, 4/6, 5/4	3/10, 4/7, 5/5	3/11, 4/8, 5/6	3/12, 4/9, 5/7	3/13, 4/10, 5/8
Week 2					
Breakfast	<ul style="list-style-type: none"> Corn Chex, Oranges, Org. Milk 	<ul style="list-style-type: none"> WG English Muffins, Turkey Sausage, V Egg Patties, Pineapple, Org. Milk 	<ul style="list-style-type: none"> WG French Toast Sticks, Maple Syrup, Apples, Org. Milk 	<ul style="list-style-type: none"> Homemade Granola, Vanilla Yogurt, Pineapple, Org. Milk 	<ul style="list-style-type: none"> Apple Spice Muffins, Fresh Cantaloupe, Org. Milk
Lunch	<ul style="list-style-type: none"> WG Mac & Cheese, Broccoli & Cauliflower, Apples 	<ul style="list-style-type: none"> BBQ Chicken & Brown Rice, V BBQ Tofu & Brown Rice, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> Turkey Burger W/ Cheese, V Veg. Burger, Buns & Ketchup, Green & Yellow Beans, Honeydew 	<ul style="list-style-type: none"> WG Cheese Tortellini In Garlic & Herb Oil, 4 Veg. Blend, Clementines 	<ul style="list-style-type: none"> Chx. Meatballs In Marinara Sauce, V Tofu In Marinara Sauce, WG Rolls, Green Beans & Carrots, Fruit Salad
Snack	<ul style="list-style-type: none"> Animal Crackers, String Cheese, Water 	<ul style="list-style-type: none"> Cottage Cheese, Fresh Pears, Water 	<ul style="list-style-type: none"> Cheddar Goldfish, Fresh Oranges, Water 	<ul style="list-style-type: none"> Brown Rice Cakes, Fresh Bananas, Water 	<ul style="list-style-type: none"> Cinnamon Bread, Fresh Apples, Water
	3/16, 4/13, 5/11	3/17, 4/14, 5/12	3/18, 4/15, 5/13	3/19, 4/16, 5/14	3/20, 4/17, 5/15
Week 3					
Breakfast	<ul style="list-style-type: none"> Corn Flakes, Oranges, Org. Milk 	<ul style="list-style-type: none"> WG* Pancakes, Maple Syrup, Pineapple, Org. Milk 	<ul style="list-style-type: none"> Toasted Oats, Strawberry Yogurt, Apples, Org. Milk 	<ul style="list-style-type: none"> Hash Browns, Turkey Sausage, V Egg Patties, Clementines, Org. Milk 	<ul style="list-style-type: none"> Blueberry Muffins, Honeydew, Org. Milk
Lunch	<ul style="list-style-type: none"> Chx. Fajitas, WG Tortillas V Tofu Fajitas, Green & Yellow Beans, Apples 	<ul style="list-style-type: none"> WG Rotini, Roasted Tomato Sauce, Turkey Sausage V Tomato Tofu, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> Spring Vegetables W/ Chicken & Rice, V Tofu Spring Rice, Broccoli & Cauliflower, Cantaloupe 	<ul style="list-style-type: none"> WG Chx Bites, Tomato Ketchup, V Veggie Bites, 4 Veggie Blend, Pineapple 	<ul style="list-style-type: none"> Chx. Alfredo, WG Rotini, V Tofu Alfredo, Green Beans, Diced Carrots, Fruit Salad
Snack	<ul style="list-style-type: none"> Ritz Crackers, Cheddar Cheese, Water 	<ul style="list-style-type: none"> Italian Hummus, Pita Bread, Water 	<ul style="list-style-type: none"> Graham Squares, Fresh Oranges, Water 	<ul style="list-style-type: none"> Brown Rice Cakes, Bananas, Water 	<ul style="list-style-type: none"> Club Crackers, Fresh Apples, Water
	3/23, 4/20, 5/18	3/24, 4/21, 5/19	3/25, 4/22, 5/20	3/26, 4/23, 5/21	3/27, 4/24, 5/22
Week 4					
Breakfast	<ul style="list-style-type: none"> Rice Krispies, Oranges, Org. Milk 	<ul style="list-style-type: none"> WG Biscuits*, Turkey Sausage, V Fresh Eggs, Pineapple, Org. Milk 	<ul style="list-style-type: none"> Mini Bagels, Cream Cheese, Apples, Org. Milk 	<ul style="list-style-type: none"> WG Waffles*, Maple Syrup, Clementines, Org. Milk 	<ul style="list-style-type: none"> Orange Blossom Muffins, Cantaloupe, Org. Milk
Lunch	<ul style="list-style-type: none"> Turkey & Rice Casserole, V Tofu Rice Casserole, Broccoli & Cauliflower, Apples 	<ul style="list-style-type: none"> Herb Chx. & WG Rotini Pasta, V Herbed Tofu, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> WG Chx. Bites*, Tomato Ketchup, V Veg. Bites, Green & Yellow Beans, Honeydew 	<ul style="list-style-type: none"> Southwest Chx., Brown Rice Bowl, V Org Tofu, 4 Veggie Blend, Pineapple 	<ul style="list-style-type: none"> Chx. Marinara, WG Penne, V Veg. Crumbles, Green Beans, Diced Carrots, Fruit Salad
Snack	<ul style="list-style-type: none"> Animal Crackers, String Cheese, Water 	<ul style="list-style-type: none"> Cottage Cheese, Fresh Pears, Water 	<ul style="list-style-type: none"> Italian Hummus, Pita Bread, Water 	<ul style="list-style-type: none"> Strawberry Yogurt, Fresh Bananas, Water 	<ul style="list-style-type: none"> Cinnamon Bread, Fresh Apples, Water

Spring Allergy Menu 2026

March / April / May



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3/2, 4/27, 5/25	3/3, 4/28, 5/26	3/4, 4/1, 4/29, 5/27	3/5, 4/2, 4/30, 5/28	3/6, 4/3, 5/1, 5/29
	Lunch <ul style="list-style-type: none"> • Roasted Chicken • Corn Flour Pasta • Green & Yellow Beans • Fresh Apples • Plant Based Milk 	<ul style="list-style-type: none"> • Chicken Fajitas • Corn Tortillas • Peas & Carrots • Fresh Bananas • Plant Based Milk 	<ul style="list-style-type: none"> • Corn Flour Pasta • Marinara Sauce • Diced Chicken • Broccoli & Cauliflower • Fresh Cantaloupe • Plant Based Milk 	<ul style="list-style-type: none"> • Lemon Garlic Herb Rice And Chicken • 4 Veggie Blend • Fresh Pineapple • Plant Based Milk 	<ul style="list-style-type: none"> • Chicken Quesadillas • Vegan Cheese • Green Beans • Diced Carrots • Fresh Fruit Salad • Plant Based Milk
Week 2	3/9, 4/6, 5/4	3/10, 4/7, 5/5	3/11, 4/8, 5/6	3/12, 4/9, 5/7	3/13, 4/10, 5/8
	Lunch <ul style="list-style-type: none"> • Mac N' Chicken • Vegan Cheese • Corn Flour Pasta • Broccoli & Cauliflower • Fresh Apples • Plant Based Milk 	<ul style="list-style-type: none"> • BBQ Chicken & Brown Rice • Peas & Carrots • Fresh Bananas • Plant Based Milk 	<ul style="list-style-type: none"> • Grilled Chicken • Brown Rice • Green & Yellow Beans • Fresh Honeydew • Plant Based Milk 	<ul style="list-style-type: none"> • Corn Flour Pasta In Marinara Sauce • Diced Chicken • 4 Veggie Blend • Fresh Pineapple • Plant Based Milk 	<ul style="list-style-type: none"> • Herbed Chicken • Brown Rice • Green Beans • Diced Carrots • Fresh Fruit Salad • Plant Based Milk
Week 3	3/16, 4/13, 5/11	3/17, 4/14, 5/12	3/18, 4/15, 5/13	3/19, 4/16, 5/14	3/20, 4/17, 5/15
	Lunch <ul style="list-style-type: none"> • Chicken Fajitas • Corn Tortillas • Green & Yellow Beans • Fresh Apples • Plant Based Milk 	<ul style="list-style-type: none"> • Corn Flour Pasta • Marinara Sauce • Diced Chicken • Peas & Carrots • Fresh Bananas • Plant Based Milk 	<ul style="list-style-type: none"> • Spring Vegetables W/ Rice & Chicken • Broccoli & Cauliflower • Fresh Cantaloupe • Plant Based Milk 	<ul style="list-style-type: none"> • Chicken In Salsa • Corn Tortillas • 4 Veggie Blend • Fresh Pineapple • Plant Based Milk 	<ul style="list-style-type: none"> • Roasted Chicken • Brown Rice • Green Beans • Diced Carrots • Fresh Fruit Salad • Plant Based Milk
Week 4	3/23, 4/20, 5/18	3/24, 4/21, 5/19	3/25, 4/22, 5/20	3/26, 4/23, 5/21	
	Lunch <ul style="list-style-type: none"> • Vegetarian Burrito Bowl • Corn Tortillas • Broccoli & Cauliflower • Fresh Apples • Plant Based Milk 	<ul style="list-style-type: none"> • Corn Flour Pasta In Marinara Sauce • Diced Chicken • Peas & Carrots • Fresh Bananas • Plant Based Milk 	<ul style="list-style-type: none"> • Grilled Chicken • Corn Flour Pasta • Green & Yellow Beans • Fresh Honeydew • Plant Based Milk 	<ul style="list-style-type: none"> • SW Chx Brown Rice Bowl • 4 Veggie Blend • Pineapple • Plant Based Milk 	<ul style="list-style-type: none"> • Corn Flour Pasta In Marinara Sauce • Diced Chicken • Green Beans • Diced Carrots • Fresh Fruit Salad • Plant Based Milk



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Ingredients List

SPRING -2026 Ingredients v1.0
March, April, May

Nutritional Ingredient Information Only

Breakfast Items

- Apple Spice Muffins
Water, enriched flour bleached (Wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, apples, oat fiber. Contains 2% or less of: corn syrup solids, modified corn starch, cinnamon, eggs, salt, baking soda, sodium aluminum phosphate, preserved with (ascorbic acid, citric acid), dextrose, xanthan gum, natural flavor.
Allergens: Gluten, wheat, soy, 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
Water, sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, blueberries. Contains 2% or less of: oat fiber, modified corn starch, dextrose, eggs, salt, baking soda, sodium aluminum phosphate, monoglycerides, potassium sorbate (preservative), xanthan gum, natural flavor.
Allergens: Gluten, Wheat, Soy, Eggs.
- Orange Blossom Muffins
Enriched wheat flour, water, sugar, oranges, soybean oil, orange zest, eggs, egg whites, corn starch, salt, baking soda, sodium phosphate, corn starch, citric acid.
Allergens: Gluten, Soy, Wheat, Eggs.
- Whole Grain Biscuits
Whole wheat flour, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, palm kernel oil, sugar, calcium acid pyrophosphate, buttermilk, salt, baking soda, potassium bicarbonate, sodium aluminum phosphate, pectin. Allergens: Wheat, Milk.
Allergens: Milk, Gluten, Wheat.
- Lemon Poppy Seed Muffins
Water, sugar, enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, lemon filling (water, high fructose corn syrup, sugar, modified corn starch, lemon juice, concentrate, invert sugar, fruit and vegetable juice color, sodium benzoate [preservative], natural flavor, citric acid, sunflower oil), poppy seeds, oat fiber. contains 2% or less of: modified corn starch, eggs, sodium aluminum phosphate, salt, baking soda, monoglycerides, natural flavors, annatto and turmeric extract color, BHT (preservative).
Allergens: Gluten, Soy, Wheat, Eggs.



- English Muffins:
 Enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, corn meal, sugar, vegetable oil (canola and/or soy), salt, wheat gluten, calcium propionate, dough conditioners (Monocalcium phosphate monohydrate, datem, ascorbic acid, enzymes), corn starch.
Allergens: Wheat

- Homemade Granola **GLUTEN-FREE**
 Old fashioned rolled oats, butter, brown sugar, vanilla, pancake syrup.
Allergens: Dairy.

- French Toast Sticks, Whole Grain
 Whole grain Bread (whole wheat flour, enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamine mononitrate (vitamin B1), riboflavin (Vitamin B2), folic acid], sugar, wheat gluten, yeast. Contains 2% or less of each of the following: soybean oil, calcium propionate [Preservative], datem, grain vinegar, citric acid, soy lecithin), water, whole wheat batter (whole wheat flour, sugar, enriched wheat flour [wheat flour, niacin, iron, thiamine, riboflavin, folic acid] modified cornstarch. Contains 2% or less of each of the following: Cinnamon, nutmeg, egg, skim milk, salt, soybean oil, natural and artificial flavor, leavening [sodium bicarbonate], corn syrup solids, modified cellulose, soy lecithin) coating (Unbleached enriched wheat flour [unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, leavening [Monocalcium phosphate, sodium bicarbonate], salt yeast), soybean oil, cinnamon sugar (Sugar cinnamon).
Allergens: Wheat, soy, egg, milk

- Whole Grain Pancakes
 Whole wheat flour Blend (Whole wheat flour, enriched wheat flour [wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar, buttermilk solids, dextrose, soybean oil, egg, whey powder. Contains 2% or less of: baking powder (sodium bicarbonate, corn starch, sodium acid pyrophosphate, mono calcium phosphate), salt, soy lecithin. **Allergens: Milk, Eggs, Wheat, Soy.**

- 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: Gluten.

- Hash Browns **GLUTEN-FREE**
 Potatoes, vegetable oil (contains one or more of the following: Soybean Oil, Canola Oil), yellow corn flour, Modified Potato Starch, salt, dextrose, disodium dihydrogen pyrophosphate (to promote color retention).
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.
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 Blend (whole wheat flour, enriched wheat flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid]), water, soybean oil, soy lecithin, sugar, nonfat milk. Contains 2% or less of: Baking powder (Sodium bicarbonate, corn starch, sodium acid, pyrophosphate, monocalcium phosphate), wheat bran, eggs, salt.
Allergens: Wheat, Soy, Eggs, Milk.
- 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.**
- Cream Cheese **GLUTEN-FREE**
PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, XANTHAN GUM, CAROB BEAN GUM. **Allergens: Milk, Dairy.**
- Applesauce **GLUTEN-FREE**
Apples, citric acid.
Allergens: None.
- Maple Syrup **GLUTEN-FREE**
Corn syrup, water, contains 2% or less of salt, preservative - Potassium sorbate, sodium benzoate and benzoic acid, cellulose gum, caramel color, sodium hexametaphosphate, natural and artificial flavors, phosphoric acid. Allergens: None.
Allergens: None.

Lunch Items

- Turkey and Rice Casserole **GLUTEN-FREE**



Turkey sausage crumbles (turkey, protein, salt, spices,paprika flavoring, peppers and onions, basil, onion,garlic,salt,vegetable oil

Allergens: None.

- Spring vegetable W/ Chicken & Rice:

White rice, diced chicken breast, sweet peas, carrots, red bell peppers, basil, garlic, onion, salt.

Allergens: None

- 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, Textured soy flour, breadcrumbs (wheat flour, dextrose, salt, yeast, soybean, oil), seasoning [dehydrated garlic, dehydrated onion, yeast extract, spices, brown sugar, caramel color, tomato powder, dehydrated parsley, natural flavor (contains milk)], marinara sauce (Tomato concentrate (Water, Tomato Paste), Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor).

Allergens: Soy, Milk, Wheat.

- Whole Grain Cheese Tortellini

Enriched durum flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, Folic acid), water, ricotta cheese (whey, milk, vinegar, salt, xanthan gum, locust bean gum, guar gum), bread crumbs (wheat flour, salt, yeast), soy bean oil, salt, dried whole eggs, garlic powder, onion powder, romano cheese (cow's and sheep's milk, rennet, salt, cheese culture, enzymes), Natural flavors.

Allergens: Wheat, Egg, Soy, Milk.

- Chicken Alfredo with Pasta

Chicken breast. Sauce: Sauce: skim milk, water, cream, parmesan cheese, margarine, food starch-modified, cheddar club 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.**

- Chicken Bites, Whole Grain

Chicken Water, isolated soy (protein, sugar, reduced sodium sea salt (sea salt, potassium chloride, rice flour), sodium phosphate, white pepper, onion powder, garlic powder. Breaded with: whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), spice, ascorbic acid (vitamin C), dextrose, Garlic powder, extractives of Paprika. Battered with: water, whole wheat flour, modified corn starch, sugar, salt, onion powder, leavening (calcium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate), garlic powder, chicken broth, maltodextrin, dextrose, yeast extract, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid

(vitamin C), natural and artificial flavors, lactic acid, extractive of paprika. Predusted with: whole wheat flour, modified corn starch, salt, onion powder, garlic powder, maltodextrin, ascorbic acid (vitamin C), natural and artificial flavors, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dextrose, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), lactic acid, extractive of paprika.

Allergens: Soy, Wheat.

- 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
- Turkey Burger
 Turkey Burger: Turkey, water, vegetable protein product [soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)], unsweetened applesauce [apples, water, (may contain erythorbic acid), (may contain ascorbic acid)], seasoning [dehydrated onion, corn starch, salt, sugar, corn syrup solids, hydrolyzed soy protein, caramel color, yeast extract, maltodextrin, disodium inosinate, disodium guanylate, natural flavors], potassium and sodium phosphates, salt, garlic powder, black peppers.
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. Sauce: 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, 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.
- 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, steamed.
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.
- 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, contains 2% or less of salt, preservative - Potassium sorbate, sodium benzoate and benzoic acid, cellulose gum, caramel color, sodium hexametaphosphate, natural and artificial flavors,

phosphoric acid. Allergens: None.

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.
- 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, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less Than 2% Of: Spice, Onion Powder, Natural Flavors. **Allergens: None.**
- Tomato Salsa
Tomate 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

- Corn Tortillas **GLUTEN-FREE**
Corn, water, sodium propionate, sorbic acid, lime.
Allergens: None.
- Whole Grain Tortillas
whole whea flour, water, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine monitrate, riboflavin, acid folic) vegetable shortaning (contains one or more of the following oils: soybean oil, and/or corn oil and/or canola oil and/or palm oil), sugar, honey, sodium bicarbonate, sodium aluminium phosphate, potasium sorbate (a preservative). Mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, and sodium metabisulfite (dough conditioner).
Allergens: Wheat, Soy.
- Fresh Buns (turkey burger buns)
Enriched flour (unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), niacin (Vitamin B3), folic acid), water, yeast, high fructose syrup, soybean oil, wheat, gluten, salt, calcium propinate (a preservative), vinegar, moniglicerides, calcium sulfate, sodium, stearoil Lactylate, calcium phosphate, ascorbi acid, sesame. Allergens: Wheat, Soy, Gluten, Sesame.
Allergens: Wheat, Soy, Gluten & Sesame.
- 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.

- Naan Bread

Enriched wheat flour (Wheat flour, niacin, reduced iron, ascorbic acid added as 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. Allergens: Wheat, Milk, Eggs. May contain Soy.

Allergens: Wheat, Milk, Eggs. May contain Soy

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 of 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 (Wheat flour, Niacin, reduced iron, vitamin B1 [Thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, palm and palm kernel oil with TBHQ for freshness, high fructose corn syrup, contains 2% or less of salt, baking soda, soy lecithin, artificial flavor.

Allergens: Wheat, Soy.

- Graham Crackers

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, vegetable oil (soybean and/or canola), molasses, corn syrup. Contains 2% or less of leavening (Baking Soda, sodium acid pyrophosphate, monocalcium phosphate), salt, soy lecithin.

Allergens: Soy, Wheat.



- Ritz Crackers
 Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), soybean oil and/or canola oil, palm oil, sugar, salt, leavening (baking soda and/or calcium phosphate), high fructose corn syrup, soy lecithin, natural flavor.
Allergens: Wheat, Soy.
- Italian Hummus **GLUTEN-FREE**
 Garbanzo beans, water, distilled vinegar, corn syrup, soybean oil, garlic, onion, red pepper, turmeric, paprika.
Allergens: Soy.
- Guacamole
 Hass Avocado, lemon juice, salt.
Allergens: None.
- 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.
- 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 bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), food starch-modified, salt, palm oil, color added, hydrolyzed vegetable protein (corn, soy, and/or wheat), sugar, corn syrup solids, onion, contains less than 2% of: garlic, soy sauce (soy, wheat, salt), yeast extract, natural flavors, succinic acid, glutamic acid, sodium caseinate, mono & diglycerides, disodium guanylate, disodium inosinate. **Allergens: Wheat, Milk, Soy**
- Sunflower Butter **GLUTEN-FREE**
 Roasted sunflower seeds, sugar, mono and diglycerides, salt.
Allergens: None.

- Cinnamon Bread:
 Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Soybean Oil, Brown Sugar, Contains 2% or less of the following: Cinnamon, Salt, Potato Flakes, Wheat Gluten, Malt Extract, Corn Flour, Spices (Turmeric and Paprika), Mono & Diglycerides, Natural Flavor, Calcium Propionate (Preservative), Enzymes, Ascorbic Acid. **Allergens: Wheat**

- Cheddar Cheese Cubes
 Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, color added), Anticake (powdered cellulose).
Allergen: Milk

- Sweet Potatoes **GLUTEN-FREE**
 Whole sweet potatoes steamed.
Allergens: None.

- Cream Cheese **GLUTEN-FREE**
 PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, XANTHAN GUM, CAROB BEAN GUM. **Allergens: Milk, Dairy.**

- 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.

- 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.

- Whole Grain Tortillas
 whole whea flour, water, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine monitrate, riboflavin, acid folic) vegetable shortaning (contains one or more of the following oils: soybean oil, and/or corn oil and/or canola oil and/or palm oil), sugar, honey, sodium bicarbonate, sodium aluminium phosphate, potasium sorbate (a preservative). Mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, and sodium metabisulfite (dough conditioner).
Allergens: Wheat, Soy.

- Pita Bread
 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,

guarn gum, L-cistaine (vegetable source), enzymes), calcium propionate as a mold inhibitor, oat fiber.

Allergens: Wheat, Soy

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.
- 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, Soy protein concentrate, Whole wheat flour, vegetable oil (corn, canola and/or sunflower oil), Enriched flour (Wheat flour, niacin, reduced iron, vitamin B1 [Thiamin mononitrate], vitamin B2, [Riboflavin], folic acid), Soy protein isolate. Contains 2% or less of methycellulose, potato starch, salt, natural flavors, maltodextrin, potassium salt, yeast extract, spices, sugar, yeast, garlic powder, onion powder, paprika color, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), citric acid, xanthan gum.
Allergens: Soy, 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.