



THURSDAY, OCTOBER 1st

CAVATAPPI PASTA (CONTAINS: WHEAT, SOY)

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

BOLOGNESE SAUCE (GLUTEN FREE)

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

MARINARA SAUCE (GLUTEN FREE) (CONTAINS: SOY)

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

GREEN BEANS (GLUTEN FREE)

GREEN BEANS, KOSHER SALT, WATER, PEPPER

GARLIC KNOT (CONTAINS WHEAT, DAIRY, SOY)

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

FRIDAY, OCTOBER 2nd

WALKING TACOS

DORITOS CHIPS (GLUTEN FREE) (CONTAIN: DAIRY)

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

SEASONED BEEF (MADE WITHOUT GLUTEN) (DAIRY FREE)

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

SEASONED MEATLESS BEEF (CONTAINS: SOY)

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

MEXICAN STREET CORN (MADE WITHOUT GLUTEN) (CONTAINS: DAIRY)

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

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

CHEDDAR CHEESE (CONTAINS: DAIRY)

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

SOUR CREAM (CONTAINS: DAIRY)

CULTURED CREAM (MILK), ENZYME

CHURROS WITH CINNAMON SUGAR (CONTAINS: DAIRY, EGG, SOY, WHEAT)

ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: SUNFLOWER OIL, COTTONSEED OIL, SOYBEAN OIL), EGG WHITES, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, AMMONIUM CARBONATE), VITAL WHEAT GLUTEN, WHEAT STARCH, SALT, CORN STARCH, SUGAR, DEXTROSE, MONOGLYCERIDES, GUAR GUM, ARTIFICIAL FLAVOR, YEAST, SOY FLOUR, NONFAT MILK

OCTOBER 2026 LUNCH INGREDIENT

MONDAY, OCTOBER 5th

CHEESE RAVIOLI (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

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

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

ITALIAN GREEN BEANS (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEANS, SALT, PEPPER, OIL

FRENCH ROLL (CONTAINS: WHEAT, DAIRY)

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

TUESDAY, OCTOBER 6th

TERIYAKI CHICKEN MEATBALLS (CONTAINS WHEAT, SOY)

GROUND CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, WHEAT FLOUR, CONTAINS 2% OR LESS OF THE FOLLOWING: DEXTROSE, GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVORS, ONION POWDER, SALT, SOYBEAN OIL, SPICE, SUGAR, TORULA YEAST, YEAST, YEAST EXTRACT. (TERIYAKI SAUCE) - SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), SUGAR, WATER, MODIFIED CORN STARCH, ONION JUICE, VINEGAR, NATURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE, DISODIUM INOSINATE, DISODIUM GUANYLATE

TERIYAKI TOFU (CONTAINS WHEAT, SOY)

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, MONOCALCIUM PHOSPHATE), CORN STARCH. (TERIYAKI SAUCE) - (WATER, SOYBEANS, WHEAT, SALT), SUGAR, WATER, MODIFIED CORN STARCH, ONION JUICE, VINEGAR, NATURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE, DISODIUM INOSINATE, DISODIUM GUANYLATE

JASMINE RICE (MADE WITHOUT GLUTEN, DAIRY FREE)

WATER, JASMINE RICE, OLIVE OIL, SALT

STEAMED BROCCOLI (GLUTEN FREE)

BROCCOLI, KOSHER SALT, WATER, PEPPER

WEDNESDAY, OCTOBER 7th

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, 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

THURSDAY, OCTOBER 8th

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

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

VEGETABLE LASAGNA (CONTAINS: DAIRY, WHEAT, SOY)

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

ITALIAN VEGGIE BLEND (GLUTEN FREE)

BROCCOLI, CARROTS, CAULIFLOWER, SALT, PEPPER, OIL

TEXAS TOAST (CONTAINS: SOY, WHEAT, DAIRY)

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

PUMPKIN SPICE COOKIES (CONTAINS: DAIRY, EGGS, SOY, WHEAT)

FLOUR (BLEACHED WHEAT FLOUR, ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE), SUGAR, SALTED BUTTER (CREAM, SALT), MARGARINE (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE, VITAMIN A PALMITATE), EGGS, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, CREAM OF TARTAR, VANILLA EXTRACT, CINNAMON, ALLSPICE, GINGER

OCTOBER 2026 LUNCH INGREDIENT

FRIDAY, OCTOBER 9th



MONDAY, OCTOBER 12th



OCTOBER 2026 LUNCH INGREDIENT

TUESDAY, OCTOBER 13th

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

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

GARLIC ROASTED BROCCOLI (MADE WITHOUT GLUTEN, DAIRY FREE)

BROCCOLI, GARLIC, SALT, PEPPER, OLIVE OIL

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

FLOUR (BLEACHED WHEAT FLOUR, ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE), SUGAR, SALTED BUTTER (CREAM, SALT), MARGARINE (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE, VITAMIN A PALMITATE), EGGS, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, CREAM OF TARTAR, VANILLA EXTRACT, PINK, WHITE, SPRINKLES

WEDNESDAY, OCTOBER 14th

CHILI CON CARNE (MADE WITHOUT GLUTEN, DAIRY FREE)

GROUND BEEF, ONION, DICED TOMATOES WITH JUICE, SOUP, BEEF BROTH BOUILLON AND CONSOMME, CANNED, CONDENSED, RED KIDNEY BEAN, TOMATO PASTE (TOMATOES), RED PEPPER, YELLOW PEPPER, OLIVE OIL, JALAPENOS, KOREAN RED CHILI PEPPER POWDER, CUMIN SEED, GARLIC, WHITE PEPPER, KOSHER SALT, OREGANO, DRY, CAYENNE PEPPER

VEGGIE CHILI (MADE WITHOUT GLUTEN, DAIRY FREE)

BLACK BEANS (ORGANIC BLACK BEANS, WATER, SEA SALT, CALCIUM CHLORIDE), ONION, RED KIDNEY BEAN, GARLIC, CHILI SAUCE, RED PEPPER, YELLOW PEPPER, DICED TOMATOES (TOMATOES, TOMATO PUREE, SALT, CITRIC ACID), CUMIN

WHITE RICE (MADE WITHOUT GLUTEN, DAIRY FREE)

WATER, LONG GRAIN RICE, OLIVE OIL, SALT

PLANTAINS (MADE WITHOUT GLUTEN, DAIRY FREE)

PLANTAINS, KOSHER SALT, OLIVE OIL, VEGETABLE OIL

CORN BREAD (CONTAINS: GLUTEN, SOY, DAIRY, EGGS)

ENRICHED BLEACHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, EGGS, WATER, SUGAR, SOYBEAN OIL, YELLOW CORN MEAL, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2 OR LESS: SKIM MILK, MODIFIED CORN STARCH, LEAVENING SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE, SALT, MONO- AND DIGLYCERIDES, LACTOSE, MILK PROTEIN CONCENTRATE, XANTHAN GUM

OCTOBER 2026 LUNCH INGREDIENT

THURSDAY, OCTOBER 15th

BBQ CHICKEN WINGS (GLUTEN FREE) (CONTAINS: SOY)

CHICKEN WINGS, SALT, PEPPER, GARLIC, TOMATO PUREE (WATER, TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, VINEGAR, CORN SYRUP, SALT, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF SOYBEAN OIL, HYDROLYZED SOY PROTEIN, MUSTARD FLOUR, DRIED ONIONS, DRIED GARLIC, NATURAL FLAVOR (CONTAINS CELERY SEED), RED 40, BLUE 1, POTASSIUM SORBATE (TO PRESERVE FRESHNESS).

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

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

RED SKIN MASHED POTATOES (MADE WITHOUT GLUTEN, DAIRY FREE)

RED POTATOES, SALT, BLACK PEPPER, GARLIC, BUTTER, WHOLE MILK

SAUTÉED SWEET CORN (GLUTEN FREE)

YELLOW CORN, SALT, PEPPER, OLIVE OIL

FRIDAY, OCTOBER 16th

SLOPPY JOE (DAIRY FREE) (CONTAINS: WHEAT, SOY)

GROUND BEEF, OLIVE OIL, ONION, RED PEPPER, GREEN PEPPER, BROWN SUGAR, WORCESTERSHIRE SAUCE, TOMATO SAUCE, GARLIC, SALT, PEPPER, ITALIAN PARSLEY

VEGGIE SLOPPY JOE (DAIRY FREE) (CONTAIN: WHEAT, SOY)

MEATLESS GROUND BEEF, RED PEPPER, GREEN PEPPER, BROWN SUGAR, TOMATO SAUCE, GARLIC, SALT, PEPPERS

POTATO KAISER ROLL (CONTAINS: WHEAT, SOY)

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

LAYS POTATO CHIPS (MADE WITHOUT GLUTEN, DAIRY FREE)

POTATOES, VEGETABLE OIL (CANOLA, CORN, SOYBEAN, AND/OR SUNFLOWER OIL), AND SALT

GREEN BEANS & CARROTS (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEANS, CARROTS, SALT, PEPPER, OLIVE OIL

SNICKERDOODLE COOKIES (CONTAINS: DAIRY, EGGS, SOY, WHEAT)

FLOUR (BLEACHED WHEAT FLOUR, ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), Malted Barley Flour, POTASSIUM BROMATE), SUGAR, SALTED BUTTER (CREAM, SALT), MARGARINE (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE, VITAMIN A PALMITATE), EGGS, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, CREAM OF TARTAR, VANILLA EXTRACT

OCTOBER 2026 LUNCH INGREDIENT

MONDAY, OCTOBER 19th

PERUVIAN CHICKEN (MADE WITHOUT GLUTEN, DAIRY FREE)

CHICKEN THIGHS, SALT, PEPPER, OLIVE OIL, GARLIC, LIME JUICE, PAPRIKA, CUMIN, OREGANO, SUGAR

PERUVIAN CHICKPEA STEW (MADE WITHOUT GLUTEN, DAIRY FREE)

CHICKPEA, YELLOW ONION, GARLIC, OLIVE OIL, TOMATO, YELLOW SQUASH, CORIANDER, CUMIN, ALLSPICE, SALT, BLACK PEPPER

FLUFFY WHITE RICE (MADE WITHOUT GLUTEN, DAIRY FREE)

WHITE RICE, SALT, WATER

BLACK BEAN (MADE WITHOUT GLUTEN, DAIRY FREE)

ORGANIC BLACK BEANS, WATER, SEA SALT, CALCIUM CHLORIDE.

SAUTÉ SPINACH (MADE WITHOUT GLUTEN, DAIRY FREE)

SPINACH, KOSHER SALT, PARSLEY, OLIVE OIL, VEGETABLE OIL, BLACK PEPPER

GREEN SAUCE (CONTAINS: EGG, DAIRY) (MADE WITHOUT GLUTEN)

JALAPENO, CILANTRO, GARLIC, MAYO, SOUR CREAM, LIME JUICE, SALT, BLACK PEPPER, OLIVE OIL

TUESDAY, OCTOBER 20th

TURKEY TETRAZZINI (CONTAINS: WHEAT, SOY, DAIRY)

TURKEY BREAST, SEMOLINA (WHEAT), DURUM WHEAT FLOUR, VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID. BUTTER, MILK, HEAVY CREAM, CHICKEN BROTH, GREEN PEAS, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT AND ENZYME) SALT, BLACK PEPPER, PARSLEY, PANKO - (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT), GRATED PARMESAN - (IMPORTED PARMESAN CHEESE (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES)

PASTA PRIMAVERA (CONTAINS: WHEAT, SOY, DAIRY)

SAUCE ALFREDO CLASSIC, ROTINI TRI-COLOR (SEMOLINA, TOMATO SOLIDS, DRIED SPINACH, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROCCOLI, ZUCCHINI, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES)

ROASTED ITALIAN VEGETABLE (MADE WITHOUT GLUTEN, DAIRY FREE)

ZUCCHINI, BROCCOLI, GREEN BEANS, CARROTS, RED PEPPERS, SALT, PEPPER, OLIVE OIL

GARLIC KNOT (CONTAINS WHEAT, DAIRY, SOY)

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

OCTOBER 2026 LUNCH INGREDIENT

WEDNESDAY, OCTOBER 21st

DICED HICKORY SMOKED BACON (MADE WITHOUT GLUTEN, DAIRY FREE)

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

DICED BREAKFAST SAUSAGE (MADE WITHOUT GLUTEN, DAIRY FREE)

PORK, WATER, SALT, SUGAR, SPICES, FLAVORING

DICED VEGGIE SAUSAGE (DAIRY FREE) (CONTAINS: WHEAT)

FILTERED WATER, VITAL WHEAT GLUTEN, EXPELLER PRESSED SAFFLOWER OIL, EGGPLANT, ONIONS, YEAST EXTRACT, KOSHER RED WINE (RED WINE, SALT), GARLIC, BARLEY MALT, ONION POWDER, DRIED RED BELL PEPPER, FENNEL SEED, GRANULATED GARLIC, SEA SALT, SPICES

SCRAMBLED EGGS (CONTAINS: EGGS)

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

HASH BROWN (CONTAINS: SOY)

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

FLOUR TORTILLAS (CONTAINS: WHEAT, SOY)

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

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

SHREDDED CHEDDAR CHEESE (CONTAINS: DAIRY), SOUR CREAM (GRADE A CULTURED CREAM) (CONTAINS: DAIRY)

SALSA (MADE WITHOUT GLUTEN)

THURSDAY, OCTOBER 22nd

CAESAR SALAD (CONTAINS: WHEAT, DAIRY, EGGS, SOY)

ROMAINE HEART, **CROUTONS:** (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL (WITH ROSEMARY EXTRACT AND ASCORBIC ACID [TO PRESERVE FRESHNESS]), WHEY (MILK), SALT, SUGAR, YEAST, 2% OR LESS OF SPICES, DEHYDRATED PARSLEY, ONION POWDER, PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OR PAPRIKA (COLOR), SPICE EXTRACTIVE, ENZYMES, ASCORBIC ACID), **PARMESAN CHEESE:** (PASTEURIZED PART-SKIM COWS MILK, CHEESE CULTURES, SALT, ENZYMES) **CAESAR DRESSING:** (SOYBEAN OIL, DISTILLED VINEGAR, WATER, APPLE CIDER VINEGAR, ROMANO CHEESE PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, SALT, CONTAINS LESS THAN 2 OF GARLIC, SUGAR, TABASCO BRAND PEPPER SAUCE DISTILLED VINEGAR, RED PEPPER, SALT, SPICE, MUSTARD FLOUR, MALTODEXTRIN, CARRAGEENAN, XANTHAN GUM, BETA CAROTENE COLOR. DRIED)

GRILLED CHICKEN (MADE WITHOUT GLUTEN, DAIRY FREE)

CHICKEN, ROSEMARY, THYME, SALT, PEPPER, GARLIC, OLIVE OIL

ROASTED MUSHROOMS (MADE WITHOUT GLUTEN, DAIRY FREE)

ROASTED PORTABELLA MUSHROOMS, ROSEMARY, THYME, SALT, PEPPER, GARLIC, OLIVE OIL

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

ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, WATER, SUGAR, SOYBEAN OIL, YELLOW CORN MEAL, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS: SKIM MILK, MODIFIED CORN STARCH, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), SALT, MONO- AND DIGLYCERIDES, LACTOSE, MILK PROTEIN CONCENTRATE, XANTHAN GUM

OCTOBER 2026 LUNCH INGREDIENT

FRIDAY, OCTOBER 23rd

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

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

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

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

MOZZARELLA CHEESE (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)

POTATO KAISER ROLL (CONTAINS: WHEAT, SOY)

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

KETTLE CHIPS (GLUTEN FREE)

POTATOES, CORN OIL, SALT

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

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

MONDAY, OCTOBER 26th

GREEK CHICKEN SOUVLAKI (MADE WITHOUT GLUTEN)

CHICKEN, LEMON, OREGANO, GARLIC, SALT, PEPPER, OIL

GREEK FALAFEL SOUVLAKI (MADE WITHOUT GLUTEN)

GREEN GARBANZO BEANS, GARBANZO BEANS, ONIONS, CHICKPEA FLOUR, PARSLEY, CANOLA OIL, OLIVE OIL, SEA SALT, VINEGAR, GARLIC POWDER, CUMIN, SPICES, LEMON JUICE CONCENTRATE, BAKING POWDER (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE, CORN STARCH), BLACK PEPPER, RED PEPPER, RED ONION, LEMON, OREGANO, GARLIC, SALT, PEPPER, OIL

COUSCOUS (CONTAINS: WHEAT)

DURUM WHEAT SEMOLINA CONTAINS WHEAT , OLIVE OIL, SALT, PEPPER, PARSLEY

FRESH PITA TRIANGLES (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

TOMATO & CUCUMBER SALAD (DAIRY FREE) (MADE WITHOUT GLUTEN)

TOMATO, CUCUMBER, RED ONION, RED WINE VINEGAR, OLIVE OIL, SALT, PEPPER, SUGAR, GARLIC

TZATZIKI SAUCE (MADE WITHOUT GLUTEN) (CONTAINS: DAIRY)

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

TOPPING (MADE WITHOUT GLUTEN)

FETA CHEESE - PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES

OCTOBER 2026 LUNCH INGREDIENT

TUESDAY, OCTOBER 27th

BBQ SANDWICH

PULLED BEEF (CONTAINS: Soy)

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

PULLED PORTOBELLO (CONTAINS: Soy)

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

POTATO KAISER ROLL (CONTAINS: WHEAT, Soy)

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

BOSTON BAKED BEANS (GLUTEN FREE)

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

COLESLAW (GLUTEN FREE) (CONTAINS: EGGS)

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

WEDNESDAY, OCTOBER 28th

FRIED CHICKEN (CONTAINS: Soy, WHEAT, Egg)

8 PIECE CUT CHICKEN, WATER, SEASONING [SUGAR, SWEETENER (HONEY SOLIDS, HIGH FRUCTOSE CORN SYRUP, WHEAT STARCH, CORN SYRUP), SUCRALOSE (NON-NUTRITIVE SWEETENER), ARTIFICIAL FLAVOR, MOLASSES, NATURAL FLAVOR], SALT, SODIUM PHOSPHATES. BREADED WITH: WHEAT FLOUR, YELLOW CORN FLOUR, SALT, MODIFIED FOOD STARCH, WHEAT GLUTEN, CONTAINS 2% OR LESS OF: EGG WHITES, HONEY, ONION POWDER, PAPRIKA, SOY LECITHIN, SPICE EXTRACTIVE, SPICES, WHEAT 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(NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), KOSHER SALT, BLACK PEPPER

MASHED POTATOES (GLUTEN FREE) (CONTAINS: DAIRY)

RUSSET POTATOES, BUTTER, WHOLE MILK, SALT, PEPPER

BROWN GRAVY (CONTAIN: GLUTEN, Soy)

FOOD STARCH-MODIFIED, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, MALTODEXTRIN, COLOR ADDED, SALT, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, AND/OR WHEAT), CORN SYRUP SOLIDS, SUGAR, ONION POWDER, CONTAINS LESS THAN 2%: GARLIC POWDER, SOY SAUCE (SOYBEANS, WHEAT, SALT), NATURAL FLAVORS, SODIUM CASEINATE (MILK), AUTOLYZED YEAST EXTRACT, LACTIC ACID, MONO- AND DIGLYCERIDES, SUCCINIC ACID, GUM ACACIA, GUM ARABIC, GLUTAMIC ACID, CALCIUM LACTATE, DISODIUM GUANYLATE, DISODIUM INOSINATE

YELLOW SWEET CORN (GLUTEN FREE)

SWEET YELLOW CORN, WATER, SALT, PEPPER

OCTOBER 2026 LUNCH INGREDIENT

THURSDAY, OCTOBER 29th

BUTTERFLY PASTA BAR (CONTAINS: WHEAT, SOY)

FARFALLE PASTA: (CONTAINS: WHEAT)

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

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

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

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

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

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

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

FRENCH ROLL (CONTAINS: WHEAT, DAIRY)

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

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

FLOUR (BLEACHED WHEAT FLOUR, ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE), SUGAR, SALTED BUTTER (CREAM, SALT), MARGARINE (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE, VITAMIN A PALMITATE), EGGS, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, CREAM OF TARTAR, VANILLA EXTRACT, ORANGE, WHITE, BLACK SPRINKLES

FRIDAY, OCTOBER 30th





Grain & Snack

BLUEBERRY LEMON CRISPY BITES (CONTAINS GLUTEN, SOY, DAIRY)

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, BLUEBERRY FLAVORED BITS (SUGAR, VEGETABLE OIL [PALM, PALM KERNEL], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], NATURAL FLAVOR, MALIC ACID, FRUIT AND VEGETABLE JUICE FOR COLOR, SOY LECITHIN, SODIUM CITRATE), SOY LECITHIN, NATURAL FLAVOR (CONTAINS MILK), SOLUBLE CORN FIBER, APPLESauce (APPLES, ASCORBIC ACID), SALT, BAKING SODA

BUNNY GRAHAMS FRIENDS (CONTAINS GLUTEN)

ORGANIC WHOLE WHEAT FLOUR (GRAHAM FLOUR), ORGANIC WHOLE GRAIN OAT FLOUR, ORGANIC CANE SUGAR, ORGANIC EXPELLER-PRESSED SUNFLOWER OIL, ORGANIC INVERT CANE SYRUP, ORGANIC CHOCOLATE COOKIE BITS (ORGANIC WHEAT FLOUR, ORGANIC SUGAR, ORGANIC EXPELLER-PRESSED SUNFLOWER OIL, ORGANIC MALTED BLACK BARLEY FLOUR, ORGANIC COCOA, BAKING SODA), ORGANIC HONEY, CALCIUM CARBONATE, ORGANIC COCOA POWDER, ORGANIC NATURAL FLAVOR, BAKING SODA, ORGANIC SEMI-SWEET CHOCOLATE CHIPS (ORGANIC CANE SUGAR, ORGANIC UNSWEETENED CHOCOLATE, ORGANIC COCOA BUTTER, ORGANIC VANILLA EXTRACT), SEA SALT, ORGANIC ROSEMARY EXTRACT (TO PROTECT FLAVOR)

MINI BAGEL (CONTAINS GLUTEN, SOY)

ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, SUGAR, YEAST, SALT, CORNMEAL, WHEAT GLUTEN, GRAIN VINEGAR, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), MONOGLYCERIDES, XANTHAN GUM, SOY LECITHIN

OATMEAL APPLE BAR (CONTAINS GLUTEN, DAIRY, SOY)

WHOLE GRAIN BLEND (ROLLED OATS, WHOLE GRAIN WHEAT FLOUR), ENRICHED WHEAT FLOUR (WHOLE GRAIN WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, INVERT SYRUP, SOYBEAN OIL, CORN SYRUP, RAISIN PASTE, CANOLA OIL, APPLE PUREE (APPLES, ASCORBIC ACID), APPLE JUICE CONCENTRATE, FRUCTOSE, SOY LECITHIN, MOLASSES, SALT, CINNAMON, NATURAL FLAVORS (CONTAINS MILK), APPLE FIBER, BAKING SODA.

OATMEAL CHOCOLATE CHIP BAR (CONTAINS GLUTEN, SOY, DAIRY)

WHOLE GRAIN BLEND (ROLLED OATS, WHOLE GRAIN WHEAT FLOUR), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, INVERT SYRUP, CORN SYRUP, RAISIN PASTE, CANOLA OIL, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), APPLE PUREE (APPLES, ASCORBIC ACID), APPLE JUICE CONCENTRATE, FRUCTOSE, SOY LECITHIN, SALT, MOLASSES, CINNAMON, NATURAL FLAVORS (CONTAINS MILK), APPLE FIBER, NON-FAT DRY MILK, BAKING SODA

POPCORNS KETTLE CHIPS (MADE WITHOUT GLUTEN)

YELLOW CORN, SUNFLOWER OIL, CANE SUGAR, AND SEA SALT

WHEAT THINS (CONTAINS GLUTEN, SOY)

WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA)

WHOLE WHEAT RITZ (CONTAINS GLUTEN, SOY)

UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, SOYBEAN AND/OR CANOLA OIL, SUGAR, PALM OIL, LEAVENING (CALCIUM PHOSPHATE, BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN

Dairy & Protein

COLBY JACK STICK (MADE WITHOUT GLUTEN) (CONTAINS DAIRY)

CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR)

CREAM CHEESE (MADE WITHOUT GLUTEN) (CONTAINS DAIRY)

PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CITRIC ACID, CAROB BEAN GUM, XANTHAN GUM, NATAMYCIN (A NATURAL MOLD INHIBITOR)

STRAWBERRY GoGURT (MADE WITHOUT GLUTEN) (CONTAINS DAIRY)

CULTURED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH, NONFAT MILK. CONTAINS 1% OR LESS OF: KOSHER GELATIN, TRICALCIUM PHOSPHATE, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3

STRING CHEESE (MADE WITHOUT GLUTEN) (CONTAINS DAIRY)

LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES)

VANILLA YOGURT (MADE WITHOUT GLUTEN) (CONTAINS DAIRY)

CULTURED GRADE A NON FAT MILK, CANE SUGAR, WATER, CORN STARCH, CONTAINS LESS THAN 1 OF AGAR, NATURAL FLAVORS, LEMON JUICE CONCENTRATE, CAROB BEAN GUM, VITAMIN D3

PEPPERONI (MADE WITHOUT GLUTEN)

PORK, BEEF, SALT, SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, NATURAL FLAVORINGS, OLEORESIN OF PAPRIKA, SODIUM ASCORBATE, NATURAL SMOKE FLAVORINGS, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID

Fruit, Vegetable & Condiment

APPLE SAUCE (MADE WITHOUT GLUTEN)

APPLES, WATER AND UNSWEETENED APPLE JUICE

APPLE SLICED (MADE WITHOUT GLUTEN)

APPLE

BABY CARROT (MADE WITHOUT GLUTEN)

CARROTS

BANANAS (MADE WITHOUT GLUTEN)

BANANAS

CLEMENTINE (MADE WITHOUT GLUTEN)

CLEMENTINE

CRAISINS STRAWBERRY (MADE WITHOUT GLUTEN)

DRIED CRANBERRIES (SUGAR, CRANBERRIES, NATURAL FLAVOR). REFINED SUNFLOWER OIL IS USED AS A PROCESSING AID.

GREEN GRAPES (MADE WITHOUT GLUTEN)

GREEN GRAPE

ORANGE SLICE (MADE WITHOUT GLUTEN)

ORANGE

RAISINS (MADE WITHOUT GLUTEN)

RAISINS

RED GRAPES (MADE WITHOUT GLUTEN)

RED GRAPE

RANCH DRESSING (MADE WITHOUT GLUTEN) (CONTAINS DAIRY)

SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGGS, BUTTERMILK SOLIDS, SUGAR, SALT, MONOSODIUM GLUTAMATE, ONION, GARLIC, XANTHAN GUM, LACTIC ACID, NATURAL AND ARTIFICIAL FLAVORS, POLYSORBATE 60, PROPYLENE GLYCOL ALGINATE, POTASSIUM SORBATE (PRESERVATIVE), SPICE, PARSLEY