



MONDAY, NOVEMBER 2ND

GENERAL TSO CHICKEN (CONTAINS: GLUTEN, SOY)

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

GENERAL TSO TOFU (CONTAINS: GLUTEN, SOY)

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

WHITE RICE (MADE WITHOUT GLUTEN, DAIRY FREE)

WATER, WHITE RICE, OLIVE OIL, SALT

BROCCOLI (DAIRY FREE) (MADE WITHOUT GLUTEN)

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

TUESDAY, NOVEMBER 3RD

FRENCH TOAST STICKS (CONTAINS: WHEAT, SOY)

BREAD (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, SUGAR, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, WHEAT GLUTEN, CULTURED WHEAT FLOUR, YELLOW CORN FLOUR, SPICES [ANNATTO, TURMERIC {FOR COLOR}], SALT, VINEGAR, SODIUM STEAROYL LACTYLATE, ENZYMES, CALCIUMSULFATE, CALCIUM IODATE, CALCIUM PEROXIDE, ASCORBIC ACID), WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN AND/OR CANOLA), SUGAR, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SOY FLOUR, IODIZED SALT, SALT, DEXTROSE, NATURAL FLAVORS, LEAVENING (MONOCALCIUM PHOSPHATE, BAKING SODA), MODIFIED FOOD STARCH, SOY LECITHIN, INSTANT YEAST, CARRAGEENAN, GUM ARABIC

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

HICKORY SMOKED BACON (MADE WITHOUT GLUTEN, DAIRY FREE)

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

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

ASSORTED YOGURT (CONTAINS: DAIRY)

CULTURED PASTEURIZED GRADE A LOW-FAT MILK, SUGAR, MODIFIED CORN STARCH. CONTAINS 1 OR LESS OF: MODIFIED TAPIOCA STARCH, CITRIC ACID, VEGETABLE JUICE FOR COLOR, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3

NOVEMBER 2026 LUNCH INGREDIENT LIST

WEDNESDAY, NOVEMBER 3RD

BEEF SHAWARMA BOWL (MADE WITHOUT GLUTEN)

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

FALAFEL SHAWARMA BOWL (CONTAINS: SOY)

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

COUSCOUS (CONTAINS: WHEAT), (DAIRY FREE)

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

PITA BREAD

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

TOPPING

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

THURSDAY, NOVEMBER 5TH

CHICKEN FETTUCCINE ALFREDO (CONTAINS: DAIRY, WHEAT)

CHICKEN: CHICKEN, OLIVE OIL, GARLIC, SALT, PEPPER

FETTUCCINE: (SEMOLINA (WHEAT), DURUM WHEAT FLOUR. VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VIT-AMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID SALT, PEPPER

ALFREDO SAUCE: WHOLE MILK, PECORINO ROMANO CHEESE (PASTEURIZED SHEEP'S MILK, CULTURES, ENZYMES, SALT, CORN STARCH AND POWDERED CELLULOSE), HEAVY CREAM (CREAM, CARRAGEENAN), CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, AND XANTHAN GUM), BUTTER -UNSALTED, MODIFIED FOOD STARCH, SALT, GRANULATED GARLIC, BLACK PEPPER

FETTUCCINE ALFREDO (CONTAINS: DAIRY, WHEAT)

FETTUCCINE: (SEMOLINA (WHEAT), DURUM WHEAT FLOUR. VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VIT-AMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID SALT, PEPPER

ALFREDO SAUCE: WHOLE MILK, PECORINO ROMANO CHEESE (PASTEURIZED SHEEP'S MILK, CULTURES, ENZYMES, SALT, CORN STARCH AND POWDERED CELLULOSE), HEAVY CREAM (CREAM, CARRAGEENAN), CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, AND XANTHAN GUM), BUTTER -UNSALTED, MODIFIED FOOD STARCH, SALT, GRANULATED GARLIC, BLACK PEPPER

BROCCOLI (GLUTEN FREE)

BROCCOLI, OLIVE OIL, SALT, PEPPER

FRENCH BREAD (CONTAINS: WHEAT, DAIRY)

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE,

CHOCOLATE & VANILLA PUDDING (GLUTEN FREE) (CONTAINS: DAIRY)

VANILLA: WATER, NONFAT MILK, SUGAR, MODIFIED CORN STARCH, PALM OIL, LESS THAN 2% OF: CALCIUM CARBONATE, SALT, SODIUM STEAROYL LACTYLATE, DISODIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVORS, COLOR ADDED (INCLUDING YELLOW 5 AND YELLOW 6), LESS THAN 2% OF: SALT, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVORS

CHOCOLATE: WATER, NONFAT MILK, SUGAR, MODIFIED CORN STARCH, PALM OIL, COCOA (PROCESSED WITH ALKALI), LESS THAN 2% OF: SALT, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVORS

RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, WHEAT GLUTEN, DOUGH CONDITIONERS (ASCORBIC ACID, ENZYMES)

NOVEMBER 2026 LUNCH INGREDIENT LIST

FRIDAY, NOVEMBER 6TH



MONDAY, NOVEMBER 9TH

MEATBALL SUB (CONTAINS: DAIRY, SOY, WHEAT)

MEATBALLS: BEEF, WATER, VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12), (MAY CONTAIN CARAMEL COLOR)], SEASONING [DEXTROSE, TOMATO POWDER, SOYBEAN OIL, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE EXTRACTIVES, NONFAT DRY MILK], BELL PEPPERS, ONIONS, BREAD CRUMBS [BLEACHED WHEAT FLOUR, SOYBEAN OIL, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), WHEY, OLEORESIN PAPRIKA], SALT, SODIUM PHOSPHATE. SET IN VEGETABLE OIL. (CONTAINS: MILK, SOY, WHEAT)
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)

VEGGIE MEATBALL SUB (CONTAINS: GLUTEN, SOY)

VEGGIE MEATBALL: WATER, TEXTURED SOY PROTEIN CONCENTRATE, CANOLA OIL, VITAL WHEAT GLUTEN, SOY PROTEINISOLATE, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), 2% OR LESS OF: METHYLCELLULOSE, SALT, BARLEY MALT EXTRACT, ONION POWDER, YEAST EXTRACT, SPICES, GARLIC POWDER, FENNEL, NATURAL FLAVORS, SUGAR, CRUSHED RED PEPPER, YEAST (CONTAINS: SOY, WHEAT)
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)

HOAGIE ROLL (CONTAINS: WHEAT, SOY)

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

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)

ITALIAN GREEN BEANS (GLUTEN FREE)

GREEN BEANS, KOSHER SALT, WATER, PEPPER

KETTLE CHIPS (GLUTEN FREE)

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

NOVEMBER 2026 LUNCH INGREDIENT LIST

TUESDAY, NOVEMBER 10TH

5 CHEESE ZITI AL FORNO (CONTAINS: WHEAT, SOY, DAIRY)

ZITI PASTA (DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) ALFREDO SAUCE: WHOLE MILK, PECORINO ROMANO CHEESE (PASTEURIZED SHEEP'S MILK, CULTURES, ENZYMES, SALT, CORN STARCH AND POWDERED CELLULOSE), HEAVY CREAM (CREAM, CARRAGEENAN), CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, AND XANTHAN GUM), BUTTER -UNSALTED, MODIFIED FOOD STARCH, SALT, GRANULATED GARLIC, NUTMEG AND BLACK PEPPER MARINARA SAUCE 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 CHEESE (RICOTTA) - SWEET WHEY, WHOLE MILK, SWEET CREAM, CULTURE, VINEGAR AND SALT) (MOZZARELLA & PROVOLONE) - (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), (PARMESAN)- (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR) KOSHER SALT, PEPPER, RED PEPPER FLAKES, SPICES, PANKO BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT), GARLIC, OLIVE OIL, BASIL, PARSLEY

ITALIAN VEGGIE BLEND (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEANS, CAULIFLOWER, BROCCOLI, CARROTS, 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).

WEDNESDAY, NOVEMBER 11TH

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

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

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

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

MEXICAN BLACK BEANS (MADE WITHOUT GLUTEN)

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

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

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

TOPPING

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

NOVEMBER 2026 LUNCH INGREDIENT LIST

THURSDAY, NOVEMBER 12TH

ROTINI PASTA BAR (CONTAINS: WHEAT, SOY)

ROTINI

SEMOLINA (WHEAT), DURUM WHEAT FLOUR, VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONO-NITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID (Contains: Wheat)

CREAMY PESTO SAUCE (Contains: Dairy)

HEAVY CREAM (CREAM), WATER, PARMIGIANO REGGIANO CHEESE (COW'S MILK, SALT, RENNET), PECORINO ROMANO CHEESE (PASTEURIZED CULTURED SHEEP'S MILK, RENNET, SALT), ONIONS, CORNSTARCH, NATURAL FLAVOR, SALT, AUTOLYZED YEAST EXTRACT, GARLIC, NATURAL FLAVOR, SPICE, PAPRIKA, OLIVE OIL, VEGETABLE OIL, PARSLEY, GARLIC, SALT, THYME, BASIL

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

MIXED VEGGIE MEDLEY (MADE WITHOUT GLUTEN, DAIRY FREE)

BROCCOLI, CARROTS, CAULIFLOWER, GREEN BEANS, ITALIAN SPICES, KOSHER SALT, WATER, PEPPER

FRENCH BREAD (CONTAINS: WHEAT)

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

FRIDAY, NOVEMBER 13TH

PIZZA (CONTAINS: WHEAT, DAIRY, SOY)

CHEESE PIZZA: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TOMATOES (WATER, TOMATO PASTE), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), WATER, PALM OIL, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SUGAR, SALT, YEAST, MODIFIED FOOD STARCH, SPICE, MALTODEXT-TRIN, HYDROLYZED SOY AND CORN PROTEIN, ISOLATED CARROT PRODUCT, PAPRIKA, GARLIC POWDER, WHEAT STARCH, DEFATTED SOY FLOUR, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, NATURAL FLAVOR, SOY LECITHIN, ASCOR-BIC ACID (DOUGH CONDITIONER)

PEPPERONI PIZZA: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TOMATOES (WATER, TOMATO PASTE), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), WATER, PEPPERONI MADE WITH PORK, CHICKEN AND BEEF (PORK, MECHANICALLY SEPARATED CHICKEN, BEEF, SALT, CONTAINS 2% OR LESS OF: WATER, DEXTROSE, SPICES, SMOKE FLAVORING, LACTIC ACID STARTER CULTURE, SODIUM ASCORBATE, FLAVORING, GARLIC POWDER, SODI-UM NITRITE, BHA, BHT, CITRIC ACID, CONTAINS ONE OR MORE OF: PAPRIKA, OLEORESIN OF PAPRIKA), PEPPERONI MADE WITH PORK, CHICKEN AND BEEF (PORK, MECHANICALLY SEPARATED CHICKEN, BEEF, SALT, CONTAINS 2% OR LESS OF: SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, SODIUM ASCORBATE, NATURAL SMOKE FLAVOR, FLAVORING, SODIUM NITRITE, BHA, BHT, CITRIC ACID), PALM OIL, YEAST, CONTAINS 2% OR LESS OF: VEGETA-BLE OIL (SOYBEAN AND/OR CANOLA OIL), SUGAR, SALT, MODIFIED FOOD STARCH, SPICE, MALTODEXT-TRIN, HYDROLYZED SOY AND CORN PROTEIN, CARROT FIBER, PAPRIKA, DRIED GARLIC, WHEAT STARCH, DEFATTED SOY FLOUR, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, SOY LECITHIN, NATURAL FLAVOR, ASCORBIC ACID

HONEY GLAZED CARROTS (DAIRY FREE) (GLUTEN FREE)

CARROTS, BLACK PEPPER, OLIVE OIL, VEGETABLE OIL, KOSHER SALT, HONEY

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

FLOUR (BLEACHED WHEAT FLOUR, ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE), BROWN SUGAR, MARGARINE (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE, VITAMIN A PALMITATE), OREO COOKIES (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, CO-COA (PROCESSED WITH ALKALI), HIGH FRUCTOSE, CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALE, SOY LECITHIN, CHOCOLATE, ARTIFICIA

NOVEMBER 2026 LUNCH INGREDIENT LIST

MONDAY, NOVEMBER 16TH

HONEY GARLIC ROSEMARY CHICKEN (CONTAINS: WHEAT, SOY)

CHICKEN THIGHS, SALT, PEPPER, OLIVE OIL, GARLIC, LEMON, HONEY, ROSEMARY, THYME, PAPRIKA, PARSLEY

VEGETABLE FRITTATA (CONTAINS WHEAT, DAIRY, SOY)

WHOLE MILK (MILK, VITAMIN D3), BROCCOLI, RED PEPPER, ONION, CAULIFLOWER, CHEDDAR CHEESE (CHEDDAR CHEESE) (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR), FLOUR (BLEACHED WHEAT FLOUR, ENRICHED(NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), KOSHER SALT, BLACK PEPPER

ORZO WITH PARMESAN& BASIL (CONTAINS WHEAT, DAIRY)

(ORZO) DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, IM-PORTED PARMESAN CHEESE, HARD GRATING CHEESE (MADE FROM PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT), CHEESE WHEY SOLIDS (MILK), CORN STARCH & POWDERED CELLULOSE TO PREVENT CAKING, BASIL, OLIVE OIL

ROASTED ZUCCHINI (MADE WITHOUT GLUTEN, DAIRY FREE)

ZUCCHINI, SALT, PEPPER, OLIVE OIL

TUESDAY, NOVEMBER 17TH

BAKED RIGATONI & BEEF (CONTAINS: DAIRY, WHEAT)

MARINARA SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES, ONIONS, LESS THAN 2% OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, SALT, CITRIC ACID, BASIL, GARLIC POWDER, DRIED OREGANO, ONION POWDER, NATURAL FLAVOR, BLACK PEPPER, DRIED PARSLEY, GROUND FENNEL, GROUND SAVORY, GROUND THYME, CALCIUM CHLORIDE), RIGATONI PASTA (DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TURKEY, PROVOLO-NE CHEESE (LOW MOISTURE MOZZARELLA (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), UNSMOKED PROVOLONE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN TO PRO-TECT FLAVOR OR WHOLE MILK MOZZARELLA CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), PROVOLONE CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), ANTICAKING AGENT AND NATAMYCIN (PRESERVATIVE), PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, BASIL)

BAKED SPINACH RIGATONI (CONTAINS: DAIRY, WHEAT)

SPINACH, MARINARA SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES, ONIONS, LESS THAN 2% OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, SALT, CITRIC ACID, BASIL, GARLIC POWDER, DRIED OREGANO, ONION POWDER, NATURAL FLAVOR, BLACK PEPPER, DRIED PARSLEY, GROUND FENNEL, GROUND SAVORY, GROUND THYME, CALCIUM CHLORIDE), ZITI PASTA (DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PROVOLONE CHEESE (LOW MOISTURE MOZZARELLA (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), UNSMOKED PROVOLONE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN TO PRO-TECT FLAVOR OR WHOLE MILK MOZZARELLA CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), PROVOLONE CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), ANTICAKING AGENT AND NATAMYCIN (PRESERVATIVE), PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, BASIL)

GREEN BEANS (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEANS, SALT, PEPPER, OLIVE OIL

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

NOVEMBER 2026 LUNCH INGREDIENT LIST

WEDNESDAY, NOVEMBER 18TH

CRISPY 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

CRISPY VEGETARIAN CHICKEN SANDWICH (CONTAINS: WHEAT, DAIRY, EGGS)

MYCOPROTEIN, WHEAT FLOUR, WATER, EXPELLER PRESSED CANOLA OIL, WHEAT STARCH, CONTAINS 2% OR LESS OF: WHEAT GLUTEN, MILK PRO-TEIN ISOLATE, SALT, FREE RANGE EGG WHITE POWDER, POTATO DEXTRIN, NONFAT MILK, WHEAT MALTODEXTRIN, MODIFIED CORN STARCH, SPICE-ES, 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

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, PAP-RIKA], MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS), DOUGH CONDITIONER (WATER, MONOGLYCERIDES, PROPIONIC ACID, PHOSPHORIC ACID)

CRISPY POTATO WEDGES (DAIRY FREE) (CONTAINS: GLUTEN, SOY)

POTATOES, VEGETABLE OIL (CONTAINS ONE OF MORE OF THE FOLLOWING: CANOLA, PALM, SOYBEAN, SUNFLOWER), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, MODIFIED CORN STARCH, SPICES, CORN MEAL, GARLIC POWDER, ONION POWDER, LEAVENING (DISODIUM DIHYDROGEN PYROPHOSPHATE, SODIUM BICARBONATE), DRIED YEAST, OLEORESIN PAPRIKA, DEXTROSE

BROCCOLI SLAW (GLUTEN FREE) (CONTAINS: EGG)

BROCCOLI, 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

TOPPING

GARLIC AIOLI: (Contains: Egg, Soy)

SOYBEAN OIL, WATER, OLIVE OIL, EGG YOLK, DISTILLED AND CIDER VINEGAR, SUGAR, SALT, ROASTED GARLIC (DEHYDRATED), ROASTED GARLIC PUREE (ROASTED GARLIC, CITRIC ACID), GARLIC (DEHYDRATED), SOY SAUCE (WATER, SALT, HYDROLYZED SOY PROTEIN, CORN SYRUP, CARAMEL COLOR, POTASSIUM SORBATE (PRESERVATIVE)), LEMON JUICE, SPICES (INCLUDES MUSTARD SEED), TAMARIND, NATURAL FLAVOR, XANTHAN GUM, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), AND CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.

MAYO: (Contains: Egg, Soy)

SOYBEAN OIL, DISTILLED VINEGAR, EGG YOLK, WATER, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF SALT, MUSTARD BRAN, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)

TOMATO, PICKLES, LETTUCE: (Made Without Gluten, Dairy Free)

NOVEMBER 2026 LUNCH INGREDIENT LIST

THURSDAY, NOVEMBER 19TH

CRISPY CHICKEN BITES (DAIRY FREE) (CONTAINS: GLUTEN, SOY)

CONTAINS UP TO 22% OF A SOLUTION OF WATER, MODIFIED CORN STARCH, SALT, SODIUM PHOSPHATES. BATTERED AND BREAD-ED WITH: WHEAT FLOUR, *WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, CONTAINS 2% OR LESS OF THE FOL-LOWING: DEHYDRATED GREEN BELL PEPPER, DEXTROSE, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, HYDROLYZED WHEAT AND CORN GLUTEN, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, SOYBEAN OIL (AS A PROCESSING AID), SPICES, WHEAT GLUTEN, YEAST EXTRACT, ORANGE JUICE (WATER, SOYBEANS, WHEAT, SALT, SODIUM BENZOATE: LESS THAN 1/10 OF 1 AS A PRESERVATIVE), CORNSTARCH, KIKKOMAN SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), GREEN ONIONS, BROWN SUGAR, GARLIC, GINGER, HONEY

CRISPY MEATLESS 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 EXTR, ORANGE JUICE (WATER, SOYBEANS, WHEAT, SALT, SODIUM BENZOATE: LESS THAN 1/10 OF 1 AS A PRESERVATIVE), CORNSTARCH, KIKKOMAN SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), GREEN ONIONS, BROWN SUGAR, GARLIC, GINGER, HONEY

WHITE RICE (MADE WITHOUT GLUTEN, DAIRY FREE)

WATER, LONG GRAIN RICE, OLIVE OIL, SALT

STIR FRY VEGETABLES (CONTAINS: WHEAT, SOY)

BROCCOLI, CARROT, SNOW PEAS, CORN, BEAN SPROUTS, CABBAGE, RED BELL PEPPER, BUTTON MUSHROOMS, MINOR'S STIR FRY SAUCE (WATER, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, CORN SYRUP, SOYBEAN OIL, WORCESTERSHIRE SAUCE (WATER, VINEGAR, SALT, CORN SWEETENER, HYDROLYZED SOY PROTEIN, CITRIC ACID, CARAMEL COLOR, FLA-VORINGS, SILICON DIOXIDE, BLACK PEPPER), DRIED GARLIC, SALT, ONION POWDER, GARLIC POWDER, CARAMEL COLOR)

FRIDAY, NOVEMBER 20TH

HAMBURGERS (CONTAINS: WHEAT, SOY)

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

BLACK BEAN BURGERS (CONTAINS: WHEAT, SOY)

BLACK BEAN BURGER: WATER, COOKED BLACK BEANS (BLACK BEANS, WATER), COOKED BROWN RICE (WATER, BROWN RICE), SOY PROTEIN CONCENTRATE, ONIONS, WHOLE KERNEL CORN, HYDRATED BULGUR WHEAT (WATER, BULGUR WHEAT), SOY PROTEIN ISOLATE, GREEN CHILES, CANOLA OIL, CONTAINS TWO PERCENT OR LESS OF SALT, SPICES, RED BELL PEPPERS, BLACK BEAN POWDER, METHYL-CELLULOSE, YEAST EXTRACT, SUGAR, ONION POWDER, TOMATO POWDER, CARAMEL COLOR, NATURAL FLAVOR, GARLIC POWDER, PAP-RIKA (COLOR), TURMERIC (COLOR).

HAMBURGER BUNS (CONTAINS: WHEAT, SOY)

PATENT FLOUR (ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BAR-LEY 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 CON-DITIONER (WATER, MONOGLYCERIDES, PROPIONIC ACID, PHOSPHORIC ACIS)

LAY'S POTATO CHIPS (GLUTEN FREE) (CONTAINS: SOY)

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

RICE KRISPIE TREAT (GLUTEN FREE) (CONTAINS: DAIRY, SOY)

TOASTED RICE CEREAL (RICE, SUGAR, SALT, MALT FLAVOR), CORN SYRUP, FRUCTOSE, VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS), SUGAR, CORN SYRUP SOLIDS. CONTAINS 2% OR LESS OF VEGETABLE GLYCERIN, DEXTROSE, GELATIN, NATURAL AND ARTIFICIAL FLAVORS (CONTAINS MILK), SALT, DATEM, ACETYLATED MONOGLYCERIDES, SOY LECITHIN, BHT FOR FRESHNESS.

NOVEMBER 2026 LUNCH INGREDIENT LIST

MONDAY, NOVEMBER 23RD

ROASTED TURKEY (MADE WITHOUT GLUTEN, DAIRY FREE)

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

TURKEY GRAVY (CONTAINS WHEAT)

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

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

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

HERB STUFFING (CONTAINS WHEAT)

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

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

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

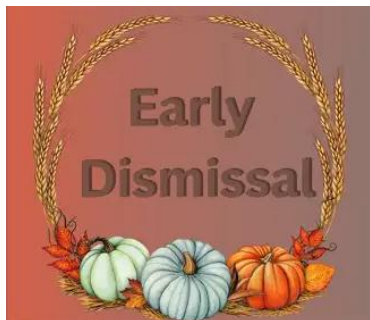
SWEET CORN (MADE WITHOUT GLUTEN, DAIRY FREE)

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

THANKSGIVING SUGAR COOKIES (CONTAINS WHEAT, EGG, SOY)

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

TUESDAY, NOVEMBER 24TH



NOVEMBER 2026 LUNCH INGREDIENT LIST

WEDNESDAY, NOVEMBER 25TH - FRIDAY, NOVEMBER 27TH



MONDAY, NOVEMBER 30TH

POPCORN CHICKEN (DAIRY FREE) (CONTAINS: GLUTEN, SOY)

CONTAINS UP TO 22% OF A SOLUTION OF WATER, MODIFIED CORN STARCH, SALT, SODIUM PHOSPHATES. BATTERED AND BREAD-ED WITH: WHEAT FLOUR, *WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: DEHYDRATED GREEN BELL PEPPER, DEXTROSE, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, HYDROLYZED WHEAT AND CORN GLUTEN, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, SOYBEAN OIL (AS A PROCESSING AID), SPICES, WHEAT GLUTEN, YEAST EXTRACT

VEGGIE NUGGETS (DAIRY FREE) (CONTAIN: GLUTEN, 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

CRISPY POTATO WEDGES (DAIRY FREE) (CONTAINS: GLUTEN, SOY)

POTATOES, VEGETABLE OIL (CONTAINS ONE OF MORE OF THE FOLLOWING: CANOLA, PALM, SOYBEAN, SUNFLOWER), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, MODIFIED CORN STARCH, SPICES, CORN MEAL, GARLIC POWDER, ONION POWDER, LEAVENING (DISODIUM DIHYDROGEN PYROPHOSPHATE, SODIUM BICARBONATE), DRIED YEAST, OLEORESIN PAPRIKA, DEXTROSE

GREEN BEANS (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEAN, SALT, PEPPER, OIL



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