

PreK Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Beef Sloppy Joe on WG Hamburger Bun</b>	<b>Beef Sloppy Joe</b> Ketchup Bulk (Tomato Concentrate, Sugar, Distilled Vinegar, Less than 2% of: Salt, Potassium Chloride, Citric Acid, Onion Powder, Garlic Powder, Spices, Natural Flavors), Beef Ground Cooked (Beef ground), Sauce Sloppy Joe (Oil Canola, Garlic Peeled Raw, Mustard Bulk, Tomato Paste Canned, Onion White Raw Bulk, Pepper Red Whole Raw Bulk). <b>Served on WG Hamburger Bun</b> see WG Hamburger Bun	X (bun)		X (bun)				
<b>Bread Slice, WG</b>	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch.	X		X				
<b>Brown Rice</b>	long grain parboiled rice							
<b>Chicken Nuggets, Bell &amp; Evans</b>	Chicken Breast Meat, Water, Salt. Breaded with Unbleached Wheat Flour, Water, Salt, Evaporated Cane Juice, Dried Yeast, Spices, Paprika. Flash fried in soybean oil to set breading	X		X				
<b>Chicken Patty on WG Hamburgur Bun</b>	Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, vinegar), garlic powder, onion powder, natural* chicken broth flavor (chicken broth, natural flavor, salt, onion juice concentrate), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, salt, spice, garlic powder, paprika, leavening (cream of tartar, sodium bicarbonate), celery seed, natural flavors (including extractives of celery seed), extractives of turmeric. Breading set in vegetable oil <b>WG Hamburger Bun</b> see WG Hamburger Bun	X		X				
<b>Chicken Tinga on Flour Tortilla</b>	<b>Cooked chicken thigh</b> chicken thigh, canola oil, sea salt <b>Tinga seasoning</b> vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), sea salt, oregano, cumin, raw onion, chipotle peppers in adobo sauce (Chipotle Peppers, Tomato Puree, Onion, vinegar, canola oil, sugar, salt, paprika, garlic) <b>6" Flour Tortilla</b> enriched unbleached flour , (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening , (contains one or more: palm oil and/or olive oil), contains 2% or less: leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), dough conditioner, (fumaric acid, xanthan gum, mono and diglycerides, sodium metabisphite), water, salt, Wheat protein, Preservatives (Calcium propionate, Sorbic acid)			X				
<b>Compote, Mixed Berry</b>	frozen blueberries, frozen strawberries, white granulated sugar							
<b>Cornbread</b>	Whole grain cornmeal, whole wheat flour, sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), whole milk, canola oil, baking powder, salt		X	X	X			
<b>Creamy Mac 'n Cheese (Elbow Pasta &amp; Homemade Cheese Sauce)</b>	<b>Elbow Pasta</b> Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid <b>Cheese Sauce</b> 1% milk (Grade A lowfat milk, vitamin A palmitate and vitamin D3), unsalted butter (cream, natural flavoring), rice flour, sea salt, american cheese (Milk, Cheese Cultures, Salt, Enzymes), Water, Cream, Sodium Phosphate, Color Added, Salt, Sorbic Acid Added As A Preservative), cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents))			X	X			
<b>Gravy</b>	Xanthan Gum Powder (Xanthan Gum), Celery Whole Raw Bulk (celery), Carrots Loose Raw Bulk (carrot), Onion White Raw Bulk (White Onion), Thyme Ground (Thyme), Oil Canola (Canola oil), Flour Rice, Water (Ingredient), Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Corn Starch, Maltodextrin, Vegetable Oil (Corn And/Or Canola Oil), Hydrolyzed Corn Protein, Yeast Extract, Tomato Powder, Water, Onion Powder, 2% Or Less Of, Disodium Inosinate And Disodium Guanylate, Salt, Garlic Powder, Paprika (Color), Natural Flavors, Lactic Acid, Modified Cornstarch, Citric Acid)							

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Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Hamburger Bun, WG	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	X		X				
Homemade Pizza Bread	Base enriched wheat flour, water, vegetable shortening, salt, sugar 1% or less enzymes, malt, natural yeast *may contain sesame seeds Mozzarella Cheese see mozzarella cheese Marinara see marinara sauce			X	X			May contain
Ketchup	Ketchup Bulk (Tomato Concentrate, Sugar, Distilled Vinegar, Less than 2% of: Salt, Potassium Chloride, Citric Acid, Onion Powder, Garlic Powder, Spices, Natural Flavors)							
Marinara Sauce	Diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), canola oil, garlic, onions, salt, sugar, oregano, basil							
Mashed Potatoes	Potatoes Diced Skin-On Bulk (Potatoes), Milk Whole Gallon (Vitamin D3, Organic Milk), Butter Unsalted (Natural Flavorings, Pasteurized Cream), Salt Sea (Sea Salt)				X			
Mozzarella Cheese	Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)				X			
Not-So Fried Rice	whole grain brown rice, peas & carrots, vegetable base (Sautéed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce (Water, soybeans, salt, sugar), garlic powder, ginger, white granulated sugar	X						
Pancake, WG	Whole wheat flour, water, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and/or canola oil, dextrose, salt, soy lecithin	X	X	X	X			
Penne Pasta w/ Tomato Cream Sauce & Mozzarella Cheese	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Tomato Cream Sauce see Tomato Cream Sauce Served with mozzarella cheese see mozzarella cheese			X	X			
Penne Pasta w/ Turkey Bolognese	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Turkey Bolognese ground turkey, marinara sauce (Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil)			X				
Pizza Muffins	all-purpose enriched flour, baking powder, whole milk (organic milk, Vitamin D6), liquid eggs (whole egg, citric acid, water), mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes, potato starch, canola oil and cellulose powder added to prevent caking. Natamycin (a natural mold inhibitor)), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)), basil, garlic powder, oregano.		X	X	X			
Ravioli (Cheese) w/ Marinara Sauce and Mozzarella Cheese	Cheese Ravioli (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), whole milk ricotta cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), water, whole egg, romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), parmesan cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), bread crumbs (wheat flour, sugar, canola oil, salt, yeast), parsley, salt, black pepper) Marinara Sauce see marinara sauce Mozzarella Cheese see mozzarella cheese	X	X	X	X			

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Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Riso al Forno	Turkey Ground, Tomatoes Diced Canned, Tomato Sauce Canned (Fresh, Vine-Ripened Organically Grown Tomatoes, sea salt, organic red pepper, organic onion powder, organic garlic powder, organic celery), Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Corn Starch, Maltodextrin, Vegetable Oil (Corn And/Or Canola Oil), Hydrolyzed Corn Protein, Yeast Extract, Tomato Powder, Water, Onion Powder, 2% Or Less Of, Disodium Inosinate And Disodium Guanylate, Salt, Garlic Powder, Paprika (Color), Natural Flavors, Lactic Acid, Modified Cornstarch, Citric Acid), Water, Rice Brown (long grain rice , iron (ferric phosphate), niacin, folic acid, thiamin mononitrate), Cheese Mozzarella Part Skim Shredded (pasteurized milk, cheese cultures, salt, enzymes), Cheese Parmesan Grated (Pasteurized Milk, Cheese Cultures, Starch, Protein, Lactose, Whey Solids, Cellulose ), Basil, Oregano, Garlic Powder, Parsley Flakes, Onion Powder, Pepper Black Ground, Thyme Ground				X			
Roasted Potatoes	Potatoes Redskin Diced Bulk (red skinned potatoes), Oil Canola (Canola oil), Seasoning Salt Lawry (salt, sugar, Spices (including Paprika, Celery Seed, Turmeric), onion, cornstarch, garlic, ricalcium Phosphate (to Make Free Flowing, Extractives Of Paprika, natural flavor), Parsley Flakes Dry (parsley)							
Rotini Pasta w/ Tomato Cream Sauce & Mozzarella Cheese	<b>Rotini Pasta</b> Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil <b>Tomato Cream Sauce</b> see Tomato Cream Sauce <b>Mozzarella cheese</b> see mozzarella cheese			X	X			
Savory Hoisin-Glazed Chicken Breast	Chicken Breast Raw Antibiotic-free (chicken) <b>Savory Hoisin Sauce</b> (Sunbutter Bulk, Garlic Peeled Raw, Seasoning Chinese Five Spice Blend, Oil Canola, Vinegar Rice Gallons, Sugar Dark Brown, Miso Paste, white, GF, Sauce Soy)	X						
Sweet & Savory Turkey Meatball	<b>Turkey Meatballs</b> ground turkey, panko bread crumbs (wheat flour, sugar, yeast, salt), sea salt <b>Sweet &amp; Savory Teriyaki Sauce</b> Carrots Loose Raw Bulk, Celery Whole Raw Bulk, Pepper Green Raw Bulk, Onion White Raw Bulk), Sauce, Teriyaki (Ginger Dry ground, Sauce Soy GF, Sugar Dark Brown, Water (Ingredient), Corn Starch, Garlic Peeled Raw, Onion White Raw Bulk, Oil Canola	X		X				
Tomato Cream Sauce	Marinara sauce (canola oil, garlic, sea salt, basil, oregano, granulated sugar, tomato sauce), diced tomatoes (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), onion) Half & Half (Milk, cream, dipotassium phosphate) Parmesan Cheese (Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose)				X			
Tortellini w/ Marinara and Mozzarella	<b>Tortellini</b> Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), Water, Whole Egg, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Dehydrated Potatoes (100% potatoes), Salt, Parsley, Black Pepper <b>Marinara Sauce</b> see marinara sauce <b>Mozzarella cheese</b> see mozzarella cheese	X	X	X	X			
Turkey Chili w/ Shredded Cheddar Cheese	<b>Turkey Chili</b> Pepper Green Raw Bulk, Beans Black Canned (Prepared Black Beans, Water, Salt, Granulated Onion, Calcium Chloride), Beans Red Canned Low Sodium, Tomatoes Diced Canned (tomatoes, tomato juice, salt, calcium chloride, citric acid), Tomato Paste Canned (tomatoes, citric acid), Garlic Powder Dry (Garlic Powder), Seasoning Chili Pepper Red Ground (Chili Pepper, spices, salt, silicon dioxide, garlic), Salt Sea (Sea Salt), Tomato Sauce Canned (Fresh, Vine-Ripened Organically Grown Tomatoes, sea salt, organic red pepper, organic onion powder, organic garlic powder, organic celery), Paprika Dry (Paprika, Silicon Dioxide), Seasoning Cumin Ground (Cumin seed), Onion White Raw Bulk (White Onion), Turkey Ground ABF 85% lean (Turkey) <b>Shredded Cheddar Cheese</b> cultured pasteurized milk, salt, enzymes. added color, anticaking agent (potato starch, powdered cellulose)				X			



PreK Vegetarian Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Black Bean Burger (Dr. Praeger) on WG Hamburger Bun</b>	<b>Black Bean Burger</b> Hydrated Textured Soy Protein Concentrate (Water, Soy Protein Concentrate, Caramel Color), Cooked Black Beans (Black Beans, Water), Cooked Brown Rice (Brown Rice, Water), Onions, Expeller Pressed Canola Oil, Corn, Wheat Gluten, Red Peppers, Arrowroot Powder, Jalapeno Peppers, Chili Powder, Vegetarian Natural Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Flaxseed Meal, Garlic, Salt, Cilantro, Black Pepper <b>WG Hamburger Bun</b> see WG Hamburger Bun	X		X				
<b>Bread Slice, WG</b>	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch.	X		X				
<b>Brown Rice</b>	long grain parboiled rice							
<b>Compote, Mixed Berry</b>	frozen blueberries, frozen strawberries, white granulated sugar							
<b>Cornbread</b>	Whole grain cornmeal, whole wheat flour, sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), whole milk, canola oil, baking powder, salt		X	X	X			
<b>Creamy Mac 'n Cheese (Elbow Pasta &amp; Homemade Cheese Sauce)</b>	<b>Elbow Pasta</b> Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid <b>Cheese Sauce</b> 1% milk (Grade A lowfat milk, vitamin A palmitate and vitamin D3), unsalted butter (cream, natural flavoring), rice flour, sea salt, american cheese (Milk, Cheese Cultures, Salt, Enzymes), Water, Cream, Sodium Phosphate, Color Added, Salt, Sorbic Acid Added As A Preservative), cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents))			X	X			
<b>Gravy</b>	Xanthan Gum Powder (Xanthan Gum), Celery Whole Raw Bulk (celery), Carrots Loose Raw Bulk (carrot), Onion White Raw Bulk (White Onion), Thyme Ground (Thyme), Oil Canola (Canola oil), Flour Rice, Water (Ingredient), Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Corn Starch, Maltodextrin, Vegetable Oil (Corn And/Or Canola Oil), Hydrolyzed Corn Protein, Yeast Extract, Tomato Powder, Water, Onion Powder, 2% Or Less Of, Disodium Inosinate And Disodium Guanylate, Salt, Garlic Powder, Paprika (Color), Natural Flavors, Lactic Acid, Modified Cornstarch, Citric Acid)							
<b>Hamburger Bun, WG</b>	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	X		X				
<b>Homemade Pizza Bread</b>	<b>Base</b> enriched wheat flour, water, vegetable shortening, salt, sugar 1% or less enzymes, malt, natural yeast *may contain sesame seeds <b>Mozzarella Cheese</b> see mozzarella cheese <b>Marinara</b> see marinara sauce			X	X			May contain
<b>Ketchup</b>	Ketchup Bulk (Tomato Concentrate, Sugar, Distilled Vinegar, Less than 2% of: Salt, Potassium Chloride, Citric Acid, Onion Powder, Garlic Powder, Spices, Natural Flavors)							
<b>Marinara Sauce</b>	Diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), canola oil, garlic, onions, salt, sugar, oregano, basil							
<b>Mashed Potatoes</b>	Potatoes Diced Skin- On Bulk (Potatoes), Milk Whole Gallon (Vitamin D3, Organic Milk), Butter Unsalted (Natural Flavorings, Pasteurized Cream), Salt Sea (Sea Salt)				X			
<b>Mozzarella Cheese</b>	Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)				X			
<b>Not-So Fried Rice</b>	whole grain brown rice, peas & carrots, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce (Water, soybeans, salt, sugar), garlic powder, ginger, white granulated sugar	X						

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Pancake, WG	Whole wheat flour, water, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and/or canola oil, dextrose, salt, soy lecithin	X	X	X	X			
Penne Pasta w/ Tomato Cream Sauce & Mozzarella Cheese	<b>Penne Pasta</b> Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil <b>Tomato Cream Sauce</b> see Tomato Cream Sauce <b>Served with mozzarella cheese</b> see mozzarella cheese			X	X			
Penne Pasta w/ Veggie Bolognese	<b>Pasta</b> Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil) <b>Bolognese</b> boca crumbles (water, soy protein concentrate, wheat gluten, contains <2% malt extract, salt, wheat starch, yeast extract, sugar, natural flavor, dried onion, garlic powder, spices), carrots, Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil	X		X				
Pizza Muffins	all-purpose enriched flour, baking powder, whole milk (organic milk, Vitamin D6), liquid eggs (whole egg, citric acid, water), mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes, potato starch, canola oil and cellulose powder added to prevent caking. Natamycin (a natural mold inhibitor)), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)), basil, garlic powder, oregano.		X	X	X			
Ravioli (Cheese) w/ Marinara Sauce and Mozzarella Cheese	<b>Cheese Ravioli</b> (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid))), whole milk ricotta cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), water, whole egg, romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), parmesan cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), bread crumbs (wheat flour, sugar, canola oil, salt, yeast), parsley, salt, black pepper) <b>Marinara Sauce</b> see marinara sauce <b>Mozzarella Cheese</b> see mozzarella cheese	x	x	x	x			
Greek Tomato Lentils	lentils (water, lentils, vegetable base (carrots, onions, celery, corn starch, maltodextrin, vegetable oil (corn and/or canola) hydrolyzed corn protein, yeast extract, tomato powder, water, onion powder, 2% or less of: disodium inosinate and disodium guanylate, salt, garlic powder, paprika, natural flavors, lactic acid, modified cornstarch, citric acid) garlic, oregano, canola oil, parsley flakes, canned diced tomato, white onion, thyme, canned tomato sauce, red bell pepper							
Roasted Potatoes	Potatoes Redskin Diced Bulk (red skinned potatoes), Oil Canola (Canola oil), Seasoning Salt Lawry (salt, sugar, Spices (including Paprika, Celery Seed, Turmeric), onion, cornstarch, garlic, ricalcium Phosphate (to Make Free Flowing, Extractives Of Paprika, natural flavor), Parsley Flakes Dry (parsley)							
Rotini Pasta w/ Tomato Cream Sauce & Mozzarella Cheese	<b>Rotini Pasta</b> Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil <b>Tomato Cream Sauce</b> see Tomato Cream Sauce <b>Mozzarella cheese</b> see mozzarella cheese			X	X			
Savory Hoisin-Glazed Tofu	<b>Tofu</b> Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone <b>Savory Hoisin Sauce</b> (Sunbutter Bulk, Garlic Peeled Raw, Seasoning Chinese Five Spice Blend, Oil Canola, Vinegar Rice Gallons, Sugar Dark Brown, Miso Paste, white, GF, Sauce Soy)	X						
Sweet Thai Chili Tofu	<b>Tofu</b> Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone <b>Sweet &amp; Savory Teriyaki Sauce</b> Carrots Loose Raw Bulk, Celery Whole Raw Bulk, Pepper Green Raw Bulk, Onion White Raw Bulk), Sauce, Teriyaki (Ginger Dry ground, Sauce Soy GF, Sugar Dark Brown, Water (Ingredient), Corn Starch, Garlic Peeled Raw, Onion White Raw Bulk, Oil Canola	X						

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Three Bean Chili w/ Dairy-Free Cheddar Cheese	<b>Three Bean Chili</b> Kidney Beans, Black Beans, Great Northern Beans, Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Sauce, Onion, Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Green Peppers, chili powder, garlic powder, paprika, cumin, sea salt <b>Dairy-free cheddar cheese</b> Filtered Water, Modified Potato Starch, Canola Oil, Vegetable Glycerine, Tricalcium Phosphate, Pea Protein, Sea Salt, Natural Vegan Flavors, Lactic Acid (Non-Dairy), Sunflower Lecithin, Annatto Extract (Color), Powdered Cellulose Added To Prevent Caking.							
Tomato Cream Sauce	Marinara sauce (canola oil, garlic, sea salt, basil, oregano, granulated sugar, tomato sauce), diced tomatoes (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), onion) Half & Half (Milk, cream, dipotassium phosphate) Parmesan Cheese (Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose)				X			
Tortellini w/ Marinara Sauce and Mozzarella	<b>Tortellini</b> Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), Water, Whole Egg, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Dehydrated Potatoes (100% potatoes), Salt, Parsley, Black Pepper <b>Marinara Sauce</b> see marinara sauce <b>Mozzarella cheese</b> see mozzarella cheese	X	X	X	X			
Vegan Sausage Patty	Hydrated Soy Protein (Water, Soy Protein Concentrate, Soy Protein Isolate), Wheat Gluten, Canola Oil, Potato Starch, Methyl Cellulose, Contains less than 2% of Soy Sauce Powder (Soy Sauce [Soybeans, Salt, Sugar], Maltodextrin, Salt), Fruit Juice (for Color), Natural Flavor (Salt, Maltodextrin, Natural Flavors, Disodium Inosinate, Disodium Guanylate, Silicon Dioxide), Salt, Oat Fiber, Yeast Extract, Natural Flavor (Water, Glycerol, Natural Flavors), Black Pepper, Sage, Fennel, Natural Flavor (Water, Glycerol, Propylene Glycol, Natural Flavors), Garlic Powder, Onion Powder	X		X				
Vegan/Gluten-Free Chicken Nuggets	Vegan Filling (Hydrated Textured Soy Protein [Water, Soy Protein Concentrate], Water, Natural Flavor, Methyl Cellulose, Isolated Soy Protein, Onion Powder, Garlic Powder), Breader (Rice Flour, Whole Grain Amaranth Flour, Raisin Juice Concentrate, Cornstarch, Salt, Dextrose, Sunflower Oil, Garlic Powder, Onion Powder, Yeast Extract, White Pepper). Flash Fried In Expeller Pressed Canola Oil	X						
Vegetarian Sloppy Joe on WG Hamburger Bun	<b>Veggie Crumbles</b> Water, Soy Protein Concentrate, Organic Caramel Color, Canola Oil, Organic Cane Sugar, Yeast Extract, Onion Powder, Salt, Garlic Powder, Natural Flavors, Sea Salt, Sugar, Spices. Contains Soy. <b>Sloppy Joe Sauce</b> Red peppers, onion, organic Ketchup Bulk (Tomato Concentrate, Sugar, Distilled Vinegar, Less than 2% of: Salt, Potassium Chloride, Citric Acid, Onion Powder, Garlic Powder, Spices, Natural Flavors), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic <b>WG Hamburger Bun</b> see WG Hamburger Bun	X		X (bun)				
Veggie Meatloaf w/ Gravy	pinto beans (Prepared Pinto Beans, Water, Salt, Calcium Chloride and Calcium Disodium EDTA added for color retention), liquid eggs (whole egg, citric acid), garlic powder, black pepper, raw onion, panko bread crumbs (wheat flour, sugar, yeast, salt), soy sauce (water, soybeans, salt, sugar), shredded carrots <b>Gravy</b> see Gravy	X	X	X				

PreK Vegetarian Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
	<b>Veggie crumbles</b> Water, Soy Protein Concentrate, Organic Caramel Color, Canola Oil, Organic Cane Sugar, Yeast Extract, Onion Powder, Salt, Garlic Powder, Natural Flavors, Sea Salt, Sugar, Spices.Contains Soy. <b>Taco seasoning</b> Salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor <b>6" Flour Tortilla</b> enriched unbleached flour , (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening , (contains one or more:, palm oil and/or olive oil), contains 2% or less:, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), dough conditioner, (fumaric acid, xanthan gum, mono and diglycerides, sodium metabisphite), water, salt, Wheat protein, Preservatives (Calcium propionate, Sorbic acid)	X		X (tortilla)				
<b>Veggie Taco on Flour Tortilla</b>								
	<b>Tofu</b> Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone <b>Zesty BBQ sauce</b> dark brown sugar, raw onion, garlic, rice vinegar, soy sauce, canola oil, xanthan gum, ginger, chinese five spice blend, maple syrup, miso paste (water, soybeans, rice, salt, alcohol)	X						
<b>Zesty BBQ Tofu</b>								
Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue. **The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.								



PreK GF/DF/EF Lunch Ingredients List								
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Bean & Cheese Tamale, GF/DF/EF	Dry masa corn (white corn cooked with lime-water, cellulose gum, fumaric acid and sodium propionate added to preserve freshness), refried beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), vegan cheddar cheese (filtered water, modified potato starch, canola oil, vegetable glycerin, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non-GMO), corn husk (dried corn husks, water with sulphur dioxide)							
Beef Sloppy Joe on GF Hamburger Bn	<b>Beef Sloppy Joe</b> Ketchup Bulk (Tomato Concentrate, Sugar, Distilled Vinegar, Less than 2% of: Salt, Potassium Chloride, Citric Acid, Onion Powder, Garlic Powder, Spices, Natural Flavors), Beef Ground Cooked (Beef ground), Sauce Sloppy Joe (Oil Canola, Garlic Peeled Raw, Mustard Bulk, Tomato Paste Canned, Onion White Raw Bulk, Pepper Red Whole Raw Bulk). <b>GF Hamburger Bun</b> see GF/DF/EF Hamburger Bun							
Bread, GF/DF/EF - Bright Sky Brand	Water, Rice Flour, Modified Tapioca Starch, Palm Shortening, Soluble Tapioca Fiber, Rice Starch, Hemp Protein, Yeast, Cane Sugar, Modified Resistant Tapioca Starch (RS4), Invert Cane Syrup, Pea Protein, Cultured Brown Rice Flour, Apple Cider Vinegar, Vegetable Glycerin, Sea Salt, Xanthan Gum, Modified Cellulose Gum, Chickpea Flour, Guar Fiber.							
Brown Rice	long grain parboiled rice							
Chicken Tinga Tacos on Corn Tortilla	<b>Cooked chicken thigh</b> chicken thigh, canola oil, sea salt <b>Tinga seasoning</b> vegetable base (Sautéed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), sea salt, oregano, cumin, raw onion, chipotle peppers in adobo sauce (Chipotle Peppers, Tomato Puree, Onion, vinegar, canola oil, sugar, salt, paprika, garlic) <b>Corn Tortilla</b> Corn, water, and lime (calcium hydroxide)							
Compote, Mixed Berry	frozen blueberries, frozen strawberries, white granulated sugar							
Creamy Mac & Cheese w/ Turkey Meatballs, GF/DF/EF	<b>Gluten-free elbow pasta</b> Organic Rice Flour, Organic Potato Starch, Organic Rice Starch, Organic Soy Flour. <b>DF Cheese Sauce</b> Vegan cheddar cheese (Filtered Water, Coconut Oil, Potato Starch, Tapioca Starch, Sunflower Oil, Natural Flavors (Vegan Sources), Chickpea Protein, Calcium Citrate, Sea Salt, Konjac And Xanthan Gums, Paprika And Beta Carotene (Color), Powdered Cellulose), soy milk (water, organic soy beans) <b>Turkey Meatballs</b> see turkey meatballs GF/DF/EF	X						
Grilled Chicken	Antibiotic-free chicken, canola oil, salt, pepper							
Hamburger Bun, GF/DF/EF	Water, Rice Flour, Modified Tapioca Starch, Palm Shortening, Soluble Tapioca Fiber, Rice Starch, Hemp Protein, Cane Sugar, Yeast, Modified Resistant Tapioca Starch (RS4), Invert Cane Syrup, Pea Protein, Apple Cider Vinegar, Vegetable Glycerin, Cultured Brown Rice Flour, Sea Salt, Xanthan Gum, Chickpea Flour, Modified Cellulose Gum, Guar Fiber.							
Ketchup	Ketchup Bulk (Tomato Concentrate, Sugar, Distilled Vinegar, Less than 2% of: Salt, Potassium Chloride, Citric Acid, Onion Powder, Garlic Powder, Spices, Natural Flavors)							
Marinara Sauce	Diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), canola oil, garlic, onions, salt, sugar, oregano, basil							
Mashed Potatoes (DF)	russet potatoes, soy milk (water, organic soy beans), sea salt	X						
Not-So Fried Rice	whole grain brown rice, peas & carrots, vegetable base (Sautéed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce (Water, soybeans, salt, sugar), garlic powder, ginger, white granulated sugar	X						
Pasta, GF w/ Marinara Sauce & Turkey Meatballs	<b>Gluten-Free Penne Pasta</b> Organic Rice Flour, Organic Potato Starch, Organic Rice Starch, Organic Soy Flour. <b>Turkey Meatballs</b> see turkey meatballs GF/DF/EF <b>Marinara Sauce</b> see marinara sauce	X						
Penne Pasta, GF w/ Turkey Bolognese	<b>Gluten-free penne pasta</b> Organic Brown Rice <b>Turkey Bolognese</b> Antibiotic-free turkey, diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water	X						

PreK GF/DF/EF Lunch Ingredients List								
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Roasted Potatoes	Potatoes Redskin Diced Bulk (red skinned potatoes), Oil Canola (Canola oil), Seasoning Salt Lawry (salt, sugar, Spices (including Paprika, Celery Seed, Turmeric), onion, cornstarch, garlic, ricalcium Phosphate (to Make Free Flowing, Extractives Of Paprika, natural flavor), Parsley Flakes Dry (parsley)							
Savory Hoisin-Glazed Chicken Breast	Chicken Breast Raw Antibiotic-free (chicken) <b>Savory Hoisin Sauce</b> (Sunbutter Bulk, Garlic Peeled Raw, Seasoning Chinese Five Spice Blend, Oil Canola, Vinegar Rice Gallons, Sugar Dark Brown, Miso Paste, white, GF, Sauce Soy)	X						
Sweet & Savory Teriyaki Turkey Meatballs, GF/DF/EF	<b>GF/DF/EF Turkey Meatballs</b> ground dark turkey meat (antibiotic-free), sea salt <b>Sweet &amp; Savory Teriyaki Sauce</b> Carrots Loose Raw Bulk, Celery Whole Raw Bulk, Pepper Green Raw Bulk, Onion White Raw Bulk), Sauce, Teriyaki (Ginger Dry ground, Sauce Soy GF, Sugar Dark Brown, Water (Ingredient), Corn Starch, Garlic Peeled Raw, Onion White Raw Bulk, Oil Canola	X						
Turkey Chili	Pepper Green Raw Bulk, Beans Black Canned (Prepared Black Beans, Water, Salt, Granulated Onion, Calcium Chloride), Beans Red Canned Low Sodium, Tomatoes Diced Canned (tomatoes, tomato juice, salt, calcium chloride, citric acid), Tomato Paste Canned (tomatoes, citric acid), Garlic Powder Dry (Garlic Powder), Seasoning Chili Pepper Red Ground (Chili Pepper, spices, salt, silicon dioxide, garlic), Salt Sea (Sea Salt), Tomato Sauce Canned (Fresh, Vine-Ripened Organically Grown Tomatoes, sea salt, organic red pepper, organic onion powder, organic garlic powder, organic celery), Paprika Dry (Paprika, Silicon Dioxide), Seasoning Cumin Ground (Cumin seed), Onion White Raw Bulk (White Onion), Turkey Ground ABF 85% lean (Turkey)							
Turkey Meatballs, GF/DF/EF	ground dark turkey meat (antibiotic-free), sea salt							
Turkey Meatloaf GF/DF/EF w/ Gravy	<b>Meatloaf</b> Ground turkey (85% lean), mustard (Distilled White Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Tumeric, Paprika.), honey, frozen spinach, Ketchup Bulk (Tomato Concentrate, Sugar, Distilled Vinegar, Less than 2% of: Salt, Potassium Chloride, Citric Acid, Onion Powder, Garlic Powder, Spices, Natural Flavors), Naturally Milled Sugar, Vinegar, Sea Salt, Onion Powder, Garlic Powder, Natural Flavor. ), sea salt, garlic powder, onion powder <b>Gravy</b> Xanthan Gum Powder (Xanthan Gum), Celery Whole Raw Bulk (celery), Carrots Loose Raw Bulk (carrot), Onion White Raw Bulk (White Onion), Thyme Ground (Thyme), Oil Canola (Canola oil), Flour Rice, Water (Ingredient), Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Corn Starch, Maltodextrin, Vegetable Oil (Corn And/Or Canola Oil), Hydrolyzed Corn Protein, Yeast Extract, Tomato Powder, Water, Onion Powder, 2% Or Less Of, Disodium Inosinate And Disodium Guanylate, Salt, Garlic Powder, Paprika (Color), Natural Flavors, Lactic Acid, Modified Cornstarch, Citric Acid)							
Turkey Sausage Patties	Antibiotic-Free Ground Turkey, Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							
Vegan/Gluten-Free Chicken Nuggets	Vegan Filling (Hydrated Textured Soy Protein [Water, Soy Protein Concentrate], Water, Natural Flavor, Methyl Cellulose, Isolated Soy Protein, Onion Powder, Garlic Powder), Breader (Rice Flour, Whole Grain Amaranth Flour, Raisin Juice Concentrate, Cornstarch, Salt, Dextrose, Sunflower Oil, Garlic Powder, Onion Powder, Yeast Extract, White Pepper). Flash Fried In Expeller Pressed Canola Oil	X						
Waffle, GF/DF/EF	Water, Van's gluten free mix (brown rice flour, potato starch, rice flour, soy flour), Non-GMO expeller pressed canola oil, baking powder (sodium acid pyrophosphate, baking soda, rice flour, monocalcium phosphate), Van's natural fruit juice blend (pineapple, peach, and pear juice concentrates), sea salt, guar gum, soy lecithin	X						
Zesty BBQ Chicken Breast	<b>Cooked chicken</b> chicken breast (chicken, sea salt, canola oil) <b>Zesty BBQ Sauce</b> dark brown sugar, raw onion, garlic, rice vinegar, soy sauce, canola oil, xanthan gum, ginger, chinese five spice blend, maple syrup, miso paste (water, soybeans, rice, salt, alcohol)	X						
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Vegan Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Bean & Cheese Tamale, GF/DF/EF	Dry masa corn (white corn cooked with lime-water, cellulose gum, fumaric acid and sodium propionate added to preserve freshness), refried beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), vegan cheddar cheese (filtered water, modified potato starch, canola oil, vegetable glycerin, tricalcium phosphate, pea protein, sealt salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non-GMO), corn husk (dried corn husks, water with sulphur dioxide)							
Black Bean Burger (Dr. Praeger)	Hydrated Textured Soy Protein Concentrate (Water, Soy Protein Concentrate, Caramel Color), Cooked Black Beans (Black Beans, Water), Cooked Brown Rice (Brown Rice, Water), Onions, Expeller Pressed Canola Oil, Corn, Wheat Gluten, Red Peppers, Arrowroot Powder, Jalapeno Peppers, Chili Powder, Vegetarian Natural Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Flaxseed Meal, Garlic, Salt, Cilantro, Black Pepper	X		X				
Bread Slice, WG	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch.	X		X				
Brown Rice	long grain parboiled rice							
Compote, Mixed Berry	frozen blueberries, frozen strawberries, white granulated sugar							
Creamy Mac & Cheese, GF/DF/EF w/ Vegan Meatballs	Elbow Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil) Sauce Vegan cheddar cheese: Filtered Water, Modified Potato Starch, Palm Oil, Sunflower Oil, Sea Salt, Cellulose Gum, Tapioca Starch, Yeast Extract, Cellulose Gel, Konjac Powder (Thickener), Cultured Dextrose, Citric Acid, Carrageenan, Locust Bean Gum, Natural Flavors, Annatto (Color), Paprika Extract (Color), Probiotic Cultures (Bacillus Subtilis) Soy milk Water, organic soybeans Vegan Meatballs see Vegan Meatballs	X		X				
Gravy	Xanthan Gum Powder (Xanthan Gum), Celery Whole Raw Bulk (celery), Carrots Loose Raw Bulk (carrot), Onion White Raw Bulk (White Onion), Thyme Ground (Thyme), Oil Canola (Canola oil), Flour Rice, Water (Ingredient), Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Corn Starch, Maltodextrin, Vegetable Oil (Corn And/Or Canola Oil), Hydrolyzed Corn Protein, Yeast Extract, Tomato Powder, Water, Onion Powder, 2% Or Less Of, Disodium Inosinate And Disodium Guanylate, Salt, Garlic Powder, Paprika (Color), Natural Flavors, Lactic Acid, Modified Cornstarch, Citric Acid)							
Greek Tomato Lentils	lentils (water, lentils, vegetable base (carrots, onions, celery, corn starch, maltodextrin, vegetable oil (corn and/or canola) hydrolyzed corn protein, yeast extract, tomato powder, water, onion powder, 2% or less of: disodium inosinate and disodium guanylate, salt, garlic powder, paprika, natural flavors, lactic acid, modified cornstarch, citric acid) garlic, oregano, canola oil, parsley flakes, canned diced tomato, white onion, thyme, canned tomato sauce, red bell pepper							
Hamburger Bun, WG	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	X		X				
Ketchup	Ketchup Bulk (Tomato Concentrate, Sugar, Distilled Vingear, Less than 2% of:, Salt, Potassium Chloride, Citric Acid, Onion Powder, Garlic Powder, Spices, Natural Flavors)							
Marinara Sauce	Diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), canola oil, garlic, onions, salt, sugar, oregano, basil							
Mashed Potatoes (DF)	russet potatoes, soy milk (water, organic soy beans), sea salt	X						
Not-So Fried Rice	whole grain brown rice, peas & carrots, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce (Water, soybeans, salt, sugar), garlic powder, ginger, white granulated sugar	X						

Vegan Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Pasta w/ Marinara &amp; Vegan Meatballs</b>	<b>Penne/Rotini Pasta</b> Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid <b>Marinara Sauce</b> see marinara sauce <b>Vegan Meatballs</b> see Vegan Meatballs	X		X				
<b>Penne Pasta w/ Veggie Bolognese</b>	<b>Pasta</b> Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil) <b>Veggie Bolognese</b> boca crumbles (water, soy protein concentrate, wheat gluten, contains <2% malt extract, salt, wheat starch, yeast extract, sugar, natural flavor, dried onion, garlic powder, spices), carrots, Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil	X		X				
<b>Pita Bread, WG</b>	WATER, WHOLE WHEAT FLOUR, WHEAT FLOUR ENRICHED ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), SOYBEAN OIL, YEAST, SALT, VITAL WHEAT GLUTEN, DOUGH CONDITIONER (MONO-DIGLYCERIDES, CALCIUM SULFATE, GUAR GUM, WHEAT STARCH, SODIUM METABISULFITE AND ASCORBIC ACID), SUGAR, PRESERVATIVES (CALCIUM PROPIONATE, FUMARIC ACID)	X		X				
<b>Roasted Potatoes</b>	Potatoes Redskin Diced Bulk (red skinned potatoes), Oil Canola (Canola oil), Seasoning Salt Lawry (salt, sugar, Spices (including Paprika, Celery Seed, Turmeric), onion, cornstarch, garlic, ricalcium Phosphate (to Make Free Flowing, Extractives Of Paprika, natural flavor), Parsley Flakes Dry (parsley)							
<b>Savory Hoisin-Glazed Tofu</b>	<b>Tofu</b> Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone <b>Savory Hoisin Sauce</b> (Sunbutter Bulk, Garlic Peeled Raw, Seasoning Chinese Five Spice Blend, Oil Canola, Vinegar Rice Gallons, Sugar Dark Brown, Miso Paste, white, GF, Sauce Soy)	X						
<b>Sweet Thai Chili Tofu</b>	<b>Tofu</b> Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone	X						
<b>Three Bean Chili w/ Dairy-Free Cheddar Cheese</b>	<b>Three Bean Chili</b> Kidney Beans, Black Beans, Great Northern Beans, Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Sauce, Onion, Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Green Peppers, chili powder, garlic powder, paprika, cumin, sea salt <b>Dairy-free cheddar cheese</b> Filtered Water, Modified Potato Starch, Canola Oil, Vegetable Glycerine, Tricalcium Phosphate, Pea Protein, Sea Salt, Natural Vegan Flavors, Lactic Acid (Non-Dairy), Sunflower Lecithin, Annatto Extract (Color), Powdered Cellulose Added To Prevent Caking.							
<b>Vegan Meatballs</b>	water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract	X		X				
<b>Vegan Sausage Patty</b>	Hydrated Soy Protein (Water, Soy Protein Concentrate, Soy Protein Isolate), Wheat Gluten, Canola Oil, Potato Starch, Methyl Cellulose, Contains less than 2% of Soy Sauce Powder (Soy Sauce [Soybeans, Salt, Sugar], Maltodextrin, Salt), Fruit Juice (for Color), Natural Flavor (Salt, Maltodextrin, Natural Flavors, Disodium Inosinate, Disodium Guanylate, Silicon Dioxide), Salt, Oat Fiber, Yeast Extract, Natural Flavor (Water, Glycerol, Natural Flavors), Black Pepper, Sage, Fennel, Natural Flavor (Water, Glycerol, Propylene Glycol, Natural Flavors), Garlic Powder, Onion Powder	X		X				
<b>Vegan/Gluten-Free Chicken Nuggets</b>	Vegan Filling (Hydrated Textured Soy Protein [Water, Soy Protein Concentrate], Water, Natural Flavor, Methyl Cellulose, Isolated Soy Protein, Onion Powder, Garlic Powder), Breader (Rice Flour, Whole Grain Amaranth Flour, Raisin Juice Concentrate, Cornstarch, Salt, Dextrose, Sunflower Oil, Garlic Powder, Onion Powder, Yeast Extract, White Pepper). Flash Fried In Expeller Pressed Canola Oil	X						



PreK Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Broccoli	Broccoli							
Cauliflower	Cauliflower							
Coleslaw GF/DF/EF	Cabbage, carrots, apple cider vinegar, hone, sea salt, black pepper, lemon juice, djon mustard (distilled white vinegar, mustard seed, water, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spices							
Cucumber Salad	Cucumbers, water, white wine vinegar, dill weed, sugar, salt, pepper							
Cucumbers	Cucumbers							
DF Mashed Potatoes	russet potatoes, soy milk (water, organic soy beans), sea salt	X						
Garlic Green beans	green beans, garlic powder							
Green Beans	Green beans							
Green Pepper Strips	Green bell pepper							
Italian Cucumber Salad	<b>Sliced Cucumbers</b> <b>Italian Dressing:</b> olive oil, red wine vinegar, dry basil, dry oregano, dry parsley, garlic powder, onion powder, dried thyme, black pepper, salt							
Mashed Potatoes	russet potatoes, unsalted butter (cream, natural flavoring), sea salt, whole milk (organic milk Vitamin D6)				X			
Peas	Peas							
Peas & Carrots	Peas, carrots							
Red Pepper Strips	red bell pepper							
Roasted Potatoes	Potatoes Redskin Diced Bulk (red skinned potatoes), Oil Canola (Canola oil), Seasoning Salt Lawry (salt, sugar, Spices (including Paprika, Celery Seed, Turmeric), onion, cornstarch, garlic, ricalcium Phosphate (to Make Free Flowing, Extractives Of Paprika, natural flavor), Parsley Flakes Dry (parsley)							
Squash Medley	Yellow squash, zucchini squash, canola oil, salt							
Steamed Carrots	Carrot coins							
<b>Fruit Items</b>	<b>Ingredients</b>							
Apple Slices	Apples							
Appleberry Sauce	Unsweetened applesauce (apples, water, ascorbic acid (to maintain color)), frozen unsweetened strawberries							
Applesauce	Apples, water, ascorbic acid (to maintain color)							
Applesauce Cup	Apples, Water, and Unsweetened Apple Juice. Ascorbic Acid (Vitamin C) added to maintain color.							
Banana	Banana							
Cantaloupe	Cantaloupe							
Pineapple	Pineapple							
Fruit Salad	2 or more: watermelon, cantaloupe, honeydew, pineapple, strawberries, blueberries							
Fruit Salad CH	Cantaloupe, honeydew							
Fruit Salad CHP	Cantaloupe, honeydew, pineapple							
Honeydew	Honeydew							
Orange Slices	Oranges							
Pear Slices	Pears, calcium ascorbate							
Pearsauce	Pears, water, white sugar							
<b>Other Items</b>	<b>Ingredients</b>							
Hummus	Garbanzo beans, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water							X
Ketchup	Tomato Concentrate, Sugar, Distilled Vingeat, Less than 2% of:, Salt, Potassium Chloride, Citric Acid, Onion Powder, Garlic Powder, Spices, Natural Flavors							

PreK Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Marinara Sauce	Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil							
Ranch Dressing (Bulk)	Soybean oil, cultured nonfat buttermilk, water, distilled vinegar, contains less than 2% of: salt, cultured skim milk, natural flavor, sugar, whey protein concentrate, tamarind and xanthan gum, garlic powder, onion powder, lemon juice concentrate, ground mustard, spice, dried parsley, ground celery	X			X			
Ranch Dressing (Packet)	Water, Soybean Oil, Corn Syrup, Distilled Vinegar, Egg Yolks, Modified Food Starch, Contains 2% or less of Buttermilk, Natural Flavors, Potassium Chloride, Salt, Garlic*, Onion*, Xanthan Gum, Yeast Extract, Lactic Acid, Phosphoric Acid, Whey Powder, Disodium Inosinate & Disodium Guanylate, Potassium Sorbate & Sodium Benzoate (as preservatives), Rice Flour, Polysorbate 60, Spice, Parsley*, Calcium Disodium EDTA to protect flavor	X	X		X			
Salsa	Tomatoes Diced Canned (tomatoes, tomato juice, salt, calcium chloride, citric acid), Onion White Raw Bulk (White Onion), Juice Lime Quart (Lime juice), Salt Sea (Sea Salt), Cilantro Raw Bulk (Cilantro)							
Cream Cheese	pasteurized milk and cream, cheese culture, salt, guar gum, xanthan gum, carob bean gum				X			
Pumpkin Cream Cheese	Cheese Cream Cheese Bulk (pasteurized milk and cream, cheese culture, salt, guar gum, xanthan gum, carob bean gum), Pumpkin Canned Pure, Sugar Dark Brown (Brown Sugar), Vanilla Extract Imitation (water, caramel color, Artificial Flavor, Citric Acid, Sodium Benzoate), Cinnamon Ground (Cinnamon), Pumpkin Pie Spice (Cinnamon, Allspice, Ginger, Nutmeg)				X			
Sunbutter	Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)							
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PreK Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Bagel, Mini	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Brown Sugar, Dough Conditioner (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid] Hydrolyzed Wheat Gluten And 2% Or Less Of Each Of The Following: Canola Oil, Ascorbic Acid, Enzymes, Salt), Contains Less Than 2% Of Salt, Vinegar, Wheat Gluten, Yeast.			X				
Bagel, GF/DF	Water, brown rice flour, tapioca starch, canola oil, egg whites, potato starch, dried cane syrup, tapioca maltodextrin, tapioca syrup, xanthan gum, yeast, salt, cultured corn syrup solids, and citric acid (mold inhibitor), enzymes <i>*contains egg</i>		X					
Bread, GF/DF/EF - Bright Sky Brand	Water, Rice Flour, Modified Tapioca Starch, Palm Shortening, Soluble Tapioca Fiber, Rice Starch, Hemp Protein, Yeast, Cane Sugar, Modified Resistant Tapioca Starch (RS4), Invert Cane Syrup, Pea Protein, Cultured Brown Rice Flour, Apple Cider Vinegar, Vegetable Glycerin, Sea Salt, Xanthan Gum, Modified Cellulose Gum, Chickpea Flour, Guar Fiber.							
Bread, WG	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch.	X		X				
Cornbread	Whole grain cornmeal, whole wheat flour, sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), whole milk, canola oil, baking powder, salt		X	X	X			
English Muffin, GF/DF/EF	Organic brown rice flour, filtered water, organic tapioca flour, potato starch, fresh yeast, organic flax seeds, organic chia seeds, organic sesame seeds, organic sunflower seeds, sea salt, vegetable gum (xanthan, cellulose)							X
Hamburger Bun, GF/DF/EF	Water, Rice Flour, Modified Tapioca Starch, Palm Shortening, Soluble Tapioca Fiber, Rice Starch, Hemp Protein, Cane Sugar, Yeast, Modified Resistant Tapioca Starch (RS4), Invert Cane Syrup, Pea Protein, Apple Cider Vinegar, Vegetable Glycerin, Cultured Brown Rice Flour, Sea Salt, Xanthan Gum, Chickpea Flour, Modified Cellulose Gum, Guar Fiber.							
Hamburger Bun, WG	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	X		X				
Pancake, WG	Whole wheat flour, water, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and/or canola oil, dextrose, salt, soy lecithin	X	X	X	X			
Pita Bread	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate	X		X				



PreK Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pita Bread, WG	water, whole wheat flour, wheat flour enriched ([niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), soybean oil, yeast, salt, vital wheat gluten, dough conditioner (mono-diglycerides, calcium sulfate, guar gum, wheat starch, sodium metabisulfite and ascorbic acid), sugar, preservatives (calcium propionate, fumaric acid)	X		X				
Roll, WG	water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, robflavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: dalt, dough conditioners (calcium stearyl lactylate, mono & diglycerides, DATEM, ascorbic acid, L-cystein hydrochloride, calcium perodixe, enzymes), Yeast Nutrients (calcium sulfate, mono calcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate	X		X				
Tortilla, Corn	Corn, water, and lime (calcium hydroxide)							
Tortilla, Flour 6'	Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and diglycerides, Sodium metabisulphite)			X				
Tortilla, WG 6'/8'	Whole Wheat Flour, Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).	X		X				
Waffle, GF/DF/EF	Water, Van's gluten free mix (brown rice flour, potato starch, rice flour, soy flour), non-GMO expeller pressed canola oil, baking powder (sodium acid pyrophosphate, baking soda, rice flour, monocalcium phosphate), Van's natural fruit juice blend (pineapple, peach, and pear juice concentrates), sea salt, guar gum, soy lecithin	X						

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