

September 2023



1640 W Hubbard Ave., Chicago, IL 60622

DAY OF WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	28	29	30	31	1
Lunch Standard					Chicken Tenders & Ketchup
Lunch (GF)					GF Chicken Tenders & Ketchup (GF)(SF)(DF)
Lunch (Veg)					Chickpea & Polenta Veggie Nuggets (V)(GF)(SF)(EF)(DF)
Lunch (V)					
Lunch Allergy					
DAY OF WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	4	5	6	7	8
Lunch Standard		Lemon Pepper Chicken & Rice (GF)(SF)(EF)(DF)	Cheese Pizza (VEG)(SF)(EF)	Turkey & Cheese Sandwich (SF)(EF)	Chicken & Noodles (SF)(DF)
Lunch (GF)			GF&DF Cheese Pizza (V)(GF)(EF)(DF)	GF Turkey & Cheese Sandwich (GF)(SF)(EF)	GF Chicken & Noodles (GF)(SF)(EF)(DF)
Lunch (Veg)		Lemon Pepper Tofu & Rice (V)(GF)(EF)(DF)	Cheese Pizza (VEG)(SF)(EF)	Vegetable & Cheese Sandwich (VEG)(SF)(EF)	Tofu & Noodles (VEG)(DF)
Lunch (V)			GF&DF Cheese Pizza (V)(GF)(EF)(DF)	DF Vegetable & Cheese Sandwich (V)(SF)(EF)(DF)	
Lunch Allergy		Black Beans & Rice (V)(GF)(SF)(EF)(DF)	GF&DF Cheese Quesadilla (V)(GF)(SF)(EF)(DF)	Black Beans & Rice (V)(GF)(SF)(EF)(DF)	GF Chicken & Noodles (GF)(SF)(EF)(DF)
DAY OF WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	11	12	13	14	15
Lunch Standard	Greek Chicken & Pita (SF)(EF)(DF)	Chicken Quesadilla (SF)(EF)	Chicken Tinga Sandwich (SF)(EF)(DF)	Lemon Garlic Turkey Rice (GF)(SF)(EF)(DF)	Chicken Pasta Salad (SF)(DF)
Lunch (GF)	Greek Chicken & GF Bread (GF)(SF)(EF)(DF)	GF Chicken Quesadilla (GF)(SF)(EF)	GF Chicken Tinga Sandwich (GF)(SF)(EF)(DF)		GF Chicken Pasta Salad (GF)(SF)(DF)
Lunch (Veg)	Greek Tofu & Pita (V)(EF)(DF)	Bean & Cheese Quesadilla (VEG)(SF)(EF)	Tofu Tinga Sandwich (V)(EF)(DF)	Lemon Garlic Tofu Rice (V)(GF)(EF)(DF)	Chickpea Pasta Salad (V)(SF)(EF)(DF)
Lunch (V)		DF Bean & Cheese Quesadilla (V)(SF)(EF)(DF)			
	Grilled Chicken & Rice (GF)(SF)	GF&DF Bean & Cheese	Black Beans & Rice (V)(GF)(SF)	White Beans & Rice (V)(GF)(SF)	Black Beans & Rice (V)(GF)(SF)

All lunches are served with fresh fruit and vegetables.

Toddler fruit and vegetables are mashed, diced, pureed, or cooked until soft.

GF=Gluten Free, DF=Dairy Free, SF=Soy Free, EF=Egg Free, V=Vegan, VEG=Vegetarian

Lunch Allergy	(EF)(DF)	Quesadilla (V)(GF)(SF)(EF)(DF)	(EF)(DF)	(EF)(DF)	(EF)(DF)
DAY OF WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	18	19	20	21	22
Lunch Standard	Grilled Cheese (VEG)(SF)(EF)	Chicken Pad Thai (GF)(DF)	Sloppy Joe w/ Turkey (SF)(EF)(DF)	Mac & Cheese (VEG)(SF)(EF)	Chicken Pot Pie & Oyster Crackers (SF)(EF)
Lunch (GF)	GF Grilled Cheese (VEG)(GF)(SF)(EF)		GF Sloppy Joe w/ Turkey (GF)(SF)(EF)(DF)	GF Mac & Cheese (VEG)(GF)(SF)(EF)	Chicken Pot Pie & GF Bread (GF)(SF)(EF)
Lunch (Veg)	Grilled Cheese (VEG)(SF)(EF)	Tofu Pad Thai (V)(GF)(EF)(DF)	Sloppy Joe w/ Chickpeas & Vegetables (V)(SF)(EF)(DF)	Mac & Cheese (VEG)(SF)(EF)	Tofu Pot Pie & Oyster Crackers (V)(EF)(DF)
Lunch (V)	DF Grilled Cheese (V)(SF)(EF)(DF)			DF Mac & Cheese (V)(SF)(EF)(DF)	
Lunch Allergy	GF&DF Grilled Cheese (V)(GF)(SF)(EF)(DF)	Black Beans & Rice (V)(GF)(SF)(EF)(DF)	GF Sloppy Joe w/ Chickpeas & Vegetables (V)(GF)(SF)(EF)(DF)	GF&DF Mac & Cheese (V)(GF)(SF)(EF)(DF)	Chickpea & Polenta Veggie Nuggets (V)(GF)(SF)(EF)(DF)
DAY OF WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	25	26	27	28	29
Lunch Standard	SunButter & Jelly Sandwich (V)(SF)(EF)(DF)	Lemon Garlic Turkey Rice (GF)(SF)(EF)(DF)	Chicken Alfredo (SF)(EF)	Turkey Cheeseburger (SF)(EF)	Chicken & Sweet Potato Fritter (SF)(DF)
	Hummus Sandwich (V)(SF)(EF)(DF)				
Lunch (GF)	GF SunButter & Jelly Sandwich (V)(GF)(SF)(EF)(DF)		GF Chicken Alfredo (GF)(SF)(EF)	GF Turkey Cheeseburger (GF)(SF)(EF)	GF Chicken & Sweet Potato Fritter (GF)(SF)(DF)
Lunch (Veg)	SunButter & Jelly Sandwich (V)(SF)(EF)(DF)	Lemon Garlic Tofu Rice (V)(GF)(EF)(DF)	Vegetarian Alfredo (VEG)(SF)(EF)	Black Bean Burger (V)(SF)(EF)(DF)	Chickpea & Sweet Potato Fritter (V)(SF)(EF)(DF)
Lunch (V)			DF Mac & Cheese (V)(SF)(EF)(DF)		
Lunch Allergy	GF SunButter & Jelly Sandwich (V)(GF)(SF)(EF)(DF)	White Beans & Rice (V)(GF)(SF)(EF)(DF)	GF&DF Mac & Cheese (V)(GF)(SF)(EF)(DF)	Turkey Burger Patty & Rice (GF)(SF)(EF)(DF)	Black Beans & Rice (V)(GF)(SF)(EF)(DF)
	GF Hummus Sandwich (V)(GF)(SF)(EF)(DF)				

All lunches are served with fresh fruit and vegetables.

Toddler fruit and vegetables are mashed, diced, pureed, or cooked until soft.

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Apple Cinnamon Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Apples, Cinnamon, Brown Sugar, Water	Cinnamon			Yes	Yes	Yes	Yes		Breakfast
Apple Slices & SunButter (V)(GF)(SF)(EF)(DF)	Apples, SunButter				Yes	Yes	Yes	Yes		Snack
Applesauce (Housemade) (V)(GF)(SF)(EF)(DF)	Apples, Sugar, Water				Yes	Yes	Yes	Yes		Ingredient (Housemade)
Asian BBQ Chicken w/ Flour Tortilla (EF)(DF)	Chicken Breast, Asian BBQ Sauce (Housemade), Flour Tortilla 6", Salt, Black Pepper, Corn Oil	Wheat, Soy	Yes		No	Yes	No	Yes		Entrée
Asian BBQ Sauce (Housemade) (V)(GF)(EF)(DF)	White Vinegar, Ketchup, Brown Sugar, GF Soy Sauce, Salt, Black Pepper, Garlic Powder	Soy			Yes	Yes	No	Yes		Ingredient (Housemade)
Asian BBQ Tofu w/ Corn Tortilla (V)(GF)(EF)(DF)	Tofu, Asian BBQ Sauce (Housemade), Corn Tortilla 6", Salt, Black Pepper, Corn Oil	Soy			Yes	Yes	No	Yes		Entrée
Bagel, Cinnamon Raisin (mini) (Brand: L'oven Fresh)	Unbromated Unbleached Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Sugar, Raisin, Yeast, Wheat Gluten, Salt, Cinnamon, Caramel Color, Vegetable Monoglycerides, Calcium Propionate (To Retard Spoilage), Sunflower Oil, Guar Gum, Xanthan Gum, Cellulose Gum, Yellow Corn Meal, Ascorbic Acid, Enzyme, Sesame	Wheat, Sesame, Cinnamon			No	Yes	Yes	Yes	One bagel half per serving	Breakfast
Bagel, Plain (mini) (Brand: L'oven Fresh)	Unbromated Unbleached Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Sugar, Yeast, Salt, Wheat Gluten, Vegetable Monoglycerides, Calcium Propionate (To Retard Spoilage), Guar Gum, Cellulose Gum, Yellow Corn Meal, Ascorbic Acid, Enzymes	Wheat			No	Yes	Yes	Yes	One bagel half per serving	Breakfast
Banana Bread (VEG)(SF)	Flour, Baking Powder, Baking Soda, Butter, Eggs, Bananas, Sugar, Salt, Cinnamon, Milk	Wheat, Dairy, Egg, Cinnamon			No	No	Yes	No		Snack
Banana Cocoa Oat Cluster (V)(GF)(SF)(EF)(DF)	Bananas, Baking Powder, Cocoa Powder, GF Oats				Yes	Yes	Yes	Yes		Snack
Banana Cocoa Oat Cluster & Yogurt (VEG)(GF)(SF)(EF)	Bananas, Baking Powder, Cocoa Powder, GF Oats, Yogurt	Dairy			Yes	No	Yes	Yes		Snack
Banana Cocoa Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Cocoa Powder, Banana, Sugar, Water				Yes	Yes	Yes	Yes		Breakfast
Banana Greek Yogurt (VEG)(GF)(SF)(EF)	Greek Yogurt, Bananas, Vanilla Extract	Dairy			Yes	No	Yes	Yes		Snack
Banana Muffin (VEG)(SF)(DF)	Eggs, Canola Oil, Sugar, Flour, Baking Soda, Salt, Water, Banana, Cinnamon	Wheat, Egg, Cinnamon			No	Yes	Yes	No		Breakfast, Snack
Banana Overnight Oats (VEG)(GF)(SF)(EF)	GF Oats, Milk, Greek Yogurt, Banana, Pancake Syrup, Cinnamon	Dairy, Cinnamon			Yes	No	Yes	Yes		

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Banana Pancakes w/ Syrup (VEG)(SF)	Flour, Whole Milk, Eggs, Sugar, Canola Oil, Baking Powder, Salt, Bananas, Pancake Syrup	Wheat, Dairy, Egg			No	No	Yes	No	Pancakes (Wheat, Dairy, Egg) and syrup separate	Breakfast, Snack
BBQ Chicken Sandwich (SF)(EF)(DF)	Chicken Breast, BBQ Sauce (Housemade), School White Wheat Bread, Salt, Black Pepper, Corn Oil	Wheat	Yes		No	Yes	Yes	Yes	School White Wheat Bread & BBQ Chicken served separate	Entrée
BBQ Sauce (Brand: Sweet Baby Ray's)	High-fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Corn Starch, Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate, Molasses, Corn Syrup, Garlic, Sugar, Tamarind, Natural Flavor, Mustard Flour, Celery Seed				Yes	Yes	Yes	Yes		Ingredient
BBQ Sauce (Housemade)	Water, Brown Sugar, Ketchup				Yes	Yes	Yes	Yes		Ingredient (Housemade)
BBQ Tofu & Vegetable Sandwich (V)(EF)(DF)	Tofu, BBQ Sauce (Housemade), School White Wheat Bread, Mixed Vegetables (Housemade), Corn Oil, Salt, Black Pepper	Soy, Wheat	Yes		No	Yes	No	Yes	Sandwich served whole, Tofu (Soy) and School White Wheat Bread (Wheat) together	Entrée
BBQ White Bean & Vegetable Sandwich (V)(SF)(EF)(DF)	Great Northern Beans, Mixed Vegetable, BBQ Sauce (Housemade), Corn Oil, Salt, Black Pepper, School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Bean & Cheese Quesadilla (VEG)(SF)(EF)	Black Beans, Flour Tortilla 6", Corn Oil, Mozzarella Cheese	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Bean & Vegetable Taco (V)(SF)(EF)(DF)	Black Beans, Flour Tortilla 6", Mixed Vegetables (Housemade), Salt, Black Pepper, Salsa (Housemade)	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Beans - Black, Dry: Local Foods	Dry Black Beans from Carlson-Arbogast Farms				Yes	Yes	Yes	Yes		Ingredient
Beans - Chickpea: Chef's Quality brand	Chickpeas, Salt, Disodium EDTA, Water				Yes	Yes	Yes	Yes		Ingredient
Beans - White: Chef's Quality brand	Great Northern Beans, Salt, Calcium Chloride				Yes	Yes	Yes			Ingredient
Biscuit (Housemade) (VEG)(SF)(EF)	Flour, Sugar, Baking Powder, Butter, Milk, Salt	Dairy, Wheat			No	No	Yes	Yes		Breakfast
Biscuit & Fruit (VEG)(SF)(EF)	Biscuit (Housemade), Fruit	Dairy, Wheat			No	No	Yes	Yes		Breakfast
Biscuit & Turkey Gravy (SF)(EF)	Biscuit (Housemade), Turkey Gravy (Housemade)	Dairy, Wheat			No	No	Yes	Yes		Breakfast
Black Bean Burger (V)(SF)(EF)(DF)	Black Beans, Slider Bun, Corn Starch, GF Flour, Garlic Powder, Lentils, Corn Oil, Salt, Black Pepper, Ketchup	Wheat, Sesame	Yes		No	Yes	Yes	Yes		Entrée
Black Bean Dip (Housemade) (V)(SF)(GF)(EF)(DF)	Black Beans, Lemon, Garlic, Salt, Black Pepper				Yes	Yes	Yes	Yes		Snack
Black Bean Fajitas & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Black Beans, Green Peppers, Red Peppers, Yellow Onions, Corn Oil, Kosher Salt, Black Pepper, Garlic, Corn Tortilla 6"				Yes	Yes	Yes	Yes		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Black Bean Fajitas & Flour Tortilla (V)(SF)(EF)(DF)	Black Beans, Green Peppers, Red Peppers, Yellow Onions, Corn Oil, Kosher Salt, Black Pepper, Garlic, Flour Tortilla 6"	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Black Bean Medley (V)(GF)(SF)(EF)(DF)	Black Beans, Tomato, Cilantro, Lemon Juice, Salt, Pepper, Corn Oil				Yes	Yes	Yes	Yes		Snack
Black Bean Medley & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Black Beans, Tomato, Cilantro, Lemon Juice, Salt, Pepper, Corn Oil, Corn Tortilla 6"				Yes	Yes	Yes	Yes		Snack
Black Bean Medley & Pita (V)(SF)(EF)(DF)	Black Beans, Tomato, Cilantro, Lemon Juice, Salt, Pepper, Corn Oil, Pita	Wheat	Yes		No	Yes	Yes	Yes		Snack
Black Bean Patty (V)(GF)(SF)(EF)(DF)	Black Beans, GF Flour, Corn Starch, Garlic Powder, Lentils, Corn Oil, Salt, Black Pepper, Ketchup				Yes	Yes	Yes	Yes		Entrée
Black Bean Tetrazzini (V)(EF)(DF)	Black Beans, Bowtie Pasta, DF Mozzarella Cheese, Onions, Soy Milk, Corn Starch, Salt, Black Pepper, Parsley	Wheat, Soy		Yes	No	Yes	No	Yes		Entrée
Black Beans & Rice (V)(GF)(SF)(EF)(DF)	Rice, Black Beans, Water, Salt, Pepper				Yes	Yes	Yes	Yes		Entrée
Black Beans w/ Veggies & Rice (V)(GF)(SF)(EF)(DF)	Rice, Black Beans, Bell Peppers, Carrots, Celery, Garlic, Corn Oil, Water				Yes	Yes	Yes	Yes		Entrée
Blueberry Banana Oat Muffin (VEG)(GF)(SF)(EF)	Greek Yogurt, Pancake Syrup, Banana, Flax Seed Meal, Vanilla Extract, GF Oats, Baking Powder, Baking Soda, Salt, Blueberries, Water	Dairy			Yes	No	Yes	Yes		Breakfast, Snack
Blueberry Bread (VEG)(SF)	Eggs, Blueberries, Sugar, Canola Oil, Flour, Salt, Baking Powder, Milk	Wheat, Dairy, Egg			No	No	Yes	No		Breakfast/Snack
Blueberry Lavender Muffin (VEG)(SF)(DF)	Eggs, Canola Oil, Sugar, Flour, Salt, Baking Powder, Baking Soda, Lavender, Water, Blueberries	Wheat, Eggs, Cinnamon			No	Yes	Yes	No		Breakfast/Snack
Blueberry Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Blueberries, Sugar, Water				Yes	Yes	Yes	Yes		Breakfast
Blueberry Oatmeal & Turkey Sausage Patty (GF)(SF)(EF)(DF)	GF Oats, Blueberries, Sugar, Water, Turkey Sausage Patty (Housemade)				Yes	Yes	Yes	Yes		Breakfast
Blueberry Quesadilla (VEG)(SF)(EF)	Flour Tortilla 6", Cream Cheese, Blueberries	Wheat, Dairy	Yes		No	No	Yes	Yes		Breakfast

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Bread Crumbs - Plain (Brand: Supremo Italiano)	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, High Fructose Corn Syrup, Yeast, Salt, Vegetable Oil (Soybean, Cottonseed and/or Canola), Sugar, Wheat Gluten, Dextrose, Soy Flour, Whey, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate (Dough Conditioner), Mono- and Diglycerides, Soy Lecithin, Molasses, Honey, Whole Wheat Flour, Corn Flour, Cornmeal, Citric Acid, Grain Vinegar, Wheat Starch, Corn Starch, Potato Flour, Rice Flour, Wheat Bran, Oat Fiber, Calcium Sulfate, Datem, Potassium Iodate, Guar Gum, Calcium Phosphate, Enrichment (Vitamin E Acetate, Vitamin A Palmitate, Vitamin D3), Lactic Acid, Ascorbic Acid (Dough Conditioner), Spice and Coloring, Natural and Artificial Flavor, Sesame Seeds	Wheat, Soy, Dairy, Sesame			No	No	No	Yes		Ingredient
Bread: GF Bread - Live G Free White Wide Pan Bread (served interchangeably with the Live G Free Whole Grain Wide Pan Bread)	Water, Gluten Free Flour Blend (Modified Tapioca Starch, Potato Starch, Brown Rice Flour), Sunflower Oil, Dextrose, Cane Sugar, Psyllium Husk, Yeast, Modified Cellulose, Pea Fiber, Salt, Rice Bran, Cultured Cane Sugar, Vinegar, Cellulose Gum				Yes	Yes	Yes	Yes		Ingredient
Bread: GF Bread - Live G Free Whole Grain Wide Pan Bread (served interchangeably with the Live G Free White Wide Pan Bread)	Water, Gluten Free Flour Blend, (Modified Tapioca Starch, Potato Starch), Whole Grain Blend (Whole Brown Rice Flour, Whole Teff Flour, Whole Millet, Whole Red Quinoa), Sunflower Oil, Raisin Juice, Dextrose, Psyllium Husk, Cane Sugar, Yeast, Modified Cellulose, Pea Fiber, Salt, Rice Bran, Cultured Cane Sugar, Vinegar, Cellulose Gum				Yes	Yes	Yes	Yes		Ingredient

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Bread: School White Sandwich Bread (Brand: Alpha Baking)	Whole White Wheat Flour, Water, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Sugar, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Malt (Corn Syrup Solids, Barley Malt Extract), Calcium Propionate (Preservative), Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate, Potassium Sorbate (Preservative), Wheat Starch, Ascorbic Acid, Enzymes	Wheat	Yes		No	Yes	Yes	Yes		Ingredient
Bread: Slider Bun 24ct (Brand: Alpha Baking) (36 grams)	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of the following: Wheat Gluten, Salt, Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Mono & Diglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Corn Flour, Spices (Turmeric and Paprika), Natural Flavors, Calcium Propionate (Preservative), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Sesame	Wheat, Sesame	Yes		No	Yes	Yes	Yes		Ingredient
Breakfast Sandwich with Turkey Bacon and Cheese	butter, flour, sugar, baking powder, milk, salt, turkey bacon, cheese	Wheat, Dairy, Soy			No	No	No			Breakfast
Broccoli Cheese Soup (VEG)(SF)(EF)	Water, Celery, Onions, Milk, Flour, Salt, Black Pepper, Cheddar Cheese, Broccoli, Great Northern Beans, Butter, Olive Oil	Wheat, Dairy			No	No	Yes	Yes		
Broccoli Cheese Soup & Oyster Crackers (VEG)(SF)(EF)	Water, Celery, Onions, Milk, Flour, Salt, Black Pepper, Cheddar Cheese, Broccoli, Great Northern Beans, Butter, Olive Oil, Oyster Crackers	Wheat, Dairy			No	No	Yes	Yes		
Butter	Cream	Dairy			Yes	No	Yes	Yes		Ingredient
Butternut Squash Pasta Bake w/ White Beans (VEG)(SF)(EF)	Butternut Squash, Corn Oil, Salt, Pepper, Penne, Butter, Spinach, Onion, Garlic, Flour, Milk, Rosemary, Nutmeg, Paprika, Cayenne, Parmesan, Cannellini Beans	Wheat, Dairy			No	No	Yes	Yes		Entrée
Caesar Dressing (Housemade) (VEG)(GF)(SF)	Mayonnaise, Parmesan Cheese, Lemon, Garlic, Salt, Black Pepper	Dairy, Egg	Yes		Yes	No	Yes	No		Ingredient
Cajun Rice & Beans (V)(GF)(SF)(EF)(DF)	Rice, Black Beans, Bell Peppers, Carrots, Celery, Garlic, Cajun Spice Mix, Corn Oil, Water				Yes	Yes	Yes	Yes		Entrée
Cajun Rice & Beans w/ Beef (GF)	Ground Beef, Rice, Black Beans, Bell Peppers, Carrots, Celery, Garlic, Cajun Spice Mix, Vegetable Oil, water				Yes	Yes	Yes	Yes		Entrée
Cajun Rice & Beans w/ Tofu (V)(GF)(EF)(DF)	Tofu, Rice, Black Beans, Bell Peppers, Carrots, Celery, Garlic, Cajun Spice Mix, Corn Oil, Water	Soy			Yes	Yes	No	Yes		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Cajun Rice & Beans w/ Turkey (GF)(SF)(EF)(DF)	Ground Turkey, Rice, Black Beans, Bell Peppers, Carrots, Celery, Garlic, Cajun Spice Mix, Corn Oil, Water				Yes	Yes	Yes	Yes		Entrée
Cajun Spice Mix	Salt, Black Pepper, Paprika, Garlic Powder, Onion Powder, Oregano, Thyme				Yes	Yes	Yes	Yes		Ingredient
Carrot Bread (VEG)(SF)	Butter, Eggs, Baking Powder, Salt, Cinnamon, Carrots, Flour, Brown Sugar, Vanilla Extract, Milk	Wheat, Egg, Dairy, Cinnamon			No	No	Yes	No		Snack
Carrot Cinnamon Oatmeal (VEG)(GF)(SF)(EF)	GF Oats, Carrots, Cinnamon, Brown Sugar, Vanilla Extract, Salt, Butter, Water	Dairy, Cinnamon			Yes	No	Yes	Yes		Entrée
Carrot Muffin Top (VEG)(SF)(DF)	Whole Wheat Flour, Flour, Oats, Carrots, Applesauce (Housemade), Brown Sugar, Sugar, Canola Oil, Eggs, Vanilla Extract, Baking Soda, Baking Powder, Salt, Cinnamon, Nutmeg, Ginger	Wheat, Egg, Cinnamon			No	Yes	Yes	No		Snack
Cereal & Sunbutter Protein Snack (V)(SF)(EF)(DF)	Crispy Oats Cereal, SunButter, Pancake Syrup	Wheat			No	Yes	Yes	Yes		Snack
Cereal Trail Mix (V)(SF)(EF)(DF)	Crispy Oats Cereal, Corn Squares Cereal, Toasted Crispy Rice Cereal	Wheat			No	Yes	Yes	Yes		Snack
Cereal: Corn Squares (Brand: Millville) (V)(GF)(SF)(EF)(DF) - Corn Chex (on menu)	Milled Corn, Sugar, Corn Bran, Salt, Molasses, Baking Soda, Mixed Tocopherols, Calcium Carbonate, Reduced Iron, Sodium Ascorbate (Vitamin C), Niacinamide, Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin A Palmitate, Folic Acid, Vitamin D, Vitamin B12.				Yes	Yes	Yes	Yes		Breakfast, Snack
Cereal: Crispy Oats Cereal (Brand: Millville) (V)(SF)(EF)(DF) - On Menu: Crispy Oat Cereal	Whole Grain Oat Flour, Wheat Starch, Calcium Carbonate, Salt, Trisodium Phosphate, Caramel Color, Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide, Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Vitamin B12	Wheat			No	Yes	Yes	Yes		Breakfast, Snack
Cheddar Biscuit (Housemade) (VEG)(SF)(EF)	Flour, Sugar, Baking Powder, Cheddar Cheese, Butter, Milk, Salt	Dairy, Wheat			No	No	Yes	Yes		Breakfast, Snack
Cheddar Biscuit & Fruit (VEG)(SF)(EF)	Flour, Sugar, Baking Powder, Cheddar Cheese, Butter, Milk, Salt, Fruit	Dairy, Wheat			No	No	Yes	Yes		Breakfast, Snack
Cheddar Biscuit w/ Turkey Bacon & Fruit (SF)(EF)	Flour, Sugar, Baking Powder, Cheddar Cheese, Butter, Milk, Salt, Turkey Bacon, Fruit	Dairy, Wheat			No	No	Yes	Yes		Breakfast

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Cheddar Bunnies (VEG)(SF)(EF) (Brand: Annies)	Organic Wheat Flour, Organic Expeller-Pressed Sunflower Oil, Salt, Organic Cheddar Cheese (pasteurized organic milk, cheese cultures, salt, non-animal enzymes) Baking Soda, Organic Yeast, Organic Nonfat Dry Milk, Organic Paprika, Monocalcium Phosphate, Organic Celery Seed Powder, Organic Onion Powder, Organic Annatto (for color), Non-Animal Enzymes	Dairy, Wheat			No	No	Yes	Yes		Snack
Cheddar Bunnies & Fruit (VEG)(SF)(EF)	Cheddar Bunnies, Fruit	Dairy, Wheat			No	No	Yes	Yes		Snack
Cheddar Cheese Dip & Pita (VEG)(SF)(EF)	Cheddar Cheese, Whole Milk, Red Peppers, Onions, Water, Butter, Corn Starch, Pita	Dairy, Wheat	Yes		No	No	Yes	Yes		Snack
Cheese Cubes & Vegetables (VEG)(GF)(SF)(EF)	Provolone Cheese, Muenster Cheese, Cheddar Cheese, Vegetables	Dairy			Yes	No	Yes	Yes		Snack
Cheese Pizza (VEG)(SF)(EF)	Flour, Yeast, Salt, Corn Oil, Mozzarella Cheese, Parmesan and Romano Cheese, Marinara Sauce, Water	Wheat, Dairy			No	No	Yes	Yes		Entrée
Cheese Puff Snack & Vegetables (VEG)(SF)(EF)	Cheddar Cheese, Butter, Salt, Flour, Water, Vegetables	Dairy, Wheat			No	No	Yes	Yes		Snack
Cheese Quesadilla (VEG)(SF)(EF)	Mozzarella Cheese, Corn Oil, Flour Tortilla 6"	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Cheese Roll Up (VEG)(SF)(EF)	Cheddar Cheese, Flour Tortilla 6"	Dairy, Wheat	Yes		No	No	Yes	Yes		Snack
Cheese Sauce (Housemade) (VEG)(SF)(EF)	Milk, Cheddar Cheese, Butter, Flour, Mozzarella Cheese, Garlic Powder, Salt	Wheat, Dairy			No	No	Yes	Yes		Ingredient (Housemade)
Cheese Tortellini (VEG)(SF)	Enriched Semolina Flour (Semolina Flour [Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Ricotta Cheese (Whey, Pasteurized Whole Milk, Skim Milk, Vinegar, Salt, Stabilizers), Cracker Meal (Enriched Wheat Flour [Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Soybean Oil), Romano Cheese (Pasteurized Cow's and/or Sheep's Milk, Cheese Culture, Salt, Enzymes), Salt, Natural Flavors, Pasteurized Whole Eggs, Parmesan Cheese (Part Skim Milk, Cheese Culture, Salt, Enzymes), Garlic, Onion, Spices, Beta Carotene	Wheat, Eggs, Dairy	Yes		No	No	Yes	No		Ingredient
Cheese Tortellini & Marinara Sauce (VEG)(SF)	Cheese Tortellini, Marinara Sauce (Housemade)	Wheat, Eggs, Dairy	Yes		No	No	Yes	No		Entrée
Cheese Tortellini & Vegetarian Alfredo Sauce (VEG)(SF)	Cheese Tortellini, Vegetarian Alfredo Sauce (Housemade)	Wheat, Eggs, Dairy	Yes		No	No	Yes	No		Entrée
Cheesy Breakfast Potatoes (VEG)(GF)(SF)(EF)	Potatoes, Onions, Cheddar Cheese, Salt, Pepper, Corn Oil	Dairy			Yes	No	Yes	Yes		Breakfast
Cheesy Chicken & Broccoli Pasta (SF)(EF)	Penne, Broccoli, Chicken, Cheddar Cheese, Mozzarella, Milk, Chicken Stock (Housemade), Salt, Pepper	Wheat, Dairy			No	No	Yes	Yes		Entrée
Cheesy Grits (VEG)(GF)(SF)(EF)	Grits, Bay Leaf, Salt, Butter, Parmesan Cheese, Milk, Water	Dairy			Yes	No	Yes	Yes		Breakfast

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Cheesy Rice Bake w/ Beef (GF)(SF)(EF)	Ground Beef, Rice, Cheddar Cheese, Tomatoes, Ketchup, Bell Peppers, Onions, Paprika, Garlic, Salt, Corn Oil, Scallions	Dairy			Yes	No	Yes	Yes		Entrée
Cheesy Rice Bake w/ Tofu (VEG)(GF)(EF)	Tofu, Rice, Cheddar Cheese, Tomatoes, Ketchup, Bell Peppers, Onions, Paprika, Garlic, Salt, Corn Oil, Scallions	Dairy, Soy			Yes	No	No	Yes		Entrée
Cheesy Rice Bake w/ Turkey(GF)(SF)(EF)	Ground Turkey, Rice, Cheddar Cheese, Tomatoes, Ketchup, Bell Peppers, Onions, Paprika, Garlic, Salt, Corn Oil, Scallions	Dairy			Yes	No	Yes	Yes		Entrée
Chicken & Noodles (SF)(DF)	Egg Noodles, Water, Chicken Breast, Garlic, Salt, Black Pepper, Corn Oil	Wheat, Egg			No	Yes	Yes	No		Entrée
Chicken & Rice Soup (GF)(SF)(EF)	Chicken, Rice, Carrots, Celery, Onions, Milk, Water, Salt, Pepper	Dairy			Yes	No	Yes	Yes		Entrée
Chicken & Sweet Potato Fritter (SF)(DF)	Potatoes, Sweet Potatoes, Chicken, Onion, Eggs, Flour, Salt, Black Pepper, Corn Oil	Wheat, Egg			No	Yes	Yes	No		Entrée
Chicken & Tofu Curry w/ Rice (GF)(EF)(DF)	Water, Sugar, Turmeric, Salt, Chicken, Tofu, Garlic, Onions, Celery, Potatoes, Red Curry Paste, Corn Oil, Oat Milk, Ginger, Rice	Soy			Yes	Yes	No	Yes		Entrée
Chicken Alfredo (SF)(EF)	Chicken Alfredo Sauce (Housemade), Corn Oil, Water, Salt, Bow Tie Pasta	Wheat, Dairy			No	No	Yes	Yes		Entrée
Chicken Alfredo Sauce (Housemade) (GF)(SF)(EF)	Milk, Grated Parmesan and Romano Cheese, Corn Starch, Garlic Powder, Salt, Black Pepper, Butter, Chicken	Dairy			Yes	No	Yes	Yes		Ingredient (Housemade)
Chicken Caesar Wrap (SF)	Chicken Breast, Tortilla Flour 6", Romaine Lettuce, Caesar Dressing (Housemade)	Wheat, Dairy, Egg	Yes		No	No	Yes	No		Entrée
Chicken Curry w/ Rice (GF)	Chicken Breast, Rice, Curry Powder, Salt, Black Pepper, Vegetable Oil				Yes	Yes	Yes	Yes		Entrée
Chicken Fajitas (SF)(EF)(DF)	Chicken Breast, Flour Tortilla 6", Yellow Onion, Green Bell Peppers, Red Bell Peppers, Corn Oil, Salt, Black Pepper, Goya Adobo Seasoning	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Chicken Guisado (GF)	Chicken Breast, Russet Potatoes, Garlic, Red Peppers, Green Peppers, Yellow Onions, Cilantro, Vegetable Oil, Tomatoes, Adobo Powder				Yes	Yes	Yes	Yes		Entrée
Chicken Noodle Casserole (SF)(EF)	Penne, Butter, Celery, Onions, Flour, Milk, Black Pepper, Parsley, Salt, Chicken, Lemon Juice, Water	Wheat, Dairy			No	No	Yes	Yes		Entrée
Chicken Noodle Soup	Egg Noodles, Chicken Breast, Salt, Black Pepper, Bread, Chicken Stock	Wheat, Egg			No	Yes	Yes	No		Entrée
Chicken Noodle Soup w/ GF Pasta (GF)	Gluten-free Noodles, Chicken Breast, Salt, Black Pepper, Gluten-free Bread, Chicken Stock				Yes	Yes	Yes	Yes		Entrée
Chicken Orzo Salad (SF)(DF)	Orzo, Chicken, Mayonnaise, Zucchini, Carrots, Onions, Salt, Pepper	Wheat, Egg	Yes		No	Yes	Yes	No		Entrée
Chicken Pad Thai (GF)(DF)	Rice Noodles, Chicken, Carrots, Egg, Garlic, GF Soy Sauce, Rice Vinegar, Brown Sugar, Green Onion, Cilantro, Cabbage, Lime, Corn Oil, Salt, Water	Egg, Soy			Yes	Yes	No	No		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Chicken Pasta Salad (SF)(DF)	Chicken, Mayonnaise, Carrots, Zucchini, Onions, Celery, Bell Peppers, Salt, Black Pepper, Orzo, Water, Corn Oil	Wheat, Egg	Yes		No	Yes	Yes	No		Entrée
Chicken Pot Pie (GF)(SF)(EF)	Chicken Breast, Potatoes, Peas, Carrots, Water, Onions, Thyme, Milk, Parsley, Corn Starch	Dairy			Yes	No	Yes	Yes		Entrée
Chicken Pot Pie & Oyster Crackers (SF)(EF)	Chicken Breast, Potatoes, Peas, Carrots, Water, Onions, Thyme, Milk, Parsley, Corn Starch, Oyster Crackers	Wheat, Dairy			No	No	Yes	Yes		Entrée
Chicken Pot Pie & GF Bread (GF)(SF)(EF)	Chicken Breast, Potatoes, Peas, Carrots, Water, Onions, Thyme, Milk, Parsley, Corn Starch, GF Bread	Dairy			Yes	No	Yes	Yes		Entrée
GF Chicken Quesadilla (GF)(SF)(EF)	Chicken Breast, Mozzarella Cheese, Corn Tortilla 6", Corn Oil	Dairy			Yes	No	Yes	Yes		Entrée
Chicken Quesadilla (SF)(EF)	Chicken Breast, Mozzarella Cheese, Tortilla Flour 6", Corn Oil	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Chicken Salad Sandwich	Chicken Breast, Mayonnaise, Mustard, Grapes, Celery, Salt, Pepper, Bun	Wheat, Dairy, Egg	Yes		No	No	Yes	No		Entrée
Chicken Salad Sandwich (GF)(SF)	Chicken Breast, Mayonnaise, Mustard, Grapes, Celery, Salt, Pepper, GF Bread	Dairy, Egg	Yes		Yes	No	Yes	No		Entrée
Chicken Stir Fry (GF)(EF)(DF)	Chicken Breast, Rice, Water, Yellow Onions, Carrots, Celery, GF Soy Sauce, Garlic Powder, Ginger Powder, Salt, Black Pepper, Corn Oil	Soy			Yes	Yes	No	Yes		Entrée
Chicken Stock (Housemade)	Onions, Carrots, Celery, Chicken				Yes	Yes	Yes	Yes		Ingredient (Housemade)
Chicken Taco (SF)(EF)(DF)	Chicken Breast, Flour Tortilla 6", Salsa (Housemade)	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Chicken Tenders & Ketchup	Chicken Breast, Eggs, Flour, Bread Crumbs, Garlic Powder, Salt, Black Pepper, Corn Oil, Ketchup	Wheat, Egg, Dairy, Soy, Sesame			No	No	No	No		Entrée
Chicken Teriyaki & Rice (GF)(EF)(DF)	Chicken Breast, Rice, Brown Rice, Water, GF Teriyaki Sauce (Housemade), Garlic Powder, Ginger Powder, Salt, Black Pepper, Green Onion	Soy			Yes	Yes	No	Yes		Entrée
Chicken Tinga Sandwich (SF)(EF)(DF)	Chicken Breast, Onions, Corn Oil, Salt, Paprika, Whole Peeled Tomatoes, Cilantro, School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Chickpea & Cucumber Medley (V)(GF)(SF)(EF)(DF)	Chickpeas, Tomatoes, Parsley, Cucumber, Lemon Juice, Salt, Black Pepper, Olive Oil				Yes	Yes	Yes	Yes		Snack
Chickpea & Cucumber Medley w/ Corn Tortilla (V)(GF)(SF)(EF)(DF)	Chickpeas, Tomatoes, Parsley, Cucumber, Lemon Juice, Salt, Black Pepper, Olive Oil, Corn Tortilla 6"				Yes	Yes	Yes	Yes		Snack
Chickpea & Cucumber Medley w/ Pita (V)(SF)(EF)(DF)	Chickpeas, Tomatoes, Parsley, Cucumber, Lemon Juice, Salt, Olive Oil, Pita, Black Pepper	Wheat	Yes		No	Yes	Yes	Yes		Snack
Chickpea & Polenta Veggie Nuggets (V)(GF)(SF)(EF)(DF)	Cornmeal, Water, Zucchini, Carrots, Chickpeas, Salt, Black Pepper				Yes	Yes	Yes	Yes		Entrée
Chickpea & Sweet Potato Fritter (V)(SF)(EF)(DF)	Potato, Sweet Potato, Chickpeas, Water, Onion, Flour, Flax Seed, Salt, Black Pepper, Corn Oil	Wheat			No	Yes	Yes	Yes		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Chickpea Pasta Salad (V)(SF)(EF)(DF)	Chickpeas, Orzo, Water, Carrots, Zucchini, Onions, Celery, Bell Peppers, Salt, Pepper, Corn Oil	Wheat			No	Yes	Yes	Yes		Entrée
Chickpea Salad Sandwich (V)(EF)(DF)	Chickpeas, Vegemise, Mustard, Grapes, Celery, Salt, Pepper, Bun	Wheat, Soy			No	Yes	No	Yes		Entrée
Cinnamon Raisin Bagel w/ Cream Cheese (VEG)(SF)(EF)	Cinnamon Raisin Bagel, Cream Cheese	Wheat, Dairy, Sesame, Cinnamon			No	No	Yes	Yes		Breakfast
Cinnamon Rice Pudding (VEG)(GF)(SF)(EF)	Rice, Milk, Sugar, Cinnamon, Water	Dairy, Cinnamon			Yes	No	Yes	Yes		Snack
Cinnamon Sweet Potato Chips (Housemade) (V)(GF)(SF)(EF)(DF)	Sweet Potatoes, Corn Oil, Cinnamon, Sugar	Cinnamon			Yes	Yes	Yes	Yes		Snack
Cinnamon Swirl Pancakes w/ Syrup (VEG)(SF)	Cinnamon, Flour, Eggs, Canola Oil, Salt, Pancake Syrup, Milk, Sugar, Baking Powder	Wheat, Dairy, Egg, Cinnamon			No	No	Yes	No		Breakfast, Snack, Entree
Cocoa Bread (V)(GF)(SF)(EF)(DF)	GF Flour, Water, Cocoa Powder, Sugar, Vanilla Extract, Canola Oil, Salt, Baking Soda, Vinegar				Yes	Yes	Yes	Yes		Snack
Cocoa Rice Puffs (V)(GF)(SF)(EF)(DF)	Toasted Crispy Rice Cereal, Cocoa Powder, Pancake Syrup, Canola Oil				Yes	Yes	Yes	Yes		Breakfast, Snack
Cocoa Rice Puffs & Yogurt (VEG)(GF)(SF)(EF)	Toasted Crispy Rice Cereal, Cocoa Powder, Pancake Syrup, Canola Oil, Yogurt	Dairy			Yes	No	Yes	Yes		Breakfast, Snack
Corn Chex & DF Vanilla Coconut Yogurt (V)(GF)(SF)(EF)(DF)	Corn Squares, DF Vanilla Coconut Yogurt	Coconut			Yes	Yes	Yes	Yes		
Corn Chex & Fruit (V)(GF)(SF)(EF)(DF)	Corn Squares, Fruit				Yes	Yes	Yes	Yes		Breakfast, Snack
Corn Chex & Vegetables (V)(GF)(SF)(EF)(DF)	Corn Squares, Vegetables				Yes	Yes	Yes	Yes		Snack
Corn Tortilla & Salsa w/ Vegetables (V)(GF)(SF)(EF)(DF)	Corn Tortilla 6", Salsa (Homemade), Vegetables				Yes	Yes	Yes	Yes		Snack
Pita & Salsa w/ Vegetables (V)(SF)(EF)(DF)	Pita, Salsa (Homemade), Vegetables	Wheat	Yes		No	Yes	Yes	Yes		Snack
Corn Tortilla 6" (Brand: El Milagro) (23 g) (V)(GF)(SF)(EF)(DF)	Corn, Water, Lime (Calcium Hydroxide)				Yes	Yes	Yes	Yes		Ingredient
Cornbread (VEG)(SF)	Eggs, Cornmeal, Butter, Flour, Salt, Sugar, Baking Powder, Milk	Wheat, Dairy, Egg			No	No	Yes	No		Snack
Cornbread w/ Onion & Red Pepper (VEG)(SF)	Eggs, Cornmeal, Butter, Flour, Salt, Sugar, Baking Powder, Milk, Onions, Red Bell Peppers	Wheat, Dairy, Egg			No	No	Yes	No		Snack
Cottage Cheese & Fruit (VEG)(GF)(SF)(EF)	Cottage Cheese, Fruit	Dairy			Yes	No	Yes	Yes		Snack
Cottage Cheese & Vegetables (VEG)(GF)(SF)(EF)	Cottage Cheese, Vegetables	Dairy			Yes	No	Yes	Yes		Snack
Cranberry Orange Muffin (VEG)(SF)	Flour, Baking Powder, Salt, Canola Oil, Sugar, Eggs, Milk, Vanilla Extract, Orange Juice, Cranberries	Wheat, Dairy, Egg			No	No	Yes	No		Breakfast, Snack
Cranberry Sauce (Housemade)	Cranberries, Sugar, Water, Orange Zest									
Cream Cheese	Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)	Dairy			Yes	No	Yes	Yes		Ingredient
Cream Cheese & Jelly Roll Up (VEG)(SF)(EF)	Flour Tortilla 6", Cream Cheese, Grape Jelly, Milk	Wheat, Dairy	Yes		No	No	Yes	Yes		Breakfast
Creamy Greek Yogurt Red Pepper Dip (VEG)(GF)(SF)(EF)	Red Pepper, Greek Yogurt, Cream Cheese, Garlic Powder, Black Pepper, Parmesan and Romano Cheese, Corn Oil	Dairy			Yes	No	Yes	Yes		Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Creamy Spinach Dip (VEG)(GF)(SF)(EF)	Spinach, Greek Yogurt, Cream Cheese, Salt, Black Pepper, Parmesan and Romano Cheese, Corn Oil	Dairy			Yes	No	Yes	Yes		Snack
Creamy Spinach Dip & Carrots (VEG)(GF)(SF)(EF)	Spinach, Greek Yogurt, Cream Cheese, Salt, Black Pepper, Parmesan and Romano Cheese, Corn Oil, Carrots	Dairy			Yes	No	Yes	Yes		Snack
Creamy Spinach Dip & Pita (VEG)(SF)(EF)	Spinach, Greek Yogurt, Cream Cheese, Salt, Black Pepper, Parmesan and Romano Cheese, Corn Oil, Pita	Dairy, Wheat	Yes		No	No	Yes	Yes		Snack
Crispy Oat Cereal & Fruit (V)(SF)(EF)(DF)	Millville Crispy Oats Cereal, Fruit	Wheat			No	Yes	Yes	Yes		Breakfast, Snack
Cucumber Yogurt Sauce (Housemade)(VEG)(GF)(SF)(EF)	Greek Yogurt, Cucumber, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes		Ingredient (Housemade)
DF Bean & Cheese Quesadilla (V)(SF)(EF)(DF)	Black Beans, Flour Tortilla 6", DF Mozzarella Cheese, Corn Oil	Wheat	Yes	Yes	No	Yes	Yes	Yes		Entrée
DF Breakfast Potatoes Plain (V)(GF)(SF)(EF)(DF)	Potatoes, Salt, Pepper, Corn Oil			Yes	Yes	Yes	Yes	Yes		Breakfast
DF Cheddar Cheese Blocks (Brand: Daiya)	Filtered Water, Tapioca Starch, Coconut Oil, Vegan Natural Flavors, Pea Protein, Expeller Pressed: Canola Oil AND/OR Safflower Oil, Chicory Root Fiber, Tricalcium Phosphate, Salt, Xanthan Gum, Lactic Acid (Vegan), Pea Starch, Vegan Enzymes, Cane Sugar, Annatto (Color), Yeast Extract, Coconut Cream	Coconut		Yes	Yes	Yes	Yes	Yes		Ingredient
DF Cheddar Cheese Cubes & Vegetables (V)(GF)(SF)(EF)(DF)	DF Cheddar Cheese Blocks, Vegetables	Coconut		Yes	Yes	Yes	Yes	Yes		Snack
DF Cheese Quesadilla (V)(SF)(EF)(DF)	DF Mozzarella Cheese, Flour Tortilla 6", Corn Oil	Wheat	Yes	Yes	No	Yes	Yes	Yes		Entrée
DF Cheesy Breakfast Potatoes (V)(GF)(SF)(EF)(DF)	Potatoes, Onions, DF Mozzarella Cheese, Salt, Pepper, Corn Oil			Yes	Yes	Yes	Yes	Yes		Breakfast
DF Cheesy Rice Bake w/ Black Beans (V)(GF)(SF)(EF)(DF)	Black Beans, Rice, DF Mozzarella Cheese, Tomatoes, Ketchup, Bell Peppers, Onions, Paprika, Garlic, Salt, Corn Oil, Scallions			Yes	Yes	Yes	Yes	Yes		Entrée
DF Cheesy Rice Bake w/ Tofu (V)(GF)(EF)(DF)	Tofu, Rice, DF Mozzarella Cheese, Tomatoes, Ketchup, Bell Peppers, Onions, Paprika, Garlic, Salt, Corn Oil, Scallions	Soy		Yes	Yes	Yes	No	Yes		Entrée
DF Grilled Cheese (V)(SF)(EF)(DF)	School White Wheat Bread, DF Mozzarella Cheese	Wheat	Yes	Yes	No	Yes	Yes	Yes		Entrée
DF Grilled Tofu & Cheese Sandwich (V)(EF)(DF)	School White Wheat Bread, Tofu, DF Mozzarella Cheese, Salt, Pepper, Vegetable Oil	Wheat, Soy	Yes	Yes	No	Yes	No	Yes		Entrée
DF Mac & Cheese (V)(SF)(EF)(DF)	Elbow Pasta, Olive Oil, Salt, GF&DF Cheese Sauce (Housemade)	Wheat		Yes	No	Yes	Yes	Yes		Entrée
DF Mexican Lasagna w/ Chickpeas (V)(GF)(SF)(EF)(DF)	Marinara Sauce (Housemade), Corn Tortilla 6", Chickpeas, Water, DF Mozzarella Cheese			Yes	Yes	Yes	Yes	Yes		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
DF Mozzarella Cheese (Brand: Daiya)	Filtered Water, Tapioca Flour, Expeller Pressed Non-GMO Canola and/or Safflower Oil, Coconut Oil, Pea Protein, Salt, Inactive Yeast, Xanthan Gum, Lactic Acid (Vegan), Titanium Dioxide Color, Yeast Extract			Yes	Yes	Yes	Yes	Yes		Ingredient
DF Plain Rice Pudding (V)(GF)(SF)(EF) (DF)	Rice, Water, Cinnamon, Sugar	Cinnamon			Yes	Yes	Yes	Yes		Breakfast
DF Potato Wedges (V)(GF)(SF)(EF) (DF)	Russet Potato, DF Mozzarella Cheese, Corn Oil, Salt, Pepper			Yes	Yes	Yes	Yes	Yes		Snack
DF Soy Yogurt & Fruit (V)(GF)(EF)(DF)	DF Soy Vanilla Yogurt, Fruit	Soy			Yes	Yes	No	Yes		Snack
DF Spinach Pesto (Housemade)(V) (GF)(SF)(EF)(DF)	Spinach, Parsley, Olive Oil, Garlic Powder, Salt, Black Pepper				Yes	Yes	Yes	Yes		Ingredient (Housemade)
DF Tuscan Grilled Cheese (V)(SF)(EF) (DF)	School White Wheat Bread, DF Mozzarella Cheese, Spinach, Tomato, Garlic, Oregano	Wheat	Yes	Yes	No	Yes	Yes	Yes		Entrée
DF Vanilla Coconut Yogurt & Fruit (V) (GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt, Fruit	Coconut			Yes	Yes	Yes	Yes		
DF Vanilla Coconut Yogurt w/ Corn Chex (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt, Corn Squares	Coconut			Yes	Yes	Yes	Yes		
DF Vegetable & Cheese Sandwich (V) (SF)(EF)(DF)	School White Wheat Bread, Carrots, Zucchini, Yellow Squash, DF Mozzarella Cheese, Corn Oil	Wheat	Yes	Yes	No	Yes	Yes	Yes		Entrée
Egg Noodles (Brand: Dakota Growers)	Durum Wheat Semolina, Durum Wheat Flour (Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)), Eggs	Wheat, Eggs			No	Yes	Yes	No		Ingredient
Eggplant Hummus (Housemade) (V) (GF)(SF)(EF)(DF)	Chickpeas, Eggplant, Lemon, Garlic, Salt, Black Pepper, Corn Oil				Yes	Yes	Yes	Yes		Snack
Enchiladas w/ Potato, Veggies & Beans (VEG)(SF)(EF)	Flour Tortillas, Garlic, Guajillo Chili, Potatoes, Tomatoes, Cheese, Salt, Pepper, Black Beans, Seasonal Vegetables	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Fig Bar (VEG)(SF)	Raisins, Dried Figs, Pancake Syrup, Unsalted Butter, Sugar, Eggs, Vanilla Extract, AP Flour	Wheat, Eggs, Dairy			No	No	Yes	No		
Flour Tortilla 6" (Brand: El Milagro) (V)(SF)(EF)(DF) (28 g)	Wheat Flour, Water, Shortening (Interesterified Soybean Oil, Mono and Diglycerides), Rice Flour, Sea Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Xanthan Gum, Wheat Gluten, Sugar, Preservative Blend (Calcium Propionate, Sodium Propionate, Potassium Sorbate, Citric Acid), Yeast, Sorbitan Monostearate, Ascorbic Acid, Cellulose Gum, Maltodextrin, Sunflower Oil, Natural Flavors, Rice Startch, Calcium Sulfate, Wheat Starch, Enzymes, Microcrystalline Cellulose, Dough Conditioner (Sodium Metabisulfite)	Wheat	Yes		No	Yes	Yes	Yes		Ingredient

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Flourless Sweet Potato Muffin (V)(GF)(SF)(EF)(DF)	Sweet Potatoes, Pancake Syrup, Vanilla Extract, SunButter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes		Breakfast, Snack
Flourless Zucchini Carrot Muffin (V)(GF)(SF)(EF)(DF)	Zucchini, Carrots, Pancake Syrup, Vanilla Extract, SunButter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes		Breakfast, Snack
French Toast Casserole w/ Syrup & Fruit (V)(EF)(DF)	Cracked Wheat Bread, Aquafaba (Chickpea Liquid), Soy Milk, Vanilla Extract, Syrup, Fruit, cinnamon	Soy, Wheat, Cinnamon			No	Yes	No	Yes		Breakfast
French Toast Sticks w/ Syrup (VEG)(SF)	School White Wheat Bread, Eggs, Whole Milk, Sugar, Salt, Vanilla Extract, Cinnamon, Pancake Syrup	Gluten, Eggs, Dairy, Cinnamon	Yes		No	No	Yes	No		Entrée
French Toast, Eggless	Milk, Sugar, Vanilla Extract, Corn Starch, Cracked Wheat Bread, Butter	Dairy, Wheat			No	No	Yes			Breakfast
Garlic & Parsley Biscuit (Housemade)(VEG)(SF)(EF)	Flour, Sugar, Baking Powder, Butter, Milk, Garlic Powder, Parsley, Salt	Dairy, Wheat			No	No	Yes	Yes		Breakfast, Snack
Garlic & Parsley Biscuit w/ Fruit (VEG)(SF)(EF)	Garlic & Parsley Biscuit (Housemade), Fruit	Dairy, Wheat			No	No	Yes	Yes		Breakfast, Snack
GF & Vegan French Toast Sticks w/ Syrup (V)(GF)(SF)(EF)(DF)	GF Bread, Aquafaba (Chickpea Liquid), Water, Vanilla Extract, Sugar, Cinnamon, Salt, Pancake Syrup	Cinnamon			Yes	Yes	Yes	Yes		Entrée
GF BBQ Chicken Sandwich (GF)(SF)(EF)(DF)	Chicken Breast, BBQ Sauce (Housemade), GF Bread, Corn Oil, Salt, Black Pepper				Yes	Yes	Yes	Yes		Entrée
GF BBQ White Bean & Vegetable Sandwich (V)(GF)(SF)(EF)(DF)	Great Northern Beans, Mixed Vegetables (Housemade), BBQ Sauce (Housemade), Corn Oil, Salt, Black Pepper, GF Bread				Yes	Yes	Yes	Yes		Entrée
GF Bean & Cheese Quesadilla (VEG)(GF)(SF)(EF)	Black Beans, Corn Tortilla 6", Corn Oil, Mozzarella Cheese	Dairy			Yes	No	Yes	Yes		Entrée
GF Bean & Vegetable Taco (V)(GF)(SF)(EF)(DF)	Black Beans, Corn Tortilla 6", Mixed Vegetables (Housemade), Salt, Black Pepper, Salsa (Housemade)				Yes	Yes	Yes	Yes		Entrée
GF Cheese Quesadilla (VEG)(GF)(SF)(EF)	Mozzarella Cheese, Corn Tortilla 6", Corn Oil	Dairy			Yes	No	Yes	Yes		Entrée
GF Cheese Roll Up (VEG)(GF)(SF)(EF)	Cheddar Cheese, Corn Tortilla 6"	Dairy			Yes	No	Yes	Yes		Snack
GF Cheese Sauce (Housemade) (VEG)(GF)(SF)(EF)	Milk, Butter, Garlic Powder, Cheddar Cheese, Corn Starch, Mozzarella Cheese, Salt	Dairy			Yes	No	Yes	Yes		Ingredient (Housemade)
GF Chicken & Noodles (GF)(SF)(EF)(DF)	GF Penne Pasta, Water, Chicken Breast, Garlic, Salt, Black Pepper, Corn Oil				Yes	Yes	Yes	Yes		Entrée
GF Chicken & Sweet Potato Fritter (GF)(SF)(DF)	Potatoes, Sweet Potatoes, Chicken, Onion, Eggs, GF Flour, Salt, Black Pepper, Corn Oil	Eggs			Yes	Yes	Yes	No		Entrée
GF Chicken Alfredo (GF)(SF)(EF)	Chicken Alfredo Sauce (Housemade), Corn Oil, Water, Salt, GF Penne Pasta	Dairy			Yes	No	Yes	Yes		Entrée
GF Chicken Caesar Wrap (GF)(SF)	Chicken Breast, Corn Tortilla 6", Romaine Lettuce, Caesar Dressing (Housemade)	Dairy, Egg	Yes		Yes	No	Yes	No		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
GF Chicken Fajitas (GF)(SF)(EF)(DF)	Green Peppers, Red Peppers, Yellow Onions, Corn Oil, Chicken Breast, Goya Adobo Seasoning, Corn Tortilla 6", Salt, Black Pepper				Yes	Yes	Yes	Yes		Entrée
GF Chicken Pasta Salad (GF)(SF)(DF)	Chicken, Mayonnaise, Carrots, Zucchini, Onions, Celery, Bell Peppers, Salt, Black Pepper, GF Pasta, Water, Corn Oil	Egg	Yes		Yes	Yes	Yes	No		Entrée
GF Chicken Taco (GF)(SF)(EF)(DF)	Chicken Breast, Corn Tortilla 6", Salsa (Housemade)				Yes	Yes	Yes	Yes		Entrée
GF Chicken Tenders & Ketchup (GF)(SF)(DF)	Chicken Breast, Eggs, Garlic Powder, Salt, Black Pepper, GF Flour, Corn Oil, Ketchup	Egg			Yes	Yes	Yes	No		Entrée
GF Chicken Tinga Sandwich (GF)(SF)(EF)(DF)	Chicken Breast, Onions, Corn Oil, Salt, Paprika, Whole Peeled Tomatoes, Cilantro, GF Bread				Yes	Yes	Yes	Yes		Entrée
GF Enchiladas w/ Potato, Veggies & Beans (VEG)(GF)(SF)(EF)	Corn Tortillas, Garlic, Guajillo Chili, Potatoes, Tomatoes, Cheese, Salt, Pepper, Black Beans, Seasonal Vegetables	Dairy			Yes	No	Yes	Yes		Entrée
GF Flour - 1 to 1 Baking Flour - Gluten Free (Brand: Bob's Red Mill)	Sweet White Rice Flour, Whole Grain Brown Rice Flour, Potato Starch, Whole Grain Sorghum Flour, Tapioca Flour, Xanthan Gum				Yes	Yes	Yes	Yes		
GF French Toast Casserole w/ Syrup & Fruit (V)(GF)(EF)(DF)	GF Bread, Aquafaba (Chickpea Liquid), Soy Milk, Vanilla Extract, Cinnamon, Salt, Syrup, Fruit	Soy, Cinnamon			Yes	Yes	No	Yes		Breakfast
GF Greek Falafel w/ Cucumber Yogurt Sauce & GF Bread (VEG)(SF)(GF)(EF)	Lentil & Chickpea Balls, GF Bread, Cucumber Yogurt Sauce (Housemade)	Dairy			Yes	No	Yes	Yes		Entrée
GF Grilled Cheese (VEG)(GF)(SF)(EF)	GF Bread, Provolone Cheese, Cheddar Cheese	Dairy			Yes	No	Yes	Yes		Entrée
GF Grilled Chicken & Cheese Sandwich (GF)(SF)(EF)	GF Bread, Chicken Breast, Provolone Cheese, Corn Oil, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes		Entrée
GF Hummus Wrap (V)(GF)(SF)(EF)(DF)	Corn Tortilla 6", Hummus (Housemade), Romaine Lettuce				Yes	Yes	Yes	Yes		Entrée
GF Hummus Sandwich (V)(GF)(SF)(EF)(DF)	Hummus (Housemade), GF Bread, Romaine Lettuce				Yes	Yes	Yes	Yes		Entrée
GF Lentil & Chickpea Balls w/ Marinara & GF Pasta (V)(GF)(SF)(EF)(DF)	Lentil & Chickpea Balls (Housemade), Marinara Sauce (Housemade), GF Pasta				Yes	Yes	Yes	Yes		Entrée
GF Mac & Cheese (VEG)(GF)(SF)(EF)	GF Penne Pasta, Olive Oil, Salt, Cheddar Cheese, Mozzarella Cheese, GF Cheese Sauce (Housemade)	Dairy			Yes	No	Yes	Yes		Entrée
GF Mediterranean Vegetable Wrap (V)(GF)(SF)(EF)(DF)	Corn Tortilla, Hummus, Mixed Vegetables (Housemade), Romaine Lettuce, Corn Oil				Yes	Yes	Yes	Yes		Entrée
GF Mediterranean Pasta w/ Chickpeas & Vegetables (V)(GF)(SF)(EF)(DF)	GF Pasta, Olive Oil, Zucchini, Garlic, Tomatoes, Chickpeas, Paprika, Coriander, Cumin, Lemon Juice				Yes	Yes	Yes	Yes		Entrée
GF Oats (Brand: LaCrosse Milling)	GF Rolled Oats				Yes	Yes	Yes	Yes		Ingredient
GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)	GF Penne Pasta, Black Bean Marinara Sauce (Housemade), Olive Oil, Salt				Yes	Yes	Yes	Yes		Entrée
GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)	GF Penne Pasta, Turkey Marinara Sauce (Housemade), Olive Oil, Salt				Yes	Yes	Yes	Yes		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
GF Pizza Crust (Brand: Schar)	Corn Starch, Rice Flour, Sourdough (Rice Flour, Water), Water, Potato Starch, Rice Starch, Corn Flour, Corn Syrup, Yeast, Modified Cellulose, Dextrose, Extra Virgin Olive Oil, Sunflower Oil, Psyllium Seed Husk (Vegetable Fiber), Iodized Salt, Ethyl Alcohol, Soy Protein, Leavening Agents (Glucono Deltalactone, Baking Soda), Tartaric Acid, Citric Acid	Soy			Yes	Yes	No	Yes		Ingredient
GF Pretzels - Mini (V)(GF)(SF)(EF)(DF) (Brand: 365 Whole Foods)	Cornstarch, Potato Starch, Tapioca Starch, Rice Flour, Corn Flour, Expeller Pressed Palm Oil, Salt, Cane Sugar, Cellulose Gum Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Sunflower Lecithin (Emulsifier), Yeast, Citric Acid				Yes	Yes	Yes	Yes		Snack
GF Pretzels & Fruit (V)(GF)(SF)(EF)(DF)	GF Pretzels, Fruit				Yes	Yes	Yes	Yes		Snack
GF Roast Beef & Cheese Sandwich (GF)(SF)(EF)	GF Bread, Roast Beef, Provolone Cheese	Dairy			Yes	No	Yes	Yes		Entrée
GF Sloppy Joe w/ Chickpeas & Vegetables (V)(GF)(SF)(EF)(DF)	Chickpeas, Water, Onions, Tomatoes, Ketchup, Garlic, Mixed Vegetables (Housemade), Paprika, Brown Sugar, Green Peppers, Corn Oil, GF Bread				Yes	Yes	Yes	Yes		Entrée
GF Sloppy Joe w/ Turkey (GF)(SF)(EF)(DF)	Ground Turkey, Tomatoes, Ketchup, Salt, Green Bell Peppers, Paprika, Garlic, Onions, GF Bread, Brown Sugar, Corn Oil				Yes	Yes	Yes	Yes		Entrée
GF Soy Sauce (V)(GF)(EF)(DF)	Soybeans, salt, sugar, water	Soy			Yes	Yes	No	Yes		Ingredient
GF Spinach Pesto Pasta w/ White Beans (VEG)(GF)(SF)(EF)	Spinach Pesto (Housemade), Great Northern Beans, Water, GF Pasta	Dairy			Yes	No	Yes	Yes		Entrée
GF SunButter & Jelly Sandwich (V)(GF)(SF)(EF)(DF)	GF Bread, SunButter, Grape Jelly				Yes	Yes	Yes	Yes		Entrée
GF Swiss Chicken Slider (GF)(SF)	Chicken, Mayonnaise, Mustard, GF Bread, Swiss Cheese	Dairy, Egg	Yes		Yes	No	Yes	No		Entrée
GF Teriyaki Sauce (Housemade)(V)(GF)(EF)(DF)	GF Soy Sauce, Sugar, Water	Soy			Yes	Yes	No	Yes		Ingredient
GF Tofu & Noodles (V)(GF)(EF)(DF)	GF Penne Pasta, Water, Tofu, Garlic, Salt, Black Pepper, Corn Oil	Soy			Yes	Yes	No	Yes		
GF Turkey & Cheese Sandwich (GF)(SF)(EF)	GF Bread, Turkey Breast, Provolone Cheese	Dairy			Yes	No	Yes	Yes		Entrée
GF Turkey & Vegetable Sandwich (GF)(SF)(EF)(DF)	GF Bread, Turkey Breast, Romaine Lettuce, Tomatoes				Yes	Yes	Yes	Yes		Entrée
GF Turkey Cheesesteak (GF)(SF)(EF)	Ground Turkey, GF Bread, American Cheese, Ketchup, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes		Entrée
GF Turkey Philly Cheesesteak Wrap (GF)(SF)(EF)	Ground Turkey, Yellow Onions, Green Bell Peppers, Mozzarella, Ketchup, Corn Tortilla 6"	Dairy			Yes	No	Yes	Yes		Entrée
GF Turkey Taco (GF)(SF)(EF)	Ground Turkey, Corn Tortilla 6", Salsa (Housemade), Shredded Cheese	Dairy			Yes	No	Yes	Yes		Entrée
GF Turkey Tetrazzini (GF)(SF)(EF)	Turkey, GF Penne Pasta, Cheddar Cheese, Onions, Milk, Corn Starch, Salt, Black Pepper, Corn Oil	Dairy			Yes	No	Yes	Yes		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
GF Tuscan Grilled Cheese (VEG)(GF)(SF)(EF)	GF Bread, Mozzarella Cheese, Spinach, Tomato, Garlic, Oregano	Dairy			Yes	No	Yes	Yes		Entrée
GF Vegetable & Bean Lo Mein (V)(GF)(EF)(DF)	Broccoli, Carrots, Onions, Sugar, GF Soy Sauce, Ginger, Green Onions, Garlic, Black Beans, GF Pasta	Soy			Yes	Yes	No	Yes		Entrée
GF Vegetable & Cheese Sandwich (VEG)(GF)(SF)(EF)	GF Bread, Carrots, Zucchini, Yellow Squash, Provolone Cheese, Corn Oil	Dairy			Yes	No	Yes	Yes		Entrée
GF&DF Vegetable & Cheese Sandwich (V)(GF)(SF)(EF)(DF)	GF Bread, Carrots, Zucchini, Yellow Squash, DF Mozzarella Cheese, Corn Oil		Yes		Yes	Yes	Yes	Yes		Entrée
GF&DF Bean & Cheese Quesadilla (V)(GF)(SF)(EF)(DF)	Black Beans, Corn Tortilla 6", DF Mozzarella Cheese, Corn Oil		Yes		Yes	Yes	Yes	Yes		Entrée
GF&DF Broccoli Cheese Soup (V)(GF)(SF)(EF)(DF)	Water, Celery, Onions, Black Pepper, DF Mozzarella Cheese, Broccoli, Great Northern Beans		Yes		Yes	Yes	Yes	Yes		
GF&DF Butternut Squash Pasta Bake w/ White Beans (V)(GF)(SF)(EF)(DF)	Butternut Squash, Corn Oil, Salt, Pepper, GF Penne, Spinach, Onion, Garlic, Corn Starch, Water, Rosemary, Nutmeg, Paprika, Cayenne, DF Mozzarella Cheese, Cannellini Beans		Yes		Yes	Yes	Yes	Yes		Entrée
GF&DF Cheese Pizza (V)(GF)(EF)(DF)	GF Pizza Crust, DF Mozzarella Cheese, Marinara Sauce (Housemade)	Soy	Yes		Yes	Yes	No	Yes		Entrée
GF&DF Cheese Quesadilla (V)(GF)(SF)(EF)(DF)	DF Mozzarella Cheese, Corn Tortilla 6", Corn Oil		Yes		Yes	Yes	Yes	Yes		Entrée
GF&DF Cheese Roll Up (V)(GF)(SF)(EF)(DF)	DF Mozzarella Cheese, Corn Tortilla 6"		Yes		Yes	Yes	Yes	Yes		Snack
GF&DF Cheese Sauce (Housemade) (V)(GF)(SF)(EF)(DF)	DF Mozzarella Cheese, Corn Starch, Water, Salt		Yes		Yes	Yes	Yes	Yes		Ingredient (Housemade)
GF&DF Cheesy White Bean & Broccoli Pasta (V)(GF)(SF)(EF)(DF)	GF Penne, Cannellini Beans, DF Mozzarella Cheese, Vegetable Stock (Housemade), Broccoli, GF Oat Milk (Housemade)		Yes		Yes	Yes	Yes	Yes		Entrée
GF&DF Enchiladas w/ Potato, Veggies & Beans (V)(GF)(SF)(EF)(DF)	Corn Tortillas, Garlic, Guajillo Chili, Potatoes, Tomatoes, DF Mozzarella Cheese, Salt, Pepper, Black Beans, Seasonal Vegetables		Yes		Yes	Yes	Yes	Yes		Entrée
GF&DF Gravy, Sauce (Housemade) (V)(GF)(EF)(DF)	Soy Milk, Corn Starch, Garlic Powder, Salt, DF Mozzarella Cheese, Black Pepper, Sage, Rosemary, Thyme	Soy	Yes		Yes	Yes	No	Yes		Ingredient
GF&DF Grilled Cheese (V)(GF)(SF)(EF)(DF)	GF Bread, DF Mozzarella Cheese		Yes		Yes	Yes	Yes	Yes		Entrée
GF&DF Jelly Roll Up (V)(GF)(SF)(EF)(DF)	Grape Jelly, Corn Tortilla 6"				Yes	Yes	Yes	Yes		Breakfast, Snack
GF&DF Mac & Cheese (V)(GF)(SF)(EF)(DF)	GF Penne Pasta, Olive Oil, Salt, GF&DF Cheese Sauce (Housemade)		Yes		Yes	Yes	Yes	Yes		Entrée
GF&DF Spinach Pesto Pasta w/ White Beans (V)(GF)(SF)(EF)(DF)	DF Spinach Pesto (Housemade), Great Northern Beans, Water, GF Pasta				Yes	Yes	Yes	Yes		Entrée
GF&DF Spinach Pesto Roll Up (V)(GF)(SF)(EF)(DF)	DF Spinach Pesto (Housemade), DF Mozzarella Cheese, Corn Tortilla 6"		Yes		Yes	Yes	Yes	Yes		Snack
GF&DF Tofu Noodle Casserole (V)(GF)(EF)(DF)	GF Penne, Olive Oil, Celery, Onions, Corn Starch, GF Oat Milk, Vegetable Base, Black Pepper, Parsley, Salt, Tofu, Lemon Juice	Soy			Yes	Yes	No	Yes		Entrée
GF&DF Tuscan Grilled Cheese (V)(GF)(SF)(EF)(DF)	GF Bread, DF Mozzarella Cheese, Spinach, Tomato, Garlic, Oregano		Yes		Yes	Yes	Yes	Yes		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Goya Adobo Seasoning	Salt, Granulated Garlic, Tricalcium Phosphate (Prevents Caking), Oregano, Black Pepper, Turmeric.				Yes	Yes	Yes	Yes		Ingredient
Graham Crackers (VEG)(EF)(DF) (Brand: Benton's)	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Graham Flour (Whole Wheat Flour), Sugar, High Oleic Canola an/or Soybean Oil with TBHQ and Citric Acid, Honey, Leavening (Baking Soda, Calcium Phosphate), Salt, Natural, Soy Lecithin, Sodium Sulfite	Wheat, Soy, (Honey)	Yes		No	Yes	No	Yes		Ingredient
Graham Crackers & Fruit (VEG)(EF)(DF)	Graham Crackers, Fruit	Wheat, Soy, (Honey)			No	Yes	No	Yes		Snack
Granola Crumbles (Housemade) (V)(GF)(SF)(EF)(DF)	GF Oats, Canola Oil, Brown Sugar, Pancake Syrup, Salt, Cinnamon, Vanilla Extract	Cinnamon			Yes	Yes	Yes	Yes		Breakfast, Snack
Grape Jelly (Brand: Smuckers)	Concord Grape Juice, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid, Sodium Citrate.				Yes	Yes	Yes	Yes		Ingredient
Gravy (Housemade) (VEG)(GF)(SF)(EF)	Milk, Corn Starch, Garlic Powder, Salt, Butter, Black Pepper, Sour Cream, Sage, Rosemary, Thyme, Water	Dairy			Yes	No	Yes	Yes		Ingredient
Greek Chicken & Corn Tortilla (GF)(SF)(EF)(DF)	Chicken, Oregano, Lemon, Green Pepper, Red Pepper, Onions, Salt, Pepper, Corn Tortilla 6"				Yes	Yes	Yes	Yes		Entrée
Greek Chicken & GF Bread (GF)(SF)(EF)(DF)	Chicken, Oregano, Lemon, Green Pepper, Red Pepper, Onions, Salt, Pepper, GF Bread				Yes	Yes	Yes	Yes		Entrée
Greek Chicken & Pita (SF)(EF)(DF)	Chicken, Oregano, Lemon, Green Pepper, Red Pepper, Onions, Salt, Pepper, Pita	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Greek Falafel & Pita (V)(SF)(EF)(DF)	Lentil & Chickpea Balls, Pita	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Greek Falafel w/ Cucumber Yogurt Sauce & GF Bread (VEG)(GF)(SF)(EF)	Lentil & Chickpea Balls, GF Bread, Cucumber Yogurt Sauce (Housemade)	Dairy			Yes	No	Yes	Yes		Entrée
Greek Falafel w/ Cucumber Yogurt Sauce & Pita (VEG)(SF)(EF)	Lentil & Chickpea Balls, Pita, Cucumber Yogurt Sauce (Housemade)	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Greek Tofu & GF Bread (V)(GF)(EF)(DF)	Tofu, Green Pepper, Red Pepper, Onion, Oregano, Lemon, Salt, Pepper, GF Bread				Yes	Yes	No	Yes		Entrée
Greek Tofu & Pita (V)(EF)(DF)	Tofu, Green Pepper, Red Pepper, Onion, Oregano, Lemon, Salt, Pepper, Pita	Soy	Yes		No	Yes	No	Yes		Entrée
Greek Turkey Meatballs	Turkey, Red Onion, Garlic, Bread Crumbs, Parsley, Mint, Oregano, Salt, Eggs, Olive Oil, Black Pepper	Wheat, Dairy, Soy, Egg, Sesame			No	No	No	No		Entrée
Greek Turkey Meatballs w/ Cucumber Yogurt Sauce & Pita	Greek Turkey Meatballs, Pita, Cucumber Yogurt Sauce (Housemade)	Wheat, Dairy, Soy, Egg, Sesame			No	No	No	No		Entrée
Greek Yogurt Ranch (Housemade) (VEG)(GF)(SF)(EF)	Greek Yogurt, Garlic Powder, Fresh Dill, Parsley, Paprika, Salt, Water	Dairy			Yes	No	Yes	Yes		Ingredient (Housemade)
Greek Yogurt Ranch & Pita (VEG)(SF)(EF)	Greek Yogurt, Garlic Powder, Fresh Dill, Parsley, Paprika, Salt, Water, Pita	Dairy, Wheat	Yes		No	No	Yes	Yes		Snack
Greek Yogurt Ranch & Vegetables (VEG)(GF)(SF)(EF)	Greek Yogurt, Garlic Powder, Fresh Dill, Parsley, Paprika, Salt, Water, Vegetables	Dairy			Yes	No	Yes	Yes		Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Greek Yogurt Ranch w/ Pita & Vegetables (VEG)(SF)(EF)	Greek Yogurt, Garlic Powder, Fresh Dill, Parsley, Paprika, Salt, Water, Vegetables, Pita	Dairy, Wheat	Yes		No	No	Yes	Yes		Snack
Greek Yogurt Taco Dip (Housemade) (VEG)(GF)(SF)(EF)	Greek Yogurt, Taco Seasoning (Housemade)	Dairy			Yes	No	Yes	Yes		Ingredient (Housemade)
Greek Yogurt Taco Dip & Pita (VEG)(SF)(EF)	Greek Yogurt Taco Dip (Housemade), Pita	Dairy, Wheat	Yes		No	No	Yes	Yes		Snack
Greek Yogurt Taco Dip & Corn Tortilla (VEG)(GF)(SF)(EF)	Greek Yogurt Taco Dip (Housemade), Corn Tortilla 6"	Dairy			Yes	No	Yes	Yes		Snack
Grilled Cheese (VEG)(SF)(EF)	School White Wheat Bread, Provolone Cheese, Cheddar Cheese, Butter	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Grilled Chicken & Cheese Sandwich (SF)(EF)	School White Wheat Bread, Chicken Breast, Provolone Cheese, Corn Oil, Salt, Black Pepper	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Grilled Chicken & Rice (GF)(SF)(EF)(DF)	Chicken Breast, Corn Oil, Salt, Black Pepper, Garlic Powder, Parboiled Rice				Yes	Yes	Yes	Yes		Entrée
Grilled Tofu & Cheese Sandwich (VEG)(EF)	School White Wheat Bread, Tofu, Provolone Cheese, Salt, Pepper, Corn Oil	Wheat, Dairy, Soy	Yes		No	No	No	Yes		Entrée
Grilled Tofu & Vegetables w/ Mashed Potatoes (V)(GF)(EF)(DF)	Tofu, Mixed Vegetables (Housemade), Mashed Potatoes, Vegetable Oil, Salt, Black Pepper	Soy			Yes	Yes	No	Yes		Entrée
Grilled Turkey & Vegetables w/ Mashed Potatoes (GF)(SF)(EF)(DF)	Turkey, Mixed Vegetables (Housemade), Mashed Potatoes, Vegetable Oil, Salt, Black Pepper				Yes	Yes	Yes	Yes		Entrée
Honey Bunny Grahams (Brand: Annies) (VEG)(SF)(EF)(DF)	Organic Wheat Flour, Organic Cane Sugar, Organic Expeller-Pressed Sunflower Oil, Organic Honey, Organic Corn Flour, Organic Whole Wheat Flour (graham flour), Calcium Carbonate, Organic Natural Flavor, Baking Soda, Sea Salt, Mixed Tocopherols (vitamin E) to protect flavor	Wheat, (Honey)			No	Yes	Yes	Yes		Ingredient
Hummus (Housemade) (V)(GF)(EF)(DF)	Chickpeas, Garlic, Lemons, Salt, Black Pepper				Yes	Yes	Yes	Yes		Ingredient
Hummus & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Hummus (Housemade), Corn Tortilla 6"				Yes	Yes	Yes	Yes		Snack
Hummus & GF Bread (V)(GF)(SF)(EF)(DF)	Hummus (Housemade), GF Bread				Yes	Yes	Yes	Yes		Snack
Hummus & Pita (V)(SF)(EF)(DF)	Hummus (Housemade), Pita	Wheat	Yes		No	Yes	Yes	Yes		Snack
Hummus Wrap (V)(SF)(EF)(DF)	Tortilla Flour 6", Hummus (Housemade), Romaine Lettuce	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Hummus & Vegetables (V)(GF)(SF)(EF)(DF)	Hummus (Housemade), Vegetables				Yes	Yes	Yes	Yes		Snack
Hummus Sandwich (V)(SF)(EF)(DF)	Hummus (Housemade), School White Wheat Bread, Romaine Lettuce	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Ketchup: Chef's Quality	Tomato concentrate, high fructose corn syrup, vinegar, corn syrup, salt, onion powder, spice, natural flavors				Yes	Yes	Yes	Yes		Ingredient
Lemon Garlic Tofu Rice (V)(GF)(EF)(DF)	Tofu, Rice, Garlic, Sweet Potatoes, Paprika, Salt, Lemon	Soy			Yes	Yes	No	Yes		Entrée
Lemon Garlic Turkey Rice (GF)(SF)(EF)(DF)	Turkey, Rice, Garlic, Sweet Potatoes, Paprika, Salt, Lemon				Yes	Yes	Yes	Yes		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Lemon Pepper Chicken & Rice (GF)(SF)(EF)(DF)	Chicken Breast, Rice, Lemon Pepper Seasoning, Lemon Juice, Green Onions, Salt, Corn Oil, Water				Yes	Yes	Yes	Yes		Entrée
Lemon Pepper Seasoning	Salt, Black Pepper, Citric Acid, Dehydrated Onion, Dehydrated Garlic, Dextrose, Spice, Natural Flavor, Yellow #5 Lake, Sunflower Oil, Silicon Dioxide				Yes	Yes	Yes	Yes		Ingredient
Lemon Pepper Tofu & Rice (V)(GF)(EF)(DF)	Tofu, Rice, Lemon Pepper Seasoning, Lemon Juice, Green Onions, Salt, Corn Oil, Water	Soy			Yes	Yes	No	Yes		Entrée
Lentil & Chickpea Balls (Housemade)(V)(GF)(SF)(EF)(DF)	Lentils, Chickpeas, GF Flour, Corn Starch, Salt, Pepper, Corn Oil				Yes	Yes	Yes	Yes		Ingredient (Housemade)
Lentil & Chickpea Balls & Mashed Potatoes (V)(GF)(EF)(DF)	Lentil & Chickpea Balls (Housemade), Mashed Potatoes (Housemade)				Yes	Yes	Yes	Yes		Entrée
Lentil & Chickpea Balls w/ BBQ Sauce & Mashed Potatoes (V)(GF)(EF)(DF)	Lentil & Chickpea Balls (Housemade), Mashed Potatoes (Housemade), BBQ Sauce (Housemade)				Yes	Yes	Yes	Yes		Entrée
Lentil & Chickpea Balls w/ Marinara & Pasta (V)(SF)(EF)(DF)	Lentil & Chickpea Balls (Housemade), Marinara Sauce (Housemade), Pasta	Wheat			No	Yes	Yes	Yes		Entrée
Mac & Cheese (VEG)(SF)(EF)	Elbow Pasta, Olive Oil, Salt, Cheddar Cheese, Mozzarella Cheese, Cheese Sauce (Housemade)	Wheat, Dairy			No	No	Yes	Yes		Entrée
Mango Vanilla Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Mango, Vanilla Extract, Brown Sugar, Water				Yes	Yes	Yes	Yes		Entrée
Marinara Sauce (Housemade)(V)(GF)(SF)(EF)(DF)	Tomatoes, Garlic, Olive Oil, Parsley, Salt, Black Pepper, Corn Starch, Water				Yes	Yes	Yes	Yes		Ingredient
Black Bean Marinara Sauce (Housemade)(V)(GF)(SF)(EF)(DF)	Black Beans, Tomatoes, Garlic, Olive Oil, Parsley, Salt, Black Pepper, Corn Starch, Water				Yes	Yes	Yes	Yes		Ingredient
Turkey Marinara Sauce (Housemade)(GF)(SF)(EF)(DF)	Ground Turkey, Tomatoes, Garlic, Olive Oil, Parsley, Salt, Black Pepper, Corn Starch, Water				Yes	Yes	Yes	Yes		Ingredient
Mashed Potatoes (Housemade)	Russet Potatoes, Salt, Garlic Powder, Water				Yes	Yes	Yes	Yes		Ingredient
Mayonnaise - Vegan: Veganaise	Canola Oil, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Salt, Mustard Flour, Lemon Juice Concentrate.	Soy			Yes	Yes	No	Yes		Ingredient
Mayonnaise: Hellmann's Real Mayonnaise	Soybean Oil, Water, Whole Eggs, Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium, Natural Flavors	Egg	Yes		Yes	Yes	Yes	No		Ingredient
Meatballs, Beef & Mashed Potatoes	Ground Beef, Bread Crumbs, Eggs, Parmesan and Romano Cheese, Garlic, Parsley, Marinara Sauce, Mashed Potatoes, salt	Wheat, Dairy, Egg, Soy, Sesame			No	No	No	No		Entrée
Meatballs, Turkey & Mashed Potatoes	Ground Turkey, Bread Crumbs, Eggs, Parmesan and Romano Cheese, Onion, Garlic, Parsley, Marinara Sauce, Mashed Potatoes, Salt	Wheat, Dairy, Egg, Soy, Sesame	Yes		No	No	No	No		Entrée
Mediterranean Orzo w/ Chickpeas & Vegetables (V)(SF)(EF)(DF)	Orzo, Olive Oil, Zucchini, Garlic, Tomatoes, Chickpeas, Paprika, Coriander, Cumin, Lemon Juice	Wheat			No	Yes	Yes	Yes		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Mediterranean Vegetable Wrap (V)(SF)(EF)(DF)	Flour Tortilla, Hummus, Mixed Vegetables (Housemade), Romaine Lettuce, Corn Oil	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Melted Cheese & Corn Tortilla (VEG)(SF)(EF)	Cheddar Cheese, Corn Oil, Flour Tortilla 6", Corn Oil	Wheat, Dairy	Yes		No	No	Yes	Yes		Snack
Mexican Lasagna w/ Beef (GF)(SF)(EF)	Ground Beef, Marinara Sauce (Housemade), Corn Tortilla 6", Mozzarella Cheese	Dairy			Yes	No	Yes	Yes		Entrée
Mexican Lasagna w/ Chickpeas (VEG)(GF)(SF)(EF)	Marinara Sauce (Housemade), Corn Tortilla 6", Chickpeas, Water, Mozzarella Cheese	Dairy			Yes	No	Yes	Yes		Entrée
Mexican Lasagna w/ Turkey (GF)(SF)(EF)	Ground Turkey, Marinara Sauce (Housemade), Corn Tortilla 6", Mozzarella Cheese	Dairy			Yes	No	Yes	Yes		Entrée
Mixed Vegetables (Housemade)	Zucchini, Carrots, Onions, Green Bell Pepper, Olive Oil, Salt				Yes	Yes	Yes	Yes		Ingredient (Housemade)
MorningStar Farms Garden Veggie Nuggets	Water, organic red quinoa, organic textured Soy protein, cannellini beans (organic white kidney beans, water, sea salt, kombu seaweed), organic onions, green peas, celery, organic canola oil, organic sunflower oil, organic potatoes, organic carrots, organic corn, organic Soy protein flour, organic red bell peppers, gum blend (carrageenan, konjac flour), garlic powder, onion powder, organic Soy sauce (water, organic Soybeans, salt, organic Wheat, organic alcohol), sea salt, natural flavor, dried cane syrup, black pepper, oregano, basil, lemon juice concentrate, konjac gum.	Wheat, Soy			No	Yes	No			Entrée
Oat Crackers (Cinnamon Sugar) (Housemade)(VEG)(SF)(EF)	GF Oats, Flour, Milk, Water, Butter, Baking Soda, Baking Powder, Sugar, Cinnamon, Salt	Dairy, Wheat, Cinnamon			No	No	Yes	Yes		Snack
Oat Crackers (Curry) (Housemade)(VEG)(SF)(EF)	GF Oats, Flour, Milk, Water, Butter, Baking Soda, Baking Powder, Sugar, Curry Powder, Salt	Dairy, Wheat			No	No	Yes	Yes		Snack
Oat Crackers (Garlic & Parsley) (Housemade)(VEG)(SF)(EF)	GF Oats, Flour, Milk, Water, Butter, Baking Soda, Baking Powder, Sugar, Garlic, Parsley, Salt	Dairy, Wheat			No	No	Yes	Yes		Snack
Oat Crackers (Lemon Pepper) (Housemade)(VEG)(SF)(EF)	GF Oats, Flour, Milk, Water, Butter, Baking Soda, Baking Powder, Sugar, Lemon Pepper Seasoning, Salt	Dairy, Wheat			No	No	Yes	Yes		Snack
Oat Crackers (Plain) (Housemade)(VEG)(SF)(EF)	Rolled oats, flour, milk, water, butter, baking soda, baking powder, sugar, salt	Dairy, Wheat			No	No	Yes	Yes		Snack
Oat Milk (Housemade)	GF Oats, Water				Yes	Yes	Yes	Yes		Ingredient
Orzo, Organic	Organic Durum Wheat Semolina	Wheat			No	Yes	Yes	Yes		Ingredient
Oyster Crackers	Flour, Canola Oil, Sugar, Salt, Yeast, Baking Soda, Water	Wheat			No	Yes	Yes	Yes		Ingredient
Pancake Mix (Housemade)(VEG)(SF)	Flour, Sugar, Baking Powder, Salt, Milk, Eggs, Canola Oil	Wheat, Dairy, Egg			No	No	Yes	No		Breakfast, Snack
Pancake Syrup	Corn Syrup, Water, Sugar, Maple Flavor, Sodium Benzoate, Salt, Citric Acid				Yes	Yes	Yes	Yes		Ingredient

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Parmesan Potato Wedges (VEG)(GF)(SF)(EF)	Russet Potato, Parmesan and Romano Cheese, Corn Oil, Pepper	Dairy			Yes	No	Yes	Yes		Snack
Pasta Salad (VEG)(SF)(EF)(DF)	Pasta, Carrots, Zucchini, Broccoli, Celery, Corn Oil	Wheat			No	Yes	Yes	Yes		Snack
Pasta & Black Bean Marinara (V)(SF)(EF)(DF)	Bowtie Pasta, Black Bean Marinara Sauce (Housemade), Olive Oil, Salt	Wheat			No	Yes	Yes	Yes		Entrée
Pasta & Turkey Marinara (SF)(EF)(DF)	Bowtie Pasta, Turkey Marinara Sauce (Housemade), Olive Oil, Salt	Wheat			No	Yes	Yes	Yes		Entrée
Pasta: Bow Tie (Barilla Enriched Macaroni Product)	Wheat, durum Wheat flour, vitamin B3 (niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid	Wheat			No	Yes	Yes	Yes		Ingredient
Pasta: Elbow/Orzo (Dakota Growers)	Durum Wheat Semolina, niacin, iron (ferrous sulfate), thiamin, mononitrate, riboflavin, folic acid	Wheat			No	Yes	Yes	Yes		Ingredient
Pasta: GF Penne (Dakota Growers)	Corn Flour, Rice Flour				Yes	Yes	Yes	Yes		Ingredient
Pasta: GF Rotini (Dakota Growers)	Corn Flour, Rice Flour				Yes	Yes	Yes	Yes		Ingredient
Pear Granola Bite (V)(GF)(SF)(EF)(DF)	GF Oats, Pears, Pancake Syrup, Cinnamon, Ginger, Nutmeg, Applesauce	Cinnamon			Yes	Yes	Yes	Yes		
Pita Bread - Original Greek Pita 6" (Brand: Olympia)	Wheat Flour Enriched (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Yeast, Soybean Oil, Sugar, Vital Wheat Gluten, Salt, Dough Conditioner (Wheat Flour, Calcium Sulfate, Acacia Gum, Mono-and Diglycerides, Enzymes), Calcium Propionate, Oat Fiber, Potassium Sorbate	Wheat	Yes		No	Yes	Yes	Yes		Ingredient
Plain Bagel w/ Cream Cheese (VEG)(SF)(EF)	Plain Bagel, Cream Cheese	Wheat, Dairy			No	No	Yes	Yes		Breakfast
Plain Grits (V)(GF)(SF)(EF)(DF)	GF Grits, Salt, Water				Yes	Yes	Yes	Yes		Breakfast
Plain Oatmeal (V)(GF)(SF)(EF)(DF)	Oats, Water, Brown Sugar				Yes	Yes	Yes	Yes		Breakfast
Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Plain Rice Puffs, Fruit				Yes	Yes	Yes	Yes		Breakfast, Snack
Plain Rice Puffs Cereal: Toasted Crispy Rice Cereal (Brand: Millville) (V)(GF)(SF)(EF)(DF)	Rice, Sugar, Corn Syrup, Salt, Vitamins and Minerals: Ferric Orthophosphate (Source of Iron), Sodium Ascorbate (Vitamin C), Niacinamide (Vitamin B3), Zinc Oxide, Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Vitamin A Palmitate, Thiamin Mononitrate (Vitamin B1), Vitamin B12, Vitamin D3				Yes	Yes	Yes	Yes		Breakfast, Snack
PopCorners Kettle Chips	Yellow corn, sunflower oil, evaporated cane sugar, corn starch, sea salt				Yes	Yes	Yes			Snack
Potato Breakfast Burrito & Salsa (VEG)(SF)(EF)	Flour Tortilla, Salsa (Housemade), Mozzarella Cheese, Vegetable Base, Onions, Salt, Black Pepper, Potatoes	Wheat, Dairy	Yes		No	No	Yes	Yes		Breakfast
Pretzels - Mini (V)(SF)(EF)(DF) (Brand: ...)	Enriched Wheat Flour (Wheat Flour, ...)	Wheat	Yes		No	Yes	Yes	Yes		Snack
Pretzels & Fruit (V)(SF)(EF)(DF)	Pretzels, Fruit	Wheat	Yes		No	Yes	Yes	Yes		Snack
Pumpkin Bread (VEG)(SF)(DF)	Eggs, Canola Oil, Sugar, Flour, Salt, Baking Soda, Cinnamon, Water, Pumpkin Puree	Wheat, Eggs, Cinnamon			No	Yes	Yes	No		Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Pumpkin Muffin (VEG)(SF)(DF)	Eggs, Canola Oil, Sugar, Flour, Salt, Baking Soda, Cinnamon, Water, Pumpkin Puree	Wheat, Eggs, Cinnamon			No	Yes	Yes	No		Breakfast/ Snack
Pumpkin Oatmeal (VEG)(GF)(SF)(EF)	GF Oats, Whole Milk, Water, Nutmeg, Cinnamon, Ginger, Vanilla Extract, Pumpkin Puree, Brown Sugar	Dairy, Cinnamon			Yes	No	Yes	Yes		Entrée
Pumpkin Squares (VEG)(SF)(DF)	AP Flour, Eggs, Pumpkin, Sugar, Vegetable Oil, Baking Powder, Cinnamon, Baking Soda, Salt	Wheat, Eggs, Cinnamon			No	Yes	Yes	No		Snack
Ranch Seasoned Potato Wedges (V)(GF)(SF)(EF)(DF)	Potatoes, Corn Oil, Garlic Powder, Onion Powder, Dried Parsley, Salt, Sugar				Yes	Yes	Yes	Yes		Snack
Ranch Seasoned Potato Wedges & Cheese Cubes (VEG)(GF)(SF)(EF)	Potatoes, Corn Oil, Garlic Powder, Onion Powder, Dried Parsley, Salt, Sugar, Cheddar Cheese	Dairy			Yes	No	Yes	Yes		Snack
Red Curry Paste (Brand: Thai Kitchen)	Spices (Including Red Chili Pepper), Garlic, Lemongrass, Salt, Shallot, Coriander Root, Kaffir Lime Peel				Yes	Yes	Yes	Yes		Ingredient
Red Pepper Hummus (Housemade) (V)(GF)(SF)(EF)(DF)	Chickpeas, Water, Red Pepper, Lemon, Garlic Powder, Salt, Black Pepper				Yes	Yes	Yes	Yes		Snack
Red Pepper Hummus & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Red Pepper Hummus (Housemade), Corn Tortilla 6"				Yes	Yes	Yes	Yes		Snack
Red Pepper Hummus & Pita (V)(SF)(EF)(DF)	Red Pepper Hummus (Housemade), Pita	Wheat	Yes		No	Yes	Yes	Yes		Snack
Rice	Rice				Yes	Yes	Yes	Yes		Ingredient
Rice Cakes Sea Salt Flavor - Minis (Brand: Lundburg) (V)(GF)(SF)(EF)(DF)	Brown Rice, Oleic Sunflower Oil, Brown Rice Flour, Sea Salt				Yes	Yes	Yes	Yes		Ingredient
Rice Cakes Apple Pie Flavor - Minis (Brand: Lundberg) (VEG)(GF)(SF)(EF)	Brown Rice, Oleic Sunflower Oil, Maple Sugar, Cane Sugar, Brown Rice Flour, Cinnamon, Sea Salt, Natural Flavor, Cream, Flavor, Sweet Whey, Nonfat Milk	Dairy, Cinnamon			Yes	No	Yes	Yes		Ingredient
Apple Pie Mini Rice Cakes & Fruit (VEG)(GF)(SF)(EF)	Rice Cakes Apple Pie Flavor, Fruit	Dairy, Cinnamon			Yes	No	Yes	Yes		Snack
Rice Milk: Original Enriched Rice Dream	Filtered water, brown rice, expeller pressed canola oil / safflower oil / sunflower oil, tricalcium phosphate, sea salt, vitamin A, vitamin D2, vitamin B12				Yes	Yes	Yes			Ingredient
Roast Beef & Cheese Sandwich (EF)	School White Wheat Bread, Roast Beef, Provolone Cheese	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Roasted Potato & Turkey Hash (GF)(DF)(EF)(SF)	Potatoes, Corn Oil, Garlic Powder, Salt, Black Pepper, Ground Turkey, Bell Peppers, Ground Sage, Paprika, Onions				Yes	Yes	Yes	Yes		Breakfast
Salsa (Housemade) (V)(GF)(SF)(EF)(DF)	Tomatoes, Yellow Onions, Cilantro, Salt, Black Pepper, Corn Oil				Yes	Yes	Yes	Yes		Ingredient
Scrambled Eggs & Peppers w/ Corn Tortilla (VEG)(GF)(SF)(DF)	Eggs, Water, Salt, Pepper, Red Bell Peppers, Corn Tortilla 6"	Eggs			Yes	Yes	Yes	No		Breakfast
Scrambled Eggs & Peppers w/ Flour Tortilla (VEG)(SF)(DF)	Eggs, Water, Salt, Pepper, Red Bell Peppers, Flour Tortilla 6"	Eggs, Wheat	Yes		No	Yes	Yes	No		Breakfast
Scrambled Eggs & White Wheat Bread (VEG)(SF)(DF)	Eggs, Salt, School White Wheat Bread	Eggs, Wheat	Yes		No	Yes	Yes	No		Breakfast
Sea Salt Mini Rice Cakes & Fruit (V)(GF)(SF)(EF)(DF)	Rice Cakes Sea Salt Flavor, Fruit				Yes	Yes	Yes	Yes		Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Sloppy Joe w/ Chickpeas & Vegetables (V)(SF)(EF)(DF)	Chickpeas, Water, Onions, Tomatoes, Ketchup, Garlic, Mixed Vegetables (Housemade), Paprika, Brown Sugar, Slider Bun, Green Peppers, Corn Oil	Wheat, Sesame	Yes		No	Yes	Yes	Yes		Entrée
Sloppy Joe w/ Turkey (SF)(EF)(DF)	Ground Turkey, Tomatoes, Ketchup, Salt, Green Bell Peppers, Paprika, Garlic, Onions, Slider Bun, Brown Sugar, Corn Oil	Wheat, Sesame	Yes		No	Yes	Yes	Yes		Entrée
Soy Butter (Wow Butter brand)	Toasted Soy, Soy oil, granulated cane sugar, palm oil (sustainable), sea salt	Soy			Yes	Yes	No	Yes		Ingredient
Soy Milk: Rolling Hills Farm Organic Soy Milk	Soymilk (Water, organic Soybeans), organic cane sugar, calcium carbonate, sea salt, natural flavors, gellan gum, vitamin A palmitate, vitamin D2, Riboflavin (vitamin b2), vitamin B12	Soy			Yes	Yes	No	Yes		Ingredient
Spinach Pesto (Housemade) (VEG)(GF)(SF)(EF)	Spinach, Parsley, Olive Oil, Garlic Powder, Salt, Black Pepper, Parmesan and Romano Cheese	Dairy			Yes	No	Yes	Yes		Ingredient (Housemade)
Spinach Pesto Pasta w/ White Beans (VEG)(SF)(EF)	Spinach Pesto (Housemade), Great Northern Beans, Water, Pasta	Wheat, Dairy			No	No	Yes	Yes		Entrée
Spinach Pesto Roll Up (VEG)(SF)(EF)	Flour Tortilla 6", Cream Cheese, Spinach Pesto (Housemade)	Wheat, Dairy	Yes		No	No	Yes	Yes		Snack
Square Pancake (VEG)(SF)	Flour, Milk, Sugar, Eggs, Baking Powder, canola oil, Pancake Syrup	Dairy, Wheat, Eggs			No	No	Yes	No		Breakfast
Strawberry Cocoa Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Water, Strawberries, Sugar, Cocoa Powder				Yes	Yes	Yes	Yes		Breakfast
Strawberry Smoothie Bowl (VEG)(GF)(SF)(EF)	Greek Yogurt, Strawberries, Pancake Syrup, Vanilla Extract	Dairy			Yes	No	Yes	Yes		Breakfast, Snack
Strawberry Smoothie Bowl w/ Granola Crumbles (VEG)(GF)(SF)(EF)	Granola Crumbles (Housemade), Greek Yogurt, Strawberries, Pancake Syrup, Vanilla Extract	Dairy, Cinnamon			Yes	No	Yes	Yes		Breakfast, Snack
Strawberry Banana Smoothie Bowl (VEG)(GF)(SF)(EF)	Greek Yogurt, Banana, Strawberries, Pancake Syrup, Vanilla Extract	Dairy			Yes	No	Yes	Yes		Breakfast, Snack
SunButter	Roasted Sunflower Seeds, Salt				Yes	Yes	Yes	Yes		Ingredient
SunButter & Jelly Sandwich (V)(SF)(EF)(DF)	School White Wheat Bread, SunButter, Grape Jelly	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Sunflower Butter	Roasted Sunflower Seeds, Salt.				Yes	Yes	Yes	Yes		
Swedish Lentil & Chickpea Balls w/ DF Gravy & Pasta	Lentils, Garbanzo Beans, GF Flour, Corn Starch, Salt, Black Pepper, Vegetable Oil, Bow Tie Pasta, GF&DF Gravy (Housemade)	Soy, Wheat		Yes	No	Yes	No	Yes		Entrée
Swedish Lentil & Chickpea Balls w/ Gravy & GF Pasta	Lentils, Garbanzo Beans, GF Flour, Corn Starch, Salt, Black Pepper, Vegetable Oil, Gluten-free Pasta, Gravy (Housemade)	Soy, Dairy			Yes	No	No	Yes		Entrée
Swedish Lentil & Chickpea Balls w/ Gravy & Pasta	Lentils, Garbanzo Beans, GF Flour, Corn Starch, Salt, Black Pepper, Corn Oil, Bow Tie Pasta, Gravy (Housemade)	Wheat, Soy, Dairy			No	No	No	Yes		Entrée
Swedish Meatball Gravy (Housemade)(GF)(EF)	Milk, Corn Starch, Garlic, Butter, Black Pepper, Chicken Stock, Sage, Thyme, Rosemary, Sour Cream, GF Soy Sauce	Dairy, Soy			Yes	No	No	Yes		Ingredient (Housemade)

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Swedish Turkey Meatballs w/ Gravy & Pasta	Ground Turkey, Bread Crumbs, Eggs, Milk, Parmesan Cheese, Onion, Garlic, Bow Tie Pasta, Swedish Meatball Gravy (Housemade)	Wheat, Soy, Dairy, Egg, Sesame			No	No	No	No		Entrée
Sweet & Sour Chicken & Rice (GF)(EF)(DF)	Chicken Breast, Rice, Garlic, Pineapple, Corn Starch, Corn Oil, Rice Vinegar, GF Soy Sauce, Water	Soy			Yes	Yes	No	Yes		Entrée
Sweet & Sour Tofu & Rice (V)(GF)(EF)(DF)	Tofu, Garlic, Pineapple, Corn Starch, Rice Vinegar, GF Soy Sauce, Water	Soy			Yes	Yes	No	Yes		Entrée
Sweet Potato Biscuit (Housemade) (VEG)(SF)(EF)	Flour, Sugar, Baking Powder, Butter, Milk, Salt, Sweet Potato	Dairy, Wheat			No	No	Yes	Yes		Breakfast
Sweet Potato Bread (VEG)(SF)(DF)	Eggs, Sweet Potato, Sugar, Canola Oil, Flour, Salt, Baking Soda, Cinnamon, Water	Wheat, Egg, Cinnamon			No	Yes	Yes	No		Snack
Sweet Potato Chips (Plain) (Housemade) (V)(GF)(SF)(EF)(DF)	Sweet Potatoes, Corn Oil				Yes	Yes	Yes	Yes		Snack
Sweet Potato Granola Bite (V)(GF)(SF)(EF)(DF)	GF Oats, Sweet Potato, Pancake Syrup, Cinnamon, Nutmeg, Applesauce	Cinnamon			Yes	Yes	Yes	Yes		Breakfast, Snack
Sweet Potato Pancake (VEG)(SF)	Sugar, Baking Powder, Salt, Milk, Eggs, Canola Oil, Flour, Sweet Potatoes	Wheat, Dairy, Egg			No	No	Yes	No		Breakfast, Snack
Sweet Potato Pancake & Syrup (VEG)(SF)	Sugar, Baking Powder, Salt, Milk, Eggs, Canola Oil, Flour, Sweet Potatoes, Pancake Syrup	Wheat, Dairy, Egg			No	No	Yes	No		Breakfast, Snack
Swiss Chicken Slider (SF)	Chicken, Mayonnaise, Mustard, Slider Buns, Swiss Cheese	Wheat, Dairy, Egg, Sesame	Yes		No	No	Yes	No		Entrée
Taco Seasoning (Housemade) (V)(GF)(SF)(EF)(DF)	Chili Powder, Cumin, Salt, Pepper, Paprika, Garlic Powder, Onion Powder, Oregano				Yes	Yes	Yes	Yes		Ingredient (Housemade)
Thanksgiving Meal: Grilled Tofu w/ GF&DF Gravy & Cranberry Sauce (V)(GF)(EF)(DF)	Tofu, Cranberry Sauce, GF&DF Gravy (Housemade), Mashed Potatoes, Corn Oil, Salt, Black Pepper	Soy			Yes	Yes	No	Yes		Entrée
Thanksgiving Meal: Grilled Turkey w/ Gravy & Cranberry Sauce (GF)(SF)(EF)	Turkey, Cranberry Sauce, Gravy (Housemade), Mashed Potatoes, Vegetable Oil, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes		Entrée
Tofu & Noodles (VEG)(DF)	Egg Noodles, Water, Tofu, Garlic, Salt, Black Pepper, Corn Oil	Wheat, Egg, Soy			No	Yes	No	No		Entrée
Tofu Guisado (V)(GF)(EF)(DF)	Tofu, Russet Potatoes, Garlic, Red Peppers, Green Peppers, Yellow Onions, Cilantro, Vegetable Oil, Tomatoes, Adobo Powder	Soy			Yes	Yes	No	Yes		Entrée
Tofu Pad Thai (V)(GF)(EF)(DF)	Rice Noodles, Tofu, Carrots, Garlic, GF Soy Sauce, Rice Vinegar, Brown Sugar, Cabbage, Green Onion, Cilantro, Lime, Corn Oil, Water	Soy			Yes	Yes	No	Yes		Entrée
Tofu Pot Pie (V)(GF)(EF)(DF)	Tofu, Water, Potatoes, Peas, Carrots, Yellow Onions, Thyme, Corn Starch, Parsley, Salt, Black Pepper, Great Northern Beans, Corn Oil	Soy			Yes	Yes	No	Yes		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Tofu Pot Pie & Oyster Crackers (V)(EF)(DF)	Tofu, Water, Potatoes, Peas, Carrots, Yellow Onions, Thyme, Corn Starch, Parsley, Salt, Black Pepper, Great Northern Beans, Corn Oil, Oyster Crackers	Soy, Wheat			No	Yes	No	Yes		Entrée
Tofu Sandwich w/ Cranberry Sauce (V)(EF)(DF)	Tofu, DF Mozzarella Cheese, Cranberries, Sugar, Water, Orange Zest, School White Wheat Bread	Wheat, Soy	Yes	Yes	No	Yes	No	Yes		Entrée
Tofu Sandwich w/ Cranberry Sauce (VEG)	Tofu, Cheese, Cranberries, Sugar, Water, Orange Zest, School White Wheat Bread	Wheat, Dairy, Soy			No	No	No	Yes		Entrée
Tofu Scramble (V)(GF)(EF)(DF)	Tofu, Corn Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper	Soy			Yes	Yes	No	Yes		Breakfast, Entrée
Tofu Scramble & Corn Tortilla (V)(GF)(EF)(DF)	Tofu, Corn Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper, Corn Tortilla 6"	Soy			Yes	Yes	No	Yes		Breakfast, Entrée
Tofu Scramble & Flour Tortilla (V)(EF)(DF)	Tofu, Corn Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper, Flour Tortilla 6"	Wheat, Soy	Yes		No	Yes	No	Yes		Breakfast, Entrée
Tofu Scramble & White Wheat Bread (V)(EF)(DF)	Tofu, Corn Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper, School White Wheat Bread	Wheat, Soy	Yes		No	Yes	No	Yes		Breakfast, Entrée
Tofu Teriyaki & Rice (V)(GF)(EF)(DF)	Rice, GF Teriyaki Sauce (Housemade), Garlic Powder, Ginger Powder, Salt, Black Pepper, Tofu, Green Onion	Soy			Yes	Yes	No	Yes		Entrée
Tofu Tinga Sandwich (V)(EF)(DF)	Tofu, Onions, Salsa (Housemade), Corn Oil, Salt, Paprika, School White Wheat Bread	Wheat, Soy	Yes		No	Yes	No	Yes		Entrée
Tofu: Nature's Soy Firm Tofu	Water, non-GMO Soybeans, calcium sulfate, glucono delta-lactone)	Soy			Yes	Yes	No	Yes		Ingredient
Tomato: Whole Peeled San Benito	Fresh Vine-Ripened Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid				Yes	Yes	Yes	Yes		Ingredient
Tortilla Chips (Brand: El Milagro)	Stone Ground Corn, Corn Oil, Salt, Calcium Hydroxide.				Yes	Yes	Yes	Yes		Snack
Tortilla Chips & Salsa w/ Vegetables (V)(GF)(SF)(EF)(DF)	Tortilla Chips, Salsa (Homemade), Vegetables				Yes	Yes	Yes	Yes		Snack
Turkey & Cheese Sandwich (SF)(EF)	School White Wheat Bread, Turkey Breast, Provolone Cheese	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Turkey & Cheese w/ Ritz Crackers (EF)	Turkey Breast, Cheddar Cheese, Ritz Crackers	Wheat, Dairy, Soy			No	No	No	Yes		Snack
Turkey & DF Cheese w/ Vegan Oat Crackers (GF)(SF)(EF)(DF)	Turkey Breast, DF Cheddar Cheese, Vegan Oat Crackers (Housemade)	Coconut		Yes	Yes	Yes	Yes	Yes		Snack
Ritz Crackers (Brand: Ritz) (EF)(DF)	Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Canola Oil, Palm Oil, Sugar, Salt, Leavening (Calcium Phosphate, Baking Soda), High Fructose Corn Syrup, Soy Lecithin, Natural Flavor	Wheat, Soy			No	Yes	No	Yes		Ingredient
Turkey & Greek Yogurt Roll Up (SF)(EF)	Turkey Breast, Flour Tortilla, Greek Yogurt, Taco Seasoning (Housemade)	Wheat, Dairy	Yes		No	No	Yes	Yes		

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Turkey & Vegetable Sandwich (EF)(DF)	School White Wheat Bread, Turkey Breast, Romaine Lettuce, Tomatoes	Wheat	Yes		No	Yes	Yes	Yes		Entrée
Turkey Bacon (GF)(SF)(EF)(DF)	CURED WITH: WATER, POTASSIUM LACTATE, DEXTROSE, SALT, SODIUM PHOSPHATE, SUGAR, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.				Yes	Yes	Yes	Yes		Ingredient
Turkey Bacon w/ Corn Tortilla (GF)(SF)(EF)(DF)	Turkey Bacon, Corn Tortilla 6"				Yes	Yes	Yes	Yes		Breakfast
Turkey Bacon w/ GF Bread (GF)(SF)(EF)(DF)	Turkey Bacon, GF Bread				Yes	Yes	Yes	Yes		Breakfast
Turkey Bacon w/ White Wheat Bread (SF)(EF)(DF)	Turkey Bacon, School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes		Breakfast
Turkey Bolognese Sauce	Celery, Yellow Onions, Carrots, Vegetable Oil, Salt, Black Pepper, Marinara Sauce, Ground Turkey				Yes	Yes	Yes	Yes		Ingredient
Turkey Breast (Carolina Turkey Brand)	Turkey Breast, Turkey Broth, Salt, Dextrose, Carrageenan, Sodium Phosphate, Vegetable Oil				Yes	Yes		Yes		Ingredient
Turkey Burger Patty & Rice (GF)(SF)(EF)(DF)	Ground Turkey, Salt, Black Pepper, Rice				Yes	Yes	Yes	Yes		Entrée
Turkey Caesar Wrap	Tortilla Flour 10", Romaine Lettuce, Caesar Dressing (Housemade), Turkey Breast	Wheat, Dairy, Egg, Soy			No	No	No	No		Entrée
Turkey Caesar Wrap (GF)	Tortilla Corn 6", Romaine Lettuce, Caesar Dressing (Housemade), Turkey Breast	Dairy, Egg			Yes	No	Yes	No		Entrée
Turkey Cheeseburger (SF)(EF)	Ground Turkey, Slider Bun, American Cheese, Ketchup, Salt, Black Pepper	Wheat, Dairy, Sesame	Yes		No	No	Yes	Yes	Turkey burger, bun, cheese and ketchup all served separately	Entrée
Turkey Chili w/ GF Bread (GF)(SF)(EF)(DF)	Celery, Yellow Onions, Carrots, Black Beans, Paprika, Chili Powder, Garlic Powder, GF Bread, Salt, Black Pepper, Tomatoes, Ground Turkey, Corn Oil				Yes	Yes	Yes	Yes		Entrée
Turkey Chili w/ Oyster Crackers (SF)(EF)(DF)	Ground Turkey, Celery, Yellow Onions, Carrots, Black Beans, Paprika, Chili Powder, Garlic Powder, Salt, Black Pepper, Tomatoes, Oyster Crackers, Vegetable Oil	Wheat			No	Yes	Yes	Yes		Entrée
Turkey Gravy (Biscuit)(Housemade)(SF)(EF)	Ground Turkey, Onions, Celery, Carrots, Thyme, Butter, Flour, Milk, Salt	Dairy, Wheat			No	No	Yes	Yes		Ingredient (Housemade)
Turkey Hamburger Helper (SF)(EF)(DF)	Ground Turkey, Marinara Sauce (Housemade), Water, Black Pepper, Garlic Powder, Onion Powder, Chili Powder, Salt, Pasta	Wheat			No	Yes	Yes	Yes		Lunch
Turkey Meatballs	Ground Turkey, Bread Crumbs, Eggs, Parmesan and Romano Cheese, Onion, Parsley, Garlic, Salt	Wheat, Dairy, Egg, Soy, Sesame			No	No	No	No		Entrée
Turkey Meatballs w/ BBQ Sauce & Mashed Potatoes	Ground Turkey, Bread Crumbs, Eggs, Parmesan and Romano Cheese, Garlic, Parsley, Onion, BBQ Sauce (Housemade), Mashed Potatoes, Salt	Wheat, Dairy, Egg, Soy, Sesame	Yes		No	No	No	No		Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Turkey Meatballs w/ Marinara & Pasta	Turkey Meatballs (Housemade), Marinara Sauce (Housemade), Pasta	Wheat, Egg, Dairy, Soy, Sesame			No	No	No	No		Entrée
Turkey Meatloaf (GF)(DF)	Ground Turkey, GF Oats, Eggs, Ketchup, Parsley, Carrots, Celery, Onions, GF Soy Sauce, Salt, Pepper, Brown Sugar	Egg, Soy			Yes	Yes	No	No		Entrée
Turkey Meatloaf & Mashed Potatoes (GF)(DF)	Ground Turkey, GF Oats, Eggs, Ketchup, Parsley, Carrots, Celery, Onions, GF Soy Sauce, Salt, Pepper, Brown Sugar, Mashed Potatoes (Housemade)	Egg, Soy			Yes	Yes	No	No		Entrée
Turkey Philly Cheesesteak Wrap (SF) (EF)	Ground Turkey, Yellow Onions, Green Bell Peppers, Mozzarella, Ketchup, Flour Tortilla 6"	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Turkey Sausage Patty (Housemade) (GF)(SF)(EF)(DF)	Ground Turkey, Sage, Garlic, Salt, Pepper				Yes	Yes	Yes	Yes		Breakfast
Turkey Sausage Patty & Fruit (GF)(SF) (EF)(DF)	Turkey Sausage Patty (Housemade), Fruit				Yes	Yes	Yes	Yes		Breakfast
Turkey Taco (SF)(EF)	Ground Turkey, Flour Tortilla 6", Salsa (Housemade), Shredded Cheese	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Turkey Tetrizzini (SF)(EF)	Turkey, Bowtie/Farfalle Pasta, Cheddar Cheese, Onions, Milk, Corn Starch, Salt, Black Pepper, Corn Oil	Wheat, Dairy			No	No	Yes	Yes		Entrée
Tuscan Grilled Cheese (VEG)(SF)(EF)	School White Wheat Bread, Mozzarella Cheese, Spinach, Tomato, Garlic, Oregano, Butter	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Vegan Apple Oat Muffin (V)(GF)(SF) (EF)(DF)	Apples, Brown Sugar, Cinnamon, GF Flour, GF Oats, Salt, Baking Powder, Baking Soda, Canola Oil, Applesauce (Housemade), Water	Cinnamon			Yes	Yes	Yes	Yes		Snack
Vegan Banana Oat Muffin (V)(GF)(SF) (EF)(DF)	Bananas, Brown Sugar, GF Oats, Baking Powder, Baking Soda, Water, GF Flour, Canola Oil, Salt, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes		Snack
Vegan Blueberry Oat Muffin (V)(GF) (SF)(EF)(DF)	Blueberries, Brown Sugar, GF Oats, GF Flour, Salt, Baking Powder, Baking Soda, Canola Oil, Applesauce (Housemade), Water				Yes	Yes	Yes	Yes		Breakfast, Snack
Vegan Caesar Dressing (Housemade) (V)(GF)(EF)(DF)	Yellow Mustard, Vegan Mayonnaise, Lemons, Garlic, Salt, Black Pepper	Soy			Yes	Yes	No	Yes		Ingredient
Vegan Meatloaf (V)(GF)(SF)(EF)(DF)	Quinoa, Lentils, Onions, Carrots, Celery, Garlic, Salt, Ketchup, Brown Sugar, Black Pepper, Water				Yes	Yes	Yes	Yes		Entrée
Vegan Oat Crackers (Housemade) (V) (GF)(SF)(EF)(DF)	GF Oats, GF Flour, Water, Yeast, Olive Oil, Sugar, Salt				Yes	Yes	Yes	Yes		Snack
Vegan Oat Crackers & Fruit (V)(GF) (SF)(EF)(DF)	Vegan Oat Crackers (Housemade), Fruit				Yes	Yes	Yes	Yes		Snack
Vegan Peach Oat Muffin (V)(GF)(SF) (EF)(DF)	Peaches, Brown Sugar, GF Oats, Salt, GF Flour, Baking Powder, Baking Soda, Canola Oil, Water				Yes	Yes	Yes	Yes		Breakfast, Snack
Vegan Pumpkin Oat Muffin (V)(GF) (SF)(EF)(DF)	GF Flour, GF Oats, Salt, Baking Soda, Baking Powder, Canola Oil, Water, Pumpkin Puree, Brown Sugar, Applesauce, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes		Breakfast, Snack
Vegan Strawberry Oat Muffin (V)(GF) (SF)(EF)(DF)	Strawberry Puree, Brown Sugar, GF Oats, Salt, Baking Powder, Baking Soda, Canola Oil, Water				Yes	Yes	Yes	Yes		Breakfast, Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Vegetable & Bean Curry w/ Rice (V)(GF)(SF)(EF)(DF)	Water, Sugar, Turmeric, Salt, Garlic, Onions, Celery, Potatoes, Red Curry Paste, Corn Oil, Oat Milk, Black Beans, Ginger, Rice				Yes	Yes	Yes	Yes		Entrée
Vegetable & Bean Lo Mein (V)(EF)(DF)	Broccoli, Carrots, Onions, Sugar, GF Soy Sauce, Ginger, Green Onions, Garlic, Black Beans, Spaghetti	Wheat, Soy			No	Yes	No	Yes		Entrée
Vegetable & Bean Pasta Salad (V)(EF)(DF)	Pasta, Black Beans, Mixed Vegetables (Housemade), Salt, Pepper, Vegan Mayonnaise, Olive Oil	Wheat, Soy			No	Yes	No	Yes		Entrée
Vegetable & Bean Pasta Salad (VEG)	Pasta, Black Beans, Mixed Vegetables (Housemade), Salt, Pepper, Mayonnaise, Olive Oil	Wheat, Egg	Yes		No	Yes	No	No		Entrée
Vegetable & Bean Soup (V)(GF)(SF)(EF)(DF)	Water, Carrots, Celery, Onions, Rice, Great Northern Beans, Garlic				Yes	Yes	Yes	Yes		Entrée
Vegetable & Cheese Sandwich (VEG)(SF)(EF)	School White Wheat Bread, Carrots, Zucchini, Yellow Squash, Provolone Cheese, Corn Oil	Wheat, Dairy	Yes		No	No	Yes	Yes		Entrée
Vegetable & Tofu Stir Fry (V)(GF)(EF)(DF)	Rice, Water, Yellow Onions, Carrots, Celery, GF Soy Sauce, Garlic Powder, Ginger Powder, Salt, Black Pepper, Tofu, Corn Oil	Soy			Yes	Yes	No	Yes		Entrée
Vegetable Bean Chili & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Yellow Onions, Celery, Carrots, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Corn Oil, Salt, Black Pepper, Corn Tortilla 6"				Yes	Yes	Yes	Yes		Entrée
Vegetable Bean Chili & GF Bread (V)(GF)(SF)(EF)(DF)	Yellow Onions, Celery, Carrots, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Corn Oil, Salt, Black Pepper, GF Bread				Yes	Yes	Yes	Yes		Entrée
Vegetable Bean Chili & Oyster Crackers (V)(SF)(EF)(DF)	Yellow Onions, Celery, Carrots, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Corn Oil, Salt, Black Pepper, Oyster Crackers	Wheat			No	Yes	Yes	Yes		Entrée
Vegetable Stock (Housemade) (V)(GF)(SF)(EF)(DF)	Onions, Carrots, Celery, Water				Yes	Yes	Yes	Yes		Ingredient
Vegetarian Alfredo (VEG)(SF)(EF)	Vegetarian Alfredo Sauce (Housemade), Bowtie Pasta	Wheat, Dairy			No	No	Yes	Yes		Entrée
Vegetarian Alfredo Sauce (Housemade) (VEG)(GF)(SF)(EF)	Milk, Water, Grated Parmesan and Romano Cheese, Corn Starch, Salt, Black Pepper, Butter	Dairy			Yes	No	Yes	Yes		Ingredient (Housemade)
Veggie Pizza Muffin (VEG)(SF)	Milk, Carrot, Mozzarella, Parmesan, Butter, Eggs, Flour, Baking Powder, Baking Soda, Salt, Taco Seasoning (Housemade)	Wheat, Dairy, Egg			No	No	Yes	No		Snack
White Bean & Vegetable Scramble (V)(GF)(SF)(EF)(DF)	Great Northern Beans, Corn Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper				Yes	Yes	Yes	Yes		Breakfast
White Bean & Vegetable Scramble w/ Corn Tortilla (V)(GF)(SF)(EF)(DF)	Great Northern Beans, Corn Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper, Corn Tortilla 6"				Yes	Yes	Yes	Yes		Breakfast
White Bean Dip (Housemade) (V)(GF)(SF)(EF)(DF)	Great Northern Beans, Garlic, Lemon, Salt, Black Pepper				Yes	Yes	Yes	Yes		Ingredient (Housemade)

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
White Bean Dip & Corn Tortilla (V)(GF)(SF)(EF)(DF)	White Bean Dip (Housemade), Corn Tortilla 6"				Yes	Yes	Yes	Yes		Snack
White Beans & Rice (V)(GF)(SF)(EF)(DF)	Rice, Great Northern Beans, Water, Salt, Black Pepper				Yes	Yes	Yes	Yes		Entrée
White Chicken Chili (GF)(SF)(EF)(DF)	Onions, Garlic Powder, Chicken, Great Northern Beans, Salt, Black Pepper, Bell Peppers, Water, Corn Starch, Corn Oil				Yes	Yes	Yes	Yes		Entrée
White Chicken Chili & GF Bread (GF)(SF)(EF)(DF)	Onions, Garlic Powder, Chicken, Great Northern Beans, Salt, Black Pepper, Bell Peppers, Water, Corn Starch, Corn Oil, GF Bread				Yes	Yes	Yes	Yes		Entrée
White Chicken Chili & Oyster Crackers (SF)(EF)(DF)	Onions, Garlic Powder, Chicken, Great Northern Beans, Salt, Black Pepper, Bell Peppers, Water, Corn Starch, Corn Oil, Oyster Crackers	Wheat			No	Yes	Yes	Yes		Entrée
White Chicken Chili & White Wheat Bread (SF)(EF)(DF)	Onions, Garlic Powder, Chicken, Great Northern Beans, Salt, Black Pepper, Bell Peppers, Water, Corn Starch, Corn Oil, School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes		Entrée
White Vegetable Chili (V)(GF)(SF)(EF)(DF)	Onions, Garlic, Great Northern Beans, Water, Vegetable Stock (Housemade), White Pepper, Cumin				Yes	Yes	Yes	Yes		Entrée
White Vegetable Chili & GF Bread (V)(GF)(SF)(EF)(DF)	Onions, Garlic, Great Northern Beans, Water, Vegetable Stock (Housemade), White Pepper, Cumin, GF Bread				Yes	Yes	Yes	Yes		Entrée
Yogurt Parfait (VEG)(GF)(SF)(EF)	Yogurt, Fruit, Granola Crumbles (Housemade)	Dairy			Yes	No	Yes	Yes		Breakfast
Yogurt w/ Granola Crumbles (VEG)(GF)(SF)(EF)	Yogurt, Granola Crumbles (Housemade)	Dairy			Yes	No	Yes	Yes		Breakfast
Yogurt & Fruit (VEG)(GF)(SF)(EF)	Yogurt, Fruit	Dairy			Yes	No	Yes	Yes		Snack
Yogurt: Country View Dairy - Plain Greek Yogurt (VEG)(GF)(SF)(EF)	Non-Homogenized Grade A Pasteurized Milk, Milk Protein Concentrate, Pectin, Live Active Cultures: L Acidophilus & Bifidus	Dairy			Yes	No	Yes	Yes		Ingredient
Yogurt: DF Vanilla Coconut Yogurt - Brand: SO Delicious (V)(GF)(SF)(EF)(DF)	Organic Coconutmilk (Filtered Water, Organic Coconut Cream), Organic Cane Sugar, Rice Starch, Contains 2% or Less of: Natural Flavor, Calcium Citrate, Pectin, Locust Bean Gum, Citric Acid, Live and Active Cultures, Vitamin D2, Vitamin B12	Coconut			Yes	Yes	Yes	Yes		Breakfast, Snack
Yogurt: Kemps Natural Vanilla Flavored Nonfat Yogurt (VEG)(GF)(SF)(EF)	Cultured skim milk, sugar, water, food starch-modified, natural flavor, carrageenan, pectin, tricalcium phosphate, potassium sorbate, Vitamin D3, citric acid	Dairy			Yes	No	Yes	Yes		Ingredient
Yogurt: Kontos - Skotidakis Greek Yogurt (VEG)(GF)(SF)(EF)	Pasteurized Grade A Cow's and Goat's Milk, Skim Milk, Cream, Active Bacterial Cultures	Dairy			Yes	No	Yes	Yes		Ingredient

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Service Notes for Client	List Entry Type
Yogurt: Silk Vanilla Dairy Free (V)(GF)(EF)(DF)	Soymilk (Filtered Water, Soybeans), Cane Sugar, Contains 2% or Less of: Corn Starch, Natural Flavor, Pectin, Tricalcium Phosphate, Citric Acid, Dipotassium Phosphate, Sea Salt, Vanilla Bean, Live and Active Cultures, Vitamin D2, Vitamin C Ester, Mixed Tocopherols (to Protect Flavor).	Soy			Yes	Yes	No	Yes		Ingredient
Zucchini Bread (VEG)(SF)(DF)	Eggs, Carrots, Zucchini, Sugar, Canola Oil, Flour, Salt, Baking Powder, Baking Soda, Cinnamon	Wheat, Egg, Cinnamon			No	Yes	Yes	No		Snack

This information is, to the best of our knowledge, complete and current, and we reserve the right to make product substitutions in recipes at any time without notice, provided that the corresponding allergy information with each menu item does not change. Gluten-Free (GF), Dairy-Free (DF), and Soy-Free (SF) menu items are processed in the same facility that processes flour, dairy, and soy products. **Coconut products and products containing coconut oil are allowed, including coconut milk, our kitchen is free of all other nuts.**

*Highly refined soybean oil is exempt from being labeled as an allergen by the FDA. We follow the allergen statements of packaged products used in our recipes and on our menus.

** Highly refined coconut oil is not considered a major food allergen, therefore, products that contain only coconut oil (Refined, Bleached, and Deodorized) are considered allergen-free.

All Bright Horizons Locations are "Nut Safe"

All products (including foods, lotions and ointments) containing nuts are prohibited from the entire center/school, including the staff lounge and other common areas. Almond products, such as milks and butters, containing nuts and are prohibited. Coconut products and products containing coconut are allowed, including coconut milk.

All ingredients should be checked to screen-out products that contain nuts or are prepared in a factory where nuts are present.