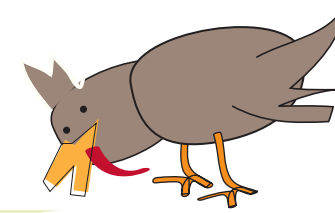
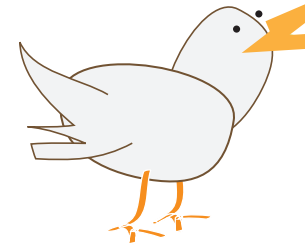


breakfast menu

MARCH 2019



monday	tuesday	wednesday	thursday	friday
				March 1, 2019 Cereal Fruit Milk
March 4, 2019 Whole Grain Pancake w/ Apple Compote Fruit Milk	March 5, 2019 Whole Wheat Bagel w/ Cream Cheese Fruit Milk	March 6, 2019 Breakfast Burrito Fruit Milk	March 7, 2019 Banana Muffin Fruit Milk	March 8, 2019 Cereal Fruit Milk
March 11, 2019 Granola Bar Fruit Milk	March 12, 2019 Whole Wheat Bagel w/ Cream Cheese Fruit Milk	March 13, 2019 Scrambled Eggs WG Bread Fruit Milk	March 14, 2019 Yogurt Parfait English Muffin Fruit Milk	March 15, 2019 Cereal Fruit Milk
March 18, 2019 Whole Grain Waffle w/ Strawberry Compote Fruit Milk	March 19, 2019 Whole Wheat Bagel Cream Cheese Fruit Milk	March 20, 2019 Cinnamon Brown Sugar Oatmeal w/ Granola Crumble Fruit Milk	March 21, 2019 Carrot Muffin Fruit Milk	March 22, 2019 Cereal Fruit Milk
March 25, 2019 Blueberry Muffin Fruit Milk	March 26, 2019 Whole Wheat Bagel w/ Cream Cheese Fruit Milk	March 27, 2019 Breakfast Sandwich Fruit Milk	March 28, 2019 Apple Bread Fruit Milk	March 29, 2019 Cereal Fruit Milk

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Apple Bar	Whole wheat flour, rolled oats, egg, butter (Cream, Natural Flavorings), brown sugar, unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), vanilla, baking powder, salt, cinnamon, nutmeg		X	X	X			
Apple Bread	Whole Wheat Flour, Enriched All Purpose Flour, Unsalted Butter (Cream, Natural Flavorings), White Sugar, Dark Brown Sugar, Liquid Eggs, Plain Fat Free Yogurt Cultured pasteurized Grade A skim milk and skim milk solids, modified corn starch, carrogeenin, pectin, polydextrose, Vitamin A palmitate and Vitamin D, Baking Soda, Sea Salt, Ground Cinnamon, Baking Powder, Unsweetened Applesauce (apples, water, erythorbic acid (to maintain color))		X	X	X			
Apple Oat Granola Bar	Gluten free oats, pure honey, dark brown sugar, dried apples, sunflower oil, ground cinnamon							
Apple Granola Bar	Rolled oats (may contain gluten), Honey, Unsalted butter (Cream, Natural Flavorings), Vanilla Extract, Ground Cinnamon, Sea Salt, Dried Apples, Dark Brown Sugar			X	X			
Appleberry Muffin	Whole Wheat Flour, Enriched All Purpose Flour, Unsalted Butter (Cream, Natural Flavorings), White Sugar, Eggs, Baking Soda, Salt, Sour Cream (Cultured Milk, Cream, Whey, Foor Starch-Modified (corn), Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (a preservative), Baking Powder, Vanilla Extract, Cranberries, Unsweetened Applesauce (Apples, Water, Ascorbic Acid to Maintain Color)		X	X	X			
Banana Bread/Muffin	Whole wheat flour, enriched all purpose flour, bananas, yogurt (cultured lowfat milk, food starch, Modified Gelatin, Potassium Sorbate (preservative), evaporated cane sugar, eggs, butter, baking soda, salt		X	X	X			
Blueberry Muffin/Bread	Whole wheat flour, enriched all purpose flour, sour cream (cultured milk, cream, why, modified corn starch, sodium phosphate, guar gum, carob bean gum, potassium sorbate (maintains freshness)), blueberries, butter, sugar, baking soda, baking powder, salt, eggs, water		X	X	X			
Breakfast Burrito	Tortilla (see bread ingredients), eggs, mild shredded cheddar cheese (pasteurized milk cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent), salsa (diced tomatoes, onion, cilantro, lime juice, sea salt)		X	X (tortilla)	X			
Breakfast Burrito, Los Cabos	Filling: Pre-Cooked Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Corn Starch, Salt, Xanthan Gum, Citric Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Diced Potato (Potatoes, Sodium Acid Pyro Phosphate (To Maintain Color)), Cooked Sausage Crumbles (made with turkey) [Ground Turkey Thigh Meat, Mechanically Separated Turkey, Water, Soy Protein Concentrate, Salt, Spices, Dextrose, Flavoring, Sugar, Disodium Inosinate and Disodium Guanylate], Water, Green Chile Puree (Green Chile Peppers, Water, Citric Acid), Red Sauce Seasoning (Modified Corn Starch, Paprika, Spices, Onion & Garlic Powder, Tomato, Dextrose, Sugar, Autolyzed Yeast Extract, Extractive of Paprika, Guar Gum, Citric Acid, Malic Acid, Xanthan Gum, Ascorbic Acid, Disodium Inosinate & Guanylate, less than 2% Silicon Dioxide to Prevent Caking), Modified Food Starch (Refined From Corn), Vinegar, Salt and Flavorings. Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).	X	X	X	X			
Carrot Muffin/Bread	Whole Wheat Flour, Enriched All Purpose Flour, Quick Rolled Oats, Carrots, Vanilla Extract, Liquid Eggs, Dark Brown Sugar, Canola Oil, Sea Salt, Nutmeg, Cinnamon, Baking Soda, White Sugar		X	X				
Cereal, Cheerios, Apple Cinnamon	Whole Grain Oats, Sugar, Corn Starch, Oat Bran, Corn Syrup, Canola Oil, Apple Puree Concentrate, Salt, Refiner's Syrup, Cinnamon, Trisodium Phosphate, Sodium Citrate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3							
Cereal, Koala Crisps	Organic brown rice flour, cane sugar, organic cocoa, natural chocolate flavor, sea salt, organic molasses. Warning Label: Produced in a facility that uses peanuts, tree nuts, and soy.	X						
Cereal, Heart - to - Heart, Kashi	Organic Whole Oat Flour, Organic Degerminated Yellow Cornmeal, Organic Invert Cane Syrup, Organic Oat Fiber, Organic Honey, Salt, Organic Expeller Pressed Canola Oil, Natural Flavor, Mixed Tocopherols (Vitamin E) for Freshness.			X				
Cereal, Heritage O's	Whole oat flour*, whole wheat meal*, Kamut® Khorasan wheat flour*, evaporated cane juice*, spelt flour*, barley flour*, barley malt extract*, quinoa flour*, millet flour*, sea salt, honey*. *Organic.			X				

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Cheerios Cereal	Whole grain oats, corn starch, sugar, salt, tripotassium phosphate, vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins & Minerals: calcium carbonate, iron and zinc, vitamin c (sodium ascorbate), AB Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3							
Cinnamon Brown Sugar Oatmeal	Quick oats (may contain gluten), cinnamon, brown sugar, cane sugar			X				
Cheesy Omelet	Cage free eggs, cheddar cheese, salt, pan spray (soybean oil, soy lecithin, sand propellant)	X	X		X			
Cream Cheese	Pasteurized milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums)				X			
Scrambled Eggs	Cage free eggs, pan spray (soybean oil, soy lecithin, sand propellant)	X	X					
English Muffins	Unbleached enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (B1), riboflavin (B2), folic acid, water, whole wheat flour, modified food starch, farina, wheat gluten, polydextrose, honey, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid) soybean oil, malt, monoglycerides, natural & artificial flavor, xanthan gum, acesulfame potassium sucralose, whey, soy flour, nonfat milk	X		X	X			
French Toast Casserole	Whole grain bread (Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch), liquid eggs, whole milk, white sugar, vanilla extract, ground cinnamon, dark brown sugar	X	X	X	X			
Fruit Compote	Water, sugar, and one of the following: Strawberries, pineapple, apple							
Granola	Rolled oats (may contain gluten), raisins, butter, honey dark brown sugar.			X				
Granola Bar	Rolled oats (may contain gluten), brown sugar, raisins, cranberries, honey, butter, vanilla, salt			X	X			
Turkey Ham & Cheese Breakfast Sandwich	Biscuit: whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as reffours sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), palm oil, skim milk, leavening (sodium aluminum phosphate, baking soda), matodextrin, contains less than 2% of water, potassium chloride, sugar, modified conrstarach, soybean oil, artifical flavor, salt datem, soy lecithin, michigan turkey, sharp cheddar cheese	X		X	X			
Pumpkin Muffin	Whole wheat flour, enriched all purpose flour, dark brown sugar, baking soda, baking powder, egg, canola oil, vanilla extract, pumpkin pie paste, salt, cinnamon		X	X				
Whole Grain Pancake	Whole wheat flour, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and or canola oil, salt, soy lecithin	X	X	X	X			
Whole Grain Waffle	Whole wheat flour, buttermilk, egg whites, sugar, whey. Contains 2% or less of: leavening (sodium acid pyrophosphate, sodium bicarbonate), soy lecithin, salt, natural and artificial flavors	X	X	X	X			
Whole Wheat Bagel	White Whole Wheat Flour, water, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), brown sugar, contains 2% or less of each of the following: vital wheat gluten, salt, yeast, malted wheat flour, white vinegar, hydrolyzed wheat gluten, canola oil, ascorbic acid (vitamin C), enzymes, calcium sulfate	X		X				
Yogurt - Strawberry	Cultured pasteurized Grade A lowfat milk and nonfat dry milk, sugar, strawberries, water, modified corn starch, pectin, polydextrose (fiber), natural flavor, red #40, vitamin A palmitate and vitamin D3				X			
Yogurt- Vanilla	Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (for freshness), Citric Acid, Vitamin D				X			

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Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Brioche Bun	Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, yeast, palm oil, buttermilk powder (whey solids, enzyme-modified butter, maltodextrin, salt, dehydrated butter, guar gum, annatto and turmeric), salt, dough conditioner (wheat flour, datem, contains 2% or less of: soybean oil, enzymes, ascorbic acid, L-cysteine, azodicarbonamide), dry malt, dough extender (wheat flour, monoglycerides, guar gum, corn syrup solids, silicon dioxide, soybean oil, enzymes, calcium sulfate, salt), calcium propionate, dough conditioner (yellow corn flour, colors, natural and artificial flavors), egg wash	X	X	X	X			
Cornbread	Whole grain cornmeal, whole wheat flour, sugar, baking powder, salt, organic whole milk, canola oil, eggs, Unsweetened Applesauce		X	X	X			
Corn Tortilla	Corn, water and lime (calcium hydroxide)							
English Muffin	Whole wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor sodium stearoyl lactylate, mono - and diglycerides, ethoxylated mono- and diglycerides, sucralose, soy lecithin, soy, whey	X		X	X			
Flour tortilla	Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil with monoglycerides), sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate, fumaric acid, mono and diglycerides, calcium propionate			X				
Garlic Bread	Whole Wheat Bread (Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch), Unsalted Butter (cream, natural flavorings), Oregano, Thyme, Garlic, Salt, Pepper	X		X	X			
Gluten Free Bread	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
Gluten Free Bun	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder. Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
Hot Dog Bun	Whole wheat flour, water, enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, yeast, contains 2% or less of the following: salt, dough conditioners (monoglycerides, sodium stearoyl lactylate, ascorbic acid, calcium peroxide, enzymes), yeast nutrients (monocalciumphosphate, calcium sulfate, ammonium sulfate).	X		X				
Pita	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate	X		X				

Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Whole Wheat Pita	Whole wheat flour, water, unbleached unbromated enriched flour (Niacin, thiamin, reduced iron, riboflavin, folic acid), soybean oil. Contains 2% or less of: Calcium propionate, caramel color, dextrose, fumaric acid, guar gum, lactic acid, maltodextrin, monocalcium phosphate, natural flavors, salt, sesame flour, sodium bicarbonate, sorbic acid, soy flour, soy protein, concentrate sugar, vegetable l-cysteine, vegetable mono diglycerides, wheat enzymes), wheat gluten, yeast	X		X				X
Whole Grain Pita	Whole grain pita: (whole grain wheat flour, water, canola oil, yeast, cultured wheat flour, salt, wheat gluten, wheat starch, ascorbic acid).							
Pizza Dough	Whole wheat flour, yeast, water, salt			X				
Whole Grain Biscuit	Whole Wheat Flour, Buttermilk, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid), Palm Oil, Skim Milk, Leavening (Sodium Aluminum Phosphate, Baking Soda), Maltodextrin, Contains Less than 2% of the following: Potassium Chloride, Sugar, Water, Modified Cornstarch, Rice Flour, Soybean Oil, Artificial Flavor, Salt, Datem, Mono & Diglycerides, Soy Lecithin	X		X	X			
Whole Grain Bread	Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch	X		X				
Whole Grain Hamburger Bun	Water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, soybean oil, contains 2% or less of the following: salt, dough conditioners (sodium stearyl lactylate, monoglycerides, ascorbic acid, calcium peroxide, enzymes), potassium sorbate, calcium propionate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate)	X		X				
Whole Grain Roll	Water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: salt, dough conditioners (calcium stearyl lactylate, mono & diglycerides, datem, ascorbic acid, l-cysteine hydrochloride, calcium peroxide, enzymes), yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate	X		X				
Whole Wheat Tortilla	Ingredients: Whole wheat flour, water, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite)			X				

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Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Baby Carrots	Carrots							
Baja Salad	Black Beans, Corn, Granny Smith Apples, Raw Onion, Cherry Tomatoes, Lime Juice, Sriracha (Red Gold® Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Sugar, Distilled Vinegar, Salt, Less Than 2% Of: Onion Powder, Spices, Natural Flavors), Huy Fong Foods Sriracha Hot Chili Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite as Preservatives, and Xanthan Gum))							
Black Bean Dip	Black Beans, raw garlic, canola oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin							
Black Bean Dip with Salsa	Black Beans, raw garlic, canola oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin, Salsa (Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt)							
Broccoli	Broccoli							
Celery	Celery							
Cherry Tomatoes	Cherry Tomato							
Coined Carrots	Carrots, Sea Salt, Canola Oil							
Cold Peas	Peas							
Corn	Corn							
Cucumbers	Cucumbers							
Edamame	Edamame (shelled soybeans)	X						
Green Beans	Green Beans							
Green Pepper Strips	Green Pepper							
Mashed Potatoes	Potatoes, Milk, Butter, Sea Salt				X			
Mashed Sweet Potatoes	Sweet potatoes, sea salt, dark brown sugar, unsalted butter, whole milk				X			
Pickles	Cucumbers, distilled vinegar, salt, calcium chloride, polysorbate 80, natural spice, turmeric oleoresin							
Snap Peas	Sugar snap peas							
GF/DF/EF Mashed Potatoes	Potatoes, Soy Milk, Sea Salt	X						
GF/DF/EF Mashed Sweet Potatoes	Sweet potatoes, soy milk, brown sugar, salt	X						
Peas	Peas							
Peas & Carrots	Peas & Carrots							
Peppers & Onions	Green Bell Pepper, Onions, Red Bell Peppers, Yellow Peppers							
Potato Fries	Potatoes, Vegetable Oil (soybean, canola, corn, cottonseed, and/or sunflower), contains 2% or less of: dextrose, disodium dihydrogen pyrophosphate (to maintain natural color).	X						
Glazed Carrots	Carrots, Canola Oil, Brown Sugar.							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Refried Beans	Cooked beans, water, less than 2% of canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor							
Roasted Butternut Squash	Butternut Squash, Canola Oil, Salt							
Roasted Potatoes	Potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), dextrose	X						
Roasted Root Vegetables	Red beets, golden beets, parsnips, canola oil, salt, & pepper							
Roasted Sweet Potatoes	Sweet Potato, Vegetable Oil (Soybean Oil), Olive Oil, Brown Sugar, Sea Salt, Black Pepper	X						
Squash Medley	Yellow Squash, Zucchini Squash, canola oil, salt							
Sweet Potato Fries	Sweet potatoes, vegetable oil (soybean, canola, cottonseed, sunflower), food starch modified, rice flour, dextrin, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, xanthan gum, corn syrup solids, color (annatto powder, oleoresin paprika), disodium dihydrogen pyrophosphate	X						
Three Bean Salad	Garbanzo beans, kidney beans, great northern beans, apple cider vinegar, canola oil, sugar, black pepper, parsley flakes, dried rosemary, onion							
	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Apple Slices	Apples, Calcium Ascorbate							
Appleberry Sauce	Applesauce (Apples, Water, Erythorbic Acid (to maintain color), Blackberries, Blueberries, Raspberries, Strawberries, Water, .							
Applesauce	Apples, Water, Erythorbic Acid (to maintain color) *May contain Pears							
Banana	Banana							
Cantaloupe	Cantaloupe							
Fruit Salad	2 or more: Watermelon, Cantaloupe, Honeydew, Pineapple, Strawberries, Blueberries							
Honeydew	Honeydew melon							
Orange Slices	Oranges							
Pear Slices	Pears, Calcium Ascorbate							
Pearsauce	Raw pears, water, sugar							
Pineapple	Pineapple							
Watermelon	Watermelon							
	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Brown Rice	Whole grain parboiled brown rice							
Hummus	Garbanzo beans, tahini (pure ground sesame seeds), raw garlic, lemon juice, canola oil, ground cumin, sea salt, water							X
Ketchup	Tomato concentrate from red ripe tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Marinara sauce	Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion							
Mayonnaise	Water, Soybean Oil, Corn Syrup, modified food starch, distilled vinegar, egg white, sugar, salt, contains less than 1% of xanthan gum, lemon juice concentrate, cellulose gel and cellulose gum, spice mustard seed, phosphoric acid, sorbic acid and calcium disodium, EDTA (preservative), polysorbate 60, beta-Apo-8-carotenol and extractives of tumeric (color)	X	X					
Mustard	Distilled White Vinegar, Water, Mustard Seed, water, salt, tumeric, natural flavor & spices							
Ranch Dressing	Non fat greek yogurt (cultured skim milk, milk protein concentrate, corn starch, tapioca starch, locust bean gum), canola oil, water, salt, cider vinegar, distilled vinegar, egg yolk, natural flavors, dried garlic, lactic acid, gluconic acid spices, dried onion, acacia gum, xanthan gum, dried chive		X		X			
Salsa	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt							
Sour Cream	Grade A cultured milk and cream, enzymes				X			
Sumac Sauce	sour cream (cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carob bean gum, potassium sorbate (maintains freshness)), fat free plain yogurt (cultures pasteurized Grade A skim milk and skim milk solids, modified corn starch, polydextrose (fiber), natural flavor, Vitamin A palmitate and Vitamin D3), lemon juice, garlic, olive oil, sea salt, ground black pepper, ground sumac.				X			
Sunbutter	Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salst and Natural Mixed Tocopherols to preserve freshness							

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