



FALL LUNCH MENU

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, August 29 Roasted Turkey w/Gravy Tofurkey w/Gravy Cornbread Mashed Potatoes Fruit Salad CH	Tuesday, August 30 Penne Pasta w/Roasted Red Pepper Sauce & Mozzarella Cheese Broccoli Pineapple	Wednesday, August 31 Adobo Chicken Adobo Tofu Brown Rice Roasted Zucchini Orange Slices	Thursday, September 1 Turkey Sloppy Joe Veggie Sloppy Joe WG Hamburger Bun Steamed Carrots Pear Slices	Friday, September 2 Tortellini w/Marinara Sauce Mozzarella Cheese Green Beans Applesauce
Monday, September 5 Farfalle w/Creamy Garlic Sauce Mozzarella Cheese Steamed Peas Orange Slices	Tuesday, September 6 Chicken Patty Veggie Patty WG Hamburger Bun Roasted Sweet Potatoes Pear Slices Ketchup	Wednesday, September 7 Penne Pasta w/Turkey Bolognese Penne Pasta w/Veggie Bolognese Broccoli Apple Slices	Thursday, September 8 Turkey Sausage Patties Veggie Sausage Patties French Toast Cauliflower Melon	Friday, September 9 Asian BBQ Chicken Asian BBQ Tofu Brown Rice Roasted Beets Fruit Salad CHP
Monday, September 12 Rotini w/Tomato Cream Sauce Mozzarella Cheese Steamed Peas Apple Slices	Tuesday, September 13 Chicken (Not So) Fried Rice Tofu (Not So) Fried Rice Broccoli Melon	Wednesday, September 14 Beef Taco Boca Taco Flour Tortilla Cucumber Slices Pineapple	Thursday, September 15 Three Bean Chili Shredded Cheddar Cheese Corn Bread Roasted Potatoes Pear Slices	Friday, September 16 Bell & Evans Chicken Nuggets Veggie Nuggets WG Bread Peas & Carrots Appleberry Sauce Ketchup
Monday, September 19 Mojo Chicken Mojo Tofu Pita Roasted Butternut Squash Pear Slices	Tuesday, September 20 Creamy Mac N Cheese Broccoli Fruit Salad CHP	Wednesday, September 21 Pizza Dippers Marinara Sauce Steamed Carrots Melon	Thursday, September 22 Asian Meatballs Veggie Meatballs Asian BBQ Sauce Brown Rice Cucumber Slices Applesauce	Friday, September 23 Ravioli w/Garlic Butter Sauce Sauce & Mozzarella Cheese Green Beans Apple Slices
Monday, September 26 Roasted Turkey w/ Gravy Tofurkey w/ Gravy Corn Bread Mashed Potatoes Fruit Salad CH	Tuesday, September 27 Penne Pasta w/Roasted Red Pepper Sauce & Mozzarella Cheese Broccoli Pineapple	Wednesday, September 28 Adobo Chicken Adobo Tofu Brown Rice Roasted Zucchini Orange Slices	Thursday, September 29 Turkey Sloppy Joe Veggie Sloppy Joe WG Hamburger Bun Steamed Carrots Pear Slices	Friday, September 30 Tortellini w/ Marinara Sauce Mozzarella Cheese Green Beans Applesauce

WG = Whole Grain



GF/DF/EF LUNCH MENU

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, August 29 Roasted Turkey w/Gravy GF Bread GF/DF/EF Mashed Potatoes Fruit Salad CH	Tuesday, August 30 GF/DF/EF Penne Pasta w/Roasted Red Pepper Sauce & DF Mozzarella Broccoli Pineapple	Wednesday, August 31 Adobo Chicken Brown Rice Roasted Zucchini Orange Slices	Thursday, September 1 Turkey Sloppy Joe GF Hamburger Bun Steamed Carrots Pear Slices	Friday, September 2 GF Penne Pasta Turkey Bolognese Green Beans Applesauce
Monday, September 5 GF/DF/EF Penne Pasta w/Creamy Garlic Sauce & DF Mozzarella Cheese Steamed Peas Orange Slices	Tuesday, September 6 Grilled Chicken GF Bread Roasted Sweet Potatoes Pear Slices	Wednesday, September 7 GF Penne Pasta Turkey Bolognese Broccoli Apple Slices	Thursday, September 8 Turkey Sausage Patties GF Waffle Cauliflower Melon	Friday, September 9 Asian BBQ Chicken Brown Rice Roasted Beets Fruit Salad CH
Monday, September 12 GF Penne Pasta Turkey Bolognese Steamed Peas Apple Slices	Tuesday, September 13 Chicken (Not So) Fried Rice Broccoli Melon	Wednesday, September 14 Beef Taco Corn Tortilla Cucumber Slices Pineapple	Thursday, September 15 Three Bean Chili DF Shredded Cheddar Cheese GF Bread Roasted Potatoes Pear Slices	Friday, September 16 Grilled Chicken GF Bread Peas & Carrots Appleberry Sauce
Monday, September 19 Mojo Chicken GF Bread Roasted Butternut Squash Pear Slices	Tuesday, September 20 GF/DF/EF Creamy Mac & Cheese Broccoli Fruit Salad CHP	Wednesday, September 21 GF/DF/EF Pizza Steamed Carrots Melon	Thursday, September 22 GF/DF/EF Asian Meatballs Asian BBQ Sauce Brown Rice Cucumber Slices Applesauce	Friday, September 23 GF Penne Pasta GF/DF/EF Garlic Sage Sauce DF Mozzarella Green Beans Apple Slices
Monday, September 26 Roasted Turkey w/Gravy GF Bread GF/DF/EF Mashed Potatoes Fruit Salad CH	Tuesday, September 27 GF/DF/EF Penne Pasta w/Roasted Red Pepper Sauce & DF Mozzarella Broccoli Pineapple	Wednesday, September 28 Adobo Chicken Brown Rice Roasted Zucchini Orange Slices	Thursday, September 29 Turkey Sloppy Joe GF Hamburger Bun Steamed Carrots Pear Slices	Friday, September 30 GF Penne Pasta Turkey Bolognese Green Beans Applesauce

All items on this menu are gluten-free/dairy-free/egg-free.

PreK Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Chicken	Chicken Thigh Adobo Sauce Tomato sauce (tomato puree, salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors), apple cider vinegar, white granulated sugar, ground red chili pepper, ground cumin, dry paprika, garlic powder, onion powder							
Asian BBQ Chicken	Chicken Thigh Asian BBQ Sauce Hoisin Sauce (Chinese five spice blend, canola oil, rice vinegar, garlic, maple syrup (corn syrup, water, sugar, artificial & natural flavors, benzoate of soda, citric acid, salt), miso paste (water, soybeans, rice, salt, alcohol)), dark brown sugar, onion, garlic, rice vinegar, soy sauce (water, soybeans, salt, sugar), xanthan gum powder, ground ginger	X						
Asian Meatballs	Meatballs 85% lean ground turkey, hoisin sauce (soy sauce (water, soybeans, salt, sugar), dark brown sugar, miso paste (water, soybeans, rice, salt, alcohol), garlic, rice vinegar, canola oil, Chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, and sulfiting agents)), panko bread crumbs (wheat flour, sugar, yeast, salt), ground ginger, garlic powder Asian BBQ Sauce Hoisin Sauce (Chinese five spice blend, canola oil, rice vinegar, garlic, maple syrup (corn syrup, water, sugar, artificial & natural flavors, benzoate of soda, citric acid, salt), miso paste (water, soybeans, rice, salt, alcohol)), dark brown sugar, onion, garlic, rice vinegar, soy sauce (water, soybeans, salt, sugar), xanthan gum powder, ground ginger	X		X				
Beef Burger	Beef Patty Ground beef, sea salt Served w/ whole grain hamburger bun (see bread ingredients)							
Beef Taco	Ground Beef Taco Seasoning Salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor							
Breaded Chicken Patty, WG	WG Breaded Chicken Patty Chicken Breast With Rib Meat, Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Isolated Soy Protein, Seasoning (Modified Food Starch [Potato], Flavoring), Modified Food Starch, Onion Powder, Salt, Black Pepper), Contains 2% Or Less Of Dried Whole Eggs, Yellow Corn Flour, Concentrated Chicken Broth, Salt, Soybean Oil, Sodium Phosphates, Sugar, Dried Yeast, Onion Powder, Garlic Powder, Spice, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Guar Gum, Canola Oil, Paprika Extractive (Color)	X	X	X				
Chicken Nuggets, Bell & Evans	Chicken Breast Meat, Water, Salt. Breaded with Unbleached Wheat Flour, Water, Salt, Evaporated Cane Juice, Dried Yeast, Spices, Paprika. Flash fried in soybean oil to set breading.	X		X				
Chicken "Not So" Fried Rice	Chicken Thigh Sauce Water, soy sauce, sesame oil, rice vinegar, water, garlic powder, ground ginger, sugar	X						X
Creamy Mac & Cheese	Elbow Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil) Cheese Sauce American cheese (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), whole milk, rice flour, unsalted butter, sea salt			X	X			
French Toast Slice, WG	WG Bread Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch Batter Eggs, whole milk, white granulated sugar, vanilla extract, ground cinnamon, sea salt	X	X	X	X			
Grilled Chicken	Chicken breast, canola oil, sea salt, black pepper							
Mojo Chicken	Chicken Thigh Mojo Sauce Orange juice, canola oil, cilantro, sea salt, mint, garlic, lime juice, cumin, oregano							

PreK Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pasta w/ Creamy Garlic Sauce & Mozzarella Cheese	Tri-Colored Farfalle Pasta Durum Wheat Semolina, Tomato Powder, Spinach Powder, Niacin, Ferrrous Sulfate (Iron), Thiamin Mononitrate, Riboflavin, Folic Acid Creamy Garlic Sauce Whole Milk, unsalted butter, all purpose flour, garlic, parsley flakes, sea salt, black pepper Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
Pasta w/ Marinara Sauce & Mozzarella Cheese	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
Pasta w/ Roasted Red Pepper Sauce & Mozzarella	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Roasted Red Pepper Sauce Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt Mozzarella Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
Pasta w/ Tomato Cream Sauce & Mozzarella Cheese	Rotini Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Tomato Cream Sauce Organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), olive oil, garlic, onions, oregano, basil, sugar, salt, grated parmesan cheese (italian parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate) Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
Pasta w/ Turkey Bolognese Sauce	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Turkey Bolognese Ground turkey, marinara sauce (diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil), carrots			X				
Pizza Dippers w/ Marinara	WG Pita Water, whole wheat flour, wheat flour enriched ([niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), soybean oil, yeast, salt, vital wheat gluten, dough conditioner (mono-diglycerides, calcium sulfate, guar gum, wheat starch, sodium metabisulfite and ascorbic acid), sugar, preservatives (calcium propionate, fumaric acid) Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Shredded Cheese Mixture Part skim shredded mozzarella (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), shredded mild cheddar (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents))	X		X	X			

PreK Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Ravioli w/ Garlic Sage Sauce & Mozzarella	Ravioli: Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Water, Whole Egg, Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Parmesan Cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt, Black Pepper Garlic Sage Sauce: Milk, unsalted butter, garlic, all purpose flour, ground sage, sea salt, black ground pepper Mozzarella Cheese: Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)	X		X	X			
Roasted Turkey w/ Gravy	Turkey Whole turkey breast roast with up to 15% of a flavoring solution of turkey broth. Contains less than 2% salt, sugar, sodium and potassium phosphate Gravy Water, white unriched rice flour, canola oil, onion, carrot, garlic, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), soy sauce (water, soybeans, salt, sugar), miso paste (water, soybeans, rice, salt, alcohol), xanthan gum powder	X						
Three Bean Chili w/ Cheddar	Three Bean Chili Kidney beans, black beans, great northern beans, diced tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce, onion, tomato paste [organic tomato paste, naturally derived citric acid], green peppers, chili powder, garlic powder, paprika, cumin, sea salt Shredded Cheddar Cheese Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)				X			
Tortellini (Cheese) w/ Marinara & Mozzarella	Cheese Tortellini Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), Water, Whole Egg, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Dehydrated Potatoes (100% potatoes), Salt, Parsley, Black Pepper Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)	X	X	X	X			
Turkey Sausage Patties	Antibiotic-Free Ground Turkey, canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							
Turkey Sloppy Joe	Antibiotic-Free Ground Turkey Sloppy Joe Sauce Red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic Served w/ whole grain hamburger bun (see bread ingredients)							

Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue. **The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.

PreK Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Tofu	Tofu Non-GMO soybeans, water, calcium sulfate Adobo Sauce Organic tomato sauce (tomato puree, tomato juice, sea salt, onion powder, naturally derived citric acid, garlic powder), white sugar, apple cider vinegar, ground red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder	X						
Asian BBQ Tofu	Tofu Non-gmo soybeans, water, calcium sulfate Asian BBQ Sauce Hoisin Sauce (Chinese five spice blend, canola oil, rice vinegar, garlic, maple syrup (corn syrup, water, sugar, artificial & natural flavorsbenzoate of soda, citric acid, salt), miso paste (water, soybeans, rice, salt, alcohol)), dark brown sugar, onion, garlic, rice vinegar, soy sauce (water, soybeans, salt, sugar), xantham gum powder, ground ginger	X						
Asian Veggie "Meat"balls	"Meat"balls Water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and turmeric extract, annatto extract Asian BBQ Sauce Hoisin Sauce (Chinese five spice blend, canola oil, rice vinegar, garlic, maple syrup (corn syrup, water, sugar, artificial & natural flavorsbenzoate of soda, citric acid, salt), miso paste (water, soybeans, rice, salt, alcohol)), dark brown sugar, onion, garlic, rice vinegar, soy sauce (water, soybeans, salt, sugar), xantham gum powder, ground ginger	X		X				
Creamy Mac & Cheese	Elbow Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil) Cheese Sauce American cheese (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), whole milk, rice flour, unsalted butter, sea salt			X	X			
French Toast Slice, WG	WG 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 (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch Batter Eggs, whole milk, white granualed sugar, vanilla extract, ground cinnamon, sea salt	X	X	X	X			
Mojo Tofu	Tofu Non-GMO soybeans, water, calcium sulfate Mojo Sauce Orange juice, canola oil, cilantro, sea salt, mint, garlic, lime juice, cumin, oregano	X						
Pasta w/ Creamy Garlic Sauce & Mozzarella Cheese	Tri-Colored Farfalle Pasta Durum Wheat Semolina, Tomato Powder, Spinach Powder, Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate, Riboflavin, Folic Acid Creamy Garlic Sauce Whole Milk, unsalted butter, all purpose flour, garlic, parsley flakes, sea salt, black pepper Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
Pasta w/ Marinara Sauce & Mozzarella Cheese	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
Pasta w/ Roasted Red Pepper Sauce & Mozzarella	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Roasted Red Pepper Sauce Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt Mozzarella Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			

PreK Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pasta w/ Tomato Cream Sauce & Mozzarella Cheese	Rotini Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Tomato Cream Sauce Organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), olive oil, garlic, onions, oregano, basil, sugar, salt, grated parmesan cheese (italian parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate) Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
Pasta w/ Veggie Bolognese	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Veggie Bolognese Marinara sauce (Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil), Boca crumbles (water, soy protein concentrate, wheat gluten, contains less than 2% malt extract, salt, wheat starch, yeast extract, sugar, natural flavor (non-meat), dried onions, garlic powder, spices), carrots	X		X				
Pizza Dippers w/ Marinara	WG Pita Water, whole wheat flour, wheat flour enriched ([niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), soybean oil, yeast, salt, vital wheat gluten, dough conditioner (mono-diglycerides, calcium sulfate, guar gum, wheat starch, sodium metabisulfite and ascorbic acid), sugar, preservatives (calcium propionate, fumaric acid) Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Shredded Cheese Mixture Part skim shredded mozzarella (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), shredded mild cheddar (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents))	X		X	X			
Ravioli w/ Garlic Sage Sauce & Mozzarella	Ravioli: Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Water, Whole Egg, Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Parmesan Cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt, Black Pepper Garlic Sage Sauce: Milk, unsalted butter, garlic, all purpose flour, ground sage, sea salt, black ground pepper Mozzarella Cheese: Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)	X		X	X			
Three Bean Chili w/ Cheddar	Three Bean Chili Kidney beans, black beans, great northern beans, diced tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce, onion, tomato paste [organic tomato paste, naturally derived citric acid], green peppers, chili powder, garlic powder, paprika, cumin, sea salt Shredded Cheddar Cheese Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)				X			
Tofurkey w/ Gravy	Tofurkey Mycoprotein (59%), rehydrated egg white, onion, milk proteins, canola oil, natural flavors from non-meat sources (contains yeast extract, onion, potato maltodextrin, salt, patioca dextrin, gum arabic) - contains 2% or less of calcium chloride and calcium acetate Gravy Water, white unriched rice flour, canola oil, onion, carrot, garlic, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), soy sauce (water, soybeans, salt, sugar), miso paste (water, soybeans, rice, salt, alcohol), xanthan gum powder	X	X		X			

PreK Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Tofu "Not So" Fried Rice	Tofu Non-GMO soybeans, water, calcium sulfate Sauce Water, soy sauce, sesame oil, rice vinegar, water, garlic powder, ground ginger, sugar	X						X
Tortellini (Cheese) w/ Marinara & Mozzarella	Cheese Tortellini Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), Water, Whole Egg, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Dehydrated Potatoes (100% potatoes), Salt, Parsley, Black Pepper Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)	X	X	X	X			
Veggie Burger	Hydrated textured soy protein (water, soy protein concentrate, caramel color), onions, wheat gluten, soy protein concentrate, arrowroot powder, natural vegan beef flavor (yeast extract, maltodextrin, salt, natural flavoring), flaxseed meal, garlic, salt, black pepper **pre-cooked in expeller pressed canola oil	X		X				
Veggie Nuggets	Mycoprotein (41%), Wheat Flour, Canola Oil, Rehydrated Egg White, Wheat Starch, Contains 2% or less of Natural Flavor from Non-Meat Sources (contains Yeast, Salt, Onion), Potato Dextrin, Salt, Wheat Gluten, Dextrose, Whole Egg and Egg White, Firming Agents: Calcium Chloride, Calcium Acetate; Turbinado Sugar, Spice, Yeast.		X	X				
Veggie "Sausage" Patties	Water, wheat gluten, soy flour, egg whites, corn oil, soy protein concentrate, sodium caseinate, modified tapioca starch, contains two percent or less of lactose, soybean oil (with tbhq for freshness), soy protein isolate, autolyzed yeast extract, spices, natural and artificial flavors, methylcellulose, sodium tripolyphosphate, salt, hydrolyzed wheat gluten, disodium inosinate, caramel color, modified corn starch, whey, hydrolyzed corn gluten, maltodextrin, onion powder, disodium guanylate, tetrasodium pyrophosphate, tricalcium phosphate, lactic acid, ascorbic acid, brewer's yeast, torula yeast, calcium phosphate, soy lecithin, iron (ferrous sulfate), thiamin mononitrate (vitamin b1), pyridoxine hydrochloride (vitamin b6), riboflavin (vitamin b2), vitamin b12	X	X	X	X			
Veggie Sloppy Joe	Boca Crumbles Water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat flavor), dried onions, garlic powder spices Sloppy Joe Sauce Red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic	X		X				
Veggie Taco	Boca Crumbles Water, soy protein concentrate, wheat gluten, contains less than 2% malt extract, salt, wheat starch, yeast extract, sugar, natural flavor (non-meat), dried onions, garlic powder, spices Taco Seasoning Salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor	X		X				

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PreK Gluten-Free, Dairy-Free, Egg-Free Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Chicken	Chicken Thigh Adobo Sauce Tomato sauce (tomato puree, salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors), apple cider vinegar, white granulated sugar, ground red chili pepper, ground cumin, dry paprika, garlic powder, onion powder							
Asian BBQ Chicken	Chicken Thigh Asian BBQ Sauce Hoisin Sauce (Chinese five spice blend, canola oil, rice vinegar, garlic, maple syrup (corn syrup, water, sugar, artificial & natural flavors, benzoate of soda, citric acid, salt), miso paste (water, soybeans, rice, salt, alcohol)), dark brown sugar, onion, garlic, rice vinegar, soy sauce (water, soybeans, salt, sugar), xanthan gum powder, ground ginger	X						
Asian Meatballs, GF/DF/EF	Turkey Meatballs 85% lean ground turkey, hoisin sauce (soy sauce (water, soybeans, salt, sugar), dark brown sugar, miso paste (water, soybeans, rice, salt, alcohol), garlic, rice vinegar, canola oil, Chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, and sulfiting agents)), ground ginger, garlic powder Asian BBQ Sauce Hoisin Sauce (Chinese five spice blend, canola oil, rice vinegar, garlic, maple syrup (corn syrup, water, sugar, artificial & natural flavors, benzoate of soda, citric acid, salt), miso paste (water, soybeans, rice, salt, alcohol)), dark brown sugar, onion, garlic, rice vinegar, soy sauce (water, soybeans, salt, sugar), xanthan gum powder, ground ginger	X						
Beef Burger	Beef Patty Ground beef, sea salt Served w/ whole grain hamburger bun (see bread ingredients)							
Beef Taco	Ground Beef Taco Seasoning Salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor							
Chicken "Not So" Fried Rice	Chicken Thigh Sauce Water, soy sauce, sesame oil, rice vinegar, water, garlic powder, ground ginger, sugar	X						X
Creamy Mac & Cheese, GF/DF/EF	Gluten-Free Elbow Pasta Organic brown rice, water Sauce Vegan cheddar cheese: filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO Soy milk Water, organic soybeans	X						
Grilled Chicken	Chicken breast, canola oil, sea salt, black pepper							
Mojo Chicken	Chicken Thigh Mojo Sauce Orange juice, canola oil, cilantro, sea salt, mint, garlic, lime juice, cumin, oregano							
Pasta, GF w/ DF Creamy Garlic Sauce & DF Mozzarella	Gluten-Free Penne Pasta Organic brown rice, water Creamy Garlic Sauce Soy Milk, Canola Oil, garlic, parsley flakes, cornstarch, sea salt, black pepper Dairy-Free Mozzarella Cheese Filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color). powdered cellulose added to prevent caking	X						
Pasta, GF w/ DF Creamy Garlic Sage Sauce & DF Mozzarella	Gluten-Free Penne Pasta Organic brown rice, water Creamy Garlic Sauce Soy Milk, Canola Oil, garlic, parsley flakes, cornstarch, sea salt, black pepper, sage Dairy-Free Mozzarella Cheese Filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color). powdered cellulose added to prevent caking	X						
Pasta, GF w/ Roasted Red Pepper Sauce & DF Mozzarella	Gluten-Free Penne Pasta Organic brown rice, water Roasted Red Pepper Sauce Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt Dairy-Free Mozzarella Cheese Filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color). powdered cellulose added to prevent caking							
Pasta, GF w/ Turkey Bolognese	Gluten-Free Penne Pasta Organic brown rice, water Bolognese Sauce Antibiotic-free turkey, diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, carrots, salt, sugar, oregano, basil, water							

PreK Gluten-Free, Dairy-Free, Egg-Free Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pizza, GF/DF/EF	GF/DF/EF English Muffin Organic Brown Rice Flour, Filtered Water, Organic Tapioca Flour, Potato Starch, Fresh Yeast, Organic Flax Seeds, Organic Chia Seeds, Organic Sesame Seeds, Organic Sunflower Seeds, Sea Salt, Vegetable Gum(Xanthan, Cellulose) Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Dairy-free Cheddar Cheese Filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color). powdered cellulose added to prevent caking. non-gmo							
Roasted Turkey w/ Gravy	Turkey Whole turkey breast roast with up to 15% of a flavoring solution of turkey broth. Contains less than 2% salt, sugar, sodium and potassium phosphate Gravy Water, white enriched rice flour, canola oil, onion, carrot, garlic, vegetable base (sautéed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), soy sauce (water, soybeans, salt, sugar), miso paste (water, soybeans, rice, salt, alcohol), xanthan gum powder	X						
Three Bean Chili w/ DF Cheddar	Three Bean Chili Kidney beans, black beans, great northern beans, diced tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce, onion, tomato paste [organic tomato paste, naturally derived citric acid], green peppers, chili powder, garlic powder, paprika, cumin, sea salt Dairy-free Cheddar Cheese Filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color). powdered cellulose added to prevent caking. non-gmo.							
Turkey Sausage Patties	Antibiotic-Free Ground Turkey, canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							
Turkey Sloppy Joe	Antibiotic-Free Ground Turkey Sloppy Joe Sauce Red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic Served w/ GF/DF/EF hamburger bun (see bread ingredients)							
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Vegan Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Tofu	Tofu Non-GMO soybeans, water, calcium sulfate Adobo Sauce Organic tomato sauce (tomato puree, tomato juice, sea salt, onion powder, naturally derived citric acid, garlic powder), white sugar, apple cider vinegar, ground red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder	X						
Asian BBQ Tofu	Tofu Non-gmo soybeans, water, calcium sulfate Asian BBQ Sauce Hoisin Sauce (Chinese five spice blend, canola oil, rice vinegar, garlic, maple syrup (corn syrup, water, sugar, artificial & natural flavorsbenzoate of soda, citric acid, salt), miso paste (water, soybeans, rice, salt, alcohol)), dark brown sugar, onion, garlic, rice vinegar, soy sauce (water, soybeans, salt, sugar), xanthan gum powder, ground ginger	X						
Asian Veggie "Meat"balls	"Meat"balls Water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methylcellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and turmeric extract, annatto extract Asian BBQ Sauce Hoisin Sauce (Chinese five spice blend, canola oil, rice vinegar, garlic, maple syrup (corn syrup, water, sugar, artificial & natural flavorsbenzoate of soda, citric acid, salt), miso paste (water, soybeans, rice, salt, alcohol)), dark brown sugar, onion, garlic, rice vinegar, soy sauce (water, soybeans, salt, sugar), xanthan gum powder, ground ginger	X		X				
Bean & Cheese Tamale, GF/DF/EF	Masa Corn White corn cooked with lime-water, cellulose gum, fumaric acid and sodium propionate added to preserve freshness Refried Beans Cooked Beans, Water, Salt, Vegetable Oil (Cottonseed), Garlic Vegan Cheddar Cheese Filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color). powdered cellulose added to prevent caking. non-gmo Corn Husk Dried Corn Husks, Water with Sulphur Dioxide							
Creamy Mac & Cheese, GF/DF/EF	Gluten-free elbow pasta Organic brown rice, water Sauce Vegan cheddar cheese: filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO Soy milk Water, organic soybeans	X						
Mojo Tofu	Tofu Non-GMO soybeans, water, calcium sulfate Mojo Sauce Orange juice, canola oil, cilantro, sea salt, mint, garlic, lime juice, cumin, oregano	X						
Pasta w/ Roasted Red Pepper Sauce & Dairy-free Mozzarella	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Roasted Red Pepper Sauce Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt Dairy Free Mozzarella Cheese Filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color). powdered cellulose added to prevent caking			X				
Pasta w/ Marinara Sauce & Dairy-free Mozzarella Cheese	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Dairy Free Mozzarella Cheese Filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color). powdered cellulose added to prevent caking			X				

Vegan Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pasta w/ Marinara Sauce & Veggie "Meat"balls	Rotini Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Veggie "Meat"balls Water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract	X		X				
Pasta w/ Veggie Bolognese	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Veggie Bolognese Marinara sauce (Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil), Boca crumbles (water, soy protein concentrate, wheat gluten, contains less than 2% malt extract, salt, wheat starch, yeast extract, sugar, natural flavor (non-meat), dried onions, garlic powder, spices), carrots	X		X				
Pasta, GF w/ DF Creamy Garlic Sage Sauce & DF Mozzarella	Gluten-Free Penne Pasta Organic brown rice, water Creamy Garlic Sauce Soy Milk, Canola Oil, garlic, parsley flakes, cornstarch, sea salt, black pepper, sage Dairy-Free Mozzarella Cheese Filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color). powdered cellulose added to prevent caking	X						
Pita & Hummus	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 (Preservatives) Hummus Garbanzo beans, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water			X				X
Sunbutter & Jelly Sandwich, WG	Sunbutter Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness) Jelly Organic concord grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid Whole Grain Bread (see bread ingredients)	X		X (bread)				
Three Bean Chili w/ DF Cheddar	Three Bean Chili Kidney beans, black beans, great northern beans, diced tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce, onion, tomato paste [organic tomato paste, naturally derived citric acid], green peppers, chili powder, garlic powder, paprika, cumin, sea salt Dairy-free Cheddar Cheese Filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color). powdered cellulose added to prevent caking. non-gmo							
Tofu Fajitas	Tofu Non-GMO soybeans, water, calcium sulfate Fajita Seasoning Paprika, chili powder, ground coriander, galric pwder, black ground pepper, onion powder, cumin, cinnamon, sea salt Served w/ flour tortilla (see bread ingredients)	X						
Tofu "Not So" Fried Rice	Tofu Non-GMO soybeans, water, calcium sulfate Sauce Water, soy sauce, sesame oil, rice vinegar, water, garlic powder, ground ginger, sugar	X						X
Veggie Burger	Veggie Patty Hydrated textured soy protein (water, soy protein concentrate, caramel color), onions, wheat gluten, soy protein concentrate, arrowroot powder, natural vegan beef flavor (yeast extract, maltodextrin, salt, natural flavoring), flaxseed meal, garlic, salt, black pepper *pre-cooked in expeller pressed canola oil ingredients Served w/ whole grain hamburger bun (see bread ingredients)	X		X				

Vegan Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Veggie Sloppy Joe	Boca Crumbles Water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat flavor), dried onions, garlic powder spices Sloppy Joe Sauce Red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic Served w/ whole grain hamburger bun (see bread ingredients)	X		X				
Veggie Taco	Boca crumbles Water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat), dried onions, garlic powder spices Taco seasoning Salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor Served w/ flour tortilla (see bread ingredients)	X		X				
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PreK Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Beets, Roasted	Beets, canola oil, sea salt							
Broccoli	Broccoli							
Butternut Squash, Roasted	Butternut squash, canola oil, salt							
Carrots, Steamed	Carrots							
Cauliflower	Cauliflower							
Cucumber Salad	Cucumbers, water, white wine vinegar, dill weed, sugar, salt, pepper							
Cucumber Slices	Cucumbers							
Green Beans	Green beans							
Mashed Potatoes	Potatoes, whole milk, butter, sea salt				X			
Mashed Potatoes, GF/DF/EF	Potatoes, organic soy milk, sea salt	X						
Sweet Potatoes, Roasted	Sweet potatoes, canola oil							
Peas	Peas							
Peas & Carrots	Peas, carrots							
Potatoes, Roasted	Potatoes, Canola Oil, Parsley, Lawry's Seasoning (Salt, Sugar, Spices (including paprika & tumeric), onion, cornstarch, garlic, tricalcium phosphate (prevents caking), natural flavor, paprika oleoresin (for color)							
Zucchini, Roasted	Zucchini, olive oil, sea salt							
Fruit Items	Ingredients							
Apple Slices	Apples, calcium ascorbate							
Appleberry Sauce	Unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), frozen unsweetened strawberries							
Applesauce	Apples, water, erythorbic acid (to maintain color)							
Baked Cinnamon Apples	Fuji apples, brown sugar, lemon juice, ground cinnamon, corn starch							
Cantaloupe	Cantaloupe							
Fruit Salad CH	Cantaloupe, honeydew							
Fruit Salad CHP	Cantaloupe, honeydew, pineapple							
Honeydew	Honeydew							
Orange Slices	Oranges							
Pear Slices	Pears, calcium ascorbate							
Pearsauce	Pears, water, white sugar							
Pineapple	Pineapple							
Pineapple Salsa	Pineapple, red peppers, onion, sea salt, cilantro, lime juice							
Other Items	Ingredients							
Brown Rice	Whole grain parboiled brown rice							
Hummus	Garbanzo beans, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water							X
Jelly, Grape	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid							
Jelly Packet, Grape	Concord grapes, sugar, fruit pectin, citric acid							
Ketchup	Muir Glenn Organic Ketchup, Organic Tomato concentrate from red ripe tomatoes, distilled vinegar, sugar, salt, onion powder, spice, onion powder, natural flavoring							

PreK Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Ranch Dressing (Bulk)	Soybean oil, cultured nonfat buttermilk, water, distilled vinegar, contains less than 2% of: salt, cultured skim milk, natural flavor, sugar, whey protein concentrate, tamarind and xanthan gum, garlic powder, onion powder, lemon juice concentrate, ground mustard, spice, dried parsley, ground celery	X			X			
Ranch Dressing (Packet)	Water, Soybean Oil, Corn Syrup, Distilled Vinegar, Egg Yolks, Modified Food Starch, Contains 2% or less of Buttermilk, Natural Flavors, Potassium Chloride, Salt, Garlic*, Onion*, Xanthan Gum, Yeast Extract, Lactic Acid, Phosphoric Acid, Whey Powder, Disodium Inosinate & Disodium Guanylate, Potassium Sorbate & Sodium Benzoate (as preservatives), Rice Flour, Polysorbate 60, Spice, Parsley*, Calcium Disodium EDTA to protect flavor	X	X		X			
Salsa	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, lime juice, salt							
Sour Cream (Bulk)	Grass raised milk Cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes				X			
Sunbutter	Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)							
Quinoa	Quinoa							

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PreK Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Bread, GF/DF/EF	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							
Bread, WG	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch	X		X				
Cornbread	Whole grain cornmeal, whole wheat flour, sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), whole milk, canola oil, baking powder, salt		X	X	X			
English Muffin, Honey Wheat	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 flavor, xanthan gum, acesulfame potassium sucralose, whey, soy flour, non-fat milk	X		X	X			
English Muffin, WG	Whole wheat flour, water, farina, wheat gluten, yeast, salt, perservatives (calcium propionate, sorbic acid), sugar, grain vinegar, sodium stearoyl lactylate, natural flavor (contains milk), mono - and diglycerides, ethoxylated mono- and diglycerides, soy lecithin, soy, sucralose, whey	X		X	X			
French Toast Slice, WG	WG 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 (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch Batter Eggs, whole milk, white granulated sugar, vanilla extract, ground cinnamon, sea salt	X	X	X	X			
Hamburger Bun, GF/DF/EF	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							
Hamburger Bun, WG	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	X		X				
Pancake, WG	Whole wheat flour, water, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and/or canola oil, dextrose, salt, soy lecithin	X	X	X	X			

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

Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue. **The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.