

Ingredient List for Minnetonka Middle School Menu Items

The product information, nutritional information and list of ingredients provided on this website were obtained from the vendor or manufacturer of the product. Minnetonka School District does not perform any independent evaluation of the products, including nutritional value of the food or the contents of its ingredients. Minnetonka School District provides product information, nutritional information and/or list of ingredients solely as a courtesy. Please Note: The ingredients listed below have been prepared for the 2011- 2012 School Year. Please be aware that labels can change at any time and the best source of an ingredient list is the original package. Also, occasionally, our vendors must send substitute products to our kitchens. Substitute items are not on this list.

If you do not see an item listed that is on the menu, you can call your school's kitchen directly and speak to the manager: West Middle School Kitchen: 952-401-5321; East Middle School Kitchen: 952-401-5218

Week of March 26 – March 30

Monday, March 26

Spicy Buffalo Chicken Wrap: Chicken: Chicken, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and riboflavin), dried whole eggs, chicken seasoning (salt, yeast extract, maltodextrin, sugar, corn syrup solids, wheat flour, citric acid, sodium diacetate, dextrose, lactose, corn starch, disodium inosinate and disodium guanylate, dried chicken, natural flavor, spice extractives, dried chicken broth, lactic acid, artificial flavor), sodium phosphates. Breaded with: Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, dried yeast, salt, and paprika extract (color). Battered with: Water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, salt, spices, vital wheat gluten, modified corn starch, onion powder, garlic powder, spice extract, and leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate). Predusted with: Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, onion powder, garlic powder, natural butter flavor (whey, modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, annatto and turmeric {color}), soybean oil, dried whey, dextrose, and spice extract. Breeding set in vegetable oil. **Contains egg, milk, soy, wheat.**

Tortilla: Whole Wheat Flour, Water, Vegetable Shortening (Soybean Oil, Fully Hydrogenated Soybean Oil), Contains 2% or less of the Following: Sugar, Salt, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vital Wheat Gluten, Monoglycerides, Potassium Sorbate, Calcium Propionate and/or Sodium Propionate, (Preservative) Fumaric Acid, Dough Conditioner (Sodium Metabisulfite, Corn Starch, Microcrystalline Cellulose, Dicalcium Phosphate). **Contains: wheat**

Chicken Noodle Soup: Enriched egg noodles (durum wheat semolina, whole egg powder, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified corn starch, dehydrated vegetables (onions, carrots, celery), corn syrup solids, chicken fat, dehydrated chicken meat, natural flavors, sea salt, autolyzed yeast extract, salt, maltodextrin, cellulose gum, dehydrated chicken broth, disodium guanylate, disodium inosinate, beef gelatin,

spices, turmeric, soybean lecithin, wheat flour, whey (milk). **Contains egg, wheat, and milk.**

Grilled Cheese Sandwich: Reduced Fat American Cheese: cultured milk and skim milk, salt, *whey protein concentrate, sodium citrate, contains less than 2% of lactic acid, sorbic acid (preservative), *xanthan gum, *locust bean gum, *guar gum, artificial color, *vitamin A palmitate, *ingredients not found in regular pasteurized process cheese. **Multigrain Bread:** water, whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), high fructose corn syrup, wheat gluten, yeast, contains 2% or less of each of the following: salt, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides and/or diglycerides calcium iodate, datem, ethoxylated mono-and diglycerides, azodicarbonamide, enzymes), soybean oil, calcium sulfate, ammonium sulfate, leavening (monocalcium phosphate), wheat starch, soy lecithin, calcium propionate (to retard spoilage). **Butter:** Pasteurized cream, salt. **Contains: milk, wheat and soy.**

Tomato Soup: Tomato puree (water, tomato paste), water, high fructose corn syrup, wheat flour, salt, vegetable oil (corn, cottonseed, canola and/or soybean), flavoring, ascorbic acid (added to help retain color) and citric acid. **Contains wheat.**

RibBQue Sandwich: Ground beef (not more than 26% fat), honey barbecue sauce (high fructose corn syrup, distilled vinegar, tomato paste, corn syrup, honey, molasses, water, salt, natural flavor, modified corn starch, natural hickory smoke flavor, spices, onion powder, garlic powder, sodium benzoate (preservative), caramel color, sugar), water, textured vegetable protein product: (soy protein concentrate, caramel color, zinc oxide, niacinide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), and cyanocobalamin (B12), seasoning: (tomato powder, dextrose, brown sugar, artificial vinegar, powdered worchestershire sauce (corn syrup solids, salt, garlic powder sugar, spices, soy sauce solids (wheat, soybeans, salt, maltodextrin, caramel color), tamarinds, natural flavor), spices extractive, onion powder, natural smoke flavor, garlic powder, honey, salt, and sodium phosphates. **Contains milk, soy and wheat**

Multigrain Bun: water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat, milk.**

Potato Salad: Potatoes, dressing (soybean oil, water, corn syrup, vinegar, modified food starch, egg yolks, salt, spice, onion powder, calcium disodium EDTA [to protect flavor], natural flavors), water, sugar, onions, mustard (water, vinegar, mustard seed, salt, turmeric, spices), sweet pickle relish (cucumbers, corn syrups, sugar, distilled vinegar, salt, peppers, xanthan gum, sodium benzoate [preservative], calcium chloride, spices, natural flavors, polysorbate 80), salt, potassium sorbate, and sodium benzoate (to preserve freshness), celery seed, white pepper. **Contains eggs.**

Salad Bar Dressing Options Include:

Homemade Ranch Dressing: Buttermilk, milk, vinegar, lemon juice **Reduced Fat Mayonnaise:** water, modified corn starch*, soybean oil, vinegar, high fructose corn syrup*, egg whites, salt, sugar, xanthan gum*, lemon and lime peel fibers*, colors added*, lactic acid*, (sodium benzoate*, calcium disodium edta) used to protect quality, phosphoric acid*, natural flavors. Gluten-free. *ingredient not in mayonnaise. **Seasoning Packet:** Hidden

Valley Original Ranch dressing mix is a secret blend of hearty spices which makes a truly unique tasting salad dressing, dip and sauce.

Ranch Dressing: Water, soybean oil, cultured buttermilk (cultured lowfat milk and skim milk), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream (cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate), with sorbic acid, sodium benzoate and calcium disodium edta used to protect quality, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5. **Contains milk, soy.**

Golden Italian Dressing: Water, soybean oil, distilled vinegar, sugar, salt, garlic, onion, xanthan gum, with potassium sorbate, sodium benzoate, and calcium disodium edta used to protect quality, red bell peppers, lemon juice concentrate, spices, yellow 5, yellow 6. **Contains soy.**

Sweet French Dressing: High fructose corn syrup, soybean oil, distilled vinegar, tomato paste, water, salt, paprika, spices, propylene glycol alginate, natural flavors, color added, calcium disodium edta used to protect quality, garlic powder, onion powder. **Contains soy.**

Premade Salads: These vary by kitchen and recipe. Please check with your cook manager for ingredients.

Tuesday, March 27

Belgium Waffle: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folate), Water, Eggs, Sugar, Canola or Soybean Oil , Egg Whites, Leavening, (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Emulsifier (Soy Lecithin , Propylene Glycol Monoester, Monoglyceride, Sodium Stearoyl Lactylate), Salt, Natural and Artificial Flavors (contains Butter). **Contains: milk, egg, wheat, and soy**

Turkey Sausage: Turkey contains 2% or less salt, flavorings, sugar, dextrose, bha, propyl gallate, citric acid.

Baked Potato Cubes: Potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil), salt, disodium dihydrogen pyrophosphate (to promote color retention), dextrose.

Pizza Calzone: crust: Wheat flour enriched (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Malted barley flour, Water, Sugar, Soybean oil (citric acid), Shortening (partially hydrogenated soybean & cottonseed oils), Salt (yellow prussiate of soda), Yeast (sorbitan monostearate, ascorbic acid). **filling:** Mozzarella Cheese (pasteurized part skim milk, cultures, salt, enzymes). Pepperoni (pork, beef, salt, spices, dextrose, lactic acid starter culture, and oleoresin of paprika, flavoring, garlic powder, sodium nitrite, BHA, BHT, and citric acid), crushed tomato (tomato, salt, citric acid), water, seasoning (salt, monosodium glutamate, spices, garlic, and not more than 2% silicon dioxide and soybean oil to prevent caking). **Contains: wheat, soy and milk. Peanut free facility.**

Marinara Sauce: Bulk: Tomatoes, tomato concentrate, corn syrup, salt, onions, modified corn starch, olive oil, pepper, oregano, sweet basil, spices.

or

Individual Packet: Tomato puree (water, tomato paste), high fructose corn syrup, salt, dried onion, spices, citric acid, potassium sorbate (preservative), sodium benzoate

(preservative), natural flavor.

Grilled Chicken Sandwich: Boneless, skinless chicken breast filets with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt. **Contains: soy.** **Multigrain Bun:** water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat, milk.**

Wednesday, March 28

Domino's Pizza:

Cheese Pizza Ingredients: **Hand-Tossed Dough,** Enriched Flour (Wheat Flour, Iron, Thiamine Mononitrate, Niacin, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean), Sugar, Salt, Yeast, Vital Wheat Gluten, Less than 1% Dough Conditioners [Sodium Stearoyl Lactylate, Whey, Enzyme (with Wheat Starch), Ascorbic Acid, L-cysteine, and Silicon Dioxide added as processing aid], **Cheese,** Part Skim Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Modified Food Starch, Cellulose (Added To Prevent Caking), Nonfat Milk, Whey Protein Concentrate, Flavors, Sodium Propionate (Added as a Preservative), **Pizza Sauce,** Tomato Puree (Water, Tomato Paste), Sugar, Salt, Spices, Garlic, Soybean Oil, and Citric Acid, Yellow Corn Meal. **Contains: Milk, Soy, Wheat.**

Pepperoni Pizza Ingredients: **Hand-Tossed Dough,** Enriched Flour (Wheat Flour, Iron, Thiamine Mononitrate, Niacin, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean), Sugar, Salt, Yeast, Vital Wheat Gluten, Less than 1% Dough Conditioners [Sodium Stearoyl Lactylate, Whey, Enzyme (with Wheat Starch), Ascorbic Acid, L-cysteine, and Silicon Dioxide added as processing aid], **Cheese,** Part Skim Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Modified Food Starch, Cellulose (Added To Prevent Caking), Nonfat Milk, Whey Protein Concentrate, Flavors, Sodium Propionate (Added as a Preservative), **Pizza Sauce,** Tomato Puree (Water, Tomato Paste), Sugar, Salt, Spices, Garlic, Soybean Oil, and Citric Acid, **Sliced Pepperoni,** Pork and Beef, Salt, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Flavoring, Sodium Nitrite, BHA, BHT, Citric Acid., **Yellow Corn Meal.** **Contains: Contains Milk, Soy, Wheat.**

Deli Sub: Bread: Water, White Whole Wheat Flour, Wheat Flour (malted barley flour, iron, niacin, thiamine mononitrate, riboflavin, folic acid), Vegetable shortening (Palm oil), Sugar, Dextrose, Salt, Defatted Soy Flour, Emulsifier (Mono-and diglycerides with palm oil and citric acid as preservative), Corn Starch. Contains 2% or less of each of the following: Sodium Stearoyl Lactylate, Wheat Gluten, Yeast Food (Monocalcium phosphate, salt, calcium sulfate, corn starch, ammonium sulfate, ascorbic acid, azodicarbomide), Monocalcium Phosphate, Wheat Starch, DATEM, Ascorbic Acid, Polysorbate 60, L-cysteine, Soybean Oil, Enzyme, Azodicarbonamide, Yeast (Starch). **Contains wheat, soy. Possible combinations included the following items. Check with your school kitchen for exact items used.**

Turkey-Ham: Turkey thigh meat, water, contains 2% or less lite salt (potassium chloride, sodium chloride), sugar, salt, sodium phosphate, sodium erythorbate, natural smoke flavoring, sodium nitrite. **Turkey:** Turkey breast meat, turkey broth, contains 2% or less of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium

phosphate, flavoring. **Cheese:** Cultured pasteurized milk and skim milk, *whey protein concentrate, contains less than 2% of sodium citrate, salt, potassium citrate, lactic acid, sorbic acid (preservative), *xanthan gum, *locust bean gum, *guar gum, apo-carotene and beta carotene (color), *vitamin A palmitate, enzymes, soy lecithin and soybean oil blend. *Not found in regular pasteurized process American cheese.

Dip for Assorted Fresh Veggies:

Homemade Ranch Dressing: Buttermilk, milk, vinegar, lemon juice **Reduced Fat Mayonnaise:** water, modified corn starch*, soybean oil, vinegar, high fructose corn syrup*, egg whites, salt, sugar, xanthan gum*, lemon and lime peel fibers*, colors added*, lactic acid*, (sodium benzoate*, calcium disodium edta) used to protect quality, phosphoric acid*, natural flavors. Gluten-free. *ingredient not in mayonnaise. **Seasoning Packet:** Hidden Valley Original Ranch dressing mix is a secret blend of hearty spices which makes a truly unique tasting salad dressing, dip and sauce.

or

Ranch Dressing: Water, soybean oil, cultured buttermilk (cultured lowfat milk and skim milk), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream (cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate), with sorbic acid, sodium benzoate and calcium disodium edta used to protect quality, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5. **Contains milk, soy.**

Thursday, March 29 – No School

Friday, March 30 – No School

Week of April 2 – 6 No School

Week of April 9 – 13

Monday, April 9

Chicken Nuggets: Boneless, skinless chicken breast nuggets with rib meat, water, modified food starch, sodium phosphates, salt. Predusted with: Enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, salt. Battered with: Water, enriched bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, dextrose, spices, garlic powder, xanthan gum, oleoresin paprika and annatto. Breaded with: Enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, garlic powder, extractives of paprika, natural flavors (spice extractives). Breeding set in vegetable oil. **Contains wheat.**

Whipped Potatoes: potato (dry), canola oil (preserved with citric acid and bht), salt, natural and artificial color, mono and diglycerides, natural and artificial flavor. Freshness preserved with sodium bisulfite and bht. **Contains milk, sulfite.**

Gravy: Enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), food starch modified, maltodextrin, hydrolyzed soy protein, chicken fat, salt, whey, onion powder, silicon dioxide (to prevent caking), torula yeast, natural flavor, disodium inosinate, disodium guanylate, xanthan gum, spices, dehydrated celery, yellow 5 & yellow 6. **Contains milk, soy, wheat.**

Multigrain Dinner Roll: water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat, milk.**

Meatball Sub: Ground beef (not more than 20% fat), water, bread crumbs (bleached wheat flour, salt, yeast, dextrose, and soybean oil), seasoning (salt, dehydrated onion, dehydrated celery, garlic powder, spices, soybean oil), tomato puree (tomatoes and citric acid), grated parmesan cheese [(cultured part-skim milk, salt and enzymes), cellulose powder, potassium sorbate], grated romano cheese made from cow's milk [(cultured pasteurized part-skim milk, salt and enzymes), cellulose powder, potassium sorbate]. **Contains milk, wheat.** **Sub Bun:** Water, White Whole Wheat Flour, Enriched Wheat Flour (Bleached wheat flour, malted barley flour, iron, niacin, potassium bromate, thiamine mononitrate, riboflavin, folic acid), Vegetable shortening (Palm oil), Sugar, Dextrose, Salt, Defatted Soy Flour, Emulsifier (Mono-and diglycerides with palm oil and citric acid as preservative), Corn Starch. Contains 2% or less of each of the following: Sodium Stearoyl Lactylate, Wheat Gluten, Yeast Food (Monocalcium phosphate, salt, calcium sulfate, corn starch, ammonium sulfate, ascorbic acid, azodicarbomide), Monocalcium Phosphate, Wheat Starch, Datem, Ascorbic Acid, Polysorbate 60, L-cysteine, Soybean Oil, Enzyme, Azodicarbonamide, Yeast (Starch). **Contains soy, wheat.** **Marinara Sauce:** Tomatoes, tomato concentrate, corn syrup, salt, onions, modified corn starch, olive oil, pepper, oregano, sweet basil, spices.

Ham and Cheese Sandwich: **Ham:** Turkey thigh meat, water, contains 2% or less lite salt (potassium chloride, sodium chloride), sugar, salt, sodium phosphate, sodium erythorbate, natural smoke flavoring, sodium nitrite. **Cheese:** Cultured pasteurized milk and skim milk, *whey protein concentrate, contains less than 2% of sodium citrate, salt, potassium citrate, lactic acid, sorbic acid (preservative), *xanthan gum, *locust bean gum, *guar gum, apo-carotenal and beta carotene (color), *vitamin A palmitate, enzymes, soy lecithin and soybean oil blend. *Not found in regular pasteurized process American cheese. **Multigrain Bun:** water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat, milk.**

Potato Salad: Potatoes, dressing (soybean oil, water, corn syrup, vinegar, modified food starch, egg yolks, salt, spice, onion powder, calcium disodium EDTA [to protect flavor], natural flavors), water, sugar, onions, mustard (water, vinegar, mustard seed, salt, turmeric, spices), sweet pickle relish (cucumbers, corn syrups, sugar, distilled vinegar, salt, peppers, xanthan gum, sodium benzoate [preservative], calcium chloride, spices, natural flavors, polysorbate 80), salt, potassium sorbate, and sodium benzoate (to preserve freshness), celery seed, white pepper. **Contains eggs.**

Tuesday, April 10

Pasta Bar options vary to offer variety. Optional pasta bar offerings include:

Rotini Pasta (precooked): Water, enriched durum semolina (durum semolina wheat flour, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, folic acid). **Contains wheat.**

Rotini Pasta: Enriched durum semolina flour (niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), and water. **Contains wheat.**

Rotini Pasta: Semolina, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, and folic acid. **Contains wheat.**

Penne Rigati: Semolina, Niacin, ferrous sulfate, thiamin mononitrate, riboflavin, and folic acid. **Contains wheat.**

Whole Wheat Penne: Water, whole wheat durum flour. **Contains wheat.**

Spaghetti (precooked): Water, enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid). **Contains wheat.**

Spaghetti: Enriched durum semolina flour (niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), and water. **Contains: wheat. Made in a facility that uses egg.**

Diced Chicken: 1/2" diced mostly dark chicken meat.

Ground Hamburger (meat sauce): Ground beef (not more than 20% fat), contains 2% or less of: seasoning (salt, flavors, potassium chloride, beef stock, silicon dioxide), potassium chloride, salt, spice, natural flavor.

Meatballs: Ground beef (not more than 20% fat), water, bread crumbs (bleached wheat flour, salt, yeast, dextrose, and soybean oil), seasoning (salt, dehydrated onion, dehydrated celery, garlic powder, spices, soybean oil), tomato puree (tomatoes and citric acid), grated parmesan cheese [(cultured part-skim milk, salt and enzymes), cellulose powder, potassium sorbate], grated romano cheese made from cow's milk [(cultured pasteurized part-skim milk, salt and enzymes), cellulose powder, potassium sorbate]. **Contains milk, wheat.**

Marinara Sauce: Tomato puree (water, tomato paste), diced tomatoes in tomato juice, sugar, vegetable oil (corn, cottonseed, and/or canola), salt, dehydrated onions, spice, dehydrated garlic, citric acid, natural flavoring.

or

Spaghetti Sauce: Tomato puree (water, tomato paste), diced tomatoes in tomato juice, sugar, vegetable oil (corn, cottonseed, and/or canola), salt, dehydrated onions, spice, dehydrated garlic, citric acid, natural flavoring.

Alfredo Sauce: Skim Milk, Water, Cream, Cream Cheese (Cream, Nonfat Dry Milk, Salt, Enzymes), Parmesan Cheese (Cultured Milk, Salt, Enzymes), Romano Cheese (Cultured Milk, Salt, Enzymes), Butter (Cream, Salt) Food Starch-Modified, Contains Less than 2% of Maltodextrin, Natural Flavors .Salt, Sodium Phosphate, Sodium Citrate, Cellulose Gum, Cellulose Gel, Vegetable Mono and Diglycerides, Spice. **Contains: milk.**

Dip for Assorted Fresh Veggies:

Homemade Ranch Dressing: Buttermilk, milk, vinegar, lemon juice **Reduced Fat Mayonnaise:** water, modified corn starch*, soybean oil, vinegar, high fructose corn syrup*, egg whites, salt, sugar, xanthan gum*, lemon and lime peel fibers*, colors added*, lactic acid*, (sodium benzoate*, calcium disodium edta) used to protect quality, phosphoric acid*, natural flavors. **Gluten-free.** *ingredient not in mayonnaise. **Seasoning Packet:** Hidden Valley Original Ranch dressing mix is a secret blend of hearty spices which makes a truly unique tasting salad dressing, dip and sauce.

or

Ranch Dressing: Water, soybean oil, cultured buttermilk (cultured lowfat milk and skim milk), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream (cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate), with sorbic acid, sodium benzoate and calcium disodium edta used to protect quality, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5. **Contains milk, soy.**

Chicken Patty on a MG Bun: Boneless, skinless chicken breast filets with rib meat, water, modified food starch, sodium phosphates, salt. Predusted with: Enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, salt. Battered with: Water, enriched bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, dextrose, spices, garlic powder, xanthan gum, oleoresin paprika and annatto. Breaded with: Enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, garlic powder, extractives of paprika, natural flavors (spice extractives). Breeding set in vegetable oil. **Contains: wheat. Multigrain Bun:** water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat, milk.**

Wednesday, April 11

Domino's Pizza:

Cheese Pizza Ingredients: **Hand-Tossed Dough,** Enriched Flour (Wheat Flour, Iron, Thiamine Mononitrate, Niacin, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean), Sugar, Salt, Yeast, Vital Wheat Gluten, Less than 1% Dough Conditioners [Sodium Stearoyl Lactylate, Whey, Enzyme (with Wheat Starch), Ascorbic Acid, L-cysteine, and Silicon Dioxide added as processing aid], **Cheese,** Part Skim Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Modified Food Starch, Cellulose (Added To Prevent Caking), Nonfat Milk, Whey Protein Concentrate, Flavors, Sodium Propionate (Added as a Preservative), **Pizza Sauce,** Tomato Puree (Water, Tomato Paste), Sugar, Salt, Spices, Garlic, Soybean Oil, and Citric Acid, Yellow Corn Meal. **Contains: milk, soy, wheat.**

Pepperoni Pizza Ingredients: **Hand-Tossed Dough,** Enriched Flour (Wheat Flour, Iron, Thiamine Mononitrate, Niacin, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean), Sugar, Salt, Yeast, Vital Wheat Gluten, Less than 1% Dough Conditioners [Sodium Stearoyl Lactylate, Whey, Enzyme (with Wheat Starch), Ascorbic Acid, L-cysteine, and Silicon Dioxide added as processing aid], **Cheese,** Part Skim Mozzarella Cheese

(Pasteurized Milk, Cultures, Salt, Enzymes), Modified Food Starch, Cellulose (Added To Prevent Caking), Nonfat Milk, Whey Protein Concentrate, Flavors, Sodium Propionate (Added as a Preservative), Pizza Sauce, Tomato Puree (Water, Tomato Paste), Sugar, Salt, Spices, Garlic, Soybean Oil, and Citric Acid, **Sliced Pepperoni**, Pork and Beef, Salt, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Flavoring, Sodium Nitrite, BHA, BHT, Citric Acid., **Yellow Corn Meal**. **Contains: Milk, Soy, Wheat.**

Caesar Salad: Romaine lettuce, **parmesan cheese:** Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose to prevent caking, Natamycin to protect flavor. **Contains milk and milk products**, **Croutons:** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola oil, whole wheat flour, whey, salt, yeast, 2% or less of high fructose corn syrup, rye meal, caramel color, calcium propionate (preservative), calcium peroxide, calcium sulfate, ascorbic acid, azodicarbonamide, sodium stearoyl lactylate, parsley*, honey, garlic powder, wheat gluten, natural and artificial flavor, parmesan cheese and enzyme modified cheese (pasteurized milk, cheese cultures, salt, enzymes), cultured nonfat milk, colors (annatto, paprika, extractives of turmeric), tbhq (to preserve freshness). *dehydrated. **Contains: wheat and milk. Packaged in a facility that also packages tree nuts.**

Caesar dressing: Water, soybean oil, parmesan cheese (part skim cow's milk, cow's milk, cheese cultures, salt, enzymes), whole eggs and egg yolks, vinegar, dijon mustard (water, mustard seed, vinegar, salt, white wine, citric acid, tartaric acid, spices), corn syrup, salt, dehydrated garlic, lemon juice concentrate, dehydrated onion, anchovies, modified corn starch, cream, xanthan gum, spices, phosphoric acid, fumaric acid, sorbic acid and calcium disodium EDTA used to protect quality, propylene glycol alginate, worcestershire sauce (vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor), soy flour, sugar, natural flavor, disodium inosinate, disodium guanylate. **Contains milk and eggs.**

or

Caesar dressing: Soybean oil, water, distilled vinegar, parmesan cheese with flavor (parmesan cheese [cultured milk, salt, enzymes], flavor [enzyme modified parmesan cheese {cultured milk, water, salt, enzymes}]), egg yolks, romano cheese with flavor (romano cheese [cultured milk, water, salt, enzymes}, flavor [enzyme modified romano cheese {cultured milk, water, salt, enzymes}]), extra virgin olive oil, salt, contains less than 2% of food starch-modified, natural flavors, spices, lemon juice concentrate, garlic*, xanthan gum, polysorbate 60, sodium benzoate (a preservative), monosodium glutamate, pureed anchovies, caramel color, onion*, calcium disodium EDTA added to protect flavor. *dehydrated. **Contains: milk, egg, anchovy and soybean.**

or

Caesar dressing: Soybean oil, water, parmesan and romano cheese (pasteurized milk, cheese culture, salt, enzymes, powdered cellulose to prevent caking), distilled vinegar, salt, contains less than 2% of egg yolks, buttermilk*, onion*, garlic*, spices, parsley*), monosodium glutamate, lemon juice concentrate, phosphoric acid, xanthan gum, cured anchovies, sodium benzoate (a preservative), propylene glycol alginate, caramel color, defatted soy flour, natural flavor. *Dehydrated. **Contains: milk, egg, anchovy, soybean.**

Deli Sub: Bread: Water, White Whole Wheat Flour, Wheat Flour (malted barley flour, iron, niacin, thiamine mononitrate, riboflavin, folic acid), Vegetable shortening (Palm oil), Sugar, Dextrose, Salt, Defatted Soy Flour, Emulsifier (Mono-and diglycerides with palm oil and citric acid as preservative), Corn Starch. Contains 2% or less of each of the following: Sodium Stearoyl Lactylate, Wheat Gluten, Yeast Food (Monocalcium phosphate, salt,

calcium sulfate, corn starch, ammonium sulfate, ascorbic acid, azodicarbomide), Monocalcium Phosphate, Wheat Starch, DATEM, Ascorbic Acid, Polysorbate 60, L-cysteine, Soybean Oil, Enzyme, Azodicarbonamide, Yeast (Starch). **Contains wheat, soy.**
Turkey-Ham: Turkey thigh meat, water, contains 2% or less lite salt (potassium chloride, sodium chloride), sugar, salt, sodium phosphate, sodium erythorbate, natural smoke flavoring, sodium nitrite. **Turkey:** Turkey breast meat, turkey broth, contains 2% or less of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring. **Cheese:** Cultured pasteurized milk and skim milk, *whey protein concentrate, contains less than 2% of sodium citrate, salt, potassium citrate, lactic acid, sorbic acid (preservative), *xanthan gum, *locust bean gum, *guar gum, apo-carotenal and beta carotene (color), *vitamin A palmitate, enzymes, soy lecithin and soybean oil blend. *Not found in regular pasteurized process American cheese.

Thursday, April 12

Beef or Chicken Tacos: **Beef:** Ground beef (not more than 20% fat), contains 2% or less of: seasoning (salt, flavors, potassium chloride, beef stock, silicon dioxide), potassium chloride, salt, spice, natural flavor. Taco Seasoning **Taco seasoning:** Salt, monosodium glutamate, onion, black pepper, garlic, spice and bromelain. **Chicken:** Chicken thigh, water, seasoning (salt, spices, torula yeast, sugar, dehydrated onion, dehydrated garlic, maltodextrin, natural flavor, malic acid), isolated soy protein product (isolated soy protein, modified food starch, unmodified corn starch, carrageenan, with less than 2% soy lecithin), seasoning (potassium citrate, citric acid, sodium diacetate, vegetable oil), sodium phosphates, carrageenan, salt. **Contains: soy.** **Taco seasoning:** Salt, monosodium glutamate, onion, black pepper, garlic, spice and bromelain.. **Tortilla:** Whole Wheat Flour, Water, Vegetable Shortening (Soybean Oil, Fully Hydrogenated Soybean Oil), Contains 2% or less of the Following: Sugar, Salt, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vital Wheat Gluten, Monoglycerides, Potassium Sorbate, Calcium Propionate and/or Sodium Propionate, (Preservative) Fumaric Acid, Dough Conditioner (Sodium Metabisulfite, Corn Starch, Microcrystalline Cellulose, Dicalcium Phosphate). **Contains wheat.**

Salsa: Tomato concentrate (water, tomato paste), diced tomatoes, jalapeno peppers, green chiles, yellow chiles, vinegar, salt, dried onion, dried garlic, cilantro, natural flavor.

Refried Beans: Cooked beans, water, less than 2% of: lard, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor.

Brown Rice: Long grain parboiled brown rice.

Veggie Flat Bread Pizza: Flat Bread:- Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, sugar, soybean oil, yeast, salt, vegetable gums, monocalcium phosphate, calcium propionate, sodium stearoyl lactylate, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), enzymes, (proteases and amylases). Allergens: wheat and soy. **Parmesan Cheese:** Grated: Parmesan cheese (Pasteurized part skim milk, Cheese cultures, Salt, Enzymes), Romano cheese (Pasteurized part skim cow's milk, Cheese cultures, Salt, Enzymes), Powdered cellulose to prevent caking, Natamycin to protect flavor. **Contains: milk.** Or Shredded: Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose to prevent caking, Natamycin

to protect flavor. **Contains: milk and milk products.** **Garlic Vegelene Spray:** Canola oil*, soy lecithin, concentrated natural butter flavor, salt** beta carotene (natural color), and propellant. *Adds trivial amount of fat. **Adds trivial amount of sodium. **Contains: milk and soy.** **Ranch Dressing:** water, soybean oil, cultured buttermilk (cultured lowfat milk and skim milk), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream (cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate), with sorbic acid, sodium benzoate and calcium disodium edta used to protect quality, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5. **Canned Diced Tomatoes:** Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride. **Mozzarella Cheese:** Cultured pasteurized part-skim milk, salt, enzymes, powdered cellulose added to prevent caking. **Contains: contains milk.** **Cheddar Cheese:** Cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto (color)], powdered cellulose (anticaking agent). **Contains: milk.** Assorted vegetables including but not limited to: red pepper, green pepper, onion, and broccoli.

Hot Pocket: unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, pepperoni (pork, beef, salt, water, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, citric acid), imitation mozzarella cheese (water, partially hydrogenated soybean oil, casein, modified food starch, contains 2% or less of salt, sodium aluminum phosphate, sodium citrate, lactic acid, sodium phosphates, sorbic acid [to preserve freshness], artificial color), tomato paste, part skim mozzarella cheese with modified food starch (part skim mozzarella cheese [pasteurized milk, cultures, salt, enzymes], modified food starch), partially hydrogenated soybean and cottonseed oil (with lecithin, artificial flavor, beta carotene), contains less than 2% of: dried whey, soybean oil, yeast, sugar, modified food starch, seasoning (spices, salt, garlic powder, maltodextrin, xanthan gum, partially hydrogenated soybean and cottonseed oil), salt, dough conditioners (calcium sulfate, mono- and diglycerides, whey, salt, garlic powder, L-cysteine hydrochloride, tricalcium phosphate, enzymes, ethoxylated mono- and diglycerides), dried egg yolks, dried egg whites. **Contains wheat, milk, egg and soy ingredients.**

Friday, April 13

Cheesy Bread w/Meat Sauce: Bread (flour (enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole wheat flour), water, vital wheat gluten, isolated soy protein, contains 2% or less of sugar, salt, soybean oil, yeast, DATEM, dextrose, ascorbic acid, L-cysteine, azodicarbonamide (ADA), enzymes), cheese blend (low moisture part skim mozzarella cheese and mozzarella cheese substitute blend [low moisture part skim mozzarella cheese (pasteurized milk, cultures, salt, enzymes), mozzarella cheese substitute (water, corn oil, nonfat dry milk, modified food starch, potassium chloride, sodium citrate, sodium aluminum phosphate, sodium tripolyphosphate, tri-calcium phosphate, magnesium oxide, ferric orthophosphate, vitamin A palmitate, niacinamide, zinc oxide, cyanocobalamin, pyridoxine hydrochloride (vitamin B6))], low fat provolone cheese (pasteurized part skim milk, cultures, salt, enzymes, smoke flavoring), yellow cheddar cheese (pasteurized milk, cultures, salt, enzymes, and annatto [vegetable color])), sauce (water, margarine (liquid and hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, soy lecithin, natural flavors, beta carotene [color], vitamin A palmitate), sugar, salt, contains 2% or less

of each of the following: modified waxy maize starch, dehydrated garlic, gum blend (guar gum, xanthan gum, propylene glycol alginate), natural garlic flavor (contains soy)).
Contains milk, soy, wheat.

Meat Sauce: Meat: Ground beef (not more than 20% fat), contains 2% or less of: seasoning (salt, flavors, potassium chloride, beef stock, silicon dioxide), potassium chloride, salt, spice, natural flavor. **Marinara Sauce:** Please call kitchen if you need to know the brand used today. Prego Brand: tomato puree (water, tomato paste), diced tomatoes in tomato juice, sugar, vegetable oil (corn, cottonseed, and/or canola), salt, dehydrated onions, spice, dehydrated garlic, citric acid, natural flavoring. Or Dei Fratelli. Brand: Tomatoes, tomato concentrate, corn syrup, salt, onions, modified corn starch, olive oil, pepper, oregano, sweet basil, spices.

Parmesan Garden Salad: Romaine lettuce, cauliflower, parmesan cheese, bacon.
Dressing: Buttermilk, mayonnaise, sugar

or

Italian Garden Salad: Romaine Lettuce, Parmesan Cheese, Pepperoncini (Pepperoncini, water, vinegar, salt, citric acid, sodium benzoate (preservative), sodium bisulfite (color protectant), yellow 5.) , cucumber, tomatoes, and other possible fresh vegetables. Salad dressings available.

Baked Potato: Potato

Broccoli Cheese Sauce: Broccoli. **Cheese Sauce:** Water, cultured pasteurized milk and skim milk, food starch-modified, contains less than 2% of sodium phosphate, salt, sodium citrate, tricalcium phosphate, whey, buttermilk, maltodextrin, annatto and oleoresin paprika, natural flavors, autolyzed yeast extract, lactic acid, vegetable mono and diglycerides, spice, enzymes. Allergens: milk and soy.

Diced (Turkey) Ham: Turkey thigh meat, water, contains 2% or less lite salt (potassium chloride, sodium chloride), sugar, salt, sodium phosphate, sodium erythorbate, natural smoke flavorings, sodium nitrate. Gluten free.

MG Dinner Roll: water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat, milk.**

Mini Chicken Sandwiches: Skinless boneless chicken breast fillets with rib meat, water, modified food starch, seasoning (chicken broth, chicken flavor, vegetables (carrot, onion, celery), sea salt, flavoring, potato flour, onion powder), salt, sodium phosphates. **Multigrain Mini Bun:** Whole Wheat Flour (White Wheat), Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Crushed Wheat, Yeast. Molasses, Wheat Starch, DATEM, Calcium Propionate (A Preservative), Guar Gum, Calcium Sulfate, Sodium Stearoyl Lactylate, Calcium Stearate, Ethoxylated Monoglycerides, Wheat Flour, Silicon Dioxide, Soy Flour, Enzymes, Ascorbic Acid (Dough Conditioner), Soy Lecithin, Azodicarbonamide, Mono and Diglycerides, Ammonium Sulfate, High Oleic Canola Oil. Og Trans Fat. **Contains: Wheat, Soy.**

Week of April 16 - 20

Monday, April 16

Popcorn Chicken: Chicken, water, modified food starch, salt, sodium phosphate. Breaded with: Bleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, rice flour, spices, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, yeast, extractives of paprika), Battered with: water, enriched bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), food starch modified, salt, rice flour, sugar, dried cultured milk, milk whey, seasoning (dried onion, dried garlic), powdered cellulose, natural flavor (contains polysorbate and lactic acid), disodium inosinate and disodium guanylate). Predusted with: enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, yellow corn flour, salt, tapioca maltodextrin, xanthan gum, natural flavor, dextrose, propyl gallate, citric acid. Breeding set in vegetable oil. **Contains milk and wheat.**

Roasted Red Skin Potatoes: Potatoes contain 2% or less of black pepper, canola oil, corn starch modified, dextrose, dried onions, dried garlic, dried parsley, extra virgin olic oil, maltodextrin, natural flavor, rosemary, salt, sodium acid pyrophosphate added to maintain natural color, sugar, vinegar.

Philly Beef on MG Bun: Ground Beef (not more than 20% fat), water, seasoning [water, caramel color, salt, brown sugar, dextrose, hydrolyzed vegetable protein (hydrolyzed corn, soy and wheat protein), torula yeast, corn syrup solids, tomato powder, onion powder, garlic powder, spices, citric acid, lemon juice powder (corn syrup solids, natural flavor). Contains sulfites 210 ppm max], potassium chloride, seasoning [salt, brown sugar, dextrose, hydrolyzed vegetable protein (hydrolyzed corn, soy & wheat protein), torula yeast, corn syrup solids, caramel color, tomato powder, onion, garlic, spices, citric acid, lemon juice powder (corn syrup solids, natural flavor)], salt, potassium and sodium phosphates **Contains wheat and soy.** **Multigrain Mini Bun:** Whole Wheat Flour (White Wheat), Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mmonitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Crushed Wheat, Yeast. Molasses, Wheat Starch, DATEM, Calcium Propionate (A Preservative), Guar Gum, Calcium Sulfate, Sodium Stearoyl! Lactylate, Calcium Stearate, Ethoxylated Mlnoglycerlides, Wheat Flour, Silicon Dioxide, Soy Flour, Enzymes, Ascorbic Acid (Dough Conditioner), Soy Lecithin, Azodicarbonamide, Mlno and Diglycerides, Ammonium Sulfate, Hgh Oleic Canola Oil.Og Trans Fat. **Contains: Wheat, Soy.**

Potato Salad: Potatoes, dressing (soybean oil, water, corn syrup, vinegar, modified food starch, egg yolks, salt, spice, onion powder, calcium disodium EDTA [to protect flavor], natural flavors), water, sugar, onions, mustard (water, vinegar, mustard seed, salt, turmeric, spices), sweet pickle relish (cucumbers, corn syrups, sugar, distilled vinegar, salt, peppers, xanthan gum, sodium benzoate [preservative], calcium chloride, spices, natural flavors, polysorbate 80), salt, potassium sorbate, and sodium benzoate (to preserve freshness), celery seed, white pepper. **Contains eggs.**

Tuesday, April 17

Chicken Patty on a MG Bun: Boneless, skinless chicken breast filets with rib meat, water,

modified food starch, sodium phosphates, salt. Predusted with: Enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, salt. Battered with: Water, enriched bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, dextrose, spices, garlic powder, xanthan gum, oleoresin paprika and annatto. Breaded with: Enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, garlic powder, extractives of paprika, natural flavors (spice extractives). Breeding set in vegetable oil. **Contains: wheat. Multigrain Bun:** water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat.**

Cheese Slice: American Cheese: Cultured pasteurized milk and skim milk, *whey protein concentrate, contains less than 2% of sodium citrate, salt, potassium citrate, lactic acid, sorbic acid (preservative), *xanthan gum, *locust bean gum, *guar gum, apo-carotenal and beta carotene (color), *vitamin A palmitate, enzymes, soy lecithin and soybean oil blend. *Not found in regular pasteurized process American cheese. **Contains milk and soy.**

Mini Burgers: Ground beef (not more than 20% fat), seasoning (salt, brown sugar, sugar, natural flavors, spice), natural flavor. **Multigrain Mini Buns:** Whole Wheat Flour (White Wheat), Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mmonitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Crushed Wheat, Yeast. Molasses, Wheat Starch, DATEM, Calcium Propionate (A Preservative), Guar Gum, Calcium Sulfate, Sodium Stearoyl Lactylate, Calcium Stearate, Ethoxylated Mlnoglycerlides, Wheat Flour, Silicon Dioxide, Soy Flour, Enzymes, Ascorbic Acid (Dough Conditioner), Soy Lecithin, Azodicarbonamide, Mlno and Diglycerides, Ammonium Sulfate, Hgh Oleic Canola Oil.Og Trans Fat. **Contains: Wheat, Soy.**

Dip for Assorted Fresh Veggies:

Homemade Ranch Dressing: Buttermilk, milk, vinegar, lemon juice **Reduced Fat Mayonnaise:** water, modified corn starch*, soybean oil, vinegar, high fructose corn syrup*, egg whites, salt, sugar, xanthan gum*, lemon and lime peel fibers*, colors added*, lactic acid*, (sodium benzoate*, calcium disodium edta) used to protect quality, phosphoric acid*, natural flavors. Gluten-free. *ingredient not in mayonnaise. **Seasoning Packet:** Hidden Valley Original Ranch dressing mix is a secret blend of hearty spices which makes a truly unique tasting salad dressing, dip and sauce.

or

Ranch Dressing: Water, soybean oil, cultured buttermilk (cultured lowfat milk and skim milk), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream (cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate), with sorbic acid, sodium benzoate and calcium disodium edta used to protect quality, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5. **Contains milk, soy**

Wednesday, April 18

Domino's Pizza:

Cheese Pizza Ingredients: **Hand-Tossed Dough**, Enriched Flour (Wheat Flour, Iron, Thiamine Mononitrate, Niacin, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean), Sugar, Salt, Yeast, Vital Wheat Gluten, Less than 1% Dough Conditioners [Sodium Stearoyl Lactylate, Whey, Enzyme (with Wheat Starch), Ascorbic Acid, L-cysteine, and Silicon Dioxide added as processing aid], **Cheese**, Part Skim Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Modified Food Starch, Cellulose (Added To Prevent Caking), Nonfat Milk, Whey Protein Concentrate, Flavors, Sodium Propionate (Added as a Preservative), **Pizza Sauce**, Tomato Puree (Water, Tomato Paste), Sugar, Salt, Spices, Garlic, Soybean Oil, and Citric Acid, Yellow Corn Meal. **Contains: Milk, Soy, Wheat.**

Pepperoni Pizza Ingredients: **Hand-Tossed Dough**, Enriched Flour (Wheat Flour, Iron, Thiamine Mononitrate, Niacin, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean), Sugar, Salt, Yeast, Vital Wheat Gluten, Less than 1% Dough Conditioners [Sodium Stearoyl Lactylate, Whey, Enzyme (with Wheat Starch), Ascorbic Acid, L-cysteine, and Silicon Dioxide added as processing aid], **Cheese**, Part Skim Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Modified Food Starch, Cellulose (Added To Prevent Caking), Nonfat Milk, Whey Protein Concentrate, Flavors, Sodium Propionate (Added as a Preservative), Pizza Sauce, Tomato Puree (Water, Tomato Paste), Sugar, Salt, Spices, Garlic, Soybean Oil, and Citric Acid, **Sliced Pepperoni**, Pork and Beef, Salt, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Flavoring, Sodium Nitrite, BHA, BHT, Citric Acid., **Yellow Corn Meal. Contains: Milk, Soy, Wheat.**

Deli Sub: Turkey-Ham: Turkey thigh meat, water, contains 2% or less lite salt (potassium chloride, sodium chloride), sugar, salt, sodium phosphate, sodium erythorbate, natural smoke flavoring, sodium nitrite. **Turkey:** Turkey breast meat, turkey broth, contains 2% or less of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring. **Cheese:** Cultured pasteurized milk and skim milk, *whey protein concentrate, contains less than 2% of sodium citrate, salt, potassium citrate, lactic acid, sorbic acid (preservative), *xanthan gum, *locust bean gum, *guar gum, apo-carotenal and beta carotene (color), *vitamin A palmitate, enzymes, soy lecithin and soybean oil blend. *Not found in regular pasteurized process American cheese. **Contains: milk, soy. Bun:** Water, White Whole Wheat Flour, Wheat Flour (malted barley flour, iron, niacin, thiamine mononitrate, riboflavin, folic acid), Vegetable shortening (Palm oil), Sugar, Dextrose, Salt, Defatted Soy Flour, Emulsifier (Mono-and diglycerides with palm oil and citric acid as preservative), Corn Starch. Contains 2% or less of each of the following: Sodium Stearoyl Lactylate, Wheat Gluten, Yeast Food (Monocalcium phosphate, salt, calcium sulfate, corn starch, ammonium sulfate, ascorbic acid, azodicarbomide), Monocalcium Phosphate, Wheat Starch, datem, Ascorbic Acid, Polysorbate 60, L-cysteine, Soybean Oil, Enzyme, Azodicarbonamide, Yeast (Starch). **Contains wheat, soy.**

Dip for Assorted Fresh Veggies: Homemade Ranch Dressing: Buttermilk, milk, vinegar, lemon juice **Reduced Fat Mayonnaise:** water, modified corn starch*, soybean oil, vinegar, high fructose corn syrup*, egg whites, salt, sugar, xanthan gum*, lemon and lime peel fibers*, colors added*, lactic acid*, (sodium benzoate*, calcium disodium edta) used to protect quality, phosphoric acid*, natural flavors. Gluten-free. *ingredient not in mayonnaise. **Seasoning Packet:** Hidden Valley Original Ranch dressing mix is a secret blend of hearty spices which makes a truly unique tasting salad dressing, dip and sauce.

or

Ranch Dressing: Water, soybean oil, cultured buttermilk (cultured lowfat milk and skim milk), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream (cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate), with sorbic acid,

sodium benzoate and calcium disodium edta used to protect quality, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5. **Contains milk, soy.**

Thursday, April 19

French Toast: Bread [enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains less than 2% of each of the following: yeast, soybean oil, salt, wheat gluten, calcium propionate (preservative), color (yellow corn flour, turmeric, annatto, sunflower oil), corn starch, contains one or more of the following; dough conditioners: monoglycerides, diglycerides, calcium sulfate, calcium peroxide, sodium stearyl lactylate, enzymes, L-cysteine, azodicarbonamide, ascorbic acid.], egg portion - whole egg, sugar, salt. **Contains eggs, wheat**

Turkey Sausage: turkey contains 2% or less salt, flavorings, sugar, dextrose, bha, propyl gallate, citric acid.

Baked Potato Cubes: Potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil), salt, disodium dihydrogen pyrophosphate (to promote color retention), dextrose.

Macaroni & Cheese: Cooked enriched pasta (water, semolina, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) reduced fat American cheese (cultured pasteurized milk and skim milk, salt, sodium phosphate, contains less than 2% of: lactic acid, artificial color, vitamin A palmitate, enzymes), water, maltodextrin, contains less than 2% of natural flavor, water, disodium phosphate, nonfat dry milk, autolyzed yeast extract, xanthan gum, potassium sorbate (preservative), butter (cream, salt), food starch-modified, xanthan gum. **Contains: milk, wheat, egg. Multigrain Dinner Roll:** water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat, milk.**

Hot Dog on a MG Bun: **Hot Dog:** 100% grass-fed beef, water, sea salt, natural spice, cane sugar, mustard, paprika, celery juice, lactic acid starter culture. **Multigrain Bun:** Bleached wheat flour (wheat flour, potassium bromate, enzymes), water, partially hydrogenated soybean/cottonseed oil, sugar, baker's yeast, shelf life extender (wheat flour, monodiglycerides, guar gum, corn syrup solids, soy oil, enzymes), salt, milk replacer (whey, nonfat dry milk, soy flour), dough conditioner (whey, corn flour, monocalcium phosphate, L-cysteine hydrochloride, potassium bromate), emulsifier [water, ethoxylated monodiglycerides, polysorbate 60, soya lecithin, sodium lecithin, sodium propionate (preservative)], calcium propionate (preservative). **Contains: milk, soy, wheat**

Potato Salad: Potatoes, dressing (soybean oil, water, corn syrup, vinegar, modified food starch, egg yolks, salt, spice, onion powder, calcium disodium EDTA [to protect flavor], natural flavors), water, sugar, onions, mustard (water, vinegar, mustard seed, salt, turmeric, spices), sweet pickle relish (cucumbers, corn syrups, sugar, distilled vinegar, salt, peppers, xanthan gum, sodium benzoate [preservative], calcium chloride, spices, natural flavors,

polysorbate 80), salt, potassium sorbate, and sodium benzoate (to preserve freshness), celery seed, white pepper. **Contains eggs.**

Friday, April 20

This pizza item may change. Please call the kitchen for an update on ingredients.

Cheese Pan Pizza (Lunch-A-Round): Crust (Enriched wheat flour [wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, soy flour, dextrose, soybean oil, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], salt, ascorbic acid). Sauce (Water, tomato paste [31% NTSS], pizza seasoning [salt, sugar, onion powder, spices, xanthan and guar gum, garlic powder, potassium sorbate, citric acid], modified food starch). Shredded Mozzarella Cheese (Pasteurized part skim milk, cheese cultures, salt, enzymes). Shredded Mozzarella Cheese Substitute (Water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin and vitamin B-12], vitamin A palmitate). **Contains: eggs, milk, wheat and soy.**

Pepperoni Pan Pizza (Lunch-A-Round): Crust: (Enriched wheat flour [wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, soy flour, dextrose, soybean oil, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], salt, ascorbic acid). Sauce (Water, tomato paste [31% NTSS], pizza seasoning [salt, sugar, onion powder, spices, xanthan and guar gum, garlic powder, potassium sorbate, citric acid], modified food starch). Shredded Mozzarella Cheese (Pasteurized part skim milk, cheese cultures, salt, enzymes). Shredded Mozzarella Cheese Substitute (Water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin and vitamin B-12], vitamin A palmitate). Fat Reduced Pepperoni (Meat mix [pork, mechanically separated pork, beef], water, textured vegetable protein product* [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate {B1}, pyridoxine hydrochloride {B6}, riboflavin {B2}, and cyanocobalamin {B12}], salt, contains less than 2% of: spice, seasoning [natural spice extractives with soybean oil, mono and diglycerides, lecithin, natural smoke flavor, ascorbic acid, BHA, BHT, and citric acid], dextrose, citric acid anhydrous, cure [salt, sodium nitrite], lactic acid starter culture). *Ingredients not in regular pepperoni. **Contains milk, wheat and soy.**

Baja Fish Sticks: Fish: 64.2% Alaska Pollock; 35.8% Batter & Breeding: Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Modified Corn Starch, Tortilla Pieces (Corn, Salt), Food Starch Modified, Less Than 25 of Each of the Following: Autolyzed Yeast Extract, Citric Acid, Coconut Oil, Corn Syrup Solids, Dextrose, Dipotassium Phosphate, Garlic Powder, Green Jalapeno Pepper, Gum Arabic, Lactic Acid, Maltodextrin, Mono and Diglycerides, Natural and Artificial Flavors, Onion Powder, Paprika Extract (Color), Salt, Sodium Caseinate, Soybean Oil, Spices, Sugar, Whey, Yeast, Yellow Corn Flour, Yellow Corn Flour (Processed with Lime). Prefried in Vegetable Oil (Soybean or Canola Oil). **Contains: fish (pollock) wheat, milk.**

Egg, Turkey Sausage, and Cheese Bagel: Grilled Egg: Whole eggs, water, dry whole milk, soybean oil, salt, xanthan gum, citric acid. **Contains: egg, milk and soy.** **Turkey Sausage Patty:** Turkey, contains 2% or less salt, flavorings, sugar, dextrose, BHA, propyl gallate, citric acid. **Cheese Slice:** Cultured pasteurized milk and skim milk, *whey protein concentrate, contains less than 2% of sodium citrate, salt, potassium citrate, lactic acid, sorbic acid (preservative), *xanthan gum, *locust bean gum, *guar gum, apo-carotenal and beta carotene (color), *vitamin A palmitate, enzymes, soy lecithin and soybean oil blend. *Not found in regular pasteurized process American cheese. **Contains: milk and soy.** **Bagel:** Enriched wheat flour (flour, enzyme, ascorbic acid [dough conditioner], niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains 2% or less of: yeast, salt, vital wheat gluten, soybean oil, mono & diglycerides, dough conditioners (calcium sulfate, L-cysteine), guar gum, yellow corn meal. **Contains wheat and soy.**

Week of April 23 - 27

Monday, April 23

Corn Dog: Batter: Water, whole grain wheat flour (enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, whole grain corn meal (enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of: leavening (sodium acid pyrophosphate, sodium bicarbonate), modified wheat, soybean oil, salt, natural and artificial flavor, soy lecithin, honey solids (with wheat starch, calcium stearate) nonfat dry milk, dried whole eggs cooked in vegetable oil. **Low fat turkey frank:** turkey white meat, water, mechanically separated turkey, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate [B1], pyridoxine hydrochloride [B6], riboflavin [B2], cyanocobalamin [B12], corn syrup, salt, contains 2% or less of: dextrose, potassium lactate, flavorings, sodium phosphate, sodium diacetate, paprika, sodium erythorbate, oleoresin of paprika, sodium nitrite, *exceeds amount in regular franks. **Contains: egg, milk, soy, and wheat.**

Potato Wedges: Potatoes, vegetable oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil), dextrose, sodium acid pyrophosphate added to preserve natural color.

or

Seasoned Potatoes, vegetable oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil), bleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, tapioca starch - modified, dextrin, garlic powder, onion powder, spice, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), spice and coloring, xanthan gum, annatto (color), sodium acid pyrophosphate added to preserve natural color. **Contains wheat.**

Mini Burgers: Ground beef (not more than 20% fat), seasoning (salt, brown sugar, sugar, natural flavors, spice), natural flavor. **Multigrain Mini Buns:** Whole Wheat Flour (White Wheat), Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Crushed Wheat, Yeast, Molasses, Wheat Starch, DATEM, Calcium Propionate (A Preservative), Guar Gum, Calcium Sulfate, Sodium Stearoyl Lactate, Calcium Stearate,

Ethoxylated Monoglycerides, Wheat Flour, Silicon Dioxide, Soy Flour, Enzymes, Ascorbic Acid (Dough Conditioner), Soy Lecithin, Azodicarbonamide, Mono and Diglycerides, Ammonium Sulfate, High Oleic Canola Oil, 0g Trans Fat. **Contains: Wheat, Soy.**

BBQ Chicken Sandwich: Smoked pulled chicken (dark chicken meat, water, tomatoes [water, tomato paste], seasoning [salt, sugar, spices, dehydrated garlic, xanthan gum, mustard, dehydrated onion, corn syrup solids, paprika, canola oil, chili pepper, lemon juice solids, natural flavors, garlic powder], chicken fat, sodium phosphates, rice flour, chicken type flavor [autolyzed yeast extract, flavors, salt, chicken fat], chili powder [chili peppers, flavoring], curry powder [spices, turmeric], barbecue sauce (high fructose corn syrup, vinegar, tomato paste, modified food starch, salt, pineapple juice concentrate, natural smoke flavor, spices, caramel color, sodium benzoate (preservative), molasses, corn syrup, garlic, sugar, tamarind, natural flavor), water, textured vegetable protein (soy protein concentrate, vital wheat gluten, salt, partially hydrogenated vegetable oil [soybean, cottonseed oils], natural flavors, ferrous sulfate, pantothenic acid, vitamin b12). **Contains: soy, wheat. Multigrain Bun:** water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat, milk.**

Tuesday, April 24

Lasagna: Filling: Ricotta cheese (whey, milk, cream, vinegar, salt), mozzarella cheese (pasteurized milk, low fat milk, cheese cultures, salt, enzymes), water, modified corn starch, dehydrated spinach, salt, spices. **Pasta:** enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, egg whites. **Contains: milk, wheat, eggs**

Wholegrain Breadstick: water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat, milk.**

Chicken Patty on a MG Bun: Boneless, skinless chicken breast filets with rib meat, water, modified food starch, sodium phosphates, salt. Pre-dusted with: Enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, salt. Battered with: Water, enriched bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, dextrose, spices, garlic powder, xanthan gum, oleoresin paprika and annatto. Breaded with: Enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, garlic powder, extractives of paprika, natural flavors (spice extractives). Breeding set in vegetable oil. **Contains: wheat. Multigrain Bun:** water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat.**

Dip for Assorted Fresh Veggies:

Homemade Ranch Dressing:

Buttermilk, milk, vinegar, lemon juice **Reduced Fat Mayonnaise:** water, modified corn starch*, soybean oil, vinegar, high fructose corn syrup*, egg whites, salt, sugar, xanthan gum*, lemon and lime peel fibers*, colors added*, lactic acid*, (sodium benzoate*, calcium disodium edta) used to protect quality, phosphoric acid*, natural flavors. Gluten-free. *ingredient not in mayonnaise. **Seasoning Packet:** Hidden Valley Original Ranch dressing mix is a secret blend of hearty spices which makes a truly unique tasting salad dressing, dip and sauce.

or

Ranch Dressing: Water, soybean oil, cultured buttermilk (cultured lowfat milk and skim milk), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream (cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate), with sorbic acid, sodium benzoate and calcium disodium edta used to protect quality, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5. **Contains milk, soy.**

Wednesday, April 25

Domino's Pizza:

Cheese Pizza Ingredients: **Hand-Tossed Dough,** Enriched Flour (Wheat Flour, Iron, Thiamine Mononitrate, Niacin, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean), Sugar, Salt, Yeast, Vital Wheat Gluten, Less than 1% Dough Conditioners [Sodium Stearoyl Lactylate, Whey, Enzyme (with Wheat Starch), Ascorbic Acid, L-cysteine, and Silicon Dioxide added as processing aid], **Cheese,** Part Skim Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Modified Food Starch, Cellulose (Added To Prevent Caking), Nonfat Milk, Whey Protein Concentrate, Flavors, Sodium Propionate (Added as a Preservative), **Pizza Sauce,** Tomato Puree (Water, Tomato Paste), Sugar, Salt, Spices, Garlic, Soybean Oil, and Citric Acid, Yellow Corn Meal. **Contains: Milk, Soy, Wheat.**

Pepperoni Pizza Ingredients: **Hand-Tossed Dough,** Enriched Flour (Wheat Flour, Iron, Thiamine Mononitrate, Niacin, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean), Sugar, Salt, Yeast, Vital Wheat Gluten, Less than 1% Dough Conditioners [Sodium Stearoyl Lactylate, Whey, Enzyme (with Wheat Starch), Ascorbic Acid, L-cysteine, and Silicon Dioxide added as processing aid], **Cheese,** Part Skim Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Modified Food Starch, Cellulose (Added To Prevent Caking), Nonfat Milk, Whey Protein Concentrate, Flavors, Sodium Propionate (Added as a Preservative), **Pizza Sauce,** Tomato Puree (Water, Tomato Paste), Sugar, Salt, Spices, Garlic, Soybean Oil, and Citric Acid, **Sliced Pepperoni,** Pork and Beef, Salt, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Flavoring, Sodium Nitrite, BHA, BHT, Citric Acid., **Yellow Corn Meal.** **Contains: Milk, Soy, Wheat.**

Deli Sub: Turkey-Ham: Turkey thigh meat, water, contains 2% or less lite salt (potassium chloride, sodium chloride), sugar, salt, sodium phosphate, sodium erythorbate, natural smoke flavoring, sodium nitrite. **Turkey:** Turkey breast meat, turkey broth, contains 2% or less of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring. **Cheese:** Cultured pasteurized milk and skim milk, *whey protein concentrate, contains less than 2% of sodium citrate, salt, potassium citrate, lactic acid, sorbic acid (preservative), *xanthan gum, *locust bean gum, *guar gum, apo-carotenal and beta carotene (color), *vitamin A palmitate, enzymes, soy lecithin and soybean oil blend.

*Not found in regular pasteurized process American cheese. **Sub Bun:** Water, White Whole Wheat Flour, Wheat Flour (malted barley flour, iron, niacin, thiamine mononitrate, riboflavin, folic acid), Vegetable shortening (Palm oil), Sugar, Dextrose, Salt, Defatted Soy Flour, Emulsifier (Mono-and diglycerides with palm oil and citric acid as preservative), Corn Starch. Contains 2% or less of each of the following: Sodium Stearoyl Lactylate, Wheat Gluten, Yeast Food (Monocalcium phosphate, salt, calcium sulfate, corn starch, ammonium sulfate, ascorbic acid, azodicarbomide), Monocalcium Phosphate, Wheat Starch, DATEM, Ascorbic Acid, Polysorbate 60, L-cysteine, Soybean Oil, Enzyme, Azodicarbonamide, Yeast (Starch). **Contains wheat, soy.**

Caesar Salad: Romaine lettuce, **parmesan cheese:** Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose to prevent caking, Natamycin to protect flavor. **Croutons:** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola oil, whole wheat flour, whey, salt, yeast, 2% or less of high fructose corn syrup, rye meal, caramel color, calcium propionate (preservative), calcium peroxide, calcium sulfate, ascorbic acid, azodicarbonamide, sodium stearoyl lactylate, parsley*, honey, garlic powder, wheat gluten, natural and artificial flavor, parmesan cheese and enzyme modified cheese (pasteurized milk, cheese cultures, salt, enzymes), cultured nonfat milk, colors (annatto, paprika, extractives of turmeric), tbhq (to preserve freshness). *dehydrated. **Contains: wheat and milk. Packaged in a facility that also packages tree nuts.**

Thursday, April 26

Beef Nachos: Beef: Ground beef (not more than 20% fat), contains 2% or less of: seasoning (salt, flavors, potassium chloride, beef stock, silicon dioxide), potassium chloride, salt, spice, natural flavor. Taco Seasoning **Taco seasoning:** Salt, monosodium glutamate, onion, black pepper, garlic, spice and bromelain.

Salsa: Tomato concentrate (water, tomato paste), diced tomatoes, jalapeno peppers, green chiles, yellow chiles, vinegar, salt, dried onion, dried garlic, cilantro, natural flavor.

Black Beans: Prepared black beans, water, sugar, salt, calcium chloride (firming agent), ferrous gluconate.

Brown Rice: long grain parboiled brown rice.

Hot Pockets: unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, pepperoni (pork, beef, salt, water, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, citric acid), imitation mozzarella cheese (water, partially hydrogenated soybean oil, casein, modified food starch, contains 2% or less of salt, sodium aluminum phosphate, sodium citrate, lactic acid, sodium phosphates, sorbic acid [to preserve freshness], artificial color), tomato paste, part skim mozzarella cheese with modified food starch (part skim mozzarella cheese [pasteurized milk, cultures, salt, enzymes], modified food starch), partially hydrogenated soybean and cottonseed oil (with lecithin, artificial flavor, beta carotene), contains less than 2% of: dried whey, soybean oil, yeast, sugar, modified food starch, seasoning (spices, salt, garlic powder, maltodextrin, xanthan gum, partially hydrogenated soybean and cottonseed oil), salt, dough conditioners (calcium

sulfate, mono- and diglycerides, whey, salt, garlic powder, L-cysteine hydrochloride, tricalcium phosphate, enzymes, ethoxylated mono- and diglycerides), dried egg yolks, dried egg whites. **Contains wheat, milk, egg, and soy.**

Dip for Assorted Fresh Veggies:

Homemade Ranch Dressing: Buttermilk, milk, vinegar, lemon juice **Reduced Fat Mayonnaise:** water, modified corn starch*, soybean oil, vinegar, high fructose corn syrup*, egg whites, salt, sugar, xanthan gum*, lemon and lime peel fibers*, colors added*, lactic acid*, (sodium benzoate*, calcium disodium edta) used to protect quality, phosphoric acid*, natural flavors. **Gluten-free.** *ingredient not in mayonnaise. **Seasoning Packet:** Hidden Valley Original Ranch dressing mix is a secret blend of hearty spices which makes a truly unique tasting salad dressing, dip and sauce.

or

Ranch Dressing: Water, soybean oil, cultured buttermilk (cultured lowfat milk and skim milk), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream (cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate), with sorbic acid, sodium benzoate and calcium disodium edta used to protect quality, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5. **Contains milk, soy.**

Friday, April 27

Chicken Tenders: Chicken breast tenderloins, water, modified food starch, sodium phosphates, salt. Predusted with: enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, salt. Battered with: water, enriched bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, dextrose, spices, garlic powder, xanthan gum, oleoresin paprika and annatto. Breaded with: enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, garlic powder, extractives of paprika, natural flavors (spice extractives). Breeding set in vegetable oil. **Contains: wheat**

Whipped Potatoes: Potato (dry), canola oil (preserved with citric acid and bht), salt, natural and artificial color, mono and diglycerides, natural and artificial flavor. Freshness preserved with sodium bisulfite and bht. **Contains milk and sulfite**

Gravy: Enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), food starch modified, maltodextrin, hydrolyzed soy protein, chicken fat, salt, whey, onion powder, silicon dioxide (to prevent caking), torula yeast, natural flavor, disodium inosinate, disodium guanylate, xanthan gum, spices, dehydrated celery, yellow 5 & yellow 6. **Contains: milk, soybeans, wheat**

Fish on a MG Bun: **Fish:** 71.3% Pollock 15% Batter: Water, Enriched Wheat Flour (Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Modified Corn Starch, Iodized Salt, Dehydrated Parmesan Cheese (Milk, Cheese Cultures, Salt, Enzymes), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Onion Powder, Garlic Powder, Spices, Disodium Phosphate, Spice Extractives. 13.7% Breeding: Enriched Wheat Flour (Flour, Niacin, Thiamine Mononitrate, Ferrous Sulfate, Riboflavin, Folic Acid); Contains 2% or Less of Each of the Following: Sugar, Yeast, Iodized Salt,

Whey, Oleoresin Paprika, Partially Hydrogenated Soybean Oil. Prefried in Vegetable Oil (Canola or Soybean Oil). **Contains: fish (pollock), wheat, milk. May contain soy.****Multigrain Bun:** water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat.**

Dip for Assorted Fresh Veggies:

Homemade Ranch Dressing: Buttermilk, milk, vinegar, lemon juice **Reduced Fat Mayonnaise:** water, modified corn starch*, soybean oil, vinegar, high fructose corn syrup*, egg whites, salt, sugar, xanthan gum*, lemon and lime peel fibers*, colors added*, lactic acid*, (sodium benzoate*, calcium disodium edta) used to protect quality, phosphoric acid*, natural flavors. **Gluten-free.** *ingredient not in mayonnaise. **Seasoning Packet:** Hidden Valley Original Ranch dressing mix is a secret blend of hearty spices which makes a truly unique tasting salad dressing, dip and sauce.

or

Ranch Dressing: Water, soybean oil, cultured buttermilk (cultured lowfat milk and skim milk), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream (cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate), with sorbic acid, sodium benzoate and calcium disodium edta used to protect quality, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5. **Contains milk, soy.**

Frozen Treat:

Cherry Shape Up Juice Bar: Apple juice from concentrate, high fructose corn syrup, less than 2% of: natural and artificial flavors, citric acid, cellulose, guar and xanthan gums, ascorbic acid (Vitamin C), FD&C Red #40, FD&C Blue #1, calcium hydroxide.

Orange Shape Up Juice Bar: Apple juice from concentrate, high fructose corn syrup, less than 2% of: natural flavors, citric acid, cellulose, guar and xanthan gums, ascorbic acid (Vitamin C), beta carotene (for color), calcium hydroxide.

Strawberry Shape Up Juice Bar: Apple juice from concentrate, high fructose corn syrup, less than 2% of: artificial flavors, citric acid, cellulose, guar and xanthan gums, ascorbic acid, red #40.

Week of April 30 – May 1

Monday, April 30

Spicy Buffalo Chicken Wrap: **Chicken:** Chicken, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and riboflavin), dried whole eggs, chicken seasoning (salt, yeast extract, maltodextrin, sugar, corn syrup solids, wheat flour, citric acid, sodium diacetate, dextrose, lactose, corn starch, disodium inosinate and disodium guanylate, dried chicken, natural flavor, spice extractives, dried chicken broth, lactic acid, artificial flavor), sodium phosphates. Breaded with: Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, dried yeast, salt, and paprika extract (color). Battered with: Water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, salt, spices, vital

wheat gluten, modified corn starch, onion powder, garlic powder, spice extract, and leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate). Predusted with: Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, onion powder, garlic powder, natural butter flavor (whey, modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, annatto and turmeric {color}), soybean oil, dried whey, dextrose, and spice extract. Breeding set in vegetable oil. **Contains egg, milk, soy, wheat. Tortilla:** Whole Wheat Flour, Water, Vegetable Shortening (Soybean Oil, Fully Hydrogenated Soybean Oil), Contains 2% or less of the Following: Sugar, Salt, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vital Wheat Gluten, Monoglycerides, Potassium Sorbate, Calcium Propionate and/or Sodium Propionate, (Preservative) Fumaric Acid, Dough Conditioner (Sodium Metabisulfite, Corn Starch, Microcrystalline Cellulose, Dicalcium Phosphate). **Contains: wheat**

Chicken Noodle Soup: Enriched egg noodles (durum wheat semolina, whole egg powder, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified corn starch, dehydrated vegetables (onions, carrots, celery), corn syrup solids, chicken fat, dehydrated chicken meat, natural flavors, sea salt, autolyzed yeast extract, salt, maltodextrin, cellulose gum, dehydrated chicken broth, disodium guanylate, disodium inosinate, beef gelatin, spices, turmeric, soybean lecithin, wheat flour, whey (milk). **Contains egg, wheat, and milk.**

Grilled Cheese Sandwich: Reduced Fat American Cheese: cultured milk and skim milk, salt, *whey protein concentrate, sodium citrate, contains less than 2% of lactic acid, sorbic acid (preservative), *xanthan gum, *locust bean gum, *guar gum, artificial color, *vitamin A palmitate, *ingredients not found in regular pasteurized process cheese. **Multigrain Bread:** water, whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), high fructose corn syrup, wheat gluten, yeast, contains 2% or less of each of the following: salt, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides and/or diglycerides calcium iodate, datem, ethoxylated mono-and diglycerides, azodicarbonamide, enzymes), soybean oil, calcium sulfate, ammonium sulfate, leavening (monocalcium phosphate), wheat starch, soy lecithin, calcium propionate (to retard spoilage). **Butter:** Pasteurized cream, salt. **Contains: milk, wheat and soy.**

Tomato Soup: Tomato puree (water, tomato paste), water, high fructose corn syrup, wheat flour, salt, vegetable oil (corn, cottonseed, canola and/or soybean), flavoring, ascorbic acid (added to help retain color) and citric acid. **Contains wheat.**

RibBQue Sandwich: Ground beef (not more than 26% fat), honey barbecue sauce (high fructose corn syrup, distilled vinegar, tomato paste, corn syrup, honey, molasses, water, salt, natural flavor, modified corn starch, natural hickory smoke flavor, spices, onion powder, garlic powder, sodium benzoate (preservative), caramel color, sugar), water, textured vegetable protein product: (soy protein concentrate, caramel color, zinc oxide, niacinide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), and cyanocobalamin (B12), seasoning: (tomato powder, dextrose, brown sugar, artificial vinegar, powdered worchestershire sauce (corn syrup solids, salt, garlic powder sugar, spices, soy sauce solids (wheat, soybeans, salt, maltodextrin, caramel color), tamarinds, natural flavor), spices extractive, onion powder, natural smoke flavor, garlic powder, honey, salt, and sodium phosphates. **Contains milk, soy and wheat. Multigrain Bun:**

water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat.**

Potato Salad: Potatoes, dressing (soybean oil, water, corn syrup, vinegar, modified food starch, egg yolks, salt, spice, onion powder, calcium disodium EDTA [to protect flavor], natural flavors), water, sugar, onions, mustard (water, vinegar, mustard seed, salt, turmeric, spices), sweet pickle relish (cucumbers, corn syrups, sugar, distilled vinegar, salt, peppers, xanthan gum, sodium benzoate [preservative], calcium chloride, spices, natural flavors, polysorbate 80), salt, potassium sorbate, and sodium benzoate (to preserve freshness), celery seed, white pepper. **Contains eggs.**

Tuesday, May 1

Belgium Waffle: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folate), Water, Eggs, Sugar, Canola or Soybean Oil , Egg Whites, Leavening, (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Emulsifier (Soy Lecithin , Propylene Glycol Monoester, Monoglyceride, Sodium Stearoyl Lactylate), Salt, Natural and Artificial Flavors (contains Butter). **Contains: milk, egg, wheat, and soy**

Turkey Sausage: turkey, contains 2% or less salt, flavorings, sugar, dextrose, bha, propyl gallate, citric acid.

Baked Potato Cubes: Potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil), salt, disodium dihydrogen pyrophosphate (to promote color retention), dextrose.

Pizza Calzone: Crust: Wheat flour enriched (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Malted barley flour, Water, Sugar, Soybean oil (citric acid), Shortening (partially hydrogenated soybean & cottonseed oils), Salt (yellow prussiate of soda), Yeast (sorbitan monostearate, ascorbic acid). **Filling:** Mozzarella Cheese (pasteurized part skim milk, cultures, salt, enzymes). Pepperoni (pork, beef, salt, spices, dextrose, lactic acid starter culture, and oleoresin of paprika, flavoring, garlic powder, sodium nitrite, BHA, BHT, and citric acid), crushed tomato (tomato, salt, citric acid), water, seasoning (salt, monosodium glutamate, spices, garlic, and not more than 2% silicon dioxide and soybean oil to prevent caking). **Contains: wheat, soy and milk. Peanut free facility.**

Marinara Sauce: Bulk: Tomatoes, tomato concentrate, corn syrup, salt, onions, modified corn starch, olive oil, pepper, oregano, sweet basil, spices.

or

Individual Packet: Tomato puree (water, tomato paste), high fructose corn syrup, salt, dried onion, spices, citric acid, potassium sorbate (preservative), sodium benzoate (preservative), natural flavor.

Grilled Chicken Sandwich: Boneless, skinless chicken breast filets with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt. **Contains: soy. Multigrain Bun:** water, organic stone ground

whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat.**

Wednesday, May 2

Domino's Pizza: Dough: Enriched wheat flour (niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, vegetable oil (soybean), sugar, salt, yeast, vital wheat gluten, less than 1% of dough conditioners: ascorbic acid, L-cysteine, sodium stearoyl lactylate; whey enzyme, cornmeal. **Pizza Sauce:** tomatoes, salt, sugar, water, garlic powder, black pepper, oregano, basil, citric acid, (less than 1% - may be added to control pH). **Part Skim Pizza Cheese:** Part skim mozzarella cheese (pasteurized milk, cultures, salt, enzyme) modified food starch cellulose (added to prevent caking) non-fat dry milk, whey, protein concentrate, sodium citrate, flavors, sodium phosphate. **Contains: wheat, gluten, soy.**

Pepperoni Pizza also contains: reduced fat pepperoni: pork, beef, water, textured vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin), salt, less than 2% of spices, dextrose, lactic acid starter, culture, oleoresin of paprika, flavoring, sodium nitrite, BHA, BHT, Citric acid. **Contains: wheat, soy.**

Deli Sub: Bread: Water, White Whole Wheat Flour, Wheat Flour (malted barley flour, iron, niacin, thiamine mononitrate, riboflavin, folic acid), Vegetable shortening (Palm oil), Sugar, Dextrose, Salt, Defatted Soy Flour, Emulsifier (Mono-and diglycerides with palm oil and citric acid as preservative), Corn Starch. Contains 2% or less of each of the following: Sodium Stearoyl Lactylate, Wheat Gluten, Yeast Food (Monocalcium phosphate, salt, calcium sulfate, corn starch, ammonium sulfate, ascorbic acid, azodicarbomide), Monocalcium Phosphate, Wheat Starch, DATEM, Ascorbic Acid, Polysorbate 60, L-cysteine, Soybean Oil, Enzyme, Azodicarbonamide, Yeast (Starch). **Contains wheat, soy.** **Possible combinations included the following items. Check with your school kitchen for exact items used.** **Turkey-Ham:** Turkey thigh meat, water, contains 2% or less lite salt (potassium chloride, sodium chloride), sugar, salt, sodium phosphate, sodium erythorbate, natural smoke flavoring, sodium nitrite. **Turkey:** Turkey breast meat, turkey broth, contains 2% or less of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring. **Cheese:** Cultured pasteurized milk and skim milk, *whey protein concentrate, contains less than 2% of sodium citrate, salt, potassium citrate, lactic acid, sorbic acid (preservative), *xanthan gum, *locust bean gum, *guar gum, apo-carotenal and beta carotene (color), *vitamin A palmitate, enzymes, soy lecithin and soybean oil blend. *Not found in regular pasteurized process American cheese.

Dip for Assorted Fresh Veggies:

Homemade Ranch Dressing: Buttermilk, milk, vinegar, lemon juice **Reduced Fat Mayonnaise:** water, modified corn starch*, soybean oil, vinegar, high fructose corn syrup*, egg whites, salt, sugar, xanthan gum*, lemon and lime peel fibers*, colors added*, lactic acid*, (sodium benzoate*, calcium disodium edta) used to protect quality, phosphoric acid*, natural flavors. Gluten-free. *ingredient not in mayonnaise. **Seasoning Packet:** Hidden Valley Original Ranch dressing mix is a secret blend of hearty spices which makes a truly unique tasting salad dressing, dip and sauce.

or

Ranch Dressing: Water, soybean oil, cultured buttermilk (cultured lowfat milk and skim milk), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream (cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate), with sorbic acid, sodium benzoate and calcium disodium edta used to protect quality, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5. **Contains milk, soy.**

Thursday, May 3

Chicken Quesadilla: Crust: (Enriched wheat flour [bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, soybean oil, partially hydrogenated soybean oil with artificial flavoring, artificial coloring, citric acid, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, dextrose, dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten, calcium propionate, soy flour). **Shredded cheddar flavored mozzarella cheese substitute:** (water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, cheese blend [cheddar, blue, and semisoft cheese {pasteurized milk, cheese cultures, salt, enzymes}, water, whey, salt citric acid], lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin, and vitamin B12], paprika annatto blend [natural extractives of annatto seeds and paprika with soybean oil, mono, di, & triglycerides, other flavors, tocopherol, and potassium hydroxide], vitamin A palmitate). **Sauce:** (water, tomato paste [31% NTSS], salsa seasoning [salt, sugar, dehydrated onion and garlic, dehydrated jalapeno pepper, citric acid, xanthan gum, spice, dehydrated cilantro, potassium sorbate], vinegar). **Chicken:** chicken, water, fajita seasoning [salt, worchestershire sauce powder {corn syrup solids, salt, caramel color, garlic, sugar, spices, soy sauce solids (wheat, soybeans, maltodextrin), partially hydrogenated cottonseed and/or soybean oil, tamarind, natural flavor} garlic powder, lemon juice powder {maltodextrin & natural flavor}, spices, onion powder, chicken flavor {contains chicken skins, salt, disodium inosinate & disodium guanylate), maltodextrin, gum arabic, natural flavor], modified food starch, fructose, natural flavor including smoke, grill flavor {from vegetable oil}, disodium inosinate and disodium guanylate, BHA, BHT, citric acid, silicon dioxide], salt, sodium tripolyphosphate, carrageenan). **Shredded mozzarella cheese:** (pasteurized part skim milk, cheese cultures, salt, enzymes). Shredded mozzarella cheese substitute: (water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin, and vitamin B12], vitamin A palmitate). Releasing agent: (water, mono & diglycerides, polysorbate 60 and soy lecithin, acetic acid, citric acid, potassium sorbate, propyl gallate, sodium benzoate and polydimethylsiloxane). Cellulose gum. (14% chicken). **Contains: milk, wheat, soy.**

Cheese Quesadilla: Crust: (enriched wheat flour [bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, partially hydrogenated soybean oil with artificial flavoring, artificial coloring, citric acid, baking

powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, dextrose, dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten, calcium propionate, soy flour). **Sauce:** (water, tomato paste [31% NTSS], salsa seasoning [salt, sugar, dehydrated onion and garlic, dehydrated jalapeno pepper, citric acid, xanthan gum, spice, dehydrated cilantro, potassium sorbate], vinegar). **Shredded mozzarella cheese:** (pasteurized part skim milk, cheese cultures, salt enzymes). Shredded cheddar flavored mozzarella cheese substitute: (water, oil {soybean oil, partially hydrogenated soybean oil with citric acid}, casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, cheddar cheese flavor [cheddar, blue, and semisoft cheese {pasteurized milk, cultures, salt, enzymes}], water, whey, salt, citric acid], lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid, paprika annatto blend [natural extractives of annatto seeds and paprika with mono, di, & triglycerides, soybean and/or canola oil, other natural flavors, tocopherol, and potassium hydroxide], nutrient blend [magnesium oxide, calcium pantothenate, riboflavin, vitamin B12], vitamin a palmitate). Shredded mozzarella cheese substitute: (water, oil, [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin and vitamin B12], vitamin A palmitate). Releasing agent: (water, mono & diglycerides, polysorbate 60 and soy lecithin, acetic acid, citric acid, potassium sorbate, propyl gallate, sodium benzoate and polydimethylsiloxane). Cellulose gum. **Contains milk, wheat, soy.**

Salsa: Tomato concentrate (water, tomato paste), diced tomatoes, jalapeno peppers, green chiles, yellow chiles, vinegar, salt, dried onion, dried garlic, cilantro, natural flavor.

Black Beans: Prepared black beans, water, sugar, salt, calcium chloride (firming agent), ferrous gluconate.

Mandarin Chicken Rice Bowl: **Chicken:** Boneless, skinless chicken leg meat, water, cornstarch, unbleached enriched flour (unbleached wheat flour, barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), soybean oil, liquid whole eggs, salt, white pepper powder, ground ginger, garlic, green onions. **Sauce:** water, vinegar, soy sauce (soybeans, wheat flour, water, salt, straw mushroom extractives), sugar, modified starch, chili powder, mandarin orange juice and peel, garlic, ginger, onion. **Contains: soy.**

Rice: long grain parboiled brown rice.

or

Kansas Medley Rice: Enriched long grain parboiled rice (rice, ferric phosphate, niacin, thiamine mononitrate, folic acid), wheat berries, wild rice. (May be made with chicken broth.) **Processed in a facility that also handles milk, egg and soy ingredients.**

Zesty Orange Sauce: Corn syrup, water, high fructose corn syrup, soy sauce (water, wheat, soybeans, salt, sodium benzoate (preservative)), sugar, vinegar, modified corn starch, and less than 1% of orange juice concentrate, garlic, roasted sesame seed oil, spice (including ginger), annatto color, xanthan gum, salt.

or

Teriyaki Sauce: Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel Color, Potassium Sorbate), Sugar, Sherry Wine, Corn Syrup Solids, Pineapple Juice Concentrate, Distilled Vinegar, Less Than 2% Of: Modified Corn Starch, Burgundy Wine,

Pineapple Juice Powder, Salt, Garlic Powder, Caramel Color, Potassium Sorbate (Preservative), Water, Natural Flavor.

or

Sweet and Sour Sauce: Water, sugar, distilled vinegar, modified corn starch, salt, pineapple juice powder, dehydrated red and green bell peppers, colored with oleoresin paprika.

All Beef Hamburger on a MG Bun: Ground beef (not more than 20% fat), seasoning (salt, brown sugar, sugar, natural flavors, spice), natural flavor. **Multigrain Bun:** water, organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat.**

Friday, May 4

Cheese Filled Bread Stick: **Crust:** Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme), water, whole wheat flour, sugar, corn oil, partially hydrogenated oil (soybean oil, cottonseed oil, vegetable glycerides), salt, yeast, enzyme. **Cheese:** reduced fat, reduced sodium mozzarella cheese (part skim milk, non-fat milk, modified food starch*, cheese culture, salt, potassium chloride*, natural flavors*, annatto, vitamin A palmitate, enzyme), part skim mozzarella cheese (part skim milk, cheese culture, salt, enzyme). *Ingredients not found in regular mozzarella. **Contains milk, wheat**

Marinara Sauce: **Bulk:** Tomatoes, tomato concentrate, corn syrup, salt, onions, modified corn starch, olive oil, pepper, oregano, sweet basil, spices.

or

Individual Packet: Tomato puree (water, tomato paste), high fructose corn syrup, salt, dried onion, spices, citric acid, potassium sorbate (preservative), sodium benzoate (preservative), natural flavor.

Gyro: **Meat:** Beef, lamb, bread crumbs (wheat flour, water, salt, yeast, may contain soybean and/or cottonseed oil ammonium chloride, calcium propionate), water, onions, salt, spices, garlic and onion powder, monosodium glutamate, soy protein concentrate. **Contains wheat and soy.** **Pita:** Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, sugar, soybean oil, yeast, salt, vegetable gums, monocalcium phosphate, calcium propionate, sodium stearoyl lactylate, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), enzymes, (proteases and amylases). **Contains wheat.**

Tabouli Salad: Bulgar, cucumber, tomatoes, vinegar, oil, sugar, salt.

Shredded BBQ Turkey: Turkey thigh meat, turkey brother, barbeque seasoning, (fructose, molasses powder, molasses, wheat starch, soy, flour, lecithin), tomato powder, salt, sodium dizcette, garlic powder, onion powder, spices, maltodextrin, dried, worcestershire sauce, (molasses, vinegar, corn syrup, salt, caramel color, garlic, sugar, spices, tamarind, natural flavor), citric acid, partially hydrogenated soybean oil, xanthan gum, natural smoke flavor, spice extract), contains 2% or less, modified food starch, salt, sugar, sodium phosphate, natural smoke flavoring, flavoring. **Allergens: wheat and soy.** **Multigrain Bun:** water,

organic stone ground whole wheat flour, organic all-purpose wheat (white) flour, organic 1% milk, brown sugar, organic honey, cereal (organic wheat, rye, barley, flax, oats, corn and millet), organic rolled oats, salt, yeast. **Product is processed on equipment shared with nut products. Contains wheat.**

Baked Beans: Prepared white beans, water, brown sugar, sugar, salt, mustard (water, vinegar, mustard seed, salt, turmeric, spices), bacon, onion powder, caramel color, spices, garlic powder, and natural flavor.

Cole Slaw: Cabbage, **Dressing:** High fructose corn syrup, soybean oil, water, cider vinegar, distilled vinegar, egg yolks, salt, contains less than 2% of spice, xanthan gum, sodium benzoate (a preservative), calcium disodium EDTA added to protect flavor. **Contains: egg and soy.**

Baked Chips: is an option that varies weekly with each kitchen. Options are listed below:

Garden Salsa: Whole Corn, Sunflower Oil, Whole Wheat, Whole Oat Flour, Rice Flour, Sugar, Corn Bran, Tomato Powder, Salt, Natural Flavors, Maltodextrin (Made From Corn), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Corn Sugar, Buttermilk, Onion Powder, Whey, Yeast Extract, Romano Cheese (Part Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Corn Oil, Spices(Including Jalapeno Pepper), Citric Acid, Paprika Extracts, and Lactic Acid.. **Contains wheat and milk ingredients**

Harvest Cheddar Chip: Whole corn, sunflower oil, whole wheat, whole oat flour, rice flour, sugar, corn bran, corn maltodextrin, salt, cheddar cheese (milk, cheese cultures, salt, enzymes), natural flavors, whey, whey protein concentrate, onion powder, romano cheese (cow's milk, cheese cultures, salt, enzymes), buttermilk, yeast extract, citric acid, paprika extracts, lactic acid, garlic powder, parmesan cheese (milk, cheese cultures, salt, enzymes), and skim milk. **Contains wheat and milk ingredients.**

Plain Multigrain Chip: Whole Corn, Sunflower Oil, Whole Wheat, Whole Oat Flour, Rice Flour, Sugar, Corn Bran, Salt, Natural Flavor, and Corn Maltodextrin. **Contains a wheat ingredient.**

French Onion Chip: Whole corn, sunflower oil, whole wheat, whole oat flour, rice flour, french onion seasoning, (less than 2% of the following: salt, whey protein concentrate, buttermilk, onion powder, sour cream [cultured cream, nonfat milk], whey, sugar, natural flavors [including natural french onion and beef flavors]. Hydrolyzed soy protein, nonfat dry milk, cultured whey modified corn starch, corn starch, yeast extract, autolyzed yeast extract, mozzarella cheese [pasteurized part skim milk, cheese cultures, salt, enzymes], spices, artificial color [including blue 1, red 40], citric acid, garlic powder, gum arabic, glycerol, disodium phosphate), sugar, corn bran, natural flavor and corn maltodextrin. **Contains wheat, milk, and soy.**

Ice Cream Treat: is an option that varies weekly with each kitchen. Options are listed below:

Ice Cream Sandwich: Milkfat and nonfat milk, sweet cream buttermilk, sugar, corn syrup, high fructose corn syrup, whey, mono and diglycerides, natural and artificial flavors, guar gum, calcium sulfate, polysorbate 80, locust bean gum, sodium bicarbonate, carrageenan, annatto(color). Wafer: Bleached wheat flour, sugar, caramel color, dextrose, partially hydrogenated soybean oil, corn flour, contains 2% or less: cocoa, high fructose corn syrup, corn syrup, corn starch-modified, baking soda, salt, mono and diglycerides, soy lecithin. **Contains: milk.**

Strawberry Ice Cream Cup: Sugar, corn syrup, cream, high fructose corn syrup, modified

food starch, carrageenan, citric acid, nonfat milk, buttermilk, whey, natural and artificial flavors, water, gum tragacanth, guar gum, mono & diglycerides, cellulose gum, xanthan gum, polysorbate 80, red #40, blue #1, salt. **Contains: milk.**

Chocolate Ice Cream Cup: Cream, sugar, corn syrup, cocoa processed with alkali, whey, buttermilk, nonfat milk, guar gum, xanthan gum, mono & diglycerides, polysorbate 80, carrageenan, natural and artificial vanilla flavor, salt. **Contains: milk**