

Ingredient List for Minnetonka Elementary 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.

For items not found on this list, please contact your school's kitchen manager directly at:

Clear Springs: 952-401-6931

Groveland: 952-401-5580

Excelsior: 952-401-5628

Minnewashta: 952-401-5548

Scenic Heights: 952-401-5413

Week of March 26 – March 30

Monday, March 26

Pizza Choice is an option that varies weekly with each kitchen. All options are listed below:

Pizza Wedge, Cheese: **Crust:** (Flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, soy flour], water, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], soybean oil, dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten, calcium propionate). **Sauce:** (Water, tomato paste [26% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, xanthan and guar gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil {prevent caking}], 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 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 B-12], vitamin A palmitate). Releasing Agent: (Water, mono and diglycerides, polysorbate 60 and soy lecithin, acetic acid, citric acid, potassium sorbate, propyl gallate, sodium benzoate and polydimethylsiloxane). Cellulose gum. **Contains: wheat, milk, and soy.**

Pizza Wedge, Pepperoni: **Crust:** (flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, soy flour], water, pizza seasoning [sugar, salt, onion and garlic powder, spices, xanthan gum, potassium sorbate, citric acid, tricalcium phosphate, and less than 2% soybean oil, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], yeast [yeast, starch, sorbitan monostearate, ascorbic acid], dough conditioner [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, enzyme], wheat gluten, calcium

propionate). **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, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin, and vitamin B-12] vitamin A palmitate). **Sauce:** (water, tomato paste (31% NTSS), pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean to prevent caking], modified food starch). **Reduced Fat 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 the following: spice, seasoning [natural spice extractive with soybean oil, mono-and diglycerides, lecithin, natural smoke flavor, ascorbic acid, BHA, BHT and citric acid], dextrose, citric acid anhydrous, cure [salt, sodium nitrate, propylene glycol {anticaking}, FD&C red #3], lactic acid starter culture. *Ingredient not found in regular pepperoni). **Contains milk, wheat, and soy**

Pizza Choice Lunch-a-Round, Cheese: 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**

Pizza Choice Lunch-a-Round, Pepperoni: 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.**

Chicken 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.** 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. 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.**

Multigrain 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.**

Tuesday, March 27

Turkey and Gravy: Turkey meat, water, margarine (palm oil, soybean oil, water, salt, whey (dairy derivative), mono and diglycerides, soybean lecithin, sodium benzoate (added as a preservative), beta carotene (added as a colorant), artificial flavor, vitamin a palmitate added), modified food starch, contains 2% or less of chicken base (chicken meat including chicken juices, salt, hydrolyzed soy and corn protein, sugar, natural flavorings, potato flour, autolyzed yeast extract, carrot powder, turmeric), salt, sodium phosphate, celery salt, onion salt, flavoring. **Contains: milk, soy, gluten free**

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**

Chef Salad: Optional ingredients for Chef Salad include: Romaine Lettuce, carrots, tomatoes, cucumber, broccoli, egg, **reduced fat cheddar cheese:** cultured pasteurized milk, salt, enzymes, annatto (color), powdered cellulose (anticaking agent) **contains milk**, **reduced fat mozzarella cheese:** Cultured pasteurized part-skim milk, salt, enzymes, powdered cellulose added to prevent caking. **Contains milk**, **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) **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. **crouton packet (individually packaged):** enriched unbleached flour (wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated soybean oil, yeast, high fructose corn syrup, whey, 2% or less of the following: salt, calcium propionate (mold inhibitor), dough conditioners (may contain one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, calcium peroxide, calcium sulfate, ammonium sulfate, calcium iodate, ascorbic acid), sugar, spices, parsley, onion, wheat gluten, paprika, turmeric (color), silicon dioxide (anti-caking agent) , extractives of paprika, spice extractives, tbhq (to preserve freshness) **contains wheat, soy and milk.**

Multigrain 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.**

Salad Dressing Options:

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 low-fat 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.**

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, eggs.**

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.**

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.**

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.**

Fresh Baked Cookie (Varies by Kitchen):

Chocolate Chip: Enriched wheat flour, sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin as an emulsifier, and artificial flavoring), whole eggs, butter (partially hydrogenated soybean oil, sweet cream buttermilk, salt, mono & diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamin A palmitate, colored with carotene), shortening (partially hydrogenated soybean and cottonseed oils), margarine (partially hydrogenated soybean and cottonseed oils, water, salt, buttermilk, lecithin, mono & diglycerides, sorbic acid & sodium benzoate added as preservatives, artificially flavored, artificial colored with beta carotene, vitamin A palmitate added), salt, vanilla (water, ethyl alcohol, caramel color), buttermilk powder, soda bicarbonate, caramel color. **Contains wheat, eggs, milk**

M&M Cookie: Enriched wheat flour, sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin as an emulsifier, and artificial flavoring), whole eggs, butter (partially hydrogenated soybean oil, sweet cream buttermilk, salt, mono & diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamin A palmitate, colored with carotene), shortening (partially hydrogenated soybean and cottonseed oils), margarine (partially hydrogenated soybean and cottonseed oils, water, salt, buttermilk, lecithin, mono & diglycerides, sorbic acid & sodium benzoate added as preservatives, artificially flavored, artificial colored with beta carotene, vitamin A palmitate added), salt, vanilla (water, ethyl alcohol, caramel color), buttermilk powder, soda bicarbonate, caramel color. **Contains wheat, eggs, milk**

Wednesday, March 28

Baked Chicken Strips: 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. 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 Ham and Cheese on a MG Bun: **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. **Contains milk, 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.**

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. **Milk, soybeans, wheat**

Thursday, March 29 – April 6 No School

Week of April 9 - 13

Monday, April 9

Baked 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.** **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.**

Chicken Salad Sandwich: 1/2" diced mostly dark chicken meat. **Sweet Pickle Relish:** Pickles, corn syrup, distilled vinegar, cabbage, salt, dextrose, alum, xanthan gum, natural flavoring, dehydrated red peppers, turmeric oleoresin, polysorbate 80. Ground mustard seed. **Mayonnaise Lo-Fat:** 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. *ingredient not in mayonnaise. Chopped celery. Chopped onions. **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.**

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. (May be cooked in water or chicken broth:** Chicken Stock, Salt, Chicken Fat, Monosodium Glutamate, Sugar, Natural Flavoring, Maltodextrin, Autolyzed Yeast Extract, Modified Corn Starch, Partially Hydrogenated Soybean Oil, Disodium Inosinate, Disodium Guanylate, Caramel Color, Beta Carotene (for color).)

Tuesday, April 10

Baja Fish Sticks: **Fish:** 64.2% Alaska Pollock; 35.8% Batter & Breading: 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.**

Rib B Q on a Multigrain Bun: 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.**

Cole Slaw: Cabbage, 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.

Ice Cream Treat: is an option that varies weekly with each kitchen. All 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**

Wednesday, April 11

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). Breading 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.**

Chicken 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.** 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. 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.**

Multigrain 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.**

Smile Potatoes: Potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), dehydrated potato flakes (potatoes, mono & diglycerides, sodium acid pyrophosphate & citric acid added to preserve natural color). Contains 2% or less of dextrose, natural flavors, potassium chloride, potato starch - modified, salt, sodium acid pyrophosphate added to preserve natural color.

Thursday, April 12

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. **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.

Chef Salad: Optional ingredients for Chef Salad include: Romaine Lettuce, carrots, tomatoes, cucumber broccoli, egg, **reduced fat cheddar cheese:** cultured pasteurized milk, salt, enzymes, annatto (color), powdered cellulose (anticaking agent) **Contains milk, reduced fat mozzarella cheese:** Cultured pasteurized part-skim milk, salt, enzymes, powdered cellulose added to prevent caking. **Contains milk, 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) **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. **crouton packet (individually packaged):** enriched

unbleached flour (wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated soybean oil, yeast, high fructose corn syrup, whey, 2% or less of the following: salt, calcium propionate (mold inhibitor), dough conditioners (may contain one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, calcium peroxide, calcium sulfate, ammonium sulfate, calcium iodate, ascorbic acid), sugar, spices, parsley, onion, wheat gluten, paprika, tumeric (color), silicon dioxide (anti-caking agent) , extractives of paprika, spice extractives, tbhq (to preserve freshness) **contains wheat, soy and milk**

Salad Dressing Options: See March 27 menu

Multigrain 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.**

Friday, April 13

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**

Turkey Tortilla Wrap: 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.** Romaine Lettuce. **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.**

Fresh Tossed Salad (contents will vary per kitchen and availability): Romaine lettuce, cucumbers, cherry tomatoes, green pepper, red pepper, tomatoes, carrots, radishes, and onion.

Salad Dressing Options: See March 27 menu items.

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 16 - 20

Monday, April 16

Beef or Turkey Taco Meat: **Turkey Beef Taco Meat:** Ground turkey, taco seasoning (dehydrated onion, salt, spices, chili pepper, garlic powder, potato flour, cocoa, citric acid, autolyzed yeast extract, glucono delta lactone, torula yeast, soybeans, maltodextrin, wheat, natural flavor) water, contains 2% or less modified food starch, salt. **Contains: wheat and soy.**
Or Ground Beef Taco 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 **Beef Taco Meat Seasoning:** Salt, monosodium glutamate, onion, black pepper, garlic, spice and bromelain. **Whole 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**

Fiesta Pizza: Crust (Flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, soy flour], water, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], soybean oil, dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten). **Sauce** (Water, enchilada/taco sauce seasoning mix [tomato powder, modified food starch, partially hydrogenated soybean oil, maltodextrin, salt, chili powder, sodium diacetate, spices, onion, garlic, silicon dioxide, paprika, xanthan gum, disodium inosinate and spice extractives], modified food starch). **Shredded Mozzarella Cheese** (Pasteurized part skim milk, cheese cultures, salt, enzymes). Shredded Mild 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, and triglycerides, soybean and/or canola oil, other natural flavors, tocopherol, and potassium hydroxide], nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin and vitamin B-12], vitamin a palmitate). **Cooked Beef Pattie Crumbles** (Ground beef [not more than 30% fat], water, textured vegetable protein [soy protein concentrate, caramel color], textured vegetable protein [soy flour, caramel color], salt, spice, sugar, flavoring). **Contains: wheat, milk and soy.**

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

Tuesday, April 17

Baked Chicken Strips: 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.**
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 Ham and Cheese on a MG Bun: **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. **Contains milk, 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.**

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. **Milk, soybeans, wheat**

Wednesday, April 18

Pizza Choice is an option that varies weekly with each kitchen. All options are listed below:

Pizza Wedge, Cheese: **Crust:** (Flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, soy flour], water, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], soybean oil, dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten, calcium propionate). **Sauce:** (Water, tomato paste [26% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, xanthan and guar gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil {prevent caking}], 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 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 B-12], vitamin A palmitate). Releasing Agent: (Water, mono and diglycerides, polysorbate 60 and soy lecithin, acetic acid, citric acid, potassium sorbate, propyl gallate, sodium benzoate and polydimethylsiloxane). Cellulose gum. **Contains: wheat, milk, and soy.**

Pizza Wedge, Pepperoni: Crust: (flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, soy flour], water, pizza seasoning [sugar, salt, onion and garlic powder, spices, xanthan gum, potassium sorbate, citric acid, tricalcium phosphate, and less than 2% soybean oil, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], yeast [yeast, starch, sorbitan monostearate, ascorbic acid], dough conditioner [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, enzyme], wheat gluten, calcium propionate). **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, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin, and vitamin B-12] vitamin A palmitate). **Sauce:** (water, tomato paste (31% NTSS), pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean to prevent caking], modified food starch). **Reduced Fat 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 the following: spice, seasoning [natural spice extractive with soybean oil, mono-and diglycerides, lecithin, natural smoke flavor, ascorbic acid, BHA, BHT and citric acid], dextrose, citric acid anhydrous, cure [salt, sodium nitrate, propylene glycol {anticaking}, FD&C red #3], lactic acid starter culture. *Ingredient not found in regular pepperoni). **Contains milk, wheat, and soy**

Pizza Choice Lunch-a-Round, Cheese: 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**

Pizza Choice Lunch-a-Round, Pepperoni: 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.**

Chicken Caesar Wrap: Chicken, romaine lettuce, parmesan cheese, **whole 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**

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.** 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.** **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.**

Thursday, April 19

Scrambled Eggs w/Multi Grain Waffle: Eggs: Whole eggs, skim milk, soybean oil, modified food starch, salt, xanthan gum, liquid pepper extract, citric acid, artificial butter flavor [butter (cream, milk), partially hydrogenated soybean and cottonseed oil, soybean oil, lipolyzed butter oil, flavors & artificial flavors]. **Contains egg, milk** **Waffle:** whole wheat flour, sugar, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), canola oil, eggs, nonfat milk, fructose, yeast, contains 2% or less of: butter [cream (from milk), salt], fully hydrogenated cottonseed oil, salt, natural flavor, carrot fiber, monoglycerides, enzymes, citric acid. **Contains wheat, milk, eggs**

Sloppy Joe on Multigrain Bun: Ground 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. **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** **Ketchup:** Tomato concentrate, high fructose corn syrup, vinegar, corn syrup, salt, onion powder, spice, natural flavors. **Yellow Prepared Mustard:** Distilled Vinegar, Water, Mustard Seed, Salt, Mustard Bran, Turmeric, Paprika, Spices Chili powder, Onions. **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.**

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.

Friday, April 20

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: wheat & soy.**

Tuna Sandwich: Tuna: water, vegetable broth and salt. Celery, Onions, Dry Mustard, Dill Weed, Sweet **Pickle Relish:** Pickles, corn syrup, distilled vinegar, cabbage, salt, dextrose, alum, xanthan gum, natural flavoring, dehydrated red peppers, turmeric oleoresin, polysorbate 80.

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. **Pita:** Whole Wheat Flour, Water, Honey, Yeast, Salt, Calcium Propionate, Citric Acid. **Contains wheat.** **Multigrain Bun:** Water, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate [b1], riboflavin [b2], folic acid), grains (whole wheat flour, oat flour, yellow corn flour, malted barley flour, rye flour, buckwheat flour, rice flour, spelt flour, sesame seeds, millet, flax seeds, poppy seeds, sugar), soybean oil, yeast, sugar, contains 2% or less of: oat fiber, cracked whole wheat, salt, dough conditioner (cultured wheat sponge, sodium stearoyl lactylate, l-cysteine), cellulose gum, vital wheat gluten, dextrose, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate, ascorbic acid, azodicarbonamide), enzymes, calcium propionate and potassium sorbate (preservatives). **Contains wheat, milk.**

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**

Fresh Tossed Salad (contents will vary per kitchen and availability): Romaine lettuce, cucumbers, cherry tomatoes, green pepper, red pepper, tomatoes, carrots, radishes, and onion.

Salad Dressing Options: See March 27 menu items.

Fresh Baked Cookie (Varies by Kitchen):

Chocolate Chip: Enriched wheat flour, sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin as an emulsifier, and artificial flavoring), whole eggs, butter (partially hydrogenated soybean oil, sweet cream buttermilk, salt, mono & diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamin A palmitate, colored with carotene), shortening (partially hydrogenated soybean and cottonseed oils), margarine (partially hydrogenated soybean and cottonseed oils, water, salt, buttermilk, lecithin, mono & diglycerides, sorbic acid & sodium benzoate added as preservatives, artificially flavored, artificial colored with beta carotene, vitamin A palmitate added), salt, vanilla (water, ethyl alcohol, caramel color), buttermilk powder, soda bicarbonate, caramel color. **Contains wheat, eggs, milk**

M&M Cookie: Enriched wheat flour, sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin as an emulsifier, and artificial flavoring), whole eggs, butter (partially hydrogenated soybean oil, sweet cream buttermilk, salt, mono & diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamin A palmitate, colored with carotene), shortening (partially hydrogenated soybean and cottonseed oils), margarine (partially hydrogenated soybean and cottonseed oils, water, salt, buttermilk, lecithin, mono & diglycerides, sorbic acid & sodium benzoate added as preservatives, artificially flavored, artificial colored with beta carotene, vitamin A palmitate added), salt, vanilla (water, ethyl alcohol, caramel color), buttermilk powder, soda bicarbonate, caramel color. **Contains wheat, eggs, milk**

Week of April 23 - 27

Monday, April 23

Baked 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. Multigrain 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.**

Sub Sandwich: Deli Turkey Meat: Turkey breast meat, turkey broth, contains 2% or less of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring. **Deli 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. **Reduced Fat 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. Multigrain Bun:** Whole Wheat Flour, Enriched Bromated Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Potassium Bromate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Brown Sugar, Contains Less Than 2% Of Each Of The Following:, Palm Oil, Soybean Oil, Salt, Crushed Wheat, Dried Honey, Maltodextrin, Sodium Stearoyl Lactylate, Dextrose, Soy Flour, Calcium Propionate, Vinegar (Preservative), Monocalcium Phosphate, Datem, Enzymes, Ascorbic Acid Added As A Dough Conditioner, L-Cysteine, Calcium Sulfate, Potassium Bromate. This product contains 25g of Wheat Grain and 23g of Enriched White Flour. 0g Trans Fat. **Contains wheat and soy.**

Baked Sweet Potato Fries: Crinkle Cut: Sweet potatoes, vegetable oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil), potato starch - modified, rice flour, dextrin, sugar, leavening (sodium acid pyrophosphates, sodium bicarbonate), salt, malt powder (malted barley, wheat flour, dextrose), natural flavor, dehydrated sweet potatoes, maltodextrin, molasses, spice & coloring, xanthan gum, corn starch - modified, triglycerides, annatto (color), sodium acid pyrophosphate added to preserve natural color. **CONTAINS WHEAT OR Cris Cut:** Sweet potatoes, canola oil, modified food starch, rice flour, cornstarch, dextrin, salt, dextrose, xanthan gum, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), colored with turmeric and oleoresin paprika.

Tuesday, April 24

Turkey and Gravy: Turkey meat, water, margarine (palm oil, soybean oil, water, salt, whey (dairy derivative), mono and diglycerides, soybean lecithin, sodium benzoate (added as a preservative), beta carotene (added as a colorant), artificial flavor, vitamin a palmitate added), modified food starch, contains 2% or less of chicken base (chicken meat including chicken juices, salt, hydrolyzed soy and corn protein, sugar, natural flavorings, potato flour, autolyzed yeast extract, carrot powder, turmeric), salt, sodium phosphate, celery salt, onion salt, flavoring. **Contains: milk, soy, gluten free**

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**

Chef Salad with Multigrain Roll: Optional ingredients for Chef Salad include: Romaine Lettuce, carrots, tomatoes, cucumber, broccoli, egg, **reduced fat cheddar cheese:** cultured pasteurized milk, salt, enzymes, annatto (color), powdered cellulose (anticaking agent) **contains milk**, **reduced fat mozzarella cheese:** Cultured pasteurized part-skim milk, salt, enzymes, powdered cellulose added to prevent caking. **Contains milk**, **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) **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. **crouton packet (individually packaged):** enriched unbleached flour (wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated soybean oil, yeast, high fructose corn syrup, whey, 2% or less of the following: salt, calcium propionate (mold inhibitor), dough conditioners (may contain one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, calcium peroxide, calcium sulfate, ammonium sulfate, calcium iodate, ascorbic acid), sugar, spices, parsley, onion, wheat gluten, paprika, tumeric (color), silicon dioxide (anti-caking agent) , extractives of paprika, spice extractives, tbhq (to preserve freshness) **contains wheat, soy and milk** **Multigrain 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.**

Fresh Baked Cookie (Varies by Kitchen):

Chocolate Chip: Enriched wheat flour, sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin as an emulsifier, and artificial flavoring), whole eggs, butter (partially hydrogenated soybean oil, sweet cream buttermilk, salt, mono & diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamin A palmitate, colored with carotene), shortening (partially hydrogenated soybean and cottonseed oils), margarine (partially hydrogenated soybean and cottonseed oils, water, salt, buttermilk, lecithin, mono & diglycerides, sorbic acid & sodium benzoate added as preservatives, artificially flavored, artificial colored with beta carotene, vitamin A palmitate added), salt, vanilla (water, ethyl alcohol, caramel color), buttermilk powder, soda bicarbonate, caramel color. **Contains wheat, eggs, milk**

M&M Cookie: Enriched wheat flour, sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin as an emulsifier, and artificial flavoring), whole eggs, butter (partially hydrogenated soybean oil, sweet cream buttermilk, salt, mono & diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamin A palmitate, colored with carotene), shortening (partially hydrogenated soybean and cottonseed oils), margarine (partially hydrogenated soybean and cottonseed oils, water, salt, buttermilk, lecithin, mono & diglycerides, sorbic acid & sodium benzoate added as preservatives, artificially flavored, artificial colored with beta carotene, vitamin A palmitate added), salt, vanilla (water, ethyl alcohol, caramel color), buttermilk powder, soda bicarbonate, caramel color. **Contains wheat, eggs, milk**

Wednesday, April 25

Hamburger on a Multigrain 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, milk.**

Veggie Burger: Water, Enriched Textured Soy Protein Concentrate Products (Contains Soy Protein Concentrate, Caramel Color, Ferrous Sulfate, Niacinamide, Zinc Oxide, Calcium Pantothenate, Thiamin Mononitrate [Vitamin B1], Pyridoxine Hydrochloride [Vitamin B6], Riboflavin [Vitamin B2], Folic Acid, Cyanocobalamin [Vitamin B12]), Wheat Gluten, Soy Protein Concentrate, Contains Less Than 2% of Methylcellulose, Salt, Dried Onions, Natural and Artificial Flavor (Non-Meat), Yeast Extract, Sesame Oil, Hydrolyzed Wheat Protein, Disodium Guanylate, Disodium Inosinate. **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.**

Chicken Breast on a MG Bun: 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.**

Broccoli Slaw Salad: Chopped broccoli, **Slaw 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 soy and egg.**

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.

Thursday, April 26

Cheese Filled Bread Sticks: **Crust** (Flour blend [enriched wheat flour {bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid}, whole wheat flour, soy flour], water, soybean oil, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten). **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 B-12], vitamin A palmitate). **Contains wheat, milk and soy.**

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

Deli Turkey on a MG Bun: **Deli Turkey Meat:** Turkey breast meat, turkey broth, contains 2% or less of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring. **Reduced Fat 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. Multigrain Sandwich 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.**

Fresh Tossed Salad (contents will vary per kitchen and availability): Romaine lettuce, cucumbers, cherry tomatoes, green pepper, red pepper, tomatoes, carrots, radishes, and onion.

Salad Dressing Options: See March 27 menu

Friday, April 27

Soft Chicken Taco: 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, onion powder, spice, paprika, degermed yellow corn meal, corn syrup solids, maltodextrin, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), cocoa, citric acid, garlic powder, corn oil, paprika extract (color). **Contains wheat. Tortilla:** Whole wheat flour, water, 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.**

Cheese Quesadilla: **Shredded Low Moisture Part Skim Mozzarella Cheese** (Pasteurized Part Skim Milk, Cheese Culture, Salt, Enzymes). **Shredded Mild Cheddar Flavored Mozzarella Cheese Substitute** (Water, Soybean Oil, Casein, Milk Protein Concentrate, Modified Food Starch, Contains 2% or Less of: 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-, and Triglycerides, Soybean and/or Canola Oil, Other Natural Flavors, Tocopherol, Potassium Hydroxide], Nutrient Blend [Magnesium Oxide, Zinc Oxide, Calcium Pantothenate, Riboflavin, Vitamin B12], Vitamin A Palmitate). **Shredded Mozzarella Cheese Substitute** (Water, Soybean Oil, 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, Vitamin B12], Vitamin A Palmitate **contains milk, wheat, and soy. Sauce** (Water, Tomato Paste [31% NTSS], Salsa Spice [Salt, Sugar, Dehydrated Onion and Garlic, Dehydrated Jalapeno Pepper, Citric Acid, Xanthan Gum, Spice,

Dehydrated Cilantro, Potassium Sorbate], Vinegar). **Tortilla** (Flour Blend [Enriched Bleached Wheat Flour {Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Whole Wheat Flour, Soy Flour], Water, Soybean Oil, Baking Powder [Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch, Monocalcium Phosphate, Calcium Sulfate], Salt, Dextrose, Dough Conditioner [Wheat Flour, Salt, Soy Oil, L. Cysteine, Ascorbic Acid, Enzyme], Wheat Gluten).

Chicken Quesadilla: Diced Chicken (Chicken Breast with Rib Meat, Water, Seasoning [Hydrolyzed Corn Gluten, Onion Powder, Salt, Spices, Maltodextrin, Garlic Powder, Citric Acid, Spice and Coloring {Contains Paprika}, Natural and Artificial Flavoring, Disodium Guanylate, Disodium Inosinate], Potato Starch, Sodium Phosphates). **Shredded Mild Cheddar Flavored Mozzarella Cheese Substitute** (Water, Soybean Oil, Casein, Milk Protein Concentrate, Modified Food Starch, Contains 2% or Less of: 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-, and Triglycerides, Soybean and/or Canola Oil, Other Natural Flavors, Tocopherol, Potassium Hydroxide], Nutrient Blend [Magnesium Oxide, Zinc Oxide, Calcium Pantothenate, Riboflavin, Vitamin B12], Vitamin A Palmitate). **Shredded Low Moisture Part Skim Mozzarella Cheese** (Pasteurized Part Skim Milk, Cheese Culture, Salt, Enzymes). **Shredded Mozzarella Cheese Substitute** (Water, Soybean Oil, 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, Vitamin B12], Vitamin A Palmitate). **Contains milk, wheat, and soy.** **Sauce** (Water, Tomato Paste [31% NTSS], Salsa Spice [Salt, Sugar, Dehydrated Onion and Garlic, Dehydrated Jalapeno Pepper, Citric Acid, Xanthan Gum, Spice, Dehydrated Cilantro, Potassium Sorbate], Vinegar). **Tortilla** (Flour Blend [Enriched Bleached Wheat Flour {Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Whole Wheat Flour, Soy Flour], Water, Soybean Oil, Baking Powder [Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch Monocalcium Phosphate, Calcium Sulfate], Salt, Dextrose, Dough Conditioner [Wheat Flour, Salt, Soy Oil, L. Cysteine, Ascorbic Acid, Enzyme], Wheat Gluten).

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

Cheese (Cheddar and Mozzarella): Cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto (color)], powdered cellulose (anticaking agent). Cultured pasteurized part-skim milk, salt, enzymes, powdered cellulose added to prevent caking. **Contains milk**

Rice Krispy Treat: Corn syrup, rice, sugar, margarine (palm oil, water, salt, whey, monoglycerides, soy lecithin, sodium benzoate & citric acid preservatives, artificial flavor, beta carotene color, vitamin A palmitate), crystalline fructose, water, high fructose corn syrup, contains less than 2% of each of the following: glycerine, gelatin, corn syrup solids, salt, sorghum syrup, soybean oil, propylene glycol, soy lecithin, monoglycerides, artificial flavors, preservatives (ascorbic acid, BHT, citric acid), vitamin A palmitate, reduced iron, vitamin D3, thiamine hydrochloride, riboflavin, pyridoxine hydrochloride, niacinamide, folic acid, capric/caprylic triglycerides, baking soda. **Contains milk and soy ingredients.**

Week of April 30 – May 4

Monday, April 30

Hot Dog on a Bun: **Hotdog:** 100% grass-fed beef, water, sea salt, natural spice, cane sugar, mustard, paprika, celery juice, lactic acid starter culture. **Bun:** Bleached wheat flour (wheat flour, potassium bromate, enzymes), water, partially hydrogenated soybean/cottonseed oil, sugar, baker's yeast, shelf life extender (wheat flour, mono-diglycerides, 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 mono-diglycerides, polysorbate 60, soya lecithin, sodium lecithin, sodium propionate (preservative)], calcium propionate (preservative). **Contains: milk, soy, wheat.**

Sloppy Joe on Multigrain Bun: **Ground 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. **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** **Ketchup:** Tomato concentrate, high fructose corn syrup, vinegar, corn syrup, salt, onion powder, spice, natural flavors. **Yellow Prepared Mustard:** Distilled Vinegar, Water, Mustard Seed, Salt, Mustard Bran, Turmeric, Paprika, Spices. Chili powder, Onions. **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.**

Baked Crinkle Cut Potatoes: 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.

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.

GoGurt Yogurt: Cultured pasteurized Grade A low fat milk, sugar, modified corn starch*, contains less than 2% of: kosher gelatin*, tricalcium phosphate, vegetable juice (for color), natural flavor, potassium sorbate (added to maintain freshness), carrageenan, vitamin A acetate, vitamin D3, contains live and active yogurt cultures. *For thickening. **Contains milk.**

Tuesday, May 1

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 stearoyl 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.

Hot Ham and Cheese on a MG Bun: **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. **Contains milk, 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.**

Breakfast 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.

Wednesday, May 2

Pizza Choice is an option that varies weekly with each kitchen. All options are listed below:

Pizza Wedge, Cheese: **Crust:** (Flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, soy flour], water, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], soybean oil, dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten, calcium propionate). **Sauce:** (Water, tomato paste [26% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, xanthan and guar gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil {prevent caking}], 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 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 B-12], vitamin A palmitate). Releasing Agent: (Water, mono and diglycerides, polysorbate 60 and soy lecithin, acetic acid, citric acid, potassium sorbate, propyl gallate, sodium benzoate and polydimethylsiloxane). Cellulose gum. **Contains: wheat, milk, and soy.**

Pizza Wedge, Pepperoni: **Crust:** (flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, soy flour], water, pizza seasoning [sugar, salt, onion and garlic powder, spices, xanthan gum, potassium sorbate, citric acid, tricalcium phosphate, and less than 2% soybean oil, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], yeast [yeast, starch, sorbitan monostearate, ascorbic acid], dough conditioner [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, enzyme], wheat gluten, calcium propionate). **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, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin, and vitamin B-12] vitamin A palmitate). **Sauce:** (water, tomato paste (31% NTSS), pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean to prevent caking], modified food starch). **Reduced Fat 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 the following: spice, seasoning [natural spice extractive with soybean oil, mono-and diglycerides, lecithin, natural smoke flavor, ascorbic acid, BHA, BHT and citric acid], dextrose, citric acid anhydrous, cure [salt, sodium nitrate, propylene glycol {anticaking}, FD&C red #3], lactic acid starter culture. *Ingredient not found in regular pepperoni). **Contains milk, wheat, and soy**

Pizza Choice Lunch-a-Round, Cheese: 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**

Pizza Choice Lunch-a-Round, Pepperoni: 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.**

Egg, Cheese, Sausage Muffin: Egg patty: Whole eggs, water, dry whole milk, soybean oil, salt, xanthan gum, citric acid. **Contains eggs, milk, soy. 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, soy. Turkey Sausage Patty:** Turkey contains 2% or less salt, flavorings, sugar, dextrose, BHA, propyl gallate, citric acid. **English Muffin:** Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Degerminated Yellow Corn Meal, contains less than 2% of each of the following: Distilled Vinegar, Salt, Potato Flour, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Dextrose, Calcium Propionate & Potassium Sorbate (Preservatives), Vital Wheat Gluten, Soybean Oil, Monocalcium Phosphate, Calcium Sulfate, Fumaric Acid, Ammonium Sulfate. **Contains wheat.**

Fresh Tossed Salad (contents will vary per kitchen and availability):Romaine lettuce, cucumbers, cherry tomatoes, green pepper, red pepper, tomatoes, carrots, radishes, and onion.

Salad Dressing Options: See March 27 menu items.

Thursday, May 3

Spaghetti w/Meat Sauce: Note: Pasta product varies according to kitchen due to a variance in kitchen equipment

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

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

Chef Salad: Optional ingredients for Chef Salad include: Romaine Lettuce, carrots, tomatoes, cucumber broccoli, egg, **reduced fat cheddar cheese:** cultured pasteurized milk, salt, enzymes, annatto (color), powdered cellulose (anticaking agent) **contains milk, reduced fat mozzarella cheese:** Cultured pasteurized part-skim milk, salt, enzymes, powdered cellulose added to prevent caking. **Contains milk, 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) **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. **crouton packet (individually packaged):** enriched unbleached flour (wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated soybean oil, yeast, high fructose corn syrup, whey, 2% or less of the following: salt, calcium propionate (mold inhibitor), dough conditioners (may contain one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, calcium peroxide, calcium sulfate, ammonium sulfate, calcium iodate, ascorbic acid), sugar, spices, parsley, onion, wheat gluten, paprika, tumeric (color), silicon dioxide (anti-caking agent) , extractives of paprika, spice extractives, tbhq (to preserve freshness) **contains wheat, soy and milk**

Multigrain 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.**

Friday, May 4

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

Turkey Tortilla Wrap: 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.** Romaine Lettuce. **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.**

Fresh Tossed Salad (contents will vary per kitchen and availability): Romaine lettuce, cucumbers, cherry tomatoes, green pepper, red pepper, tomatoes, carrots, radishes, and onion.

Salad Dressing Options: See March 27 menu items.

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.