

# Fall Lunch Menu

september  
october  
november

monday

tuesday

wednesday

thursday

friday

**September 3, 2018**

Southwest Veggie Burger  
Glazed Carrots  
Pear Slices  
Sour Cream  
Whole Grain Bun

**September 4, 2018**

Pizza Muffins  
w/ Marinara  
Broccoli  
Cantaloupe

**September 5, 2018**

Turkey Sloppy Joes  
*Boca Sloppy Joes*  
Peas & Carrots  
Pineapple  
Whole Grain Bun

**September 6, 2018**

Hawaiian Chicken Thigh  
*Hawaiian Tofu*  
Sweet Potatoes  
Melon Salad  
Whole Grain Bread

**September 7, 2018**

Tortellini w/ Marinara  
Green Beans  
Apple Slices

**September 10, 2018**

Turkey Tacos  
*Boca Tacos*  
Cold Peas  
Orange Slices  
Flour Tortilla  
Salsa

**September 11, 2018**

Penne Pasta w/ Marinara  
and Mozzarella Cheese  
Broccoli  
Cantaloupe

**September 12, 2018**

**New!**

Bean & Cheese Burrito  
Cucumber Slices  
Pineapple  
Salsa

**September 13, 2018**

Turkey Sausage Patties  
*Veggie Sausage Patties*  
French Toast  
Glazed Carrots  
Fruit Salad

**September 14, 2018**

Chicken Nuggets  
*Veggie Nuggets*  
Mashed Potatoes  
Apple Slices  
Ketchup  
Whole Grain Bread

**September 17, 2018**

Ravioli w/ Marinara Sauce  
Green Beans  
Pear Slices

**September 18, 2018**

Assian BBQ Chicken  
*Asian BBQ Tofu*  
Broccoli  
Cantaloupe  
Brown Rice

**September 19, 2018**

Vegetarian Chili  
Cucumber Slices  
Orange Slices  
Whole Grain Roll

**September 20, 2018**

Beef Burger  
*Veggie Burger*  
Roasted Potatoes  
Melon Salad  
Ketchup  
Whole Grain Bun

**September 21, 2018**

Turkey Bolognese  
w/ Penne Pasta  
Cold Peas  
Apple Slices

**September 24, 2018**

Bowtie Pasta with  
Tomato Cream Sauce  
Green Beans  
Pineapple

**September 25, 2018**

Chicken Teriyaki  
*Tofu Teriyaki*  
Broccoli  
Cantaloupe  
Brown Rice

**September 26, 2018**

Creamy Mac n Cheese  
Cucumber Slices  
Orange Slices

**September 27, 2018**

Mediterranean Meatballs  
*Veggie Burger*  
Glazed Carrots  
Fruit Salad  
Sumac Sauce  
Pita

**September 28, 2018**

Fish Tenders  
*Veggie Nuggets*  
Cold Peas  
Applesauce  
Ketchup  
Whole Grain Bread

## Fall GF/DF/EF Lunch Menu

} september  
october  
november

monday	tuesday	wednesday	thursday	friday
<b>September 3, 2018</b>  Beef Burger Glazed Carrots Pear Slices Ketchup GF Bun	<b>September 4, 2018</b>  Turkey Bolognese w/ GF Penne Pasta Broccoli Cantaloupe	<b>September 5, 2018</b>  Turkey Sloppy Joes Peas & Carrots Pineapple GF Bun	<b>September 6, 2018</b>  Hawaiiin Chicken Thigh Sweet Potatoes Melon Salad GF Bread	<b>September 7, 2018</b>  GF Penne Pasta w/ Marinara Sauce Green Beans Apple Slices
<b>September 10, 2018</b>  Turkey Tacos Cold Peas Orange Slices Corn Tortilla Salsa	<b>September 11, 2018</b>  GF Penne Pasta w/ Marinara and DF Cheese Broccoli Cantaloupe	<b>September 12, 2018</b>  GF/DG/EF Cheese Tamale Cucumber Slices Pineapple Salsa	<b>September 13, 2018</b>  Turkey Sausage Patties GF Waffle Glazed Carrots Fruit Salad	<b>September 14, 2018</b>  Grilled Chicken GF/DF Mashed Potatoes Apple Slices Ketchup GF Bread
<b>September 17, 2018</b>  GF Pasta w/ Marinara and DF Cheese Green Beans Pear Slices	<b>September 18, 2018</b>  Assian BBQ Chicken Broccoli Cantaloupe Brown Rice	<b>September 19, 2018</b>  Vegetarian Chili Cucumber Slices Orange Slices GF Bread	<b>September 20, 2018</b>  Beef Burger Roasted Potatoes Melon Salad Ketchup GF Bun	<b>September 21, 2018</b>  Turkey Bolognese w/ GF Pasta Cold Peas Apple Slices
<b>September 24, 2018</b>  GF Pasta w/ Marinara and DF Cheese Green Beans Pineapple	<b>September 25, 2018</b>  Chicken Breast Broccoli Cantaloupe Brown Rice	<b>September 26, 2018</b>  GF/DF/EF Mac n Cheese Cucumber Slices Orange Slices	<b>September 27, 2018</b>  GF/DF/EF Mediterranean Meatballs Glazed Carrots Fruit Salad Ketchup GF Bread	<b>September 28, 2018</b>  Grilled Chicken Cold Peas Applesauce Ketchup GF Bread

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Asian BBQ Chicken</b>	Antibiotic-free chicken breast, Asian BBQ Sauce (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion)	X						
<b>Burrito, Los Cabos</b>	Ingredients: Filling: Water, Pinto Beans (Cooked Pinto Beans ([Water, Pinto Beans], and Salt), Pinto Beans), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Contains 2% or less of: Spices, Garlic Powder, Salt, and Corn Starch. Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).	X		X	X			
<b>Beef Burger</b>	Grass-fed beef, salt, pepper. Served on whole wheat hamburger bun ( <b>See Bread Ingredients</b> ).							
<b>Cheesy Pizza Muffin</b>	All Purpose Enriched Flour, Baking Powder, Whole Milk, Liquid Eggs, Part Skim mozzarella cheese (Pasteurized milk, Cheese Culture, Salt, Rennet), Cheddar Cheese (Pasteurized milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color, Potato Starch, Corn Starch, Cellulose (anti-caking agents), Basil, Garlic Powder, Oregano. Served with Marinara Sauce (See marinara ingredients)		X	X	X			
<b>Chicken Nuggets</b>	Antibiotic-free chicken breast, water, salt, unbleached wheat flour, water, salt, evaporated cane juice, dried yeast, spices, paprika. Soybean oil to set breading.	X		X				
<b>Chicken Teriyaki</b>	Antibiotic-free chicken breast, Teriyaki Sauce (Raw Garlic, Raw Ginger, Aminos Soy Sauce (Non-GMO soybeans and purified water), Canola Oil, Pure Honey, Dark Brown Sugar, Green Onions, Water, Cornstarch)	X						
<b>Fish Tenders</b>	64.2% fish (Alaska Pollock), 35.8% batter & breading (whole wheat flour, vegetable oil [soybean and/or canola], enriched wheat flour [flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, contains 2% or less of: yellow corn flour, wheat gluten, salt, sugar, iodized salt, yeast, whole yellow corn flour, soy flour, dextrose, leavening [baking soda, sodium aluminum phosphate], mono and diglycerides, extractives of paprika, spice extract, spice.	X		X		X		
<b>French Toast</b>	Whole Grain Bread (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate & Potassium Sorbate (Preservatives), Wheat Starch), Liquid Eggs (Whole eggs, citric acid, water), Whole Milk, Imitation Vanilla Extract, Ground Cinnamon, Sea Salt, White Sugar	X	X	X	X			
<b>Hawaiian Chicken</b>	Antibiotic-free chicken thigh, canola oil, sea salt. Hawaiian Glaze: White Sugar, Canola Oil, Water, Miso Paste (soy), Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Salt, Sugar, Maltodextrin, Corn Oil, Less than 2% of Yeast Extract, Water, Potato Starch, Xanthan Gum, Natural Flavors, Carrot Juice Concentrate), Dry Ginger, Cornstarch, Pineapple.	X						
<b>Mac 'n Cheese</b>	Pasta: Durum Wheat Semolina, Durum Wheat Flour, [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)]. Cheese Sauce: cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), american cheese** (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), rice flour, whole milk, butter, salt.			X	X			
<b>Marinara Sauce</b>	Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion.							
<b>Mediterranean Meatballs</b>	Ground Turkey, Liquid Eggs, Raw Mint, Raw Cilantro, Raw Garlic, Ground Cumin, Sea Salt, Ground Black Pepper, Green Onions, Panko Bread Crumbs (bleached wheat flour, dextrose, yeast, salt).		X	X				
<b>Penne Pasta Marinara w/ Mozzarella</b>	Pasta: Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, salt, canola oil. Marinara: Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion. Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).			X	X			

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Pasta (Rotini) with Tomato Cream Sauce</b>	Rotini Pasta (Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid. Tomato cream sauce (grated parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate), Marinara sauce (canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).			X	X			
<b>Pasta Farfalle with Tomato Cream Sauce</b>	Farfalle Pasta (Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, salt, canola oil. Tomato Cream Sauce (grated parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate), Marinara sauce (canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).			X	X			
<b>Ravioli (Cheese) Marinara</b>	Cheese Ravioli: Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Water, Whole Egg, Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Parmesan Cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt, Black Pepper. Marinara Sauce: Marinara sauce (canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion).	X	X	X	X			
<b>Southwest Veggie Burger</b>	Hydrated Textured Soy Protein (Water, Soy Protein, Caramel Color), Onions, Wheat Gluten, Soy Protein Concentrate, Arrowroot Powder, Natural Vegan Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Flaxseed Meal, Garlic, Salt, Black Pepper. Pre cooked in Expeller Pressed Canola Oil. Served on a whole grain hamburger bun (see bread ingredients).	X		X				
<b>Three Bean Chili w/ Shredded Cheddar Cheese</b>	Raw Green Peppers, Black Beans, Kidney Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Garlic Powder, Ground Red Chili Pepper, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor)), Dark Brown Sugar, Cinnamon, Shredded Cheddar Cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)).				X			
<b>Tortellini (Cheese) Marinara</b>	Tortellini: Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), Water, Whole Egg, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Dehydrated Potatoes (100% potatoes), Salt, Parsley, Black Pepper. Marinara Sauce: Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion).	X	X	X	X			
<b>Turkey Sausage Patties</b>	Turkey Sausage: Ground Turkey (Dry Poultry Seasoning (Sage, Salt, Thyme, Coriander, Marjoram Leaf, Red Pepper, Tricalcium Phosphate), Sea Salt, Canola Oil.							
<b>Turkey Sloppy Joe</b>	Ground Turkey, Organic Ketchup (Organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), Sloppy Joe Sauce: Canola oil, raw garlic, yellow mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers. Served on a Whole Grain Hamburger Bun (see bread ingredients).							
<b>Turkey Tacos</b>	Ground Turkey, Taco Seasoning (Salt, Sugar, Paprika, Spices, Onion, Garlic, Citric Acid, Natural Flavor). Served on a Flour Tortilla (see bread ingredients).							

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Turkey Bolognese	Ground Turkey, Marinara Sauce (see ingredients above), Carrots.							
Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue. **The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.								
**May be subbed with Yellow American Cheese	Yellow American Cheese: American Cheese (Milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Contains: Milk, Soy Lecithin	X	X		X			

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Asian BBQ Tofu</b>	Tofu (Non-gmo soybeans, water, calcium sulfate), Asian BBQ Sauce: (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion).	X						
<b>Burrito, Los Cabos</b>	Ingredients: Filling: Water, Pinto Beans (Cooked Pinto Beans ([Water, Pinto Beans], and Salt), Pinto Beans), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Contains 2% or less of: Spices, Garlic Powder, Salt, and Corn Starch. Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).	X		X	X			
<b>Boca Tacos</b>	Boca crumbles (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat), dried onions, garlic powder spices), taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor); Served on a tortilla (see bread ingredients).	X		X				
<b>Buffalo Tofu Sandwich</b>	Tofu (Non-gmo soybeans, water, calcium sulfate), Buffalo Sauce (Unsalted Butter (Cream, Natural Flavorings), Raw Garlic, Hot Sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder)). Served on a Whole Grain Hamburger Bun (see bread ingredients).	X			X			
<b>Cheesy Pizza</b>	Dough: Whole wheat flour, yeast, water, salt. Sauce: diced canned tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Topping: Part Skim Mozzarella Cheese (Pasteurized milk, cheese culture, salt, rennet), Cheddar Cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents).			X	X			
<b>Cheesy Pizza Muffins</b>	All Purpose Enriched Flour, Baking Powder, Whole Milk, Liquid Eggs, Part Skim mozzarella cheese (Pasteurized milk, Cheese Culture, Salt, Rennet), Cheddar Cheese (Pasteurized milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color, Potato Starch, Corn Starch, Cellulose (anti-caking agents), Basil, Garlic Powder, Oregano. Served with Marinara Sauce (See marinara ingredients)		X	X	X			
<b>French Toast</b>	Whole Grain Bread (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate & Potassium Sorbate (Preservatives), Wheat Starch), Liquid Eggs (Whole eggs, citric acid, water), Whole Milk, Imitation Vanilla Extract, Ground Cinnamon, Sea Salt, White Sugar	X	X	X	X			
<b>Grilled Cheese</b>	Whole Grain Bread (Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch), White American Cheese (Cultured Pasteurized Milk and Skim Milk, Cream, Milkfat, Salt, Sodium Citrate, Contains Less Than 2% of Sorbic Acid (preservative), Lactic Acid, Enzymes, SoyLecithin and Soybean Oil Blend)	X		X	X			
<b>Creamy Mac 'n Cheese</b>	Pasta: Durum Wheat Semolina, Durum Wheat Flour, [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)]. Cheese Sauce: cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), american cheese** (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), rice flour, whole milk, butter, salt.			X	X			
<b>Marinara Sauce</b>	Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion.							
<b>Pasta Marinara with Mozzarella Cheese</b>	Pasta: Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, salt, canola oil. Marinara: Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion. Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet).			X	X			

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Ravioli (Cheese) Marinara</b>	Cheese Ravioli: Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Water, Whole Egg, Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Parmesan Cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt, Black Pepper. Marinara Sauce: Marinara sauce (canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion).	X	X	X	X			
<b>Southwest Veggie Burger</b>	Hydrated Textured Soy Protein (Water, Soy Protein Concentrate, Caramel Color), Onions, Wheat Gluten, Soy Protein Concentrate, Arrowroot Powder, Natural Vegan Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Flaxseed Meal, Garlic, Salt, Black Pepper. Precooked in Expeller Pressed Canola Oil. Served on a whole grain hamburger bun (see bread ingredients).	X		X				
<b>Three Bean Chili w/ Shredded Cheddar Cheese</b>	Raw Green Peppers, Black Beans, Kidney Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Garlic Powder, Ground Red Chili Pepper, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor)), Dark Brown Sugar, Cinnamon, Shredded Cheddar Cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)).				X			
<b>Tofu Pup</b>	Water, soy protein isolate, soybean oil, organic dried tofu (organic soybeans, calcium sulfate), salt, yeast extract, beet powder (color), tomato pulp, natural smoke flavorings, xantahn gum, oleoresin paprika (color), guar gum, natural flavor. Served on hot dog bun (see ingredient list).	X		X				
<b>Tofu Teriyaki</b>	Tofu (Non-gmo soybeans, water, calcium sulfate), Teriyaki Sauce: (Raw Garlic, Raw Ginger, Aminos Soy Sauce (Non-GMO soybeans and purified water), Canola Oil, Pure Honey, Dark Brown Sugar, Green Onions, Water, Cornstarch).	X						
<b>Tortellini Marinara</b>	Tortellini: Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), Water, Whole Egg, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Dehydrated Potatoes (100% potatoes), Salt, Parsley, Black Pepper. Marinara Sauce: Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion).	X	X	X	X			
<b>Veggie Burgers</b>	Refried beans (cooked beans, water, canola oil, salt, garlic powder), rice, breadcrumbs (bleached wheat flour, dextrose, yeast, salt), salsa (diced tomatoes, cilantro, salt, lime, onion), egg, onion, black pepper, garlic powder, cumin. Served on a Whole Grain Hamburger Bun (see bread ingredients).		X	X				
<b>Veggie Meatballs Marinara</b>	Vegetarian Meatballs: water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract. Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water.	X		X				
<b>Veggie Nuggets</b>	Mycoprotein (41%), wheat flour, canola oil, rehydrated egg white, wheat starch, contains 2% or less of natural flavor from non-meat sources (contains yeast, salt, onion), potato dextrin, salt, wheat gluten, dextrose, whole egg & egg white, pea fiber, milk proteins, firming agents: calcium chloride, calcium acetate; turbinado sugar, spice, yeast.		X	X	X			



Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Veggie Sausage Patties</b>	Water, Wheat Gluten, Soy Flour, Egg Whites, Corn Oil, Soy Protein Concentrate, Sodium Casinate, Modified Tapioca Starch, Contains 2% or less of Lactose, Soybean Oil (With TBHQ for Freshness), Soy Protein Isolate, Autolyzed Yeast Extract, Spices, Natural & Artificial Flavors, Methylcellulose, Sodium Tripolyphosphate, Salt, Hydrolyzed wheat Gluten, Disodium Inosinate, Caramel Color, Modified Corn Starch, Whey, Hydrolyzed Corn Gluten, Maltodextrin, Onion Powder, Disodium Guanylate, Tetrasodium Pyrophosphate, Tricalcium Phosphate, Lactic Acid, Ascorbic Acid, Brewer's Yeast, Torula Yeast, Calcium Phosphate, Soy Lecithin, Iron (Ferrous Sulfate), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (vitamin B6), Riboflavin (vitamin B2), Vitamin B12.	X	X	X	X			
<b>Veggie Sloppy Joe</b>	Boca crumbles (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat flavor), dried onions, garlic powder spices). Sauce: red peppers, onion, garlic, vegetable oil, salt, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika). Served on whole wheat hamburger bun (see bread ingredients).	X		X				
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**May be subbed with Yellow American Cheese	Yellow American Cheese: American Cheese (Milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Contains: Milk, Soy Lecithin	X	X		X			



GF/DF/EF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Asian BBQ Chicken</b>	Antibiotic-free chicken thigh, Asian BBQ Sauce (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion)	X						
<b>Asian BBQ Drumsticks</b>	Antibiotic-free Chicken Drumstick, Asian BBQ Sauce (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion)	X						
<b>Cajun Catfish</b>	Catfish, canola oil, garlic powder, dried thyme, paprika, ground chili pepper, ground black pepper, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, and garlic).					X		
<b>Catfish</b>	Catfish, salt, canola oil.					X		
<b>Chicken Teriyaki</b>	Antibiotic-free chicken thigh, Teriyaki Sauce (Raw Garlic, Raw Ginger, Aminos Soy Sauce (Non-GMO soybeans and purified water), Canola Oil, Pure Honey, Dark Brown Sugar, Green Onions, Water, Cornstarch)	X						
<b>GF/DF/EF Mac n Cheese</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Sauce: Vegan Mozzarella Cheese (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, carrageenan, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate) Soy Milk (organic soymilk (filtered water, whole organic soybeans, organic cane sugar, tricalcium phosphate, sea salt, carrageenan, organic vanilla flavor, natural flavors, vitamin A palmitate, vitamin D2, riboflavin (B2), Vitamin B12), Rice Flour, Canola Oil	X						
<b>GF/DF/EF Pasta Marinara</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Dairy free mozzarella cheese (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate)	X						
<b>GF/DF/EF Buffalo Chicken Sandwich</b>	Antibiotic Free Chicken Breast, Buffalo Sauce (Raw Garlic, Hot Sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder). Served on a Gluten Free Hamburger Bun ( <b>See Bread Ingredients</b> )							
<b>GF/DF/EF Cheese Tamale</b>	Dairy-free cheese (filtered water, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum) canola oil, dry corn masa, sea salt, baking powder, water							
<b>GF/DF/EF Grilled Cheese</b>	GF Bread (Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D) & Dairy Free Cheddar Cheese (rice base(filtered water, rice flour), maltodextrin, rice bran oil, pea protein, tricalcium phosphate, contains 2% or less of salt, mono & diglycerides, sodium polyphosphate, natural flavor, jalapeno peppers, lactic acid, sodium phosphate, food color (carotenal) and calcium chloride)							
<b>GF/DF/EF Mediterranean Meatballs</b>	Antibiotic Free Ground Turkey, Raw Mint, Raw Cilantro, Raw Garlic, Ground Cumin, Red Chili Pepper, Sea Salt, Ground Black Pepper, Green Onions							
<b>GF/DF/EF Pizza</b>	Pizza crust: Gluten free flour (brown rice, tapioca, soy), water, palm oil, xanthan gum, dry yeast, salt, baking soda. Marinara: diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Dairy-free mozzarella (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate)	X						
<b>GF/DF/EF Turkey Meatballs Marinara</b>	Meatballs: Antibiotic-free turkey, salt. Marinara: diced canned tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), olive oil, garlic, onions, salt, sugar, oregano, basil, water.							

GF/DF/EF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>GF/DG/EF Waffle</b>	Water, Van's Gluten Free Mix (Brown Rice Flour, Potato Starch, Rice Flour, Soy Flour), Non-GMO Expeller Pressed Canola Oil, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Rice Flour, Monocalcium Phosphate), Van's Natural Fruit Juice Blend (Pineapple, Peach and Pear Juice Concentrates), Sea Salt, Guar Gum, Soy Lecithin.	x						
<b>Grilled Chicken/Grilled Chicken Strips</b>	Antibiotic-free chicken, canola oil, salt, pepper.							
<b>Hot Dog</b>	Hot Dog: beef, water, contains 2% or less of allspice, celery juice powder, evaporated cane syrup, garlic powder, ginger, honey, lactic acid started culture, mustard, nutmeg, vinegar, onion powder, paprika, pepper, sea salt. Served on a Gluten Free Hotdog Bun (see bread ingredients).							
<b>Beef Burgers</b>	Grass-fed beef, salt, pepper. Served on a gluten free hamburger bun ( <b>See Bread Ingredients</b> ).							
<b>Three Bean Chili</b>	Raw Onion, Green Peppers, Black Beans (Black Beans, Water, Salt, Calcium Chloride), Kidney Beans (Dark Red Kidney Beans, Water, Corn Syrup, Salt, Calcium Chloride, Disodium edta), Great Northern Beans (Great Northern Beans, Water, Salt, & Calcium Chloride), Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Dry Garlic Powder, Ground Red Chili Powder, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Organic Natural Flavor), Dark Brown Sugar, Ground Cinnamon.							
<b>Turkey Bolognese</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour) Bolognese sauce (Antibiotic-free turkey, Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion power, garlic powder, naturally derived citric acid), olive oil, garlic, onions, carrots, salt, sugar, oregano, basil, water.	x						
<b>Turkey Sausage Patties</b>	Turkey Sausage: Ground Turkey (Dry Poultry Seasoning (Sage, Salt, Thyme, Coriander, Marjoram Leaf, Red Pepper, Tricalcium Phosphate), Sea Salt, Canola Oil.							
<b>Turkey Sloppy Joe</b>	Antibiotic Free Groud Turkey, Organic Ketchup (Organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), Sloppy Joe Sauce: Canola oil, raw garlic, yellow mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, tumeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers. Served on a Gluten Free Hamburger Bun ( <b>See Bread Ingredients</b> )							
<b>Turkey Tacos</b>	Antibiotic Free Ground Turkey, Taco Seasoning (Salt, Sugar, Paprika, Spices, Onion, Garlic, Citric Acid, Natural Flavor). Served on a Corn Tortilla ( <b>See Bread Ingredients</b> )							

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

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

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