

April 2026



1640 W Hubbard Ave Chicago, IL 60622

DAY OF WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
DATE			1	2	3
Lunch Standard			Chicken Pot Pie & Oyster Crackers (SF)(EF)	Beef Burger w/Ketchup (SF)(EF) (DF)	Breakfast for Lunch: Cinnamon Swirl Pancake w/Syrup & Chicken Sausage (SF)
Lunch (GF)			Chicken Pot Pie w/Rice (GF)(SF) (EF)	GF Beef Burger w/Ketchup (GF) (SF)(EF)(DF)	Breakfast for Lunch: GF & Vegan Pancake w/Syrup & Chicken Sausage (GF)(SF)(EF)(DF)
Lunch (VEG)			Tofu Pot Pie & Oyster Crackers (V) (EF)(DF)	Black Bean Burger w/Ketchup (V) (SF)(EF)(DF)	Breakfast for Lunch: Cinnamon Swirl Pancake w/Syrup & Black Bean Sausage (VEG)(SF)
Lunch (V)					Breakfast for Lunch: GF & Vegan Pancake w/Syrup & Black Bean Sausage (V)(GF)(SF)(EF)(DF)
Lunch Allergy					Grilled Chicken & Rice (GF)(SF)(EF) (DF)

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DAY OF WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	6	7	8	9	10
Lunch Standard	Chicken Fajitas (SF)(EF)(DF)	Turkey Macaroni w/ Marinara (SF)(EF)(DF)	Sweet & Sour Chicken w/Rice (GF)(EF)(DF)	Mexican Lasagna w/ Turkey (SF)(EF)	Chicken Teriyaki & Rice (GF)(EF)(DF)
Lunch (GF)	GF Chicken Fajitas (GF)(SF)(EF)(DF)	GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)		GF Mexican Lasagna w/ Turkey (GF)(SF)(EF)	
Lunch (VEG)	Black Bean Fajitas & Flour Tortilla (V)(SF)(EF)(DF)	Pasta & Black Bean Marinara (V)(SF)(EF)(DF)	Sweet & Sour Tofu w/Rice (V)(GF)(EF)(DF)	Mexican Lasagna w/ Chickpeas (VEG)(SF)(EF)	Tofu Teriyaki & Rice (V)(GF)(EF)(DF)
Lunch (V)				GF&DF Mexican Lasagna w/ Chickpeas (V)(GF)(SF)(EF)(DF)	
Lunch Allergy	Black Bean Fajitas & Corn Tortilla (V)(GF)(SF)(EF)(DF)	GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)	Grilled Chicken & Rice (GF)(SF)(EF)(DF)		Grilled Chicken & Rice (GF)(SF)(EF)(DF)

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DAY OF WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	13	14	15	16	17
Lunch Standard	Pesto Grilled Cheese (VEG)(SF)(EF)	Turkey Macaroni w/ Marinara (SF)(EF)(DF)	Butter Chicken w/Pita (SF)(EF)	Baked Italian Turkey Rice (GF)(SF)(EF)	Chicken Quesadilla (SF)(EF)
Lunch (GF)	GF Pesto Grilled Cheese (VEG)(GF)(SF)(EF)	GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)	Butter Chicken w/Rice (GF)(SF)(EF)		GF Chicken Quesadilla (GF)(SF)(EF)
Lunch (VEG)	Pesto Grilled Cheese (VEG)(SF)(EF)	Pasta & Black Bean Marinara (V)(SF)(EF)(DF)	Vegan Butter Chickpeas w/Pita (V)(SF)(EF)(DF)	Baked Italian Black Bean Rice (VEG)(GF)(SF)(EF)	Bean & Cheese Quesadilla (VEG)(SF)(EF)
Lunch (V)	DF Pesto Grilled Cheese (V)(SF)(EF)(DF)			DF Baked Italian Black Bean Rice (V)(GF)(SF)(EF)(DF)	DF Bean & Cheese Quesadilla (V)(SF)(EF)(DF)
Lunch Allergy	GF&DF Pesto Grilled Cheese (V)(GF)(SF)(EF)(DF)	GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)	Vegan Butter Chickpeas w/Rice (V)(GF)(SF)(EF)(DF)		GF&DF Bean & Cheese Quesadilla (V)(GF)(SF)(EF)(DF)

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DAY OF WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	20	21	22	23	24
Lunch Standard	Greek Chicken & Pita (SF)(EF)(DF)	Mac & Cheese (VEG)(SF)(EF)	Chicken & White Bean Chorizo Taco (SF)(EF)(DF)	Lemon Garlic Turkey Rice (GF)(SF)(EF)(DF)	Chicken Tenders & Ketchup (SF)(DF)
Lunch (GF)	Greek Chicken & Rice (GF)(SF)(EF)(DF)	GF Mac & Cheese (VEG)(GF)(SF)(EF)(DF)	GF Chicken & White Bean Chorizo Taco (GF)(SF)(EF)(DF)		GF Chicken Tenders & Ketchup (GF)(SF)(DF)
Lunch (VEG)	Greek Tofu & Pita (V)(EF)(DF)	Mac & Cheese (VEG)(SF)(EF)	Tofu & White Bean Chorizo Taco (V)(EF)(DF)	Lemon Garlic Tofu Rice (V)(GF)(EF)(DF)	Chickpea & Polenta Veggie Nuggets (V)(GF)(SF)(EF)(DF)
Lunch (V)		DF Mac & Cheese (V)(SF)(EF)(DF)			
Lunch Allergy	Grilled Chicken & Rice (GF)(SF)(EF)(DF)	GF&DF Mac & Cheese (V)(GF)(SF)(EF)(DF)	GF Chicken & White Bean Chorizo Taco (GF)(SF)(EF)(DF)	White Beans & Rice (V)(GF)(SF)(EF)(DF)	

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DAY OF WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	27	28	29	30	
Lunch Standard	Turkey Chili w/Shredded Cheese & Oyster Crackers (SF)(EF)	Chicken Curry Casserole (GF)(SF)(EF)	Pasta & Turkey Marinara (SF)(EF)(DF)	Cheese Pizza (VEG)(SF)(EF)	
Lunch (GF)	Turkey Chili w/Shredded Cheese & Rice (GF)(SF)(EF)		GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)	GF Cheese Pizza (VEG)(GF)(SF)(EF)	
Lunch (VEG)	Veggie & Bean Chili w/Shredded Cheese & Oyster Crackers (VEG)(SF)(EF)	Tofu Curry Casserole (VEG)(GF)(EF)	Pasta & Black Bean Marinara (V)(SF)(EF)(DF)	Cheese Pizza (VEG)(SF)(EF)	
Lunch (V)	Veggie & Bean Chili w/DF Shredded Cheese & Oyster Crackers (V)(SF)(EF)(DF)	White Beans & Rice (V)(GF)(SF)(EF)(DF)		GF&DF Cheese Pizza (V)(GF)(SF)(EF)(DF)	
Lunch Allergy	Veggie & Bean Chili w/DF Shredded Cheese & Rice (V)(GF)(SF)(EF)(DF)		GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)		

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Apple Breakfast Bar (V)(GF)(SF)(EF)(DF)	GF Oats, Pancake Syrup, Sunflower Oil, Salt, Vanilla Extract, <i>Applesauce (Housemade)</i>				Yes	Yes	Yes	Yes	Breakfast/Snack (Housemade)
Apple Cinnamon Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Apples, Cinnamon, Brown Sugar, Water	Cinnamon			Yes	Yes	Yes	Yes	Breakfast
Apple Pancake (Housemade) (VEG)(SF)	Sugar, Baking Powder, Salt, Milk, Eggs, Sunflower Oil, Flour, Cottage Cheese, Apples, White Vinegar	Wheat, Dairy, Egg			No	No	Yes	No	Ingredient (Housemade)
Apple Pancake w/ Syrup (VEG)(SF)	<i>Apple Pancake (Housemade)</i> , Pancake Syrup	Wheat, Dairy, Egg			No	No	Yes	No	Breakfast
Applesauce (Housemade) (V)(GF)(SF)(EF)(DF)	Apples, Sugar, Water	Cinnamon			Yes	Yes	Yes	Yes	Ingredient (Housemade)
Baked Italian Black Bean Rice (VEG)(GF)(SF)(EF)	Rice, <i>Black Bean Marinara Sauce (Housemade)</i> , Peas, Mozzarella Cheese, Parmesan & Romano	Dairy			Yes	No	Yes	Yes	Entrée
Baked Italian Turkey Rice (GF)(SF)(EF)	Rice, <i>Turkey Marinara Sauce (Housemade)</i> , Peas, Mozzarella Cheese, Parmesan & Romano	Dairy			Yes	No	Yes	Yes	Entrée
Banana Bread (VEG)(SF)	Flour, Baking Powder, Baking Soda, Butter, Eggs, Banana, Sugar, Salt, Cinnamon, Milk	Wheat, Dairy, Egg, Cinnamon			No	No	Yes	No	Breakfast/Snack
Banana Cocoa Oat Cluster (V)(GF)(SF)(EF)(DF)	Banana, Baking Powder, Cocoa Powder, GF Oats				Yes	Yes	Yes	Yes	Snack
Banana Muffin (VEG)(SF)(DF)	Eggs, Sunflower Oil, Sugar, Flour, Baking Soda, Salt, Water, Banana, Cinnamon	Wheat, Egg, Cinnamon			No	Yes	Yes	No	Breakfast/Snack
Banana Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Banana, Water				Yes	Yes	Yes	Yes	Breakfast
Banana Pancake (Housemade) (VEG)(SF)	Sugar, Milk, Eggs, Salt, Baking Powder, Flour, Sunflower Oil, Banana	Wheat, Dairy, Egg			No	No	Yes	No	Ingredient (Housemade)
Banana Pancake w/ Syrup (VEG)(SF)	<i>Banana Pancake (Housemade)</i> , Pancake Syrup	Wheat, Dairy, Egg			No	No	Yes	No	Breakfast
BBQ Chicken Sandwich (SF)(EF)(DF)	Chicken Breast or Tender, <i>BBQ Sauce (Housemade)</i> , School White Wheat Bread, Salt, Black Pepper, Sunflower Oil	Wheat	Yes		No	Yes	Yes	Yes	Entrée
BBQ Chicken Taco (SF)(EF)(DF)	Chicken Breast or Tender, <i>BBQ Sauce (Housemade)</i> , Salt, Black Pepper, Sunflower Oil, Flour Tortilla 6"	Wheat	Yes		No	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
BBQ Sauce (Housemade) (V)(GF)(SF)(EF)(DF)	Water, Brown Sugar, Ketchup				Yes	Yes	Yes	Yes	Ingredient (Housemade)
BBQ White Bean & Vegetable Sandwich (V)(SF)(EF)(DF)	Great Northern Beans, <i>Mixed Vegetables (Housemade)</i> , BBQ Sauce (Housemade), Sunflower Oil, Salt, Black Pepper, School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes	Entrée
BBQ White Bean & Vegetable Taco (V)(SF)(EF)(DF)	Great Northern Beans, <i>Mixed Vegetables (Housemade)</i> , BBQ Sauce (Housemade), Sunflower Oil, Salt, Black Pepper, Flour Tortilla 6"	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Bean & Cheese Quesadilla (VEG)(SF)(EF)	Black Beans, Flour Tortilla 6", Sunflower Oil, Mozzarella Cheese	Wheat, Dairy	Yes		No	No	Yes	Yes	Entrée
Bean & Vegetable Taco (V)(SF)(EF)(DF)	Black Beans, Flour Tortilla 6", <i>Mixed Vegetables (Housemade)</i> , Salt, Black Pepper, <i>Salsa (Housemade)</i>	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Beans: Black, Dry (Brand: Local Foods) (V)(GF)(SF)(EF)(DF)	Black Beans from Carlson-Arbogast Farms				Yes	Yes	Yes	Yes	Ingredient
Beans: Chickpeas (Garbanzo Beans) (Brand: Brown's Best) (V)(GF)(SF)(EF)(DF)	Garbanzo Beans/Chickpeas				Yes	Yes	Yes	Yes	Ingredient
Beans: Chickpeas (Garbanzo Beans) (Brand: Chef's Quality) (V)(GF)(SF)(EF)(DF)	Chickpeas, Salt, Disodium EDTA, Water				Yes	Yes	Yes	Yes	Ingredient
Beans: White (Great Northern Beans) (Brand: Chef's Quality) (V)(GF)(SF)(EF)(DF)	Great Northern Beans, Salt, Calcium Chloride				Yes	Yes	Yes	Yes	Ingredient
Beef Burger Patty (Housemade) (GF)(SF)(EF)(DF)	Ground Beef, Salt, Pepper				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Beef Burger w/Ketchup (SF)(EF)(DF)	<i>Beef Patty (Housemade)</i> , Slider Bun, Ketchup	Wheat			No	Yes	Yes	Yes	Entrée
Black Bean Burger Patty (Housemade) (V)(GF)(SF)(EF)(DF)	Black Beans, Lentils, Water, GF Flour, Sunflower Oil, Salt, Black Pepper, Garlic Powder				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Black Bean Burger w/Ketchup (V)(SF)(EF)(DF)	<i>Black Bean Burger Patty (Housemade)</i> , Ketchup, Slider Bun	Wheat	Yes		No	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Black Bean Fajitas & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Black Beans, Green & Red Bell Peppers, Onion, Sunflower Oil, Kosher Salt, Black Pepper, Garlic, Corn Tortilla 6"				Yes	Yes	Yes	Yes	Entrée
Black Bean Fajitas & Flour Tortilla (V)(SF)(EF)(DF)	Black Beans, Green & Red Bell Peppers, Onion, Sunflower Oil, Kosher Salt, Black Pepper, Garlic, Flour Tortilla 6"	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Black Bean Marinara Sauce (Housemade) (V)(GF)(SF)(EF)(DF)	Black Beans, Tomatoes, Garlic, Olive Oil, Parsley, Salt, Black Pepper, Cornstarch, Water				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Black Bean Sausage (Housemade) (V)(GF)(SF)(EF)(DF)	Black Beans, Onion, Water, GF Flour, Sunflower Oil, Salt, Black Pepper, Sage, Thyme, Pancake Syrup, Nutmeg, Rosemary				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Black Beans & Rice (V)(GF)(SF)(EF)(DF)	Rice, Black Beans, Water, Salt, Black Pepper				Yes	Yes	Yes	Yes	Entrée
Blueberry Applesauce (Housemade) (V)(GF)(SF)(EF)(DF)	Apples, Sugar, Water, Blueberries				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Blueberry Banana Oat Muffin (VEG)(GF)(SF)(EF)	Greek Yogurt, Pancake Syrup, Banana, Flaxseed Meal, Vanilla Extract, GF Oats, Baking Powder, Baking Soda, Salt, Blueberries, Water	Dairy			Yes	No	Yes	Yes	Breakfast/Snack
Blueberry Bread (VEG)(SF)	Eggs, Blueberries, Sugar, Sunflower Oil, Flour, Salt, Baking Powder, Milk	Wheat, Dairy, Egg			No	No	Yes	No	Breakfast/Snack
Blueberry Breakfast Bar (V)(GF)(SF)(EF)(DF)	GF Oats, Oat Flour (GF Oats), Sunflower Oil, Salt, Pancake Syrup, Vanilla Extract, Blueberries, Lemons, Flaxseed Meal				Yes	Yes	Yes	Yes	Breakfast/Snack
Blueberry Jam (Housemade) (V)(GF)(SF)(EF)(DF)	Blueberries, Sugar, Water				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Blueberry Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Blueberries, Sugar, Water				Yes	Yes	Yes	Yes	Breakfast
Blueberry Smoothie Bowl w/ Granola Crumbles (VEG)(GF)(SF)(EF)	<i>Blueberry Yogurt (Housemade), Granola Crumbles (Housemade)</i>	Dairy			Yes	No	Yes	Yes	Breakfast
Blueberry Yogurt (Housemade) (VEG)(GF)(SF)(EF)	Vanilla Yogurt, Blueberries	Dairy			Yes	No	Yes	Yes	Breakfast/Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Bread Crumbs - Panko (Brand: Webstaurant or Kikkoman) (V)(SF)(EF)(DF)	Wheat Flour, Sugar, Salt, Yeast, Ascorbic Acid (Added as a Dough Conditioner)	Wheat			No	Yes	Yes	Yes	Ingredient
Bread: GF Bread - Live G Free White Wide Pan Bread (served interchangeably with Live G Free Whole Grain Wide Pan Bread) (V)(GF)(SF)(EF)(DF)	Water, Gluten Free Flour Blend (Modified Tapioca Starch, Potato Starch, Brown Rice Flour), Sunflower Oil, Dextrose, Cane Sugar, Psyllium Husk, Yeast, Modified Cellulose, Pea Fiber, Salt, Rice Bran, Cultured Cane Sugar, Vinegar, Cellulose Gum				Yes	Yes	Yes	Yes	Ingredient
Bread: GF Bread - Live G Free Whole Grain Wide Pan Bread (served interchangeably with Live G Free White Wide Pan Bread) (V)(GF)(SF)(EF)(DF)	Water, Gluten Free Flour Blend, (Modified Tapioca Starch, Potato Starch), Whole Grain Blend (Whole Brown Rice Flour, Whole Teff Flour, Whole Millet, Whole Red Quinoa), Sunflower Oil, Raisin Juice, Dextrose, Psyllium Husk, Cane Sugar, Yeast, Modified Cellulose, Pea Fiber, Salt, Rice Bran, Cultured Cane Sugar, Vinegar, Cellulose Gum				Yes	Yes	Yes	Yes	Ingredient
Bread: School White Wheat Sandwich Bread (Brand: Alpha Baking) (V)(SF)(EF)(DF)	Whole White Wheat Flour, Water, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Wheat Gluten, Sugar, Soybean Oil, Contains 2% or less of the following: Salt, Malted Barley Syrup, Calcium Propionate (Preservative), Potassium Sorbate (Preservative), Wheat Starch, Ascorbic Acid, Enzymes	Wheat	Yes		No	Yes	Yes	Yes	Ingredient

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Bread: Slider Bun 24ct (Brand: Alpha Baking) (31 grams) (V)(SF)(EF)(DF)	Whole White Wheat Flour, Water, Unbleached Enriched 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, Calcium Propionate (Preservative), Potassium Sorbate (Preservative), Wheat Starch, Enzymes, Ascorbic Acid	Wheat	Yes		No	Yes	Yes	Yes	Ingredient
Breakfast for Lunch: Cinnamon Swirl Pancake w/Syrup & Chicken Sausage (SF)	<i>Cinnamon Swirl Pancake (Housemade), Pancake Syrup, Chicken Sausage</i>	Wheat, Eggs, Dairy, Cinnamon			No	No	Yes	No	Entrée
Breakfast for Lunch: GF & Vegan Pancake w/Syrup & Chicken Sausage (GF)(SF)(EF)(DF)	<i>GF & Vegan Pancake (Housemade), Pancake Syrup, Chicken Sausage</i>				Yes	Yes	Yes	Yes	Entrée
Breakfast for Lunch: Cinnamon Swirl Pancake w/Syrup & Black Bean Sausage (VEG)(SF)	<i>Cinnamon Swirl Pancake (Housemade), Pancake Syrup, Black Bean Sausage (Housemade)</i>	Wheat, Eggs, Dairy, Cinnamon			No	No	Yes	No	Entrée
Breakfast for Lunch: GF & Vegan Pancake w/Syrup & Black Bean Sausage (V)(GF)(SF)(EF)(DF)	<i>GF & Vegan Pancake (Housemade), Pancake Syrup, Black Bean Sausage (Housemade)</i>				Yes	Yes	Yes	Yes	Entrée
Broccoli & Cheese Quiche (Housemade) (VEG)(GF)(SF)	Eggs, Cottage Cheese, Mozzarella Cheese, Broccoli, Onion, Salt, Pepper	Eggs, Dairy			Yes	No	Yes	No	Breakfast (Housemade)
Butter (Brand: Cloverdale, Brand: Grassland) (VEG)(GF)(SF)(EF)	Cream	Dairy			Yes	No	Yes	Yes	Ingredient
Butter Chicken (Housemade) (GF)(SF)(EF)	Chicken Breast, Whole Peeled Tomatoes, Butter, Heavy Cream, Garlic, Ginger, Garam Masala, Salt	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Butter Chicken w/Pita (SF)(EF)	<i>Butter Chicken (Housemade), Pita</i>	Dairy, Wheat	Yes		No	No	Yes	Yes	Entrée
Butter Chicken w/Rice (GF)(SF)(EF)	<i>Butter Chicken (Housemade), Rice</i>	Dairy			Yes	No	Yes	Yes	Entrée
Carrot Bread (VEG)(SF)	Butter, Eggs, Baking Powder, Salt, Cinnamon, Carrots, Flour, Brown Sugar, Vanilla Extract, Milk	Wheat, Egg, Dairy, Cinnamon			No	No	Yes	No	Breakfast/Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Carrot Muffin Top (VEG)(SF)(DF)	Flour, GF Oats, Carrots, <i>Applesauce (Housemade)</i> , Brown Sugar, Sugar, Sunflower Oil, Eggs, Vanilla Extract, Baking Soda, Baking Powder, Salt, Cinnamon, Nutmeg, Ginger	Wheat, Egg, Cinnamon			No	Yes	Yes	No	Breakfast/Snack
Cereal Trail Mix (V)(SF)(EF)(DF)	Crispy Oats Cereal, Corn Squares Cereal, Crispy Rice Toasted Cereal, Rice Squares Cereal	Wheat			No	Yes	Yes	Yes	Breakfast/Snack
Cereal: Corn Squares (Brand: Millville) (V)(GF)(SF)(EF)(DF) - On Menu: Corn Chex	Milled Corn, Sugar, Corn Bran, Salt, Molasses, Baking Soda, Mixed Tocopherols. Vitamins and Minerals: Calcium Carbonate, Reduced Iron, Sodium Ascorbate (Vitamin C), Niacinamide, Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin A Palmitate, Folic Acid, Vitamin D, Vitamin B12				Yes	Yes	Yes	Yes	Ingredient/Snack
Cereal: Crispy Oats Cereal (Brand: Millville) (V)(SF)(EF)(DF) - On Menu: Crispy Oat Cereal	Whole Grain Oat Flour, Wheat Starch, Calcium Carbonate, Salt, Trisodium Phosphate, Caramel Color. Vitamins & Minerals: Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide, Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Vitamin B12	Wheat			No	Yes	Yes	Yes	Breakfast/Snack
Cereal: Crispy Rice Toasted Cereal (Brand: Millville) (V)(GF)(SF)(EF)(DF) - On Menu: Plain Rice Puffs	Rice, Sugar, Corn Syrup, Salt, Vitamins & Minerals: Ferric Orthophosphate (Source of Iron), Sodium Ascorbate (Vitamin C), Niacinamide (Vitamin B3), Zinc Oxide, Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Vitamin A Palmitate, Thiamin Mononitrate (Vitamin B1), Vitamin B12, Vitamin D3				Yes	Yes	Yes	Yes	Breakfast/Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Cereal: Rice Squares (Brand: Millville) (V)(GF)(SF)(EF)(DF) - On Menu: Rice Chex	Rice, Sugar, Salt, Molasses, Mixed Tocopherols. Vitamins and Minerals: Calcium Carbonate, Reduced Iron, Sodium Ascorbate (Vitamin C), Niacinamide, Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin A Palmitate, Folic Acid, Vitamin D, Vitamin B12				Yes	Yes	Yes	Yes	Ingredient/Snack
Cheddar Biscuit (Housemade) (VEG) (SF)(EF)	Flour, Sugar, Baking Powder, Cheddar Cheese, Butter, Milk, Salt	Dairy, Wheat			No	No	Yes	Yes	Breakfast/Snack
Cheddar Cheese Dip & Pita (VEG)(SF) (EF)	<i>Cheese Dip (Housemade)</i> , Pita Bread	Dairy, Wheat	Yes		No	No	Yes	Yes	Snack
Cheddar Turtles (Brand: Savoritz)	Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes, Annatto Extract), High Oleic Canola Oil, Contains 2% or less: Salt, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Sugar, Spices, Leavening (Yeast, Monocalcium Phosphate, Baking Soda), Yeast Extract, Onion Powder, Autolyzed Yeast Extract, Sodium Sulfite, Annatto Extract	Dairy, Wheat			No	No	Yes	Yes	Ingredient
Cheese & Vegetables (VEG)(GF)(SF) (EF)	Provolone Cheese, Muenster Cheese, Cheddar Cheese, Vegetables	Dairy			Yes	No	Yes	Yes	Snack
Cheese Cubes (VEG)(GF)(SF)(EF)	Provolone Cheese, Muenster Cheese, Cheddar Cheese	Dairy			Yes	No	Yes	Yes	Snack
Cheese Dip (Housemade) (VEG)(GF) (SF)(EF)	Cheddar Cheese, Milk, Red Peppers, Onion, Water, Butter, Cornstarch	Dairy	Yes		Yes	No	Yes	Yes	Ingredient (Housemade)
Cheese Pizza (VEG)(SF)(EF)	Flour, Yeast, Salt, Olive Oil, Mozzarella Cheese, Parmesan & Romano Cheese, <i>Marinara Sauce (Housemade)</i> , Water	Wheat, Dairy			No	No	Yes	Yes	Entrée
Cheese Puff Snack & Vegetables (VEG)(SF)(EF)	Cheddar Cheese, Butter, Salt, Flour, Water, Vegetables	Dairy, Wheat			No	No	Yes	Yes	Snack (Housemade)

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Cheese Roll Up (Housemade) (VEG)(SF)(EF)	Cheddar Cheese, Flour Tortilla 6"	Dairy, Wheat	Yes		No	No	Yes	Yes	Snack
Cheese Sauce (Housemade) (VEG)(SF)(EF)	Milk, Cheddar Cheese, Butter, Flour, Mozzarella Cheese, Garlic Powder, Salt	Wheat, Dairy			No	No	Yes	Yes	Ingredient (Housemade)
Cheese Tortellini (Brand: Seviroli) (VEG)(SF)	Enriched Semolina Flour (Semolina Flour [Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Ricotta Cheese (Whey, Vinegar, Salt), Wheat Flour, Soybean Oil), Romano Cheese (Pasteurized Cow's and/or Sheep's Milk, Cheese Culture, Salt, Enzymes), Parmesan Cheese (Part Skim Milk, Cheese Culture, Salt, Enzymes), Asiago Cheese (Pasteurized Part Skim Cow's Milk, Cheese Culture, Salt, Enzymes), Salt, Dietary Fiber, Pasteurized Whole Eggs, Milk, Garlic Powder, Onion Powder, Spices, Beta Carotene (color)	Wheat, Eggs, Dairy	Yes		No	No	Yes	No	Ingredient
Cheese Tortellini & Marinara Sauce (VEG)(SF)	Cheese Tortellini, <i>Marinara Sauce (Housemade)</i> , Olive Oil	Wheat, Eggs, Dairy	Yes		No	No	Yes	No	Entrée
Cheesy Breakfast Potatoes (VEG)(GF)(SF)(EF)	Potatoes, Onion, Cheddar Cheese, Salt, Pepper, Sunflower Oil	Dairy			Yes	No	Yes	Yes	Breakfast
Cheesy Chex Mix (VEG)(SF)(EF)	Crispy Oat Cereal, Pretzels, Rice Squares, Cheddar Turtles, Butter, Parmesan & Romano Cheese	Wheat, Dairy			No	No	Yes	Yes	Snack (Housemade)
Cheesy Fiesta Rice & Beans (VEG)(GF)(SF)(EF)	Rice, Black Beans, Onion, Green & Red Bell Peppers, Garlic, Tomatoes, <i>Marinara Sauce (Housemade)</i> , Cheddar Cheese, <i>Taco Seasoning (Housemade)</i>	Dairy			Yes	No	Yes	Yes	Entrée
Cheesy Grits (VEG)(GF)(SF)(EF)	Grits, Bay Leaf, Salt, Butter, Parmesan & Romano Cheese, Milk, Water	Dairy			Yes	No	Yes	Yes	Breakfast
Chicken & Broccoli Casserole (SF)(EF)	Chicken, Onion, Broccoli, Farfalle Pasta, Butter, Garlic, Flour, <i>Vegetable Stock (Housemade)</i> , Milk, Salt, Black Pepper, Cheddar Cheese	Dairy, Wheat			No	No	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Chicken & Noodles (SF)(DF)	Egg Noodles, Water, Chicken Breast, Garlic, Salt, Black Pepper, Olive Oil	Wheat, Egg			No	Yes	Yes	No	Entrée
Chicken & Rice Soup (Housemade) (GF)(SF)(EF)	Chicken, Rice, Carrots, Celery, Onion, Milk, Water, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes	Entrée
Chicken & Rice Soup w/GF Bread (GF) (SF)(EF)	<i>Chicken & Rice Soup (Housemade)</i> , GF Bread	Dairy			Yes	No	Yes	Yes	Entrée
Chicken & Rice Soup w/Oyster Crackers (SF)(EF)	<i>Chicken & Rice Soup (Housemade)</i> , Oyster Crackers	Dairy, Wheat			No	No	Yes	Yes	Entrée
Chicken & Sweet Potato Fritter (SF) (DF)	Potatoes, Sweet Potato, Chicken, Onion, Eggs, Flour, Salt, Black Pepper, Sunflower Oil	Wheat, Egg			No	Yes	Yes	No	Entrée
Chicken & White Bean Chorizo Taco (SF)(EF)(DF)	Chicken, Great Northern Beans, Cinnamon, White Vinegar, Sunflower Oil, <i>Taco Seasoning (Housemade)</i> , Salt, Coriander, Cloves, Flour Tortilla 6"	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Chicken Alfredo (SF)(EF)	<i>Chicken Alfredo Sauce (Housemade)</i> , Olive Oil, Water, Salt, Farfalle Pasta	Wheat, Dairy			No	No	Yes	Yes	Entrée
Chicken Alfredo Sauce (Housemade) (GF)(SF)(EF)	Milk, Parmesan & Romano Cheese, Cornstarch, Garlic Powder, Salt, Black Pepper, Butter, Chicken	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Chicken Curry Casserole (GF)(SF)(EF)	Rice, Chicken, Carrots, Celery, Onion, Plain Yogurt, Garlic Powder, Salt, Black Pepper, Curry Powder, <i>Vegetable Stock (Housemade)</i> , Sunflower Oil	Dairy			Yes	No	Yes	Yes	Entrée
Chicken Fajitas (SF)(EF)(DF)	Chicken Breast, Flour Tortilla 6", Onion, Red & Green Bell Peppers, Sunflower Oil, Salt, Black Pepper	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Chicken Pasta Salad (SF)(DF)	Chicken, Mayonnaise, Carrots, Zucchini, Onion, Celery, Red Bell Peppers, Green Bell Peppers, Salt, Black Pepper, Orzo, Water, Olive Oil	Wheat, Egg	Yes		No	Yes	Yes	No	Entrée
Chicken Pot Pie (Housemade) (GF) (SF)(EF)	Chicken Breast or Tender, Potatoes, Peas, Carrots, Water, Onion, Thyme, Milk, Parsley, Cornstarch, Butter, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Chicken Pot Pie & GF Bread (GF)(SF) (EF)	<i>Chicken Pot Pie (Housemade)</i> , GF Bread	Dairy			Yes	No	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Chicken Pot Pie & Rice (GF)(SF)(EF)	Chicken Pot Pie (Housemade), Rice	Dairy			Yes	No	Yes	Yes	Entrée
Chicken Pot Pie & Oyster Crackers (SF)(EF)	Chicken Pot Pie (Housemade), Oyster Crackers	Wheat, Dairy			No	No	Yes	Yes	Entrée
Chicken Quesadilla (SF)(EF)	Chicken Breast, Mozzarella Cheese, Tortilla Flour 6", Sunflower Oil	Wheat, Dairy	Yes		No	No	Yes	Yes	Entrée
Chicken Sausage - Apple & Maple (Brand: Amylu) (GF)(SF)(EF)(DF)	Chicken, Rosemary Extract, Water, Kosher Salt, Parsley, Spices, Vinegar				Yes	Yes	Yes	Yes	Ingredient
Chicken Stir Fry (GF)(EF)(DF)	Chicken Breast, Rice, Water, Onion, Carrots, Celery, GF Soy Sauce, Garlic Powder, Ginger Powder, Salt, Black Pepper, Sunflower Oil	Soy			Yes	Yes	No	Yes	Entrée
Chicken Taco (SF)(EF)(DF)	Chicken Breast, Flour Tortilla 6", Salsa (Housemade)	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Chicken Tenders & Ketchup	Chicken Breast, Eggs, Flour, Bread Crumbs, Garlic Powder, Salt, Black Pepper, Sunflower Oil, Ketchup	Wheat, Egg			No	Yes	Yes	No	Entrée
Chicken Teriyaki & Rice (GF)(EF)(DF)	Chicken Breast, Rice, Water, GF Teriyaki Sauce (Housemade), Garlic Powder, Ginger Powder, Salt, Black Pepper, Green Onion	Soy			Yes	Yes	No	Yes	Entrée
Chicken Tinga Sandwich (SF)(EF)(DF)	Chicken Breast, Onion, Sunflower Oil, Salt, Paprika, Salsa (Housemade), School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Chicken Tinga Taco (SF)(EF)(DF)	Chicken Breast, Onion, Sunflower Oil, Salt, Paprika, Salsa (Housemade), Flour Tortilla 6"	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Chickpea & Broccoli Casserole (VEG) (SF)(EF)	Chickpeas, Farfalle Pasta, Onion, Broccoli, Butter, Garlic, Flour, Vegetable Stock (Housemade), Milk, Salt, Black Pepper, Cheddar Cheese	Dairy, Wheat			No	No	Yes	Yes	Entrée
Chickpea & Polenta Veggie Nuggets (V)(GF)(SF)(EF)(DF)	Grits, Water, Zucchini, Carrots, Chickpeas, Salt, Black Pepper				Yes	Yes	Yes	Yes	Entrée
Chickpea & Sweet Potato Fritter (V) (SF)(EF)(DF)	Potato, Sweet Potato, Chickpeas, Water, Onion, Flour, Flaxseed Meal, Salt, Black Pepper, Sunflower Oil	Wheat			No	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Chickpea Pasta Salad (V)(SF)(EF)(DF)	Chickpeas, Orzo, Water, Carrots, Zucchini, Onion, Celery, Green & Red Bell Peppers, Salt, Pepper, Olive Oil	Wheat			No	Yes	Yes	Yes	Entrée
Chili Mac (SF)(EF)	Ground Turkey, Onion, Garlic, Olive Oil, Flour, Chili Powder, Paprika, Oregano, Garlic Powder, Salt, <i>Marinara Sauce (Housemade)</i> , <i>Vegetable Stock (Housemade)</i> , Cheddar Cheese, Black Beans, Pasta Shells	Wheat, Dairy			No	No	Yes	Yes	Entrée
Churro Crisps (V)(SF)(EF)(DF)	Flour Tortilla 6", Cinnamon, Sugar, Sunflower Oil	Wheat, Cinnamon	Yes		No	Yes	Yes	Yes	Snack
Cinnamon Apple Oatmeal Bar (VEG)(GF)(SF)	Ground GF Oats, Milk, Eggs, Butter, Cinnamon, Brown Sugar, Baking Powder, Apples	Dairy, Egg, Cinnamon			Yes	No	Yes	No	Breakfast/Snack
Cinnamon Rice Pudding (VEG)(GF)(SF)(EF)	Rice, Milk, Sugar, Cinnamon, Water	Dairy, Cinnamon			Yes	No	Yes	Yes	Breakfast/Snack
Cinnamon Swirl Pancake w/ Syrup (VEG)(SF)	Cinnamon, Flour, Eggs, Sunflower Oil, Salt, Pancake Syrup, Milk, Sugar, Baking Powder	Wheat, Dairy, Egg, Cinnamon			No	No	Yes	No	Breakfast/Ingredient
Cinnamon Yogurt Dip (Housemade)(VEG)(GF)(SF)(EF)	Vanilla Yogurt, Cinnamon	Dairy, Cinnamon			Yes	No	Yes	Yes	Ingredient (Housemade)
Cinnamon Yogurt Dip & Churro Crisps (VEG)(SF)(EF)	<i>Cinnamon Yogurt Dip (Housemade)</i> , <i>Churro Crisps (Housemade)</i>	Dairy, Cinnamon, Wheat			No	No	Yes	Yes	Snack
Cinnamon Yogurt Dip & Pita (VEG)(SF)(EF)	<i>Cinnamon Yogurt Dip (Housemade)</i> , Pita	Dairy, Cinnamon, Wheat	Yes		No	No	Yes	Yes	Snack
Cocoa Crispy Bar (V)(GF)(SF)(EF)(DF)	GF Oats, Pumpkin Seeds, Crispy Rice Toasted Cereal, Cocoa Powder, Pancake Syrup, Vanilla Extract, Raisin Puree (Raisins + Water)				Yes	Yes	Yes	Yes	Snack (Housemade)
Cocoa Rice Puffs (V)(GF)(SF)(EF)(DF)	Crispy Rice Toasted Cereal, Cocoa Powder, Pancake Syrup, Sunflower Oil				Yes	Yes	Yes	Yes	Snack (Housemade)
Coconut Milk (Brand: Thai Kitchen)(V)(GF)(SF)(EF)(DF)	Coconut, Water, Guar Gum	Coconut			Yes	Yes	Yes	Yes	Ingredient
Cookie Hummus (Housemade)(V)(GF)(SF)(EF)(DF)	Chickpeas, Sunflower Butter (Sunbutter), Pancake Syrup, Brown Sugar, Cinnamon, Vanilla, Salt	Cinnamon, Sunflower			Yes	Yes	Yes	Yes	Ingredient (Housemade)

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Cookie Hummus & Churro Crisps (V)(SF)(EF)(DF)	Cookie Hummus (Housemade), Churro Crisps (Housemade)	Wheat, Cinnamon, Sunflower			No	Yes	Yes	Yes	Snack (Housemade)
Cookie Hummus & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Cookie Hummus (Housemade), Corn Tortilla 6"	Cinnamon, Sunflower			Yes	Yes	Yes	Yes	Snack
Cookie Hummus & GF Churro Crisps (V)(GF)(SF)(EF)(DF)	Cookie Hummus (Housemade), Churro Crisps (Housemade)	Cinnamon, Sunflower			Yes	Yes	Yes	Yes	Snack (Housemade)
Cookie Hummus & Pita (V)(SF)(EF)(DF)	Cookie Hummus (Housemade), Pita	Wheat, Cinnamon, Sunflower	Yes		No	Yes	Yes	Yes	Snack
Corn Tortilla & Salsa w/ Vegetables (V)(GF)(SF)(EF)(DF)	Corn Tortilla 6", Salsa (Homemade), Vegetables				Yes	Yes	Yes	Yes	Snack
Corn Tortilla 6" (Brand: El Milagro) (23 g) (V)(GF)(SF)(EF)(DF)	Corn, Water, Lime (Calcium Hydroxide)				Yes	Yes	Yes	Yes	Ingredient
Cottage Cheese (Brand: Daisy) (VEG)(GF)(SF)(EF)	Cultured Skim Milk, Cream, Salt	Dairy			Yes	No	Yes	Yes	Ingredient
Cranberry Orange Muffin (VEG)(SF)	Flour, Baking Powder, Salt, Sunflower Oil, Sugar, Eggs, Milk, Vanilla Extract, Orange Juice, Cranberries	Wheat, Dairy, Egg			No	No	Yes	No	Breakfast/Snack
Cream Cheese (Brand: James Farm, Brand: Philadelphia) (VEG)(GF)(SF)(EF)	Pasteurized Milk and Cream, Whey Protein Concentrate, Whey, Salt, Carob Bean Gum, Natamycin (A Natural Mold Inhibitor), Vitamin A Palmitate, Cheese Culture	Dairy			Yes	No	Yes	Yes	Ingredient
Cream Cheese Jelly Roll (VEG)(SF)(EF)	Flour Tortilla 6", Cream Cheese, Blueberry Jam (Housemade)	Wheat, Dairy	Yes		No	No	Yes	Yes	Snack
Creamy Spinach Dip (Housemade) (VEG)(GF)(SF)(EF)	Spinach, Greek Yogurt, Cream Cheese, Salt, Black Pepper, Parmesan & Romano Cheese, Sunflower Oil	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Creamy Spinach Dip & Pita (VEG)(SF)(EF)	Creamy Spinach Dip (Housemade), Pita Bread	Dairy, Wheat	Yes		No	No	Yes	Yes	Snack
Curry Powder (Brand: Chef's Quality) (V)(GF)(SF)(EF)(DF)	Spices, Turmeric, Celery				Yes	Yes	Yes	Yes	Ingredient
Curry Sauce (Housemade)(Cold) (VEG)(GF)(SF)(EF)	Plain Yogurt, Curry Powder, Garlic Powder, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
DF Baked Italian Black Bean Rice (V)(GF)(SF)(EF)(DF)	Rice, Black Bean Marinara Sauce (Housemade), Peas, DF Mozzarella Cheese			Yes	Yes	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
DF Bean & Cheese Quesadilla (V)(SF)(EF)(DF)	Black Beans, Flour Tortilla 6", DF Mozzarella Cheese, Sunflower Oil	Wheat	Yes	Yes	No	Yes	Yes	Yes	Entrée
DF Cheese & Vegetables (V)(GF)(SF)(EF)(DF)	DF Mozzarella Cheese, Vegetables			Yes	Yes	Yes	Yes	Yes	Snack
DF Cheesy Breakfast Potatoes (V)(GF)(SF)(EF)(DF)	Potatoes, DF Mozzarella Cheese, Salt, Pepper, Sunflower Oil			Yes	Yes	Yes	Yes	Yes	Breakfast
DF Cheesy Fiesta Rice & Beans (V)(GF)(SF)(EF)(DF)	Rice, Black Beans, Onion, Green & Red Bell Peppers, Garlic, Tomatoes, <i>Marinara Sauce (Housemade)</i> , DF Mozzarella Cheese, <i>Taco Seasoning (Housemade)</i>			Yes	Yes	Yes	Yes	Yes	Entrée
DF Cinnamon Yogurt Dip (Housemade) (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt, Cinnamon	Coconut, Cinnamon			Yes	Yes	Yes	Yes	Ingredient (Housemade)
DF Cinnamon Yogurt Dip & GF Churro Crisps (V)(GF)(SF)(EF)(DF)	<i>DF Cinnamon Yogurt Dip (Housemade)</i> , <i>GF Churro Crisps (Housemade)</i>	Coconut, Cinnamon			Yes	Yes	Yes	Yes	Snack
DF Grilled Cheese (V)(SF)(EF)(DF)	School White Wheat Bread, DF Mozzarella Cheese	Wheat	Yes	Yes	No	Yes	Yes	Yes	Entrée
DF Grilled Tofu & Cheese Sandwich (V)(EF)(DF)	School White Wheat Bread, Tofu, DF Mozzarella Cheese, Salt, Pepper, Sunflower Oil	Wheat, Soy	Yes	Yes	No	Yes	No	Yes	Entrée
DF Mac & Cheese (V)(SF)(EF)(DF)	Elbow Pasta, Olive Oil, Salt, Water <i>GF&DF Cheese Sauce (Housemade)</i>	Wheat		Yes	No	Yes	Yes	Yes	Entrée
DF Mozzarella Cheese (Brand: Daiya) (V)(GF)(SF)(EF)(DF)	Filtered Water, Tapioca Flour, Expeller Pressed Non-GMO Canola and/or Safflower Oil, Coconut Oil, Pea Protein, Salt, Inactive Yeast, Xanthan Gum, Lactic Acid (Vegan), Titanium Dioxide Color, Yeast Extract			Yes	Yes	Yes	Yes	Yes	Ingredient
DF Pesto Grilled Cheese (V)(SF)(EF)(DF)	School White Wheat Bread, DF Mozzarella Cheese, <i>DF Spinach Pesto (Housemade)</i>	Wheat	Yes	Yes	No	Yes	Yes	Yes	Entrée
DF Plain Rice Pudding (V)(GF)(SF)(EF)(DF)	Rice, Water, Cinnamon, Sugar	Cinnamon			Yes	Yes	Yes	Yes	Breakfast/Snack
DF Spinach Pesto (Housemade) (V)(GF)(SF)(EF)(DF)	Spinach, Parsley, Olive Oil, Garlic Powder, Salt, Black Pepper				Yes	Yes	Yes	Yes	Ingredient (Housemade)

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
DF Vanilla Coconut Yogurt (Brand: SO Delicious) (V)(GF)(SF)(EF)(DF)	Organic Coconutmilk (Filtered Water, Organic Coconut Cream), Organic Cane Sugar, Rice Starch, Contains 2% or Less of: Natural Flavor, Calcium Citrate, Pectin, Locust Bean Gum, Citric Acid, Live & Active Cultures, Vitamin D2, Vitamin B12	Coconut			Yes	Yes	Yes	Yes	Breakfast/Snack
DF Vanilla Coconut Yogurt w/Plain Rice Puffs (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt, Crispy Rice Cereal	Coconut			Yes	Yes	Yes	Yes	Breakfast/Snack
DF Vegetable & Cheese Sandwich (V)(SF)(EF)(DF)	School White Wheat Bread, Carrots, Zucchini, Yellow Squash, DF Mozzarella Cheese, Sunflower Oil	Wheat	Yes	Yes	No	Yes	Yes	Yes	Entrée
Egg Noodles (Brand: Dakota Growers) (VEG)(SF)(DF)	Durum Wheat Semolina, Durum Wheat Flour (Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)), Eggs	Wheat, Eggs			No	Yes	Yes	No	Ingredient
Flour (Brand: Janie's Mill - Organic All-Purpose Flour, Ardent Mills All-Purpose Flour)	Organic Wheat Flour	Wheat			No	Yes	Yes	Yes	Ingredient
Flour Tortilla 6" (Brand: El Milagro) (V)(SF)(EF)(DF) (28 g)	Wheat Flour, Water, Shortening (Interesterified Soybean Oil, Mono and Diglycerides), Rice Flour, Less than 2%: Salt, Baking Powder (Corn Starch, Sodium Aluminum Sulfate, and Sodium Bicarbonate), Mono and Diglycerides, Gluten, Sugar, Preservative Blend (Calcium Propionate, Sodium Propionate, Potassium Sorbate, Citric Acid), Yeast, Cellulose Gum, Maltodextrin, Natural Flavors, Dough Conditioner (Sodium Metabisulfite), Soy Lecithin	Wheat	Yes		No	Yes	Yes	Yes	Ingredient

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Flourless Sweet Potato Muffin (V)(GF)(SF)(EF)(DF)	Sweet Potato, Pancake Syrup, Vanilla Extract, Sunflower Butter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Cinnamon, Sunflower			Yes	Yes	Yes	Yes	Breakfast/Snack
Flourless Zucchini Carrot Muffin (V)(GF)(SF)(EF)(DF)	Zucchini, Carrots, Pancake Syrup, Vanilla Extract, Sunflower Butter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Cinnamon, Sunflower			Yes	Yes	Yes	Yes	Breakfast/Snack
French Toast Sticks w/ Syrup (VEG)(SF)	School White Wheat Bread, Eggs, Milk, Sugar, Salt, Vanilla Extract, Cinnamon, Pancake Syrup	Gluten, Eggs, Dairy, Cinnamon	Yes		No	No	Yes	No	Breakfast
Garam Masala (Brand: Regal Spice)(V)(GF)(SF)(EF)(DF)	Cumin, Coriander, Cardamom, Black Pepper, Cinnamon, Cloves, Nutmeg, Ground Bay Leaves	Cinnamon			Yes	Yes	Yes	Yes	Ingredient
GF & Vegan French Toast Sticks w/ Syrup (V)(GF)(SF)(EF)(DF)	GF Bread, Aquafaba (Chickpea Liquid), Water, Vanilla Extract, Sugar, Cinnamon, Salt, Pancake Syrup	Cinnamon			Yes	Yes	Yes	Yes	Breakfast
GF & Vegan Pancake w/Syrup (V)(GF)(SF)(EF)(DF)	GF Flour, Flaxseed Meal, Baking Powder, Cinnamon, Salt, Pancake Syrup, Vanilla, <i>Applesauce (Housemade)</i> , Water	Cinnamon			Yes	Yes	Yes	Yes	Ingredient (Housemade)
GF BBQ Chicken Sandwich (GF)(SF)(EF)(DF)	Chicken Breast or Tender, <i>BBQ Sauce (Housemade)</i> , GF Bread, Sunflower Oil, Salt, Black Pepper				Yes	Yes	Yes	Yes	Entrée
GF BBQ Chicken Taco (GF)(SF)(EF)(DF)	Chicken Breast or Tender, <i>BBQ Sauce (Housemade)</i> , Sunflower Oil, Salt, Black Pepper, Corn Tortilla 6"				Yes	Yes	Yes	Yes	Entrée
GF BBQ White Bean & Vegetable Sandwich (V)(GF)(SF)(EF)(DF)	Great Northern Beans, <i>Mixed Vegetables (Housemade)</i> , <i>BBQ Sauce (Housemade)</i> , Sunflower Oil, Salt, Black Pepper, GF Bread				Yes	Yes	Yes	Yes	Entrée
GF BBQ White Bean & Vegetable Taco (V)(GF)(SF)(EF)(DF)	Great Northern Beans, <i>Mixed Vegetables (Housemade)</i> , <i>BBQ Sauce (Housemade)</i> , Sunflower Oil, Salt, Black Pepper, Corn Tortilla 6"				Yes	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
GF Bean & Vegetable Taco (V)(GF)(SF)(EF)(DF)	Black Beans, Corn Tortilla 6", <i>Mixed Vegetables (Housemade)</i> , Salt, Black Pepper, <i>Salsa (Housemade)</i>				Yes	Yes	Yes	Yes	Entrée
GF Beef Burger w/Ketchup (GF)(SF)(EF)(DF)	<i>Beef Patty (Housemade)</i> , GF Bread, Ketchup				Yes	Yes	Yes	Yes	Entrée
GF Black Bean Burger w/Ketchup (V)(GF)(SF)(EF)(DF)	<i>Black Bean Burger Patty (Housemade)</i> , Ketchup, GF Bread				Yes	Yes	Yes	Yes	Entrée
GF Cheese Sauce (Housemade) (VEG)(GF)(SF)(EF)	Milk, Butter, Garlic Powder, Cheddar Cheese, Cornstarch, Mozzarella Cheese, Salt	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
GF Cheese Pizza (VEG)(GF)(SF)(EF)	<i>GF Pizza Crust (Housemade)</i> , Mozzarella Cheese, Parmesan & Romano Cheese, <i>Marinara Sauce (Housemade)</i>	Dairy			Yes	No	Yes	Yes	Entrée
GF Chicken & Noodles (GF)(SF)(EF)(DF)	GF Penne Pasta, Water, Chicken Breast or Tender, Garlic, Salt, Black Pepper, Olive Oil				Yes	Yes	Yes	Yes	Entrée
GF Chicken & Sweet Potato Fritter (GF)(SF)(DF)	Potatoes, Sweet Potato, Chicken Breast or Tender, Onion, Eggs, GF Flour, Salt, Black Pepper, Sunflower Oil	Eggs			Yes	Yes	Yes	No	Entrée
GF Chicken Alfredo (GF)(SF)(EF)	<i>Chicken Alfredo Sauce (Housemade)</i> , Olive Oil, Water, Salt, GF Penne Pasta	Dairy			Yes	No	Yes	Yes	Entrée
GF Chicken & White Bean Chorizo Taco (GF)(SF)(EF)(DF)	Chicken, Great Northern Beans, Cinnamon, White Vinegar, Sunflower Oil, <i>Taco Seasoning (Housemade)</i> , Salt, Coriander, Cloves, Corn Tortilla 6"				Yes	Yes	Yes	Yes	Entrée
GF Chicken Fajitas (GF)(SF)(EF)(DF)	Green & Red Bell Peppers, Onion, Sunflower Oil, Chicken Breast, Corn Tortilla 6", Salt, Black Pepper				Yes	Yes	Yes	Yes	Entrée
GF Chicken Pasta Salad (GF)(SF)(DF)	Chicken Breast or Tender, Mayonnaise, Carrots, Zucchini, Onion, Celery, Red & Green Bell Peppers, Salt, Black Pepper, GF Elbows, Water, Olive Oil	Egg	Yes		Yes	Yes	Yes	No	Entrée
GF Chicken Quesadilla (GF)(SF)(EF)	Chicken Breast or Tender, Mozzarella Cheese, Corn Tortilla 6", Sunflower Oil	Dairy			Yes	No	Yes	Yes	Entrée
GF Chicken Taco (GF)(SF)(EF)(DF)	Chicken Breast or Tender, Corn Tortilla 6", <i>Salsa (Housemade)</i>				Yes	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
GF Chicken Tenders & Ketchup (GF)(SF)(DF)	Chicken Breast or Tender, Eggs, Garlic Powder, Salt, Black Pepper, GF Flour, Sunflower Oil, Ketchup	Egg			Yes	Yes	Yes	No	Entrée
GF Chicken Tinga Sandwich (GF)(SF)(EF)(DF)	Chicken Breast, Onion, Sunflower Oil, Salt, Paprika, <i>Salsa (Housemade)</i> , GF Bread				Yes	Yes	Yes	Yes	Entrée
GF Chicken Tinga Taco (GF)(SF)(EF)(DF)	Chicken Breast, Onion, Sunflower Oil, Salt, Paprika, <i>Salsa (Housemade)</i> , Corn Tortilla 6"				Yes	Yes	Yes	Yes	Entrée
GF Chickpea & Sweet Potato Fritter (V)(GF)(SF)(EF)(DF)	Potato, Sweet Potato, Chickpeas, Water, Onion, GF Flour, Flaxseed Meal, Salt, Black Pepper, Sunflower Oil				Yes	Yes	Yes	Yes	Entrée
GF Churro Crisps (V)(GF)(SF)(EF)(DF)	Corn Tortilla 6", Cinnamon, Sugar, Sunflower Oil	Cinnamon			Yes	Yes	Yes	Yes	Snack
GF Flour - 1 to 1 Baking Flour - Gluten Free (Brand: Bob's Red Mill) (V)(GF)(SF)(EF)(DF)	Sweet White Rice Flour, Whole Grain Brown Rice Flour, Potato Starch, Whole Grain Sorghum Flour, Tapioca Flour, Xanthan Gum				Yes	Yes	Yes	Yes	Ingredient
GF Grilled Cheese (VEG)(GF)(SF)(EF)	GF Bread, Provolone Cheese, Cheddar Cheese	Dairy			Yes	No	Yes	Yes	Entrée
GF Grilled Chicken & Cheese Sandwich (GF)(SF)(EF)	GF Bread, Chicken Breast, Provolone Cheese, Sunflower Oil, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes	Entrée
GF Hummus Wrap (V)(GF)(SF)(EF)(DF)	Corn Tortilla 6", <i>Hummus (Housemade)</i> , Romaine Lettuce				Yes	Yes	Yes	Yes	Entrée
GF Mac & Cheese (VEG)(GF)(SF)(EF)	GF Penne Pasta, Olive Oil, Salt, Cheddar Cheese, Mozzarella Cheese, <i>GF Cheese Sauce (Housemade)</i>	Dairy			Yes	No	Yes	Yes	Entrée
GF Mexican Lasagna w/ Turkey (GF)(SF)(EF)	Ground Turkey, <i>Marinara Sauce (Housemade)</i> , Corn Tortilla 6", Mozzarella Cheese	Dairy			Yes	No	Yes	Yes	Entrée
GF Oats (Brand: LaCrosse Milling) (V)(GF)(SF)(EF)(DF)	GF Rolled Oats				Yes	Yes	Yes	Yes	Ingredient
GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)	GF Penne Pasta, <i>Black Bean Marinara Sauce (Housemade)</i> , Olive Oil, Salt				Yes	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)	GF Penne Pasta, <i>Turkey Marinara Sauce (Housemade)</i> , Olive Oil, Salt				Yes	Yes	Yes	Yes	Entrée
GF Pesto Grilled Cheese (VEG)(GF)(SF)(EF)	GF Bread, Provolone Cheese, Cheddar Cheese, <i>Spinach Pesto (Housemade)</i>	Dairy			Yes	No	Yes	Yes	Entrée
GF Pizza Crust (Housemade) (V)(GF)(EF)(DF)(SF)	GF Flour, Salt, Water, Olive Oil, Sugar				Yes	Yes	Yes	Yes	Ingredient (Housemade)
GF Pretzels - Mini (Brand: 365 Whole Foods) (V)(GF)(SF)(EF)(DF)	Cornstarch, Potato Starch, Tapioca Starch, Rice Flour, Corn Flour, Expeller Pressed Palm Oil, Salt, Cane Sugar, Cellulose Gum Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Sunflower Lecithin (Emulsifier), Yeast, Citric Acid				Yes	Yes	Yes	Yes	Ingredient
GF Sloppy Joe w/ Chickpeas & Vegetables (V)(GF)(SF)(EF)(DF)	Chickpeas, Water, Onion, Tomatoes, Ketchup, Garlic, <i>Mixed Vegetables (Housemade)</i> , Paprika, Brown Sugar, Sunflower Oil, GF Bread				Yes	Yes	Yes	Yes	Entrée
GF Sloppy Joe w/ Turkey (GF)(SF)(EF)(DF)	Ground Turkey, Tomatoes, Ketchup, Salt, Green Bell Pepper, Paprika, Garlic, Onion, GF Bread, Brown Sugar, Sunflower Oil				Yes	Yes	Yes	Yes	Entrée
GF Soy Sauce (Brand: Kikkoman) (V)(GF)(EF)(DF)	Soybeans, Salt, Sugar, Water	Soy			Yes	Yes	No	Yes	Ingredient
GF Spinach Pesto Pasta w/ White Beans (VEG)(GF)(SF)(EF)	<i>Spinach Pesto (Housemade)</i> , Great Northern Beans, Water, GF Penne Pasta, Olive Oil	Dairy			Yes	No	Yes	Yes	Entrée
GF SunButter & Jelly Sandwich (V)(GF)(SF)(EF)(DF)	GF Bread, SunButter, <i>Blueberry Jam (Housemade)</i>	Sunflower			Yes	Yes	Yes	Yes	Entrée
GF Teriyaki Sauce (Housemade) (V)(GF)(EF)(DF)	GF Soy Sauce, Sugar, Water	Soy			Yes	Yes	No	Yes	Ingredient (Housemade)
GF Tofu & Noodles (V)(GF)(EF)(DF)	GF Penne Pasta, Water, Tofu, Garlic, Salt, Black Pepper, Olive Oil	Soy			Yes	Yes	No	Yes	Entrée
GF Turkey & Cheese Sandwich (GF)(EF)	GF Bread, <i>Turkey Breast</i> , Provolone Cheese	Dairy, Soy			Yes	No	No	Yes	Entrée
GF&DF Bean & Cheese Quesadilla (V)(GF)(SF)(EF)(DF)	Black Beans, Corn Tortilla 6", DF Mozzarella Cheese, Sunflower Oil			Yes	Yes	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
GF&DF Cheese Pizza (V)(GF)(SF)(EF)(DF)	GF Pizza Crust (Housemade), DF Mozzarella Cheese, Marinara Sauce (Housemade)			Yes	Yes	Yes	Yes	Yes	Entrée
GF&DF Cheese Roll Up (Housemade) (V)(GF)(SF)(EF)(DF)	DF Mozzarella Cheese, Corn Tortilla 6"			Yes	Yes	Yes	Yes	Yes	Snack
GF&DF Cheese Sauce (Housemade) (V)(GF)(SF)(EF)(DF)	DF Mozzarella Cheese, Cornstarch, Water, Salt			Yes	Yes	Yes	Yes	Yes	Ingredient (Housemade)
GF&DF Grilled Cheese (V)(GF)(SF)(EF)(DF)	GF Bread, DF Mozzarella Cheese			Yes	Yes	Yes	Yes	Yes	Entrée
GF&DF Jelly Roll (V)(GF)(SF)(EF)(DF)	Blueberry Jam (Housemade), Corn Tortilla 6"				Yes	Yes	Yes	Yes	Snack
GF&DF Mac & Cheese (V)(GF)(SF)(EF)(DF)	GF Penne Pasta, Olive Oil, Salt, GF&DF Cheese Sauce (Housemade), Water			Yes	Yes	Yes	Yes	Yes	Entrée
GF&DF Mexican Lasagna w/ Chickpeas (V)(GF)(SF)(EF)(DF)	Marinara Sauce (Housemade), Corn Tortilla 6", Chickpeas, Water, DF Mozzarella Cheese			Yes	Yes	Yes	Yes	Yes	Entrée
GF&DF Pesto Grilled Cheese (V)(GF)(SF)(EF)(DF)	GF Bread, DF Mozzarella Cheese, DF Spinach Pesto (Housemade)			Yes	Yes	Yes	Yes	Yes	Entrée
GF&DF Pesto Pasta Salad (V)(GF)(SF)(EF)(DF)	GF Elbows, DF Spinach Pesto (Housemade), Great Northern Beans, Tomatoes, Olive Oil				Yes	Yes	Yes	Yes	Entrée
GF&DF Spinach Pesto Pasta w/ White Beans (V)(GF)(SF)(EF)(DF)	DF Spinach Pesto (Housemade), Great Northern Beans, Water, GF Penne Pasta, Olive Oil				Yes	Yes	Yes	Yes	Entrée
GF&DF Vegetable & Cheese Sandwich (V)(GF)(SF)(EF)(DF)	GF Bread, Carrots, Zucchini, Yellow Squash, DF Mozzarella, Sunflower Oil			Yes	Yes	Yes	Yes	Yes	Entrée
Golden Round Crackers (Brand: Savoritz) (EF)(DF)	Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), High Oleic Canola Oil and/or Soybean Oil with TBHQ and Citric Acid for freshness, Sugar, Salt, High Fructose Corn Syrup, Leavening (Baking Soda, Calcium Phosphate), Sodium Sulfite, Soy Lecithin, Natural Flavor	Wheat, Soy	Yes		No	Yes	No	Yes	Ingredient

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Graham Crackers (Brand: Benton's) (VEG)(EF)(DF)	Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Graham Flour (Whole Wheat Flour), Sugar, High Oleic Canola and/or Soybean Oil with TBHQ and Citric Acid, Honey, Leavening (Baking Soda, Calcium Phosphate), Salt, Natural Flavor, Soy Lecithin, Sodium Sulfite	Wheat, Soy, (Honey)	Yes		No	Yes	No	Yes	Snack
Granola Crumbles (Housemade) (V) (GF)(SF)(EF)(DF)	GF Oats, Sunflower Oil, Brown Sugar, Pancake Syrup, Salt, Cinnamon, Vanilla Extract	Cinnamon			Yes	Yes	Yes	Yes	Ingredient (Housemade)
Greek Chicken & GF Bread (GF)(SF) (EF)(DF)	Chicken, Oregano, Lemon, Green & Red Bell Pepper, Onion, Salt, Pepper, Sunflower Oil, GF Bread				Yes	Yes	Yes	Yes	Entrée
Greek Chicken & Pita (SF)(EF)(DF)	Chicken, Oregano, Lemon, Green & Red Bell Pepper, Onion, Salt, Pepper, Sunflower Oil, Pita Bread	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Greek Chicken & Rice (GF)(SF)(EF) (DF)	Chicken, Oregano, Lemon, Green & Red Bell Pepper, Onion, Salt, Pepper, Sunflower Oil, Rice				Yes	Yes	Yes	Yes	Entrée
Greek Tofu & Pita (V)(EF)(DF)	Tofu, Green & Red Bell Pepper, Onion, Oregano, Lemon, Salt, Pepper, Sunflower Oil, Pita Bread	Soy, Wheat	Yes		No	Yes	No	Yes	Entrée
Greek Yogurt Ranch (Housemade) (VEG)(GF)(SF)(EF)	Greek Yogurt, Garlic Powder, Fresh Dill, Parsley, Paprika, Salt, Water	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Greek Yogurt Ranch w/ Oyster Crackers & Carrots (VEG)(SF)(EF)	<i>Greek Yogurt Ranch (Housemade)</i> , Oyster Crackers, Carrots	Dairy, Wheat			No	No	Yes	Yes	Snack
Greek Yogurt Ranch w/ Pita & Carrots (VEG)(SF)(EF)	<i>Greek Yogurt Ranch (Housemade)</i> , Pita, Carrots	Dairy, Wheat	Yes		No	No	Yes	Yes	Snack
Green Machine Smoothie Bowl w/Granola Crumbles (VEG)(GF)(SF) (EF)	<i>Green Machine Yogurt (Housemade)</i> , <i>Granola Crumbles (Housemade)</i>	Dairy			Yes	No	Yes	Yes	Breakfast
Green Machine Yogurt (Housemade) (VEG)(GF)(SF)(EF)	Vanilla Yogurt, Spinach, Banana	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Grilled Cheese (VEG)(SF)(EF)	School White Wheat Bread, Provolone Cheese, Cheddar Cheese, Butter	Wheat, Dairy	Yes		No	No	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Grilled Chicken & Cheese Sandwich (SF)(EF)	School White Wheat Bread, Chicken Breast, Provolone Cheese, Sunflower Oil, Salt, Black Pepper	Wheat, Dairy	Yes		No	No	Yes	Yes	Entrée
Grilled Chicken & Pasta (SF)(EF)(DF)	Chicken Breast, Olive Oil, Salt, Black Pepper, Garlic Powder, Farfalle Pasta	Wheat			No	Yes	Yes	Yes	Entrée
Grilled Chicken & Rice (GF)(SF)(EF)(DF)	Chicken Breast, Sunflower Oil, Salt, Black Pepper, Garlic Powder, Parboiled Rice				Yes	Yes	Yes	Yes	Entrée
Grilled Tofu & Cheese Sandwich (VEG)(EF)	School White Wheat Bread, Tofu, Provolone Cheese, Salt, Pepper, Sunflower Oil	Wheat, Dairy, Soy	Yes		No	No	No	Yes	Entrée
Grits (Brand: Janie's Mill - Organic Golden Yellow Polenta/Grits) (V)(GF)(SF)(EF)(DF)	Organic Corn				Yes	Yes	Yes	Yes	Ingredient
Heavy Cream (Brand: Kemps or Praire Farms) (VEG)(GF)(SF)(EF)	Cream, Guar Gum, Carrageenan, Carob Bean Gum	Dairy			Yes	No	Yes	Yes	Ingredient
Homemade Cheez Its (VEG)(SF)(EF)	Cheddar Cheese, Butter, Kosher Salt, Flour	Dairy, Wheat			No	No	Yes	Yes	Snack (Housemade)
Hummus (Housemade) (V)(GF)(EF)(DF)	Chickpeas, Garlic, Lemon, Salt, Black Pepper				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Hummus & Corn Tortilla (V)(GF)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , Corn Tortilla 6"				Yes	Yes	Yes	Yes	Snack
Hummus & Pita (V)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , Pita	Wheat	Yes		No	Yes	Yes	Yes	Snack
Ketchup (Brand: French's) (V)(GF)(SF)(EF)(DF)	Tomato Concentrate, Distilled Vinegar, Sugar, Salt, Onion Powder, Natural Flavor				Yes	Yes	Yes	Yes	Ingredient
Lemon Garlic Tofu Rice (V)(GF)(EF)(DF)	Tofu, Rice, Garlic, Sweet Potato, Paprika, Salt, Black Pepper, Sunflower Oil, Lemon, Water	Soy			Yes	Yes	No	Yes	Entrée
Lemon Garlic Turkey Rice (GF)(SF)(EF)(DF)	Ground Turkey, Rice, Garlic, Sweet Potato, Paprika, Salt, Lemon, Water, Sunflower Oil				Yes	Yes	Yes	Yes	Entrée
Lemon Pepper Chicken & Rice (GF)(SF)(EF)(DF)	Chicken Breast, Rice, Lemon Pepper Seasoning, Lemon, Green Onion, Salt, Sunflower Oil, Water				Yes	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Lemon Pepper Seasoning (Brand: Lawry's) (V)(GF)(SF)(EF)(DF)	Black Pepper, Salt, Modified Corn Starch, Citric Acid, Lemon Peel, Sugar, Onion, Garlic, Natural Flavor & Riboflavin				Yes	Yes	Yes	Yes	Ingredient
Lemon Pepper Tofu & Rice (V)(GF)(EF)(DF)	Tofu, Rice, Lemon Pepper Seasoning, Lemon, Green Onion, Salt, Sunflower Oil, Water	Soy			Yes	Yes	No	Yes	Entrée
Lentil & Chickpea Balls (Housemade) (V)(GF)(SF)(EF)(DF)	Lentils, Chickpeas, GF Flour, Corn Starch, Salt, Pepper, Sunflower Oil	Chickpea			Yes	Yes	Yes	Yes	Ingredient (Housemade)
Lentils (Brand: Heartland) (V)(GF)(SF)(EF)(DF)	Lentils				Yes	Yes	Yes	Yes	Ingredient
Mac & Cheese (VEG)(SF)(EF)	Elbow Pasta, Olive Oil, Salt, Cheddar Cheese, Mozzarella Cheese, <i>Cheese Sauce (Housemade)</i>	Wheat, Dairy			No	No	Yes	Yes	Entrée
Mango Peach Smoothie Bowl w/ Granola Crumbles (VEG)(GF)(SF)(EF)	<i>Mango Peach Yogurt (Housemade), Granola Crumbles (Housemade)</i>	Dairy			Yes	No	Yes	Yes	Breakfast
Mango Peach Yogurt (Housemade) (VEG)(GF)(SF)(EF)	Vanilla Yogurt, Mango, Peach	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Marinara Sauce (Housemade) (V)(GF)(SF)(EF)(DF)	Tomatoes, Garlic, Olive Oil, Parsley, Salt, Black Pepper, Cornstarch, Water				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Mashed Potatoes (Housemade) (V)(GF)(SF)(EF)(DF)	Potatoes, Salt, Garlic Powder, Water				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Mayonnaise (Brand: Hellmann's Real Mayonnaise) (VEG)(GF)(SF)(DF)	Soybean Oil, Water, Whole Eggs, Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium, Natural Flavors	Egg	Yes		Yes	Yes	Yes	No	Ingredient
Mexican Lasagna w/ Chickpeas (VEG)(SF)(EF)	<i>Marinara Sauce (Housemade)</i> , Flour Tortilla 6", Chickpeas, Water, Mozzarella Cheese	Dairy, Wheat, Chickpea	Yes		No	No	Yes	Yes	Entrée
Mexican Lasagna w/ Turkey (SF)(EF)	Ground Turkey, <i>Marinara Sauce (Housemade)</i> , Flour Tortilla 6", Mozzarella Cheese	Dairy, Wheat	Yes		No	No	Yes	Yes	Entrée
Mixed Vegetables (Housemade) (V)(GF)(SF)(EF)(DF)	Zucchini, Carrots, Onion, Green Bell Pepper, Olive Oil, Salt				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Oat Crackers (Cinnamon Sugar) (Housemade)(VEG)(SF)(EF)	GF Oats, Flour, Milk, Water, Butter, Baking Soda, Baking Powder, Sugar, Cinnamon, Salt	Dairy, Wheat, Cinnamon			No	No	Yes	Yes	Snack/Ingredient

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Oat Crackers (Cinnamon Sugar) & Cheese Cubes (VEG)(SF)(EF)	<i>Oat Crackers (Cinnamon Sugar (Housemade))</i> , Cheese Cubes	Dairy, Wheat			No	No	Yes	Yes	Snack
Oat Crackers (Garlic & Parsley) (Housemade)(VEG)(SF)(EF)	GF Oats, Flour, Milk, Water, Butter, Baking Soda, Baking Powder, Sugar, Garlic, Parsley, Salt	Dairy, Wheat			No	No	Yes	Yes	Snack/Ingredient
Oat Crackers (Garlic & Parsley) & Cheese Cubes (VEG)(SF)(EF)	<i>Oat Crackers (Garlic & Parsley (Housemade))</i> , Cheese Cubes	Dairy, Wheat			No	No	Yes	Yes	Snack
Orange Bread (VEG)(SF)(DF)	Flour, Baking Powder, Orange Zest, Sugar, Eggs, Sunflower Oil, Orange Juice	Wheat, Eggs			No	Yes	Yes	No	Breakfast/Snack
Orzo (Brand: Barilla) (V)(SF)(EF)DF)	Durum Wheat Semolina	Wheat			No	Yes	Yes	Yes	Ingredient
Orzo Pesto Pasta Salad (VEG)(SF)(EF)	Orzo, Water, <i>Spinach Pesto (Housemade)</i> , Great Northern Beans, Tomatoes, Olive Oil	Wheat, Dairy			No	No	Yes	Yes	Entrée
Oyster Crackers (Brand: Westminster Bakers Co.) (VEG)(SF)(EF)(DF)	Flour, Canola Oil, Sugar, Salt, Yeast, Baking Soda, Water	Wheat			No	Yes	Yes	Yes	Ingredient
Oyster Crackers & String Cheese (VEG)(SF)(EF)	Oyster Crackers, String Cheese	Wheat, Dairy			No	No	Yes	Yes	Snack
Pancake Syrup (Brand: Northern Pines) (V)(GF)(SF)(EF)(DF)	Corn Syrup, Water, Sugar, Maple Flavor, Sodium Benzoate, Salt, Citric Acid				Yes	Yes	Yes	Yes	Ingredient
Pasta & Black Bean Marinara (V)(SF)(EF)(DF)	Farfalle Pasta, <i>Black Bean Marinara Sauce (Housemade)</i> , Olive Oil, Salt	Wheat			No	Yes	Yes	Yes	Entrée
Pasta & Turkey Marinara (SF)(EF)(DF)	Farfalle Pasta, <i>Turkey Marinara Sauce (Housemade)</i> , Olive Oil, Salt	Wheat			No	Yes	Yes	Yes	Entrée
Pasta: Bow Tie/Farfalle (Brand: Barilla - Enriched Macaroni) (V)(SF)(EF)DF)	Wheat, Durum Wheat Flour, Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid	Wheat			No	Yes	Yes	Yes	Ingredient
Pasta: Elbow (Brand: Dakota Growers, Chef's Quality) (V)(SF)(EF)DF)	Durum Wheat Semolina, Niacin, Iron (Ferrous Sulfate), Thiamin, Mononitrate, Riboflavin, Folic Acid	Wheat			No	Yes	Yes	Yes	Ingredient
Pasta: GF Elbows (Brand: Barilla) (V)(GF)(SF)(EF)(DF)	Corn Flour, Rice Flour, Mono & Diglycerides				Yes	Yes	Yes	Yes	Ingredient
Pasta: GF Penne (Brand: Barilla) (V)(GF)(SF)(EF)(DF)	Corn Flour, Rice Flour, Mono & Diglycerides				Yes	Yes	Yes	Yes	Ingredient

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Pasta: GF Rotini (Brand: Dakota Growers) (V)(GF)(SF)(EF)(DF)	Corn Flour, Rice Flour				Yes	Yes	Yes	Yes	Ingredient
Pasta: Shells (Brand: Chef's Quality) (V)(SF)(EF)(DF)	Wheat Flour, Iron, Niacin, Thiamin, Riboflavin, Folic Acid	Wheat			No	Yes	Yes	Yes	Ingredient
Peachy Oatmeal (VEG)(GF)(SF)(EF)	GF Oats, Peaches, Water, Milk, Cinnamon, Vanilla	Dairy			Yes	No	Yes	Yes	Breakfast (Housemade)
Pear Muffin (VEG)(SF)	Flour, Cinnamon, Baking Powder, Baking Soda, Ginger Powder, Salt, Plain Yogurt, Pancake Syrup, Butter, Eggs, Vanilla, Pears	Wheat, Dairy, Eggs			No	No	Yes	No	Breakfast/Snack
Pear Sauce (Housemade) (V)(GF)(SF)(EF)(DF)	Pears, Water, Sugar				Yes	Yes	Yes	Yes	Ingredient (Housemade)/ Side Fruit
Pesto Grilled Cheese (VEG)(SF)(EF)	School White Wheat Bread, Provolone Cheese, Cheddar Cheese, Butter, <i>Spinach Pesto (Housemade)</i>	Wheat, Dairy	Yes		No	No	Yes	Yes	Entrée
Pineapple Bread (VEG)(SF)	Flour, Sugar, Eggs, Butter, Pineapple, Baking Soda, Baking Powder, Salt	Wheat, Dairy, Eggs			No	No	Yes	No	Breakfast/Snack
Pita & Salsa w/ Vegetables (V)(SF)(EF)(DF)	Pita, <i>Salsa (Housemade)</i> , Vegetables	Wheat	Yes		No	Yes	Yes	Yes	Snack
Pita Bread - Original Greek Pita 6" (Brand: Olympia) (V)(SF)(EF)(DF) - On Menu: Pita	Wheat Flour Enriched (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Yeast, Soybean Oil, Sugar, Vital Wheat Gluten, Salt, Dough Conditioner (Wheat Flour, Calcium Sulfate, Acacia Gum, Mono-and Diglycerides, Enzymes), Calcium Propionate, Oat Fiber, Potassium Sorbate	Wheat	Yes		No	Yes	Yes	Yes	Ingredient
Plain Grits (V)(GF)(SF)(EF)(DF)	Grits, Salt, Water				Yes	Yes	Yes	Yes	Breakfast (Housemade)
Plain Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Water, Sugar				Yes	Yes	Yes	Yes	Breakfast (Housemade)

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Pretzels - Mini (Brand: Clancy's) (V)(SF)(EF)(DF)	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Salt, Vegetable Oil (May Contain one or more of the following: Canola, Corn, Soybean) Sodium Bicarbonate, Yeast	Wheat	Yes		No	Yes	Yes	Yes	Snack
Pumpkin Bread (VEG)(SF)(DF)	Eggs, Sunflower Oil, Sugar, Flour, Salt, Baking Soda, Cinnamon, Water, Pumpkin Puree	Wheat, Eggs, Cinnamon			No	Yes	Yes	No	Breakfast/Snack
Pumpkin Muffin (VEG)(SF)(DF)	Eggs, Sunflower Oil, Sugar, Flour, Salt, Baking Soda, Cinnamon, Water, Pumpkin Puree	Wheat, Eggs, Cinnamon			No	Yes	Yes	No	Breakfast/ Snack
Pumpkin Oatmeal (VEG)(GF)(SF)(EF)	GF Oats, Milk, Water, Nutmeg, Cinnamon, Ginger, Vanilla Extract, Pumpkin Puree, Brown Sugar	Dairy, Cinnamon			Yes	No	Yes	Yes	Breakfast (Housemade)
Raspberry Applesauce (Housemade) (V)(GF)(SF)(EF)(DF)	Apples, Sugar, Water, Raspberries				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Rice (V)(GF)(SF)(EF)(DF)	Rice, Water, Sunflower Oil				Yes	Yes	Yes	Yes	Ingredient
Rice Flour (Brand: Riceland) (V)(GF)(SF)(EF)(DF)	Long Grain Rice Flour				Yes	Yes	Yes	Yes	Ingredient
Salsa (Housemade) (V)(GF)(SF)(EF)(DF)	Tomatoes, Onion, Cilantro, Salt, Black Pepper, Sunflower Oil				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Savory Chex Mix (VEG)(SF)(EF)	Crispy Oats Cereal, Corn Squares Cereal, Crispy Rice Toasted Cereal, Cheddar Turtles	Dairy, Wheat			No	No	Yes	Yes	Snack
Sloppy Joe w/ Chickpeas & Vegetables (V)(SF)(EF)(DF)	Chickpeas, Water, Onion, Tomatoes, Ketchup, Garlic, <i>Mixed Vegetables (Housemade)</i> , Paprika, Brown Sugar, Sunflower Oil, Slider Bun	Wheat, Chickpea	Yes		No	Yes	Yes	Yes	Entrée
Sloppy Joe w/ Turkey (SF)(EF)(DF)	Ground Turkey, Tomatoes, Ketchup, Salt, Green Bell Pepper, Paprika, Garlic, Onion, Brown Sugar, Sunflower Oil, Slider Bun	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Soy Butter (Brand: Wow Butter) (V)(GF)(EF)(DF)	Whole Toasted Soy, Pressed Soy Oil, Cane Sugar, Modified Palm Oil (sustainable), Sea Salt	Soy	Yes		Yes	Yes	No	Yes	Ingredient

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Spinach Pesto (Housemade) (VEG)(GF)(SF)(EF)	Spinach, Parsley, Olive Oil, Garlic, Salt, Black Pepper, Parmesan & Romano Cheese	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Spinach Pesto Pasta w/ White Beans (VEG)(SF)(EF)	<i>Spinach Pesto (Housemade)</i> , Great Northern Beans, Water, Farfalle Pasta, Olive Oil	Wheat, Dairy			No	No	Yes	Yes	Entrée
Strawberry Banana Smoothie Bowl w/ Granola Crumbles (VEG)(GF)(SF)(EF)	<i>Strawberry Banana Yogurt (Housemade)</i> , <i>Granola Crumbles (Housemade)</i>	Dairy			Yes	No	Yes	Yes	Breakfast
Strawberry Banana Yogurt (Housemade) (VEG)(GF)(SF)(EF)	Vanilla Yogurt, Strawberries, Banana	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Strawberry Cocoa Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Water, Strawberries, Sugar, Cocoa Powder				Yes	Yes	Yes	Yes	Breakfast
String Cheese (Brand: Happy Farms) (VEG)(GF)(SF)(EF)	Low-Moisture, Part-Skim Mozzarella Cheese (Pasturized Part-Skim Milk, Cheese Cultures, Salt, Enzymes)	Dairy			Yes	No	Yes	Yes	Snack
String Cheese (Brand: Burnett Dairy Cooperative) (VEG)(GF)(SF)(EF)	Cultured Pasteurized Milk, Salt, Enzymes	Dairy			Yes	No	Yes	Yes	Snack
Sugar Free Applesauce (Housemade) (V)(GF)(SF)(EF)(DF)	Apples, Water				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Sugar Free Flourless Apple Muffin (V)(GF)(SF)(EF)(DF)	<i>Apples, Sugar-Free Applesauce (Housemade)</i> , Vanilla Extract, Sunflower Butter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon, Sunflower Oil	Sunflower			Yes	Yes	Yes	Yes	Breakfast/Snack (Housemade)
Sugar Free Flourless Banana Muffin (V)(GF)(SF)(EF)(DF)	<i>Banana, Sugar-Free Applesauce (Housemade)</i> , Vanilla Extract, Sunflower Butter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Sunflower			Yes	Yes	Yes	Yes	Breakfast/Snack (Housemade)
Sugar Free Flourless Blueberry Muffin (V)(GF)(SF)(EF)(DF)	<i>Blueberries, Sugar-Free Applesauce (Housemade)</i> , Vanilla Extract, Sunflower Butter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Sunflower			Yes	Yes	Yes	Yes	Breakfast/Snack (Housemade)

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Sugar Free Flourless Peach Muffin (V)(GF)(SF)(EF)(DF)	<i>Peach Puree (Housemade), Sugar-Free Applesauce (Housemade),</i> Vanilla Extract, Sunflower Butter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Sunflower			Yes	Yes	Yes	Yes	Breakfast/Snack (Housemade)
Sugar Free Flourless Pineapple Muffin (V)(GF)(SF)(EF)(DF)	<i>Pineapple, Sugar-Free Applesauce (Housemade),</i> Vanilla Extract, Sunflower Butter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Sunflower			Yes	Yes	Yes	Yes	Breakfast/Snack (Housemade)
Sugar Free Flourless Pumpkin Muffin (V)(GF)(SF)(EF)(DF)	<i>Pumpkin, Sugar-Free Applesauce (Housemade),</i> Vanilla Extract, Sunflower Butter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Sunflower			Yes	Yes	Yes	Yes	Breakfast/Snack (Housemade)
Sugar Free Flourless Sweet Potato Muffin (V)(GF)(SF)(EF)(DF)	<i>Sweet Potato, Sugar-Free Applesauce (Housemade),</i> Vanilla Extract, Sunflower Butter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Sunflower			Yes	Yes	Yes	Yes	Breakfast/Snack (Housemade)
Sugar Free Flourless Zucchini Carrot Muffin (V)(GF)(SF)(EF)(DF)	<i>Zucchini, Carrots, Sugar-Free Applesauce (Housemade),</i> Vanilla Extract, Sunflower Butter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Sunflower			Yes	Yes	Yes	Yes	Breakfast/Snack (Housemade)
SunButter & Jelly Sandwich (V)(SF)(EF)(DF)	School White Wheat Bread, SunButter, <i>Blueberry Jam (Housemade)</i>	Wheat, Sunflower	Yes		No	Yes	Yes	Yes	Entrée
Sunflower Butter (Brand: SunButter)	Sunflower Seeds, Sugar, Monoglycerides, Diglycerides, Salt	Sunflower			Yes	Yes	Yes	Yes	Ingredient
Sunflower Oil (Brand: Columbus Vegetable Oils)	100% High or Mid Oleic Sunflower Oil	Sunflower			Yes	Yes	Yes	Yes	Ingredient
Sweet & Sour Chicken (GF)(DF)	Chicken Tenders, Salt, Black Pepper, Cornstarch, Eggs, Sunflower Oil, Sugar, Water, White Vinegar, GF Soy Sauce, Ketchup, Rice	Eggs, Soy			Yes	Yes	No	No	Entrée
Sweet & Sour Tofu (V)(GF)(EF)(DF)	Tofu, GF Soy Sauce, Salt, Black Pepper, Garlic Powder, Cornstarch, Sunflower Oil, Sugar, White Vinegar, Water, Ketchup, Rice	Soy			Yes	Yes	No	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Sweet Potato Bread (VEG)(SF)(DF)	Eggs, Sweet Potato, Sugar, Sunflower Oil, Flour, Salt, Baking Soda, Cinnamon, Water	Wheat, Egg, Cinnamon			No	Yes	Yes	No	Breakfast/Snack
Sweet Potato Granola Bite (V)(GF)(SF)(EF)(DF)	GF Oats, Sweet Potato, Pancake Syrup, Cinnamon, Nutmeg, Applesauce	Cinnamon			Yes	Yes	Yes	Yes	Breakfast/Snack
Sweet Potato Pancake (Housemade) (VEG)(SF)	Sweet Potato, Sugar, Baking Powder, Salt, Milk, Eggs, Sunflower Oil, Flour	Wheat, Dairy, Egg			No	No	Yes	No	Ingredient (Housemade)
Sweet Potato Pancake w/Syrup (VEG)(SF)	<i>Sweet Potato Pancake (Housemade)</i> , Pancake Syrup	Wheat, Dairy, Egg			No	No	Yes	No	Breakfast
Sweet Potato & Turkey Bacon Hash (Housemade) (GF)(SF)(EF)(DF)	Sweet Potato, Turkey Bacon, Parsley, Salt, Black Pepper, Sunflower Oil				Yes	Yes	Yes	Yes	Breakfast
Sweet Potato & Turkey Bacon Hash w/Corn Tortilla (GF)(SF)(EF)(DF)	<i>Sweet Potato & Turkey Bacon Hash (Housemade)</i> , Corn Tortilla				Yes	Yes	Yes	Yes	Breakfast
Sweet Potato & Turkey Bacon Hash w/Flour Tortilla (SF)(EF)(DF)	<i>Sweet Potato & Turkey Bacon Hash (Housemade)</i> , Flour Tortilla 6"	Wheat	Yes		No	Yes	Yes	Yes	Breakfast
Taco Seasoning (Housemade) (V)(GF)(SF)(EF)(DF)	Chili Powder, Cumin, Salt, Black Pepper, Paprika, Garlic Powder, Onion Powder, Oregano				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Tofu & Noodles (VEG)(DF)	Egg Noodles, Water, Tofu, Garlic, Salt, Black Pepper, Olive Oil	Wheat, Egg, Soy			No	Yes	No	No	Entrée
Tofu & White Bean Chorizo Taco (V)(EF)(DF)	Tofu, Great Northern Beans, <i>Taco Seasoning (Housemade)</i> , Cinnamon, White Vinegar, Sunflower Oil, Ketchup, GF Soy Sauce, Coriander, Cloves, Salt, Flour Tortilla 6"	Soy, Wheat	Yes		No	Yes	No	Yes	Entrée
Tofu Curry Casserole (VEG)(GF)(EF)	Tofu, Rice, Onion, Celery, Carrots, Plain Yogurt, Garlic Powder, Salt, Black Pepper, Curry Powder, <i>Vegetable Stock (Housemade)</i> , Sunflower Oil	Soy, Dairy			Yes	No	No	Yes	Entrée
Tofu Pot Pie (Housemade) (V)(GF)(EF)(DF)	Tofu, Water, Potatoes, Peas, Carrots, Onion, Thyme, Cornstarch, Parsley, Salt, Black Pepper, Great Northern Beans, Sunflower Oil	Soy			Yes	Yes	No	Yes	Entrée
Tofu Pot Pie & Oyster Crackers (V)(EF)(DF)	<i>Tofu Pot Pie (Housemade)</i> , Oyster Crackers	Soy, Wheat			No	Yes	No	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Tofu Teriyaki & Rice (V)(GF)(EF)(DF)	Rice, <i>GF Teriyaki Sauce (Housemade)</i> , Garlic Powder, Ginger Powder, Salt, Black Pepper, Tofu, Green Onion	Soy			Yes	Yes	No	Yes	Entrée
Tofu Tinga Sandwich (V)(EF)(DF)	Tofu, Onion, <i>Salsa (Housemade)</i> , Sunflower Oil, Salt, Paprika, School White Wheat Bread	Wheat, Soy	Yes		No	Yes	No	Yes	Entrée
Tofu Tinga Taco (V)(EF)(DF)	Tofu, Onion, <i>Salsa (Housemade)</i> , Sunflower Oil, Salt, Paprika, Flour Tortilla 6"	Wheat, Soy	Yes		No	Yes	No	Yes	Entrée
Tofu (Brand: Phoenix Bean or Nature's Soy Firm Tofu)	Water, non-GMO Soybeans, calcium sulfate, glucono delta-lactone	Soy			Yes	Yes	No	Yes	Ingredient
Tomato (Brand: Isabella - Whole Peeled Tomatoes in Tomato Juice) (V)(GF)(SF)(EF)(DF)	Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid				Yes	Yes	Yes	Yes	Ingredient
Tortilla Chips (Brand: El Milagro) (V)(GF)(SF)(EF)(DF)	Stone Ground Corn, Corn Oil, Salt, Calcium Hydroxide				Yes	Yes	Yes	Yes	Snack
Tortilla Chips & Salsa w/ Vegetables (V)(GF)(SF)(EF)(DF)	Tortilla Chips, <i>Salsa (Housemade)</i> , Vegetables				Yes	Yes	Yes	Yes	Snack
Turkey & Cheese Sandwich (EF)	School White Wheat Bread, Turkey Breast, Provolone Cheese	Wheat, Dairy, Soy	Yes		No	No	No	Yes	Entrée
Turkey & Cheese w/ Crackers (EF)	<i>Turkey Breast</i> , Cheddar Cheese, <i>Golden Round Crackers</i>	Wheat, Dairy, Soy			No	No	No	Yes	Snack
Turkey Bacon (GF)(SF)(EF)(DF) (Brand: John F. Martin & Sons)	Cured With: Water, Potassium Lactate, Dextrose, Salt, Sodium Phosphate, Sugar, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite				Yes	Yes	Yes	Yes	Ingredient
Turkey Breast (Brand: Carvers Pride) (GF)(EF)(DF)	Turkey Breast, Turkey Broth, Dextrose, Modified Food Starch, Contains 2% or Less of Salt, Sugar, Sodium Lactate, Carrageenan, Sodium Phosphate, Potassium Chloride, Hydrolized Soy Protein	Soy			Yes	Yes	No	Yes	Ingredient
Turkey Chili w/ Oyster Crackers (SF)(EF)(DF)	Ground Turkey, Celery, Onion, Carrots, Black Beans, Paprika, Chili Powder, Garlic Powder, Salt, Black Pepper, Tomatoes, Sunflower Oil, Mushrooms, Oyster Crackers	Wheat			No	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Turkey Chili w/Rice (GF)(SF)(EF)(DF)	Ground Turkey, Celery, Onion, Carrots, Black Beans, Paprika, Chili Powder, Garlic Powder, Salt, Black Pepper, Tomatoes, Sunflower Oil, Mushrooms, Rice				Yes	Yes	Yes	Yes	Entrée
Turkey Chili w/Shredded Cheese & Oyster Crackers (SF)(EF)	Ground Turkey, Celery, Onion, Carrots, Black Beans, Paprika, Chili Powder, Garlic Powder, Salt, Black Pepper, Tomatoes, Sunflower Oil, Mushrooms, Oyster Crackers, Cheddar Cheese	Dairy, Wheat			No	No	Yes	Yes	Entrée
Turkey Chili w/Shredded Cheese & Rice (GF)(SF)(EF)	Ground Turkey, Celery, Onion, Carrots, Black Beans, Paprika, Chili Powder, Garlic Powder, Salt, Black Pepper, Tomatoes, Sunflower Oil, Mushrooms, Rice, Cheddar Cheese	Dairy, Wheat			Yes	No	Yes	Yes	Entrée
Turkey Macaroni w/Marinara (SF)(EF) (DF)	Ground Turkey, <i>Marinara Sauce (Housemade)</i> , Water, Black Pepper, Garlic Powder, Onion Powder, Chili Powder, Salt, Elbow Pasta, Olive Oil	Wheat			No	Yes	Yes	Yes	Entrée
Turkey Marinara Sauce (Housemade) (GF)(SF)(EF)(DF)	Ground Turkey, Tomatoes, Garlic, Olive Oil, Parsley, Salt, Black Pepper, Cornstarch, Water				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Turkey Meatballs (GF)(SF)(DF)	Ground Turkey, Garlic, Eggs, Cilantro, Rice Flour, Sunflower Oil, Parsley, Oregano, Cumin, Salt, Black Pepper	Eggs			Yes	Yes	Yes	No	Ingredient (Housemade)
Turkey Meatball Soup (GF)(SF)	Rice, Water, Sunflower Oil, Carrots, Celery, Onion, Garlic, <i>Vegetable Stock (Housemade)</i> , <i>Marinara Sauce (Housemade)</i> , Parmesan & Romano Cheese, Salt, Pepper, <i>Turkey Meatballs (Housemade)</i>	Eggs, Dairy			Yes	No	Yes	No	Entrée
Turkey Meatloaf (GF)(DF)	Ground Turkey, GF Oats, Eggs, Ketchup, Parsley, Carrots, Celery, Onion, GF Soy Sauce, Salt, Pepper, Brown Sugar	Egg, Soy			Yes	Yes	No	No	Entrée
Turkey Meatloaf & Mashed Potatoes (GF)(DF)	<i>Turkey Meatloaf (Housemade)</i> , <i>Mashed Potatoes (Housemade)</i>	Egg, Soy			Yes	Yes	No	No	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Vegan Apple Oat Muffin (V)(GF)(SF)(EF)(DF)	Apples, Brown Sugar, Cinnamon, GF Flour, GF Oats, Salt, Baking Powder, Baking Soda, Sunflower Oil, <i>Applesauce (Housemade)</i> , Water	Cinnamon			Yes	Yes	Yes	Yes	Breakfast/Snack
Vegan Banana Oat Muffin (V)(GF)(SF)(EF)(DF)	Banana, Brown Sugar, GF Oats, Baking Powder, Baking Soda, Water, GF Flour, Sunflower Oil, Salt, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes	Breakfast/Snack
Vegan Blueberry Oat Muffin (V)(GF)(SF)(EF)(DF)	Blueberries, Brown Sugar, GF Oats, GF Flour, Salt, Baking Powder, Baking Soda, Sunflower Oil, <i>Applesauce (Housemade)</i> , Water				Yes	Yes	Yes	Yes	Breakfast/Snack
Vegan Butter Chickpeas (Housemade) (V)(GF)(SF)(EF)(DF)	Chickpeas, Whole Peeled Tomatoes, Coconut Milk, Garlic, Ginger, Garam Masala, Salt	Chickpea, Coconut			Yes	Yes	Yes	Yes	Ingredient (Housemade)
Vegan Butter Chickpeas w/Pita (V)(SF)(EF)(DF)	<i>Vegan Butter Chickpeas (Housemade)</i> , Pita	Chickpea, Coconut, Wheat	Yes		No	Yes	Yes	Yes	Entrée
Vegan Butter Chickpeas w/Rice (V)(GF)(SF)(EF)(DF)	<i>Vegan Butter Chickpeas (Housemade)</i> , Rice	Chickpea, Coconut			Yes	Yes	Yes	Yes	Entrée
Vegan Meatball Soup (V)(GF)(SF)(EF)(DF)	Rice, Water, Sunflower Oil, Carrots, Celery, Onion, Garlic, <i>Vegetable Stock (Housemade)</i> , <i>Marinara Sauce (Housemade)</i> , Salt, Pepper, <i>Lentil & Chickpea Balls (Housemade)</i>	Chickpea			Yes	Yes	Yes	Yes	Entrée
Vegan Meatloaf (V)(GF)(SF)(EF)(DF)	Quinoa, Lentils, Onion, Carrot, Celery, Garlic, Salt, Ketchup, Brown Sugar, Black Pepper, Water				Yes	Yes	Yes	Yes	Entrée
Vegan Meatloaf & Mashed Potatoes (V)(GF)(SF)(EF)(DF)	<i>Vegan Meatloaf (Housemade)</i> , <i>Mashed Potatoes (Housemade)</i>				Yes	Yes	Yes	Yes	Entrée
Vegan Oat Crackers (Housemade) (V)(GF)(SF)(EF)(DF)	GF Oats, GF Flour, Water, Yeast, Olive Oil, Sugar, Salt				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Vegan Oat Crackers & DF Cheese (V)(GF)(SF)(EF)(DF)	<i>Vegan Oat Crackers (Housemade)</i> , DF Mozzarella Cheese			Yes	Yes	Yes	Yes	Yes	Snack
Vegan Peach Oat Muffin (V)(GF)(SF)(EF)(DF)	Peaches, Brown Sugar, GF Oats, Salt, GF Flour, Baking Powder, Baking Soda, Sunflower Oil, Water				Yes	Yes	Yes	Yes	Breakfast/Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Vegan Pumpkin Oat Muffin (V)(GF)(SF)(EF)(DF)	GF Flour, GF Oats, Salt, Baking Soda, Baking Powder, Sunflower Oil, Water, Pumpkin Puree, Brown Sugar, Applesauce, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes	Breakfast/Snack
Vegetable & Bean Soup (Housemade) (V)(GF)(SF)(EF)(DF)	Water, Carrots, Celery, Onion, Rice, Great Northern Beans, Garlic				Yes	Yes	Yes	Yes	Entrée
Vegetable & Bean Soup w/GF Bread (V)(GF)(SF)(EF)(DF)	<i>Vegetable & Bean Soup (Housemade)</i> , GF Bread				Yes	Yes	Yes	Yes	Entrée
Vegetable & Bean Soup w/Oyster Crackers (V)(SF)(EF)(DF)	<i>Vegetable & Bean Soup (Housemade)</i> , Oyster Crackers	Wheat			No	Yes	Yes	Yes	Entrée
Vegetable & Cheese Sandwich (VEG)(SF)(EF)	School White Wheat Bread, Carrot, Zucchini, Yellow Squash, Provolone Cheese, Sunflower Oil	Wheat, Dairy	Yes		No	No	Yes	Yes	Entrée
Vegetable & Tofu Stir Fry (V)(GF)(EF)(DF)	Rice, Water, Onion, Carrot, Celery, GF Soy Sauce, Garlic Powder, Ginger Powder, Salt, Black Pepper, Tofu, Sunflower Oil	Soy			Yes	Yes	No	Yes	Entrée
Vegetable Stock (Housemade) (V)(GF)(SF)(EF)(DF)	Onion, Carrot, Celery, Water				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Vegetarian Alfredo (VEG)(SF)(EF)	<i>Vegetarian Alfredo Sauce (Housemade)</i> , Farfalle Pasta, Olive Oil	Wheat, Dairy			No	No	Yes	Yes	Entrée
Vegetarian Alfredo Sauce (Housemade) (VEG)(GF)(SF)(EF)	Milk, Water, Parmesan & Romano Cheese, Cornstarch, Garlic Powder, Salt, Black Pepper, Butter	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Veggie & Bean Chili & Oyster Crackers (V)(SF)(EF)(DF)	Onion, Celery, Carrot, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Sunflower Oil, Salt, Black Pepper, Mushrooms, Oyster Crackers	Wheat			No	Yes	Yes	Yes	Entrée
Veggie & Bean Chili w/Rice (V)(GF)(SF)(EF)(DF)	Onion, Celery, Carrot, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Sunflower Oil, Salt, Black Pepper, Mushrooms, Rice				Yes	Yes	Yes	Yes	Entrée
Veggie & Bean Chili w/DF Shredded Cheese & Oyster Crackers (V)(SF)(EF)(DF)	Onion, Celery, Carrot, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Sunflower Oil, Salt, Black Pepper, Mushrooms, Rice, DF Mozzarella Cheese	Wheat		Yes	No	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
Veggie & Bean Chili w/DF Shredded Cheese & Rice (V)(GF)(SF)(EF)(DF)	Onion, Celery, Carrot, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Sunflower Oil, Salt, Black Pepper, Mushrooms, Rice, DF Mozzarella Cheese			Yes	Yes	Yes	Yes	Yes	Entrée
Veggie & Bean Chili w/Shredded Cheese & Oyster Crackers (VEG)(SF)(EF)	Onion, Celery, Carrot, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Sunflower Oil, Salt, Black Pepper, Mushrooms, Oyster Crackers, Cheddar Cheese	Wheat, Dairy			No	No	Yes	Yes	Entrée
Veggie & Cheese Egg Muffins (VEG)(SF)	Flour, Eggs, Milk, Cheddar Cheese, Baking Powder, Salt, Sunflower Oil, <i>Mixed Vegetables (Housemade)</i>	Wheat, Dairy, Egg			No	No	Yes	No	Breakfast
Veggie Pizza Muffin (VEG)(SF)	Milk, Carrots, Mozzarella, Parmesan & Romano Cheese, Butter, Eggs, Flour, Baking Powder, Baking Soda, Salt, <i>Taco Seasoning (Housemade)</i>	Wheat, Dairy, Egg			No	No	Yes	No	Snack (Housemade)
Warm Apple Topping (Housemade) (V)(GF)(SF)(EF)(DF)	Apples, Lemon Juice, Salt				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Warm Blueberry Compote (Housemade) (V)(GF)(SF)(EF)(DF)	Blueberries, Lemon Juice, Vanilla Extract				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Warm Peach Puree (Housemade) (V)(GF)(SF)(EF)(DF)	Peaches				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Warm Strawberry Compote (Housemade) (V)(GF)(SF)(EF)(DF)	Strawberries, Lemon Juice, Water, Vanilla, Cornstarch, Salt				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Watermelon Salsa (Housemade) (V)(GF)(SF)(EF)(DF)	Watermelon, Cucumber, Red Bell Pepper, Red Onion, Cilantro, Lime Juice				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Watermelon Salsa w/Corn Tortilla (V)(GF)(SF)(EF)(DF)	<i>Watermelon Salsa (Housemade)</i> , Corn Tortilla 6"				Yes	Yes	Yes	Yes	Snack
Watermelon Salsa w/Pita (V)(SF)(EF)(DF)	<i>Watermelon Salsa (Housemade)</i> , Pita	Wheat	Yes		No	Yes	Yes	Yes	Snack
Watermelon Salsa w/Tortilla Chips (V)(GF)(SF)(EF)(DF)	<i>Watermelon Salsa (Housemade)</i> , Tortilla Chips				Yes	Yes	Yes	Yes	Snack
Wheat Crackers & String Cheese (VEG)(SF)(EF)	Woven Whole Wheat Crackers, String Cheese	Wheat, Dairy	Yes		No	No	Yes	Yes	Snack
White Bean Dip (Housemade) (V)(GF)(SF)(EF)(DF)	Great Northern Beans, Garlic, Lemon, Salt, Black Pepper				Yes	Yes	Yes	Yes	Ingredient (Housemade)

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	Entry Type
White Bean Dip & Corn Tortilla (V)(GF)(SF)(EF)(DF)	White Bean Dip (Housemade), Corn Tortilla 6"				Yes	Yes	Yes	Yes	Snack
White Beans & Rice (V)(GF)(SF)(EF)(DF)	Rice, Great Northern Beans, Water, Salt, Black Pepper				Yes	Yes	Yes	Yes	Entrée
White Bean & Vegetable Scramble (Housemade) (V)(GF)(SF)(EF)(DF)	Great Northern Beans, Sunflower Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper				Yes	Yes	Yes	Yes	Ingredient (Housemade)
White Bean & Vegetable Scramble w/ Corn Tortilla (V)(GF)(SF)(EF)(DF)	White Bean & Vegetable Scramble (Housemade), Corn Tortilla 6"				Yes	Yes	Yes	Yes	Breakfast (Housemade)
Woven Whole Wheat Crackers (Brand: Savoritz) (V)(SF)(EF)(DF) - On Menu: Wheat Crackers	Whole Grain Wheat, High Oleic Canola and/or Soybean Oil with TBHD added to preserve freshness, Sea Salt	Wheat	Yes		No	Yes	Yes	Yes	Ingredient
Yogurt & Fruit (VEG)(GF)(SF)(EF)	Vanilla Yogurt, Fruit	Dairy			Yes	No	Yes	Yes	Snack
Yogurt w/ Granola Crumbles (VEG)(GF)(SF)(EF)	Vanilla Yogurt, Granola Crumbles (Housemade)	Dairy			Yes	No	Yes	Yes	Breakfast
Yogurt: Country View Dairy - Plain Greek Yogurt (VEG)(GF)(SF)(EF)	Non-Homogenized Grade A Pasteurized Milk, Milk Protein Concentrate, Pectin, Live Active Cultures: L Acidophilus & Bifidus	Dairy			Yes	No	Yes	Yes	Ingredient
Yogurt: Kemps Natural Vanilla Flavored Nonfat Yogurt or Praire Farms Low Fat Vanilla Yogurt (VEG)(GF)(SF)(EF)	Cultured skim milk, sugar, water, food starch-modified, natural flavor, carrageenan, pectin, tricalcium phosphate, potassium sorbate, Vitamin D3, citric acid	Dairy			Yes	No	Yes	Yes	Ingredient
Zucchini Bread (VEG)(SF)(DF)	Eggs, Carrots, Zucchini, Sugar, Sunflower Oil, Flour, Salt, Baking Powder, Baking Soda, Cinnamon	Wheat, Egg, Cinnamon			No	Yes	Yes	No	Breakfast/Snack

** Highly refined coconut oil is not considered a major food allergen, therefore, products that contain only coconut oil (Refined, Bleached, and Deodorized) are considered allergen-free.

*Highly refined soybean oil is exempt from being labeled as an allergen by the FDA. We follow the allergen statements of packaged products used in our recipes and on our menus.

This information is, to the best of our knowledge, complete and current, and we reserve the right to make product substitutions in recipes at any time without notice, provided that the corresponding allergy information with each menu item does not change. Gluten-Free (GF), Dairy-Free (DF), and Soy-Free (SF) menu items are processed in the same facility that processes flour, dairy, and soy products. **Coconut products and products containing coconut oil are allowed, including coconut milk, our kitchen is free of all other nuts.**