

May 2025



1640 W Hubbard Ave., Chicago, IL 60622

DAY OF WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
DATE				1	2
Lunch Standard				Mexican Lasagna w/ Turkey (SF)(EF)	Chicken Teriyaki & Rice (GF)(EF)(DF)
Lunch (GF)				GF Mexican Lasagna w/ Turkey (GF)(SF)(EF)	
Lunch (VEG)				Mexican Lasagna w/ Chickpeas (VEG)(SF)(EF)	Tofu Teriyaki & Rice (V)(GF)(EF)(DF)
Lunch (V)				DF Mexican Lasagna w/ Chickpeas (V)(GF)(SF)(EF)(DF)	
Lunch Allergy					

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DAY OF WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	5	6	7	8	9
Lunch Standard	Sloppy Joe w/ Turkey (SF)(EF)(DF)	Spinach Pesto Pasta w/ White Beans (VEG)(SF)(EF)	Chicken Taco (SF)(EF)(DF)	Turkey Macaroni w/ Marinara (SF)(EF)(DF)	Chicken & Noodles (SF)(DF)
Lunch (GF)	GF Sloppy Joe w/ Turkey (GF)(SF)(EF)(DF)	GF Spinach Pesto Pasta w/ White Beans (VEG)(GF)(SF)(EF)	GF Chicken Taco (GF)(SF)(EF)(DF)	GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)	GF Chicken & Noodles (GF)(SF)(EF)(DF)
Lunch (VEG)	Sloppy Joe w/ Chickpeas & Vegetables (V)(SF)(EF)(DF)	Spinach Pesto Pasta w/ White Beans (VEG)(SF)(EF)	Bean & Vegetable Taco (V)(SF)(EF)(DF)	Pasta & Black Bean Marinara (V)(SF)(EF)(DF)	Tofu & Noodles (VEG)(DF)
Lunch (V)		GF&DF Spinach Pesto Pasta w/ White Beans (V)(GF)(SF)(EF)(DF)			GF Tofu & Noodles (V)(GF)(EF)(DF)
Lunch Allergy	GF Sloppy Joe w/Chickpeas & Vegetables (V)(GF)(SF)(EF)(DF)		GF Bean & Vegetable Taco (V)(GF)(SF)(EF)(DF)	GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)	GF Chicken & Noodles (GF)(SF)(EF)(DF)

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DAY OF WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	12	13	14	15	16
Lunch Standard	Chicken Tinga Sandwich (SF)(EF)(DF)	Turkey Meatloaf (GF)(DF)	Cheesy Fiesta Rice & Beans (VEG)(GF)(SF)(EF)	Mac & Cheese (VEG)(SF)(EF)	Chicken Tenders & Ketchup (SF)(DF)
Lunch (GF)	GF Chicken Tinga Sandwich (GF)(SF)(EF)(DF)			GF Mac & Cheese (VEG)(GF)(SF)(EF)	GF Chicken Tenders & Ketchup (GF)(SF)(DF)
Lunch (VEG)	Tofu Tinga Sandwich (V)(EF)(DF)	Vegan Meatloaf (V)(GF)(SF)(EF)(DF)	DF Cheesy Fiesta Rice & Beans (V)(GF)(SF)(EF)(DF) Black Beans & Rice (V)(GF)(SF)(EF)(DF)	Mac & Cheese (VEG)(SF)(EF)	Chickpea & Polenta Veggie Nuggets (V)(GF)(SF)(EF)(DF)
Lunch (V)				DF Mac & Cheese (V)(SF)(EF)(DF)	
Lunch Allergy	GF Chicken Tinga Sandwich (GF)(SF)(EF)(DF)			GF&DF Mac & Cheese (V)(GF)(SF)(EF)(DF)	

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DAY OF WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	19	20	21	22	23
Lunch Standard	Grilled Cheese (VEG)(SF)(EF)	Chicken Pot Pie & Oyster Crackers (SF)(EF)	Lemon Garlic Turkey Rice (GF)(SF)(EF)(DF)	Cheese Pizza (VEG)(SF)(EF)(SF)	Chicken Quesadilla (SF)(EF)
Lunch (GF)	GF Grilled Cheese (VEG)(GF)(SF)(EF)	Chicken Pot Pie & GF Bread (GF)(SF)(EF)		GF&DF Cheese Pizza (V)(GF)(SF)(EF)(DF)	GF Chicken Quesadilla (GF)(SF)(EF)
Lunch (VEG)	Grilled Cheese (VEG)(SF)(EF)	Tofu Pot Pie & Oyster Crackers (V)(EF)(DF)	Lemon Garlic Tofu Rice (V)(GF)(EF)(DF)	Cheese Pizza (VEG)(SF)(EF)(SF)	Bean & Cheese Quesadilla (VEG)(SF)(EF)
Lunch (V)	DF Grilled Cheese (V)(SF)(EF)(DF)			GF&DF Cheese Pizza (V)(GF)(SF)(EF)(DF)	DF Bean & Cheese Quesadilla (V)(SF)(EF)(DF)
Lunch Allergy	GF&DF Grilled Cheese (V)(GF)(SF)(EF)(DF)	Grilled Chicken & Rice (GF)(SF)(EF)(DF)	White Beans & Rice (V)(GF)(SF)(EF)(DF)		GF&DF Bean & Cheese Quesadilla (V)(GF)(SF)(EF)(DF)

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DAY OF WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	26	27	28	29	30
Lunch Standard		Cheese Tortellini & Marinara Sauce (VEG)(SF)	Lemon Pepper Chicken & Rice (GF)(SF)(EF)(DF)	Turkey & Cheese Sandwich (EF)	Chicken & Sweet Potato Fritter (SF)(DF)
Lunch (GF)		GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)		GF Turkey & Cheese Sandwich (GF)(EF)	GF Chicken & Sweet Potato Fritter (GF)(SF)(DF)
Lunch (VEG)		Cheese Tortellini & Marinara Sauce (VEG)(SF)	Lemon Pepper Tofu & Rice (V)(GF)(EF)(DF)	Vegetable & Cheese Sandwich (VEG)(SF)(EF)	Chickpea & Sweet Potato Fritter (V)(SF)(EF)(DF)
Lunch (V)		Pasta & Black Bean Marinara (V)(SF)(EF)(DF)		DF Vegetable & Cheese Sandwich (V)(SF)(EF)(DF)	
Lunch Allergy		GF Pasta & Black Bean Marinara (V)(GF)(SF)(EF)(DF)	White Beans & Rice (V)(GF)(SF)(EF)(DF)	GF&DF Vegetable & Cheese Sandwich (V)(GF)(SF)(EF)(DF)	Black Beans & Rice (V)(GF)(SF)(EF)(DF)

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Apple Cinnamon Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Apples, Cinnamon, Brown Sugar, Water	Cinnamon			Yes	Yes	Yes	Yes	Breakfast
Apple Crumble Bar (VEG)(SF)	Flour, Brown Sugar, Baking Powder, Salt, Cornstarch, Vanilla Extract, Eggs, Butter, <i>Applesauce (Housemade)</i> , Lemon, Granulated Sugar	Wheat, Dairy, Egg			No	No	Yes	No	Breakfast/Snack
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				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Banana Bread (VEG)(SF)	Flour, Baking Powder, Baking Soda, Butter, Eggs, Bananas, Sugar, Salt, Cinnamon, Milk	Wheat, Dairy, Egg, Cinnamon			No	No	Yes	No	Breakfast/Snack
Banana Cocoa Oat Cluster (V)(GF)(SF)(EF)(DF)	Bananas, Baking Powder, Cocoa Powder, GF Oats				Yes	Yes	Yes	Yes	Breakfast/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, Bananas, Water				Yes	Yes	Yes	Yes	Breakfast
Banana Pancake (Housemade) (VEG)(SF)	Sugar, Milk, Eggs, Salt, Baking Powder, Flour, Sunflower Oil, Bananas	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			No	Yes	Yes	Yes	Entrée
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> , <i>BBQ Sauce (Housemade)</i> , Sunflower Oil, Salt, Black Pepper, School White Wheat Bread	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	List Entry Type
BBQ White Bean & Vegetable Taco (V)(SF)(EF)(DF)	Great Northern Beans, <i>Mixed Vegetables (Housemade)</i> , <i>BBQ Sauce (Housemade)</i> , Sunflower Oil, Salt, Black Pepper, Flour Tortilla 6"	Wheat			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)	Dry 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
Black Bean Fajitas & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Black Beans, Green Peppers, Red Peppers, Yellow 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 Peppers, Red Peppers, Yellow Onion, Sunflower Oil, Kosher Salt, Black Pepper, Garlic, Flour Tortilla 6"	Wheat			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 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)

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Blueberry Banana Oat Muffin (VEG)(GF)(SF)(EF)	Plain Greek Yogurt, Pancake Syrup, Banana, Flax Seed 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 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)	Blueberry Yogurt (Housemade), Granola Crumbles (Housemade)	Dairy			Yes	No	Yes	Yes	Breakfast/Snack
Blueberry Yogurt (VEG)(GF)(SF)(EF)	Vanilla Yogurt, Blueberries	Dairy			Yes	No	Yes	Yes	Breakfast/Snack
Bread Crumbs - Panko (Brand: Webstaurant) (V)(EF)	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 the 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 the 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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
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), Wheat Gluten, Sugar, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Malt (Corn Syrup Solids, Barley Malt Extract), Calcium Propionate (Preservative), Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate, Potassium Sorbate (Preservative), Wheat Starch, Ascorbic Acid, Enzymes	Wheat	Yes		No	Yes	Yes	Yes	Ingredient
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
Broccoli Cheese Soup (Housemade) (VEG)(SF)(EF)	Water, Celery, Onions, Milk, Flour, Salt, Black Pepper, Cheddar Cheese, Broccoli, Great Northern Beans, Butter, Olive Oil	Wheat, Dairy			No	No	Yes	Yes	Ingredient (Housemade)
Broccoli Cheese Soup & Oyster Crackers (VEG)(SF)(EF)	<i>Broccoli Cheese Soup (Housemade)</i> , Oyster Crackers	Wheat, Dairy			No	No	Yes	Yes	Entrée
Butter (Brand: Cloverdale, Brand: Grassland) (VEG)(GF)(SF)(EF)	Cream	Dairy			Yes	No	Yes	Yes	Ingredient
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	List Entry Type
Carrot Muffin Top (VEG)(SF)(DF)	All Purpose Flour, GF Oats, Carrots, Applesauce (Housemade), 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
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 and 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 and 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	List 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
Cheddar Biscuit (Housemade) (VEG) (SF)(EF)	Flour, Sugar, Baking Powder, Cheddar Cheese, Butter, Milk, Salt	Dairy, Wheat			No	No	Yes	Yes	Ingredient (Housemade)
Cheddar Bunnies (Brand: Annie's) (VEG)(SF)(EF)	Organic Wheat Flour, Organic Expeller-Pressed Sunflower Oil, Salt, Organic Cheddar Cheese (pasteurized organic milk, cheese cultures, salt, non-animal enzymes) Baking Soda, Organic Yeast, Organic Nonfat Dry Milk, Organic Paprika, Monocalcium Phosphate, Organic Celery Seed, Organic Onion Powder, Organic Annatto (for color), Non-Animal Enzymes	Dairy, Wheat			No	No	Yes	Yes	Snack
Cheddar Cheese Dip & Pita (VEG)(SF) (EF)	<i>Cheese Dip (Housemade)</i> , Pita Bread	Dairy, Wheat	Yes		No	No	Yes	Yes	Snack
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, Whole Milk, Red Peppers, Onions, Water, Butter, Cornstarch	Dairy	Yes		Yes	No	Yes	Yes	Ingredient (Housemade)
Cheese Pizza (VEG)(SF)(EF)	Flour, Yeast, Salt, Olive Oil, Mozzarella Cheese, Parmesan and 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
Cheese Roll Up (Housemade) (VEG) (SF)(EF)	Cheddar Cheese, Flour Tortilla 6"	Dairy, Wheat	Yes		No	No	Yes	Yes	Ingredient (Housemade)

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
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, Pasteurized Whole Milk, Skim Milk, Vinegar, Salt, Stabilizers), Cracker Meal (Enriched Wheat Flour [Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Soybean Oil), Romano Cheese (Pasteurized Cow's and/or Sheep's Milk, Cheese Culture, Salt, Enzymes), Salt, Natural Flavors, Pasteurized Whole Eggs, Parmesan Cheese (Part Skim Milk, Cheese Culture, Salt, Enzymes), Garlic, Onion, Spices, Beta Carotene	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, Onions, Cheddar Cheese, Salt, Pepper, Sunflower Oil	Dairy			Yes	No	Yes	Yes	Breakfast
Cheesy Fiesta Rice & Beans (VEG)(GF)(SF)(EF)	Rice, Black Beans, Onions, 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, All Purpose Flour, <i>Vegetable Stock (Housemade)</i> , 1% Milk, Salt, Black Pepper, Cheddar Cheese	Dairy, Wheat			No	No	Yes	Yes	Entrée
Chickpea & Broccoli Casserole (VEG)(SF)(EF)	Chickpeas, Farfalle Pasta, Onion, Broccoli, Butter, Garlic, All Purpose Flour, <i>Vegetable Stock (Housemade)</i> , 1% 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	List 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 (GF)(SF)(EF)	Chicken, Rice, Carrots, Celery, Onions, Milk, Water, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes	Entrée
Chicken & Sweet Potato Fritter (SF)(DF)	Potatoes, Sweet Potatoes, Chicken, Onion, Eggs, Flour, Salt, Black Pepper, Sunflower Oil	Wheat, Egg			No	Yes	Yes	No	Entrée
Chicken Alfredo (SF)(EF)	<i>Chicken Alfredo Sauce (Housemade)</i> , Olive Oil, Water, Salt, Bow Tie 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, Garlic Powder, Salt, Black Pepper, Curry Powder, <i>Vegetable Stock (Housemade)</i> , Sunflower Oil, Plain Yogurt, <i>Curry Sauce (Housemade)</i>	Dairy			Yes	No	Yes	Yes	Entrée
Chicken Fajitas (SF)(EF)(DF)	Chicken Breast, Flour Tortilla 6", Yellow Onion, Green Bell Peppers, Red Bell Peppers, Sunflower Oil, Salt, Black Pepper	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Chicken Pasta Salad (SF)(DF)	Chicken, Mayonnaise, Carrots, Zucchini, Onions, 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, Onions, 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
Chicken Pot Pie & Oyster Crackers (SF)(EF)	<i>Chicken Pot Pie (Housemade)</i> , 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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Chicken Stir Fry (GF)(EF)(DF)	Chicken Breast, Rice, Water, Yellow Onions, 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", <i>Salsa (Housemade)</i>	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Chicken Tenders & Ketchup	Chicken Breast, Eggs, All Purpose Flour, <i>Bread Crumbs</i> , Garlic Powder, Salt, Black Pepper, Sunflower Oil, Ketchup	Wheat, Egg			No	Yes	Yes	No	Entrée
Chicken Teriyaki & Rice (GF)(EF)(DF)	Chicken Breast, Rice, Brown Rice, Water, <i>GF Teriyaki Sauce (Housemade)</i> , Garlic Powder, Ginger Powder, Salt, Black Pepper, Green Onion	Soy			Yes	Yes	No	Yes	Entrée
Chicken Tinga Sandwich (SF)(EF)(DF)	Chicken Breast, Onions, Sunflower Oil, Salt, Paprika, <i>Salsa (Housemade)</i> , School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Chicken Tinga Taco (SF)(EF)(DF)	Chicken Breast, Onions, Sunflower Oil, Salt, Paprika, <i>Salsa (Housemade)</i> , Flour Tortilla 6"	Wheat			No	Yes	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
Chickpea Pasta Salad (V)(SF)(EF)(DF)	Chickpeas, Orzo, Water, Carrots, Zucchini, Onions, Celery, Green & Red Bell Peppers, Salt, Pepper, Olive Oil	Wheat			No	Yes	Yes	Yes	Entrée
Chocolate Bunny Grahams (Brand: Annie's - Organic Chocolate Bunny Grahams Baked Graham Snacks) (V)(SF)(EF)(DF)	Organic Wheat Flour, Organic Cane Sugar, Organic Expeller-Pressed Sunflower Oil, Organic Invert Cane Syrup, Organic Whole Wheat Flour (Graham Flour), Organic Cocoa Powder, Calcium Carbonate, Organic Natural Flavor, Baking Soda, Sea Salt, Organic Rosemary Extract (to protect flavor)	Wheat			No	Yes	Yes	Yes	Snack
Churro Crisps (V)(SF)(EF)(DF)	Flour Tortilla 6", Cinnamon, Sugar, Sunflower Oil	Wheat, Cinnamon			No	Yes	Yes	Yes	Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Cinnamon Apple Oatmeal Bars (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 Pancakes 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
Cinnamon Yogurt Dip (VEG)(GF)(SF)(EF)	Vanilla Yogurt, Cinnamon	Dairy, Cinnamon			Yes	No	Yes	Yes	Snack
Cinnamon Yogurt Dip & Churro Crisps (VEG)(SF)(EF)	<i>Cinnamon Yogurt Dip (Housemade), Churro Crisps (Housemade)</i>	Dairy, Cinnamon, Wheat			No	No	Yes	Yes	Snack
Cinnamon Yogurt Dip & Pita (VEG)(SF)(EF)	<i>Cinnamon Yogurt Dip (Housemade), Pita</i>	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
Cocoa Rice Puffs (V)(GF)(SF)(EF)(DF)	Crispy Rice Toasted Cereal, Cocoa Powder, Pancake Syrup, Sunflower Oil				Yes	Yes	Yes	Yes	Breakfast/Snack
Cold Noodle Kugel (VEG)(SF)	Egg Noodles, Kosher Salt, Butter, Eggs, Granulated Sugar, Low Fat Cottage Cheese, Greek Yogurt, Vanilla Extract, Cinnamon	Dairy, Wheat, Eggs, Cinnamon			No	No	Yes	No	Breakfast/Snack
Cookie Hummus (Housemade) (V)(GF)(SF)(EF)(DF)	Chickpeas, Sunflower Butter (Sunbutter), Pancake Syrup, Brown Sugar, Cinnamon, Vanilla, Salt	Cinnamon			Yes	Yes	Yes	Yes	Ingredient (Housemade)
Cookie Hummus & Corn Tortilla (V)(GF)(SF)(EF)(DF)	<i>Cookie Hummus (Housemade), Corn Tortilla 6"</i>	Cinnamon			Yes	Yes	Yes	Yes	Snack
Cookie Hummus & Pita (V)(SF)(EF)(DF)	<i>Cookie Hummus (Housemade), Pita</i>	Wheat, Cinnamon	Yes		No	Yes	Yes	Yes	Snack
Corn Tortilla & Salsa w/ Vegetables (V)(GF)(SF)(EF)(DF)	Corn Tortilla 6", <i>Salsa (Homemade), Vegetables</i>				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
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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Cranberry Sauce (Housemade)	Cranberries, Sugar, Water, Orange Zest								Ingredient (Housemade)
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, Grape Jelly	Wheat, Dairy	Yes		No	No	Yes	Yes	Breakfast/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) (VEG)(GF)(SF)(EF)	Plain Yogurt, Curry Powder, Garlic Powder, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
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, Onions, Green & Red Bell Peppers, Garlic, Tomatoes, Marinara Sauce (Housemade), DF Mozzarella Cheese, Taco Seasoning (Housemade)			Yes	Yes	Yes	Yes	Yes	Entrée
DF Cinnamon Yogurt Dip (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt, Cinnamon	Coconut, Cinnamon			Yes	Yes	Yes	Yes	Snack
DF Cinnamon Yogurt Dip & GF Churro Crisps (V)(GF)(SF)(EF)(DF)	DF Cinnamon Yogurt Dip (Housemade), GF Churro Crisps (Housemade)	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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
DF Grilled Tofu & Cheese Sandwich (V)(EF)(DF)	School White Wheat Bread, Tofu, DF Mozzarella Cheese, Salt, Pepper, Vegetable 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 Mexican Lasagna w/ Chickpeas (V)(GF)(SF)(EF)(DF)	<i>Marinara Sauce (Housemade)</i> , Corn Tortilla 6", Chickpeas, Water, DF Mozzarella Cheese			Yes	Yes	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)
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 and Active Cultures, Vitamin D2, Vitamin B12	Coconut			Yes	Yes	Yes	Yes	Breakfast/Snack
DF Vanilla Coconut Yogurt w/ Corn Chex (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt, Corn Squares	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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
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, Sea Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Xanthan Gum, Wheat Gluten, Sugar, Preservative Blend (Calcium Propionate, Sodium Propionate, Potassium Sorbate, Citric Acid), Yeast, Sorbitan Monostearate, Ascorbic Acid, Cellulose Gum, Maltodextrin, Sunflower Oil, Natural Flavors, Rice Startch, Calcium Sulfate, Wheat Starch, Enzymes, Microcrystalline Cellulose, Dough Conditioner (Sodium Metabisulfite)	Wheat	Yes		No	Yes	Yes	Yes	Ingredient
Flourless Sweet Potato Muffin (V)(GF) (SF)(EF)(DF)	Sweet Potatoes, Pancake Syrup, Vanilla Extract, SunButter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes	Breakfast/Snack
Flourless Zucchini Carrot Muffin (V) (GF)(SF)(EF)(DF)	Zucchini, Carrots, Pancake Syrup, Vanilla Extract, SunButter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes	Breakfast/Snack
French Toast Sticks w/ Syrup (VEG)(SF)	School White Wheat Bread, Eggs, Whole Milk, Granulated Sugar, Salt, Vanilla Extract, Cinnamon, Pancake Syrup	Gluten, Eggs, Dairy, Cinnamon	Yes		No	No	Yes	No	Breakfast

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
GF & Vegan French Toast Sticks w/ Syrup (V)(GF)(SF)(EF)(DF)	GF Bread, Aquafaba (Chickpea Liquid), Water, Vanilla Extract, Granulated Sugar, Cinnamon, Salt, Pancake Syrup	Cinnamon			Yes	Yes	Yes	Yes	Breakfast
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
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 Cheese Sauce (Housemade) (VEG)(GF)(SF)(EF)	Milk, Butter, Garlic Powder, Cheddar Cheese, Cornstarch, Mozzarella Cheese, Mild Cheddar Cheese, Salt	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
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 Potatoes, 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 Fajitas (GF)(SF)(EF)(DF)	Green Peppers, Red Peppers, Yellow Onions, Sunflower Oil, Chicken Breast, Corn Tortilla 6", Salt, Black Pepper				Yes	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
GF Chicken Pasta Salad (GF)(SF)(DF)	Chicken Breast or Tender, Mayonnaise, Carrots, Zucchini, Onions, Celery, Red & Green Bell Peppers, Salt, Black Pepper, GF Penne Pasta, 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
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, Onions, 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, Onions, Sunflower Oil, Salt, Paprika, <i>Salsa (Housemade)</i> , Corn Tortilla 6"				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 Sandwich (V)(GF)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , GF Bread, Romaine Lettuce				Yes	Yes	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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
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 & 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 (Homemade) (V)(GF)(EF)(DF)(SF)	GF Flour, Salt, Water, Olive Oil, Sugar				Yes	Yes	Yes	Yes	Ingredient
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, Onions, 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 Peppers, Paprika, Garlic, Onions, GF Bread, Brown Sugar, Sunflower Oil				Yes	Yes	Yes	Yes	Entrée
GF Soy Sauce (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, Grape Jelly				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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
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
GF&DF Broccoli Cheese Soup (Housemade) (V)(GF)(SF)(EF)(DF)	Water, Celery, Onions, Black Pepper, DF Mozzarella Cheese, Broccoli, Great Northern Beans			Yes	Yes	Yes	Yes	Yes	Ingredient (Housemade)
GF&DF Broccoli Cheese Soup & GF Bread (V)(GF)(SF)(EF)(DF)	<i>GF&DF Broccoli Cheese Soup (Housemade)</i> , GF Bread			Yes	Yes	Yes	Yes	Yes	
GF&DF Cheese Pizza (V)(GF)(EF)(DF)	<i>GF Pizza Crust (Housemade)</i> , DF Mozzarella Cheese, <i>Marinara Sauce (Housemade)</i>			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	Ingredient (Housemade)
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 Gravy (Housemade) (V)(GF)(SF)(EF)(DF)	Water, Cornstarch, DF Mozzarella Cheese, Sage, Rosemary, Thyme			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)	Grape Jelly, Corn Tortilla 6"				Yes	Yes	Yes	Yes	Breakfast/Snack
GF&DF Mac & Cheese (V)(GF)(SF)(EF)(DF)	GF Penne Pasta, Olive Oil, Salt, <i>GF&DF Cheese Sauce (Housemade)</i> , Water			Yes	Yes	Yes	Yes	Yes	Entrée
GF&DF Pesto Grilled Cheese (V)(GF)(SF)(EF)(DF)	GF Bread, DF Mozzarella Cheese, <i>DF Spinach Pesto (Housemade)</i>			Yes	Yes	Yes	Yes	Yes	Entrée
GF&DF Spinach Pesto Pasta w/ White Beans (V)(GF)(SF)(EF)(DF)	<i>DF Spinach Pesto (Housemade)</i> , 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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
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
Graham Crackers (Brand: Benton's) (VEG)(EF)(DF)	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Graham Flour (Whole Wheat Flour), Sugar, High Oleic Canola an/or Soybean Oil with TBHQ and Citric Acid, Honey, Leavening (Baking Soda, Calcium Phosphate), Salt, Natural, Soy Lecithin, Sodium Sulfite	Wheat, Soy, (Honey)	Yes		No	Yes	No	Yes	Ingredient
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)
Grape Jelly (Brand: Smuckers) (V)(GF) (SF)(EF)(DF)	Concord Grape Juice, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid, Sodium Citrate.				Yes	Yes	Yes	Yes	Ingredient
Gravy (Housemade) (VEG)(GF)(SF)(EF)	Milk, Cornstarch, Garlic Powder, Salt, Butter, Black Pepper, Sour Cream, Sage, Rosemary, Thyme, Water	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Greek Chicken & GF Bread (GF)(SF)(EF) (DF)	Chicken, Oregano, Lemon, Green Pepper, Red Pepper, Onions, Salt, Pepper, Sunflower Oil, GF Bread				Yes	Yes	Yes	Yes	Entrée
Greek Chicken & Pita (SF)(EF)(DF)	Chicken, Oregano, Lemon, Green Pepper, Red Pepper, Onions, Salt, Pepper, Sunflower Oil, Pita Bread	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Greek Tofu & Pita (V)(EF)(DF)	Tofu, Green Pepper, Red Pepper, Onion, Oregano, Lemon, Salt, Pepper, Sunflower Oil, Pita Bread	Soy, Wheat	Yes		No	Yes	No	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
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
Grilled Cheese (VEG)(SF)(EF)	School White Wheat Bread, Provolone Cheese, Cheddar Cheese, Butter	Wheat, Dairy	Yes		No	No	Yes	Yes	Entrée
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 & 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
Homemade Cheez Its (VEG)(SF)(EF)	Cheddar Cheese, Butter, Kosher Salt, All Purpose Flour	Dairy, Wheat			No	No	Yes	Yes	Snack (Housemade)
Honey Bunny Grahams (Brand: Annie's) (VEG)(SF)(EF)(DF)	Organic Wheat Flour, Organic Cane Sugar, Organic Expeller-Pressed Sunflower Oil, Organic Honey, Organic Corn Flour, Organic Whole Wheat Flour (graham flour), Calcium Carbonate, Organic Natural Flavor, Baking Soda, Sea Salt, Organic Rosemary Extract (to protect flavor)	Wheat, (Honey)			No	Yes	Yes	Yes	Ingredient
Hot Noodle Kugel (VEG)(SF)	Egg Noodles, Kosher Salt, Butter, Eggs, Granulated Sugar, Low Fat Cottage Cheese, Greek Yogurt, Vanilla Extract, Cinnamon	Dairy, Wheat, Eggs, Cinnamon			No	No	Yes	No	Breakfast
Hummus (Housemade) (V)(GF)(EF)(DF)	Chickpeas, Garlic, Lemons, 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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Hummus & Pita (V)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , Pita	Wheat	Yes		No	Yes	Yes	Yes	Snack
Hummus Sandwich (V)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , School White Wheat Bread, Romaine Lettuce	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Hummus Wrap (V)(SF)(EF)(DF)	Tortilla Flour 6", <i>Hummus (Housemade)</i> , Romaine Lettuce	Wheat	Yes		No	Yes	Yes	Yes	Entrée
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 Potatoes, 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 Potatoes, 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, Lemons, Green Onions, Salt, Sunflower Oil, Water				Yes	Yes	Yes	Yes	Entrée
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, Lemons, Green Onions, Salt, Sunflower Oil, Water	Soy			Yes	Yes	No	Yes	Entrée
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)</i> , <i>Granola Crumbles (Housemade)</i>	Dairy			Yes	No	Yes	Yes	Breakfast/Snack
Mango Peach Yogurt (VEG)(GF)(SF)(EF)	<i>Vanilla Yogurt</i> , Mango, Peach	Dairy			Yes	No	Yes	Yes	Breakfast/Snack
Marinara Sauce (Housemade) (V)(GF)(SF)(EF)(DF)	Tomatoes, Garlic, Olive Oil, Parsley, Salt, Black Pepper, Cornstarch, Water				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	List Entry Type
Mashed Potatoes (Housemade) (V)(GF)(SF)(EF)(DF)	Russet Potatoes, Salt, Garlic Powder, Water				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Mayonnaise: 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			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			No	No	Yes	Yes	Entrée
Mixed Vegetables (Housemade) (V) (GF)(SF)(EF)(DF)	Zucchini, Carrots, Onions, Green Bell Pepper, Olive Oil, Salt				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Neapolitan Bunny Grahams (Brand: Annie's - Organic Bunny Grahams Snacks, Neapolitan) (V)(SF)(EF)(DF)	Organic Wheat Flour, Organic Cane Sugar, Organic Expeller-Pressed Sunflower Oil, Organic Whole Wheat Flour (Graham Flour), Organic Invert Cane Syrup, Organic Corn Flour, Organic Natural Flavor, Calcium Carbonate, Organic Cocoa Powder, Baking Soda, Sea Salt, Organic Color (Organic Beet Juice, Organic Carrot Juice), Organic Rosemary Extract (to protect flavor)	Wheat			No	Yes	Yes	Yes	Ingredient
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	Ingredient (Housemade)
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	Ingredient (Housemade)
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	Snack
Orzo (V)(GF)(SF)(EF)DF)	Organic Durum Wheat Semolina	Wheat			No	Yes	Yes	Yes	Ingredient
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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Oyster Crackers & String Cheese (VEG)(SF)(EF)	Oyster Crackers, String Cheese	Wheat, Dairy			No	No	Yes	Yes	Breakfast/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)	Bowtie Pasta, <i>Black Bean Marinara Sauce (Housemade)</i> , Olive Oil, Salt	Wheat			No	Yes	Yes	Yes	Entrée
Pasta & Turkey Marinara (SF)(EF)(DF)	Bowtie Pasta, <i>Turkey Marinara Sauce (Housemade)</i> , Olive Oil, Salt	Wheat			No	Yes	Yes	Yes	Entrée
Pasta: Bow Tie/Farfalle (Brand: Barilla - Enriched Macaroni Product) (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/Orzo (Brand: Dakota Growers) (V)(SF)(EF)DF)	Durum Wheat Semolina, Niacin, Iron (Ferrous Sulfate), Thiamin, Mononitrate, Riboflavin, Folic Acid	Wheat			No	Yes	Yes	Yes	Ingredient
Pasta: GF Penne (Brand: Barilla) (V)(GF)(SF)(EF)(DF)	Corn Flour, Rice Flour, Mono and Diglycerides				Yes	Yes	Yes	Yes	Ingredient
Pasta: GF Rotini (Brand: Dakota Growers) (V)(GF)(SF)(EF)DF)	Corn Flour, Rice Flour				Yes	Yes	Yes	Yes	Ingredient
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
Pita & Salsa w/ Vegetables (V)(SF)(EF)DF)	Pita, <i>Salsa (Homemade)</i> , Vegetables	Wheat	Yes		No	Yes	Yes	Yes	Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
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)	GF Grits, Salt, Water				Yes	Yes	Yes	Yes	Breakfast
Plain Oatmeal (V)(GF)(SF)(EF)(DF)	Oats, Water, Granulated Sugar				Yes	Yes	Yes	Yes	Breakfast
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	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, Whole Milk, Water, Nutmeg, Cinnamon, Ginger, Vanilla Extract, Pumpkin Puree, Brown Sugar	Dairy, Cinnamon			Yes	No	Yes	Yes	Breakfast
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
Organic Rice Cakes Apple Pie Flavor - Minis (Brand: Lundberg) (VEG)(GF)(SF)(EF) On Menu: Apple Pie Mini Rice Cakes	Brown Rice, Oleic Sunflower Oil, Cane Sugar, Maple Sugar, Rice Flour, Cinnamon, Sea Salt, Natural Flavors	Cinnamon			Yes	Yes	Yes	Yes	Snack

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Organic Rice Cakes Sea Salt Flavor - Minis (Brand: Lundburg) (V)(GF)(SF)(EF)(DF) On Menu: Sea Salt Mini Rice Cakes	Brown Rice, Oleic Sunflower Oil, Sea Salt				Yes	Yes	Yes	Yes	Snack
Salsa (Housemade) (V)(GF)(SF)(EF)(DF)	Tomatoes, Yellow Onions, 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 Bunnies	Dairy, Wheat			No	No	Yes	Yes	Breakfast/Snack
Sea Salt Mini Rice Cakes & DF Cheese (V)(GF)(SF)(EF)(DF)	Sea Salt Mini Rice Cakes (Lundburg), DF Mozzarella Cheese			Yes	Yes	Yes	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, Slider Bun, Sunflower Oil	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Sloppy Joe w/ Turkey (SF)(EF)(DF)	Ground Turkey, Tomatoes, Ketchup, Salt, Green Bell Pepper, Paprika, Garlic, Onion, Slider Bun, Brown Sugar, Sunflower Oil	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Spinach Pesto (Housemade) (VEG)(GF)(SF)(EF)	Spinach, Parsley, Olive Oil, Fresh 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, 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/Snack
Strawberry Banana Yogurt (VEG)(GF)(SF)(EF)	Vanilla Yogurt, Strawberries, Bananas	Dairy			Yes	No	Yes	Yes	Breakfast/Snack
Strawberry Cocoa Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Water, Strawberries, Sugar, Cocoa Powder				Yes	Yes	Yes	Yes	Breakfast
Strawberry Crumble Bar (VEG)(SF)	Flour, Brown Sugar, Baking Powder, Salt, Cornstarch, Vanilla Extract, Eggs, Butter, Strawberries, Lemon, Granulated Sugar	Wheat, Eggs, Dairy			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	List Entry Type
Strawberry Yogurt (VEG)(GF)(SF)(EF)	Vanilla Yogurt, Strawberries	Dairy			Yes	No	Yes	Yes	Breakfast/Snack
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
SunButter & Jelly Sandwich (V)(SF)(EF) (DF)	School White Wheat Bread, SunButter, Grape Jelly	Wheat	Yes		No	Yes	Yes	Yes	Entrée
Sunflower Butter (Brand: SunButter)	Sunflower Seeds, Sugar, Monoglycerides, Diglycerides, Salt				Yes	Yes	Yes	Yes	Ingredient
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)	Sugar, Baking Powder, Salt, Milk, Eggs, Sunflower Oil, Flour, Sweet Potatoes	Wheat, Dairy, Egg			No	No	Yes	No	Ingredient (Housemade)
Sweet Potato Pancake & 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	Wheat			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)
Thanksgiving Meal: Tofu w/ Mashed Potatoes, GF&DF Gravy & Cranberry Sauce (V)(GF)(EF)(DF)	Tofu, Cranberry Sauce, <i>GF&DF Gravy (Housemade)</i> , <i>Mashed Potatoes (Housemade)</i> , Sunflower Oil, Salt, Black Pepper	Soy			Yes	Yes	No	Yes	Entrée
Thanksgiving Meal: Turkey w/ Mashed Potatoes, GF&DF Gravy & Cranberry Sauce (GF)(SF)(EF)(DF)	Turkey, Cranberry Sauce, <i>GF&DF Gravy (Housemade)</i> , <i>Mashed Potatoes (Housemade)</i> , Sunflower Oil, Salt, Black Pepper				Yes	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Thanksgiving Meal: Turkey w/ Mashed Potatoes, Gravy & Cranberry Sauce (GF)(SF)(EF)	Turkey, Cranberry Sauce, <i>Gravy (Housemade)</i> , <i>Mashed Potatoes (Housemade)</i> , Sunflower Oil, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes	Entrée
Tofu & Noodles (VEG)(DF)	Egg Noodles, Water, Tofu, Garlic, Salt, Black Pepper, Olive Oil	Wheat, Egg, Soy			No	Yes	No	No	Entrée
Tofu Curry Casserole (VEG)(GF)(EF)	Tofu, Rice, Onions, Celery, Carrots, Garlic Powder, Salt, Black Pepper, Curry Powder, <i>Vegetable Stock (Housemade)</i> , Sunflower Oil, Plain Yogurt, <i>Curry Sauce (Housemade)</i>	Soy, Dairy			Yes	No	No	Yes	Entrée
Tofu Pot Pie (Housemade) (V)(GF)(EF) (DF)	Tofu, Water, Potatoes, Peas, Carrots, Yellow Onions, 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
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, Onions, <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, Onions, <i>Salsa (Housemade)</i> , Sunflower Oil, Salt, Paprika, Flour Tortilla 6"	Wheat, Soy			No	Yes	No	Yes	Entrée
Tofu (Brand: 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, Salsa (Homemade), Vegetables				Yes	Yes	Yes	Yes	Snack
Turkey & Cheese Sandwich (EF)	School White Wheat Bread, <i>Turkey Breast</i> , Provolone Cheese	Wheat, Dairy, Soy	Yes		No	No	No	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Turkey & Cheese w/ Crackers (EF)	<i>Turkey Breast, Cheddar Cheese, Golden Round Crackers</i>	Wheat, Dairy, Soy			No	No	No	Yes	Snack
Turkey & DF Cheese w/ Vegan Oat Crackers (GF)(EF)(DF)	<i>Turkey Breast, DF Mozzarella Cheese, Vegan Oat Crackers (Housemade)</i>	Soy		Yes	Yes	Yes	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 Bacon w/ GF Bread (GF)(SF)(EF)(DF)	Turkey Bacon, GF Bread				Yes	Yes	Yes	Yes	Breakfast
Turkey Bacon w/ White Wheat Bread (SF)(EF)(DF)	Turkey Bacon, School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes	Breakfast
Turkey Breast (Brand: Carvers Pride) (GF)(EF)(DF)	<i>Turkey Breast, Turkey Broth, Dextrose, Modified Food Starch, Contains 2% or Less of Salt, Sugar, Sodium Lactate, Carrageenan, Sodium Phosphate, Potassium Chloride, Hydrolyzed Soy Protein</i>	Soy			Yes	Yes	No	Yes	Ingredient
Turkey Chili w/ GF Bread (GF)(SF)(EF)(DF)	Celery, Yellow Onions, Carrots, Black Beans, Paprika, Chili Powder, Garlic Powder, Salt, Black Pepper, Tomatoes, Ground Turkey, Sunflower Oil, Mushrooms, GF Bread				Yes	Yes	Yes	Yes	Entrée
Turkey Chili w/ Oyster Crackers (SF)(EF)(DF)	Ground Turkey, Celery, Yellow Onions, Carrots, Black Beans, Paprika, Chili Powder, Garlic Powder, Salt, Black Pepper, Tomatoes, Sunflower Oil, Mushrooms, Oyster Crackers	Wheat			No	Yes	Yes	Yes	Entrée
Turkey Chili w/Rice (GF)(SF)(EF)(DF)	Ground Turkey, Celery, Yellow Onions, Carrots, Black Beans, Paprika, Chili Powder, Garlic Powder, Salt, Black Pepper, Tomatoes, Sunflower Oil, Mushrooms, Rice				Yes	Yes	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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
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 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), Mashed Potatoes (Housemade)</i>	Egg, Soy			Yes	Yes	No	No	Entrée
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)	Bananas, 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 Meatloaf (V)(GF)(SF)(EF)(DF)	Quinoa, Lentils, Onion, Carrots, 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), 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
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 (V)(GF)(SF)(EF)(DF)	Water, Carrots, Celery, Onion, Rice, Great Northern Beans, Garlic				Yes	Yes	Yes	Yes	Entrée

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Vegetable & Cheese Sandwich (VEG)(SF)(EF)	School White Wheat Bread, Carrots, 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, Yellow Onion, Carrots, 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)	Onions, Carrots, Celery, Water				Yes	Yes	Yes	Yes	Ingredient (Housemade)
Vegetarian Alfredo (VEG)(SF)(EF)	<i>Vegetarian Alfredo Sauce (Housemade)</i> , Bowtie Pasta, Olive Oil	Wheat, Dairy			No	No	Yes	Yes	Entrée
Vegetarian Alfredo Sauce (Housemade) (VEG)(GF)(SF)(EF)	Milk, Water, Grated Parmesan & Romano Cheese, Cornstarch, Garlic Powder, Salt, Black Pepper, Butter	Dairy			Yes	No	Yes	Yes	Ingredient (Housemade)
Veggie & Bean Chili & GF Bread (V)(GF)(SF)(EF)(DF)	Yellow Onions, Celery, Carrots, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Sunflower Oil, Salt, Black Pepper, Mushrooms, GF Bread				Yes	Yes	Yes	Yes	Entrée
Veggie & Bean Chili & Oyster Crackers (V)(SF)(EF)(DF)	Yellow Onions, Celery, Carrots, 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)	Yellow Onions, Celery, Carrots, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Sunflower Oil, Salt, Black Pepper, Mushrooms, Rice				Yes	Yes	Yes	Yes	Entrée
Veggie & Cheese Egg Muffins (VEG)(SF)	Flour, Eggs, 1% 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, Carrot, Mozzarella, Parmesan & Romano, Butter, Eggs, Flour, Baking Powder, Baking Soda, Salt, <i>Taco Seasoning (Housemade)</i>	Wheat, Dairy, Egg			No	No	Yes	No	Snack
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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
Watermelon Salsa w/Pita (V)(SF)(EF)(DF)	Watermelon Salsa (Housemade), Pita	Wheat	Yes		No	Yes	Yes	Yes	Snack
Watermelon Salsa w/Tortilla Chips (V)(GF)(SF)(EF)(DF)	Watermelon Salsa (Housemade), 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)
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
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 (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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free	List Entry Type
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** 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.**