

WEDNESDAY, FEBRUARY 1

PENNE PASTA (CONTAINS: GLUTEN, DAIRY, SOY)

PENNE PASTA: SEMOLINA (WHEAT), DURUM WHEAT FLOUR. VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID

CREAMY PESTO SAUCE: HEAVY CREAM (CREAM), WATER, PARMIGIANO REGGIANO CHEESE (COW'S MILK, SALT, RENNET), PECORINO ROMANO CHEESE (PASTEURIZED CULTURED SHEEP'S MILK, RENNET, SALT), ONIONS, CORNSTARCH, NATURAL FLAVOR, SALT, AUTOLYZED YEAST EXTRACT, GARLIC, NATURAL FLAVOR, SPICE, PAPRIKA, OLIVE OIL, VEGETABLE OIL, PARSLEY, GARLIC, SALT, THYME, PESTO (BASIL, PARMESAN CHEESE)

MARINARA SAUCE: TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES, ONIONS, LESS THAN 2% OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, SALT, CITRIC ACID, BASIL, GARLIC POWDER, DRIED OREGANO, ONION POWDER, NATURAL FLAVOR, BLACK PEPPER, DRIED PARSLEY, GROUND FENNEL, GROUND SAVORY, GROUND THYME, CALCIUM CHLORIDE

ITALIAN GREEN BEANS (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEANS, SALT, PEPPER, OIL

GARLIC BREAD (CONTAINS WHEAT, DAIRY)

WHEAT FLOUR ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS LESS THAN 2% OF: SOYBEAN OIL, SALT, YEAST, MALTED BARLEY FLOUR, WHEAT GLUTEN, SUGAR, ENZYMES, ASCORBIC ACID, GUAR GUM, DEXTROSE, ASCORBIC ACID, VEGETABLE PROTEIN, CORN MEAL. SPREAD: VEGETABLE OIL BLEND (SOYBEAN, PALM), WATER, GARLIC, CONTAINS 2% OR LESS OF: ONION POWDER, SALT, NATURAL FLAVORS, SWEET CREAM BUTTERMILK, SPICES, MONOGLYCERIDES, SOY LECITHIN, LACTIC ACID, CITRIC ACID, BETA-CAROTENE

THURSDAY, FEBRUARY 2

PULLED CHICKEN BBQ (MADE WITHOUT GLUTEN, DAIRY FREE)

CHICKEN, PULLED (DARK CHICKEN MEAT, WATER, TOMATOES (WATER, TOMATO PASTE), SEASONING (SALT, SUGAR, SPICES, DEHYDRATED GARLIC, XANTHAN GUM, MUSTARD, DEHYDRATED ONION, CORN SYRUP SOLIDS, PAPRIKA, CANOLA OIL, CHILI PEPPER, LEMON JUICE SOLIDS, NATURAL FLAVORS, GARLIC POWDER), CHICKEN FAT, SODIUM PHOSPHATES, RICE FLOUR, CHICKEN TYPE FLAVOR (AUTOLYZED YEAST EXTRACT, FLAVORS, SALT, CHICKEN FAT), CHILI POWDER (CHILI PEPPERS, FLAVORING), CURRY POWDER (SPICES, TURMERIC)

BBQ ROASTED VEGGIES (MADE WITHOUT GLUTEN, DAIRY FREE)

RED ONION, RED PEPPER, YELLOW PEPPER, YELLOW SQUASH, ZUCCHINI, GARLIC, KOSHER SALT, BLACK PEPPER, **BBQ SAUCE** (TOMATO PASTE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER, DISTILLED VINEGAR, MOLASSES, SALT, MUSTARD BRAN, NATURAL HICKORY SMOKE FLAVOR, SPICE, ONION POWDER, CELERY SEED, SODIUM BENZOATE AS PRESERVATIVE, GARLIC POWDER, SUGAR AND NATURAL FLAVORS)

BAKED BEANS (MADE WITHOUT GLUTEN, DAIRY FREE)

NAVY BEANS, BROWN SUGAR, SALT, MUSTARD, VINEGAR, WATER, TURMERIC, MODIFIED CORN STARCH, ONION POWDER, CARAMEL COLOR, SPICES, GARLIC POWDER, NATURAL FLAVOR

COLE SLAW (MADE WITHOUT GLUTEN) (CONTAINS: DAIRY, EGGS)

CABBAGE, CARROTS, HELLMANN'S MAYONNAISE (SOYBEAN OIL, WATER, WHOLE EGGS AND EGG YOLKS, VINEGAR, SALT, SUGAR, LEMON JUICE, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), NATURAL FLAVORS), DIJON MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER), SUGAR, APPLE CIDER VINEGAR (APPLE CIDER VINEGAR DILUTED WITH WATER TO 5% ACIDITY), BLACK PEPPER, SALT

HAWAIIAN ROLLS (CONTAINS: SOY, WHEAT, EGGS, DAIRY)

ENRICHED FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, SUGAR, LIQUID SUGAR, WATER, BUTTER PASTEURIZED CREAM, SALT, EGGS, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: POTATO FLOUR, YEAST, WHEY, NONFAT MILK, SOY FLOUR, SALT, WHEAT GLUTEN, DEGERMINATED YELLOW CORN FLOUR, DATEM, SODIUM STEAROYL LACTYLATE, MONOCALCIUM PHOSPHATE, SORBIC ACID PRESERVATIVE, WHEAT FLOUR, CALCIUM SULFATE, AMMONIUM SULFATE, SODIUM SILICOALUMINATE, ASCORBIC ACID ADDED AS A DOUGH



FEBRUARY 2023 LUNCH INGREDIENT

FRIDAY, FEBRUARY 3

PEPPER STEAK (MADE WITHOUT GLUTEN, DAIRY FREE)

BEEF TIPS, TOMATO SAUCE, ONION, GREEN PEPPERS, RED PEPPER, YELLOW PEPPER, BLACK PEPPER, KOSHER SALT, GARLIC

TOFU STEAK (MADE WITHOUT GLUTEN, DAIRY FREE)

TOFU, TOMATO SAUCE, ONION, GREEN PEPPERS, RED PEPPER, YELLOW PEPPER, BLACK PEPPER, KOSHER SALT, GARLIC

WHITE RICE (MADE WITHOUT GLUTEN, DAIRY FREE)

WATER, LONG GRAIN RICE, OLIVE OIL, SALT

ROASTED CARROTS (MADE WITHOUT GLUTEN, DAIRY FREE)

CARROTS, KOSHER SALT, OLIVE OIL, VEGETABLE OIL

GINGER SPICE COOKIES (CONTAINS: DAIRY, EGGS, SOY, WHEAT)

CLOVES, WATER, GROUND GINGER, BROWN SUGAR, WHOLE WHEAT PASTRY FLOUR, BUTTER, SHORTENING, VEGETABLE, MOLASSES, CINNAMON, NUTMEG, SALT, EGGS

MONDAY, FEBRUARY 6

GARLIC BROWN SUGAR CHICKEN THIGHS (DAIRY FREE)

BROWN SUGAR, CHICKEN THIGH, OLIVE OIL, VEGETABLE OIL, SUGAR, PARSLEY, GARLIC, LEMON ZEST, KOSHER SALT, RED PEPPER FLAKES

MUSHROOM QUICHE (CONTAINS WHEAT, DAIRY, EGG, SOY)

MUSHROOM, ONION, PARMESAN CHEESE, PIE CRUST, WHOLE MILK (MILK, VITAMIN D3), CHEDDAR & MONTEREY JACK (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR), FLOUR (BLEACHED WHEAT FLOUR, ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), KOSHER SALT, BLACK PEPPER

ROASTED NEW POTATOES (MADE WITHOUT GLUTEN, DAIRY FREE)

RUSSET POTATOES, SALT, BLACK PEPPER, GARLIC, OIL

MIXED VEGGIES (MADE WITHOUT GLUTEN, DAIRY FREE)

PEAS & CARROTS, GREEN BEANS, BROCCOLI, KOSHER SALT, PARSLEY, OLIVE OIL, VEGETABLE OIL, BLACK PEPPER

FEBRUARY 2023 LUNCH INGREDIENT

TUESDAY, FEBRUARY 7

BEEF STEW (CONTAINS: WHEAT, DAIRY)

WATER, SEASONED COOKED BEEF, WATER, CONTAINS 2 OR LESS OF CARAMEL COLOR, DEXTROSE, FLAVOR [NATURAL FLAVOR, SALT, MALTODEXTRIN, DRIED WHEY, DRIED CAULIFLOWER], MODIFIED CORN STARCH, POTASSIUM CHLORIDE, POTASSIUM PHOSPHATE, SALT, SODIUM PHOSPHATES, SPICE EXTRACTIVES, CARROTS, PEAS, REHYDRATED POTATOES CONTAINS DISODIUM DIHYDROGEN PYROPHOSPHATE TO MAINTAIN NATURAL COLOR, CONTAINS 2 OR LESS OF: MODIFIED CORN STARCH, ONIONS, BEEF FLAVOR COOKED BEEF, YEAST EXTRACT, BEEF TALLOW, BEEF EXTRACT, FLAVORING, SALT, SUGAR, VEGETABLE JUICE CONCENTRATES [ONION, CARROT, CELERY], LACTIC ACID , BURGUNDY WINE, SALT, BUTTER CREAM, SALT, CANOLA OIL, GARLIC, SPICE

VEGGIE STEW (CONTAINS: WHEAT)

WATER, TOMATO PUREE (WATER, TOMATO PASTE), POTATOES, CARROTS, DICED TOMATOES IN TOMATO JUICE, GREEN BEANS, COOKED KIDNEY BEANS, CELERY, PEAS, ZUCCHINI, SUGAR, CONTAINS LESS THAN 2% OF: MODIFIED FOOD STARCH, ONIONS, SALT, VEGETABLE OIL (CORN AND/OR CANOLA), DEHYDRATED ONIONS, VEGETABLES (CELERY, ONIONS, CARROTS), CHINESE CABBAGE EXTRACT, DEHYDRATED GARLIC, YEAST EXTRACT, SPICES, HYDROLYZED PROTEIN (SOY, CORN, WHEAT), MALTODEXTRIN, CORN OIL, CORNSTARCH, FLAVORING, CARAMEL COLOR

EGG NOODLE (CONTAINS: WHEAT, EGG)

SEMOLINA, DURUM FLOUR, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, KOSHER SALT, OLIVE OIL, VEGETABLE OIL

GREEN PEAS (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN PEAS, KOSHER SALT, OLIVE OIL, VEGETABLE OIL, GARLIC, BLACK PEPPER

WEDNESDAY, FEBRUARY 8

TACO BAR SEASONED GROUND BEEF (DAIRY FREE) (MADE WITHOUT GLUTEN)

GROUND BEEF, TOMATO SAUCE, CHILI SAUCE, ONIONS, BLACK PEPPER, PAPRIKA, CUMIN, OLIVE OIL, CORNSTARCH, OREGANO, SALT, RED PEPPER FLAKES

TACO BAR SEASONED MEATLESS (DAIRY FREE) (MADE WITH SOY)

WATER, SOY PROTEIN CONCENTRATE, EXPELLER PRESSED CANOLA OIL, ORGANIC CANE SUGAR, SEA SALT, YEAST EXTRACT, ONION POWDER, GARLIC POWDER, CARAMEL COLOR, NATURAL FLAVORS (FROM PLANT SOURCES), SPICE, TOMATO SAUCE, CHILI SAUCE, ONIONS, BLACK PEPPER, PAPRIKA, CUMIN, OLIVE OIL, CORNSTARCH, OREGANO, SALT, RED PEPPER FLAKES

FLOUR TORTILLA (CONTAINS: GLUTEN)

TORTILLA FLOUR: (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, CONTAINS 2% OR LESS OF: TORTILLA MIX (SALT, VITAL WHEAT GLUTEN, LEAVENING [SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE], PRESERVATIVE [CALCIUM PROPIONATE], DEXTROSE, DOUGH CONDITIONERS [MONOGLYCERIDES, MONO- AND DIGLYCERIDES, ENZYMES AND SODIUM METABISULFITE], FUMARIC ACID, GUAR GUM AND SORBIC ACID),

TOPPING- SHREDDED CHEESE, TOMATO SALSA, SOUR CREAM (SOME TOPPINGS CONTAIN DAIRY)

BLACK BEAN & CORN (MADE WITHOUT GLUTEN)

BLACK BEANS (ORGANIC BLACK BEANS, WATER, SEA SALT, CALCIUM CHLORIDE), ZUCCHINI, YELLOW SQUASH, TOMATOES, SALT, PEPPER, SOUR CREAM, TOMATOES, LIME JUICE, CILANTRO, GREEN ONIONS, RED PEPPER, YELLOW PEPPER, CUMIN, OLIVE OIL, VEGETABLE OIL, KOSHER SALT

CILANTRO LIME RICE (DAIRY FREE) (MADE WITHOUT GLUTEN)

LONG GRAIN RICE, WATER, OLIVE OIL, VEGETABLE OIL, SALT, LIME , CILANTRO

THURSDAY, FEBRUARY 9

Baked Ziti with Ground Turkey (Contains: Dairy, Wheat)

MARINARA SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES, ONIONS, LESS THAN 2% OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, SALT, CITRIC ACID, BASIL, GARLIC POWDER, DRIED OREGANO, ONION POWDER, NATURAL FLAVOR, BLACK PEPPER, DRIED PARSLEY, GROUND FENNEL, GROUND SAVORY, GROUND THYME, CALCIUM CHLORIDE), ZITI PASTA (DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TURKEY, PROVOLONE CHEESE (LOW MOISTURE MOZZARELLA (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), UNSMOKED PROVOLONE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN TO PROTECT FLAVOR OR WHOLE MILK MOZZARELLA CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), PROVOLONE CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), ANTICAKING AGENT AND NATAMYCIN (PRESERVATIVE), PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, BASIL)

Vegetarian Baked Ziti (Contains: Dairy, Wheat)

MARINARA SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES, ONIONS, LESS THAN 2% OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, SALT, CITRIC ACID, BASIL, GARLIC POWDER, DRIED OREGANO, ONION POWDER, NATURAL FLAVOR, BLACK PEPPER, DRIED PARSLEY, GROUND FENNEL, GROUND SAVORY, GROUND THYME, CALCIUM CHLORIDE), ZITI PASTA (DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PROVOLONE CHEESE (LOW MOISTURE MOZZARELLA (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), UNSMOKED PROVOLONE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN TO PROTECT FLAVOR OR WHOLE MILK MOZZARELLA CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), PROVOLONE CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), ANTICAKING AGENT AND NATAMYCIN (PRESERVATIVE), PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, BASIL)

Italian Vegetables Blend (Made Without Gluten, Dairy Free)

BROCCOLI, CARROTS, CAULIFLOWER, RED PEPPER, YELLOW PEPPER, KOSHER SALT, OLIVE OIL, VEGETABLE OIL, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, BASIL), BLACK PEPPER

French Roll (Contains: Wheat)

UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST, MALTED BARLEY FLOUR

FRIDAY, FEBRUARY 10

Pancakes (Contains: Wheat, Dairy, Eggs, Soy)

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), WATER, SUGAR, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), BUTTERMILK, EGGS, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, FRUCTOSE, SOY LECITHIN. VITAMINS AND MINERALS: VITAMIN A PALMITATE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12, REDUCED IRON

MAPLE SYRUP: CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, SUGAR, NATURAL & ARTIFICIAL FLAVOR, CARAMEL COLOR, SALT, CELLULOSE GUM, POTASSIUM SORBATE, SODIUM BENZOATE (AS PRESERVATIVE)

Turkey Sausage (Contains: Wheat, Dairy, Eggs, Soy)

GROUND TURKEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRATE, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, FOOD STARCH, EGG YOLK, SALT, GARLIC, SUGAR, BLACK PEPPER, ZANTHAM GUM, DRIED BELL PEPPER, DRIED ONION, TURMERIC, CHEESE CULTURE, WHEAT, SOY

Veggie Sausage (Dairy Free) (Contains: Wheat)

FILTERED WATER, VITAL WHEAT GLUTEN, EXPELLER PRESSED SAFFLOWER OIL, EGGPLANT, ONIONS, YEAST EXTRACT, KOSHER RED WINE (RED WINE, SALT), GARLIC, BARLEY MALT, ONION POWDER, DRIED RED BELL PEPPER, FENNEL SEED, GRANULATED GARLIC, SEA SALT, SPICES

Home Fries (Dairy Free)

ROASTED POTATOES (POTATOES, REDSKIN POTATOES, VEGGIE BROTH, DEXTROSE, NATURAL FLAVORS, OLIVE OIL, ONION, GARLIC POWDER, SALT, SPICE), PAPRIKA, WHITE ONION, BELL PEPPER, SALT, PEPPER, OLIVE OIL

Assorted Yogurt (Contains: Dairy)

CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH. CONTAINS 1 OR LESS OF: MODIFIED TAPIOCA STARCH, CITRIC ACID, VEGETABLE JUICE FOR COLOR, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3

FEBRUARY 2023 LUNCH INGREDIENT

MONDAY, FEBRUARY 13

TERIYAKI BEEF & BROCCOLI (CONTAINS: GLUTEN, SOY)

FLANK STEAK, SEPARABLE LEAN ONLY, TRIMMED TO 0" FAT, CHOICE, RAW, BROCCOLI, TERIYAKI SAUCE (WATER, SOYBEANS, WHEAT, SALT, SODIUM BENZOATE: LESS THAN 1/10 OF 1 AS A PRESERVATIVE), CORNSTARCH, KIKKOMAN SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), GREEN ONIONS, BROWN SUGAR, GARLIC, GINGER

TERIYAKI TOFU & BROCCOLI (CONTAINS: GLUTEN, SOY)

TOFU (WATER, WHOLE SOYBEANS, NIGARI (SEA WATER EXTRACT), CALCIUM SULFATE), BROCCOLI, TERIYAKI SAUCE (WATER, SOYBEANS, WHEAT, SALT, SODIUM BENZOATE: LESS THAN 1/10 OF 1 AS A PRESERVATIVE), CORNSTARCH, KIKKOMAN SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), GREEN ONIONS, BROWN SUGAR, GARLIC, GINGER

VEGGIE LO MEIN (CONTAINS: GLUTEN, SOY)

SODA NOODLES, BROCCOLI, SUGAR, TERIYAKI SAUCE (WATER, SOYBEANS, WHEAT, SALT, SODIUM BENZOATE: LESS THAN 1/10 OF 1 AS A PRESERVATIVE), MUSHROOMS, RED PEPPER, YELLOW PEPPER, GREEN ONIONS, CARROTS, CABBAGE, GINGER, GARLIC

VEGGIE SPRING ROLLS (CONTAINS: GLUTEN, SOY)

CABBAGE, CARROT, CELERY, ONION, SUGAR, CORN STARCH, SOYBEAN OIL, SALT, OAT, YEAST EXTRACT, SOY SAUCE, (WATER, SOYBEAN, SALT, WHEAT, ALCOHOL (TO PRESERVE FRESHNESS), GLUCOSE, BLACK PEPPER, CELERY, CANOLA OIL, CARROTS, ONION, PRECOOKED LONG GRAIN RICE, SHIITAKE MUSHROOM POWDER, DEHYDRATED SOY SAUCE (WHEAT, SOYBEANS, SALT, MALTODEXTRIN, SALT) GARLIC, SPICE, SOY LECITHIN, FLAVOR ENHANCER (YEAST EXTRACT) VERMICELLI, GREEN MUNG BEANS, WATER, MODIFIED FOOD STARCH, CORN STARCH, MONO AND DIGLYCERIDES, SUGAR, FLAVORING (DISODIUM INOSINATE, DISODIUM GUANYLATE) XANTHAN GUM, SALT WRAPPER (WHEAT FLOUR, WATER, SALT, CORNSTARCH) (FRIED IN SOYBEAN OIL)

TUESDAY, FEBRUARY 14

CHICKEN TENDERS (DAIRY FREE) (CONTAINS: WHEAT, SOY)

BONELESS, SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING [SALT, FLAVORS, MALTODEXTRIN, SUGAR, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER], SALT, SODIUM PHOSPHATES

BREADED, BATTERED AND PREDUSTED WITH: BLEACHED WHEAT FLOUR, WATER, SALT, SPICES, FLAVOR (HYDROLYZED CORN PROTEIN, SOYBEAN OIL), LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), RED BELL PEPPER POWDER, ONION POWDER, GARLIC POWDER

COATED WITH: WHEAT FLOUR. BREADING SET IN VEGETABLE OIL

VEGGIE NUGGETS (DAIRY FREE) (CONTAIN: WHEAT, SOY)

WATER, WHEAT FLOUR, SOY FLOUR, VEGETABLE OIL (CORN, CANOLA AND/OR SUNFLOWER OIL), SOY PROTEIN ISOLATE. CONTAINS 2% OR LESS OF WHEAT GLUTEN, WHEAT STARCH, YELLOW CORN FLOUR, METHYLCELLULOSE, POTATO STARCH, CORNSTARCH, YEAST EXTRACT, SUGAR, SALT, NATURAL FLAVORS, DEXTROSE, SPICES, ONION POWDER, YEAST, POTASSIUM CHLORIDE, GLUTAMIC ACID, PAPRIKA (COLOR), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), GARLIC POWDER, CITRIC ACID, XANTHAN, GUM, BARLEY MALT EXTRACT

PEAS & CARROTS (MADE WITHOUT GLUTEN, DAIRY FREE)

PEAS, CARROTS, SALT, PEPPER, OLIVE OIL

MACARONI & CHEESE (CONTAINS: WHEAT, DAIRY)

WHOLE MILK (MILK, VITAMIN D3), WATER, ELBOW PASTA (DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR), KRAFT VELVEETA (MILK, WHEY, MILK PROTEIN CONCENTRATE, MILKFAT, WHEY PROTEIN CONCENTRATE, SODIUM PHOSPHATE, CONTAINS LESS THAN 2 OF SALT, CALCIUM PHOSPHATE, SODIUM ALGINATE, LACTIC ACID, SORBIC ACID AS A PRESERVATIVE, CHEESE CULTURE, ENZYMES, APOCAROTENAL AND ANNATTO COLOR), SALT

VALENTINE'S DAY COOKIES (CONTAINS: DAIRY, EGGS, SOY, WHEAT)

FLOUR (BLEACHED WHEAT FLOUR, ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTODERIVATIVE, POTASSIUM BROMATE), SUGAR, SALTED BUTTER (CREAM, SALT), MARGARINE (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE, VITAMIN A PALMITATE), EGGS, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, CREAM OF TARTAR, VANILLA EXTRACT, RED, WHITE SPRINKLES



FEBRUARY 2023 LUNCH INGREDIENT

WEDNESDAY, FEBRUARY 15

SALISBURY STEAK (DAIRY FREE) (CONTAINS: WHEAT, SOY)

GROUND BEEF, WATER, VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE B1, PYRIDOXINE HYDROCHLORIDE B6, RIBOFLAVIN B2) BELL PEPPERS, SEASONING (ONION, DEXTROSE, AUTOLYZED YEAST EXTRACT, SPICE EXTRACTIVES) BREAD CRUMBS (WHEAT FLOUR, SOYBEAN OIL, DEXTROSE, LEAVENING SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, WHEY, OLEORESIN PAPRIKA) SALT, SODIUM PHOSPHATE

CAULIFLOWER STEAK WITH MUSHROOM GRAVY (CONTAINS: DAIRY)

CAULIFLOWER CROWN, SALT, PEPPER, OLIVE OIL, VEGETABLE OIL, PAPRIKA, CUMIN, PARSLEY
MUSHROOM GRAVY: VEGETABLE STOCK, (CARROTS, CELERY, SHALLOT, SALT, NATURAL FLAVORING, YEAST EXTRACT, CANE SUGAR), MUSHROOMS, WATER, FLOUR, UNSALTED BUTTER, HALF & HALF, SALT, PEPPER

MASHED POTATOES (MADE WITHOUT GLUTEN) (CONTAINS: DAIRY)

RUSSET POTATOES, WHOLE MILK, SALT, WHITE PEPPER, UNSALTED BUTTER

ROASTED RED PEPPER & ZUCCHINI (DAIRY FREE) (MADE WITHOUT GLUTEN)

RED PEPPERS, ZUCCHINI, SALT, PEPPER, OLIVE OIL, VEGETABLE OIL

THURSDAY, FEBRUARY 16

LEMON GARLIC CHICKEN THIGHS (CONTAINS: DAIRY)

CHICKEN THIGH, HONEY, PAPRIKA, OLIVE OIL, VEGETABLE OIL, GARLIC, ROSEMARY, KOSHER SALT, RED PEPPER FLAKES, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL), LEMON JUICE, PARSLEY, KOSHER SALT, BUTTER (CREAM, SALT), GARLIC, BLACK PEPPER

ROASTED LEMON PEPPER EGGPLANT (DAIRY FREE) (MADE WITHOUT GLUTEN)

EGGPLANT, OLIVE OIL, VEGETABLE OIL, GARLIC, KOSHER SALT, THYME, LEMON, BLACK PEPPER

LEMONY HERB COUSCOUS (DAIRY FREE)

COUSCOUS, OLIVE OIL, VEGETABLE OIL, PARSLEY, KOSHER SALT, LEMON, BLACK PEPPER

PEAS (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN PEAS, SALT, PEPPER, OLIVE OIL

FEBRUARY 2023 LUNCH INGREDIENT

FRIDAY, FEBRUARY 17

PROFESSIONAL DAY

NO SCHOOL FOR STUDENTS

MONDAY, FEBRUARY 20

NO SCHOOL

FEBRUARY 2023 LUNCH INGREDIENT LIST

TUESDAY, FEBRUARY 21

CHICKEN TIKKA MASALA (CONTAINS: DAIRY)

CHICKEN, DICED TOMATOES (TOMATOES, TOMATO PUREE, SALT, CITRIC ACID), ONION, CHILI SAUCE, WATER, TURMERIC, MUSTARD SEED, CUMIN, GROUND GINGER, GARLIC, GARAM MASALA (BLACK PEPPER, WHITE PEPPER, CLOVES, CINNAMON, NUTMEG, CARDAMOM, BAY LEAF, CUMIN), OLIVE OIL, SALT

TOFU TIKKA MASALA (CONTAINS: DAIRY, SOY)

TOFU, DICED TOMATOES (TOMATOES, TOMATO PUREE, SALT, CITRIC ACID), ONION, CHILI SAUCE, WATER, TURMERIC, MUSTARD SEED, CUMIN, GROUND GINGER, GARLIC, GARAM MASALA (BLACK PEPPER, WHITE PEPPER, CLOVES, CINNAMON, NUTMEG, CARDAMOM, BAY LEAF, CUMIN), OLIVE OIL, SALT

JASMINE RICE (MADE WITHOUT GLUTEN, DAIRY FREE)

WATER, JASMINE RICE, OLIVE OIL, SALT

SAUTEED CARROTS (MADE WITHOUT GLUTEN, DAIRY FREE)

CARROTS, KOSHER SALT, OLIVE OIL, VEGETABLE OIL

PITA BREAD (CONTAINS: GLUTEN, SOY)

UNBLEACHED UNBROMATED ENRICHED FLOUR {NIACIN B-COMPLEX VITAMIN, THIAMINE B1 VITAMIN, REDUCED IRON, RIBOFLAVIN B2 VITAMIN, FOLIC ACID}, WATER AND SOYBEAN OIL. CONTAINS 2 OR LESS OF EACH OF THE FOLLOWING INGREDIENTS: CALCIUM PROPIONATE A PRESERVATIVE, CORN SYRUP SOLIDS, FUMARIC ACID, GUAR GUM, VEGETABLE OIL, SALT, SODIUM BICARBONATE, SORBIC ACID A PRESERVATIVE, SOY FLOUR, SUGAR, VEGETABLE MONO AND DIGLYCERIDES, VEGETABLE L CYSTEINE, WHEAT ENZYMES, WHOLE WHEAT FLOUR AND YEAST

WEDNESDAY, FEBRUARY 22

BEEF HOT DOG (CONTAINS: WHEAT, SOY)

BEEF, WATER, CONTAINS 2% OR LESS OF SALT, SORBITOL, SODIUM LACTATE, NATURAL FLAVORINGS, SODIUM PHOSPHATES, HYDROLYZED CORN PROTEIN, PAPRIKA, SODIUM DIACETATE, SODIUM ERYTHROBATE, SODIUM NITRATE

HOT DOG BUN - ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES AND/OR DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES), CALCIUM SULFATE, ASCORBIC ACID, AMMONIUM SULFATE, CALCIUM CARBONATE, SORBIC ACID

VEGGIE HOT DOG (CONTAINS: WHEAT, EGG, SOY)

WATER, WHEAT GLUTEN, CORN SYRUP SOLIDS. CONTAINS 2 OR LESS OF METHYLCELLULOSE, DEXTROSE, SALT, EGG WHITES, NATURAL FLAVORS, BROWN SUGAR, MOLASSES, HYDROLYZED VEGETABLE PROTEIN, CORN PROTEIN, SOY PROTEIN, HYDROLYZED CORN PROTEIN, SOY PROTEIN ISOLATE, CARRAGEENAN, MUSTARD FLOUR, ONION POWDER, MALTODEXTRIN, SPICES, XANTHAN GUM, HYDROLYZED SOY PROTEIN, AUTOLYZED YEAST, PAPRIKA, GARLIC POWDER, SOYBEANS, DISODIUM GUANYLATE, DISODIUM INOSINATE, HYDROLYZED TORULA AND BREWERS YEAST, WHEAT, GUM ARABIC, HYDROLYZED VEGETABLE PROTEIN, CORN GLUTEN, SOY PROTEIN, WHEAT GLUTEN, SOYBEAN OIL, THIAMIN HYDROCHLORIDE, PAPRIKA EXTRACT FOR COLOR, AUTOLYZED YEAST EXTRACT, LACTIC ACID, NONFAT MILK, RED 40, SUNFLOWER OIL, CITRIC ACID, BLUE 1

BAKED BEANS (MADE WITHOUT GLUTEN, DAIRY FREE)

NAVY BEANS, BROWN SUGAR, SALT, MUSTARD, VINEGAR, WATER, TURMERIC, MODIFIED CORN STARCH, ONION POWDER, CARAMEL COLOR, SPICES, GARLIC POWDER, NATURAL FLAVOR

POTATO SALAD (MADE WITHOUT GLUTEN) (CONTAINS: DAIRY, EGGS)

RUSSET POTATOES, CORN, MAYONNAISE, SALT, PEPPER, CELERY, SCALLIONS, RED WINE VINEGAR, DIJON MUSTARD

FEBRUARY 2023 LUNCH INGREDIENT LIST

THURSDAY, FEBRUARY 23

CHICKEN & BROCCOLI ALFREDO (CONTAINS: GLUTEN, DAIRY)

CHICKEN BREAST, SALT, PEPPER FETTUCCINI NOODLES: SEMOLINA (WHEAT), NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID ALFREDO SAUCE: HEAVY CREAM (CREAM), WATER, PARMIGIANO REGGIANO CHEESE (COW'S MILK, SALT, RENNET), PECORINO ROMANO CHEESE (PASTEURIZED CULTURED SHEEP'S MILK, RENNET, SALT), ONIONS, CORNSTARCH, NATURAL FLAVOR, SALT, AUTOLYZED YEAST EXTRACT, GARLIC, NATURAL FLAVOR, SPICE, BROCCOLI, SALT, PEPPER FETTUCCINI NOODLES: SEMOLINA (WHEAT), NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID ALFREDO SAUCE: HEAVY CREAM (CREAM), WATER, PARMIGIANO REGGIANO CHEESE (COW'S MILK, SALT, RENNET), PECORINO ROMANO CHEESE (PASTEURIZED CULTURED SHEEP'S MILK, RENNET, SALT), ONIONS, CORNSTARCH, NATURAL FLAVOR, SALT, AUTOLYZED YEAST EXTRACT, GARLIC, NATURAL FLAVOR, SPICE

BROCCOLI ALFREDO (CONTAINS: GLUTEN, DAIRY)

BROCCOLI, SALT, PEPPER FETTUCCINI NOODLES: SEMOLINA (WHEAT), NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID ALFREDO SAUCE: HEAVY CREAM (CREAM), WATER, PARMIGIANO REGGIANO CHEESE (COW'S MILK, SALT, RENNET), PECORINO ROMANO CHEESE (PASTEURIZED CULTURED SHEEP'S MILK, RENNET, SALT), ONIONS, CORNSTARCH, NATURAL FLAVOR, SALT, AUTOLYZED YEAST EXTRACT, GARLIC, NATURAL FLAVOR, SPICE, SALT, PEPPER FETTUCCINI NOODLES: SEMOLINA (WHEAT), NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID ALFREDO SAUCE: HEAVY CREAM (CREAM), WATER, PARMIGIANO REGGIANO CHEESE (COW'S MILK, SALT, RENNET), PECORINO ROMANO CHEESE (PASTEURIZED CULTURED SHEEP'S MILK, RENNET, SALT), ONIONS, CORNSTARCH, NATURAL FLAVOR, SALT, AUTOLYZED YEAST EXTRACT, GARLIC, NATURAL FLAVOR, SPICE

Penne Pasta (CONTAINS: GLUTEN) (DAIRY FREE)

PENNE PASTA (SEMOLINA ENRICHED WITH IRON (FERROUS SULFATE), B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), KOSHER SALT, OLIVE OIL, VEGETABLE OIL

GARLIC KNOTS (CONTAINS: GLUTEN, DAIRY)

UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST, MALTED BARLEY FLOUR, GARLIC, BUTTER

FRIDAY, FEBRUARY 24

PIZZA (CONTAINS: WHEAT, DAIRY, SOY)

CHEESE PIZZA: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TOMATOES (WATER, TOMATO PASTE), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), WATER, PALM OIL, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SUGAR, SALT, YEAST, MODIFIED FOOD STARCH, SPICE, MALTODEXTRIN, HYDROLYZED SOY AND CORN PROTEIN, ISOLATED CARROT PRODUCT, PAPRIKA, GARLIC POWDER, WHEAT STARCH, DEFATTED SOY FLOUR, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, NATURAL FLAVOR, SOY LECITHIN, ASCORBIC ACID (DOUGH CONDITIONER)

PEPPERONI PIZZA: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TOMATOES (WATER, TOMATO PASTE), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), WATER, PEPPERONI MADE WITH PORK, CHICKEN AND BEEF (PORK, MECHANICALLY SEPARATED CHICKEN, BEEF, SALT, CONTAINS 2% OR LESS OF: WATER, DEXTROSE, SPICES, SMOKE FLAVORING, LACTIC ACID STARTER CULTURE, SODIUM ASCORBATE, FLAVORING, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID, CONTAINS ONE OR MORE OF: PAPRIKA, OLEORESIN OF PAPRIKA), PEPPERONI MADE WITH PORK, CHICKEN AND BEEF (PORK, MECHANICALLY SEPARATED CHICKEN, BEEF, SALT, CONTAINS 2% OR LESS OF: SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, SODIUM ASCORBATE, NATURAL SMOKE FLAVOR, FLAVORING, SODIUM NITRITE, BHA, BHT, CITRIC ACID), PALM OIL, YEAST, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SUGAR, SALT, MODIFIED FOOD STARCH, SPICE, MALTODEXTRIN, HYDROLYZED SOY AND CORN PROTEIN, CARROT FIBER, PAPRIKA, DRIED GARLIC, WHEAT STARCH, DEFATTED SOY FLOUR, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, SOY LECITHIN, NATURAL FLAVOR, ASCORBIC ACID

THYME ROASTED CARROTS (Dairy Free) (Made Without Gluten)

CARROTS, BLACK PEPPER, OLIVE OIL, VEGETABLE OIL, KOSHER SALT

OREO CHUNK COOKIE (CONTAINS: DAIRY, EGGS, SOY, WHEAT)

FLOUR (BLEACHED WHEAT FLOUR, ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE), BROWN SUGAR, MARGARINE (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE, VITAMIN A PALMITATE), OREO COOKIES (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE, CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALE, SOY LECITHIN, CHOCOLATE, ARTIFICIAL

FEBRUARY 2023 LUNCH INGREDIENT

MONDAY, FEBRUARY 27

MEATBALL SUBS (CONTAINS: WHEAT, SOY, DAIRY)

MARINARA SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES, ONIONS, LESS THAN 2% OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, SALT, CITRIC ACID, BASIL, GARLIC POWDER, DRIED OREGANO, ONION POWDER, NATURAL FLAVOR, BLACK PEPPER, DRIED PARSLEY, GROUND FENNEL, GROUND SAVORY, GROUND THYME, CALCIUM CHLORIDE), **HOAGIE FRENCH WHITE** SUBMARINE, PROVOLONE CHEESE (LOW MOISTURE MOZZARELLA (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), UNSMOKED PROVOLONE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN TO PROTECT FLAVOR OR WHOLE MILK MOZZARELLA CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), **PROVOLONE CHEESE** (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), ANTICAKING AGENT AND NATAMYCIN (PRESERVATIVE), **MEATBALLS** (CHICKEN, TURKEY, WATER, BEEF, TEXTURED VEGETABLE PROTEIN PRODUCT [SOY FLOUR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12)], VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12)], BREAD CRUMBS [BLEACHED WHEAT FLOUR, SOYBEAN OIL, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), WHEY, OLEORESIN PAPRIKA], BELL PEPPERS, SEASONING (DEXTROSE, TOMATO POWDER, SOYBEAN OIL, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE EXTRACTIVES, NONFAT DRY MILK), ONIONS, SALT, SODIUM PHOSPHATE, CARAMEL COLOR. SET IN VEGETABLE OIL

VEGGIE MEATBALL SUBS (CONTAINS: WHEAT, SOY, DAIRY)

MARINARA SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES, ONIONS, LESS THAN 2% OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, SALT, CITRIC ACID, BASIL, GARLIC POWDER, DRIED OREGANO, ONION POWDER, NATURAL FLAVOR, BLACK PEPPER, DRIED PARSLEY, GROUND FENNEL, GROUND SAVORY, GROUND THYME, CALCIUM CHLORIDE), **HOAGIE FRENCH WHITE** SUBMARINE, PROVOLONE CHEESE (LOW MOISTURE MOZZARELLA (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), UNSMOKED PROVOLONE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN TO PROTECT FLAVOR OR WHOLE MILK MOZZARELLA CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), **PROVOLONE CHEESE** (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), ANTICAKING AGENT AND NATAMYCIN (PRESERVATIVE), **VEGGIE MEATBALLS** - PORTABELLA MUSHROOM, WATER, ONION, BLACK BEANS, IQF BROWN RICE COOKED BROWN RICE, ROLLED OATS, QUICK GRITS WHITE HOMINY CORN GRITS, QUINOA, DICED RED PEPPERS RED BELL PEPPERS, WATER, VINEGAR, CITRIC ACID, SALT, SUGAR, CALCIUM CHLORIDE, CORN, GREEN PEPPER, CORNSTARCH, CANOLA OIL, XANTHAN GUM, ROASTED JALAPENO PEPPERS, GARLIC POWDER, SALT, OREGANO, GROUND CUMIN SEEDS, PARSLEY, CHILI PEPPER, BLACK PEPPER, ROSEMARY

GREEN BEANS & CARROTS (MADE WITHOUT GLUTEN, DAIRY FREE)

GREEN BEANS, CARROTS, SALT, PEPPER

KETTLE POTATO CHIPS (MADE WITHOUT GLUTEN, DAIRY FREE)

POTATOES, SUNFLOWER OIL, SEA SALT

TUESDAY, FEBRUARY 28

LOMO SALTADO

RED ONION, BEEF TIPS, LIME JUICE, OLIVE OIL, GREEN PEPPERS, YELLOW PEPPERS, RED PEPPER, YELLOW PEPPER, BLACK PEPPER, CILANTRO

VEGGIE LOMO SALTADO

RED ONION, MUSHROOMS, LIME JUICE, OLIVE OIL, GREEN PEPPERS, YELLOW PEPPERS, RED PEPPER, YELLOW PEPPER, BLACK PEPPER, CILANTRO

POTATO WEDGES (DAIRY FREE)

ROASTED POTATOES (POTATOES, REDSKIN POTATOES, VEGGIE BROTH, DEXTROSE, NATURAL FLAVORS, OLIVE OIL, ONION, GARLIC POWDER, SALT, SPICE), PAPRIKA, WHITE ONION, BELL PEPPER, SALT, PEPPER, OLIVE OIL

WHITE RICE (DAIRY FREE) (MADE WITHOUT GLUTEN)

LONG GRAIN RICE, WATER, OLIVE OIL, VEGETABLE OIL, SALT, LIME , CILANTRO

SWEET CORN (MADE WITHOUT GLUTEN, DAIRY FREE)

CORN, SALT, PEPPER