

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Baked Beans</b>	pinto beans (Prepared Pinto Beans, Water, Salt, Calcium Chloride and Calcium Disodium EDTA added for color retention) , brown sugar, apple cider vinegar, mustard (Distilled White Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Tumeric, Paprika.), ketchup (Organic Tomato Puree (water, organic tomato paste), Organic Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Natural Flavor, Organic Garlic Powder), canola oil, sea salt, black pepper, paprika							
<b>Broccoli</b>	Broccoli							
<b>Lemon Broccoli</b>	broccoli crowns, lawry's lemon black pepper seasoning (Spices (Including Black Pepper, Mustard, Celery And Paprika), Lemon Peel, Garlic, Onion, Sugar, Citric Acid, Red And Green Bell Pepper, Not More Than 2% Silicon Dioxide Added (As Anticaking Agent) & Natural Flavor)							
<b>Cauliflower</b>	Cauliflower							
<b>Honey-Glazed Carrots</b>	sea salt, honey, loose carrots							
<b>Celery</b>	celery							
<b>Cherry Tomatoes</b>	Cherry tomato							
<b>Baby Carrots/ Steamed Carrots</b>	carrots							
<b>Seasoned Black Beans</b>	Black beans, water, salt, calcium chloride, cumin, black pepper, canola oil, mustard powder, lime juice, chipotle peppers in adobo sauce (Chipotle Peppers, Tomato Puree, Onion, vinegar, canola oil, sugar, salt, paprika, garlic.)							
<b>Black Bean &amp; Corn Salad</b>	frozen corn, raw onion, raw cilantro, black beans (black beans, water, salt, calcium chloride), sea salt, lime juice, white wine vinegar							
<b>Cabbage</b>	green cabbage							
<b>Chickpeas/Garbanzo Beans</b>	Garbanzo beans, water, salt, and/or disodium EDTA (to promote color retention)							
<b>Cold/Hot Peas</b>	Peas							
<b>Corn</b>	Corn							
<b>Corn Salad</b>	frozen corn, red peppers, canola oil, apple cider vinegar							
<b>GF/DF/EF Coleslaw</b>	lemon juice, apple cider vinegar, honey, dijon mustard (Water, Vinegar, Mustard Seed, Salt, Wine White, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spices), sea salt, black pepper, red cabbage, coleslaw mix							
<b>Cucumbers</b>	Cucumbers							
<b>Cucumber Salad</b>	Cucumbers, water, white wine vinegar, dill weed, sugar, salt, pepper							
<b>Edamame</b>	shelled edamame	X						
<b>Greek Cucumber Salad</b>	raw cucumber, water, sea salt, black pepper, red wine vinegar, dry parsley flakes, dry dill weed							
<b>Garlic Green Beans</b>	green beans, garlic powder							
<b>Green Beans</b>	Green beans							

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Italian Chickpea Salad	garbanzo beans (garbanzo beans, water, salt, and/or disodium EDTA (to promote color retention), shredded carrots, italian dressing (extra virgin olive oil, red wine vinegar, basil, oregano, parsley, garlic powder, onion powder, thyme, black pepper, sea salt)							
Jicama & Cucumber Relish	raw onion, cilantro, sea salt, lime juice, black pepper, jicama, cucumbers, paprika, chili powder							
Jicama & Pineapple Pico de gallo	raw onion, cilantro, sea salt, jalapeno, lime juice, black pepper, raw jicama, pineapple							
Lemony Chickpea Salad	Chickpeas, canola oil, lemon juice, red onion, garlic, dry parsley flakes, sea salt							
Peppers & Onions	Green bell pepper, onions, red bell peppers, yellow peppers							
Pickle Chips	Fresh cucumbers, water, salt, vinegar. Contains less than 2% of lactic acid, sodium benzoate, natural flavors, polysorbate 80, turmeric extract							
Green Pepper Strips	raw green pepper							
Red pepper Strips	raw red peppers							
Steamed Carrots	Carrots, sea salt							
Roasted Potatoes	Potatoes, Canola Oil, Parsley, Lawry's Seasoning (Salt, Sugar, Spices (including paprika & tumeric), onion, cornstarch, garlic, tricalcium phosphate (prevents caking), natural flavor, paprika oleoresin (for color)							
Sweet Potato Fries	Sweet potatoes, vegetable oil (soybean, canola, cottonseed and/or sunflower), food starch-modified, rice flour, dextrin, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, xanthan gum, corn syrup solids, color (annatto powder, oleoresin paprika), disodium dihydrogen pyrophosphate	X						
Roasted Zucchini	Zucchini, olive oil, sea salt							
Squash Medley	Yellow squash, zucchini squash, canola oil, salt							
Three Bean Salad	Chickpeas, kidney beans, great northern beans, apple cider vinegar, canola oil, granulated white sugar, ground black pepper, dry parsley flakes, dried rosemary, raw onion							
<b>Fruit Items</b>	<b>Ingredients</b>							
Apple Slices	Apples, calcium ascorbate							
Appleberry Sauce	Unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), frozen unsweetened strawberries							
Applesauce Cup	Apples, Water, and Unsweetened Apple Juice. Ascorbic Acid (Vitamin C) added to maintain color.							
Strawberry Applesauce Cup	apples, water, strawberry puree, natural flavor, natural color, ascorbic acid, malic acid, citric acid							
Applesauce	Apples, water, erythorbic acid (to maintain color)							
Banana	Banana							
Cantaloupe	Cantaloupe							

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Fruit Salad	2 or more: watermelon, cantaloupe, honeydew, pineapple							
Honeydew	Honeydew							
Orange Slices	Oranges							
Pear Slices	Pears,							
Pearsauce	Pears, water, white sugar							
Craisins	Cranberries, Sugar. Refined sunflower oil is used as a processing aid.							
Pineapple	Pineapple							
Other	Ingredients							
Jelly Packet	concord grapes, sugar, fruit pectin, citric acid							
Ketchup Packet	Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, Sugar, Salt, Onion Powder, Spice, Onion Powder, Natural Flavoring							
Mayo Packet	Water, Soybean Oil, Corn Syrup, Egg Yolks, Distilled Vinegar, Modified Food Starch, Contains less than 2% Salt, Potassium Chloride, Spice, Lemon Juice Concentrate, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (as preservatives), Calcium Disodium EDTA to protect flavor	X	x					
Mustard Packet	water, distilled white vinegar, mustard seed, turmeric, spices							
Breakfast Syrup Cup	Corn Syrup, Water, Sugar, Natural & Artificial Flavor, Sodium Benzoate (A Preservative), Caramel Color, Citric Acid, Cellulose Gum, Salt.							
Arroz Verde	whole grain brown rice, black pepper, sea salt, water, garlic powder, cilantro, parsley flakes							
Spanish Rice	whole grain brown rice, canola oil, garlic powder, water, vegetable base[ Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch] xanthan gum, natural flavors, carrot juice concentrate), paprika, tomato paste (tomato paste, citric cid)							
Tortilla Chips, WG	yellow corn, corn oil, salt, lime (calcium hydroxide)							
Brown Rice	long grain parboiled rice							
(Not-So) Fried Rice	whole grain brown rice, peas & carrots, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce (Water, soybeans, salt, sugar), garlic powder, ginger, white granulated sugar	X						