

Hot Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
BBQ Chicken Dumstick	BBQ Sauce: organic ketchup (tomato puree, naturally milled sugar, vinegar, sea salt, onion powder, garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, garlic powder) Chicken Drumstick							
BBQ Chicken Sandwich	BBQ Sauce: organic ketchup (tomato puree, naturally milled sugar, vinegar, sea salt, onion powder, garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, garlic powder) Chicken Breast: Antibiotic- free chicken breast, canola oil, sea salt. Whole Grain Bun	X		X				
Beef Burger w/ American Cheese	Burger patty Ground beef, salt Served on whole grain hamburger bun (see bread ingredients) Yellow American Cheese American Cheese (Milk cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent)	X			X			
Beef Hot Dog	Beef, water, contains less than 2% of the following: sea salt, natural flavorings, sugar, vinegar, cherry powder, extract of paprika WG Hot Dog Bun	X (Bun)		X (bun)				
Breadstick, WG	Wheat flour [whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid)], water, yeast, salt, soybean oil, dough conditioner (wheat flour, ascorbic acid, enzymes), vinegar, sugar, granulated garlic, spices	X		X				
Brown Rice	whole grain brown rice, water							
Chicken Nuggets, WG	Chicken, water, isolated soy protein, seasoning (salt, onion powder, modified corn starch, and natural flavor), sodium phosphates. Breaded With: Whole wheat flour, water, enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: modified corn starch, spices, dextrose, garlic powder, extractives of paprika and annatto, spice extractives. Breeding set in vegetable oil	X		X				
Chicken "Not So" Fried	Chicken Thigh Sauce Water, soy sauce, sesame oil, rice vinegar, water, garlic powder, ground ginger, sugar	X						X
Chicken Pozole (Green)	Raw tomatillos, raw cilantro, white hominy, water, raw poblano pepper, canned chicken thigh (raw chicken thigh, canola oil, sea salt)							
Chicken Tinga Tacos	Cooked chicken thigh chicken thigh, canola oil, sea salt Tinga seasoning vegetable base (Sautéed 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), sea salt, oregano, cumin, raw onion, chipotle peppers in adobo sauce (Chipotle Peppers, Tomato Puree, Onion, vinegar, canola oil, sugar, salt, paprika, garlic) Served with Corn Tortillas (see bread ingredients)							

Chicken & Cheese Quesadilla	<p>WG Tortilla Whole Wheat Flour, Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).</p> <p>Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)</p> <p>Chicken Tinga antibiotic-free chicken thigh, canola oil, sea salt, 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), onion, chipotle peppers in adobo sauce (Chipotle Peppers, Tomato Puree, Onion, vinegar, canola oil, sugar, salt, paprika, garlic.), ground cumin, oregano</p>	X		X	X			
Creamy Mac & Cheese, WG	<p>WG Pasta Whole wheat durum flour, durum wheat semolina, and durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)]</p> <p>Cheese Sauce American cheese (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), whole milk, rice flour, unsalted butter, sea salt)</p>			X	X			
"Crispy" Buffalo Chicken Sandwich	<p>WG Chicken Patty Chicken Breast With Rib Meat, Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Isolated Soy Protein, Seasoning ((Modified Food Starch [Potato], Flavoring), Modified Food Starch, Onion Powder, Salt, Black Pepper), Contains 2% Or Less Of Dried Whole Eggs, Yellow Corn Flour, Concentrated Chicken Broth, Salt, Soybean Oil, Sodium Phosphates, Sugar, Dried Yeast, Onion Powder, Garlic Powder, Spice, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Guar Gum, Canola Oil, Paprika Extractive (Color)</p> <p>Served w/ WG Hamburger Bun (see bread ingredients)</p> <p>Buffalo Sauce unsalted butter (cream, natural flavorings), raw garlic, hot sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder.)</p>	X	X	X	X			
"Crispy" Chicken Sandwich	<p>Chicken Patty Chicken Breast With Rib Meat, Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Isolated Soy Protein, Seasoning ((Modified Food Starch [Potato], Flavoring), Modified Food Starch, Onion Powder, Salt, Black Pepper), Contains 2% Or Less Of Dried Whole Eggs, Yellow Corn Flour, Concentrated Chicken Broth, Salt, Soybean Oil, Sodium Phosphates, Sugar, Dried Yeast, Onion Powder, Garlic Powder, Spice, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Guar Gum, Canola Oil, Paprika Extractive (Color)</p> <p>Served w/ WG Hamburger Bun (see bread ingredients)</p>	X	X	X	X			

Grilled Cheese (American)	WG Bread Whole wheat flour, water, enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners (datem, mono & diglycerides, ethoxylated mono & diglycerides, ascorbic acid, enzymes), malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate (preservatives), wheat starch Yellow American Cheese American cheese (milk, cheese cultures, salt enzymes, annatto vegetable color, if colored), water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent)	X		X	X			
Grilled Cheese (American/Provolone)	WG Bread Whole wheat flour, water, enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners (datem, mono & diglycerides, ethoxylated mono & diglycerides, ascorbic acid, enzymes), malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate (preservatives), wheat starch Yellow American Cheese American cheese (milk, cheese cultures, salt enzymes, annatto vegetable color, if colored), water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Provolone Cheese Pasteurized milk, cheese culture, salt, enzymes	X		X	X			
Hamburger Bun, WG	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	X		X				
Herbed Basmati Rice	brown basmati rice, olive oil, parsely flakes, dill weed, sea salt, ground black pepper							
Hot Dog Bun, Whole Grain	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Yeast, Contains 2% or less of the following: Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Enzymes), Calcium Propionate (Preservative), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	X		X				
Mojo Chicken	Chicken Thigh Mojo Sauce Orange juice, canola oil, cilantro, sea salt, mint, garlic, lime juice, cumin, oregano							
"Not so" Fried Rice	Fried Rice Sauce vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce, garlic powder, ground ginger, white granulated sugar, sesame oil Peas & carrots Brown rice	X						X
Pancake, WG	Whole wheat flour, water, sugar, vegetable oil (soybean, canola and/or palm), buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), natural flavors, fructose, salt, soy lecithin. Vitamins and Minerals: Reduced iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12.	X	X	X	X			

Pasta, Rotini w/ Red Pepper Sauce & Mozzarella Cheese	<p>WG Rotini Pasta whole grain durum wheat flour, semolina, durum wheat flour, oat fiber, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid</p> <p>Roasted Pepper Cream Sauce Roasted Red Pepper Sauce Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt</p> <p>Half & Half (Milk, cream, dipotassium phosphate)</p> <p>Parmesan Cheese (Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose)</p> <p>Served with mozzarella cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)</p>			X	X			
Pasta, Rotini w/ Marinara Sauce & Mozzarella Cheese	<p>WG Rotini Pasta whole grain durum wheat flour, semolina, durum wheat flour, oat fiber, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid</p> <p>Roasted Pepper Cream Sauce Roasted Red Pepper Sauce Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt</p> <p>Half & Half (Milk, cream, dipotassium phosphate)</p> <p>Parmesan Cheese (Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose)</p> <p>Served with mozzarella cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)</p>			X	X			
Pasta, Penne w/ Marinara Sauce	<p>WG Penne Pasta Whole grain durum wheat flour, semolina (wheat), durum wheat flour, oat fiber, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid</p> <p>Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil</p> <p>Served with mozzarella cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)</p>			X	X			
Pasta, Penne w/ Red Pepper Sauce & Mozzarella Cheese	<p>WG Penne Pasta Whole grain durum wheat flour, semolina (wheat), durum wheat flour, oat fiber, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid</p> <p>Roasted Pepper Cream Sauce Roasted Red Pepper Sauce Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt</p> <p>Half & Half (Milk, cream, dipotassium phosphate)</p> <p>Parmesan Cheese (Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose)</p> <p>Served with mozzarella cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)</p>			X	X			
Pasta, WG Mostaccioli	<p>WG Penne Pasta Whole grain durum wheat flour, semolina (wheat), durum wheat flour, oat fiber, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid</p> <p>Mozzarella Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)</p> <p>Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil</p>			X	X			
Roll, WG	<p>Water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: salt, dough conditioners (calcium stearoyl lactylate, mono & diglycerides, datem, ascorbic acid, l-cysteine hydrochloride, calcium peroxide, enzymes), yesat nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate</p>	X		X				

Scrambled Eggs	liquid eggs (whole egg, citric acid, water)		X					
Southwest Chicken Drumstick	Chicken Drumstick Southwest Seasoning paprika, garlic powder, black pepper, onion powder, chili powder, cumin, oregano							
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)							
Three Bean Chili	Three Bean Chili Kidney Beans, Black Beans, Great Northern Beans, Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Sauce, Onion, Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Green Peppers, chili powder, garlic powder, paprika, cumin, sea salt					X (cheese)		
Tomato Basil Pesto Pizza, WG	Pizza Base Wheat flour [whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid)], water, yeast, salt, soybean oil, dough conditioner (wheat flour, ascorbic acid, enzymes), vinegar, sugar, granulated garlic, spices Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking) Diced Tomatoes Nut-Free Basil Pesto fresh basil, extra virgin olive oil, grated parmesan cheese (Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), lemon juice, sea salt, black pepper, raw spinach	X		X	X			
Tortilla Chips, WG	whole grain, yellow corn treated with lime, vegetable oil (contains one or more of the following: soybean oil, corn oil), water, salt, TBHQ, citric acid (used as a preservative)	X						
Tortilla, WG Corn	Ground Corn Masa Flour (with a trace of lime), Water, Fumaric Acid, Cellulose Gum, Guar Gum, Sorbic Acid (preservative), Calcium Propionate (preservative), Potassium Sorbate (preservative).							
Turkey Meatloaf	Mustard (Distilled White Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Turmeric, Paprika), spinach, organic ketchup (Tomato Puree (Tomato Paste, water), Naturally Milled Sugar, Vinegar, Sea Salt, Onion Powder, Garlic Powder, Natural Flavor)onion powder, panko bread crumbs (Wheat flour, sugar, yeast, salt), sea salt, basil, liquid eggs (Whole eggs, citric acid, wate), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, ground turkey		X	X				
Turkey Sloppy Joe	Antibiotic-Free Ground Turkey Sloppy Joe Sauce Red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic Served on a whole grain hamburger bun (see bread ingredients)					X (bun)		
Turkey Taco	Antibiotic-Free Ground Turkey Taco Seasoning Salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor Served on a whole grain tortilla (see bread ingredients)	X (tortilla)		X (tortilla)				

WG Garlic & Herb Cheese Pizza	<p>Pizza Base Wheat flour [whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid)], water, yeast, salt, soybean oil, dough conditioner (wheat flour, ascorbic acid, enzymes), vinegar, sugar, granulated garlic, spices</p> <p>Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)</p> <p>Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil</p>	X		X	X			
WG Veggie Pizza	<p>Pizza Base Wheat flour [whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid)], water, yeast, salt, soybean oil, dough conditioner (wheat flour, ascorbic acid, enzymes), vinegar, sugar, granulated garlic, spices</p> <p>Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)</p> <p>Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil</p> <p>Green peppers, red peppers</p>	X		X	X			

Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue. **The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.

Comfort Hot Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Beef Burger w/ American Cheese	Burger patty Ground beef, salt Served on whole grain hamburger bun (see bread ingredients) Yellow American Cheese American Cheese (Milk cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent)	X			X			
Beef Hot Dog	Beef, water, contains less than 2% of the following: sea salt, natural flavorings, sugar, vinegar, cherry powder, extract of paprika WG Hot Dog Bun	X (Bun)		X (bun)				
Chicken Nuggets, WG	Chicken, water, isolated soy protein, seasoning (salt, onion powder, modified corn starch, and natural flavor), sodium phosphates. Breaded With: Whole wheat flour, water, enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: modified corn starch, spices, dextrose, garlic powder, extractives of paprika and annatto, spice extractives. Breeding set in vegetable oil	X		X				
Creamy Mac & Cheese, WG	WG Pasta Whole wheat durum flour, durum wheat semolina, and durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)] Cheese Sauce American cheese (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), whole milk, rice flour, unsalted butter, sea salt			X	X			
Hamburger Bun, WG	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	X		X				
Hot Dog Bun, Whole Grain	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Yeast, Contains 2% or less of the following: Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Enzymes), Calcium Propionate (Preservative), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	X		X				
Pasta Marinara w/ Mozzarella Cheese	WG Penne Pasta Whole grain durum wheat flour, semolina (wheat), durum wheat flour, oat fiber, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Served with mozzarella cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
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GF/DF/EF Hot Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
BBQ Chicken Drumstick	BBQ Sauce: organic ketchup (tomato puree, naturally milled sugar, vinegar, sea salt, onion powder, garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, garlic powder) Chicken Drumstick							
BBQ Chicken Sandwich	BBQ Sauce: organic ketchup (tomato puree, naturally milled sugar, vinegar, sea salt, onion powder, garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, garlic powder) Chicken Breast: Antibiotic- free chicken breast, canola oil, sea salt. Gluten Free Bun Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono delta lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid, and vitamin D							
Bean & Cheese Tamale, GF/DF/EF	Dry masa corn (white corn cooked with lime-water, cellulose gum, fumaric acid and sodium propionate added to preserve freshness), refried beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), vegan cheddar cheese (filtered water, modified potato starch, canola oil, vegetable glycerin, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non-GMO), corn husk (dried corn husks, water with sulphur dioxide)							
Beef Burger	Burger patty Ground beef, salt Served on GF Hamburger Bun							
Beef Hot Dog	Beef, water, contains less than 2% of the following: sea salt, natural flavorings, sugar, vinegar, cherry powder, extract of paprika WG Hot Dog Bun							
Bread, GF	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
Brown Rice	whole grain brown rice, water							
Cheese Tamale, GF/DF/EF	Dry masa corn (white corn cooked with lime-water, cellulose gum, fumaric acid and sodium propionate added to preserve freshness), sea salt, baking powder, water, canola oil, vegan cheddar cheese (filtered water, modified potato starch, canola oil, vegetable glycerin, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non-GMO), corn husk (dried corn husks, water with sulphur dioxide)							
Chicken Pozole (Green)	Raw tomatillos, raw cilantro, white hominy, water, raw poblano pepper, canned chicken thigh (raw chicken thigh, canola oil, sea salt)							
Chicken Tinga Taco Meat	Cooked chicken thigh chicken thigh, canola oil, sea salt Tinga seasoning vegetable base (Sautéed 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), sea salt, oregano, cumin, raw onion, chipotle peppers in adobo sauce (Chipotle Peppers, Tomato Puree, Onion, vinegar, canola oil, sugar, salt, paprika, garlic)							
Corn Tortilla	corn, water and lime (calcium hydroxide)							

Creamy Mac & Cheese, GF/DF w/ Turkey Meatballs	Gluten-free pasta Organic brown rice, water Sauce Vegan cheddar cheese Filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO Soy milk Water, organic soybeans Turkey Meatballs ground turkey meat (antibiotic-free), salt	X							
GF/DF/EF Buffalo Chicken Sandwich	Cooked Chicken Thigh antibiotic-free chicken thigh, sea salt, canola oil Served w/ GF Hamburger Bun GF/DF/EF Buffalo Sauce raw garlic, hot sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder.)								
GF/DF/EF Gravy	water, rice flour, canola oil, onion, loose carrots, raw garlic, vegetable base (Sautéed 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), soy sauce (water, soybeans, salt, sugar), miso paste (water, soybeans, rice, salt, alcohol), xanthan gum	X							
GF/DF/EF Turkey Meatloaf	Mustard (Distilled White Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Turmeric, Paprika), honey, frozen spinach, ketchup (Tomato Puree (Tomato Paste, water), Naturally Milled Sugar, Vinegar, Sea Salt, Onion Powder, Garlic Powder, Natural Flavor), sea salt, garlic powder, onion powder, ground turkey								
Grilled Chicken	Antibiotic-free chicken, canola oil, salt, pepper								
Hamburger Bun, Gluten Free	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono delta lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid, and vitamin D								
Hot Dog Bun, GF/DF/EF	Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Tapioca Syrup, Guar Gum, Organic Palm Fruit Oil, Salt, Orange Citrus Fiber, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D								
Mojo Chicken	Chicken Thigh Mojo Sauce Orange juice, canola oil, cilantro, sea salt, mint, garlic, lime juice, cumin, oregano								
Pasta, GF w/ Roasted Red Pepper Sauce & Turkey Meatballs	Gluten-Free Penne Pasta Organic brown rice, water Roasted Red Pepper Sauce Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt Turkey Meatballs ground turkey meat (antibiotic-free), sea salt								
Pasta, GF w/ Turkey Bolognese	Gluten-Free Pasta Organic rice flour, organic rice starch, organic potato starch, organic soy flour Bolognese Sauce Antibiotic-free turkey, diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, carrots, salt, sugar, oregano, basil, water	X							
Southwest Chicken Drumstick	Chicken Drumstick Southwest Seasoning paprika, garlic powder, black pepper, onion powder, chili powder, cumin, oregano								
Spanish Rice	whole grain brown rice, canola oil, garlic powder, water, vegetable base (Sautéed 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)								

Three Bean Chili	Three Bean Chili Kidney Beans, Black Beans, Great Northern Beans, Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Sauce, Onion, Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Green Peppers, chili powder, garlic powder, paprika, cumin, sea salt								
Tortilla Chips, WG	whole grain, yellow corn treated with lime, vegetable oil (contains one or more of the following: soybean oil, corn oil), water, salt, TBHQ, citric acid (used as a preservative)	X							
Turkey Sausage Patty	Antibiotic-Free Ground Turkey, Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt								
Turkey Sloppy Joe	Antibiotic-Free Ground Turkey Sloppy Joe Sauce Red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic Served on a GF Hamburger Bun								
Waffle, GF/DF/EF	Water, Van's gluten free mix (brown rice flour, potato starch, rice flour, soy flour), Non-GMO expeller pressed canola oil, baking powder (sodium acid pyrophosphate, baking soda, rice flour, monocalcium phosphate), Van's natural fruit juice blend (pineapple, peach, and pear juice concentrates), sea salt, guar gum, soy lecithin	X							
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FSP A La Carte Entree Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Chicken Caesar Salad	<p>Salad: romaine lettuce*, shredded parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes and powdered cellulose (anti-caking agent)).</p> <p>Caesar dressing soybean oil, water, parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, romano cheese (pasteurized part skim milk, salt, cheese cultures, enzymes, calcium chloride), salt, contains less than 2% of egg yolks, glucono delta lactone, garlic*, onion*, lemon juice concentrate, spice, phosphoric acid, xanthan gum, parsley*, anchovy extract. *dehydrated. common allergens present: egg, fish, milk</p> <p>Chicken cooked chicken breast (antibiotic-free), canola oil, sea salt</p> <p>Croutons WG sliced bread (see bread tab), garlic powder, oregano, canola oil, sea salt</p>	X	X	X	X	X		
Hamburger Bun, Whole Grain	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate).	X		X				
Mayo Packet	Water, soybean oil, corn syrup, modified food starch, distilled vinegar, egg white, sugar, salt, contains less than 1% of xanthan gum, lemon juice concentrate, cellulose gel and cellulose gum, spice mustard seed, phosphoric acid, sorbic acid and calcium disodium, EDTA (preservative), polysorbate 60, beta-Apo-8-carotenal and extractives of tumeric (color)	X	X					
Mustard Packet	Distilled white vinegar, water, mustard seed, water, salt, tumeric, natural flavor & spices							
Ranch Chicken Wrap	<p>Romaine* lettuce</p> <p>Chicken Chicken breast, canola oil, sea salt</p> <p>Ranch Dressing Water, soybean oil, corn syrup, distilled vinegar, egg yolks, modified food starch, contains 2% or less of buttermilk, natural flavors, potassium chloride, salt, garlic*, onion*, xanthan gum, yeast extract, lactic acid, phosphoric acid, whey powder, disodium inosinate & disodium guanylate, potassium sorbate & sodium benzoate (as preservatives), rice flour, polysorbate 60, spice, parsley*, calcium disodium edta to protect flavor</p> <p>WG Tortilla (see bread ingredients)</p>	x		x	x			
Roll, Whole Grain	water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, roblfavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: dalt, dough conditioners (calcium stearoyl lactylate, mono & diglycerides, DATEM, ascorbic acid, L-cystein hydrocholride, calcium perodixe, enzymes), Yeast Nutrients (calcium sulfate, mono calcium phosphate, ammonium sulfat), calcium propionate and potassium sorbate	X		X				

Southwest Chicken Salad	<p>Salad: romaine* lettuce, diced tomatoes (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), antibiotic-free chicken breast, taco seasoning (Salt, Sugar, Paprika, Spices, Onion, Garlic, Citric Acid, Natural Flavor), black beans (Black beans, water, salt, calcium chloride), frozen corn, mild cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), WG tortilla chips (Whole Grain Yellow Corn treated with Lime, Vegetable Oil (Contains one or more of the following: Soybean Oil, Corn Oil), Water, Salt, TBHQ and Citric Acid (used as a preservative)</p> <p>Dressing: chipotle peppers (in adobo sauce) (Chipotle Peppers, Tomato Puree, Onion, vinegar, canola oil, sugar, salt, paprika, garlic), buttermilk ranch dressing (soybean oil, water, corn syrup, distilled vinegar, enzyme modified egg yolk, buttermilk solids, salt, dried garlic, xanthan gum, natural flavor, yeast extract, dried onion, potassium sorbate, spice, calcium disodium EDTA)</p>	x	x	x					
Sunbutter & Jelly Sandwich	<p>Sliced whole grain bread Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch.</p> <p>Jelly Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid)</p> <p>Sunbutter Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)"</p>	X (bread)		X (bread)					
WG Garlic & Herb Breadstick	Wheat flour [whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid)], water, yeast, salt, soybean oil, dough conditioner (wheat flour, ascorbic acid, enzymes), vinegar, sugar, granulated garlic, spices								
WG Turkey Swiss Sandwich	<p>Turkey Turkey Breast, Turkey Broth and 2% or less of the following: Dextrose, Salt, Sodium Phosphate</p> <p>Cheese Swiss Cheese (Pasteurized part-skim milk, cheese culture, salt and enzymes)</p> <p>WG Bun (see bread ingredients).</p>	x		x	x				
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FSP Cold Packaged Breakfast (Pre-k & K-12)		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Appleberry Muffin	unsalted butter (cream, natural flavorings), white granulated sugar, whole liquid eggs (Whole eggs, citric acid, water), whole wheat flour, all purpose flour, baking soda, sea salt, sour cream (Cultured Grade A Non-Homogenized Pasteurized Milk, Grade A Pasteurized Cream, Milk Protein Concentrate, Enzymes), baking powder, vanilla extract (imitation), strawberry compote (frozen strawberries, granulated sugar), applesauce (Apples, water. erythorbic acid added to maintain color), frozen blueberries		X	X	X			
Apple Cinnamon Bread	unsalted butter (cream, natural flavorings), white granulated sugar, whole liquid eggs (Whole eggs, citric acid, water), whole wheat flour, all purpose flour, baking soda, sea salt, cinnamon, nutmeg applesauce (Apples, water. erythorbic acid added to maintain color		X	X	X			
Bagel, WG	WHOLE WHEAT FLOUR, WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST. CONTAINS 2% OR LESS OF: SALT, SORBIC ACID (PRESERVATIVE), DISTILLED MONOGLYCERIDES, MONO- AND DIGLYCERIDES, SOYBEAN OIL, CALCIUM PROPIONATE (PRESERVATIVE), DOUGH CONDITIONERS (CALCIUM SULFATE, L-CYSTEINE), ENZYMES, WHEAT FLOUR, XANTHAN GUM, YELLOW CORN MEAL.	X		X				
Bagel, WG Blueberry	Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Blueberry Bits (Sugar, Wheat Flour, Corn Cereal, Artificial Flavoring And Coloring [Blue #2 & Red #40]), Brown Sugar, Granulated Sugar, Contains 2% Or Less Of The Following: Yeast, Salt, Wheat Gluten, Soybean Oil, Molasses, Mono And Diglycerides, Corn Meal, Calcium Propionate, L-Cysteine, Enzymes.	X		X				
Banana Bread/Muffin WG	Bananas, white sugar, whole wheat flour, enriched all purpose flour, plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), butter, baking soda, salt		X	X	X			
Blueberry Smoothie Bowl	1% milk (grade A lowfat milk, vitamin A palmitate and vitamin D3), lowfat vanilla yogurt (Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (For Freshness), Citric Acid, Vitamin D3), frozen blueberries, banana, granulated sugar				X			
Pumpkin Chocolate Chip Muffin	whole wheat flour, all-purpose flour, dark brown sugar, baking soda, baking powder, sea salt, cinnamon, liquid eggs (whole egg, citric acid, water), canola oil, imitation vanilla extract, pumpkin paste, semi sweet chocolate drops (sugar, chocolate, cocoa butter, dextrose, soy lecithin, vanillin)	X	X	X				
Choco Crisp Grow Bar	gluten-free oats, organic sunbutter (Roasted sunflower seed, honey, brow rice crisps, all-purpose cocoa, blue agave nectar							

Cherry Apple Crunch Bar	whole grain blend (oat flour, oats), glucose, sugar, enriched wheat flour [niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid] soybean oil, butter [pasteurized cream], water, apple juice concentrate, brown rice crisps [brown rice flour], cherry paste, raisin paste, natural flavors, salt, baking soda	X	X	X				
Blueberry Muffin/Bread	unsalted butter (cream, natural flavorings), white granulated sugar, whole liquid eggs (Whole eggs, citric acid, water), whole wheat flour, all purpose flour, baking soda, baking powder, sour cream (Cultured Grade A Non-Homogenized Pasteurized Milk, Grade A Pasteurized Cream, Milk Protein Concentrate, Enzymes), frozen blueberries, sea salt		X	X	X			
Strawberry Banana Smoothie Bowl	1% milk (grade A lowfat milk, vitamin A palmitate and vitamin D3), lowfat vanilla yogurt (Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (For Freshness), Citric Acid, Vitamin D3), frozen strawberries, banana, granulated sugar				X			
Blueberry Smoothie Bowl	1% milk (grade A lowfat milk, vitamin A palmitate and vitamin D3), lowfat vanilla yogurt (Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (For Freshness), Citric Acid, Vitamin D3), frozen blueberries, banana, granulated sugar				X			
Cereal, Corn Flakes	Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Corn Syrup, Salt, Brown Sugar Syrup, Barley Malt Syrup, Canola Oil, Baking Soda, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), Vitamin B12, A B Vitamin (folic acid), Vitamin D3							
Cereal, Toasted Oats	Whole oat flour, modified corn starch, wheat starch, sugar, contains 2% or less of: salt, calcium carbonate, oat fiber, tripotassium phosphate, vitamin c (sodium ascorbate), tocopherols (preservative), reduced iron, vitamin a (palmitate), niacinamide, zinc (zinc oxide), vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin d (cholecalciferol), vitamin b1 (thiamine hydrochloride), folic acid, annatto extract (color), vitamin b12 (cyanocobalamin)			X				
Cream Cheese (Cup)	Pasteurized milk and cream, pasteurized skim milk, cheese culture, sodium citrate, salt, guar gum, modified food starch, carob bean gum, xanthan gum, natural flavor, vitamin A palmitate, enzymes				X			
Cream Cheese (Bulk)	pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum				X			

Darlington Bar, Apple	Whole Grain Blend (Rolled Oats, Whole Grain Wheat Flour), Enriched Wheat Flour (Whole Grain Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Corn Syrup, Invert Syrup, Soybean Oil, Raisin Paste, Canola Oil, Apple Puree (Apples, Ascorbic Acid), Apple Juice Concentrate, Fructose, Cocoa Butter, Eggs, Soy Lecithin, Molasses, Apple Fiber, Salt, Natural Flavors (Contains Milk), Baking Soda	X	X	X				
Darlington Bar, Strawberry	whole grain blend (rolled oats, whole grain wheat flour), enriched wheat flour (bleached flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), sugar, invert syrup, soybean oil, canola oil, raisin paste, strawberry bits (sugar, soybean oil, whole grain wheat flour, strawberry powder, citric acid, fruit juice extract, natural flavors), egg, apple puree (apples, ascorbic acid), apple juice concentrate, fructose, apple fiber, natural flavors, soy lecithin, nonfat dry milk, molasses-cocoa butter, salt, baking soda	X	X	X	X			
Darlington Bar, Chocolate	Whole grain blend (rolled oats, whole grain wheat flour), enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, invert syrup, soybean oil, corn syrup, raisin paste, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), canola oil, apple puree (apples, ascorbic acid), apple juice concentrate, fructose, eggs, apple fiber, soy lecithin, salt, molasses, cocoa butter, cinnamon, natural flavors (contains milk), baking soda, cocoa (processed with alkali)	X	X	X	X			
Granola Crumble	Rolled oats (may contain gluten), honey, dark brown sugar, raisins, butter			X	X			
GrowYo - Peach (Peach Yogurt)	Grass-fed milk Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural peach flavor, pectin, live & active cultures including L. Acidophiulus & Bifidus				X			
GrowYo - Strawberry (Strawberry Yogurt)	Grass-fed milk Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural strawberry flavor, pectin, live active cultures: L. Acidophiulus & Bifidus				X			
GrowYo - Vanilla (Vanilla Yogurt)	Grass-fed milk Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural vanilla flavor, pectin, live & active cultures: L. Acidophiulus & Bifidus				X			
Triple Berry Crunch Bar	whole grain blend (oat flour, oats), glucose, sugar, enriched wheat flour [niacin, reduced iron, thiamin mononitrate, riboflavin, folic cid] soybean oil, butter [pasteurized cream], raisin paste, water, apple juice concentrate, brown rice crisps [brown rice flour], natural flavors, salt, baking soda	X	X	X				
Apple Orchard Grow Bar	Gluten-free oats, honey, dried apples (unsulfured), sunflower oil, brown sugar, ground cinnamon							
String Cheese	Pasteurized part-skim milk, cheese cultures, salt, enzymes				X			

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FSP Hot Packaged Breakfast Ingredient List (Pre-k & K-12)		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Appleberry Muffin	unsalted butter (cream, natural flavorings), white granulated sugar, whole liquid eggs (Whole eggs, citric acid, water), whole wheat flour, all purpose flour, baking soda, sea salt, sour cream (Cultured Grade A Non-Homogenized Pasteurized Milk, Grade A Pasteurized Cream, Milk Protein Concentrate, Enzymes), baking powder, vanilla extract (imitation), strawberry compote (frozen strawberries, granulated sugar), applesauce (Apples, water, erythorbic acid added to maintain color), frozen blueberries		X	X	X			
Blueberry Muffin/Bread	unsalted butter (cream, natural flavorings), white granulated sugar, whole liquid eggs (Whole eggs, citric acid, water), whole wheat flour, all purpose flour, baking soda, baking powder, sour cream (Cultured Grade A Non-Homogenized Pasteurized Milk, Grade A Pasteurized Cream, Milk Protein Concentrate, Enzymes), frozen blueberries, sea salt		X	X	X			
Banana Bread	Bananas, Sugar, Whole wheat flour, enriched all purpose flour, Butter, Plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), baking soda, salt		X	X	X			
Bread, WG	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch.	X		X				
Cheesy Omelet	liquid eggs (whole eggs, citric acid, water), Shredded mild cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents))		X		X			
Cinnamon Muffin	Sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), whole wheat flour, all purpose enriched flour, unsalted butter, dark brown sugar, white sugar, unsweetened applesauce, eggs, canola oil, sea salt, baking powder, cinnamon, baking soda		X	X	X			
Cinnamon Brown Sugar Oatmeal	Quick oats (may contain gluten), brown sugar, cane sugar, cinnamon, salt			X				
Compote, Apple	Applesauce, dark brown, cinnamon							
Compote, Blueberry	Blueberries, sugar							
Compote, Strawberry	Strawberries, sugar							
English Muffin, WG	Whole wheat flour, water, farina, wheat gluten, yeast, salt, perservatives (calcium propionate, sorbic acid), sugar, grain vinegar, sodium stearoyl lactylate, natural flavor (contains milk), mono - and diglycerides, ethoxylated mono- and diglycerides, soy lecithin, soy, sucralose, whey	X		X	X			

French Toast casserole	WG bread slice (Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch), Whole Eggs (Whole eggs, citric acid, water), whole milk (organic milk, Vitamin D6), white granulated sugar, imitation vanilla extract, ground cinnamon, dark brown sugar	X	X	X	X			
Granola Crumble	Rolled oats (may contain gluten), honey, dark brown sugar, raisins, butter			X	X			
Jelly Packet, Grape	Concord grapes, sugar, fruit pectin, citric acid							
Mediterranean Egg Muffin	liquid eggs (whole eggs, citric acid, water), feta cheese (Cultured pasturized milk, salt, cellulose(to prevent clumping), enzymes), diced tomatoes, frozen spinach, italian seasoning, raw green onions, shredded mozzarella cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose (To Prevent Caking))		X		X			
Pancake, WG	Whole wheat flour, water, sugar, vegetable oil (soybean, canola and/or palm), buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), natural flavors, fructose, salt, soy lecithin. Vitamins and Minerals: Reduced iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12.	X	X	X	X			
Snack'n Waffle- Blueberry	organic whole wheat flour, organic enriched wheat flour (organic wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), beet sugar, butter whole eggs, blueberry pieces (sugar, wheat flour, canola oil, wheat starch, dextrose, colored with fruit juice, natural flavor, blueberry solids, sodium bicarbonate), palm fruit oil, yeast, non-fat milk, salt, natural flavors, distilled monoglycerides, enzymes.		X	X	X			
Snack'n Waffle- Maple	Organic Whole Wheat Flour, Organic Enriched Wheat Flour (Organic Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Beet Sugar, Butter, Whole Eggs, Palm Fruit Oil, Yeast, Non-Fat Milk, Salt, Natural Flavors, Distilled Monoglycerides, Enzymes		X	X	X			
Syrup	Invert sugar, water, contains 2% or less of: molasses, natural flavors, sea salt							
Savory Toast Casserole	WG bread slice (Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch), Whole Eggs (Whole eggs, citric acid, water), whole milk (organic milk, Vitamin D6), shredded mild cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), garlic powder, diced tomatoes, black pepper, sea salt	X	X	X	X			

WG Breakfast Burrito	shredded mild cheddar cheese Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents) WG Tortilla Whole Wheat Flour, Water, Unbleached Enriched Flour (Unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Vegetable Shortening (palm oil with monoglycerides), Sugar, Honey, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Mono and Diglycerides, Fumaric Acid, Calcium Propionate (a preservative), Salt, Dough Conditioner (sodium metabisulfite) scrambled eggs Whole eggs, citric acid, water	X	X	X	X			
Waffle, WG	Water, Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Milk Solids, Eggs, Less than 2%: Soy Lecithin, Wheat Bran, Sodium Acid Pyrophosphate, Salt, Baking Soda, Monocalcium Phosphate.	X	X	X	X			

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FSP GF/DF/EF Breakfast Ingredient List (Pre-k & K-12)		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
ChocoCrisp Grow Bar	gluten-free oats, sunbutter (Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt and Natural Mixed Tocopherols to preserve freshness), honey, brown rice crisps, all-purpose cocoa, blue agave nectar							
GF/DF/EF English Muffin	Organic Brown Rice Flour, Filtered Water, Organic Tapioca Flour, Potato Starch, Fresh Yeast, Organic Flax Seeds, Organic Chia Seeds, Organic Sesame Seeds, Organic Sunflower Seeds, Sea Salt, Vegetable Gum(Xanthan, Cellulose)							X
Sunbutter Cup	Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt, and Natural Mixed Tocopherols to preserve freshness							
Rice Chex	Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (Mixed Tocopherols) Added To Preserve Freshness. Vitamins And Minerals: Calcium Carbonate, Iron And Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), A B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), A B Vitamin (Folic Acid), Vitamin B12, Vitamin D3							
Apple Oat Grow Bar	gluten-free oats, honey, unsulfured dried apples, sunflower oil, dark brown sugar, ground cinnamon, sunbutter (Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt and Natural Mixed Tocopherols to preserve freshness)							

Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue. **The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.



FSP PM Snack (prek-12)		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Chocolate Chip Banana Bread	Bananas, Sugar, Whole wheat flour, enriched all purpose flour, Butter, Plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), semi-sweet chocolate drops (Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin (An Emulsifier), Vanillin (An Artificial Flavor), baking soda, salt	X	X	X	X			
WG Cinnamon Crispy Bites	Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, dextrose, soy lecithin, soluble corn fiber, natural flavor (contains milk), applesauce (apples, ascorbic acid), spices, baking soda, salt.	X		X	X			
Banana Bread/Muffin	Bananas, white sugar, whole wheat flour, enriched all purpose flour, plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), butter, baking soda, salt		X	X	X			
Blueberry Lemon Bites	Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, dextrose, blueberry flavored bits (sugar, vegetable oil [palm, palm kernel], enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], natural flavor, malic acid, fruit and vegetable juice for color, soy lecithin, sodium citrate), soy lecithin, natural flavor (contains milk), soluble corn fiber, applesauce (apples, ascorbic acid), salt, baking soda.	X		X	X			
Cheddar Goldfish, WG	whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oils (canola and/or sunflower), cheddar cheese ([cultured milk, salt, enzymes], annatto), salt, contains 2 percent or less of: yeast extract, natural flavor, paprika, spices (celery), baking soda, monocalcium phosphate, dehydrated onions, annatto extract for color			X	X			
Cinnamon Goldfish, WG	Whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean and palm oils, fructose, contains 2% or less of: cinnamon, salt, calcium carbonate, baking soda, cornstarch, ferric orthophosphate, vitamin a palmitate	X		X				
GrowYo - Peach (Peach Yogurt)	Grass-fed milk Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural peach flavor, pectin, live & active cultures including L. Acidophilus & Bifidus				X			
GrowYo - Strawberry (Strawberry Yogurt)	Grass-fed milk Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural strawberry flavor, pectin, live active cultures: L. Acidophilus & Bifidus				X			
Hummus	Garbanzo beans, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water							X
Mini Cheese Slices	Cultured Pasteurized milk, salt, enzymes, annatto color				X			
Pretzel Goldfish, WG	Whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oils (canola and/or sunflower), salt, contains 2 percent or less of: baking powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), malted barley flour, nonfat milk			X	X			

Pita Bread, WG	water, whole wheat flour, wheat flour enriched ((niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour), soybean oil, yeast, salt, vital wheat gluten, dough conditioner (mono-diglycerides, calcium sulfate, guar gum, wheat starch, sodium metabisulfite and ascorbic acid), sugar, preservatives (calcium propionate, fumaric acid)	X		X				
Ranch Crisps, WG	Whole grain tortilla (see bread ingredients), canola oil Ranch Seasoning parsley flakes, dill weed, garlic powder, onion powder, chopped onion, black pepper, oregano, chives, sea salt	X		X				
String Cheese	Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes				X			
WG BBQ Crisps	WG Tortilla Whole Wheat Flour, Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid),Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of: Salt, Baking Soda, Sodiumacid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, And Calcium Propionate And Sorbic Acid (Tomaintain Freshness). Canola Oil BBQ Seasoning paprika, onion powder, dark brown sugar, garlic powder, sea salt, chili powder	X		X				
Sunbutter & Jelly Sandwich	Sliced whole grain bread (see bread ingredients) Jelly Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic canse sugar, apple pectin, acsorbic acid, citric acid) Sunbutter Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)	X (bread)		X (bread only)				
Zee Zee's WG Strawberry Graham Crackers	whole grain wheat flour, enriched wheat flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Palm Oil, Molasses, red beet juice(color) Salt, Malted Barley Flour, Soy Lecithin, Baking Soda.	X		X				
Zucchini Bread	Zucchini, whole wheat flour, quick oats, dark brown sugar, sugar, eggs, unsweetened applesauce (Apples, water. erythorbic acid added to maintain color), canola oil, baking soda, ground cinnamon, nutmeg,sea salt, vanilla extract		X	X				
Zee Zee's Wheat Crackers, WG	Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil , Sugar, Baking Soda, Malt Syrup, Salt, Molasses, Honey, Ammonium Bicarbonate, Onion Powder, Citric Acid, Cream of Tartar, Sodium Acid Pyrophosphate, Honey Flavor, Garlic Powder	X		X				
Apple GrowBar	Gluten-free oats, Pure Honey, Dried Apples, Sunflower Oil, Dark Brown Sugar, Ground Cinnamon							
Pumpkin Bread	Unsalted Butter, Granulated White Sugar, Liquid Eggs, Baking Soda, Baking Powder, Sea Salt, Dark Brown Sugar, Vanilla Extract, Enriched All Purpose Flour, Whole Wheat Flour, Canned Pumpkin Paste, Ground Nutmeg, Ground Cinnamon		X	X	X			
Apple Cinnamon Bread	Unsalted Butter, Granulated White Sugar, Liquid Eggs, Whole Wheat Flour, Enriched All Purpose Flour, Baking Soda, Sea Salt, Ground Cinnamon, Ground Nutmeg, Unsweetened Applesauce		X	X	X			

WG Crackers (Crave N Rave)	Whole Grain Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Granulated Sugar, Corn Syrup, Natural Flavors (Contains Milk), Modified Corn Starch, Salt, Soy Lecithin, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Mono Calcium Phosphate).		X	X	X			
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FSP Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Bread, Whole Grain	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch.	X		X				
Bread, Gluten Free	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
Breadstick, WG	Wheat flour [whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid)], water, yeast, salt, soybean oil, dough conditioner (wheat flour, ascorbic acid, enzymes), vinegar, sugar, granulated garlic, spices.	X		X				
Cornbread	Whole grain cornmeal, whole wheat flour, sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), whole milk, canola oil, baking powder, salt		X	X	X			
English Muffin, Honey Wheat	Unbleached enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (B1), riboflavin (B2), folic acid, water, whole wheat flour, modified food starch, farina, wheat gluten, polydextrose, honey, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid) soybean oil, malt, monoglycerides, natural flavor, xanthan gum, acesulfame potassium sucralose, whey, soy flour, non-fat milk	X		X	X			
English Muffin, Whole Grain	Whole wheat flour, water, farina, wheat gluten, yeast, salt, perservatives (calcium propionate, sorbic acid), sugar, grain vinegar, sodium stearoyl lactylate, natural flavor (contains milk), mono - and diglycerides, ethoxylated mono- and diglycerides, soy lecithin, soy, sucralose, whey	X		X	X			
Hamburger Bun, Whole Grain	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate).	X		X				

Hamburger Bun, Gluten Free	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono delta lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid, and vitamin D							
Herbed Basmati Rice	brown basmati rice, olive oil, parsely flakes, dill weed, sea salt, ground black pepper							
Hot Dog Bun, Whole Grain	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barle	X		X				
Hot Dog Bun, GF/DF/EF	Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Tapioca Syrup, Guar Gum, Organic Palm Fruit Oil, Salt, Orange Citrus Fiber, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D							
Pancake, WG	Whole wheat flour, water, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and/or canola oil, dextrose, salt, soy lecithin	X	X	X	X			
Pita Bread, Flour	Enriched wheat flour (wheat flour, malted barley flour, niacin, re	X		X				
Pita Bread, Whole Grain	water, whole wheat flour, wheat flour enriched ([niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), soybean oil, yeast, salt, vital wheat gluten, dough conditioner (mono-diglycerides, calcium sulfate, guar gum, wheat starch, sodium metabisulfite and ascorbic acid), sugar, preservatives (calcium propionate, fumaric acid)	X		X				
Roll, Whole Grain	water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, roblfavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: dalt, dough conditioners (calcium stearoyl lactylate, mono & diglycerides, DATEM, ascorbic acid, L-cystein hydrocholride, calcium perodixe, enzymes), Yeast Nutrients (calcium sulfate, mono calcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate	X		X				
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, Corn	Corn, water, and lime (calcium hydroxide)							

Tortilla, Flour	Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and diglycerides, Sodium metabisulphite)			X				
Tortilla, Whole Grain	Whole Wheat Flour, Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).	X		X				
Waffle, Gluten Free	Water, Van's gluten free mix (brown rice flour, potato starch, rice flour, soy flour), non-GMO expeller pressed canola oil, baking powder (sodium acid pyrophosphate, baking soda, rice flour, monocalcium phosphate), Van's natural fruit juice blend (pineapple, peach, and pear juice concentrates), sea salt, guar gum, soy lecithin	X						
Waffle, Whole Grain	Water, Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Milk Solids, Eggs, Less than 2%: Soy Lecithin, Wheat Bran, Sodium Acid Pyrophosphate, Salt, Baking Soda, Monocalcium Phosphate.	X	X	X	X			
Saltine Crackers, Whole Grain	Whole Grain Wheat Flour, Bleached and Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Soybean Oil, Palm Oil, Refiner's Syrup, Baking Soda, Sea Salt, Salt, MAlted Barley Flour, Yeast	X		X				

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Celery	celery							
Cherry Tomatoes	Cherry tomato							
Baby Carrots	carrots							
Baked Beans	pinto beans (Prepared Pinto Beans, Water, Salt, Calcium Chloride and Calcium Disodium EDTA added for color retention) , brown sugar, apple cider vindegar, 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							
Seasoned Black Beans	Black Beans (Black beans, water, salt, calcium chloride), sea salt, chipotle peppers in adobo sauce (Chipotle Peppers, Tomato Puree, Onion, vinegar, canola oil, sugar, salt, paprika, garlic), cumin, black pepper, canola oil, mustard powder (mustard flour), lime juice							
Black Bean & Corn Salad	frozen corn, raw onion, raw cilantro, black beans (black beans, water, salt, calcium chloride), sea salt, lime juice, white wine vinegar							
Broccoli	broccoli							
Cauliflower	raw cauliflower							
Cabbage	cabbage							
Chickpeas	Garbanzo Beans, water, salt, and/or disodium EDTA (to promote color retention)							
Corn	Corn							
Corn Salad	frozen corn, red peppers, canola oil, apple cider vinegar							
GF/DF/EF Coleslaw	raw cabbage, coleslaw mix, carrots, green onions, lemon juice, apple cider vinegar, honey, dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectic, citric acid, tartaric acid, sugar, spices), sea salt, black pepper							
Collard Greens	vegetable base, water, frozen collard greens, raw onion, raw red pepper, garlic, canola oil, cajun seasoning, dark brown sugar, apple cider vinegar, sea salt							
Cucumbers	Cucumbers							
Cucumber Salad	Cucumbers, water, white wine vinegar, dill weed, sugar, salt, pepper							
Greek Cucumber Salad	raw cucumber, water, sea salt, black pepper, red wine vinegar, dry parsley flakes, dry dill weed							
Green Beans	Green beans							
Honey-Glazed Steamed Carrots	sea salt, honey, carrots							
Lemony Chickpea Salad	Chickpeas, canola oil, lemon juice, red onion, garlic, dry parsley flakes, sea salt							

Mashed Potatoes	russet potatoes, sea salt, unsalted butter (cream, natural flavors), 1% milk (grade A lowfat milk, vitamin A palmitate and vitamin D3)					X			
Peas	Peas								
Pickle Chips	Fresh cucumbers, water, salt, vinegar. Contains less than 2% of lactic acid, sodium benzoate, natural flavors, polysorbate 80, turmeric extract								
Potato Fries	Potatoes, Vegetable Oil (Soybean, Canola, Corn, and/or Sunflower), Dextrose, Disodium Dihydrogen Phosphate (To Maintain Natural Color)	X							
Steamed Carrots	Carrots, sea salt								
Red Pepper Strips	raw red peppers								
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)								
Roasted Sweet Potatoes	Sweet potatoes, canola oil								
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								
Fruit Items	Ingredients								
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.								
Applesauce	Apples, water, erythorbic acid (to maintain color)								
Banana	Banana								
Cantaloupe	Cantaloupe								
Fruit Salad	2 or more: watermelon, cantaloupe, honeydew, pineapple, strawberries, blueberries								
Honeydew	Honeydew								
Orange Slices	Oranges								
Pear Slices	Pears, calcium ascorbate								
Pearsauce	Pears, water, white sugar								
Pineapple	Pineapple								