

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Apple Cinnamon Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Apples, Cinnamon, Brown Sugar, Water	Cinnamon			Yes	Yes	Yes	Yes
Apple Pie Mini Rice Cakes & Fruit (VEG)(GF)(SF)(EF)	Rice Cakes Apple Pie Flavor, Fruit	Dairy, Cinnamon			Yes	No	Yes	Yes
Applesauce (Housemade) (V)(GF)(SF)(EF)(DF)	Apples, Sugar, Water				Yes	Yes	Yes	Yes
Bagel, Cinnamon Raisin (mini) (Brand: L'oven Fresh)	Unbromated Unbleached Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thaimine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Sugar, Raisin, Yeast, Wheat Gluten, Salt, Cinnamon, Caramel Color, Vegetable Monoglycerides, Calcium Propionate (To Retard Spoilage), Sunflower Oil, Guar Gum, Xantham Gum, Cellulose Gum, Yellow Corn Meal, Ascorbic Acid, Enzyme, Sesame	Wheat, Sesame, Cinnamon			No	Yes	Yes	Yes
Bagel, Plain (mini) (Brand: L'oven Fresh)	Unbromated Unbleached Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thaimine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Sugar, Yeast, Salt, Wheat Gluten, Vegetable Monoglycerides, Calcium Propionate (To Retard Spoilage), Guar Gum, Cellulose Gum, Yellow Corn Meal, Ascorbic Acid, Enzymes	Wheat			No	Yes	Yes	Yes
Banana Bread (VEG)(SF)	Flour, Baking Powder, Baking Soda, Butter, Eggs, Bananas, Sugar, Salt, Cinnamon, Milk	Wheat, Dairy, Egg, Cinnamon			No	No	Yes	No
Banana Cocoa Oat Cluster (V)(GF)(SF)(EF)(DF)	Bananas, Baking Powder, Cocoa Powder, GF Oats				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Banana Cocoa Oat Cluster & Yogurt (VEG)(GF)(SF)(EF)	Bananas, Baking Powder, Cocoa Powder, GF Oats, Yogurt	Dairy			Yes	No	Yes	Yes
Banana Cocoa Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Cocoa Powder, Banana, Sugar, Water				Yes	Yes	Yes	Yes
Banana Muffin (VEG)(SF)(DF)	Eggs, Canola Oil, Sugar, Flour, Baking Soda, Salt, Water, Banana, Cinnamon	Wheat, Egg, Cinnamon			No	Yes	Yes	No
Banana Pancakes w/ Syrup (VEG)(SF)	Flour, Whole Milk, Eggs, Sugar, Canola Oil, Baking Powder, Salt, Bananas, Pancake Syrup	Wheat, Dairy, Egg			No	No	Yes	No
BBQ Chicken Sandwich (SF)(EF)(DF)	Chicken Breast, <i>BBQ Sauce (Housemade)</i> , School White Wheat Bread, Salt, Black Pepper, Corn Oil	Wheat	Yes		No	Yes	Yes	Yes
BBQ Sauce (Brand: Sweet Baby Ray's)	High-fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Corn Starch, Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate, Molasses, Corn Syrup, Garlic, Sugar, Tamarind, Natural Flavor, Mustard Flour, Celery Seed				Yes	Yes	Yes	Yes
BBQ Sauce (Housemade)	Water, Brown Sugar, Ketchup				Yes	Yes	Yes	Yes
BBQ Tofu & Vegetable Sandwich (V)(EF)(DF)	Tofu, <i>BBQ Sauce (Housemade)</i> , School White Wheat Bread, <i>Mixed Vegetables (Housemade)</i> , Corn Oil, Salt, Black Pepper	Soy, Wheat	Yes		No	Yes	No	Yes
BBQ White Bean & Vegetable Sandwich (V)(SF)(EF)(DF)	Great Northern Beans, Mixed Vegetable, <i>BBQ Sauce (Housemade)</i> , Corn Oil, Salt, Black Pepper, School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes
Bean & Cheese Quesadilla (VEG)(SF)(EF)	Black Beans, Flour Tortilla 6", Corn Oil, Mozzarella Cheese	Wheat, Dairy	Yes		No	No	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Bean & Vegetable Taco (V)(SF)(EF)(DF)	Black Beans, Flour Tortilla 6", <i>Mixed Vegetables (Housemade)</i> , Salt, Black Pepper, Salsa (Housemade)	Wheat	Yes		No	Yes	Yes	Yes
Beans - Black, Dry (Brand: Local Foods)	Dry Black Beans from Carlson-Arbogast Farms				Yes	Yes	Yes	Yes
Beans - Chickpea (Brand: Chef's Quality)	Chickpeas, Salt, Disodium EDTA, Water				Yes	Yes	Yes	Yes
Beans - White (Brand: Chef's Quality)	Great Northern Beans, Salt, Calcium Chloride				Yes	Yes	Yes	
Biscuit (Housemade) (VEG)(SF)(EF)	Flour, Sugar, Baking Powder, Butter, Milk, Salt	Dairy, Wheat			No	No	Yes	Yes
Biscuit & Fruit (VEG)(SF)(EF)	<i>Biscuit (Housemade)</i> , Fruit	Dairy, Wheat			No	No	Yes	Yes
Black Bean Burger (V)(SF)(EF)(DF)	<i>Black Bean Patty (Housemade)</i> , Ketchup, Slider Bun	Wheat	Yes		No	Yes	Yes	Yes
Black Bean Fajitas & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Black Beans, Green Peppers, Red Peppers, Yellow Onions, Corn Oil, Kosher Salt, Black Pepper, Garlic, Corn Tortilla 6"				Yes	Yes	Yes	Yes
Black Bean Fajitas & Flour Tortilla (V)(SF)(EF)(DF)	Black Beans, Green Peppers, Red Peppers, Yellow Onions, Corn Oil, Kosher Salt, Black Pepper, Garlic, Flour Tortilla 6"	Wheat	Yes		No	Yes	Yes	Yes
Black Bean Marinara Sauce (Housemade) (V)(GF)(SF)(EF)(DF)	Black Beans, Tomatoes, Garlic, Olive Oil, Parsley, Salt, Black Pepper, Corn Starch, Water				Yes	Yes	Yes	Yes
Black Bean Patty (Housemade) (V)(GF)(SF)(EF)(DF)	Black Beans, GF Flour, Corn Starch, Garlic Powder, Lentils, Corn Oil, Salt, Black Pepper, Ketchup				Yes	Yes	Yes	Yes
Black Beans & Rice (V)(GF)(SF)(EF)(DF)	Rice, Black Beans, Water, Salt, Pepper				Yes	Yes	Yes	Yes
Black Beans w/ Veggies & Rice (V)(GF)(SF)(EF)(DF)	Rice, Black Beans, Bell Peppers, Carrots, Celery, Garlic, Corn Oil, Water				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Blueberry Applesauce (Housemade) (V)(GF)(SF)(EF)(DF)	Apples, Sugar, Water, Blueberries				Yes	Yes	Yes	Yes
Blueberry Banana Oat Muffin (VEG) (GF)(SF)(EF)	Greek Yogurt, Pancake Syrup, Banana, Flax Seed Meal, Vanilla Extract, GF Oats, Baking Powder, Baking Soda, Salt, Blueberries, Water	Dairy			Yes	No	Yes	Yes
Blueberry Bread (VEG)(SF)	Eggs, Blueberries, Sugar, Canola Oil, Flour, Salt, Baking Powder, Milk	Wheat, Dairy, Egg			No	No	Yes	No
Blueberry Crumble Bar (VEG)(SF)	Flour, Sugar, Baking Powder, Salt, Corn Starch, Vanilla Extract, Eggs, Butter, Blueberries, Lemon	Wheat, Dairy, Egg			No	No	Yes	No
Blueberry Lavender Muffin (VEG)(SF) (DF)	Eggs, Canola Oil, Sugar, Flour, Salt, Baking Powder, Baking Soda, Lavender, Water, Blueberries	Wheat, Eggs			No	Yes	Yes	No
Blueberry Oatmeal (V)(GF)(SF)(EF) (DF)	GF Oats, Blueberries, Sugar, Water				Yes	Yes	Yes	Yes
Blueberry Oatmeal & Turkey Sausage Patty (GF)(SF)(EF)(DF)	GF Oats, Blueberries, Sugar, Water, <i>Turkey Sausage Patty (Housemade)</i>				Yes	Yes	Yes	Yes
Blueberry Quesadilla (VEG)(SF)(EF)	Flour Tortilla 6", Cream Cheese, Blueberries	Wheat, Dairy	Yes		No	No	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Bread Crumbs - Plain (Brand: Supremo Italiano)	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, High Fructose Corn Syrup, Yeast, Salt, Vegetable Oil (Soybean, Cottonseed and/or Canola), Sugar, Wheat Gluten, Dextrose, Soy Flour, Whey, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate (Dough Conditioner), Mono- and Diglycerides, Soy Lecithin, Molasses, Honey, Whole Wheat Flour, Corn Flour, Cornmeal, Citric Acid, Grain Vinegar, Wheat Starch, Corn Starch, Potato Flour, Rice Flour, Wheat Bran, Oat Fiber, Calcium Sulfate, Datem, Potassium Iodate, Guar Gum, Calcium Phosphate, Enrichment (Vitamin E Acetate, Vitamin A Palmitate, Vitamin D3), Lactic Acid, Ascorbic Acid (Dough Conditioner), Spice and Coloring, Natural and Artificial Flavor, Sesame Seeds	Wheat, Soy, Dairy, Sesame			No	No	No	Yes
Bread: GF Bread - Live G Free White Wide Pan Bread (served interchangeably with the Live G Free Whole Grain Wide Pan Bread)	Water, Gluten Free Flour Blend (Modified Tapioca Starch, Potato Starch, Brown Rice Flour), Sunflower Oil, Dextrose, Cane Sugar, Psyllium Husk, Yeast, Modified Cellulose, Pea Fiber, Salt, Rice Bran, Cultured Cane Sugar, Vinegar, Cellulose Gum				Yes	Yes	Yes	Yes

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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Bread: Slider Bun 24ct (Brand: Alpha Baking) (36 grams)	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of the following: Wheat Gluten, Salt, Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Mono & Diglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Corn Flour, Spices (Turmeric and Paprika), Natural Flavors, Calcium Propionate (Preservative), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	Wheat	Yes		No	Yes	Yes	Yes
Broccoli Cheese Soup (Housemade) (VEG)(SF)(EF)	Water, Celery, Onions, Milk, Flour, Salt, Black Pepper, Cheddar Cheese, Broccoli, Great Northern Beans, Butter, Olive Oil	Wheat, Dairy			No	No	Yes	Yes
Broccoli Cheese Soup & Oyster Crackers (VEG)(SF)(EF)	<i>Broccoli Cheese Soup (Housemade)</i> , Oyster Crackers	Wheat, Dairy			No	No	Yes	Yes
Butter (Brand: Cloverdale, Brand: Grassland) (VEG)(GF)(SF)(EF)	Cream	Dairy			Yes	No	Yes	Yes
Caesar Dressing (Housemade) (VEG)(GF)(SF)	Mayonnaise, Parmesan Cheese, Lemon, Garlic, Salt, Black Pepper	Dairy, Egg	Yes		Yes	No	Yes	No
Carrot Bread (VEG)(SF)	Butter, Eggs, Baking Powder, Salt, Cinnamon, Carrots, Flour, Brown Sugar, Vanilla Extract, Milk	Wheat, Egg, Dairy, Cinnamon			No	No	Yes	No
Carrot Cinnamon Oatmeal (VEG)(GF)(SF)(EF)	GF Oats, Carrots, Cinnamon, Brown Sugar, Vanilla Extract, Salt, Butter, Water	Dairy, Cinnamon			Yes	No	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Carrot Muffin Top (VEG)(SF)(DF)	Whole Wheat Flour, Flour, Oats, Carrots, Applesauce (Housemade), Brown Sugar, Sugar, Canola Oil, Eggs, Vanilla Extract, Baking Soda, Baking Powder, Salt, Cinnamon, Nutmeg, Ginger	Wheat, Egg, Cinnamon			No	Yes	Yes	No
Cauliflower Crackers Sea Salt Flavor (Brand: Simply Nature) (V)(GF)(SF)(EF)(DF) - On Menu: Cauliflower Crackers	Cauliflower Flour, Whole Grain Rice Flour, Cassava Flour, Potato Starch, Rice Flour, Potato Flakes, Cassava Starch, Palm Oil, Salt, Sugar, Baking Powder, Sunflower Lecithin, Paprika, Onion Powder, Vegetable Blend Powder (Spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Garlic Powder, Rosemary Extract				Yes	Yes	Yes	Yes
Cereal & Sunbutter Protein Snack (V)(SF)(EF)(DF)	Crispy Oats Cereal, SunButter, Pancake Syrup	Wheat			No	Yes	Yes	Yes
Cereal Trail Mix (V)(SF)(EF)(DF)	Crispy Oats Cereal, Corn Squares Cereal, Toasted Crispy Rice Cereal	Wheat			No	Yes	Yes	Yes
Cereal: Corn Squares (Brand: Millville) (V)(GF)(SF)(EF)(DF) - On Menu: Corn Chex	Milled Corn, Sugar, Corn Bran, Salt, Molasses, Baking Soda, Mixed Tocopherols, Calcium Carbonate, Reduced Iron, Sodium Ascorbate (Vitamin C), Niacinamide, Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin A Palmitate, Folic Acid, Vitamin D, Vitamin B12.				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Cereal: Crispy Oats Cereal (Brand: Millville) (V)(SF)(EF)(DF) - On Menu: Crispy Oat Cereal	Whole Grain Oat Flour, Wheat Starch, Calcium Carbonate, Salt, Trisodium Phosphate, Caramel Color. Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide, Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Vitamin B12	Wheat			No	Yes	Yes	Yes
Cheddar Biscuit (Housemade) (VEG)(SF)(EF)	Flour, Sugar, Baking Powder, Cheddar Cheese, Butter, Milk, Salt	Dairy, Wheat			No	No	Yes	Yes
Cheddar Biscuit & Fruit (VEG)(SF)(EF)	Flour, Sugar, Baking Powder, Cheddar Cheese, Butter, Milk, Salt, Fruit	Dairy, Wheat			No	No	Yes	Yes
Cheddar Biscuit w/ Turkey Bacon & Fruit (SF)(EF)	Flour, Sugar, Baking Powder, Cheddar Cheese, Butter, Milk, Salt, Turkey Bacon, Fruit	Dairy, Wheat			No	No	Yes	Yes
Cheddar Bunnies (Brand: Annie's) (VEG)(SF)(EF)	Organic Wheat Flour, Organic Expeller-Pressed Sunflower Oil, Salt, Organic Cheddar Cheese (pasteurized organic milk, cheese cultures, salt, non-animal enzymes) Baking Soda, Organic Yeast, Organic Nonfat Dry Milk, Organic Paprika, Monocalcium Phosphate, Organic Celery Seed Powder, Organic Onion Powder, Organic Annatto (for color), Non-Animal Enzymes	Dairy, Wheat			No	No	Yes	Yes
Cheddar Bunnies & Fruit (VEG)(SF)(EF)	Cheddar Bunnies, Fruit	Dairy, Wheat			No	No	Yes	Yes
Cheese Dip (Housemade) (VEG)(GF)(SF)(EF)	Cheddar Cheese, Whole Milk, Red Peppers, Onions, Water, Butter, Corn Starch	Dairy	Yes		Yes	No	Yes	Yes
Cheddar Cheese Dip & Pita (VEG)(SF)(EF)	<i>Cheese Dip (Housemade)</i> , Pita	Dairy, Wheat	Yes		No	No	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Cheese & Vegetables (VEG)(GF)(SF)(EF)	Provolone Cheese, Muenster Cheese, Cheddar Cheese, Vegetables	Dairy			Yes	No	Yes	Yes
Cheese Cubes (VEG)(GF)(SF)(EF)	Provolone Cheese, Muenster Cheese, Cheddar Cheese	Dairy			Yes	No	Yes	Yes
Cheese Pizza (VEG)(SF)(EF)	Flour, Yeast, Salt, Corn Oil, Mozzarella Cheese, Parmesan and Romano Cheese, <i>Marinara Sauce (Housemade)</i> , Water	Wheat, Dairy			No	No	Yes	Yes
Cheese Puff Snack & Vegetables (VEG)(SF)(EF)	Cheddar Cheese, Butter, Salt, Flour, Water, Vegetables	Dairy, Wheat			No	No	Yes	Yes
Cheese Quesadilla (VEG)(SF)(EF)	Mozzarella Cheese, Corn Oil, Flour Tortilla 6"	Wheat, Dairy	Yes		No	No	Yes	Yes
Cheese Sauce (Housemade) (VEG)(SF)(EF)	Milk, Cheddar Cheese, Butter, Flour, Mozzarella Cheese, Garlic Powder, Salt	Wheat, Dairy			No	No	Yes	Yes
Cheesy Grits (VEG)(GF)(SF)(EF)	Grits, Bay Leaf, Salt, Butter, Parmesan Cheese, Milk, Water	Dairy			Yes	No	Yes	Yes
Chicken & Noodles (SF)(DF)	Egg Noodles, Water, Chicken Breast, Garlic, Salt, Black Pepper, Corn Oil	Wheat, Egg			No	Yes	Yes	No
Chicken & Rice Soup (GF)(SF)(EF)	Chicken, Rice, Carrots, Celery, Onions, Milk, Water, Salt, Pepper	Dairy			Yes	No	Yes	Yes
Chicken & Sweet Potato Fritter (SF)(DF)	Potatoes, Sweet Potatoes, Chicken, Onion, Eggs, Flour, Salt, Black Pepper, Corn Oil	Wheat, Egg			No	Yes	Yes	No
Chicken Alfredo (SF)(EF)	<i>Chicken Alfredo Sauce (Housemade)</i> , Corn Oil, Water, Salt, Bow Tie Pasta	Wheat, Dairy			No	No	Yes	Yes
Chicken Alfredo Sauce (Housemade) (GF)(SF)(EF)	Milk, Grated Parmesan and Romano Cheese, Corn Starch, Garlic Powder, Salt, Black Pepper, Butter, Chicken	Dairy			Yes	No	Yes	Yes
Chicken Caesar Wrap (SF)	Chicken Breast, Flour Tortilla 6", Romaine Lettuce, <i>Caesar Dressing (Housemade)</i>	Wheat, Dairy, Egg	Yes		No	No	Yes	No
Chicken Orzo Salad (SF)(DF)	Orzo, Chicken, Mayonnaise, Zucchini, Carrots, Onions, Salt, Pepper	Wheat, Egg	Yes		No	Yes	Yes	No

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Chicken Pad Thai (GF)(DF)	Rice Noodles, Chicken, Carrots, Egg, Garlic, GF Soy Sauce, Rice Vinegar, Brown Sugar, Green Onion, Cilantro, Cabbage, Lime, Corn Oil, Salt, Water	Egg, Soy			Yes	Yes	No	No
Chicken Pasta Salad (SF)(DF)	Chicken, Mayonnaise, Carrots, Zucchini, Onions, Celery, Bell Peppers, Salt, Black Pepper, Orzo, Water, Corn Oil	Wheat, Egg	Yes		No	Yes	Yes	No
Chicken Pot Pie (Housemade) (GF) (SF)(EF)	Chicken Breast, Potatoes, Peas, Carrots, Water, Onions, Thyme, Milk, Parsley, Corn Starch	Dairy			Yes	No	Yes	Yes
Chicken Pot Pie & GF Bread (GF)(SF) (EF)	<i>Chicken Pot Pie (Housemade)</i> , GF Bread	Dairy			Yes	No	Yes	Yes
Chicken Pot Pie & Oyster Crackers (SF)(EF)	<i>Chicken Pot Pie (Housemade)</i> , Oyster Crackers	Wheat, Dairy			No	No	Yes	Yes
Chicken Quesadilla (SF)(EF)	Chicken Breast, Mozzarella Cheese, Tortilla Flour 6", Corn Oil	Wheat, Dairy	Yes		No	No	Yes	Yes
Chicken Stir Fry (GF)(EF)(DF)	Chicken Breast, Rice, Water, Yellow Onions, Carrots, Celery, GF Soy Sauce, Garlic Powder, Ginger Powder, Salt, Black Pepper, Corn Oil	Soy			Yes	Yes	No	Yes
Chicken Stock (Housemade)	Onions, Carrots, Celery, Chicken				Yes	Yes	Yes	Yes
Chicken Taco (SF)(EF)(DF)	Chicken Breast, Flour Tortilla 6", <i>Salsa (Housemade)</i>	Wheat	Yes		No	Yes	Yes	Yes
Chicken Tenders & Ketchup	Chicken Breast, Eggs, Flour, Bread Crumbs, Garlic Powder, Salt, Black Pepper, Corn Oil, Ketchup	Wheat, Egg, Dairy, Soy, Sesame			No	No	No	No
Chicken Tinga Sandwich (SF)(EF)(DF)	Chicken Breast, Onions, Corn Oil, Salt, Paprika, <i>Salsa (Housemade)</i> , School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes
Chickpea & Polenta Veggie Nuggets (V)(GF)(SF)(EF)(DF)	Cornmeal, Water, Zucchini, Carrots, Chickpeas, Salt, Black Pepper				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Chickpea & Sweet Potato Fritter (V)(SF)(EF)(DF)	Potato, Sweet Potato, Chickpeas, Water, Onion, Flour, Flax Seed, Salt, Black Pepper, Corn Oil	Wheat			No	Yes	Yes	Yes
Chickpea Pasta Salad (V)(SF)(EF)(DF)	Chickpeas, Orzo, Water, Carrots, Zucchini, Onions, Celery, Bell Peppers, Salt, Pepper, Corn Oil	Wheat			No	Yes	Yes	Yes
Chickpea Salad Sandwich (V)(EF)(DF)	Chickpeas, Vegenaïse, Mustard, Grapes, Celery, Salt, Pepper, Bun	Wheat, Soy			No	Yes	No	Yes
Chickpeas (Garbanzo Beans) (Brand: Brown's Best) (V)(GF)(SF)(EF)(DF)	Garbanzo Beans/Chickpeas				Yes	Yes	Yes	Yes
Cinnamon Raisin Bagel w/ Cream Cheese (VEG)(SF)(EF)	Cinnamon Raisin Bagel, Cream Cheese	Wheat, Dairy, Sesame, Cinnamon			No	No	Yes	Yes
Cinnamon Rice Pudding (VEG)(GF)(SF)(EF)	Rice, Milk, Sugar, Cinnamon, Water	Dairy, Cinnamon			Yes	No	Yes	Yes
Cinnamon Sweet Potato Chips (Housemade) (V)(GF)(SF)(EF)(DF)	Sweet Potatoes, Corn Oil, Cinnamon, Sugar	Cinnamon			Yes	Yes	Yes	Yes
Cinnamon Swirl Pancakes w/ Syrup (VEG)(SF)	Cinnamon, Flour, Eggs, Canola Oil, Salt, Pancake Syrup, Milk, Sugar, Baking Powder	Wheat, Dairy, Egg, Cinnamon			No	No	Yes	No
Cocoa Bread (V)(GF)(SF)(EF)(DF)	GF Flour, Water, Cocoa Powder, Sugar, Vanilla Extract, Canola Oil, Salt, Baking Soda, Vinegar				Yes	Yes	Yes	Yes
Cocoa Rice Puffs (V)(GF)(SF)(EF)(DF)	Toasted Crispy Rice Cereal, Cocoa Powder, Pancake Syrup, Canola Oil				Yes	Yes	Yes	Yes
Cocoa Rice Puffs & Yogurt (VEG)(GF)(SF)(EF)	Toasted Crispy Rice Cereal, Cocoa Powder, Pancake Syrup, Canola Oil, Yogurt	Dairy			Yes	No	Yes	Yes
Corn Chex & DF Vanilla Coconut Yogurt (V)(GF)(SF)(EF)(DF)	Corn Squares, DF Vanilla Coconut Yogurt	Coconut			Yes	Yes	Yes	Yes
Corn Chex & Fruit (V)(GF)(SF)(EF)(DF)	Corn Squares, Fruit				Yes	Yes	Yes	Yes
Corn Chex & Vegetables (V)(GF)(SF)(EF)(DF)	Corn Squares, Vegetables				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Corn Tortilla & Salsa w/ Vegetables (V)(GF)(SF)(EF)(DF)	Corn Tortilla 6", Salsa (Homemade), Vegetables				Yes	Yes	Yes	Yes
Corn Tortilla 6" (Brand: El Milagro) (23 g) (V)(GF)(SF)(EF)(DF)	Corn, Water, Lime (Calcium Hydroxide)				Yes	Yes	Yes	Yes
Cornbread (VEG)(SF)	Eggs, Cornmeal, Butter, Flour, Salt, Sugar, Baking Powder, Milk	Wheat, Dairy, Egg			No	No	Yes	No
Cornbread w/ Onion & Red Pepper (VEG)(SF)	Eggs, Cornmeal, Butter, Flour, Salt, Sugar, Baking Powder, Milk, Onions, Red Bell Peppers	Wheat, Dairy, Egg			No	No	Yes	No
Cranberry Orange Muffin (VEG)(SF)	Flour, Baking Powder, Salt, Canola Oil, Sugar, Eggs, Milk, Vanilla Extract, Orange Juice, Cranberries	Wheat, Dairy, Egg			No	No	Yes	No
Cranberry Sauce (Housemade)	Cranberries, Sugar, Water, Orange Zest							
Cream Cheese (Brand: James Farm, Brand: Philadelphia) (VEG)(GF)(SF)(EF)	Pasteurized Milk and Cream, Whey Protein Concentrate, Whey, Salt, Carob Bean Gum, Natamycin (A Natural Mold Inhibitor), Vitamin A Palmitate, Cheese Culture	Dairy			Yes	No	Yes	Yes
Cream Cheese & Jelly Roll Up (VEG)(SF)(EF)	Flour Tortilla 6", Cream Cheese, Grape Jelly, Milk	Wheat, Dairy	Yes		No	No	Yes	Yes
Creamy Greek Yogurt Red Pepper Dip (VEG)(GF)(SF)(EF)	Red Pepper, Greek Yogurt, Cream Cheese, Garlic Powder, Black Pepper, Parmesan and Romano Cheese, Corn Oil	Dairy			Yes	No	Yes	Yes
Creamy Spinach Dip (Housemade) (VEG)(GF)(SF)(EF)	Spinach, Greek Yogurt, Cream Cheese, Salt, Black Pepper, Parmesan and Romano Cheese, Corn Oil	Dairy			Yes	No	Yes	Yes
Creamy Spinach Dip & Carrots (VEG)(GF)(SF)(EF)	<i>Creamy Spinach Dip (Housemade)</i> , Carrots	Dairy			Yes	No	Yes	Yes
Creamy Spinach Dip & Pita (VEG)(SF)(EF)	<i>Creamy Spinach Dip (Housemade)</i> , Pita	Dairy, Wheat	Yes		No	No	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Creamy Spinach Dip w/ Cauliflower Crackers (VEG)(SF)(EF)(DF)	<i>Creamy Spinach Dip (Housemade), Cauliflower Crackers</i>	Dairy			No	Yes	Yes	Yes
Creamy Spinach Dip w/ Veggie Straws & Carrots (VEG)(GF)(SF)(EF)	<i>Creamy Spinach Dip (Housemade), Veggie Straws, Carrots</i>	Dairy			Yes	No	Yes	Yes
Crispy Oat Cereal & Fruit (V)(SF)(EF)(DF)	Millville Crispy Oats Cereal, Fruit	Wheat			No	Yes	Yes	Yes
DF Bean & Cheese Quesadilla (V)(SF)(EF)(DF)	Black Beans, Flour Tortilla 6", DF Italian Cheese Blend, Corn Oil	Wheat	Yes	Yes	No	Yes	Yes	Yes
DF Breakfast Potatoes Plain (V)(GF)(SF)(EF)(DF)	Potatoes, Salt, Pepper, Corn Oil			Yes	Yes	Yes	Yes	Yes
DF Cheese & Vegetables (V)(GF)(SF)(EF)(DF)	DF Italian Cheese Blend, Vegetables			Yes	Yes	Yes	Yes	Yes
DF Cheese Quesadilla (V)(SF)(EF)(DF)	DF Italian Cheese Blend, Flour Tortilla 6", Corn Oil	Wheat	Yes	Yes	No	Yes	Yes	Yes
DF Cheesy Breakfast Potatoes (V)(GF)(SF)(EF)(DF)	Potatoes, Onions, DF Italian Cheese Blend, Salt, Pepper, Corn Oil			Yes	Yes	Yes	Yes	Yes
DF Grilled Cheese (V)(SF)(EF)(DF)	School White Wheat Bread, DF Italian Cheese Blend	Wheat	Yes	Yes	No	Yes	Yes	Yes
DF Grilled Tofu & Cheese Sandwich (V)(EF)(DF)	School White Wheat Bread, Tofu, DF Italian Cheese Blend, Salt, Pepper, Vegetable Oil	Wheat, Soy	Yes	Yes	No	Yes	No	Yes
DF Italian Cheese Blend (Brand: Daiya) (V)(GF)(SF)(EF)(DF)	Filtered Water, Tapioca Flour, Coconut Oil, Expeller Pressed Safflower Oil, Chickpea Protein, Natural Flavors, Salt, Tricalcium Phosphate, Lactic Acid, Konjac Flour, Xanthan Gum, Fruit and/or Vegetable Juice Color, Yeast Extract			Yes	Yes	Yes	Yes	Yes
DF Mac & Cheese (V)(SF)(EF)(DF)	Elbow Pasta, Olive Oil, Salt, <i>GF&DF Cheese Sauce (Housemade)</i>	Wheat		Yes	No	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
DF Mexican Lasagna w/ Chickpeas (V)(GF)(SF)(EF)(DF)	Marinara Sauce (Housemade), Corn Tortilla 6", Chickpeas, Water, DF Italian Cheese Blend			Yes	Yes	Yes	Yes	Yes
DF Mozzarella Cheese (Brand: Daiya) (V)(GF)(SF)(EF)(DF)	Filtered Water, Tapioca Flour, Expeller Pressed Non-GMO Canola and/or Safflower Oil, Coconut Oil, Pea Protein, Salt, Inactive Yeast, Xanthan Gum, Lactic Acid (Vegan), Titanium Dioxide Color, Yeast Extract			Yes	Yes	Yes	Yes	Yes
DF Plain Rice Pudding (V)(GF)(SF)(EF)(DF)	Rice, Water, Cinnamon, Sugar	Cinnamon			Yes	Yes	Yes	Yes
DF Soy Yogurt & Fruit (V)(GF)(EF)(DF)	DF Soy Vanilla Yogurt, Fruit	Soy			Yes	Yes	No	Yes
DF Spinach Pesto (Housemade) (V)(GF)(SF)(EF)(DF)	Spinach, Parsley, Olive Oil, Garlic Powder, Salt, Black Pepper				Yes	Yes	Yes	Yes
DF Tuscan Grilled Cheese (V)(SF)(EF)(DF)	School White Wheat Bread, DF Italian Cheese Blend, Spinach, Tomato, Garlic, Oregano	Wheat	Yes	Yes	No	Yes	Yes	Yes
DF Vanilla Coconut Yogurt & Fruit (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt, Fruit	Coconut			Yes	Yes	Yes	Yes
DF Vanilla Coconut Yogurt w/ Corn Chex (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt, Corn Squares	Coconut			Yes	Yes	Yes	Yes
DF Vegetable & Cheese Sandwich (V)(SF)(EF)(DF)	School White Wheat Bread, Carrots, Zucchini, Yellow Squash, DF Italian Cheese Blend, Corn Oil	Wheat	Yes	Yes	No	Yes	Yes	Yes
Egg Noodles (Brand: Dakota Growers) (VEG)(SF)(DF)	Durum Wheat Semolina, Durum Wheat Flour (Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)), Eggs	Wheat, Eggs			No	Yes	Yes	No

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Flour Tortilla 6" (Brand: El Milagro) (V)(SF)(EF)(DF) (28 g)	Wheat Flour, Water, Shortening (Interesterified Soybean Oil, Mono and Diglycerides), Rice Flour, Sea Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Xanthan Gum, Wheat Gluten, Sugar, Preservative Blend (Calcium Propionate, Sodium Propionate, Potassium Sorbate, Citric Acid), Yeast, Sorbitan Monostearate, Ascorbic Acid, Cellulose Gum, Maltodextrin, Sunflower Oil, Natural Flavors, Rice Startch, Calcium Sulfate, Wheat Starch, Enzymes, Microcrystalline Cellulose, Dough Conditioner (Sodium Metabisulfite)	Wheat	Yes		No	Yes	Yes	Yes
Flourless Sweet Potato Muffin (V) (GF)(SF)(EF)(DF)	Sweet Potatoes, Pancake Syrup, Vanilla Extract, SunButter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes
Flourless Zucchini Carrot Muffin (V) (GF)(SF)(EF)(DF)	Zucchini, Carrots, Pancake Syrup, Vanilla Extract, SunButter, Water, GF Oats, Baking Powder, Baking Soda, Salt, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes
French Toast Sticks w/ Syrup (VEG) (SF)	School White Wheat Bread, Eggs, Whole Milk, Sugar, Salt, Vanilla Extract, Cinnamon, Pancake Syrup	Gluten, Eggs, Dairy, Cinnamon	Yes		No	No	Yes	No
French Toast, Eggless	Milk, Sugar, Vanilla Extract, Corn Starch, Cracked Wheat Bread, Butter	Dairy, Wheat			No	No	Yes	
Garlic & Parsley Biscuit (Housemade) (VEG)(SF)(EF)	Flour, Sugar, Baking Powder, Butter, Milk, Garlic Powder, Parsley, Salt	Dairy, Wheat			No	No	Yes	Yes
Garlic & Parsley Biscuit w/ Fruit (VEG)(SF)(EF)	<i>Garlic & Parsley Biscuit (Housemade)</i> , Fruit	Dairy, Wheat			No	No	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
GF & Vegan French Toast Sticks w/ Syrup (V)(GF)(SF)(EF)(DF)	GF Bread, Aquafaba (Chickpea Liquid), Water, Vanilla Extract, Sugar, Cinnamon, Salt, Pancake Syrup	Cinnamon			Yes	Yes	Yes	Yes
GF BBQ Chicken Sandwich (GF)(SF)(EF)(DF)	Chicken Breast, <i>BBQ Sauce (Housemade)</i> , GF Bread, Corn Oil, Salt, Black Pepper				Yes	Yes	Yes	Yes
GF BBQ White Bean & Vegetable Sandwich (V)(GF)(SF)(EF)(DF)	Great Northern Beans, <i>Mixed Vegetables (Housemade)</i> , <i>BBQ Sauce (Housemade)</i> , Corn Oil, Salt, Black Pepper, GF Bread				Yes	Yes	Yes	Yes
GF Bean & Cheese Quesadilla (VEG)(GF)(SF)(EF)	Black Beans, Corn Tortilla 6", Corn Oil, Mozzarella Cheese	Dairy			Yes	No	Yes	Yes
GF Bean & Vegetable Taco (V)(GF)(SF)(EF)(DF)	Black Beans, Corn Tortilla 6", <i>Mixed Vegetables (Housemade)</i> , Salt, Black Pepper, <i>Salsa (Housemade)</i>				Yes	Yes	Yes	Yes
GF Cheese Quesadilla (VEG)(GF)(SF)(EF)	Mozzarella Cheese, Corn Tortilla 6", Corn Oil	Dairy			Yes	No	Yes	Yes
GF Cheese Roll Up (VEG)(GF)(SF)(EF)	Cheddar Cheese, Corn Tortilla 6"	Dairy			Yes	No	Yes	Yes
GF Cheese Sauce (Housemade) (VEG)(GF)(SF)(EF)	Milk, Butter, Garlic Powder, Cheddar Cheese, Corn Starch, Mozzarella Cheese, Salt	Dairy			Yes	No	Yes	Yes
GF Chicken & Noodles (GF)(SF)(EF)(DF)	GF Penne Pasta, Water, Chicken Breast, Garlic, Salt, Black Pepper, Corn Oil				Yes	Yes	Yes	Yes
GF Chicken & Sweet Potato Fritter (GF)(SF)(DF)	Potatoes, Sweet Potatoes, Chicken, Onion, Eggs, GF Flour, Salt, Black Pepper, Corn Oil	Eggs			Yes	Yes	Yes	No
GF Chicken Alfredo (GF)(SF)(EF)	<i>Chicken Alfredo Sauce (Housemade)</i> , Corn Oil, Water, Salt, GF Penne Pasta	Dairy			Yes	No	Yes	Yes
GF Chicken Caesar Wrap (GF)(SF)	Chicken Breast, Corn Tortilla 6", Romaine Lettuce, <i>Caesar Dressing (Housemade)</i>	Dairy, Egg	Yes		Yes	No	Yes	No

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
GF Chicken Pasta Salad (GF)(SF)(DF)	Chicken, Mayonnaise, Carrots, Zucchini, Onions, Celery, Bell Peppers, Salt, Black Pepper, GF Penne Pasta, Water, Corn Oil	Egg	Yes		Yes	Yes	Yes	No
GF Chicken Quesadilla (GF)(SF)(EF)	Chicken Breast, Mozzarella Cheese, Corn Tortilla 6", Corn Oil	Dairy			Yes	No	Yes	Yes
GF Chicken Taco (GF)(SF)(EF)(DF)	Chicken Breast, Corn Tortilla 6", <i>Salsa (Housemade)</i>				Yes	Yes	Yes	Yes
GF Chicken Tenders & Ketchup (GF)(SF)(DF)	Chicken Breast, Eggs, Garlic Powder, Salt, Black Pepper, GF Flour, Corn Oil, Ketchup	Egg			Yes	Yes	Yes	No
GF Chicken Tinga Sandwich (GF)(SF)(EF)(DF)	Chicken Breast, Onions, Corn Oil, Salt, Paprika, <i>Salsa (Housemade)</i> , GF Bread				Yes	Yes	Yes	Yes
GF Flour - 1 to 1 Baking Flour - Gluten Free (Brand: Bob's Red Mill) (V)(GF)(SF)(EF)(DF)	Sweet White Rice Flour, Whole Grain Brown Rice Flour, Potato Starch, Whole Grain Sorghum Flour, Tapioca Flour, Xanthan Gum				Yes	Yes	Yes	Yes
GF French Toast Casserole w/ Syrup & Fruit (V)(GF)(EF)(DF)	GF Bread, Aquafaba (Chickpea Liquid), Soy Milk, Vanilla Extract, Cinnamon, Salt, Syrup, Fruit	Soy, Cinnamon			Yes	Yes	No	Yes
GF Grilled Cheese (VEG)(GF)(SF)(EF)	GF Bread, Provolone Cheese, Cheddar Cheese	Dairy			Yes	No	Yes	Yes
GF Grilled Chicken & Cheese Sandwich (GF)(SF)(EF)	GF Bread, Chicken Breast, Provolone Cheese, Corn Oil, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes
GF Hummus Sandwich (V)(GF)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , GF Bread, Romaine Lettuce				Yes	Yes	Yes	Yes
GF Hummus Wrap (V)(GF)(SF)(EF)(DF)	Corn Tortilla 6", <i>Hummus (Housemade)</i> , Romaine Lettuce				Yes	Yes	Yes	Yes
GF Mac & Cheese (VEG)(GF)(SF)(EF)	GF Penne Pasta, Olive Oil, Salt, Cheddar Cheese, Mozzarella Cheese, <i>GF Cheese Sauce (Housemade)</i>	Dairy			Yes	No	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
GF Oats (Brand: LaCrosse Milling) (V) (GF)(SF)(EF)(DF)	GF Rolled Oats				Yes	Yes	Yes	Yes
GF Pasta & Black Bean Marinara (V) (GF)(SF)(EF)(DF)	GF Penne Pasta, <i>Black Bean Marinara Sauce (Housemade)</i> , Olive Oil, Salt				Yes	Yes	Yes	Yes
GF Pasta & Turkey Marinara (GF)(SF) (EF)(DF)	GF Penne Pasta, <i>Turkey Marinara Sauce (Housemade)</i> , Olive Oil, Salt				Yes	Yes	Yes	Yes
GF Pizza Crust (Brand: Schar) (V)(GF) (EF)(DF)	Corn Starch, Rice Flour, Sourdough (Rice Flour, Water), Water, Potato Starch, Rice Starch, Corn Flour, Corn Syrup, Yeast, Modified Cellulose, Dextrose, Extra Virgin Olive Oil, Sunflower Oil, Psyllium Seed Husk (Vegetable Fiber), Iodized Salt, Ethyl Alcohol, Soy Protein, Leavening Agents (Glucono Deltalactone, Baking Soda), Tartaric Acid, Citric Acid				Yes	Yes	No	Yes
GF Pretzels - Mini (Brand: 365 Whole Foods) (V)(GF)(SF)(EF)(DF)	Cornstarch, Potato Starch, Tapioca Starch, Rice Flour, Corn Flour, Expeller Pressed Palm Oil, Salt, Cane Sugar, Cellulose Gum Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Sunflower Lecithin (Emulsifier), Yeast, Citric Acid				Yes	Yes	Yes	Yes
GF Pretzels & Fruit (V)(GF)(SF)(EF) (DF)	GF Pretzels, Fruit				Yes	Yes	Yes	Yes
GF Sloppy Joe w/ Chickpeas & Vegetables (V)(GF)(SF)(EF)(DF)	Chickpeas, Water, Onions, Tomatoes, Ketchup, Garlic, <i>Mixed Vegetables (Housemade)</i> , Paprika, Brown Sugar, Green Peppers, Corn Oil, GF Bread				Yes	Yes	Yes	Yes
GF Sloppy Joe w/ Turkey (GF)(SF)(EF) (DF)	Ground Turkey, Tomatoes, Ketchup, Salt, Green Bell Peppers, Paprika, Garlic, Onions, GF Bread, Brown Sugar, Corn Oil				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
GF Soy Sauce (V)(GF)(EF)(DF)	Soybeans, Salt, Sugar, Water	Soy			Yes	Yes	No	Yes
GF Spinach Pesto Pasta w/ White Beans (VEG)(GF)(SF)(EF)	Spinach Pesto (Housemade), Great Northern Beans, Water, GF Penne Pasta	Dairy			Yes	No	Yes	Yes
GF SunButter & Jelly Sandwich (V)(GF)(SF)(EF)(DF)	GF Bread, SunButter, Grape Jelly				Yes	Yes	Yes	Yes
GF Tofu & Noodles (V)(GF)(EF)(DF)	GF Penne Pasta, Water, Tofu, Garlic, Salt, Black Pepper, Corn Oil	Soy			Yes	Yes	No	Yes
GF Turkey & Cheese Sandwich (GF)(SF)(EF)	GF Bread, Turkey Breast, Provolone Cheese	Dairy			Yes	No	Yes	Yes
GF Turkey & Vegetable Sandwich (GF)(SF)(EF)(DF)	GF Bread, Turkey Breast, Romaine Lettuce, Tomatoes				Yes	Yes	Yes	Yes
GF Turkey Cheeseburger (GF)(SF)(EF)	Ground Turkey, GF Bread, American Cheese, Ketchup, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes
GF Turkey Taco (GF)(SF)(EF)	Ground Turkey, Corn Tortilla 6", Salsa (Housemade), Shredded Cheese	Dairy			Yes	No	Yes	Yes
GF Tuscan Grilled Cheese (VEG)(GF)(SF)(EF)	GF Bread, Mozzarella Cheese, Spinach, Tomato, Garlic, Oregano	Dairy			Yes	No	Yes	Yes
GF Vegetable & Cheese Sandwich (VEG)(GF)(SF)(EF)	GF Bread, Carrots, Zucchini, Yellow Squash, Provolone Cheese, Corn Oil	Dairy			Yes	No	Yes	Yes
GF&DF Bean & Cheese Quesadilla (V)(GF)(SF)(EF)(DF)	Black Beans, Corn Tortilla 6", DF Italian Cheese Blend, Corn Oil			Yes	Yes	Yes	Yes	Yes
GF&DF Broccoli Cheese Soup (Housemade) (V)(GF)(SF)(EF)(DF)	Water, Celery, Onions, Black Pepper, DF Italian Cheese Blend, Broccoli, Great Northern Beans			Yes	Yes	Yes	Yes	Yes
GF&DF Broccoli Cheese Soup & GF Bread (V)(GF)(SF)(EF)(DF)	GF&DF Broccoli Cheese Soup (Housemade), GF Bread			Yes	Yes	Yes	Yes	Yes
GF&DF Cheese Pizza (V)(GF)(EF)(DF)	GF Pizza Crust, DF Italian Cheese Blend, Marinara Sauce (Housemade)	Soy		Yes	Yes	Yes	No	Yes
GF&DF Cheese Quesadilla (V)(GF)(SF)(EF)(DF)	DF Italian Cheese Blend, Corn Tortilla 6", Corn Oil			Yes	Yes	Yes	Yes	Yes
GF&DF Cheese Sauce (Housemade) (V)(GF)(SF)(EF)(DF)	DF Italian Cheese Blend, Corn Starch, Water, Salt			Yes	Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
GF&DF Gravy (Housemade) (V)(GF)(SF)(EF)(DF)	Water, Corn Starch, DF Italian Cheese Blend, Sage, Rosemary, Thyme			Yes	Yes	Yes	Yes	Yes
GF&DF Grilled Cheese (V)(GF)(SF)(EF)(DF)	GF Bread, DF Italian Cheese Blend			Yes	Yes	Yes	Yes	Yes
GF&DF Jelly Roll Up (V)(GF)(SF)(EF)(DF)	Grape Jelly, Corn Tortilla 6"				Yes	Yes	Yes	Yes
GF&DF Mac & Cheese (V)(GF)(SF)(EF)(DF)	GF Penne Pasta, Olive Oil, Salt, GF&DF Cheese Sauce (Housemade)			Yes	Yes	Yes	Yes	Yes
GF&DF Spinach Pesto Pasta w/ White Beans (V)(GF)(SF)(EF)(DF)	DF Spinach Pesto (Housemade), Great Northern Beans, Water, GF Penne Pasta				Yes	Yes	Yes	Yes
GF&DF Spinach Pesto Roll Up (V)(GF)(SF)(EF)(DF)	DF Spinach Pesto (Housemade), DF Italian Cheese Blend, Corn Tortilla 6"			Yes	Yes	Yes	Yes	Yes
GF&DF Tuscan Grilled Cheese (V)(GF)(SF)(EF)(DF)	GF Bread, DF Italian Cheese Blend, Spinach, Tomato, Garlic, Oregano			Yes	Yes	Yes	Yes	Yes
GF&DF Vegetable & Cheese Sandwich (V)(GF)(SF)(EF)(DF)	GF Bread, Carrots, Zucchini, Yellow Squash, DF Italian Cheese Blend, Corn Oil			Yes	Yes	Yes	Yes	Yes
Golden Round Crackers (Brand: Savoritz) (EF)(DF)	Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), High Oleic Canola Oil and/or Soybean Oil with TBHQ and Citric Acid for freshness, Sugar, Salt, High Fructose Corn Syrup, Leavening (Baking Soda, Calcium Phosphate), Sodium Sulfite, Soy Lecithin, Natural Flavor	Wheat, Soy	Yes		No	Yes	No	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Graham Crackers (Brand: Benton's) (VEG)(EF)(DF)	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Graham Flour (Whole Wheat Flour), Sugar, High Oleic Canola an/or Soybean Oil with TBHQ and Citric Acid, Honey, Leavening (Baking Soda, Calcium Phosphate), Salt, Natural, Soy Lecithin, Sodium Sulfite	Wheat, Soy, (Honey)	Yes		No	Yes	No	Yes
Graham Crackers & Fruit (VEG)(EF)(DF)	Graham Crackers, Fruit	Wheat, Soy, (Honey)			No	Yes	No	Yes
Granola Crumbles (Housemade) (V) (GF)(SF)(EF)(DF)	GF Oats, Canola Oil, Brown Sugar, Pancake Syrup, Salt, Cinnamon, Vanilla Extract	Cinnamon			Yes	Yes	Yes	Yes
Grape Jelly (Brand: Smuckers) (V)(GF) (SF)(EF)(DF)	Concord Grape Juice, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid, Sodium Citrate.				Yes	Yes	Yes	Yes
Gravy (Housemade) (VEG)(GF)(SF) (EF)	Milk, Corn Starch, Garlic Powder, Salt, Butter, Black Pepper, Sour Cream, Sage, Rosemary, Thyme, Water	Dairy			Yes	No	Yes	Yes
Greek Chicken & Corn Tortilla (GF) (SF)(EF)(DF)	Chicken, Oregano, Lemon, Green Pepper, Red Pepper, Onions, Salt, Pepper, Corn Tortilla 6"				Yes	Yes	Yes	Yes
Greek Chicken & GF Bread (GF)(SF) (EF)(DF)	Chicken, Oregano, Lemon, Green Pepper, Red Pepper, Onions, Salt, Pepper, GF Bread				Yes	Yes	Yes	Yes
Greek Chicken & Pita (SF)(EF)(DF)	Chicken, Oregano, Lemon, Green Pepper, Red Pepper, Onions, Salt, Pepper, Pita	Wheat	Yes		No	Yes	Yes	Yes
Greek Tofu & GF Bread (V)(GF)(EF) (DF)	Tofu, Green Pepper, Red Pepper, Onion, Oregano, Lemon, Salt, Pepper, GF Bread	Soy			Yes	Yes	No	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Greek Tofu & Pita (V)(EF)(DF)	Tofu, Green Pepper, Red Pepper, Onion, Oregano, Lemon, Salt, Pepper, Pita	Soy, Wheat	Yes		No	Yes	No	Yes
Greek Yogurt Ranch (Housemade) (VEG)(GF)(SF)(EF)	Greek Yogurt, Garlic Powder, Fresh Dill, Parsley, Paprika, Salt, Water	Dairy			Yes	No	Yes	Yes
Greek Yogurt Ranch w/ Oyster Crackers & Carrots (VEG)(SF)(EF)	<i>Greek Yogurt Ranch (Housemade)</i> , Oyster Crackers, Carrots	Dairy, Wheat			No	No	Yes	Yes
Greek Yogurt Taco Dip (Housemade) (VEG)(GF)(SF)(EF)	Greek Yogurt, <i>Taco Seasoning (Housemade)</i>	Dairy			Yes	No	Yes	Yes
Greek Yogurt Taco Dip & Corn Tortilla (VEG)(GF)(SF)(EF)	<i>Greek Yogurt Taco Dip (Housemade)</i> , Corn Tortilla 6"	Dairy			Yes	No	Yes	Yes
Greek Yogurt Taco Dip & Pita (VEG) (SF)(EF)	<i>Greek Yogurt Taco Dip (Housemade)</i> , Pita	Dairy, Wheat	Yes		No	No	Yes	Yes
Grilled Cheese (VEG)(SF)(EF)	School White Wheat Bread, Provolone Cheese, Cheddar Cheese, Butter	Wheat, Dairy	Yes		No	No	Yes	Yes
Grilled Chicken & Cheese Sandwich (SF)(EF)	School White Wheat Bread, Chicken Breast, Provolone Cheese, Corn Oil, Salt, Black Pepper	Wheat, Dairy	Yes		No	No	Yes	Yes
Grilled Chicken & Rice (GF)(SF)(EF) (DF)	Chicken Breast, Corn Oil, Salt, Black Pepper, Garlic Powder, Parboiled Rice				Yes	Yes	Yes	Yes
Grilled Tofu & Cheese Sandwich (VEG)(EF)	School White Wheat Bread, Tofu, Provolone Cheese, Salt, Pepper, Corn Oil	Wheat, Dairy, Soy	Yes		No	No	No	Yes
Honey Bunny Grahams (Brand: Annies) (VEG)(SF)(EF)(DF)	Organic Wheat Flour, Organic Cane Sugar, Organic Expeller-Pressed Sunflower Oil, Organic Honey, Organic Corn Flour, Organic Whole Wheat Flour (graham flour), Calcium Carbonate, Organic Natural Flavor, Baking Soda, Sea Salt, Mixed Tocopherols (vitamin E) to protect flavor	Wheat, (Honey)			No	Yes	Yes	Yes
Hummus (Housemade) (V)(GF)(EF) (DF)	Chickpeas, Garlic, Lemons, Salt, Black Pepper				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Hummus & Corn Tortilla (V)(GF)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , Corn Tortilla 6"				Yes	Yes	Yes	Yes
Hummus & GF Bread (V)(GF)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , GF Bread				Yes	Yes	Yes	Yes
Hummus & Pita (V)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , Pita	Wheat	Yes		No	Yes	Yes	Yes
Hummus & Vegetables (V)(GF)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , Vegetables				Yes	Yes	Yes	Yes
Hummus Sandwich (V)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , School White Wheat Bread, Romaine Lettuce	Wheat	Yes		No	Yes	Yes	Yes
Hummus w/ Cauliflower Crackers (V)(GF)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , Cauliflower Crackers				Yes	Yes	Yes	Yes
Hummus w/ Cauliflower Crackers & Carrots (V)(GF)(SF)(EF)(DF)	<i>Hummus (Housemade)</i> , Cauliflower Crackers, Carrots				Yes	Yes	Yes	Yes
Hummus Wrap (V)(SF)(EF)(DF)	Tortilla Flour 6", <i>Hummus (Housemade)</i> , Romaine Lettuce	Wheat	Yes		No	Yes	Yes	Yes
Ketchup (Brand: Chef's Quality) (V)(GF)(SF)(EF)(DF)	Tomato Concentrate, High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Onion Powder, Spice, Natural Flavors				Yes	Yes	Yes	Yes
Lemon Garlic Tofu Rice (V)(GF)(EF)(DF)	Tofu, Rice, Garlic, Sweet Potatoes, Paprika, Salt, Lemon	Soy			Yes	Yes	No	Yes
Lemon Garlic Turkey Rice (GF)(SF)(EF)(DF)	Turkey, Rice, Garlic, Sweet Potatoes, Paprika, Salt, Lemon				Yes	Yes	Yes	Yes
Lemon Pepper Chicken & Rice (GF)(SF)(EF)(DF)	Chicken Breast, Rice, Lemon Pepper Seasoning, Lemon Juice, Green Onions, Salt, Corn Oil, Water				Yes	Yes	Yes	Yes
Lemon Pepper Seasoning (Brand: Regal Spice) (V)(GF)(SF)(EF)(DF)	Salt, Black Pepper, Citric Acid, Dehydrated Onion, Dehydrated Garlic, Dextrose, Spice, Natural Flavor, Yellow #5 Lake, Sunflower Oil, Silicon Dioxide				Yes	Yes	Yes	Yes
Lemon Pepper Tofu & Rice (V)(GF)(EF)(DF)	Tofu, Rice, Lemon Pepper Seasoning, Lemon Juice, Green Onions, Salt, Corn Oil, Water	Soy			Yes	Yes	No	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Mac & Cheese (VEG)(SF)(EF)	Elbow Pasta, Olive Oil, Salt, Cheddar Cheese, Mozzarella Cheese, <i>Cheese Sauce (Housemade)</i>	Wheat, Dairy			No	No	Yes	Yes
Mango Vanilla Oatmeal (V)(GF)(SF)(EF)(DF)	GF Oats, Mango, Vanilla Extract, Brown Sugar, Water				Yes	Yes	Yes	Yes
Marinara Sauce (Housemade)(V)(GF)(SF)(EF)(DF)	Tomatoes, Garlic, Olive Oil, Parsley, Salt, Black Pepper, Corn Starch, Water				Yes	Yes	Yes	Yes
Mashed Potatoes (Housemade)	Russet Potatoes, Salt, Garlic Powder, Water				Yes	Yes	Yes	Yes
Mayonnaise - Vegan: Vegenaise	Canola Oil, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Salt, Mustard Flour, Lemon Juice Concentrate.	Soy			Yes	Yes	No	Yes
Mayonnaise: Hellmann's Real Mayonnaise	Soybean Oil, Water, Whole Eggs, Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium, Natural Flavors	Egg	Yes		Yes	Yes	Yes	No
Meatballs, Turkey & Mashed Potatoes	Marinara Sauce (Housemade) (V)(GF)(SF)(EF)(DF)	Wheat, Dairy, Egg, Soy, Sesame	Yes		No	No	No	No
Mexican Lasagna w/ Beef (GF)(SF)(EF)	Ground Beef, <i>Marinara Sauce (Housemade)</i> , Corn Tortilla 6", Mozzarella Cheese	Dairy			Yes	No	Yes	Yes
Mexican Lasagna w/ Chickpeas (VEG)(GF)(SF)(EF)	<i>Marinara Sauce (Housemade)</i> , Corn Tortilla 6", Chickpeas, Water, Mozzarella Cheese	Dairy			Yes	No	Yes	Yes
Mexican Lasagna w/ Turkey (GF)(SF)(EF)	Ground Turkey, <i>Marinara Sauce (Housemade)</i> , Corn Tortilla 6", Mozzarella Cheese	Dairy			Yes	No	Yes	Yes
Mixed Vegetables (Housemade) (V)(GF)(SF)(EF)(DF)	Zucchini, Carrots, Onions, Green Bell Pepper, Olive Oil, Salt				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
MorningStar Farms Garden Veggie Nuggets	Water, organic red quinoa, organic textured Soy protein, cannellini beans (organic white kidney beans, water, sea salt, kombu seaweed), organic onions, green peas, celery, organic canola oil, organic sunflower oil, organic potatoes, organic carrots, organic corn, organic Soy protein flour, organic red bell peppers, gum blend (carrageenan, konjac flour), garlic powder, onion powder, organic Soy sauce (water, organic Soybeans, salt, organic Wheat, organic alcohol), sea salt, natural flavor, dried cane syrup, black pepper, oregano, basil, lemon juice concentrate, konjac gum.	Wheat, Soy			No	Yes	No	
Oat Crackers (Curry) (Housemade) (VEG)(SF)(EF)	GF Oats, Flour, Milk, Water, Butter, Baking Soda, Baking Powder, Sugar, Curry Powder, Salt	Dairy, Wheat			No	No	Yes	Yes
Oat Crackers (Lemon Pepper) (Housemade)(VEG)(SF)(EF)	GF Oats, Flour, Milk, Water, Butter, Baking Soda, Baking Powder, Sugar, Lemon Pepper Seasoning, Salt	Dairy, Wheat			No	No	Yes	Yes
Oat Crackers (Plain) (Housemade) (VEG)(SF)(EF)	Rolled oats, flour, milk, water, butter, baking soda, baking powder, sugar, salt	Dairy, Wheat			No	No	Yes	Yes
Orzo, Organic	Organic Durum Wheat Semolina	Wheat			No	Yes	Yes	Yes
Oyster Crackers (Brand: Westminster Bakers Co.) (VEG)(SF)(EF)(DF)	Flour, Canola Oil, Sugar, Salt, Yeast, Baking Soda, Water	Wheat			No	Yes	Yes	Yes
Pancake Mix (Housemade)(VEG)(SF)	Flour, Sugar, Baking Powder, Salt, Milk, Eggs, Canola Oil	Wheat, Dairy, Egg			No	No	Yes	No
Pancake Syrup (Brand: Northern Pines) (V)(GF)(SF)(EF)(DF)	Corn Syrup, Water, Sugar, Maple Flavor, Sodium Benzoate, Salt, Citric Acid				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Pasta & Black Bean Marinara (V)(SF)(EF)(DF)	Bowtie Pasta, <i>Black Bean Marinara Sauce (Housemade)</i> , Olive Oil, Salt	Wheat			No	Yes	Yes	Yes
Pasta & Turkey Marinara (SF)(EF)(DF)	Bowtie Pasta, <i>Turkey Marinara Sauce (Housemade)</i> , Olive Oil, Salt	Wheat			No	Yes	Yes	Yes
Pasta Salad (VEG)(SF)(EF)(DF)	Pasta, Carrots, Zucchini, Broccoli, Celery, Corn Oil	Wheat			No	Yes	Yes	Yes
Pasta: Bow Tie (Barilla Enriched Macaroni Product)	Wheat, durum Wheat flour, vitamin B3 (niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid	Wheat			No	Yes	Yes	Yes
Pasta: Elbow/Orzo (Dakota Growers)	Durum Wheat Semolina, niacin, iron	Wheat			No	Yes	Yes	Yes
Pasta: GF Penne Pasta (Dakota Growers)	Corn Flour, Rice Flour				Yes	Yes	Yes	Yes
Pasta: GF Rotini (Dakota Growers)	Corn Flour, Rice Flour				Yes	Yes	Yes	Yes
Pear Granola Bite (V)(GF)(SF)(EF)(DF)	GF Oats, Pears, Pancake Syrup, Cinnamon, Ginger, Nutmeg, Applesauce	Cinnamon			Yes	Yes	Yes	Yes
Pita & Salsa w/ Vegetables (V)(SF)(EF)(DF)	Pita, Salsa (Homemade), Vegetables	Wheat	Yes		No	Yes	Yes	Yes
Pita Bread - Original Greek Pita 6" (Brand: Olympia) (V)(SF)(EF)(DF)	Wheat Flour Enriched (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Yeast, Soybean Oil, Sugar, Vital Wheat Gluten, Salt, Dough Conditioner (Wheat Flour, Calcium Sulfate, Acacia Gum, Mono-and Diglycerides, Enzymes), Calcium Propionate, Oat Fiber, Potassium Sorbate	Wheat	Yes		No	Yes	Yes	Yes
Plain Bagel w/ Cream Cheese (VEG)(SF)(EF)	Plain Bagel, Cream Cheese	Wheat, Dairy			No	No	Yes	Yes
Plain Grits (V)(GF)(SF)(EF)(DF)	GF Grits, Salt, Water				Yes	Yes	Yes	Yes
Plain Oatmeal (V)(GF)(SF)(EF)(DF)	Oats, Water, Brown Sugar				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Plain Rice Puffs, Fruit				Yes	Yes	Yes	Yes
Plain Rice Puffs Cereal: Toasted Crispy Rice Cereal (Brand: Millville) (V)(GF)(SF)(EF)(DF)	Rice, Sugar, Corn Syrup, Salt, Vitamins and Minerals: Ferric Orthophosphate (Source of Iron), Sodium Ascorbate (Vitamin C), Niacinamide (Vitamin B3), Zinc Oxide, Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Vitamin A Palmitate, Thiamin Mononitrate (Vitamin B1), Vitamin B12, Vitamin D3				Yes	Yes	Yes	Yes
Pretzels - Mini (Brand: Clancy's) (V)(SF)(EF)(DF)	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Salt, Vegetable Oil (May Contain one or more of the following: Canola, Corn, Soybean) Sodium Bicarbonate, Yeast	Wheat	Yes		No	Yes	Yes	Yes
Pretzels & Fruit (V)(SF)(EF)(DF)	Pretzels, Fruit	Wheat	Yes		No	Yes	Yes	Yes
Pumpkin Bread (VEG)(SF)(DF)	Eggs, Canola Oil, Sugar, Flour, Salt, Baking Soda, Cinnamon, Water, Pumpkin Puree	Wheat, Eggs, Cinnamon			No	Yes	Yes	No
Pumpkin Muffin (VEG)(SF)(DF)	Eggs, Canola Oil, Sugar, Flour, Salt, Baking Soda, Cinnamon, Water, Pumpkin Puree	Wheat, Eggs, Cinnamon			No	Yes	Yes	No
Pumpkin Oatmeal (VEG)(GF)(SF)(EF)	GF Oats, Whole Milk, Water, Nutmeg, Cinnamon, Ginger, Vanilla Extract, Pumpkin Puree, Brown Sugar	Dairy, Cinnamon			Yes	No	Yes	Yes
Pumpkin Squares (VEG)(SF)(DF)	AP Flour, Eggs, Pumpkin, Sugar, Vegetable Oil, Baking Powder, Cinnamon, Baking Soda, Salt	Wheat, Eggs, Cinnamon			No	Yes	Yes	No
Raspberry Applesauce (Housemade) (V)(GF)(SF)(EF)(DF)	Apples, Sugar, Water, Raspberries				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Red Curry Paste (Brand: Thai Kitchen) (V)(GF)(SF)(EF)(DF)	Spices (Including Red Chili Pepper), Garlic, Lemongrass, Salt, Shallot, Coriander Root, Kaffir Lime Peel				Yes	Yes	Yes	Yes
Red Pepper Hummus (Housemade) (V)(GF)(SF)(EF)(DF)	Chickpeas, Water, Red Pepper, Lemon, Garlic Powder, Salt, Black Pepper				Yes	Yes	Yes	Yes
Red Pepper Hummus & Corn Tortilla (V)(GF)(SF)(EF)(DF)	<i>Red Pepper Hummus (Housemade)</i> , Corn Tortilla 6"				Yes	Yes	Yes	Yes
Red Pepper Hummus & Pita (V)(SF)(EF)(DF)	<i>Red Pepper Hummus (Housemade)</i> , Pita	Wheat	Yes		No	Yes	Yes	Yes
Rice (V)(GF)(SF)(EF)(DF)	Rice, Water, Corn Oil				Yes	Yes	Yes	Yes
Rice Cakes Apple Pie Flavor - Minis (Brand: Lundberg) (VEG)(GF)(SF)(EF)	Brown Rice, Oleic Sunflower Oil, Maple Sugar, Cane Sugar, Brown Rice Flour, Cinnamon, Sea Salt, Natural Flavor, Cream, Flavor, Sweet Whey, Nonfat Milk	Dairy, Cinnamon			Yes	No	Yes	Yes
Rice Cakes Sea Salt Flavor - Minis (Brand: Lundberg) (V)(GF)(SF)(EF)(DF)	Brown Rice, Oleic Sunflower Oil, Brown Rice Flour, Sea Salt				Yes	Yes	Yes	Yes
Salsa (Housemade) (V)(GF)(SF)(EF)(DF)	Tomatoes, Yellow Onions, Cilantro, Salt, Black Pepper, Corn Oil				Yes	Yes	Yes	Yes
Scrambled Eggs (Housemade) (VEG)(GF)(SF)(DF)	Eggs, Water, Salt	Eggs			Yes	Yes	Yes	No
Scrambled Eggs & Peppers w/ Corn Tortilla (VEG)(GF)(SF)(DF)	Eggs, Water, Salt, Pepper, Red Bell Peppers, Corn Tortilla 6"	Eggs			Yes	Yes	Yes	No
Scrambled Eggs & Peppers w/ Flour Tortilla (VEG)(SF)(DF)	Eggs, Water, Salt, Pepper, Red Bell Peppers, Flour Tortilla 6"	Eggs, Wheat	Yes		No	Yes	Yes	No
Scrambled Eggs & White Wheat Bread (VEG)(SF)(DF)	<i>Scrambled Eggs (Housemade)</i> , School White Wheat Bread	Eggs, Wheat	Yes		No	Yes	Yes	No
Sea Salt Mini Rice Cakes & Fruit (V)(GF)(SF)(EF)(DF)	Rice Cakes Sea Salt Flavor, Fruit				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Sloppy Joe w/ Chickpeas & Vegetables (V)(SF)(EF)(DF)	Chickpeas, Water, Onions, Tomatoes, Ketchup, Garlic, <i>Mixed Vegetables (Housemade)</i> , Paprika, Brown Sugar, Slider Bun, Green Peppers, Corn Oil	Wheat	Yes		No	Yes	Yes	Yes
Sloppy Joe w/ Turkey (SF)(EF)(DF)	Ground Turkey, Tomatoes, Ketchup, Salt, Green Bell Peppers, Paprika, Garlic, Onions, Slider Bun, Brown Sugar, Corn Oil	Wheat	Yes		No	Yes	Yes	Yes
Soy Milk: Rolling Hills Farm Organic Soy Milk	Soymilk (Water, organic Soybeans), organic cane sugar, calcium carbonate, sea salt, natural flavors, gellan gum, vitamin A palmitate, vitamin D2, Riboflavin (vitamin b2), vitamin B12	Soy			Yes	Yes	No	Yes
Spinach Pesto (Housemade) (VEG) (GF)(SF)(EF)	Spinach, Parsley, Olive Oil, Garlic Powder, Salt, Black Pepper, Parmesan and Romano Cheese	Dairy			Yes	No	Yes	Yes
Spinach Pesto Pasta w/ White Beans (VEG)(SF)(EF)	<i>Spinach Pesto (Housemade)</i> , Great Northern Beans, Water, Pasta	Wheat, Dairy			No	No	Yes	Yes
Spinach Pesto Roll Up (VEG)(SF)(EF)	Flour Tortilla 6", Cream Cheese, <i>Spinach Pesto (Housemade)</i>	Wheat, Dairy	Yes		No	No	Yes	Yes
Square Pancake (VEG)(SF)	Flour, Milk, Sugar, Eggs, Baking Powder, canola oil, Pancake Syrup	Dairy, Wheat, Eggs			No	No	Yes	No
Strawberry Banana Smoothie Bowl w/ Granola Crumbles (VEG)(GF)(SF) (EF)	Vanilla Yogurt, Banana, Strawberries, <i>Granola Crumbles (Housemade)</i>	Dairy			Yes	No	Yes	Yes
Strawberry Cocoa Oatmeal (V)(GF) (SF)(EF)(DF)	GF Oats, Water, Strawberries, Sugar, Cocoa Powder				Yes	Yes	Yes	Yes
Strawberry Yogurt (VEG)(GF)(SF)(EF)	Vanilla Yogurt, Strawberries, Sugar	Dairy			Yes	No	Yes	Yes
String Cheese (Brand: American Heritage) (VEG)(GF)(SF)(EF)	Pasteurized Part-Skim Milk, Vinegar, Salt, Enzymes	Dairy			Yes	No	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
SunButter	Roasted Sunflower Seeds, Salt				Yes	Yes	Yes	Yes
SunButter & Jelly Sandwich (V)(SF)(EF)(DF)	School White Wheat Bread, SunButter, Grape Jelly	Wheat	Yes		No	Yes	Yes	Yes
Sunflower Butter	Roasted Sunflower Seeds, Salt				Yes	Yes	Yes	Yes
Sunflower Butter (Brand: SunButter)	Sunflower Seeds, Sugar, Monoglycerides, Diglycerides, Salt				Yes	Yes	Yes	Yes
Sweet Potato Biscuit (Housemade) (VEG)(SF)(EF)	Flour, Sugar, Baking Powder, Butter, Milk, Salt, Sweet Potato	Dairy, Wheat			No	No	Yes	Yes
Sweet Potato Bread (VEG)(SF)(DF)	Eggs, Sweet Potato, Sugar, Canola Oil, Flour, Salt, Baking Soda, Cinnamon, Water	Wheat, Egg, Cinnamon			No	Yes	Yes	No
Sweet Potato Chips (Plain) (Housemade) (V)(GF)(SF)(EF)(DF)	Sweet Potatoes, Corn Oil				Yes	Yes	Yes	Yes
Sweet Potato Granola Bite (V)(GF)(SF)(EF)(DF)	GF Oats, Sweet Potato, Pancake Syrup, Cinnamon, Nutmeg, Applesauce	Cinnamon			Yes	Yes	Yes	Yes
Sweet Potato Pancake (Housemade) (VEG)(SF)	Sugar, Baking Powder, Salt, Milk, Eggs, Canola Oil, Flour, Sweet Potatoes	Wheat, Dairy, Egg			No	No	Yes	No
Sweet Potato Pancake & Syrup (VEG)(SF)	<i>Sweet Potato Pancake (Housemade)</i> , Pancake Syrup	Wheat, Dairy, Egg			No	No	Yes	No
Taco Seasoning (Housemade) (V)(GF)(SF)(EF)(DF)	Chili Powder, Cumin, Salt, Pepper, Paprika, Garlic Powder, Onion Powder, Oregano				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Thanksgiving Meal: Tofu w/ Mashed Potatoes, GF&DF Gravy & Cranberry Sauce (V)(GF)(EF)(DF)	Tofu, Cranberry Sauce, <i>GF&DF Gravy (Housemade)</i> , Mashed Potatoes, Corn Oil, Salt, Black Pepper	Soy			Yes	Yes	No	Yes
Thanksgiving Meal: Turkey w/ Mashed Potatoes, GF&DF Gravy & Cranberry Sauce (GF)(SF)(EF)(DF)	Turkey, Cranberry Sauce, <i>GF&DF Gravy (Housemade)</i> , Mashed Potatoes, Corn Oil, Salt, Black Pepper				Yes	Yes	Yes	Yes
Thanksgiving Meal: Turkey w/ Mashed Potatoes, Gravy & Cranberry Sauce (GF)(SF)(EF)	Turkey, Cranberry Sauce, <i>Gravy (Housemade)</i> , Mashed Potatoes, Corn Oil, Salt, Black Pepper	Dairy			Yes	No	Yes	Yes
Tofu & Noodles (VEG)(DF)	Egg Noodles, Water, Tofu, Garlic, Salt, Black Pepper, Corn Oil	Wheat, Egg, Soy			No	Yes	No	No
Tofu Pad Thai (V)(GF)(EF)(DF)	Rice Noodles, Tofu, Carrots, Garlic, GF Soy Sauce, Rice Vinegar, Brown Sugar, Cabbage, Green Onion, Cilantro, Lime, Corn Oil, Water	Soy			Yes	Yes	No	Yes
Tofu Pot Pie (Housemade) (V)(GF)(EF)(DF)	Tofu, Water, Potatoes, Peas, Carrots, Yellow Onions, Thyme, Corn Starch, Parsley, Salt, Black Pepper, Great Northern Beans, Corn Oil	Soy			Yes	Yes	No	Yes
Tofu Pot Pie & Oyster Crackers (V)(EF)(DF)	<i>Tofu Pot Pie (Housemade)</i> , Oyster Crackers	Soy, Wheat			No	Yes	No	Yes
Tofu Scramble (V)(GF)(EF)(DF)	Tofu, Corn Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper	Soy			Yes	Yes	No	Yes
Tofu Scramble & Corn Tortilla (V)(GF)(EF)(DF)	Tofu, Corn Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper, Corn Tortilla 6"	Soy			Yes	Yes	No	Yes
Tofu Scramble & Flour Tortilla (V)(EF)(DF)	Tofu, Corn Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper, Flour Tortilla 6"	Wheat, Soy	Yes		No	Yes	No	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Tofu Scramble & White Wheat Bread (V)(EF)(DF)	Tofu, Corn Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper, School White Wheat Bread	Wheat, Soy	Yes		No	Yes	No	Yes
Tofu Tinga Sandwich (V)(EF)(DF)	Tofu, Onions, <i>Salsa (Housemade)</i> , Corn Oil, Salt, Paprika, School White Wheat Bread	Wheat, Soy	Yes		No	Yes	No	Yes
Tofu: Nature's Soy Firm Tofu	Water, non-GMO Soybeans, calcium sulfate, glucono delta-lactone)	Soy			Yes	Yes	No	Yes
Tomato (Brand: Isabella - Whole Peeled Tomatoes in Tomato Juice) (V)(GF)(SF)(EF)(DF)	Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid				Yes	Yes	Yes	Yes
Tortilla Chips (Brand: El Milagro) (V)(GF)(SF)(EF)(DF)	Stone Ground Corn, Corn Oil, Salt, Calcium Hydroxide.				Yes	Yes	Yes	Yes
Tortilla Chips & Salsa w/ Vegetables (V)(GF)(SF)(EF)(DF)	Tortilla Chips, Salsa (Homemade), Vegetables				Yes	Yes	Yes	Yes
Turkey & Cheese Sandwich (SF)(EF)	School White Wheat Bread, Turkey Breast, Provolone Cheese	Wheat, Dairy	Yes		No	No	Yes	Yes
Turkey & Cheese w/ Crackers (EF)	Turkey Breast, Cheddar Cheese, Golden Round Crackers	Wheat, Dairy, Soy			No	No	No	Yes
Turkey & DF Cheese w/ Vegan Oat Crackers (GF)(SF)(EF)(DF)	Turkey Breast, DF Italian Cheese Blend, <i>Vegan Oat Crackers (Housemade)</i>			Yes	Yes	Yes	Yes	Yes
Turkey & Greek Yogurt Roll Up (SF)(EF)	Turkey Breast, Flour Tortilla, Greek Yogurt, <i>Taco Seasoning (Housemade)</i>	Wheat, Dairy	Yes		No	No	Yes	Yes
Turkey & Vegetable Sandwich (EF)(DF)	School White Wheat Bread, Turkey Breast, Romaine Lettuce, Tomatoes	Wheat	Yes		No	Yes	Yes	Yes
Turkey Bacon (GF)(SF)(EF)(DF)	CURED WITH: WATER, POTASSIUM LACTATE, DEXTROSE, SALT, SODIUM PHOSPHATE, SUGAR, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.				Yes	Yes	Yes	Yes
Turkey Bacon w/ Corn Tortilla (GF)(SF)(EF)(DF)	Turkey Bacon, Corn Tortilla 6"				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Turkey Bacon w/ GF Bread (GF)(SF)(EF)(DF)	Turkey Bacon, GF Bread				Yes	Yes	Yes	Yes
Turkey Bacon w/ White Wheat Bread (SF)(EF)(DF)	Turkey Bacon, School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes
Turkey Breast (Brand: Carolina Turkey) (GF)(SF)(EF)(DF)	Turkey Breast, Turkey Broth, Salt, Dextrose, Carrageenan, Sodium Phosphate, Vegetable Oil				Yes	Yes		Yes
Turkey Burger Patty & Rice (GF)(SF)(EF)(DF)	Ground Turkey, Salt, Black Pepper, Rice				Yes	Yes	Yes	Yes
Turkey Caesar Wrap	Tortilla Flour 10", Romaine Lettuce, Caesar Dressing (Housemade), Turkey Breast	Wheat, Dairy, Egg, Soy			No	No	No	No
Turkey Caesar Wrap (GF)	Tortilla Corn 6", Romaine Lettuce, Caesar Dressing (Housemade), Turkey Breast	Dairy, Egg			Yes	No	Yes	No
Turkey Cheeseburger (SF)(EF)	Ground Turkey, Salt, Black Pepper, Slider Bun, American Cheese, Ketchup	Wheat, Dairy	Yes		No	No	Yes	Yes
Turkey Chili w/ GF Bread (GF)(SF)(EF)(DF)	Celery, Yellow Onions, Carrots, Black Beans, Paprika, Chili Powder, Garlic Powder, GF Bread, Salt, Black Pepper, Tomatoes, Ground Turkey, Corn Oil				Yes	Yes	Yes	Yes
Turkey Chili w/ Oyster Crackers (SF)(EF)(DF)	Ground Turkey, Celery, Yellow Onions, Carrots, Black Beans, Paprika, Chili Powder, Garlic Powder, Salt, Black Pepper, Tomatoes, Oyster Crackers, Vegetable Oil	Wheat			No	Yes	Yes	Yes
Turkey Gravy (Housemade) (SF)(EF)	Ground Turkey, Onions, Celery, Carrots, Thyme, Butter, Flour, Milk, Salt	Dairy, Wheat			No	No	Yes	Yes
Turkey Hamburger Helper (SF)(EF)(DF)	Ground Turkey, Marinara Sauce (Housemade), Water, Black Pepper, Garlic Powder, Onion Powder, Chili Powder, Salt, Pasta	Wheat			No	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Turkey Marinara Sauce (Housemade) (GF)(SF)(EF)(DF)	Ground Turkey, Tomatoes, Garlic, Olive Oil, Parsley, Salt, Black Pepper, Corn Starch, Water				Yes	Yes	Yes	Yes
Turkey Sausage Patty (Housemade) (GF)(SF)(EF)(DF)	Ground Turkey, Sage, Garlic, Salt, Pepper				Yes	Yes	Yes	Yes
Turkey Sausage Patty & Fruit (GF)(SF)(EF)(DF)	<i>Turkey Sausage Patty (Housemade)</i> , Fruit				Yes	Yes	Yes	Yes
Turkey Taco (SF)(EF)	Ground Turkey, Flour Tortilla 6", <i>Salsa (Housemade)</i> , Shredded Cheese	Wheat, Dairy	Yes		No	No	Yes	Yes
Tuscan Grilled Cheese (VEG)(SF)(EF)	School White Wheat Bread, Mozzarella Cheese, Spinach, Tomato, Garlic, Oregano, Butter	Wheat, Dairy	Yes		No	No	Yes	Yes
Vegan Apple Oat Muffin (V)(GF)(SF)(EF)(DF)	Apples, Brown Sugar, Cinnamon, GF Flour, GF Oats, Salt, Baking Powder, Baking Soda, Canola Oil, <i>Applesauce (Housemade)</i> , Water	Cinnamon			Yes	Yes	Yes	Yes
Vegan Banana Oat Muffin (V)(GF)(SF)(EF)(DF)	Bananas, Brown Sugar, GF Oats, Baking Powder, Baking Soda, Water, GF Flour, Canola Oil, Salt, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes
Vegan Blueberry Oat Muffin (V)(GF)(SF)(EF)(DF)	Blueberries, Brown Sugar, GF Oats, GF Flour, Salt, Baking Powder, Baking Soda, Canola Oil, <i>Applesauce (Housemade)</i> , Water				Yes	Yes	Yes	Yes
Vegan Caesar Dressing (Housemade) (V)(GF)(EF)(DF)	Yellow Mustard, Vegan Mayonnaise, Lemons, Garlic, Salt, Black Pepper	Soy			Yes	Yes	No	Yes
Vegan Meatloaf (V)(GF)(SF)(EF)(DF)	Quinoa, Lentils, Onions, Carrots, Celery, Garlic, Salt, Ketchup, Brown Sugar, Black Pepper, Water				Yes	Yes	Yes	Yes
Vegan Oat Crackers (Housemade) (V)(GF)(SF)(EF)(DF)	GF Oats, GF Flour, Water, Yeast, Olive Oil, Sugar, Salt				Yes	Yes	Yes	Yes
Vegan Oat Crackers & DF Cheese (V)(GF)(SF)(EF)(DF)	<i>Vegan Oat Crackers (Housemade)</i> , DF Italian Cheese Blend			Yes	Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Vegan Oat Crackers & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Oat Crackers (Housemade), Fruit				Yes	Yes	Yes	Yes
Vegan Peach Oat Muffin (V)(GF)(SF)(EF)(DF)	Peaches, Brown Sugar, GF Oats, Salt, GF Flour, Baking Powder, Baking Soda, Canola Oil, Water				Yes	Yes	Yes	Yes
Vegan Pumpkin Oat Muffin (V)(GF)(SF)(EF)(DF)	GF Flour, GF Oats, Salt, Baking Soda, Baking Powder, Canola Oil, Water, Pumpkin Puree, Brown Sugar, Applesauce, Cinnamon	Cinnamon			Yes	Yes	Yes	Yes
Vegan Strawberry Oat Muffin (V)(GF)(SF)(EF)(DF)	Strawberry Puree, Brown Sugar, GF Oats, Salt, Baking Powder, Baking Soda, Canola Oil, Water				Yes	Yes	Yes	Yes
Vegetable & Bean Soup (V)(GF)(SF)(EF)(DF)	Water, Carrots, Celery, Onions, Rice, Great Northern Beans, Garlic				Yes	Yes	Yes	Yes
Vegetable & Cheese Sandwich (VEG)(SF)(EF)	School White Wheat Bread, Carrots, Zucchini, Yellow Squash, Provolone Cheese, Corn Oil	Wheat, Dairy	Yes		No	No	Yes	Yes
Vegetable & Tofu Stir Fry (V)(GF)(EF)(DF)	Rice, Water, Yellow Onions, Carrots, Celery, GF Soy Sauce, Garlic Powder, Ginger Powder, Salt, Black Pepper, Tofu, Corn Oil	Soy			Yes	Yes	No	Yes
Vegetable Bean Chili & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Yellow Onions, Celery, Carrots, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Corn Oil, Salt, Black Pepper, Corn Tortilla 6"				Yes	Yes	Yes	Yes
Vegetable Bean Chili & GF Bread (V)(GF)(SF)(EF)(DF)	Yellow Onions, Celery, Carrots, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Corn Oil, Salt, Black Pepper, GF Bread				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Vegetable Bean Chili & Oyster Crackers (V)(SF)(EF)(DF)	Yellow Onions, Celery, Carrots, Black Beans, Chili Powder, Paprika, Tomatoes, Garlic Powder, Corn Oil, Salt, Black Pepper, Oyster Crackers	Wheat			No	Yes	Yes	Yes
Vegetable Stock (Housemade) (V)(GF)(SF)(EF)(DF)	Onions, Carrots, Celery, Water				Yes	Yes	Yes	Yes
Vegetarian Alfredo (VEG)(SF)(EF)	<i>Vegetarian Alfredo Sauce (Housemade)</i> , Bowtie Pasta	Wheat, Dairy			No	No	Yes	Yes
Vegetarian Alfredo Sauce (Housemade) (VEG)(GF)(SF)(EF)	Milk, Water, Grated Parmesan and Romano Cheese, Corn Starch, Salt, Black Pepper, Butter	Dairy			Yes	No	Yes	Yes
Veggie Pizza Muffin (VEG)(SF)	Milk, Carrot, Mozzarella, Parmesan, Butter, Eggs, Flour, Baking Powder, Baking Soda, Salt, <i>Taco Seasoning (Housemade)</i>	Wheat, Dairy, Egg			No	No	Yes	No
Veggie Straws (Brand: Clancy's) (V)(GF)(SF)(EF)(DF)	Potato Starch, Potato Flour, Corn Starch, Safflower and/or Sunflower Oil, Sea Salt, Cane Sugar, Turmeric, Spinach Powder, Beet Root Powder, Tomato Paste				Yes	Yes	Yes	Yes
White Bean & Vegetable Scramble (Housemade) (V)(GF)(SF)(EF)(DF)	Great Northern Beans, Corn Oil, Turmeric, Garlic, Zucchini, Carrots, Onion, Salt, Black Pepper				Yes	Yes	Yes	Yes
White Bean & Vegetable Scramble w/ Corn Tortilla (V)(GF)(SF)(EF)(DF)	<i>White Bean & Vegetable Scramble (Housemade)</i> , Corn Tortilla 6"				Yes	Yes	Yes	Yes
White Bean Dip (Housemade) (V)(GF)(SF)(EF)(DF)	Great Northern Beans, Garlic, Lemon, Salt, Black Pepper				Yes	Yes	Yes	Yes
White Bean Dip & Corn Tortilla (V)(GF)(SF)(EF)(DF)	<i>White Bean Dip (Housemade)</i> , Corn Tortilla 6"				Yes	Yes	Yes	Yes
White Beans & Rice (V)(GF)(SF)(EF)(DF)	Rice, Great Northern Beans, Water, Salt, Black Pepper				Yes	Yes	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
White Chicken Chili (GF)(SF)(EF)(DF)	Onions, Garlic Powder, Chicken, Great Northern Beans, Salt, Black Pepper, Bell Peppers, Water, Corn Starch, Corn Oil				Yes	Yes	Yes	Yes
White Chicken Chili & GF Bread (GF)(SF)(EF)(DF)	Onions, Garlic Powder, Chicken, Great Northern Beans, Salt, Black Pepper, Bell Peppers, Water, Corn Starch, Corn Oil, GF Bread				Yes	Yes	Yes	Yes
White Chicken Chili & Oyster Crackers (SF)(EF)(DF)	Onions, Garlic Powder, Chicken, Great Northern Beans, Salt, Black Pepper, Bell Peppers, Water, Corn Starch, Corn Oil, Oyster Crackers	Wheat			No	Yes	Yes	Yes
White Chicken Chili & White Wheat Bread (SF)(EF)(DF)	Onions, Garlic Powder, Chicken, Great Northern Beans, Salt, Black Pepper, Bell Peppers, Water, Corn Starch, Corn Oil, School White Wheat Bread	Wheat	Yes		No	Yes	Yes	Yes
White Vegetable Chili (V)(GF)(SF)(EF)(DF)	Onions, Garlic, Great Northern Beans, Water, <i>Vegetable Stock (Housemade)</i> , White Pepper, Cumin				Yes	Yes	Yes	Yes
White Vegetable Chili & GF Bread (V)(GF)(SF)(EF)(DF)	Onions, Garlic, Great Northern Beans, Water, <i>Vegetable Stock (Housemade)</i> , White Pepper, Cumin, GF Bread				Yes	Yes	Yes	Yes
Whole Wheat Crackers & Cheese (VEG)(SF)(EF)	Woven Whole Wheat Crackers, String Cheese	Wheat, Dairy	Yes		No	No	Yes	Yes
Woven Whole Wheat Crackers (Brand: Savoritz) (V)(SF)(EF)(DF) - On Menu: Whole Wheat Crackers	Whole Grain Wheat, High Oleic Canola and/or Soybean Oil with TBHD added to preserve freshness, Sea Salt	Wheat	Yes		No	Yes	Yes	Yes
Yogurt & Fruit (VEG)(GF)(SF)(EF)	Yogurt, Fruit	Dairy			Yes	No	Yes	Yes
Yogurt Parfait (VEG)(GF)(SF)(EF)	Yogurt, Fruit, <i>Granola Crumbles (Housemade)</i>	Dairy			Yes	No	Yes	Yes
Yogurt w/ Granola Crumbles (VEG)(GF)(SF)(EF)	Yogurt, <i>Granola Crumbles (Housemade)</i>	Dairy			Yes	No	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
Yogurt: Country View Dairy - Plain Greek Yogurt (VEG)(GF)(SF)(EF)	Non-Homogenized Grade A Pasteurized Milk, Milk Protein Concentrate, Pectin, Live Active Cultures: L Acidophilus & Bifidus	Dairy			Yes	No	Yes	Yes
Yogurt: DF Vanilla Coconut Yogurt (Brand: SO Delicious) (V)(GF)(SF)(EF) (DF)	Organic Coconutmilk (Filtered Water, Organic Coconut Cream), Organic Cane Sugar, Rice Starch, Contains 2% or Less of: Natural Flavor, Calcium Citrate, Pectin, Locust Bean Gum, Citric Acid, Live and Active Cultures, Vitamin D2, Vitamin B12	Coconut			Yes	Yes	Yes	Yes
Yogurt: Kemps Natural Vanilla Flavored Nonfat Yogurt (VEG)(GF)(SF) (EF)	Cultured skim milk, sugar, water, food starch-modified, natural flavor, carrageenan, pectin, tricalcium phosphate, potassium sorbate, Vitamin D3, citric acid	Dairy			Yes	No	Yes	Yes
Yogurt: Kontos - Skotidakis Greek Yogurt (VEG)(GF)(SF)(EF)	Pasteurized Grade A Cow's and Goat's Milk, Skim Milk, Cream, Active Bacterial Cultures	Dairy			Yes	No	Yes	Yes
Yogurt: Silk Vanilla Dairy Free (V)(GF) (EF)(DF)	Soymilk (Filtered Water, Soybeans), Cane Sugar, Contains 2% or Less of: Corn Starch, Natural Flavor, Pectin, Tricalcium Phosphate, Citric Acid, Dipotassium Phosphate, Sea Salt, Vanilla Bean, Live and Active Cultures, Vitamin D2, Vitamin C Ester, Mixed Tocopherols (to Protect Flavor).	Soy			Yes	Yes	No	Yes
Zucchini Bread (VEG)(SF)(DF)	Eggs, Carrots, Zucchini, Sugar, Canola Oil, Flour, Salt, Baking Powder, Baking Soda, Cinnamon	Wheat, Egg, Cinnamon			No	Yes	Yes	No
Cheese Roll Up (Housemade) (VEG) (SF)(EF)	Cheddar Cheese, Flour Tortilla 6"	Dairy, Wheat	Yes		No	No	Yes	Yes
Cheese Roll Up & Fruit (VEG)(SF)(EF)	<i>Cheese Roll Up (Housemade)</i> , Fruit	Dairy, Wheat	Yes		No	No	Yes	Yes

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
GF&DF Cheese Roll Up (Housemade) (V)(GF)(SF)(EF)(DF)	DF Italian Cheese Blend, Corn Tortilla 6"			Yes	Yes	Yes	Yes	Yes
GF&DF Cheese Roll Up & Fruit (V) (GF)(SF)(EF)(DF)	GF&DF Cheese Roll Up (Housemade), Fruit			Yes	Yes	Yes	Yes	Yes
Oat Crackers (Cinnamon Sugar) (Housemade)(VEG)(SF)(EF)	GF Oats, Flour, Milk, Water, Butter, Baking Soda, Baking Powder, Sugar, Cinnamon, Salt	Dairy, Wheat, Cinnamon			No	No	Yes	Yes
Oat Crackers (Cinnamon Sugar) & Fruit (VEG)(SF)(EF)	Oat Crackers (Cinnamon Sugar) (Housemade), Fruit	Dairy, Wheat, Cinnamon			No	No	Yes	Yes
Oat Crackers (Garlic & Parsley) (Housemade)(VEG)(SF)(EF)	GF Oats, Flour, Milk, Water, Butter, Baking Soda, Baking Powder, Sugar, Garlic, Parsley, Salt	Dairy, Wheat			No	No	Yes	Yes
Oat Crackers (Garlic & Parsley) & Cheese Cubes (VEG)(SF)(EF)	Oat Crackers (Garlic & Parsley) (Housemade), Cheese Cubes	Dairy, Wheat			No	No	Yes	Yes
Grits (Brand: Janie's Mill - Organic Golden Yellow Polenta/Grits) (V)(GF) (SF)(EF)(DF)	Organic Corn				Yes	Yes	Yes	Yes
Lentils (Brand: Heartland) (V)(GF)(SF) (EF)(DF)	Lentils				Yes	Yes	Yes	Yes

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

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

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

Menu Item	Ingredients	Possible Allergens	Contains Soybean Oil*	Contains Coconut Oil**	Gluten Free	Dairy Free	Soy Free	Egg Free
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All Bright Horizons Locations are “Nut Safe”

All products (including foods, lotions and ointments) containing nuts are prohibited from the entire center/school, including the staff lounge and other common areas. Almond products, such as milks and butters, containing nuts and are prohibited. Coconut products and products containing coconut are allowed, including coconut milk.

All ingredients should be checked to screen-out products that contain nuts or are prepared in a factory where nuts are present.