

ELIZABETH SETON HIGH SCHOOL  
JANUARY 2015 INGREDIENT LIST

JANUARY 5

**FRENCH ONION SOUP**

*Onions, Beef Stock, Chicken Stock, Burgundy Wine, Butter (cream, salt), Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves tamarind extract, natural flavorings, chili pepper extract), Water, Tamari Sauce (water, soybeans, salt), Sugar, Garlic, Brandy, Sea Salt, Spices, Pepper Sauce (distilled vinegar, red pepper, salt). **Contains milk, fish (anchovy), soy***

**PULLED BEEF BBQ SANDWICH**

*Beef, Catsup (Tomato Concentrate, Distilled Vinegar, High Fructose Corn Syrup, Salt, Onion Powder, Spice, Natural Flavorings), Vinegar, Brown Sugar, Molasses, Worcestershire Sauce (Water, Vinegar, Salt, Corn Sweetener, Hydrolyzed Soy Protein, Citric Acid, Caramel Color, Flavorings, Silicon Dioxide, Black Pepper), Mustard (Water, Distilled Vinegar, Mustard Seed, Mustard Bran, Salt, Turmeric), Vegetable Oil, Salt, Red Pepper, Black Pepper. **Contains Soy Protein***

**PULLED CHICKEN BBQ SANDWICH**

*Chicken Meat, Water, Seasoning (sugar, molasses, maltodextrine, dextrose, flavor, corn syrup solids, salt, sodium diacetate, barley malt flour, caramel color, modified corn starch, monosodium glutamate, paprika extractives, smoke flavor, sulfites, tomato powder, vinegar solids), Modified Food Starch, Salt, Sodium Phosphates, Mono & De-Glycerides and Malto Dextrin, Barbeque Sauce (Distilled vinegar, high fructose corn syrup, tomato paste, water, corn syrup, salt, mustard bran, molasses, spices, onion powder, sodium benzoate (0.1% as a preserve), Garlic Powder, Sugar, Caramel Color, Natural Flavor*

**SWEET POTATO FRIES**

*Sweet Potatoes, Canola Oil, Modified Food Starch, Rice Flour, Cornstarch, Dextrin, Salt, Dextrose, Xanthan Gum, Leavening, Colored with Turmeric and Oleoresin Paprika. **Contains Wheat***

**COLE SLAW**

*Mayonnaise (**contains Soybean Oil, Eggs**) Celery Seed, Sugar, Salt Pepper, Carrots, Cabbage, Garlic*

**CHOCOLATE BROWNIES**

*Granulated Sugar, Semi-Sweet Chocolate Chips, Eggs, Flour, Margarine - Transfat Free, Butter, Cocoa, Vanilla Extract, Salt, Baking Powder **Contains Egg, Dairy, Wheat***

JANUARY 6

**PEPPER STEAK**

*Sirloin Chunks, Canola Oil, Green Bell Pepper, White Onion, Flour, Tomato Paste, Black Pepper **Contains Wheat***

**RATATOUILLE**

*Vegetable Oil, Yellow Onion, Garlic, Tomato Sauce, Red Pepper, Green Peppers, Eggplant, Zucchini, Italian Seasoning, Flour, Red Pepper Flakes, Kosher Salt, Pepper, **Contains Wheat***

**STEAMED BROWN RICE**

*Brown Rice, Salt, Pepper, Onion, Bay Leaf, Water, Olive Oil Blend*

**GREEN PEAS (GF)**

*Peas, Kosher Salt, Water, Pepper*

JANUARY 7

**LENTIL SOUP (V)**

*Water, Lentils, Carrots, Onions, Olive Oil, Turnips, Celery, Tomato Paste (tomatoes, naturally derived citric acid), Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must), Garlic, Sea Salt, Spices, Paprika, Parsley*  
**Contains Soy**

**ANCHO CHILI CREMA CHICKEN BREAST**

*Chicken Breast, Chili Powder, Garlic Powder, Salt, Pepper, Olive Oil, Ancho Chili Crema (Unsalted Butter, Whole Milk, Flour, Salt, Pepper)* **Contains Milk, Wheat**

**CORN PUDDING**

*Corn, eggs, heavy cream, condensed milk, all purpose flour, baking powder, salt* **Contains Eggs, Milk, wheat**

**GREEN BEANS (GF)**

*Green Beans, Olive Oil, Salt & Pepper*

**SUGAR COOKIES**

*Butter, Flour, Sugar, Eggs, Baking Powder, Salt* **Contains Eggs, Dairy, Wheat**

JANUARY 8

**STEAK AND CHEESE SUB**

*Beef, water, modified food starch, salt sodium phosphates, dextrose, hydrolyzed soy and corn protein, flavoring (extractives of onion and spices) Sliced Provolone Cheese, Grilled Peppers & Onions, Hoagie Rolls* **Contains Wheat, Milk, Soy**

**ROASTED VEGGIE SUB**

*Red Peppers, Yellow Pepper, Portabella Mushrooms, Red Onion, Grilled Zucchini & Squash, Sub Roll* **Contains Wheat**

**SUN CHIPS (original)**

*Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, salt,* **Contains Wheat**

JANUARY 9

**MINESTRONE SOUP (V)**

*Vegetable Stock, Water, Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), White Beans, Savoy Cabbage, Tomato Paste (tomatoes, naturally derived citric acid), Potatoes, Ditalini (semolina, durum flour), Onions, Broccoli, Carrots, Cauliflower, Zucchini, Summer Squash, Olive Oil, Celery, Parmesan Cheese (part-skim milk, cheese cultures, salt, enzymes), Garlic, Sea Salt, Parsley, Basil, Spices, Paprika* **contains wheat, milk**

**CHICKEN TENDERS (NEW)**

*Battered And Breaded With: Wheat Flour, \*Water, Modified Corn Starch, Yellow Corn Flour, Salt, Contains 2% Or Less Of The Following: Dehydrated Green Bell Pepper, Dextrose, Extractives Of Paprika, Garlic Powder, Hydrolyzed Wheat And Corn Gluten, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate), Maltodextrin, Natural Flavor, Onion Powder, Soybean Oil (As A Processing Aid), Spices, Wheat Gluten, Yeast Extract.* **Contains Wheat, Soy**

**MACARONI & CHEESE (V)**

*Macaroni, Milk, Cheddar Cheese, Parmesan Cheese, Flour, Butter, Paprika, Salt, Pepper.* **Contains Wheat, Milk**

**FRESH VEGETABLE MEDLEY (GF)**

*Olive Oil, Vinegar, Broccoli, Red Peppers, Yellow Peppers, Red Onion*

### **TRIPLE RAISIN BAR**

*Shortening, Brown Sugar, Ground Cinnamon, Salt, Nutmeg, Clove, Ginger, Eggs, Molasses, Baking Soda, Baking Powder, Pastry Flour, Raisins **Contains Eggs, Wheat***

JANUARY 12

### **BROCCOLI CHEDDAR SOUP (GF, V)**

*Water, Broccoli, Cheddar Cheese (milk, cheese cultures, salt, enzymes, annatto), Rice Flour, Light Cream, Olive Oil, Butter (cream, salt) Rice Starch, Onions, Sea Salt, Spices **Contains milk***

### **ALL BEEF HOT DOGS**

*Beef, Water, Contains Less than 2% of: Salt, Sorbitol Sodium Lactate, Hydrolyzed Soy, Corn and Wheat Gluten Protein, Paprika, Natural Flavorings, Sodium Doacetate, sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. **Contains Soy, Wheat.***

### **GARDEN BURGER - BLACK BEAN BURGER (V)**

*Water, Cooked Black Beans (Water, Black Beans, Salt), Cooked Brown Rice (brown rice, water), soy protein concentrate, onions, whole kernel corn, bulgur wheat with water for hydration, soy protein isolate, green chiles, mid-oleic canola oil, salt, contains two percent or less of spices, red bell peppers, modified vegetable gum, yeast extract, sugar, onion powder, tomato powder, natural flavor, garlic powder, paprika (for color) turmeric color, caramel color **Contains Soy protein, wheat***

### **BAKED BEANS**

*Prepared White Beans, Water, Brown Sugar, Sugar, Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Turmeric, Spices), Bacon, Modified Corn Starch, Onion Powder, Caramel Color, Spices, Garlic Powder and Natural Flavor.*

### **PEACH & RASPBERRY YOGURT**

*Cultured pasteurized grade A low fat milk, sugar, raspberries, modified corn starch, nonfat milk, high fructose corn syrup, kosher gelatin, citric acid, colored with beet juice concentrate, tricalcium phosphate, natural flavor, pectin, vitamin A acetate, vitamin D3. With active yogurt cultures including L. acidophilus **Contains Milk***

JANUARY 13

### **CHICKEN AND WAFFLES**

**CHICKEN:** *Battered And Breaded With: Wheat Flour, \*Water, Modified Corn Starch, Yellow Corn Flour, Salt, Contains 2% Or Less Of The Following: Dehydrated Green Bell Pepper, Dextrose, Extractives Of Paprika, Garlic Powder, Hydrolyzed Wheat And Corn Gluten, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate), Maltodextrin, Natural Flavor, Onion Powder, Soybean Oil (As A Processing Aid), Spices, Wheat Gluten, Yeast Extract. **Contains Soy, Wheat***

**WAFFLES:** *Ingredients: Mix [Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Meal, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Dried Whole Eggs, Sugar, Soybean Oil, Nonfat Dry Milk, Malt Powder (Malted Barley Flour, Wheat Flour, Dextrose), Artificial Flavor, Salt], Water, Vegetable Oil [Liquid And Partially Hydrogenated Soybean Oil, Lecithin, Artificial Butter Flavor, Beta Carotene (Color), Tbhq And Citric Acid Added To Protect Flavor]. **Contains: Egg, Milk, Soy, Wheat***

### **KALE, BRAISED**

*Kale, Olive Oil, Onions, Salt, Pepper, Red Pepper Flakes, Minced Garlic, Chicken Stock, Vinegar*

JANUARY 14

### **TOMATO W/ GARDEN VEGETABLES SOUP (GF, V)**

*Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Water, Zucchini, Summer Squash, Onions, Carrots, Yellow Wax Beans, Green Beans, Celery, Olive Oil, Rice Flour, Scallions, Corn Oil, Spices, Sea Salt, Garlic*

#### **BREAD BOULE**

*Enriched flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water. Contains less than 2% of the following: wheat gluten, yeast, salt, dough, conditioner (datem, ascorbic acid, l-cysteine, azodicarbonamide, enzyme, wheat gluten) dextrose, soybean oil **Contains soy, wheat***

#### **SPINACH AND ARTICHOKE DIP**

*Spinach, Artichoke Heart, Yellow Onion, Cheddar Cheese, Butter, Heavy Cream, Parmesan Cheese, Feta **contains MILK***

#### **CHIPS - TORTILLA**

*Ground Corn Treated with Lime, Water, Vegetable Oil (Contains One or More of the Following: Cottonseed Oil, Corn Oil), Salt.*

#### **GREEN BEANS (GF)**

*Green Beans, Olive Oil, Salt & Pepper*

#### **SNICKERDOODLE COOKIES**

*Butter, Sugar, Baking Soda, Cream of Tartar, Egg, Vanilla, Flour, Cinnamon **Contains Eggs, Dairy, Wheat***

#### **JANUARY 15**

#### **CHICKEN PARMESAN WRAP (CHICKEN PIZZIOLA)**

*Chicken Tenders, Marinara, Mozzarella cheese, Parmesan cheese, Tortilla **Contains Dairy, Wheat, Soy***

#### **TOMATO MOZZARELLA WRAP**

*Sundried tomato tortilla, tomato, mozzarella cheese, basil **Contains Wheat, Dairy***

#### **ITALIAN VEGETABLE BLEND (GF)**

*Broccoli, Cauliflower, Carrots, Red Pepper, Kosher Salt, Pepper*

#### **JANUARY 16**

#### **SPLIT PEA & HAM SOUP (GF)**

*Peas, Pork Stock, Onions, Uncured Ham (pork, water, sea salt, evaporated cane juice, celery powder, spices), Carrots, Celery, Pork Fat, Sea Salt, Garlic, Spices*

#### **SPAGHETTI & MEATBALLS IN MARINARA**

***Pasta (Whole Wheat), Meatballs** (Beef, pork, water, soy protein concentrate, seasoning (salt, nonfat dry milk, spices, onion powder, garlic powder, dehydrated parsley, Romano cheese [part skim cow's milk, cheese cultures, salt, enzymes], dehydrated egg whites, textured vegetable protein (soy flour), bread crumbs (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], corn syrup, sugar, partially hydrogenated soybean oil and/or cottonseed oil, yeast, salt, soy flour, whey, sodium steryl 2 lactylate, calcium propionate, sesame seeds) **Sauce (Marinara)** Diced Tomatoes in Juice, Tomato Puree, Onions, Sauterne Wine, Corn Syrup, Crushed Garlic, Salt, Olive Oil, Soybean Oil, Spices, Carrot Fiber, Natural Flavor, Citric Acid, Calcium Chloride, Lemon Juice Concentrate, Xanthan Gum. **CONTAINS egg, milk, soy, wheat***

#### **SPAGHETTI WITH OLIVE OIL**

***Contains Wheat***

#### **SAUCE MARINARA (GF)**

*Diced Tomatoes in Juice, Tomato Puree, Onions, Sauterne Wine, Corn Syrup, Crushed Garlic, Salt, Olive Oil, Soybean Oil, Spices, Carrot Fiber, Natural Flavor, Citric Acid, Calcium Chloride, Lemon Juice Concentrate, Xanthan Gum **Contains Soy***

#### **FRESH MIXED VEGETABLES (GF)**

*Carrot, Corn, Peas, Green Beans, Lima Beans, Kosher Salt, Pepper, Olive Oil*

#### **BREADSTICKS**

*Ciabatta Dough (enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour) Water, Durum Flour (dried durum wheat sourdough, yeast, ascorbic acid, enzymes) Salt, Bred-Mate (cultured wheat flour) **Contains Wheat***

#### **CREAM CHEESE CRUMB CAKE**

*Flour, Whole Eggs, Salt, Granulated Sugar, Baking Powder, Soya Oil, Cocoa Powder, Cream Cheese, Powdered Sugar **Contains Eggs, Dairy, Soy***

JANUARY 19

MLK HOLIDAY – NO LUNCH SERVICE

JANUARY 20

#### **ROTISSERIE TURKEY BREAST (GF) SERVED WITH GRAVY**

*Turkey Breast, Chicken Stock, Gravy (Chicken Stock, Flour, Celery, Onion, Carrots, Salt, Pepper, Sage) **Contains Wheat.***

#### **QUICHE SPINACH**

*Frozen Spinach, Eggs, Milk, Flour, Cheddar Cheese, Mozzarella Cheese, Monterey Jack Cheese, Pie Dough. **Contains Wheat, Eggs and Milk***

#### **ROASTED ROSEMARY RED SKINNED POTATOES (GF)**

*Red Potatoes, Garlic Powder, Dried Rosemary, Salt, Pepper, Olive Oil*

#### **GREEN PEAS (GF)**

*Peas, Kosher Salt, Water, Pepper*

JANUARY 21

#### **NEW ENGLAND CLAM CHOWDER**

*Light Cream, Clam Meat, Potatoes, Fish Stock, Onions, Wheat Flour, Soybean Oil, Butter (cream, salt) Clam Broth (dehydrated clam broth, Maltodextrin), Ses Salt, Celery, Salt Pork (pork, sea salt), Spices, Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorits, chili pepper extract), Garlic. **Contains Milk, Clam, Wheat, Soy, fish (cod/haddock, anchovy) ingredients***

#### **CHICKEN CAPRESE**

*Chicken, Italian Seasoning, Lemon Peel, Olive Oil Blend, Balsamic Vinegar, Roma Tomatoes, Mozzarella Cheese, Basil, **Contains Dairy***

#### **EGGPLANT PARMESAN**

*Eggplant, Bread Crumbs, Reduced Fat Mozzarella Cheese, Salt, Pepper, Marinara Sauce (Diced Tomatoes, Tomato Puree, Onions, Sauterne Wine, Corn Syrup, Crushed Garlic, Salt, Olive Oil, Soybean Oil, Spices, Lemon Juice) **Contains Milk, Wheat, Soy***

#### **PENNE PASTA**

*Whole Wheat Penne Pasta, Water, Olive oil **contains wheat***

#### **SAUCE MARINARA (GF)**

*Diced Tomatoes in Juice, Tomato Puree, Onions, Sauterne Wine, Corn Syrup, Crushed Garlic, Salt, Olive Oil, Soybean Oil, Spices, Carrot Fiber, Natural Flavor, Citric Acid, Calcium Chloride, Lemon Juice Concentrate, Xanthan Gum **Contains Soy***

#### **FRESH VEGETABLE MEDLEY (GF)**

*Olive Oil, Vinegar, Broccoli, Red Peppers, Yellow Peppers, Red Onion*

#### **CHOCOLATE PUDDING**

*Non-fat milk, Water, Sugar, Vegetable Oil, Palm Oil, Sunflower Oil, Cocoa, Salt, Corn Starch, **Contains Dairy***

#### **VANILLA PUDDING**

*Non-fat milk, Water, Sugar, Vegetable Oil, Palm Oil, Sunflower Oil, Soya Oil, Natural Flavor, **Contains Dairy, Soy Oil***

JANUARY 22

#### **PIZZA Freshly Made Ridgewells Focaccia topped with Tomato Sauce, Mozzarella Cheese & Pepperoni (optional)**

*Dough (Flour, Sugar, Salt, Yeast, Pesto without nuts, Olive Oil, Water) Tomato Sauce (Tomato, Onion, Garlic, Bay Leaf, Oregano, Basil, Marjoram, Salt, Pepper, Mozzarella Cheese, Pepperoni **Contains Wheat, Eggs and Milk.***

#### **FRESH MIXED VEGETABLES (GF)**

*Carrot, Corn, Peas, Green Beans, Lima Beans, Kosher Salt, Pepper, Olive Oil*

JANUARY 23

#### **TOMATO BASIL SOUP (GF)**

*Tomatoes (tomatoes, salt, naturally derived citric acid), Beef Stock, Carrots, Onions, Tomato Paste (tomatoes, naturally derived citric acid), Olive Oil, Sherry Wine, Basil, Parsley, Thyme, Garlic, Sea Salt, Spices.*

#### **CHICKEN POT PIE**

*Chicken, Carrots, Peas, Celery, Red Onion, All Purpose Flour, Celery Seed, Chicken Broth, Milk, Puff Pastry Sheet **Contains Wheat, Dairy***

#### **VEGETABLE POT PIE**

*Carrots, Peas, Celery, Red Onion, Flour, Pepper, Celery Seeds, Vegetable Broth, Milk, Pastry Dough **contains wheat, milk***

#### **OATMEAL RAISIN COOKIES**

*Butter, Brown Sugar, Granulated Sugar, Eggs, Vanilla, Bread Flour, Baking Soda, Ground Cinnamon, Salt, Oats, Golden Raisins **Contains Egg, Dairy, Wheat***

JANUARY 26

#### **ROASTED VEGETABLE SOUP (GF, V)**

*Water, Potatoes, Onions, Savoy Cabbage, Carrots, Celery, Leeks, Olive Oil, Parsley, Garlic, Sea Salt, Spices*

#### **BOW TIE PASTA BAR**

*Bow Tie Pasta, Marinara Sauce (Diced Tomatoes, Tomato Puree, Onions, Sauterne Wine, Corn Syrup, Crushed Garlic, Salt, Olive Oil, Soybean Oil, Spices, Lemon Juice), Alfredo Sauce (Heavy Cream, Flour, Parmesan Cheese, Butter, Salt, Pepper). **Contains Wheat and Soy.***

#### **SAUCE - PESTO**

*Basil, Parmesan Cheese, EVOO, Heavy Cream, **Contains Dairy***

#### **GLAZED CARROTS**

*Butter, Carrots, Brown Sugar, Kosher Salt, Pepper, **Contains Dairy***

#### **BLUEBERRY CAKE**

*Flour, Eggs, Soya Oil, Blueberries, Baking Powder, **Contains Eggs, Soy, Wheat***

JANUARY 27

#### **GRILLED CHICKEN FLATBREAD SANDWICH**

*Roasted Chicken Breast, Flatbread, Monterrey Jack Cheese, Honey Mustard, Pickles., **Contains Wheat, Milk***

### **ROASTED VEGETABLE SANDWICH**

*Roasted Red Onion, Red Pepper, Zucchini, Mushroom on Flatbread **Contains Wheat***

### **SUN CHIPS (original)**

*Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, salt, **Contains Wheat***

**JANUARY 28**

### **TOMATO BISQUE**

*Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Chicken Stock, Light Cream, Onions, Tomato Paste (tomatoes, naturally derived citric acid), Carrots, Sherry wine, Butter (cream, salt), Wheat Flour, Basil, Olive Oil, Parsley, Spices, Sea Salt, Garlic **contains milk, wheat***

### **BEEF SIRLOIN TIPS WITH GRAVY**

*Beef, Gravy (Flour, Salt, Pepper ) **Contains Wheat***

### **GARDEN BURGER - BLACK BEAN BURGER (V)**

*Water, Cooked Black Beans (Water, Black Beans, Salt), Cooked Brown Rice (brown rice, water), soy protein concentrate, onions, whole kernel corn, bulgur wheat with water for hydration, soy protein isolate, green chiles, mid-oleic canola oil, salt, contains two percent or less of spices, red bell peppers, modified vegetable gum, yeast extract, sugar, onion powder, tomato powder, natural flavor, garlic powder, paprika (for color) turmeric color, caramel color **Contains Soy protein, wheat***

### **EGG NOODLES**

*Egg Pasta, Water, Olive Oil, Salt, Pepper, **Contains Egg***

### **GREEN BEANS (GF)**

*Green Beans, Olive Oil, Salt & Pepper*

### **CREAM CHEESE BROWNIES**

*Granulated Sugar, Eggs, Semi-Sweet Chocolate Chips, Flour, Butter, Margarine-Transfat Free, Cream Cheese, Cocoa, Vanilla Extract, Salt, Baking Powder **Contains Egg, Dairy, Wheat***

**JANUARY 29**

### **TURKEY SAUSAGE & PEPPER SUB**

*Turkey Sausage, Red & Green Peppers, White Onions, Sub Roll **Contains Wheat***

### **ROASTED VEGGIE SUB**

*Red Peppers, Yellow Pepper, Portabella Mushrooms, Red Onion, Grilled Zucchini & Squash, Sub Roll **Contains Wheat***

### **KETTLE CHIPS**

*Potatoes, Corn Oil, Salt*

**JANUARY 30**

### **BLACK BEAN SOUP (GF, V)**

*Black Beans, Water, Orange Juice, Onions, Roasted Red Peppers, Roasted Sweet Corn, Green Chilies (green chile peppers, water, salt, naturally derived citric acid), Tomato Puree (tomatoes, salt, naturally derived citric acid), corn oil, Sea salt, Spices, Lime Juice, Cilantro, Garlic Paprika*

### **BBQ BAKED CHICKEN DRUMSTICKS (GF)**

*Chicken, Salt, Pepper, Garlic Powder, BBQ Sauce: Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Water, Distilled Vinegar, Molasses, Salt, Contains less than 2% of the following: Mustard Bran, Natural Hickory Smoke Flavor, Spices, Onion Powder, Garlic Powder, Sodium Benzoate (preservative), Caramel Color, Sugar, Natural Flavor*

**MACARONI & CHEESE (V)**

*Macaroni, Milk, Cheddar Cheese, Parmesan Cheese, Flour, Butter, Paprika, Salt, Pepper. **Contains Wheat, Milk***

**BROCCOLI SPEARS (GF)**

**FRUIT YOGURT PARFAIT**

**Fresh Berries, Greek Yogurt** Cultured Pasteurized Grade A Nonfat Milk, Sugar, Corn Starch, Natural Flavor, Pectin, Contains the following live cultures: *Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactobacillus Acidophilus, Bifidus, Cactobacillus Casei* **Vanilla Yogurt**- Nonfat Yogurt (cultured Grade A nonfat milk, modified Food Starch, Fructose, Kosher Gelatin, Vitamin A Palmitate, VitaminD3), Water, Fructose, Contains less than 1% of modified corn starch, natural and artificial flavors, citric acid, aspartame, sodium Citrate, Potassium Sorbate (to maintain freshness), Caramel Color, Acesulfame Potassium, Sucralose, Annatto Extract (for color), Contains active yogurt cultures including *L Acidophilus, Phenylketonurics: Contins Phenylalanine* **Granola** Whole Grain Oats, Sugar, Canola Oil, Yellow Corn Flour, Honey, Soy Flour, Brown Sugar Syrup, Salt, Soy Lecithin, Baking Soda, Natural Flavor. **Contains Soy, Dairy**

**BREADS & ROLLS MAY CONTAIN SESAME SEEDS AND SHOULD BE EXAMINED  
BEFORE EATING**

**RIDGEWELLS TAKES A PROACTIVE APPROACH TO A NO NUT POLICY,  
HOWEVER PRODUCTS SECURED FROM OUTSIDE VENDORS MAY BE  
PRODUCED IN FACILITIES WHERE NUTS ARE USED.**