

HIGH SCHOOL INGREDIENTS

Table of Contents

Mexican Items

Bean Burrito
Beef Burrito
Chicken Soft Taco
Combo Burrito
Gordita
Hard Taco
Nachos
Soft Taco

Salads

7-Layer
Apple Walnut
Asian Noodle
Bowtie Antipasto
Broccoli
Chix Tortellini
Couscous w/Chix
Crispy Chix
Greek Pasta
Harvest Salad
Michigan Cherry
Penne Pasta w/Meat
Salad Bar
Southwest Chix
Spinach
Taco
Tuscan Bread

Sandwiches

BREAD

8" Sub
9 Grain
10" Tortilla
Croissant
Flatbread
Hamburger
Honey Wheat Tortilla
Hot Dog Bun
Texas Toast
Whole Grain White

Antipasto Wrap
Bacon Cheese Wrap
BBQ Chicken Wrap
Bistro Croissant
Breakfast Sand
Buffalo Chix Wrap
Burgers
California Club
Cape Codder
Chix Bacon Cheddar Wrap
Chix Caesar Pita
Chix Filet
Chix Patty
Chix Shawarma
Club

Sandwiches continued

Crispy Chix Artichoke Wrap
Cuban
Egg Salad
French Dip
French Riviera
Greek Chix Wrap
Greek Islands
Grilled Cheese
Ham & Swiss Roll-Up
Meatball Sub
Mediterranean Flatbread
Mustang Wrap
Reuben
Salami Roll-Up
Salami Turkey Roll-Up
TBC

Specials

Angel Hair w/Marinara
Beef & Cheese Enchiladas
Beef Tips & Noodles
Belgian Waffle
Bowtie Pasta w/Chix
Chix Dijon
Chix Fajitas
Chix Fettuccine
Chix Parmesan
Fettuccine Alfredo
General Tso's Chix

Specials continued

Mac & Cheese
Manicotti
Mashed Potatoes
Mostaccioli
Pasta Carbonara
Specials continued
Penne Pasta w/Meatballs
Sausage Patty
Thai Noodles with Chicken
Veggie Pasta
Veggie Tortellini

Miscellaneous

Bosco Sticks
 Marinara Sauce
Chicken Nuggets
Chicken Patty
Chicken Tenders
Cookies
 Chocolate Chip
 M&M
Garlic Cheese Bread
Pita w/Hummus
Pizza Dough
 Pizza Cheese
 Pizza Sauce

MEXICAN ITEMS

Cheddar Cheese- (in many of the items listed)

Cultured pasteurized milk, salt, enzymes, annatto (color), powdered cellulose (anti-caking agent).

Bean Burrito – tortilla (bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides, contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate and potassium sorbate), refried beans (pinto beans, partially hydrogenated corn oil [freshness preserved with TBHQ], salt and calcium chloride), taco sauce (tomato puree [water, tomato paste], water, sugar, distilled vinegar, modified corn starch, less than 2% of: dextrose, corn flour, salt, dehydrated onions, chile pepper, spice, citric acid, garlic powder, paprika [spice and color], hydrogenated soybean oil, sodium benzoate [preservative]), Cheddar cheese.

Beef Burrito – tortilla (bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides, contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate and potassium sorbate), taco meat (ground beef (no more than 20% fat). Water, tomato paste, textured vegetable protein (soy protein concentrate, caramel color), seasoning (dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), salt, caramel color, vinegar, paprika extract), taco sauce (tomato puree [water, tomato paste], water, sugar, distilled vinegar, modified corn starch, less than 2% of: dextrose, corn flour, salt, dehydrated onions, chile pepper, spice, citric acid,

garlic powder, paprika [spice and color], hydrogenated soybean oil, sodium benzoate [preservative], contains:soy,wheat), Cheddar cheese.

Cheese Nachos-

Chips (Yellow food grade corn, vegetable oil (contains one or more of the following: soybean oil, corn oil), water, salt, trace of lime, and TBHQ (used as a preservative). Cheese Sauce (Water, partially hydrogenated soybean oil, corn starch-modified, aged Cheddar cheese (cultured milk, salt, enzymes, annatto color), whey, contains 2% or less of vinegar, sodium phosphate, salt, xanthan gum, yeast extract, cream, annatto color, sodium stearoyl lactylate, carotenal color, lactic acid, citric acid.

Chicken Soft Taco – tortilla (bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides, contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate and potassium sorbate), fajita chicken (chicken meat, chicken broth, modified food starch, seasoning [dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors], soy protein concentrate, seasoning [salt, spices, dehydrated garlic, dehydrated onion, soybean oil], sodium phosphates, natural flavor), salsa (tomato concentrate [water, tomato paste], diced tomatoes, jalapeno peppers, green chiles, yellow chiles, vinegar, salt, dried onion, dried garlic, cilantro, natural flavor), Cheddar cheese, lettuce.

Combo Burrito – tortilla(bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable

oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides, contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate and potassium sorbate), refried beans (pinto beans, partially hydrogenated corn oil [freshness preserved with TBHQ], salt and calcium chloride), taco meat (ground beef [no more than 20% fat], water, tomato paste, textured vegetable protein [soy protein concentrate, caramel color], seasoning [dehydrated onions, chili pepper and other spices, dehydrated garlic, salt], salt, caramel color, vinegar, paprika extract), taco sauce (tomato puree [water, tomato paste], water, sugar, distilled vinegar, modified corn starch, less than 2% of: dextrose, corn flour, salt, dehydrated onions, chile pepper, spice, citric acid, garlic powder, paprika [spice and color], hydrogenated soybean oil, sodium benzoate [preservative]), Cheddar cheese.

Double-Decker Taco-

Taco shell(enriched corn flour [corn flour, lime, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil), taco meat(ground beef [no more than 20% fat], water, tomato paste, textured vegetable protein [soy protein concentrate, caramel color], seasoning [dehydrated onions, chili pepper and other spices, dehydrated garlic, salt], salt, caramel color, vinegar, paprika extract), lettuce, cheese, tortilla(bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides, contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate and potassium sorbate), refried beans (pinto beans,

partially hydrogenated corn oil [freshness preserved with TBHQ], salt and calcium chloride).

Gordita-

Pita (Enriched wheat flour,(wheat flour, malted barley flour, niacin, reduced iron, (thiamine) mononitrate, (riboflavin) and folic acid), water, sugar, soybean oil, yeast, salt, vegetable gums, monocalcium phosphate, calcium propionate, sodium stearoyl lactylate (SSL), baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), enzymes (proteases and amylases). Product contains: wheat, soy), taco meat (ground beef [no more than 20% fat], water, tomato paste, textured vegetable protein [soy protein concentrate, caramel color], seasoning [dehydrated onions, chili pepper and other spices, dehydrated garlic, salt], salt, caramel color, vinegar, paprika extract), lettuce, cheese.

Hard Taco –

Taco shell (enriched corn flour [corn flour, lime, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil), nacho meat (ground beef [no more than 20% fat], water, tomato paste, textured vegetable protein [soy protein concentrate, caramel color], seasoning [dehydrated onions, chili pepper and other spices, dehydrated garlic, salt], salt, caramel color, vinegar, paprika extract), Cheddar cheese, lettuce.

Nachos Supreme-

Chips (yellow food grade corn, vegetable oil (contains one or more of the following: soybean oil, corn oil), water, salt, trace of lime, and TBHQ (used as a preservative), taco meat (ground beef [no more than 20% fat], water, tomato paste, textured vegetable protein [soy protein concentrate, caramel color], seasoning [dehydrated onions, chili pepper and other spices, dehydrated garlic, salt], salt, caramel color, vinegar, paprika extract), refried beans (pinto beans, partially hydrogenated corn oil [freshness preserved with TBHQ], salt and calcium chloride), cheese, tomatoes, green onions (optional), sour cream.

Soft Taco – tortilla (bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water,

soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides, contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate and potassium sorbate), nacho meat(ground beef [no more than 20% fat], water, tomato paste, textured vegetable protein [soy protein concentrate, caramel color], seasoning [dehydrated onions, chili pepper and other spices, dehydrated garlic, salt], salt, caramel color, vinegar, paprika extract), cheddar cheese, lettuce.

Travelin' Taco-

Fritos, taco meat, cheese sauce, lettuce, tomatoes.

Veggie Nachos-

Chips,(yellow food grade corn, vegetable oil (contains one or more of the following: soybean oil, corn oil), water, salt, trace of lime, and TBHQ (used as a preservative), refried beans (pinto beans, partially hydrogenated corn oil [freshness preserved with TBHQ], salt and calcium chloride), cheese, tomatoes, green onions (optional), sour cream.

SALADS

7-Layer-

Peas, eggs, bacon, Cheddar cheese, lettuce, tomatoes, salad dressing.

Apple Walnut Salad-

Romaine, candied walnuts (walnuts, butter, cinnamon), red onions, Granny Smith apple, Feta cheese, Balsamic vinegar dressing.

Asian Noodle-

Lo mein noodles, sesame dressing, cabbage, carrots, water chestnuts, green onions, fajita chicken, mandarin orange slices.

Bowtie Antipasto-

Bowtie pasta, salami, black olives, green peppers, green onions, mild peppers, Parmesan Italian dressing, Italian dressing, garlic powder, cherry tomatoes, Parmesan cheese.

Broccoli-

Broccoli, bacon, sunflower seeds, dried cherries, red onion, salad dressing, sugar, milk.

Chicken Tortellini- Cheese tortellini (enriched durum flour {durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate [vitamin B1], riboflavin [B2], folic acid}, water, ricotta cheese {whey, milk, vinegar, salt}, Parmesan and cheese whey blend {imported Parmesan cheese [part skim cow's milk, cheese cultures, salt, enzymes], cheese, whey, salt}, bread crumbs {bleached wheat flour, dextrose, yeast, partially hydrogenated vegetable oil [soybean oil and/or cottonseed oil], salt}, imported Pecorino Romano and cheese whey blend {imported Romano cheese [part skim sheep's milk, cheese cultures, salt, enzymes], cheese whey, salt}, eggs, salt, spices, natural flavors.) diced chicken, black olives, green pepper, red onion, Provolone cheese, grated Parmesan cheese, Parmesan Italian dressing, Romaine lettuce.

Couscous with Chicken-

Couscous, chicken, red bell peppers, raisins, sliced almonds, Romaine lettuce, honey mustard.

Crispy Chicken-

Romaine, chicken tenders, hard-boiled egg, Cheddar cheese.

Greek Pasta-

Mostaccioli, cherry tomatoes, cucumber, green onions, black olives, olive oil, lemon juice, basil, oregano, garlic, salt, black pepper, Feta cheese.

Harvest Salad-

Green apples, blueberries, Feta cheese, mixed greens, raspberry vinaigrette.

Michigan Cherry-

Romaine, crumpled blue cheese, dried cherries, walnuts, red onion, blue cheese dressing.

Penne Pasta with Meat-

Penne pasta, red onions, cucumbers, black olives, pepperoni, cherry tomatoes, Parmesan Italian dressing, Italian dressing, Parmesan cheese.

Salad Bar Options-

(Lettuce = mixture of romaine, iceberg, radicchio)

Bacon, Beets, Black Olives, Broccoli, Carrots, Cauliflower, Cheddar Cheese,

Chick Peas, Chicken Salad (diced chicken, celery, salad dressing, lemon juice, walnuts, garlic salt), Cottage Cheese, Croutons, Cucumbers, Green

Peas, Green Pepper, Ham, Hard- Boiled Egg, Mild Pepper Rings,

Mozzarella Cheese, Pasta Salad (red onion, garlic salt, rotini pasta [durum wheat semolina {enriched with iron – ferrous sulfate}, and B vitamins {niacin, thiamin mononitrate, riboflavin, folic acid}], tomato solids, dried spinach), garlic salt, broccoli, peas, tomatoes, cucumbers, celery, green peppers, Ranch dressing (water, soybean oil and/or canola oil, corn syrup, distilled vinegar, whole egg, modified corn starch, buttermilk powder, salt, maltodextrin, dried garlic, sour cream powder [sour cream {cream culture, sodium citrate, mono and diglycerides, guar gum, carrageenan}, skim milk

solids], xanthan gum, natural flavor, lactic acid, monosodium glutamate, spice, potassium sorbate (preservative), artificial flavor, dried onion, calcium disodium edta added to protect flavor), salad dressing (water, high fructose corn syrup, soybean and/or canola oil, distilled vinegar, modified corn starch, egg yolk, salt, seasoning [dextrose, spices, onion & garlic powder, spice extractives], sodium benzoate, and potassium sorbate [preservatives], apple & lemon juice concentrate, paprika extract, Popcorn Chicken, Red Onion, Sunflower Seeds, Tomato, Tuna Salad (tuna, onion, celery, salad dressing), Turkey

Southwest Chicken-

Mixed lettuce, fajita chicken (seasoned with chili powder, garlic, cumin), shredded Cheddar, green peppers, black olives.

Spinach Salad-

Spinach, red onion, bacon, hard-boiled egg, Mozzarella cheese, poppy seed dressing.

Taco Salad-

Lettuce, taco meat, refried beans, cheese, tomatoes, green onions (optional).

Tuscan Bread-

Red wine vinegar, olive oil, salt, pepper, multi-grain bread, tomatoes, cucumbers, Provolone cheese, Kalamata olives.

SANDWICHES

Bread

8" White Sub Bun -

Wheat flour, water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of the following: salt, wheat gluten, yeast ingredients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor), monoglycerides, sodium stearoyl lactylate, ethoxylated monodiglycerides, malted barley flour, enrichment [ferrous sulfate (iron), thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid].

9 Grain –

Water, whole grain wheat flour, unbleached wheat flour, sugar, yeast, wheat gluten, honey, wheat bran, whole grain rye meal, soybean oil, salt, whole grain oatmeal, whole grain rye flour, whole grain rice flour, whole grain barley flakes, vinegar, wheat germ, corn meal, whole grain flax seed, whole grain millet, whole grain triticale, malted barley flour, enrichment [ferrous sulfate (iron), thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid], ascorbic acid, topped with oat bran.

10" Tortilla -

Bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides, contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate and potassium sorbate).

Croissant - Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, margarine (partially hydrogenated soybean oil, water, partially hydrogenated cottonseed oil, sugar, soy lecithin, mono- & diglycerides, potassium sorbate & citric acid (preservatives), artificial flavor, beta carotene color, vitamin a palmitate), high fructose corn syrup, contains less than 2% of each of the following: yeast, whey, salt, vegetable shortening (partially hydrogenated soybean & cottonseed oils), wheat gluten, monoglycerides, sodium stearoyl lactylate, calcium propionate (preservative), dextrin, natural flavor, ascorbic acid added as a dough conditioner, azodicarbonamide.

Flatout Bread –

Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, wheat gluten, brown sugar, contains less than 2% of each of the following: oat fiber, soybean oil, prune juice concentrate, sodium acid pyrophosphate, baking soda, inactive dry yeast, salt, potassium sorbate and sodium propionate (preservatives), fumaric acid, cellulose gum, soy flour, guar gum, calcium sulfate, carrageenan, xanthan gum, L-cysteine, enzymes. May contain: annatto color.

Honey Wheat Tortilla – Bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil) with mono-and diglycerides and/or citric acid, honey whole wheat blend [dextrose, cornstarch, sugar, natural and artificial flavors (wheat germ, soy sauce powder (soybeans, wheat, salt)), fructose, caramel color, sucralose (artificial sweetener)] contains 2% or less of the following: salt, leavening (sodium bicarbonate, sodium acid pyrophosphate, corn starch, monocalcium phosphate), dough conditioner (fumaric acid),

wheat flour, calcium sulfate, sorbic acid), preservative [sodium propionate (propionic acid, sodium hydroxide (for PH adjustment), water and potassium sorbate], cellulose gum. Contains: soy, wheat

Hot Dog Bun –

Whole wheat flour, water, wheat gluten, vegetable fiber (inulin), corn syrup, fresh yeast, vegetable oil, salt, wheat bran, dough conditioners (vegetable mono and diglycerides, sodium stearyl lactylate), natural enzymes, calcium propionate.

Texas Toast-

Wheat flour, water, yeast, high fructose corn syrup, soybean oil, salt, honey, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), vinegar, spice mix (corn flour, dextrose, spice extractives), sodium stearyl lactylate, calcium propionate (a mold inhibitor), monoglycerides, malted barley flour, enrichment [ferrous sulfate {iron}, thiamine hydrochloride (B1), riboflavin (B2), niacin (B3), folic acid].

Whole Grain Hamburger Buns-

Water, whole grain wheat flour, enriched flour [wheat flour, malted barley flour, ferrous sulfate (iron), thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid], yeast, sugar, wheat bran, wheat gluten, soybean oil, whole grain oatmeal, salt, whole grain rye flour, calcium propionate (mold inhibitor), whole grain barley flakes, monoglycerides, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), sodium stearyl lactylate, ethoxylated mono-diglycerides, modified starch, sodium alginate, polysorbate 60, ADA, ascorbic acid.

Whole Grain White-

Enriched flour [wheat flour, malted barley flour, ferrous sulfate (iron), thiamine hydrochloride (B1), riboflavin (B2), niacin (B3), folic acid], water, high fructose corn syrup, yeast, soybean oil, contains 2% or less

of the following: salt, monoglycerides, whey, vinegar, sodium stearoyl lactylate, calcium propionate (a preservative), yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate).

SANDWICHES

Antipasto Wrap-

Mixed greens, salami, ham, Provolone cheese, black olives, mild peppers, Italian dressing, spinach lawash.

Bacon Cheese Wrap-

10" flour tortilla, bacon, Cheddar cheese, mayonnaise, lettuce, tomatoes.

Bistro Croissant-

Croissant, turkey, ham, Swiss cheese, spicy Dijon vinaigrette (olive oil, red wine vinegar, Dijon mustard, cumin, cilantro), leaf lettuce.

Breakfast Sandwich-

Egg patty (whole eggs, water, soybean oil, modified food starch, whey solids, salt, non-fat dried milk, and citric acid), sausage patty (pork, water, salt, spices, dextrose, sugar), American cheese, bagel (enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, high fructose corn syrup/sugar, salt, yeast, vegetable oil [canola oil or soybean oil], cornmeal, preservatives [calcium propionate, sorbic acid, potassium sorbate], rye flour, ground caraway seeds, dough conditioners [monoglycerides, l-cysteine, enzymes], fumaric acid.

Buffalo Chicken Wrap-

10" flour tortilla, chicken tenders, cayenne pepper, shredded lettuce, Cheddar cheese, salad dressing.

California Club-

Pita, guacamole, turkey breast, bacon, Mozzarella cheese, red onion, tomatoes, shredded lettuce, lemon juice.

Cape Codder-

Turkey breast, 6" flour tortilla, gourmet greens, cranberry pecan mayonnaise (mayonnaise, Dijon mustard, honey, dried cranberries, chopped pecans, salt & pepper).

Chicken Bacon Cheddar Wrap-

10" flour tortilla, chicken breast strips, bacon crumbles, Cheddar cheese, lettuce, Ranch dressing.

Chicken Caesar Wrap-

10" flour tortilla, fajita chicken, lettuce, Parmesan cheese, Caesar dressing.

Chicken Filet-

Chicken breast filet (containing up to 17.5% chicken stock, salt, sodium phosphates, natural flavor), whole grain hamburger bun, Canadian seasoning (dehydrated garlic, salt, dehydrated onion, spices, orange peel, paprika [as color], red pepper, dehydrated green bell pepper).

Chicken Patty-

Homestyle breaded chicken breast patty (Chicken, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), seasoning (salt, lactose, dried chicken meat [chicken, BHA, propyl gallate, citric acid], onion powder, dextrose, disodium inosinate and guanylate, gelatin, spices,

chicken fat, caramel color, spice extractives) and sodium phosphates.
Breaded with: enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, enriched bleached wheat flour (enriched with niacin ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, modified corn starch, spices, dextrose, garlic powder, oleoresin paprika and annatto, xanthan gum, natural flavors. Breeding set in vegetable oil.), whole grain hamburger bun, canola oil.

Chicken Shawarma-

Fajita chicken breast, olive oil, lemon juice, cumin, garlic, oregano, cinnamon, cucumber, onion, sour cream, shredded lettuce, pickle, hummus, 10" flour tortilla.

Club-

Texas toast bread, bacon, turkey, ham, lettuce, tomatoes, salad dressing.

Crispy Chicken Artichoke Wrap-

10" flour tortilla, artichoke hearts, chicken, Parmesan cheese, blue cheese, lettuce.

Cuban-

Ciabatta bread, pulled pork, deli ham, Swiss cheese, dill pickles.

Egg Salad-

Hard-boiled eggs, celery, mustard, black pepper, salad dressing, lettuce.

French Dip-

Roast beef, Mozzarella & Provolone cheeses, sub bun, au jus, beef gravy, garlic powder.

French Riviera-

10" flour tortilla, Romaine lettuce, turkey, blue cheese, walnuts, Balsamic vinaigrette.

Greek Chicken Pita-

Pita, grilled chicken breast, cucumber, Feta cheese, Calamata olives, shredded Romaine, tomatoes, onion, tzatziki sauce (plain yogurt, garlic, lemon juice, cucumbers).

Greek Islands-

Turkey breast, 10" tortilla, spinach, Feta cheese, Greek dressing.

Grilled Cheese-

Texas toast, American cheese (milk, cheese 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), margarine.

Hamburger - Beef, seasoning (salt, dextrose, natural flavors, spice), natural flavoring. Processed with soy lecithin as a belt release agent.

Ham & Cheese Roll-Up-

10" flour tortilla, Swiss cheese, lettuce, tomato, salad dressing (water, high fructose corn syrup, soybean and/or canola oil, distilled vinegar, modified corn starch, egg yolk, salt, seasoning [dextrose, spices, onion & garlic powder, spice extractives], sodium benzoate, and potassium sorbate [preservatives], apple & lemon juice concentrate, paprika extract).

Meatball Sub-

8" sub bun, meatballs (beef, pork, water, bread crumbs (wheat flour, water, salt, yeast, also may contain less than 2% partially hydrogenated soybean and/or cottonseed oils, ammonium chloride, calcium propionate), textured soy protein (soy protein concentrate,

caramel color), romano cheese (cow's milk, culture, salt, enzymes), egg whites, ricotta cheese (whey, part skim milk, cream, vinegar, xanthan gum, locust bean gum and guar gum (stabilizers)), salt, garlic, parsley, spices, caramel color, brown sugar, disodium inosinate and disodium guanylate, BHS, BHT, citric acid, soy lecithin as processing aid), spaghetti sauce, Provolone & Mozzarella cheeses.

Mediterranean Flatbread-

Flatout bread, zucchini, onions, bell peppers, mushrooms, Feta & Mozzarella cheeses, pita.

Mustang Wrap-

10" flour tortilla, crispy chicken tenders, bacon, Cheddar cheese, tomatoes, red onion, shredded lettuce, mayo, Ranch dressing.

Reuben-

Rye bread, Thousand Island dressing, corned beef, sauerkraut, Swiss cheese.

Salami Roll-Up-

10" flour tortilla, salami (BHA, BHT with citric acid added to help protect flavor ingredients: beef & pork, salt, contains 2% or less of dextrose, water, spices, garlic powder, lactic acid starter culture, sodium ascorbate, sodium nitrite, BHA, BHT, citric acid), Provolone cheese (pasteurized milk, cheese culture, salt, enzymes), lettuce, tomatoes.

Salami Turkey Roll-Up-

10" flour tortilla, salami (BHA, BHT with citric acid added to help protect flavor ingredients: beef & pork, salt, contains 2% or less of dextrose, water, spices, garlic powder, lactic acid starter culture, sodium ascorbate, sodium nitrite, BHA, BHT, citric acid), turkey breast (turkey broth, contains less than 2% of: potassium lactate, salt, modified food starch, dextrose, carrageenan, sodium phosphates,

sodium diacetate, smoke flavor, natural flavor, sodium erythorbate, sodium nitrite), lettuce, tomatoes, mayonnaise, Provolone cheese (pasteurized milk, cheese culture, salt, enzymes).

TBC-

10" flour tortilla, turkey, bacon, Cheddar cheese, lettuce, tomatoes, salad dressing.

SPECIALS

Angel Hair Pasta with Marinara-

Angel hair pasta, Parmesan cheese, spaghetti sauce, garlic, oregano, basil, olive oil.

Beef & Cheese Enchiladas-

10" flour tortilla, taco meat, Cheddar cheese, taco sauce (tomato puree [water, tomato paste], water, sugar, distilled vinegar, modified corn starch, less than 2% of: dextrose, corn flour, salt, dehydrated onions, chile pepper, spice, citric acid, garlic powder, paprika [spice and color], hydrogenated soybean oil, sodium benzoate [preservative]) .

Beef Tips & Noodles-

Beef pectoral, onion, garlic powder, soy sauce, beef gravy, sour cream, mushrooms, oregano, dill. Egg Noodles- Durum semolina, durum flour, eggs, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, folic acid.

Belgian Waffles-

Waffle (Mix [Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Meal, Dried Whole Eggs, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate, Sodium Acid Pyrophosphate)], Water, Vegetable Oil (Liquid and Partially Hydrogenated Soybean Oil, Lecithin, Artificial Butter Flavor, Beta Carotene (Color), TBHQ, and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane (Anti-Foam Agent)), Contains 2% or Less of the following: Salt, Malt Powder, Sugar, Soybean Oil, Nonfat Dry Milk, Artificial Flavor. COMMON ALLERGENS PRESENT: Wheat, Eggs, Dairy, Soy. Nutrition and

Ingredient statement updated January 2009), strawberry fruit topping, On-Top whipped cream, syrup, margarine.

Bowtie Pasta with Chicken-

Italian chicken breasts, olive oil, parsley, rosemary, salt, pepper, frozen spinach, butter, bowtie pasta, Parmesan cheese.

Chicken Dijon-

Bowtie pasta, olive oil, margarine, garlic, Dijon mustard, milk, Legout cream soup base, chicken breast, parsley.

Chicken Fajitas-

Garlic, olive oil, onions, green & red peppers, fajita chicken strips (Chicken meat, chicken broth, modified food starch, seasoning [dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors], soy protein concentrate, seasoning [salt, spices, dehydrated garlic, dehydrated onion, soybean oil], sodium phosphates, natural flavor), 10" flour tortilla, Cheddar cheese.

Chicken Fettuccine-

Chicken breast tenders, garlic powder, cream soup base, grated Parmesan cheese, margarine, olive oil, fettuccine (durum wheat semolina [enriched with iron {ferrous sulfate}, and b vitamins {niacin, thiamin mononitrate, riboflavin, folic acid}]), parsley.

Chicken Parmesan-

Chicken breast, spaghetti sauce, pizza sauce, garlic powder, Mozzarella & Provolone cheeses, basil, oregano.

Fettucine Alfredo-

Fettucine-

Durum wheat semolina [enriched with iron {ferrous sulfate}, and b vitamins {niacin, thiamin mononitrate, riboflavin, folic acid}].

Alfredo Sauce-

Butter, garlic, Parmesan cheese, milk, flour, nutmeg, Legout cream soup base.

General Tso's Chicken-

Chicken tenders, white rice, General Tso's sauce, butter, pineapple chunks.

General Tso's Sauce-

Sugar, water, soy sauce (water, wheat, soybeans, salt, and sodium benzoate), vinegar, garlic, ketchup (tomatoes, vinegar, corn sweetener, salt, onion powder, spice, natural flavoring), soybean oil, xanthan gum, spice, caramel color, and less than 0.1% sodium benzoate and potassium sorbate added as preservatives.

Macaroni & Cheese-

Cooked enriched pasta [water, enriched pasta (semolina, egg whites, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)], pasteurized processed American cheese [(cultured milk, salt, enzymes), cream, sodium

phosphate, salt, artificial color)], water, contains less than 2% of margarine (partially hydrogenated soybean oil, fully refined soybean oil, water, salt, soy lecithin, whey, sodium benzoate (preservative), artificial butter flavor, beta carotene (color), vitamin A palmitate), whey, buttermilk, food starch – modified, natural flavor, autolyzed yeast extract, sugar, spice, xanthan gum, artificial color.

Manicotti-

Cheese manicotti (whole milk ricotta cheese [whey, pasteurized milk, vinegar, carrageenan], enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), water, eggs, low moisture part skim mozzarella cheese [pasteurized cultured part skim milk, salt, enzymes], corn starch-modified, dried egg whites, salt, Parmesan cheese [pasteurized part skim milk, cheese cultures, salt, enzymes], dehydrated parsley flakes, garlic powder, spice), spaghetti sauce (tomato paste, high fructose corn syrup, salt, soybean oil, dried onion, modified food starch, spices, dried garlic, citric acid), garlic powder, basil, Mozzarella & Provolone cheese (pasteurized reduced fat milk, pasteurized milk, cheese culture, salt, enzymes, powdered cellulose added to prevent caking).

Mashed Potatoes-

Potatoes, salt, partially hydrogenated canola oil, mono and diglycerides, artificial color, natural and artificial flavor, freshness preserved with sodium bisulfite and BHT. May contain milk.

Mostaccioli-

Ground beef, Italian seasoning, garlic powder, oregano, basil, green pepper, onion, salt, pepper, olive oil, spaghetti sauce (tomato paste, high fructose corn syrup, salt, soybean oil, dried onion, modified food starch, spices, dried garlic, citric acid), pizza sauce (tomato puree, diced unpeeled, tomatoes, Romano cheese made from cow's milk, Parmesan and Caciocavallo Siciliano cheeses {cheeses made from cultured milk, salt, enzymes}, spices, modified food starch, salt, corn syrup, citric acid, garlic puree, natural flavor, carrot fiber, onion powder, xanthan gum, calcium chloride), Parmesan cheese, penne (durum wheat semolina [enriched with iron {ferrous sulfate} and b vitamins {niacin, thiamin mononitrate, riboflavin, folic acid}])).

Pasta Carbonara-

Pasta, unsalted butter, bacon, garlic, whole egg, heavy cream, Parmesan cheese, black pepper, parsley.

Penne & Meatballs-

Penne pasta, meatballs (beef, pork, water, bread crumbs (wheat flour, water, salt, yeast, also may contain less than 2% partially hydrogenated soybean and/or cottonseed oils, ammonium chloride, calcium propionate), textured soy protein (soy protein concentrate, caramel color), romano cheese (cow's milk, culture, salt, enzymes), egg whites, ricotta cheese (whey, part skim milk, cream, vinegar, xanthan gum, locust bean gum and guar gum (stabilizers)), salt, garlic, parsley, spices, caramel color, brown sugar, disodium inosinate and disodium guanylate, BHS, BHT, citric acid, soy lecithin

as processing aid), spaghetti sauce, Provolone & Mozzarella cheeses, basil, oregano, garlic, olive oil, Parmesan cheese.

Sausage Patty –

Pork, water, salt, spices, dextrose, sugar.

Thai Noodles with Chicken-

Fettuccine (durum wheat semolina [enriched with iron {ferrous sulfate}, and b vitamins {niacin, thiamin mononitrate, riboflavin, folic acid}], garlic, ginger, margarine, Thai peanut dressing (water, soybean oil, sunbutter [sunflower seeds, sugar, salt, mono-diglycerides, natural mixed tocopherols], soy sauce [water, wheat, soybeans, salt], sugar, chili garlic sauce {aged cayenne pepper, water, red bell pepper, garlic, distilled vinegar, salt, chili de arbol pepper}, distilled vinegar, natural flavor, sesame oil, lime juice concentrate, anchovies, xanthan gum, ginger, dried garlic, salt, dried onion, potassium sorbate and sodium benzoate (preservatives), caramel color, paprika extract, calcium disodium edta added to protect quality), chicken tenders, green onions.

Veggie Pasta-

Rainbow rotini pasta, broccoli, cauliflower, peas, tomatoes, cucumbers, green peppers. Dressing: salad dressing, Ranch dressing, garlic powder.

Veggie Tortellini-

Olive oil, garlic, celery, onion, pepper, mixed vegetables, cauliflower, spinach, potatoes, kidney beans, tomatoes, spaghetti sauce, tortellini, Parmesan cheese.

MISCELLANEOUS

Bosco Sticks -

Crust: Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme), whole-wheat flour, water, sugar, corn oil, salt, whey, yeast, L-cysteine.

Cheeses: Reduced fat, reduced sodium Mozzarella cheeses (part skim milk, non-fat milk, modified food starch*, cheese culture, salt, potassium chloride*, natural flavors*, annatto, vitamin A palmitate, enzymes), low moisture, part skim Mozzarella cheese (part skim milk, cheese cultures, salt, enzyme).

Garlic spray (canola oil, soy lecithin, natural flavor, garlic oil, annatto and propellant) garlic salt, grated Parmesan cheese, butter used in preparation.

*Ingredients not in regular Mozzarella cheese.

Marinara Sauce -

Tomato puree (water, tomato paste), high fructose corn syrup, soybean oil, salt, dried garlic, dried onion, spices, potassium sorbate (preservative), sodium benzoate (preservative), parsley, citric acid.

Chicken Nuggets - fried in canola oil.

Marinated with: 8% of a solution of water, salt, and sodium phosphates. Battered with: Water, bleached wheat flour, modified corn starch, salt, spices, garlic powder, onion powder, autolyzed yeast extract, soybean oil, disodium guanylate, disodium inosinate. Breaded with: Bleached wheat flour, salt, dried yeast, dextrose, leavening (sodium aluminum phosphate, sodium bicarbonate), partially hydrogenated soybean oil, dried whey, spices, autolyzed yeast extract, disodium inosinate, spice extractive.

Predusted with: Wheat flour, vital wheat gluten, salt, yellow corn flour, soybean oil, sodium alginate, whey, nonfat milk, and spice extracts. Breeding set in vegetable oil. Fried in oil (canola oil with citric acid and dimethylpolysiloxane.)

Chicken Patty- fried in canola oil.

Chicken, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), seasoning (salt, lactose, dried chicken meat [chicken, BHA, propyl gallate, citric acid], onion powder, dextrose, disodium inosinate and guanylate, gelatin, spices, chicken fat, caramel color, spice extractives) and sodium phosphates. **Breaded with:** enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, enriched bleached wheat flour (enriched with niacin ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, modified corn starch, spices, dextrose, garlic powder, oleoresin paprika and annatto, xanthan gum, natural flavors. Breeding set in vegetable oil.

Contains: milk, soy, wheat

Chicken Breast Tenders - fried in canola oil.

Containing: up to 22% of a solution of water, modified food starch, sodium phosphates and salt. Battered with: water, bleached wheat flour, salt, yellow corn flour, dextrose, garlic powder, spices, spice extractive. Breaded with: bleached wheat flour, salt, yellow corn flour, leavening (monocalcium phosphate, sodium bicarbonate), sodium alginate, natural flavors. Predusted with: wheat flour, wheat gluten, and salt. Breeding set in vegetable oil.

Contains: wheat

Cookies

Chocolate Chip-

Enriched wheat flour, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin and artificial flavoring added), margarine (partially hydrogenated soybean and cottonseed oils, soybean oil, water, salt, cultured buttermilk, mono and diglycerides and soy lecithin added, sorbic acid and sodium benzoate added to help preserve freshness, natural and artificial flavor, colored with beta carotene, vitamin A palmitate added), white sugar, brown sugar, whole eggs, shortening (partially hydrogenated soybean and cottonseed oils), invert sugar, Bettur (partially hydrogenated soybean oil, sweet cream buttermilk, salt, mono and diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamin A palmitate, colored with carotene), baking powder, vanilla (water, ethyl alcohol, caramel color), soda bicarbonate, buttermilk powder, salt, caramel color.

CONTAINS: WHEAT, EGGS, MILK, SOY

MADE ON EQUIPMENT THAT ALSO MAKES PRODUCT CONTAINING MACADAMIA NUTS AND PEANUTS.

M & M

Enriched wheat flour, M&M's [milk chocolate (sugar, chocolate, skim milk, cocoa butter, lactose, milkfat, soy lecithin, salt, artificial flavors), sugar, cornstarch, less than 1% corn syrup, dextrin, coloring (includes Blue 1 lake, Red 40 lake, Yellow 6, Yellow 5, Red 40, Blue 1, Blue 2 Lake, Yellow 5 Lake, Blue 2, Yellow 6), gum acacia], white sugar, margarine (partially hydrogenated soybean and cottonseed oils, water, salt, buttermilk, lecithin, mono & diglycerides, sorbic acid & sodium benzoate added as preservatives, artificially flavored, artificially colored with beta carotene, vitamin A palmitate added), brown sugar, shortening (partially hydrogenated soybean and cottonseed oils), whole eggs, invert sugar, BETTUR (partially hydrogenated soybean oils, sweet cream buttermilk, salt, mono and diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamin A palmitate, colored with carotene), vanilla (water, ethyl alcohol, caramel color), soda bicarbonate, buttermilk powder, salt, caramel color.

CONTAINS: WHEAT, EGGS, MILK SOY

Garlic Cheese Bread -

Breadsticks: flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme), water, vegetable oil, soybean oil, dough premix (dough conditioner [wheat flour, yeast, wheat gluten, contains 2% or less of enzyme, ascorbic acid, L-Cysteine, soy oil], glucono delta lactone, salt, sodium bicarbonate, cellulose gum, sodium propionate, natural and artificial flavor, with no more than 2% of soybean oil and calcium silicate used as processing aids), high fructose corn syrup, yeast.

Topping:

Low-moisture part-skim Mozzarella cheese (cultured pasteurized part-skim milk, salt, and enzymes), modified food starch), Parmesan

cheese (made from cow's milk, rennet, enzymes, and salt), water, brown rice, butter buds (maltodextrin, salt, dehydrated butter, shortening powder (soy), guar gum, butter flavoring (maltodextrin, enzyme, modified butter, buttermilk powder), sodium bicarbonate, turmeric, and annatto), soy protein isolate, garlic powder.

CONTAINS: WHEAT, MILK, SOY, EGG

Pita w/Hummus –

Pita: Enriched wheat flour,(wheat flour, malted barley flour, niacin, reduced iron, (thiamine) mononitrate, (riboflavin) and folic acid), water, sugar, soybean oil, yeast, salt, vegetable gums, monocalcium phosphate, calcium propionate, sodium stearoyl lactylate (SSL), baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), enzymes (proteases and amylases).

Product contains: wheat, soy.

Hummus: Garbanzo beans, sesame tahini, water, soybean oil, lemon juice, contains 2% or less of: olive oil, salt, garlic puree with citric acid, sugar, soy lecithin, cellulose, modified food starch, spices.

Contains: soybean

Pizza Dough – enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.

Pizza Cheese – Pasteurized Reduced-Fat Milk, Pasteurized Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk.

Pizza Sauce - pizza sauce (tomato puree [water, tomato paste], diced unpeeled tomatoes, romano cheese made from cow's milk, parmesan and caciocavallo siciliano cheeses [cheeses made from cultured milk, salt, enzymes], spices, modified food starch, salt, citric acid, corn syrup, garlic puree, onion powder, xanthan gum, natural flavor)
spaghetti sauce (tomato paste, high fructose corn syrup, salt, soybean oil, dried onion, modified food starch, spices, dried garlic, citric acid), crushed tomatoes, Parmesan cheese, Italian seasoning, garlic powder, red pepper flakes.