

INGREDIENT LIST - MAY 2015
Elizabeth Seton High School

MAY 1

NO LUNCH SERVICE

MAY 4

CHICKEN CAESAR SALAD (GF)

*Grilled chicken, salt, pepper, Romaine Lettuce, Croutons, Parmesan Cheese Caesar Dressing (Mayonnaise, Egg Yolk, Vinegar, Salt, Pepper) **Dressing Contains Egg, Dairy. Croutons contain Wheat***

VEGETABLE CAESAR SALAD (GF)

*Mushrooms, Zucchini, Green Peppers, Olive Oil Blend, Tomatoes, Parmesan Cheese, Romaine Lettuce, Caesar Salad Dressing **Dressing contains Egg, Dairy. Croutons contain Wheat***

CORNBREAD

*Eggs, Sugar, Soya Oil, Flour, Baking Powder, Salt, Cornmeal **Contains Eggs, Soy, Wheat***

CHOCOLATE BROWNIE

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

MAY 5

CORN CHOWDER SOUP

*Corn (corn, water, sugar, salt), Chicken Stock, Potatoes, Light Cream, Onions, Wheat Flour, Soybean Oil, Celery, Sugar, Sea Salt, Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Uncured Bacon (pork, water, brown sugar, salt, vinegar, celery powder, cherry powder, green tea extract, lactic acid starter culture), spices **Contains milk, soy wheat, fish (anchovy) ingredients.***

FLANK STEAK

Flank Steak, Salt, Peppercorns, Oil

MOUSSAKA

*Eggplant, Olive Oil Blend, Kosher Salt, Black Pepper, Oregano, Garlic, Allspice, Diced Tomato, Butter, Flour, Milk, Kosher Salt, Nutmeg, Egg, Italian Bread Crumbs, Parmesan Cheese **contains Milk, Egg***

MASHED GARLIC POTATOES WITH BEEF GRAVY

*Russet Potatoes, Garlic, Butter, Whole Milk, Salt, Pepper **Contains Milk Gravy:** Water, Roasted Beef And Beef Juices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Salt, Onion Powder, Hydrolyzed Corn Gluten, Wheat Protein And Soy Protein, Sugar, Caramel Color, Disodium Inosinate, Disodium Guanylate, Flavoring. **Contains Wheat, Soy***

COLLARD GREENS

Collard Greens, Olive Oil, Garlic, Salt

MAY 6

PIZZA, INDIVIDUAL

*Crust: Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme), water, sugar, malt, salt and yeast. Cheese: Low moisture part skim mozzarella cheese (part skim milk, cheese cultures, salt, enzyme), and powdered cellulose added to prevent caking. Sauce: Water, tomato paste, spices and modified food starch. **Contains Milk and Wheat** Pepperoni optional*

FRESH MIXED VEGETABLES (GF)

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

POPSICLES

Orange:** Water, Sugar, Corn Syrup, High Fructose Corn Syrup, Citric Acid, Flavoring (water, yellow 6 Natural flavor, gum tragacanth, potassium sorbate 80, citric acid, sodium benzoate as preservative, red 40), guar gum, dextrose, karaya gum.. **Cherry:** Water, Sugar, Corn Syrup, High Fructose Corn Syrup, Citric Acid, Flavoring (water, modified food starch, artificial flavor, red 40, Caramel color, citric acid, sodium benzoate as preservative, natural flavor), guar gum, dextrose, karaya gum. **Grape:** Water, Sugar, Corn Syrup, High Fructose Corn Syrup, Flavoring (water, gum arabic, natural and artificial flavor, red 40, blue 1, citric acid, sodium benzoate as preservative) citric acid, guar gum dextrose, karaya gum.. **NOTICE:** This product, when extremely cold may stick to warm lips or tongue. Allow to warm slightly before eating. **May contain trace amounts of Milk Protein.

MAY 7

MEDITERRANEAN GRILLED EGGPLANT SOUP

Tomato Strips (tomatoes, salt, naturally derived citric acid), Water, Eggplant, Zucchini, Summer Squash, Green Peppers, Onions, Olive Oil, Sea Salt, Celery, Corn Starch, Parsley, Garlic, Spices, Paprika, Pepper Sauce (distilled vinegar, red pepper, salt)

SPAGHETTI CARBONARA with Bacon

*Kosher Salt, Bacon, Olive Oil, Garlic, rosemary, Jalapeno Peppers, Spaghetti, Eggs, Grated Parmesan Cheese, Grated Pecorino Romano Cheese, Parsley, Ground Pepper **Contains Dairy, Wheat, Egg***

SPAGHETTI CARBONARA VEGETARIAN

*Kosher Salt, Olive Oil, Garlic, rosemary, Jalapeno Peppers, Spaghetti, Eggs, Grated Parmesan Cheese, Grated Pecorino Romano Cheese, Parsley, Ground Pepper, **Contains Dairy, Wheat, Egg***

GREEN BEANS (GF)

Green Beans, Olive Oil, Salt & Pepper

MAY 8

HUNGARIAN MUSHROOM SOUP

*Beef Stock, Mushrooms, Light Cream, Onions, Wheat Flour, Carrots, Madeira wine, Soybean Oil, Sour Cream (cultured light cream, nonfat milk, enzymes), Butter (cream, salt), Sea Salt, Paprika, Spices **Contains milk, wheat, soy oil***

JAMAICAN JERK CHICKEN DRUMSTICKS

Chicken Legs, Allspice, Thyme, Garlic, Chiles, Scallions, Peppercorns, Salt, Nutmeg, Cinnamon, Ginger, Limes,

RICE AND RED BEANS

Kidney Beans, Celery, Onion, Green Peppers, Garlic, White Rice, Water, Olive Oil, Creole Spice, Salt, Pepper

GREEN PEAS (GF)

Peas, Kosher Salt, Water, Pepper

TRIPLE RAISIN BAR

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

MAY 11

PASTA CAVATAPPI

*Durum Wheat Semolina, (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid). **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***

SAUCE - PESTO

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

SAUCE - BOLOGNESE

Ground Beef, Carrot, Celery, Onion, Garlic, Tomato Sauce, Olive Oil, Salt

GARLIC BREAD

*Bread, Garlic, Olive Oil, **Contains Wheat***

FRESH MIXED VEGETABLES (GF)

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

JELL-O CUPS

Filtered Water, Sugar, Fruit Juice Concentrate of Apple, Peach, Pineapple, Potassium Citrate, Locust Bean, Yellow#6, Red #40

MAY 12

LOADED POTATO SOUP (GF)

*Potatoes, Chicken Stock, Beef Stock, Cheddar Cheese (milk, cheese cultures, salt, enzymes), Uncured Bacon (pork, water, brown sugar, salt, vinegar, celery powder, cherry powder, green tea extract, lactic acid starter culture, Water, Light Cream, Leeks, celery, Onions, Rice Starch, Scallions, Garlic Sea Salt, Spices **contains milk***

PULLED PORK BBQ SANDWICH

*Pork, Sauce (Water, Tomato Paste, Mustard [Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric], Vinegar, Sugar, Brown Sugar, Hickory Smoke Flavoring, Seasoning [Salt, Spices, Garlic Powder], Seasoning [Dextrose, Salt, Onion Powder, Garlic Powder, Spice Extractives, Lecithin (Contains Soy)] , Sauce Base [Water, Soy Sauce (Water, Wheat, Soybeans, Salt), Salt, Vinegar, Caramel Color, Dextrose, Sugar, Molasses, Corn Syrup, Spices, Hydrolyzed Corn Gluten, Soy Protein And Wheat Gluten, Natural Smoke Flavor, Garlic Powder, Anchovies, Tamarind And Natural Flavor, Malic Acid, Polysorbate 80], Salt). **Contains Fish, Soy, Wheat***

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 & Diglycerides 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 **Contains Wheat**

CORN PUDDING

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

COLE SLAW

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

MAY 13

BAKED POTATO (GF) BAR

Potatoes, Cheese Sauce (Cheddar Cheese, Flour, Olive Oil, Milk, Garlic Powder, Salt, Pepper), OPTIONAL Chili Con Carne (Water, Beef, Beans, Tomatoes, Salt, Spices, Enriched Wheat Flour, Sugar, Onion Powder, Green Peppers, Garlic Powder, Paprika), Bacon (Cured Pork with Water, Salt, Sugar, Sodium Phosphate, Natural Smoke Flavoring, Sodium Erythorbate, Sodium Nitrite), Green Onions, Sour Cream (Grade A Cultured Cream) **Contains Wheat, Milk.**

BROCCOLI SPEARS (GF)

LEMON BARS

Sweet Cream Butter, Granulated Sugar, Flour, Lemon, Confectioners Sugar, Eggs, Baking Powder **Contains Eggs, Dairy, Wheat**

MAY 14

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**

BUTTERMILK BAKED CHICKEN

Chicken, water, salt, sodium phosphates, breaded with bleached wheat flour, water, yellow corn flour, vital wheat gluten, salt, modified corn starch, dried egg whites, spices, leavening (sodium acid pyrophosphates, sodium bicarbonate, monocalcium phosphate) paprika extract (color), onion powder, honey powder (corn syrup solids, dried honey, wheat starch, soy flour, calcium stearate lecithin), spice extract) **Contains wheat, soy, egg**

SPINACH QUICHE

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

POTATO AU GRATIN

Potatoes, Milk, Nutmeg, Butter, Parmesan Cheese **Contains Milk**

ROASTED BRUSSEL SPROUTS (GF)

Brussels Sprouts, Garlic, Butter, Salt, Pepper, Dairy

MAY 15

NACHO BAR (TURKEY) Southwest Seasoned Ground Turkey with Cheese, Sour Cream, Salsa, Green Onions & Shredded Lettuce

Turkey (Ground Turkey, Enchilada Sauce (Tomato Puree, Water, Food Starch, Vinegar, Chili Powder, Salt, Canola Oil, Dehydrated Garlic, Sugar, Spices, Citric Acid), Onions, Tabasco Sauce (Vinegar, Red Pepper, Salt), Taco Seasoning (Salt, Spices, Dextrose, Wheat Germ, Dehydrated Onion, Maltodextrin, Paprika, Cocoa Powder, Garlic Powder, Hydrolyzed Vegetable Protein, Citric Acid), Cheese Sauce (Cheddar Cheese, Flour, Olive Oil, Milk, Garlic Powder, Salt, Pepper), Sour Cream (Grade A Cultured Cream), Salsa (Tomato Puree, Tomatoes, Jalapeno Peppers, Vinegar, Onions, Dehydrated Onions, Salt, Dehydrated Garlic, Natural Flavor), Tortilla Chip **Contains Wheat, Milk.**

BLACK BEANS AND CORN (GF)

Black Beans, Corn, Red Onion, Salt, Pepper

NAPOLEON

Puff Dough, Heavy Cream, Fondant Icing, Semi Sweet Chocolate, Custard **Contains Dairy, Egg, Wheat**

MAY 18

MEATBALLS IN BBQ SAUCE

*Beef, Water, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color)], Seasoning [Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate, Disodium Guanylate, Spice Extractives, Nonfat Dry Milk], Bell Peppers, Onions, Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Salt, Sodium Phosphate. Set In Vegetable Oil. **Contains: Milk, Soy, Wheat***

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.

ROASTED VEGETABLE MEDLEY

Assorted Vegetables, Olive Oil, Salt, Pepper

STEAMED WHITE RICE (GF)

White Rice, Water, Salt

SUGAR COOKIE

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

MAY 19

ROASTED VEGETABLE SOUP (GF, V)

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

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 MEDLEY OF VEGETABLES (GF)

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

MAY 20

PASTA CHEESE RAVIOLI Served with Marinara Sauce & Parmesan Cheese

*Ravioli: Part skim ricotta cheese (whey, cream, vinegar, carrageenan), enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), water, whole egg, cream cheese powder (cream cheese [cream, milk, skim milk, dried whey, cheese cultures, salt, enzymes], dried whey, natural flavor, tocopherols), parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), Romano cheese made from cow's milk (pasteurized cultured milk, salt, enzymes), corn starch-modified, salt, garlic powder, dehydrated parsley flakes. **Marinara Sauce:** 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, Dairy, Egg, Wheat**

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**

GREEN BEANS (GF)

Green Beans, Olive Oil, Salt & Pepper

STRAWBERRY AND BANANA YOGURT

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

MAY 21

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**

CHICKEN PARMESAN WRAP (CHICKEN PIZZIOLO)

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

MAY 22

PANCAKES

*Enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, high fructose corn syrup, corn flour, eggs, partially hydrogenated soybean oil, soy flour. Contains 2% or less of buttermilk, leavening (sodium aluminum pyrophosphate, sodium bicarbonate), salt, artificial flavor. **Contains: Wheat, Egg, Milk and Soy***

TURKEY SAUSAGE PATTY (GF)

Boneless Turkey, Water, Salt, Dextrose, Spices, Sodium Phosphates, Sugar, BHT, Citric Acid, Caramel Color & NBSP

BLUEBERRY CAKE

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

MAY 25

MEMORIAL DAY

MAY 26 – MAY 29

NO LUNCH SERVICE

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.