

ELIZABETH SETON HIGH SCHOOL
FEBRUARY 2015 INGREDIENT LIST

FEBRUARY 2

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)

HAMBURGER

*Beef, Seasoning (salt, dextrose, natural flavors, spice) Natural Flavoring Belt Release-Soy Lecithin, **Contains Soy***

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***

FRIES 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***

GREEN PEAS & CARROTS (GF)

Peas, Carrots, Kosher Salt, Pepper, Water

JELL-O CUPS

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

FEBRUARY 3

FAJITA - CHICKEN

*Chicken, Fajita seasoning, garlic in oil, sauteed yellow and red pepper, sauteed onion, flour tortilla, **Contains Wheat***

FAJITA - BEEF

*Beef Strip Steak, Lime Juice, Pepper, Cilantro, Canola Oil, Red Onion, Bell Peppers, Flour Tortilla, **Contains Wheat***

FAJITA - ACCOMPANIMENTS

Tomato Salsa, Cheese, Sour Cream, Guacamole

REFRIED BEANS (VEGETARIAN) (GF)

Pinto Beans, Olive Oil, Garlic, Salt, Pepper

FEBRUARY 4

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***

CHICKEN CACCIATORE

Chicken, Olive Oil, Onion, Red Pepper, Button Mushroom, Garlic, Chicken Stock, Marinara Sauce, Oregano, Chili Pepper

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***

PENNE PASTA

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

ITALIAN VEGETABLE BLEND (GF)

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

CHOCOLATE CHIP COOKIES

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

FEBRUARY 5

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

FEBRUARY 6

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***

INDIVIDUAL PIZZA

*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 BLEND VEGETABLES

Fresh Vegetables, Olive Oil, Salt & Pepper

APPLE CRISP

*Golden Delicious Apple, Brown Sugar, White Sugar, Unsalted Butter, Flour, Oats, **Dairy, Wheat***

FEBRUARY 9

MINISTRONE 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***

CHEESE TORTELLINI PASTA

*Enriched Durum Flour (Durum Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin and Folic acid) and/or enriched wheat flour (wheat flour, malted barley flour, niacine, iron, thiamine mononitrate, riboflavin and folic acid), water, ricotta cheese (whey, whole milk, cream and vinegar), Japanese bread crumbs (bleached wheat flour, extrose, salt, yeast), Egg white, egg, swiss flavor (natural swiss cheese), wheat gluten, spinach powder, salt, tomato powder, beef powder, garlic, romano cheese (sheep's milk, cheese culture, salt, rennet, cellulose, and calcium propionate), asiago cheese (cultured milk, salt, enzymes, powdered cellulose potassium sorbate and natamycin), romano cheese flavor (romano cheese (pasteurized milk, salt and enzymes), Maltodextrin, salt and natural flavors, swiss cheese (cultured milk, salt, enzymes, powdered cellulose, potassium sorbate and natamycin), fontina cheese (cultured milk, salt, enzymes, powdered cellulose, potassium sorbate and natamycin), soybean oil, basil, nutmeg, black pepper and carmine. **Contains milk, egg, wheat, soy***

MARINARA SAUCE (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***

ALFREDO SAUCE

*Cream, Skim Milk, Soybean Oil, Canola Oil, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Water, 2% Or Less Of Modified Cornstarch, ASIAGO Cheese (Cultured Milk, Salt, Enzymes), Salt, Romano Cheese ([Made From Cow's Milk], Pasteurized Milk, Cheese Culture, Salt, Enzymes), Dried Cream Powder (Cream, Nonfat Milk, Tocopherols And Ascorbyl Palmitate [To Help Protect Flavor]), Enzyme Modified Parmesan Cheese (Cultured Milk, Water, Salt, Enzymes), Whey Protein Concentrate, Lactose (Contains Milk), Datem, Spice, Xanthan Gum, Extracts Of Turmeric And Annatto Coloring With Wheat Starch And Soybean Oil, Seasoning (Maltodextrin, Flavor, Enzyme Modified Butterfat). **Contains: Milk, Wheat, Soy Oil***

PESTO SAUCE

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

GARLIC BREAD

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

GREEN BEANS (GF)

Green Beans, Olive Oil, Salt & Pepper

LEMON BARS

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

FEBRUARY 10

BEEF LO MEIN

*Flank Steak, Mushrooms, Cabbage, Oil, Carrot, Scallion, Red Pepper, Garlic, Ginger, Teriyaki Sauce, Linguini With Olive Oil. Teriyaki Sauce Naturally Brewed Soy Sauce (Water, Wheat, Soybeans, Salt), Wine, High Fructose Corn Syrup, Water, Vinegar, Salt, Spices, Onion Powder, Succinic Acid, Garlic Powder, Sodium Benzoate: Less Than 1/10 Of 1% As A Preservative. **Contains Soy***

VEGETABLE LO MEIN

*Whole Wheat Pasta, Carrots, Red Pepper, Scallion, Ginger, Garlic, Teriyaki Sauce, Naturally Brewed Soy Sauce (Water, Wheat, Soybeans, Salt), Wine, High Fructose Corn Syrup, Water, Vinegar, Salt, Spices, Onion Powder, Succinic Acid, Garlic Powder, Sodium Benzoate: Less Than 1/10 Of 1% As A Preservative. Cabbage, Shiitake Mushrooms **Contains Soy, Wheat***

VEGETABLE STIR FRY Broccoli, Carrot, Snow Peas, Baby Corn

*Broccoli, Carrot, Snow Peas, Corn, Soy Sauce **Contains Soy***

FEBRUARY 11

CORN CHOWDER

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.**

CHICKEN TENDERS

Containing Up To 8% Of A Solution And Battered And Breaded With: Water, Bleached Wheat Flour, Yellow Corn Flour, Modified Food Starch, Less Than 2% Of Torula Yeast, Spices, Sodium Phosphates, Salt, Onion Powder, Nonfat Dry Milk, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Garlic Powder, Flavor (Maltodextrin, Salt, Sugar, Garlic Powder, Spices, Natural Flavor, Extractives Of Turmeric, Hydrolyzed Corn Gluten), Dried Whole Eggs, Dried Whey. Batter Is Set In Vegetable Oil. **Contains Egg, Milk And Wheat**

STEAMED WHITE RICE (GF)

White Rice, Water, Salt

BLACK BEANS

Organic Black Beans, water, salt, pepper, white soy **Contains Soy**

FRESH VEGETABLE MEDLEY (GF)

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

CHOCOLATE BROWNIES

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

FEBRUARY 12

MEATBALL SUB

Meatballs (Beef, Pork, Water, Egg Whites, Bread Crumbs, Ricotta Cheese, Salt, Garlic Powder, Spices, Parsley, Romano Cheese, Natural Cheese Blend, Whey, Dextrose, Natural Smoke Flavoring, Paprika), Marinara Sauce (Diced Tomato in Juice, Tomato Puree, Onion Sauterne Wine, Salt, Olive Oil, Soya Oil, Spices, Carrot Fiber, Calcium Chloride, Lemon Juice, Mozzarella Cheese, Kaiser Roll **Contains Soy, Milk, Eggs, Wheat**

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**

BROCCOLI SPEARS (GF)

FEBRUARY 13

BEEF BARLEY AND VEGETABLE SOUP

Beef Stock, Tomato Strips (tomatoes, salt, naturally derived citric acid), Angus Beef, Carrots, Onions, Pearl Barley, Green Beans, Peas, Celery, Mushrooms, Leeks, Red Peppers (butter (cream, salt), Sea Salt, Parsley, Garlic, Spices **Contains milk**

QUESADILLA - CHICKEN

Flour Tortilla, Cheddar & Monterey Jack Cheese, Chicken, Red Onion, Peppers **Contains Dairy, Wheat**

QUESADILLA - VEGETABLE

Flour Tortilla, Cheddar & Monterey Jack Cheese, Red Onion, Peppers **Contains Dairy, Wheat**

CILANTRO & LIME RICE (GF)

White Rice, Red Onion, Garlic, Chicken Stock, Fresh Lime Juice, Cilantro, Olive Oil, Salt, Pepper

SUGAR COOKIES

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

FEBRUARY 16

PRESIDENT'S DAY

NO LUNCH SERVICE

FEBRUARY 17

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 & NBSF

FEBRUARY 18

PASTA E FAGIOLI SOUP

*Chicken Stock, White Beans, Tomato Strips (tomatoes, salt, naturally derived citric acid), Leeks, Spinach, Onions, Celery, Tubettini (semolina, durum flour, egg whites) Uncured Bacon (pork, water, brown sugar, salt, vinegar, celery powder, cherry powder, green tea extract, lactic acid starter culture), Olive Oil, Parmesan Cheese (part-skim milk, cheese cultures, salt, enzymes) Garlic, Sea Salt, Parsley, Spices **Contains wheat, egg, milk***

CHICKEN, JAMAICAN JERK DRUMSTICKS

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

SPINACH QUICHE

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

RICE BROWN (STEAMED)

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

VEGETABLE GREEN PEAS (GF)

Peas, Kosher Salt, Water, Pepper

YOGURT, STRAWBERRY AND BANANA

*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***

FEBRUARY 19

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

FEBRUARY 20

ROASTED VEGETABLE SOUP (GF, V)

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

VEGETARIAN SPRING ROLL

Cabbage, Water, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Carrots, Bamboo Shoots, Onion, Mushrooms, Contains 2% Or Less Of: Modified Food Starch, Sugar, Rice Flour, Salt, Flavor (Autolyzed Yeast Extract, Salt, Dextrose, Natural Flavor), Vegetable Oil (Soybean, Cottonseed, Corn, And/Or Canola Oil), Spice, Garlic Powder, Soy Lecithin, Monoglycerides (Water, Monoglycerides), Citric Acid, Baking Powder (Sodium Bicarbonate, Mono Diglycerides), Leavening (Sodium Aluminum Phosphate, Calcium Carbonate, Precipitated Amorphous Silica). Fried In Vegetable Oil (Soybean, Cottonseed, Corn, And/Or Canola Oil). **Contains Soy, Wheat**

VEGETABLE STIR FRY Broccoli, Carrot, Snow Peas, Baby Corn

Broccoli, Carrot, Snow Peas, Corn, Soy Sauce **Contains Soy**

FRIED RICE

(White Rice, Onions, Scallions, Garlic, Eggs, Peas, Carrots, Olive Oil, Pepper, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate (less than 1/10 of 1% as a preservative), Butter, Water) **Contains Wheat, Eggs and Soy.**

OREO CHUNK COOKIES

Butter, Brown Sugar, Vanilla Extract, Eggs, Flour, Baking Powder, Salt, Chocolate Baking Chips, Oreo Cookie **Contains Egg, Dairy, Wheat**

FEBRUARY 23

CHICKEN NOODLE SOUP

Chicken Stock, Mafalda Noodle (semolina, durum flour, eggs, egg whites), Chicken Meat, Carrots, Celery, Onions, Sea Salt, Chicken Fat, Spices **contains wheat, egg**

MEAT LASAGNA

Blanched Macaroni Product (Water, Semolina), Water, Beef, Low Fat Ricotta Cheese (Pasteurized Whey, Pasteurized Milk, Pasteurized Cream, Vinegar, Carrageenan, Xanthan Gum), Tomato Puree (Water, Tomato Paste), Low-Moisture Part-Skim Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Tomatoes, Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid), 2% Or Less Of Dehydrated Onions, Modified Cornstarch, Sugar, Bread Crumbs (Bleached Wheat Flour Contains 2% Or Less Of: Sugar, Yeast, Salt), Parmesan Cheese (Cultured Milk, Salt, Enzymes), Salt, Bleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Asiago Cheese (Cultured Milk, Salt, Enzymes), Potassium Chloride, Garlic Puree, Spices, Dehydrated Soy Sauce (Soybeans, Salt, Wheat), Enzyme Modified Parmesan Cheese (Cultured Milk, Water, Salt, Enzymes), Dehydrated Garlic, Yeast Extract, Whey Protein Concentrate, Flavors. **Contains: Milk, Soy, Wheat Ingredients.**

VEGETABLE LASAGNA

*Fat Free Milk, Lasagna Noodles, Ricotta Cheese, Locust Bean Gum, Mozzarella Cheese, Carrot, Soya Oil, Bread Crumbs, Bleached White Flour, Sugar, Spinach, Grated Parmesan Cheese, Romano Cheese, Salt, Garlic, **Contains Milk, Wheat, Soy, Egg***

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***

FEBRUARY 24

BURRITO BOWL BAR

*Burrito Bowl - Enriched Bleached Flour, Water, Oat Bran, Canola Oil, Sugar, Calcium Propionate, Vegetable Oil, Salt, Baking Powder, Dough Conditioner **Contains: Soy and Wheat** Fillings: Cilantro Lime Infused Rice (White Rice, Red Onion, Garlic, Chicken Stock, Fresh Lime Juice, Cilantro, Olive Oil, Salt & Pepper) Black Bean & Corn (Black Beans, Corn, Red Onion, Salt & Pepper), Turkey Taco Meat (Optional) (Turkey Thigh and Breast Meat, Olive Oil, Salt, Pepper, Chili Powder, Cumin, Garlic Powder) Optional Condiments may include: Pico de gallo, guacamole, shredded lettuce, shredded cheese, sour cream **Bowl Contains Soy, Wheat***

BLACK BEANS AND CORN (GF)

Black Beans, Corn, Red Onion, Salt, Pepper

CILANTRO & LIME RICE (GF)

White Rice, Red Onion, Garlic, Chicken Stock, Fresh Lime Juice, Cilantro, Olive Oil, Salt, Pepper

FEBRUARY 25

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

LEMON GARLIC CHICKEN BREAST (GF)

Chicken, Butter, Lemon, Garlic, Salt, Pepper, Paprika

MACARONI & CHEESE (V)

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

GLAZED CARROTS

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

BLONDIES

*White Chocolate Chip, Sugar, Butter, Whole Eggs, Flour, Baking Soda, Salt **Contains Egg, Dairy, Wheat***

FEBRUARY 26

BOW TIE PASTA

*Pasta, Kosher Salt, Pepper, Olive Oil, **Contains Wheat***

BOLOGNESE SAUCE

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

POMODORO SAUCE (GF)

Plum Tomato, Yellow Onion, Basil, Olive Oil, Garlic

PESTO SAUCE

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

ROASTED BRUSSELS SPROUTS (GF)

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

FEBRUARY 27

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

BAKED POTATO (GF) BAR

*Potatoes, Cheese Sauce (Cheddar Cheese, Flour, Olive Oil, Milk, Garlic Powder, Salt, Pepper),, Green Onions, Sour Cream (Grade A Cultured Cream) **Contains Wheat, Milk.***

BROCCOLI SPEARS (GF)

CHOCOLATE ÉCLAIR

*Margarine, Salt, Sugar, Flour, Eggs, Chocolate, Butter, Vanilla Extract, Custard **Contains Egg, Dairy, Wheat***

**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.**