



## 2019-2020 Cold Lunch Ingredient List

### Main Entrees

**Ham and Cheddar Hoagie:** whole wheat hoagie - franz (whole wheat flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)), tomatoes, ham (cured with water, dextrose, salt, contains 2% or less of lemon juice concentrate, sodium phosphates, vinegar, sodium erythorbate, sodium nitrite), cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), romaine, mustard packet (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), mayonnaise packet (soybeans oil, water, eggs, vinegar, egg yolks, lemon juice concentrate, salt, sugar, dried onion, dried garlic, paprika, natural flavors, calcium disodium EDTA)

**Ham and Provolone Hoagie:** whole wheat hoagie - franz (whole wheat flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)), tomatoes, provolone cheese (pasteurized milk, cheese culture, salt, enzymes), ham (cured with water, dextrose, salt, contains 2% or less of lemon juice concentrate, sodium phosphates, vinegar, sodium erythorbate, sodium nitrite), romaine, mustard packet (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), mayonnaise packet (soybeans oil, water, eggs, vinegar, egg yolks, lemon juice concentrate, salt, sugar, dried onion, dried garlic, paprika, natural flavors, calcium disodium EDTA)

**Turkey and Cheddar Hoagie:** whole wheat hoagie - franz (whole wheat flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)), turkey, white, rotisserie, deli cut, tomatoes, cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), romaine, mustard packet (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), mayonnaise packet (soybeans oil, water, eggs, vinegar, egg yolks, lemon juice concentrate, salt, sugar, dried onion, dried garlic, paprika, natural flavors, calcium disodium EDTA)

**Turkey and Provolone Hoagie:** whole wheat hoagie - franz (whole wheat flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)), turkey, white, rotisserie, deli cut, tomatoes, provolone cheese (pasteurized milk, cheese culture, salt, enzymes), romaine, mustard packet (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), mayonnaise packet (soybeans oil, water, eggs, vinegar, egg yolks, lemon juice concentrate, salt, sugar, dried onion, dried garlic, paprika, natural flavors, calcium disodium EDTA)

**Veggie and Cheese Hoagie:** tomatoes, whole wheat hoagie - franz (whole wheat flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)), mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes, anticaking blend (potato starch, cellulose, natamycin (natural mold inhibitor))), romaine, mustard packet (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), mayonnaise packet (soybeans oil, water, eggs, vinegar, egg yolks, lemon juice concentrate, salt, sugar, dried onion, dried garlic, paprika, natural flavors, calcium disodium EDTA)

**Chicken Caesar Salad:** romaine, chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), caesar dressing packet (vegetable oil (soybean oil and/or canola oil), water, egg yolks, extra virgin olive oil, salt, contains 2% or less of: distilled vinegar, parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, dried garlic, sugar, spices, tamarind, natural flavor), lemon juice concentrate, spices, dried garlic, dried onion, xanthan gum, dried anchovy)), croutons, seasoned, parmesan cheese (milk, cheese cultures, salt, enzymes)



**Chicken Salad Sandwich:** chicken salad (chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), less than 2% of: distilled vinegar, salt, onion powder, black pepper), whole wheat bread - franz (whole grain wheat flour enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid) water yeast vital wheat gluten sugar contains 2% or less of each of the following: vegetable oil (canola and/or soy) salt guar and/or xanthan gum yeast nutrient (ammonium sulfate) dough conditioners (sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate) calcium propionate (mold inhibitor) calcium sulfate enzymes nonfat dry milk soyflour) , tomatoes, pita (whole wheat flour, water, yeast, barley malt, salt, cultured wheat flour with added vinegar (for added freshness)), romaine

**Delicious Deli Pack:** bean & veggie crispy crackers (whole grain wheat flour, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), bean powder blend (navy bean flour, pinto bean flour), soybean oil, vegetable blend (carrot, celery, onion, red bell pepper, green bell pepper), buttermilk powder, applesauce, apple fiber, vinegar powder (maltodextrin, white distilled vinegar), soy lecithin, garlic powder, onion powder, spices, parsley, salt, sugar, dextrose, natural flavors, yeast extract, citric acid, dough conditioner (enzymes)), turkey, white, rotisserie, deli cut, mozzarella string cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), cheddar cheese stick (cultured milk, salt, enzymes, annatto (color)), mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice)

**Egg Salad Sandwich:** egg salad (egg, mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), pickle relish, sweet, celery, mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), distilled vinegar, salt, black pepper, onion powder), whole wheat bread - franz (whole grain wheat flour enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid) water yeast vital wheat gluten sugar contains 2% or less of each of the following: vegetable oil (canola and/or soy) salt guar and/or xanthan gum yeast nutrient (ammonium sulfate) dough conditioners (sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate) calcium propionate (mold inhibitor) calcium sulfate enzymes nonfat dry milk soyflour) , tomatoes, romaine

**Macho Nacho Pack:** refried beans (cooked pinto beans, water, canola oil, salt), queso dip (whole milk (milk, vitamin d3), cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), diced green chilies, salt, chili powder, sodium citrate, xanthan gum, cumin), salsa cup (tomato puree (water and tomato paste), diced tomatoes in tomato juice, jalapeno peppers, onions, vinegar, salt, garlic powder, and natural flavor), tortilla chips (yellow corn masa flour, vegetable oil, salt)

**Sunflower Butter and Jelly Sandwich:** whole wheat bread - franz (whole grain wheat flour enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid) water yeast vital wheat gluten sugar contains 2% or less of each of the following: vegetable oil (canola and/or soy) salt guar and/or xanthan gum yeast nutrient (ammonium sulfate) dough conditioners (sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate) calcium propionate (mold inhibitor) calcium sulfate enzymes nonfat dry milk soyflour) , sunbutter natural (sunflower seeds, sugar, mono-diglycerides to prevent separation, salt, and natural mixed tocopherols to preserve freshness), raspberry preserves (raspberries, sugar, glucose syrup, water, fruit pectin, citric acid, potassium sorbate (as a preservative), xanthan gum)

**Vegetarian Taco Salad:** romaine, black beans, salsa (tomatoes, chiles, onions, garlic, cilantro), tomatoes, tortilla chips (yellow corn masa flour, vegetable oil, salt), cheddar cheese (milk, cultures, salt, enzymes, annatto (color))

## **Alternative Cold Entrees – Gluten Free, Dairy Free & Vegetarian Menu**

**Dairy Free Mexican Bean and Rice Bowl:** kidney beans, brown rice, green bell pepper, salsa (tomatoes, chiles, onions, garlic, cilantro), salt, cumin

**Dairy Free Premium Protein Pack:** celery, tortilla chips (yellow corn masa flour, vegetable oil, salt), dried cranberries (cranberries, sugar, sunflower oil), egg, sunbutter natural (sunflower seeds, sugar, mono-diglycerides to prevent separation, salt, and natural mixed tocopherols to preserve freshness)

**Dairy Free Vegetarian Taco Salad:** romaine, black beans, salsa (tomatoes, chiles, onions, garlic, cilantro), tomatoes, tortilla chips (yellow corn masa flour, vegetable oil, salt)

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**Gluten Free Sunflower Butter and Jelly Sandwich:** gluten free 7 grain bread - franz (water, brown rice flour, tapioca starch, tapioca syrup, whole grain sorghum flour, xanthan gum, whole grain millet seeds, contains 2% or less of each of the following: whole eggs, whole grain millet flour, whole grain amaranth seeds, whole grain teff seeds, red quinoa seeds, extra virgin olive oil, molasses, salt, cultured rice flour, yeast, enzymes), sunbutter natural (sunflower seeds, sugar, mono-diglycerides to prevent separation, salt, and natural mixed tocopherols to preserve freshness), raspberry preserves (raspberries, sugar, glucose syrup, water, fruit pectin, citric acid, potassium sorbate (as a preservative), xanthan gum)

**Picnic Pack:** baked beans (Prepared white beans, water, brown sugar, sugar, salt, mustard, (vinegar, water, mustard seed, salt, turmeric, paprika), modified corn starch, onion powder, caramel color, spices, garlic powder, and natural flavor), potato salad (potatoes, mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), distilled vinegar, salt, sugar, onion powder, black pepper), egg, tortilla chips (yellow corn masa flour, vegetable oil, salt)

## **Sides & Grains**

**Baked Beans:** Prepared white beans, water, brown sugar, sugar, salt, mustard, (vinegar, water, mustard seed, salt, turmeric, paprika), modified corn starch, onion powder, caramel color, spices, garlic powder, and natural flavor.

**Corn Salad:** corn, red bell pepper, green onions, sugar, lime juice, mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), salt, chili powder, garlic powder, cumin

**Hummus:** chickpeas, tahini (pure ground sesame seed), water, lemon juice, canola oil, salt, garlic powder, cumin

**Pea Salad:** peas, mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), carrots, edamame, frozen, sugar, mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), salt, onion powder, dill, xanthan gum

**Potato Salad:** potatoes, mayonnaise, low sodium (soybeans oil, water, eggs, vinegar, eggs yolks, lemons juice concentrate, salt, sugar, onions dried, garlic dried, paprika, flavors natural, calcium disodium edta.), mustard (distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder), distilled vinegar, salt, sugar, onion powder, black pepper

**Refried Beans:** cooked pinto beans, water, canola oil, salt

**Three Bean Salad:** white beans (cannellini beans, water, salt, calcium chloride (firming agent)), kidney beans, chickpeas, celery, canola oil, parsley, lemon juice, distilled vinegar, sugar, salt, garlic powder, xanthan gum

**Gluten Free 7- Grain Bread - Franz:** water, brown rice flour, tapioca starch, tapioca syrup, whole grain sorghum flour, xanthan gum, whole grain millet seeds, contains 2% or less of each of the following: whole eggs, whole grain millet flour, whole grain amaranth seeds, whole grain teff seeds, red quinoa seeds, extra virgin olive oil, molasses, salt, cultured rice flour, yeast, enzymes

**Tortilla Chips:** Yellow corn masa flour, vegetable oil, salt

**Whole Wheat Hoagie – Franz:** Whole Wheat Flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% or less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)



**Whole Wheat Bread - Franz:** Whole grain wheat flour, water, yeast, sugar, vital wheat gluten, wheat bran, molasses, salt, vegetable oil (canola and/or soy), yeast nutrient (ammonium sulfate), dough conditioners (sodium steryl lactylate, ascorbic acid, mono-calcium phosphate), calcium propionate (mold inhibitor), calcium sulfate, enzymes, nonfat dry milk, soy flour

**Whole Wheat Hoagie – Franz:** Whole Wheat Flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)

**Whole Wheat Roll 2 oz:** Water, whole wheat flour, low-gluten flour, sugar, enriched wheat flour, wheat gluten, dry whey, dextrose, palm shortening, salt, soy flour, soybean oil, palm emulsifier, dough conditioners (wheat flour, ascorbic acid, enzymes), egg yolk, calcium sulfate, corn starch, wheat starch, yeast