



Pre-K Fall Menu

} september
 } october
 } november

| monday | tuesday | wednesday | thursday | friday |
|--|--|---|--|--|
| September 1, 29 Cheesy Pizza Broccoli Appleberry Sauce | September 2, 30 Turkey Meatball Marinara <i>Veggie Meatballs</i> Local Peas Fresh Cantaloupe Whole Grain Bread | September 3 Macaroni & Cheese Fresh Cucumber Fresh Orange Slices | September 4 Roast Turkey w/ Gravy <i>Tofurkey</i> Butternut Squash Fruit Salad Whole Grain Bread | September 5 Adobo Chicken <i>Vegetarian Chicken</i> Green Beans Pineapple Whole Grain Tortilla |
| September 8 Chicken Nuggets <i>Veggie Nuggets</i> Oven-Glazed Carrots Pineapple Chunks Whole Grain Bread | September 9 Chili Cucumbers Orange Slices Elbow Macaroni | September 10 Sweet Apple Chicken Curry <i>Vegetarian Chicken</i> Green Beans Cantaloupe Whole Grain Bread | September 11 Pasta Marinara Broccoli Apple Slices | September 12 Beef Stroganoff <i>Veggie Stroganoff</i> Local Peas Fruit Salad |
| September 15 Fish Tenders <i>Sweet Potato Bites</i> Fresh Broccoli Appleberry Sauce Whole Grain Bread | September 16 Sweet & Sour Chicken <i>Vegetarian Chicken</i> Mixed Asian Veg Fresh Pineapple Brown Rice | September 17 Baked Ziti Cucumber Banana | September 18 Turkey Sloppy Joe <i>Veggie Sloppy Joe</i> Oven Glazed Carrot Honeydew Whole Grain Bun | September 19 Fiesta Burrito Local Peas Fruit Salad |
| September 22 Beef Burger <i>Veggie Burger</i> Broccoli Fresh Cantaloupe Whole Grain Bun | September 23 Four Cheese Raviolini Fresh Cucumber Apple Slices | September 24 Turkey Meatloaf Muffins <i>Vegetarian Meatloaf</i> Carrot Coins Watermelon Whole Grain Bread | September 25 Asian BBQ Chicken <i>Vegetarian Chicken</i> Mashed Potatoes Fruit Salad Whole Grain Bread | September 26 Mexican Lasagna Green Beans Honeydew |





GFDF Pre-K Fall Menu

} september
 } october
 } november

| monday | tuesday | wednesday | thursday | friday |
|--|---|---|--|--|
| September 1, 29 GF Pasta Marinara w/ DF Mozzarella Broccoli Appleberry Sauce | September 2, 30 Turkey Meatball Marinara Local Peas Fresh Cantaloupe GF Bread | September 3 GFDF Macaroni & Cheese Fresh Cucumber Fresh Orange Slices | September 4 Roast Turkey w/ Gravy Butternut Squash Fruit Salad GF Bread | September 5 Adobo Chicken Green Beans Pineapple Corn Tortilla |
| September 8 Grilled Chicken Oven-Glazed Carrots Pineapple Chunks GF Bread | September 9 Chili Cucumbers Orange Slices GF Pasta | September 10 Sweet Apple Chicken Curry Green Beans Cantaloupe GF Bread | September 11 GF Pasta Marinara Broccoli Apple Slices | September 12 GFDF Beef Stroganoff Local Peas Fruit Salad |
| September 15 Catfish Fillet Fresh Broccoli Appleberry Sauce GF Bread | September 16 Sweet & Sour Chicken Mixed Asian Veg Fresh Pineapple Brown Rice | September 17 GF Pasta Marinara w/ DF Cheese Cucumber Banana | September 18 Turkey Sloppy Joe Oven Glazed Carrot Honeydew GF Bun | September 19 GFDF Cheese Tamale Local Peas Fruit Salad |
| September 22 Beef Burger Broccoli Fresh Cantaloupe GF Bun | September 23 GF Pasta Marinara w/ DF Cheese Fresh Cucumber Apple Slices | September 24 Turkey Meatloaf Muffins Carrot Coins Watermelon GF Bread | September 25 Asian BBQ Chicken Soy Potatoes Fruit Salad GF Bread | September 26 DFGF Mexican Lasagna Green Beans Honeydew |



PreK Lunch Ingredients List Fall 2014

Allergens

| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish |
|----------------------------------|---|-----|-----|--------------|-------|------|-----------|
| Adobo Chicken | Amish Chicken. Adobo Sauce: tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), cider vinegar, sugar, chili powder, cumin, paprika, garlic powder, onion powder. | X | | | | | |
| Asian BBQ Chicken | Antibiotic-free Chicken. Sauce: Ketchup, hoisin sauce, rice wine vinegar, gluten-free soy sauce, toasted sesame oil, fresh ginger. | X | | | | | |
| Baked Chicken Tenders | chicken breast, water, salt, unbleached wheat flour, water, salt, evaporated cane juice, dried yeast, spices, paprika. | | | X | | | |
| Baked Ziti | Pasta: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt. Cheese Filling: low fat cottage cheese, eggs, part-skim Mozzarella, parmesan. Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), canned tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, oregano, basil, pepper, cornstarch, heavy cream, sugar. | | X | X | X | | |
| Beef Burgers | Grass-fed beef, salt, pepper. Served on whole grain bun (see bread ingredients). | | | X (Bun Only) | | | |
| Beef Stroganoff | Enriched egg noodles: enriched durum wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), whole eggs). Sauce: onion, button mushrooms, cream of mushroom soup (water, organic mushrooms, organic creme fraiche (cultured cream), organic rice starch, organic rice flour, sea salt, organic onion powder, organic garlic powder), water, sour cream, ground beef. | | X | X | X | | |
| Cheesy Pizza | Dough: Whole wheat flour, yeast, water, salt. Sauce: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (tomato paste, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Topping: Mozzarella cheese, cheddar cheese. | | | X | X | | |
| Creamy Mac 'n Cheese | Pasta shells: durum wheat semolina flour, water. Cheese Sauce: American cheese (cultured pasteurized milk and skim milk, water, cream, milkfat, salt, less than 2% of sodium phosphate, enzymes), cheddar cheese, rice flour, milk, butter. | | | X | X | | |
| Fiesta Burrito | Burrito: flour tortilla (see bread ingredients list), black beans, chihuahua cheese, vegetable oil (soybean oil), onions, salt. Salsa (inside burrito): Tomatoes, onion, garlic, oregano, basil, lime juice. | X | | X | X | | |
| Fish Tenders | Rainbow trout (minced trout meat, trout meat, water, salt, corn syrup solids, onion powder, garlic powder, sodium phosphate), whole wheat flour, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, water, salt, enriched degerminated yellow corn flour (corn flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), enriched rice flour (rice flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, enriched defatted soy flour (soy flour, niacin, iron, thiamine mononitrate, folic acid, riboflavin), malted barley flour, leavening (sodium bicarbonate, monocalcium phosphate). | X | | X | | X | |
| Mexican Lasagna | Whole wheat tortilla (see bread ingredients), pinto beans, cheddar cheese, salsa (tomatoes, onion, garlic, oregano, lime juice), diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), taco seasoning (paprika, chili pepper, cumin, onion, whey, potato starch, salt, sugar, garlic, citric acid). | X | | X | X | | |
| Pasta Marinara | Pasta: durum wheat semolina flour, water. Sauce: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Served w/ mozzarella cheese. | | | X | X | | |
| Roast Turkey w/ Gravy | Michigan turkey breast. Gravy: water, vegetable stock, salt, celery, carrots, onions, garlic, carrots, cornstarch. | | | | | | |
| Sweet & Sour Chicken | Antibiotic-free chicken. Sweet & Sour Sauce: onion, red pepper, garlic, vegetable oil, sugar, cider vinegar, water, cornstarch, salt, pineapple. | X | | | | | |
| Sweet Apple Chicken Curry | Amish chicken. Sauce: olive oil, onion, garlic, salt, curry powder, brown sugar, granny smith apples, chicken broth, water, flour, butter, celery, cinnamon, cumin. | X | | X | X | | |

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|---------------------------------|---|---|----------------|----------------|---|---|--|
| Three Bean Chili Mac | Onion, green pepper, black beans, white beans, northern beans, diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, salt. Served with elbow macaroni: durum wheat semolina flour, water. | | X (Pasta Only) | X (Pasta Only) | | | |
| Four Cheese Raviolini | Ravioli: Semolina durum wheat, water, ricotta cheese, mozzarella cheese, asiago cheese, parmesan cheese, dehydrated potatoes, olive oil, whole egg, salt. Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. | | X | X | X | | |
| Turkey Meatball Marinara | Meatballs: Ground Michigan Turkey, whole wheat bread crumbs (see sliced wheat pullman ingredients), salt. Marinara Sauce: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. | | | X | | | |
| Turkey Meatloaf Muffin | Ground Michigan turkey, chopped frozen spinach, bread crumbs (see wheat pullman ingredients), ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), salt, garlic powder, onion powder, honey, mustard. | | | X | | | |
| Turkey Sloppy Joes | Ground Michigan turkey, red or green peppers, onion, garlic, vegetable oil (soybean oil), brown sugar, salt, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, sugar, anchovy puree), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid). Served on whole grain bun (see bread ingredients). | X | | X (Bun only) | | X | |

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| Vegetarian Lunch Ingredients List Fall 2014 | | Allergens | | | | | |
|---|--|-----------|----------------|----------------|-------|------|-----------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish |
| Adobo "Chicken" | Vegetarian Chicken: water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. Adobo Sauce: tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), cider vinegar, sugar, chili powder, cumin, paprika, garlic powder, onion powder. | X | | X | | | |
| Asian BBQ "Chicken" | Vegetarian Chicken: water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. Sauce: ketchup, hoisin sauce, rice wine vinegar, gluten-free soy sauce, toasted sesame oil, fresh ginger. | X | | X | X | | |
| Baked Ziti | Pasta: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt. Cheese Filling: low fat cottage cheese, eggs, part-skim Mozzarella, parmesan. Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), canned tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, oregano, basil, pepper, cornstarch, heavy cream, sugar. | | X | X | X | | |
| Buffalo "Chicken" Sandwich | Vegetarian Chicken: water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. Sauce: hot sauce, butter. Served on a whole grain bun. | X | | X | X | | |
| Chili Mac | Onion, pepper, beans (pinto, black, kidney), diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, cumin. Served with elbow macaroni: durum wheat semolina flour, water. | | X (Pasta Only) | X (Pasta Only) | | | |
| Creamy Mac 'n' Cheese | Pasta: durum wheat semolina flour, water. Cheese Sauce: American cheese (cultured pasteurized milk and skim milk, water, cream, milkfat, salt, less than 2% of sodium phosphate, enzymes), cheddar cheese, rice flour, milk, butter. | | X | X | X | | |
| Fiesta Burrito | Burrito: Flour tortilla (see bread ingredients list), black beans, chihuahua cheese, vegetable oil (soybean oil), onions, salt. Salsa (inside burrito): Tomatoes, onion, garlic, oregano, lime juice. | X | | X | X | | |

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|-----------------------------------|--|---|----------------|----------------|---|--|--|
| Mexican Lasagna | Whole wheat tortilla (see bread ingredients), pinto beans, cheddar cheese, salsa (tomatoes, onion, garlic, oregano, lime juice), diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), taco seasoning (paprika, chili pepper, cumin, onion, whey, potato starch, salt, sugar, garlic, citric acid). | X | | X | X | | |
| Pasta Marinara | Pasta: durum wheat semolina flour, water. Marinara: diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Served w/ mozzarella cheese. | | X | X | X | | |
| Pizza | Dough: Whole wheat flour, yeast, water, salt. Sauce: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (tomato paste, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Topping: Mozzarella cheese, cheddar cheese. | | | X | X | | |
| Raviolini Marinara | Ravioli: Semolina durum wheat, water, ricotta cheese, mozzarella cheese, asiago cheese, parmesan cheese, dehydrated potatoes, olive oil, whole egg, salt. Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. | | X | X | X | | |
| Sweet & Sour "Chicken" | Vegetarian Chicken: water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. Sauce: Red peppers, onion, garlic, pineapple, brown rice flour, apple cider vinegar, vegetable oil (soybean oil), water, sugar, and salt. | X | | X | | | |
| Sweet Potato Bites | Sweet potatoes, egg whites, potato flakes, expeller pressed canola oil, arrowroot, brown sugar, salt. | | X | | | | |
| Three Bean Chili Mac | Onion, green pepper, black beans, white beans, northern beans, diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, salt. Served with elbow macaroni: durum wheat semolina flour, water. | | X (Pasta only) | X (Pasta Only) | | | |
| Tofu Pup | Water, soy protein isolate, soy oil, organic spray dried tofu (organic dehulled soybeans, calcium sulfate), contains 2% or less natural flavors (from vegetable sources), beet powder, yeast extract, sunflower oil, natural smoke flavor, salt, paprika oleoresin, vegetable gums, tomato pulp. | X | | X (Bun Only) | | | |

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|-------------------------------|---|---|---|--------------|---|--|--|
| Tofurkey w/ Gravy | Tofurkey: Mycoprotein (59%), water, onion, natural flavors from non-meat sources, refined rapeseed oil, rehydrated egg white, milk proteins, 2% or less of potato maltodextrin, salt, tapioca dextrin, yeast extract, onion powder, sage extract, garlic powder, gum arabic; sunflower, coconut and palm kernel oil. Gravy: water, vegetable stock, salt, celery, carrots, onions, garlic, carrots, cornstarch | | X | | X | | |
| Vegetarian Taco | Boca crumbles (water, soy protein, wheat gluten, malt extract, salt, wheat starch, yeast, sugar, onion, garlic powder), taco seasoning (paprika, chili pepper, cumin, onion, whey, potato starch, salt, sugar, garlic, citric acid). | X | | X | X | | |
| Veggie "Chicken" Curry | Vegetarian Chicken: water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. Sauce: olive oil, onion, garlic, salt, curry powder, brown sugar, granny smith apples, chicken broth, water, flour, butter, celery, cinnamon, cumin. | X | | X | X | | |
| Veggie Burgers | Carrots, onions, string beans, oat bran, soybeans, zucchini, peas, broccoli, corn, soy flakes, spinach, expeller pressed canola oil, red peppers, arrowtoot, corn starch, garlic, corn meal, salt, parsley, black pepper. Served on whole grain bun (see bread ingredients). | X | | X (Bun Only) | | | |
| Veggie Meatballs | Vegetarian Meatballs: Mycoprotein (38%), Textured Vegetable Protein (Wheat Flour, Sodium Alginate, Caramel), Onion, Partially Rehydrated Egg White, Textured Wheat Protein (Wheat Protein, Wheat Starch), Canola Oil. Contains 2% or less of Rice Starch, Autolyzed Yeast Extract, Salt, Natural Flavors From Non-Meat Sources, Barley Malt Extract, Gum Arabic, Sugar, Nutmeg, Ginger, Coriander, Thyme, Sage, Black Pepper, Parsley, Chili Pepper, Allspice, Paprika Extract. Marinara Sauce: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion power, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water | | X | X | | | |
| Veggie Meatloaf Muffin | Carrots, onions, string beans, oat bran, soybeans, zucchini, peas, broccoli, corn, soy flakes, spinach, expeller pressed canola oil, red peppers, arrowtoot, corn starch, garlic, corn meal, salt, parsley, black pepper. | X | | | | | |
| Veggie Sloppy Joes | Boca crumbles (water, soy protein, wheat gluten, malt extract, salt, wheat starch, yeast, sugar, onion, garlic powder), red & green peppers, onion, garlic, vegetable oil, brown sugar, salt, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato sauce (tomato paste, water, tomato juice, salt, onion power, garlic powder, naturally derived citric acid). | X | | X | | | |

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| GFDF Lunch Ingredients List Fall 2014 | | Allergens | | | | | |
|---------------------------------------|---|-----------|-----|--------------|-------|------|-----------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish |
| Adobo Chicken | Amish Chicken. Adobo Sauce: tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), cider vinegar, sugar, chili powder, cumin, paprika, garlic powder, onion powder. | X | | | | | |
| Beef Burgers | Grass-fed beef, salt, pepper. Served on gluten-free bun (see bread ingredients). | | | | | | |
| Buffalo Chicken Sandwich | Antibiotic-free chicken, hot sauce. Served on a gluten-free bun. | | | | | | |
| Catfish | Catfish, salt, vegetable oil (soybean oil). | X | | | | | |
| GF Pasta w/ DF Cheese Sauce | Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Sauce: Dairy-free mozzarella, monterey jack, & cheddar (filtered water, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, carrageenan, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum), soy milk. | X | | | | | |
| GF Pasta w/ Marinara Sauce | Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Marinara: diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. | X | | | | | |
| GF Pasta w/Turkey Bolognese | Gluten-free Pasta: Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Marinara Sauce: Ground Michigan turkey, diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. | X | | | | | |
| GFDF Baked Ziti | Gluten-free Pasta: Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Cheese Filling: Dairy-free cheese (filtered water, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, carrageenan, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum), vegetarian refried beans, onions, vegetable oil (soybean oil). Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), canned tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, oregano, basil, pepper, cornstarch, sugar. | X | | | | | |
| GFDF Sweet Apple Chicken Curry | Amish chicken. Sauce: olive oil, onion, garlic, salt, curry powder, brown sugar, granny smith apples, chicken broth, water, celery, cinnamon, cumin. | | | | | | |

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|-------------------------------------|--|-----------------------|--|--|--|---|--|
| GFDF Tamale | Dairy-free cheese (filtered water, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, carrageenan, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum), vegetarian refried beans, onions, vegetable oil (soybean oil), cornmeal, shortening. | X | | | | | |
| GFDF Turkey Meatloaf Muffins | Ground Michigan turkey, chopped frozen spinach, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), salt, garlic powder, onion powder, honey, mustard. | | | | | | |
| Grilled Chicken | Antibiotic-free Chicken, salt, pepper. | | | | | | |
| Roast Turkey w/ Gravy | Michigan turkey breast. Gravy: water, vegetable stock, salt, celery, carrots, onions, garlic, carrots, cornstarch. | | | | | | |
| Sweet & Sour Chicken | Antibiotic-free chicken. Sweet & Sour Sauce: onion, red pepper, garlic, vegetable oil, sugar, cider vinegar, water, cornstarch, salt, pineapple. | X | | | | | |
| Three Bean Chili | Onion, pepper, beans (pinto, black, kidney), diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, cumin. Served with gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). | X (Gluten-Free Pasta) | | | | | |
| Turkey Hot Dog | Turkey, water, salt, corn syrup solids, less than 2% of the following: potassium lactate, dextrose, sodium dicetate, sodium phosphate, natural smoke flavor, sodium erythorbate, sodium nitrate. Served on a gluten-free bun. | | | | | | |
| Turkey Meatball Marinara | Meatballs: Ground Michigan Turkey, salt. Marinara Sauce: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. | | | | | | |
| Turkey Sloppy Joes | Ground Michigan turkey, red or green peppers, onion, garlic, vegetable oil (soybean oil), brown sugar, salt, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, sugar, anchovy puree), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid). Served on gluten-free bun (see bread ingredients). | X | | | | X | |

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| Fruit & Veggie Sides Ingredients Fall 2014 | | Allergens | | | | | |
|--|--|-----------|-----|--------------|-------|------|-----------|
| Vegetable Items | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish |
| Broccoli | Broccoli | | | | | | |
| Butternut Squash | Butternut squash | | | | | | |
| Cauliflower | Cauliflower | | | | | | |
| Carrots | Carrots, Sea Salt | | | | | | |
| Corn | Corn | | | | | | |
| Cucumbers | Cucumbers | | | | | | |
| Green Beans | Green Beans | | | | | | |
| Mashed Potatoes | Potatoes, Milk, Butter, Sea Salt | | | | X | | |
| Soy Potatoes (Dairy Free) | Potatoes, Soy Milk, Sea Salt | X | | | | | |
| Asian Veggies | Carrots, Broccoli, Water Chestnuts, & Bok Choy | | | | | | |
| Peas | Peas | | | | | | |
| Oven Glazed Carrots | Carrots, Oil, Brown Sugar. | | | | X | | |
| Roasted Sweet Potatoes | Sweet Potato, Vegetable Oil (Soybean Oil), Olive Oil, Brown Sugar, Sea Salt, Black Pepper | X | | | | | |
| Ranch Dip | Organic nonfat dry milk, sea salt, organic cane sugar, organic garlic, organic onion, organic carrot, organic celery seed, xanthan gum, organic parsley, organic black pepper, organic natural butter flavor, lactic acid powder, mayonaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium), buttermilk. | X | X | | X | | |
| Tomato Mango Salsa | Tomatoes, mango, cilantro | | | | | | |
| Fruit Items | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish |
| Apple Slices | Apples, Calcium Ascorbate | | | | | | |
| Appleberry Sauce | Apples, Blackberries, Blueberries, Raspberries, Strawberries, Water, Sugar. | | | | | | |
| Applesauce | Apples, water, cane sugar. | | | | | | |
| Banana | Banana | | | | | | |
| Cantaloupe | Cantaloupe | | | | | | |
| Fruit Salad | 2 or more: Watermelon, Cantaloupe, Honeydew, Pineapple | | | | | | |
| Honeydew | Honeydew melon | | | | | | |
| Orange Slices | Oranges | | | | | | |
| Pear Slices | Pears | | | | | | |
| Pineapple | Pineapple | | | | | | |
| Watermelon | Watermelon | | | | | | |

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| Bread Ingredients Fall 2014 | | Allergens | | | | | |
|-----------------------------|---|-----------|-----|--------------|-------|------|-----------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish |
| Corn Tortilla | Stone ground corn, corn oil, sea salt, calcium, hydroxide | | | | | | |
| Flour tortilla | Whole wheat flour, water, bleached wheat shortening (interesterified soybean oil with distilled mono glycerides added), sugar. 2% or less of the following: rice flour, salt, baking powder, yeast, preservative blend (calcium propionate, sodium propionate, potassium sorbate, and citric acid), butter buds, dough conditioner | X | | X | X | | |
| Gluten Free Bread | Filtered water, brown rice flour, rice flour, tapioca starch, pear juice concentrate, high oleic safflower oil, yeast, methylcellulose, sodium carboxymethylcellulose, orange citrus fiber, baking powder, calcium phosphate. Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D | | | | | | |
| Gluten Free Bun | Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder. Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D | | | | | | |
| Hot Dog Bun | Whole wheat, water, salt, brown sugar, shortening, saf/red yeast, lecithin, wheat gluten, enzyme | X | | X | | | |
| Wheat Roll | Whole wheat flour, enriched wheat flour, water, yeast, sugar | | | X | | | |
| Pita | Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, cracked wheat, yeast, contains 2% or less of vital wheat gluten, salt, sugar, soybean and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono- and diglycerides, and enzymes), caramel color, baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate (preservatives) | X | | X | | | |
| Pizza Dough | Whole wheat flour, yeast, water, salt | | | X | | | |
| Sliced Wheat Pullman | Whole wheat flour, water, enriched wheat flour, yeast, soybean oil, wheat gluten, salt, dough conditioner | X | | X | | | |
| Whole Wheat Bun | Whole wheat flour, water, enriched wheat flour, yeast, soybean oil, wheat gluten, salt, dough conditioner | X | | X | | | |

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