

Code	Menu Items	Ingredient List
Monday Selections		
M101V	Bean Pasta Salad - Vegetarian	<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Kidney Beans • Garbanzo Beans • Kernel Corn • Italian Dressing: Water, Distilled Vinegar, Sugar, Salt, Contains less than 2% of Food Starch-Modified, Garlic Juice, Garlic, Onion, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (as Preservatives), Red Bell Pepper, Spices, Phosphoric Acid, Soybean Oil, Extractive of Carrot (Color). Dehydrated. • Cucumber • Tomato
M102V	Cheese Quesadilla with Salsa - Vegetarian	<ul style="list-style-type: none"> • Flour tortilla <ul style="list-style-type: none"> ○ Bleached Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Vegetable Oil Soybeans Salt, Sodium Bicarbonate, Mono Diglycerides, Corn Starch, Guar Gum, Calcium Propionate, Potassium Sorbate, Fumaric Acid, Enzymes, Sodium Metabisulfite) • Cheddar and mozzarella cheeses • House-made Salsa: Pico de Gallo (See S105)
M103	Chicken Salad Sandwich	<ul style="list-style-type: none"> • Wheat slider buns: Enriched Wheat Flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Salt, Dough Conditioners Caramel Color, Calcium Propionate (Preservative), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate) • White and dark meat chicken • Celery • Onion • House Mustard • Egg-free Mayonnaise

M104	Fish Stick Sandwich	<ul style="list-style-type: none"> • Cod • Wheat slider buns: Enriched Wheat Flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Salt, Dough Conditioners Caramel Color, Calcium Propionate (Preservative), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate) • Thyme • Shallots • Garlic Powder • Onion Powder • EVOO Blend (see S110) • Oregano • Panko breading • Salt • Pepper • Egg-free Mayonnaise
M105	Grilled Cheese Sandwich	<ul style="list-style-type: none"> • Tillamook cheddar cheese • Whole wheat bread – whole wheat flour, water, yeast, oil, salt • Egg-free Mayonnaise
M106	Mediterranean Hummus Wrap	<ul style="list-style-type: none"> • Wheat wraps: Whole Wheat Flour, Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), Salt, Sodium Bicarbonate, Mono- And Diglycerides, Corn Starch, Guar Gum, To Maintain Freshness (Calcium Propionate, Potassium Sorbate, Fumaric Acid), Enzymes, Sodium Metabisulfite • Mozzarella cheese • Cucumber • Tomato • House-made Hummus (see S103)
M107	Shepherd's Pie	<ul style="list-style-type: none"> • Ground beef • Cheddar Cheese • Potatoes • Kosher Salt • Butter • EVOO Blend (see S110) • Milk • Onions

		<ul style="list-style-type: none"> • Carrots • Garlic • Thyme • Peas • Corn • Flour • Vegetable broth
M108V	Shepherd's Pie – Vegetarian	<ul style="list-style-type: none"> • White beans • Cheddar Cheese • Flour • Potatoes • Kosher Salt • Butter • EVOO Blend (see S110) • Milk • Onions • Carrots • Garlic • Thyme • Peas • Corn • Vegetable broth
M109	Super Sloppy Joes Beefy	<ul style="list-style-type: none"> • Hamburger Buns – Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Vegetable Oil (Canola And/Or Soy). Contains 2% Or Less Of Each Of The Following: Vital Wheat Gluten, Salt, Yeast Nutrient (Ammonium Sulphate), Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, Monocalcium Phosphate), Calcium Sulfate, Enzymes, Calcium Propionate (Mold Inhibitor). Contains Wheat. • Ground Beef • Onion • Green Bell Peppers • Garlic Powder • Ketchup • Brown Sugar • Salt • Pepper • EVOO Blend (see S110)

M110V	Super Sloppy Joes Vegetarian	<ul style="list-style-type: none"> • Hamburger Buns – Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Vegetable Oil (Canola And/Or Soy). Contains 2% Or Less Of Each Of The Following: Vital Wheat Gluten, Salt, Yeast Nutrient (Ammonium Sulphate), Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, Monocalcium Phosphate), Calcium Sulfate, Enzymes, Calcium Propionate (Mold Inhibitor). Contains Wheat. • Tofu • Onion • Green Bell Peppers • Garlic Powder • House Mustard • Ketchup • Brown Sugar • Salt • Pepper • EVOO Blend (see S110)
M111V	Tofu Stick Sandwich - Vegetarian	<ul style="list-style-type: none"> • Tofu • Bread – water, flour, vital wheat gluten, yeast, salt, oil. • Thyme • Shallots • Garlic Powder • Onion Powder • Olive Oil Blend (50% olive oil 50%vegetable oil) • Oregano • Panko breading • Salt • Pepper • Egg-free Mayonnaise
M112	Tzatziki Turkey Cheese Wrap	<ul style="list-style-type: none"> • Wheat wraps: Whole Wheat Flour, Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), Salt, Sodium Bicarbonate, Mono- And Diglycerides, Corn Starch, Guar Gum, To Maintain Freshness (Calcium Propionate, Potassium Sorbate, Fumaric Acid), Enzymes, Sodium Metabisulfite. • Deli turkey: turkey breast, water, vinegar, natural flavorings, sea salt, and turbinado sugar • Cheddar cheese

		<ul style="list-style-type: none"> • Cucumber • Tomato • House-made tzatziki sauce (See S111)
M113	Turkey Pasta Salad	<ul style="list-style-type: none"> • Deli turkey: turkey breast, water, vinegar, natural flavorings, sea salt, and turbinado sugar • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Cucumber • Tomato • Italian Dressing: Water, Distilled Vinegar, Sugar, Salt, Contains less than 2% of Food Starch-Modified, Garlic Juice, Garlic*, Onion*, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (as Preservatives), Red Bell Pepper*, Spices, Phosphoric Acid, Soybean Oil, Extractive of Carrot (Color). *Dehydrated
M114	Turkey Cheese Sandwiches	<ul style="list-style-type: none"> • Wheat slider buns: Enriched Wheat Flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Salt, Dough Conditioners Caramel Color, Calcium Propionate (Preservative), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate) • Deli turkey: turkey breast, water, vinegar, natural flavorings, sea salt, and turbinado sugar • Havarti Cheese or Cheddar Cheese • Lettuce • Mustard – served in packets • Egg-free Mayonnaise
M115V	Vegetable Hummus Sandwich - Vegetarian	<ul style="list-style-type: none"> • Wheat slider buns: Enriched Wheat Flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Salt, Dough Conditioners Caramel Color, Calcium Propionate (Preservative), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate) • House-made Hummus (see S103) • Tomato • Cucumber • Cheddar Cheese • Mustard – served in packets • Egg-free Mayonnaise
		<ul style="list-style-type: none"> • Hoagie Buns

M116	Chicken Bahn Mi	<ul style="list-style-type: none"> • White and dark meat chicken • Pickled radish and carrot • Eggless Mayonnaise • Pate: Chicken and Eggless Mayonnaise • Salt
M117V	Tofu Bahn Mi - Vegetarian	<ul style="list-style-type: none"> • Hoagie Buns • Sliced Tofu • Pickled Radish and Carrot • Eggless Mayonnaise • Salt
M118	Tuna Sandwich	<ul style="list-style-type: none"> • Tuna • Eggless Mayonnaise • Celery • Tomatoes • Cheddar Cheese • Salt
M119V	Chick Pea Sandwich	<ul style="list-style-type: none"> • Chick Peas • Eggless Mayonnaise • Celery • Cucumber • Tomatoes • Salt
M120	Chicken and Rice Burritos	<ul style="list-style-type: none"> • Diced Chicken • Black Beans • Cheese • Onions • Tomatoes
M121V	Bean and Rice Burritos	<ul style="list-style-type: none"> • Black beans • Cheese • Onions • Tomatoes
M122	Chicken Waldorf Salad	<ul style="list-style-type: none"> • Chicken • Grapes • Raisins • Celery

		<ul style="list-style-type: none"> • Apple • Lemon Juice • Plain Yogurt
M122V	Garbanzo Waldorf Salad	<ul style="list-style-type: none"> • Chicken • Grapes • Raisins • Celery • Apple • Lemon Juice • Plain Yogurt
M123	Garden Greens Grilled Cheese	<ul style="list-style-type: none"> • Wheat bread • Spinach • Cheddar cheese • Butter • Oil
M124	Chicken Salad Wrap	<ul style="list-style-type: none"> • White and dark meat chicken • Celery • Onion • House Mustard • Egg-free Mayonnaise • Wheat Wraps
M125	Vegetable Cream Cheese Wrap	<ul style="list-style-type: none"> • Flour tortillas • Cream cheese, • Bell pepper • Onion • Celery
Tuesday Selections (Soups are served with bread stick (M211))		
M201V	Bean Potato Soup	<ul style="list-style-type: none"> • Potatoes • White Bean • Corn Starch • Heavy Cream • Vegetable Broth • Peas • Carrots • Salt

		<ul style="list-style-type: none"> • Pepper
M202	Black Bean Soup	<ul style="list-style-type: none"> • Black Beans • Diced Tomato • Vegetable Stock • Green Pepper • Onions • Garlic • Cumin • Salt • Pepper
M203	Chicken Noodle Soup	<ul style="list-style-type: none"> • Chicken Broth • Chicken • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Assorted Vegetables: Carrots, Celery, Peas • Assorted Fresh Herbs: Thyme • Onion • Salt • Pepper • EVOO Blend (see S110)
M204V	Creamy Broccoli and Bean Soup – Vegetarian	<ul style="list-style-type: none"> • White Beans (Prepared small white beans, water, salt, and calcium chloride) • Broccoli • Corn Starch • Cheddar Cheese • Heavy Cream • Vegetable Broth • Peas • Carrots • Salt • Pepper
M205	Fiesta Vegetarian Chili	<ul style="list-style-type: none"> • Bell Peppers • Vegetable Stock • Corn • Black Beans • Onions • Garlic • Cumin

		<ul style="list-style-type: none"> • Paprika • Kosher salt • Kidney Beans • Diced Tomatoes
M206	Pizza Rolls	<ul style="list-style-type: none"> • Pizza crust- Organic unbleached wheat flour, water, sea salt, yeast, olive oil. • Mozzarella cheese • Pizza sauce <ul style="list-style-type: none"> ○ San Marzano tomato ○ Virgin olive oil ○ Salt ○ Pepper ○ Basil ○ Oregano
M207	Tomato Soup	<ul style="list-style-type: none"> • Diced Tomatoes • Kidney Beans • Olive oil • Butter • Carrot • Onion • Garlic • Vegetable broth • Cream • Fresh basil • Salt • Pepper
M208	Turkey Noodle Soup	<ul style="list-style-type: none"> • Chicken Broth • Turkey • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Assorted Vegetables: Carrots, Celery, Peas • Assorted Fresh Herbs: Thyme, Oregano
M209	Minestrone Vegetable and Noodle Soup	<ul style="list-style-type: none"> • Vegetable broth • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Tomatoes crushed/whole • Kidney Beans • Onion

		<ul style="list-style-type: none"> • Carrot • Celery • Zucchini • Thyme • Bay leaf • Salt
M210V	White Bean, Vegetable and Noodle Soup – Vegetarian	<ul style="list-style-type: none"> • Vegetable Stock • White Beans • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Assorted Vegetables: Carrot, Celery, Parsnips, Zucchini, Squash, Peas • Assorted Fresh Herbs: Thyme • Onion • Salt
M211	Bread Stick	<ul style="list-style-type: none"> • Enriched unbleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, contains less than 2% of the following: yeast, salt, dextrose, malted barley flour, calcium sulfate, datem, calcium carbonate, ascorbic acid, enzyme.
M212	Creamy White Bean Corn Chowder	<ul style="list-style-type: none"> • Veggie Stock • Heavy Cream • Corn • Corn Starch • White beans • Peas and Carrot • Onion • Salt • Pepper
M213	Corn Bisque	<ul style="list-style-type: none"> • Corn • Carrot • White Beans • Onion • Veggie Broth • Oil • Salt
M214	Tortilla Soup	

		<ul style="list-style-type: none"> • Veggie Broth • Corn Tortillas • Tomato • Corn • Black Beans • Onion • Salt
Wednesday Selections		
M301	Chow Mein Chicken	<ul style="list-style-type: none"> • Chicken Breasts and Thighs • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Assorted Vegetables: Broccoli, Carrots, Peas • Soy sauce • Fresh garlic • Fresh ginger • Salt • Pepper
M302V	Chow Mein - Vegetarian	<ul style="list-style-type: none"> • Tofu • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Assorted Vegetables: Broccoli, Carrots, Peas • Soy sauce • Fresh garlic • Fresh ginger • Salt • Pepper
M303	Creamed Turkey over Rice	<ul style="list-style-type: none"> • Turkey • Kosher Salt • Butter • Olive Oil • Milk • Onions • Carrots • Garlic • Thyme • Peas • Potatoes • Flour

		<ul style="list-style-type: none"> • Vegetable broth • Parsley • Rice
M304V	Creamed Vegetables over Rice - Vegetarian	<ul style="list-style-type: none"> • Vegetables • Kosher Salt • Butter • Olive Oil • Milk • Onions • Carrots • Garlic • Thyme • Peas • Potatoes • Flour • Vegetable broth • Parsley • Rice
M305	Fried Rice Chicken	<ul style="list-style-type: none"> • Rice • Chicken • Olive Oil Blend (50% olive oil 50%vegetable oil) • Assorted vegetables (Peas, carrots, onion) • Soy Sauce • Garlic • Ginger • Salt • Pepper
M306V	Fried Rice Tofu - Vegetarian	<ul style="list-style-type: none"> • Rice • Tofu • Olive Oil Blend (50% olive oil 50% vegetable oil) • Assorted vegetables (Peas, carrots, onion) • Soy Sauce • Garlic • Ginger • Salt • Pepper
M307	Korean Beef Bowl with Rice	<ul style="list-style-type: none"> • • • Ground Beef

		<ul style="list-style-type: none"> • Rice • Brown Sugar • Soy Sauce • Ginger • EVOO Blend (See S110) • Garlic • Assorted Vegetables: Zucchini, Carrots and Onions
M308V	Korean Tofu Bowl with Rice - Vegetarian	<ul style="list-style-type: none"> • Tofu • Brown Sugar • Soy Sauce • Ginger • EVOO Blend (See S110) • Garlic • Assorted Vegetables: Zucchini, Carrots and Onions
M309	Pot Sticker (Chicken) with Rice	<ul style="list-style-type: none"> • Pot Sticker: Chicken, cabbage, green onion, sugar, chicken broth, water, ginger, garlic spice, sesame seed oil, wheat flour, cornstarch • Rice • Soy Sauce • Rice Wine Vinegar • Green Onion
M310	Pot Sticker (Beef) with Rice	<ul style="list-style-type: none"> • Pot Sticker: beef, cabbage, green onion, sugar, chicken broth, water, ginger, garlic spice, sesame seed oil, wheat flour, cornstarch • Rice • Soy Sauce • Rice Wine Vinegar • Green Onion
M311V	Pot Sticker with Rice - Vegetarian	<ul style="list-style-type: none"> • Vegetarian Pot Sticker: cabbage, green onion, sugar, water, ginger, garlic spice, sesame seed oil, wheat flour, cornstarch • Rice • Soy sauce • Rice wine vinegar • Sweet chili sauce • Green onion
M312		<ul style="list-style-type: none"> • Rice

	Teriyaki Chicken with Rice	<ul style="list-style-type: none"> • Chicken • 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 • Brown Sugar • Fresh Garlic • Fresh Ginger • Assorted vegetables: Peas, Carrots, Zucchini • Salt
M313V	Teriyaki Vegetarian with Rice	<ul style="list-style-type: none"> • Rice • Tofu • Soy sauce • Brown sugar • Fresh garlic • Fresh ginger • Honey • Assorted vegetables: Peas, Carrots, Zucchini • Salt • Pepper
M314	Yellow Curry Chicken with Rice	<ul style="list-style-type: none"> • Rice • Chicken • Curry Powder: Coriander, Fenugreek, Turmeric, Cumin, Bay Leaf, Black Pepper, Celery, Nutmeg, Cloves, Onion, Ginger, Red Pepper • Coconut Milk • Onion • Peas • Carrots • Zucchini
M315V	Yellow Curry Vegetable with Rice - Vegetarian	<ul style="list-style-type: none"> • Rice • Tofu • Curry Powder: Coriander, Fenugreek, Turmeric, Cumin, Bay Leaf, Black Pepper, Celery, Nutmeg, Cloves, Onion, Ginger, Red Pepper • Coconut Milk • Onion • Peas • Carrots • Zucchini

M316	Kalbi Beef and Veggie Bowl with Rice	<ul style="list-style-type: none"> • Sliced Beef • EVOO Blend (see S110) • Kiwi • Soy Sauce • Vinegar • Sticky Rice • Zucchini • Onion • Pepper
M317V	Kalbi Tofu and Veggie Bowl with Rice - Vegetarian	<ul style="list-style-type: none"> • Tofu • Kiwi • Soy • Vinegar • Sticky Rice • Zucchini • Onion • Pepper • EVOO Blend (see S110)
M318	Stir Fry Chicken with Rice	<ul style="list-style-type: none"> • Chicken • EVOO Blend (see S110) • Peas • Carrots • Zucchini • Soy Sauce • Onion • Salt
M319V	Stir Fry Tofu with Rice	<ul style="list-style-type: none"> • Tofu • EVOO Blend (see S110) • Peas • Carrots • Zucchini • Soy Sauce • Onion • Salt
M320	Korean Chicken Bowl with Rice	<ul style="list-style-type: none"> • Chicken • Rice • Brown Sugar • Soy Sauce

		<ul style="list-style-type: none"> • Ginger • EVOO Blend (See S110) • Garlic • Assorted Vegetables: Zucchini, Carrots and Onions
M321	Stir Fry Beef with Rice	<ul style="list-style-type: none"> • Beef • EVOO Blend (see S110) • Peas • Carrots • Zucchini • Soy Sauce • Onion • Salt
M322	General Tso Chicken	<ul style="list-style-type: none"> • General Tso Sauce: Garlic, onion, soy sauce, corn starch, molasses, citrus, ginger, vinegar • Diced Chicken • Zucchini • Onion • Carrots
M323V	General Tso Tofu	<ul style="list-style-type: none"> • General Tso Sauce: Garlic, onion, soy sauce, corn starch, molasses, citrus, ginger, vinegar • Diced Tofu • Zucchini • Onion • Carrots
Thursday Selections		
M401	Cheesy Beef Noodle Casserole	<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Ground Beef • Mushroom Soup • Cheddar Cheese • Assorted Veggies – Carrots, Peas • Salt • Pepper
M402V	Cheesy Bean Noodle Casserole	

		<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • White Beans • Mushroom Soup • Cheddar Cheese • Assorted Veggies – Carrots, Peas • Salt
M403V	Cheesy Tofu Noodle Casserole	<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Tofu • Mushroom Soup • Cheddar Cheese • Assorted Veggies – Carrots, Peas • Salt
M404	Macaroni and Cheese	<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Milk • Flour • Butter • Cheddar cheese • Mozzarella cheese • Salt • Pepper
M405	Spaghetti & Meatball	<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Meatballs - Lean Ground Beef, Ground Turkey, Bread crumb, Milk, Parsley, Parmesan, Salt, Pepper, Nutmeg and eggs • Olive Oil • San Marzano Tomatoes • Onion • Garlic • Carrots • Salt • Pepper
M406V	Spaghetti Tofu Vegetarian	

		<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Tofu • Olive Oil • San Marzano Tomatoes • Onion • Garlic • Carrots • Salt • Pepper
M407	Tacosagna Casserole	<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Tomato • Cheddar Cheese- • Black bean • Spices: Garlic Salt, Cumin • Salt • Pepper
M408V	Tacosagna Vegetable Casserole - Vegetarian	<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Tomatoes • Cheddar Cheese • Black bean • Spices: Garlic Salt, Cumin • Salt • Pepper
M409	Tater Tot Casserole Cheesy Beef	<ul style="list-style-type: none"> • Ground Beef • Cheddar Cheese • Mushroom Soup • Tater Tots (See S104) • Assorted Vegetables – Peas, Carrots • Salt
M410	Tater Tot Casserole Cheesy Chicken	<ul style="list-style-type: none"> • Chicken • Cheddar Cheese • Mushroom Soup • Tater Tots (See S104)

		<ul style="list-style-type: none"> • Assorted Vegetables – Peas, Carrots • Salt
M411V	Tater Tot Casserole Cheesy Tofu - Vegetarian	<ul style="list-style-type: none"> • Tofu • Cheddar Cheese • Mushroom Soup • Tater Tots (See S104) • Assorted Vegetables – Peas, Carrots • Salt
M412	Tuna Noodle Casserole	<ul style="list-style-type: none"> • Tuna • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Mushroom Soup • Cheddar Cheese • Assorted Veggies – Peas, Carrots • Salt • Pepper
M413V	White Bean Veggie Noodle Casserole - Vegetarian	<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Mushroom Soup • White Beans • Cheddar Cheese • Assorted Veggies – Peas, Carrots • Salt • Pepper
M414	Pasta Marinara Veggies and Meat Sauce	<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Ground Beef • EVOO Blend (See S110) • Fresh Tomato • Marinara • Zucchini • Onion • Pepper • Salt

M415V	Pasta Marinara with Veggies and Tofu Sauce – Vegetarian	<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Tofu • Fresh Tomato • Marinara • Zucchini • Onion • EVOO Blend (See S110) • Pepper • Salt
M416	Sloppy Joe Tater Tot Casserole	<ul style="list-style-type: none"> • Ground Beef • Onion • Bell Pepper • Cheddar Cheese • Tater Tots • Sloppy Joe Sauce: Ketchup, Tomato Sauce, Brown Sugar, Vinegar, Salt
M417V	Sloppy Joe Tater Tot Casserole - Vegetarian	<ul style="list-style-type: none"> • Lentil Beans • Onion • Bell Pepper • Cheddar Cheese • Tater Tots • Sloppy Joe Sauce: Ketchup, Tomato Sauce, Brown Sugar, Vinegar, Salt
M418	Cheesy Chicken Enchilada Casserole	<ul style="list-style-type: none"> • Chicken • Diced Tomatoes • Cheddar Cheese • Corn Tortillas • Enchilada Sauce • Cumin • Salt
M419V	Cheesy Bean Enchilada Casserole - Vegetarian	<ul style="list-style-type: none"> • Black Beans • Diced Tomatoes • Cheddar Cheese • Corn Tortillas • Enchilada Sauce - Water, Tomato Puree, Modified Food Starch, Chili Powder, Contains Less Than 2% Of Salt,

		<p>Soybean Oil, Spices, Onion Powder, Garlic, Dehydrated Guajillo Chili Peppers</p> <ul style="list-style-type: none"> • Cumin • Salt
M420	Cheesy Chicken and Broccoli Rice Casserole	<ul style="list-style-type: none"> • Rice • Cream of Chicken soup • Chicken • Carrots • Broccoli • Cheddar Cheese • Salt
M421V	Cheesy White Bean and Broccoli Rice Casserole	<ul style="list-style-type: none"> • Cheesy Chicken and Broccoli Rice casserole: • Rice • Cream of Mushroom • White Bean • Carrots • Broccoli • Cheddar Cheese • Salt
M422	Pasta Marinara with Veggies and Chicken Sauce	<ul style="list-style-type: none"> • Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. • Chicken • EVOO Blend (See S110) • Fresh Tomato • Marinara • Zucchini • Onion • Pepper • Salt
M424	Creamy Chicken with Rice	<ul style="list-style-type: none"> • Diced chicken • Tomatoes • Carrots • Onion • Sour cream
M425V	Creamy Beans with Rice	<ul style="list-style-type: none"> • White Bean • Tomatoes

		<ul style="list-style-type: none"> • Carrots • Onion • Sour cream
M426	Baked Ziti	<ul style="list-style-type: none"> • Pasta shells • Marinara sauce • Mozzarella cheese • Peas • Carrots
Friday Selections		
M501	BBQ Cheese Pizza	<ul style="list-style-type: none"> • Pizza crust - Organic unbleached wheat flour, water, sea salt, yeast, olive oil and rosemary • Mozzarella cheese • BBQ Sauce: brown sugar, ketchup, red wine vinegar, Worcestershire sauce, dry mustard, paprika, salt • Assorted Vegetables: zucchini, bell peppers
M502	Marinara Mozzarella Cheese Pizza	<ul style="list-style-type: none"> • Pizza crust- Organic unbleached wheat flour, water, sea salt, yeast, olive oil. • Mozzarella cheese • Pizza sauce <ul style="list-style-type: none"> ○ San Marzano tomato ○ Virgin olive oil ○ Salt and pepper ○ Basil ○ Oregano • Assorted Vegetables: Spinach, Onions, Green Pepper
M503	Focaccia White Sauce Pizza with Veggie	<ul style="list-style-type: none"> • Focaccia Bread (Yeast, Flour, olive oil, Rosemary, Thyme, Basil, Oregano, Salt) • House-made White Sauce (See S109) • Mozzarella Cheese • Green Pepper • Zucchini • Spinach
M504	Mexican Pizza	<ul style="list-style-type: none"> • Refried beans • Tomatoes • Onions • Green Bell Peppers

		<ul style="list-style-type: none"> • Monterrey Jack Cheese
Vegetable Selections		
V101	Carrot, Green Bean and Corn	<ul style="list-style-type: none"> • Butter • Lemon • Salt • Pepper
V102	Carrot with Dip	<ul style="list-style-type: none"> • Carrots • House-made Hummus (see S103 below)
V103	Caesar Salad	<ul style="list-style-type: none"> • Lettuce • Egg-free Mayonnaise, honey, onion, parsley, olive oil, salt, vinegar, pepper
V104	Corn and Bean Salads	<ul style="list-style-type: none"> • Corn • White or Black Beans • Red Pepper • Onion • Vinegar • Sugar • Salt • Pepper
V105	Cucumber Salad	<ul style="list-style-type: none"> • Cucumber • Dressing: <ul style="list-style-type: none"> ○ vinegar ○ shallot ○ sugar ○ salt ○ pepper
V106	Fresh Fruit Salads	<ul style="list-style-type: none"> • A combination of any of the following: Blueberries, raspberries, blackberries, melons, strawberries, apples, oranges, watermelon
V107	Fresh Salad	<ul style="list-style-type: none"> • Lettuce • Cucumber • Tomato

		<ul style="list-style-type: none"> • Dressing: <ul style="list-style-type: none"> ○ vinegar ○ olive oil ○ shallot ○ sugar ○ salt ○ pepper
V108	Pea Salad	<ul style="list-style-type: none"> • Peas • Onion • Vinegar • Sugar • Olive oil • Mint or basil • Salt • Pepper
V109	Roasted Corn Salad	<ul style="list-style-type: none"> • Apple cider vinegar • Sugar • Olive oil • Basil • Salt • Pepper
V110	Sweet Potato Fries	<ul style="list-style-type: none"> • Sweet Potatoes • Olive oil • Salt • pepper
V111	Sweet Vinaigrette Coleslaw	<ul style="list-style-type: none"> • Cabbage • Vinegar • Olive oil • Salt • Pepper • Grated onions • House mustard (See S108) • May contain basil or cilantro
V112	3 Bean Salad	<ul style="list-style-type: none"> • Green beans • Red beans • Wax beans • Onion

		<ul style="list-style-type: none"> • Celery Salt • Cider vinegar • Olive oil • Sugar • Salt • Black pepper
V113	Tomato Salad	<ul style="list-style-type: none"> • Tomato • Dressing: <ul style="list-style-type: none"> ○ Red wine vinegar ○ Olive oil ○ Shallot ○ Sugar ○ Salt ○ Pepper
V114	Yummy Buttery Corn	<ul style="list-style-type: none"> • Corn • Butter • Parsley • Salt • Pepper
V115	Pita Chip	<ul style="list-style-type: none"> • Enriched Wheat Flour (wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower Oil And/or Canola Oil, Sea Salt, Whole Wheat Flour, And Less Than 2% Of The Following: Organic Cane Sugar, Oat Fiber, Yeast, Malted Barley Flour, Rosemary Extract (antioxidant), And Ascorbic Acid (antioxidant).
Sauce		
S101	Cream of Mushroom Soup	<ul style="list-style-type: none"> • Butter • Mushrooms • Onions • All-purpose flour • Salt • Pepper • Vegetable broth • Milk and/or Cream
S102	Egg-free Mayonnaise	<ul style="list-style-type: none"> • Olive Oil Blend (50% Olive Oil 50% Vegetable Oil) • Apple Cider Vinegar

		<ul style="list-style-type: none"> • House Mustard • Sugar • Milk • Lemon • Salt
S103	House-made Hummus	<ul style="list-style-type: none"> • Chick peas • Water • Canola oil • Garlic • Sea salt
S104	Tartar Sauce	<ul style="list-style-type: none"> • Egg-free Mayonnaise • Sweet pickles • Lemon • Salt • Pepper
S105	Pico de Gallo	<ul style="list-style-type: none"> • Tomato • Onion • Lime juice • Salt • Pepper • Cilantro
S106	Ranch Dressing	<ul style="list-style-type: none"> • Cultured buttermilk • Salt • Soybean oil • Water • Vinegar • Sugar • Mustard seed • Onions • Salt • Pepper
S107	Tater Tots	<ul style="list-style-type: none"> • Flour • Potatoes • Garlic powder • Onion powder • Oregano

		<ul style="list-style-type: none"> • Dill • Kosher salt and black pepper • Vegetable oil
S108	House Mustard	<ul style="list-style-type: none"> • Dijon mustard: Water, distilled white vinegar, mustard seed, sugar, modified food starch, salt, contains less than 2% of xanthan gum, white wine, fruit pectin, citric acid, tartaric acid, beta carotene, spices, artificial color, potassium sorbate and calcium disodium edta (to protect freshness). • Yellow mustard
S109	House-made White Sauce	<ul style="list-style-type: none"> • Flour • Butter • Heavy Cream • Salt • Garlic
S110	EVOO Blend	<ul style="list-style-type: none"> • 50% Olive Oil • 50% Pomace Oil
S111	Tzatziki sauce	<ul style="list-style-type: none"> • Yogurt • Tomato • Cucumber • Salt • Harissa blend