

Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Chicken	Antibiotic-free chicken breast, canola oil, salt Adobo Sauce ((organic tomato puree (tomato juice, sea salt, onion powder, naturally derived citric acid, garlic powder), white sugar, apple cider vinegar, ground red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder)) Served with a flour tortilla (see bread ingredients)							
Apple Curry Chicken	Antibiotic-free chicken breast, canola oil, salt Apple Curry Sauce ((water, unsweetened applesauce (apples, water, ascorbic acid added to maintain color), raw onion, dark brown sugar, rice flour, unsalted butter (cream, natural flavorings), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), canola oil, celery, raw garlic, curry powder (spices, tumeric, and celery), ground cinnamon, ground cumin))				X			
Asian BBQ Chicken	Antibiotic free-chicken thigh Asian BBQ Sauce ((dark brown sugar, maple syrup, miso paste (water, soybeans, rice, salt), raw onion, raw garlic, raw ginger, rice vinegar, soy sauce (water, soybeans, salt, sugar), canola oil, xanthan gum powder, dry ginger, chinese five spice))	X						
Asian BBQ Drumsticks	Antibiotic-free Chicken Drumstick Asian BBQ Sauce ((dark brown sugar, maple syrup, miso paste (water, soybeans, rice, salt), raw onion, raw garlic, raw ginger, rice vinegar, soy sauce (water, soybeans, salt, sugar), canola oil, xanthan gum powder, dry ginger, chinese five spice))	X						
Asian Meatballs	Asian Meatball- (Antibiotic free ground turkey, bread crumbs, Hoisin Sauce (Dark brown sugar, gluten free miso paste, garlic, rice vinegar, chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, sulfiting agents)), garlic, ginger).	X		X				
BBQ Chicken Breast	Antibiotic-free chicken breast, canola oil, salt BBQ Sauce (organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder))							
BBQ Chicken Drumstick	Antibiotic-free chicken drumstick BBQ Sauce (organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder))							
Burrito, Los Cabos	Filling (water, pinto beans (cooked pinto beans ([water, pinto beans], and salt), pinto beans), cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, may contain annatto color), contains 2% or less of: spices, garlic powder, salt, and corn starch) Whole wheat flour tortilla (soy flour enriched (wheat flours [whole wheat flour, enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)], water, soy flour, soybean oil, potato starch, pea fiber, distilled monoglyceride, wheat gluten, glycerine, salt, baking powder (corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate))	X		X	X			
Beef Burger	Ground beef, salt Served on whole grain hamburger bun (see bread ingredients)			X				
Beef Hot Dog	Beef, water, contains less than 2% of the following: sea salt, natural flavorings, sugar, vinegar, cherry powder, extract of paprika Served on whole grain hot dog bun (see bread ingredients)							
Beef Kofta Bites	Ground beef, onions, panko bread crumbs, garlic, sea salt, eggs, mint, cilantro, cumin, black pepper		X	X				

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Beef Sloppy Joe	Ground beef, Organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor) Sloppy Joe Sauce ((red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic) Served on a whole grain hamburger bun (see bread ingredients)							
Beef Tacos	Ground beef Dry taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Served on whole grain tortilla (see bread ingredients)							
Buffalo Chicken Sandwich	Antibiotic-free Chicken breast, canola oil, salt Buffalo Sauce (hot sauce (aged cayenne red peppers), unsalted butter (cream, natural flavorings), raw garlic) Served on whole grain hamburger bun (see bread ingredients)				X			
Cajun Catfish	Catfish filet, canola oil, garlic powder, thyme, paprika, red chili pepper, chipotle salsa, black pepper					X		
Cajun Red Beans & Rice	Red kidney beans, red peppers, raw onion, canola oil, cajun seasoning (spices, herbs, salt, paprika, onion, garlic, less than 2% silicon dioxide added to prevent caking), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder), raw garlic Served with brown rice (see sides)							
Cheese Melt	Whole grain hamburger bun ** See bread ingredients White american cheese (cultured pasteurized milk and skim milk, cream, milkfat, salt, sodium citrate, contains less than 2% of sorbic acid (preservative), lactic acid, enzymes, soy lecithin and soybean oil blend)	X			X			
Cheesy Pizza	Dough (whole wheat flour, yeast, water, salt) Sauce ** See Marinara ingredients Cheese (part skim mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents))			X	X			
Chicken (not so) Fried Rice	Antibiotic-free chicken thigh, Brown Rice, Peas & Carrots Sauce (vegetable base, water, rice vinegar, soy sauce (water, soybeans, salt, sugar), garlic, ginger, sugar, sesame oil)	X						X
Chicken Nuggets, WG	Chicken, water, isolated soy protein, seasoning (salt, onion powder, modified corn starch, and natural flavor), sodium phosphates. Breaded with: whole wheat flour, water, enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: modified corn starch, spices, dextrose, garlic powder extractives of paprika & annatto, spice extractives **Breeding set in vegetable oil	X		X				
Chicken Nuggets, Grilled	Boneless skinless chicken breast chunks with rib meat, water, contains 2% or less of the following: citric acid, dehydrated parsley, dehydrated red bell pepper, dextrose, garlic powder, grill flavor (from sunflower oil), lemon juice solids, maltodextrin, modified food starch, natural flavors, onion powder, salt, sodium phosphates, spices, sugar, vinegar solids, xanthan gum, yeast extract							
Chicken Teriyaki	Antibiotic free-chicken breast, canola oil, salt Teriyaki Sauce (water, soy sauce (water, soybeans, salt, sugar), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch)	X						

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Chicken Patty, WG	Chicken Breast with Rib Meat, Water, Isolated Soy Protein, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color)], Salt, Potassium and Sodium Phosphates, Chicken Broth. Breaded With Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Potatoes (Potatoes, Mono and Diglycerides, Dextrose), Yeast, Sugar, Salt, Soybean Oil (Processing Aid). Battered With: Water, [Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potato Flour, Salt, Modified Corn Starch, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Flavor (Contains Maltodextrin, Salt, Natural Flavors), Hydrolyzed Corn Protein, Onion Powder, Garlic Powder, Yeast Extract, Chicken Broth, Spice]. Set in Vegetable Oil.	X		X				
Chipotle Honey Chicken Strips	Antibiotic free-chicken breast, canola oil, salt Chipotle Honey Vinaigrette (Canola oil, red wine vinegar, honey, salt, ground cumin, chipotle salsa, garlic powder, black pepper, mustard powder, lime juice)							
Chipotle Lime Chicken Breast	Antibiotic free-chicken breast, canola oil, salt Chipotle Lime Sauce (honey, lime juice, soy sauce (water, soybeans, salt, sugar), canola oil, ground red chili powder, garlic, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic)	X						
Chipotle Lime Chicken Drumsticks	Antibiotic-free chicken drumsticks Chipotle lime sauce (honey, lime juice, soy sauce (water, soybeans, salt, sugar), canola oil, ground red chili powder, garlic, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic)	X						
Fajita Chicken	Antibiotic Free Chicken Breast, canola oil, salt; Fajita Seasoning - ground cumin, coriander, paprika, chili powder, garlic powder, black pepper, onion powder, sea salt, cinnamon							
Fish Tenders	Marine stewardship council certified Alaska pollock, whole wheat flour, vegetable oil [soybean and/or canola], enriched wheat flour [flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, contains 2% or less of: yellow corn flour, wheat gluten, salt, sugar, iodized salt, yeast, whole yellow corn flour, soy flour, dextrose, leavening [baking soda, sodium aluminum phosphate], mono and diglycerides, extractives of paprika, spice extract, spice	X		X		X		
French Toast	Whole Grain Bread (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate & Potassium Sorbate (Preservatives), Wheat Starch), Eggs, Whole Milk, Sugar, Vanilla Extract, Ground Cinnamon	X	X	X	X			
Grilled Cheese	Whole grain bread **See bread ingredients American cheese (milk, cheese cultures, salt enzymes, annatto vegetable color, if colored), water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent))	X		X	X			
Grilled Chicken	Chicken breast, canola oil, salt							
Hawaiian Chicken	Antibiotic free-chicken breast, canola oil, salt Hawaiian Glaze (pineapple, white sugar, water, miso paste (soy), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) canola oil, cornstarch, dry ginger)	X						
Jambalaya	Brown Rice, Turkey Sausage (ground turkey (dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt, canola oil), chicken breast, celery, onion, green pepper, garlic powder, parsely, cayenne pepper, sea salt.							

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Jerk Chicken Drumsticks	Antibiotic-free chicken drumstick Jerk seasoning (ground allspice, ground cumin, dry onion powder, dry garlic powder, ground nutmeg, red pepper, black pepper, sea salt, dry paprika, ground cinnamon, dried thyme, white sugar, cajun seasoning)							
Kung Pao Chicken	Antibiotic-free Chicken Breast, canola oil, salt. Kung Pao Sauce- (soy sauce (water, soybeans, salt, sugar), water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger)	X						X
Lasagna Roll Up	Enriched Semolina (Durum Wheat Semolina, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, and Egg White, Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt (salt, calcium silicate [an anticaking agent]), Black Pepper.		X	X	X			
Lemon Chicken	Antibiotic free-chicken breast, canola oil, salt Lemon Sauce (onion, garlic, lemon juice, water, canola oil, corn starch, sea salt)							
Mac 'n Cheese	Pasta ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) Cheese Sauce ((american cheese (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), whole milk, rice flour, unsalted butter, sea salt))			X	X			
Marinara Sauce	Diced Toamtoes (Tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), Muir Glenn organic tomato sauce (organic tomato puree, organic tomato juice), sea salt, organic onion powder, naturally derived citric acid, organic garlic powder, olive oil, garlic, onions, oregano, basil, sugar, salt							
Mediterranean Meatballs	Raised without antibiotics ground turkey, eggs, fresh mint, fresh cilantro, fresh garlic, ground Cumin, sea salt, ground black pepper, fresh green onions, whole grain bread crumbs wheat flour, dextrose, yeast, salt)		X	X				
Mojo Chicken Thigh	Antibiotic free chicken thigh, mojo sauce (orange juice, canola oil, cilantro, sea salt, mint, garlic, lime juice, cumin, oregano)							
Peri Peri Chicken Breast	Antibiotic free-chicken breast, canola oil, salt. Peri Peri Sauce (sweet roasted peppers, canola oil, red wine vinegar, garlic, sea salt, paprika)							
Pita Pizza	Whole grain pita (WATER, WHOLE WHEAT FLOUR, WHEAT FLOUR ENRICHED ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), SOYBEAN OIL, YEAST, SALT, VITAL WHEAT GLUTEN, DOUGH CONDITIONER (MONO-DIGLYCERIDES, CALCIUM SULFATE, GUAR GUM, WHEAT STARCH, SODIUM METABISULFITE AND ASCORBIC ACID), SUGAR, PRESERVATIVES (CALCIUM PROPIONATE, FUMARIC ACID)) Marinara sauce **See marinara ingredients Shredded cheese mixture (shredded mozzarella cheese part skim (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), shredded mild cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents))	X		X	X			
Pizza Muffins, WG	Whole wheat flour, part skim mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), Whole milk, liquid eggs, basil, garlic, oregano Served with marinara sauce ** See marinara ingredients		X	X	X			
Quesadilla, Cheese	Corn Tortilla (See bread ingredients) Mild cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color)				X			

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Roast Turkey w/Gravy	Skin-On Turkey Breast Roast. Contains up to 18% of a solution of water, seas salt, sugar. Gravy (water, raw onion, carrots, raw garlic, soy sauce (water, soybeans, salt, sugar), miso paste (water, soybeans, rice, salt), vegetable base [sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate], xanthan gum, white rice flour, canola oil)	X						
Sandwich, Crispy Chicken	Chicken breast with rib meat, water, whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy protein, seasoning ((modified food starch [potato], flavoring), modified food starch, onion powder, salt, black pepper), contains 2% or less of dried whole eggs, yellow corn flour, concentrated chicken broth, salt, soybean oil, sodium phosphates, sugar, dried yeast, onion powder, garlic powder, spice, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), guar gum, canola oil, paprika extractive (color) Served on whole grain hamburger bun (see bread ingredients)	X	X	X				
Sweet & Sour Chicken	Antibiotic free-chicken thigh Sweet & Sour Sauce (red peppers, pineapple, white sugar, raw onion, raw garlic, water, apple cider vinegar, corn starch, canola oil, sea salt)							
Tandoori Chicken	Antibiotic free chicken breast, canola oil, sea salt. Tandoori Sauce - Plain yogurt, tandoori seasoning (Spices, Salt, Paprika, Chili Pepper, Sugar, Turmeric, Rice Concentrate, Red Pepper), lemon juice				X			
Three Bean Chili	Kidney Beans, Black Beans, Great Northern Beans, Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Sauce, Onion, Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Green Peppers, chili powder, garlic powder, paprika, cumin, sea salt							
Tortellini	Durum Wheat Flour (Enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Provolone Cheese (Pasteurized Whole Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder Added To Prevent Caking), Whole Eggs, Parmesan Cheese (Part Skim Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder Added To Prevent Caking), Romano Cheese (Pasteurized Part Skim Sheep's Milk, Cheese Culture, Salt, Rennet), Nonfat Dry Milk, Salt, Dried Whey, Concentrated Lemon Juice, White Pepper, Garlic, Basil. **Served with Marinara & Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose (To Prevent Caking))		X	X	X			
Turkey Bolognese	Antibiotic-Free Ground Turkey, marinara sauce (see marinara ingredients), carrots							
Turkey Meatballs Marinara	Meatballs (antibiotic-free ground turkey, wheat bread crumbs (bleached wheat flour, dextrose, yeast, salt), salt **served with marinara sauce (see marinara ingredients) Served on a whole grain hamburger bun (see bread ingredients)			X				
Turkey Meatloaf	Antibiotic-Free Ground Turkey, Mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, tumeric, paprika), spinach, eggs, whole wheat bread crumbs (see bread ingredients), water, basil, organic ketchup ((organic tomato puree (organic tomato paste, water), organic natural milled sugar, vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor)), sea salt, dry onion powder, vegetable base		X	X				
Turkey Nachos	Turkey taco meat (antibiotic free ground turkey, dry taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)) Tortilla chips (whole grain yellow corn treated with lime, vegetable oil (contains one or more of the following: soybean oil, corn oil), water, salt, TBHQ & citric acid (used as a preservative)) Nacho Cheese ((extra melt american cheese (american cheese (milk, cheese cultures, salt, enzymes), water, cream, sodium phosphate, color added, sorbic acid added as preservative)), mild cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), unsalted butter (cream, natural flavoring), whole milk, rice flour, unsalted butter, sea salt, taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor))	X			X			

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Turkey Sausage	Turkey sausage (ground turkey (dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt, canola oil)							
Turkey Sloppy Joe	Antibiotic-Free Ground Turkey Sloppy Joe Sauce (red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic) Served on a whole grain hamburger bun (see bread ingredients)							
Turkey Tacos	Antibiotic-free ground turkey Taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Served on whole grain tortilla (see bread ingredients)							
Vegetarian Nachos	Black beans Nacho Cheese ((extra melt american cheese (american cheese (milk, cheese cultures, salt, enzymes), water, cream, sodium phosphate, color added, sorbic acid added as preservative)), mild cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), unsalted butter (cream, natural flavoring), whole milk, rice flour, unsalted butter, sea salt, taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)) Whole grain tortilla chips (whole grain yellow corn treated with lime, vegetable oil (contains one or more of the following: soybean oil, corn oil), water, salt, TBHQ & citric acid (used as a preservative))	X		X	X			
Veggie Burger	Hydrated textured soy protein (water, soy protein concentrate, caramel color), onions, wheat gluten, soy protein concentrate, arrowroot powder, natural vegan beef flavor (yeast extract, maltodextrin, salt, natural flavoring), flaxseed meal, garlic, salt, black pepper Served on a whole grain hamburger bun (see bread ingredients)	X		X				
WG Pasta Marinara & Mozzarella Cheese	Whole grain pasta (whole wheat durum flour, durum wheat semolina, and durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)]) Mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)) **Served with marinara, see marinara ingredients			X	X			
WG Pasta w/ Tomato Cream Sauce & Mozzarella Cheese	Whole grain pasta (whole wheat durum flour, durum wheat semolina, and durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)]) Tomato cream sauce (diced canned tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), olive oil, garlic, onions, parmesan cheese, half & half, oregano, basil, sugar, salt) Mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
WG Spaghetti Marinara & Mozzarella Cheese	Whole grain spaghetti (water, whole wheat flour, enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), egg whites) Mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)) **Served with marinara, see marinara ingredients		X	X	X			
Za'atar Chicken	Antibiotic Free Chicken Breast, canola oil, salt; Za'atar Spice - ground sumac, ground cumin, thyme, sesame seeds, pepper, salt, dried marjoram; Sumac Sauce - sour cream, greek yogurt, garlic, dry sumac, lemon juice, olive oil, salt, pepper				X			X

Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue. **The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.

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**May be subbed with Yellow American Cheese	Yellow american cheese (american cheese (milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent))	X	X		X			
**May be subbed with Yellow American Cheese	Yellow american cheese (american cheese (milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent))	X	X		X			