



2017-2018 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)

Chef Salad: romaine, tomatoes, turkey, white, rotisserie, deli cut, ranch dressing packet - fat free (water, distilled vinegar, maltodextrin, modified cornstarch, sugar, corn syrup solids, salt, buttermilk powder, microcrystalline cellulose, whey, sour

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cream powder (cultured sour cream, skim milk solids, whey, sugar, citric acid, lactic acid), titanium dioxide, adipic acid, natural flavor, cellulose gum, potassium sorbate and sodium benzoate added as preservatives, dehydrated garlic, xanthan gum, dehydrated onion, disodium guanylate, disodium inosinate, spice, propylene glycol alginate, dehydrated green onion, phosphoric acid), carrots, cucumber, croutons, seasoned, cheddar cheese (milk, cultures, salt, enzymes, annatto (color))

Chicken Bacon Ranch Pasta Salad: ditalini pasta (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), salad dressing, ranch dressing, reduced fat, chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), peas, turkey bacon (mechanically separated turkey, turkey, water, sugar, contains 2% or less salt, potassium lactate, natural smoke flavor, flavor (canola oil, natural smoke, natural flavoring), sodium diacetate, sodium phosphate, rosemary extract, sodium erythorbate, sodium nitrite), chives

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 Quinoa Harvest Salad: romaine, quinoa, chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), apple vinaigrette dressing (water, soybean oil, cider vinegar, apple juice concentrate, sugar, brown sugar, onion juice, xanthan gum, potassium sorbate and sodium benzoate added as preservatives, salt, spice, propylene glycol alginate, natural flavor, calcium disodium edta added to protect flavor), dried cranberries (cranberries, sugar, sunflower oil), apples, nonfat mozzarella cheese (pasteurized skim milk, cheese culture, salt, enzymes, yeast*, artificial color, vitamin a palmitate), spinach

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, thiamine 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: wheat thin crackers (whole grain wheat flour, canola oil, sugar, cornstarch, malt syrup (from corn and barley), salt, refiner's syrup, leavening (calcium phosphate and/or baking soda), cheddar cheese stick (cultured milk, salt, enzymes, annatto (color)), smoked summer sausage (pork, beef, salt, corn syrup, contains 2% or less of spices, natural smoke flavor, citric acid, dextrose, sodium erythorbate, sodium nitrite, flavoring, garlic powder, whole mustard seed, natural flavoring), 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, thiamine 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

Fiesta Pasta Salad: black beans, conchiglie pasta (durum wheat semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), corn, 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.), tomatoes, green bell pepper, green onions, salt, chili powder, lime juice, garlic powder, cumin

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Greek Pasta Salad: cavatappi pasta (semolina, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid), chickpeas, greek salad dressing (water, soybean oil, feta cheese ((pasteurized milk, cheese cultures, salt, enzymes, natamycin (preservative))), white wine vinegar, salt, extra virgin olive oil, contains less than 2% of dried garlic, sugar, spices, lemon juice concentrate, garlic juice, sodium benzoate, potassium sorbate and calcium disodium edta (preservatives), lactic acid, onion juice, xanthan gum, propylene glycol alginate, dried onion), black olives, feta cheese (pasteurized milk, nonfat milk, salt, cheese culture, enzymes, calcium chloride), green bell pepper

Hummus Veggie Wrap: hummus (chickpeas, tahini (pure ground sesame seed), water, lemon juice, canola oil, salt, garlic powder, cumin), whole wheat tortilla white whole grain wheat flour, water, bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), nteresterified soybean oil, hydrogenated soybean oil, mono- and diglycerides, datem, natural flavors, sugar, sodium bicarbonate, sodium aluminum phosphate, corn starch, guar gum, to maintain freshness (potassium sorbate, calcium propionate, fumaric acid, sorbic acid), salt, sodium stearyl lactylate, sodium metabisulfite, enzymes., onion, carrots, green bell pepper, spinach

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)

Meaty Taco Salad: romaine, salsa (tomatoes, chiles, onions, garlic, cilantro), ground turkey, cooked, ranch dressing packet - fat free (water, distilled vinegar, maltodextrin, modified cornstarch, sugar, corn syrup solids, salt, buttermilk powder*, microcrystalline cellulose, whey, sour cream powder* (cultured sour cream, skim milk solids, whey, sugar, citric acid, lactic acid), titanium dioxide, adipic acid, natural flavor, cellulose gum, potassium sorbate and sodium benzoate added as preservatives, dehydrated garlic, xanthan gum, dehydrated onion, disodium guanylate, disodium inosinate, spice, propylene glycol alginate, dehydrated green onion, phosphoric acid. *adds a trivial amount of fat), tomatoes, tortilla chips (yellow corn masa flour, vegetable oil, salt), cheddar cheese (milk, cultures, salt, enzymes, annatto (color))

Premium Protein Pack: celery, whole grain dinner roll - iw 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), dried cranberries (cranberries, sugar, sunflower oil), sunbutter natural (sunflower seeds, sugar, mono-diglycerides to prevent separation, salt, and natural mixed tocopherols to preserve freshness), mozzarella string cheese (pasteurized part skim milk, cheese cultures, salt, enzymes)

Quinoa Curry Bowl: quinoa, chickpeas, coconut milk (coconut milk, water, guar gum), dried cranberries (cranberries, sugar, sunflower oil), carrots, green onions, lemon juice, gluten free vegetable base: (vegetable puree (celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, 2% or less of natural flavors, corn powder, xanthan gum, soybean oil, canola oil), curry powder, salt, cumin

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 stearyl lactylate, ascorbic acid, monocalcium phosphate) calcium propionate (mold inhibitor) calcium sulfate enzymes nonfat dry milk soy flour), 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)

SW Black Bean Wrap: black beans, whole wheat tortilla (whole wheat flour, water, bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), interesterified soybean oil, hydrogenated soybean oil and/or partially hydrogenated soybean oil, hydrogenated cottonseed oil, salt, corn starch, sodium bicarbonate, potassium sorbate, calcium propionate and fumaric acid to preserve freshness, mono & diglycerides, enzymes, cellulose gum and/or guar gum and sodium metabisulfite), red bell pepper, coconut milk (coconut milk, water, guar gum), 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.), spinach, green onions, salt, sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate and sodium bisulfite (preservatives), xanthan gum), cumin

Vegetarian Chef Salad: romaine, tomatoes, egg, ranch dressing packet - fat free (water, distilled vinegar, maltodextrin, modified cornstarch, sugar, corn syrup solids, salt, buttermilk powder*, microcrystalline cellulose, whey, sour cream powder* (cultured sour cream, skim milk solids, whey, sugar, citric acid, lactic acid), titanium dioxide, adipic acid, natural flavor, cellulose gum, potassium sorbate and sodium benzoate added as preservatives, dehydrated garlic, xanthan gum, dehydrated onion, disodium guanylate, disodium inosinate, spice, propylene glycol alginate, dehydrated green onion, phosphoric acid. *adds a trivial amount of fat), carrots, cucumber, croutons, seasoned, cheddar cheese (milk, cultures, salt, enzymes, annatto (color))

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))

Vegetarian Quinoa Harvest Salad: white beans (cannellini beans, water, salt, calcium chloride (firming agent)), romaine, quinoa, apple vinaigrette dressing (water, soybean oil, cider vinegar, apple juice concentrate, sugar, brown sugar, onion juice, xanthan gum, potassium sorbate and sodium benzoate added as preservatives, salt, spice, propylene glycol alginate, natural flavor, calcium disodium edta added to protect flavor) , dried cranberries (cranberries, sugar, sunflower oil), apples, nonfat mozzarella cheese (pasteurized skim milk, cheese culture, salt, enzymes, yeast*, artificial color, vitamin a palmitate), spinach

Vegetarian Zesty Quinoa Salad: black beans, romaine, quinoa, tomatoes, corn, cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), spinach

Wonton Chicken Salad: romaine, tangerines, (mandarin oranges), chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), ranch dressing packet - fat free (water, distilled vinegar, maltodextrin, modified cornstarch, sugar, corn syrup solids, salt, buttermilk powder*, microcrystalline cellulose, whey, sour cream powder* (cultured sour cream, skim milk solids, whey, sugar, citric acid, lactic acid), titanium dioxide, adipic acid, natural flavor, cellulose gum, potassium sorbate and sodium benzoate added as preservatives, dehydrated garlic, xanthan gum, dehydrated onion, disodium guanylate, disodium inosinate, spice, propylene glycol alginate, dehydrated green onion, phosphoric acid. *adds a trivial amount of fat), lite sesame ginger dressing (water, distilled vinegar, sugar, soy sauce (water, wheat, soybeans, salt) ginger puree, ginger pulp (ginger, cane sugar) sesame oil, soybean oil, contains less than 2% of pineapple juice concentrate, salt, lemon juice concentrate, dried garlic, dried onion, toasted sesame seed, xanthan gum, caramel color, spice), wonton strips (enriched flour (wheat flour, enzyme, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (soybean and/or cottonseed oil), water, cornstarch, salt, sodium benzoate (preservative))

Zesty Chicken Quinoa Salad: romaine, quinoa, black beans, chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), tomatoes, corn, cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), spinach

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 Quinoa Harvest Salad: white beans (cannellini beans, water, salt, calcium chloride (firming agent)), romaine, quinoa, apple vinaigrette dressing (water, soybean oil, cider vinegar, apple juice concentrate, sugar, brown sugar, onion juice, xanthan gum, potassium sorbate and sodium benzoate added as preservatives, salt, spice, propylene glycol

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alginate, natural flavor, calcium disodium edta added to protect flavor) , dried cranberries (cranberries, sugar, sunflower oil), apples, spinach

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

Gluten Free Fiesta Pasta Salad: black beans, gluten free rice pasta, corn, 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.), tomatoes, green bell pepper, green onions, salt, chili powder, lime juice, garlic powder, cumin

Gluten Free Hummus Veggie Wrap: hummus (chickpeas, tahini (pure ground sesame seed), water, lemon juice, canola oil, salt, garlic powder, cumin), rudi's gluten free tortilla plain, onion, carrots, green bell pepper, spinach

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)

Gluten Free SW Black Bean Wrap: black beans gluten free tortilla plain, red bell pepper, coconut milk (coconut milk, water, guar gum), 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.), spinach, green onions, salt, sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate and sodium bisulfite (preservatives), xanthan gum), cumin

Perfect 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)

Quinoa Curry Bowl: See Above

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

Cuban Black Bean Dip: black beans, coconut milk (coconut milk, water, guar gum), green bell pepper, water, salt, coriander, oregano, 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

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(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

Cornbread Muffin: Wheat flour bleached and enriched, sugar, com meal, modified wheat starch, soybean and/or cottonseed oil, whey (from milk), baking powder, baking soda, salt, emulsifier, wheat gluten, eggs (pasteurized whole egg), salad oil (fully refined soybean oil), water

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% 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 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 steroyl 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