

# LUNCH MENU

Dec. 23–24 & 26–27  
Dec. 30–31 & Jan. 2–3

## MENU A: Regular

## MENU B: Vegetarian

**Monday**  
Dec. 24 &  
Dec. 30

**Main:** Chicken nuggets with honey mustard  
**Sides:** Yellow rice, carrot cup, yogurt, banana  
**Contains:** Eggs, milk, soy, wheat, chicken

**Main:** Veggie nuggets with honey mustard  
**Sides:** Yellow rice, carrot cup, yogurt, banana  
**Contains:** Eggs, milk, soy, wheat

**Tuesday**  
Dec. 25 &  
Dec. 31

**Main:** Spaghetti  
**Sides:** Wheat dinner roll, yogurt, cookie  
**Contains:** Eggs, milk, soy, wheat, dairy

**Main:** Spaghetti  
**Sides:** Wheat dinner roll, yogurt, cookie  
**Contains:** Eggs, milk, soy, wheat, dairy

**Thursday**  
Dec. 27 &  
Jan. 2

**Main:** Grilled chicken sandwich  
**Sides:** Sweet potato fries, yogurt, sliced cucumber & cherry tomatoes, clementines  
**Contains:** Dairy, wheat, chicken

**Main:** Grilled veggie chicken sandwich  
**Sides:** Sweet potato fries, yogurt, sliced cucumber & cherry tomatoes, clementines  
**Contains:** Dairy, wheat

**Friday**  
Dec. 28 &  
Jan. 3

**Main:** Cheese pizza  
**Sides:** Grapes, carrot sticks, yogurt, cookie  
**Contains:** Wheat, dairy, eggs, soy, dairy

**Main:** Cheese pizza  
**Sides:** Grapes, carrot sticks, yogurt, cookie  
**Contains:** Wheat, dairy, eggs, soy, dairy

**Monday**  
**Dec. 24 &**  
**Dec. 30**

# INGREDIENTS LIST

## MENU A: Regular

### Chicken Nuggets

Boneless Skinless Chicken Breast Chunks, Water, Chicken Flavor [modified Rice Starch, Maltodextrin, Hydrolyzed Soy Protein, Flavor, Chicken Fat, Tapioca Dextrin, Onion Juice Concentrate, Autolyzed Yeast Extract, Salt, Contains Less Than 2% (chicken Broth, Citric Acid, Dextrin, Disodium Guanylate, Disodium Inosinate, Disodium Phosphate, Dried Chicken, Lactic Acid, Modified Corn Starch, Pectin, Smoke Flavor, Succinic Acid, Sugar, Thiamine Hydrochloride)], Modified Food Starch, Vinegar, Sodium Phosphates, Salt. Breaded And Battered With: Wheat Flour, Water, Modified Corn Starch, Salt, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Soybean Oil (as A Processing Aid), Spices (including Celery Seed), Soy Flour, Garlic Powder, Onion Powder, Extractives Of Paprika. Predusted With: Wheat Flour, Wheat Gluten, Salt, Soybean Oil (as A Processing Aid), Spices (including Celery Seed), Soy Flour, Garlic Powder, Onion Powder, Extractives Of Paprika. Breeding Set In Vegetable Oil.

**Contains: Soy, Wheat**

### Honey Mustard

Honey mustard- Soybean Oil, High Fructose Corn Syrup, Spicy Brown Mustard (distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Spices), Honey, Distilled Vinegar, Egg Yolk, Contains Less Than 2% Of Salt, Water, Propylene Glycol Alginate, Mustard Flour, Calcium Disodium Edta (to Protect Flavor).

**Contains: Eggs**

### Yellow rice

Long Grain Parboiled Rice Enriched With Iron (ferric Phosphate), Niacin, Thiamine Mononitrate & Folic Acid, Dehydrated Vegetables (onion, Bell Pepper, Garlic, Tomatoes), Salt, Potassium Chloride, Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Poder, Yellow#5, Autolyzed Yeast, Disodium Guanylate And Inosinate, Ground Turmeric,

**Contains: Silicon Dioxide (anticaking), Palm Oil And Saffron.**

### Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

**Contains: Milk**

## MENU B: Vegetarian

### Veggie Nuggets

Water, Enriched Wheat Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Modified Corn Starch, Methylcellulose, Pea Protein\*, 2% Or Less Of Potato Starch, Expeller-pressed Canola Oil, Natural Flavors, Rice Flour, Salt, Coconut Oil, Onion Powder, Cellulose Fiber, Yeast Extract, Spices, Dried Garlic, Oat Bran, Dried Yeast, Paprika, Sugar, Garlic Powder, Potassium Salt, Oat Fiber, Leavening (sodium Acid Pyrophosphate, Baking Soda), Dried Onion, Dextrose, Citric Acid. Contains: Wheat May Contain: Soybean Oil, Wheat Gluten, Paprika, Spices, Dextrose, Leavening [sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate], Sugar, Sunflower Oil, Dried Onion, Dried Garlic, Yeast Extract, Natural Flavors, Soy), Flavoring (wheat Flour, Sugar, Sea Salt, Dried Yeast), Vital Wheat Gluten, Modified Corn Starch, Natural Flavors, Expeller-pressed Canola Oil, Pea Starch, Methylcellulose, And 1% Or Less Of Yeast Extract, Refined Coconut Oil, Salt, Garlic Powder, Onion Powder, Sodium Phosphates, Spices, Titanium Dioxide (for Color), Sunflower Lecithin.

**Contains: Soy, Wheat**

### Honey Mustard

Honey mustard- Soybean Oil, High Fructose Corn Syrup, Spicy Brown Mustard (distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Spices), Honey, Distilled Vinegar, Egg Yolk, Contains Less Than 2% Of Salt, Water, Propylene Glycol Alginate, Mustard Flour, Calcium Disodium Edta (to Protect Flavor).

**Contains: Egg**

### Yellow rice

Long Grain Parboiled Rice Enriched With Iron (ferric Phosphate), Niacin, Thiamine Mononitrate & Folic Acid, Dehydrated Vegetables (onion, Bell Pepper, Garlic, Tomatoes), Salt, Potassium Chloride, Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Poder, Yellow#5, Autolyzed Yeast, Disodium Guanylate And Inosinate, Ground Turmeric,

**Contains: Silicon Dioxide (anticaking), Palm Oil And Saffron.**

### Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

**Contains: Milk**

**Tuesday**  
**Dec. 25 &**  
**Dec. 31**

# INGREDIENTS LIST

## MENU A: Regular

### Spaghetti

Durum Wheat Semolina, Niacin, Iron (ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid.

**Contains: Wheat**

### Marinara Sauce

Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

### Wheat Dinner Roll

Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Stoneground Whole Wheat Flour, Contains 2% Or Less Of The Following: Sugar, Soybean Oil, Salt, Yeast, Brown Sugar, Calcium Propionate (preservative), Wheat Starch, Enzymes, Ascorbic Acid.

**Contains: Wheat**

### Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

**Contains: Milk**

### Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

**Contains: Egg, Milk, Soy, Wheat**

## MENU B: Vegetarian

### Spaghetti

Durum Wheat Semolina, Niacin, Iron (ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid.

**Contains: Wheat**

### Marinara Sauce

Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

### Wheat Dinner Roll

Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Stoneground Whole Wheat Flour, Contains 2% Or Less Of The Following: Sugar, Soybean Oil, Salt, Yeast, Brown Sugar, Calcium Propionate (preservative), Wheat Starch, Enzymes, Ascorbic Acid.

**Contains: Wheat**

### Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

**Contains: Milk**

### Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

**Contains: Egg, Milk, Soy, Wheat**

**Thursday**  
**Dec. 27 &**  
**Jan. 2**

# INGREDIENTS LIST

## MENU A: Regular

### Grilled Chicken

Chicken Breast Fillets With Rib Meat, Water, Contains 2% Or Less Of Salt, Isolated Soy Protein, Modified Food Starch, Sodium Phosphates, Corn Syrup Solids, Maltodextrin, Carrageenan, Chicken Broth, Chicken Fat And Natural Flavoring, Grill Flavor (contains Soybean Oil).

**Contains: Soy**

### Sandwich Bun

Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, yeast, Palm Oil And/or Modified Palm Oil, Contains 2% Or Less Of The following: Oat Flour, Soybean Oil, Wheat Protein Isolate, Salt, Potato Flakes, potato Flour, Natural & Artificial Flavors, Calcium Propionate (preservative), spices (turmeric & Paprika), Potassium Sorbate (preservative), Wheat starch, Sodium Alginate, Sunflower Lecithin, Sunflower And/or Canola Oil, pea Protein, Potato Protein, Fava Bean Protein, Dextrose, Maltodextrins, cornstarch, Enzymes, Ascorbic Acid.

**Contains: Wheat. Made with BE ingredients.**

### Sweet Potato Fries

Sweet Potatoes, Vegetable Oil (contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified, Potato Starch - Modified. Contains 2% Or Less Of Brown Sugar, Corn Fiber, Dextrin, Extractive Of Paprika (color), Extractive Of Turmeric (color), Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Pea Fiber, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Sugar, Xanthan Gum.

### Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

**Contains: Milk**

## MENU B: Vegetarian

### Grilled Vegetarian Chicken

Water, Soy Protein Isolate, Vital Wheat Gluten, Canola Oil, 2% Or Less Of: Methylcellulose, ancient Grain Flour (khorasan Wheat), Salt, Potato Starch, Natural Flavors, Sugar, Yeast Extract, titanium Dioxide (color), Black Pepper, Lactic Acid, Sunflower Oil.

**Contains: Soy, Wheat**

### Sandwich Bun

Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, yeast, Palm Oil And/or Modified Palm Oil, Contains 2% Or Less Of The following: Oat Flour, Soybean Oil, Wheat Protein Isolate, Salt, Potato Flakes, potato Flour, Natural & Artificial Flavors, Calcium Propionate (preservative), spices (turmeric & Paprika), Potassium Sorbate (preservative), Wheat starch, Sodium Alginate, Sunflower Lecithin, Sunflower And/or Canola Oil, pea Protein, Potato Protein, Fava Bean Protein, Dextrose, Maltodextrins, cornstarch, Enzymes, Ascorbic Acid.

**Contains: Wheat. Made with BE ingredients.**

### Sweet Potato Fries

Sweet Potatoes, Vegetable Oil (contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified, Potato Starch - Modified. Contains 2% Or Less Of Brown Sugar, Corn Fiber, Dextrin, Extractive Of Paprika (color), Extractive Of Turmeric (color), Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Pea Fiber, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Sugar, Xanthan Gum.

### Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

**Contains: Milk**

**Friday**  
**Dec. 28 &**  
**Jan. 3**

# INGREDIENTS LIST

## MENU A: Regular

### Cheese Pizza

Crust- Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast.

Cheese- Cultured Pasteurized Part-skim Milk, Salt, Enzymes. Potato Starch, Powdered Cellulose Added To Prevent Caking.

Marinara Sauce -Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

**Contains: Wheat, Milk**

### Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

**Contains: Milk**

### Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

**Contains: Eggs, Milk, Soy, Wheat**

## MENU B: Vegetarian

### Cheese Pizza

Crust- Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast.

Cheese- Cultured Pasteurized Part-skim Milk, Salt, Enzymes. Potato Starch, Powdered Cellulose Added To Prevent Caking.

Marinara Sauce -Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

**Contains: Wheat, Milk**

### Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

**Contains: Milk**

### Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

**Contains: Eggs, Milk, Soy, Wheat**