

Menu Item	Description	Portion Unit	Vegetarian/Vegan	Milk Allergen	Eggs Allergen	Fish Allergen	Shellfish Allergen	Wheat Allergen	Peanut Allergen	Tree Nut Allergen	Soy Allergen
Apple Pie	Pre-baked, thaw and serve apple pie	1 slice	Vegetarian		X			X			X
Assorted Chips	Assortment of chips	Ea.	Vegetarian		X						
Assorted Fruit	Banana, orange, or apple	1 each	Vegan								
Au Gratin Potatoes	Dehydrated au grain potatoes prepared with butter and water	1/2 cup	Vegetarian		X						X
Bacon	Hickory smoked bacon	2 slices									
Bagel	Plain bagel	Ea.	Vegan					X			X
Baked Beans	Baked beans	1/2 cup									
BBQ Pulled Pork Sandwich	Pre-made BBQ pulled pork on bun	#8scp, bun						X			X
Bean & Cheese Burrito	Pre-made bean and cheese burrito	Each	Vegetarian		X			X			X
Beef Fajitas	Marinated beef fajita meat served in flour tortillas with fajita vegetable blend	2 each						X			
Bratwurst on Bun	Bratwurst on bun	1 each						X			
Breaded Chicken Sandwich	Breaded chicken patty on bun	1 patty, bun						X			X
Breadstick	Plain breadstick	1 each	Vegetarian		X			X			X
Breakfast Burrito with Bacon	Scrambled eggs, bacon, and cheese in flour tortilla	1 burrito			X			X			X
Breakfast Burrito with Chorizo	Scrambled eggs, chorizo, and cheese in flour tortilla	1 burrito			X			X			X
Broccoli & Cauliflower	Frozen broccoli and cauliflower steamed	1/2 cup	Vegan								
Broccoli with Cheese Sauce	Frozen broccoli steamed and topped with cheese sauce	1/2 cup	Vegetarian		X			X			
Caesar Salad	Chopped romaine with shredded parmesan cheese, croutons, and caesar dressing	1 cup			X		X	X			X
Carrots & Apples	Frozen sliced carrots and diced apples with glaze	1/2 cup	Vegetarian		X						X
Celery & Carrot Sticks	Carrot and celery sticks	2z sticks	Vegan								
Cheese Enchilada	Pre-made cheese enchilada in corn tortilla with enchilada sauce	2ea+4z sce	Vegetarian		X						
Cheeseburger	Beef patty with american cheese on bun	1 each						X			X
Chicken Fajitas	Pre-cooked chicken fajita strips served in flour tortillas with fajita vegetable blend	2 each						X			X
Choice of Cold Cereal	Choice of cold cereals (gluten free options available)	3/4 cup	Vegan					X			X
Choice of Dressing	Ranch or creamy italian dressing packet	Ea.	Vegetarian		X			X			
Choice of Juice	Apple or orange juice	Ea. (4 oz)	Vegan								
Choice of Yogurt	Choice of yogurt	Ea. (4 oz)	Vegetarian		X						
Chopped Salad	Chopped romaine with diced bell peppers, shredded carrots, cucumbers, and tomatoes	1 cup	Vegan								
Chuckwagon Vegetables	Frozen blend of corn, diced onion, diced red peppers, and diced green peppers	1/2 cup	Vegan								
Cilantro-Lime Rice	White rice with lime juice and chopped cilantro	1/2 cup	Vegan								
Club Sandwich with Turkey, Ham, & Swiss	Delish ham, deli turkey, swiss american cheese, bacon, lettuce, tomato, and mayonnaise on white bread	1 sandwich		X	X			X	X	X	X
Cole Slaw	Shredded cabbage and coleslaw dressing	1/2 cup	Vegetarian		X						
Corn Dog	Chicken corn dog	1 each (2.67 oz)			X			X			X
Corned Beef Hash	Corned beef hash formed into patties and grilled	1 patty									
Cotija Lime Corn	Corn on the cob with seasonings and cotija cheese	cobbette	Vegetarian		X						X
Cream Cheese	Choice of plain or strawberry cream cheese	2 ea.	Vegetarian		X						
Creamy Ham Pasta	Penne pasta prepared with cream sauce and diced ham	1 cup		X	X			X			X
Egg & Cheese Muffin Sandwich	Egg patty and american cheese on english muffin	1 sandwich	Vegetarian		X			X			X
Egg, Broccoli, & Cheese Muffins	Dry bread cubes, broccoli, cheese, eggs, and milk combined and cooked in muffin tin	1 each	Vegetarian		X			X			
Fish & Chips	Battered pollock and straight cut french fries	2ea + 3z fry			X	X		X			
Four Cheese Pizza	Pre-made four cheese pizza	1 slice (1/8th pizza)	Vegetarian		X			X			X
French Fries	Straight cut french fries	1/2 cup	Vegan								X
French Toast Sticks	French toast sticks	3 sticks	Vegetarian		X			X			X
Fried Rice	Whole grain vegetable fried rice	1/2 cup	Vegan					X			X
Fried Shrimp	Breaded butterfly shrimp	6 each					X	X			
Garden Salad	American blend lettuce with red onions, grape tomatoes, and cucumbers	1 cup	Vegan								
Garlic Bread	Garlic texas toast	1 slice	Vegetarian		X			X			X
Ham & Cheese Quiche	Egg, cream, milk, swiss american cheese, diced ham, and parmesan cheese combined and cooked in	1 slice		X	X			X	X	X	X
Hamburger	Beef patty on bun	1 burger						X			
Hash Brown Patty	Hashbrown triangle	1 patty	Vegan								
Herb Roasted Turkey	Turkey seasoned and roasted	3 oz									
Hot Dog on Bun	All beef hot dog on bun	1 each						X			
Italian Meatloaf	Ground beef combined with bread crumbs, milk, eggs, onions, garlic, parmesan cheese, and seasonings	1 ea. all		X	X			X			X
Mashed Potatoes	Potato pearls with water	1/2 cup	Vegetarian		X			X			X
Meat Lasagna	Pre-made meat lasagna entrée	1 piece			X			X			X
Meatball Sub	Pre-made meatballs, marinara sauce, and parmesan cheese on hoagie roll	1 sub (3z pro)		X				X			X
Milk	2% milk	8 fl oz	Vegetarian		X						
Orange Chicken	Breaded chicken in mandarin orange sauce	1/2 cup			X			X			X
Oven Browned Potatoes	Oven browned diced potatoes	1/2 cup	Vegan								
Pancakes	Whole grain pancakes	2 each	Vegetarian		X			X			X
Peanut Butter & Jelly Sandwich	Peanut butter and grape jelly on white bread	1 sandwich	Vegan					X	X		
Peas & Carrots	Frozen peas and carrots steamed	1/2 cup	Vegan								
Pork Green Chili Stew	Diced pork with diced green chiles, pinto beans, diced tomatoes, diced onions, garlic, and seasonings	1 cup									
Potato Salad	Prepared potato salad	1/2 cup	Vegetarian		X						
Potato Wedges	Seasoned potato wedges	3z= 6 wdg	Vegan					X			
Poultry Gravy	Chicken gravy mix with water	2 fl oz		X				X			X
Ranch Beans	Ranch style beans	1/2 cup	Vegan								X
Refried Beans	Dehydrated refried beans prepared with water	1/2 cup	Vegan								
Roast Pork Loin	Pork loin seasoned and roasted	3 oz pro									
Roasted Zucchini	Fresh roasted zucchini	1/2 cup	Vegan								
Salsa Cup	Tomato puree, diced tomatoes, jalapeno peppers, vinegar, water, and seasonings	Each (3 oz)	Vegan								
Sausage Links	Pre-cooked sausage links	2 links									
Sausage Patty	Pre-cooked sausage patty	1 Patty									
Sauteed Zucchini	Fresh sauteed zucchini	1/2 cup	Vegan								
Scrambled Egg with Ham	Liquid eggs scrambled with diced ham	1/2 cup		X	X						X
Seasoned Broccoli	Frozen broccoli steamed and seasoned	1/2 cup	Vegan								
Seasoned Curly Fries	Seasoned spiral/curly fries	1/2 cup	Vegan								X
Seasoned Green Beans	Frozen green beans steamed and seasoned	1/2 cup	Vegan								
Soft Shell Beef Tacos	Ground beef seasoned with taco seasoning mix served in flour tortillas with cheese, lettuce, and tomatoes	2 tacos		X				X			
Soft Shell Chicken Tacos	Pre-cooked chicken fajita strips served in flour tortillas with cheese, lettuce, and tomatoes	2 tacos		X				X			X
Spaghetti with Meatballs and Marinara	Spaghetti noodles prepared with pre-made meatballs and marinara sauce	6z sce, 6 mtbl, 1c psta		X	X			X			X
Spanish Rice	Dry spanish rice mix prepared with water	1/2 cup	Vegan								X
Spinach Salad	Chopped romaine, baby spinach, green onions, hard boiled eggs, and hickory smoked bacon	1 salad			X						
Steamed Corn	Frozen corn steamed	1/2 cup	Vegan								
Stir Fry Vegetables	Frozen blend of broccoli, chinese pea pods, julienne sliced carrots, cut baby corn, pearl onions, bamboo shoots, sliced water chestnuts, and red pepper strips	1/2 cup	Vegan								
Sweet Potatoes	Oven browned peeled diced sweet potatoes	1/2 cup	Vegan								
Sweets	Assortment of muffins and cake donuts	Ea.	Vegetarian		X			X	X	X	X
Syrup	Pancake and waffle syrup	2 Tbsp	Vegan								
Tater Tots	Tater tots	1/2 cup	Vegan								
Tortellini with Pepperoni & Salami	Tri-color cheese tortellini prepared with cherry tomatoes, black olives, salami, pepperoni, mozzarella cheese, red onions, and oil/vinegar dressing	1 cup		X	X			X			
Waffle	Frozen belgian waffle	1 each	Vegetarian		X			X			X
Whip Topping	Ready to use whipped topping	2 Tbsp	Vegetarian		X						
White Rice	White rice prepared in water	1/2 cup	Vegan								
Yakisoba Noodles	Yakisoba noodles prepared in water	1/2 cup	Vegan					X			