



food2you
We love what we do

Ingredients List

FALL (September, October & November)

Nutritional Ingredients Information Only

Breakfast Items

- Toasted Oats
Whole oat flour, corn starch, wheat starch, sugar, salt, calcium carbonate, oat fiber, potassium phosphate. **Allergens: Gluten.**
- Whole Grain Pancakes
Whole wheat flour Blend (Whole wheat flour, enriched wheat flour [wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar, buttermilk solids, dextrose, soybean oil, egg, whey powder. Contains 2% or less of: baking powder (sodium bicarbonate, corn starch, sodium acid pyrophosphate, mono calcium phosphate), salt, soy lecithin.
Allergens: Milk, Eggs, Wheat, Soy.
- Applesauce **GLUTEN-FREE**
Apples, water, ascorbic acid (Vitamin C).
Allergens: None.
- Hash Browns **GLUTEN-FREE**
Potatoes, vegetable oil (contains one or more of the following: Soybean Oil, Canola Oil), yellow corn flour, Modified Potato Starch, salt, dextrose, disodium dihydrogen pyrophosphate (to promote color retention).
Allergens: Soy.
- Turkey Sausage **GLUTEN-FREE**
Turkey or chicken, water, salt, spices, dextrose, sugar, dried parsley.
Allergens: None.
- Fresh Eggs **GLUTEN-FREE**
Whole eggs, water, soybean oil, salt, nonfat dried milk, citric acid, xanthan gum
Allergens: Egg
- Bagels, Mini
Enriched wheat flour (wheat Flour, Malted barley flour, Niacin Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, sugar, contains 2 % or less of each of the following: salt, vegetable oil, canola oil, or soybean oil; yeast, wheat gluten, preservative (calcium propionate, sorbic acid, potassium sorbate), monoglycerides, cornmeal, sesame seeds, enzymes, L-cysteine. **Allergens: Wheat, sesame.**
Made in a bakery that may use soybeans
- Cream Cheese **GLUTEN-FREE**
Pasteurized milk and cream, cheese culture, salt, guar gum, xanthan gum, carob bean gum.
Allergens: Milk, Dairy.
- Apple Spice Muffins
Water, enriched flour bleached (Wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, apples, oat fiber. Contains 2% or less of: corn syrup solids, modified corn starch, cinnamon, eggs, salt, baking soda, sodium aluminum phosphate, preserved with (ascorbic acid, citric acid), dextrose, xanthan gum, natural flavor.
Allergens: Gluten, wheat, soy, eggs
- Corn Chex **GLUTEN-FREE**

Whole grain corn, corn meal, sugar, corn starch, salt, baking soda.

Allergens: None.

- English Muffins:
Enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, corn meal, sugar, vegetable oil (canola and/or soy), salt, wheat gluten, calcium propionate, dough conditioners (Monocalcium phosphate monohydrate, datem, ascorbic acid, enzymes), corn starch.
Allergens: Wheat
- Corn Flakes
Yellow corn meal, sugar, contains 2% or less of: salt, barley malt extract, vitamin C, iron, vitamin A, niacinamide, vitamin B2, vitamin B1, vitamin D, folic acid.
Allergens: Gluten.
- French Toast Sticks, Whole Grain
Whole grain Bread (whole wheat flour, enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamine mononitrate (vitamin B1), riboflavin (Vitamin B2), folic acid], sugar, wheat gluten, yeast. Contains 2% or less of each of the following: soybean oil, calcium propionate [Preservative], datem, grain vinegar, citric acid, soy lecithin), water, whole wheat batter (whole wheat flour, sugar, enriched wheat flour [wheat flour, niacin, iron, thiamine, riboflavin, folic acid] modified cornstarch. Contains 2% or less of each of the following: Cinnamon, nutmeg, egg, skim milk, salt, soybean oil, natural and artificial flavor, leavening [sodium bicarbonate], corn syrup solids, modified cellulose, soy lecithin) coating (Unbleached enriched wheat flour [unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, leavening [Monocalcium phosphate, sodium bicarbonate], salt yeast), soybean oil, cinnamon sugar (Sugar cinnamon).
Allergens: Wheat, soy, egg, milk
- Maple Syrup **GLUTEN-FREE**
Corn syrup, water, contains 2% or less of salt, preservative - Potassium sorbate, sodium benzoate and benzoic acid, cellulose gum, caramel color, sodium hexametaphosphate, natural and artificial flavors, phosphoric acid.
Allergens: None.
- Homemade Granola **GLUTEN-FREE**
Old fashioned rolled oats, butter, brown sugar, vanilla, pancake syrup, and cinnamon.
Allergens: Dairy.
- Vanilla Yogurt **GLUTEN-FREE**
Pasteurized low-fat milk, water, sugar, modified food starch, annatto extract and turmeric, carrageenan, pectin, citric acid, vanilla extract, vitamin A, and vitamin D3.
Allergens: Milk.
- Strawberry Yogurt **GLUTEN-FREE**
Pasteurized low-fat milk, water, sugar, modified food starch, strawberries, vegetable juice, carrageenan, pectin, citric acid, vitamin A, and vitamin D3.
Allergens: Milk.
- Orange Blossom Muffins
Enriched wheat flour, water, sugar, oranges, soybean oil, orange zest, eggs, egg whites, corn starch, salt, baking soda, sodium phosphate, corn starch, citric acid.
Allergens: Gluten, Soy, Wheat, Eggs.

- Rice Krispies
Rice, sugar, malt extract, salt.
Allergens: Gluten.
- Whole Grain Biscuits
Whole wheat flour, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, palm kernel oil, sugar, calcium acid pyrophosphate, buttermilk, salt, baking soda, potassium bicarbonate, sodium aluminum phosphate, pectin. Allergens: Wheat, Milk.
Allergens: Milk, Gluten, Wheat.
- Waffles, Whole Grain
Whole wheat flour Blend (whole wheat flour, enriched wheat flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid]), water, soybean oil, soy lecithin, sugar, nonfat milk. Contains 2% or less of: Baking powder (Sodium bicarbonate, corn starch, sodium acid, pyrophosphate, monocalcium phosphate), wheat bran, eggs, salt.
Allergens: Wheat, Soy, Eggs, Milk.
- Blueberry Muffins
Water, sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, blueberries. Contains 2% or less of: oat fiber, modified corn starch, dextrose, eggs, salt, baking soda, sodium aluminum phosphate, monoglycerides, potassium sorbate (preservative), xanthan gum, natural flavor.
Allergens: Gluten, Wheat, Soy, Eggs.

Lunch Items

- Chicken Sliders
Sliders: Boneless chicken breast meat with rib meat, water, seasoning (modified food starch, carrageenan), salt, sodium phosphates. breaded with enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat flour, water, salt, spices, leavening (monocalcium phosphate, sodium bicarbonate), wheat gluten, white corn flour, dehydrated garlic, yellow corn flour, soybean oil, soy flour, dried onion, extractives of paprika, dried garlic, spices.
Allergens: Soy, Gluten, Wheat.
- Whole Grain Rolls: Whole Wheat Flour, Water, Sugar, Yeast, Contains 2% or less of the following: Wheat Gluten, Soybean Oil, Salt, Monoglycerides, Ascorbic Acid, Sodium Stearoyl Lactylate, Calcium Propionate (Preservative).
Allergens: Soy, Wheat.
- Ketchup
Tomato Concentrate is made from red ripe tomatoes, distilled vinegar, sugar, salt, onion powder, spice, and natural flavoring.
Allergens: None.
- Chicken Fajitas
Roasted chicken breast, tomato paste, jalapeno, vinegar, bell peppers, onions, spices.
Allergens: None

- Whole Grain Tortillas
 whole wheat flour, water, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, acid folic) vegetable shortening (contains one or more of the following oils: soybean oil, and/or corn oil and/or canola oil and/or palm oil), sugar, honey, sodium bicarbonate, sodium aluminium phosphate, potassium sorbate (a preservative). Mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, and sodium metabisulfite (dough conditioner).
Allergens: Wheat, Soy.
- Southwest Chicken Brown Rice Bowl
 Brown rice, chicken, black beans, red peppers, tomato, salt, pepper, spices.
Allergens: None.
- Pesto Cheese Tortellini
 Pesto Sauce: basil, canola oil, water, parmesan cheese (pasteurized part-skim cow's milk, cheese culture, salt, enzymes), granulated garlic, salt. Cheese Tortellini: enriched durum flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, Folic acid), water, ricotta cheese (whey, milk, vinegar, salt, xanthan gum, locust bean gum, guar gum), bread crumbs (wheat flour, salt, yeast), soybean oil, salt, dried whole eggs, garlic powder, onion powder, romano cheese (cow's and sheep's milk, rennet, salt, cheese culture, enzymes), Natural flavors.
Allergens: Wheat, Egg, Soy, Milk.
- Garlic Bread Pizza
 Whole wheat garlic bread, flour, yeast, malted barley, wheat gluten, pea protein, soybean oil, mozzarella cheese, salt, romano cheese, tomato paste, sugar, dried onion, paprika, dried garlic.
Allergens: Dairy, Soy, Gluten.
- Mac N' Cheese
 Elbow wheat flour noodles: durum wheat semolina, durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. Cheese Sauce: water, whey, vegetable oil (contains one or more of the following: high oleic canola oil, high oleic sunflower oil, soybean oil) modified corn starch, contain less than 2% of cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto extract [color], salt, cornstarch, maltodextrin, sodium hexametaphosphate, cellulose gum, monosodium glutamate, mono and diglycerides, butter oil, cream, yeast extract, lactic acid, caramel color, sodium hydroxide, natural flavor, distilled vinegar, yellow 6, milkfat, yellow 5, annatto extract (color). Allergens: Milk, soy, gluten, dairy.
Allergens: Milk, Soy, Gluten, Dairy.
- Whole Grain Chicken Bites
 Chicken breast with rib meat, water, isolated soy protein with less than 2% soy lecithin, seasoning (modified corn starch, dehydrated garlic, dehydrated onion, maltodextrin, salt, natural flavor, spices extractives), salt, sodium phosphates. Breaded with whole wheat flour, whole grain yellow corn flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, wheat gluten, soybean oil, salt, dried paprika, extract (color), turmeric extract (color). **Allergens: Soy, Wheat**
- Herb Chicken & WG Rotini Pasta
 Chicken breast, whole grain rotini pasta (Durum, wheat semolina, durum wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), herbs, salt & pepper, olive oil, spices.
Allergens: Wheat, may contain egg
- Sweet Apple Chicken

Boneless, skinless chicken breast chunks, sweet potatoes, green beans, green apples, brown sugar, salt, basil, olive oil

Allergens: None

- Meatballs, Chicken

Ground Chicken, water, Textured soy flour, breadcrumbs (wheat flour, dextrose, salt, yeast, soybean, oil), seasoning [dehydrated garlic, dehydrated onion, yeast extract, spices, brown sugar, caramel color, tomato powder, dehydrated parsley, natural flavor (contains milk)]. Brown Sauce: Enriched wheat flour, food starch, salt, soybean oil, vegetable protein, sugar, corn, onion, garlic, soy sauce.

Allergens: Soy, Milk, Wheat.

- Rotini in Roasted Tomato Sauce with Turkey Sausage

Rotini Pasta (Durum, wheat semolina, durum wheat flour, niacin, iron, thiamin monitrate, riboflavin, folic acid) Sauce: parmesan cheese, water, tomato puree, soybean oil, dried garlic, citric acid, parsley, cream, whey, salt, spices. Turkey sausage: mechanically separated turkey, soy protein, salt, spices, paprika, flavorings.

Allergens: Dairy, Soy, wheat, may contain egg

- Chicken & Turkey Cacciatore

Diced chicken breast, diced potatoes, turkey sausage: mechanically separated turkey, soy protein, salt, spices, paprika, flavorings. marinara sauce (Crushed Tomato (Vine Ripened Tomatoes, Tomato Juice, Sea Salt, Basil), bell peppers & onions, Basil, Garlic, Onion, salt.

Allergens: Soy

- Three Cheese Ravioli in Marinara Sauce

Durum flour, water, whole eggs, ricotta cheese, mozzarella cheese, bread crumbs, romano cheese, salt, parsley, black pepper. Marinara sauce (Tomato concentrate (Water, Tomato Paste), Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor.)

Allergens: Wheat, Milk, Dairy, Egg.

- Turkey Burger with cheese

Turkey Burger: Turkey, water, vegetable protein product [soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)], unsweetened applesauce [apples, water, (may contain erythorbic acid), (may contain ascorbic acid)], seasoning [dehydrated onion, corn starch, salt, sugar, corn syrup solids, hydrolyzed soy protein, caramel color, yeast extract, maltodextrin, disodium inosinate, disodium guanylate, natural flavors], potassium and sodium phosphates, salt, garlic powder, black peppers. Cheese: Cultured milk and skim milk, cream sodium citrate, salt, annatto and paprika (color) enzymes, sorbic acid (preservative), spy lecithin (anti-sticking agent)

Allergens: Soy, Milk

- Fresh Buns

Enriched flour (unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), niacin (Vitamin B3), folic acid), water, yeast, high fructose syrup, soybean oil, wheat, gluten, salt, calcium propionate (a preservative), vinegar, monoglycerides, calcium sulfate, sodium, stearoyl Lactylate, calcium phosphate, ascorbi acid, sesame. Allergens: Wheat, Soy, Gluten, Sesame.

Allergens: Wheat, Soy, Gluten & Sesame.

- Turkey with Black beans and Baked Potatoes

Ground Turkey (mechanically separated turkey, soy protein, salt, spices, paprika, flavorings), Bell Pepper Mix (red & green peppers and onions), salt. Baked Potatoes: Oil, salt, garlic powder, Thyme. **Allergens: Soy**

- Oil Herb Chicken & Quinoa Bowl
Quinoa, Diced Chicken Breast, cauliflower, basil, garlic powder, onion powder
Allergens: None

Fruits

All fruits are fresh and whole – we do not serve canned fruits

- Oranges
- Pineapple
- Apples
- Cantaloupe
- Bananas
- Honeydew
- Clementines
- Watermelon
- Pears
- Peaches
- Plum

Vegetables

All vegetables are steamed and seasoned with only pure corn oil and kosher salt.

- Broccoli Florets
- Cauliflower
- Green Beans
- Yellow Beans
- Peas & Carrots
- Cucumbers
- Veggie Blend:
 - Broccoli florets, yellow carrots, red pepper & orange carrots

We do not serve canned vegetables.

Vegetarian Lunch Items

- Tofu
Water, organic soybeans, calcium sulfate.
Allergens: Soy.
- Veggie Burgers
Hydrated Textured Vegetable Protein (Water, Soy Protein Concentrate), Onions, Wheat Gluten, Natural Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Soy Protein Isolate, Methyl Cellulose, Contains less than 2% of Garlic Powder, Fruit Juice (color), Salt, Black Pepper, Canola Oil.
Allergens: Wheat, Soy.



- Cheese Quesadillas
Corn tortillas. Mozzarella cheese, cheddar cheese, vegetable oil.
Allergens: Dairy.
- Veggie Crumbles
Water, Soy Protein Concentrate, Contains Less Than 2% Of Malt Extract (contains Gluten), Salt, Yeast Extract, Sugar, Natural Flavor (contains Celery), Dried Onions, Garlic Powder, Spices.
Allergens: Soy, Gluten.
- Veggie Bites
Water, Soy protein concentrate, Whole wheat flour, vegetable oil (corn, canola and/or sunflower oil), Enriched flour (Wheat flour, niacin, reduced iron, vitamin B1 [Thiamin mononitrate], vitamin B2, [Riboflavin], folic acid), Soy protein isolate. Contains 2% or less of methycellulose, potato starch, salt, natural flavors, maltodextrin, potassium salt, yeast extract, spices, sugar, yeast, garlic powder, onion powder, paprika color, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), citric acid, xanthan gum.
Allergens: Soy, Wheat.
- Oil Herb Chickpea & Quinoa Bowl
Quinoa, Diced Chicken Breast, cauliflower, basil, garlic powder, onion powder
Allergens: None

Snacks

- Mini Pretzel Twists
Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn oil, corn syrup, salt, ammonium bicarbonate, yeast and malt extract.
Allergens: Wheat
- Cheddar Cheese Cubes
Pasteurized milk, Cheese Cultured, salt, enzymes, color added.
Allergen: Milk
- Brown Rice Cakes **GLUTEN-FREE**
Organic brown rice and sea salt.
Allergens: None.
- String Cheese **GLUTEN-FREE**
Low moisture part-skim mozzarella cheese, cheese cultures, salt, enzymes.
Allergens: Dairy.
- Vanilla Yogurt
Pasteurized low-fat milk, water, sugar, modified food starch, annatto extract and turmeric, carrageenan, pectin, citric acid, vanilla extract, vitamin A, and vitamin D3.
Allergens: Milk.
- Ritz Crackers

Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), soybean oil and/or canola oil, palm oil, sugar, salt, leavening (baking soda and/or calcium phosphate), high fructose corn syrup, soy lecithin, natural flavor.

Allergens: Wheat, Soy.

- Cinnamon Bread:

Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Soybean Oil, Brown Sugar, Contains 2% or less of the following: Cinnamon, Salt, Potato Flakes, Wheat Gluten, Malt Extract, Corn Flour, Spices (Turmeric and Paprika), Mono & Diglycerides, Natural Flavor, Calcium Propionate (Preservative), Enzymes, Ascorbic Acid. **Allergens:**

Wheat

- Club Crackers

Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Soybean Oil with TBHQ For Freshness, Sugar, Contains Two Percent or Less of Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), High Fructose Corn Syrup, Corn Syrup, Cornstarch, Soy Lecithin.

Allergens: Soy, Gluten.

- Mini Croissants

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Water, Butter [Sweet Cream (Milk), Natural Flavor (Lactic Acid)], Sugar, Yeast, Contains 2% or less of the following: Salt, Whey, Modified Corn Starch, Calcium Propionate (Preservative), Ascorbic Acid, Enzymes

Allergens: Wheat, Milk.

- Tomato Swirl Toast

Enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sundried tomatoes (tomatoes, salt, glucose, sodium metabisulfite, citric acid, potassium sorbate (preservative), paprika, oregano, granulated garlic, basil, dehydrated onion, salt, malted barley flour, ascorbic acid, enzymes, yeast, cultured wheat flour, shortening (soybean oil, mono- and diglycerides, and palm oil, tbhq, and citric acid), olive pomace oil, tomato paste, citric acid, white vinegar, dehydrated onion, basil, whole milk powder, soy lecithin, whole egg powder

Allergens: Wheat, Egg, Soy, Milk.

- Hard-Boiled Eggs

Hard cooked eggs, water. citric acid, sodium benzoate, and nisin preparation (as preservatives)

Allergens: Egg.

- Pita Bread

Wheat Flour [stone ground whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid)], water, yeast, soybean oil, wheat gluten, sugar, salt, dough conditioner (wheat flour, calcium sulfate, acacia gum, mono-and diglycerides, guar gum, L-cistaine (vegetable source), enzymes), calcium propionate as a mold inhibitor, oat fiber. **Allergens: Wheat, Soy**

- Waffles, Whole Grain

Whole wheat flour Blend (whole wheat flour, enriched wheat flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid]), water, soybean oil, soy lecithin, sugar, nonfat milk. Contains 2% or less of: Baking powder (Sodium bicarbonate, corn starch, sodium acid, pyrophosphate, monocalcium phosphate), wheat bran, eggs, salt.

Allergens: Wheat, Soy, Eggs, Milk.

- Applesauce
Apples, water, ascorbic acid (Vitamin C).
Allergens: None.
- Cornbread
Enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), eggs, water, sugar, soybean oil, yellow corn meal, high fructose corn syrup, contains 2% or less: skim milk, modified corn starch, baking powder (sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), salt, mono- and diglycerides, lactose, milk protein concentrate, xanthan gum.
Allergens: Milk, Wheat, Eggs.
- Graham Crackers
Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, vegetable oil (soybean and/or canola), molasses, corn syrup. Contains 2% or less of leavening (Baking Soda, sodium acid pyrophosphate, monocalcium phosphate), salt, soy lecithin.
Allergens: Soy, Wheat.
- Animal Crackers
Enriched wheat flour (Wheat flour, Niacin, reduced iron, vitamin B1 [Thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, palm and plam kernel oil with TBHQ for freshness, high fructose corn syrup, contains 2% or less of salt, baking soda, soy lecithin, artificial flavor.
Allergens: Wheat, Soy.
- English Muffins:
Enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, corn meal, sugar, vegetable oil (canola and/or soy), salt, wheat gluten, calcium propionate, dough conditioners (Monocalcium phosphate monohydrate, datem, ascorbic acid, enzymes), corn starch.
Allergens: Wheat
- Strawberry Yogurt
Pasteurized low-fat milk, water, sugar, modified food starch, strawberries, vegetable juice, carrageenan, pectin, citric acid, vitamin A, and vitamin D3.
Allergens: Milk.