Ingredient List January 2020 – September 2020
Lunch

Efforts have been made to ensure the accuracy of this list, however manufacturers may change their formulations without notice, or distributors may make substitutions to Good Food Company's food order without notice. Manufacturers may produce items with allergens on the same line as other products. It is suggested that children with life-threatening allergies not participate in Good Food Company's meal program.

Good Food Company does not menu anything with tree nuts or peanuts. We do not process any peanut/nut products. No other known tree nut/peanut products are on our menu. We do not purchase foods that state that equipment that processes nuts is shared with any of the items that we purchase.

Nothing is added to our cooked vegetables such as butter or salt unless noted below.

Salad dressings are sent on the side.

Milk for drinking is ordered by each individual customer and should be age appropriate.

Cheese items are often used as ingredients in recipes. Other times, it is sent separately as a condiment. It is separate of an entree only if it appears in the left hand column with the word "Grated" before it. If it says "grated cheese" it is sent separate of the entre.

This list of ingredients is not necessarily in the order of predominance for each recipe.

This list is in no particular order, but it can be searched by using "Ctrl f" and entering your search term.

Updated 12/10/2019

Power veggie beef & chicken stew	
Ground chuck	
Ground chicken	
Potatoes – red, white, blue	
Onions	
Beef stock	Roasted beef and beef broth, sugar, autolyzed yeast extract, corn oil, flavorings, hydrolyzed soy protein, potassium chloride, caramel color, maltodextrin, tomato powder, disodium inosinate, disodium guanylate, beef extract, corn syrup solids, salt, thiamine hydrochloride
Tomato paste	Vine-ripened fresh tomatoes, naturally derived citric acid
Paprika	
Garlic	
Thyme	
Rosemary	
Bay leaves	
Soy sauce	Water, wheat, soybeans, salt, lactic acid, sodium benzoate, less than 1/10 of 1% as a preservative
Rice flour	
Veggie power blend	Broccoli stalks, kohlrabi, Brussel sprouts, kale, radicchio, and colored carrots

Broccoli Salad	
Broccoli	Fresh broccoli
Grated cheddar cheese	Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, color added), potato starch, powdered cellulose, natamycin
Dressing	Mayonnaise (Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika), buttermilk (Cultured milk, salt, vitamin D3), red wine vinegar, salt, sugar, pepper, garlic powder
Romaine Lettuce	

Whole wheat bread	
Coarse whole wheat flour	
Water	
Sugar	
Yeast	
Vital wheat gluten	
Whole grain wheat flakes	
Less than 2% of the following:	
Whole grain rye flakes	
Wheat germ	
Soybean oil	
Dry honey	
Salt	
Calcium sulfate	
Molasses	
Natural mold inhibitor	Vinegar, silica, acetic acid
Wheat bran	
Malted barley flour	
Niacin	
Reduced iron	
Thiamin mononitrate	
Riboflavin	
Folic acid	
Defatted flaxseed	
Ascorbic acid	

Ravioli w/olive oil, tomato sauce, & fresh basil	
Olive oil	
Medium cheese ravioli	Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, ricotta cheese (pasteurized milk, pasteurized whey, vinegar, salt), water, whole egg, Romano cheese made from cow's milk (pasteurized cultured milk, salt, enzymes), salt, low moisture whole milk mozzarella cheese (pasteurized whole milk, cheese cultures, salt, enzymes), dehydrated parsley flakes, stabilizer (locust bean gum, guar gum, sugar), corn starch-modified, spice.
Garlic	
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Basil	

Chicken Patty	
Chicken thighs	
Salt	
Pepper	
Sage	
Water	
Cornflake crumbs	Milled corn, sugar, malt flavoring, salt

Tuscan Bean & Garlic soup	
Great Northern Beans	Prepared Great Northern Beans, water, salt, calcium chloride, calcium disodium edta as a preservative
Vegetable stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor
Fresh garlic	
Olive oil	
Water	
Fresh sage	

Chicken Nuggets	Chicken breast with rib meat, water, isolated soy protein, sodium phosphates, salt, seasoning (salt, onion powder, modified corn starch, natural flavor) 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, soybean oil, spices, dextrose, garlic powder, extractives of paprika and annatto, spice extractive. Breading set in vegetable oil.

Potato soup	
Fresh potatoes	
White cheddar premium cheese	Pasteurized milk, cheese cultures, salt, enzymes
Butter	Cream, natural flavorings
Cream cheese	Pasteurized nonfat milk and milk fat, whey protein concentrate, whey, cheese culture, salt, carob bean gum, xanthan gum, guar gum, sorbic acid, vitamin A palmitate
Vegetable stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor
2% reduced fat milk	Reduced fat milk, vitamin A palmitate, vitamin D3
Fresh chopped onion	
Fresh garlic	
Fresh chopped carrots	
Dill	
Pepper	
Water	

Pizza	
Whole milk mozzarella and provolone cheese	Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent
Pizza sauce	Vine-ripened fresh tomatoes, extra virgin olive oil, sunflower oil, salt, oregano, seasonings, granulated garlic, naturally derived citric acid
Pizza crust	Water, whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, yeast, sugar, salt

BBQ chicken	
Chicken leg or thigh	
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Ketchup	Tomato concentrate, sugar, distilled vinegar, less than 2% of: salt, natural flavors, potassium chloride, onion powder, citric acid, garlic powder, spices
Tomato juice	Tomato concentrate (water, tomato paste), salt, vitamin C (ascorbic acid)
Distilled vinegar	
Pepper	
Honey	
Molasses	
Old bay seasoning	Celery salt, spices (mustard, pepper, laurel leaves, cloves, pimento, ginger, mace, cardamom, cinnamon), paprika

California blend vegetables	Broccoli, cauliflower, carrots

Turkey tacos	
Ground turkey	100% ground turkey
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Tomato paste	Vine-ripened fresh tomatoes, naturally derived citric acid
Paprika	
Dried onions	
Chili powder	Chili pepper, spices, salt, garlic, silicon dioxide
Garlic powder	
Cumin	
Oregano	

Whole wheat flour tortillas	Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin , folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or corn oil), contains 2% or less of the following: Salt, aluminum free leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), fumaric acid, gum blend, dough conditioner (lecithin, mono and diglycerides, sodium metabisulphite).

Quiche	
Whole egg with citric acid	Whole egg, citric acid
White cheddar premium cheese	Pasteurized milk, cheese cultures, salt, enzymes
2% reduced fat milk	Reduced fat milk, vitamin A palmitate, vitamin D3
Pie crust	Wheat flour, palm oil, water, sugar, maltodextrin, corn starch, soy flour, dextrose, salt, baking soda
Broccoli	

Spaghetti and meat sauce	
Ground beef	100% ground chuck
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Fresh garlic	
Oregano	
Basil	
Pasta	Whole durum wheat flour, semolina durum wheat flour, oat fiber

Dirty brown rice with beef	
Brown rice	
Ground beef	100% ground chuck
Kidney beans	Prepared kidney beans, water, sugar, salt, calcium chloride
Corn	
Onions	
Red peppers	
Quinoa	
Farro	
Beef stock	Roasted beef and beef broth, sugar, autolyzed yeast extract, corn oil, flavorings, hydrolyzed soy protein, potassium chloride, caramel color, maltodextrin, tomato powder, disodium inosinate, disodium guanylate, beef extract, corn syrup solids, salt, thiamine hydrochloride
Cajun seasoning	Garlic, salt, onion, paprika, oregano, white pepper, red pepper, and spice

Apple slaw	
Cabbage	
Carrots	
Red cabbage	
Granny smith apples	Apples, ascorbic acid, citric acid

Whole wheat Macaroni and cheese	
Whole wheat elbow macaroni	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)]
White cheddar premium cheese	Pasteurized milk, cheese cultures, salt, enzymes
2% reduced fat milk	Reduced fat milk, vitamin A palmitate, vitamin D3
Butter	Cream, natural flavorings
Fresh garlic	
Rice flour	

Mixed vegetables	Peas, carrots, green beans, lima beans, corn

Whole wheat ziti w/chicken sausage	
Zit pasta	Durum whole wheat flour, water
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Chicken sausage	Ground chicken, water, salt, pepper, sage
Fresh garlic	
Oregano	
Basil	
Kale	

Chicken alfredo w/ tri-color pasta	
Tri-color rotini	Semolina, dried spinach, dried tomato, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid
Butter	Cream, natural flavorings
2% reduced fat milk	Reduced fat milk, vitamin A palmitate, vitamin D3
Chicken stock	Roasted and cooked chicken meat, salt, sugar, hydrolyzed protein, (corn, wheat gluten, soy), chicken fat, autolyzed yeast extract, potassium chloride, maltodextrin, natural flavors, concentrated chicken broth, disodium inosinate, disodium guanylate, turmeric
Grated parmesan cheese	Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), corn starch, powdered cellulose
Ground chicken	
Rice flour	
Black pepper	

Maryland-style chicken	
Chicken thigh	
Old bay seasoning	Celery salt, spices (mustard, pepper, laurel leaves, cloves, pimento, ginger, mace, cardamom, cinnamon), paprika
sugar	

Turkey meatloaf	
Ground turkey	
Bread crumbs	Bleached wheat flour, sugar, salt, yeast
Oatmeal	Rolled oats
Barbecue sauce	Tomato paste, corn syrup, vinegar, molasses, water, salt, spices, natural smoke flavor, potassium sorbate and sodium benzoate, garlic, caramel, onion sugar, turmeric
Pizza sauce	Vine-ripened fresh tomatoes, extra virgin olive oil, sunflower oil, salt, oregano, seasonings, granulated garlic, naturally derived citric acid
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Fresh onion	
Oregano	
Basil	
Garlic powder	
Eggs	Whole egg, citric acid
Worcestershire sauce	Water, vinegar, molasses, hydrolyzed vegetable protein (corn and soy), salt, sugar, grapefruit juice, polysorbate 80, lemon juice concentrate, natural flavor

Mashed sweet potatoes	
Fresh sweet potatoes	
2% reduced fat milk	Reduced fat milk, vitamin A palmitate, vitamin D3
Butter	Cream, natural flavorings

Chicken chili	
Ground chicken	
Fresh onions	
Chicken stock	Roasted and cooked chicken meat, salt, sugar, hydrolyzed protein, (corn, wheat gluten, soy), chicken fat, autolyzed yeast extract, potassium chloride, maltodextrin, natural flavors, concentrated chicken broth, disodium inosinate, disodium guanylate, turmeric
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Kidney beans	Prepared kidney beans, water, sugar, salt, calcium chloride
Brown rice	Long grain parboiled brown rice
Fresh garlic	
Chili powder	Chili pepper, spices, salt, garlic, silicon dioxide
Black pepper	
Coriander	
Garlic powder	
Rice flour	
Water	

Southwest salad	
Iceberg	
Romaine	
Carrots	
Red cabbage	
Corn	

Spinach manicotti	
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Wavy pasta sheets	Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate(vitamin B1) , riboflavin vitamin B2, folic acid}), water, eggs
Fresh garlic	
Ricotta cheese	Pasteurized whey and milk, vinegar, salt
Whole egg with citric acid	Whole egg, citric acid
Whole milk mozzarella and provolone cheese	Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Spinach	

Whole wheat Turk-a-roni	
Ground turkey	
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Whole wheat elbow macaroni	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)]
Oregano	
Basil	
Fresh garlic	

Pineapple/Mango Coleslaw	
Cabbage	
Carrots	
Red cabbage	
Mango	
Pineapple tidbits	Pineapple, pineapple juice, citric acid
Diced red onion	
Cilantro	

Hamburger slider	
Fresh ground beef	100% ground chuck
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Worcestershire sauce	Water, vinegar, molasses, hydrolyzed vegetable protein (corn and soy), salt, sugar, grapefruit juice, polysorbate 80, lemon juice concentrate, natural flavor

Bean medley	
Kidney beans	
Green beans	
Wax beans	

Roll	Whole grain white wheat flour, enriched wheat flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, malt syrup (extracts of corn, malt), sugar, soybean oil, contains 2% or less of: yeast and baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) for leavening, dough conditioners (DATEM, calcium sulfate, soybean oil, enzymes, salt, ascorbic acid, L-cysteine, sodium stearolyl lactylate {SSL}), soy flour, salt, vital wheat gluten, egg replacer (whole soy flour, wheat gluten, corn syrup solids, algin), calcium propionate (preservative)

Homemade lasagna	
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Wavy pasta sheets	Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, eggs, soybean oil
Ricotta cheese	Pasteurized whey and milk, vinegar, salt
Whole milk mozzarella and provolone cheese	Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent
Eggs	
Oregano	
Basil	
Fresh garlic	

Chicken w/ buttermilk gravy	
Chicken leg or thigh	
Buttermilk powder	Sweet cream buttermilk solids
Dried parsley	
Dried dill weed	
Garlic powder	
Onion powder	
Black pepper	
Dried chives	
Salt	
Chicken stock	Roasted and cooked chicken meat, salt, sugar, hydrolyzed protein, (corn, wheat gluten, soy), chicken fat, autolyzed yeast extract, potassium chloride, maltodextrin, natural flavors, concentrated chicken broth, disodium inosinate, disodium guanylate, turmeric
Rice flour	

Cheese melt	
Pizza crust	Water, whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, yeast, sugar, salt
Whole milk mozzarella and provolone cheese	Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent
Basil	
Oregano	
Garlic powder	

Tomato alphabet soup	
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
2% reduced fat milk	Reduced fat milk, vitamin A palmitate, vitamin D3
Basil	
Garlic powder	
Alphabet pasta	100% durum whole wheat flour
Water	

Beans and brown rice	
Pinto beans	Prepared pinto beans, water, salt, calcium chloride, calcium disodium EDTA
Brown rice	Long grain parboiled brown rice
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Fresh onions	
Green peppers-frozen	
Fresh carrots	
Fresh celery	
Fresh garlic	
Chili powder	Chili pepper, spices, salt, garlic, silicon dioxide
Cumin	
Vegetable stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor

Turkey Sloppy Joe	
Ground turkey	
Green peppers-frozen	
Ketchup	Tomato concentrate, sugar, distilled vinegar, less than 2% of: salt, natural flavors, potassium chloride, onion powder, citric acid, garlic powder, spices
White distilled vinegar	
Tomato paste	Vine-ripened fresh tomatoes, naturally derived citric acid
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings

Roll	Whole grain white wheat flour, enriched wheat flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, malt syrup (extracts of corn, malt), sugar, soybean oil, contains 2% or less of: yeast and baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) for leavening, dough conditioners (DATEM, calcium sulfate, soybean oil, enzymes, salt, ascorbic acid, L-cysteine, sodium stearolyl lactylate {SSL}), soy flour, salt, vital wheat gluten, egg replacer (whole soy flour, wheat gluten, corn syrup solids, algin), calcium propionate (preservative)

Bean, corn, & chicken quesadilla	
Chicken	
Grated cheddar cheese	Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, color added), potato starch, powdered cellulose, natamycin
Black beans	Prepared black beans, water, salt, ferrous gluconate
Corn	
Chili powder	Chili pepper, spices, salt, garlic, silicon dioxide
Whole wheat flour tortilla	Whole wheat flour, water, soybean shortening, contains 2% or less of the following: salt, mono & diglycerides, wheat gluten, calcium propionate, sugar, sodium bicarbonate, fumaric acid, CMC gum, sodium aluminum sulfate, sodium acid pyrophosphate, sodium stearoyl lactylate, potassium sorbate, cellulose gum, yeast, canola oil, enzyme and sodium

Sugar snaps & carrots	

Shepherd's Pie	
Fresh ground beef	100% ground chuck
Worcestershire sauce	Water, vinegar, molasses, hydrolyzed vegetable protein (corn and soy), salt, sugar, grapefruit juice, polysorbate 80, lemon juice concentrate, natural flavor
Tomato Paste	Vine-ripened fresh tomatoes, naturally derived citric acid
Beef stock	Roasted beef and beef broth, sugar, autolyzed yeast extract, corn oil, flavorings, hydrolyzed soy protein, potassium chloride, caramel color, maltodextrin, tomato powder, disodium inosinate, disodium guanylate, beef extract, corn syrup solids, salt, thiamine hydrochloride
Onions	
Carrots	
Peas	
Garlic	
Black Pepper	
Water	
Rice flour	
Mashed potatoes	Idaho potatoes, salt, vegetable oil (contains one or more of the following: canola, soybean, cottonseed, sunflower), nonfat dry milk, monoglycerides, calcium stearoyl, lactylate, spice, artificial color, natural and artificial flavors, sodium acid pyrophosphate (preserves freshness), sodium bisulfite (preserves freshness), citric acid (preserves freshness), and mixed tocopherols (preserves freshness).

Vegetarian

Pizza	
Whole milk mozzarella and provolone cheese	Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent
Pizza sauce	Vine-ripened fresh tomatoes, extra virgin olive oil, sunflower oil, salt, oregano, seasonings, granulated garlic, naturally derived citric acid
Pizza crust	Water, whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, yeast, sugar, salt

Spinach manicotti	
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Wavy pasta sheets	Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate(vitamin B1) , riboflavin vitamin B2, folic acid}), water, eggs
Fresh garlic	
Ricotta cheese	Pasteurized whey and milk, vinegar, salt
Whole egg with citric acid	Whole egg, citric acid
Whole milk mozzarella and provolone cheese	Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Spinach	

Quiche	
Whole egg with citric acid	Whole egg, citric acid
White cheddar premium cheese	Pasteurized milk, cheese cultures, salt, enzymes
2% reduced fat milk	Reduced fat milk, vitamin A palmitate, vitamin D3
Pie crust	Wheat flour, palm oil, water, sugar, maltodextrin, corn starch, soy flour, dextrose, salt, baking soda
Broccoli	

Homemade lasagna	
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Wavy pasta sheets	Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, eggs, soybean oil
Ricotta cheese	Pasteurized whey and milk, vinegar, salt
Whole milk mozzarella and provolone cheese	Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent
Eggs	
Oregano	
Basil	
Fresh garlic	

Ravioli w/olive oil, tomato sauce, & fresh basil	
Olive oil	
Medium cheese ravioli	Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, ricotta cheese (pasteurized milk, pasteurized whey, vinegar, salt), water, whole egg, Romano cheese made from cow's milk (pasteurized cultured milk, salt, enzymes), salt, low moisture whole milk mozzarella cheese (pasteurized whole milk, cheese cultures, salt, enzymes), dehydrated parsley flakes, stabilizer (locust bean gum, guar gum, sugar), corn starch-modified, spice.
Garlic	
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Basil	

Veggie Nuggets	WATER, SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, TEXTURED WHEAT PROTEIN (WHEAT GLUTEN, WHEAT FLOUR), CONTAIN LESS THAN 2% OF YEAST EXTRACT, METHYLCELLULOSE, SALT, SPICE (CONTAINS BLACK PEPPER), NATURAL FLAVOR (NON-MEAT), HYDROLYZED SOYBEAN AND CORN PROTEIN, HYDROLYZED CORN GLUTEN, ONION POWDER, SUGAR, SUCCINIC ACID, THIAMIN HYDROCHLORIDE (VITAMIN B1). BATTER--WATER, WHEAT FLOUR, YELLOW CORN FLOUR, SALT. BREADING--WHEAT FLOUR, DEXTROSE, SALT, DRIED YEAST, CARAMEL COLOR, YELLOW CORN FLOUR, EXTRACTIVES OF PAPRIKA AND ANNATTO FOR COLOR. BROWNED IN CORN OIL. CONTAINS: SOY, WHEAT. Keep in mind that ingredients and formulations change. The information shown here may vary from the content and label information of products currently in stores. For the most current information for these and other products, please Contact Us. Bocaburger.com

Tri-color pasta alfredo	
Tri-color rotini	Semolina, dried spinach, dried tomato, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid
Butter	Cream, salt
2% reduced fat milk	Reduced fat milk, vitamin A palmitate, vitamin D3
Vegetable stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor
Grated parmesan cheese	Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), corn starch, powdered cellulose
Rice flour	Wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid
Black pepper	

Beans & brown rice burrito	
Black beans	Prepared black beans, water, salt, ferrous gluconate
Brown rice	

Whole wheat tortillas	Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin , folic acid), water, vegetable shortening (contains one or more of the following" palm oil and/or corn oil), contains 2% or less of the following: Salt, aluminum free leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), fumaric acid, gum blend, dough conditioner (lecithin, mono and diglycerides, sodium metabisulphite).

Whole wheat Macaroni and cheese	
Whole wheat elbow macaroni	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)]
White cheddar premium cheese	Pasteurized milk, cheese cultures, salt, enzymes
2% reduced fat milk	Reduced fat milk, vitamin A palmitate, vitamin D3
Butter	Cream, natural flavorings
Fresh garlic	
Rice flour	

Cheese melt	
Pizza crust	Water, whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, yeast, sugar, salt
Whole milk mozzarella and provolone cheese	Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent
Basil	
Oregano	
Garlic powder	

Bean, corn & cheese quesadilla	
Grated Cheese (whole milk mozzarella and provolone cheese blend)	Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent
Black beans	Prepared black beans, water, salt, ferrous gluconate
Corn	
Chili powder	Chili pepper, spices, salt, garlic, silicon dioxide
Whole wheat flour Tortilla	Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (contains one or more of the following: palm oil and or corn oil) contains 2% or less of the following: salt, aluminum-free leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid) fumaric acid, gum blend, dough conditioner (lecithin, mono-and diglycerides, sodium metabisulphite)

White bean mushroom soup	
Olive oil	
Mushrooms	
Garlic	
Onions	
White beans	Prepared great northern beans, water, salt, and calcium chloride
Vegetable stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor
Oregano	
Rosemary	
Basil	
Pepper	

Beans and brown rice	
Pinto beans	Prepared pinto beans, water, salt, calcium chloride, calcium disodium EDTA
Brown rice	Long grain parboiled brown rice
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Onions	
Green peppers	
Fresh carrots	
Fresh celery	
Garlic	
Chili powder	Chili pepper, spices, salt, garlic, silicon dioxide
Cumin	
Vegetable stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor

Picadillo	
Vegetable Stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor
Brown rice	
Lentils	
Onion	
Garlic	
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Cinnamon	
Cumin	
Oregano	
Nutmeg	
Diced Potatoes	potatoes, dextrose, disodium dihydrogen pyrophosphate (to maintain natural color)
Red Pepper	
Green Olive	olives, water, minced pimiento, salt, lactic acid, sodium alginate, guar gum, calcium chloride, 1/10th of 1% sodium benzoate and potassium sorbate as a preservative

Black bean tortilla soup	
Olive oil	
Onion	
Garlic	
Cumin	
Black beans	Prepared black beans, water, salt, calcium chloride, ferrous gluconate
Corn	
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Corn tortilla	Whole grain corn, water, contains 2% or less of the following: preservatives (propionic acid, sodium hydroxide, benzoic acid), and traces of food grade lime
Vegetable stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor
Pepper	

Dirty brown rice	
Brown rice	
Kidney beans	Prepared kidney beans, water, sugar, salt, calcium chloride
Corn	
Onions	
Red peppers	
Quinoa	
Vegetable stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor
Cajun seasoning	Garlic, salt, onion, paprika, oregano, white pepper, red pepper, and spice

Broccoli & cheddar quinoa w/brown rice	
Brown rice	
Quinoa	
Vegetable stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor
Cheddar cheese	Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, color added), potato starch, powdered cellulose, natamycin

French Lentils W/ Thyme	
Lentils	
Carrots	
Celery	
Red Pepper	
Vegetable Stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor
Thyme	

Veg out chili	
Onions	
Green peppers	
Kidney beans	Prepared kidney beans, water, sugar, salt, calcium chloride
Black beans	Prepared black beans, water, salt, calcium chloride, ferrous gluconate
Great northern beans	Prepared Great Northern Beans, water, salt, calcium chloride, calcium disodium edta as a preservative
Olive oil	
Garlic powder	
Chili powder	Chili pepper, spices, salt, garlic, silicon dioxide
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Water	
Corn	
Tomato paste	Vine-ripened fresh tomatoes, naturally derived citric acid
Pepper	

Black bean burger	
Coriander seeds	
Fennel seeds	
Olive oil	
Onions	
Green bell pepper	
Paprika	
Old bay seasoning	Celery salt, spices (mustard, pepper, laurel leaves, cloves, pimento, ginger, mace, cardamom, cinnamon), paprika
Garlic powder	
Oregano	
Brown rice	
Black beans	Prepared black beans, water, salt, calcium chloride, ferrous gluconate
Lemon juice	Lemon juice from concentrate (water, concentrated lemon juice, sodium metabisulfite [preservative]), sodium benzoate (preservative), lemon oil
Ketchup	Tomato concentrate, sugar, distilled vinegar, less than 2% of: salt, natural flavors, potassium chloride, onion powder, citric acid, garlic powder, spices
Rice flour	

Mushroom stroganoff	
Onions	
Garlic	
Olive oil	
Mushrooms	
Soy sauce	Water, wheat, soybeans, salt, lactic acid, sodium benzoate, less than 1/10 of 1% as a preservative
Vegetable stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor
Soy milk	Organic soybase (water, organic soybeans), cane sugar, contains 1% or less of: carrageenan, dipotassium phosphate, expeller-pressed canola oil, natural flavor, sea salt, sodium citrate
Rice flour	
Onion powder	
Garlic powder	
Paprika	
Fresh thyme	
Brown rice	
Nutritional yeast	Inactive nutritional yeast [dried yeast, niacin (vitamin B3), pyridoxine hydrochloride (vitamin B6), Riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid, vitamin B12]

Chickpea curry with potatoes	
Brown rice	
Onions	
Potatoes	Potatoes, water, citric acid
Carrot	
Curry powder	Coriander, fenugreek, turmeric, cumin, black pepper, bay leaves, celery seed, nutmeg, clove, onion, red pepper & ginger
Soy milk	Organic soybase (water, organic soybeans), cane sugar, contains 1% or less of: carrageenan, dipotassium phosphate, expeller-pressed canola oil, natural flavor, sea salt, sodium citrate
Vegetable stock	Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor
Chickpeas	Prepared chick peas, water, and salt
Peas	
Cilantro	
Pepper	

Lentil penne & tomato sauce w/ soy	
Textured vegetable protein	
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Fresh garlic	
Oregano	
Basil	
Lentil Penne	Red lentil flour, white rice, pea protein
Fortified soy	Soy flour, caramel color (contains sulfites), zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)

Vegetarian Sloppy Joe	
Textured vegetable protein	
Green peppers-frozen	
Ketchup	Tomato concentrate, sugar, distilled vinegar, less than 2% of: salt, natural flavors, potassium chloride, onion powder, citric acid, garlic powder, spices
White distilled vinegar	
Tomato paste	Vine-ripened fresh tomatoes, naturally derived citric acid
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings

Spaghetti & tomato sauce w/ soy	Corn flour, rice flour, mono and diglycerides
Chopped tomatoes in tomato puree	Tomatoes, tomato puree, salt, citric acid
Tomato sauce	Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings
Soy	
Garlic	
Oregano	
Basil	

Condiments

All of the items shown below are sent separate of the other items in the meal. If your child is allergic to something in the condiments below, they may be able to eat the other parts of the meal if they just leave off the condiments.

Salad Dressing – Ranch	
2% reduced fat milk	Reduced fat milk, vitamin A palmitate, vitamin D3
Mayonnaise	Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika
Buttermilk	Cultured milk, salt, vitamin D3
Garlic powder	
Basil	
Light sour cream	Grade A cultured cream, skim milk, Vitamin A Palmitate

Cole slaw dressing (Apple slaw & Pineapple/mango slaw)	
Mayonnaise	Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika
Lemon juice	
Milk	
Celery seed	
Sugar	
Salt	
Pepper	

Strawberry salad dressing	
Strawberries	Sliced strawberries, sugar
Mayonnaise	Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika
Milk – 2%	Reduced fat milk, vitamin A palmitate, vitamin D3

Southwest salad dressing	
Mayonnaise	Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika
Chili powder	Chili pepper, spices, salt, garlic, silicon dioxide
Garlic powder	
Black pepper	
Vinegar	
Sugar	

Broccoli Salad Dressing	
Mayonnaise	Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium disodium EDTA, paprik
Buttermilk	Cultured milk, salt, vitamin D3
Red wine vinegar	
Salt	
Sugar	
Pepper	
Garlic powder	

Grated parmesan cheese	Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), corn starch, powdered cellulose

Butter	Cream, salt

Grated Cheese (whole milk mozzarella and provolone cheese blend)	Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent

THANKSGIVING DINNER

Roast turkey breast w/gravy	
Turkey breast	
Broth solution	Turkey broth, salt, sugar, sodium phosphate, pepper

Gravy	
Water	
Roaster dark turkey meat	
Food starch modified	
Enriched wheat flour	Wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid
Chicken fat	
Salt	
Less than 1% of:	Dehydrated turkey meat, dehydrated turkey broth, turkey fat, sugar, nonfat dry milk,soy flour, cornstarch, autolyzed yeast extract, torula yeast, lipolyzed butter oil, natural flavorings, flavoring, canola oil, maltodextrin, dextrose, calcium lactate, onion powder, garlic powder, carmel color, turmeric, oleoresin paprika, disodium inosinate, disodium guanylate

Cranberry relish	
Cranberries	
High fructose corn syrup, corn syrup, water	