## GoodFoodlogo

## Ingredient List October, 2019 – December, 2019

##  Vegetarian 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 except sweet potatoes.**

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

**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.**

**Condiments are grouped together at the end of this list.**

Updated 9/18/2019

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| **White bean mushroom soup** |  |
| Olive oil |  |
| Mushrooms |  |
| Garlic |  |
| Onions |  |
| White beans | Prepared great northern beans, water, salt, and calcium chloride  |
| Vegetable stock | Sautéed vegetable purees (onion, carrot, celery, red bell pepper), yeast extract, salt, sugar, tomato powder, natural flavors, contains 2% or less of the following: onion juice concentrate, garlic juice concentrate, shallot juice, spice, burgundy wine solids, concentrated carrot juice, dehydrated carrots |
| Oregano |  |
| Rosemary |  |
| Basil |  |
| Pepper |  |
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| **Asian salad w/ baked tofu** |  |
| Tofu | Water, organic soybeans, natural coagulants [nigari (magnesium choride), gypsum (calcium sulfate) ] |
| Romaine lettuce |  |
| Cucumber |  |
| Julienned carrot |  |
| Red bell pepper |  |
| Spinach |  |
| Tamari soy sauce | Water, soybeans, salt, sugar, alcohol, vinegar, lactic acid  |
| Brown sugar |  |
| Garlic powder |  |
| Garlic |  |
| Rice vinegar |  |
| Olive Oil |  |
| Pepper |  |
| Mandarin orange |  |
| Water |  |
| Pear juice concentrate  |  |

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| **Moroccan sweet potato lentil soup** |  |
| Sweet potatoes |  |
| Carrots |  |
| Onions |  |
| Celery |  |
| Bell pepper |  |
| Garlic |  |
| Lentils |  |
| Coriander |  |
| Cumin |  |
| Curry powder | Coriander, fenugreek, turmeric, cumin, black pepper, bay leaves, celery seed, nutmeg, clove, onion, red pepper & ginger  |
| Paprika |  |
| Cinnamon |  |
| Turmeric |  |
| Nutmeg |  |
| Vegetable stock | Sautéed vegetable purees (onion, carrot, celery, red bell pepper), yeast extract, salt, sugar, tomato powder, natural flavors, contains 2% or less of the following: onion juice concentrate, garlic juice concentrate, shallot juice, spice, burgundy wine solids, concentrated carrot juice, dehydrated carrots |
| Spinach |  |

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| **Beans and 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 | Sautéed vegetable purees (onion, carrot, celery, red bell pepper), yeast extract, salt, sugar, tomato powder, natural flavors, contains 2% or less of the following: onion juice concentrate, garlic juice concentrate, shallot juice, spice, burgundy wine solids, concentrated carrot juice, dehydrated carrots |

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| **Avocado chickpea salad cups** |  |
| Chickpeas | Prepared chick peas, water, and salt |
| Avocado |  |
| Lemon juice | Lemon juice from concentrate (water, concentrated lemon juice, sodium metabisulfite [preservative]), sodium benzoate (preservative), lemon oil |
| Cilantro |  |
| Celery |  |
| Lettuce |  |

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| **Picadillo** |  |
| Vegetable Stock | Sautéed vegetable purees (onion, carrot, celery, red bell pepper), yeast extract, salt, sugar, tomato powder, natural flavors, contains 2% or less of the following: onion juice concentrate, garlic juice concentrate, shallot juice, spice, burgundy wine solids, concentrated carrot juice, dehydrated carrots |
| 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 |

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| **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 | Sautéed vegetable purees (onion, carrot, celery, red bell pepper), yeast extract, salt, sugar, tomato powder, natural flavors, contains 2% or less of the following: onion juice concentrate, garlic juice concentrate, shallot juice, spice, burgundy wine solids, concentrated carrot juice, dehydrated carrots |
| Pepper |  |

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| **Buffalo chickpea taquitos** |  |
| Olive oil |  |
| Onion |  |
| Garlic |  |
| Bell pepper |  |
| Chickpeas | Prepared chick peas, water, and salt |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| Hot sauce | Vinegar, aged peppers (peppers, salt, vinegar), water, xanthan gum and benzoate of soda |
| Soy milk | Soymilk (filtered water, soybeans), contains 2% or less of: vitamin and mineral blend (calcium carbonate, vitamin A palmitate, Vitamin D2, riboflavin[B2], vitamin B12), cane sugar, sea salt, natural flavor, gellan gum. Allergen Statement: Produced in a facility that also processes tree nuts. Silk employs stringent allergen quality control procedures in all of our manufacturing facilities. To learn more, visit us at silk.com/allergens |
| Balsamic vinegar |  |
| Onion powder |  |
| Garlic powder |  |
| Smoke paprika |  |
| Ground cumin |  |
| Chili powder | Chili pepper, spices, salt, garlic, silicon dioxide |
| 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 |

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| **Vegetarian dirty rice with vegetables, quinoa** |  |
| Brown rice |  |
| Kidney beans | Prepared kidney beans, water, sugar, salt, calcium chloride |
| Corn |  |
| Onions |  |
| Red peppers |  |
| Quinoa |  |
| Vegetable stock | Sautéed vegetable purees (onion, carrot, celery, red bell pepper), yeast extract, salt, sugar, tomato powder, natural flavors, contains 2% or less of the following: onion juice concentrate, garlic juice concentrate, shallot juice, spice, burgundy wine solids, concentrated carrot juice, dehydrated carrots |
| Cajun seasoning | Garlic, salt, onion, paprika, oregano, white pepper, red pepper, and spice |

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| **Enchilada casserole** |  |
| Olive oil |  |
| Onions |  |
| Garlic |  |
| Chili powder | Chili pepper, spices, salt, garlic, silicon dioxide |
| Cumin |  |
| Black beans | Prepared black beans, water, salt, calcium chloride, ferrous gluconate |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| Cilantro |  |
| Corn tortillas | Whole grain corn, water, contains 2% or less of the following: preservatives (propionic acid, sodium hydroxide, benzoic acid), and traces of food grade lime |
| Enchilada sauce | Tomato puree (water, tomato paste), water, chili powder (chili pepper, spices, salt, dried garlic), modified corn starch, canola oil, salt, distilled vinegar, sugar, cumin, citric acid |
| Vegan mozzarella  | Filtered water, organic palm fruit oil, modified corn and potato starches, natural flavors (plant sources), less than 2% of: pea fiber, pea starch, bamboo fiber, calcium, phosphate, rice flour, organic vegetable glycerin, cellulose, sunflower lecithin, sea salt, carrageenan (vegetable source), calcium sulfate, citric acid, xanthan gum, disodium phosphate, sodium citrate |

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| **French Lentils W/ Thyme** |  |
| Lentils |  |
| Carrots |  |
| Celery |  |
| Red Pepper |  |
| Vegetable Stock | Sautéed vegetable purees (onion, carrot, celery, red bell pepper), yeast extract, salt, sugar, tomato powder, natural flavors, contains 2% or less of the following: onion juice concentrate, garlic juice concentrate, shallot juice, spice, burgundy wine solids, concentrated carrot juice, dehydrated carrots |
| Thyme |  |

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| --- | --- |
| **Spicy black bean wrap** |  |
| Peppers |  |
| Onions |  |
| Black beans | Prepared black beans, water, salt, calcium chloride, ferrous gluconate |
| Olive oil  |  |
| Taco seasoning | Spices (including chili pepper, paprika, oregano), onion, salt, potato starch, sugar, garlic & natural flavor |
| Water |  |
| Salsa | Tomato, onion, cilantro, cucumber, green pepper, red pepper, red onion, lime juice, tomato juice, garlic, poblano pepper, serrano pepper, salt |
| 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 |

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| **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 |  |

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| **Vegan jambalaya**  |  |
| Onions |  |
| Garlic |  |
| Red bell pepper |  |
| Celery |  |
| Vegan sausages | Water, pea protein isolate, canola and sunflower oil, yeast extract, spices, tapioca maltodextrin, salt, garlic powder. Contains 0.5% or less: natural flavor, citric acid, acacia gum, paprika extractives  |
| Brown rice |  |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid |
| Kidney beans | Prepared kidney beans, water, sugar, salt, calcium chloride |
| Oregano |  |
| Basil |  |
| Cajun seasoning |  |
| Paprika |  |
| Tamari soy sauce | Water, soybeans, salt, sugar, alcohol, vinegar, lactic acid |
| Hot sauce | Vinegar, aged peppers (peppers, salt, vinegar), water, xanthan gum and benzoate of soda |
| Green onions |  |
| Parsley |  |
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| **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 |  |

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| **Mushroom stroganoff** |  |
| Onions |  |
| Garlic |  |
| Olive oil |  |
| Mushrooms |  |
| Tamari soy sauce  | Water, soybeans, salt, sugar, alcohol, vinegar, lactic acid |
| Vegetable stock | Sautéed vegetable purees (onion, carrot, celery, red bell pepper), yeast extract, salt, sugar, tomato powder, natural flavors, contains 2% or less of the following: onion juice concentrate, garlic juice concentrate, shallot juice, spice, burgundy wine solids, concentrated carrot juice, dehydrated carrots |
| Soy milk | Soymilk (filtered water, soybeans), contains 2% or less of: vitamin and mineral blend (calcium carbonate, vitamin A palmitate, Vitamin D2, riboflavin[B2], vitamin B12), cane sugar, sea salt, natural flavor, gellan gum. Allergen Statement: Produced in a facility that also processes tree nuts. Silk employs stringent allergen quality control procedures in all of our manufacturing facilities. To learn more, visit us at silk.com/allergens |
| 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]  |

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| **Chickpea curry with potatoes** |  |
| Brown rice |  |
| Onions |  |
| Potatoes |  |
| Carrot |  |
| Curry powder | Coriander, fenugreek, turmeric, cumin, black pepper, bay leaves, celery seed, nutmeg, clove, onion, red pepper & ginger |
| Soy milk | Soymilk (filtered water, soybeans), contains 2% or less of: vitamin and mineral blend (calcium carbonate, vitamin A palmitate, Vitamin D2, riboflavin[B2], vitamin B12), cane sugar, sea salt, natural flavor, gellan gum. Allergen Statement: Produced in a facility that also processes tree nuts. Silk employs stringent allergen quality control procedures in all of our manufacturing facilities. To learn more, visit us at silk.com/allergens |
| Vegetable stock | Sautéed vegetable purees (onion, carrot, celery, red bell pepper), yeast extract, salt, sugar, tomato powder, natural flavors, contains 2% or less of the following: onion juice concentrate, garlic juice concentrate, shallot juice, spice, burgundy wine solids, concentrated carrot juice, dehydrated carrots |
| Chickpeas | Prepared chick peas, water, and salt |
| Peas |  |
| Cilantro |  |
| Pepper |  |

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| **Lentil loaf** |  |
| Lentils |  |
| Mushrooms |  |
| Eggplant |  |
| Onions |  |
| Carrot |  |
| Red bell pepper |  |
| Celery |  |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| Black pepper |  |
| Garlic |  |
| Cilantro |  |
| Rice flour |  |

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| **Lentil taco w/ corn tortilla** |  |
| Lentils |  |
| Kidney beans | Prepared kidney beans, water, sugar, salt, calcium chloride |
| Carrots |  |
| Oregano |  |
| Chili pepper |  |
| Paprika |  |
| Cumin |  |
| Garlic powder |  |
| Black pepper |  |

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| **Gluten free pizza** |  |
| Cauliflower crust | Cauliflower, rice flour, water, chia flour, rice starch, palm oil, yeast, agave nectar, cane sugar, salt, cultured brown rice, garlic powder, Italian seasoning, fruit and vegetable nutrient extract blend (cranberry, apple, orange, tomato, broccoli, carrot, and shiitake mushrooms)  |
| Vegan mozzarella  | Filtered water, organic palm fruit oil, modified corn and potato starches, natural flavors (plant sources), less than 2% of: pea fiber, pea starch, bamboo fiber, calcium, phosphate, rice flour, organic vegetable glycerin, cellulose, sunflower lecithin, sea salt, carrageenan (vegetable source), calcium sulfate, citric acid, xanthan gum, disodium phosphate, sodium citrate |
| Pizza sauce | Vine-ripened fresh tomatoes, extra virgin olive oil, sunflower oil, salt, oregano, seasonings, granulated garlic, naturally derived citric acid |

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| **Vegan pasta alfredo** |  |
| Lentil Penne | Red lentil flour, white rice, pea protein |
| Vegan parmesan | Modified potato starch, organic palm fruit oil, filtered water, canola oil, cellulose, maltodextrin, natural flavors (plant sources [contains autolyzed yeast]), less than 2% of: organic vegetable glycerin, sea salt, citric acid, nutritional yeast, calcium phosphate, bamboo fiber, sodium phosphate, carrageenan, organic chickpea miso (organic handmade rice koji, organic whole chickpeas, sea salt, water, koji spores), sunflower lecithin, annatto  |
| Soy milk | Soymilk (filtered water, soybeans), contains 2% or less of: vitamin and mineral blend (calcium carbonate, vitamin A palmitate, Vitamin D2, riboflavin[B2], vitamin B12), cane sugar, sea salt, natural flavor, gellan gum. Allergen Statement: Produced in a facility that also processes tree nuts. Silk employs stringent allergen quality control procedures in all of our manufacturing facilities. To learn more, visit us at silk.com/allergens |
| Rice flour |  |
| Garlic  |  |

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| **Gluten free spaghetti** | 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 |  |

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| **Gluten free cheese melt** |  |
| Cauliflower crust | Cauliflower, rice flour, water, chia flour, rice starch, palm oil, yeast, agave nectar, cane sugar, salt, cultured brown rice, garlic powder, Italian seasoning, fruit and vegetable nutrient extract blend (cranberry, apple, orange, tomato, broccoli, carrot, and shiitake mushrooms)  |
| Vegan mozzarella  | Filtered water, organic palm fruit oil, modified corn and potato starches, natural flavors (plant sources), less than 2% of: pea fiber, pea starch, bamboo fiber, calcium, phosphate, rice flour, organic vegetable glycerin, cellulose, sunflower lecithin, sea salt, carrageenan (vegetable source), calcium sulfate, citric acid, xanthan gum, disodium phosphate, sodium citrate |
| Basil |  |
| Oregano |  |
| Garlic powder |  |

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| **Vegan shepherd’s pie** |  |
| Cauliflower |  |
| Mushrooms |  |
| Carrots |  |
| Onions |  |
| Garlic |  |
| Sun-dried tomatoes | Tomatoes, sulfites  |
| Great northern beans | Prepared Great Northern Beans, water, salt, calcium chloride, calcium disodium edta as a preservative |
| Vegetable stock | Sautéed vegetable purees (onion, carrot, celery, red bell pepper), yeast extract, salt, sugar, tomato powder, natural flavors, contains 2% or less of the following: onion juice concentrate, garlic juice concentrate, shallot juice, spice, burgundy wine solids, concentrated carrot juice, dehydrated carrots |
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| **Penne macaroni, vegan cheese & white beans** |  |
| Lentil Penne | Red lentil flour, white rice, pea protein |
| Nutritional yeast |  |
| Great northern beans | Prepared Great Northern Beans, water, salt, calcium chloride, calcium disodium edta as a preservative |
| Rice flour |  |
| Garlic |  |
| Soy milk | Soymilk (filtered water, soybeans), contains 2% or less of: vitamin and mineral blend (calcium carbonate, vitamin A palmitate, Vitamin D2, riboflavin[B2], vitamin B12), cane sugar, sea salt, natural flavor, gellan gum. Allergen Statement: Produced in a facility that also processes tree nuts. Silk employs stringent allergen quality control procedures in all of our manufacturing facilities. To learn more, visit us at silk.com/allergens |

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| **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 |  |

**Condiments**

**Salad dressings are not vegan**

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.

|  |  |
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| **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 |

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| **Cole slaw dressing** |  |
| 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 |  |

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| --- | --- |
| **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 |

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| **Southwest salad dressing** |  |
| Mayonnaise | Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika |
| Three bean salad (beans removed) | Vinegar, sugar, onions, red peppers, salt, turmeric, natural flavorings, garlic powder |
| Chili powder | Chili pepper, spices, salt, garlic, silicon dioxide |
| Garlic powder |  |
| Black pepper |  |

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| **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 |  |
|  |  |

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| --- | --- |
| **Butter** | Cream, salt |