

Hash Browned Potato	Shredded Potato Fried in Oil and Seasoned with Salt and Pepper	4 oz Spoodle		Vegan														
Diced Hash Brown Potatoes w/Skin, Frozen	Hash Browns, Diced with Skin, Frozen	Ounce	Mindful	Vegetarian								Soy						
Garlic Parmesan Breadsticks	Crispy Bread Sticks Topped with Seasoned Garlic Butter, Parsley, Oregano and Grated Parmesan, Baked Until Golden	1 Breadstick		Vegetarian	Milk				Wheat			Soy	Gluten					
Dinner Rolls	Roll-Dinner, Assorted, 1 oz	1 Roll/1 oz							Wheat				Gluten					
Tossed Garden Salad	Iceberg and Romaine Lettuce Tossed with Shredded Carrot, Topped with Cucumber and Tomato	1 Salad	Mindful	Vegan														
Italian Green Beans		4 oz	Mindful	Vegan														
Crisp Bacon		2 Slices																
Fettuccine Alfredo	Fettuccine Tossed with a Rich Alfredo Sauce	6oz Pasta+3oz Ladle	Mindful	Vegetarian	Milk				Wheat			Soy	Gluten					
Chicken Enchiladas	Shredded Mexican Chicken and Green Chiles Wrapped in a Corn Tortilla, Baked with Enchilada Sauce and Cheddar	2 Enchiladas			Milk								Gluten					
Eggplant Parmesan	Fried Breaded Eggplant Layered and Baked with Marinara, Parmesan Bread Crumbs and Mozzarella	1 Cut-3x4 HP		Vegetarian	Milk	Eggs			Wheat				Gluten					
Corn	Corn, Steamed Until Crisp-Tender.	4 oz Spoodle	Mindful	Vegan														
O'Brien Potatoes	Diced Potatoes Grilled with Onions and Red Peppers, Seasoned with Salt and Pepper	4 oz		Vegetarian	Milk							Soy						
Roasted Vegetable Lasagna with Marinara	Pasta Sheets Filled with Ricotta and Mozzarella Cheese, Roasted Vegetables and Marinara Sauce	1 Cut-3x4 HP		Vegetarian	Milk	Eggs			Wheat			Soy	Gluten				Mustard	
Spaghetti & Meatballs with Sauce	Italian Meatballs Served on Spaghetti with Marinara Sauce and Parmesan Cheese	4z Noodle+3 EA+4z SC			Milk				Wheat			Soy	Gluten					
Grilled Beef Fajitas	Seasoned Grilled Beef and Vegetables Wrapped in a Warm Flour Tortilla with Lettuce, Cheddar Cheese and Salsa	1 Fajita			Milk				Wheat			Soy	Gluten					
Summer Squash	Steamed Fresh Yellow Squash and Zucchini	4 oz	Mindful	Vegan														
Summer Squash & Carrot Medley	Fresh Sliced Carrots and Yellow Squash	4 oz	Mindful	Vegan														
Sweet Potato French Fries		4 oz		Vegetarian					Wheat			Soy	Gluten					
Cheeseburger w/Lettuce & Tomato on Bun	Marinated Hamburger Patty with American Cheese on a Bun	1 Sandwich			Milk				Wheat			Soy	Gluten				Mustard	
Scrambled Eggs with Chorizo	Fluffy Eggs Scrambled with Spicy Chorizo Sausage, Onions, and Fresh Red and Green Peppers	4 oz			Milk	Eggs						Soy						
Western Scrambled Eggs		4 oz			Milk	Eggs						Soy						
Breakfast Burrito with Salsa	Scrambled Eggs and Cheddar Cheese Wrapped in a Warm Flour Tortilla and Served with Salsa	1 Each+1z LDL Salsa		Vegetarian	Milk	Eggs			Wheat			Soy	Gluten					
Ham Steak	Griddled Ham Steak	1 Ham Steak																
Chicken Breast Parmesan	Golden Fried Chicken Breast Topped with Marinara, Parmesan and Mozzarella	1 Patty			Milk	Eggs			Wheat			Soy	Gluten					
Southwestern Roasted Chicken	Eight Cut Roasted Chicken Rubbed with Rotisserie Style Seasoning	2 Eighths																
Spaghetti & Marinara Sauce		4z Noodles+4z LDL SC	Mindful	Vegetarian	Milk				Wheat				Gluten					
Red Beans & Rice	Kidney Beans and White Rice Cooked in Vegetable Broth with Cajun Seasoning and Veggie Crumbles	8 oz		Vegetarian	Milk	Eggs			Wheat			Soy	Gluten					
Vegetarian Stuffed Green Pepper	Baked Green Pepper Halves Stuffed with Seasoned Veggie Crumbles and Rice, Served with Tomato Herb Sauce	1 Pepper+2z Ladle SC		Vegetarian	Milk				Wheat			Soy	Gluten					
Vegetarian Shepherd's Pie	A Rich Stew of Veggie Crumbles, Onions, Carrots, Wild Mushrooms, and Garden Peas, Topped with a Crispy Mashed	1 Cut-6x4 FP			Milk				Wheat			Soy	Gluten					
Oven Roasted Potato Wedges	Oven-Roasted Potato Wedges Seasoned with Garlic and Herbs	4 oz Spoodle	Mindful	Vegan														
Tater Tots	Tater tots cooked to golden brown	3 oz		Vegetarian								Soy						
Crispy Orange Chicken Stir-Fry	Crispy Popcorn Chicken Stir Fried with Green Peppers, Red Peppers, Onion, and a Spicy Asian Orange Chili Garlic Sauce	1 Serving				Eggs	Fish	Shellfish	Wheat			Soy	Gluten					Sesame
Vegetable Fajitas & Rice	Grilled Onions and Peppers, Mexican Rice and Pico de Gallo Wrapped in Warm Flour Tortillas	1 Fajita		Vegetarian	Milk				Wheat			Soy	Gluten					
Green Beans with Oregano		4 oz	Mindful	Vegan														
Baked Beans	Beans Baked in Sauce Flavored with Onions, Ketchup, Brown Sugar and Mustard	4 oz																Mustard
Nachos	Hot Nachos Covered with Goey Cheddar Cheese Sauce and Salsa	1 Boat			Milk							Soy						Mustard
Nachos Supreme	Hot Nachos Covered with Goey Cheddar Cheese Sauce, Taco Meat, Refried Beans, and Salsa	Each			Milk				Wheat			Soy	Gluten					Mustard

Au Gratin Potatoes	Sliced Potatoes Baked with Onion in a Cheddar Cream Sauce, Baked with Cheddar Topping	4 oz		Vegetarian	Milk				Wheat		Soy	Gluten		
Sausage Patty	Home Style Sausage Patty Browned to Perfection and Served Warm	1 Patty			Milk									
Assorted Baked Potato Chips	Assortment of Baked Potato Chips	1 Bag/1.125 oz	Mindful		Milk				Wheat		Soy	Gluten	MSG	
Roast Loin of Pork with Gravy	Sliced Roasted Pork Loin, Served with Warm Au Jus	3 oz+2 oz LDL Au Jus			Milk				Wheat		Soy	Gluten	MSG	
Turkey Gravy	Flavorful turkey stock gravy without the fuss.	2 oz Ladle			Milk				Wheat		Soy	Gluten	MSG	
Italian Gardenburger Wrap	Zesty Tomato Bruschetta Topping, Gardenburger Strips, Mozzarella & Parmesan Cheeses in a Whole Wheat Tortilla	1 Wrap		Vegetarian	Milk				Wheat		Soy	Gluten		
BBQ Beef Top Round Sandwich	Hearty and Filling, Sweet Sliced BBQ Beef on a Fresh Hamburger Bun	1 Sandwich							Wheat		Soy	Gluten		Mustard
Yankee Pot Roast	Savory Home-style Pot Roast with Tender Cooked Carrots & Onions, Plus Savory Gravy from Natural Pan Drippings	3 oz+Pan Sauce			Milk				Wheat		Soy	Gluten		
Cheese Enchiladas	Corn Tortillas Filled with Cheddar Cheese, Onions and Black Olives, Baked with Enchilada Sauce	2 Enchiladas		Vegetarian	Milk							Gluten		
French Toast Sticks	Deep Fried French Toast Sticks	4 Sticks	Mindful	Vegetarian	Milk	Eggs			Wheat		Soy	Gluten		
Jasmine Rice	Jasmine scented rice steamed only with water, salt and scallions	5 oz	Mindful	Vegan										
Garlic Breadstick	Freshly baked breadstick with garlic, parmesan cheese and fresh parsley	1 Breadstick		Vegetarian	Milk				Wheat			Gluten		
Mashed Potatoes	Mashed Potatoes	1/2 Cup	Mindful	Vegetarian	Milk									
Garlic Roast Green Beans	Garlic roasted green beans seasoned with salt and pepper	4 oz	Mindful	Vegan										
Fettuccine Alfredo with Chicken	Fettuccine Tossed with Grilled Chicken, Fresh Broccoli, and a Rich Alfredo Sauce	1 Serving			Milk				Wheat		Soy	Gluten		
Black Bean Burger	A Spicy Black Bean Burger with Lettuce, Tomato and Fat Free Ranch Dressing on a Whole Wheat Bun	1 Sandwich		Vegetarian	Milk	Eggs			Wheat		Soy	Gluten	MSG	
Grilled Cheese Sandwich	The Classic Grilled Cheese Texas Style...Goopy Melted American Cheese Between Crunchy Golden Brown Slices of	1 Sandwich		Vegetarian	Milk				Wheat		Soy	Gluten		
Meat Lasagna	Hearty Home-style Meat Lasagna with Creamy Mozzarella Cheese	1 Cut-8x4 FP			Milk	Eggs			Wheat		Soy	Gluten		
Fresh Corn on the Cob	Steamed Fresh Corn on the Cob	1 Half Ear	Mindful	Vegan										
Assorted Danish	Assorted Danish Pastries	1 Danish/2.75oz			Milk	Eggs			Wheat		Tree Nut	Soy	Gluten	
2% Milk	Reduced Fat Milk, 2%, 1/2 Pint	Half Pint PC		Vegetarian	Milk									
Cheese Quesadilla	A Flour Tortilla Filled with Melting Cheddar Cheese and Grilled Golden Brown	1 Quesadilla		Vegetarian	Milk				Wheat		Soy	Gluten		
Trix Raspberry Rainbow Yogurt		4 oz PC			Milk									
Trix Strawberry Banana Yogurt		4 oz PC			Milk									
Bandito Beans	Pinto beans simmered with garlic, onions, garlic, ancho pepper, green peppers and tomatoes	4 oz	Mindful	Vegan										
Assorted Cereal	Assorted Individual Boxed Cereal	1 Box	Mindful						Wheat		Soy	Gluten		
Vegetarian Korean Rice Bowl	Stir Fried Veggies, Scrambled Eggs, and Zesty Black Bean Burger on a Bed of Brown Rice	1 Bowl		Vegetarian	Milk	Eggs			Wheat		Soy	Gluten		Sesame
Corn Cobettes, Frozen	Corn-Cobettes, Frozen	Cobs	Mindful	Vegan										
Cut Green Beans, Frozen	Green Beans-Cut, Frozen	Ounce	Mindful	Vegan										
Country Mash Potatoes	Baking Potatoes Mashed with Milk and Butter, Seasoned with Green Onion, Salt and Pepper	4 oz		Vegetarian	Milk									
Baked Tater Tot		3 oz									Soy			
Waffles	Waffles-Jumbo, Heat & Serve, 1.4 oz	2 Waffles/1.4z Each	Mindful	Vegetarian	Milk				Wheat		Soy	Gluten		
Banana	Bananas	1 Banana	Mindful	Vegan										
Oatmeal	Hot Oatmeal Cereal	6 oz Ladle	Mindful	Vegan								Gluten		
Farmer's Market Garden Burrito	Tortilla with sauteed eggplant, zucchini, carros, mushrooms, cucumber, brown rice & roasted tomatoes	1 Wrap		Vegetarian	Milk	Eggs			Wheat		Tree Nut	Soy	Gluten	Mustard
Marinated Portobellos with Quinoa Pilaf	Balsamic-sweetened portobello mushrooms with a quinoa & zucchini pilaf seasoned with fresh basil, rosemary & garlic	3 oz + 4 oz Veg	Mindful	Vegan										
Cinnamon French Toast with Berry Compote	Two Slices of Cinnamon Swirl French Toast Served with a Warm Blueberry & Blackberry Compote. Topped with	1 Entree		Vegetarian	Milk	Eggs			Wheat		Soy	Gluten		

French Fried Tater Tot	Crispy fried tater tots	4 oz		Vegetarian							Soy				
Egg and Cheese Breakfast Bagel	Egg and American Cheese on a Bagel	1 Sandwich			Milk	Eggs		Wheat			Soy	Gluten			
Sausage Links	Sausage Links	2 Links													
BBQ Marinated Chicken		1 Breast													
Egg & Cheese Muffin	Your Favorite - Served on a Toasted English Muffin	1 Sandwich		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
Wedge Cut French Fries		3 oz									Soy				
Greek Balsamic Vegetable Wrap	Roasted Vegetable Wrap Stuffed with Romaine, Black Olives, Feta & Plum Tomatoes Drizzled in Our House Balsamic	1 Wrap		Vegetarian	Milk		Fish	Wheat			Soy	Gluten		Mustard	
Italian Roasted Red Bliss Potatoes		4 oz		Vegan											
Caesar Salad (Side)		1 Salad			Milk	Eggs	Fish	Wheat			Soy	Gluten			
Avocado Kale Caesar Wrap	Mindful wrap with fresh kale and romaine tossed in an avocado Caesar dressing with quinoa and sunflower seeds	1 Wrap		Vegetarian				Wheat				Gluten		Mustard	
Roasted Italian Vegetable Wrap		1 Wrap	Mindful	Vegetarian		Eggs		Wheat			Soy	Gluten		Mustard	
Garlic Bread	French Bread Seasoned with Margarine, Garlic, Paprika and Parsley and Baked	1 Slice-Cut 22		Vegetarian	Milk			Wheat			Soy	Gluten			
Chocolate Brownie	Traditional Chocolate Brownie	1 Cut-6x8 FS	Mindful	Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
Marshmallow Rice Krispies Bars	Marshmallow Cream Combined with Rice Krispies Cereal to Create a Chewy Bar Cookie	1 Cut-6x8 HS	Mindful		Milk						Soy	Gluten			
Cinnamon Streusel Cake Mix & Topping	Cake Mix-Cinnamon Streusel & Topping	Ounce		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
Chocolate Pudding	Pudding-Chocolate, ZTF, Canned	#8 Scoop		Vegetarian	Milk										
Cinnamon Roll with Vanilla Icing	Hot, Goopy Cinnamon Roll Topped with Vanilla Icing	1 Roll		Vegetarian		Eggs		Wheat			Soy	Gluten			
Marble Cake with Chocolate Icing	White and Chocolate Cake Batters Swirled Together, Baked and Frosted with Chocolate Fudge Icing	1 Cut-8x8 FS		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
Peach Cobbler with Biscuit Topping	Warm Peach Filling Baked with a Sugar Laced Biscuit Topping	1 Cut-6x8 FP		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
Churros w/Cinnamon Sugar	Churros w/Cinnamon Sugar	1 Churro/1.23 oz		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
Chocolate Pudding Cup	Creamy Chocolate Pudding with Whipped Topping	1 Pudding Cup			Milk										
Strawberry Jell-O Parfait	Strawberry Jell-O with Whipped Topping	1 Parfait	Mindful		Milk										
Lemon Bar	Sweet and Creamy Lemon Bars	1 Cut- 8x10 FS		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
White Cake with Fudge Icing	White Cake With Fudge Icing.	1 Cut- 8x8 FP		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
Carnival Cookies	Fun, Scrumptious Cookie Studded with Brightly Colored Chocolate Candies, Crunchy and Delicious!	2 Cookies		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
Cream Cheese	Cream Cheese, PC, Pouch	1 PC/1 oz		Vegetarian	Milk										
Sundae Bar	Top Your Own Ice Cream or Sherbet with Chocolate, Butterscotch or Fruit Sauces and More!	2- #12 Scoops+TOP			Milk					Tree Nut	Soy	Gluten			
Plain Bagel	Classic Plain Bagel	1 Bagel		Vegetarian				Wheat			Soy	Gluten			
Chocolate Chip Cookie	Freshly baked chewy chocolate chip cookie	2 Cookies		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
Apple Cinnamon Scones	Freshly Baked Scones with Apple Chunks and Spicy Cinnamon	1 Scone		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
Assorted Danish	Assorted Danish Pastries	1 Danish/2.75oz			Milk	Eggs		Wheat		Tree Nut	Soy	Gluten			
Apple Pie	Apple Pie, Ready to Bake	1 Slice-Cut 8		Vegetarian				Wheat			Soy	Gluten			
Pumpkin Pie	Pumpkin Pie, Ready to Serve	1 Slice-Cut 10		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			
Oreo Delight	Layers of Chocolate Oreo Cake, Peanut Butter, Chocolate Pudding, Whipped Cream and Oreo Pieces	1 Cut-6x8 FP			Milk	Eggs		Wheat	Peanut		Soy	Gluten			
Cake Doughnuts	Cake Doughnuts, 2.5 oz	1 Doughnut/2.5 oz			Milk	Eggs		Wheat			Soy	Gluten			
Chocolate Mousse & Whipped Cream Crepe	Crepe Shell Filled with Creamy Chocolate Mousse, Topped with Whipped Cream and Chocolate Shavings	1 Crepe			Milk	Eggs		Wheat			Soy	Gluten			
Lemon Bars	Tart Lemon Cookie Topped with Powdered Sugar and Mint Leaf	1 Cut-8x8 FS		Vegetarian	Milk	Eggs		Wheat			Soy	Gluten			

Classic Blueberry Muffin		1 Muffin (#16 scoop)		Vegetarian	Milk	Eggs			Wheat			Soy	Gluten			
Tiramisu Cake		1 Cut 4x8-HS		Vegetarian	Milk	Eggs			Wheat			Soy	Gluten			
Old Fashioned Cake Doughnuts		1 Doughnut/2.25 oz		Vegetarian	Milk	Eggs			Wheat			Soy	Gluten			
Apple Cobbler with Biscuit Topping	Warm Apple Filling Baked with a Sugar Laced Biscuit Topping	1 Cut-6x8 FP		Vegetarian	Milk	Eggs			Wheat			Soy	Gluten			