



## **Cold Lunch Ingredient List**

**Fiesta Pasta Medley:** Bowtie pasta, black beans, tomatoes, bell pepper, green onions, corn, lemon juice, vinegar, garlic, chili powder, cumin, coriander, salt, sugar, vegetable oil, cilantro.

**Egg Salad:** Hard boiled eggs, celery, mayonnaise (vegetable oil, egg, vinegar, lemon juice, paprika), mustard, salt, black pepper, garlic *Gluten Free, Dairy Free*

**Caprese Sandwich:** Mozzarella cheese, basil, tomato, baby spinach, balsamic vinegar, olive oil, salt, pepper, whole wheat bread *Contains Dairy*

**Chicken Caesar Salad:** Chicken breast, olive oil, salt, pepper, romaine lettuce, croutons, Caesar dressing (olive oil, lemon juice, vinegar, Dijon mustard, mayo, garlic)

**Chicken Salad:** Chicken breast, onions, mayonnaise (vegetable oil, egg, vinegar, lemon juice, paprika) mustard, garlic, salt, black pepper

**Hummus:** Garbanzo beans, tahini paste (sesame seeds), vegetable oil, garlic, lemon juice, salt

**Sunflower Butter & Jelly Sandwich:** Whole wheat bread (whole wheat flour, water, vital wheat gluten, vegetable oil, sugar, salt, yeast, cultured whey, honey, enzymes), sunflower butter (sunflower seeds, sugar, mono-diglycerides to prevent separation, salt, and natural mixed tocopherols to preserve freshness), fruit jelly (strawberries, pectin, sugar, lemon juice)

**SW Black Bean Wrap:** Black beans, baby spinach, onion, red bell pepper, green bell pepper, mayonnaise, sriracha sauce, coconut milk, salt, cumin, garlic powder, whole wheat tortilla

**Veggie & Cheese Sandwich:** Whole wheat bread (whole wheat flour, water, vital wheat gluten, vegetable oil, sugar, salt, yeast, cultured whey, honey, enzymes), mozzarella cheese, tomatoes, green leaf lettuce

**Greek Pasta Salad:** Enriched cavatappi pasta (semolina, enriched durum wheat flour), garbanzo beans, feta cheese, olives, bell peppers, olive oil, vinegar, salt, pepper, dried garlic powder, dried onion powder  
*Contains Dairy*

**Mexican Bean & Rice Bowl:** Pinto beans, brown rice, tomatoes, chilies, lemon juice, cheddar cheese, onions, garlic, salt, pepper *Contains Dairy, Gluten Free*

**Teriyaki Soba Bowl:** Buckwheat soba noodles, carrots, green onions, bell pepper, teriyaki sauce (pineapple juice, soy sauce, garlic, cornstarch, water)

**Quinoa Curry Bowl:** Quinoa, garbanzo beans, garam masala, green onions, carrots, coconut milk, lemon juice, lemon zest, cumin *Gluten Free, Dairy Free*

**Tabbouleh Salad:** Bulgar wheat, parsley, mint, onion, tomatoes, cucumbers, olive oil, lemon juice, salt

**Taco Salad:** Pinto beans, vegetable broth, salt, garlic, cumin, chili powder, romaine lettuce, tomatoes, salsa (diced tomatoes, tomato puree, diced jalapeno peppers, dried onions, salt, spices, dried garlic, citric acid). Cheddar cheese, sour cream and tortilla chips served on side.

9/8/2014



**Turkey Swiss Deli Sandwich:** Roasted turkey breast, swiss cheese, whole wheat bread, mayo, mustard

**Tzatziki Sauce:** Greek yogurt, cucumber, garlic, salt, lemon juice, sugar

**Black Bean Dip:** Black beans, green bell pepper, coconut milk, cumin, coriander, oregano, salt, water

**Israeli Couscous Primavera:** whole wheat Israeli (pearl) couscous, black-eye peas, diced radish, diced red bell pepper, diced zucchini, broccoli, green onion, parsley, salt, black pepper, garlic powder, Italian dressing (water, vinegar, sugar, vegetable oil, organic xanthan gum, onion powder, lemon juice) *Dairy Free*

**Hawaiian Brown Rice Bowl:** Brown rice, black beans, diced pineapple, chopped spinach, shredded coconut, coconut milk, lime juice, ginger, garlic, salt

## **Sides & Baked Items**

**Whole Wheat Rolls:** Water, whole wheat flour, enriched white flour, orange juice, butter, sugar, molasses, salt, cocoa powder, yeast

**Breadsticks:** Water, whole wheat flour, enriched white flour, olive oil, sugar, garlic, salt, basil, yeast, butter

**Whole Wheat Bagels:** High gluten wheat flour, whole wheat flour, salt, sugar, honey, molasses, milk, yeast, oats

**Tortilla Chips:** Yellow corn masa flour, vegetable oil, salt

**Whole Wheat Flour Tortilla:** enriched white flour, water, vegetable oil, baking powder, salt

**Corn Tortilla:** Stone ground corn masa flour, trace of lime, water\_

**Whole Wheat Flour Tortilla:** Whole wheat flour, enriched wheat flour, water, vegetable oil, baking powder, salt

**Cornbread Muffin:** Enriched white flour, cornmeal flour, whole kernel corn, skim milk, canola oil, sugar, eggs, baking soda, baking powder, sea salt, rosemary

**Pita Bread:** Enriched wheat flour, water, vegetable oil, yeast, salt, vinegar, sugar

**Whole Wheat Bread:** Whole wheat flour, water, vital wheat gluten, vegetable oil, sugar, salt, yeast, cultured whey, honey, enzymes

**Potato Salad:** Potatoes, onions, garlic, mayonnaise, mustard, salt, pepper, vinegar *Gluten Free, Dairy Free*

**Baked Beans:** White beans, tomato sauce, ketchup, mustard, onions, bell peppers, brown sugar, soy sauce, molasses, salt, pepper, canola oil *Gluten Free*

**Three Bean Salad:** Kidney beans, garbanzo beans, white beans, celery, onion, parsley, vinegar, sugar, olive oil, salt, pepper *Gluten Free*



**Corn Salsa Salad:** Corn kernels, onion, bell pepper, cilantro, lime juice, jalapeno pepper, salt, pepper