This document provides you with the ingredients of each cafeteria meal offering.

5/1/2014
Menu Ingredients – All Souls Cafeteria

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AVOCADO QUESADILLAS
WHOLE WHEAT TORTILLAS - Whole wheat flour, water, enriched wheat flour, non-hydrogenated canola oil, molasses, salt, culture wheat flour, baking soda, corn starch. *Manufactured in a facility that may produce products that contain wheat, soy, eggs, peanuts and tree nuts*

AVOCADOS
CHEDDAR CHEESE - Pasteurized part-skim milk, cheese culture, salt. *Contains milk*

COOKED CHICKEN

BEVERAGES
APPLE JUICE - Apple juice from concentrate
ORANGE JUICE - Water, 100% orange juice concentrate
1% MILK - Low fat milk, skim milk, Vitamin A, Vitamin D3
1% CHOCOLATE MILK - Skim milk, high fructose corn syrup, flavored base powder (cocoa), corn starch, salt

CANNED FRUIT
APPLE SAUCE – Apples, water, ascorbic acid (vitamin C)
CANNED PEACHES - Peaches, water, corn syrup, sugar
CANNED Pears - Diced pears, water, high fructose corn syrup
CANNED PINEAPPLES - Pineapple, water, sugar, citric acid
MIXED FRUIT – Diced peaches, diced pears, water grapes, corn syrup, pineapple segments, halved cherries artificially colored red with carmine, sugar

CANNED VEGETABLES
CANNED CORN - Corn, water, salt

CHEESE PIZZA LUNCH
PIZZA SAUCE - Oil, onions, garlic, oregano, basil, bay leaves, sugar, salt, pepper, whole tomatoes, tomato paste
PIZZA DOUGH - Sugar, yeast, water, whole wheat flour, all-purpose flour, powdered milk, salt
CARROTS
CELERY
RANCH DRESSING - Soy bean oil, water, egg yolks, sugar, vinegar. *Contain eggs and milk*
GARDEN SALAD - Iceberg lettuce, carrots, red cabbage
FRUIT- fresh or canned
BEVERAGE

CHEESE QUESADILLA LUNCH
FLOUR TORTILLAS - Whole wheat flour, water, enriched wheat flour, non-hydrogenated canola oil, molasses, salt, culture wheat flour, baking soda, corn starch. *Manufactured in a facility that may produce products that contain wheat, soy, eggs, peanuts and tree nuts*

WHITE CHEDDAR CHEESE
REFRIED BEANS
CARROTS, CELERY
RANCH DRESSING - Soy bean oil, water, egg yolks, sugar, vinegar. Contains eggs and milk
FRUIT- fresh or canned
BEVERAGE
CHICKEN BURGER LUNCH
BREADED CHICKEN BREAST PATTIES - Chicken breast meat with rib meat, water, wheat flour, yellow corn flour, modified corn starch.  *Contains wheat, soy, milk and eggs*
HAMBURGER BUNS - Enriched bleached flour, water, high fructose corn syrup, yeast.  *Contains wheat, soy and milk - processed in a plant that handles sesame seeds*
FRENCH FRIES - Potatoes, vegetable oils, dextrose, disodium dihydrogen pyrophosphate.  *Contains soybeans*
AMERICAN CHEESE - Cultured milk and skim milk, cream, sodium citrate, salt, soy lecithin
KETCHUP - Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spices, onion powder, natural flavoring
MAYONNAISE -  Since long ago, mayonnaise has been a staple in our kitchens. It is made from eggs, oil, and vinegar.

CHICKEN NUGGETS LUNCH
CHICKEN NUGGETS -  Chicken breast with rib meat, water, vegetable protein product, dried whole egg solids, seasoning; batter: water, enriched bleached wheat flour, modified corn starch, salt, spices, dextrose, dried garlic, paprika and annatto, xanthan gum; breaded with: enriched bleached wheat flour, enriched wheat flour, sales, spices, soybean oil, dextrose, dried garlic, paprika and annatto.  *Contains egg, soy and wheat*
FRENCH FRIES -  Potatoes, vegetable oils, dextrose, disodium dihydrogen pyrophosphate.  *Contains soybeans*
KETCHUP -  Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spices, onion powder, natural flavoring
RANCH DRESSING -  Soy bean oil, water, egg yolks, sugar, vinegar.  *Contains eggs and milk*
BARBECUE SAUCE -  Tomato puree, water, tomato paste, high fructose corn syrup, vinegar, salt, modified food starch
NACHO CHEESE -  Water, soybean oil, modified food starch, jalapeno peppers, cornstarch, salt, vinegar, cheddar cheese, green chili, peppers, maltodextrin

CORN DOG LUNCH
CHICKEN CORN DOGS -  Chicken, water, salt; batter: water, enriched flour, sugar, yellow corn flour, enriched degemermed yellow corn meal, soy flour.  *Contains wheat, soy, eggs and gluten*
TORTILLA CHIPS -  Whole grain corn, non-hydrogenated soybean oil and/or canola oil, water, salt and trace of lime
NACHO CHEESE -  Water, soybean oil, modified food starch, jalapeno peppers, cornstarch, salt, vinegar, cheddar cheese, green chili, peppers, maltodextrin
SALSA
CARROTS, CELERY
BEVERAGE
DESSERTS

APPLE CRISP - All purpose flour, rolled oats, brown sugar, cinnamon, nutmeg, salt, butter, canned unsweetened sliced apples, water

JELLO - Sugar, gelatin. Made on equipment that processes wheat, soy, milk, egg and tree nuts

OATMEAL COOKIES – Butter, sugar, eggs, whole wheat flour, salt, baking powder, baking soda, vanilla, cinnamon, oatmeal, nutmeg, cloves

FRENCH TOAST LUNCH

TEXAS TOAST - Unbleached enriched flour, water, high fructose corn syrup, yeast. May contain sesame seeds

PORK SAUSAGES - Pork, water, salt, spices, sugar, dextrose, citric acid, caramel color, beef collagen casings

HASH BROWN POTATOES - Potatoes, vegetable oil

MAPLE SYRUP – High fructose corn syrup, water, maple syrup

POWDERED SUGAR – Sugar, corn starch

FRUIT – fresh or canned

BEVERAGE

FRESH FRUIT

APPLES
WATERMELON
ORANGES
GRAPES
NECTARINES
CANTALOUPE

FRESH VEGETABLES

GARDEN SALAD- Iceberg lettuce, carrots, red cabbage
LETTUCE
CARROTS
CELERY
BROCCOLI
TOMATOES

FRIED RICE

BROWN RICE
CHICKEN STOCK
GREEN ONIONS
DICEIED CHICKEN
EGGS
BACON
PEAS
SOY SAUCE
SALT & PEPPER
GRILLED CHEESE or TURKEY SANDWICH w/ SOUP
CHICKEN SOUP BASE - Roasted chicken, chicken juices, salt, sugar
NOODLE – Contains wheat and eggs
WHOLE GRAIN WHITE BREAD
AMERICAN CHEESE - Cultured milk and skim milk, cream, sodium citrate, salt, soy lecithin
-or-
DELI TURKEY
CARROTS
RANCH DRESSING - Soy bean oil, water, egg yolks, sugar, vinegar. Contains eggs and milk
MAYONNAISE - Soy bean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice
MUSTARD
FRUIT- fresh or canned
BEVERAGE

HAMBURGER LUNCH
GROUND BEEF
HAMBURGER BUNS - Enriched bleached flour, water, high fructose corn syrup, yeast. Contains wheat, soy and milk - processed in a plant that handles sesame seeds
FRENCH FRIES - Potatoes, vegetable oils, dextrose, disodium dihydrogen pyrophosphate. Contains soybeans
AMERICAN CHEESE - Cultured milk and skim milk, cream, sodium citrate, salt, soy lecithin
KETCHUP - Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spices, onion powder, natural flavoring
MAYONNAISE - Soy bean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice
RANCH DRESSING - Soy bean oil, water, egg yolks, sugar, vinegar. Contains eggs and milk
PICKLES
LETTUCE
CARROTS
CELERY
FRUIT- fresh or canned
BEVERAGE

HOT DOG ON A BUN LUNCH
HOT DOGS - Beef, water, dextrose, salt, mustard, potassium lactate, sodium phosphate, sodium diacetate, sodium ascorbate, oleoresin of paprika, sodium nitrite
HOT DOG BUNS - Enriched bleached flour, water, high fructose corn syrup, yeast. Contains wheat, soy and milk - processed in a plant that handles sesame seeds
VEGETARIAN BEANS - Water, prepared beans, sugar
MACARONI SALAD – Elbow macaroni, mayonnaise, carrots, celery, onions, pickle relish, pepper, mustard, salt, paprika
FRUIT- fresh or canned
BEVERAGE
LASAGNA or BUTTERED PASTA LUNCH
PASTA SHEETS - Enriched Durum Flour, Water, Eggs, Soybean Oil. *Contains wheat and eggs*
-or-
WHOLE WHEAT PASTA - 100% Durum whole wheat flour. *Contains wheat and eggs*
BEEF PATTY CRUMBLES – Ground beef (not more than 20% fat), water, soy protein concentrate, seasoning. *Contains soy*
CHEDDAR CHEESE - Pasteurized part-skim milk, cheese culture, salt. *Contains milk*
PARMESAN CHEESE - Parmesan cheese. *Contains milk*
HAWAIIAN SWEET ROLLS - Enriched flour, water, sugar, liquid sugar, eggs. *Contains wheat, milk, eggs and soy*
CARROTS
RANCH DRESSING - Soy bean oil, water, egg yolks, sugar, vinegar. *Contains eggs and milk*
FRUIT - fresh or canned
BEVERAGE

LENTIL SOUP
ONIONS, CELERY, AND CARROTS
GARLIC, SALT & PEPPER
CHICKEN STOCK
TOMATOES
LENTILS

MACARONI & CHEESE LUNCH
CHEDDAR CHEESE - Pasteurized part-skim milk, cheese culture, salt. *Contains milk*
HAWAIIAN SWEET ROLLS - Enriched flour, water, sugar, liquid sugar, eggs. *Contains wheat, milk, eggs and soy*
GARDEN SALAD - Iceberg lettuce, carrots, red cabbage
FRUIT – fresh or canned
BEVERAGE

OVEN FRIED CHICKEN LUNCH
WHOLE CHICKEN PIECES, DARK AND WHITE MEAT
HAWAIIAN SWEET ROLLS - Enriched flour, water, sugar, liquid sugar, eggs. *Contains wheat, milk, eggs and soy*
MASHED POTATOES - Idaho potatoes, salt, vegetable oil, nonfat dry milk. *Contains milk and soy*
GRAVY
CANNED CORN - Corn, water, salt
APPLE CRISP - All purpose flour, Rolled oats, brown sugar, cinnamon, nutmeg, salt, butter, canned unsweetened, sliced apples, water
BEVERAGE

PASTA W/BROCCOLI AND CHICKEN LUNCH
WHOLE WHEAT PASTA - 100% Durum whole wheat flour. *Contains wheat and eggs*
Diced CHICKEN MEAT AND BROCCOLI FLORETS
HAWAIIAN SWEET ROLLS - Enriched flour, water, sugar, liquid sugar, eggs. Contains wheat, milk, eggs and soy
JELLO - Sugar, gelatin. Made on equipment that processes wheat, soy, milk, egg and tree nuts
CARROTS
RANCH DRESSING - Soy bean oil, water, egg yolks, sugar, vinegar. *Contains eggs and milk*
FRUIT– fresh or canned
BEVERAGE

POPcorn CHicken LUNCH
POPcorn CHicken – Diced Chicken Breasts with Rib Meat containing up to 20% of a solution of water, salt, sodium phosphates. Breaded with wheat flour, water, salt.  Contains wheat
HAWAIian SWEET ROLLS - Enriched flour, water, sugar, liquid sugar, eggs.  Contains wheat, milk, eggs and soy
MASHed POTAtoES - Idaho potatoes, salt, vegetable oil, nonfat dry milk.  Contains milk and soy
CANNed CORn - Corn, water, salt
FRUIT – fresh or canned
BEVERAGE

SPAGHETTI LUNCH
WHOLE WHEAT PASTA
100% Durum whole wheat flour.  Contains wheat and eggs
GROUND BEEF
CHEESE STICK
PARMESAN CHEESE - Parmesan cheese.  Contains milk
HAWAIian SWEET ROLLS - Enriched flour, water, sugar, liquid sugar, eggs.  Contains wheat, milk, eggs and soy
- or -
GARLIC BREAD - Enriched unbleached flour, water, palm margarine, salt, sugar, wheat gluten, cultured wheat starch, roasted garlic, canola oil, asiago cheese, vinegar, egg white powder, yeast, extra virgin olive oil, chives.  Contains egg, milk, soy and wheat. Made in a facility that also handles tree nuts
GARDEN SALAD - Iceberg lettuce, carrots, red cabbage
FRUIT – fresh or canned
BEVERAGE

TACO LUNCH
TACO SHELLS - Whole grain corn, water, vegetable oil
GROUND BEEF OR TURKEY GROUND MEAT
SHREDDED LETTUCE
SHREDDED CHEDDAR CHEESE
SPANISH RICE – Long grain rice enriched with iron, niacin, thiamine and folic acid
CARROTS
RANCH DRESSING - Soy bean oil, water, egg yolks, sugar, vinegar. Contains eggs and milk
JELLO - Sugar, gelatin. Made on equipment that processes wheat, soy, milk, egg and tree nuts
BEVERAGE