

Ingredient list - 2023-2024

MAIN

- Burgers
- Taco's
- Pizza
- Wraps
- Fajita
- Penne Alfredo
- Quesadilla
- Flat Bread
- Grilled Cheese Sandwich
- Meatballs
- Pasta
- Pancake / Waffle

SIDES

SALADS

- Caesar Salad
- Creamy Pasta Salad
- Fiesta Pasta Salad
- Garden
- Mediterranean Orzo
- Tossed Salad

Other

- Turkey Patty
- Carrot Coins
- Celery Sticks
- Corn
- Garlic Naan Bread
- Mixed Veggies
- Rice
- Sliced Cucumbers

Fruit

- Diced Pears
- Fruit Salad
- Peach Quarters
- Pineapple Tidbits
- Tropical Fruit Salad

Beverage

- Milk
- Water

Please note the allergen information and specific ingredients mentioned for each item. If you have any dietary restrictions or allergies, be sure to consider this information when selecting your meal.

Burgers

- **Beef Burger**

- **MacGregors School Beef Burgers:** Beef, water, toasted wheat crumbs, soy protein, salt, flavor, onion powder, spice. Fully Cooked. **Allergens: Soy, Wheat.**
- **Dempster's Hamburger Buns:** Enriched wheat flour, Water, Sugar, Yeast*, Vegetable oil (canola or soybean), Salt, Wheat gluten*, Vinegar, Calcium propionate, Soybean lecithin, Sorbic acid. **Allergens: May contain Sesame seeds.**

- **Cheeseburger**

- **MacGregors School Beef Burgers:** Beef, water, toasted wheat crumbs, soy protein, salt, flavor, onion powder, spice. Fully Cooked. **Allergens: Soy, Wheat.**
- **Dempster's Hamburger Buns:** Enriched wheat flour, Water, Sugar, Yeast*, Vegetable oil (canola or soybean), Salt, Wheat gluten*, Vinegar, Calcium propionate, Soybean lecithin, Sorbic acid. **Allergens: May contain Sesame seeds.**
- **Saputo Shredded Cheddar Cheese:** Pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, colour, cellulose, natamycin.

Taco's

- **Beef Taco**

- **Eastern Lean Ground Beef:** 100% beef.
- **Leadbetter Foods Lean Ground Beef:** 100% beef.
- **Sonora Whole Wheat Flour Tortilla:** *Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced).* **Allergens: Wheat, Gluten**
- **Saputo Shredded Mozza Cheese:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.
- **Taco Seasoning:** Chili pepper, salt, maltodextrin, spice, onion powder, corn starch, yellow corn flour. Contains less than 2% of: partially hydrogenated soybean oil, silicon dioxide, sunflower and/or cottonseed oil, natural flavor, ethoxyquin (preservative).
- **Puréed Vegetables:** Carrots, red peppers, green peppers, onions, celery, and Spinach
- **Chili Sauce:** Tomato Puree (Tomato Paste, Water), Distilled White Vinegar, High Fructose Corn Syrup, Salt, Corn Syrup, Dehydrated Onions, Spice, Garlic Powder, Natural Flavoring.
- **Sonora White Flour Tortilla:** Wheat Flour, Water, Canola/ Modified Palm Oil Shortening, Mono–diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic, Cellulose Gum, Guar Gum, Potassium Sorbate, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (vegetable sourced). **Allergens: Wheat, Gluten**
- **Used in these locations:** **LEARYS BROOK, CLARENVILLE MIDDLE, BROOKSIDE INTERMEDIATE, JUNIPER RIDGE & ST. PAUL'S**

Cheese Pizza

- **Pizza Crust**
 - Ingredients: Enriched unbleached wheat flour, water, yeast, sugar, partially hydrogenated soybean and cottonseed oils, salt, guar gum, L-cysteine hydrochloride, enzymes.
 - **Allergens: May Contain Wheat**
- **Italpasta Pizza Sauce**
 - Ingredients: Crushed tomatoes, water, Modified corn starch, sugar, salt, spices, garlic powder, citric acid
- **Veggie Puree**
 - Ingredients: Carrot, celery, onions, red pepper, green pepper, spinach
- **Saputo Shredded Mozza Cheese**
 - Ingredients: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.

Chicken Caesar Wrap

- **Olymel Chicken Breast** - Cooked diced chicken ½ inch 100% white meat
 - **May Contain EGGS**
- **Sonora Whole Wheat Flour Tortilla**
 - Ingredients: Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced).
 - **Allergens: Wheat, Gluten**
- **Sonora White Flour Tortilla**
 - **Used in these locations: LEARYS BROOK, CLARENVILLE MIDDLE, BROOKSIDE INTERMEDIATE, JUNIPER RIDGE & ST. PAUL'S**
 - Ingredients: Wheat Flour, Water, Canola/ Modified Palm oil shortening, mono-diglycerides, salt, baking powder, calcium propionate, rice flour, sugar, fumaric acid, sorbic, cellulose gum, guar gum, potassium sorbate, enzymes (sodium chloride, wheat starch), L-Cysteine (vegetable sourced).
 - **Allergens: Wheat, Gluten**
- **Iceberg lettuce**
- **Hellman's Caesar**
 - Ingredients: Water, corn maltodextrin, soybean oil, vinegar, sugar, salt, modified corn starch, parmesan cheese, liquid whole eggs, liquid yolk, torcula yeast, dried garlic, potassium chloride, spice, potassium sorbate, xanthan gum, anchovy paste, fumaric acid, colour, phosphoric acid, natural flavour, propylene glycol alginate, calcium disodium edta.
 - **Allergens: Milk, Egg, Anchovy, Soy, Mustard**
- **Saputo Grated Parmesan Cheese**
 - Ingredients: Modified milk ingredients, sugars (lactose), salt, bacterial culture, calcium chloride, Rennet and/or microbial enzyme, lipase, disodium phosphate, sodium citrate.

Chicken Fajita

- **Olymel Chicken Breast:** Cooked diced chicken ½ in 100% white meat
 - **MAY CONTAIN: EGGS**
- **Puréed Vegetables:** Ingredients: Carrots, red peppers, green peppers, onions, and celery and spinach
- **Sonora Whole Wheat Flour Tortilla:** Ingredients: Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced).
 - **Allergens: Wheat, Gluten**
- **Sonora White Flour Tortilla -** **Used in these locations: LEARYS BROOK, CLARENVILLE MIDDLE, BROOKSIDE INTERMEDIATE, JUNIPER RIDGE & ST. PAUL'S**
 - Ingredients: Wheat Flour, Water, Canola/ Modified Palm oil shortening, mono-diglycerides, salt, baking powder, calcium propionate, rice flour, sugar, fumaric acid, sorbic, cellulose gum, guar gum, potassium sorbate, enzymes (sodium chloride, wheat starch), L-Cysteine (vegetable sourced).
 - **Allergens: Wheat, Gluten**
- **Mexicasa Mild Salsa:** Ingredients: Tomatoes, tomato juice, vinegar, Onion#, jalapeno peppers, salt, sodium benzoate, cilantro#, acetic acid, spice extract, citric acid, garlic, parsley#, calcium chloride, # dehydrated.
- **Taco Seasoning:** Ingredients: Chili pepper, salt, maltodextrin, spice, onion powder, corn starch, yellow corn flour. Contains less than 2% of: partially hydrogenated soybean oil, silicon dioxide, sunflower and/or cottonseed oil, natural flavor, ethoxyquin (preservative).

Chicken Penne Alfredo

- **Olymel Chicken Breast:** Cooked diced chicken ½ in 100% white meat.
 - **MAY CONTAIN: EGGS**
- **Italpasta Penne Reigate:** Ingredients: Durum Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate
- **Italpasta Whole Wheat Penne Pasta:** Ingredients: Durum Whole Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate
- **Saputo Shredded Mozza Cheese:** Ingredients: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.
- **Saputo Grated Parmesan Cheese:** Ingredients: Modified milk ingredients, sugars (lactose), salt, bacterial culture, calcium chloride, Rennet and/or microbial enzyme, lipase, disodium phosphate, sodium citrate.
- **Knorr Culinary Cream Base:** Ingredients: Modified Corn Starch, Palm oil & Shortening, Maltodextrin, Buttermilk Powder, Sugar, Salt, Yeast Extract, Soybean Oil, Potassium Chloride, Onion Powder, Natural Flavour, Disodium Inosinate, Disodium Guanylate, spice.
- **Spices:** Ingredients: Onion Powder, Garlic powder, salt

Chicken Quesadilla

- **Olymel Chicken Breast:** Cooked diced chicken ½ in 100% white meat.
 - **May contain: Eggs.**
- **Puréed Vegetables:** Carrots, red peppers, green peppers, onions, celery, and spinach.
- **Saputo Shredded Mozzarella Cheese:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.
- **Whole Wheat Flour Tortilla:** Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced).
 - **Allergens: Wheat, Gluten.**
- **White Flour Tortilla:** Wheat Flour, Water, Canola/Modified Palm oil shortening, mono-diglycerides, salt, baking powder, calcium propionate, rice flour, sugar, fumaric acid, sorbic, cellulose gum, guar gum, potassium sorbate, enzymes (sodium chloride, wheat starch), L-Cysteine (vegetable sourced).
 - **Allergens: Wheat, Gluten.**
 - **White Flour Tortilla Used in these locations:** LEARYS BROOK, CLARENVILLE MIDDLE SCHOOL, CLARENVILLE HIGH SCHOOL, BROOKSIDE INTERMEDIATE, JUNIPER RIDGE & ST. PAUL'S (GANDER)

Chicken Ranch Flatbread

- **Olymel Chicken Breast:** Cooked diced chicken ½ in 100% white meat.
 - **May contain: Eggs.**
- **Richs Oval Flatbread 12"x5.0(48's):** Enriched unbleached wheat flour, water, whole grain whole wheat flour, soybean oil, yeast, skim milk powder, sugar, olive oil, salt, dry sourdough of rye, wheat starch, enzymes.
 - **Allergens: Wheat, Milk.**
 - **May contain: Soy and Sesame.**
- **Saputo Shredded Mozzarella Cheese:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.
- **Hellmann's Classic Ranch Dressing:** Water, soybean oil, sugar, salt, vinegar, buttermilk powder, modified corn starch, onion powder, garlic powder, xanthan gum, natural flavor, phosphoric acid, sorbic acid, polysorbate 60, spice, lemon juice concentrate, propylene glycol alginate, yeast extract, parsley, calcium disodium EDTA.
 - **Allergens: Soy, Milk and Mustard.**
- **Hellmann's Mayo Lite:** Water, canola oil, modified corn & potato starch, liquid whole egg, sugar, salt, vinegar, concentrated lemon juice, sorbic acid, spices, natural color, natural flavor, calcium disodium EDTA.
 - **Allergens: Egg.**

Grilled Cheese Sandwich

- **Dempster's Thick Slice White Bread:** Enriched wheat flour, water, yeast*, sugar, wheat gluten*, vegetable oil (canola or soybean), vinegar, salt, calcium propionate, soybean lecithin, sorbic acid.
 - **May contain: Sesame seeds.**
- **Dempster's Thick Slice Whole Wheat Bread:** Whole grain whole wheat flour including germ, water, yeast*, wheat gluten*, sugar, vegetable oil (canola or soybean), vinegar, salt, calcium propionate, soybean lecithin, sorbic acid. *Order may change. **May contain: Sesame seeds.**
- **Becel Margarine:** Canola and sunflower oils (74%), water, modified palm, and palm kernel oils (6%), salt (1.8%), whey protein concentrate (1.4%), soy lecithin (0.2%), vegetable monoglycerides, potassium sorbate, vegetable color, artificial flavor, citric acid, vitamin A palmitate, vitamin D3, alpha-tocopherol acetate (vitamin E).
- **Saputo Shredded Cheddar Cheese:** Pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, color, cellulose, natamycin.

Meatballs

Honey Garlic Meatballs

- **MacGregors Cooked Meatballs:** Beef, water, toasted wheat crumb, soy protein, salt, spices, sugar, onion powder, garlic powder, flavor. Allergens: Soy, Wheat.
 - **Allergens Wheat and Soy.**
- **Honey Garlic Sauce:** Water, sugar, pure white Canada No 1 honey, modified corn starch, naturally brewed soy sauce (water, soybeans, wheat, salt), garlic#, salt, citric acid, natural flavor, sodium benzoate (to ensure freshness), natural color. # Dehydrated.

Sweet & Sour Meatballs

- **MacGregors Cooked Meatballs:** Beef, water, toasted wheat crumb, soy protein, salt, spices, sugar, onion powder, garlic powder, flavor.
 - **Allergens Wheat and Soy.**
- **ED Smith Sweet & Sour:** Water, sugar, pure white Canada No 1 honey, modified corn starch, naturally brewed soy sauce (water, soybeans, wheat, salt), garlic, salt, citric acid, natural flavor, sodium benzoate (to ensure freshness), natural color.

Pasta and Meatballs

- **Italpasta Spaghetti Sauce:** Pasta sauce (Crushed tomatoes, water, sugar, modified corn starch, salt, dehydrated vegetables (onion, garlic, basil, parsley), canola oil, citric acid). Vegetable Puree [carrot, celery, onions, red peppers, green peppers, salt, pepper, garlic powder, onion powder].
- **Italpasta Whole Wheat Rotini Noodle:** Durum Whole Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.
- **Italpasta Rotini:** Durum Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.
- **MacGregors Cooked Meatballs:** Beef, water, toasted wheat crumb, soy protein, salt, spices, sugar, onion powder, garlic powder, flavor.
 - **Allergens: Soy, Wheat.**
- **Veggie Puree:** Carrot, celery, onions, red pepper, green pepper, spinach.
- **Spices:** Italian seasoning, garlic powder, salt, pepper.

Meatball Sub

- **MacGregors Cooked Meatballs:** Beef, water, toasted wheat crumb, soy protein, salt, spices, sugar, onion powder, garlic powder, flavor. **Allergens: Soy, Wheat.**
- **Italpasta Spaghetti Sauce:** Pasta sauce (Crushed tomatoes, water, sugar, modified corn starch, salt, dehydrated vegetables (onion, garlic, basil, parsley), canola oil, citric acid). Vegetable Puree [carrot, celery, onions, red peppers, green peppers, salt, pepper, garlic powder, onion powder].
- **Italpasta Pizza Sauce:** Crushed tomatoes, water, Modified corn starch, sugar, salt, spices, garlic powder, citric acid.
- **Puréed Vegetables:** Carrots, red peppers, green peppers, onions, and celery and Spinach.
- **Dempster's Hot Dog Bun:** Enriched wheat flour, Water, Sugar, Yeast*, Vegetable oil (canola or soybean), Wheat gluten*, Vinegar, Salt, Calcium propionate, Sorbic acid, Soybean lecithin. ***Order may change. May contain: Sesame seeds.**
- **Saputo Shredded Mozzarella Cheese:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.
- **Spices:** Italian seasoning, salt, pepper, garlic powder.

Sweet & Sour Meatballs

- **MacGregors Cooked Meatballs:** Beef, water, toasted wheat crumb, soy protein, salt, spices, sugar, onion powder, garlic powder, flavor.
- **ED Smith Sweet & Sour Sauce:** Water, sugar, pure white Canada No 1 honey, modified corn starch, naturally brewed soy sauce (water, soybeans, wheat, salt), garlic, salt, citric acid, natural flavor, sodium benzoate (to ensure freshness), natural color.

Goulash

- **Eastern Lean Ground Beef:** 100% Lean Beef.
- **Italpasta Macaroni Elbow:** Durum Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.
- **Italpasta Whole Wheat Macaroni Elbow:** Durum Whole Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.
- **Italpasta Diced Tomatoes:** Tomato juice. **May contain calcium chloride and/or citric acid.**
- **Italpasta Spaghetti Sauce:** Pasta sauce (Crushed tomatoes, water, sugar, modified corn starch, salt, dehydrated vegetables (onion, garlic, basil, parsley), canola oil, citric acid). Vegetable Puree [carrot, celery, onions, red peppers, green peppers, salt, pepper, garlic powder, onion powder].
- **Pur ed Vegetables:** Carrots, red peppers, green peppers, onions, celery, and spinach.

Lasagna Bake

- **Italpasta Mafalda:** Durum Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.
- **Eastern Lean Ground Beef:** 100% Lean Beef.
- **Leadbetter Foods Lean Ground Beef:** 100% Beef.
- **Italpasta Spaghetti Sauce:** Pasta sauce (Crushed tomatoes, water, sugar, modified corn starch, salt, dehydrated vegetables (onion, garlic, basil, parsley), canola oil, citric acid). Vegetable Puree [carrot, celery, onions, red peppers, green peppers, salt, pepper, garlic powder, onion powder].
- **Italpasta Diced Tomatoes:** Tomato juice. **May contain calcium chloride and/or citric acid.**
- **Pur ed Vegetables:** Carrots, red peppers, green peppers, onions, celery, and spinach.
- **Saputo Shredded Mozzarella Cheese:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.
- **Spices:** Italian seasoning, salt, pepper, garlic powder.

Macaroni & Cheese

- **Trio Cheese Sauce:** Corn maltodextrin, modified tapioca and corn starches, modified milk ingredients, cheddar cheese flavored powder (contains dextrose, flavor [cheddar cheese {milk ingredients, cultures, salt, enzymes}, sodium phosphate, flavor, sodium citrate, tocopherols], modified milk ingredients, sugar, calcium caseinate, xanthan gum, color [contains tartrazine], sodium silico aluminate), coconut, soy and sunflower oils, corn syrup solids, salt, autolyzed yeast extract, mono- and diglycerides, potassium phosphate, soy lecithin, silicon dioxide, mustard flour, citric acid, disodium inosinate, disodium guanylate.
 - **May contain: Sesame, Wheat, and Sulphites, Milk, Soy, Mustard.**
- **Italpasta Macaroni Elbow:** Durum Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.
- **Italpasta Whole Wheat Macaroni Elbow:** Durum Whole Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.
- **Saputo Shredded Cheddar Cheese:** Pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, color, cellulose, natamycin.

Pasta & Marinara Sauce

- **Italpasta Spaghetti Sauce:** Pasta sauce (Crushed tomatoes, water, sugar, modified corn starch, salt, dehydrated vegetables (onion, garlic, basil, parsley), canola oil, citric acid). Vegetable Puree [carrot, celery, onions, red peppers, green peppers, salt, pepper, garlic powder, onion powder].
- **Italpasta Diced Tomatoes:** Tomato juice. **May contain calcium chloride and/or citric acid.**
- **Veggie Puree:** Carrot, celery, onions, red pepper, green pepper, spinach.
- **Spices:** Italian seasoning, garlic powder, salt, pepper.
- **Italpasta Whole Wheat Rotini Noodle:** Durum Whole Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.
- **Italpasta Rotini:** Durum Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.

Kellogg's Pancakes

- **Ingredients:** Water, Wheat Flour (Barley), Glucose-Fructose, Vegetable Oil, Baking Powder, Salt, Dried Whole Egg, Milk Ingredients. **Contains Wheat, Barley, Egg, and Milk Ingredients.**

Kellogg's Waffles

- **Ingredients:** Water, Wheat Flour, Vegetable and Palm Oil Shortening, Whole Egg, Baking Powder, Sugar, Salt, Vegetable Oil, Modified Milk Ingredients, Color, Soy Lecithin. **Contains Wheat, Egg, Milk, and Soy.**

Pearl Mills Light Syrup

- **Ingredients:** High Fructose Corn Syrup, Water, Cellulose Gum, Salt, Natural and Artificial Flavors, Caramel Color, Sorbic Acid, and Sodium Benzoate (Preservatives), Sodium Hexametaphosphate.

SIDES

Caesar Salad

- **Iceberg Lettuce:** Lettuce.
- **Saputo Seasoned Croutons:** Toasted wheat crumbs, high monounsaturated canola oil, sugar, garlic powder, salt, onion powder, grated Parmesan cheese (milk), hydrolyzed soy and corn protein with caramel, dehydrated parsley, citric acid, flavor, color, spices. **Contains milk, soy, wheat.**
- **Hellman's Classic Caesar:** Water, soybean oil, Parmesan cheese, liquid whole egg & egg yolk, vinegar, Dijon mustard (water, mustard seed, vinegar, salt, white wine, citric acid, tartaric acid, spices), corn syrup, garlic & onion powder, salt, potassium chloride, concentrated lemon juice, modified corn starch, anchovies, xanthan gum, phosphoric acid, fumaric acid, sorbic acid, spices, propylene glycol alginate, mustard flour, Worcestershire sauce (vinegar, molasses, corn syrup, water, salt, natural color, garlic powder, sugar, spices, tamarind, natural flavor), sugar, soy flour, natural flavor, disodium guanylate, disodium inosinate, calcium disodium EDTA. **Contains: Milk, Mustard, Egg, Anchovy, Soy.**
- **Saputo Grated Parmesan Cheese:** Modified milk ingredients, sugars (lactose), salt, bacterial culture, calcium chloride, Rennet and/or microbial enzyme, lipase, disodium phosphate, sodium citrate.

Creamy Pasta Salad

- **Italpasta Rotini:** Durum Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.
- **Italpasta Whole Wheat Rotini Noodle:** Durum Whole Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.
- **Hellmann's Classic Ranch Dressing:** Water, soybean oil, sugar, salt, vinegar, buttermilk powder, modified corn starch, onion powder, garlic powder, xanthan gum, natural flavor, phosphoric acid, sorbic acid, polysorbate 60, spice, lemon juice concentrate, propylene glycol alginate, yeast extract, parsley, calcium disodium EDTA.
 - **Allergens: Soy, Milk and Mustard.**
- **Hellmann's Mayo Lite:** Water, canola oil, modified corn & potato starch, liquid whole egg, sugar, salt, vinegar, concentrated lemon juice, sorbic acid, spices, natural color, natural flavor, calcium disodium EDTA.
 - **Allergens: Egg.**
- **Fresh Tomatoes**
- **Spices:** Pepper, Onion powder.
- **Puréed Vegetables:** Carrot, celery, onions, red pepper, green pepper, spinach.

Fiesta Pasta Salad

- **Italpasta Veg. Fusilli Tri-Color**
 - May contain eggs.
 - 100% Canadian durum semolina with the addition of spinach and tomato powder. Contains wheat.
 - Allergens: Wheat
- **Taco Seasoning**
 - Ingredients: Chili pepper, salt, maltodextrin, spice, onion powder, corn starch, yellow corn flour. Contains less than 2% of: partially hydrogenated soybean oil, silicon dioxide, sunflower and/or cottonseed oil, natural flavor, ethoxyquin (preservative).
- **Hellmann's Mayo Lite:** Water, canola oil, modified corn & potato starch, liquid whole egg, sugar, salt, vinegar, concentrated lemon juice, sorbic acid, spices, natural color, natural flavor, calcium disodium EDTA.
 - Allergens: Egg.
- **Mexicasa Mild Salsa**
 - Ingredients: Tomatoes, tomato juice, vinegar, Onion#, jalapeno peppers, salt, sodium benzoate, cilantro#, acetic acid, spice extract, citric acid garlic, parsley#, calcium chloride, # dehydrated.
- **Tomatoes**
- **Corn**

Garden Salad

- Iceberg Lettuce
- Carrot
- Broccoli
- Tomato
- **Hellmann's Light Italian Dressing:** Water, soybean oil, vinegar, corn syrup, maltodextrin, skim milk powder, salt, potassium chloride, cellulose gel, garlic & onion powder, spices & herbs, dried garlic, dried red bell peppers, cellulose gum, potassium sorbate, xanthan gum, propylene glycol alginate, calcium disodium EDTA, color. **Contains: Milk, Mustard.**
- **Hellmann's Classic Italian Dressing:** Water, soybean oil, vinegar, sugar, dried minced onion and garlic, salt, dried red bell peppers, natural flavor, xanthan gum, spice, propylene glycol alginate, sorbic acid, yeast extract, concentrated lemon juice, calcium disodium EDTA.

Garden Salad w/ Microgreens from Green Farm NL

- Iceberg Lettuce, Chopped
- **Microgreen Blend:** Broccoli, Mustard, Arugula, Sunflower, and Radish.
- Carrot
- Broccoli
- Tomato
- **Hellmann's Light Italian Dressing:** Water, soybean oil, vinegar, corn syrup, maltodextrin, skim milk powder, salt, potassium chloride, cellulose gel, garlic & onion powder, spices & herbs, dried garlic, dried red bell peppers, cellulose gum, potassium sorbate, xanthan gum, propylene glycol alginate, calcium disodium EDTA, color. **Contains: Milk, Mustard.**
- **Hellmann's Classic Italian Dressing:** Water, soybean oil, vinegar, sugar, dried minced onion and garlic, salt, dried red bell peppers, natural flavor, xanthan gum, spice, propylene glycol alginate, sorbic acid, yeast extract, concentrated lemon juice, calcium disodium EDTA.
- **Note: "BROOKSIDE INTERMEDIATE & JUNIPER RIDGE ONLY"**

Mediterranean Orzo

- **Italpasta Orzo:** Durum Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate.
- **Hellmann's Light Italian Dressing:** Water, soybean oil, vinegar, corn syrup, maltodextrin, skim milk powder, salt, potassium chloride, cellulose gel, garlic & onion powder, spices & herbs, dried garlic, dried red bell peppers, cellulose gum, potassium sorbate, xanthan gum, propylene glycol alginate, calcium disodium EDTA, color. **Contains: Milk, Mustard.**
- **Hellmann's Classic Italian Dressing:** Water, soybean oil, vinegar, sugar, dried minced onion and garlic, salt, dried red bell peppers, natural flavor, xanthan gum, spice, propylene glycol alginate, sorbic acid, yeast extract, concentrated lemon juice, calcium disodium EDTA.
- **Cucumber**
- **Tomatoes**
- **Carrot.**

Tossed Salad

- **Iceberg Lettuce**
 - **Hellmann's Classic Ranch Dressing:** Water, soybean oil, sugar, salt, vinegar, buttermilk powder, modified corn starch, onion powder, garlic powder, xanthan gum, natural flavor, phosphoric acid, sorbic acid, polysorbate 60, spice, lemon juice concentrate, propylene glycol alginate, yeast extract, parsley, calcium disodium EDTA.
 - **Allergens: Soy, Milk and Mustard.**
- **Saputo Shredded Cheddar Cheese:** Pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, color, cellulose, natamycin.
- **Cucumber**
- **Tomato**

Please note the allergen information and specific ingredients mentioned for each item. If you have any dietary restrictions or allergies, be sure to consider this information when selecting your meal.

SIDES

Breakfast Turkey Patties (Fully cooked, Frozen)

- Turkey, Water, Rice flour, Salt, Sugars (sugar, dextrose), Spices, Rice starch, Mono & diglycerides, Rice concentrate, Spice extracts, Silicon dioxide, Canola and/or sunflower oil, Natural flavour, *Yeast.

Carrot Coins

Celery Sticks

CORN

Garlic Naan Bread

- **Richs Oval Flatbread 12"x5"**: Enriched unbleached wheat flour, water, whole grain whole wheat flour, soybean oil, yeast, skim milk powder, sugar, olive oil, salt, dry sourdough of rye (fermented rye flour, salt), wheat starch, enzymes (amylase, xylanase). **Contains wheat, milk. May contain soy and sesame.**
- **Becel Margarine**: Canola and sunflower oils (74%), water, modified palm, and palm kernel oils (6%), salt (1.8%), whey protein concentrate (1.4%), soy lecithin (0.2%), vegetable monoglycerides, potassium sorbate, vegetable color, artificial flavor, citric acid, vitamin A palmitate, vitamin D3, alpha-tocopherol acetate (vitamin E).
- **Garlic Powder.**

Mixed Vegetables

- Cauliflower, broccoli, and carrots

Uncle Ben's Whole Grain Brown Rice

- **Ingredients**: Whole Grain parboiled Brown rice (Enriched long grain parboiled rice [long grain rice, iron (ferric orthophosphate), thiamin (Thiamine mononitrate), and folate (folic acid)]), salt.

Sliced Cucumbers

FRUIT

Mandarin Oranges (Pantry Shelf)

- **Ingredients:** Mandarin Orange segments, water, sugar, citric acid.

Fruit Cocktail (Pantry Shelf)

- **Ingredients:** Diced Peaches, Diced Pears, Water, Grapes, Pineapple segments, sugar, cherries artificially colored red, Citric Acid, Ascorbic Acid.

Peaches Diced (Pantry Shelf)

- **Ingredients:** Peaches, water, sugar, citric acid, ascorbic acid.

Pears Diced (Pantry Shelf)

- **Ingredients:** Pears, water, sugar.

Pineapple Tidbits (Pantry Shelf)

- **Ingredients:** Pineapple, Pineapple Juice, citric acid.

Tropical Fruit Salad (Pantry Shelf)

- **Ingredients:** Pineapple, red papaya, yellow papaya, guava, water, sugar, passion fruit, citric acid.

CONDIMENTS

Ketchup Portions (Menu Brand)

- **Ingredients:** Tomato paste, sugar/glucose-fructose, water, white vinegar, salt, seasoning.

Pearl Mills Light Syrup

- **Ingredients:** High Fructose Corn Syrup, Water, Cellulose Gum, Salt, Natural and Artificial Flavors, Caramel Color, Sorbic Acid, and Sodium Benzoate (Preservatives), Sodium Hexametaphosphate.