



Cold Lunch Ingredient List

Chef Salad: Romaine lettuce, hardboiled egg, cucumber, cherry tomato, carrots, cheddar cheese, ranch dressing (*Gluten Free*)

Chicken Bacon Ranch Pasta Salad: Ditalini pasta, chicken breast, peas, turkey bacon, ranch dressing, chives

Chicken Caesar Green Salad: Chicken breast, romaine lettuce, croutons, parmesan cheese, Caesar dressing

Chicken Caesar Pasta Salad: Chicken breast, penne pasta, Caesar dressing, parmesan cheese, fresh parsley

Caesar Salad: Garbanzo beans, romaine lettuce, croutons, parmesan cheese, Caesar dressing

Chicken Salad: Chicken breast, mayonnaise, black pepper, salt, basil (*Gluten Free without bread*)

Egg Salad: Hard boiled eggs, mayonnaise, onion, celery, pickle relish, mustard, salt, black pepper (*Dairy Free, Gluten Free without bread*)

Fiesta Pasta Bowl: Rotini pasta, black beans, cherry tomatoes, green bell pepper, corn, green onions, oil, lime juice, mayonnaise, salt, cumin, garlic powder, chili powder, xanthan gum (*Dairy Free*)

Greek Pasta Salad: Cavatappi pasta, garbanzo beans, feta cheese, olives, bell peppers, greek dressing

Ham Deli Sandwich: Sliced ham, cheddar/provolone/swiss cheese, whole wheat bread, mayo, mustard

Italian Chicken Pasta Salad: Macaroni, chicken breast, cucumber, tomato, black olive, red bell pepper, onion, mozzarella cheese, vegetable oil, vinegar, oregano, fennel, salt, garlic powder, parsley, xanthan gum

Italian Pasta Salad (vegetarian): Macaroni, white beans, kidney beans, cucumber, tomato, black olive, red bell pepper, onion, mozzarella cheese, vegetable oil, vinegar, oregano, fennel, salt, garlic powder, parsley, xanthan gum

Mexican Bean & Rice Bowl: Pinto beans, brown rice, salsa, salt, cumin, cheddar cheese, green bell pepper (*Gluten Free*)

Quinoa Curry Bowl: Quinoa, garbanzo beans, vegetable broth, garam masala, green onions, carrots, dried cranberries, coconut milk, lemon juice, cumin, salt (*Gluten Free, Dairy Free*)

Sunbutter & Apple Crunch Wrap: Sunflower butter, white beans, apples, celery, ascorbic acid, salt, sugar, cinnamon (*Dairy Free*)

Sunflower Butter & Jelly Sandwich: Whole wheat bread, sunflower butter, raspberry preserves (*Dairy Free without string cheese*)

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 (*Dairy Free*)



Taco Salad: Kidney beans, romaine lettuce, cherry tomatoes, cheddar cheese, sour cream, salsa (*Gluten Free, Dairy Free without cheese and sour cream*)

Teriyaki Chicken Noodle Bowl: Buckwheat soba noodles, chicken breast, carrots, onion, edamame, bell pepper, asian sauce (soy sauce, water, sugar, cornstarch, xanthan gum, orange zest, vinegar, garlic, ginger, chili powder) (*Dairy Free*)

Teriyaki Black Bean Noodle Bowl: Buckwheat soba noodles, black beans, carrots, onion, edamame, bell pepper, asian sauce (soy sauce, water, sugar, cornstarch, xanthan gum, orange zest, vinegar, garlic, ginger, chili powder) (*Dairy Free*)

Tuna Salad: Canned Albacore tuna, mayonnaise, onion, pickle relish, salt, black pepper, dill

Turkey Deli Sandwich: Roasted turkey breast, cheddar/provolone/swiss cheese, whole wheat bread, mayo, mustard

Turkey Pastrami Sandwich: Turkey pastrami, swiss cheese, whole wheat bread, mayo, mustard

Veggie & Cheese Sandwich: Mozzarella cheese, tomato, green leaf lettuce, whole wheat bread

Veggie Hummus Wrap: Hummus, green bell pepper, onion, matchstick carrot, baby spinach (*Dairy Free*)

Sides

Baked Beans: White beans, ketchup, molasses, onion, vegetable oil, black pepper, garlic powder, liquid smoke, salt, soy sauce (*Dairy Free*)

Corn Salad: Corn, Red Bell Pepper, Green Onion, mayonnaise, onion, salt, cumin, chili powder, garlic powder (*Gluten Free, Dairy Free*)

Hummus (FNL): Garbanzo beans, sesame tahini paste, vegetable oil, garlic powder, lemon juice, salt, cumin

Pea Salad: Peas, edamame, carrots, mayonnaise, onion, dill, mustard, sugar (*Gluten Free, Dairy Free*)

Potato Salad: Potatoes, onions, mayonnaise, onion, salt, pepper, sugar (*Gluten Free, Dairy Free*)

Three Bean Salad: Kidney beans, garbanzo beans, white beans, celery, onion, parsley, vinegar, sugar, vegetable oil (*Gluten Free, Dairy Free*)