

## Ingredient List for Elm School Special Lunch 2018-2019

### Including Vegetarian Substitutions

**Updated 08/28/2018**

Please note that vegetarian substitutions are listed for those families whose children are signed up for vegetarian meals. A child will receive either ALL regular meals or ALL vegetarian substitutions depending on which program the parents selected. A student must buy all the lunches for \$105 or not participate. No individual meal substitutions will be made.



[Baldinelli Pizza: Mini Cheese Pizza/Pasta with Butter and Parmesan Cheese and Italian Ice](#)

#### **Pizza Cheese**

Pasteurized Part Skim Milk, Cheese cultures, Salt, Enzymes, Cellulose added to prevent caking

#### **Pizza Sauce**

Vine- Ripened Fresh tomatoes, Salt, Basil, Black pepper, Oregano, Vegetable oil, Naturally delivered citric acid, Water

#### **Pizza Dough**

Unbleached wheat flour, Malted barley flour, Niacin, Reduced iron, Thiamin Mononitrate, Riboflavin, Folic acid, Sugar, Salt, Corn oil

#### **Pasta with Butter and Parmesan Cheese**

Semolina (wheat), durum wheat flour, butter, parmesan cheese, vitamins and minerals: vitamin B3 (Niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid

#### **Italian Ice**

Water, Lemon extract, sugar, citric acid

[No Vegetarian Substitution Needed](#)

## JADE DRAGON



### Jade Dragon: Chicken Skewer, White Rice, Chicken Nuggets, Sweet and Sour Sauce, Steamed Broccoli, and Fortune Cookie

#### **Chicken Skewer**

Chicken, soy sauce (wheat, soybeans, salt, sodium benzoate and preservative), sugar, vegetable oil, plum sauce, pepper, ketchup, oyster sauce.

#### **White Rice**

#### **Chicken Nuggets**

White meat chicken, salt, pepper, baking powder, baking soda, egg, corn flour, wheat flour, and vegetable oil (soybean oil).

#### **Sweet and Sour Sauce**

Sugar, corn starch, vinegar, yams, tomato, ketchup, apricot, red peppers, molasses, soybean oil, salt, garlic powder, apple sauce, citric acid, sodium benzoate (preservative).

#### **Steamed Broccoli**

#### **Fortune Cookie**

Wheat Flour, Sugar, Water, Salt, Vegetable Oil, Soybean Lecithin, Corn Syrup, Citric Acid, Cyamopsis Tetragonoloba, N&A Flavors, and FD&C Yellow #5 & Red #40.

### Vegetarian Substitution: Vegetable Spring Roll and Vegetable Fried Rice

#### **Vegetable Spring Roll**

Celery, Cabbage, Carrot, Salt, Pepper and vegetable oil.

#### **Vegetable Fried Rice**

White rice, Mushroom, Pea Pod, Broccoli, Baby Corn, Peas & Carrot, Bean Sprout, Onion, egg, salt and soy sauce (wheat, soybeans, salt, sodium benzoate and preservative).



Great American Bagel: Large Pizza Bagel, Grapes, and Chocolate Chip Cookie

**Plain Bagel**

Flour, brown sugar, soybean oil, yeast, salt, water

**Primo Gusto cheese**

Pasteurized reduced-fat milk, cheese culture, salt, enzymes, powdered cellulose added to prevent caking, and natamycin added as a mold inhibitor

**Primo Gusto sauce**

Fresh tomatoes, extra virgin olive oil, salt, spices, garlic powder, and citric acid

**Grapes**

**Chocolate Chip Cookie**

Enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lethicin, natural flavor), partially hydrogenated soybean and/or cottonseed oil, water. Contains 2% or less of: molasses, wheat protein isolate baking powder (baking soda, sodium acid pyrophosphate), salt, eggs, artificial flavor).

[No Vegetarian Substitution Needed](#)



## [Meatheads: All-Beef Jumbo Hot Dog w/ Potato Chips and Chocolate Chip Cookie](#)

### **Hot Dog**

Beef, water, salt, corn syrup, dextrose, mustard, natural flavorings and coloring, garlic juice, salt, sodium erythorbate, sodium nitrite, extractives of paprika

### **Hot Dog Bun**

Enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, salt, wheat gluten, calcium propionate, mono- and diglycerides, monocalcium phosphate, sodium stearoyl lactylate, grain vinegar, calcium sulfate, soy lethicin

### **Lay's Potato Chips**

Potatoes, Vegetable Oil, Sunflower, Corn and/or Canola Oil, and Salt

### **Triple Chocolate Chip Cookie**

Sugar, wheat flour (wheat flour, malted barley flour, niacin, thiamin mononitrate, riboflavin, folic acid), butter, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin (an emulsifier), vanilla, and salt), eggs, chocolate chunk (sugar, chocolate liquor, cocoa butter, anhydrous dextrose, soy lecithin (an emulsifier), and vanilla), chocolate liquor, cocoa, cream of tartar, baking soda (leavening), kosher salt, pure vanilla extract Madagascar

## [Vegetarian Substitution: Grilled Cheese](#)

### **White Bread**

INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains 2% or less of the following: Yeast, Palm Oil, Soybean Oil, Salt, Wheat Gluten, Calcium Propionate and Potassium Sorbate (Preservatives), Monoglycerides, Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Calcium Peroxide, Sodium Stearoyl Lactylate, Enzymes, L-cysteine.

### **American cheese**

Cultured milk, skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative) citric acid, color (annatto, paprika, APO carotenal and beta carotene), acetic acid, enzymes, soy, lecithin

## [Meatheads: All-Beef Burger](#)

### **Burger**

100% Angus beef

### **Brioche Bun**

INGREDIENTS: Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, High Fructose Corn Syrup, Eggs, Wheat Gluten, Soybean Oil, Palm Oil, Yeast, Natural and Artificial Flavors, Contains 2% or less of the following: Oat Flour, Potato Flakes, Salt, Wheat Protein Isolate, Wheat Starch, Sodium Alginate, Sunflower Lecithin, Canola Oil, Monoglycerides, Calcium Sulfate, Ascorbic Acid, Enzymes, Calcium Peroxide, Calcium Propionate (Preservative), Corn Flour, Spices (Turmeric and Paprika), Sodium Stearoyl Lactylate, Ammonium Sulfate, DATEM, Monocalcium Phosphate, Potassium Sorbate (Preservative), Pea Protein, Wheat Protein, Potato Protein, Rice Protein, Sunflower Oil, Dextrose, Maltodextrins, Cornstarch.

## [Meatheads: Chicken Tenders](#)

### **Chicken**

All natural and antibiotic- free chicken dipped in buttermilk.

### **Tender Breading**

Flour, onion powder, garlic powder, salt, pepper and Tony C's Mix.

Tony C's Mix: Salt, red pepper, black pepper, chili powder (chili pepper, spices, salt, garlic powder), garlic, silicon dioxide (to prevent caking). May contain wheat, soy or milk.

## [Vegetarian Substitution: Veggie Melt](#)

### **White Bread**

INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains 2% or less of the following: Yeast, Palm Oil, Soybean Oil, Salt, Wheat Gluten, Calcium Propionate and Potassium Sorbate (Preservatives), Monoglycerides, Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Calcium Peroxide, Sodium Stearoyl Lactylate, Enzymes, L-cysteine.

### **Veggies**

Grilled Mushrooms, Grilled Onions, Grilled Peppers

### **Swiss Cheese**

Pasteurized Park-Skim Milk, Cheese Culture, Salt and Enzymes.