

CODS Food Ingredients by Meal

We are excited that you will be participating in a Coloma Outdoor Discovery School outdoor education experience. All of our menu items are intended to be "kid" friendly and whenever possible, organic and locally sourced. **The purpose of this document is to provide you with a detailed ingredient list of the items included in our menu.** We have created a worksheet for each meal we serve. Click on the tab below for a complete ingredient list of the items we expect to serve at each meal.

Please be aware we may have ingredient changes or item substitutions from time to time.

If you or your child are participating in a CODS' program and have severe food allergies, please notify your classroom teacher.

Breakfast & Dinner Meals for all 2, 3, and 4 day programs:

Meal:	Day of the Week its served:
Biscuit Breakfast	Tuesday and Thursday
Pancake Breakfast	Wednesday and Friday
Waffle Breakfast	For 4 Day Programs Only
Taco Dinner	Monday and Wednesday
Spaghetti Dinner	Tuesday and Thursday
BBQ Chicken Dinner	For 4 Day Programs Only

Gold Rush Lunches and Snack for 2, 3, & 4 Day Programs:

Living History Snack	Day 1 snack
Hike Picnic Lunch	Lunch for Day 2 of program in the State park
Deli Lunch	Departure Lunch for a 3 & 4 day program only
Hamburger Lunch	For 4 Day Programs Only

Science & Ropes or Science only Lunches for 3 & 4 Day Programs:

Pizza Lunch	Day 2 of program
Deli Lunch	Day 3 departure lunch
Hike - Picnic Lunch	For 4 Day Programs Only

Ropes only Lunches for 3 Day Program:

Hamburger lunch	Day 2 of program
Deli Lunch	Day 3 departure lunch

with your classroom teacher.

Biscuit Breakfast Served On Tuesday and Thursday

Common Allergens						Carb Count	Ingredient List
Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Homestyle Biscuit	Yes	Yes	Yes				Made fresh with enriched Wheat Flour (Wheat Four, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Hydrogenated Soybean Oil, Sugar, Buttermilk, Sodium Phosphate, Salt, Baking Soda, Sodium Caseinate, DATEM, Nonfat Milk, Calcium Acid Phosphate, Whey Protein Concentrate, Potassium Bicarbonate, Whey, Wheat Protein Isolate, Cream, Natural Flavor
Turkey Sausage Pattie					Corn		Dark turkey meat, mechanically separated turkey, water, salt, spices, dextrose, sugar, autolyzed yeast, lime flavor (corn syrup solids, lime juice solids, natural flavor), flavoring, TBHQ, BHT, citric acid, lactic acid
Scrambled Eggs					Eggs		Whole Eggs, Citric Acid, 0.5% water added as a carrier for citric acid, citric acid added to preserve color
Country Red Potatoes						16g per 2/3c.	Potatoes, Dextrose, Disodium Phosphate (added to maintain color), Potassium Sorbate (added to maintain freshness)
Fresh Fruit							(Organic when available)
House Made Organic Strawberry Jam			Yes				Organic Fresh Strawberries, Organic Cane Sugar, Lemon Juice, Quick Tapioca (Precooked Tapioca, Soy Lecithin)
Butter Pats		Yes					Pasturized Cream, Salt
Organic Honey						17g per Tbs	
House Made Chunky Salsa						approx 4g per 1/4c.	Canned Organic Diced Tomatoes (Organic tomatoes in organic tomato juice, sea salt, may contain naturally derived citric acid and calcium chloride), Canned Diced Green Chiles (Green Chiles, salt, citric acid, calcium chloride), Red or White Onion Finely chopped, Cilantro Finely Chopped, Sea Salt, Pricilla Green Chiles Roasted

Biscuit Breakfast Served On Tuesday and Thursday

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Tapitio Sauce						0g per tsp.	water, red peppers, salt, spices, garlic, acetic acid, xanthan gum. Sodium benzoate as a preservative.
Organic Ketchup						5g per 1Tbs	Organic Tomato Concentrate from Red Ripe Organic Tomatoes, Organic Distilled Vinegar, Organic Sugar, Salt, Organic Onion Powder, Organic Spice, Natural Flavoring
Fresh Squeezed Orange Juice						26g per 1c.	Premium Juice from gently squeezed fresh oranges (mildly pasturized for enhanced food safety)
Hot Cocoa		Yes	Yes		Corn	26g per 3/4c.	Sugar, Creamer [(partially hydrogenated vegetable oil (coconut and/or soybean oils), corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, sugar, mono- and diglycerides, silicon dioxide, sodium stearoyl lactylate, soy lecithin, artificial flavor, colored with annatto and tumeric)], whey, maltodextrin, corn syrup solids, cocoa (processed with alkali), cocoa, salt, sodium aluminosilicate (to prevent caking), tricalcium phosphate, cellulose gum, natural and artificial flavor.
Gluten Free Cheerios	Possible trace			Almond flavor	Corn	22g per 3/4 Cup	Whole Grain Oats (included the oat bran), Sugar, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor, Vitamin E (mixed tocopherols) added to preserve freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron, Vitamin C, AB Vitamin (niacinamide), Vitamin B6, Vitamin B1, Vitamin A, AB Vitamin (folic acid), Vitamin B12, Vitamin D3. ** Label Says: "May Contain Wheat Ingredients" **
Gluten Free Corn Chex					Corn	26g per Cup	Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Baking Soda, Yellow Corn Flour, Brown Sugar Syrup, Vitamin E added to preserve freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc, Vitamin C, A B Vitamin (niacinamide), Vitamin B1, Vitamin B6, Vitamin A, Vitamin B2, A B Vitamin (folic acid), Vitamin B12, Vitamin D3. ** Label Says: "Gluten Free" **

Biscuit Breakfast Served On Tuesday and Thursday

Common Allergens

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Organic 2% Milk		Yes				14g per C	Organic Milk, Organic Skim Milk, Vitamin A Palmitate, Vitamin D
Soy Milk			Yes			9g per C	Organic Soy Base (water, whole organic soybeans), Dried Cane Syrup, Dipotassium Phosphate, Expeller-pressed Canola Oil, Sodium Citrate, Natural Flavor, Sea Salt, Carrageenan
Brown Sugar						4g per 1 tsp.	Organic Light Brown Sugar
Organic Cinnamon						2.1g per 1 tsp.	Organic Cinnamon
Organic Raisins						31g per 1/4 Cup	California Organic Raisins
Instant Oatmeal						18g per packt	Whole Grain Rolled Oats (with oat bran), Calcium Carbonate, Sugar, Salt, Dextrose, Guar Gum, Caramel Color, Ferric Orthophosphate, Vitamin B6, Ribflavin, Vitamin A Palmitate, Thiamin Mononitrate, Folic Acid

Pancake Breakfast Served On Wednesday and Friday

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Buttermilk Pancakes	Yes	Yes	Yes		Eggs	53g per 3 pancakes	Flour Enriched Bleached (Wheat Flour, Niacin Vitamin B3, Iron Reduced, Thiamine Mononitrate Vitamin B1, Riboflavin Vitamin B2, Folic Acid Vitamin B9), Sugar, Soy Flour, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Soybeans Oil Partially Hydrogenated, Cottonseed Oil Partially Hydrogenated, Dextrose, Calcium Carbonate, Buttermilk, Salt, Eggs, Soy Lecithin Contains: Egg, Milk, Soy, Wheat
Natural Turkey Sausage Links			Yes		Corn		Turkey, Water, Textured Vegetable Protein Product (Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palimate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Salt, Corn Syrup Solids, Spices, Hydrolyzed Soy Protein, Flavoring, Citric Acid, BHA, in Collagen Casing
Scrambled Eggs					Eggs		Whole Eggs, Citric Acid, 0.5% water added as a carrier for citric acid, citric acid added to preserve color
House Made Organic Vanilla Maple Syrup					Corn	16g per Tbsp	Organic Cane Sugar, Organic Light Brown Sugar, Organic Raw Blue Agave Nectar, Corn Starch, Water, Imitation Maple Extract (Water, Natural Flavorings, Caramel Color, Alcohol, Phosphoric Acid, Vanillin, and Sulfiting Agents), Organic Vanilla Extract (Vanilla Bean Extractives (Organic) in Water and Organic Alcohol (41%))
Butter Pats		Yes					Pasturized Cream, Salt
Fresh Fruit							(organic when available)
House Made Chunky Salsa						approx 4g per 1/4c.	Canned Organic Diced Tomatoes (Organic tomatoes in organic tomato juice, sea salt, may contain naturally derived citric acid and calcium chloride), Canned Diced Green Chiles (Green Chiles, salt, citric acid, calcium chloride), Red or White Onion Finely chopped, Cilantro Finely Chopped, Sea Salt, Pricilla Green Chiles Roasted
Tapatio Sauce							water, red peppers, salt, spices, garlic, acetic acid, xanthan gum. Sodium benzoate as a preservative.
Organic Ketchup						5g per 1Tbs	Organic Tomato Concentrate from Red Ripe Organic Tomatoes, Organic Distilled Vinegar, Organic Sugar, Salt, Organic Onion Powder, Organic Spice, Natural Flavoring

Pancake Breakfast Served On Wednesday and Friday

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Fresh Squeezed Orange Juice						26g per 1c.	Premium Juice from gently squeezed fresh oranges (mildly pasturized for enhanced food safety)
Hot Cocoa		Yes	Yes		Corn	26g per 3/4c.	Sugar, Creamer [(partially hydrogenated vegetable oil (coconut and/or soybean oils), corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, sugar, mono- and diglycerides, silicon dioxide, sodium stearoyl lactylate, soy lecithin, artificial flavor, colored with annatto and tumeric)], whey, maltodextrin, corn syrup solids, cocoa (processed with alkali), cocoa, salt, sodium aluminosilicate (to prevent caking), tricalcium phosphate, cellulose gum, natural and artificial flavor.
Gluten Free Cheerios	Possible trace			Almond flavor	Corn	22g per 3/4c.	Whole Grain Oats (included the oat bran), Sugar, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor, Vitamin E (mixed tocopherols) added to preserve freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron, Vitamin C, AB Vitamin (niacinamide), Vitamin B6, Vitamin B1, Vitamin A, AB Vitamin (folic acid), Vitamin B12, Vitamin D3. ** Label Says: "May Contain Wheat Ingredients" **
Gluten Free Corn Chex					Corn	26g per 1c.	Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Baking Soda, Yellow Corn Flour, Brown Sugar Syrup, Vitamin E added to preserve freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc, Vitamin C, A B Vitamin (niacinamide), Vitamin B1, Vitamin B6, Vitamin A, Vitamin B2, A B Vitamin (folic acid), Vitamin B12, Vitamin D3. ** Label Says: "Gluten Free" **
Organic 2% Milk		Yes				14g per 1c.	Organic Milk, Organic Skim Milk, Vitamin A Palmitate, Vitamin D
Soy Milk			Yes			9g per 1c.	Organic Soy Base (water, whole organic soybeans), Dried Cane Syrup, Dipotassium Phosphate, Expeller-pressed Canola Oil, Sodium Citrate, Natural Flavor, Sea Salt, Carrageenan
Brown Sugar						4g per tsp.	Organic Light Brown Sugar
Organic Cinnamon						2.1g per tsp	Organic Cinnamon
Organic Raisins						31g per 1/4C	California Organic Raisins

Pancake Breakfast Served On Wednesday and Friday

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Instant Oatmeal						18g per packet	Whole Grain Rolled Oats (with oat bran), Calcium Carbonate, Sugar, Salt, Dextrose, Guar Gum, Caramel Color, Ferric Orthophosphate, Vitamin B6, Ribflavin, Vitamin A Palmitate, Thiamin Mononitrate, Folic Acid

**Waffle Breakfast
(4-day programs)**

Common Allergens

Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other	Carb Count	Ingredient List
Waffles	Yes	Yes	Yes		Eggs	32g per 2 waffles	Enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean oil, sugar, whey. Contains 2% or less of: leavening (sodium acid pyrophosphate, sodium bicarbonate), eggs, calcium carbonate, calcium chloride, salt, corn syrup solids, colored with (yellow 5, yellow 6), fortified with (reduced iron, niacinamide, pyridoxine hydrochloride [Vitamin B6], riboflavin [Vitamin B2], cyanocobalamin [Vitamin B12], thiamine mononitrate [Vitamin B1], dextrose, corn starch, natural and artificial flavor, soy lecithin. Contains: Wheat, Milk Eggs, and Soy.
Natural Turkey Sausage Links			Yes		Corn		Turkey, Water, Textured Vegetable Protein Product (Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palimate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Salt, Corn Syrup Solids, Spices, Hydrolyzed Soy Protein, Flavoring, Citric Acid, BHA, in Collagen Casing
Scrambled Eggs					Eggs		Whole Eggs, Citric Acid, 0.5% water added as a carrier for citric acid, citric acid added to preserve color
House Made Organic Vanilla Maple Syrup					Corn	16g per Tbsp	Organic Cane Sugar, Organic Light Brown Sugar, Organic Raw Blue Agave Nectar, Corn Starch, Water, Imitation Maple Extract (Water, Natural Flavorings, Caramel Color, Alcohol, Phosphoric Acid, Vanillin, and Sulfiting Agents), Organic Vanilla Extract (Vanilla Bean Extractives (Organic) in Water and Organic Alcohol (41%))
Butter Pats		Yes					Pasturized Cream, Salt
Fresh Fruit							(organic when available)
House Made Chunky Salsa						approx 4g per 1/4c.	Canned Organic Diced Tomatoes (Organic tomatoes in organic tomato juice, sea salt, may contain naturally derived citric acid and calcium chloride), Canned Diced Green Chiles (Green Chiles, salt, citric acid, calcium chloride), Red or White Onion Finely chopped, Cilantro Finely Chopped, Sea Salt, Pricilla Green Chiles Roasted
Tapatio Sauce							water, red peppers, salt, spices, garlic, acetic acid, xanthan gum. Sodium benzoate as a preservative.

Waffle Breakfast (4-day programs)

Common Allergens						Carb Count	Ingredient List
Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Organic Ketchup						5g per 1Tbs	Organic Tomato Concentrate from Red Ripe Organic Tomatoes, Organic Distilled Vinegar, Organic Sugar, Salt, Organic Onion Powder, Organic Spice, Natural Flavoring
Orange Juice						26g per 1c.	Premium Juice from gently squeezed fresh oranges (mildly pasturized for enhanced food safety)
Hot Cocoa		Yes	Yes		Corn	26g per 3/4c.	Sugar, Creamer [(partially hydrogenated vegetable oil (coconut and/or soybean oils), corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, sugar, mono- and diglycerides, silicon dioxide, sodium stearoyl lactylate, soy lecithin, artificial flavor, colored with annatto and tumeric)], whey, maltodextrin, corn syrup solids, cocoa (processed with alkali), cocoa, salt, sodium aluminosilicate (to prevent caking), tricalcium phosphate, cellulose gum, natural and artificial flavor.
Gluten Free Cheerios	Possible trace			Almond flavor	Corn	22g per 3/4c.	Whole Grain Oats (included the oat bran), Sugar, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor, Vitamin E (mixed tocopherols) added to preserve freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron, Vitamin C, AB Vitamin (niacinamide), Vitamin B6, Vitamin B1, Vitamin A, AB Vitamin (folic acid), Vitamin B12, Vitamin D3. ** Label Says: "May Contain Wheat Ingredients" **
Gluten Free Corn Chex					Corn	26g per 1c.	Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Baking Soda, Yellow Corn Flour, Brown Sugar Syrup, Vitamin E added to preserve freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc, Vitamin C, A B Vitamin (niacinamide), Vitamin B1, Vitamin B6, Vitamin A, Vitamin B2, A B Vitamin (folic acid), Vitamin B12, Vitamin D3. ** Label Says: "Gluten Free" **
Organic 2% Milk		Yes				14g per 1c.	Organic Milk, Organic Skim Milk, Vitamin A Palmitate, Vitamin D
Soy Milk			Yes			9g per 1c.	Organic Soy Base (water, whole organic soybeans), Dried Cane Syrup, Dipotassium Phosphate, Expeller-pressed Canola Oil, Sodium Citrate, Natural Flavor, Sea Salt, Carrageenan
Brown Sugar						4g per 1tsp.	Organic Light Brown Sugar
Organic Cinnamon						2.1g per tsp	Organic Cinnamon

**Waffle Breakfast
(4-day programs)**

Common Allergens

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Organic Raisins						31g per 1/4C	California Organic Raisins
Instant Oatmeal						18g per packet	Whole Grain Rolled Oats (with oat bran), Calcium Carbonate, Sugar, Salt, Dextrose, Guar Gum, Caramel Color, Ferric Orthophosphate, Vitamin B6, Ribflavin, Vitamin A Palmitate, Thiamin Mononitrate, Floic Acid

Hike-Picnic Lunch

Common Allergens

	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
	Yes					49g per bagel	Enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, honey, yeast, sugar, salt, malted barley flour, wheat gluten, maltodextrin, and contains 2% or less of: mono- and diglycerides, molasses powder (molasses, wheat starch) hydrolyzed wheat gluten, ascorbic acid (vitamin c), enzymes, calcium sulfate
Allergen Alternative	Gluten Free Sandwich Bread **Available with advanced notice**				Egg	21g per slice	Water, BrownRice Flour, Tapioca Starch, Tapioca Syrup, Whole Grain Sorghum Flour, Xanthan Gum, Rice Flour, Cultured Rice Flour, Extra Virgin Olive Oil, Dried Egg Solids, Whole Grain Amaranth Seed, Sea Salt, Instant Dry Yeast, Rice Flour, Enzymes. Contains: Eggs. Label says: Dairy Free, Soy Free, Gluten Free Facility, No Nuts
	Whipped Cream Cheese	Yes				1g per 2Tbs.	Pasturized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums), Nitamycin (a natural mold inhibitor)
	Italian Dry Salami	Yes			Pork & Beef		Pork, beef, salt, contains 2% or less of dextrose, water, natural spices, sodium ascorbate, lactic acid starter culture, sodium nitrite, garlic powder, BHA, BHT, citric acid
	Sun Butter				Sunflower Seeds	7g per 2Tbs.	Roasted Sunflower Seed, Sugar (dehydrated Cane Syrup), Salt, and Vitamin E (natural mixed tocopherols to preserve freshness). **Label says: Peanut Free, Tree Nut Free, Gluten Free, Soy Free, Non GMO, Dairy Free; Facility is peanut-free, tree nut-free, and soy-free**
	String Cheese	Yes					Paturized part skim milk, cheese cultures, salt, enzymes
	Organic Mini Peeled Carrots					8g per 3oz	
	Celery Sticks						

Hike-Picnic Lunch

Common Allergens						Carb Count	Ingredient List
Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Mrs. Pure's Alphabet Cookies	Yes		Yes		Egg	20g per 11 cookies	Bleached enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), sugar, vegetable shortening (contains palm, soybean and/or canola oil), high fructose corn syrup, salt, soy lecithin (an emulsifier), leavenings (monocalcium phosphate, ammonium bicarbonate, sodium bicarbonate), natural and artificial flavors, egg. **Contains: Wheat, Soy and Egg partially produced with genetic engineering**
Alternative Pretzels: Clasic Pretzel Sticks	Yes		Yes		Corn	23g per 1oz (approx 56 pieces)	Emnriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribflavin, Folic Acid), salt, vegetable oil (may contain one or more of the following: corn, canola, cottonseed, soybean), corn syrup, yeast.
Mini Twist Pretzels	Yes					22g per .9oz	Emnriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribflavin, Folic Acid), Water, Salt, Malt, Dextrose, Canola Oil, Yeast, Soda
Orange Slices (organic when available)							
Apples (organic when available)							

Deli Lunch

Common Allergens

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Sour Dough Bread	Yes	Facility	Facility		Eggs (facility), sesame seeds (facility)	28g per slice	Enriched Wheat Flour (wheat flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid), Water, Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Salt, Yeast ** Label Says: "This facility also makes products which contain milk, eggs, soy or sesame seeds" **
Whole Wheat Bread	Yes	Yes	Yes		Corn	15g per slice	Whole wheat flour, water, yeast, high fructose corn syrup, vital wheat gluten, contains 2% or less of wheat bran, molasses, salt, vegetable oil (canola and or soy), yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate) calcium propionate (mold inhibitor), calcium sulfate, enzymes, nonfat dry milk, soy flour
Gluten Free Sandwich Bread ** Available upon request **					Egg	21g per slice	Water, Brown Rice Flour, Tapioca Starch, Tapioca Syrup, Whole Grain Sorghum Flour, Xanthan Gum, Rice Flour, Cultured Rice Flour, Extra Virgin Olive Oil, Dried Egg Solids, Whole Grain Amaranth Seed, Sea Salt, Instant Dry Yeast, Rice Flour, Enzymes. Contains: Eggs. Label says: Dairy Free, Soy Free, Gluten Free Facility, No Nuts
Natural Turkey Breast						1g per 2oz.	Turkey Breast, Turkey Broth, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate
Monterey Jack Cheese Slices		Yes					Pasturized Milk, Cheese Cultures, Salt and Enzymes
Artisan Baby Romaine Lettuce							
Organic Tomato Slices							
Red Onion							

Allergen Alternative

Deli Lunch

Common Allergens						Carb Count	Ingredient List
Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Kosher Dill Pickle Slices						1g per 5 chips	Cucumbers, Water, Salt, Vinegar, Garlic, Spices, 1/10th of 1% Benzoate of Soda (preservative), Natural Flavoring, Polysorbate 80, Turmeric
Sea Salt Kettle Chips						16g per 13 chips	Potatoes, Safflower and/or Sunflower Oil and/or Canola Oil, Sea Salt
Organic Mustard							Water, organic vinegar, organic mustard seed, salt, organic tumeric, organic paprika
Organic Ketchup						5g per 1Tbs	Organic Tomato Concentrate from Red Ripe Organic Tomatoes, Organic Distilled Vinegar, Organic Sugar, Salt, Organic Onion Powder, Organic Spice, Natural Flavoring
Vegenaise			Yes				Organic Expeller-Pressed Soybean Oil, Filtered Water, Organic Brown Rice Syrup, Organic Apple Cider Vinegar, Sea Salt, Organic Soy Protein, Organic Mustard Flour, Organic Lemon Juice Concentrate
Sun Butter					Sunflower Seeds	7g per 2Tbs.	Roasted Sunflower Seed, Sugar (dehydrated Cane Syrup), Salt, and Vitamin E (natural mixed tocopherols to preserve freshness). **Label says: Peanut Free, Tree Nut Free, Gluten Free, Soy Free, Non GMO, Dairy Free; Facility is peanut-free, tree nut-free, and soy-free**
House Made Organic Strawberry Jam			Yes				Organic Fesh Strawberries, Organic Cane Sugar, Lemon Juice, Quick Tapioca (Precooked Tapioca, Soy Lecithin)
Fresh Fruit							Whole Apples & Mandarins or Watermelon slices depending on season (Organic when available)
Lemonade with Orange Slices					Corn	28g per 1c.	High Fructose Corn Syrup, Filtered Water, Lemon Juice Concentrate
Ice Water with Lemon							Water with fresh Lemon

Argonaut Cafe Pizza Lunch

Common Allergens						Carb Count	Ingredient List
Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Pizza Dough	yes		Yes		High Fructose Corn Syrup		Enriched unbleached wheat flour, malted barley, niacin, iron, thiamine, enzymes, riboflavin, folic acid, water, yeast, soybean oil. Contains 2% high fructose corn syrup, salt, sodium stearoyl, lactate, as orbit acid and enzyme.
Allergen Alternative	Gluten Free Pizza Crust ** Available with advance notice only**			Yes			Filtered Water, Rice flour, Tapioca, Canola Oil, Soy Flour, Chia, Salt, and Spices. Olive Oil
	Pizza Sauce						Organic crushed tomatoes (or when seasonal tomatoes from Bee Love Farms), tomato paste, garlic, bay leaves, salt, pepper, basil, oregano, sage, and olive oil.
	Mozzerela Cheese		Yes				
	Pepperoni						
	Red Pepper Flakes						Added by individual
	Oregano, basil, and sage shaker						Added by individual
	Garden Salad						Organic mixed greens, cherry tomatoes, organic cucumbers, sunflower sprouts, and sunflower seeds

Argonaut Cafe Pizza Lunch

Common Allergens

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
House Made Yogurt Ranch Dressing		Yes	Yes			2g per 2Tbs	Vegenaise (Organic Expeller-Pressed Soybean Oil, Filtered Water, Organic Brown Rice Syrup, Organic Apple Cider Vinegar, Sea Salt, Organic Soy Protein, Organic Mustard Flour, Organic Lemon Juice Concentrate), Greek Yogurt (cultured and pasturized nonfat milk, live and active cultures: s. thermophilus, l. bulgaricus, l. acidiphilus, bifidius and l. casei), Fresh Dill, Parsley, Sea Salt, Garlic Powder, Restaurant Grind Black Pepper, Half and Half (milk and cream)
Ice Water with Lemon							Water with fresh organic Lemon
Sugar Cookie	Yes	Yes	Yes		Egg	25g per cookie	Enriched flour bleached (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), sugar, butter margarine blend (butter, palm oil, soybean oil, water, mono- & diglycerides, annatto extract color, natural flavor, vitamin A palmitate), water, eggs, contains 2% or less of leavening (sodium bicarbonate, sodium aluminum phosphate), nonfat milk, salt, natural flavor. **Contains: Milk, Egg, Wheat and Soybean Products**
Enjoy Life Sugar Crisp Cookies <i>(available with advanced notice)</i>						15g per 2 cookies	Flour Mix (Rice, Millet, Buckwheat), Dried Cane Syrup, Palm Oil, Brown Pure Cane Sugar, Natural Flavors, Salt, Vanilla Extract, Leavening (Cream of Tartar, Baking Soda), Xanthan Gum, Konjac, Rosemary Extract. Company Message "Our tasty products are free-from the "top eight" allergens: wheat/gluten, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. Products are also made without casein, potato, sesame and sulfites."

Allergen Alternative

Burger Lunch

Common Allergens

Allergen Alternative

Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other	Carb Count	Ingredient List
Sesame Seed Burger Bun	Yes		Yes		Corn, sesame seeds	32g per bun	Enriched unbleached wheat flour (wheat flour, malted barley, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), water, fructose corn syrup, yeast, vegetable oil (canola and or soy), contains 2% or less of vital wheat gluten, salt, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid), calcium sulfate, enzymes, calcium propionate (mold inhibitor), sesame seeds
Gluten Free Sandwich Bread **Available upon request**					Egg	21g per slice	Water, BrownRice Flour, Tapioca Starch, Tapioca Syrup, Whole Grain Sorghum Flour, Xanthan Gum, Rice Flour, Cultured Rice Flour, Extra Virgin Olive Oil, Dried Egg Solids, Whole Grain Amaranth Seed, Sea Salt, Instant Dry Yeast, Rice Flour, Enzymes. Contains: Eggs. Label says: Dairy Free, Soy Free, Gluten Free Facility, No Nuts
1/3 pound Beef Patty							
Vegan Garden Burger	Yes		Yes				Soy Protein Concentrate with Water for Hydration, Cooked Grain Blend (Water, Three Grain Blend: Wheat, Barley, Triticale), Mushrooms, Rolled Oats, Onions, Broccoli, Carrots, Water Chestnuts, Red Bell Peppers, Contains 2% or less of: Soy Protein Isolate, Salt, Yellow Bell Pepper, Bulgar with Water for Hydration, Canola Oil, Modified Vegetable Gum, Garlic Powder, Wheat Fiber, Autolyzed Yeast Extract, Vinegar, Onion Powder, Mustard Seed, Spices, White Wine, Citirc Acid, Dextrose, Fruit Pectin, Natural Flavor, Tartaric Acid, Sugar, Malted Barley, Annatto for Color, Garlic Juice, Coconut Oil, Sunflower Oil
Monterey Jack Cheese Slices		Yes					Pasturized Milk, Cheese Cultures, Salt and Enzymes
Vegetable Toppings							Artisan baby romaine lettuce, organic tomato slices, red onion

Burger Lunch

Common Allergens

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Kosher Dill Pickle Slices						1g per 5 chips	Cucumbers, Water, Salt, Vinegar, Garlic, Spices, 1/10th of 1% Benzoate of Soda (preservative), Natural Flavoring, Polysorbate 80, Turmeric
Sea Salt Kettle Chips						16g per 13 chips	Potatoes, Safflower and/or Sunflower Oil and/or Canola Oil, Sea Salt
Organic Mustard							Water, organic vinegar, organic mustard seed, salt, organic tumeric, organic paprika
Organic Ketchup						5g per 1Tbs	Organic Tomato Concentrate from Red Ripe Organic Tomatoes, Organic Distilled Vinegar, Organic Sugar, Salt, Organic Onion Powder, Organic Spice, Natural Flavoring
Vegenaise			yes				Organic Expeller-Pressed Soybean Oil, Filtered Water, Organic Brown Rice Syrup, Organic Apple Cider Vinegar, Sea Salt, Organic Soy Protein, Organic Mustard Flour, Organic Lemon Juice Concentrate
Freshly Baked Gluten Free Chocolate Chip Cookie (1 Day Program only)		Yes	Yes	Facility trace possible.	Egg	?	Chocolate Chips (sugar, chocolate liquor, cocoa butter, Milk fat, Soy lecithin, vanillin, salt), Sugar, Rice&Tapioca Flour, Butter, Canola Oil, Eggs (pasteurized), Invert Sugar, Soy Flour, Nonfat Dry Milk, Baking Soda, Vanilla Extract, Salt, Guar Gum. **Label reads: "Good Manufacturing Practices used to segregate ingredients in a facility that also processes Peanuts and Tree Nuts."
Enjoy Life Chocolate Chip Cookies (1 Day Program only)						15g per 2 cookies	Flour Mix (Rice, Buckwheat, Millet), Chocolate Chips (Cane Sugar, Unsweetened Chocolate, Cocoa Butter), Palm Oil, Dried Cane Syrup, Brown Cane Sugar, Natural Flavors, Salt, Vanilla Extract, Leavening (Cream of Tartar, Baking Soda), Xanthan Gum, Konjac, Rosemary Extract. Company Message "Our tasty products are free from the "top eight" allergens: wheat/gluten, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. Products are also made without casein, potato, sesame and sulfites."
Lemonade with Orange Slices					Corn	28g per Cup	High Fructose Corn Syrup, Filtered Water, Lemon Juice Concentrate
Ice Water with Lemon							Water with fresh Lemon

Allergen Alternative

Taco Bar Dinner Served On Monday and Wednesday

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Ground Chicken meat with our own seasoning					Corn	2g per 1/2c.	Chicken Meat, Chili Powder (Chili Pepper and other spices, salt and garlic powder), Granulated Garlic, Dried Oregano, Organic Ground Cumin, Sea Salt, Restaurant Grind Pepper, Organic Sugar, Maseca (Corn Flour - Corn Treated with hydrated lime), Paprika (Paprika and less than 2% silicon dioxide to prevent caking)
Freshly made Smashed Pinto Beans						18g per 1/2c.	Pinto beans, sea salt, water
Freshly made Black Beans							Black beans, water
Organic Brown Cilantro Lime Rice						33g per 1c.	Organic Brown Basmati Rice, Water, Sea Salt, Fresh squeezed Lime Juice, Organic Extra Virgin Olive Oil, Chopped Cilantro
Whole Kernel Corn					Corn	18g per 2/3c.	Corn
Flour Tortillas	Yes		Yes		Corn	15g	Enriched Bleached Wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified soybean oil, hydrogenated soybean oil and/or palm oil), contains 2% or less of each of the following: salt, leavening (sodium bicarbonate, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), distilled monoglycerides, enzymes, wheat starch, calcium carbonate, antioxidants (tocopherols, ascorbic acid), cellulose gum, dough conditioners (fumaric acid, sodium metabisulfite), preservatives (calcium propionate, sorbic acid and/or citric acid)
Organic Corn Tortillas					Corn	15g each	Water, organic whole white corn, organic yellow corn masa flour. Contains less than 2% of each of the following: organic guar gum, trace of lime.

Taco Bar Dinner Served On Monday and Wednesday

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Artisan Baby Romaine Shredded Lettuce							Fresh artisan romaine lettuce
Diced Tomatoes							Fresh tomatoes
Diced Yellow Onion							Fresh onion
Black Olives							Black Olives, Salt and Ferrous Gluconate added to stablize color
Feather Shredded Monterey Jack Cheese		Yes			Corn	1g per 1/4c.	Cheddar Cheese (Pasturized Milk, Cheese Culture, Salt, Enzymes, Annatto (color)), Monterey Jack Cheese (Pasturized Milk, Cheese Culture, Salt, Enzymes), Potato Starch, Corn Starch, Powdered Cellulose (added to prevent caking)
Organic Tortilla Chip		Trace	Trace		Corn	19g per 11 chips	Organic corn, masa flour, organic vegetable oil (sunflower, safflower, and/ or canola), sea salt. May contain milk and soy. <i>Replacement Chip When Original Not Available:</i> Organic Whole Corn (white and yellow), Organic Sunflower Oil, sea salt, Lime/Calcium Hydroxide (processing aid).
House Made Chunky Salsa						approx 4g per 1/4c.	Canned Organic Diced Tomatoes (Organic tomatoes in organic tomato juice, sea salt, may contain naturally dirived citric acid and calcium chloride), Canned Diced Green Chiles (Green Chiles, salt, citirc acid, calcium chloride), Red or White Onion Finely chopped, Cilantro Finely Chopped, Sea Salt, Pricilla Green Chiles Roasted
Tapitio Sauce							Water, red peppers, salt, spices, garlic, acetic acid, xanthan gum. Sodium benzoate as a preservative.
Sour Cream		Yes				1g per 2Tbs	Grade A cultured cream
Organic 2% Milk		Yes				14g per 1c.	Organic Milk, Organic Skim Milk, Vitamin A Palmitate, Vitamin D

Taco Bar Dinner Served On Monday and Wednesday

Common Allergens

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Soy Milk			Yes			9g per 1c.	Organic Soy Base (water, whole organic soybeans), Dried Cane Syrup, Dipotassium Phosphate, Expeller-pressed Canola Oil, Sodium Citrate, Natural Flavor, Sea Salt, Carrageenan
Ice Water with Lemon							Water and lemon
Freshly Baked Gluten Free Chocolate Chip Cookie		Yes	Yes	Facility trace possible.	Egg		Chocolate Chips (sugar, chocolate liquor, cocoa butter, Milk fat, Soy lecithin, vanillin, salt), Sugar, Rice&Tapioca Flour, Butter, Canola Oil, Eggs (pastuerized), Invert Sugar, Soy Flour, Nonfat Dry Milk, Baking Soda, Vanilla Extract, Salt, Guar Gum. **Label reads: "Good Manufacturing Practices used to segregate ingredients in a facility that also processes Peanuts and Tree Nuts."
Enjoy Life Chocolate Chip Cookies						15g per 2 cookies	Flour Mix (Rice, Buckwheat, Millet), Chocolate Chips (Cane Sugar, Unsweetened Chocolate, Cocoa Butter), Palm Oil, Dried Cane Syrup, Brown Cane Sugar, Natural Flavors, Salt, Vanilla Extract, Leavening (Cream of Tartar, Baking Soda), Xanthan Gum, Konjac, Rosemary Extract. Company Message "Our tasty products are free-from the "top eight" allergens: wheat/gluten, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. Products are also made without casein, potato, sesame and sulfites."

Allergen Alternative

Spaghetti Dinner Served On Tuesday and Thursday

Common Allergens

Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other	Carb Count	Ingredient List
Thin Spaghetti Noodles	Yes				Trace Egg	41g per 2oz (dry)	Durum Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Contains Wheat Ingredients, ** Processed in a facility that uses egg** Cooked in water with organic olive oil
Amy's Vegetable Lasagna **Gluten free option available upon request**			Yes			39g per pie	Organic rice pasta* (water, organic rice flour), organic tomato puree*, organic zucchini*, organic spinach*, organic onions*, filtered water, Daiya™ Vegan Mozzarella-style shreds [filtered water, tapioca and/or arrowroot flours, expeller pressed safflower oil, coconut oil, pea protein, salt, vegan natural flavors, inactive yeast, vegetable glycerin, xanthan gum, lactic acid (derived from sugar), titanium dioxide (a naturally occurring mineral)], organic tofu* (filtered water, organic soybeans, nigari [magnesium chloride, a natural firming agent]), extra virgin olive oil, organic carrots*, basil, sea salt, organic garlic*, black pepper and spices.
House Made Meat Sauce with Chicken					Corn	approx 12g per 1/2c	Canned Crushed Tomatoes (Vine Ripened Tomatoes, Tomato Puree, Salt, Citric Acid), Canned Organic Tomato Sauce (Organic Tomato Puree (water, organic tomato paste), Organic Tomato Juice, Sea Salt, Organic Onion Powder, Naturally Derived Citric Acid, Organic Garlic Powder), Fresh Basil, Fresh Italian Parsley, Yellow or White Onions, Organic Minced garlic (Organic Garlic, Water, Citric Acid), Sea Salt, Ground Black Pepper, Garlic Powder, Italian Sesasoning (Oregano, Majoram, Thyme, Basil, Rasemary and Sage), Lawry's Seasoned Salt (Saly, Sugar, Spices (including Paprika, Tumeric), Onion, Corn Starch, Garlic, Natural Flavor, and Extractives of Paprika), Ground Chicken

Allergen Alternative

Spaghetti Dinner Served On Tuesday and Thursday

Common Allergens						Carb Count	Ingredient List
Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other		
House Made Marinara Sauce					Corn	approx 12g per 1/2c	Canned Crushed Tomatoes (Vine Ripened Tomatoes, Tomato Puree, Salt, Citric Acid), Canned Organic Tomato Sauce (Organic Tomato Puree (water, organic tomato paste), Organic Tomato Juice, Sea Salt, Organic Onion Powder, Naturally Derived Citric Acid, Organic Garlic Powder), Fresh Basil, Fresh Italian Parsley, Yellow or White Onions, Organic Minced garlic (Organic Garlic, Water, Citric Acid), Sea Salt, Ground Black Pepper, Garlic Powder, Italian Seasoning (Oregano, Majoram, Thyme, Basil, Rasemary and Sage), Lawry's Seasoned Salt (Saly, Sugar, Spices (including Paprika, Tumeric), Onion, Corn Starch, Garlic, Natural Flavor, and Extractives of Paprika)
Fresh Organic Broccoli Florets						3g per 1/2c.	Steamed
Sourdough Baguette Garlic Bread with House Made Garlic Butter Spread	Yes	Yes (facility)	Yes	Yes (facility)			<u>Bread:</u> Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Durum Wheat Flour (Niacin, Ferrus Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Yeast, Salt, Vegetable Gums (Acacia, Guar), Malt, Sea Salt, Wheat Flour, Guar Gum, DATEM, Soybean Oil, Artificial Flavor, Ascorbic Acid, Enzymes, Azodicarbonomide (ADA), L. Cysteine, Dextrose **Label Says: "May Contain Tree Nuts & Milk"**) <u>Garlic Spread:</u> European Whipped Butter Blend (Vegetable Oil Blend (Soybean Oil and Palm Oil), Skim Milk, Butter (Cream, Salt), Contains Less than 2% of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Soy Lecithin, Salt), Organic Minced Garlic (Organic Garlic, Water, Citric Acid), Garlic Powder, Dried Parsley Flakes
Grated Romano Cheese		Yes, sheep					Cheese Made from Sheep's Milk 100% (Cultured Milk, Salt, Enzymes, Minimum Age 6)
Olive Oil							100% organic extra vigin olive oil
Garden Green Salad Bar							Organic Baby Spring Mix, Romaine, Baby Grape Tomatoes, Sunflower Seeds, garbonzo beans, kidney beans, black beans (when available) and seasonal vegetables

Spaghetti Dinner Served On Tuesday and Thursday

Common Allergens						Carb Count	Ingredient List
Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other		
House Made Olive Oil Garlic Croutons	Yes	Facility	Yes		Tree nut (facility)		<u>Bread</u> : Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Durum Wheat Flour (Niacin, Ferrus Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Yeast, Salt, Vegetable Gums (Acacia, Guar), Malt, Sea Salt, Wheat Flour, Guar Gum, DATEM, Soybean Oil, Artificial Flavor, Ascorbic Acid, Enzymes, Azodicarbonomide (ADA), L. Cysteine, Dextrose **Label Says: "May Contain Tree Nuts & Milk"**; Organic Extra Virgin Olive Oil, Garlic Powder, Dried Basil
House Made Balsamic Dressing					Nut, Peanut, Soybean Oils (facility)	2g per 1Tbs	Organic Extra Virgin Olive Oil, Organic Balsamic Vinegar (Organic Balsamic Vinegar, Organic Grape Must. **Bottled in a facility that handles nut, peanut and soybean oils**), Organic Minced Garlic, Garlic Powder, Sea Salt, Restaurant Grind Black Pepper
House Made Yogurt Ranch Dressing		Yes	Yes			2g per 2Tbs	Vegenaise (Organic Expeller-Pressed Soybean Oil, Filtered Water, Organic Brown Rice Syrup, Organic Apple Cider Vinegar, Sea Salt, Organic Soy Protein, Organic Mustard Flour, Organic Lemon Juice Concentrate), Greek Yogurt (cultured and pasturized nonfat milk, live and active cultures: s. thermophilus, l. bulgaricus, l.acidiphilus, bifidius and l. casei), Fresh Dill, Parsley, Sea Salt, Garlic Powder, Restaurant Grind Black Pepper, Half and Half (milk and cream)
Organic 2% Milk		Yes				14g per Cup	Organic Milk, Organic Skim Milk, Vitamin A Palmitate, Vitamin D
Soy Milk			Yes			9g per 1c.	Organic Soy Base (water, whole organic soybeans), Dried Cane Syrup, Dipotassium Phosphate, Expeller-pressed Canola Oil, Sodium Citrate, Natural Flavor, Sea Salt, Carrageenan
Ice water with Lemon							Water and fresh Lemon

Spaghetti Dinner Served On Tuesday and Thursday

Common Allergens

	Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other	Carb Count	Ingredient List
	Fudge Brownie	Yes	Yes	Yes	Yes (facility)	Eggs	28g	Sugar, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola or soybean oil, cocoa (processed with alkali), contains 2% or less of the following: natural and artificial flavors (contains milk derivatives), egg whites, baking soda, monocalcium phosphate **Made on equipment that makes products containing soy and tree nuts**
Allergen Alternative	Enjoy Life Double Chocolate Chip Cookies						14g per 2 cookies	Flour Mix (Rice, Buckwheat, Millet), Chocolate Chips (Cane Sugar, Unsweetened Chocolate, Cocoa Butter), Palm Oil, Brown Cane Sugar, Dried Cane Syrup, Cocoa Powder, Natural Flavors, Vanilla Extract, Salt, Leavening (Cream of Tartar, Baking Soda), Xanthan Gum, Konjac, Rosemary Extract. Company Message "Our tasty products are free-from the "top eight" allergens: wheat/gluten, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. Products are also made without casein, potato, sesame and sulfites."

**BBQ Chicken Dinner
(4-day programs)**

Common Allergens

Food Item	Common Allergens					Carb Count	Ingredient List
	Wheat?	Milk?	Soy?	Trace nuts?	Other		
BBQ Chicken							Chicken leg and thigh dressed with sea salt, pepper, and garlic powder
Apricot/ Orange BBQ Sauce							Apricot Preserves, Orange Juice, Ketchup, Agave, Honey, Sea Salt, Pepper and Garlic Powder
Smashed Red Potatoes		Yes					Skin on Red Potatoes, Organic Half and Half, Organic 2% Milk, European Whipped Butter, Lowrys Season Salt,
Vegetable Gravy					Corn		Organic better than boullion vegetable soup base, corn starch, water
BBQ Beans							Pink beans, ketchup, onion, garlic, sea salt, black pepper, agave, honey, brown sugar, paprika, yellow mustard
Garden Green Salad Bar							Organic Baby Spring Mix, Romaine, Baby Grape Tomatoes, Sunflower Seeds, garbonzo beans, kidney beans, black beans (when available) and seasonal vegetables
House Made Olive Oil Garlic Croutons	Yes	Facility	Yes		Tree nut (facility)		<u>Bread:</u> Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Durum Wheat Flour (Niacin, Ferrus Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Yeast, Salt, Vegetable Gums (Acacia, Guar), Malt, Sea Salt, Wheat Flour, Guar Gum, DATEM, Soybean Oil, Artificial Flavor, Ascorbic Acid, Enzymes, Azodicarbonomide (ADA), L. Cysteine, Dextrose **Label Says: "May Contain Tree Nuts & Milk"**; Organic Extra Virgin Olive Oil, Garlic Powder, Dried Basil
House Made Balsamic Dressing					Nut, Peanut, Soybean Oils (facility)	2g per 1Tbs	Organic Extra Virgin Olive Oil, Organic Balsamic Vinegar (Organic Balsamic Vinegar, Organic Grape Must. **Bottled in a facility that handles nut, peanut and soybean oils**), Organic Minced Garlic, Garlic Powder, Sea Salt, Restaurant Grind Black Pepper

**BBQ Chicken Dinner
(4-day programs)**

Common Allergens						Carb Count	Ingredient List
Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other		
House Made Yogurt Ranch Dressing		Yes	Yes			2g per 2Tbs	Vegenaise (Organic Expeller-Pressed Soybean Oil, Filtered Water, Organic Brown Rice Syrup, Organic Apple Cider Vinegar, Sea Salt, Organic Soy Protein, Organic Mustard Flour, Organic Lemon Juice Concentrate), Greek Yogurt (cultured and pasturized nonfat milk, live and active cultures: s. thermophilus, l. bulgaricus, l.acidophilus, bifidius and l. casei), Fresh Dill, Parsley, Sea Salt, Garlic Powder, Restaurant Grind Black Pepper, Half and Half (milk and cream)
Organic Ketchup						5g per 1Tbs	Organic Tomato Concentrate from Red Ripe Organic Tomatoes, Organic Distilled Vinegar, Organic Sugar, Salt, Organic Onion Powder, Organic Spice, Natural Flavoring
Organic 2% Milk		Yes				14g per Cup	Organic Milk, Organic Skim Milk, Vitamin A Palmitate, Vitamin D
Soy Milk			Yes			9g per 1c.	Organic Soy Base (water, whole organic soybeans), Dried Cane Syrup, Dipotassium Phosphate, Expeller-pressed Canola Oil, Sodium Citrate, Natural Flavor, Sea Salt, Carrageenan
Ice water with Lemon							Water and fresh Lemon
Freshly Baked Gluten Free Chocolate Chip Cookie		Yes	Yes	Facility trace possible.	Egg		Chocolate Chips (sugar, chocolate liquor, cocoa butter, Milk fat, Soy lecithin, vanillin, salt), Sugar, Rice&Tapioca Flour, Butter, Canola Oil, Eggs (pastuerized), Invert Sugar, Soy Flour, Nonfat Dry Milk, Baking Soda, Vanilla Extract, Salt, Guar Gum. **Label reads: "Good Manufacturing Practices used to segregate ingredients in a facility that also processes Peanuts and Tree Nuts."

Gold Rush Cornbread Snack Served on Day 1

Common Allergens						Carb Count	Ingredient List
Food Item	Wheat?	Milk?	Soy?	Trace nuts?	Other		
Cornbread	Yes		Yes		Corn, Eggs		Flour, Corn Meal, Sugar, Salt, Baking Powder, Vegetable Oil (may contain soy), Eggs