**WRAAA Menu Descriptions/Allergies**

**Cycle 2, 2025**

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| **Entrees** | **Ingredients** | **Allergens** |
| Roasted Turkey Breast/Gravy | Turkey Breast, Poultry Sauce Concentrate | Milk |
| BBQ Chicken Breast | Chicken Breast, BBQ Sauce | Soy |
| Chicken Parmesan | Chicken Breast with Rib Meat, Soy and Vegetable Protein, Whole Wheat Flour, Enriched Wheat Flour, Tomato Sauce, Parmesan Cheese | Milk, Soy, Wheat |
| Stuffed Cabbage/Marinara Sauce | Tomato Puree, Cabbage, Rice, Beef, Diced Tomatoes, Carrots, Onions, Celery, Bread Crumbs, Eggs, Green Peppers | Eggs, Milk, Soy, Wheat |
| Beef Meatloaf/Gravy | Meatloaf Patty, Brown Sauce Concentrate | Eggs, Milk, Soy, Wheat |
| Stuffed Shells | Pasta Shell, Ricotta, Romano, Mozzarella Cheese | Eggs, Milk, Soy, Wheat |
| Glazed Ham | Ham, Pineapple Juice, Cornstarch | None |
| Breaded Fish | Breaded Pollock Fish Patty | Fish, Wheat, Soy |
| Salisbury Steak/Gravy | Beef, Chicken, Vegetable Protein, Wheat Flour, Onion, Bread Crumbs, Wheat Flour, Soybean Oil, Bell Peppers | Milk, Soy, Wheat |
| Chicken Cordon Bleu | Chicken Breast, Cooked Ham, Cream, Buttermilk, Parmesan Cheese, Vegetable Oil, Flour, Corn Flour, Romano Cheese Chicken, Swiss Cheese, American Cheese | Milk, Wheat |
| Vegetable Lasagna | Broccoli, Spinach, Onions, Lasagna Noodles, Carrots, Broccoli, Spinach, Ricotta Cheese, Cheddar Cheese, Mozzarella Cheese, Parmesan, Canola Oil, Bread Crumbs, Seasonings | Milk, Wheat, Soy |
| Salisbury Steak/Gravy | Salisbury Beef Patty, Brown Gravy | Milk, Soy, Wheat |
| Beef Sloppy Joe | Ground Beef, Diced Tomatoes, Tomato Paste, Onions, Green Peppers, Worcestershire Sauce, Taco Seasoning, Garlic Powder, Chili Powder, Basil | Soy, Fish |
| Chicken Breast Stuffed with Broccoli | Chicken Breast, Broccoli, Swiss Cheese, American Cheese, Cream, Bleached Wheat Flour | Milk, Wheat |
| Swedish Meatballs | Beef, Chicken, Textured Vegetable Protein, Bread Crumbs, Bell Peppers, Onions, Milk, Vegetable Oil, Soybean Oil, Seasonings, Brown Sauce Concentrate, Sour Cream | Milk, Soy, Wheat |
| Stuffed Green Pepper/Tomato Sauce | Green Peppers, Tomato Puree, Rice, Beef, Diced Tomatoes, Onions, Carrots, Celery, Bread Crumbs, Eggs, Milk | Eggs, Milk, Soy, Wheat |
| Chicken Piccata | Chicken Breast, Water, Chicken Soup Base, Lemon Juice, Capers, Wine, Onions, Seasonings | Milk, Wheat |
| Roasted Pork Loin | Pork Loin | None |
| Hamburger Patty | Beef, Water, Textured Vegetable Protein | Soy |
| Tomato Basil Chicken | Chicken, Tomato Soup, Milk, Parmesan Cheese, Garlic Powder, Basil | Wheat, Milk |
| Baked Chicken/Gravy | Chicken, Margarine, Flour, Chicken Soup Base | Milk, Soy, Wheat |
| Chicken Stir Fry | Chicken, Chicken Soup Base, Soybean Oil, Soy Sauce, Ginger, Garlic, Cornstarch | Soy |
| Beef Lasagna | Ground Beef, Tomatoes, Tomato Paste, Onions, Garlic Powder, Oregano, Sugar, Basil, Pasta, Cottage Cheese, Mozzarella Cheese, Cheddar Cheese, Parmesan Cheese, Water | Wheat, Milk |
| Chicken Alfredo | Chicken Breast, Alfredo Sauce | Milk |
| Breaded Chicken Breast | Chicken Breast with Rib Meat, Soy and Vegetable Protein, Whole Wheat Flour, Enriched Wheat Flour | Soy, Wheat |
| Meatballs and Spaghetti Sauce | Meatballs, Tomato Sauce, Tomatoes, Onions | Soy, Wheat |
| Meatballs | Beef, Chicken, Textured Vegetable Protein, Bread Crumbs, Bell Peppers, Onions, Milk, Vegetable Oil, Soybean Oil, Seasonings | Milk, Soy, Wheat |
| Corned Beef  | Corned Beef, Seasonings | None |
| Chicken Stew | Chicken, Beef Soup Base, Water, Tomatoes, Tomato Paste, Soy Sauce, Celery, Onions, Garlic Powder, Mixed Vegetables, Cornstarch | Soy, Wheat |
| Tuna Salad | Tuna, Celery, Pickle Relish, Onions, Mayo, Eggs, Red Peppers,  | Eggs, Fish |
| Sliced Turkey | Turkey | None |
| Swiss/American Cheese | Swiss Cheese | Milk, Soy |

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| **Side Items** | **Ingredients** | **Allergens** |
| Cheesy Potatoes | Nonfat Dry Milk, Instant Potatoes, Margarine, White Pepper, Shredded Cheese | Milk, Soy |
| Green Peas | Green Peas, Margarine, Water | Milk, Soy |
| Mashed Potatoes | Nonfat dry milk, Instant potatoes, White pepper | Milk |
| Green Beans | Green Beans, Margarine, Water, Ham Soup Base | Milk, Soy |
| Mixed Vegetables | Corn, Lima Beans, Green Beans, Green Peas, Carrots, Water | None |
| Pasta | Penne Pasta, Soybean Oil | Eggs, Milk, Soy, Wheat |
| Pasta with Pesto Sauce | Penne Pasta, Olive Oil, Basil, Romano Cheese, Water, Garlic, Sugar, Pine Nuts, Spices | Milk, Pine Nuts, Tree Nuts |
| Brussels Sprouts | Brussels Sprouts, Water, Margarine | Milk, Soy |
| Brown Rice | Brown Rice, Water, Salt, Margarine | Milk, Soy |
| Japanese Vegetables | Broccoli, Green Beans, Mushrooms, Onions, Red Bell Peppers, Soy Sauce | Soy |
| Coleslaw | Apples, Cabbage, Carrots, Onions, Mayonnaise, Apple Juice, Pepper, Yogurt, seasoning | Eggs, Milk |
| Three Bean Salad | Green Beans, Water, Wax Beans, Kidney Beans, Sugar, Vinegar, Onion, Bell Pepper, Salt, Soybean Oil, Tumeric | Soy |
| Baby Lima Beans | Lima Beans, Water | None |
| Sweet Potatoes | Sweet Potatoes, Soybean Oil | Soy |
| Diced Beets | Beets, Margarine, Cornstarch | Milk, Soy |
| Spinach | Spinach, Water, Margarine, Sugar, Ham Soup Base, Onions | Milk, Soy |
| Seasoned Potato Wedges | Potatoes, Vegetable Oil | None |
| Broccoli | Broccoli, Water, Margarine | Milk, Soy |
| Cabbage and Carrots | Cabbage, Carrots, Water | None |
| Antigua Blend | Carrots, Green Beans, Red Peppers, Broccoli, Cauliflower, Water  | None |
| Baked Beans | Canned Baked Beans w/Pork, Brown Sugar, Tomato Paste, Onions, Green Peppers | None |
| Buttered Egg Noodles | Egg Noodles, Soybean Oil, Margarine, Water | Eggs, Milk, Soy, Wheat |
| Au Gratin Potatoes  | Potatoes, Onion, Margarine, Water, Sugar, Sunflower Oil, Cheddar Cheese, Soybean Oil, Green Onions | Milk, Soy |
| Whole Kernel Corn | Corn, Water, Margarine | Milk, Soy |
| Stuffing | Flour, Cornmeal, Sugar, Baking Powder, Eggs, Buttermilk, Soybean Oil, White Bread, Margarine, Celery, Onions, Chicken Soup Base, Black Pepper, Poultry Seasoning | Eggs, Milk, Soy, Wheat |
| Red Cabbage | Cabbage, Water | None |
| Cape Cod Blend | Green Beans, Wax Beans, Carrots, Edamame, Dried Cranberries, Broccoli, Water | None |
| Succotash | Corn, Lima Beans, Water, Margarine | Milk, Soy |
| Mushrooms | Mushrooms | None |
|  Zucchini | Zucchini, Water, Margarine  | Milk, Soy |
| Macaroni and Cheese | Soybean Oil, Pasta, Cheese Sauce, Margarine, Cheddar Cheese | Milk, Soy, Wheat |
|  Cauliflower | Cauliflower, Water  | None |
| Capri Blend | Carrots, Green Beans, Squash, Zucchini | None |
| California Vegetables | Carrots, Cauliflower, Broccoli | None |
| Bermuda Blend | Carrots, Green Beans, Red Bell Peppers, Water | None |
| Sliced Carrots | Carrots, Water, Margarine | Milk, Soy |
| Glazed Carrots | Carrots, Water, Sugar, Cornstarch | None |
| Oven Roasted Potatoes | Red Potatoes, Soybean Oil, Italian Seasoning, Garlic Powder, Black Pepper | Soy |
| Sauerkraut | Cabbage, Water, Salt | None |
| Tomato, Cucumber, Onion Salad | Tomato, Cucumber, Onion, Bell Pepper, Sugar, Vinegar | None |

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| **Breads** | **Ingredients** | **Allergens** |
| Vanilla Wafers | Enriched Flour, Sugar, Vegetable Oil, Salt, High Fructose Corn Syrup, Leavening, Soy Lecithin, Natural and Artificial Flavors | Milk, Soy, Wheat |
| Whole Grain Dinner Roll | White Whole Wheat Flour, Enriched Flour, Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Eggs | Wheat, Soy, Eggs |
| WG Biscuit | Enriched Flour, Water, Buttermilk, Sugar, Nonfat Milk, Salt, Baking Soda | Milk, Wheat, Soy |
| Whole Grain Wheat Bread | Whole Wheat Flour, Enriched Wheat Flour, Sugar, Yeast, Salt, Soybean Oil | Wheat, Soy |
| Whole Grain White Bread | Whole Wheat Flour, Water, Enriched Wheat Flour, Sugar, Wheat Gluten, Yeast, Salt, Soybean Oil | Soy, Wheat |
| Whole Grain Garlic Toast | Whole Grain Wheat Flour, Enriched Flour, Water, Yeast, Wheat Gluten, High Fructose Corn Syrup | Wheat, Milk, Soy |
| Whole Grain Breadstick | Enriched Flour, Palm oil, Salt, Sugar, Yeast, Soy Flour, Wheat Gluten | Milk, Soy, Wheat |
| Whole Grain Hamburger Bun | White Whole Wheat Flour, Enriched Flour, Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil | Wheat, Soy |
| Whole Grain Cereal Bar | Whole Grain Oats, Enriched Flour, Soybean Oil, Whole Wheat Flour, Sugar | Milk, Soy, Wheat |
| Whole Grain Corn Muffin | Enriched Bleached Flour, Sugar, Water, Vegetable Oil, Eggs, Yellow Corn Meal, High Fructose Corn Syrup, Leavening, Modified Corn Starch, Salt, Cornstarch | Eggs, Wheat |
| Oatmeal Cookie | Sugar, Flour, Margarine, Soybean Oil, Oats, Raisins, Eggs, Molasses, Cinnamon | Eggs, Soy, Wheat, milk |

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| **Fruits** | **Ingredients** | **Allergens** |
| Tropical Fruit | Pineapple, Red Papaya, Guava, Yellow Papaya | None |
| Mixed Fruit | Peaches, Pears, Mandarin Oranges | None |
| Fresh Fruit Salad | Banana, Apples, Oranges, Pineapple Juice | None |

Allergen Disclaimer: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain