

WRAAA Menu Descriptions/Allergies Cycle 3, 2026

Entrees	Ingredients	Allergens
Lemon Picata Chicken	Chicken breast, brown sugar, spices, sauterne wine, lemon juice, capers, poultry sauce concentrate, chicken soup base, green onions, garlic powder, black pepper	Milk
BBQ Pork Patty	Pork, bbq sauce, spices, TVP, caramel color, smoke flavor, tomato puree, tomato paste, HFCS, vinegar, corn syrup, soybean oil, red 40, blue 1	Soy
Roasted Turkey Breast/Gravy	Turkey Breast, Poultry Sauce Concentrate	Milk
BBQ Chicken Breast	Chicken Breast, BBQ Sauce	Soy
Stuffed Cabbage/Marinara Sauce	Tomato Puree, Cabbage, Rice, Beef, Diced Tomatoes, Carrots, Onions, Celery, Breadcrumbs, Eggs, Green Peppers	Eggs, Milk, Soy, Wheat
Beef Meatloaf/Gravy	Meatloaf Patty, Brown Sauce Concentrate, Eggs, Seasonings, Flour, Vinegar, Tomato Ketchup, Bread Crumbs	Eggs, Milk, Soy, Wheat
Stuffed Shells	Pasta Shell, Ricotta, Romano, Mozzarella Cheese	Eggs, Milk, Wheat
Glazed Ham	Ham, Pineapple Juice, Cornstarch	None
Breaded Fish	Breaded Pollock Fish Patty	Fish, Wheat
Vegetable Lasagna	Tomato Paste, Canned Tomatoes, Onions, Lasagna Noodles, Carrots, Broccoli, Spinach, Cottage Cheese, Mozzarella, Parmesan	Milk, Wheat
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	Meatballs, Brown Sauce Concentrate, Sour Cream	Milk, Soy, Wheat
Stuffed Green Pepper/Tomato Sauce	Green Peppers, Tomato Puree, Rice, Beef, Diced Tomatoes, Onions, Carrots, Celery, Breadcrumbs, Eggs, Milk	Eggs, Milk, Soy, Wheat
Roasted Pork Loin	Pork Loin	None
Hamburger Patty	Beef, Water, Textured Vegetable Protein	Soy
Baked Chicken/Gravy	Chicken, Margarine, Flour, Chicken Soup Base	Milk, Soy, Wheat

Chicken Parmesan	Chicken Patty, Soy and Vegetable Protein, Whole Wheat Flour, Enriched Wheat Flour, Tomato Sauce, Parmesan Cheese, Soybean Oil	Milk, Soy, Wheat
Breaded Chicken Patty	Chicken, Soy and Vegetable Protein, Whole Wheat Flour, Enriched Wheat Flour, Seasonings	Soy, Wheat
Chicken Stir Fry	Chicken, Chicken Soup Base, Soybean Oil, Soy Sauce, Ginger, Garlic, Cornstarch	Soy, Wheat
Beef Lasagna	Ground Beef, Tomatoes, Tomato Paste, Onions, Garlic Powder, Oregano, Sugar, Basil, Pasta, Cottage Cheese, Mozzarella Cheese, Cheddar Cheese, Parmesan Cheese	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
Chicken Marsala	Chicken Breast, Margarine, Onions, Mushrooms, Chicken Soup Base, Water, Pepper, Tomatoes, Cornstarch, Tomato Sauce, Garlic Powder, Oregano	Soy, Milk
Meatballs and Spaghetti Sauce	Meatballs, Tomato Sauce, Tomatoes, Onions	Milk, Soy, Wheat
Chicken Stew	Chicken, Beef Soup Base, Water, Tomatoes, Tomato Paste, Soy Sauce, Celery, Onions, Garlic Powder, Mixed Vegetables, Cornstarch	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
Corned Beef	Corned Beef, Isolated soy protein, Seasonings	Soy
Tuna Salad	Tuna, Celery, Pickle Relish, Onions, Mayo, Eggs, Red Peppers,	Eggs, Fish
Grilled Chicken Breast	Boneless, skinless chicken breasts with rib meat, water, seasoning [corn syrup solids, brown sugar, salt, dextrose, vinegar powder, garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate, disodium guanylate), with not more than 2% safflower oil added], modified food starch, sodium phosphates.	

Side Items	Ingredients	Allergens
Sweet Potatoes	Sweet Potatoes	Soy
Green Peas	Green Peas, Margarine, Water	Milk, Soy
Mashed Potatoes	Nonfat dry milk, Instant potatoes, White pepper	Milk

Oven Roasted Potatoes	Red Potatoes, Soybean Oil, Italian Seasoning, Garlic Powder, Black Pepper	None
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
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	Coleslaw Mix, Coleslaw Dressing, Mayonnaise	Eggs
Three Bean Salad	Green Beans, Water, Wax Beans, Kidney Beans, Sugar, Vinegar, Onion, Bell Pepper, Salt, Soybean Oil, Turmeric	None
Baby Lima Beans	Lima Beans, Water	None
Harvard Beets, LF	Beets, Sugar, Vinegar, Cornstarch	None
Spinach	Spinach, Water, Margarine, Sugar, Ham Soup Base, Onions	Milk, Soy
Seasoned Potato Wedges	Potatoes, Vegetable Oil	None
Broccoli	Broccoli, Water, Margarine	Milk, Soy
Baby Carrots	Baby Carrots, Water	None
Capri Blend	Carrots, Green Beans, Squash, Zucchini	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
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
Kyoto Vegetable Blend	Carrots, Edamame, Corn, Red Peppers, 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
California Vegetables	Carrots, Cauliflower, Broccoli	None

Sliced Carrots	Carrots, Water, Margarine	Milk, Soy
Key Largo Vegetables	Carrots, Green Beans, Red Bell Pepper	None
Red Cabbage	Cabbage, Water	None
Cabbage & Carrots	Cabbage, Carrots	None
Cheesy Potatoes	Dry nonfat milk, potatoes, margarine, cheddar cheese	Milk, soy

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	Whole wheat flour, Malted barley flour, palm oil, baking soda, sugar, water	Milk, Wheat
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 Hamburger Bun	White Whole Wheat Flour, Enriched Flour, Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil	Wheat, Soy
Whole Grain Hot Dog Bun	Enriched Flour, Wheat Flour, Malted Barley Flour, High Fructose Corn Syrup, Sesame, Leavening Agent	Sesame, Wheat
Whole Grain Cereal Bar	Whole Grain Oats, Enriched Flour, Soybean Oil, Whole Wheat Flour, Sugar	Milk, Soy, Wheat
Rye Bread	Enriched Flour, Water, White Rye Flour, Caraway Seeds, Ground Dill, Cornmeal, Soybean Oil, Sugar	Sesame, Wheat
Oatmeal Raisin Cookie	Sugar, Flour, Margarine, Soybean Oil, Oats, Raisins, Eggs, Molasses, Cinnamon	Eggs, Soy, Wheat, Milk
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

Fruits	Ingredients	Allergens
---------------	--------------------	------------------

Tropical Fruit	Pineapple, Red Papaya, Guava, Yellow Papaya	None
Mixed Fruit	Peaches, Pears, Mandarin Oranges	None
Fresh Fruit Salad	Melons, Grapes	None
Fruit Cocktail	Peaches, Pears, Water, Grapes, Pear Juice Concentrate, Pineapples, Cherries	None

Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.