



WRAAA Menu Descriptions/Allergies Cycle 3, 2024

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
Hawaiian Chicken	Chicken Breast, Crushed Pineapple, Worcestershire Sauce, Soy Sauce, Soybean Oil, Red Peppers, Garlic Powder	Soy, Fish
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. Brown Sauce Concentrate	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
Beef Stroganoff	Ground Beef, Flour, Mushrooms, Worcestershire Sauce, Onions, Garlic Powder, Parsley, Beef Soup Base, Water, Pasta, Sour Cream	Wheat, Soy, Fish, Milk
Turkey Tetrazzini	Spaghetti, Green Peppers, Onions, Margarine, Mushrooms, Pimento, Flour, Chicken Base, Parsley, Cheddar Cheese, Turkey	Eggs, 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
Cheese Ravioli	Flour, Ricotta Cheese, Asiago Cheese, Eggs, Parmesan Cheese, Mozzarella Cheese	Eggs, 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

Glazed Ham	Ham, Pineapple Juice, Cornstarch	None
Chicken Breast Stuffed with Broccoli	Chicken Breast, Broccoli, Swiss Cheese, American Cheese, Cream, Bleached Wheat Flour	Milk, Wheat
BBQ Rib Patty	Pork Rib Patty, BBQ Sauce	Soy
Hamburger Patty	Beef, Water, Textured Vegetable Protein	Soy
Chicken and Dumplings	Water, Poultry Sauce Concentrate, Celery, Onions, Chicken, Tortilla	Milk, Soy, Wheat
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 Stir Fry	Roast Beef, Beef Soup Base, Water, Soy Sauce, Soybean Oil, Japanese Vegetables, Cornstarch	Soy
Beef Lasagna	Ground Beef, Ground Pork, Tomato Puree, Diced Tomatoes, Onions, Garlic Powder, Oregano, Sugar, Pasta, Cottage Cheese, Mozzarella Cheese, Cheddar Cheese, Parmesan Cheese, Ricotta Cheese, Skim Milk, Bread Crumbs, Soy Protein, Seasonings	Wheat, Milk, Soy
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
Rosemary Pork	Pork Loin, Rosemary, Olive Oil	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

Side Items	Ingredients	Allergens
Cheesy Potatoes	Nonfat Dry Milk, Instant Potatoes, Margarine, White Pepper, Shredded Cheese	Milk, Soy
Rice Pilaf	Rice, Margarine, Onions, Chicken Soup Base, Bay Leaf, White Pepper	Milk, Soy
Potato Salad	Potatoes, Red Peppers, Celery, Mashed Potatoes, Dry Milk, Water, Pickle Relish, Onions, Mayonnaise	Milk, Eggs, 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
Kyoto Vegetable Blend	Carrots, Edamame, Corn, Red Peppers, Broccoli, Water	None
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
Scalloped Potatoes	Scalloped Potatoes, Margarine, Water, Pepper, Garlic Powder	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
Peppers and Onions	Green Peppers, Onions, Water	None

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
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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