

## WRAAA Menu Descriptions/Allergies Cycle 1, 2024

Entrees	Ingredients	Allergens
Roasted Turkey Breast/Gravy	Turkey Breast, Poultry Sauce Concentrate	Milk
BBQ Chicken Breast	Chicken Breast, BBQ Sauce	Soy
Sweet and Sour Meatballs	Meatballs, Pineapple, Sugar, Ketchup, Cornstarch	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/Ketchup Glaze	Meatloaf Patty, Margarine, Flour, Beef Soup Base, Tomato Paste	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
BBQ Rib Patty	Pork Rib Patty, BBQ Sauce	Soy
Chicken Kiev	Chicken, Buttermilk, Parmesan Cheese, Vegetable Oil, Butter, Corn Flour, Romano Cheese Chicken, Swiss Cheese, American Cheese	Milk, Wheat
Vegetable Lasagna	Tomato Paste, Canned Tomatoes, Onions, Lasagna Noodles, Mushrooms, Carrots, Broccoli, 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, Bread Crumbs, Eggs, Milk	Eggs, Milk, Soy, Wheat
Lemon Gravy Chicken Breast	Chicken Breast, Cream of Chicken Soup, Milk, Apple Juice, Flour	Milk, Soy, Wheat
Roasted Pork Loin	Pork Loin	None
Cheese Ravioli	Flour, Ricotta Cheese, Asiago Cheese, Eggs, Parmesan Cheese, Mozzarella Cheese	Eggs, Milk, Wheat
Hamburger Patty	Beef, Water, Textured Vegetable Protein	Soy
Tomato Basil Chicken	Chicken, Tomato Soup, Milk, Parmesan Cheese, Garlic Powder, Basil	Wheat, Milk

Baked Fish	Fish, Margarine, Flour, Salt, Dill	Fish, Soy, Milk, 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 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
Chicken Cacciatore	Chicken Breast, Poultry Sauce Concentrate, Onions, Green Peppers, Tomatoes, Mushrooms, Flour, Thyme, Oregano	Milk
Meatballs and Spaghetti Sauce	Meatballs, Tomato Sauce, Tomatoes, Onions	Soy, Wheat
Beef Stew	Beef, Tomatoes, Worcestershire, Beef Soup Base, Onions, Celery, Garlic Powder, Basil, Thyme, Green Peas, Carrots, Potatoes, Cornstarch	Soy, Fish
Chicken Stew	Chicken, Beef Soup Base, Water, Tomatoes, Tomato Paste, Soy Sauce, Celery, Onions, Garlic Powder, Mixed Vegetables, Cornstarch	Soy, Wheat

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
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

Baby Lima Beans	Lima Beans, Water	None
Corn w/ Red Peppers	Corn, Red Peppers, Water	None
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
Baby Carrots	Baby 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
Diced Potatoes	Potatoes, Margarine, Parsley	Milk, Soy
Cape Cod Blend	Green Beans, Wax Beans, Carrots, Edamame, Dried Cranberries, Broccoli, Water	None
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
Cauliflower/Broccoli	Broccoli, Cauliflower, Water	None
Rice Pilaf	Rice, Margarine, Onions, Chicken Soup Base, Bay Leaf, White Pepper	Milk, Soy,
Capri Blend	Carrots, Green Beans, Squash, Zucchini	None
California Vegetables	Carrots, Cauliflower, Broccoli	None
Sliced Carrots	Carrots, Water, Margarine	Milk, Soy

<b>Breads</b>	<b>Ingredients</b>	<b>Allergens</b>
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

<b>Fruits</b>	<b>Ingredients</b>	<b>Allergens</b>
Tropical Fruit	Pineapple, Red Papaya, Guava, Yellow Papaya	None
Mixed Fruit	Peaches, Pears, Mandarin Oranges	None
Scalloped Apples	Apples, Brown Sugar, Lemon Juice, Cornstarch, Cinnamon, Nutmeg, Apple Juice, Margarine	Milk, Soy