

## ***Lunch Menu Ingredients***

### **Cheese Steak: Beef American Cheese**

***American Cheese:*** Milk, cheese cultures, salt enzymes, annatto vegetable color, water, cream, sodium citrate, color added, salt sorbic acid added as preservative, soy lecithin, (non sticking agent).

#### ***Roll***

Unbleached enriched wheat flour(flower, malted barley flour, niacin, reduced iron. Thiamine mononitrate (Vitamin B1) folic acid (A “B” vitamin) Riboflavin (vitamin B2) Contains 2% or less of each salt, soybean oil, yeast, high fructose corn syrup, dough conditioners (sodium sterol lactylate, ammonium sulfate, calcium sulfate, bromate.) Calcium propionate (A preservative). Corn flour.

### **Hamburger:**

Beef, water, soy concentrate, bread crumbs, (unbleached wheat flour, barley malt, salt yeast, vegetable shortening) Soybean and/or protein, salt, beef flavor, Natural Beef flavor, Autolyzed yeast, thiamine, hydrochloride, dextrose, butter flavor cream & butter extract, maltodextrin. onion and garlic powder.

#### ***Roll***

Enriched wheat flour(flower, malted barley flour, niacin, reduced iron. Thiamine mononitrate Vitamin B1, folic acid, Riboflavin, vitamin B2, water, high fructose corn syrup yeast, soybean oil, salt, wheat, gluten, calcium propionate, preservative, mono and diglycerides, monocalcium phosphate, sodium sterol lactylate, grain vinegar, calcium sulfate, soy lecithin.

### **Cheese Burger:**

Beef, water, soy concentrate, bread crumbs, (unbleached wheat flour, barley malt, salt yeast, vegetable shortening) Soybean and/or protein, salt, beef flavor, Natural Beef flavor, Autolyzed yeast, thiamine, hydrochloride, dextrose, butter flavor cream & butter extract, maltodextrin. onion and garlic powder.

***American Cheese:*** Milk, cheese cultures, salt enzymes, annatto vegetable color, water, cream, sodium citrate, color added, salt ascorbic acid added as preservative, soy lecithin, (non sticking agent.)

#### ***Roll***

Enriched wheat flour(flower, malted barley flour, niacin, reduced iron. Thiamine mononitrate Vitamin B1, folic acid, Riboflavin, vitamin B2, water, high fructose corn syrup yeast, soybean oil, salt, wheat, gluten, calcium propionate, preservative, mono and diglycerides, monocalcium phosphate, sodium sterol lactylate, grain vinegar, calcium sulfate, soy lecithin.

### **Hot Dog:**

Beef, Water, Salt, Flavorings Hydrolyzed, Soy. Protein, Sodium, Phosphate, Paprika, Spices, Sodium, Erythorbate, Sodium Nitrite.

#### ***Roll***

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Monoglycerides, Calcium Sulfate, Calcium Propionate ( A Preservative), Sodium Sterol lactylate, Guar Gum, Dextrose, Enzymes, Ascorbic Acid ( Dough Conditioner), Azodicarbonamide. Contains: Wheat and Soy

### **Macaroni and Cheese:**

Skim milk, macaroni, cheddar cheese, cultured milk, salt, enzymes, annatto color, soybean oil, bleached wheat flour and salt, regular milk.

### Buttered Ziti:

Durum wheat, Semolina, niacin, iron, ferrous sulfate, thiamin, mononitrate, riboflavin, folic acid.  
Melted butter.

### Cheese Quesadillas:

Cheese that is use for the Quesadillas is Monterey Jack and Mild Cheddar Cheese.

**Shell for Quesadillas:** bleached wheat flour, barley flour, niacin, iron, thiamine, mononitrate riboflavin, folic acid, water, soybean oil, diglycerides, salt, baking powder, dough conditioner, ascorbic acid. Fresh Chicken breast is used for the Chicken Quesadillas.

### Grilled Cheese:

**American Cheese:** Milk, cheese cultures, salt enzymes, annatto vegetable color, water, cream, sodium citrate, color added, salt sorbic acid added as preservative, soy lectihn, (non sticking agent.)

**Bread:** Enriched wheat flour(flour, malted barley flour, niacin, reduced iron. Thiamin mononitrate Vitamin B1, folic acid, Riboflavin, vitamin B2, water, high fructose corn syrup yeast, soybean oil, salt, wheat, gluten, calcium propionate, preservative, mono and diglycerides, monocalcium phosphate, sodium sterol lactylate, grain vinegar, calcium sulfate, soy lecithin.

### Mozzarella Sticks

Low moisture, part-skim mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), enriched what flour (flour, niacin, reduced iron, thiamine monoitrate, riboflavin, folic acid), soybean oil, yellow corn flour, water, modified corn starch, contains 2% or less of each of the following: soy lecithin, methylcellulose, salt, sugar, onion powder, dried yeast, garlic powder, spices, caramel color paprika extract, dried parsley, wheat starch, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), dried whey, guar gum, malt dextrin, artificial flavor.

**Contains: Milk, Wheat, Soy.**

### Mashed Potatoes

Potato, malted extrin, shortening powder, hydrogenated, soybean oil, lactose, sodium caseinate diposassium, phosphate, hydrogenated vegetable oil, cotton seed soybean, mono and diglycerides, artificial flour and color, sodium bisulfite, milk

### Gravy

Food starch, wheat flour, beef fat, citric acid, salt, maltod extrin, hydrolyzed plant portein, sugar, caramel color, onion powder, yeast extract, silicon dioxide, salt pepper, hydrogenated soybean and cottonseed il, dextrose, thiamine, hydrochloride, disodium inosinate, disodium guanylate.

### Chicken Breast Tyson Tender

Up to 12% of a Solution of Water, Sodium Phosphates and Salt, **Breaded with:** Bleached Wheat flour, salt yellow corn flour, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Sodium alginate natural flavors. **Battered with:** Water Bleached wheat Flour, Salt Yellow Corn Flour, Dextrose, Garlic powder, Spices, Spice extractive. **Predusted with:** Wheat flour, Wheat Gluten, and Salt. **Breading set in Vegetable oil. Contains Wheat.**

### Pizza

Dough—Oil, yeast, water, salt and sugar

Tomato Sauce—Tomatoes, garlic, water, salt and sugar.

Mozzarella Cheese

**Pretzels:**

Blends of enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, potassium bromated, thiamin mononitrate, riboflavin, folic acid), water, dough conditioner (dried whey, corn flour, monocalcium phosphate, soybean oil, wheat flour, l-cysteine, potassium bromated), yeast.

**Pierogis:**

**Water, potato flakes, potatoes, mono and diglycerides, sodium acid, pyrophosphate, citric acid,** soybean oil, eggs, spice, enriched flour, wheat flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid, onions, salt, yeast extract.

**Pasta and Meatballs:**

**Pasta:** Durum wheat, Semolina, niacin, iron, ferrous sulfate, thiamin, mononitrate, riboflavin, folic acid. Melted butter.

**Meatballs:** Beef and Pork, Water, Textured Soy Flour, Bread Crumbs (Wheat Flour, Salt), Soy Protein Concentrate, Less Than 2% of: Parmesan Cheese (Part Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Spices, Dehydrated Garlic, Onion Powder, Salt, Natural Flavors, Dextrose, Sodium Phosphate.

**Pasta Sauce:** Tomato concentrate water tomato pasta diced tomatoes, sugar, soybean oil, salt, garlic, onion, parsley, spices, citric Acid naturally derived.

**Ham & Cheese Panini:**

Ham and American Cheese Bread: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup  
Olive oil is used on the bread to cook Panini.

**Pepperoni and Mozzarella:**

Pepperoni and Mozzarella cheese. Bread: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup  
Olive oil is used on the bread to cook Panini.

**Taco**

Hamburger, Cheese, Lettuce

Taco shell: bleached wheat flour, barley flour, niacin, iron, thiamine, mononitrate riboflavin, folic acid, water, soybean oil, diglycerides, salt, baking powder, dough conditioner, ascorbic acid. Taco seasoning: dextrose corn, masa salt, dehydrated onions, garlic, cocoa powder, soy protein, citric acid, autolyzed yeast, extract, disodium guanylate, maltodextrin, soy.

Taco sauce: tomato puree, water, green peppers, onions, salt garlic powder, dehydrated cilantro, onion powder, vinegar ,corn syrup, food starch, sodium benzoate, potassium sorbate.

**Chicken Soup**

Chicken broth, carrots, cooked white chicken meat, celery, noodles (durum flour [enriched with niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], egg solids, egg white solids), contains 2% or less of reconstituted nonfat milk, modified food starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), chicken base (salt, cooked chicken meat, chicken broth, sugar, chicken fat, hydrolyzed corn protein with partially hydrogenated soybean and/or cottonseed oil, whey, onion powder, disodium inosinate and disodium guanylate, turmeric), salt, partially hydrogenated soybean oil, chicken flavor (chicken, yeast extract, salt, flavorings), butter (cream, salt), chicken fat, yeast extract, corn syrup solids, sautéed vegetables(carrots, celery, onion), emulsifier (mon-and diglycerides),sodium caseinate ( a milk derivative), onion powder, sugar, maltodextrin, spices, granulated garlic, corn oil, cornstarch, annatto (color), dipotassium phosphate, soy lecithin, natural flavor, fish gelatin, Yellow 5, canthaxanthin.

**Noodles:** Semolina, Durum Flour, Niacin, Iron, Ferrous Sulfate, Thiamine, Mononitrate Riboflavin, Folic Acid, Wheat Manufactured on Equipment That Processes product Containing Eggs.

**Jello:**

Sugar, gelatin, Adipic acid (for Tartness) contains less than 2% of artificial flavor, disodium phosphate and sodium citrate (control acidity) fumaric acid (for tartness) blue 1.

**Vanilla Pudding:**

Skim Milk, water sugar, modified food starch, partially hydrogenated, soybean oil, salt, sodium stearoyl lactylate, artificial flavor, sodium phosphate, color added (including FD&C yellow 5 and FD&C yellow 6).

**Chocolate Pudding:**

Skim Milk, water, sugar, modified food starch, partially hydrogenated soybean oil, cocoa (processed with alkali), dextrose, salt, sodium stearoyl, lactylate, natural and artificial vanilla flavor, FD&C yellow 5 and FD&C yellow 6.

**Soft Philly Pretzels:**

Bleached enriched flour (wheat flour, malted barley flour. Niacin, iron, potassium bromate, thiamin, mononitrate, riboflavin, folic acid), water, dough conditioner (dried whey, corn flour, monocalcium, phosphate, soybean oil, wheat flour, l-cysteine, potassium bromate) yeast. **Allergens:** Please be aware that our pretzels contain wheat and whey (a dairy by-product) Both are known allergens. We also bake our pretzels on equipment that could come in contact with seeds (poppy and sesame).

**Ice Cream:**

**Good Humor Ice Cream Cookie Sandwich:**

Frozen Dairy Dessert: Nonfat Milk, Sugar, Corn Syrup, Whey, Milkfat, Maltodextrin, Propylene Glycol Monoesters, Mono and Diglycerides, Cellulose Gum, Locust Bean Gum, Guar Gum, Carrageenan, Cellulose Gel, Polysorbate 80, Natural and Artificial Flavors, Annatto (for Color). Cookie: Bleached Wheat Flour, Sugar, Palm Oil, Chocolate Chips: Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin, Salt, Vanilla), Corn Syrup, Baking Soda, Salt, Molasses, Natural and Artificial Flavors, Soy Lecithin, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate). Chocolate Chips: Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin.

**Frederick Farms Lemon/Lime Sherbet:**

Skim milk, sugar, corn syrup, high fructose corn syrup, cream, stabilizer mono & diglycerides, guar gum, cellulose gum, carrageenan natural lemon flavor, water, sugar, citric acid xanthan gum, certified food color FD&C yellow #5, natural lime flavor water, sugar, citric acid, modified cornstarch, certified food colors FD&C Yellow #5, Blue#1 xanthan gum, citric acid.

**Frederick Farms Orange Sherbet:**

Milk, water, liquid sugar, sugar water, corn syrup, high fructose, corn syrup, orange base, water orange juice, concentrate orange pulp, natural flavor citric acid FD&C, yellow number 6, F.D.&C res #40, whey, cream, mono & diglycerides, guar gum, carboxymethyl, cellulose gum citric acid, nonfat milk, carrageenan.

**Frederick Farms Raspberry Sherbet:**

Milk, water, liquid sugar water, corn syrup, high fructose, corn syrup, raspberry flavoring, high fructose corn syrup, water, raspberry juice, concentrate, natural and artificial flavors, citric acid, FD&C Red No. 40, FD&C Blue #1, Whey cream, Mono & Diglycerides, guar gum, carboxymethyl cellulose gum, nonfat milk, carrageenan, citric acid

**Twin Pops:**

**Purple-**Water, corn syrup, hot fructose syrup, sugar, contains 1% or less of natural and artificial flavors. Citric acid, guar gum, cellulose gum, xanthan, green red #4, Blue 1

**Red-** All ingredients are the same except for the color dye. Red 4

**Orange-** All ingredients are the same except for the color dye Yellow 6 and Red 4

**Hershey Ice Cream:** [Please click here to be directed to the Hershey site.](#)

### Chick-Fil-A Chicken Sandwich

**Ingredients:** 100% natural whole breast fillet, seasoning (salt, monosodium glutamate, sugar, spices, paprika), **seasoned coater** (enriched bleached flour, [malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar salt, monosodium glutamate, nonfat mild, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), **milk wash** (water, whole powdered egg and nonfat mild solids), peanut oil (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added), **pickles** (cucumbers, water, vinegar, salt, contains less than 1% of the following: calcium chloride, sodium benzoate potassium sorbate [preservatives], natural flavors, polysorbate 80, Yellow #5, blue 1), butter-flavored vegetable oil (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color). Served on a standard 4-inch bun from a local bakery.

### Chick-Fil-A Char grilled Chicken Sandwich

**Ingredients:** 100% natural whole breast filet (water, chargrill seasoning [sugar, salt, dextrose, garlic powder, onion powder, maltodextrin, Autolyzed yeast extract, spice, disodium inosinate, Disodium guanylate, flavor, paprika], seasoning [salt, sugar, spices, and paprika], butter flavored vegetable oil [partially hydrogenated soybean oil, pam kernel oil, lecithin, artificial flavor, TBHQ, beta carotene], and isolated soy protein), **pickles** (cucumbers, water, vinegar, salt, contains less than 1% of the following: calcium chloride, alum, potassium sorbate and sodium benzoate [preservatives], natural flavors, polysorbate 80, Yellow #5, blue 1) butter-flavored vegetable oil (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color).

### Chick-Fil- A Nuggets

**Ingredients:** 100% natural chicken breast (seasoning [salt, monosodium glutamate, sugar, spices, paprika]), **seasoned coater** (enriched bleached flour [with malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), **milk wash** (water whole powdered egg and nonfat milk solids), **peanut oil** (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added).

### Chick-Fil-A Grilled Nuggets

**Ingredients:** Boneless skinless, chicken breast containing up to 16% solution of water, seasoning (yeast extract, onion powder, sea salt, garlic powder, sugar, salt, corn maltodextrin, gum arabic, natural flavor, lemon juice concentrate, vinegar solids), chicken flavor (chicken breast meat, chicken stock, salt, maltodextrin), modified corn starch, apple cider vinegar, water, soybean oil, sugar, cane molasses, salt, spices, chicken fat, dehydrated onion, yeast extract, corn maltodextrin, lemon peel, dehydrated garlic, red bell pepper, paprika, parsley, xanthan gum, natural flavor (including smoke) and calcium disodium EDTA (to protect quality), canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming

### Chick-Fil-A Sauce

**Ingredients:** Soybean oil, sugar, BBQ sauce, tomato paste, corn syrup, vinegar, natural hickory smoke, flavor Caramel, spices garlic, onion, natural flavor oleoresin paprika, water mustard, distilled vinegar, water, mustard seed , salt, turmeric, paprika spice, spice garlic, distilled vinegar, egg yolk, salt, cider vinegar, lemon juice concentrate, mustard flour, xanthan gum, natural flavor garlic, calcium disodium edta added to protect flavor

### Barbecue Sauce

**Ingredients:** Water, high fructose corn syrup, tomato paste, brown sugar, distilled vinegar, corn syrup, pineapple juice, concentrate, salt, modified food starch, spices, natural and artificial flavors, caramel color, potassium sorbates and sodium benzoate added as preservative, onion\*, garlic\*.

\*dehydrated

### Honey Mustard Sauce

**Ingredients:** Water, high fructose corn syrup, honey, spices, distilled vinegar, modified food starch, salt, soybean oil, molasses, sodium benzoate added as preservative, xanthan gum, onion\*, caramel color, garlic\*, natural flavors, oleoresin turmeric, anchovies, tamarind.\*dehydrated

### Honey Mustard BBQ

**Ingredients:** Soybean oil, sugar, water, distilled vinegar, honey, mustard (water, distilled vinegar, mustard seed, salt, turmeric, spices. may contain paprika and garlic powder), tomato paste, egg yolks, salt, onion puree, natural smoke flavor, annatto color, potassium sorbate and sodium benzoate added as preservatives, spice, xanthan gum, lemon juice concentrate, mustard seed, propylene glycol alginate, dehydrated onion, spices, caramel color, dehydrated garlic, calcium disodium edta added to protect flavor..

### Sweet & Spicy Sriracha

**Ingredients:** Sugar, water, red jalapeno mince (red jalapeno peppers, water, citric acid), distilled vinegar, chili garlic sauce (salted chili pepper [chili peppers, salt], water, sugar, rice vinegar, garlic\*, modified corn starch, acetic acid), distilled vinegar, soy sauce (water, wheat, soybeans, salt, sodium benzoate [preservative]), modified cornstarch, aged cayenne red pepper, salt, ginger, spice, acetic acid, garlic\*, cayenne red pepper\*, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, citric acid, calcium disodium edta added to protect flavor. \*dehydrated

### Zesty Buffalo

**Ingredients:** Distilled vinegar, water, aged cayenne red pepper, vegetable oil (soybean and/or canola), salt, egg yolk, contains less than 2% of whey protein concentrate, garlic, \* modified corn starch, xanthan gum, annatto & turmeric extract (color), potassium sorbate and sodium benzoate (preservatives), propylene glycol alginate, natural flavor, calcium disodium EDTA (to protect flavor). \*dried

### Garden Herb Ranch

**Ingredients:** Soybean oil, distilled vinegar, cultured buttermilk, sour cream (cream, modified corn starch, lactic acid, gelatin, guar gum, mono & diglycerides, sodium phosphate, acetic acid, citric acid, phosphoric acid, natural and artificial flavors), egg yolk, water, contains less than 2% of salt, sugar, buttermilk solids, garlic puree (garlic, water, citric acid), garlic,\* glucono-delta-lactone, onion,\* mustard flour, xanthan gum, potassium sorbate and sodium benzoate (preservatives), spice, green onion,\* calcium disodium edta (to protect flavor). \*dried.

### Standard 4" Bun

**Ingredients:** enriched flour (wheat flour, malted barley , niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin {vitamin B2}), water, corn syrup, contains 2% or less of each of thee following: liquid yeast, partially hydrogenated soybean oil, salt, wheat gluten, soy flour, dough conditioners (may contain one or more of the following: monoglycerides and diglycerides, calcium and sodium stearoyl lactylates, calcium peroxide), amyalse, yeast, nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), calcium propionate