



Breads and Spreads – Lunch Ingredient List

- **Bacon Egg and Cheese Breakfast Wrap:** Flour Tortilla, Bacon, Eggs, Shredded Cheddar, Butter
- **B.L.T. Wrap:** Flour Tortilla, Bacon, Lettuce, Cherry Tomato. (Side of Ranch)
- **Burrito Rice Bowl:** White Rice, Ground Beef (seasoned with Cumin, Paprika, Garlic Powder, Parsley, Salt and Pepper) Sour Cream, Shredded Cheddar
- **Egg and Cheese Breakfast Wrap:** Flour Tortilla, Shredded Cheddar, Eggs, Butter
- **Garlic Bread:** French Bread, Butter, Oregano, Garlic Powder, Paprika, Parsley, Salt and Pepper
- **Greek Salad:** Mixed Green Lettuce, Feta Cheese Crumbles, Cherry Tomatoes, Sliced Cucumbers, Homemade Greek Vinaigrette.
- **Greek Vinaigrette:** Olive Oil, Vegetable Oil, Pomegranate Red Wine Vinegar, Dijon Mustard, Dried Oregano, Minced Garlic, Honey, Salt and Pepper
- **Grilled Cheese:** White Bread, American Cheese, Butter

- **Ham and Swiss Sandwich:** White Bread, Sliced Ham, Swiss Cheese. (Side Mayo Packet)
- **Ham and American Sandwich:** White Bread, Sliced Ham, American Cheese. (Side Mayo Packet)
- **Hotdog:** All Beef Premium Hotdog, Hotdog Bun (Ketchup Packet)
- **Hummus:** Chickpeas (Garbanzo Beans), Tahini, Olive Oil, Minced Garlic, Lemon Juice, Cumin, Salt, Dried Parsley
- **Macaroni Elbows with Homemade Meat Sauce and Parmesan Cheese:** Macaroni Elbow Pasta, Homemade Meat Sauce (*Ground Beef, Vegetable Oil, Crushed Tomatoes, Basil, Yellow Onion, Minced Garlic*), Parmesan Cheese
- **Mixed Greens Salad:** Mixed Green Lettuce, Cherry Tomatoes, Sliced Cucumbers, Homemade Pita Croutons, Side Ranch Dressing
- **Pita Croutons:** Pita Bread, Olive Oil, Oregano
- **Ranch Dressing:** Hidden Valley Ranch (Seasoning, Buttermilk, Mayonnaise)
- **Sun Butter and Banana Sandwich:** White Bread, Sun Butter (100% Sunflower Seed Spread), Banana
- **Sun Butter and Jelly Sandwich:** White Bread, Sun Butter, Grape Jelly
- **Turkey and American Cheese Sandwich:** White Bread, Sliced Turkey, American Cheese. (Side Mayo Packet)
- **Turkey and Swiss Cheese Sandwich:** White Bread, Sliced Turkey, Swiss Cheese. (Side Mayo Packet)
- **Turkey Sausage, Egg and Cheese Breakfast Wrap:** Flour Tortilla, Turkey Sausage, Eggs, Cheddar Cheese, Butter
- **Turkey Bacon Wrap with Side Ranch:** Flour Tortilla, Bacon, Sliced Turkey, Lettuce, side of Ranch Dressing.

