

# List of Ingredients



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| <b>3-Cheese Tortelloni</b>                                       | Enriched Extra Fancy Durum Flour and Semolina (Durum Wheat Flour, Semolina, Niacin, Iron [Ferrous Sulfate], Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Ricotta Cheese (Whey, Milk, Vinegar, Carrageenan [stabilizer]), Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Whole Eggs, Bread Crumbs (Wheat Flour, Sugar, Yeast, Salt), Cooked Onions, Shredded Mozzarella Cheese (Low-Moisture Part-Skim Mozzarella Cheese [Cultured Pasteurized Part-Skim Milk, Salt, Enzymes], Powdered Cellulose [to prevent caking], Natamycin [a natural mold inhibitor]), Salt, Cooked Garlic, Spices, Beta Carotene. |
| <b>Applesauce</b><br><i>Gluten-Free</i>                          | Apple Puree, Apple Puree Concentrate.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Asian Seasoning</b>                                           | Salt, White Sesame Seed, Dehydrated Garlic, Sugar, Spices (Black Pepper, Ginger), Black Sesame Seed, Paprika (color), Chili Pepper, Dehydrated Onion, Torula Yeast, Extractives of Celery Seed, Extractives of Black Pepper.                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Avocado</b>                                                   | Avocado, Soybean Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Baguette</b>                                                  | Flour (Wheat, Malted Barley), Water, Yeast, Potato Flour, Sugar, Palm Oil, Salt, contains less than 2% of Cultured Wheat, Vinegar, Wheat Gluten, Ascorbic Acid, Soybean Oil, Corn Starch, Enzymes.<br><br>-OR-<br><br>Flour (Wheat, Malted Barley), Water, Potato Flour (Potatoes, Mono and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), contains less than 2% of each of Yeast, Sugar, Palm Oil, Salt, Cultured Wheat Flour, Vinegar, Guar Gum, Ascorbic Acid, Enzymes.                                                                                                                                                               |
| <b>Basil Pesto Cream Sauce</b><br><i>Gluten-Free</i>             | Cream, Water, Basil, Canola Oil, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Cultures, Salt, Enzymes), Salt, Gum Acacia, Xanthan Gum, Dehydrated Garlic, Cultured Dextrose, Maltodextrin, Spices.                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>BBQ Sauce</b><br><i>Gluten-Free</i>                           | Water, Sugar, Tomato Paste, Vinegar, Refiners' Molasses, Modified Potato Starch, Salt, Natural Smoke Flavor, Mustard Flour, Spice, Paprika, Onion Powder, Garlic Powder, Caramel Color, Maltodextrin, Chili Powder (Chili Pepper, Spice, Salt, Garlic), Autolyzed Yeast Extract, Natural Flavor.                                                                                                                                                                                                                                                                                                                                                 |
| <b>Black Sesame Seeds</b>                                        | Black Sesame Seeds.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Broccoli</b>                                                  | Broccoli.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Broccoli Slaw</b>                                             | Broccoli, Carrots, Red Cabbage.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Buffalo Sauce</b>                                             | Distilled Vinegar, Aged Cayenne Red Peppers, Salt, Water, Canola Oil, Paprika, Xanthan Gum, Natural Butter Type Flavor, Garlic Powder.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Butter</b>                                                    | Cream (Milk), Salt.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Caesar Dressing</b><br><i>Gluten-Free</i>                     | Soybean Oil, Water, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Distilled Vinegar, Anchovy Paste (Fish), Egg Yolk, Red Wine Vinegar, contains less than 2% of Garlic, Lemon Juice Concentrate, Sugar, Spices (including Mustard Seed), Salt, Molasses, Corn Syrup, White Wine, Caramel Color, Citric Acid, Tartaric Acid, Tamarind, Natural Flavor.                                                                                                                                                                                                                                                                                          |
| <b>Cavatappi Noodle</b>                                          | Durum Wheat Flour (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Cheddar Jack Cheese</b><br><i>Made with Hormone-Free Milk</i> | Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, color added), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), contains 2% or less of Potato Starch and Powdered Cellulose (to prevent caking), Natamycin (a natural mold inhibitor).                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Cheese Sauce</b><br><i>Gluten-Free</i>                        | Cheese Spread (Pasteurized Process Cheese Spread [Milk, Water, Skim Milk, Cream, Sodium Phosphate, Salt, contains 2% or less of Cheese Culture, Color Added {Apo Carotenal, Beta Carotene}, Enzymes], Lactic Acid, Natural Flavor), Milk (Milk, Vitamin D3), Water, Cheddar Blend (Shredded Cheddar Cheese [Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes)], Powdered Cellulose [to prevent caking]), Cream (Cream, Milk), Modified Food Starch, Unsalted Butter (Pasteurized Cream, Natural Flavorings), Salt, Sodium Phosphates.                                                                                            |

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| <b>Cheesy Garlic Bread</b>                               | Baguette, Marinara Sauce, Parmesan Cheese, Garlic (Garlic, Water), Italian Seasoning.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Chicken Broth</b><br><i>with Vegetables</i>           | Water, Celery, Carrot, Onion, Chicken Base (Chicken, Salt, Hydrolyzed Wheat Gluten Protein, Chicken Fat, Sugar, Whey Powder, Maltodextrin, Natural Flavors, Yeast Extract, Extractives of Turmeric and Annatto [color]), Rich Chicken Stock (Chicken, Water, White Wine, Onion, Carrots, Leeks, Spices, Parsley), Leeks, Extra Virgin Olive Oil, Unsalted Butter (Cream, Natural Flavoring), Thyme, Parsley, Black Pepper, Turmeric.                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Chocolate Chunk Cookie</b>                            | Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Palm Oil, Soybean Oil, Water, Salt, Natural Flavor [contains Milk], colored with Beta Carotene, Vitamin A Palmitate Added), Brown Sugar (Sugar, Invert Sugar, Molasses), Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, Cocoa Butter, Butteroil, Soy Lecithin [emulsifier], Vanilla), Oats, Sugar, Whole Egg, contains 2% or less of Vanilla Pudding (Sugar, Nonfat Milk, Food Starch-Modified, Salt, Titanium Dioxide [color], Cornstarch, Tetrasodium Pyrophosphate, Monocalcium Phosphate, Disodium Phosphate, Potassium Sorbate [preservative], Wheat Starch, Artificial Flavor, Yellow #5, Yellow #6), Water, Invert Syrup, Dextrose, Fructose, Baking Soda, Salt. |
| <b>Chow Mein Noodles</b>                                 | Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Corn Starch, contains 2% or less of Salt, Yeast, Sugar.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Citrus Dressing</b>                                   | Soybean Oil, Water, Concentrated Orange Juice, Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt), Lemon Purée (Lemon Juice, Sugar, Lemon Pulp Cells, Lemon Juice Concentrate, Ground Lemon Peel, Lemon Oil), Brown Sugar, Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Lime Juice (Water, Lime Juice Concentrate, Lime Oil), Sweet Cooking Rice Seasoning (Glucose Syrup, Water, Alcohol, Rice, Corn Syrup, Salt), Sugar, Modified Food Starch, Ginger, Dry Hoisin Blend (Sugar, Soy Sauce [{Wheat, Soybeans, Salt}], Maltodextrin, Salt), Rice Vinegar Powder [Maltodextrin {identity preserved}], Rice Vinegar], Dehydrated Garlic, Chili Pepper, Spices [Ginger, Black Pepper]), Sesame Seed Oil, Garlic.                                                                             |
| <b>Cotija Cheese Dressing</b>                            | Soybean Oil, Water, Cotija Cheese, Roasted Corn, Egg Yolk, Distilled Vinegar, Chili Powder (Chili Pepper, Spices, Salt, Dehydrated Garlic), Sugar, Lime Juice Concentrate, Buttermilk Powder, Corn Starch, Salt, Cilantro, Dehydrated Garlic, Natural Sour Cream Flavor (Sour Cream Solids, Whey, Whey Protein Concentrate, Natural Flavors, Yeast Extract, Salt), Cumin, Mustard Flour, Red Pepper, Rosemary Extract, Xanthan Gum (to provide thickness).                                                                                                                                                                                                                                                                                                                                                    |
| <b>Crispy Jalapeños</b>                                  | Jalapeño Peppers, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Canola Oil, Salt.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Egg Noodle</b>                                        | Durum Wheat Semolina, Durum Wheat Flour (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Eggs, Water, Soybean Oil.<br>-OR-<br>Durum Flour (Wheat), Egg Yolks or Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid, Water, Soybean Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Elbow Noodle</b>                                      | Durum Wheat Flour (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Feta Cheese</b><br><i>Made with Hormone-Free Milk</i> | Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Fire-Roasted Corn</b>                                 | Super Sweet Yellow Corn, Canola Oil, Extra Virgin Olive Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Four Cheese Alfredo Sauce</b>                         | Whipping Cream (Cream, Grade A Milk Powder, Carrageenan), Cheese Blend (Parmesan, Asiago and Romano Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes]), Powdered Cellulose (to prevent caking), Salt, Unsalted Butter (Cream, Natural Flavorings), Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Onion, Gorgonzola Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Penicillium Roquefortii, Cellulose [anti-caking agent]), Garlic, Black Pepper.                                                                                                                                                                                                                                                      |
| <b>Fresca Sauce</b><br><i>Gluten-Free</i>                | Soybean Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Caramel E 150d [color]), Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Extra Virgin Olive Oil, White Wine, Salt, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrot, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin, Onion Powder, Dried Potato, Organic Garlic Powder, Natural Flavor), Boiled Garlic, Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, contains 2% or less of Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Roasted Garlic, Green Onion, Black Pepper, Torula Yeast, Saladizer (Guar Gum, Xanthan Gum, Propylene Glycol Alginate), Oregano, Garlic Powder, Basil, Onion Powder, Mustard Flour.                                       |

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| <b>Garlic Croutons</b>                      | Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Canola Oil, Dehydrated Garlic, Salt, Water, Yeast, Maltodextrin, Natural Butter Flavor (a milk ingredient), Ascorbic Acid (Vitamin C).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Granulated Peanuts</b>                   | Dry Roasted Granulated Peanuts.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Grilled Chicken Breast</b>               | Boneless Skinless Chicken Breast Filets with Rib Meat contains up to 12% of a solution of Water, Soybean Oil, Salt, Sodium Phosphates, Garlic Powder, Black Pepper.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>IMPOSSIBLE™ Panko Chicken</b>            | Water, Wheat Flour, Soy Protein Concentrate, Soybean Oil, Sunflower Oil, 2% or less of Potato Starch, Methylcellulose, Salt, Natural Flavors, Yellow Corn Flour, Cultured Dextrose, Wheat Gluten, Yeast Extract, Dried Onion, Dried Garlic, Dextrose, Spices, Food Starch Modified, Paprika and Turmeric Extract (for color), Leavening (Cream of Tartar, Sodium Bicarbonate), Garlic Powder, Onion Powder, Corn Starch, Dried Yeast, Wheat Starch, Dextrin, Mixed Tocopherols (Antioxidant), Guar Gum, Vitamins and Minerals: Zinc Gluconate, Niacin (Vitamin B3), Calcium Pantothenate (Vitamin B5), Thiamine Hydrochloride (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12.                                                                                                                                                                 |
| <b>Italian Seasoning</b>                    | Salt, Spices (Black Pepper, Parsley, Basil, Rosemary, Savory, Oregano, Thyme), Dehydrated Garlic, Lavender.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Japanese Pan Sauce</b>                   | Water, Wheat Flour, Soy Protein Concentrate, Soybean Oil, Sunflower Oil, 2% or Less Of: Potato Starch, Methylcellulose, Salt, Natural Flavors, Yellow Corn Flour, Cultured Dextrose, Wheat Gluten, Yeast Extract, Dried Onion, Dried Garlic, Dextrose, Spices, Food Starch Modified, Paprika and Turmeric Extract (for color), Leavening (Cream of Tartar, Sodium Bicarbonate), Garlic Powder, Onion Powder, Corn Starch, Dried Yeast, Wheat Starch, Dextrin, Mixed Tocopherols (Antioxidant), Guar Gum, Vitamins and Minerals (Zinc Gluconate, Niacin (Vitamin B3), Calcium Pantothenate (Vitamin B5), Thiamine Hydrochloride (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12)                                                                                                                                                                |
| <b>Kalamata Olives</b>                      | Kalamata Olives, Water, Salt, Lactic Acid, Vinegar, Sunflower Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Korean BBQ Sauce</b>                     | Soy Sauce (Water, Wheat, Soybeans, Salt), Sugar, Water, Distilled Vinegar, Brown Sugar, Rice Vinegar, Gochujang Hot Pepper Paste (Water, Sugar, Red Chili Peppers Powder, Fermented Soybean Paste [Water, Soybeans, Rice, Salt, Alcohol], Pear Puree Concentrate, Salt, Salted Sake [Sake {Water, Rice, Koji}, Salt], Onion Powder, Garlic Powder, Yeast Extract, Rice Vinegar, Sesame Oil, Paprika Powder, Corn Starch), Vegetable Oil (Soybean and/or Canola), Sesame Oil, contains less than 2% of Chili Garlic Sauce (Salted Chili Peppers [Chili Peppers, Salt], Garlic, Sugar, Rice Vinegar, Water, Modified Corn Starch, Acetic Acid), Modified Corn Starch, Spice, Garlic,** Xanthan Gum, Chili Powder (Chili Pepper, Spice, Salt, Garlic), Propylene Glycol Alginate, Salt, Caramel Color, Green Onion,** Natural Flavor (including Celery).<br><br>**Dried                     |
| <b>LEANguini</b>                            | Water, Health Sense Flour, Whole Egg, Vital Wheat Gluten, Durum Flour (Milled Wheat, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Lo Mein</b>                              | Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Natural Yellow Color (Turmeric and Annatto Color), Salt, Potassium Carbonate, Sodium Carbonate.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Marinara Sauce</b><br><i>Gluten-Free</i> | Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, Water, Tomato Paste, Seasoning (Sugar, Modified Cornstarch, Salt, Spices), Canola and Extra Virgin Olive Oil Blend, Garlic (Garlic, Water), Spices.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Marinated Steak</b>                      | Beef, Water, Seasoning (Savory Flavor [Natural Flavor, Maltodextrin], Caramelized Sugar [Caramelized Sugar, Maltodextrin], Salt, Soy Sauce [Soy Sauce {Fermented Soybeans, Salt}, Tapioca Maltodextrin, Salt], Beef Stock, Corn Starch, Beef Fat, Sugar, Onion Powder, Flavor [Yeast Extract, Modified Corn Starch, Natural Flavor, Maltodextrin], Spice, Garlic Powder, Yeast Extract, Spice Extractive), Seasoning (Caramelized Sugar [Caramelized Sugar, Maltodextrin], Savory Flavor [Natural Flavor, Maltodextrin], Salt, Soy Sauce [Soy Sauce {Fermented Soybeans, Salt}, Tapioca Maltodextrin, Salt], Beef Stock, Corn Starch, Beef Fat, Sugar, Onion Powder, Flavor [Yeast Extract, Modified Corn Starch, Natural Flavor, Maltodextrin], Spice, Garlic Powder, Yeast Extract, Spice Extractive), Beef Fat Rice Starch, Soybean Oil, Dextrose, Salt, Garlic Powder, Black Pepper. |

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| <b>Med Dressing</b><br><i>Gluten-Free</i>                      | Sour Cream (Cultured Milk, Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum), Yogurt (Cultured Pasteurized Grade A Whole Milk, Modified Food Starch, Pectin, Carrageenan, contains live active cultures [L.Bulgaricus, S.Thermophilus]), Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Salt, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Garlic, Soybean Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>MontAmoré® Cheese</b><br><i>Made with Hormone-Free Milk</i> | MontAmoré Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [to prevent caking]).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Oven-Roasted Meatballs</b>                                  | Beef, Bread Crumbs (Bread Crumbs [Bleached Wheat Flour, Yeast, Sugar, Salt], Cheddar/Parmesan/Blue Cheeses [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Wheat Flour, Wheat Starch, Salt, Dried Garlic, Maltodextrin, Natural Flavor, Nonfat Dry Milk, Spice, Yeast Extract, Dried Parsley), Water, Seasoning (Salt, Dried Garlic, Spices, Dried Onion, Brown Sugar, Yeast Extract, Caramel Color, Dried Parsley, Dried Tomato, Maltodextrin, Natural Flavor), Natural Flavor.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Oyster Crackers</b>                                         | Unbleached Wheat Flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Pad Thai Sauce</b><br><i>Gluten-Free</i>                    | Brown Sugar, Soybean Oil, Organic Blue Agave, Fish Sauce (Anchovy, Sea Salt, Sugar, Syrup), Tamarind Concentrate (Tamarind, Water), Water, Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Lime Juice (Water, Lime Juice Concentrate, Lime Oil), Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, contains 2% or less of Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Garlic, Salt, Modified Food Starch.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Parmesan Cheese</b><br><i>Made with Hormone-Free Milk</i>   | High-Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to prevent caking).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Parmesan-Crusted Chicken</b><br><i>(Varies By Market)*</i>  | <p>Boneless, Skinless Parmesan-Breaded Chicken Breast Fillets containing up to 10% of a solution of Water, Seasoning (Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spices, Natural Flavors, Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Maltodextrin, Autolyzed Yeast Extract). Breaded with Bleached Wheat Flour, Parmesan, Cheddar and Blue Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Modified Wheat Starch, Salt, Yeast Extract, Natural Flavors, Garlic Powder, Maltodextrin, Nonfat Milk, Spices, Sugar, Yeast, Dehydrated Parsley, not more than 2% Calcium Silicate (to prevent caking). Battered with Water, Bleached Wheat Flour, Modified Wheat Starch, Yellow Corn Flour, Salt, Yeast Extract, Cheddar and Blue Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Natural Flavors, Nonfat Milk, Sugar, Maltodextrin, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Garlic Powder, Spices, Soybean Oil (processing aid). Prebrowned in Vegetable Oil.</p> <p>-OR-</p> <p>Uncooked Chicken Breast Fillets containing up to 12% of a solution of Water, Seasoning (Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spices, Natural Flavors, Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Maltodextrin, Autolyzed Yeast Extract). Battered with: Water, Bleached Wheat Flour, Modified Wheat Starch, Yellow Corn Flour, Salt, Yeast Extract, Cheddar and Blue Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Natural Flavors, Nonfat Milk, Sugar, Maltodextrin, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Garlic Powder, Spices, Soybean Oil (processing aid). Breaded with: Bleached Wheat Flour, Parmesan, Cheddar and Blue Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Modified Wheat Starch, Salt, Yeast Extract, Natural Flavors, Garlic Powder, Maltodextrin, Nonfat Milk, Spices, Sugar, Yeast, Dehydrated Parsley, not more than 2% of Calcium Silicate (to prevent caking). Product is parfried in Vegetable Oil.</p> <p>-OR-</p> <p>Boneless, Skinless Parmesan-Breaded Chicken Breast Fillets containing up to 11.1% of a solution of Water, Seasoning (Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spices, Natural Flavors, Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Maltodextrin, Autolyzed Yeast Extract). Breaded with Bleached Wheat Flour, Parmesan, Cheddar and Blue Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Modified Wheat Starch, Salt, Yeast Extract, Natural Flavors, Garlic Powder, Maltodextrin, Nonfat Milk, Spices, Sugar, Yeast, Dehydrated Parsley, not more than 2% Calcium Silicate (to prevent caking). Battered with Water, Bleached Wheat Flour, Modified Wheat Starch, Yellow Corn Flour, Salt, Yeast Extract, Cheddar and Blue Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Natural Flavors, Nonfat Milk, Sugar, Maltodextrin, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Garlic Powder, Spices, Soybean Oil (processing aid). Prebrowned in Vegetable Oil.</p> |
| <b>Penne Rigate Noodle</b>                                     | Durum Wheat Semolina (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

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|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pipette Noodle</b><br><i>Gluten-Free</i>             | Organic Corn Flour, Organic Rice Flour, Water, Soybean Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Plain Tortilla Strips</b>                            | Corn masa flour, vegetable oil (sunflower, safflower and/or canola), salt.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Potstickers</b>                                      | Chicken, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cabbage, Bok Choy, Mushroom (Mushrooms, Water, Salt, Citric Acid, Ascorbic Acid), Carrot, Onion, Sesame Seed Oil, contains less than 2% of Ginger, Cilantro, Garlic, Spice, Chili Sauce (Salted Chili Peppers [Chili Peppers, Salt], Water, Sugar, Rice Vinegar, Dehydrated Garlic, Modified Corn Starch, Acetic Acid), Soy Sauce (Water, Wheat, Soybeans, Salt), Rice Flour, Modified Food Starch, Canola Oil, Salt.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Potsticker Sauce</b>                                 | Water, Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt), Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Molasses, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Ginger Juice, Garlic, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrot, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Barley Malt Extract [gluten], Dried Onion, Dried Potatoes, Dried Garlic), Modified Food Starch, Citric Acid (preservative).                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Rice Crispy/Kids Crispy</b>                          | MINI MARSHMALLOWS: Corn Syrup, Sugar, Modified Cornstarch, Dextrose, Water, contains less than 2% of Gelatin, Tetrasodium Pyrophosphate (whipping aid), Natural and Artificial Flavor, Blue 1. OR MINI MARSHMALLOWS: Corn Syrup, Sugar, Modified Corn Starch, Water, Gelatin. Contains 2% or less of Natural and Artificial Flavor, Tetrasodium Pyrophosphate. CRISP RICE CEREAL: Rice, Sugar, Salt, Malt Extract, Tocopherols (preservative). Vitamins and Minerals: Iron (Ferric Orthophosphate), Vitamin C (Sodium Ascorbate), Vitamin A (Palmitate), Niacinamide, Zinc (Zinc Oxide), Vitamin B1 (Thiamine Mononitrate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin D (Cholecalciferol), Vitamin B2 (Riboflavin), Folic Acid, Vitamin B12 (Cyanocobalamin). OR RICE CRISPY CEREAL: Rice, Sugar, contains 2% or less of Salt, Malt Flavor. Vitamins and Minerals: Iron (Ferric Phosphate), Niacinamide, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Vitamin B2 (Riboflavin), Folic Acid, Vitamin B12, Vitamin D3. BUTTER: Cream (Milk), Salt. |
| <b>Rice Noodle</b><br><i>Gluten-Free</i>                | Rice Flour, Water, Soybean Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Roasted Garlic Cream Sauce</b><br><i>Gluten-Free</i> | Heavy Whipping Cream (Heavy Cream, Grade A Nonfat Milk Powder, Carrageenan), Milk (Grade A Whole Milk, Vitamin A Palmitate, Vitamin D3), Water, Onion, White Wine, Unsalted Butter (Pasteurized Cream, Natural Flavorings), Vegetarian Chicken Flavor Base (Water, Salt, Hydrolyzed Soy and Corn Protein, Soy Protein Concentrate, Corn Oil, Onion Powder, Autolyzed Yeast Extract, Natural Flavoring, Soy Protein Isolate, Sugar, Garlic Powder, Turmeric), Roasted Garlic, Modified Food Starch, Garlic, Salt, Soybean Oil, Seasoning Blend (Salt, Yeast Extract, Dehydrated Vegetables [Mushroom, Garlic, Onion, Tomato], Maltodextrin, Spice), Black Pepper.                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Roasted Mushrooms</b>                                | White Mushrooms, Soybean Oil, Garlic, Salt, Black Pepper.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Roasted Zucchini</b>                                 | Zucchini, Soybean Oil, Salt, Black Pepper.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Rosa Cream Sauce</b><br><i>Gluten-Free</i>           | Tomatoes in Tomato Puree, Cream, Onions, contains 2% or less of Canola and/or Olive Oil, Modified Food Starch, Salt, Spices, Sugar, Xanthan Gum.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Sautéed Shrimp</b>                                   | WHITE SHRIMP (Shrimp, Salt, Sodium Tripolyphosphate [to retain moisture]), Water, SOYBEAN OIL (Soybean Oil), VEGETABLE BROTH (Salt, Sugar [Beet], Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Smolder From Boulder</b>                             | Spices, Capsicum Oleoresin.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Snoodle Doodle Cookie</b>                            | Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (Palm Oil, Soybean Oil, Water, Salt, Natural Flavor [contains Milk], colored with Beta Carotene, Vitamin A Palmitate Added), Toffee Bits (Sugar, Sunflower Oil, Butter [Cream, Salt], Almonds, Sweetened Condensed Milk [Milk, Sugar], Milk Chocolate [Sugar, Cocoa Butter, Chocolate, Nonfat Milk, Milk Fat, Lactose, Salt, Soy Lecithin, Natural Flavor], Corn Syrup, Salt, Soy Lecithin), Whole Egg, Invert Syrup, Cinnamon Sugar (Sugar, Cinnamon, Cornstarch), contains 2% or less of Vanilla Pudding (Sugar, Nonfat Milk, Food Starch-Modified, Salt, Titanium Dioxide [color], Cornstarch, Tetrasodium Pyrophosphate, Monocalcium Phosphate, Disodium Phosphate, Potassium Sorbate [preservative], Wheat Starch, Artificial Flavor, Yellow #5, Yellow #6), Baking Soda, Natural Flavor.                                                                                                                                             |

|                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Soybean Oil</b>                        | Refined Soybean Oil (no soy allergen).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Spaghetti Noodle</b>                   | Durum Wheat Semolina (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Tofu, Seasoned</b>                     | TOFU (Water, Soybeans, Coagulants [Calcium Sulfate and/or Nigari {Magnesium Chloride} and/or Glucono Delta-Lactone]), JAPANESE PAN SAUCE (Water, Soy Sauce [Water, Salt, Sugar, Soybeans, Wheat, Molasses], Molasses, Rice Vinegar Dressing [Rice Vinegar, Water, Sugar, Salt], Lemon Juice [Water, Lemon Juice Concentrate, Lemon Oil], Sesame Oil, Sriracha [Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid], Ginger, Natural Vegetable Base [Vegetables and Concentrated Vegetables {Carrot, Celery, Onion, Tomato}, Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin {from corn}, Natural Flavor, Canola Oil, Barley Malt Extract {gluten}, Dried Onion, Dried Potatoes, Dried Garlic], Modified Corn Starch, Garlic, Citric Acid [preservative]), SOYBEAN OIL (Soybean Oil), ASIAN SEASONING (Salt, White Sesame Seed, Dehydrated Garlic, Sugar, Spices [Black Pepper, Ginger], Black Sesame Seed, Paprika [color], Chili Pepper, Dehydrated Onion, Torula Yeast, Extractives of Celery Seed, Extractives of Black Pepper), VEGETABLE BROTH (Salt, Sugar [Beet], Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic). |
| <b>Udon Noodle</b><br>(Varies By Market)* | Bleached Wheat Flour, Water, Salt, Corn Starch, Soybean Oil.<br>-OR-<br>Wheat Flour, Water, Corn Starch, Vegetable Oil (Canola/Soybean Oil), Salt, Fumaric Acid, Lactic Acid.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Vegetable Broth</b>                    | Salt, Sugar (Beet), Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Zucchini Noodle</b>                    | Zucchini, Salt.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

Although we can prepare dishes with ingredients that do not contain allergen ingredients, please keep in mind, we do have peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat gluten in our restaurants, and unfortunately we cannot eliminate all risk of cross-contamination (or cross-contact) with your food.

As we continually strive to evolve and improve, our ingredient list is subject to change.

\*For specific ingredients in your market, please email [guestrelations@noodles.com](mailto:guestrelations@noodles.com)



# Dish Reference Chart

| Classic Noodles                                                   |                                                                                                                                                                                 |
|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3-Cheese Tortelloni Pesto</b>                                  | 3-Cheese Tortelloni<br>Roma Tomatoes<br>White Mushrooms<br>Vegetable Broth<br>Basil Pesto Cream Sauce<br>Parmesan Cheese<br>Soybean Oil                                         |
| <b>3-Cheese Tortelloni Rosa</b>                                   | 3-Cheese Tortelloni<br>Roma Tomatoes<br>White Mushrooms<br>Vegetable Broth<br>Rosa Cream Sauce<br>Spinach<br>Parmesan or Feta Cheese<br>Soybean Oil                             |
| <b>Alfredo MontAmoré®</b><br><i>with Parmesan-Crusted Chicken</i> | Spaghetti Noodle<br>Four Cheese Alfredo Sauce<br>Parmesan-Crusted Chicken<br>Roma Tomatoes<br>Roasted Mushrooms<br>MontAmoré Cheese<br>Spinach<br>Black Pepper                  |
| <b>Buttered Noodles</b>                                           | Egg Noodle<br>Butter<br>Parmesan Cheese<br>Italian Seasoning                                                                                                                    |
| <b>Pasta Fresca</b><br><i>with Shrimp</i>                         | Penne Rigate Noodle<br>Fresca Sauce<br>Red Onions<br>Roma Tomatoes<br>Spinach<br>Soybean Oil<br>Vegetable Broth<br>Parmesan Cheese<br>Sautéed Shrimp                            |
| <b>Penne Rosa</b>                                                 | Penne Rigate Noodle<br>Rosa Cream Sauce<br>Roma Tomatoes<br>Vegetable Broth<br>White Mushrooms<br>Parmesan or Feta Cheese<br>Spinach<br>Soybean Oil                             |
| <b>Penne Rosa</b><br><i>with Parmesan-Crusted Chicken</i>         | Penne Rigate Noodle<br>Parmesan-Crusted Chicken<br>Rosa Cream Sauce<br>Roma Tomatoes<br>Vegetable Broth<br>White Mushrooms<br>Parmesan or Feta Cheese<br>Spinach<br>Soybean Oil |
| <b>Pesto Cavatappi</b>                                            | Cavatappi Noodle<br>Roma Tomatoes<br>Vegetable Broth<br>Basil Pesto Cream Sauce<br>White Mushrooms<br>Parmesan Cheese<br>Soybean Oil                                            |

|                                                       |                                                                                                                                                                      |
|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pesto Cavatappi</b><br><i>with Grilled Chicken</i> | Cavatappi Noodle<br>Grilled Chicken Breast<br>Roma Tomatoes<br>Vegetable Broth<br>Basil Pesto Cream Sauce<br>White Mushrooms<br>Parmesan Cheese<br>Soybean Oil       |
| <b>Roasted Garlic Cream Tortelloni</b>                | 3-Cheese Tortelloni<br>Roasted Zucchini<br>White Mushrooms<br>Vegetable Broth<br>Roasted Garlic Cream Sauce<br>Spinach<br>MontAmoré Cheese<br>Parsley<br>Soybean Oil |
| <b>Spaghetti</b>                                      | Spaghetti Noodle<br>Marinara Sauce<br>Parmesan Cheese                                                                                                                |
| <b>Spaghetti &amp; Meatballs</b>                      | Spaghetti Noodle<br>Marinara Sauce<br>Oven-Roasted Meatballs<br>Parmesan Cheese                                                                                      |

| World Famous Macs                   |                                                                                                                |
|-------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>BBQ Chicken Mac</b>              | Elbow Noodle<br>Cheese Sauce<br>Grilled Chicken Breast<br>Cheddar Jack Cheese<br>BBQ Sauce<br>Crispy Jalapeños |
| <b>Buffalo Chicken Mac</b>          | Elbow Noodle<br>Cheese Sauce<br>Parmesan-Crusted Chicken<br>Parmesan Cheese<br>Buffalo Sauce<br>Green Onions   |
| <b>Gluten-Sensitive Pipette Mac</b> | Pipette Noodle<br>Cheese Sauce<br>Cheddar Jack Cheese                                                          |
| <b>Wisconsin Mac &amp; Cheese</b>   | Elbow Noodle<br>Cheese Sauce<br>Cheddar Jack Cheese                                                            |

| LEANguini               |                                                                                  |
|-------------------------|----------------------------------------------------------------------------------|
| <b>LEANguini Rosa</b>   | LEANguini<br>Rosa Cream Sauce<br>Mushrooms<br>Spinach<br>Tomatoes<br>Parm Cheese |
| <b>LEANguini Fresca</b> | LEANguini<br>Red Onion<br>Tomato<br>Spinach<br>Fresca Sauce<br>Parm Cheese       |

## Zoodles

### Zucchini Roasted Garlic Cream

Zucchini Noodles  
Roasted Zucchini  
Mushrooms  
Spinach  
Roasted Garlic Cream Sauce  
MontAmore Cheese  
Parsley

### Zucchini Pesto

*with Grilled Chicken*

Zucchini Noodle  
Grilled Chicken Breast  
Roma Tomatoes  
Vegetable Broth  
Basil Pesto Cream Sauce  
White Mushrooms  
Parmesan Cheese  
Soybean Oil

## Asian Noodles

### Japanese Pan Noodles

Udon Noodle  
Japanese Pan Sauce  
Broccoli  
Carrots  
White Mushrooms  
Soybean Oil  
Cilantro  
Black Sesame Seeds

### Japanese Pan Noodles

*with Marinated Steak*

Udon Noodle  
Marinated Steak  
Japanese Pan Sauce  
Broccoli  
Carrots  
White Mushrooms  
Soybean Oil  
Cilantro  
Black Sesame Seeds

### Pad Thai

Rice Noodle  
Pad Thai Sauce  
Cage-Free Scrambled Eggs  
Vegetable Broth  
Napa/Red Cabbage Blend  
Lime  
Granulated Peanuts  
Soybean Oil  
Green Onions  
Cilantro

### Spicy Korean Beef Noodles

Lo Mein  
Korean BBQ Sauce  
Marinated Steak  
Vegetable Broth  
Napa/Red Cabbage Blend  
Cucumbers  
Green Onions  
Spinach  
Soybean Oil  
Cilantro

## Salads and Soups

### Backyard BBQ Salad

Mixed Greens Cheddar  
Jack Cheese  
Tomato  
Red Onion  
BBQ Coleslaw Dressing  
Fire-roasted corn  
Chicken

### Caesar Salad

Romaine  
Caesar Dressing  
Garlic Croutons  
Parmesan Cheese

### Grilled Chicken Caesar

Tuscan Greens and Kale  
Grilled Chicken Breast  
Caesar Dressing  
Garlic Croutons  
Parmesan Cheese

### The Med Salad

*with Chicken*

Mixed Greens  
Grilled Chicken Breast  
Cavatappi Noodle  
Roma Tomatoes  
Cucumbers  
Med Dressing  
Kalamata Olives  
Red Onions  
Feta Cheese

### Chicken Noodle Soup

Chicken Broth with  
Vegetables  
Egg Noodle  
Grilled Chicken Breast  
Served With:  
Oyster Crackers

## Shareables

### Cheesy Garlic Bread

Baguette  
Marinara Sauce  
Parmesan Cheese  
Garlic  
Butter  
Italian Seasoning

### Korean BBQ Meatballs

Oven-Roasted Meatballs  
Korean BBQ Sauce  
Asian Seasoning

### Potstickers

Potstickers  
Potsticker Sauce  
Red Pepper

## Desserts, Bread and Proteins

### Cookies Rice Crispy Flatbread Baguette Proteins

See List of Ingredients

### Kids Meals

|                                             |                                                                                 |
|---------------------------------------------|---------------------------------------------------------------------------------|
| <b>Buttered Noodles</b>                     | Egg Noodle<br>Butter<br>Parmesan Cheese<br>Italian Seasoning                    |
| <b>Grilled Chicken Breast with Marinara</b> | Grilled Chicken Breast<br>Marinara Sauce                                        |
| <b>Spaghetti &amp; Meatballs</b>            | Spaghetti Noodle<br>Marinara Sauce<br>Oven-Roasted Meatballs<br>Parmesan Cheese |
| <b>Wisconsin Mac &amp; Cheese</b>           | Elbow Noodle<br>Cheese Sauce<br>Cheddar Jack Cheese                             |

### Kids Meals - Sides

|                                                |                         |
|------------------------------------------------|-------------------------|
| <b>Applesauce<br/>Broccoli<br/>Kids Crispy</b> | See List of Ingredients |
|------------------------------------------------|-------------------------|

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