A complete guide to this weeks menu, ingredient list and allergen information.
Macaroni and Cheese

Pasta  SEMOLINA (WHEAT), DURUM WHEAT FLOUR. VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID

Cheese Sauce ( heavy cream, whole milk, cheddar cheese, American cheese, unsalted butter, AP Flour, Honey, hot sauce, sea salt, black pepper

SEED BUTTER AND JELLY

SUNFLOWER SEED, PUMPKIN SEED, SUNFLOWER OIL, HONEY, KOSHER SALT

JAM OR JELLY ( FRUIT, WHITE SUGAR, PECTIN, LEMON JUICE,)

ON WHOLE WHEAT BREAD OR WHITE BREAD

Deli :

Ham—Whole Pitted ham, apple juice, honey, whole cloves

Chefs Soup

Turkey and Wild Rice Soup

Chicken Stock (CHICKEN LEGS, ONION, CELERY, CARROTS, GARLIC, LEEKS, PEPPERCORN, THYME SAGE, SAGE, PARSLEY, BAY LEAFS, SALT), Turkey breast, turkey thigh, white onion, celery, carrots, wild rice, garlic, parsley, sage, thyme, kosher salt, black pepper, bay leaf.
CHEF'S SOUP

VEGETABLE MINestrONE

DICED TOMATOES, TOMATO PASTE, CELERY, WHITE ONION, CARROTS, GREEN BEANS, WHITE BEANS, PASTA (AP FLOUR, SALT), ZUCCHINI, SUMMER SQUASH, SPINACH, BASIL, FENNEL SEED, KOSHER SALT, WHITE SUGAR, BLACK PEPPER, PARSLEY, THYME, GARLIC.

ENTRÉE:

CHICKEN POT PIE

CHICKEN BREAST, CHICKEN THIGH, WHITE ONIONS, CELERY, CARROTS, YUKON RED BKiSS POTATOES, HEAVEY CREAM, AP FLOUR, UNSALTED BUTTER, THYME, PARSLEY, SAGE, TARRAGONA, GARLIC, KOSHER SALT, BLACK PEPPER

PUFF PASTRY—ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, thiAMiN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM AND SOYBEAN OIL, WATER, SALT, MONOCALCIUM PHOSPHATE.

SEED BUTTER AND JELLY

SUNFLOWER SEED, PUMPKIN SEED, SUNFLOWER OIL, HONEY, KOSHER SALT

JAM OR JELLY (FRUIT, WHITE SUGAR, PECTIN, LEMON JUICE)

ON WHOLE WHEAT BREAD OR WHITE BREAD

DELI:

Tuna Salad—

White meat Tuna, mayo (egg yolk, EVOO, canola oil, kosher salt, white vinegar, white sugar, lemon juice, celery, parsley
**Nashoba Brooks Ingredients List**

3-12-2020

By Sodexo

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**Entrée:**

**Black Bean Burrito**
Whole Wheat Wrap (WHEAT FLOUR, ENRICHED WITH: NIACIN, IRON, THIAMIN, MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2) AND FOLIC ACID, WATER, WHOLE WHEAT FLOUR, VITAL WHEAT GLUTEN, HONEY, YEAST, BROWN SUGAR, ROLLED OATS, SALT, SOYBEAN OIL, DEXTROSE, SOY FLOUR, MALTED WHEAT FLOUR, CALCIUM PROPIONATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, ASCORBIC ACID, COTTONSEED OILS, ACETIC ACID, LACTIC ACID, FUNGAL ENZYMES, ENZYME. CONTAINS: WHEAT AND SOY)

Black Beans, Rice (canola oil, garlic powder, onion powder, oregano, chili powder, cumin, coriander, kosher salt, black pepper) Cheddar Cheese

**Corn Chip**—Corn Tortilla Fried in Canola oil, with Kosher Salt

**SEED BUTTER AND JELLY OR FRUIT**

SUNFLOWER SEED, PUMPKIN SEED, SUNFLOWER OIL, HONEY, KOSHER SALT

JAM OR JELLY (FRUIT, WHITE SUGAR, PECTIN, LEMON JUICE)

ON WHOLE WHEAT BREAD OR WHITE BREAD

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**Deli:**

**Barley Salad**—Barley, Red Beets, Feta Cheese, Spinach

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**Chefs Soup**

**Lemon Chicken Soup**

Chicken Stock (CHICKEN LEGS, ONION, CELERY, CARROTS, GARLIC, LEEKS, PEPPERCORN, THYME SAGE, SAGE, PARSLEY, BAY LEAVES, SALT), chicken breast, chicken thigh, white onion, celery, carrots, lemon juice, garlic, parsley, sage, thyme, kosher salt, black pepper, bay leaf