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

White Cheddar Cheese, Unsalted Butter, Cumin, Paprika, Dark Chili Powder, Garlic Powder, Onion Powder, Oregano, Black Pepper, Kosher Salt,

**Wheat Wrap**: Wheat Four (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sea Salt (Salt, Magnesium Carbonate), Enzymes, Yeast, Vitamin C.

**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

Turkey — Brined Turkey Breast and Thigh (water, kosher salt, white sugar, thyme, parsley, pepper corn, bay leaf, rosemary, sage

Mushroom Chili

BUTTON MUSHROOMS, PORTOBELLO MUSHROOMS, WHITE ONION, BELL PEPPER, TOMATO PASTE, DICED TOMATOES, ANCHO CHILI PEPPER, SAGE, CHILI POWDER, GARLIC, CUMIN, CORRIANDER, KOSHER SALT, BLACK PEPPER
Nashoba Brooks Ingredients List
4-1-2020

By Sodexo

Entrée:

Shepard’s Pie
Ground Turkey, Yukon Mashed Potatoes, Peas, White Onion, Canola Oil, Oregano, Parsley, Rosemary, Garlic, Kosher Salt, Black Pepper

SEED BUTTER AND JELLY
SUNFLOWER SEED, PUMPKIN SEED, CHIA SEEDS, SUNFLOWER OIL, HONEY, KOSHER SALT
JAM OR JELLY (FRUIT, WHITE SUGAR, PECTIN, LEMON JUICE)
ON WHOLE WHEAT BREAD OR WHITE BREAD

Yogurt Bar:

Tuna Salad—White Meat Tuna, Mayo (Canola oil, Egg Yolk, White Vinegar, White Sugar, Kosher Salt, Lemon Juice) Celery, Parsley, Lemon Juice, Kosher Salt, Black Pepper

Chefs Soup

Broccoli Cheese Soup
Whole Milk, White Cheddar Cheese, Broccoli, Leeks, Unsalted Butter, AP Flour, Bay Leave, Kosher Salt, Black Pepper
Nashoba Brooks Ingredients List

4-2-2020

By Sodexo

Entrée:

BBQ Pulled Chicken
WHOLE WHEAT BUNS (WHEAT FLOUR, ENRICHED WITH: NIACIN, IRON, THIAMIN, MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2) AND FOLIC ACID, WATER, WHOLEWHEAT 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)
Chicken Breast, Chicken Thigh, Heinz Ketchup, White Onion, Garlic, Molasses, Brown Sugar, Onion Power, Garlic Powder, Oregano

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

Deli:

Potato Salad:
Red Bliss Potato, Red Vinegar, EVOO, Dijon Mustard, Red Onion, Hardboiled Egg, White Sugar, Kosher Salt, Black Pepper, Chive

Chefs Salad

Baked Beans
Pinto Beans, Brown Sugar, Heinz Ketchup, White Onion, Molasses
Nashoba Brooks Ingredients List

4-3-2020

By Sodexo

Entrée :

Spaghetti and Meat Sauce

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

Whole Peel Tomatoes, Tomato Pure, Tomato Paste, 80/20 Beef, White onion, Garlic, Oregano, Basil, Parsley, White Sugar, Kosher Salt, Black Pepper, EVOO

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

Dessert :

Strawberry Shortcake — AP FLOUR, WHITE SUGAR, Unsalted Butter, Baking Powder, Kosher Salt, Vanilla extract, Strawberries, Whipped cream (Heavy Cream, White Sugar, Vanilla Extract.)

Chefs Salad

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Anti-Pasta Salad

Chopped Romaine lettuce, tomato, cucumber, peppers, banana pepper, red onion, olives, ham, roast beef, provolone cheese.