BREADS/GRAINS (ANY BREAD/GRAIN MAY BE INCLUDED WITH THE SALAD)

**Breadstick:** Whole wheat flour, water, bleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), wheat gluten, soybean oil, yeast, granulated sugar, calcium propionate (to retard spoilage), dough improver (malted wheat flour, enzymes and 2% or less of ascorbic acid), salt, calcium sulfate, enzymes. Contains: Wheat, soy.

**Tea Roll:** Water, whole wheat flour, unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, fully refined soybean oil, yeast, granulated sugar, salt, dough improver (malted wheat flour, enzymes and 2% or less of ascorbic acid), calcium propionate (to retain freshness), calcium sulfate, enzymes. Contains: Wheat, soy.
OMAHA PUBLIC SCHOOLS
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ASIAN CRISPY CHICKEN SALAD
Breaded chicken patty: Chicken, water, whole wheat flour, textured soy protein concentrate, isolated soy protein, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breading set in vegetable oil. Contains: Soy, wheat.
Pineapple tidbits: Pineapple tidbits, pineapple juice, citric acid. Chow mein noodles: Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), palm oil, contains 2% or less of: salt, yeast, sugar. Contains wheat.

BAJA CHICKEN SALAD
Grilled chicken strips: Chicken meat, water, modified food starch, sodium phosphates, reduced sodium sea salt (sea salt, potassium chloride, rice flour). Black bean salsa: Black beans: Prepared black beans, water, salt, and calcium chloride (firming agent). Diced tomatoes: Vine-ripened tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid. Salsa mix: Dehydrated onions, garlic, chili peppers, salt, cilantro, chili powder, vinegar powder, citric acid. Tri-colored tortilla chips: Whole grain corn, water, vegetable oil (cottonseed, corn, and/or sunflower), contains 2% or less of: salt, lime, chili pepper, cumin, garlic, oregano, red 40, red 40 lake, blue 1, yellow 5, yellow 6, propylene glycol, caramel color, mono and diglycerides, tragacanth gum, polysorbate 80, citric acid, mono and triglycerides, sunflower lecithin, soy lecithin. Contains: Soy.

BEEF TACO SALAD
Taco meat: Beef: 100 percent ground beef. The average fat content is 16 percent. Seasoning: Onion, salt, spices, potato starch, paprika, garlic. Tortilla chips: Whole grain corn, water, vegetable oil (contains one or more of the following: cottonseed, corn, and/or sunflower). American cheese: Cultured milk, water, cream, dairy product solids, sodium citrate, salt, potassium citrate, sorbic acid (preservative), color added, enzymes, soy lecithin (non-sticking agent). Contains milk, soy. Black bean salsa: Black beans: Prepared black beans, water, salt, calcium chloride (firming agent). Diced tomatoes: Vine-ripened tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid. Salsa mix: Dehydrated onions, garlic, chili peppers, salt, cilantro, chili powder, vinegar powder, citric acid. Other ingredients: Fresh onions, corn, lime juice (water, high fructose corn syrup, concentrated lime juice, natural flavor, sodium benzoate, citric acid, potassium metabisulfite, yellow #5, blue #1), iceberg and romaine mix, and spinach. Contains: Milk, soy.
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CHICKEN CAESAR SALAD
Grilled chicken strips: Chicken meat, water, modified food starch, sodium phosphates, reduced sodium sea salt (sea salt, potassium chloride, rice flour). Croutons: Bread: Whole wheat flour, water, bleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), wheat gluten, yeast, soybean oil, granulated sugar, dough improver: (wheat flour, calcium stearoyl lactylate, salt, calcium sulfate, <DATEM>, soy oil, contains 2% or less of: potassium iodate, ascorbic acid, enzyme, l-cysteine, azodicarbonamide), calcium propionate (to retard spoilage), salt, calcium sulfate, enzymes. Contains: wheat, soy. Margarine: Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of nonfat dry milk, soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. Contains milk, soybean. Garlic powder: Garlic, granulated. Caesar dressing: Soybean oil, vinegar, water, apple cider vinegar, grated romano cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, contains less than 2% of: garlic, Tobasco brand pepper sauce (white vinegar, red pepper, salt), sugar, spices, anchovy (fish), garlic powder, mustard flour, carrageenan, xanthan gum, beta carotene (for color). Contains fish, soy, milk. Other ingredients: Iceberg and romaine mix, spinach. Contains: Wheat, soy, milk.

GRILLED CHICKEN SALAD
Boneless chicken breasts: Chicken breast with rib meat, water, seasoning (corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, soybean oil, thiamine hydrochloride, disodium inosinate, disodium guanylate)), sodium phosphates. Red devil hot sauce: Distilled vinegar (vinegar and water), red cayenne peppers, salt, guar gum, xanthan gum, ascorbic acid (to preserve freshness). Other ingredients: Iceberg and romaine mix, grape tomatoes. Contains: Soy.
CHEF SALAD (ANY COMBINATION OF INGREDIENTS MAY BE USED)

Salad mix: Iceberg & romaine mix.
Spinach: Raw spinach.
Grape Tomatoes, Radish, Broccoli Florettes, Mini Carrots, Cucumber, Zucchini, Jicama, Green Pepper, Celery.
Grilled chicken strips: Chicken meat, water, modified food starch, sodium phosphates, reduced sodium sea salt (sea salt, potassium chloride, rice flour).
Eggs, diced: Hard cooked eggs, citric acid, sodium benzoate, and nisin preparation (as preservatives).
Smoked turkey: Turkey thigh meat, water, salt, dextrose, brown sugar, lite salt, (sodium and potassium chloride), modified food starch, sodium phosphate, sodium erythorbate, sodium nitrite.
Turkey Deli: Turkey breast, turkey broth, contains 2% or less of sea salt, modified food starch, sugar, sodium phosphate.
American cheese: Cultured milk, water, cream, dairy product solids, sodium citrate, salt, potassium citrate, sorbic acid (preservative), color added, enzymes, soy lecithin (non-sticking agent). Contains: Milk, soy.
American cheese, white: Cultured milk, water, cream, dairy product solids, sodium citrate, salt, potassium citrate, sorbic acid (preservative), enzymes, soy lecithin (non-sticking agent). Contains: Milk, soy.
Mozzarella cheese: Pasteurized part skim milk, cheese cultures, salt, enzymes. Contains: Milk.
Cheddar cheese: Pasteurized milk, cheese culture, salt, enzymes, and annatto-color (if colored). Contains: Milk.
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SALAD DRESSINGS

**Caesar dressing:** Soybean oil, vinegar, water, apple cider vinegar, grated romano cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, contains less than 2% of: garlic, Tobasco brand pepper sauce (white vinegar, red pepper, salt), sugar, spices, anchovy (fish), garlic powder, mustard flour, carrageenan, xanthan gum, beta carotene (for color). Contains soy, milk, fish.

**French Dressing:** High fructose corn syrup, soybean oil, distilled vinegar, tomato paste, water, salt, garlic powder, xanthan gum, beet juice concentrate, propylene glycol alginate, Worcestershire sauce (vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarin), paprika extract, onion powder, extracts of celery, caramel color. Contains soy.

**Italian Dressing:** Water, soybean oil, high fructose corn syrup, distilled vinegar, salt, minced garlic, propylene glycol alginate, minced onion, xanthan gum, bell pepper, spices, calcium disodium EDTA (to protect flavor), extractives of paprika and turmeric (color). Contains: Soy.

**Ranch Dressing, Reduced Fat:** Dressing Mix: Whey, garlic & onion powder, maltodextrin, dextrose, xanthan gum, spices, natural flavor. Contains milk. Buttermilk: Cultured lowfat milk, nonfat dry milk, locust bean gum, food starch, carrageenan, mono and diglycerides, food starch-modified, salt, vitamin A palmitate, vitamin D3. Contains milk. Reduced Fat Mayonnaise with Olive Oil: Water, olive oil, canola oil, soybean oil, mixed food starch, vinegar, sugar, maltodextrin, eggs, contains less than 2% of egg yolks, salt, mustard flour, dried onions, dried garlic, natural flavor, beta carotene (color), lactic acid, potassium sorbate and calcium disodium EDTA (to protect flavor), phosphoric acid. Contains: Egg.

**Southwestern Ranch Dressing, Fat-Free:** Dressing mix: Salt, whey, garlic, maltodextrin, onion, dextrose, cellulose gum, spice, parsley, natural flavor. Buttermilk: Cultured lowfat milk, nonfat dry milk, locust bean gum, food starch, carrageenan, mono and diglycerides, food starch-modified, salt, vitamin A palmitate, vitamin D3. Contains: Milk. Reduced Fat Mayonnaise with Olive Oil: Water, olive oil, canola oil, soybean oil, mixed food starch, vinegar, sugar, maltodextrin, eggs, contains less than 2% of egg yolks, salt, mustard flour, dried onions, dried garlic, natural flavor, beta carotene (color), lactic acid, potassium sorbate and calcium disodium EDTA (to protect flavor), phosphoric acid. Contains: Egg.

**Taco Seasoning:** Onion, salt, spices, potato starch, paprika, garlic. Contains: Milk, soy, egg.