

Nashoba Brooks Recipe Guide

Fan Favorite-Chicken Pot Pie

Chicken breast, potato, green peas, carrot, button mushroom, garlic powder, onion powder, white pepper, chicken broth, margarine, flour

ALLERGENS: Gluten, Soy, Wheat

Alternate Entrée-Cheese Tortellini with Marinara, garlic, crushed tomato, parsley, salt, pepper, basil

Cheese tortellini, marinara sauce, mozzarella cheese

ALLERGENS: Eggs, Gluten, Milk, Wheat

Soup-Broccoli Cheddar Soup

Margarine, yellow onion, celery, flour, vegetable broth, broccoli, black pepper, American cheese, cheddar cheese, half and half, salt

ALLERGENS: Gluten, Milk, Soy, Wheat

Starch-Dinner Roll

Enriched flour, water, yeast, sugar, and butter or shortening, along with milk, salt, eggs

ALLERGENS: Gluten, Wheat

Vegetable-Fried Okra

Okra, canola oil

Composed Salad-Greek Salad

Iceberg lettuce, romaine lettuce, carrot, cucumber, tomato, feta cheese, black olive, balsamic vinaigrette

ALLERGENS: Milk, Mustard

Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

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Fan Favorite-Pulled Chicken Tacos

Flour tortilla, chicken breast, romaine lettuce, cucumber, plum tomato, yogurt, feta cheese, garlic, lemon juice, oregano, black pepper, olive oil

ALLERGENS: Gluten, Milk, Soy, Wheat

Alternate Entrée-Roasted Vegetable Tacos

Flour tortilla, peppers, onions, squash, zucchini, romaine lettuce, cucumber, plum tomato, yogurt, feta cheese, garlic, lemon juice, oregano, black pepper, olive oil

ALLERGENS: Gluten, Milk, Soy, Wheat

Soup-Chili

Tomato paste, diced tomatoes ground beef, salt, kidney beans, onions, green peppers, vinegar, garlic, canola oil, sugar, natural smoke flavoring, beef broth

Starch-Spanish Rice and Refried Beans

Pinto beans, yellow onion, garlic, chicken broth, salt, pepper, canola oil, red pepper, green pepper, crushed tomato, white rice, oregano, Cajun seasoning

Vegetable-Steamed Green Beans

Green Beans

Composed Salad-Garden Salad

Romaine lettuce, tomato, black olive, cucumber, shredder cheddar cheese, balsamic vinaigrette

ALLERGENS: Milk, Mustard

Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

Sun butter & Jelly Sandwich

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Fan Favorite-Pepperoni and Cheese Pizza

Pepperoni, mozzarella cheese, diced tomato, Italian seasoning, basil, oregano, onion powder, salt, pepper, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: BREAD CRUMBS (BLEACHED WHEAT FLOUR, YEAST, SUGAR, SALT), SUGAR, SOYBEAN OIL, PALM OIL, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SALT, BUTTERMILK, PASTEURIZED PART SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), GUAR GUM, WHEY POWDER (A MILK DERIVATIVE), XANTHAN GUM, GARLIC POWDER, DATEM, MALTED BARLEY FLOUR, DEXTROSE, CHEESE CULTURE, SODIUM PHOSPHATE, ENZYMES, LACTIC ACID, ASCORBIC ACID, CALCIUM CHLORIDE, POWDERED CELLULOSE, NATAMYCIN (A NATURAL MOLD INHIBITOR)

ALLERGENS: Gluten, Milk, Wheat

Alternate Entrée-Mozzarella Sticks

Mozzarella cheese, breadcrumbs, parmesan, eggs, salt

ALLERGENS: Eggs, Gluten, Wheat, Milk

Soup-Turkey Stew

Onion, carrot, celery, canola oil, chicken broth, egg noodle, corn starch, turkey meat, salt, pepper, parsley

ALLERGENS: Eggs, Gluten, Wheat

Starch-Garlic Knots

ALLERGENS: Eggs, Gluten, Milk, Wheat

Vegetable-Steamed Mixed Vegetables

Peas, carrots and corn

Composed Salad-Creamy Bacon and Broccoli Salad

Broccoli, cauliflower, bacon, sour cream, mayonnaise, lemon juice, salt, pepper, sugar

ALLERGENS: Eggs, Milk,

Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

Sun butter & Jelly Sandwich

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Fan Favorite-Mac and Cheese

Elbow macaroni pasta, canola oil, salt, heavy cream, whole milk, American cheese, shredded cheddar cheese, salt, pepper, margarine, flour

ALLERGENS: Gluten, Milk, Soy, Wheat

Alternate Entrée-BBQ Chicken Thighs

Chicken thigh, canola oil, Distilled Vinegar, Tomato Paste, High Fructose Corn Syrup, Water, Corn Syrup, Salt, Mustard Bran, Molasses, Spices, Onion Powder, Sodium Benzoate (As A Preservative), Garlic Powder, Sugar, Celery Seed & Natural Flavor.

Soup-Tomato Soup

WATER, TOMATO PASTE, SUGAR, VEGETABLE OIL (CORN, CANOLA AND/OR SOYBEAN), MODIFIED CORN STARCH, CREAM, WHEAT FLOUR, MODIFIED MILK INGREDIENTS, SALT, SOY PROTEIN ISOLATE, YEAST EXTRACT, CITRIC ACID, FLAVOUR, ONION POWDER.

ALLERGENS: Gluten, Milk, Soy, Wheat

Starch-Corn Bread

Vegetable-Green Peas

Green Peas

Composed Salad-Local Apple Spring Mix Salad

Mesclun salad mix, macintosh apples, dried cranberries champagne vinaigrette

ALLERGENS: Milk

Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

Sun butter & Jelly Sandwich