

# Nashoba Brooks Recipe Guide

## Fan Favorite-Chicken Tenders

Chicken breast tenders with rib meat containing: up to 15% of a solution of water, sodium phosphates. breaded with: wheat flour, water, salt, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), wheat gluten, spices, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate), garlic powder, onion powder, natural flavor, disodium inosinate and disodium guanylate. breading set in vegetable oil.

ALLERGENS: Gluten, Soy, Wheat

## Alternate Entrée-Baked Ziti

Semolina, Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid). veg soup base, flour, margarine, heavy cream, black pepper, salt, shredded parmesan cheese, parsley

ALLERGENS: Gluten, Wheat, Milk, Soy

## Soup-Minestrone

Canola Oil, yellow onion, celery, carrot, cabbage, veg broth, fennel, bay leaves, oregano, kidney bean, cannellini bean, spinach, parsley, basil, salt, pepper, ditalini pasta

ALLERGENS: Gluten, Wheat

## Starch-Roasted Potato

Potato, canola oil, parsley, chive, oregano, paprika, salt, pepper

## Vegetable-Steamed Broccoli

Broccoli

## Composed Salad-Pasta Salad

Penne Pasta, plum tomato, parmesan cheese, basil, lemon juice, garlic, olive oil, salt, pepper

ALLERGENS: Eggs, Gluten, Milk, Wheat

## Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

Sun butter and Jelly Sandwich

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## Fan Favorite-All Beef Hot Dog w/ Bun

Beef, Water, Corn Syrup, Modified Food Starch, Contains 2% or Less of Salt, Flavoring, Spices, Potassium Lactate, Sodium Lactate, Dextrose, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, Extract Of Paprika. enriched wheat flour, water, yeast, sugar, vegetable oils, and salt, calcium propionate and dough conditioners

ALLERGENS: Gluten, Mustard, Soy, Wheat

## Alternate Entrée-Bean Chili

Onion, garlic, green pepper, red pepper, canola oil, cumin, chili powder, diced tomatoes, tomato paste, vegetable broth, barley, kidney beans, salt, pepper

ALLERGENS: Gluten

## Soup-Italian Wedding Soup

Canola Oil, yellow onion, celery, carrot, chicken broth, basil, oregano, thyme, bay leaves, spinach, salt, pepper, orzo, meatballs

ALLERGENS: Gluten, Wheat

## Starch-French Fries

Potatoes, Vegetable Oil ,(Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch, Salt

ALLERGENS: Soy

## Vegetable-Crudite Veggie with Ranch Dip

Carrots, cucumber, salt, dried onion and garlic, spices, buttermilk, modified food starch, and natural flavors

ALLERGENS: Milk, Soy

## Composed Salad-Caesar Salad

Romaine, parmesan cheese, Soybean Oil, Distilled Vinegar, Water, Apple Cider Vinegar, Romano Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Salt, Sugar, Anchovies, Spice, Mustard Flour, Potassium Sorbate And Sodium Benzoate (Preservatives), Red Pepper, Calcium Disodium EDTA , Beta Carotene.

ALLERGENS: Milk, Fish, Wheat, Gluten

## Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

# Nashoba Brooks Recipe Guide

## Fan Favorite-Scrambled Eggs

Whole eggs

ALLERGENS: Eggs

## Alternate Entrée-Ham and Cheese Frittata

Ham, potatoes, cheddar cheese, whole eggs, salt, pepper, onion

ALLERGENS: Eggs, Milk

## Soup-Chicken Vegetable Rice

Canola Oil, yellow onion, celery, carrot, corn, flour, chicken broth, chicken breast, thyme, parsley, salt, pepper

ALLERGENS: Gluten, Wheat

## Starch-Pancakes w/ Syrup

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEGERMED YELLOW CORN MEAL, DEXTROSE, SUGAR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE). CONTAINS 2% OR LESS OF: PALM OIL, DEFATTED SOY FLOUR, SALT, MODIFIED WHEY, PROPYLENE GLYCOL MONO AND DIESTERS, SOY LECITHIN, MONO AND DIGLYCERIDES, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVOR, COLOR ADDED, EGG. Corn Syrup, High Fructose Corn Syrup, Water, Salt, Caramel Color, Natural And Artificial Flavors

ALLERGENS: Eggs, Milk, Soy, Gluten, Wheat

## Side-Sausage Patty

Pork, Contains 2% or Less of Salt, Water, Natural Flavors, Dextrose.

## Composed Salad-Caprese Salad

Fresh mozzarella cheese, plum tomatoes, oregano, parsley, basil, garlic, salt, pepper, olive oil, sundried tomatoes, cannellini beans, Greek yogurt, lemon juice, red wine vinegar, red onion, baby spinach, arugula, granulated garlic

ALLERGENS: Gluten, Milk, Soy, Wheat

## Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

Sun butter and Jelly Sandwich

# Nashoba Brooks Recipe Guide

## Fan Favorite-Crispy Chicken Sandwich

Chicken breast, potato roll

ALLERGENS: Gluten, Milk, Wheat

## Alternate Entrée-Philly Cheese Steak

Onion, hoagie roll, Beef, Contains Up To 15% Solution Of Water, Corn Starch, Dextrose, Hydrolyzed Corn Protein (Contains Salt), Sodium Lactate, Sodium Phosphate, Yeast Extract, cheddar cheese sauce

ALLERGENS: Gluten, Milk, Wheat

## Soup-Clam Chowder

Canola Oil, yellow onion, celery, clam broth, clams, flour, cornstarch, thyme, potatoes, salt pepper

ALLERGENS: Gluten, Wheat, Shellfish, Milk, Soy

## Starch-Tater Tots

POTATOES, VEGETABLE OIL (SOYBEAN, CANOLA, COTTONSEED, AND/OR SUNFLOWER), CONTAINS LESS THAN 2% OF DEXTROSE, NATURAL FLAVOR, SALT, DISODIUM DIHYDROGEN PYROPHOSPHATE

ALLERGENS: Soy

## Vegetable-Peppers and Onions

Peppers, onions, olive oil, salt, pepper

ALLERGENS:

## Composed Salad-Fruit Salad

Fresh melons and berries

ALLERGENS:

## Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

Sun butter and Jelly Sandwich

Sun butter & Jelly Sandwich