OrganicLife School Lunch Ingredient List

2022-2023

At OrganicLife, we stand by an unwavering commitment to excellence in every single dish we serve. OrganicLife's cadre of 4-star chefs, nutritionists, and wellness experts has used the DCFS foodservice rules and regulations as a foundation for our one-of-a-kind, unparalleled lunch program. Our lunches are made with the highest quality, freshest ingredients available. Our poultry and beef are all-natural and grass-fed, and our dairy products, vegetables, fruits, and grains are 100 percent certified organic. We cook the same time-tested, classic foods children love, but we've reduced the sodium and removed all additives and pr preservatives. OrganicLife has set a new standard in the foodservice industry, and as we continue to grow, we vow to never stray far from our farm-to-table roots.

organiclife™
smart foodservice

OrganicLife Ingredient List

	Lunch Entrees	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Shellfish	Allergy Substitution	Vegetarian Substitution
	Artisan Whole-Grain Cheese Calzone	Organic whole-wheat flour, Yeast, Kosher salt, Homemade Marinara sauce (sugar, butter, tomatoes, fresh basil), Mozzarella cheese. Provolone cheese, Ricotta, Olive oil	X		X	X		Gluten-Free Pizza Crust, Tofu, Marinara	
	Arroz con Pollo	Free-range chicken, olive oil, Garlic, Onion, Tomato puree, S+P, rice							Soy Chicken
	Baked Pasta/Tortellini Caprese with Cherry Tomatoes, Fresh Mozzarella, and Chicago Greenhouse Basil	Organic pasta (whole wheat semolina) or cheese tortellini, Organic cherry tomatoes, greenhouse basil, mozzarella cheese, olive oil S+P			X	X		Gluten-Free Pasta with Marinara Sauce (Mrs. Leeper's)	
	Orange Chicken w/ Chow Mein Noodles	Chicken: Free-range chicken,Soy Sauce, Corn Starch, Garlic, ,Scallions Orange Juice, Rice Vinegar,Red Pepper Noodes: Enriched flour, salt, yeast	X		X			Grilled chicken w/ rice	Soy Chicken
	BBQ Chicken	Free-range chicken, olive oil, S+P, BBQ sauce (Corn Syrup, Tomato Paste, Vinegar, Water, Salt,, Pineapple Juice, Molasses, Sugar, Celery)							Soy Chicken
	Beef Sliders	Burger: Grass-Fed Beef, Salt, Pepper, Slider Bun: Water, Flour, Yeast, Salt	X		X			Gluten-Free Bun (Udi's Brand)	Soy Beef
	Brunch for Lunch: Cinnamon French Toast Stick	salt, yeast, flour, water, sour starter, sugar, cinnamon, organic whole milk, organic egg white substitute, soybean oil	X	X	X	X		Gluten-Free, Dairy-Free, Egg-Free Waffle (Van's Brand) or GF, DF, EF, SF bread w/ jelly)	
	Brunch for Lunch: French Toast	salt, yeast, flour, water, sour starter, sugar, cinnamon, organic whole milk, organic egg white substitute, soybean oil	X	X	X	X		Gluten-Free, Dairy-Free, Egg-Free Waffle (Van's Brand) or GF, DF, EF, SF bread w/ jelly	

	Lunch Entrees	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Shellfish	Allergy Substitution	Vegetarian Substitution
	Brunch for Lunch: Pancakes	Whole wheat flour, sugar, baking powder, baking soda, Kosher salt, Organic egg white substitute, soybean oil, milk	X	X	X	X		Gluten-Free, Dairy-Free, Egg-Free Waffle (Van's Brand) or GF, DF, EF, SF bread w/ jelly	
	Chicken Cacciatore w/ Diced Potato Hash	Free-range chicken, crushed tomatoes, S+P, red + green bell peppers, Spanish onions, olive oil Potatoes, olive oil, S+P							Soy Chicken
	Chicken Pot Pie w/ Flaky Biscuit Crust	**Base:** Free-range chicken, Water, Onion Powder, Garlic Powder, Diced Carrots, Peas, Chicken Base Salt **Crust:** Butter, flour, water, salt	X		X	X		**GF: S**tandard base, gluten-free crust (cornmeal, water, salt) **DF:** Stamdard base, dairy-free crust (Salt, yeast, flour water)	Soy Chicken
	Chili Mac	Grass-fed beef, Olive oil, Organic tomato sauce, whole- wheat semolina macaroni, kidney beans, Spices (S+P, Cumin, Paprika, Oregano)			X			Gluten-Free Noodles (Mrs. Leeper's)	Bean Chili Olive oil, Organic tomato sauce, whole- wheat macaroni, kidney beans, pinto beans, Spices (S+P, Cumin, Paprika, Oregano)
	Corn Dog	Water,wheat flour,sugar,salt,soy flour,eggs,chicken	X	X	X			Grilled chicken breast	Soy Corn Dog/Hot Dog
	Cider-Glazed Chicken	Free-range chicken, organic apple cider							Soy Chicken
	Crispy Chicken Slider	Chicken: Free range chicken, S+P, Olive oil, Panko, flour Cheddar cheese (optional) Slider bun: yeast, flour, salt, water	X		X			Gluten-Free Bun (Udi's/Schar Brand) Grilled Chicken Breast (no breading)	Grilled Cheese Slider Slider bun, butter Cheddar cheese
	Crispy Panko-Crusted Chicken Tenders	Free-range chicken, Panko, Organic flour, S+P, Olive oil			X			Grilled Chicken Tender (no breading)	Soy Chicken
	Cheese Quesadillas	Organic flour tortillas, Jack cheese			X	X		Corn Tortilla, Tofu	
	Cheese & Zucchini Quesadillas	Organic flour tortillas, Jack cheese, zucchini			X	X		Corn Tortilla, Tofu	
	Chicken and Roasted Veggie Quesadillas	Organic flour tortillas, free- range chicken, Jack cheese, zucchini, squash, carrots, cumin, chili powder, Salt and pepper, olive oil			X	X		Corn Tortilla, Tofu	Roasted Veggie Quesadilla
	Bean & Cheese Quesadillas	Organic flour tortillas, Jack cheese, black beans			X	X		Corn Tortilla, Tofu	
	Grass-Fed Beef Sloppy Joes	Beef: Grass-fed ground beef, Ketchup, Mustard, Brown Sugar, Garlic Powder, Onion Powder, Salt Bun: yeast, flour, salt, water			X			Gluten-Free Bun (Udi's/Schar Brand)	Soy Beef

	Lunch Entrees	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Shellfish	Allergy Substitution	Vegetarian Substitution
	Chicken Enchiladas Suizas	Flour Tortillas,Chicken,Tomato Sauce,Onion,Garlic,Sour Cream Mozzarella Cheese,Chicken base,Oregano			X	X		Tofu, Corn Tortillas	Bean + Cheese Enchilada Pinto beans, spices (cumin, chili powder, S+P), organic tomatoes, onion, Garlic, ancho chilies, Jack cheese, flour tortillas, cilantro, lime juice
	Healthy Organic Fettuccine Alfredo	Organic pasta (whole wheat semolina), heavy cream, whole milk, Parmesan cheese, basil, garlic, butter, mozzarella cheese			X	X		Gluten-Free Pasta with Marinara Sauce (Mrs. Leeper's) OR Gluten- Free, Dairy-Free Macaroni & Cheese (Amy's Brand)	
	Italia Incredible 4-Cheese Lasagna	Organic pasta (whole-wheat semolina), Ricotta cheese, Parmesan cheese, Mozzarella cheese, Romano Cheese, fresh basil, garlic, whole milk, butter, tomatoes, S+P			X	X		Gluten-Free Pasta with Marinara Sauce (Mrs. Leeper's)	
	Mac N Cheese	Macaroni Noodles: Whole- wheat semolina and water Cheese Sauce: White Cheddar cheese, parmesan cheese, heavy cream, mozzarella cheese, flour, butter, whole milk			X	X		Gluten-Free Pasta, Dairy-Free Cheese (Amy's Brand)	
	Mouthwatering Meatloaf	Grass-fed ground beef, onion, ketchup, barbecue sauce, Salt and pepper							Soy Beef
	Olife Ole Taco Bar	Beef: Grass Fed Ground Beef, Cumin, Chili Powder, Onion Powder Garlic Powder, Paprika, Salt Toppings: Flour tortilla, shredded mozzarella/cheddar cheese, lettuce, salsa			X	X		Corn Tortilla. Tofu	Soy Beef
	Organic Meatballs with Cavatappi Pasta and Tomato Basil Sauce	Organic pasta: whole-wheat semolina and water Sauce: Grass-fed ground beef, Garlic, Parsley, tomatoes, basil, Olive oil, salt and pepper **Parmesan cheese (served on the side - not in the sauce)*			X			Gluten-Free Pasta (Mrs. Leeper's)	Soy Beef

	Lunch Entrees	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Shellfish	Allergy Substitution	Vegetarian Substitution
	Organic Pasta with Bolognese Sauce	Organic pasta: Whole-wheat semolina and water Sauce: Grass-fed ground beef, Onion, tomatoes, Basil, Garlic, Olive oil, onion powder, garlic powder, S+P *Parmesan cheese (served on the side - not in the sauce)*			X			Gluten-Free Pasta (Mrs. Leeper's)	Soy Beef
	Organic Pasta with San Marzano Marinara Sauce	Organic Pasta: whole wheat semolina and water Sauce: Organic tomatoes, onions, Basil, Olive oil, Garlic Oregano, salt and pepper			X			Gluten-Free Pasta (Mrs. Leeper's)	
	Organic Pasta with Slow-Braised Chicken and Creamy Parmesan Sauce	Organic pasta (whole-wheat semolina), free-range chicken, chicken stock, heavy cream, whole milk, butter, parmesan cheese			X	X		Gluten-Free Pasta with Marinara Sauce (Mrs. Leeper's) OR Gluten- Free, Dairy-Free Macaroni & Cheese (Amy's Brand)	Soy Chicken
	Primo Chicken Parmesan	Free range chicken, S+P, Olive oil, panko, Pecorino Romano Cheese, Marinara Sauce	X		X	X		Grilled Chicken Breast (no breading) with Marinara Sauce	Soy Chicken
	Roasted Turkey with Country Gravy	Free-range turkey, Chicken Base, Veggie base, applesauce, Bay Leaves, Black and White Pepper, Onion, Garlic, Water							Tofurkey
	Four Cheese Ravioli with San Marzano Marinara Sauce	**Pasta:** whole wheat semolina, egg and water **Filling:** Ricotta, Parmesan, Mozzarella, Romano **Sauce:** Organic tomatoes, onions, Basil, Olive oil, Garlic Oregano, salt and pepper		X	X	X		Gluten-Free Pasta with Marinara Sauce (Mrs. Leeper's) OR Gluten- Free, Dairy-Free Macaroni & Cheese (Amy's Brand)	
	Bagel + Cream Cheese	Bagel (yeast, sugar, water, bread flour, salt), cream cheese			X	X		Gluten-Free / Dairy-Free Turkey Sub (Udi's Brand Bread w/ No Cheese)	
	Turkey & Cream Cheese Rollup	Flour tortilla, free-range turkey, cream cheese			X	X		Gluten-Free / Dairy-Free Turkey Rollup (Corn Tortilla, turkey breast, lettuce	Tofurkey

	Lunch Entrees	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Shellfish	Allergy Substitution	Vegetarian Substitution
	SACK LUNCH: Turkey Sub	Free-Range Turkey, Bread (Salt, yeast, flour, water, sour starter), cheddar cheese			X	X		Gluten-Free / Dairy-Free Turkey Sub (Udi's Brand Bread w/ No Cheese)	Tofurkey
	Slow-Roasted Chicken with Broccoli Cheddar Sauce	Free-range chicken, Brown rice, broccoli, Cheddar cheese heavy cream, Parmesan cheese, butter, chicken stock, olive oil S+P				X		Chicken Breast with Broccoli	Soy Chicken
	Teriyaki-Glazed Chicken w/ Steamed Brown Sushi Rice	Free-range chicken, soy sauce, Organic cane sugar, Ginger, Garlic, Organic brown rice, Lemon, S+P	X		X				Soy Chicken
	Shepherd's Pie	Base: Grass-fed ground beef, peas, carrots, salt Mashed Potatoes: Potatoes, milk, butter, garlic powder, white pepper				X		Shepherd's Pie w/ Dairy-Free Potatoes (soy milk + olive oil)	Veggie Pie (no ground beef)
	Thin Crust Cheese Pizza	Whole-wheat flour, Yeast, Kosher salt, pizza sauce, fresh basil, mozzarella cheese			X	X		Gluten-Free Pizza Crust, Tofu, Marinara	
	Veggie Pizza Squares	Whole-wheat flour, Yeast, Kosher salt, pizza sauce, fresh basil, mozzarella cheese, assorted veggies			X	X		Gluten-Free Pizza Crust, Tofu, Marinara	
	Personal Pan Pizza	Mozzarella cheese, water, wheat flour, tomato paste, sugar, yeast, canola oil, salt, garlic powder, basil & oregano	X		X	X		Gluten-Free Pizza Crust, Tofu, Marinara	
	Turkey Sandwich	Free-Range Turkey, American Cheese, Bread (Salt, yeast, flour, water, sour starter)			X	X		Gluten-Free Bread (Udi's Brand)	Tofurkey OR Cheese Sandwich
	Pasta w/ Nut-Free Pesto	Fresh Basil, Fresh Garlic, Olive Oil, Parmesan Cheese, S+P *)*			X	X		Mrs. Leeper's Gluten Free Pasta w/ chopped basil and Garlic tossed w/ Olive Oil, S+P	

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	Rigatoni w/chicken in creamy Alfredo Sauce	Organic Chicken, Butter, Heavy cream, Parmesan Cheese, Garlic, Onion, Bay leaves, Oregano, Corn starch, Salt			X	X		Gluten-Free Pasta, Soy Milk, Dairy-free cheese	Rigatoni with Creamy Alfredo Sauce
	Grilled Chicken Pita	Grilled organic chicken Salt/pepper Lettuce Pita pocket Shredded mozzarella			X	X		No pita Dairy-free cheese	Tofu Veggie Pita
	Tofu Veggie Pita	Tofu , salt/pepper, olive oil Squash Zucchini Pita pocket Lettuce Shredded Cheese			X	X		No pita Dairy-free cheese	
	Eggplant Parmesan	Green eggplant Salt/pepper Olive oil Parmesan cheese Marinara sauce Mozzarella cheese				X		Dairy-free cheese	
	Grilled Chicken Slider	Free-range chicken, olive oil, S+P,			X			Gluten-Free Bun (Udi's/Schar Brand)	Soy Chicken
	Greek Chicken	Chicken, lemon juice, chicken base, oregano, salt, parsley, corn starch							Soy Chicken
	Turkey Burger	Ground turkey, salt, garlic powder			X			Gluten-Free Bun (Udi's/Schar Brand)	Veggie Burger
	Lunchable	Sliced turkey breast, American cheese, crackers			X	X		Gluten-Free Cracker, Dairy-Free Cheese	Tofurkey
	Veggie Chili	Black beans, Red kidney beans, Red peppers, Green peppers, Onions, Tomato sauce S+P, Bay leaves, Cumin, Olive oil, whole wheat noodles			X			Gluten-Free Noodles	
	Grilled Cheese Slider	Slider Bun, American Cheese, Butter			X	X		Gluten-Free Bun,, Dairy-Free Cheese (no butter)	

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	Veggie Ravioli with Marinara Sauce	Celery, Onions, Carrots S+P, Veggie stock, pasta, marinara sauce		X	X			Mrs. Leeper's Corn Pasta	
	Thin Crust Cheese & Veggie Pizza	Whole wheat flour, Yeast Kosher salt, pizza sauce, Fresh basil, Mozzarella cheese, Squash Red peppers, mushrooms			X	X		Gluten-Free Pizza Crust, Tofu, Marinara	
	Cheese-Filled Breadsticks w/ Marinara	Breadsticks: Wheat Flour Water, Sugar, Corn Oil, Salt, Mozzarella Cheese, Marinara			X	X		**DF**: Breadstick/Oil/Tofu **GF:** GF Bread/Pizza Sauce /Cheese **GF/DF**: Gluten Free Bread,Tofu,Pizza Sauce	
	Turkey Sloppy Joe's	Turkey: Ground turkey Ketchup, Mustard, Brown Sugar, Garlic Powder, Onion Powder, Salt Bun: yeast, flour, salt, water			X			Gluten-Free Bun (Udi's/Schar Brand)	Soy turkey
	Grilled Chicken Wrap	Free-range chicken, S+P Shredded lettuce, Tomato Flour Tortilla Shredded Cheddar Cheese			X	X		Corn tortilla, Tofu	Soy chicken
	Quinoa and Black Bean Salad	Quinoa, Olive Oil, Cumin, Garlic, Lime Juice, Sea Salt, Pepper, Black Beans, Red Pepper, Green Onions, Cilantro							
	Summer Pasta Primavera	Pasta, Broccoli, Baby Carrots, Zucchini, Butter, Fresh Garlic, Salt , Black Pepper, Mozzarella Cheese			X	X		Mrs. Leeper's Corn Pasta w/ Veggies (no butter, no cheese)	
	Turkey Croissant	Croissant (Flour, water, yeast, milk, butter, sugar, salt), Turkey, American Cheese	X		X	X		Gluten-Free Bread,	Tofurkey
	Roast Beef Sandwich	Baguette (Salt, yeast, flour, water, sour starter), Roast beef, lettuce, tomato, cheese			X	X		Gluten-Free Bread,	Soy roast beef or cheese baguette
	Tortellini w/ Alfredo Sauce	Tri-Color Cheese filled Tortellini noodles, Salt, Pepper, Garlic, egg Basil, Mozzarella Cheese Parmesan Cheese		X	X	X		Gluten-Free Pasta with Marinara Sauce (Mrs. Leeper's) OR Gluten-Free, Dairy-Free Mac & Cheese (Amy's Brand)	

	Lunch Entrees	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Shellfish	Allergy Substitution	Vegetarian Substitution
	Italian Beef	Grass-Fed Beef, Onion Powder, Italian Seasoning, Garlic Powder, Beef Stock, Worcestershire Sauce, Bay Leaves, S+P	X						Soy Beef
	Chicken Fajitas	Free-Range Chicken, Chili Powder, Garlic Powder, Onion Powder, Cumin, Paprika, Olive Oil, S+P Fresh Onions, Fresh Green Peppers, Lemon Juice **Served w/ flour tortillas			X			Corn Tortillas	Soy Chicken
	Chicken Salad Sandwich	Chicken Salad - Free-Range Chicken, Scallion, Mayonnaise, Dijon Mustard, S+P Bread - Salt, yeast, flour, water, sour starter		X	X			Grilled Chicken Sandwich on Gluten-Free Bread	Cheese Sandwich
	Chicken Tinga Tacos	Free Range Chicken, Chipotle Peppers in Adobo Sauce, Organic Stewed Tomatoes, Fresh Onions, Olive Oil, S+P **Served w/ flour tortillas			X			Corn Tortillas	
	Bean & Rice Burritos	Black Beans, White Rice, Chili Powder, Garlic Powder, Onion Powder, Cumin, Paprika, Olive Oil, S+P, Organic Tomato Sauce, Onion, Vegetable Broth **Served in flour tortillas			X			Black Bean & Rice Taco w/ Corn Tortilla	
	Perfect Pizza Bagels	Bagels: (yeast, sugar, water, bread flour, salt), Organic tomatoes, fresh basil, Mozzarella cheese, parmesan cheese, Olive oil, Kosher salt, organic cane sugar, oregano			X	X		Gluten-Free Pizza Crust, Tofu, Marinara	
	Cheesy Beef & Macaroni	Macaroni Noodle: Whole Wheat, Semolina, Water Cheese Sauce: White Cheddar, Cheese, Parmesan, Heavy Cream Mozzarell, Flour, Butter, Whole Milk, Ground Beef			X	X		Gluten- Free, Dairy-Free Macaroni & Cheese (Amy's Brand) w/ Ground Beef	Macaroni & Cheese
	Mongolian Beef/Chicken	Beef or Chicken, Green Onions, Garlic , Ginger, Corn Starch, Hoisin Sauce (sugar, water, soybean, salt, rice vinegar, garlic, lemon, spices, caramel coloring, chili, citric acid) Olive Oil, Black Pepper Soy Sauce, Brown Sugar	X					Chicken/Beef w/ Rice	Soy Beef/Chicken

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	Lunch Sides	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Shellfish	Allergy Substitution	Vegetarian Substitution
	Tater Tots	Organic Potatoes, Canola oil, salt, organic dehydrated potatoes, apple juice concentrate							
	Chinese Fried Rice	Brown rice, Teriyaki Sauce, Soy Sauce, Green Onion, Broccoli, White Onion, Carrots	X		X				
	Spanish Rice	Brown Rice , Tomato, Garlic, Onions, Salt, Tomato Sauce,Veggie Base							
	Luscious Potato Gratin	Organic potatoes,Heavy Cream, Garlic, Onion Powder, Sour Cream, Black Pepper, Parmesan Cheese Mozzarella Cheese				X		Diced Potato Hash	
	Sweet Potato Fries	Organic sweet potatoes, Olive oil, S+P							
	Herb-Roasted Potatoes	Organic potatoes, olive oil, S+P, herbs (rosemary, thyme)							
	Basil Mashed Potatoes	Potatoes, heavy cream, butter, salt, white pepper, fresh basil				X		Dairy-Free Basil Mashed Potatoes: Potatoes, olive oil, water, basil, salt, white pepper	
	Creamy Whipped/Mashed Potatoes	Potatoes, heavy cream, butter, salt, white pepper.				X		Dairy-Free Mashed Potatoes: Potatoes, olive oil, water, salt, white pepper	
	Crispy Fingerling Fries	Organic potatoes, Olive oil, Herbs (Garlic powder, S+P)							
	Diced Potato Hash	Potatoes, Onion Powder, Garlic Powder, Olive Oil, Salt							
	Curly Fries	Organic potatoes, Olive oil, Spices (Garlic powder, S+P, Paprika, Onion Powder)							
	Waffle Fries	Organic potatoes, olive oil, S+P							
	Cornbread	Buttermilk, Flour, Sugar, Yellow corn flour, Yellow corn meal Vegetable oil, , Baking soda, Baking powder, Salt , Eggs		X	X	X		Gluten-free, egg-free dairy-free bread	
	Greek Rice	Rice, lemon juice, S+P, Oregano, Onion Powder, parsley							
	Potato Salad	Potatoes, Mayonnaise, Cider Vinegar, Sugar, Yellow Mustard, Salt, Garlic Powder, Pepper, Celery ribs, Onion, Hard Boiled Eggs, Paprika		X				Diced Potato Hash	
	Stuffing	Whole wheat bread, butter, onions, celery, sage, thyme, salt, veggie stock			X	X		Gluten-Free bread, olive oil	
	Roasted Sweet Potatoes	Organic sweet potatoes, olive oil, sea salt							

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	Breakfast Entrees/Snack Items	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Shellfish	Allergy Substitution	Vegetarian Substitution
	Apple Turnovers	Flour, salt, baking powder, butter, buttermilk, sugar, apples, cinnamon			X	X		Gluten-Free, Dairy-Free, Muffins	
	Oatmeal	Steel-cut oats, Salt, Water							
	English Muffin	Yeast, Sugar, Flour, Salt, Water			X			Gluten-Free Bread or Gluten-Free Bagel (Udi's Brand)	
	Arroz con Leche	White Rice, Lime Juice, Cinnamon, Anise, Evaporated Milk, Condensed Milk, Salt, Raisins				X		Fruit Cocktail Cup	
	Nutrigrain Bars	Whole Grain Oats, Enriched Flour, Whole Wheat Four, Canola Oil, Sugar Flavor Variations: Strawberry Puree, Blueberry Puree, Apple Puree, Cinnamon, Corn Starch	X		X	X		Whole Fruit	
	Yogurt	Organic Grade A pasteurized milk, organic Grade A nonfat milk, fructan, pectin, live and active cultures: S. thermophilus, L. bulgaricus, L. acidophilus, L. casei, Bifidobacterium longum. Variations: Add strawberry or blueberry				X		Applesauce	
	Croissant	All Purpose Flour, Unsalted Butter, Whole Milk, Sugar, Yeast, Salt	X		X	X		Gluten-Free Bread or Gluten-Free Bagel (Udi's Brand)	
	Biscuit	Organic buttermilk, Sugar, Flour, Salt, Butter			X	X		Gluten-Free Bread or Gluten-Free Bagel (Udi's Brand)	
	Apple Fritters	All Purpose Flour, Sugar, Baking Powder, Milk, Apple Sauce, Organic Apples, Cinnamon, Canola Oil			X	X		Gluten-Free, Dairy-Free Muffin OR Apple Slices	
	Soft Pretzels w/ Cheese Dip	Pretzel: All Purpose Flour, Bread Flour, Brown Sugar, Salt, Yeast, Baking Soda, Butter, Kosher Salt Cheese Dip: All Purpose Flour, Butter, Salt, Milk, Cheddar Cheese, Dry Mustard, S+P			X	X		Popcorn or Gluten-Free/Dairy-Free Crackers	
	Cottage Cheese	Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Salt, Citric Acid, Organic Guar Gum, Organic Locust Bean Gum, Acidophilus and Bifidus Cultures				X		Applesauce	

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	Apples w/ Caramel Dip	Apples, Sugar, Salt, Cream, Butter, Pure Vanilla Extract				X		Apples w/ Soy Butter Cup	
	Hummus	Chickpeas, Olive Oil, S &P, Cumin, Fresh Lemon Juice, Fresh Garlic							
	Granola	Oats, raisins, brown sugar, dried cranberries, vanilla extract							
	Breakfast Bread	All Purpose Flour, Salt, Baking Powder, Baking Soda, Eggs, Vegetable Oil, Sugar, Pure Vanilla Extract **Flavor Variations:** Zucchini (add zucchini and cinnamon); Carrot (add carrot and cinnamon); Banana (add banana)		X	X			For gluten allergy: Gluten-Free Muffin; For egg allergy, see Egg-Free breakfast bread listing	
	Egg-Free Breakfast Bread	All Purpose Flour, Salt, Baking Powder, Baking Soda, Apple Sauce, Vegetable Oil, Sugar, Pure Vanilla Extract **Flavor Variations:** Zucchini (add zucchini and cinnamon); Carrot (add carrot and cinnamon); Banana (add banana)			X				
	Crepes	Flour,Milk,Eggs,Vanilla, Sugar,Butter		X	X	X		Gluten-Free, Dairy-Free, Egg-Free Waffle (Van's Brand) or GF, DF, EF, SF bread w/ jelly	
	Brunch for Lunch: Pancakes	Whole wheat flour, sugar, baking powder, baking soda, Kosher salt, Organic egg white substitute, soybean oil, milk	X	X	X	X		Gluten-Free, Dairy-Free, Egg-Free Waffle (Van's Brand) or GF, DF, EF, SF bread w/ jelly	
	Vanilla Pudding	Milk, Sugar, Cornstarch, Salt, butter, Pure Vanilla Extract Pudding Variation: Chocolate Pudding - Add Unsweetened Cocoa Powder				X		Jell-O Cup	
	Yogurt Parfait	Yogurt: Organic Grade A pasteurized milk, organic Grade A nonfat milk, fructan, pectin, live and active cultures: S. thermophilus, L. bulgaricus, L. acidophilus, L. casei, Bifidobacterium longum. Granola: Oats, raisins, brown sugar, vanilla extract Variation: add dried fruit (cherries, cranberries)				X		Applesauce	
	Guacamole	Avocado, Tomato, Cilantro, Onions S+P, Lemon juice							
	Barbecue Sauce	Corn Syrup, Tomato Paste Vinegar, Water, Salt, Pineapple Juice, Molasses, Sugar Celery							

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Mini Muffins	Flour, Egg, Sugar, Baking Powder, Baking Soda, Salt, Vanilla Muffin Variations: Blueberry: Add blueberries Banana: Add banana Bran: Add bran flour Pumpkin: Add pumpkin puree, cinnamon, water		X	X			Gluten-Free, Egg-Free Pastry	
Scones	Flour, Water, Buttermilk, Cream, Salt Baking Powder, Sugar Add-ins: blueberries, chocolate chips			X	X		Gluten-Free, Dairy-Free, Muffins	
Waffles	Flour, Water, Vegetable oil, eggs	X	X	X	X			
Ranch Dressing	soybean oil, water, vinegar, egg yolk, onion, garlic, lemon juice & parsley		X		X			

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***All OrganicLife kitchens are nut- and peanut-free. OrganicLife kitchens are not allergen-free, as some menu items contain gluten, dairy, soy, and/or egg. While we cannot guarantee that our allergy meals are completely free of any trace of dairy/gluten/egg, all precautions are taken to ensure cross contamination does not take place. For the safety of your students, OrganicLife recommends that any child with a severe or life-threatening allergy to an item found on our menus and/or ingredient list, not consume OrganicLife meals.

	Breads	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Shellfish	Allergy Substitution	Vegetarian Substitution
	Baguette	Salt, yeast, flour, water, sour starter			X			Gluten-Free Bread (Udi's Brand)	
	Pita	Salt, yeast, flour, water			X			GF Bread/Corn Tortilla	
	Cracked wheat	Salt, yeast, wheat flour, water, sour starter, honey			X			Gluten-Free Bread (Udi's Brand)	
	Wheat Bagel	Water, Wheat flour, Honey, Sugar Vegetable oil, Salt, Yeast			X			Gluten-Free Pastry	
	White Bread	Salt, yeast, flour, water, sour starter			X			Gluten-Free Bread (Udi's Brand)	
	Hamburger buns:	Salt, yeast, flour, water			X			Gluten-Free Bread (Udi's Brand)	
	Hot Dog Buns	Salt, yeast, flour, water			X			Gluten-Free Bread (Udi's Brand)	
	Bagels	Yeast, sugar, water, bread flour, salt			X			Gluten-Free Bread or Gluten-Free Bagel (Udi's Brand)	
	Flour Tortilla	Flour, water, salt, palm oil			X			Corn Tortilla	

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Allergy Meal Ingredient Information

Dairy Free Rice Macaroni & Cheeze

After many years of recipe testing, we have found a delicious non-dairy cheeze to go with our tender organic rice pasta. This dish is so tasty that people will no longer have to miss out on their favorite "mac and cheese."

Add to Shopping List

Nutritional Information

Ingredients : No Trans Fat/No Added MSG/No Preservatives (Vegan) Organic rice pasta (organic rice flour, water), filtered water, DaiyaTM Vegan Cheddar-Style Cheeze (filtered water, tapioca and/or arrowroot flour, expeller pressed high oleic safflower oil, coconut oil, pea protein, salt, inactive yeast, vegan natural flavors, vegetable glycerin, xanthan gum, citric acid, annatto), organic expeller pressed safflower and/or sunflower oil, organic sweet rice flour, sea salt, nutritional yeast, mustard powder.

Nutritional Facts

Serving Size: **1**
Servings Per Container: **1**
Serving Weight: **1**
Product UPC: **042272000432**

Calories: **520**	Calories from Fat: **190**
Total Fat: 22g	
Saturated Fat: 5g	
Trans Fat: 0g	
Cholesterol: 0mg	
Sodium: 740mg	
Carbohydrates: 72g	
Fiber: 3g	
Sugars: 0g	
Protein: 8g	
Organic: 77%	

Vitamin A: **0%** • Vitamin C: **0%**
Calcium: **6%** • Iron: **6%**

Whole Grain Bread

Description

For hearty bread with bold, wholesome flavors, try Udi's Gluten Free Whole Grain. No need to toast this bread, go ahead and eat straight from the bag. We won't tell. Your favorite sandwich never had it so good.

Ingredients

UDI'S BEST BLEND (TAPIOCA & POTATO STARCH, BROWN RICE & TEFF FLOUR, MODIFIED TAPIOCA STARCH), WATER, NON-GMO VEGETABLE OIL (CANOLA OR SUNFLOWER OR SAFFLOWER), EGG WHITES, EVAPORATED CANE JUICE, TAPIOCA MALTODEXTRIN, TAPIOCA SYRUP, YEAST, FLAX SEED, XANTHAN GUM, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), CULTURED CORN SYRUP SOLIDS (NATURAL MOLD INHIBITOR), DRY MOLASSES, ENZYMES.
CONTAINS EGG

Nutrition Facts

Serving Size 2 Slices (49g)
Servings Per Container 7

Amount Per Serving

Calories 130	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 260mg	**11%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

White Sandwich Bread

Description

The bread that started it all is now a customer favorite. Our signature light and fluffy white sandwich bread is made with all natural ingredients without added fillers. Reward yourself during your next meal and enjoy the luxury of bread again.

Ingredients

UDI'S BEST BLEND (TAPIOCA & POTATO STARCH, BROWN RICE FLOUR, MODIFIED TAPIOCA STARCH), WATER, NON-GMO VEGETABLE OIL (CANOLA OR SUNFLOWER OR SAFFLOWER), EGG WHITES, TAPIOCA MALTODEXTRIN, EVAPORATED CANE JUICE, TAPIOCA SYRUP, YEAST, XANTHAN GUM, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), CULTURED CORN SYRUP SOLIDS (NATURAL MOLD INHIBITOR), ENZYMES.
CONTAINS EGG

Nutrition Facts

Serving Size 2 Slices (49g)
Servings Per Container About 7

Amount Per Serving	
Calories 140	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Classic Hamburger Buns

Description

Grilling in the backyard has never tasted so good -- and it's gluten free! Our soft, golden buns accompany your much-loved ingredients, be it a classic burger or a savory deli sandwich.

Ingredients

WATER, UDI'S BEST BLEND (TAPIOCA STARCH, BROWN RICE & POTATO FLOUR), NON-GMO VEGETABLE OIL (CANOLA OR SUNFLOWER OR SAFFLOWER), EGG WHITES, RESISTANT CORN STARCH, CANE SYRUP, TAPIOCA MALTODEXTRIN, EVAPORATED CANE JUICE, TAPIOCA SYRUP, YEAST, SUGARCANE FIBER, SALT, GUM (XANTHAN GUM, SODIUM ALGINATE, GUAR GUM), CULTURED CORN SYRUP SOLIDS (NATURAL MOLD INHIBITOR), XANTHAN GUM, ENZYMES.
CONTAINS: EGGS

Nutrition Facts

Serving Size 1 (74g)
Servings Per Container 4

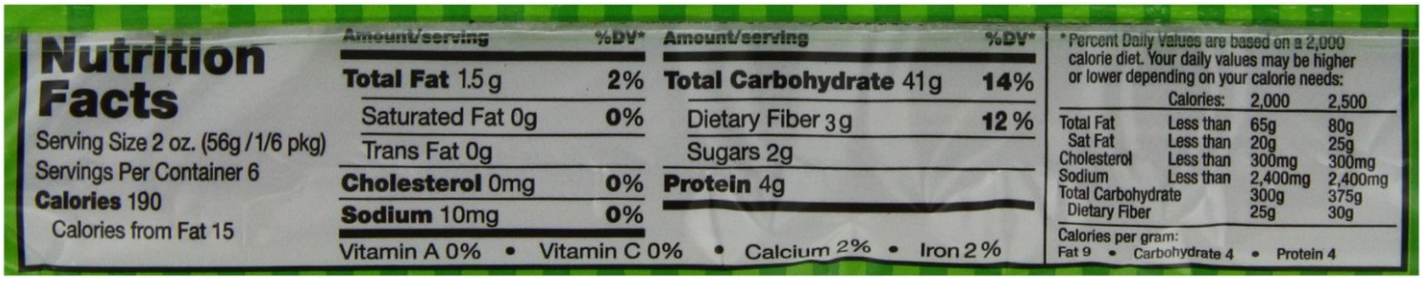
Amount Per Serving	
Calories 210	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Nutrition Facts

Serving Size 2 oz. (56g / 1/6 pkg)
Servings Per Container 6
Calories 190
Calories from Fat 15

Amount/serving	%DV*
Total Fat 1.5 g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%

Amount/serving	%DV*
Total Carbohydrate 41g	14%
Dietary Fiber 3 g	12 %
Sugars 2g	
Protein 4g	

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 2 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

VAN'S WAFFLES

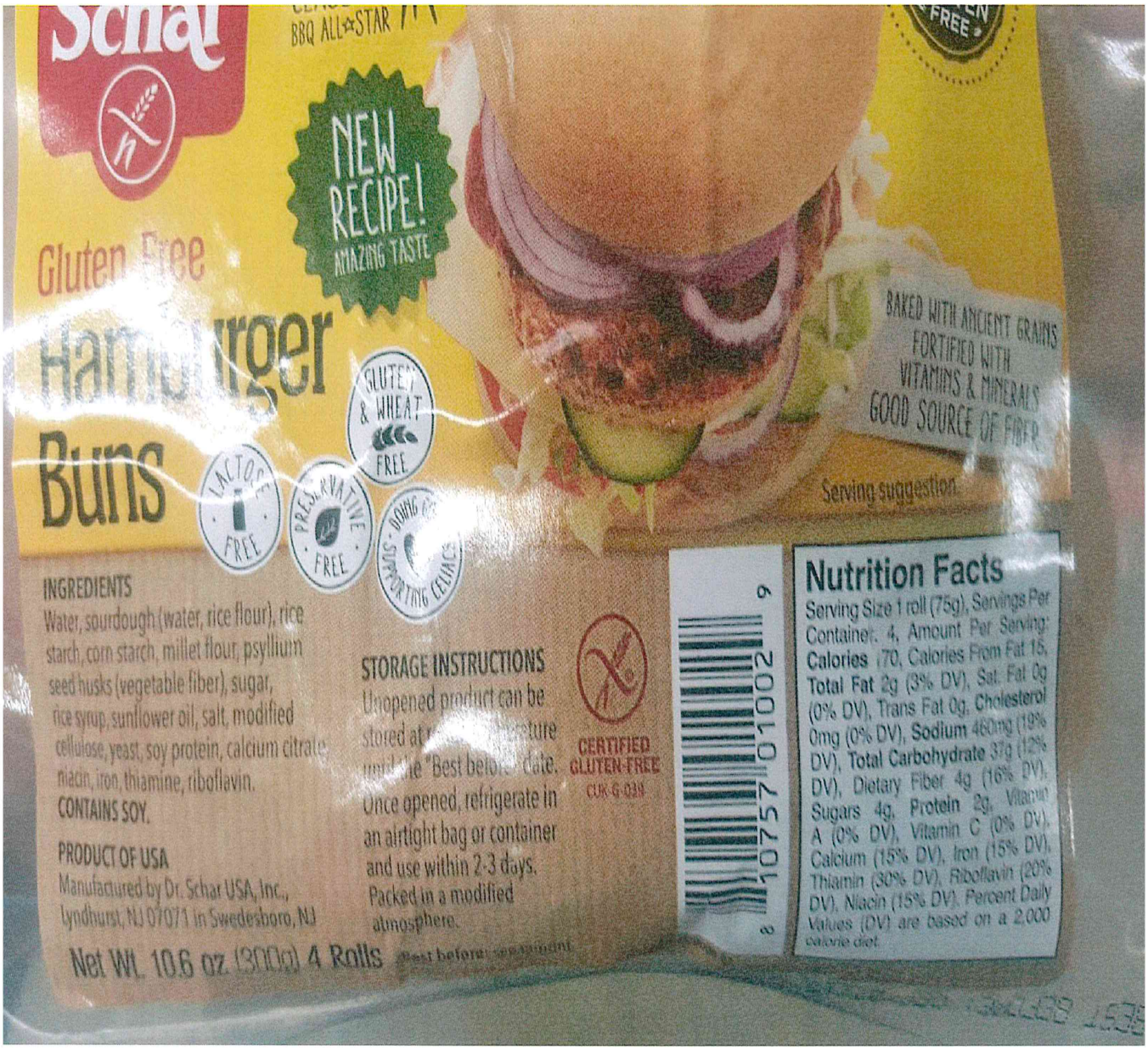
Ingredients: (that we are proud of!)
Water, Van's Gluten Free Mix (Brown Rice Flour, Potato Starch, Rice Flour, Soy Flour), Canola Oil, Van's Natural Fruit Juice Blend (Pineapple, Peach and Pear Juice Concentrates), Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Rice Flour, Monocalcium Phosphate), Sea Salt, Soy Lecithin, Guar Gum.

Nutrition Facts

Serving Size 2 Waffles (85g)
Servings Per Container 3

Amount Per Serving	
Calories 230	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 400mg	**17%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 2g	
Vitamin A 2% • Vitamin C	4%
Calcium 4% • Iron	4%

Schar Gluten Free Hamburger Buns



Ingredients:

water, sourdough (rice flour, water) rice starch, corn starch, millet flour, sugar, psullium seed husks (vegetable fiber), rice syrup, sunflower oil, yeast, modified cellulose, soy protein, salt, calcium, iron, thiamine, riboflavin, niacin.

Ener-G gluten-free Brown Rice Loaf

Ingredients: Filtered Water, Brown Rice Flour, Rice Flour, Tapioca Starch, Pear Juice Concentrate, High Oleic Safflower Oil, Yeast, Methylcellulose, Sodium Carboxymethylcellulose, Orange Citrus Fiber,Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate), Calcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin Vitamin B2),

Vegetarian Meatballs

M E A T B A L L S

INGREDIENTS

Mycoprotein (37%), Textured Vegetable Protein (Wheat Flour, Sodium Alginate, Caramel), Onion, Partially Rehydrated Egg White, Textured Wheat Protein (Wheat Protein, Wheat Starch), Coconut Oil. Contains 2% or less of: Rice Starch, Yeast Extract, Salt, Natural Flavors From Non-Meat Sources, Barley Malt Extract, Gum Arabic, Sugar, Silicon Dioxide), Firming Agents: Calcium Chloride, Calcium Acetate.
Contains Egg, Gluten & Wheat.

Vegetarian Breakfast Sausage

Allergen Notes:

CONTAINS WHEAT, SOY, EGG AND MILK INGREDIENTS.

Ingredients:

TEXTURED VEGETABLE PROTEIN (WHEAT GLUTEN, SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, WATER FOR HYDRATION), EGG WHITES, CORN OIL, SODIUM CASEINATE, MODIFIED TAPIOCA STARCH, CONTAINS TWO PERCENT OR LESS OF LACTOSE, SOYBEAN OIL, HYDROLYZED VEGETABLE PROTEIN (WHEAT GLUTEN, CORN GLUTEN, SOY PROTEIN), AUTOLYZED YEAST EXTRACT, SPICES, NATURAL AND ARTIFICIAL FLAVORS, SODIUM PHOSPHATES (TRIPOLYPHOSPHATE, TETRAPYROPHOSPHATE, HEXAMETAPHOSPHATE, MONOPHOSPHATE), SALT, DISODIUM INOSINATE, CARAMEL COLOR, CELLULOSE GUM, WHEY POWDER, MODIFIED CORN STARCH, MALTODEXTRIN, POTASSIUM CHLORIDE, DEXTROSE, ONION POWDER, DISODIUM GUANYLATE, VITAMINS AND MINERALS (NIACINAMIDE, IRON [FERROUS SULFATE], THIAMIN MONONITRATE [VITAMIN B1], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], RIBOFLAVIN [VITAMIN B2], VITAMIN B12), SUCCINIC ACID, ASCORBIC ACID, LACTIC ACID, BREWERS YEAST, TORULA YEAST, SOY LECITHIN.

Vegetarian Hot Dogs

Ingredients:
Water, soy protein isolate, soybean oil, evaporated cane syrup, pea protein isolate, tapioca starch, salt, potassium chloride, bakers yeast extract, carrageenan, dried garlic, natural flavor (from plant sources), natural smoke flavor, xanthan gum, fermented rice flour, guar gum, oleoresin paprika (color).

Contains: Soy

Vegetarian Turkey

Oven Roasted Tofurky Deli Slices

Ingredients: Water, wheat protein, organic tofu (water, organic soybeans, magnesium chloride, calcium chloride), non genetically engineered canola oil, natural vegetarian flavors, shoyu soy sauce (water, non genetically engineered soy beans, wheat, salt, culture), non genetically engineered corn starch, white bean flour, garbonzo bean flour, lemon juice from concentrate, garlic, onion, calcium lactate from beets.
Contains: Soy and wheat

Ingredients

Water , Organic Soybeans , Natural Coagulants (Nigari [Magnesium Chloride] , Gypsum [Calcium Sulfate])