

# CHMS Spirit Lunch – Oct 11 and May 15th

## Brama La Pizza

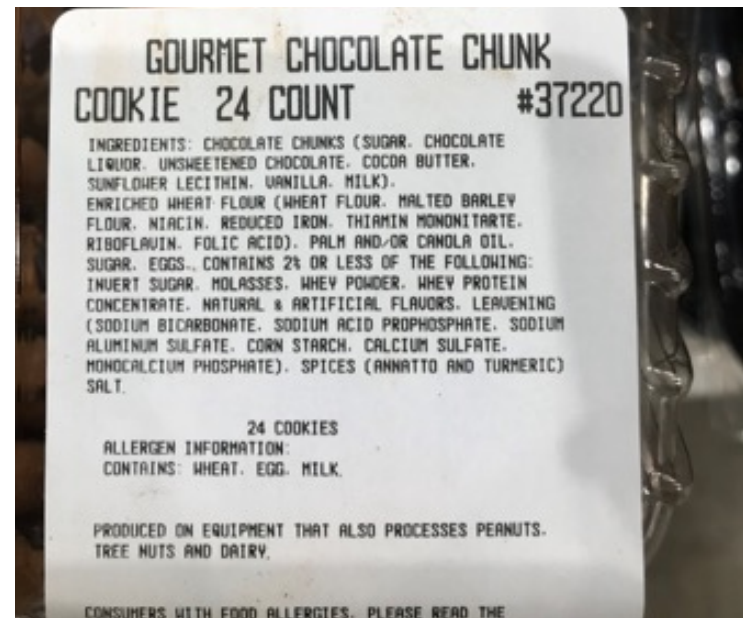
1 slice of pizza (1/4 of 16" pie), 1 Chocolate Chunk Cookie, Water

### Brama La Pizza-Cheese Pizza

**Crust:** Unbleached all purpose flour, sugar, salt, margarine, vegetable oil, yeast

**Sauce:** Tomato sauce, black pepper, garlic, salt, sugar, oregano

**Cheese:** Whole milk mozzarella-pasteurized milk, cheese cultures, salt, enzymes



# CHMS Spirit Lunch – Nov 8th

## Home Run Inn

### Chicken Tenders, 1 Chocolate Chip Cookie, Potato Chips, Water

#### Chicken tenders

- Ingredients
  - **Chicken tenders:** containing up to 25% solution of: water, seasoning (modified food starch, salt, natural flavoring), salt, sodium phosphate, flavorings, predestud, battered and breaded with: enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, wheat flour, bleached wheat flour, modified corn starch, salt, spices, yellow corn flour, bleached wheat flour, modified corn starch, salt, spices, yellow corn flour, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), sugar, spice extractives, dextrose, onion powder, deied whey (from milk), yeast, and extractives of paprkia, breading set in soybean oil.
    - Allergens
      - Milk, wheat, soy, eggs
  - **Barbecue sauce:** high fructose corn syrup, vinegar, tomato paste, modified food starch, salt ,pineapple juice concentrate, natural smoke flavor, spices, caramel, sodium benzoate as a preservative, molasses, corn syrup, garlic sugar, tamarind, natural flavor
    - Allergens
      - Soy
- Total allergens
  - Milk, wheat, soy, eggs

#### Chocolate chip cookie

- Ingredients
  - Enriched flour bleached (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), palm oil, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, salt, artificial flavor), bittersweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, artificial flavor), sugar, brown sugar, eggs, invert sugar. Contains 2% or less of leavening (sodium bicarbonate), salt, water, natural and artificial flavor.
- Total allergens
  - Wheat, milk, soy, egg

#### Lays Classic Potato Chips

- <https://www.fritolay.com/snacks/product-page/lays/lays-classic-potato-chips>

**Ingredients:** Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt.

# CHMS - Panera Bread - Jan 10th

## Turkey sandwich on whole grain, chips, choc chip cookie, water

### Turkey on whole grain

Whole Grain Pan Loaf (Water, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Grain Blend (Cracked Wheat, Rye Meal, Whole Spelt Flour, Whole Amaranth, Oats, Ground Flax, Orange Peel Fiber), Whole Wheat Flour, Special Blend (Organic Wheat Sour, Whole Wheat Flour, Guar Gum, Defatted Soy Flour, Malted Barley Extract, Soy Lecithin, Microbial Enzyme, Wheat Gluten, Ascorbic Acid), Honey, Vital Wheat Gluten, Rolled Oats (May Contain Wheat), Salt, Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Dough Conditioner (Ascorbic Acid, Microcrystalline Cellulose, Corn Starch)), Oven Roasted Turkey Breast (Turkey Breast, Water, Sea Salt, Potato Starch), Pasteurized Process Yellow American Cheese (American Cheese [Pasteurized Milk, Cheese Culture, Salt, Microbial Enzymes], Water, Cream, Sodium Citrate, Salt, Organic Fruit And Vegetable Juice For Color, Paprika Extract For Color). [Less](#)

Allergens

Contains Milk, Soy, Wheat.

\*\*Allergen notice - many of products contain or may come in contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, shellfish, sesame, sulfites, and mustard

### CHIPS

Kettle-cooked chips (potatoes, sunflower oil, sea salt)

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### Chocolate Chip Cookie

Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), butter with natural flavors (pasteurized cream [milk], natural flavors), brown sugar, semi-sweet chocolate chunk (sugar, unsweetened chocolate, whole milk powder, cocoa butter, soy lecithin (emulsifier), natural vanilla extract, salt), milk chocolate flakes (sugar, whole milk powder, cocoa butter, unsweetened cocoa, unsweetened chocolate processed with alkali, dextrose, milkfat, soy lecithin [emulsifier], salt natural vanilla extract), sugar pasteurized whole egg, salt, natural vanilla flavor, sodium bicarbonate (sodium bicarbonate, fully hydrogenated vegetable oil [soybean, palm, and/or cottonseed oil])

Allergens

contains egg, milk, soy, wheat

\*\*Allergen notice - many of products contain or may come in contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, shellfish, sesame, sulfites, and mustard

# CHMS Spirit Lunch – Feb 21st

## Zazzo's

### 2 slices of Pizza, Cookie, Water

Pizza:

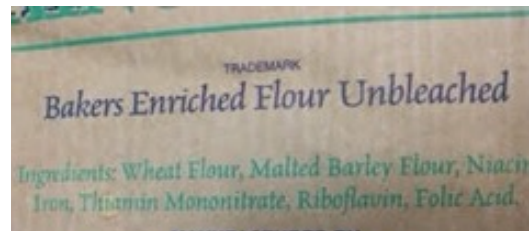
Tomato Sauce:



Mozzarella Cheese:



Pizza Crust:  
Water, Salt, Sugar, Yeast Flour



Cookie:



# CHMS Spirit Lunch – March 20th

## Home Run Inn

### 2 slices of pizza, 1 Chocolate Chip Cookie, Water

#### Cheese pizza

- Ingredients
  - **Crust:** wheat flour, water, corn oil, yeast, salt
  - **Mozzarella cheese:** pasteurized part-skim milk, cheese cultures, salt, enzymes
  - **Sauce:** tomato puree, water, oregano, salt, black pepper
- Allergens
  - Wheat, dairy

#### Chocolate chip cookie

- Ingredients
  - Enriched flour bleached (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), palm oil, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, salt, artificial flavor), bittersweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, artificial flavor), sugar, brown sugar, eggs, invert sugar. Contains 2% or less of leavening (sodium bicarbonate), salt, water, natural and artificial flavor.
- Total allergens
  - Wheat, milk, soy, egg

