

High Tech Eats Menu Allergens

Menu Item	Dairy	Gluten	Soy	Egg	Sesame
Breakfast					
Snackin' Waffles	X	X		X	
Yogurt with Granola	X	X			
Blueberry Muffin	X	X		X	
Ham & Cheese Croissant	X	X		X	
Bagel with Cream Cheese	X	X		X	
Chocolate Chip Banana Bread	X	X		X	
Overnight Oats	X	X			
Honey Cheerios					
Honey Bunches of Oats		X	X		
Main Entrees					
Green Chile Chicken Tamal	X				
Orange Chicken with Vegetable Fried Rice		X	X	X	No sesame in it but made in a facility with sesame
Hawaiian BBQ Pork with Garlic Rice		X	X		
Beef Meatball + Marinara with Rotini	X	X			
Pepperoni Pizza	X	X			
Crispy Chicken Sandwich	X	X		X	
Beef Enchiladas with Salsa Roja	X				
Lemon Chicken with Pita		X			
BBQ Chicken with Corn on the Cob					

Turkey Sausage, Egg + Cheese on Croissant	X	X		X	
Vegetarian Entrees					
Cheese Pizza	X	X			
BBQ Beans with Corn on the Cob					
Cheese Tamal	X				
Orange Tofu with Vegetable Fried Rice		X	X		
Black Bean Burger					
Impossible Meatball + Marinara with Rotini	X	X			
Hawaiian BBQ Tofu with Garlic Rice		X	X		
Bean Enchiladas with Salsa Roja					
Falafels with Pita		X			
Egg + Cheese on Croissant	X	X		X	
Cold Sandwiches					
Sunbutter & Jam		X			
Turkey Club		X			
Ham & Cheese on Croissant	X	X			
Ham & Cheese	X	X			
Turkey & Cheese	X	X			
Chicken Caesar Wrap	X	X		X	
Turkey, Bacon Ranch Wrap	X	X		X	
Salad Bar					
Esquites	X			X	
Marinated Cucumbers		X	X		X
Pico de Gallo					
Carrot Noodles					X

Coleslaw				X	
Jicama with Lime & Tajin					
Caesar Salad	X	X		X	
Ranch Salad	X			X	
Thai Broccoli Salad			X		X
Hummus					X
Mac Salad	X	X		X	
Taco Shop Pickles					
Pickles					
Greek Salad		X			