



## **Nutrition and Allergen Policy**

**TruFood is here to take care of your family's healthy lunches, snacks and event meals.** As your on-site restaurant company, we offer café and catering services to you and your school, priding ourselves in delivering new and creative alternatives to classic food items. We draw from local foods in the area and provide authentic and culturally diverse foods daily which are all created with an experienced and critical eye for freshness and taste.

**Our goal is to impart the value of healthy eating all day long.** Starting with made-to-order breakfast options, full café lunch options, grab-and-go's for students after school, and catered meals for parents hosting school events.

**Our chefs and staff understand the importance of educating and preparing healthy options for students:** It is our passion and our purpose every day.

Food allergies and sensitivities are critical concerns. For this reason, **our kitchens are peanut and tree-nut free.** Delivering whole nutrition to all students with and without food sensitivities is also important to us, thus we offer safely, individually-wrapped snacks containing nuts. We know that many students these days may be aware that they have one or many food allergies, including sensitivity to wheat (gluten), eggs, dairy, soy, nuts, fish and others. With modern eating trends, your son or daughter may require different diets like gluten-free, vegan, vegetarian or others. For safety and nutritional purposes, and for the development of your child learning to advocate for him/herself, **TruFood requires that students with special dietary needs introduce themselves to the chef and discuss their concerns.** Developing a relationship with the staff right from the start will ensure healthy eating and customer satisfaction throughout the school year.



We offer **gluten-free bread** daily at the sub station, and **gluten-free, corn flour, rice flour, whole grain pasta** as well as **gluten-free, Cauliflower Crust Pizza** any day upon request. We also have our delicious **Impossible (meat-free) Burger** available on burger day. If a student would like gluten-free pasta or pizza for lunch, he or she may approach the staff as late as first thing in the morning that day.

All of our **salad dressings are gluten-free**. Our **deli-meats are free of gluten/wheat and all other common allergens** (dairy, egg, fish/shellfish, nuts, soy). They are made of pure, whole meat and are Sysco's Imperial Brand: The highest quality deli line in the food service industry. **We are also proud that our beef, chicken and pork entrée meats are hormone- and antibiotic-free**. We draw on a diverse variety of fruits and vegetables from suppliers who have the first choice of quality soils and and deliver from the finest temperature-controlled trucks for maximum safety and freshness.

For your reference and convenience, the following lists ingredients in some of the foods we offer which may be of interest to you and your student.

## **Ingredient Guide**

### **Udi's Gluten-Free Bread**

INGREDIENTS: Water, brown rice, flour, tapioca starch, non-GMO canola oil, egg whites, potato starch, dried cane syrup, modified tapioca starch, tapioca maltodextrin, tapioca syrup, sorghum flour, amaranth flour, organic inulin, yeast, flax seed, salt, xanthan gum, teff flour, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), cultured corn starch solids and citric acid (natural mold inhibitor), dry molasses, enzymes

## **Cauliflower Crust Pizza**

INGREDIENTS: cauliflower crust (cauliflower, non-GMO low moisture part-skim mozzarella cheese (non-GMO cultured pasteurized part skim milk, vegetarian enzymes, powdered cellulose (to prevent caking), calcium chloride), rice flour, tapioca starch, water, egg whites, modified rice starch, sugar, organic yeast, salt, cultured brown rice, garlic powder, italian seasoning, xanthan gum), non-GMO skim low moisture mozzarella cheese (non-GMO cultured pasteurized part skim milk, salt, vegetarian enzymes, calcium chloride), tomato sauce: (water, tomato paste, seasoning (cane sugar, sea salt, dehydrated onion and garlic, spices), sea salt), roasted zucchini, roasted bell peppers (roasted red bell peppers, roasted yellow bell peppers, roasted green peppers), roasted onion, pecorino romano and parmesan cheese blend (pecorino romano cheese (pasteurized sheep's milk, salt, enzymes), parmesan cheese (pasteurized milk cheese cultures, salt, enzymes), roasted garlic, sage, oregano

## **Barilla, Gluten-Free Penne Pasta**

INGREDIENTS: Corn flour, rice flour, mono and diglycerides

## **Heartland Gluten-Free Corn & Rice Penne Pasta Blend**

INGREDIENTS: Corn flour, rice flour, mono and diglycerides

## **Natural Pak Balsamic Vinaigrette**

INGREDIENTS: Water, distilled vinegar, balsamic vinegar, olive oil, vegetable oil (soybean and/or canola), sugar, salt; contains less than 2% of: Garlic, spice, rice starch, xanthan gum, red bell pepper, onion

## **Sysco Imperial Caesar Dressing With Egg**

INGREDIENTS: Soybean oil, water, parmesan cheese (pasteurized cultured milk, salt, enzymes, high fructose corn syrup, corn sugar vinegar, egg yolk, corn syrup, salt; contains less than 2% of: distilled vinegar, garlic\*, anchovy paste (anchovies, salt, defatted soy flour, water), onion\*, mustard seed, spice, citric acid, lemon juice concentrate, sodium benzoate, potassium sorbate and calcium disodium EDTA (preservatives), xanthan gum, disodium Inosinate, disodium guanylate, aged red peppers, caramel color

### **Sysco Raspberry Vinaigrette**

INGREDIENTS: Soybean oil, corn vinegar, honey, red raspberry juice (from concentrate), water, brown sugar, cabernet sauvignon wine vinegar; contains less than 2% of lemon juice concentrate, salt, egg yolk, natural and artificial flavors, xanthan gum, grape skin color, spice, \*onion, \*garlic

### **Sysco Classic Ranch Dressing**

INGREDIENTS: Soybean oil, water, distilled vinegar, cultured buttermilk (cultured low fat milk, salt), high fructose corn syrup, salt, non-fat milk\*; contains less than 1% of egg yolk, mustard seed, garlic\*, onion, torula yeast, autolyzed yeast extract, xanthan gum, sodium benzoate and calcium disodium EDTA (preservatives), polysorbate 60, spices, lactic acid, natural flavor, disodium insinuate, disodium guanylate

### **Sysco Reliance Italian Dressing, Golden**

INGREDIENTS: Water, high fructose corn syrup, distilled vinegar, salt, soybean oil; contains less than 1% of xanthan gum, garlic\*, onion\*, bell pepper\*, spices, potassium sorbate, calcium disodium EDTA (preservatives), yellow 5, yellow 6  
\*dried

### **Imperial Deli Roast Beef**

INGREDIENTS: Top Round Choice Roast Beef cooked medium-rare, trimmed and soaked in brine solution before cooking

### **Imperial Deli Ham**

INGREDIENTS: Fully-cooked, hickory-smoked, Block and Barrel Imperial Finest Ham (premium boneless, inside muscle only), water added; gluten-free, dairy-free, soy-free, no MSG, 96% fat-free

### **Imperial Deli Sandwich-Style Pepperoni**

INGREDIENTS: Pork, beef, salt; contains less than 2% of the following: dextrose, natural smoke flavor, corn syrup, spices, wine, lactic acid starter, culture, garlic, oleoresin of paprika, sodium nitrate

## **Imperial Deli Salami**

INGREDIENTS: Pork, beef, salt, contains less than 2% of the following: corn syrup, sugar, spices, natural smoke flavor, sodium ascorbate, wine, garlic, lactic acid starter culture, potassium nitrate, sodium nitrite

## **Imperial Deli Turkey**

INGREDIENTS: Turkey breast, turkey broth, honey, salt, brown sugar, potassium lactate, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrite

## **Meal Options for Students with Food Sensitivities**

**Rice Bowl:** Gluten-free, no MSG added

**BBQ Salmon, Potato, Vegetable:** Gluten-free, MSG-free

**Nacho Bar:** Gluten-free, MSG-free

**Cajun Salmon, Vegetable, Rice:** Gluten-free, MSG-free

**Cauliflower Crust Pizza:** Gluten-free, MSG-free

**Impossible Burger:** Meat-free, MSG-free

## **Meal Options for Students w/ Diabetes** (based on approx. serving sizes)

**Lemon Rice Soup:** 9.6 grams of carbs per cup

**Chicken Wings:** 3 grams per wing

**Chipotle Bar:** 48 grams of carbs in 6 oz of rice

**Pasta Bar:** 42 grams of carbs in 6 oz of pasta

**White Sauce for Pasta:** 24 grams per cup

**Meatballs for Pasta:** 12 grams per 4 oz meatball



It is recommended that you use **TruFood for catering school events**. With growing concerns and regulations regarding food allergies, most school districts now require that no food be made or even sliced at home; every food consumed within schools, other than packaged goods, must be prepared at the school to ensure no cross-contamination.

To ease your mind and to eliminate the work, stress and cost of preparing, ordering, picking-up, delivering and setting-up food, we take care of everything. Call us Today!

For your family's research and education on healthy eating, we recommend the following websites:

**Institute for Integrative Nutrition**

[www.integrativenutrition.com/blog](http://www.integrativenutrition.com/blog)

**FARE (Food Allergy Research & Education)**

[www.foodallergy.org](http://www.foodallergy.org)

**Raw, Vegan, Vegetarian, Paleo?**

[www.breakingmuscle.com/healthy-eating/whats-the-best-diet-raw-vegan-vegetarian-or-paleo](http://www.breakingmuscle.com/healthy-eating/whats-the-best-diet-raw-vegan-vegetarian-or-paleo)

**National Eating Disorders Association**

[www.edap.org](http://www.edap.org)

**Please visit our website, [trufoodmanagement.com/trufoodcatering](http://trufoodmanagement.com/trufoodcatering) and/or contact Maria at [mcifanistepp@gmail.com](mailto:mcifanistepp@gmail.com) or (248) 933-9346 with any questions or concerns regarding your student's diet, menus, meal options and for all of your catering needs.**

We look forward to working with you.

