



# How to Eat **WANDA'S**



## DAIRY FREE

*Dairy free* means there has been no milk added to the products. Dairy products include but not limited to cheese, cream, butter, and yogurt.



**READ ALL DESCRIPTIONS CAREFULLY  
ALWAYS HAVE MEDICINE (ANTACIDS)**

**DO**



**ADD DRESSINGS**

**DON'T**

## FOOD ITEMS TO CHOOSE FROM

### BREAKFAST

**HOT CEREAL**

CLASSIC OATMEAL

### **GRILL**

LANCER CHEESEBURGER  
*- NO CHEESE*

AVOCADO TURKEY BURGER  
*- NO CHEESE*

ULTIMATE BEEFLESS BURGER

LETTUCE WRAP AVOCADO  
BURGER

LANCER FRIES

DAILY SOUP

### LUNCH & DINNER

#### **STACKED**

NONE

#### **TOSSED**

ASIAN CHICKEN SALAD

### **FIESTA GRILL**

**REQUEST WITHOUT CHEESE**

FIESTA FRIES  
*- VEGGIE, BARBACOA, OR SHREDDED  
CHICKEN*

DOS TACOS  
*- VEGGIE, BARBACOA, OR SHREDDED  
CHICKEN*



# How to Eat **WANDA'S** NUT ALLERGIES



*Nut allergies* include any form of tree nut including walnut, almond, hazelnut, cashew, and pistachio.



**READ MENU ITEMS CAREFULLY  
ASK EMPLOYEES TO SWITCH  
GLOVES (IF SEVERE)**

**DO**



**CONSUME ANY BAKED GOODS**

**DON'T**

## FOOD ITEMS TO CHOOSE FROM

### HOT CEREAL

CLASSIC OATMEAL  
BANANA CRUNCH OATMEAL  
BERRIES & CREAM OATMEAL  
CINNAMON APPLE CRUNCH  
OATMEAL

### GRILL

LANCER CHEESEBURGER  
GOURMET FRISCO BURGER  
*MONDAY'S ONLY*  
AVOCADO TURKEY BURGER  
ULTIMATE BEEFLESS BURGER  
LETTUCE WRAP AVOCADO  
BURGER  
LANCER FRIES  
ONION RINGS  
DAILY SOUP

### BREAKFAST

#### BREAKFAST BOWLS

CBU SCRAMBLE BOWL  
VEGETARIAN SCRAMBLE BOWL  
SOUTHWEST POWER BOWL  
LEAN-N-MEAL BOWL

#### BURRITOS

BREAKFAST BURRITOS - EGG &  
CHEESE, BACON, SAUSAGE, OR VEGETARIAN

### LUNCH & DINNER

#### STACKED

SMOKED BRISKET SANDWICH  
RIVERSIDE TURKEY CLUB  
GRILLED CHEESE

#### TOSSED

ASIAN CHICKEN SALAD

### SANDWICHES

BAGEL SANDWICHES  
*EGG & CHEESE, BACON, OR SAUSAGE*  
CROISSANT SANDWICHES  
*- EGG & CHEESE, BACON, OR SAUSAGE*  
BAGEL & CREAM CHEESE

### FIESTA GRILL

QUESADILLA  
*CHEESE OR CHICKEN*  
FIESTA FRIES  
*- VEGGIE, BARBACOA, OR SHREDDED CHICKEN*  
DIEGO BURRITO  
*- VEGGIE, BARBACOA, OR SHREDDED CHICKEN*  
TACOS  
*VEGGIE, BARBACOA, OR SHREDDED CHICKEN*  
*TUESDAY'S ONLY*  
BAJA SALAD  
*- VEGGIE, BARBACOA, OR SHREDDED CHICKEN*



# How to Eat **WANDA'S**

**NGA**

**NO GLUTEN ADDED**

**No Gluten Added** means the recipe itself does not include gluten, however, the facility it was produced in may contain gluten in it. If you have Celiac intolerance or gluten sensitivity, use your best judgment according to the severity.



**ASK EMPLOYEES TO CHANGE THEIR GLOVES**  
**ASK QUESTIONS OR FOR CLARIFICATIONS**

**DO**



**FEEL LIMITED WITH THE OPTIONS**

**DON'T**

## **FOOD ITEMS TO CHOOSE FROM**

### **BREAKFAST**

#### **BREAKFAST BOWLS**

CBU SCRAMBLE BOWL- *EGG & CHEESE, BACON, OR SAUSAGE*  
VEGETARIAN SCRAMBLE BOWL  
SOUTHWEST POWER BOWL  
LEAN-N-MEAN BOWL

### **GRILL**

**REQUEST LETTUCE WRAPPED**  
LANCER CHEESEBURGER  
AVOCADO TURKEY BURGER  
BEYOND BEEF BEEFLESS BURGER  
LETTUCE WRAP AVOCADO BURGER  
DAILY SOUP

### **LUNCH & DINNER**

#### **STACKED**

GRILLED CHEESE - *NGA BREAD*

#### **TOSSSED**

CHICKEN CAESAR SALAD  
- *NO CROUTONS*

### **FIESTA GRILL**

FIESTA FRIES - *VEGGIE OR BARBACOA*  
TACOS - *VEGGIE OR BARBACOA*  
*TUESDAY ONLY*



# How to Eat **WANDA'S** SHELLFISH ALLERGIES



**Shellfish allergy** is an abnormal response to the consumption of marine animals. This includes shrimp, crab, lobster, squid, oysters and scallops. Fish including salmon, tuna, and mahi-mahi are all acceptable to consume.



**KNOW THE DIFFERENCE BETWEEN  
FISH AND SHELLFISH**

**DO**



**FORGET EPIPEN (IF APPLICABLE)**

**DON'T**

## FOOD ITEMS TO CHOOSE FROM

### **HOT CEREAL**

CLASSIC OATMEAL  
BANANA CRUNCH OATMEAL  
BERRIES & CREAM OATMEAL  
CINNAMON APPLE CRUNCH  
OATMEAL

### **BREAKFAST BREAKFAST BOWLS**

CBU SCRAMBLE BOWL  
VEGETARIAN SCRAMBLE BOWL  
SOUTHWEST POWER BOWL  
LEAN-N-MEAL BOWL

### **SANDWICHES**

BAGEL SANDWICHES  
- EGG & CHEESE, BACON, OR SAUSAGE  
CROISSANT SANDWICHES  
- EGG & CHEESE, BACON, OR SAUSAGE  
BAGEL & CREAM CHEESE

### **BURRITOS**

BREAKFAST BURRITOS  
EGG & CHEESE WITH BACON, SAUSAGE, OR  
VEGETABLES

### **GRILL**

LANCER CHEESEBURGER  
GOURMET FRISCO BURGER  
*MONDAY'S ONLY*  
AVOCADO TURKEY BURGER  
ULTIMATE BEEFLESS BURGER  
LETTUCE WRAP AVOCADO BURGER  
LANCER FRIES  
ONION RINGS  
DAILY SOUP

### **LUNCH & DINNER STACKED**

SMOKED BRISKET SANDWICH  
TURKEY PESTO MELT  
RIVERSIDE TURKEY CLUB  
GRILLED CHEESE

### **FIESTA GRILL**

QUESADILLA - CHEESE OR CHICKEN  
FIESTA FRIES- VEGGIE, BARBACOA, OR  
SHREDDED CHICKEN  
DIEGO BURRITO - VEGGIE,  
BARBACOA, OR SHREDDED CHICKEN  
TACOS- VEGGIE, BARBACOA, OR  
SHREDDED CHICKEN- TUESDAY'S ONLY  
BAJA SALAD- VEGGIE, BARBACOA, OR  
SHREDDED CHICKEN

### **TOSSED**

CHICKEN CAESAR SALAD  
ASIAN CHICKEN SALAD



# How to Eat **WANDA'S** VEGETARIAN



**Vegetarian** means to abstain from meat products. One type of vegetarianism is *lacto-ovo vegetarian*. It includes eating plant foods, dairy products, and eggs which applies here.



**PAY ATTENTION TO FOOD LABELS  
ASK QUESTIONS**

**DO**



**SECOND GUESS YOUR OPTIONS**

**DON'T**

## FOOD ITEMS TO CHOOSE FROM

### **HOT CEREAL**

CLASSIC OATMEAL  
BANANA CRUNCH OATMEAL  
BERRIES & CREAM OATMEAL

### **GRILL**

ULTIMATE BEEFLESS BURGER  
LANCER FRIES  
ONION RINGS  
DAILY SOUP

### **BREAKFAST**

#### **BREAKFAST BOWLS**

CBU SCRAMBLE BOWL  
VEGETARIAN SCRAMBLE BOWL  
SOUTHWEST POWER BOWL

#### **BURRITOS**

EGG & CHEESE BURRITO  
VEGETARIAN BURRITO

### **LUNCH & DINNER**

#### **STACKED**

GRILLED CHEESE

#### **TOSSED**

CAESAR SALAD- NO CHICKEN  
ASIAN SALAD- NO CHICKEN

### **SANDWICHES**

EGG & CHEESE BAGEL SANDWICH  
EGG & CHEESE BREAKFAST  
CROISSANT SANDWICH  
BAGEL & CREAM CHEESE

### **FIESTA GRILL**

CHEESE QUESADILLA  
VEGGIE FIESTA FRIES  
VEGGIE DIEGO BURRITO  
VEGGIE TACOS  
TUESDAYS ONLY  
VEGGIE BAJA SALAD