

GLCAP, Home Delivered Meals

Ingredient Lists

Entrees

Baked Steak

Boneless Beef (80% lean), Brown Gravy (Modified Food Starch, Maltodextrin, Salt, Dextrose, Beef Flavors (Beef Extract, Beef Stock, Hydrolyzed Corn, Soy and Wheat Proteins, Corn Syrup Solids, Natural Flavors, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil), Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Contains 2% or less of: Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium Phosphate, Extractive of Paprika, Mono & Diglycerides, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate) COMMON ALLERGENS PRESENT: Soy, Wheat, Milk

Beef and Noodles

Diced beef cubes, egg noodles (Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid), brown gravy (Modified Food Starch, Maltodextrin, Salt, Dextrose, Beef Flavors (Beef Extract, Beef Stock, Hydrolyzed Corn, Soy and Wheat Proteins, Corn Syrup Solids, Natural Flavors, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil), Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Contains 2% or less of: Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium Phosphate, Extractive of Paprika, Mono & Diglycerides, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate), diced onion, celery. Common Allergens Present: Wheat, Soy, Egg

BBQ Beef

SAUCE (WATER, KETCHUP [TOMATO PASTE, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING], BROWN SUGAR, MUSTARD [DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, GARLIC POWDER], WORCESTERSHIRE SAUCE CONCENTRATE [DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR], CONCENTRATED LEMON JUICE, MODIFIED CORN STARCH, NATURAL HICKORY SMOKE FLAVOR, SALT, SPICES, BEET POWDER [COLOR], CARAMEL COLOR, GARLIC POWDER), BEEF, WATER, TEXTURED SOY PROTEIN (SOY FLOUR, CARAMEL COLOR, ZINC OXIDE, IRON AS FERROUS SULFATE, NIACINAMIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE [B6], RIBOFLAVIN, THIAMINE MONOITRATE, VITAMIN A PALMITATE, CYANOCOBALAMIN [B12]). COMMON ALLERGENS PRESENT: Soy

Beef Stir Fry

Beef Cubes (Beef, Salt), Stir Fry Vegetables (Broccoli, Sugar Snap Peas, Bean Sprouts, Water Chestnuts, Red Peppers), teriyaki sauce (SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), WINE, SUGAR, WATER, SALT, VINEGAR, SODIUM BENZOATE LESS THAN 1/10 OF 1% AS A PRESERVATIVE, ONION POWDER, NATURAL FLAVORS, SUCCINIC ACID, GARLIC POWDER), minced garlic, brown sugar (sugar, cane molasses), water. COMMON ALLERGENS PRESENT: Wheat, Soy. MAY CONTAIN: Egg, Fish, Milk, Peanuts, Tree Nuts, Shellfish

Beef Taco Meat

BEEF, WATER, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), TOMATO PASTE, CONTAINS LESS THAN 2% OF DEHYDRATED ONION, SALT, SPICES, CHILI PEPPER, SEASONING (potassium chloride, flavor [contains maltodextrin]), DEHYDRATED GARLIC, PAPRIKA EXTRACT, CARAMEL COLOR, ONION POWDER, SUGAR. COMMON ALLEGENS PRESENT: Soy

Beef Stroganoff

Diced beef cubes, egg noodles (Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid), brown gravy (Modified Food Starch, Maltodextrin, Salt, Dextrose, Beef Flavors (Beef Extract, Beef Stock, Hydrolyzed Corn, Soy and Wheat Proteins, Corn Syrup Solids, Natural Flavors, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil), Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Contains 2% or less of: Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium Phosphate, Extractive of Paprika, Mono & Diglycerides, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate), mushrooms, sour cream (Cultured Skim Milk, Cream, Whey, Modified Cornstarch, Sodium Phosphate, Guar Gum, Carrageenan, Sodium Citrate, Locust Bean Gum, Potassium Sorbate (to preserve freshness), diced onion Common Allergens Present: Wheat, Soy, Milk, Egg

Beefy Chili

Ground beef 81% lean, diced onions, chili seasoning (enriched wheat flour (flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), spices (including chili pepper), salt, onion, garlic, cocoa powder processed with alkali, and natural flavor), chili beans (Prepared Red Beans, Water, Tomato Paste, Modified Corn Starch, Salt, Chili Pepper, Sugar, Paprika, Onion, Garlic, Calcium Chloride), tomato juice (Tomato Juice from Concentrate (Water, Tomato Concentrate), Salt, Vitamin C (Ascorbic Acid), Citric Acid), water, diced green chilies Common Allergens Present: Wheat

Beef Hot Dog

Beef, water, salt, less than 2% of the following: flavoring, potassium lactate, sodium diacetate, sodium phosphate, sugar, sodium erythorbate, sodium nitrite, oleoresin of paprika

Beefy Goulash

Elbow macaroni (Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid), ground beef 81% lean, diced tomatoes (Tomatoes, Tomato Juice, Sugar, Salt, Dried Onion, Calcium Chloride, Dried Celery, Dried Bell Peppers, Natural Flavor, Citric Acid), diced onion, diced green peppers, spaghetti sauce (Tomato Concentrate (Water, Tomato Paste), Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor) Common Allergens Present: Wheat

Beefy Stew

Beef, Beef Stock, Potatoes, Carrots, Water, Green Peas, Food Starch - Modified, Celery, Contains less than 2% of Calcium Lactate, Caramel Color, Disodium Guanylate, Disodium Inosinate, Flavoring (Contains Canola Oil), Grill (Contains Sunflower Oil), Lactic Acid, Maltodextrin, Onion Powder, Paprika, Salt, Sugar, Yeast Extract. COMMON ALLERGENS PRESENT: None

Cabbage Roll

CABBAGE LEAVES, WATER, COOKED BEEF, TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), COOKED RICE, TOMATO PASTE, ONION, EGG, BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT), GREEN BELL PEPPER, SALT, FOOD STARCH-MODIFIED, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CELERY, SUGAR, NONFAT DRY MILK, ISOLATED SOY PROTEIN, VINEGAR (DISTILLED WHITE VINEGAR, WATER), SPICES, DRIED BEEF STOCK, CARAMEL COLOR, DEHYDRATED GARLIC. COMMON ALLERGENS PRESENT: Egg, Wheat, Soy, Milk

Cheeseburger

Beef Patty: Pure Beef. American Cheese Slice: American cheese (milk, cheese cultures, salt, enzymes, annatto vegetable color, if colored), water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent). COMMON ALLERGENS PRESENT: Milk, Soy

Cheese Ravioli

Ravioli (Wheat Flour (Durum Whole Wheat Flour, Enriched Durum Flour [Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Liquid Pasteurized Whole Eggs, Part Skim Ricotta Cheese (Whey, Milk, Vinegar, Carrageenan as a stabilizer), Shredded Mozzarella Cheese (Pasteurized Whole Milk, Cheese Cultures, Salt, Enzymes, Rice Flour, Powdered Cellulose to prevent caking, Natamycin a natural mold inhibitor), Enriched Bread Crumbs (Enriched Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dried Whole Eggs, Grated Romano Cheese (Pasteurized Cows Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose to prevent caking), Salt, Parsley Flakes, Granulated Garlic, Black Pepper, Nutmeg. Marinara Sauce (Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soyben Oil, Less Than 2% Of: Salt, Dried Garlic, Sea Salt, Dried Onion, Citric Acid, Dried Parsley, Spices. COMMON ALLERGENS PRESENT: Wheat, Milk, Eggs

Chicken Alfredo

MILK (VITAMIN D3 ADDED), COOKED WHITE MEAT CHICKEN (CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING [SALT, SUGAR, SPICE EXTRACTIVES ON A DEXTROSE CARRIER], SODIUM PHOSPHATES), COOKED ENRICHED PASTA (WATER, SEMOLINA [MILLED WHEAT, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], EGG WHITES), WATER, BROCCOLI, MARGARINE (SOYBEAN OIL, PALM OIL, WATER, SALT, CONTAINS 2% OR LESS OF: MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], NATURAL FLAVOR, ANNATTO [COLOR], VITAMIN A PALMITATE ADDED), RED BELL PEPPER, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), CARROTS, BUTTER, CANOLA OIL, CHICKEN STOCK CONCENTRATE (CHICKEN STOCK, NATURAL FLAVORS [CONTAINS CHICKEN MEAT], SALT, CHICKEN FAT, GARLIC POWDER, SPICES, VEGETABLE STOCK [CARROT, CELERY, ONION, LEEK, RED BELL PEPPER, TOMATO, PARSLEY, GARLIC]), FOOD STARCH-MODIFIED, WHEAT FLOUR, SALT, SUGAR, CHEESE BLEND (CHEDDAR, GRANULAR, SEMI-SOFT AND BLUE CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], WATER, SODIUM PHOSPHATE, VINEGAR, SALT), MONO- & DIGLYCERIDES, XANTHAN GUM, DEHYDRATED GARLIC, SPICE. COMMON ALLERGENS PRESENT: Milk, Soy, Wheat, Egg

Chicken Breast, BBQ

100% USDA Inspected Chicken. BBQ Sauce: WATER, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, MOLASSES, FOOD STARCH-MODIFIED, SALT, PREPARED MUSTARD(WATER, VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES), CONTAINS LESS THAN 2% OF SPICES, NATURAL SMOKE FLAVOR, ONION*, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), PAPRIKA, GARLIC*. *DEHYDRATED.

Chicken and Broccoli Stir Fry

Shredded Chicken, Broccoli, Chicken Base (salt, dextrose, food starch-modified, chicken fat, palm oil and soybean oil, monosodium glutamate, onion powder, turmeric, spice and natural flavorings, disodium inosinate and disodium guanylate, oleoresin paprika), soy sauce (water, salt, corn syrup, distilled vinegar, caramel color, contains less than 2% hydrolyzed soy protein, sodium benzoate and potassium sorbate as preservatives, citric acid), Ginger, Crushed Red Pepper Flakes, Minced Garlic (Garlic, Water, Phosphoric Acid, Sodium Benzoate), Cornstarch, Sesame Oil, Brown Sugar. COMMON ALLERGENS PRESENT: Soy

Chicken Cacciatore

Chicken breast, diced onions, diced tomatoes (Tomatoes, Tomato Juice, Sugar, Salt, Dried Onion, Calcium Chloride, Dried Celery, Dried Bell Peppers, Natural Flavor, Citric Acid), diced green peppers, marinara sauce (Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soyben Oil, Less Than 2% Of: Salt, Dried Garlic, Sea Salt, Dried Onion, Citric Acid, Dried Parsley, Spices)

Chicken Cordon Bleu

Boneless, skinless, breast of chicken with rib meat (containing up to 8% of a solution of water, seasoning (sugar, salt, dehydrated chicken broth, dehydrated garlic, dehydrated onion), seasoning (modified potato starch, flavoring), vinegar with natural flavor, sodium phosphates), Filling (pasteurized-process Swiss & American cheese [Swiss cheese (cultured milk, salt, enzymes), American cheese (cultured milk, salt, enzymes), cream, sodium phosphates], cooked ham water added (pork, water, salt, dextrose, sodium lactate, sodium phosphates, sodium erythorbate, sodium diacetate, sodium nitrite)), Breading (bleached wheat flour, whey, yellow corn flour, dextrose, salt, blend of Romano and Parmesan cheese (pasteurized cows milk, cheese cultures, salt, sodium silicoaluminate, sorbic acid, enzymes), yeast, spices, soybean oil, oleoresin paprika, annatto extract, sodium silicoaluminate, garlic powder, onion powder, natural flavor), Batter (water, enriched bleached wheat flour [wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], modified food starch, yellow corn flour, salt, leavening [sodium acid pyrophosphate, sodium bicarbonate]). COMMON ALLERGENS PRESENT: Milk, Wheat, Soy

Chicken Jambalaya

Shredded chicken, corn and black bean salad (sweet corn, cooked black beans, tomato, onion, green bell pepper, red bell pepper, contains less than 2% of brown sugar, citric acid, dehydrated vegetables (onion, bell pepper, garlic), lime juice powder (lime juice concentrate, modified food starch, maltodextrin, citric acid), natural flavor (including grill and smoke), olive oil, salt, spices, sugar, yeast extract), diced tomatoes (Tomatoes, Tomato Juice, Sugar, Salt, Dried Onion, Calcium Chloride, Dried Celery, Dried Bell Peppers, Natural Flavor, Citric Acid), tomato juice (Tomato Juice from Concentrate (Water, Tomato Concentrate), Salt, Vitamin C (Ascorbic Acid), Citric Acid), water, spanish rice (Enriched Long Grain Parboiled Rice (Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Spanish Seasoning [Dehydrated Vegetables (Tomato, Red & Green Bell Pepper, Onion, Garlic, Chili Pepper), Maltodextrin, Salt, Yeast Extract, Sugar, Spice, Paprika Extractive, Citric Acid, Disodium Inosinate & Disodium Guanylate, Soybean Oil, Contains 2% or Less Silicon Dioxide (Anticaking)])

Chicken Kiev

Boneless, skinless, breast of chicken with rib meat (containing up to 8% of a solution of water, seasoning (sugar, salt, dehydrated chicken broth, dehydrated garlic, dehydrated onion), seasoning (modified potato starch, flavoring), vinegar with natural flavor, sodium phosphates), Filling (unsalted butter [pasteurized cream, lactic acid, natural flavoring], seasoning [salt, dehydrated garlic, sugar dextrose, spices, natural flavorings, annatto extract, oleoresin turmeric], parsley), Breading (bleached wheat flour, whey, yellow corn flour, dextrose, salt, blend of Romano and Parmesan cheese (pasteurized cows milk, cheese cultures, salt, sodium silicoaluminate, sorbic acid, enzymes), yeast, spices, soybean oil, oleoresin paprika, annatto extract, sodium silicoaluminate, garlic powder, onion powder, natural flavor), Batter (water, enriched bleached wheat flour [wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], modified food starch, yellow corn flour, salt, leavening [sodium acid pyrophosphate, sodium bicarbonate]) Pre-browned in vegetable oil. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy

Chicken Marsala

Chicken breast, brown gravy (Brown Gravy (Modified Food Starch, Maltodextrin, Salt, Dextrose, Beef Flavors (Beef Extract, Beef Stock, Hydrolyzed Corn, Soy and Wheat Proteins, Corn Syrup Solids, Natural Flavors, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil), Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Contains 2% or less of: Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium Phosphate, Extractive of Paprika, Mono & Diglycerides, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate), marsala sauce (White Wine, High Fructose Corn Syrup, Salt, Malic Acid, Caramel Color, Potassium Metabisulfite (Preservative), Potassium Sorbate (Preservative). Contains: Sulfites), mushrooms. Common Allergens Present: Wheat, Soy

Chicken Noodle Casserole

Egg noodles (Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid), shredded chicken, cream of mushroom soup (WATER, VEGETABLE OIL (CORN, CANOLA, AND/OR SOYBEAN), MUSHROOMS, MODIFIED FOOD STARCH, WHEAT FLOUR, CONTAINS LESS THAN 2% OF: SALT, CREAM (MILK), SOY PROTEIN CONCENTRATE, YEAST EXTRACT, DEHYDRATED WHEY, FLAVORING, DEHYDRATED GARLIC), 2% milk, shredded cheese (cheese (cultured pasteurized milk, salt, enzymes, color added) Monterey jack cheese (cultured pasteurized milk, salt, enzymes), anticake (potato starch, powdered cellulose), paprika. Common Allergens Present: Milk, Wheat, Soy, Egg

Chicken Salad

COOKED CHICKEN (WHITE MEAT CHICKEN, WATER, POTASSIUM LACTATE, SODIUM TRIPOLYPHOSPHATE, SALT), MAYONNAISE (SOYBEAN OIL, EGG YOLKS [EGG YOLKS, SALT], HIGH FRUCTOSE CORN SYRUP, WHITE DISTILLED VINEGAR, MUSTARD [WATER, DISTILLED VINEGAR, MUSTARD SEED, SALT, SPICES], WATER, SALT), CELERY, CRACKER MEAL (BLEACHED WHEAT FLOUR), TEXTURED WHEAT PROTEIN (WHEAT GLUTEN, WHEAT FLOUR, TETRASODIUM PYROPHOSPHATE, SODIUM CARBONATE, VITAMIN E [MIXED TOCOPHEROLS]), ONIONS, APPLE WINE VINEGAR WITH HONEY, CONTAINS LESS THAN 2% OF GLUCONO DELTA LACTONE, GRANULATED GARLIC, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, SALT, SODIUM DIACETATE, SPICES, SUGAR, WHITE DISTILLED VINEGAR. COMMON ALLERGENS PRESENT: WHEAT, EGG

Chili Dog with Cheese

Beef Hot Dog: Beef, water, salt, less than 2% of the following: flavoring, potassium lactate, sodium diacetate, sodium phosphate, sugar, sodium erythorbate, sodium nitrite, oleoresin of paprika. Chili Dog Sauce: Water, Beans, Beef, Tomato Paste, Food Starch - Modified, Spice, Salt, Onion Powder, Paprika, Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Flour, Sugar, Flavor (Torula Yeast, Maltodextrin, Flavoring), Garlic Powder, Natural Coloring and Flavoring. Shredded Mexican Cheese: Cheddar cheese (cultured pasteurized milk, salt, enzymes, color added), monterey jack cheese (cultured pasteurized milk, salt, enzymes), anticake (potato starch, powdered cellulose). COMMON ALLERGENS PRESENT: Wheat, Milk

Chipped Beef

MILK (VITAMIN D3 ADDED), DRIED BEEF (BEEF, SALT, POTASSIUM CHLORIDE, SODIUM ERYTHORBATE, SODIUM NITRITE, BHT, TBHQ, CITRIC ACID), CHICKEN BROTH, CREAM, WATER, NONFAT DRY MILK, MODIFIED CORN STARCH, BUTTER, WHEAT FLOUR, RICE FLOUR, SUGAR, SALT, FLAVORINGS, MONO- & DIGLYCERIDES WITH CITRIC ACID TO HELP PROTECT FLAVOR, NATURAL BUTTER FLAVOR (WHEY SOLIDS, ENZYME-MODIFIED BUTTER, MALTODEXTRIN, SALT, DEHYDRATED BUTTER, GUAR GUM, ANNATTO AND TURMERIC [FOR COLOR]), NATURAL CREAM FLAVOR (MALTODEXTRIN, NATURAL CREAM FLAVOR), DEXTROSE, COLORED WITH ANNATTO (SOYBEAN OIL, MONO- & DIGLYCERIDES AND ANNATTO EXTRACT), CAMEL COLOR. COMMON ALLERGENS PRESENT: Milk, Wheat

Creamed Chicken

Shredded chicken, cream of chicken soup (CHICKEN STOCK, MODIFIED FOOD STARCH, VEGETABLE OIL, WHEAT FLOUR, CREAM (MILK), CONTAINS LESS THAN 2% OF: SALT, CHICKEN*, CARROT JUICE CONCENTRATE, SOY PROTEIN CONCENTRATE, CHICKEN FAT, YEAST EXTRACT, FLAVORING, CHICKEN BROTH*, CANE SUGAR, ONIONS*, CELERY EXTRACT, ONION EXTRACT. *DRIED), 2% milk, garlic powder, parsley flakes Common Allergens Present: Milk, Soy, Wheat

Cubed Steak

Boneless Beef (80% lean). Brown Gravy: Modified Food Starch, Maltodextrin, Salt, Dextrose, Beef Flavors (Beef Extract, Beef Stock, Hydrolyzed Corn, Soy and Wheat Proteins, Corn Syrup Solids, Natural Flavors, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil), Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Contains 2% or less of: Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium Phosphate, Extractive of Paprika, Mono & Diglycerides, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk

Egg Salad

EGGS, SOYBEAN OIL, CONTAINS LESS THAN 2% OF SUGAR, WATER, EGG YOLKS (EGG YOLKS, SALT), WHITE DISTILLED VINEGAR, SALT, GRANULATED ONION, LEMON JUICE CONCENTRATE, MAYONNAISE SPICE BLEND FLAVOR (MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS). COMMON ALLERGENS PRESENT: EGG

French Toast

EGG MIX: WHOLE EGGS, WHEY (MILK) SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, NATURAL VANILLAFLAVOR (PROPYLENE GLYCOL, WATER, ALCOHOL, INVERT SYRUP, NATURAL FLAVOR, VANILLA EXTRACT), XANTHAN GUM, CITRIC ACID. BREAD: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WHEATGLUTEN, SUGAR, YEAST, SOYBEAN OIL, SALT, ETHOXYLATED MONO- AND DIGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, SOY LECITHIN, POTASSIUM IODATE), CINNAMON GLAZE: SOYBEAN OIL, SUGAR, CINNAMON, VEGETABLE MONO-AND DIGLYCERIDES, SALT, NATURAL FLAVORS, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy

Ham and Potato Skillet

Ham shanks (Ham shanks, Water, Salt, Sugar, Sodium Nitrite), scalloped potatoes (POTATO (DRY), SEASONING [MODIFIED FOOD STARCH, WHEY, LACTOSE, DRIED ONION, CORN SYRUP SOLIDS, SUNFLOWER OIL, SALT, POTASSIUM CHLORIDE, DRIED GARLIC, MALTODEXTRIN, CREAM CHEESE (PASTEURIZED CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM, GUAR GUM), NATURAL FLAVORS, DIPOTASSIUM PHOSPHATE, DRIED GREEN ONION, MONO AND DIGLYCERIDES, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), YEAST EXTRACT,

NONFAT MILK, SPICES, ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL]. FRESHNESS PRESERVED WITH SODIUM BISULFITE), diced green peppers, pimientos COMMON ALLERGENS PRESENT: Milk

Ham, Glazed Baked

Ham cured with water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, Pineapple, pineapple juice, Brown sugar (sugar, cane molasses.COMMON ALLERGENS PRESENT: None

Ham Slices

Cured With: Water, Dextrose, Contains 2% or Less of the Following: Vinegar, Salt, Sodium Phosphate, Sodium Erythorbate, Seasoning (Salt, Natural Flavors), Sodium Nitrite. COMMON ALLERGENS PRESENT: None

Hamburger Gravy

Ground beef 81% lean, brown gravy (Modified Food Starch, Maltodextrin, Salt, Dextrose, Beef Flavors (Beef Extract, Beef Stock, Hydrolyzed Corn, Soy and Wheat Proteins, Corn Syrup Solids, Natural Flavors, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil), Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Contains 2% or less of: Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium Phosphate, Extractive of Paprika, Mono & Diglycerides, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate), onions, green peppers, garlic powder, pimientos. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk

Lasagna

TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), COOKED ENRICHED LASAGNA PASTA (WATER, SEMOLINA [MILLED WHEAT, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLICACID]), COOKED BEEF, COTTAGE CHEESE (FAT FREE MILK, MILK, CREAM, NONFAT DRY MILK, WHEY, SALT, GUAR GUM, MONO- & DIGLYCERIDES, CARRAGEENAN, LOCUST BEAN GUM, POLYSORBATE 80, MICROBIAL ENZYMES), TOMATO PASTE, WATER, MOZZARELLA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES), ONION, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), ROMANO CHEESE (PASTEURIZED SHEEPS MILK, CHEESE CULTURES, SALT, ENZYMES), SUGAR, FOOD STARCH-MODIFIED, SALT, SPICES, GARLIC POWDER, MONO- & DIGLYCERIDES. COMMON ALLERGENS PRESENT: Wheat, Milk

Macaroni and Cheese

Elbow Macaroni (Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid), Cheese Sauce (MALTODEXTRIN, TAPIOCA STARCH, WHEY, SOYBEAN OIL, SALT, DEXTROSE, CANOLA OIL, CHEDDAR CHEESE FLAVOR BLEND (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], MALTODEXTRIN, DISODIUM PHOSPHATE, FLAVORS, SODIUM CITRATE, XANTHAN GUM, TOCOPHEROLS), 2% OR LESS OF YEAST EXTRACT, MODIFIED CORNSTARCH, CORN SYRUP SOLIDS, SUGAR, DIPOTASSIUM PHOSPHATE, SODIUM CASEINATE (A MILK DERIVATIVE), CALCIUM CASEINATE, COLOR ADDED, XANTHAN GUM, BHT, BUTTERMILK POWDER, YELLOW 5, YELLOW 6, SPICE, NATURAL FLAVORS, DISODIUM INOSINATE/DISODIUM GUANYLATE, SODIUM SILICOALUMINATE, EXTRACTIVES OF PAPRIKA), 2% Milk. COMMON ALLERGENS PRESENT: Milk, Wheat

Meat Loaf

Ground beef 81% lean, ground pork, diced onion, oats, pasteurized liquid eggs (WHOLE EGGS, WHEY, SKIM MILK, XANTHAN GUM, CITRIC ACID, 0.12% WATER ADDED AS CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR), ketchup (Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Less Than 2% Of: Spice, Onion Powder, Natural Flavors), worcestershire sauce (distilled vinegar, molasses, water corn syrup, salt, caramel color, sugar, spices, anchovies, natural flavor (soy) and tamarind extract, brown sugar (sugar, cane molasses) Common Allergens Present: Egg, Milk, Soy

Meat Sauce

Ground beef 81% lean, spaghetti sauce (Tomato Concentrate (Water, Tomato Paste), Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor), diced onions, pimientos, diced green peppers

Meatball Sub

Meatballs (BEEF, WATER, TEXTURED SOY FLOUR, SOY PROTEIN CONCENTRATE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, WHEAT FLOUR, DEHYDRATED ONION, FLAVORINGS, SODIUM PHOSPHATE, HYDROLYZED SOY PROTEIN, PAPRIKA, GARLIC POWDER, EXTRACTIVES OF PAPRIKA, NONFAT DRY MILK), Marinara Sauce (Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Less Than 2% Of: Salt, Dried Garlic, Sea Salt, Dried Onion, Citric Acid, Dried Parsley, Spices), Shredded Mozzarella Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, POWDERED CELLULOSE ADDED TO PREVENT CAKING, AND NATAMYCIN ADDED AS A MOLD INHIBITOR), Italian Sub Bun (Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water. Contains 2% or Less of the Following: High Fructose Corn Syrup, Wheat Gluten, Yeast, Salt, Soy Flour, Dough Conditioners (Sodium Stearyl Lactylate, Ethoxylated Mono and Diglycerides, Soy Lecithin, Calcium Peroxide), Soybean Oil, Calcium Propionate (to Retard Spoilage), Yeast Nutrients (Ammonium Chloride, Calcium Sulfate). COMMON ALLERGENS PRESENT: Soy, Wheat, Milk

Pollock for Fish Sandwich

71.3% FISH (ALASKA POLLOCK), 28.7% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, IODIZED SALT, SALT, SUGAR, YEAST, WHOLE YELLOW CORN FLOUR, WATER, SOY FLOUR, DEXTROSE, EXTRACTIVES OF PAPRIKA, LEAVENING [SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, SPICE EXTRACT, SPICE). COMMON ALLERGENS PRESENT: Fish, Wheat, Soy

Pork, BBQ Patty

PORK, BARBECUE SAUCE (TOMATO KETCHUP [TOMATO CONCENTRATE, CORN SYRUP, DISTILLED VINEGAR, SALT, NATURAL FLAVORINGS, ONION POWDER, SPICE, GARLIC POWDER], BROWN SUGAR, SUGAR, MUSTARD [DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, GARLIC POWDER], DEXTROSE, VINEGAR, CLOVE), WATER, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE [B1], PYRIDOXINE HYDROCHLORIDE [B6], RIBOFLAVIN [B2], CYANOCOBALAMIN [B12]), SMOKE FLAVOR, SALT, MODIFIED FOOD STARCH, SODIUM PHOSPHATE. COMMON ALLERGENS PRESENT: Soy

Pork Chop (Boneless and Bone In)

Pork, water, salt, sodium tripolyphosphate (30.06%), lemon juice concentrate. Pork Gravy: Modified Food Starch, Wheat Flour, Salt, Maltodextrin, Palm Oil, Chicken Fat, Cooked Chicken, Pork Stock, Sugar, Contains 2% or less of: Yeast Extract, Beef Stock, Chicken Broth, Sodium Caseinate, Onion Powder, Dextrose, Disodium Inosinate, Disodium Guanylate, Dipotassium Phosphate, Caramel Color, Garlic Powder, Mono and Diglycerides, Beta Carotene, Extractive of Paprika, Natural Flavors, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk

Pork Loin

Fresh boneless pork loins. Pork Gravy: Modified Food Starch, Wheat Flour, Salt, Maltodextrin, Palm Oil, Chicken Fat, Cooked Chicken, Pork Stock, Sugar, Contains 2% or less of: Yeast Extract, Beef Stock, Chicken Broth, Sodium Caseinate, Onion Powder, Dextrose, Disodium Inosinate, Disodium Guanylate, Dipotassium Phosphate, Caramel Color, Garlic Powder, Mono and Diglycerides, Beta Carotene, Extractive of Paprika, Natural Flavors, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk

Pot Roast

Beef Coated with onions, seasoning (salt, sugar, modified corn starch, hydrolyzed corn gluten, onion powder, caramel color, dextrose, garlic powder, sodium phosphate, autolyzed yeast extract, spices (including celery seed). Brown Gravy: Modified Food Starch, Maltodextrin, Salt, Dextrose, Beef Flavors (Beef Extract, Beef Stock, Hydrolyzed Corn, Soy and Wheat Proteins, Corn Syrup Solids, Natural Flavors, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil), Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Contains 2% or less of: Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium Phosphate, Extractive of Paprika, Mono & Diglycerides, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk

Roast Beef Slices with Swiss Chees

Beef, With up to 20% of a Solution of: Water, Salt, Potassium Lactate, Corn Syrup Solids, Sodium Phosphate, Sugar, Sodium Diacetate, Onion and Garlic Powder, Beef Broth, Extractives of Spices. Coated with: Salt, Caramel Color, Dextrose, Maltodextrin, Garlic Powder, Onion Powder, Black Pepper. Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes) COMMON ALLERGENS PRESENT: Milk

Salisbury Steak

Beef, Red Peppers, Salt, Dehydrated Onion, Sodium Phosphates, Dextrose, Spices, Hydrolyzed Soya/Corn Protein, Garlic Powder, Celery, Tricalcium Phosphate. Brown Gravy: Modified Food Starch, Maltodextrin, Salt, Dextrose, Beef Flavors (Beef Extract, Beef Stock, Hydrolyzed Corn, Soy and Wheat Proteins, Corn Syrup Solids, Natural Flavors, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil), Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Contains 2% or less of: Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium Phosphate, Extractive of Paprika, Mono & Diglycerides, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate COMMON ALLERGENS PRESENT: Soy, wheat, milk.

Shredded Chicken (Root's)

Chicken, chicken broth, water, soy grits, salt, dextrose, soybean oil, dehydrated onion, modified corn starch, hydrolyzed soy protein, hydrolyzed corn gluten, spice extractives, spices, dehydrated parsley, sugar, corn starch, onion powder, yeast, garlic powder, turmeric, paprika. Common allergens present: Soy

Stuffed Pepper Cup

GREEN BELL PEPPER, TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), COOKED BEEF, COOKED RICE, WATER, ONION, EGG, BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT), SALT, FOOD STARCH-MODIFIED, SUGAR, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN

CONCENTRATE, CARAMEL COLOR), CELERY, NONFAT DRY MILK, ISOLATED SOY PROTEIN, VINEGAR (DISTILLED WHITE VINEGAR, WATER), SPICES, DRIED BEEF STOCK, CARAMEL COLOR, DEHYDRATED GARLIC. COMMON ALLERGENS PRESENT: Milk, Soy, Egg, Wheat

Sweet and Sour Chicken

Diced Chicken (60% white, 40% dark), sweet and sour sauce (Water, Pineapple (Pineapple, Pineapple Juice, Citric Acid), Sugar, Tomatoes (Contains Tomato Juice, Calcium Chloride, Citric Acid), Brown Sugar, Food Starch - Modified, Onion, Vinegar, Tomato Paste, Green Peppers, Salt, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Corn Oil, Natural Flavor, Soy Sauce [Water, Wheat, Soybeans, Salt, Sodium Benzoate(Preservative)], Onion Powder, Spice, Garlic Powder) COMMON ALLERGENS PRESENT: Wheat, Soy

Swiss Steak with Peppers and Onions

Beef patty: Boneless Beef (80% lean), Brown Gravy: Modified Food Starch, Maltodextrin, Salt, Dextrose, Beef Flavors (Beef Extract, Beef Stock, Hydrolyzed Corn, Soy and Wheat Proteins, Corn Syrup Solids, Natural Flavors, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil), Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Contains 2% or less of: Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium Phosphate, Extractive of Paprika, Mono & Diglycerides, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate. ONION, GREEN AND RED BELL PEPPER, CONTAINS LESS THAN 2% OF CELLULOSE GUM, CITRIC ACID, COLOR (CARAMEL COLOR, PAPRIKA OLEORESIN), CORNSTARCH, DEHYDRATED GARLIC AND ONION, MOLASSES POWDER, NATURAL FLAVORS, OLIVE OIL, SALT, SPICES, SUGAR, YEAST EXTRACT COMMON ALLERGENS PRESENT: Soy, Wheat, Milk

Tuna Noodle Casserole

Egg noodles (Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid), tuna (White Tuna, Water, Vegetable Broth, Salt), cream of mushroom soup (WATER, VEGETABLE OIL (CORN, CANOLA, AND/OR SOYBEAN), MUSHROOMS, MODIFIED FOOD STARCH, WHEAT FLOUR, CONTAINS LESS THAN 2% OF: SALT, CREAM (MILK), SOY PROTEIN CONCENTRATE, YEAST EXTRACT, DEHYDRATED WHEY, FLAVORING, DEHYDRATED GARLIC), 2% milk, shredded cheese (cheese (cultured pasteurized milk, salt, enzymes, color added) Monterey jack cheese (cultured pasteurized milk, salt, enzymes), anticake (potato starch, powdered cellulose), paprika. Common Allergens Present: Milk, Wheat, Soy, Egg, Fish

Turkey Breast, Oven Baked

Clipped Tendon Turkey Fillets, Turkey Gravy: Modified Food Starch, Wheat Flour, Salt, Whey Powder, Maltodextrin, Hydrolyzed Soy Protein, Palm Oil, Sugar, Chicken Fat, Cooked Chicken, Chicken Flavors (Natural Flavors, Chicken Stock, Autolyzed Yeast Extract, Chicken Meat Powder, Chicken Fat, Lactic Acid, Calcium Lactate, Sodium Phosphate), Turkey Stock, Contains 2% or less of: Onion Powder, Yeast Extract, Sodium Caseinate, Chicken Broth, Dipotassium Phosphate, Disodium Inosinate, Disodium Guanylate, Mono & Diglycerides, Spices, Natural Flavor, Caramel Color, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate, Extractive of Turmeric, Sunflower Oil. Parsley. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk

Turkey Breast Slices with Sliced American Cheese

Turkey breast meat, turkey broth, contains 2% or less potassium lactate, potassium acetate, sodium diacetate, salt, modified food starch, dextrose, sodium phosphate, sodium erythorbate, sodium nitrite. American cheese (milk, cheese cultures, salt, enzymes, annatto vegetable color, if colored), water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non sticking agent). COMMON ALLERGENS PRESENT: Milk, Soy

Turkey and Rice Casserole

Diced Turkey (WHITE TURKEY WITH SKIN, MECHANICALLY SEPARATED TURKEY, WATER, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF SALT, DEXTROSE, SODIUM PHOSPHATES), Brown Rice (Whole grain parboiled brown rice), onions, pimiento peppers, WATER, VEGETABLE OIL (CORN, CANOLA, AND/OR SOYBEAN), MUSHROOMS, MODIFIED FOOD STARCH, WHEAT FLOUR, CONTAINS LESS THAN 2% OF: SALT, CREAM (MILK), SOY PROTEIN CONCENTRATE, YEAST EXTRACT, DEHYDRATED WHEY, FLAVORING, DEHYDRATED GARLIC. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy

Turkey Sausage Patty

Ingredients: Turkey, Seasoning (Salt, Spices, Sugar, Dextrose, Spice Extract, BHA, Propyl Gallate, Citric Acid), Water, Caramel Color

Turkey Tetrazzini

Water, cooked turkey, cooked enriched pasta (water, semolina [milled wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], egg whites), mushrooms (mushrooms, water, salt, citric acid), cream, swiss cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), margarine (made from soybean oil, palm oil, palm kernel oil, water, vegetable mono- & diglycerides, soybean lecithin [soy], sodium benzoate [added as a preservative], artificial butter flavor, beta carotene [color], vitamin a palmitate added), cheddar cheese (milk, cheese cultures, salt, enzymes), bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate [to protect freshness]), red bell peppers, nonfat dry milk, food starch-modified, parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), wheat flour, chicken flavor (chicken flavor [contains mono-

& diglycerides, natural flavor], salt, lactose, sugar, onion powder, garlic powder, oleoresin of turmeric), sherry wine (sherry wine, salt, sulfites), sugar, salt, spices, onion powder. COMMON ALLERGENS PRESENT: Egg, Soy, Wheat, Milk

Veal Parmesan

Pattie Ingredients: Veal, beef, water, textured soy protein concentrate, enriched bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), durum flour, leavening, (sodium bicarbonate, sodium acid pyrophosphate), dried yeast, salt, dextrose, onion and garlic powder, natural flavorings (hydrolyzed corn protein and spice extractives), spice. Batter Ingredients: water, bleached wheat flour, modified corn starch, yellow corn flour, salt, palm oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, spices, onion powder, garlic powder, caramel color. Breeding Ingredients: Whole Wheat Flour, Palm Oil, Turbinado Sugar, Yeast, Expeller Pressed Canola Oil, Wheat Flour, Salt, Not More Than 2% Silicon Dioxide Added to Prevent Caking. COMMON ALLERGENS PRESENT: WHEAT, SOY Spaghetti Ingredients: Durum Wheat Semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat. Spaghetti Sauce: Tomato Concentrate (Water, Tomato Paste), Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor. COMMON ALLERGENS PRESENT: None

Veggie Burger (Garden Vegetables)

Water, carrots, onions, soy flour, egg whites, mushrooms, whole grain oats, wheat gluten, water chestnuts, vegetable oil (corn, canola, and/or sunflower oil), green bell peppers, calcium caseinate (from milk), cooked brown rice (water, brown rice), red bell peppers. Contains 2% or less of onion powder, cornstarch, soy sauce powder (soy sauce [soybeans, salt, wheat]), sugar, black olives, salt, spices, garlic powder, jalapeno peppers, xanthan gum. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy

Vegetable Lasagna

COOKED ENRICHED LASAGNA PASTA (WATER, SEMOLINA [MILLED WHEAT, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, SKIM MILK, MOZZARELLA CHEESE (CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES), MILK (VITAMIN D3 ADDED), BROCCOLI, RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED CREAM, VINEGAR, SALT), WHITE CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), ZUCCHINI, CAULIFLOWER, CARROTS, CORN, BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT), SPINACH, MARGARINE (SOYBEAN OIL, PALM OIL, WATER, SALT, CONTAINS 2% OR LESS OF: MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], NATURAL FLAVOR, ANNATTO [COLOR], VITAMIN A PALMITATE ADDED), FOOD STARCH-MODIFIED, ONION, CHEDDAR CONCENTRATE (CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], WATER, SALT, XANTHAN GUM), SALT, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), LACTIC ACID (FOOD STARCH-MODIFIED, LACTIC ACID), WHEAT FLOUR, SUGAR, ONION POWDER, GARLIC POWDER, SPICES. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk

White Chicken Chili

Great northern beans, shredded chicken, onions, garlic, salt, green chilies, cumin, oregano, cayenne pepper, cloves, cilantro, chicken broth (Chicken Broth, and contains less than 2% of: Salt, Sea Salt, Chicken Fat, Sugar, Yeast Extract, Maltodextrin, Flavorings, Canola Oil, Dextrose, Disodium Inosinate, Disodium Guanylate, Onion Powder, Oleoresin Turmeric), shredded cheese ((cultured pasteurized milk, salt, enzymes, color added), Monterey jack cheese (cultured pasteurized milk, salt, enzymes), anticake (potato starch, powdered cellulose). Common allergens present: Milk

Vegetables

Baked Beans

White Beans, Water, Sugar, Brown Sugar, Modified Food Starch, Salt, Bacon (Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate), Caramel Color, Liquid Smoke, Calcium Chloride, Natural Flavor, diced onion, bacon bits (Pork, Water (May Contain Salt, Sea Salt, Potassium Chloride, Sugar, Brown Sugar, Dextrose, Smoke Flavoring, Celery Juice Powder, Sodium Phosphates, Contains 2% or less of Sodium Erythorbate, Sodium Ascorbate, Sodium Nitrite, Lactic Acid Starter Culture, Artificial Maple Flavor [Artificial Maple Flavor, Corn Syrup, Water, Caramel Color])

Black –Eyed Peas

Blackeye Peas, Water, Salt, and Disodium EDTA Added to Preserve Color.

Broccoli Slaw

Broccoli, red cabbage, carrots, Cole Slaw Dressing (SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, SUGAR, WATER, DISTILLED VINEGAR, EGG YOLKS, CONTAINS LESS THAN 2% OF SALT, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), CARAMEL COLOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR), Pineapple tidbits. COMMON ALLERGENS PRESENT: Egg

Carrots, Glazed

Sliced carrots, pancake syrup (Corn Syrup, Water, Artificial Maple Flavor, Salt, Sodium Benzoate, CMC Gum, Potassium Sorbate (a preservative) and Caramel Color

Carrots, Parsley Buttered

Carrots, Salt, Parsley flakes, Margarine: VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL), WATER, SALT, CONTAINS LESS THAN 2% OF SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED, WHEY. COMMON ALLERGENS PRESENT: Soy, Milk

Collard Greens

Collard greens, onions, bacon bits (Pork, Water (May Contain Salt, Sea Salt, Potassium Chloride, Sugar, Brown Sugar, Dextrose, Smoke Flavoring, Celery Juice Powder, Sodium Phosphates, Contains 2% or less of Sodium Erythorbate, Sodium Ascorbate, Sodium Nitrite, Lactic Acid Starter Culture, Artificial Maple Flavor [Artificial Maple Flavor, Corn Syrup, Water, Caramel Color]), apple cider vinegar

Creamy Pea Salad

Peas, Low-fat ranch dressing (WATER, CORN SYRUP, MALTODEXTRIN, DISTILLED VINEGAR, SOYBEAN OIL, BUTTERMILK POWDER (BUTTERMILK SOLIDS, WHEY PROTEIN), CONTAINS LESS THAN 2% OF FOOD STARCH-MODIFIED, EGG YOLKS, SALT, ARTIFICIAL COLOR, SPICES (INCLUDES MUSTARD), AUTOLYZED YEAST EXTRACT, XANTHAN GUM, ONION*, GARLIC*, LACTIC ACID, PROPYLENE GLYCOL ALGINATE, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), POLYSORBATE 60, NATURAL FLAVOR, POTASSIUM CHLORIDE, PARSLEY*, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED), salad dressing (WATER, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, FOOD STARCH-MODIFIED, EGG YOLKS, SALT, CONTAINS LESS THAN 2% OF CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR), shredded cheese (cultured pasteurized milk, salt, enzymes, color added) Monterey jack cheese (cultured pasteurized milk, salt, enzymes), anticake (potato starch, powdered cellulose), diced onion, bacon bits (Pork, Water (May Contain Salt, Sea Salt, Potassium Chloride, Sugar, Brown Sugar, Dextrose, Smoke Flavoring, Celery Juice Powder, Sodium Phosphates, Contains 2% or less of Sodium Erythorbate, Sodium Ascorbate, Sodium Nitrite, Lactic Acid Starter Culture, Artificial Maple Flavor [Artificial Maple Flavor, Corn Syrup, Water, Caramel Color])). Common allergens present: Egg, Milk

Cucumber Salad

CUCUMBERS, HIGH FRUCTOSE CORN SYRUP, WATER, ONIONS, WHITE DISTILLED VINEGAR, RED BELL PEPPERS, CARROTS, CONTAINS LESS THAN 2% OF SOYBEAN OIL, SALT, NATURAL FLAVOR, POTASSIUM SORBATE (TO RETARD SPOILAGE). COMMON ALLERGENS PRESENT: NONE

Fruity Cole Slaw

Green Cabbage, Red Cabbage, Carrots, Cole slaw dressing (SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, SUGAR, WATER, DISTILLED VINEGAR, EGG YOLKS, CONTAINS LESS THAN 2% OF SALT, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), CARAMEL COLOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR), Pineapple tidbits, mandarin oranges. COMMON ALLERGENS PRESENT: Egg

Garden Vegetable Soup

WATER, CRUSHED TOMATOES (PLUM TOMATOES, CITRIC ACID), POTATOES, GREAT NORTHERN BEANS (BEANS, WATER, SALT, CALCIUM CHLORIDE), ONIONS, CELERY, CORN, CONTAINS LESS THAN 2% OF GREEN BEANS, SOYBEAN OIL, SPINACH, CARROTS, PEAS, GARLIC, VEGETABLE BASE (COOKED VEGETABLES [CARROT, ONION, CELERY], SALT, SUGAR, CORN OIL, POTATO FLOUR, NATURAL FLAVOR, MALTODEXTRIN, CARROT POWDER), MODIFIED CORN STARCH, VEGETABLE BASE (SALT, LACTOSE, HYDROLYZED CORN PROTEIN, SUGAR, HYDROLYZED SOY PROTEIN, TORULA YEAST, ONION POWDER, AUTOLYZED YEAST, DISODIUM INOSINATE, DISODIUM GUANYLATE, TURMERIC, NATURAL FLAVORINGS, SPICES, HYDROLYZED SOY WHEAT GLUTEN PROTEIN, SOY FLOUR), MUSHROOM BASE (MUSHROOMS, SALT, HYDROLYZED SOY PROTEIN, CORN SYRUP SOLIDS, SUGAR, DRIED ONION AND GARLIC, SOY FLOUR, CORN OIL, MALTODEXTRIN, CULTURED WHEY POWDER, MUSHROOM JUICE CONCENTRATE, XANTHAN GUM, YEAST EXTRACT, NATURAL FLAVORS [MILK], DISODIUM INOSINATE, DISODIUM GUANYLATE, NATURAL EXTRACT), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), SALT, SPICES. COMMON ALLERGENS PRESENT: SOY, MILK, WHEAT

Harvard Beets

Beets, water, salt, cloves, bay leaf, granulated sugar, salt, cornstarch, margarine (VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL), WATER, SALT, CONTAINS LESS THAN 2% OF SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED, WHEY), cider vinegar. COMMON ALLERGENS PRESENT: Soy, Milk

Italian Blend Vegetables

Zucchini, cauliflower, carrots, Italian beans, lima beans

Italian Wedding Soup

WATER, COOKED ENRICHED MACARONI PRODUCT (SEMOLINA [WHEAT], ENRICHED WITH NIACIN, IRON, [FERROUS SULFATE], THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MEATBALLS (BEEF, WATER, TEXTURED SOY PROTEIN CONCENTRATE [SOY PROTEIN CONCENTRATE, CARAMEL COLOR], EGGS, CONTAINS LESS THAN 2% OF THE

FOLLOWING: ROMANO CHEESE [PASTEURIZED SHEEP'S AND/OR COW'S MILK, RENNET, SALT, CHEESE CULTURES, ENZYMES], DEHYDRATED ONION, WHITE PEPPER, GARLIC POWDER, PARSLEY, SPICES, FLAVORINGS, CORN SYRUP SOLIDS, BREAD CRUMBS [WHEAT FLOUR, SOYBEAN OIL], SOY PROTEIN CONCENTRATE, TEXTURED SOY FLOUR, SALT, SODIUM PHOSPHATE), CELERY, ONIONS, KALE, CARROTS, CHICKEN BASE (COOKED CHICKEN, SALT, CHICKEN FAT, SUGAR, MALTODEXTRIN (FROM CORN), HYDROLYZED WHEAT GLUTEN, NATURAL FLAVORING, POTATO STARCH, YEAST EXTRACT), CONTAINS LESS THAN 2% OF CULTURED DEXTROSE, MODIFIED CORN STARCH, CHEESE BASE (PARMESAN AND ROMANO CHEESE [COW'S MILK, CULTURES, ENZYMES, SALT], WATER, WHEY, SALT, MODIFIED CORN STARCH, NATURAL FLAVOR, YEAST EXTRACT, CORN OIL, XANTHAN GUM, LACTIC ACID), SALT, GRANULATED GARLIC, SPICE. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy

Key West Vegetables

Green Beans, Carrots, Yellow Carrots and Red Peppers

Mixed Vegetables

Carrots, peas, corn, green beans, lima beans

Oriental Blend Vegetables

Green Beans, Broccoli, Onions, Mushrooms, Red Peppers

Potatoes, Au Gratin

POTATO (DRY), SEASONING (MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, DRIED ONION, SUNFLOWER OIL, POTASSIUM CHLORIDE, SUGAR, SALT, NATURAL FLAVORS, CORN SYRUP SOLIDS, MONO AND DIGLYCERIDES, NONFAT MILK, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), AUTOLYZED YEAST EXTRACT, SPICES, DRIED GREEN ONION, TORULA YEAST, TURMERIC EXTRACT (COLOR), ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL). FRESHNESS PRESERVED WITH SODIUM BISULFITE. COMMON ALLERGENS PRESENT: Milk

Potatoes, Cheesy

POTATO (DRY), SEASONING [CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), BUTTER (CREAM, SALT), NONFAT DRY MILK, MODIFIED FOOD STARCH, DRIED ONION, WHEY, SALT, COCONUT OIL, CORN SYRUP SOLIDS, CHICKEN FAT, NATURAL FLAVORS, SUGAR, SPICE, YEAST EXTRACT, PAPRIKA, XANTHAN GUM, MONO AND DIGLYCERIDES, TURMERIC, DRIED CHICKEN BROTH, DRIED GARLIC, ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL]. FRESHNESS PRESERVED WITH SODIUM BISULFITE. COMMON ALLERGENS PRESENT: Milk

Potatoes, Maple Sweet

Sweet Potatoes, Brown Sugar, Olive Oil, Sugar, Contains less than 2% of Maple Sugar, Natural Flavor, Salt, Spices, Xanthan Gum

Potatoes, Mashed

POTATOES, CONTAINS 2% OR LESS OF: ASCORBIC ACID (VITAMIN C), MONO AND DIGLYCERIDES, CALCIUM STEAROYL-2-LACTYLATE, NATURAL FLAVOR, FRESHNESS PRESERVED WITH: SODIUM BISULFITE, BHT), Margarine: VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL), WATER, SALT, CONTAINS LESS THAN 2% OF SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED, WHEY) COMMON ALLERGENS PRESENT: Soy, Milk

Potato, Mashed Casserole

POTATOES, CONTAINS 2% OR LESS OF: ASCORBIC ACID (VITAMIN C), MONO AND DIGLYCERIDES, CALCIUM STEAROYL-2-LACTYLATE, NATURAL FLAVOR, FRESHNESS PRESERVED WITH: SODIUM BISULFITE, BHT), Margarine: VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL), WATER, SALT, CONTAINS LESS THAN 2% OF SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED, WHEY), bacon bits (Pork, Water (May Contain Salt, Sea Salt, Potassium Chloride, Sugar, Brown Sugar, Dextrose, Smoke Flavoring, Celery Juice Powder, Sodium Phosphates, Contains 2% or less of Sodium Erythorbate, Sodium Ascorbate, Sodium Nitrite, Lactic Acid Starter Culture, Artificial Maple Flavor [Artificial Maple Flavor, Corn Syrup, Water, Caramel Color]), sour cream (Cultured Skim Milk, Cream, Whey, Modified Cornstarch, Sodium Phosphate, Guar Gum, Carrageenan, Sodium Citrate, Locust Bean Gum, Potassium Sorbate (to preserve freshness), cheddar cheese ((cultured pasteurized milk, salt, enzymes, color added) Monterey jack cheese (cultured pasteurized milk, salt, enzymes), anticake (potato starch, powdered cellulose), chives, garlic powder COMMON ALLERGENS PRESENT: Soy, Milk

Potatoes, Roasted Red

Potatoes. Contains 2% or less of Black Pepper, Canola Oil, Corn Starch - Modified, Dextrose, Dried Onion, Dried Garlic, Dried Parsley, Extra Virgin Olive Oil, Maltodextrin, Natural Flavor, Rosemary, Salt, Sugar, Vinegar

Potato Salad

POTATOES, SOYBEAN OIL, WATER, SWEET RELISH (PICKLES, FRUCTOSE, VINEGAR, WATER, SALT, XANTHAN GUM, RED PEPPERS, NATURAL FLAVORS, SPICES, ALUM [FIRMING AGENT], TURMERIC [COLOR]), MUSTARD (DISTILLED VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES), CELERY, SUGAR, CONTAINS LESS THAN 2% OF EGGS, RED BELL PEPPERS, EGG YOLKS (EGG YOLKS, SALT), ONIONS, SALT, WHITE DISTILLED VINEGAR, POTASSIUM SORBATE (TO RETARD SPOILAGE), GRANULATED ONION, SPICES, LEMON JUICE CONCENTRATE, PAPRIKA (COLOR), XANTHAN GUM. COMMON ALLERGENS PRESENT: Egg

Potatoes, Scalloped

POTATO (DRY), SEASONING [MODIFIED FOOD STARCH, WHEY, LACTOSE, DRIED ONION, CORN SYRUP SOLIDS, SUNFLOWER OIL, SALT, POTASSIUM CHLORIDE, DRIED GARLIC, MALTODEXTRIN, CREAM CHEESE (PASTEURIZED CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM, GUAR GUM), NATURAL FLAVORS, DIPOTASSIUM PHOSPHATE, DRIED GREEN ONION, MONO AND DIGLYCERIDES, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), YEAST EXTRACT, NONFAT MILK, SPICES, ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL]. FRESHNESS PRESERVED WITH SODIUM BISULFITE. COMMON ALLERGENS PRESENT: Milk

Potatoes, Sweet

Sweet potatoes, water, cane sugar

Potato Wedges, Ranch Seasoned

Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean and/or Cottonseed Oil), Enriched Wheat Flour (Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Salt, Cornstarch, Onion Powder, Modified Corn Starch, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Spice, Maltodextrin, Natural and Artificial Flavor (Contains Milk), Cultured Sour Cream (Milk, Cream, Non-Fat Dry Milk, Modified Corn Starch, Guar Gum, Locust Bean Gum, carrageenan), Sweet Buttermilk, Lactic Acid. COMMON ALLERGENS PRESENT: Milk, Wheat

Potato Wedges, Seasoned

Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Modified Food Starch, Spices, Corn Meal, Garlic Powder, Onion Powder, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dried Yeast, Colored with Oleoresin Paprika, Dextrose. COMMON ALLERGENS PRESENT: Wheat

Scalloped Corn

Cream –Style Corn: Corn, water, sugar, modified corn starch, salt. 2% Milk: Reduced fat milk, vitamin A palmitate and vitamin D3 added. Salt, Black Pepper, Cracker crumbs (Bleached Wheat Flour Yellow Corn Flour Food Starch-Modified Salt Monosodium Glutamate Leavening (Sodium Bicarbonate Sodium Aluminum Phosphate Monocalcium Phosphate) Dextrose Guar Gum Spices and Natural Flavor. COMMON ALLERGENS PRESENT: Wheat) Margarine: VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL), WATER, SALT, CONTAINS LESS THAN 2% OF SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED, WHEY. COMMON ALLERGENS PRESENT: Soy, Milk

Spinach Salad

Spinach, Mandarin Oranges, Red Onion, Bacon Bits (Pork, Water (May Contain Salt, Sea Salt, Potassium Chloride, Sugar, Brown Sugar, Dextrose, Smoke Flavoring, Celery Juice Powder, Sodium Phosphates, Contains 2% or less of Sodium Erythorbate, Sodium Ascorbate, Sodium Nitrite, Lactic Acid Starter Culture, Artificial Maple Flavor [Artificial Maple Flavor, Corn Syrup, Water, Caramel Color])

Stewed Tomatoes

Tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper, citric acid, calcium chloride, natural flavors. COMMON ALLERGENS PRESENT: None

Stir Fry Vegetables

Broccoli, Sugar Snap Peas, Bean Sprouts, Water Chestnuts, Red Peppers

Succotash

Corn, lima beans.

Tossed Salad

Iceberg Lettuce. COMMON ALLERGENS PRESENT: NONE Mexican Cheese: Cheddar cheese (cultured pasteurized milk, salt, enzymes, color added) Monterey jack cheese (cultured pasteurized milk, salt, enzymes), anticake (potato starch, powdered cellulose) COMMON ALLERGENS PRESENT: Milk

Fruits / Crisps

Apple Crisp

Sliced apples and water, Cane Sugar, Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Benzoate (Preservative) and Lemon Oil, Margarine: VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL), WATER, SALT, CONTAINS LESS THAN 2% OF SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED, WHEY. Flour, WHOLE GRAIN ROLLED OATS, Brown sugar (sugar, cane molasses). COMMON ALLERGENS PRESENT: Soy, Milk, Wheat, Eggs

Blueberry Crisp

Frozen blueberries, Granulated sugar, Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Benzoate (Preservative) and Lemon Oil, Margarine: VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL), WATER, SALT, CONTAINS LESS THAN 2% OF SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED, WHEY. Flour, WHOLE GRAIN ROLLED OATS, Brown sugar (sugar, cane molasses). COMMON ALLERGENS PRESENT: Soy

Cherry Crisp

Frozen red tart cherries, Granulated sugar, Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Benzoate (Preservative) and Lemon Oil, Margarine: VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL), WATER, SALT, CONTAINS LESS THAN 2% OF SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED, WHEY. Flour, WHOLE GRAIN ROLLED OATS, Brown sugar (sugar, cane molasses). COMMON ALLERGENS PRESENT: Soy

Melon

Cantaloupe, honeydew, water, sugar, citric acid, ascorbic acid, sodium benzoate and potassium sorbate (preservatives).

Mixed Berries

Blackberries, raspberries, blueberries

Peach Crisp

Diced peaches, Granulated sugar, Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Benzoate (Preservative) and Lemon Oil, Margarine: VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL), WATER, SALT, CONTAINS LESS THAN 2% OF SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED, WHEY. Flour, WHOLE GRAIN ROLLED OATS, Brown sugar (sugar, cane molasses). COMMON ALLERGENS PRESENT: Soy

Pineapple

Pineapple, unsweetened pineapple juice.

Spiced Pears

Bartlett pears, cinnamon, maple sprinkles.

Sunset Salad

Mandarin oranges, pineapple tidbits, maraschino cherries (Cherries, high fructose corn syrup, water, citric acid, sodium benzoate and potassium sorbate added as preservatives, calcium chloride (firming agent), natural & artificial flavor, FD&C red #40, sulfur dioxide (preservative). Real cherries may contain pits), marshmallows (Corn Syrup, Sugar, Modified Food Starch (corn), Gelatin, Water, Dextrose, Natural and Artificial Flavor, Tetrasodium Pyrophosphate), coconut (Coconut (sodium metabisulfite added to retain color), sugar, water, propylene glycol, salt)

Warm Cinnamon Apples

Sliced apples, cinnamon, maple sprinkles

Dairy

Cottage Cheese

Cultured nonfat milk, nonfat milk, contains less than 2% of salt, food starch-modified (tapioca), artificial color (titanium dioxide), guar gum, mono and diglycerides, carrageenan, locust bean gum, polysorbate 80, potassium sorbate (preservative), lactic acid, citric acid, acetic acid, natural and artificial flavors, vitamin A palmitate and microbial enzymes. COMMON ALLERGENS PRESENT: Milk

Grains

Biscuit, Garlic and Cheddar

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, IMITATION CHEDDAR CHEESE (CHEDDAR CHEESE [MILK, CHEESE CULTURE, SALT, ENZYMES, COLOR ADDED], WATER, PALM OIL, CORN STARCH, MODIFIED POTATO STARCH, SODIUM PHOSPHATE, WHEY, SALT, NATURAL FLAVOR, LACTIC ACID, SORBIC ACID [PRESERVATIVE], COLOR ADDED), SUGAR, HYDROGENATED SOYBEAN OIL, BUTTERMILK, BAKING SODA, SALT, SODIUM ALUMINUM PHOSPHATE, DATEM, SODIUM ACID PYROPHOSPHATE, SODIUM CASEINATE, MODIFIED CORN STARCH, WHEAT PROTEIN ISOLATE, DRIED PARSLEY, NATURAL AND ARTIFICIAL FLAVOR, YEAST EXTRACT, MILKFAT, MONOSODIUM GLUTAMATE, ASCORBIC ACID, NATURAL FLAVOR, HYDROLYZED SOY PROTEIN, ARTIFICIAL COLOR. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy

Biscuit, Whole Grain

WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, SUGAR, BUTTERMILK, SODIUM ALUMINUM PHOSPHATE, NONFAT MILK, BAKING SODA, DATEM, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, SALT, POTASSIUM BICARBONATE, WHEY, POTASSIUM CHLORIDE, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat

Brown Rice

Whole grain parboiled brown rice.

Croissant

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Margarine [Palm Oil, Water Soybean Oil, Sugar, Soy Lecithin, Mono & Diglycerides, Potassium Sorbate and Citric Acid (Added as Preservatives) Natural and Artificial Flavors, Beta Carotene, Vitamin A Palmitate], High Fructose Corn Syrup, Contains 2% or less of the following: Yeast, Salt, Whey, Modified Corn Starch, Calcium Propionate, Artificial Flavor, Calcium Sulfate, Ascorbic Acid, Enzymes, Calcium Phosphate. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk

Garlic Bread

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, PALM OIL, SALT, DEXTROSE, GARLIC POWDER, YEAST (ASCORBIC ACID, CELLULOSE GUM), DOUGH IMPROVER (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], ASCORBIC ACID, MALTED BARLEY FLOUR, ENZYMES), ONION POWDER, WHEAT GLUTEN, BUTTER (CREAM, SALT), INACTIVE YEAST, SOY LECITHIN, NATURAL FLAVOR, ANNATTO, PARSLEY FLAKES. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk

Hamburger Bun

ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, WHEAT STARCH, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, WHEAT GLUTEN, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), VINEGAR, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM PEROXIDE. COMMON ALLERGENS PRESENT: Wheat

Individually Wrapped Whole Wheat Bread

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Contains 2% or less of the following: Salt, Yeast, Monoglycerides, Wheat Gluten, Calcium Propionate (Preservative), Ascorbic Acid. COMMON ALLERGENS PRESENT: Wheat

Rye Bun

Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, rye flour, high fructose corn syrup, wheat gluten, contains 2% or less of the following: caramel color, soybean oil, salt, caraway seeds, lactic acid, monocalcium phosphate, phosphoric acid, acetic acid, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), natural flavors, ammonium sulfate, sodium stearyl lactylate, calcium peroxide, ascorbic acid. Common allergens present: Wheat

Desserts

Chocolate Chip Cookie

Enriched wheat flour, sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin as an emulsifier, salt, and artificial flavoring added), margarine (palm oil, soybean oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (a preservative), artificially flavored, artificially colored with beta carotene, vitamin a palmitate added), shortening (palm oil), whole eggs, invert sugar, vanilla flavor, white chocolate powder, soda bicarbonate, salt, butter flavor. COMMON ALLERGENS PRESENT: Wheat, Egg, Milk, Soy

Lemon Bar

Sugar, Butter, Enriched Flour [wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], Eggs, Water, Margarine [soybean oil, palm oil, water, salt, mono & diglycerides, nonfat dry milk, soy lecithin, vitamin A palmitate, beta carotene], Lemon Juice, Lemon Peel [lemon peel, sugar, lemon oil], Baking Powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], Salt. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy

Sugar Cookie

SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, MARGARINE (PALM OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL FLAVOR, BETA-CAROTENE [COLOR], VITAMIN A PALMITATE), EGGS, SHORTENING (PALM OIL), CONTAINS LESS THAN 2% OF ARTIFICIAL FLAVOR, BAKING SODA, INVERT SUGAR, NATURAL FLAVORS, SALT. COMMON ALLERGENS PRESENT: Wheat, Egg, Milk, Soy

Pudding, Banana

SKIM MILK, WATER, SUGAR, MODIFIED FOOD STARCH, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: SOYBEAN OIL, CANOLA OIL, SUNFLOWER OIL), CONTAINS 1% OR LESS OF: SALT, NATURAL AND ARTIFICIAL FLAVOR, SODIUM STEAROYL LACTYLATE, YELLOW 5, YELLOW 6. COMMON ALLERGENS PRESENT: Milk

Pudding, Butterscotch

WATER, SUGAR, SKIM MILK, MODIFIED FOOD STARCH, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: SOYBEAN OIL, CANOLA OIL, SUNFLOWER OIL), MALTODEXTRIN, CONTAINS 1% OR LESS OF: SALT, NATURAL AND ARTIFICIAL FLAVOR, SODIUM STEAROYL LACTYLATE, XANTHAN GUM, COLOR ADDED, YELLOW 5, YELLOW 6. COMMON ALLERGENS PRESENT: Milk

Pudding, Chocolate Fudge

SKIM MILK, WATER, SUGAR, MODIFIED FOOD STARCH, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: SOYBEAN OIL, CANOLA OIL, SUNFLOWER OIL), DEXTROSE, COCOA (PROCESSED WITH ALKALI), CONTAINS 1% OR LESS OF: SALT, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVOR. COMMON ALLERGENS PRESENT: Milk

Pudding, Milk Chocolate

WATER, SUGAR, SKIM MILK, MODIFIED FOOD STARCH, DEXTROSE, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: SOYBEAN OIL, CANOLA OIL, SUNFLOWER OIL), COCOA (PROCESSED WITH ALKALI), CONTAINS 1% OR LESS OF: SALT, ARTIFICIAL FLAVOR, SODIUM PHOSPHATE, SODIUM STEAROYL LACTYLATE, YELLOW 6. COMMON ALLERGENS PRESENT: Milk

Pudding, Pistachio

Sugar, Dextrose, Modified Food Starch, Almonds, Less than 2% of Disodium Phosphate, Tetrasodium Pyrophosphate, Pistachios, Calcium Sulfate, Xanthan Gum, Natural and Artificial Flavor, Nonfat Dry Milk, Mono and Diglycerides, Yellow 5, Blue 1. COMMON ALLERGENS PRESENT: Milk, Tree Nuts

Pudding, Rice

SKIM MILK, WATER, SUGAR, RICE (ENRICHED WITH IRON [IRON PHOSPHATE], NIACIN, THIAMIN [THIAMIN MONONITRATE], FOLIC ACID), VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: MODIFIED PALM OIL, CANOLA OIL, SUNFLOWER OIL, SOYBEAN OIL), MODIFIED FOOD STARCH, CONTAINS LESS THAN 1 PERCENT OF THE FOLLOWING: SALT, NATURAL AND ARTIFICIAL FLAVORS, MONO & DIGLYCERIDES, XANTHAN GUM, SODIUM PHOSPHATE. COMMON ALLERGENS PRESENT: Milk

Pudding, Tapioca

SKIM MILK, WATER, SUGAR, MODIFIED FOOD STARCH, TAPIOCA, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: SUNFLOWER OIL, MODIFIED PALM OIL, CANOLA OIL, SOYBEAN OIL), CONTAINS 1 PERCENT OR LESS OF THE FOLLOWING: SALT, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVOR, SODIUM PHOSPHATE, SOY LECITHIN, COLOR ADDED (INCLUDING YELLOW 5). COMMON ALLERGENS PRESENT: Milk, Soy