

INGREDIENT LIST FOR SEPTEMBER 2023

9-01: Breaded pork Fritter -OIL OF LEMON, BREADIng: BLEACHED ENRICHED WHEAT FLOUR, YELLOW CORN FLOUR, DRIED ONION, SOY FLOUR, DRIED GARLIC, PAPRIKA, SOYBEAN OIL, DRIED EGG WHITES, KOSHER GELATIN, VEGETABLE OILS
MOKED SAUSAGE: PORK, SEASONINGS

Gravy- BLEACHED FLOUR SALT, ONION POWDER, DRIED PORK STOCK, DEHYDRATED VEGETABLES (ONION, CARROTS, CELERY), SPICES, SUGAR,

Scalloped potatoes: POTATO DRY, SEASONING [WHEY, LACTOSE, DRIED ONION, CORN SYRUP SOLIDS, SUNFLOWER OIL, SALT, POTASSIUM CHLORIDE, DRIED GARLIC, MALTODEXTRIN, CREAM CHEESE PASTEURIZED CREAM, CHEESE CULTURE, SALT, DRIED GREEN ONION, CHEDDAR CHEESE PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, YEAST EXTRACT, NONFAT MILK, SPICES,

Vegetable Blend- Caribbean blend: BROCCOLI, GREEN BEANS, YELLOW CARROTS, AND RED PEPPERS, Margarine (Vegetable Oil Blend, Palm Oil, Soybean Oil)

Chilled Fruit- Mandarin oranges: INGREDIENTS: MANDARIN ORANGES, PEAR JUICE FROM CONCENTRATE (WATER, PEAR JUICE CONCENTRATE),

Tossed Salad-Iceberg lettuce, romaine lettuce, carrots, red cabbage, radishes.

Ranch Dressing- SOYBEAN OIL, WATER, VINEGAR, BUTTERMILK, SUGAR, EGG YOLKS, SALT, GARLIC*, ONIONS

DINNER ROLL- ENRICHED WHEAT FLOUR ,WATER, YEAST, SALT, Onion Dill

9-05: Chicken- PORTIONED CHICKEN TENDERS WITH RIB MEAT, WATER, SEASONING [SALT, SUGAR, FLAVORS, VEGETABLE STOCK (CARROT, ONION, CELERY), CARROT POWDER AND GARLIC POWDER], WHEAT FLOUR, WATER, YELLOW CORN FLOUR, PAPRIKA, ANNATTO, AND TURMERIC,

Parsley POTATOES- POTATOES, WATER, Parsley, Margarine (Vegetable Oil Blend, Palm Oil, Soybean Oil)

Wax Beans with red pepper- wax beans, Red Sweet Pepper, Water,

DINNER ROLL- ENRICHED WHEAT FLOUR WATER, YEAST, SALT, Onion Dill

Fruit- peaches in gelatin: WATER, PEACHES, SUGAR, CARRAGEENAN

9-06: Chopped Steak – Beef, Potato (Dry), Flavoring, Seasoning Grill Flavor, Salt.

Gravy– ENRICHED BLEACHED FLOUR, SUGAR, , PALM OIL, ONION POWDER, COLOR ADDED, BEEF STOCK, WHEY PROTEIN (milk) AND WHEAT BRAN, CHICKEN, GARLIC POWDER,

Au Gratin Potatoes– POTATO DRY, SEASONING, FOOD STARCH, WHEY, DRIED ONION, SUNFLOWER OIL, SUGAR, SALT, NATURAL FLAVORS, CORN SYRUP, NONFAT MILK, CHEDDAR CHEESE PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, SPICES, DRIED GREEN ONION, Margarine (Vegetable Oil Blend, Palm Oil, Soybean Oil)

Seasoned Greens– TURNIP GREENS, MUSTARD GREENS, WATER AND SALT.

DINNER ROLL– ENRICHED WHEAT FLOUR WATER, YEAST, SALT, Onion Dill

Fruit– PEARS, WHITE GRAPE JUICE FROM CONCENTRATE (WATER, WHITE GRAPE JUICE CONCENTRATE)

Vanilla Wafers– WHOLE WHEAT FLOUR, SUGAR, , FOLIC ACID, SOYBEAN OIL, SOLUBLE CORN FIBER, NATURAL FLAVOR CONTAINS MILK, APPLESAUCE APPLES, ASCORBIC ACID, BAKING SODA, SALT, WHEAT, SOY MILK

9-07: Turkey in gravy– TURKEY BREAST MEAT, TURKEY BROTH, HONEY, SALT, SUGAR, VINEGAR,

Gravy– FOOD STARCH, BLEACHED FLOUR, SALT (CORN, SOY), TURKEY, YEAST ONION, PALM OIL, CHICKEN FAT, GARLIC POWDER, SPICES, SUGAR, WHEY PROTEIN CONCENTRATE (MILK), WHEY (MILK), TURMERIC, SOY FLOUR, CORN SYRUP, SOY SAUCE (SOYBEANS, WHEAT, SALT), MOLASSES.

Whipped potatoes– POTATOES, SALT, SUNFLOWER OIL,

Margarine– (Vegetable Oil Blend, Palm Oil, Soybean Oil)

Steamed Broccoli– Broccoli

DINNER ROLL– ENRICHED WHEAT FLOUR, WATER, YEAST, SALT, Onion Dill

Fruit–Grapes: fresh grapes

9-08: Baked spaghetti: water, Hamburger, tomato paste, seasoning, pasta (wheat flour, eggs) margarine

Fresh vegetables: Celery sticks

Ranch dip: Sugar, egg yolk, buttermilk, vinegar

Italian blend vegetables: Zucchini, carrots, cauliflower, lima beans, Italian green beans, seasoning margarine

DINNER ROLL: FLOUR, YEAST, WATER garlic seasoning, margarine

SCALLOPED POTATOES: POTATOES, ONIONS, CREAM CHEESE, CORN SYRUP, GARLIC, SPICES

Fruit-Bananas

9-11: Cheese omelet: egg, cream cheese, milk, salt, cheddar cheese, salt

Hash brown: potatoes, vegetable oil, seasoning

Sausage Patty: pork, water, caramel color, spices

Biscuit- ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, VEGETABLE OIL (PALM AND/OR PALM KERNEL OIL), SUGAR, BUTTERMILK, BAKING SODA, SALT,

Fruit: pineapple pieces, pear juice

Fruit Juice- FILTERED WATER, APPLE JUICE FROM CONCENTRATE, NATURAL FLAVORS, GRAPE JUICEFROM CONCENTRATE

9-12: Barbecue Beef sandwiches- BEEF, WATER, SEA SALT, SUGAR, YEAST EXTRACT, CITRUS EXTRACT. RUBBED WITH: APPLE CIDER VINEGAR, TOMATO POWDER, ONION POWDER, GROUND CHIPOTLE CHILLI PEPPER, SMOKED PAPRIKA, SUGAR, SPICES, GARLIC POWDER.

Hamburger Bun: flour, water, sugar, yeast, oil, salt, gluten, milk

French Fries: potatoes, vegetable oil, water

Seasoned Carrots-carrots, garden seasoning (GARLIC AND ONION FLAVOR PROFILE, BLENDED WITH CARROTS, TOMATOES AND BELL PEPPERS.) Margarine (Vegetable Oil Blend, Palm Oil, Soybean Oil)

Fruit-mixed fruit: PINEAPPLE (TIDBIT), WATER, RED PAPAYA (DICE), YELLOW PAPAYA (DICE), WHITE GRAPE JUICE CONCENTRATE, LEMON JUICE CONCENTRATE,

9-13: Turkey tetrazine- Diced turkey, pasta (wheat, flour, eggs) Cream of mushroom soup (WATER, VEGETABLE OIL {CORN, CANOLA, AND/OR SOYBEAN}, MUSHROOMS, FOOD STARCH, WHEAT FLOUR, SALT, CREAM (MILK), SOY PROTEIN CONCENTRATE, YEAST EXTRACT, WHEY*, GARLIC*, FLAVORING. *DRIED) Mozzarella cheese ((PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES) Mushrooms,

Vegetable blend- CARROTS, GREEN BEANS, YELLOW SQUASH, ZUCCHINI, Margarine (Vegetable Oil Blend, Palm Oil, Soybean Oil) garden seasoning (GARLIC AND ONION FLAVOR PROFILE, BLENDED WITH CARROTS, TOMATOES AND BELL PEPPERS.)

Tossed salad: romaine lettuce, iceberg lettuce, carrots

Ranch Dip: Sugar, egg yolk, buttermilk, vinegar

DINNER ROLL- ENRICHED WHEAT FLOUR WATER, YEAST, SALT

Fruit-Golden delicious Apple

9-14: Cube Steak with onion gravy- Beef,

Brown gravy: Onion gravy: flour, yeast, seasoning, onion powder, Dried beef stock, water,

Whipped potatoes:dehydrated potatoes, water, margarine

Dinner roll: flour, yeast, egg, water

Green beans: green beans, margarine, seasoning

Fruit: orange

9-15: Salsa Chicken- chicken diced, water, oil, diced tomatoes, cheddar cheese, Salsa (TOMATO PUREE, DICED TOMATOES IN TOMATO JUICE, JALAPENOS, DISTILLED VINEGAR, ONION, SALT, SEA SALT, SUGAR, DEHYDRATED GARLIC, SPICES,

Red skinned potatoes: potatoes, oil

Spinach: SPINACH, WATER AND SALT

Dinner roll: flour, yeast, egg, water

Fruit: Kiwi

9-18: Swedish meatballs: Pork, beef, water, bread crumbs (flour, yeast, sugar, salt) seasoning, tomato paste, Romano cheese, parmesan cheese, oil, sour cream, mushroom, vegetable oil, cream, soy, wheat, yeast, garlic, water, seasoning

Egg noodles with margarine: wheat flour, eggs, margarine

Mixed Vegetables- Carrots, Whole Kernel Corn, Green Beans, Peas, Lima Beans

Dinner roll: flour, yeast, egg, water

Fruit juice from concentrate: cranberry juice, water

Fruit-pears, pear juice

9-19: Scalloped chicken with stuffing in gravy- Diced chicken, STUFFING (FLOUR - WHEAT FLOUR, MALTED BARLEY FLOUR, CANOLA AND/OR SUNFLOWER OIL (WITH ROSEMARY EXTRACT, SUGAR, , YEAST, SALT, HONEY, CARAMEL COLOR..SEASONING INGREDIENTS: ONION*, SALT, CELERY*, SPICES, PARSLEY*, CHICKEN BROTH*, RENDERED CHICKEN FAT, COOKED CHICKEN*, CARAMEL COLOR, TURMERIC) Cream of Chicken soup (CHICKEN STOCK, WATER, VEGETABLE OIL, WHEAT FLOUR, CREAM (MILK), SALT, CHICKEN FAT, YEAST EXTRACT, CHICKEN BROTH*, FLAVORING, CANE SUGAR, ONIONS*, CORNSTARCH, CELERY EXTRACT, ONION EXTRACT) Chicken gravy (WHEAT FLOUR, SALT, PALM OIL,

CHICKEN FAT, ONION, SUGAR, CORN SYRUP, CHICKEN BROTH, NONFAT MILK, GARLIC, SPICES, PEPPER, NATURAL FLAVORS, TURMERIC)

Buttered peas-peas, margarine(Vegetable Oil Blend, Palm Oil, Soybean Oil)

Dinner roll: flour, yeast, egg, water

Chilled fruit- Mandarin oranges: NGREDIENTS: MANDARIN ORANGES, PEAR JUICE FROM CONCENTRATE (WATER, PEAR JUICE CONCENTRATE),

Animal crackers- WHOLE WHEAT FLOUR, SUGAR, ENRICHED FLOUR, SOYBEAN AND PALM OIL. SALT, BAKING SODA,

9-20: Pork chops in gravy: pork, water, seasoning

Au Gratin potatoes: potatoes, onions, cheese, corn syrup, margarine, garlic, cream cheese, Margarine- (Vegetable Oil Blend, Palm Oil, Soybean Oil)

Pork Gravy: flour, yeast, seasoning, onion powder, Dried pork stock, Spices and sugar

Steamed Broccoli- Broccoli

Fresh vegetables: carrot sticks

Ranch dip: Sugar, egg yolk, buttermilk, vinegar

Dinner roll: flour, yeast, egg, water

Fruit-Applesauce: APPLES, SUGAR, WATER, CINNAMON.

9-21: Stuffed pepper casserole- Ground beef, green peppers, onion, garlic, Tomato soup (TOMATO PUREE, WATER, TOMATO PASTE, WHEAT FLOUR, SUGAR, SALT, CELERY EXTRACT, GARLIC Oil) White rice, Cheddar cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT)

Vegetable blend- GREEN BEANS, WAX BEANS, CARROTS, PEAS, KIDNEY BEANS, BABY LIMA BEANS, SALT.

Dinner roll: flour, yeast, egg, water

Fruit-Fresh Peach

Vanilla Wafers- WHOLE WHEAT FLOUR, SUGAR, , FOLIC ACID, SOYBEAN OIL, SOLUBLE CORN FIBER, NATURAL FLAVOR CONTAINS MILK, APPLESAUCE APPLES, ASCORBIC ACID, BAKING SODA, SALT, WHEAT, SOY MILK

9-22: Smoked sausage on bun- Smoked sausage: (PORK, BEEF), WATER, CORN STARCH, SALT,

Bun: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR,), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT,

Whipped potatoes- POTATOES, SALT, SUNFLOWER OIL,

Margarine- (Vegetable Oil Blend, Palm Oil, Soybean Oil)

Sauerkraut- PREPARED CABBAGE, WATER, SALT

Blushing fruit-warm pears, food coloring

9-25: Salisbury steak- BEEF, WATER, YEAST [SOY PROTEIN], BELL PEPPERS, SEASONING [DEHYDRATED ONION], WHEAT FLOUR, SALT, CARAMEL COLOR, SOYBEAN OIL, PAPRIKA.

Gravy- ENRICHED BLEACHED FLOUR, SUGAR, , PALM OIL, ONION POWDER, COLOR ADDED, BEEF STOCK, WHEY PROTEIN (milk) AND WHEAT BRAN, CHICKEN, GARLIC POWDER,

Macaroni & cheese- Cooked Macaroni (Water, Enriched Pasta [Durum Wheat Semolina, Egg White,]), Skim Milk, Cheddar Club Cheese (Pasteurized Cultured Milk, Salt), Margarine (Soybean Oil, , Water, Salt,), Pasteurized Process Cheese Spread (Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Water, Whey [Milk])

Stewed Tomatos- Tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper,

Dinner roll: flour, yeast, egg, water

Vanilla Wafers- WHOLE WHEAT FLOUR, SUGAR, , FOLIC ACID, SOYBEAN OIL, SOLUBLE CORN FIBER, NATURAL FLAVOR CONTAINS MILK, APPLESauce APPLES, ASCORBIC ACID, BAKING SODA, SALT, WHEAT, SOY MILK

Fruit-pears, pear juice

9-26: Ham and potato casserole- ham: ham, water, salt; potatoes: potatoes, onions, cheese, corn syrup, margarine, garlic, cream cheese

Gold & green beans- wax beans, green beans, garden seasoning, margarine

Dinner roll: flour, yeast, egg, water

Pudding- WATER, CORN STARCH, NONFAT MILK*, COCOA, PALM OIL, SALT, MILK PROTEIN, SUGAR,

Fruit Juice- FILTERED WATER, APPLE JUICE CONCENTRATE

9-27: Chicken and noodles- diced chicken, cream of chicken soup(CHICKEN STOCK, WATER, VEGETABLE OIL, WHEAT FLOUR, CREAM (MILK), SALT, CHICKEN FAT, YEAST EXTRACT, CHICKEN BROTH*, FLAVORING, CANE SUGAR, ONIONS*, CORNSTARCH, CELERY EXTRACT, ONION EXTRACT) Noodles-FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, EGG YOLKS, EGGS, Chicken Broth

Dinner roll: flour, yeast, egg, water

Seasoned Capri Vegetables- CARROTS, GREEN BEANS, YELLOW SQUASH, ZUCCHINI, Margarine, garden seasoning

Tossed salad: romaine lettuce, iceberg lettuce, carrots

Ranch Dip: Sugar, egg yolk, buttermilk, vinegar

Fruit-Red Delicious Apple

9-28: Meatloaf- Beef, Onions, Water, Soy Protein, Ketchup (Tomato Concentrate, Distilled Vinegar, Sugar, Salt, Onion Powder, Spice, Natural Flavoring), Green Peppers, Breadcrumbs

(Wheat Flour, Sugar, Salt, Yeast, Canola Oil), Flavoring, Potato (Dry), Egg Whites, Starch Blend (Tapioca Starch, Rice Starch), Parsley, Lemon Powder, Salt. Contains

Scalloped potatoes: POTATO DRY, SEASONING [WHEY, LACTOSE, DRIED ONION, CORN SYRUP SOLIDS, SUNFLOWER OIL, SALT, POTASSIUM CHLORIDE, DRIED GARLIC, MALTODEXTRIN, CREAM CHEESE PASTEURIZED CREAM, CHEESE CULTURE, SALT, DRIED GREEN ONION, CHEDDAR CHEESE PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, YEAST EXTRACT, NONFAT MILK, SPICES

Steamed Broccoli- Broccoli

Dinner roll: flour, yeast, egg, water

Fruit-pineapple tidbits in pear juice

9-29: Sausage gravy- WATER, SAUSAGE (PORK, SALT, CARAMEL COLOR, CORN STARCH, FLAVORING), SOYBEAN OIL, WHEAT , SUGAR, SALT, milk

Diced Hashbrown Potatoes- POTATOES, VEGETABLE Oil

Biscuit- ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, VEGETABLE OIL (PALM AND/OR PALM KERNEL OIL), SUGAR, BUTTERMILK, BAKING SODA, SALT

Fruit-peaches in grape juice

Fruit juice- FILTERED WATER, ORANGE JUICE CONCENTRATE