

March 2025 ingredient list

March 3rd

- **Taco salad**
 - **ground beef:** ingredients: 100% beef
 - **onion**
 - **taco seasoning:** chili pepper, spices, dehydrated onion, dehydrated garlic, corn flour, sugar, paprika, tomato powder, autolyzed yeast extract, corn starch, red pepper, paprika extractives (color), natural flavor. common allergens present: none.
 - **tomato**
 - **lettuce**
 - **tortilla chips:** corn, vegetable oil (corn, canola, and/or sunflower oil), and salt. common allergens present: none.
 - **salsa:** tomato puree, diced, jalapeno peppers, distilled vinegar, water, dried onions, sea salt, salt, dried garlic, natural flavors, spices, citric acid, potassium chloride.
 - **Cheddar cheese:** pasteurized milk, cheese culture, salt, enzymes, annatto, powdered cellulose (anti caking agent)
 - **sour cream-** cultured cream (milk), enzyme. contains milk
- **Ginger Carrots**
 - **Carrots**
 - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
 - **Ground Ginger**
 - **Brown sugar-** sugar, molasses
 - **Parsley**
 - **mixed vegetables-corn and black bean fiesta:** roasted corn, black beans (water, black beans), corn, red peppers, roasted onions, green peppers, seasonings (maltodextrin, salt, sea salt, spice, sugar, yeast extract, dextrose, natural smoke flavor).
- **Fruit cup-papaya, mango-** papaya (red and yellow), white grape juice from concentrate (water, white grape juice concentrate), mango, acerola juice from concentrate (water, acerola juice concentrate), natural flavors, and lemon juice from concentrate (water, lemon juice concentrate).
- **Milk-**
 - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carrageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy

March 4th

- **Pork-BBQ-** pork, vinegar, water, sugar, salt, worchestershire sauce (water, vinegar, salt, corn sweetener, hydrolyzed soy protein, citric acid, caramel color, flavorings, silicon dioxide, black pepper), red pepper, black pepper, paprika.
- **Hamburger bun-** - enriched flour [unbleached wheat flour, malted barley flour, 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, calcium propionate (a preservative), vinegar, monoglycerides, sodium stearoyl lactylate, wheat starch, calcium sulfate, calcium phosphate, ascorbic acid, sesame
- **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. Contains: milk.
- **Cauliflower**
- **Fruit -Apple**
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 addedcontains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 5th

- **Hamburger bun-** - enriched flour [unbleached wheat flour, malted barley flour, 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, calcium propionate (a preservative), vinegar, monoglycerides, sodium stearoyl lactylate, wheat starch, calcium sulfate, calcium phosphate, ascorbic acid, sesame
- **Hamburger:** beef, 2% or less of the following: potato (dry), flavoring, seasoning (gum arabic, grill flavor [from sunflower oil], tricalcium phosphate), salt.
- **Potatoes-tater tots-**potatoes, vegetable oil, salt, corn flour, dehydrated potato
- **Mixed vegetables- winter blend-** Broccoli, Cauliflower
- **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **Fruit cup/ mixed fruit-** ingredients: peach, snow pear, apple, pineapple, pear juice from concentrate(water, pear juice concentrate), ascorbic acid and citric acid.
- **Pudding chocolate unsweetened-** water, modified corn starch, sorbitol, maltitol, nonfat milk*, cocoa (processed with alkali), palm oil, less than 2% of: salt, milk protein isolate, sodium stearoyl lactylate, carrageenan, artificial flavors, sucralose, acesulfame potassium. *adds an insignificant amount of sugar. _x000d_ contains: milk
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 addedcontains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 6th

- **Chicken bacon ranch pasta**
 - **Chicken**- all meat. Natural proportion blend of 55 white meat and 45 dark meat.
 - **Elbow noodles**- water, enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)
 - **Bacon pieces**- bacon (cured with water, salt, sugar, sodium nitrite. May also contain smoke flavoring, dextrose, brown sugar, sodium phosphates, sodium erythorbate, sodium ascorbate, potassium chloride, flavoring).
 - **Ranch dressing mix**: salt, maltodextrin, garlic powder, dehydrated parsley, onion powder, natural flavors, mushroom powder, carrageenan, buttermilk, turmeric (color), with not more than 2% calcium stearate added as an anti-caking agent. Common allergens present: milk.
 - **Cream of chicken soup**- chicken stock, water, vegetable oil, modified food starch, wheat flour, cream (milk), contains less than 2% of: salt, chicken*, soy protein concentrate, chicken fat, yeast extract, beta carotene (for color), chicken broth*, flavoring, cane sugar, onions*, cornstarch, celery extract, onion extract, xanthan gum. *dried. Contains: wheat, milk, soy
- **Broccoli**
- **Grapes**
- **Tossed salad**: lettuce iceberg, red cabbage, carrots
- **Ranch dressing**- soybean oil, water, distilled vinegar, cultured lowfat buttermilk, sugar, salt, contains less than 2% of nonfat dry milk, egg yolks, garlic*, mustard seed, onion*, yeast extract, xanthan gum, polysorbate 60, torula yeast*, disodium inosinate & disodium guanylate, sodium benzoate and potassium sorbate (as preservatives), lactic acid, spice, parsley*, calcium disodium edta added to protect flavor. *dehydrated
- **Fig newton cookies**- figs, whole grain wheat flour, sugar, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), corn syrup, invert sugar, canola oil, palm oil, salt, baking soda, calcium lactate, malic acid, soy lecithin, sodium benzoate and sulfur dioxide (sulfites) added to preserve freshness, natural flavor, artificial flavor
- **Roll- rye**: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk**-
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim**- nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate**- nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine**- (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning**- dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 7th

- **Fish sticks/breaded-67.7** seafood blend [minced pollock, water, soy protein concentrate, whole wheat flour, seasoning blend hydrolyzed corn protein, sugar, onion powder, modified corn starch, salt, spice, natural flavor, caramel color, enriched bleached wheat flour flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, modified corn starch, salt, sugar, yeast]; 32.3 batter and breading: whole wheat flour, enriched wheat flour flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, modified corn starch, water, enriched wheat flour flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid, whole yellow corn meal, sugar, yeast extract, whey, yeast, leavening sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, onion powder, salt, corn starch, yellow corn flour, modified cellulose, caramel color, extractives of paprika, annatto and turmeric color. Prefried in canola, cottonseed, and/or soybean oil. Contains: fish pollock, wheat, soy, milk
- **Tartar sauce**-water, vinegar, soybean oil, chopped pickles (cucumbers, distilled white vinegar, salt), high fructose corn syrup, modified food starch, sugar, contains less than 2% of dried onions, eggs, salt, natural and artificial flavor, mustard flour, xanthan gum, spice, potassium sorbate and calcium disodium edta (as preservatives), paprika, dried garlic
- **Mac & cheese:** cooked macaroni (water, enriched pasta [durum wheat semolina, egg white, niacin, iron, thiamine mononitrate, riboflavin, folic acid]), skim milk, water, cheddar club cheese (pasteurized cultured milk, salt, enzymes, annatto [color]), margarine (soybean oil, hydrogenated soybean oil, water, salt, contains less than 2% of vegetable mono- & diglycerides, soy lecithin, sodium benzoate [a preservative], citric acid, natural & artificial flavor, calcium disodium edta added to protect flavor, beta carotene [color], vitamin a palmitate added), pasteurized process cheese spread (cheese [pasteurized milk, cheese culture, salt, enzymes], water, whey [milk], sodium phosphate, whey protein concentrate [milk], skim milk, salt, milkfat, artificial color), cheddar cheese flavor (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, butterfat [milk], phosphates, and lactic acid), modified corn starch, wheat flour, soybean oil, cheddar cheese powder (dehydrated cheddar cheese blend [cheddar cheese, cream, salt, sodium phosphate, lactic acid]), salt, sugar, carrageenan, datem, mono- and diglycerides, spice, annatto and beta carotene (color). Contains: egg, milk, soy, wheat
- **Mixed vegetables-Midori blend:** green soy beans, pea pods, baby cob corn, red pepper, water chestnuts.
- **Fruit cup/ apple sauce/ unsweetened:** apples, water and unsweetened apple juice. Ascorbic acid to maintain color.
- **Cole slaw-**
 - Green cabbage, red cabbage, carrot
 - Dressing-soybean oil, vinegar, water, sugar, modified food starch, egg yolks, contains less than 2% of salt, mustard flour, spice, paprika, calcium disodium edta (to protect flavor), natural flavor, dried garlic.
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carrageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor

March 10th

- **Biscuit:** enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable oil (palm and/or palm kernel oil), sugar, buttermilk, baking soda, salt, sodium aluminum phosphate, sodium acid pyrophosphate, modified corn starch, pectin, whey protein
- **Cream chip beef-** milk, dried beef chunked and formed (beef, salt, sodium erythorbate, sodium nitrite, bht, tbhq, citric acid), cream, margarine (soybean oil, hydrogenated soybean oil, water, salt, contains less than 2%

of: vegetable mono- and diglycerides, soy lecithin, sodium benzoate [a preservative], citric acid, natural and artificial flavor, calcium disodium edta added to protect flavor, beta carotene [color], vitamin a palmitate added), modified corn starch, onions, spice, datem, mono- and diglycerides. Contains: milk, soy

- **Peas**
- **Fruit cup/ mandarin oranges-** mandarin oranges pear juice from concentrate (water, pear juice concentrate), ascorbic acid, citric acid.
- **Graham cracker-**graham flour (whole grain wheat flour), unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), sugar, soybean and/or partially hydrogenated cottonseed oil, molasses, leavening (baking soda and/or calcium phosphate), salt, wheat starch. Contains: wheat
- **Three bean salad:** cut green beans, cut wax beans, water, dark red kidney beans, sugar, vinegar, diced onions, diced red bell peppers, soybean oil, salt, natural flavoring, calcium chloride, disodium edta (to preserve color) and turmeric.
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carrageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor

March 11th

- **Ham:** cured with: water, dextrose, contains 2% or less of salt, potassium lactate, sodium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite
- **Potato sweet casserole**
 - **Sweet potatoes**
 - **Brown sugar:** sugar, molasses
 - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
 - **Marshmallow-** corn syrup, sugar, modified cornstarch, dextrose, water, contains less than 2% of gelatin, tetrasodium pyrophosphate (whipping aid), natural and artificial flavor, blue 1.
- **Collard greens-**collard greens, water, salt
- **Fruit cup/ apple sauce/ unsweetened:** apples, water and unsweetened apple juice. Ascorbic acid to maintain color.
- **Roll- rye:** enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk

- **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
- **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 12th

- **Chicken pot pie-**
 - **Chicken-all meat:** natural proportion of dark and white meat
 - **Cream of chicken soup-** chicken stock, water, vegetable oil, modified food starch, wheat flour, cream (milk), contains less than 2% of: salt, chicken*, soy protein concentrate, chicken fat, yeast extract, beta carotene (for color), chicken broth*, flavoring, cane sugar, onions*, cornstarch, celery extract, onion extract, xanthan gum. *dried. contains: wheat, milk, soy
 - **Chicken gravy-** food starch-modified, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, palm oil, hydrolyzed vegetable protein (corn, soy), chicken fat, maltodextrin, chicken, monosodium glutamate, onion, sugar, corn syrup solids, chicken broth, nonfat milk, dextrose, contains less than 2%: garlic, spices, pepper, natural flavors, turmeric, soy flour, autolyzed yeast extract, whey protein concentrate (milk), whey (milk), citric acid, sodium caseinate (milk), mono- and diglycerides, gum arabic, color added, disodium guanylate, disodium inosinate, polysorbate 80. contains: wheat, milk, soy processed in a facility that processes egg products
 - **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.
 - **Mixed vegetables-** Carrots, Whole Kernel Corn, Green Beans, Peas, Lima Beans
 - **Pie crust-** lard flour (unenriched, unbleached)salt baking soda dextrose water
- **Kiwi**
- **Wax Beans**
- **Roll- rye:** enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carrageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy

- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 13th

- **Johnny Marzetti:**
 - **Elbow noodles:** water, enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)
 - **Ground beef:** beef
 - **Onion**
 - **Tomato sauce:** tomatoes, less than 2% of: salt, onion powder, garlic powder, citric acid, natural flavors
 - **Tomato soup:** water, tomato puree (water, tomato paste), wheat flour, sugar, cream (milk), contains less than 2% of: bleached enriched flour (wheat flour, wheat starch, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, citric acid, ascorbic acid (vitamin c), flavoring, celery extract, garlic oil.contains: wheat, milk
 - **Cheddar cheese:** pasteurized milk, cheese culture, salt, enzymes, annatto, powdered cellulose (anti caking agent)
- **Mixed vegetables/ italian blend-** zucchini, carrots, cauliflower, lima beans, italian green beans
- **Three bean salad:** cut green beans, cut wax beans, water, dark red kidney beans, sugar, vinegar, diced onions, diced red bell peppers, soybean oil, salt, natural flavoring, calcium chloride, disodium edta (to preserve color) and turmeric
- **Roll- rye:** enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2% - reduced fat milk,** vitamin a palmitate and vitamin d3 addedcontains: milk
 - **Skim- nonfat milk,** vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate- nonfat milk,** high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.
- **Fruit cups/pears:** pears, white grape juice from concentrate (water, white grape juice concentrate), acerola juice from concentrate (water, acerola juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), and natural flavors
- **Carrot raisin salad:** carrots, pineapple (pineapple, pineapple juice, citric acid), mayonnaise (soybean oil, water, egg yolks, vinegar, salt), sugar, raisins, salt, water, xanthan gum, modified corn starch, potassium sorbate (preservative), sodium benzoate (preservative).contains: eggs.

March 14th

- **Tuna salad-** tuna (tuna fish, water, vegetable broth, salt), mayonnaise (soybean oil, water, egg yolks, vinegar, salt), celery, sugar, breadcrumbs (bleached wheat flour, yeast, sugar, salt), water, sweet pickle relish (cucumber, sugar, distilled vinegar, salt, calcium chloride, mustard seed, xanthan gum, celery seed, dehydrated red bell pepper, natural flavors, turmeric, minced onion), lemon juice concentrate, vinegar, dehydrated onion, modified corn starch, salt, natural flavor, clam broth (clam broth [dehydrated], maltodextrin), xanthan gum, sodium benzoate (preservative), potassium sorbate (preservative).contains: egg, wheat, fish (tuna).
- **Croissant-** Enriched unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes, ascorbic acid added as dough conditioner), water, butter (milk), sugar, yeast, dextrose, salt, whey powder (milk), potato starch, ascorbic acid, enzymes. contains: wheat, milk. produced in a facility that handles egg, soy, tree nuts.
- **Fruit cup/pineapple:** ingredients: pineapple (tidbit), water, pineapple juice concentrate, ascorbic acid, citric acid.
- **Tomatoes-sliced**
- **Carrots**
- **Ranch dressing-** soybean oil, water, distilled vinegar, cultured lowfat buttermilk, sugar, salt, contains less than 2% of nonfat dry milk, egg yolks, garlic*, mustard seed, onion*, yeast extract, xanthan gum, polysorbate 60, torula yeast*, disodium inosinate & disodium guanylate, sodium benzoate and potassium sorbate (as preservatives), lactic acid, spice, parsley*, calcium disodium edta added to protect flavor. *dehydrated.
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carrageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk

March 17th

- **Shepards Pie**
 - **Ground beef:** ingredients:100% beef
 - **Onion**
 - **Brown gravy:** : enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), food starch-modified, salt, hydrolyzed vegetable protein (corn, soy, and/or wheat), sugar, monosodium glutamate, palm oil, onion powder, color added, contains less than 2%: beef stock, hydrolyzed whey protein (milk) and wheat bran, chicken, garlic powder, autolyzed yeast extract, sodium caseinate (milk), whey (milk), mono- and diglycerides, corn syrup solids, natural flavor, thiamin hydrochloride, disodium guanylate, disodium inosinate. Contains: wheat, milk, soy. Processed in a facility that processes egg products.
 - **Mixed Vegetables-5 way blend:** Carrots, Whole Kernel Corn, Green Beans, Peas, Lima Beans
 - **Garlic**
 - **Potatoes/mashed-whipped potatoes:** Potatoes, salt, maltodextrin, contains 2 or less of: sunflower oil, mono and diglycerides, natural and artificial flavor, artificial color, freshness preserved with: sodium bisulfite, bht. Made on equipment that also processes milk.
 - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
 - **Cheddar cheese:** pasteurized milk, cheese culture, salt, enzymes, annatto, powdered cellulose (anti caking agent)
- **Spinach**
 - **Fruit blushing**
 - **Pears-** pears, water, sugar.

- **Strawberry jell-o-** gelatin, adipic acid, disodium phosphate, maltodextrin, fumaric acid, aspartame* (sweetener), contains less than 2% of artificial flavor, acesulfame potassium (sweetener), salt, red 40. *phenylketonurics: contains phenylalanine.
- **Roll- rye:** enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 18th

- **Cold cut sandwich**
 - **Ham-** 32% of weight is added ingredients cured with water, dextrose, salt, corn syrup, potassium lactate, modified potato starch, sodium phosphates, sodium erythorbate, sodium nitrite, sodium diacetate.
 - **Turkey-** turkey breast, turkey broth, salt, brown sugar, sodium phosphate, sodium erythorbate, sodium nitrite.
 - **Swiss cheese-** milk and part-skim milk, cream, water, sodium citrate, salt, cheese culture, citric acid, sorbic acid (preservative), enzymes, soy lecithin. contains: milk, soy
 - **Wheat sub bun-** unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, yeast, contains 2% or less of each of the following: salt, wheat gluten, soybean oil, yellow cornmeal, fermented wheat flour, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides, mono- and diglycerides, distilled monoglycerides, calcium peroxide, calcium iodate, datem, ethoxylated mono- and diglycerides, enzymes, ascorbic acid), sesame flour, calcium propionate (to retard spoilage) contains: wheat, sesame
 - **Lettuce**
 - **Tomato**
 - **Pickles-** cucumbers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), spices, yellow 5, potassium sorbate (preservative), polysorbate 80
 - **Mayonnaise-** soybean oil, water, eggs, vinegar, contains less than 2% of egg yolks, lemon juice concentrate, salt, sugar, dried onions, dried garlic, paprika, natural flavor, calcium disodium edta (to protect flavor).

- **Potato salad:** potatoes, mayonnaise (soybean oil, water, egg yolks, vinegar, salt), water, mustard (water, vinegar, mustard seed, salt, sugar, turmeric, paprika, garlic powder, spices, xanthan gum, annatto extract color, natural flavor, citric acid), dill pickle cubes (cucumbers, distilled vinegar, salt, calcium chloride, natural flavoring, contains less than 2% of: xanthan gum, sodium benzoate [preservative], alum, turmeric, polysorbate 80), celery, sugar, salt, vinegar, onion, red bell pepper, modified corn starch, potassium sorbate (preservative), sodium benzoate (preservative), annatto extract (color), xanthan gum. contains: eggs
- **Apple**
 - **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Cookies- lemon-** whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), sugar, palm oil, soybean oil, soy lecithin, natural & artificial flavors (contains milk), salt, baking soda, yellow 5.

March 19th

- **Pork chop in gravy**
 - **Pork chop:** water, salt, pork broth, sodium phosphate, sodium citrate, torula yeast, spice.
 - **Gravy:** food starch-modified, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, maltodextrin, monosodium glutamate, onion powder, dried pork stock, contains less than 2% dehydrated vegetables (onion, carrots, celery), spices, sugar, natural flavors, yeast extract, hydrolyzed vegetable protein (soy), hydrolyzed yeast protein, color added, ascorbic acid, lactic acid, disodium guanylate, disodium inosinate. Contains: wheat, soy produced in a facility that handles milk and egg
- **Potatoes/mashed-whipped potatoes:**
 - Potatoes, salt, maltodextrin, contains 2 or less of: sunflower oil, mono and diglycerides, natural and artificial flavor, artificial color, freshness preserved with: sodium bisulfite, bht. Made on equipment that also processes milk.
 - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Peas**
- **Roll- rye:** enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
 - **Banana**
 - **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk

- **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
- **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 20th

- **Chicken spaghetti**
 - **Spaghetti:** semolina wheat, durum wheat flour, vitamin b3 niacin, iron ferrous sulfate, vitamin b1 thiamine mononitrate, vitamin b2 riboflavin, folic acid.
 - **Chicken:** all meat. Natural proportion blend of 55 white meat and 45 dark meat.
 - **Cream of chicken soup:** chicken stock, water, vegetable oil, modified food starch, wheat flour, cream (milk), contains less than 2% of: salt, chicken*, soy protein concentrate, chicken fat, yeast extract, beta carotene (for color), chicken broth*, flavoring, cane sugar, onions*, cornstarch, celery extract, onion extract, xanthan gum. *dried. Contains: wheat, milk, soy
 - **Chicken broth:** cooked chicken, chicken broth, salt.
- **Broccoli**
- **Tossed salad:** lettuce iceberg, red cabbage, carrots
- **Ranch dressing-** soybean oil, water, distilled vinegar, cultured lowfat buttermilk, sugar, salt, contains less than 2% of nonfat dry milk, egg yolks, garlic*, mustard seed, onion*, yeast extract, xanthan gum, polysorbate 60, torula yeast*, disodium inosinate & disodium guanylate, sodium benzoate and potassium sorbate (as preservatives), lactic acid, spice, parsley*, calcium disodium edta added to protect flavor. *dehydrated.
- **Peach**
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 addedcontains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 21st

- **Mac & cheese:** cooked macaroni (water, enriched pasta [durum wheat semolina, egg white, niacin, iron, thiamine mononitrate, riboflavin, folic acid]), skim milk, water, cheddar club cheese (pasteurized cultured milk, salt, enzymes, annatto [color]), margarine (soybean oil, hydrogenated soybean oil, water, salt, contains less than 2% of vegetable mono- & diglycerides, soy lecithin, sodium benzoate [a preservative], citric acid, natural & artificial flavor, calcium disodium edta added to protect flavor, beta carotene [color], vitamin a palmitate added), pasteurized process cheese spread (cheese [pasteurized milk, cheese culture, salt, enzymes], water, whey [milk], sodium phosphate, whey protein concentrate [milk], skim milk, salt, milkfat, artificial color), cheddar cheese flavor (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, butterfat [milk], phosphates, and lactic acid), modified corn starch, wheat flour, soybean oil, cheddar cheese powder (dehydrated cheddar cheese blend [cheddar cheese, cream, salt, sodium phosphate, lactic acid]), salt, sugar, carrageenan, datem, mono- and diglycerides, spice, annatto and beta carotene (color). Contains: egg, milk, soy, wheat
- **Stewed tomatoes-** tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper,
- **Orange**
- **Brussel Sprouts**
- **Roll- rye:** enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 24th

- **Chicken baked drumstick**
Chicken drumsticks, water, whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, extractives of paprika and turmeric, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), maltodextrin, modified food starch, modified wheat starch, natural flavor, onion powder, salt, sodium phosphates, spices (including celery seed), vegetable stock (onion, celery, carrot), wheat gluten, whole grain yellow corn flour, yeast extract. Breeding set in vegetable oil.
- **Potatoes/ baby bakers:** potatoes, olive oil, contains less than 2 of garlic powder, maltodextrin, natural flavor, onion powder, salt, spice, sugar, vinegar powder [maltodextrin, vinegar].
- **Ginger Carrots**
 - **Carrots**
 - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta

(preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added.

Contains: soy

- **Ground Ginger**
- **Brown sugar-** sugar , molasses
- **Parsley**
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2% - reduced fat milk**, vitamin a palmitate and vitamin d3 addedcontains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 25th

- **Sloppy joe**
 - 100% beef,
 - onions,
 - chili sauce: tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: dehydrated onion, garlic powder, spices, natural flavors,
 - **Tomato sauce:** tomatoes, less than 2% of: salt, onion powder, garlic powder, citric acid, natural flavors
- **Hamburger bun-** - enriched flour [unbleached wheat flour, malted barley flour, 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, calcium propionate (a preservative), vinegar, monoglycerides, sodium stearoyl lactylate, wheat starch, calcium sulfate, calcium phosphate, ascorbic acid, sesame
- **Potato wedges-** potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
- **Brussel sprout**
- **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **Milk-**
 - **2% - reduced fat milk**, vitamin a palmitate and vitamin d3 addedcontains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk

- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 26th

- **Biscuit:** enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable oil (palm and/or palm kernel oil), sugar, buttermilk, baking soda, salt, sodium aluminum phosphate, sodium acid pyrophosphate, modified corn starch, pectin, whey protein.
- **Beef 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 flavor (contains sunflower oil), lactic acid, maltodextrin, onion powder, paprika, salt, sugar, yeast extract.
- **Green beans**
- **Fruit cup/tropical fruit salad-** pineapple (tidbit), water, red papaya (dice), yellow papaya (dice), white grape juice concentrate, lemon juice concentrate, ascorbic acid, citric acid and natural flavor.
- **Roll- rye:** enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 27th

- **Chicken alfredo:** skim milk, cooked penne pasta (semolina [wheat], egg white, water), grilled seasoned chicken white meat (chicken white meat, water, less than 2% lemon juice concentrate, salt, vinegar), water, parmesan cheese (pasteurized part-skim, cheese cultures, salt, enzymes), cream, 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, cheddar cheese (milk, cheese cultures, salt, enzymes), cheddar powder (whey, reduced lactose whey, cheddar cheese [cultured milk, salt, enzymes], natural flavors, cream, maltodextrin, salt, whey protein concentrate, sodium phosphate, blue cheese [cultured milk, salt, enzymes], citric acid, lactic acid), wheat flour, pecorino romano cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), salt, dehydrated garlic, roasted garlic puree, onion powder, spices. Common allergens present: egg, milk, wheat, soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition

and ingredient statement updated June 2022. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and no warranties are made or implied; all implied warranties of merchantability and fitness for a particular purpose are expressly excluded.

- **Broccoli**
- **Grapes**
- **Tossed salad:** lettuce iceberg, red cabbage, carrots
- **Ranch dressing-** soybean oil, water, distilled vinegar, cultured lowfat buttermilk, sugar, salt, contains less than 2% of nonfat dry milk, egg yolks, garlic*, mustard seed, onion*, yeast extract, xanthan gum, polysorbate 60, torula yeast*, disodium inosinate & disodium guanylate, sodium benzoate and potassium sorbate (as preservatives), lactic acid, spice, parsley*, calcium disodium edta added to protect flavor.
*dehydrated
- **Fig newton cookies-** figs, whole grain wheat flour, sugar, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), corn syrup, invert sugar, canola oil, palm oil, salt, baking soda, calcium lactate, malic acid, soy lecithin, sodium benzoate and sulfur dioxide (sulfites) added to preserve freshness, natural flavor, artificial flavor
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

March 28th

- **Broccoli soup:**
 - **Broccoli**
 - **Onion**
 - **Carrots**
 - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
 - **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.
 - **Flour:** Bleached Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour. Contains: Wheat

- **Egg salad:** hard cooked eggs, mayonnaise (soybean oil, water, egg yolks, vinegar, salt), celery, cracker meal (bleached wheat flour), mustard (vinegar, water, mustard seed, salt, turmeric, paprika, spice, garlic powder), salt, sugar, water, vinegar, modified corn starch, black pepper, lemon juice concentrate, sodium benzoate (preservative), potassium sorbate (preservative), xanthan gum contains: egg, wheat.
- **Hamburger bun-** enriched flour [unbleached wheat flour, malted barley flour, 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, calcium propionate (a preservative), vinegar, monoglycerides, sodium stearoyl lactylate, wheat starch, calcium sulfate, calcium phosphate, ascorbic acid, sesame
 - **Pear**
 - **Pickled beets:** beets, water, high fructose corn syrup, vinegar, salt, spice
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.
- **Pudding vanilla sugar free:** water, modified corn starch, nonfat milk*, palm oil, maltitol, sorbitol, less than 2% of: salt, sodium stearoyl lactylate, carrageenan, milk protein isolate, natural and artificial flavors, sucralose, acesulfame potassium, yellow 5, yellow 6. *adds an insignificant amount of sugars. _x000d_ contains: milk

March 31st

- **Baked steak in onion gravy**
 - **Cube steak-** beef, water, bell peppers, textured vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12)], onion, salt.
 - **Brown gravy-** enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), food starch-modified, salt, hydrolyzed vegetable protein (corn, soy, and/or wheat), sugar, monosodium glutamate, palm oil, onion powder, color added, contains less than 2%: beef stock, hydrolyzed whey protein (milk) and wheat bran, chicken, garlic powder, autolyzed yeast extract, sodium caseinate (milk), whey (milk), mono- and diglycerides, corn syrup solids, natural flavor, thiamin hydrochloride, disodium guanylate, disodium inosinate. Contains: wheat, milk, soy. Processed in a facility that processes egg products.
 - **Onions**
- **Corn**
- **Banana**
- **Potatoes-mashed/whipped**
 - **Potatoes/mashed-whipped potatoes:** Potatoes, salt, maltodextrin, contains 2 or less of: sunflower oil, mono and diglycerides, natural and artificial flavor, artificial color, freshness preserved with: sodium bisulfite, bht. Made on equipment that also processes milk.
 - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Roll- rye:** enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate

(preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).

- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.