

# February 2024 Ingredient List

## February 1<sup>st</sup>

- **Tater tot casserole**
  - **Hamburger**
  - **Garlic**
  - **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, whey\*, garlic\*, flavoring. \*driedcontains: wheat, milk, soy
  - **Mixed vegetables-** carrots, whole kernel corn, green beans, peas, lima beans
  - **Beef broth-** beef stock, contains less than 2% of: salt, natural flavoring, yeast extract, carrots, celery, onions, cane sugar.
  - **Tater tots-** potatoes, vegetable oil (contains one or more of the following: soybean, canola, palm, hydrogenated cottonseed, sunflower), salt, corn flour, dehydrated potato, disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
  - **Cheddar cheese-** pasteurized milk, cheese culture, salt, enzymes, annatto, powdered cellulose (anti caking agent)
- **Spinach-** SPINACH, WATER AND SALT.
- **Blushing fruit**
  - **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 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.

## February 2<sup>nd</sup>

- **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**
- **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].
- **Mixed vegetables-California Normandy blend:** broccoli, cauliflower, carrots
- **Banana**
- **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.

## February 5<sup>th</sup>

- **General Tso chicken-sauce:** sugar, water, soy sauce (water, soybeans, wheat, salt), red wine vinegar, cornstarch, ginger puree (ginger, water), garlic, salt, molasses, spices, paprika extract chicken: rib meat, water, seasoning vegetable stock (carrot, onion, celery), carrot powder and garlic powder, salt,. Breaded with: wheat flour, water, salt, wheat gluten, sugar, leavening (sodium bicarbonate, sodium aluminum phosphate,), yeast extract, yellow corn flour, onion powder, garlic powder, yeast, spice, extractives of paprika, annatto, and turmeric, breading set in vegetable oil

- **Golden delicious apple**
- **Rice-** long grain parboiled rice
- **Broccoli**
- **Fruit-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).
- **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

### February 6<sup>th</sup>

- **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,
- **Honey crisp apple**
- **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

### February 7<sup>th</sup>

- **Pancake-** water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), dextrose, sugar, soybean oil, whole eggs, baking powder, buttermilk, salt. Contains: wheat, egg, milk
- **Scrambled eggs-**whole eggs, whey, soybean oil, nonfat milk. Contains 1 or less of the following: salt, natural and artificial butter flavor, xanthan gum, citric acid.
- **Sausage link-** PORK, WATER, CONTAINS 2% OR LESS: SALT, DEXTROSE, SPICES, SODIUM PHOSPHATES, BHT, CITRIC ACID.
- **Potatoes/ hash brown-** potatoes, canola oil, olive oil, salt, garlic, rosemary, potato flour, disodium dihydrogen pyrophosphate (to promote color retention), dextrose
- **Syrup-**corn syrup, high fructose corn syrup, water, contains less than 2% of natural and artificial maple
- **Fruit Juice-Cranberry grape-** filtered water, grape juice water, grape juice concentrate, sugar, cranberry juice water, cranberry juice concentrate, fumaric acid, natural flavor, ascorbic acid vitamin c, sodium citrate, vegetable concentrate for color, citric acid
- **Fruit cup/pineapple:** ingredients: pineapple (tidbit), water, pineapple juice concentrate, ascorbic acid, citric acid
- **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

## February 8<sup>th</sup>

- **Vegetable beef soup-**
  - **Mixed vegetables-** carrots, whole kernel corn, green beans, peas, lima beans
  - **Beef broth-** beef stock, contains less than 2% of: salt, natural flavoring, yeast extract, carrots, celery, onions, cane sugar.
  - **Hamburger**
  - **Tomato sauce-**tomatoes, less than 2% of: salt, onion powder, garlic powder, citric acid, natural flavors
- **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 gumcontains: 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
- **Banana**
- **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
- **Pickled beets-** Beets, water, high fructose corn syrup, vinegar, salt, spice

## February 9<sup>th</sup>

- **Potatoes scalloped and ham casserole**
  - **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. Contains: milk.
  - **Ham:** cured with: water, dextrose, contains 2% or less of salt, potassium lactate, sodium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite.
  - **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
- **Apple**
- **Succotash:** Whole Kernel Corn, Baby Lima Beans
- **Lemon cookies-** 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.

- **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

## February 12<sup>th</sup>

- **Red beans with sausage over rice**
  - **Zatarain's red beans and rice mix** - enriched long grain parboiled rice, iron, niacin, thiamine mononitrate, folic acid, red beans, enriched bleached wheat flour, wheat malt barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, salt, onion, modified corn starch, soy sauce hydrolyzed soy protein, corn syrup solids, salt, red and green bell pepper, torula yeast, yeast extract, garlic, caramel color, spices including red pepper, dextrose, and natural artificial flavor.
  - **Smoked sausage-** meat ingredients (pork, beef), water, contains 2% or less of: modified corn starch, sorbitol, salt, potassium lactate, flavorings, potassium phosphate, sodium diacetate, vitamin c (sodium ascorbate), sodium nitrite.
  - **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
- **Mixed greens-** TURNIP GREENS, MUSTARD GREENS, WATER AND SALT.
- **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 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

### February 13<sup>th</sup>

- **Turkey gravy:** food starch-modified, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, hydrolyzed vegetable protein (corn, soy), turkey, autolyzed yeast extract, maltodextrin, onion, palm oil, monosodium glutamate, contains less than 2% of: chicken fat, garlic powder, spices, sugar, natural flavors, whey protein concentrate (milk), whey (milk), turmeric, soy flour, corn syrup solids, dextrose, sodium caseinate (milk), mono & diglycerides, color added, disodium inosinate, disodium guanylate, soy sauce (soybeans, wheat, salt), molasses. Contains: wheat, milk, soy processed in a facility that processes egg products
- **Turkey-sliced:** turkey breast meat, turkey broth, contains 2 or less salt, vinegar, sugar, sodium phosphate, natural smoke flavoring, sodium erythorbate, sodium nitrite.
- **Dressing/stuffing:** stuffing mix ingredients: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil (with rosemary extract and ascorbic acid [to preserve freshness]), sugar, whole wheat flour, yeast, salt, wheat gluten, honey, caramel color. Contains: wheat. Seasoning ingredients: onion\*, salt, hydrolyzed soy wheat gluten protein, celery\*, spices, parsley\*, chicken broth\*, sugar, rendered chicken fat, cooked chicken\*, caramel color, turmeric (color), disodium inosinate, disodium guanylate, natural flavors, citric acid, yeast extract, less than 2% silicon dioxide (anticaking agent). \*dehydrated contains: wheat, soy. Packaged in a facility that also packages tree nuts.
- **Mixed vegetables (7way canned)** - CARROTS, POTATOES, PEAS, CORN, GREEN BEANS, CELERY, LIMA BEANS, SALT, CALCIUM CHLORIDE (FIRMING AGENT), SALT, ONION FLAVORING
- **Orange**
- **Fruit/ cranberry sauce:** cranberries, high fructose corn syrup, water, corn syrup, citric acid.
- **Broccoli salad-**
  - **Broccoli fresh**
  - **Blanched almonds**
  - **Red onion**
  - **Cheddar cheese-** pasteurized milk, cheese culture, salt, enzymes, annatto, powdered cellulose (anti caking agent)
  - **Dried cranberries-** cranberries, sugar, sunflower oil
  - **Olive oil-** canola oil, extra virgin olive oil
  - **Garlic**
  - **Honey**
  - **Dijon mustard-** water, mustard seeds, vinegar, salt.
  - **Apple cider vinegar-** pure apple cider vinegar, water

- **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

#### February 14<sup>th</sup>

- **Spaghetti and meatballs**
  - **Spaghetti sauce-** Tomato Concentrate (Water, Tomato Paste), Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor.
  - **Spaghetti noodles-** Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acidcontains: wheatmanufactured in a facility that uses eggs
  - **Meatballs-** Beef, Pork, Water, Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Romano Cheese Made From Cow's Milk [(Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Potassium Sorbate (Preservative)],Ricotta Cheese (Pasteurized Whey, Pasteurized Milk, Pasteurized Cream, Vinegar), Seasoning (Salt, Garlic Powder, Spices), Sodium Phosphates, Parsley. Set In Vegetable Oil. Contains: Milk, Wheat
- **Italian green beans**
- **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 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

### February 15<sup>th</sup>

- **Baked chicken-**
  - **Chicken breasts** with rib meat, water, modified food starch, salt, natural flavor [maltodextrin, flavoring, yeast extract, chicken fat, contains less than 2% (dried chicken, dried chicken broth, chicken skin, honey, lactic acid)], sodium phosphates. Glazed with: water, maltodextrin, corn starch, modified corn starch, dextrose, methylcellulose, xanthan gum, guar gum, natural flavor [maltodextrin, flavoring, yeast extract, chicken fat, contains less than 2% (dried chicken, dried chicken broth, chicken skin, honey, lactic acid)].
  - **Italian seasoning-**spices, onion, garlic, parsley, silicon dioxide (to prevent caking).
- **Glazed 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
  - **Brown sugar-** sugar , molasses
- **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
- **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
- **Fruit Cup Strawberry Applesauce- (unsweetened):** apples, water, strawberry puree, natural flavor, ascorbic acid (vitamin c), malic acid, fruit and vegetable juice for color and color added. Common allergens present: none.

- **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

### February 16<sup>th</sup>

- **Cabbage roll:** stuffed cabbage leaves (cabbage, beef, water, white rice, onions, bread crumb [wheat flour, sugar, yeast, soybean oil, salt, calcium propionate ], egg, less than 2% of: green bell pepper, textured soy protein concentrate (soy protein concentrate, caramel color), salt, celery, nonfat dry milk, isolated soy protein, beef flavor [contains autolyzed yeast extract, mono & diglycerides, polysorbate 60, disodium inosinate & disodium guanylate, xanthan gum], spice, caramel color). Sauce (water, diced tomatoes contain egg, milk soy, wheat.
- **Wax beans with red peppers:** wax beans, red sweet pepper, water and citric acid
- **Blushing fruit**
  - **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.
- **Pickled beets:** beets, water, high fructose corn syrup, vinegar, salt, spice
- **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
- **Pound cake-** sugar, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, eggs, margarine [palm oil, water, soybean oil, salt, calcium disodium edta (preservative), vitamin a palmitate], soybean oil, skim milk, corn syrup. Contains 2% or less of each of the following: glycerin, leavening (sodium aluminum phosphate, baking soda, monocalcium phosphate), corn starch, natural and artificial flavors, salt, mono- and diglycerides, potassium sorbate (preservative), gums (xanthan, gellan), colored with (turmeric and annatto extract), soy flour.

### February 19<sup>th</sup>

## **Closed For Presidents Day**

### February 20<sup>th</sup>

- **Sauerkraut-** prepared cabbage, water, salt
- **Smoked sausage-**meat ingredients (pork, beef), water, contains 2% or less of: modified corn starch, sorbitol, salt, potassium lactate, flavorings, potassium phosphate, sodium diacetate, vitamin c (sodium ascorbate), sodium nitrite.
- **Mashed potatoes/whipped potatoes: 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
- **Hot dog bun:** unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, soybean oil, contains 2% or less of each of the following: salt, 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
- **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
- **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

## February 21<sup>st</sup>

- **Breaded fish sticks**-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, 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, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, modified corn starch, water, enriched wheat 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
- **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.
- **Orange**
- **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
- **Wax beans with red peppers**: wax beans, red sweet pepper, water and citric acid

## February 22<sup>nd</sup>

- **Bbq pork-** pork, ketchup red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring, vinegar, brown sugar, molasses, textured vegetable protein soya flour, caramel color, , worcestershire sauce water, distilled vinegar, salt, sugar, hydrolyzed soy protein, corn syrup solids, citric acid, caramel color, garlic powder, onion powder, black pepper, spices, spice extractives, silicon dioxide, mustard water, distilled vinegar, mustard bran, mustard seed, salt, tumeric, soybean oil, salt, red pepper, black pepper.
- **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.
- **Spinach**
- **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.
- **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

## February 23<sup>rd</sup>

- **Sausage gravy:** water, pork, soybean oil, bleached enriched wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified cornstarch, 2% or less of salt, sugar, dipotassium phosphate, sodium caseinate, sodium stearoyl lactylate, maltodextrin, spice, caramel color, disodium guanylate, disodium inosinate, natural flavors, autolyzed yeast extract, cellulose gum, calcium lactate, lactic acid, succinic acid, sodium citrate, corn syrup solids.
- **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
- **Hash brown potatoes:** potatoes, canola oil, olive oil, salt, garlic, rosemary, potato flour, disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
- **Fruit juice-orange:** filtered water, orange juice concentrate, ascorbic acid (vitamin c),natural flavors.
- **Fruit muffin/ blueberry-** enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, soybean oil, blueberries, eggs, nonfat dry milk, contains 2% or less of the following: modified corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, high fructose corn syrup, natural flavor, sodium propionate and potassium sorbate (preservatives), xanthan gum. Common allergens present: wheat, egg, 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

- **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

## February 26<sup>th</sup>

- **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
- **Mashed potatoes/whipped potatoes: 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**
- **Banana**
- **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

## February 27<sup>th</sup>

- **Chicken salad-** cooked seasoned chicken (chicken dark meat, chicken light meat, water, less than 2% whey protein concentrate [milk], salt), dressing (mayonnaise [soybean oil, water, egg yolks, vinegar, salt], water, sugar, preservative blend [water, maltodextrin, cultured dextrose, potassium sorbate, sodium benzoate, sodium diacetate, xanthan gum, sodium chloride, egg white lysozyme, nisin preparation], dehydrated onion, phosphoric acid, modified corn starch, natural flavor, salt, xanthan gum, chicken base [chicken including natural chicken juices, salt, chicken fat, sugar, autolyzed yeast extract, maltodextrin, dried whey, natural flavoring, turmeric], dill), celery, sweet pickle relish (cucumbers, sugar, distilled vinegar, salt, calcium chloride, mustard seed, xanthan gum, celery seed, dehydrated red bell pepper, natural flavors, turmeric, minced onion), breadcrumbs (bleached wheat flour, yeast, sugar, salt).contains: eggs, milk, 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
- **Apple slices**
- **Hard boiled egg**
- **Baked potato**
- **Sour cream packet-** Cultured Cream (milk), Enzyme. 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
- **V-8 juice-** vegetable juice, (water and concentrated juices of tomatoes, carrots, celery, beets, parsley, lettuce, watercress, spinach), salt, natural flavoring, vitamin c (ascorbic acid), beta carotene, citric acid.

## February 28<sup>th</sup>

- **Hamburger-** Beef, 2% Or Less Of The Following: Potato (Dry), Flavoring, Seasoning (Gum Arabic, Grill Flavor [From Sunflower Oil], Tricalcium Phosphate), Salt.
- **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
- **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **Potato wedges-** potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
- **Fruit cup/ mixed fruit-** ingredients: peach, snow pear, apple, pineapple, pear juice from concentrate(water, pear juice concentrate), ascorbic acid and citric acid.
- **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

- **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

## February 29<sup>th</sup>

- **Chicken noodle soup:**
  - **Chicken:** all meat. Natural proportion blend of 55 white meat and 45 dark meat.
  - **Celery**
  - **Julian carrots**
  - **Garlic**
  - **Chicken broth:** cooked chicken, chicken broth, salt.
  - **Noodles:** water, enriched durum wheat flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), eggs, salt
- **Pimento cheese**
  - **Cheddar cheese-** pasteurized milk, cheese culture, salt, enzymes, annatto, powdered cellulose (anti caking agent)
  - **Mayonnaise-** soybean oil, water, eggs, vinegar, contains less than 2% egg yolks, lemon juice concentrate, salt, sugar, dried onions, dried garlic, paprika, natural flavor, calcium disodium edta (to protect flavor).
  - **Red pepper/ pimento-** red sweet pepper, water and citric acid
- **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
- **Cucumbers**
- **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
- **Fruit juice-grape:** filtered water, grape juice concentrate, natural flavors, ascorbic acid(vitamin c).
- **Syrup-corn syrup, high fructose corn syrup, water, contains less than 2% of natural and artificial maple flavor, potassium sorbate as preservative, caramel color, citric acid 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 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