

December Ingredient List

December 2nd

- **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**
- **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.
- **Side salad:**
 - **Lettuce/dark leafy greens:** baby spinach, baby chard, baby kale, frisee, lettuce iceberg, red cabbage, carrots
 - **Cheddar cheese:** pasteurized milk, cheese culture, salt, enzymes, annatto, powdered cellulose (anti caking agent)
- **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 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).
- **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

- **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

December 3rd

- **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.
- **Fruit juice-orange:** filtered water, orange juice concentrate, ascorbic acid (vitamin c), natural flavors.
- **Fresh Fruit-Banana**
- **Biscuit:** enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamine 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.
- **Potatoes/ hash brown-** potatoes, canola oil, olive oil, salt, garlic, rosemary, potato flour, disodium dihydrogen pyrophosphate (to promote color retention), dextrose
- **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 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

December 4th

- **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

December 5th

- **Roast beef-**beef, water, dextrose, sugar, salt. rubbed with: dextrose, beef broth, yeast extract, hydrolyzed corn gluten, dehydrated onion, natural flavors (including extractives of celery seed), dehydrated carrot, maltodextrin, salt, spice, sugar, soybean oil (as a processing aid), caramel color, starter distillate.
- **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
- **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.
- **Texas Toast-** bread: wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of: soybean oil, yeast, salt, sugar, soy flour, malted barley flour, wheat gluten, dextrose, vegetable protein, enzymes, ascorbic acid, corn meal. spread: vegetable oil blend (soybean, palm), water, garlic, contains 2% or less of: salt, natural flavors, sweet cream buttermilk, onion powder, spice, monoglycerides, soy lecithin, lactic acid, citric acid, beta-carotene (for color). contains: wheat, soy, milk.

- **Mixed vegetables-harvest blend:** cauliflower, brussels sprouts, sweet potatoes, canola oil, seasoning (sea salt, sugar, modified corn starch, corn syrup solids, onion powder, garlic powder, tomato powder, dehydrated green onions, spices, spice extracts (rapeseed and/or sunflower oil, distilled monoglycerides, spices extracts), paprika extract (paprika extract, sunflower seed oil)).
- **Fresh fruit-Grapes**
- **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).
- **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
- **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

December 6th

- **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
- **Fruit cup/peaches:** peaches, white grape juice from concentrate (water, white grape juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), natural flavors, ascorbic acid (vitamin c) to promote color retention, and citric acid
- **Mixed Greens-** turnip greens, mustard greens, water and salt
- **Vinegar-** malt vinegar (barley, corn malt), diluted with water to 5% acidity.
- **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).

- **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
- **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

December 9th

- **Vegetable Lasagna-** cooked enriched lasagna pasta (water, semolina [milled wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid]), water, skim milk, mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), milk (vitamin d3 added), broccoli, ricotta cheese (pasteurized whey, pasteurized cream, vinegar, salt), white cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), zucchini, cauliflower, carrots, corn, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt), spinach, margarine (soybean oil, palm oil, water, salt, contains 2% or less of: mono- & diglycerides, soybean lecithin [soy], natural flavor, annatto [color], vitamin a palmitate added), food starch-modified, onion, cheddar concentrate (cheese [pasteurized milk, cultures, salt, enzymes], water, salt, xanthan gum), salt, parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), lactic acid (food starch-modified, lactic acid), wheat flour, sugar, onion powder, garlic powder, spices. common allergens present: wheat, soy, milk
- **Fruit/ warm spiced apples-**sliced apples, water, cinnamon, brown sugar (**molasses, sugar**)
- **Garlic breadsticks-** bread: enriched wheat flour wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, water, soybean oil, contains 2 or less of: salt, sugar, dough conditioners datem, ascorbic acid, enzymes, l-cysteine, calcium sulfate, dextrose, yeast, calcium propionate preservative, mono and di-glycerides, citric acid, cornmeal. spread: soybean oil, water, palm oil, dehydrated garlic, salt, mono and di-glycerides, citric acid, natural flavor, whey a milk ingredient, beta carotene added for color.
- **Pudding-Butterscotch-** water, nonfat milk, sugar, modified corn starch, palm oil, less than 2% of: salt, caramel color, sodium stearoyl lactylate, disodium phosphate, natural and artificial flavors, yellow 6, yellow 5.contains: milk
- **Side salad:**
 - **Lettuce/dark leafy greens:** baby spinach, baby chard, baby kale, frisee, lettuce iceberg, red cabbage, carrots
 - **Cheddar cheese:** pasteurized milk, cheese culture, salt, enzymes, annatto, powdered cellulose (anti caking agent)
- **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
- **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

December 10th

- **Chicken noodle soup:**
 - **Chicken:** all meat. Natural proportion blend of 55 white meat and 45 dark meat.
 - **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
 - **Carrots**
- **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
- **Craisins-strawberry-** cranberries, cane sugar, natural flavor. Refined sunflower oil is used as a processing aid.
- **Fresh Vegetable-Carrots**
- **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.
- **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
- **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

December 11th

- **Hot dog-** beef, water, salt, flavorings, sodium phosphates, sodium nitrite, extract of paprika.

- **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/warm blushing pears :**
 - **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.
- **Baked beans:**
 - **Beans:** white beans, water, high fructose corn syrup, brown sugar, salt, pork, mustard flour.
 - **Brown sugar:** sugar, molasses
 - **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **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
- **Mixed Vegetables-rainbow blend:** Broccoli, squash, carrots
- **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

December 12th

- **Fish breaded patty-** 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
- **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
- **Cheese sliced:** milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), citric acid, enzymes, soy lecithin, color added. contains: milk, soy

- **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

December 13th

- **Chicken breaded patty:** chicken breast with rib meat, water, rice starch, modified corn starch, salt, sodium phosphates. Battered and breaded with: wheat flour, water, modified corn starch, yellow corn flour, salt, contains 2% or less of the following: dehydrated green bell pepper, dextrose, extractives of paprika, garlic powder, hydrolyzed wheat and corn gluten, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate), maltodextrin, natural flavor, onion powder, soybean oil (as a processing aid), spices, wheat gluten, yeast extract. Contains: 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
- **Mayonnaise packet:** 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).
- **Fresh Fruit-Kiwi**

- **Potato Waffle Fries-** potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
- **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **Mixed vegetables-Scandinavian Mix:** peas, zucchini, green beans, carrots, onions **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
- **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
- **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

December 16th

- **Chicken fiesta**
 - **Chicken-** all meat. Natural proportion blend of 55 white meat and 45 dark meat.
 - **Salsa-** tomato puree, diced tomatoes in tomato juice, jalapenos, distilled vinegar, contains less than 2 of: dehydrated onion, salt, sea salt, potassium chloride, natural flavors, sugar, dehydrated garlic, vitamin c ascorbic acid, spices, vitamin e dl-alpha tocopheryl acetate, vitamin a retinol palmitate.
 - **Diced tomatoes-**tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid.
 - **Black beans-** black beans, water, salt, calcium chloride, and ferrous gluconate.
 - **Corn**
 - **Taco seasoning-** chili pepper and other spices, wheat flour, salt, dextrose, maltodextrin, onion powder, garlic powder, disodium inosinate, extractives of paprika (as color), spice extractives, onion extractives and less than 2% silicon dioxide to prevent caking. Contains: wheat
- **Tortilla shell-soft-** corn masa flour, water, contains 2 or less of: cellulose gum, guar gum, enzymes, and propionic acid, benzoic acid and phosphoric acid to maintain freshness
- **Low fat sour cream-**cultured cream (milk), enzyme.contains milk
- **Spanish rice-** enriched parboiled long grain rice (rice, iron phosphate, niacin, thiamine mononitrate, folic acid), Spanish seasoning [dehydrated vegetables (tomato, red & green bell pepper, onion, garlic), yeast extract, dextrose, salt, sugar, maltodextrin, spice, soybean oil, citric acid, paprika extract (color), modified food starch, contains 2% or less silicon dioxide (anticaking)].
- **Spinach-Spinach, water, salt**
- **Vinegar-** malt vinegar (barley, corn malt), diluted with water to 5% acidity.
- **Fresh Fruit-Orange**
- **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

December 17th

- **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
 - Worcestershire sauce-water, distilled vinegar, soy sauce (water, salt, hydrolyzed soy protein, corn syrup, caramel color, potassium sorbate (preservative)), sugar, corn syrup, tamarind extract, caramel color, spices, salt, garlic*, onion*, citric acid, xanthan gum, natural flavors, potassium sorbate (a preservative). *dehydrated contains: soy
- **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
- **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.
- **Brussel sprouts**
- **Potato sweet fries:**
sweet potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), corn starch - modified, potato starch
- **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **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

December 18th

- **Ravioli** buffalo ricotta cheese (cultured whey (milk), salt, citric acid), spinach, cream (milk), butter (milk), rapini, grated cheese (cultured milk, salt, rennet), toasted wheat crumbs (wheat flour, natural yeast, salt), salt, pasta: wheat flour, pasteurized eggs, durum wheat semolina. contains: milk, wheat, eggs.
- **Spaghetti sauce-**tomato concentrate (water, tomato paste), corn syrup, salt, spices, dehydrated parsley, citric acid, natural flavor.
- **Mixed vegetables-California Normandy blend:** broccoli, cauliflower, carrots

- **Fruit cup/peaches:** peaches, white grape juice from concentrate (water, white grape juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), natural flavors, ascorbic acid (vitamin c) to promote color retention, and citric acid
- **Garlic roll-**
 - Unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, soybean oil, eggs, butter, wheat gluten, yeast, salt, ascorbic acid, sodium stearoyl lactylate. Common allergens present: egg, milk, wheat. 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 January 2021. 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.
 - 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
 - Garlic powder
- **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

December 19th

- **Chef salad:**
 - **Lettuce/dark leafy greens:** baby spinach, baby chard, baby kale, frisee, lettuce iceberg, red cabbage, carrots
 - **Ham:** cured with: water, dextrose, contains 2% or less of salt, potassium lactate, sodium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite.
 - **Shredded carrots**
 - **Cucumber**
 - **Cheddar cheese:** pasteurized milk, cheese culture, salt, enzymes, annatto, powdered cellulose (anti caking agent)
- **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
- **Fresh fruit-Pear**

- **Bread stick-garlic-** bread: enriched wheat flour wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, water, soybean oil, contains 2 or less of: salt, sugar, dough conditioners datem, ascorbic acid, enzymes, l-cysteine, calcium sulfate, dextrose, yeast, calcium propionate preservative, mono and di-glycerides, citric acid, cornmeal. Spread: soybean oil, water, palm oil, dehydrated garlic, salt, mono and di-glycerides, citric acid, natural flavor, whey a milk ingredient, beta carotene added for color.
- **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.
- **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

December 20th

- **Beef and noodles:**
 - **Beef:** cubed beef, beef broth, maltodextrin, food starch - modified, salt.
 - **Egg 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.
 - **Beef broth:** : beef stock, contains less than 2% of: salt, natural flavoring, yeast extract, carrots, celery, onions, cane sugar.
 - **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.
- **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
- **Fresh Fruit-Red Delicious apple**
- **Vegetable-Peas and carrots**
- **Jell-o:** water, gelatin, adipic acid (for tartness), sodium citrate (controls acidity), citric acid (for tartness), aspartame* and acesulfame potassium (sweeteners), salt, natural and artificial flavor, yellow 5, blue 1.
*phenylketonurics: contains phenylalanine. Common allergens present: none. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

- **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).
- **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
- **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

December 23rd

- **Baked ham-** ham cured with water, salt, sodium phosphate, sodium erythorbate, sodium nitrite.
 - Pineapple: : ingredients: pineapple (tidbit), water, pineapple juice concentrate, ascorbic acid, citric acid.
 - **Brown sugar:** sugar, molasses
- **Fruit cup/ mandarin oranges-** mandarin oranges pear juice from concentrate (water, pear juice concentrate), ascorbic acid, citric acid.
- **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.
- **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
- **Oatmeal raisin cookies-Sugar free:** maltitol, enriched wheat flour bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, palm oil, oatmeal, sorbitol, modified corn starch, cinnamon, egg whites, salt, baking soda, natural and artificial flavors, caramel color, soy lecithin, sucralose

- **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).
- **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
- **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

December 24th

Closed For Christmas Eve

December 25th

Closed for Christmas Day

December 26th

- **Chicken baked**
 - **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).
- **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

- **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].
- **Low fat sour cream-**cultured cream (milk), enzyme.contains milk
- **Mixed Vegetables- Prince Edwards Blend-** green beans, wax beans, baby carrots
- **Craisins-strawberry-** cranberries, cane sugar, natural flavor. Refined sunflower oil is used as a processing aid.
- **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).
- **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
- **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

December 27th

- **Sausage patty:** pork, water, contains 2% or less of: salt, spices, sodium phosphate, sugar, monosodium glutamate, caramel color
- **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.
- **English Muffin:** unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, wheat gluten, contains 2% or less of each of the following: salt, high fructose corn syrup, vinegar, corn meal, corn flour, monoglycerides, soybean oil, calcium propionate and potassium sorbate (to retard spoilage). contains: wheat produced in a facility that also processes sesame
- **Jelly:** concord grape jellyingredients: concord grape juice (concord grape juice concentrate, water), corn syrup, high fructose corn syrup, pectin, citric acid, potassium sorbate (preservative).mixed fruit jellyingredients: high fructose com syrup, corn syrup, apple and grape juices (apple juice concentrate, grape juice concentrate, water), citric acid, pectin, potassium sorbate (preservative).apple jellyingredients: apple juice (apple juice concentrate, water), high fructose corn syrup, corn syrup, citric acid, pectin and potassium sorbate (preservative).
- **Potato, sweet chunk skinless fire roasted seasoned -** sweet potatoes, seasonings (brown sugar, modified corn starch, salt, spice), water, natural and artificial maple flavor
- **Yogurt-** cultured grade a low fat milk, sugar, modified corn starch. contains 1% or less of: corn starch, citric acid, vegetable juice (for color), natural flavor, potassium sorbate added to maintain freshness, vitamin a acetate, vitamin d3.
- **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
- **Fresh Fruit-Banana**

- **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

December 30th

- **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**
- **Fruit cup/ mixed fruit-** ingredients: peach, snow pear, apple, pineapple, pear juice from concentrate(water, pear juice concentrate), ascorbic acid and citric acid.
- **Mixed vegetables- winter blend-** Broccoli, Cauliflower
- **Potato roasted red skinned garlic rosemary:** potatoes, canola oil, olive oil, salt, garlic, rosemary, potato flour, disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
- **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).
- **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
- **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

December 31st

- **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.
- **Sauerkraut**- prepared cabbage, water, salt
- **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
- **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/ warm spiced apples**-sliced apples, water, cinnamon, brown sugar (**molasses, sugar**)
- **Vanilla wafers**- whole wheat flour, sugar, enriched wheat flour wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, soybean oil, dextrose, soy lecithin, soluble corn fiber, natural flavor contains milk, applesauce apples, ascorbic acid, baking soda, salt. Contains: wheat, soy 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 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