**July Ingredient List**

**July 1st**

* **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
* **Rice-** long grain parboiled rice
* **Mixed vegetables/ Asian blend**- green beans, broccoli, onions, mushrooms, red peppers
* **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).
* **potato, sweet chunk skinless fire roasted seasoned -** sweet potatoes, seasonings (brown sugar, modified corn starch, salt, spice), water, natural and artificial maple 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).
* **cookie, fortune**- bleached wheat flour, sugar, water, soy lecithin, soybean oil and hydrogenated soybean oil, sodium bicarbonate, natural and artificial vanilla flavor, yellow 5 and yellow 6.\_x000d\_contains: wheat, 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
* **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

**July 2nd**

* **Cream chip beef-** milk, dried beef chunked and formed (beef, salt, sodium erythorbate, sodium nitrite, bht, tbhq, citric acid), cream, margarine (soybean oil, hydrogenated soybean oil, water, salt, contains less than 2% of: vegetable mono- and diglycerides, soy lecithin, sodium benzoate [a preservative], citric acid, natural and artificial flavor, calcium disodium edta added to protect flavor, beta carotene [color], vitamin a palmitate added), modified corn starch, onions, spice, datem, mono- and diglycerides. Contains: milk, soy
* **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.
* **Lima beans**
* **Fruit cup/pineapple:** ingredients: pineapple (tidbit), water, pineapple juice concentrate, ascorbic acid, citric acid.
* **Pudding chocolate unsweetened-** water, modified corn starch, sorbitol, maltitol, nonfat milk\*, cocoa (processed with alkali), palm oil, less than 2% of: salt, milk protein isolate, sodium stearoyl lactylate, carrageenan, artificial flavors, sucralose, acesulfame potassium. \*adds an insignificant amount of sugar.\_x000d\_contains: milk
* **Potatoes/ red skinned:** redskin potatoes, olive oil, dextrose, contains less than 2% of citric acid, dehydrated garlic, deyhdrated onion, natural flavors, paprika oleoresin color, salt, spices (including rosemary), sugar, torula yeast, turmeric oleoresin color, yeast extract.
* **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

**July 3rd**

* **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
* **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
* **Fruit/ warm peaches**
* **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
* **cookie sugar-** enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), dextrose, palm oil, sugar, corn starch, butter (cream, salt), lemon flavored bits (sugar, vegetable oil [palm, palm kernel], wheat flour, lemon juice powder [corn syrup solids, lemon juice with lemon oil], natural and artificial flavors, citric acid, soy lecithin, yellow 5 lake), contains 2% or less of: lemon juice concentrate, salt, egg whites, high fructose corn syrup, natural and artificial flavors, water, soy lecithin (emulsifier), leavening (ammonium bicarbonate, sodium acid pyrophosphate, sodium bicarbonate), whey, corn syrup.
* **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors.
* **Milk-**
* **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 addedcontains: milk
* **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
* **Chocolate-**  nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk

**July 4th**

**CLOSED FOR 4TH OF JULY**

**July 5th**

**CLOSED FOR 4TH OF JULY LONG WEEKEND**

**July 8th**

* **Waffles-**  whole wheat flour, water, non fat milk, whey solids (milk), soybean oil, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], whole eggs, soy lecithin, salt.contains: egg, milk, soy, wheat.
* **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.
* **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 of: salt, spices, sodium phosphate, sugar, monosodium glutamate, caramel color
* **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
* **Fruit juice-orange:** filtered water, orange juice concentrate, ascorbic acid (vitamin c),natural flavors.
* **Orange**
* **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

**July 9th**

* **Baked steak in 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.
* **Potatoes/ fingerling color blend**
* **Banana**
* **Mixed Vegetables-rainbow blend:** Broccoli, squash, carrots,
* **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

**July 10th**

* **Chicken parmesan-**
* Chicken breast 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
* Spaghetti sauce- tomato concentrate (water, tomato paste), corn syrup, salt, spices, dehydrated parsley, citric acid, natural flavor.
* Mozzarella cheese- low moisture mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes), low moisture part skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), unsmoked provolone cheese (pasteurized milk, cheese cultures, salt, enzymes), parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), romano cheese made from cow's milk (pasteurized part skim milk, cheese cultures, salt, enzymes), potato starch, corn starch and powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor).
* **Buttered noodles-**
* Noodles- durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid contains: wheat manufactured in a facility that uses eggs
* margarine- (vegetable oil blend, palm oil, soybean oil)
* **Garden seasoning**- dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor
* **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.
* **Parmesan cheese** (pasteurized part-skim milk, cheese culture, salt, enzymes), cellulose powder added to prevent caking, potassium sorbate to protect flavor
* **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
* **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.
* **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
* **Italian style Green beans**
* **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

**July 11th**

* **Beef stew:** beef, beef stock, potatoes, carrots, water, green peas, food starch - modified, celery, contains less than 2% of calcium lactate, caramel color, disodium guanylate, disodium inosinate, flavoring (contains canola oil), grill flavor (contains sunflower oil), lactic acid, maltodextrin, onion powder, paprika, salt, sugar, yeast extract.
* **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
* **Wax beans with pimento**
* **Fresh 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.
* **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.
* **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.

**July 12th**

* **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.
* **Green bean**
* **Banana**
* **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
* **Fruit/ cranberry sauce**: cranberries, high fructose corn syrup, water, corn syrup, citric acid.
* **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

**July 15th**

* **Meatloaf:** beef, onions, water, soy protein concentrate (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, and cyanocobalamin), ketchup (tomato concentrate, distilled vinegar, sugar, salt, onion powder, spice, natural flavoring), less than 2% of the following: green peppers, breadcrumbs (wheat flour, sugar, salt, yeast, canola oil), flavoring, potato (dry), egg whites, starch blend (tapioca starch, rice starch, sodium carbonate), potassium chloride, parsley, lemon powder, sodium phosphate, salt. Contains: soy, wheat, egg.
* **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].
* **Sour Cream-** Cultured Cream (milk), Enzyme. Contains Milk
* **Mixed Vegetables-5 way blend:** Carrots, Whole Kernel Corn, Green Beans, Peas, Lima Beans
* **Fruit cup/ apple sauce/ unsweetened**: apples, water and unsweetened apple juice. Ascorbic acid to maintain color.
* **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
* **Milk-**
* **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 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

**July 16th**

* **Chicken breaded strips: p**ortioned chicken tenders with rib meat, water, seasoning [maltodextrin, salt, sugar, flavors, vegetable stock (carrot, onion, celery), carrot powder and garlic powder], sodium phosphates, salt, modified food starch. Breaded with: wheat flour, water, bleached wheat flour, salt, wheat gluten, sugar, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), yeast extract, yellow corn flour, onion powder, dextrose, garlic powder, yeast, spice, extractives of paprika, annatto, and turmeric, disodium inosinate and disodium guanylate. Breading set in vegetable oil
* **BBQ sauce cup:** distilled white vinegar, sugar, tomato paste, water, blackstrap molasses, modified food starch, salt, contains less than 2% of pineapple juice concentrate, natural smoke flavor, spices, molasses, tamarind extract, sodium benzoate (preservative), onion powder, garlic powder.
* **Potatoes-tater tots**-potatoes, vegetable oil, salt, corn flour, dehydrated potato
* **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
* **Green beans**
* **Plum whole**
* **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

**July17th**

* **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.
* **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.
* **Mixed vegetables- winter blend-** Broccoli, Cauliflower
* **Peach**
* **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
* **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

**July18th**

* **Sausage Italian with sauce and vegetables**
* Pork, water, salt, flavoring, bha, bht, citric acid.
* Sauce: tomato puree (water, tomato paste), diced tomatoes, less than 2% of: soybean oil, salt, sugar, spice, dried garlic, dried onion, natural flavor, olive oil, citric acid.
* Onions
* Garlic
* Bell peppers
* **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
* **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
* **Corn**
* **Potato wedges-** potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
* **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, mono- and diglycerides from vegetable sources, artificial flavor, annatto color, 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. Contains wheat, eggs, milk and soy

**July 19th**

* **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.
* **Tomato sauce-**tomatoes, less than 2% of: salt, onion powder, garlic powder, citric acid, natural flavors
* **Cucumber salad-** cucumber, water, onion, sugar, red bell pepper, vinegar, salt, citric acid, sodium benzoate (preservative), potassium sorbate (preservative), white pepper.
* **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).
* **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
* **Cake-individual sliced sara lee chocolate:** sugar, vegetable oil (soybean, palm, canola), enriched bleached flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, eggs, high fructose corn syrup, cocoa processed with alkali, corn syrup, invert sugar, contains 2% or less: glycerin, fructose, chocolate processed with alkali, mono- and diglycerides, corn starch, modified corn starch, salt, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), skim milk, potassium sorbate (preservative), agar, vanillin (artificial flavor), wheat starch, xanthan gum, sodium stearoyl lactylate, polysorbate 60, soy lecithin, milk protein concentrate.

**July 22nd**

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

**July 23rd**

* **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**
* **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
* **Carrots-raw**
* **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-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
* **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

**July 24th**

* **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
* **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
* **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.
* **Cheese:** milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), citric acid, enzymes, soy lecithin, color added. contains: milk, soy
* **Peas and carrots**
* **Potato cheese bake:** potatoes, butter (cream, salt), cheddar cheese (pasteurized milk, cultures, salt, enzymes),nonfat milk, modified food starch, onion, whey, contains 2% or less of: salt, chicken fat, coconut oil, corn syrup solids, natural flavors, mono and diglycerides, spices and colors (paprika, turmeric), color(annatto extract), dried chicken broth, garlic, spice, soybean oil, sugar, xanthan gum, yeast extract, freshness preserved with (sodium bisulfite).
* **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, carrageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
* **Margarine**- (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
* **Garden seasoning**- dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor

**July 25th**

* **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 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
* **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.
* **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.

**July 26th**

* **Pork BBQ riblet:** pork, barbecue sauce [tomato ketchup tomato concentrate, corn syrup, distilled vinegar, salt, natural flavorings, onion powder, spice, garlic powder, brown sugar, sugar, mustard distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, garlic powder, dextrose, vinegar, clove], water, textured vegetable protein product [soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate b1, pyridoxine hydrochloride b6, riboflavin b2, cyanocobalamin b12], smoke flavor, salt, modified food starch, sodium phosphate.
* **Hamburger bun- -** enriched flour [unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), niacin (vitamin b3), folic acid], water, high fructose corn syrup, yeast, soybean oil, wheat gluten, salt, calcium propionate (a preservative), vinegar, monoglycerides, sodium stearoyl lactylate, wheat starch, calcium sulfate, calcium phosphate, ascorbic acid, sesame
* **Potato, sweet chunk skinless fire roasted seasoned -** sweet potatoes, seasonings (brown sugar, modified corn starch, salt, spice), water, natural and artificial maple flavor.
* **Spinach**
* **Vinegar-** malt vinegar (barley, corn malt), diluted with water to 5% acidity.
* **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
* **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.

**July 29th**

* **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/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
* **Mixed Vegetables- Prince Edwards Blend-** green beans, wax beans, baby carrots
* **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. 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 march 2023. 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. Click here for k12 spec sheet
* **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
* **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.
* **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).

**July 30th**

* **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
* **Potatoes/ hash brown-** potatoes, canola oil, olive oil, salt, garlic, rosemary, potato flour, disodium dihydrogen pyrophosphate (to promote color retention), dextrose
* **F****ruit 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-grapes**
* **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.
* **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

**July 31st**

* **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
* **Broccoli**
* **Tossed salad:** lettuce iceberg, red cabbage, carrots
* **Ranch dressing**- soybean oil, water, distilled vinegar, cultured lowfat buttermilk, sugar, salt, contains less than 2% of nonfat dry milk, egg yolks, garlic\*, mustard seed, onion\*, yeast extract, xanthan gum, polysorbate 60, torula yeast\*, disodium inosinate & disodium guanylate, sodium benzoate and potassium sorbate (as preservatives), lactic acid, spice, parsley\*, calcium disodium edta added to protect flavor. \*dehydrated.
* **Peach**
* poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
* **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
* **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