

MAY INGREDIENT LIST

May 1st

- **Meatballs-Swedish**
 - **Meatballs-** mechanically separated chicken, mechanically separated turkey, water, beef, textured vegetable protein product [soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12)], 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)], bread crumbs [bleached wheat flour, soybean oil, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, oleoresin paprika], bell peppers, seasoning (dextrose, tomato powder, soybean oil, disodium inosinate, disodium guanylate, spice extractives, nonfat dry milk), onions, salt, sodium phosphate, caramel color. Set in vegetable oil. Contains: milk, soy, wheat
 - **Cream of mushroom soup-** water, vegetable oil (corn, canola, and/or soybean), mushrooms, modified food starch, wheat flour, contains less than 2% of: salt, cream (milk), soy protein concentrate, yeast extract, whey*, garlic*, flavoring. *dried. Common allergens present: milk, wheat, 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.
 - **Mushrooms**
- **Rice-** long grain parboiled rice
- **Peas**
- **Banana**
- **Cottage cheese-** cultured nonfat milk, milk, nonfat milk, contains less than 2% of: whey (milk), salt, maltodextrin, guar gum, citric acid, carrageenan, mono and diglycerides, locust bean gum, natural flavor, potassium sorbate and carbon dioxide (to protect freshness), vitamin a palmitate, enzyme. Contains: milk
- **Raw 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.
- **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.

May 2nd

- **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/pineapple:** ingredients: pineapple (tidbit), water, pineapple juice concentrate, ascorbic acid, citric acid.
- **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
- **Mixed greens-** turnip greens, mustard greens, water and salt.
- **Vinegar-** malt vinegar (barley, corn malt), diluted with water to 5% acidity.
- **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.

May 3rd

- **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
- **Apple**
- **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. contains: milk
- **Potato- seasoned French fries-** potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, modified corn starch, spices, corn meal, garlic powder, onion powder, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dried yeast, oleoresin paprika, dextrose. Contains: wheat
- **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **Wax beans**
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

May 6th

- **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
- **Fruit juice-apple:** filtered water, apple juice concentrate, natural flavors, ascorbic acid (vitamin c).
- 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 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
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy

May 7th

- **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
- **Green Beans**
- **Fruit/ warm spiced apples-**sliced apples, water, cinnamon, brown sugar (**molasses, sugar**)
- **Beets- Pickled:** beets, water, high fructose corn syrup, vinegar, salt, spice
- **Fruit muffin-apple cinnamon:** enriched bleached wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, water, eggs, apples, modified corn starch, palm oil, defatted soy flour, leavening (sodium aluminum phosphate, baking soda, monocalcium phosphate), salt, cinnamon, wheat gluten, natural and artificial flavor, propyleneglycol esters of fatty acids, natural apple flavor, mono- and diglycerides, molasses, hydrogenated palm oil, potassium sorbate (preservative), ascorbic acid, xanthan gum, rapeseed lecithin, sodium stearoyl lactylate, citric acid, caramel color, whey (milk), enzymes, nonfat milk. Contains: egg, milk, soy, wheat. Made in a facility that also processes tree nuts (almonds, pecans, walnuts)
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy

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

May 8th

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

May 9th

- **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
- **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.
- **Orange**
- **Milk-**
 - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk

May 10th

- **Pork chop in gravy**
 - **Pork chop:** water, salt, pork broth, sodium phosphate, sodium citrate, torula yeast, spice.
 - **Gravy:** food starch-modified, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, maltodextrin, monosodium glutamate, onion powder, dried pork stock, contains less than 2% dehydrated vegetables (onion, carrots, celery), spices, sugar, natural flavors, yeast extract, hydrolyzed vegetable protein (soy), hydrolyzed yeast protein, color added, ascorbic acid, lactic acid, disodium guanylate, disodium inosinate. Contains: wheat, soy produced in a facility that handles milk and egg
- **Potatoes/ red skinned:** redskin potatoes, olive oil, dextrose, contains less than 2% of citric acid, dehydrated garlic, dehydrated onion, natural flavors, paprika oleoresin color, salt, spices (including rosemary), sugar, torula yeast, turmeric oleoresin color, yeast extract.
- **Succotash-** whole kernel corn, baby lima beans
- **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
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).

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

May 13th

- **Chicken sweet and sour with carrots and bell pepper:**
 - **Sweet and sour sauce:** high fructose corn syrup, vinegar, water, pineapple juice concentrate, modified cornstarch, contains less than 2 of salt, soybean oil, dried green bell peppers, dried red bell peppers, spice, oleoresin paprika.
 - **Pineapple:** pineapple, pineapple juice, pineapple juice concentrate and citric acid.
 - **Chicken:** uncooked, breaded, boneless, skinless chicken breast chunks containing: up to a 14% solution of water, salt, sodium phosphates. Predusted with: enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified food starch, wheat gluten, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sugar, butter oil (milk), natural flavor, natural smoke flavor. Battered with: enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, modified food starch, salt, sugar, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate). Breaded with: enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat flour, palm oil, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), with no more than 2% silicone dioxide added as an anti-caking agent. Breading
 - **Carrots**
 - **Green bell pepper**
- **Rice-** long grain parboiled rice
- **Spinach- Spinach, water, salt**
- **Vinegar-** malt vinegar (barley, corn malt), diluted with water to 5% acidity.
- **Jello-gel with mixed fruit/black cherry jello :** water, fruit (peaches, pears, pineapple), sugar, carrageenan, malic acid, cochineal extract (color), locust bean gum, fumaric acid, natural and artificial flavors, sodium citrate, potassium citrate, caramel color, ascorbic acid (to promote color retention).
- **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.

May 14th

- **Pancake-** water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), dextrose, sugar, soybean oil, whole eggs, baking powder, buttermilk, salt. Contains: wheat, egg, milk.
- **Scrambled eggs-**whole eggs, whey, soybean oil, nonfat milk. Contains 1 or less of the following: salt, natural and artificial butter flavor, xanthan gum, citric acid.
- **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
- **Bacon-**pork, water, sea salt, cane sugar, cultured celery juice, cherry powder.
- **Fruit juice-Cranberry:** filtered water, sugar, cranberry concentrate, natural flavors, ascorbic acid (vitamin C).
- **Potatoes/ hash brown-** potatoes, canola oil, olive oil, salt, garlic, rosemary, potato flour, disodium dihydrogen pyrophosphate (to promote color retention), dextrose
- **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.
- **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

May 16th

- **Red pepper/ pimento-** red sweet pepper, water and citric acid
- **Pizza pasta**
 - **Sauce:** tomatoes, less than 2% of: salt, basil, citric acid
 - **Pepperoni:** bha, bht with citric acid added to help protect flavor for foodservice use ingredients: pork, beef, salt, contains 2% or less of water, dextrose, spices, lactic acid starter culture, oleoresin of paprika, garlic powder, sodium nitrite, bha, bht, citric acid.
 - **Crumbled sausage:** pork, water, salt, spices, sugar, flavoring.
 - **Noodles:** water, enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)

- **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).
- **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
- **Golden delicious apple**
- **Corn**
- **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
- **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
- **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.

May 17th

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

May 20th

- **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

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

May 21st

- **Ham-** cured with: water, dextrose, contains 2% or less of salt, potassium lactate, sodium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite
- **Potato sweet casserole**
 - **Sweet potatoes**
 - **Brown sugar:** sugar, molasses
 - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
 - **Marshmallow-** corn syrup, sugar, modified cornstarch, dextrose, water, contains less than 2% of gelatin, tetrasodium pyrophosphate (whipping aid), natural and artificial flavor, blue 1.
- **Peas and carrots**
- **Fruit craisins-cherry flavored:** cranberries, sugar, cherry juice concentrate, citric acid, natural flavor, elderberry juice concentrate for color
- **Roll- rye:** enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate

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

- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 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

May 22nd

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

May 23rd

- **Ham and bean soup:**
 - Ham-cured with: water, dextrose, contains 2% or less of salt, potassium lactate, sodium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite.
 - Onions
 - Beans: great northern beans, water, salt, calcium chloride.
- **Peanut butter and jelly sandwiches: (uncrustable)** peanut butter: peanuts, sugar, contains 2% or less of: molasses, fully hydrogenated vegetable oils (rapeseed and soybean), mono and diglycerides, salt. Bread: unbleached whole wheat flour, enriched unbleached flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, sugar, yeast, contains 2% or less of: wheat gluten, soybean oil, salt, dough conditioners (mono and diglycerides, sodium stearyl lactylate, datem, enzymes, ascorbic acid, calcium peroxide). Grape jelly: sugar, grape juice, contains 2% or less of: pectin, citric acid, potassium sorbate (preservative).
- **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
- **Banana**
- **Milk-**
 - 2% - reduced fat milk, vitamin a palmitate and vitamin d3 addedcontains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk

May 24th

- **Cream chip beef-** milk, dried beef chunked and formed (beef, salt, sodium erythorbate, sodium nitrite, bht, fbhq, 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**
- **Golden delicious apple**
- **Three bean salad:** cut green beans, cut wax beans, water, dark red kidney beans, sugar, vinegar, diced onions, diced red bell peppers, soybean oil, salt, natural flavoring, calcium chloride, disodium edta (to preserve color) and turmeric.
- **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.
-
- **Milk-**
 - **2% - reduced fat milk,** vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor

May 27th

CLOSED MEMORIAL DAY

May 28th

- **Chicken alfredo:** skim milk, cooked penne pasta (semolina [wheat], egg white, water), grilled seasoned chicken white meat (chicken white meat, water, less than 2% lemon juice concentrate, salt, vinegar), water, parmesan cheese (pasteurized part-skim, cheese cultures, salt, enzymes), cream, margarine (soybean oil, palm oil, water, salt, contains 2% or less of: mono- & diglycerides, soybean lecithin [soy], natural flavor, annatto [color], vitamin a palmitate added), food starch-modified, cheddar cheese (milk, cheese cultures, salt, enzymes), cheddar powder (whey, reduced lactose whey, cheddar cheese [cultured milk, salt, enzymes], natural flavors, cream, maltodextrin, salt, whey protein concentrate, sodium phosphate, blue cheese [cultured milk, salt, enzymes], citric acid, lactic acid), wheat flour, pecorino romano cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), salt, dehydrated garlic, roasted garlic puree, onion powder, spices. Common allergens present: egg, milk, wheat, soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and ingredient statement updated June 2022. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by gfs. The

information is being passed on as a courtesy and for informational purposes only. Gfs in no way guarantees the accuracy or completeness of this information and no warranties are made or implied; all implied warranties of merchantability and fitness for a particular purpose are expressly excluded.

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

May 29th

- **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**
 - **Mushrooms**

- **Potatoes/au gratin:** potato dry, seasoning modified food starch, whey, maltodextrin, dried onion, sunflower oil, potassium chloride, sugar, salt, natural flavors, corn syrup solids, mono and diglycerides, nonfat milk, cheddar cheese pasteurized milk, cheese cultures, salt, enzymes, autolyzed yeast extract, spices, dried green onion, torula yeast, turmeric extract color, annatto extract color, and soybean oil. Freshness preserved with sodium bisulfite. Contains: milk.
- **Five way mixed vegetables-**carrots, peas, corn, green beans, lima beans
- **Orange**
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor

May 30th

- **Sausage patty:** pork, water, contains 2% or less of: salt, spices, sodium phosphate, sugar, monosodium glutamate, caramel color
- **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.
- **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.
- **Omelet- Cheese:** egg patty: whole eggs, whey, dried cream cheese (cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), nonfat dry milk, disodium phosphate, natural flavor), soybean oil, modified food starch, salt, xanthan gum, citric acid, guar gum, white pepper, natural butter flavor. Filling: pasteurized process cheddar cheese (cheddar cheese (milk, cheese culture, salt, enzymes), water, milkfat, sodium phosphate, sodium hexametaphosphate, salt, artificial color). Common allergens present: egg, milk.
- **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.

- **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

May 31st

- **Chicken breaded strips:** portioned 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. Breeding 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.
- **Mixed Vegetable blend- California blend: Carrots, Broccoli, cauliflower**
- **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
- **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:
- **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