

## December 7<sup>th</sup>

- **Breaded chicken 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
- **Red skinned potatoes**
- **Mayonnaise packet:** soybean oil, water, eggs, vinegar, contains less than 2% of egg yolks, lemon juice concentrate, salt, sugar, dried onions, dried garlic, paprika, natural flavor, calcium disodium edta (to protect flavor).
- **Mixed vegetables-california normandy blend:** broccoli, cauliflower, carrots
- **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.
- **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.

## December 8<sup>th</sup>

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

- **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.

#### December 11<sup>th</sup>

- **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.
- **Green beans**
- **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.
- **Graham cracker-**graham flour (whole grain wheat flour), unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), sugar, soybean and/or partially hydrogenated cottonseed oil, molasses, leavening (baking soda and/or calcium phosphate), salt, wheat starch. Contains: wheat.
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning:** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

#### December 12<sup>th</sup>

- **Chicken bacon ranch pasta**
  - **Chicken-** all meat. Natural proportion blend of 55 white meat and 45 dark meat.
  - **Elbow noodles-** water, enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)
  - **Bacon pieces-** bacon (cured with water, salt, sugar, sodium nitrite. May also contain smoke flavoring, dextrose, brown sugar, sodium phosphates, sodium erythorbate, sodium ascorbate, potassium chloride, flavoring).
  - **Ranch dressing mix:** salt, maltodextrin, garlic powder, dehydrated parsley, onion powder, natural flavors, mushroom powder, carrageenan, buttermilk, turmeric (color), with not more than 2% calcium stearate added as an anti-caking agent. Common allergens present: milk.
  - **Cream of chicken soup-** chicken stock, water, vegetable oil, modified food starch, wheat flour, cream (milk), contains less than 2% of: salt, chicken\*, soy protein concentrate, chicken fat, yeast extract, beta carotene (for color), chicken broth\*, flavoring, cane sugar, onions\*, cornstarch, celery extract, onion extract, xanthan gum. \*dried. Contains: wheat, milk, soy
- **Broccoli**
- **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.
- **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).

- **Fig newton cookies-** figs, whole grain wheat flour, sugar, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), corn syrup, invert sugar, canola oil, palm oil, salt, baking soda, calcium lactate, malic acid, soy lecithin, sodium benzoate and sulfur dioxide (sulfites) added to preserve freshness, natural flavor, artificial flavor.
- **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.
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.
- **Milk-**
  - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 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

### December 13<sup>th</sup>

- **BBQ pork-** pork, vinegar, water, sugar, salt, worchestershire sauce (water, vinegar, salt, corn sweetner, hydrolyzed soy protein, citric acid, caramel color, flavorings, silicon dioxide, black pepper), red pepper, black pepper, paprika.
- **Parsley potatoes**
  - **Potatoes-** potatoes, water, salt, calcium chloride (firming agent).
  - **Parsley**
  - **Margarine-** vegetable oil blend (palm oil, soybean oil), water, contains 2% or less of: salt, soybean lecithin (soy), vegetable monoglycerides, citricacid (preservative), beta carotene (color), natural flavor and vitamin a palmitate added. Contains: soy.
- **Hominy-**prepared yellow corn, salt, sodium bisulfite promotes color retention.
- **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 juice-apple:** filtered water, apple juice concentrate, natural flavors, ascorbic acid (vitamin c).
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.
- **Milk-**
  - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 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

### December 14<sup>th</sup>

- **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.
- **Baby bakers:** potatoes, olive oil, contains less than 2 of garlic powder, maltodextrin, natural flavor, onion powder, salt, spice, sugar, vinegar powder [maltodextrin, vinegar].
- **Low fat sour cream-**cultured cream (milk), enzyme.contains milk
- **Green beans**

- **Roll- rye:** enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **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/pineapple:** ingredients: pineapple (tidbit), water, pineapple juice concentrate, ascorbic acid, citric acid.
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.
- **Milk-**
  - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 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

### **December 15<sup>th</sup>**

- **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
- **Peas**
- **Apple sauce/ unsweetened:** apples, water and unsweetened apple juice. Ascorbic acid to maintain color.
- **Pickled beets:** beets, water, high fructose corn syrup, vinegar, salt, spice
- **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
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

### **December 18<sup>th</sup>**

- **Baked chicken-**
  - **Chicken breasts** with rib meat, water, modified food starch, salt, natural flavor [maltodextrin, flavoring, yeast extract, chicken fat, contains less than 2% (dried chicken, dried chicken broth, chicken skin, honey, lactic acid)], sodium phosphates. Glazed with: water, maltodextrin, corn starch, modified corn starch, dextrose, methylcellulose, xanthan gum, guar gum, natural flavor [maltodextrin, flavoring, yeast extract, chicken fat, contains less than 2% (dried chicken, dried chicken broth, chicken skin, honey, lactic acid)].
  - **Italian seasoning-**spices, onion, garlic, parsley, silicon dioxide (to prevent caking).

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

## December 19<sup>th</sup>

- **Swedish meatballs-**
  - **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.
- **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)
- **Mixed vegetables: capri blend:** carrots, green beans, yellow squash, zucchini
- **Corn**
- **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
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.
- **Fruit cup/ mandarin oranges-** mandarin oranges pear juice from concentrate (water, pear juice concentrate), ascorbic acid, citric acid.
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy

## **December 20<sup>th</sup>**

- **Tomato soup-** tomato puree (water, tomato paste), water, vegetable oil (corn and/or canola), red peppers, onions, pasteurized process american cheese (american cheese [milk, cultures, salt, enzymes], water, cream [milk], sodium phosphate, salt, apocarotenal color, annatto color), sugar, cream (milk), modified food starch, contains less than 2% of: natural flavoring (milk), celery, vegetables (celery, onions, carrots), salt, green peppers, parmesan cheese paste (granular and parmesan cheese [milk, cultures, salt, enzymes], water, salt, lactic acid, citric acid), basil, yeast extract, tomatoes, maltodextrin, corn oil, cornstarch, spices, soy lecithin, dehydrated onions, disodium phosphate, dehydrated garlic, natural smoke flavoring, whey powder (milk), soy protein concentrate, butter (cream [milk], annatto), dehydrated cream (cream [milk], soy lecithin), citric acid, celery extract, garlic oil. Contains: milk, soy.
- **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
- **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.
- **Pear fresh**

- **Vanilla pudding-** water, modified corn starch, nonfat milk\*, palm oil, maltitol, sorbitol, less than 2% of: salt, sodium stearoyl lactylate, carrageenan, milk protein isolate, natural and artificial flavors, sucralose, acesulfame potassium, yellow 5, yellow 6. \*adds an insignificant amount of sugars. \_x000d\_ contains: milk
- **Milk-**
  - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 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

## **December 21<sup>st</sup>**

- **Baked ham-** ham cured with water, salt, sodium phosphate, sodium erythorbate, sodium nitrite.
  - **Pineapple:** : ingredients: pineapple (tidbit), water, pineapple juice concentrate, ascorbic acid, citric acid.
  - **Brown sugar:** sugar, molasses
- **Sweet potato casserole**
  - Sweet potatoes, water, cane sugar
  - Brown sugar-sugar, molasses
  - Marshmallow- corn syrup, sugar, modified cornstarch, dextrose, water, contains less than 2% of gelatin, tetrasodium pyrophosphate (whipping aid), natural and artificial flavor, blue 1.
  - Syrup- corn syrup, water, natural & artificial maple flavor, salt, carboxymethyl cellulose, sodium benzoate and potassium sorbate (as preservatives), caramel color.
- **Green beans**
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Apple sauce/cinnamon-** apples, sugar, water, cinnamon. Ascorbic acid vitamin c added to maintain color.
- **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.

## **December 22<sup>nd</sup>**

**CLOSED FOR CHRISTMAS EVE**

## **December 25<sup>th</sup>**

**CLOSED FOR CHIRSTMAS DAY**

## **December 26<sup>th</sup>**

- **Sausage gravy:** water, pork, soybean oil, bleached enriched wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified cornstarch, 2% or less of salt, sugar, dipotassium phosphate, sodium caseinate, sodium stearoyl lactylate, maltodextrin, spice, caramel color, disodium guanylate, disodium inosinate, natural flavors, autolyzed yeast extract, cellulose gum, calcium lactate, lactic acid, succinic acid, sodium citrate, corn syrup solids.
- **Biscuit:** enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable oil (palm and/or palm kernel oil), sugar, buttermilk, baking soda, salt, sodium aluminum phosphate, sodium acid pyrophosphate, modified corn starch, pectin, whey protein
- **Hash brown potatoes:** potatoes, canola oil, olive oil, salt, garlic, rosemary, potato flour, disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
- **Fruit juice-orange:** filtered water, orange juice concentrate, ascorbic acid (vitamin c), natural flavors.
- **Fruit muffin/ blueberry-** enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, soybean oil, blueberries, eggs, nonfat dry milk, contains 2% or less of the following: modified corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, high fructose corn syrup, natural flavor, sodium propionate and potassium sorbate (preservatives), xanthan gum. Common allergens present: wheat, egg, milk.
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Milk-**
  - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 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
- **Fruit cup/pineapple:** ingredients: pineapple (tidbit), water, pineapple juice concentrate, ascorbic acid, citric acid.

## **December 27<sup>th</sup>**

- **Baked chicken-breaded chicken 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
- **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
- **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
- **Green beans**
- **Banana**
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked



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

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

## **December 28<sup>th</sup>**

- **Breaded fish sticks-** 67.7 seafood blend [minced pollock, water, soy protein concentrate, whole wheat flour, seasoning blend hydrolyzed corn protein, sugar, onion powder, modified corn starch, salt, spice, natural flavor, caramel color, enriched bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, modified corn starch, salt, sugar, yeast]; 32.3 batter and breading: whole wheat flour, enriched wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, modified corn starch, water, enriched wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid, whole yellow corn meal, sugar, yeast extract, whey, yeast, leavening sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, onion powder, salt, corn starch, yellow corn flour, modified cellulose, caramel color, extractives of paprika, annatto and turmeric color. Prefried in canola, cottonseed, and/or soybean oil. Contains: fish pollock, wheat, soy, milk
- **Tartar sauce-** water, vinegar, soybean oil, chopped pickles (cucumbers, distilled white vinegar, salt), high fructose corn syrup, modified food starch, sugar, contains less than 2% of dried onions, eggs, salt, natural and artificial flavor, mustard flour, xanthan gum, spice, potassium sorbate and calcium disodium edta (as preservatives), paprika, dried garlic.
- **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.
  - **Mac & cheese:** cooked macaroni (water, enriched pasta [durum wheat semolina, egg white, niacin, iron, thiamine mononitrate, riboflavin, folic acid]), skim milk, water, cheddar club cheese (pasteurized cultured milk, salt, enzymes, annatto [color]), margarine (soybean oil, hydrogenated soybean oil, water, salt, contains less than 2% of vegetable mono- & diglycerides, soy lecithin, sodium benzoate [a preservative], citric acid, natural & artificial flavor, calcium disodium edta added to protect flavor, beta carotene [color], vitamin a palmitate added), pasteurized process cheese spread (cheese [pasteurized milk, cheese culture, salt, enzymes], water, whey [milk], sodium phosphate, whey protein concentrate [milk], skim milk, salt, milkfat, artificial color), cheddar cheese flavor (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, butterfat [milk], phosphates, and lactic acid), modified corn starch, wheat flour, soybean oil, cheddar cheese powder (dehydrated cheddar cheese blend [cheddar cheese, cream, salt, sodium phosphate, lactic acid]), salt, sugar, carageenan, datem, mono- and diglycerides, spice, annatto and beta carotene (color). Contains: egg, milk, soy, wheat
- **Mixed vegetable medley/ five way blend-** carrots, whole kernel corn, green beans, peas, lima beans
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour,

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

- **Milk-**
  - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 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
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.
- **Kiwi**

## December 29<sup>th</sup>

- **Sauerkraut-** prepared cabbage, water, salt
- **Smoked sausage-**meat ingredients (pork, beef), water, contains 2% or less of: modified corn starch, sorbitol, salt, potassium lactate, flavorings, potassium phosphate, sodium diacetate, vitamin c (sodium ascorbate), sodium nitrite.
- **Mashed potatoes/whipped potatoes: whipped potatoes:**
  - Potatoes, salt, maltodextrin, contains 2 or less of: sunflower oil, mono and diglycerides, natural and artificial flavor, artificial color, freshness preserved with: sodium bisulfite, bht. Made on equipment that also processes milk.
  - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
  - **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).
- **Warm spiced apples-**sliced apples, water, cinnamon, brown sugar
- **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
- **Vanilla wafers-** whole wheat flour, sugar, enriched wheat flour wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, soybean oil, dextrose, soy lecithin, soluble corn fiber, natural flavor contains milk, applesauce apples, ascorbic acid, baking soda, salt. Contains: wheat, soy milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy