

JUNE INGREDIENT LIST

June 3rd

- **Waffles-** whole wheat flour, water, non fat milk, whey solids (milk), soybean oil, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], whole eggs, soy lecithin, salt. Contains: egg, milk, soy, wheat.
- **Syrup-**corn syrup, high fructose corn syrup, water, contains less than 2% of natural and artificial maple flavor, potassium sorbate as preservative, caramel color, citric acid.
- **Egg-** whole eggs, water, soybean oil, modified food starch, whey solids, salt, nonfat dried milk, citric acid
- **Bacon-**pork, water, sea salt, cane sugar, cultured celery juice, cherry powder.
- **Potatoes/ hash brown-** potatoes, canola oil, olive oil, salt, garlic, rosemary, potato flour, disodium dihydrogen pyrophosphate (to promote color retention), dextrose
- **Syrup-**corn syrup, high fructose corn syrup, water, contains less than 2% of natural and artificial maple flavor, potassium sorbate as preservative, caramel color, citric acid.
- **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
- **Fruit juice-orange:** filtered water, orange juice concentrate, ascorbic acid (vitamin c), natural flavors
- **Milk-**
 - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, 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

June 4th

- **Chicken/ BBQ:** chicken, meat, water, seasoning sugar, molasses, maltodextrine, dextrose, flavor, corn syrup solids, salt, sodium, diacetate, barley malt flour, caramel color, modified corn starch, monosodium glutamate, paprika extractives, smoke flavor, sulfites, tomato powder, vinegar solids, modified food starch, salt, sodium phosphates, mono di-glycerides and malto dextrin, barbeque sauce distilled vinegar, high fructose corn syrup, tomato past, water, corn syrup, salt, mustard bran, molasses, spices, onion powder, sodium benzoate 0.1 as a preserve, garlic powder, sugar, caramel color, natural flavor
- **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
- **Baked beans:**
 - **Beans:** white beans, water, high fructose corn syrup, brown sugar, salt, pork, mustard flour.
 - **Brown sugar:** sugar, molasses
 - **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **Fruit fresh-Orange**
- **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.
- **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
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carrageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk

June 5th

- **Chili**
 - **Beans-** dark red kidney beans, water, salt, calcium chloride, disodium edta (to preserve color).
 - **Tomato sauce:** tomatoes, less than 2% of: salt, onion powder, garlic powder, citric acid, natural flavors
 - **Tomato juice:** tomato juice from concentrate (water, tomato concentrate), salt, citric acid, vitamin c (ascorbic acid).
 - **Diced tomatoes:** tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid.
 - **Ground beef:** ingredients: 100% beef
 - **Onion**
- **Turkey and swiss sandwich:**
 - **Turkey:** prem hick tky brst: ingredients: turkey breast meat, turkey broth, contains 2 or less salt, vinegar, sugar, sodium phosphate, natural smoke flavoring, sodium erythorbate, sodium nitrite.
 - **Swiss cheese:** milk and part-skim milk, cream, water, sodium citrate, salt, cheese culture, citric acid, sorbic acid (preservative), enzymes, soy lecithin. Contains: milk, 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
 - **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).
- **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
- **Potato-chips (plain-Lays)** potatoes, vegetable oil (canola, corn, soybean and/or sunflower oil), and salt.
- **Fruit-fresh Apple**
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carrageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk

June 6th

- **Ham, potatoes, green beans:**
 - **Ham:** cured with: water, salt, sugar, sodium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite
 - **Potatoes:** potatoes, dextrose, disodium pyrophosphate (added to maintain color), potassium sorbate (added to maintain freshness). Common allergens present
 - **Green beans**
 - **Chicken broth:** cooked chicken, chicken broth, salt.
- **Glazed carrots:**
 - Carrots
 - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
 - **Brown sugar-** sugar , molasses
- **Fruit/ warm spiced apples-**sliced apples, water, cinnamon, brown sugar (**molasses, sugar**)
- **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

June 7th

- **Chicken breaded patty:** chicken breast with rib meat, water, rice starch, modified corn starch, salt, sodium phosphates. Battered and breaded with: wheat flour, water, modified corn starch, yellow corn flour, salt, contains 2% or less of the following: dehydrated green bell pepper, dextrose, extractives of paprika, garlic powder, hydrolyzed wheat and corn gluten, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate), maltodextrin, natural flavor, onion powder, soybean oil (as a processing aid), spices, wheat gluten, yeast extract.contains: wheat
- **Hamburger bun-** - enriched flour [unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), niacin (vitamin b3), folic acid], water, high fructose corn syrup, yeast, soybean oil, wheat gluten, salt, calcium propionate (a preservative), vinegar, monoglycerides, sodium stearoyl lactylate, wheat starch, calcium sulfate, calcium phosphate, ascorbic acid, sesame

- **Mayonnaise packet:** soybean oil, water, eggs, vinegar, contains less than 2% of egg yolks, lemon juice concentrate, salt, sugar, dried onions, dried garlic, paprika, natural flavor, calcium disodium edta (to protect flavor).
- **Mixed vegetable-five way blend:** Corn, lima beans, green beans, peas, carrots
- **Fruit cup/ apple sauce/ unsweetened:** apples, water and unsweetened apple juice. Ascorbic acid to maintain color.
- **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
- **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

June 10th

- **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
- **Corn**
- **Vegetable-fresh 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.
- **Ranch dressing-** soybean oil, water, distilled vinegar, cultured lowfat buttermilk, sugar, salt, contains less than 2% of nonfat dry milk, egg yolks, garlic*, mustard seed, onion*, yeast extract, xanthan gum, polysorbate 60, torula yeast*, disodium inosinate & disodium guanylate, sodium benzoate and potassium sorbate (as preservatives), lactic acid, spice, parsley*, calcium disodium edta added to protect flavor. *dehydrated.
- **Milk-**
 - **2% - reduced fat milk,** vitamin a palmitate and vitamin d3 addedcontains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk

June 11th

- **Sausage italian with sauce and vegetables**
 - Pork, water, salt, flavoring, bha, bht, citric acid.
 - Sauce: tomato puree (water, tomato paste), diced tomatoes, less than 2% of: soybean oil, salt, sugar, spice, dried garlic, dried onion, natural flavor, olive oil, citric acid.
 - Onions
 - Garlic
 - Bell peppers
- **Potato wedges-** potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
- **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
- **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **Lima beans**
- **Fruit cups/pears:** pears, white grape juice from concentrate (water, white grape juice concentrate), acerola juice from concentrate (water, acerola juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), and natural flavors
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 addedcontains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor

June 12th

- **Baked steak in gravy**
 - **Cube steak-** beef, water, bell peppers, textured vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12)], onion, salt.
 - **Brown gravy-** enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), food starch-modified, salt, hydrolyzed vegetable protein (corn, soy, and/or wheat), sugar, monosodium glutamate, palm oil, onion powder, color added, contains less than 2%: beef stock, hydrolyzed whey protein (milk) and wheat bran, chicken, garlic powder, autolyzed yeast extract, sodium caseinate (milk), whey (milk), mono- and diglycerides, corn syrup solids, natural flavor, thiamin hydrochloride, disodium guanylate, disodium inosinate. Contains: wheat, milk, soy. Processed in a facility that processes egg products.

- **Potatoes/ 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.
- **Banana**
- **Wax beans with red peppers:** wax beans, red sweet pepper, water 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

June 13th

- **Pepperoni pizza:** water, whole wheat flour, enriched wheat flour ([wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), tomato paste (not less than 31% ntss), soy flour, reduced fat mozzarella cheese (pasteurized part skim milk, nonfat milk, cheese cultures, modified corn starch*, salt, vitamin a palmitate, and enzymes) *ingredients not in regular mozzarella cheese, turkey pepperoni (turkey, salt, contains 2% or less of natural flavors, dextrose, lactic acid starter culture, oleoresin of paprika, dehydrated granulated garlic, sodium nitrite. Bha, bht, citric acid.), corn oil and/or soybean oil, contains less than 2% of: casein, modified potato starch, pizza seasoning (sugar, spices, garlic powder, citric acid), yeast, salt, whey, nonfat dry milk, dextrose, sugar, soybean oil, dough conditioner (wheat flour, salt, soy oil, l. Cysteine, ascorbic acid, enzyme) and/or wheat gluten, modified corn starch, natural flavor, sodium aluminum phosphate, lactic acid, sodium phosphate, citric acid, tricalcium phosphate, sodium bicarbonate, sorbic acid, vitamin and mineral supplement (magnesium oxide, dicalcium phosphate, zinc oxide, iron, riboflavin [vitamin b2], pyridoxine hydrochloride [vitamin b6], cyanocobalamin [vitamin b12], niacinamide [vitamin b3], thiamine mononitrate [vitamin b1], vitamin a palmitate), xanthan gum, soy lecithin. Common allergens present: milk, soy, wheat.
- **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

- **Broccoli**
- **Golden delicious apple**
- **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

June 14th

- **Smoked sausage-**meat ingredients (pork, beef), water, contains 2% or less of: modified corn starch, sorbitol, salt, potassium lactate, flavorings, potassium phosphate, sodium diacetate, vitamin c (sodium ascorbate), sodium nitrite.
- **Sauerkraut-** prepared cabbage, water, salt
- **Potatoes/mashed-whipped potatoes:**
 - Potatoes, salt, maltodextrin, contains 2 or less of: sunflower oil, mono and diglycerides, natural and artificial flavor, artificial color, freshness preserved with: sodium bisulfite, bht. Made on equipment that also processes milk.
 - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Hot dog bun:** unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, soybean oil, contains 2% or less of each of the following: salt, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides, mono- and diglycerides, distilled monoglycerides, calcium peroxide, calcium iodate, datem, ethoxylated mono- and diglycerides, enzymes, ascorbic acid), sesame flour, calcium propionate (to retard spoilage)contains: wheat, sesame
- **Fruit cup/ mixed fruit-** ingredients: peach, snow pear, apple, pineapple, pear juice from concentrate(water, pear juice concentrate), ascorbic acid and citric acid.
- **Beets- Pickled:** beets, water, high fructose corn syrup, vinegar, salt, spice
- **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

June 17th

- **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

- **Peas and carrots**
- **Three bean salad:** cut green beans, cut wax beans, water, dark red kidney beans, sugar, vinegar, diced onions, diced red bell peppers, soybean oil, salt, natural flavoring, calcium chloride, disodium edta (to preserve color) and turmeric.
- **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.
- **Fruit cup/pineapple:** ingredients: pineapple (tidbit), water, pineapple juice concentrate, ascorbic acid, citric acid.
- **Milk-**
 - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 addedcontains: milk
 - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
 - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor

June 18th

- **Fish sticks/breaded-**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 flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, modified corn starch, salt, sugar, yeast]; 32.3 batter and breading: whole wheat flour, enriched wheat flour flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, modified corn starch, water, enriched wheat flour flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid, whole yellow corn meal, sugar, yeast extract, whey, yeast, leavening sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, onion powder, salt, corn starch, yellow corn flour, modified cellulose, caramel color, extractives of paprika, annatto and turmeric color. Prefried in canola, cottonseed, and/or soybean oil. Contains: fish pollock, wheat, soy, milk
- **Tartar sauce-**water, vinegar, soybean oil, chopped pickles (cucumbers, distilled white vinegar, salt), high fructose corn syrup, modified food starch, sugar, contains less than 2% of dried onions, eggs, salt, natural and artificial flavor, mustard flour, xanthan gum, spice, potassium sorbate and calcium disodium edta (as preservatives), paprika, dried garlic.
- **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
- **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.

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

June 19th

CLOSED IN OBSERVATION OF JUNETENTH

June 20th

- **Pork-Pulled:** 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.
- **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
- **Pear**
- **Chopped mixed greens**
- **Vinegar-** malt vinegar (barley, corn malt), diluted with water to 5% acidity.
- **Hominy**
- **Potato salad:** potatoes, mayonnaise (soybean oil, water, egg yolks, vinegar, salt), water, mustard (water, vinegar, mustard seed, salt, sugar, turmeric, paprika, garlic powder, spices, xanthan gum, annatto extract color, natural flavor, citric acid), dill pickle cubes (cucumbers, distilled vinegar, salt, calcium chloride, natural flavoring, contains less than 2% of: xanthan gum, sodium benzoate [preservative], alum, turmeric, polysorbate 80), celery, sugar, salt, vinegar, onion, red bell pepper, modified corn starch, potassium sorbate (preservative), sodium benzoate (preservative), annatto extract (color), xanthan gum. contains: eggs

- **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

June 21st

- **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.
- **Mac & cheese:** cooked macaroni (water, enriched pasta [durum wheat semolina, egg white, niacin, iron , thiamine mononitrate, riboflavin, folic acid]), skim milk, water, cheddar club cheese (pasteurized cultured milk, salt, enzymes, annatto [color]), margarine (soybean oil, hydrogenated soybean oil, water, salt, contains less than 2% of vegetable mono- & diglycerides, soy lecithin, sodium benzoate [a preservative], citric acid, natural & artificial flavor, calcium disodium edta added to protect flavor, beta carotene [color], vitamin a palmitate added), pasteurized process cheese spread (cheese [pasteurized milk, cheese culture, salt, enzymes], water, whey [milk], sodium phosphate, whey protein concentrate [milk], skim milk, salt, milkfat, artificial color), cheddar cheese flavor (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, butterfat [milk], phosphates, and lactic acid), modified corn starch, wheat flour, soybean oil, cheddar cheese powder (dehydrated cheddar cheese blend [cheddar cheese , cream , salt, sodium phosphate, lactic acid]), salt, sugar, carrageenan, datem, mono- and diglycerides, spice, annatto and beta carotene (color). Contains: egg, milk, soy, wheat
- **Green beans**
- **Plum**
- **Cucumber salad-** cucumber, water, onion, sugar, red bell pepper, vinegar, salt, citric acid, sodium benzoate (preservative), potassium sorbate (preservative), white pepper.
- **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

June 24th

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

June 25th

- **Chicken baked**
 - **Chicken breasts** with rib meat, water, modified food starch, salt, natural flavor [maltodextrin, flavoring, yeast extract, chicken fat, contains less than 2% (dried chicken, dried chicken broth, chicken skin, honey, lactic acid)], sodium phosphates. Glazed with: water, maltodextrin, corn starch, modified corn starch, dextrose, methylcellulose, xanthan gum, guar gum, natural flavor [maltodextrin, flavoring, yeast extract, chicken fat, contains less than 2% (dried chicken, dried chicken broth, chicken skin, honey, lactic acid)].
 - **Italian seasoning-**spices, onion, garlic, parsley, silicon dioxide (to prevent caking).
- **Chicken gravy-** food starch-modified, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, palm oil, hydrolyzed vegetable protein (corn, soy), chicken fat, maltodextrin, chicken, monosodium glutamate, onion, sugar, corn syrup solids, chicken broth, nonfat milk, dextrose, contains less than 2%: garlic, spices, pepper, natural flavors, turmeric, soy flour, autolyzed yeast extract, whey protein concentrate (milk), whey (milk), citric acid, sodium caseinate (milk), mono- and diglycerides, gum arabic, color added, disodium guanylate, disodium inosinate, polysorbate 80. Contains: wheat, milk, soy processed in a facility that processes egg products
- **Potatoes/ baby bakers:** potatoes, olive oil, contains less than 2 of garlic powder, maltodextrin, natural flavor, onion powder, salt, spice, sugar, vinegar powder [maltodextrin, vinegar].
- **Sour Cream-** Cultured Cream (milk), Enzyme. Contains Milk
- **Butter beans**
 - **Butter beans-**Cooked dry lima beans, water, sugar, salt, calcium disodium edta (to preserve color), calcium chloride, turmeric, natural flavorings.
 - **onions**
- **Banana**
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
 - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 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

June 26th

- **Spaghetti and meatballs**
 - **Spaghetti sauce-**tomato concentrate (water, tomato paste), corn syrup, salt, spices, dehydrated parsley, citric acid, natural flavor.
 - **Spaghetti noodles-**durum wheat semolina, durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid contains: wheat manufactured in a facility that uses eggs
 - **Meatballs-** pork, beef, water, textured vegetable protein product [soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12)], bread crumbs (bleached wheat flour, yeast, sugar, salt), seasoning (salt, dehydrated onion, dehydrated celery, garlic powder, spices), tomato paste (tomatoes), romano cheese made from cow's milk [(cultured pasteurized part-skim milk, salt, enzymes), potassium sorbate], parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes). Set in vegetable oil.
- **Parmesan cheese** (pasteurized part-skim milk, cheese culture, salt, enzymes), cellulose powder added to prevent caking, potassium sorbate to protect flavor
- **Mixed vegetables/ italian blend-** zucchini, carrots, cauliflower, lima beans, italian green beans
- **Peach**
- **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.
- **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 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

June 27th

- **French toast sticks-** bread [enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, contains 2% or less of the following: salt, soybean oil, wheat gluten, dough conditioners (mono- and di-glycerides, sodium stearoyl lactylate, ascorbic acid, calcium peroxide, azodicarbonamide, enzymes), corn flour, spice and coloring, natural and artificial flavors, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), calcium propionate and potassium sorbate (preservatives)], whole milk, whole eggs, sugar, artificial vanilla flavor (propylene glycol, water, artificial flavors).
- **Syrup-** corn syrup, high fructose corn syrup, water, contains less than 2% of natural and artificial maple flavor, potassium sorbate as preservative, caramel color, citric acid.
- **Scrambled eggs-** whole eggs, whey, soybean oil, nonfat milk. Contains 1 or less of the following: salt, natural and artificial butter flavor, xanthan gum, citric acid.
- **Sausage 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
- **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

June 28th

- **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
 - **Banana**
 - **Spinach**
 - **Vinegar-** malt vinegar (barley, corn malt), diluted with water to 5% acidity.
 - **Carrots**
 - **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
 - **Milk-**
 - **2% - reduced fat milk,** vitamin a palmitate and vitamin d3 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