

## April Ingredient List

### April 1<sup>st</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
- **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
- **Corn**
- **Jell-o:** water, gelatin, adipic acid (for tartness), sodium citrate (controls acidity), citric acid (for tartness), aspartame\* and acesulfame potassium (sweeteners), salt, natural and artificial flavor, yellow 5, blue 1.  
\*phenylketonurics: contains phenylalanine. Common allergens present: none. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.
- **Milk-**
  - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 added contains: milk
  - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
  - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 added contains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.

### April 2<sup>nd</sup>

- **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/ 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.
- **Spinach**

- **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.
- **Vinegar-** malt vinegar (barley, corn malt), diluted with water to 5% acidity.

April 3<sup>rd</sup>

- **Chicken fiesta**
  - **Chicken-** all meat. Natural proportion blend of 55 white meat and 45 dark meat.
  - **Salsa-** tomato puree, diced tomatoes in tomato juice, jalapenos, distilled vinegar, contains less than 2 of: dehydrated onion, salt, sea salt, potassium chloride, natural flavors, sugar, dehydrated garlic, vitamin c ascorbic acid, spices, vitamin e dl-alpha tocopheryl acetate, vitamin a retinol palmitate.
  - **Diced tomaotes-**tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid.
  - **Black beans-** black beans, water, salt, calcium chloride, and ferrous gluconate.
  - **Corn**
  - **Taco seasoning-** chili pepper and other spices, wheat flour, salt, dextrose, maltodextrin, onion powder, garlic powder, disodium inosinate, extractives of paprika (as color), spice extractives, onion extractives and less than 2% silicon dioxide to prevent caking. Contains: wheat
- **Tortilla shell-** corn masa flour, water, contains 2 or less of: cellulose gum, guar gum, enzymes, and propionic acid, benzoic acid and phosphoric acid to maintain freshness
- **Spanish rice-** enriched parboiled long grain rice (rice, iron phosphate, niacin, thiamine mononitrate, folic acid), Spanish seasoning [dehydrated vegetables (tomato, red & green bell pepper, onion, garlic), yeast extract, dextrose, salt, sugar, maltodextrin, spice, soybean oil, citric acid, paprika extract (color), modified food starch, contains 2% or less silicon dioxide (anticaking)].
- **Fruit cup/ apple sauce/ unsweetened:** apples, water and unsweetened apple juice. Ascorbic acid to maintain color.
- **Animal Cracker-** whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin b2 [riboflavin], folic acid), soybean and palm oil.contains 2% or less of salt, baking soda, soy lecithin, natural flavor, rosemary extract for freshness.
- **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.
- **Lima beans**

#### April 4<sup>th</sup>

- **Johnny Marzetti:**
  - **Elbow noodles:** water, enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)
  - **Ground beef:** beef
  - **Onion**
  - **Tomato sauce:** tomatoes, less than 2% of: salt, onion powder, garlic powder, citric acid, natural flavors
  - **Tomato soup:** water, tomato puree (water, tomato paste), wheat flour, sugar, cream (milk), contains less than 2% of: bleached enriched flour (wheat flour, wheat starch, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, citric acid, ascorbic acid (vitamin c), flavoring, celery extract, garlic oil. contains: wheat, milk
  - **Cheddar cheese:** pasteurized milk, cheese culture, salt, enzymes, annatto, powdered cellulose (anti caking agent)
- **Mixed vegetables/ italian blend-** zucchini, carrots, cauliflower, lima beans, italian green beans
- **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.
- **Red delicious apple**
- **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.

## April 5<sup>th</sup>

- **Sausage italian with sauce and vegetables**
  - Pork, water, salt, flavoring, bha, bht, citric acid.
  - Sauce: tomato puree (water, tomato paste), diced tomatoes, less than 2% of: soybean oil, salt, sugar, spice, dried garlic, dried onion, natural flavor, olive oil, citric acid.
  - Onions
  - Garlic
  - Bell peppers
- **Hot dog bun:** unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, soybean oil, contains 2% or less of each of the following: salt, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides, mono- and diglycerides, distilled monoglycerides, calcium peroxide, calcium iodate, datem, ethoxylated mono- and diglycerides, enzymes, ascorbic acid), sesame flour, calcium propionate (to retard spoilage)contains: wheat, sesame
- **Fruit blushing**
  - **Pears-** pears, water, sugar.
  - **Strawberry jell-o-** gelatin, adipic acid, disodium phosphate, maltodextrin, fumaric acid, aspartame\* (sweetener), contains less than 2% of artificial flavor, acesulfame potassium (sweetener), salt, red 40. \*phenylketonurics: contains phenylalanine.
- **Potato wedges-** potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
- **Milk-**
  - **2% -** reduced fat milk, vitamin a palmitate and vitamin d3 addedcontains: milk
  - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
  - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Garden seasoning-** dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor.
- **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors

## April 8<sup>th</sup>

CLOSED

## April 9<sup>th</sup>

- **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.

- **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
- **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
- **Pineapples**
- **Mixed Vegetables-5 way blend:** Carrots, Whole Kernel Corn, Green Beans, Peas, Lima 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).
- **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

April 10<sup>th</sup>

- **Hamburger:** Beef, 2% Or Less Of The Following: Potato (Dry), Flavoring, Seasoning (Gum Arabic, Grill Flavor [From Sunflower Oil], Tricalcium Phosphate), Salt.
- **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 wedges-** potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
- **Peas**
- **Fruit cups/pears:** pears, white grape juice from concentrate (water, white grape juice concentrate), acerola juice from concentrate (water, acerola juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), and natural flavors
- **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **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

April 11<sup>th</sup>

- **Potatoes scalloped and ham casserole**
  - **Potatoes:** potato dry, seasoning [modified food starch, whey, lactose, dried onion, corn syrup solids, sunflower oil, salt, potassium chloride, dried garlic, maltodextrin, cream cheese pasteurized cream, cheese culture, salt, carob bean gum, guar gum, natural flavors, dipotassium phosphate, dried green onion, mono and diglycerides, cheddar cheese pasteurized milk, cheese cultures, salt, enzymes, yeast extract, nonfat milk, spices, annatto extract color, and soybean oil]. Freshness preserved with sodium bisulfite. Contains: milk.
  - **Ham:** cured with: water, dextrose, contains 2% or less of salt, potassium lactate, sodium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite.
  - **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Hominy-** prepared yellow corn, salt, sodium bisulfite promotes color retention
- **Wax beans**
- **Fruit cup/peaches:** peaches, white grape juice from concentrate (water, white grape juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), natural flavors, ascorbic acid (vitamin c) to promote color retention, and citric acid
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar,

poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).

- **Milk-**
  - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 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

#### April 12<sup>th</sup>

- **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
- **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
- **Succotash-**whole kernel corn, baby lima beans
- **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.
- **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

April 15<sup>th</sup>

- **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.
- **Broccoli**
- **Side salad:**
  - **Lettuce/dark leafy greens:** baby spinach, baby chard, baby kale, frisee, lettuce iceberg, red cabbage, carrots
  - **Cheddar cheese:** pasteurized milk, cheese culture, salt, enzymes, annatto, powdered cellulose (anti caking agent)
- **Ranch dressing-** soybean oil, water, distilled vinegar, cultured lowfat buttermilk, sugar, salt, contains less than 2% of nonfat dry milk, egg yolks, garlic\*, mustard seed, onion\*, yeast extract, xanthan gum, polysorbate 60, torula yeast\*, disodium inosinate & disodium guanylate, sodium benzoate and potassium sorbate (as preservatives), lactic acid, spice, parsley\*, calcium disodium edta added to protect flavor. \*dehydrated
- **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

April 16<sup>th</sup>



- **Waffles-** whole wheat flour, water, non fat milk, whey solids (milk), soybean oil, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], whole eggs, soy lecithin, salt. contains: egg, milk, soy, wheat.
- **Syrup-** corn syrup, high fructose corn syrup, water, contains less than 2% of natural and artificial maple flavor, potassium sorbate as preservative, caramel color, citric acid.
- **Scrambled eggs-** whole eggs, whey, soybean oil, nonfat milk. Contains 1 or less of the following: salt, natural and artificial butter flavor, xanthan gum, citric acid.
- **Sausage patty:** pork, water, contains 2% or less of: salt, spices, sodium phosphate, sugar, monosodium glutamate, caramel color
- **Potatoes/ hash brown-** potatoes, canola oil, olive oil, salt, garlic, rosemary, potato flour, disodium dihydrogen pyrophosphate (to promote color retention), dextrose
- **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **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

#### April 17<sup>th</sup>

- **Turkey gravy:** food starch-modified, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, hydrolyzed vegetable protein (corn, soy), turkey, autolyzed yeast extract, maltodextrin, onion, palm oil, monosodium glutamate, contains less than 2% of: chicken fat, garlic powder, spices, sugar, natural flavors, whey protein concentrate (milk), whey (milk), turmeric, soy flour, corn syrup solids, dextrose, sodium caseinate (milk), mono & diglycerides, color added, disodium inosinate, disodium guanylate, soy sauce (soybeans, wheat, salt), molasses. Contains: wheat, milk, soy processed in a facility that processes egg products
- **Turkey-sliced:** turkey breast meat, turkey broth, contains 2 or less salt, vinegar, sugar, sodium phosphate, natural smoke flavoring, sodium erythorbate, sodium nitrite.
- **Green beans**
- **Stuffing-** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil (with rosemary extract and ascorbic acid [to preserve freshness]), sugar, whole wheat flour, yeast, salt, wheat gluten, honey, caramel color. Contains: wheat. Seasoning ingredients: onion\*, salt, hydrolyzed soy wheat gluten protein, celery\*, spices, parsley\*, chicken broth\*, sugar, rendered chicken fat, cooked chicken\*, caramel color, turmeric (color), disodium inosinate, disodium guanylate, natural flavors, citric acid, yeast extract, less than 2% silicon dioxide (anticaking agent). \*dehydrated contains: wheat, soy. packaged in a facility that also packages tree nuts.
- **Bamama**
- **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

#### April 18<sup>th</sup>

- **Butter beans and ham**
  - **Ham-** cured with: water, dextrose, contains 2% or less of salt, potassium lactate, sodium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite.
  - **Butter beans-**Cooked dry lima beans, water, sugar, salt, calcium disodium edta (to preserve color), calcium chloride, turmeric, natural flavorings.
  - **Onions**
- **Egg salad:** hard cooked eggs, mayonnaise (soybean oil, water, egg yolks, vinegar, salt), celery, cracker meal (bleached wheat flour), mustard (vinegar, water, mustard seed, salt, turmeric, paprika, spice, garlic powder), salt, sugar, water, vinegar, modified corn starch, black pepper, lemon juice concentrate, sodium benzoate (preservative), potassium sorbate (preservative), xanthan gumcontains: egg, wheat.
- **Hamburger bun-** - enriched flour [unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), niacin (vitamin b3), folic acid], water, high fructose corn syrup, yeast, soybean oil, wheat gluten, salt, calcium propionate (a preservative), vinegar, monoglycerides, sodium stearoyl lactylate, wheat starch, calcium sulfate, calcium phosphate, ascorbic acid, sesame
- **Pickled beets:** beets, water, high fructose corn syrup, vinegar, salt, spice
- **Craisins-strawberry-** cranberries, cane sugar, natural flavor. Refined sunflower oil is used as a processing aid.
- **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

#### April 19<sup>th</sup>

- **Tuna noodle casserole**
  - Peas  
Tuna-chunk light tuna, water, vegetable broth (contains soy), salt.
  - Egg noodles-water, enriched durum wheat flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), eggs, salt.
  - 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. 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 february 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.

- Cheese sauce-whey (milk), food starch-modified, maltodextrin, palm oil, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), nonfat milk, buttermilk, salt, contains less than 2% of autolyzed yeast extract, cheeses (blue, cheddar [milk,cheese culture, salt, enzymes]), disodium phosphate, corn syrup solids, aged cheddar cheese (milk, cheese cultures, salt, enzymes), sodium caseinate (milk), lactic acid, natural and artificial flavors, citric acid, sodium phosphate, fd&c yellow #6, fd&c yellow #5, disodium guanylate, disodium inosinate, mono- and diglycerides, paprika extract.contains: milkprocessed in a facility that processes wheat, soy and egg products
- **Corn**
- **Orange**
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
  - **2% - reduced fat milk**, vitamin a palmitate and vitamin d3 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

April 22<sup>nd</sup>

- **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/ baby bakers:** potatoes, olive oil, contains less than 2 of garlic powder, maltodextrin, natural flavor, onion powder, salt, spice, sugar, vinegar powder [maltodextrin, vinegar].
- **Apple**
- **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
- **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

April 23<sup>rd</sup>

- **Chicken and noodles**
  - **Chicken-** natural proportion blend of 55 white meat and 45 dark meat.
  - **Noodles-** water, enriched durum wheat flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), eggs, salt.
  - **Chicken broth-** chicken broth, and contains less than 2% of: salt, sea salt, chicken fat, sugar, yeast extract, maltodextrin, flavorings, canola oil, dextrose, disodium inosinate, disodium guanylate, onion powder, oleoresin turmeric
  - **Chicken gravy-** food starch-modified, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, palm oil, hydrolyzed vegetable protein (corn, soy), chicken fat, maltodextrin, chicken, monosodium glutamate, onion, sugar, corn syrup solids, chicken broth, nonfat milk, dextrose, contains less than 2%: garlic, spices, pepper, natural flavors, turmeric, soy flour, autolyzed yeast extract, whey protein concentrate (milk), whey (milk), citric acid, sodium caseinate (milk), mono- and diglycerides, gum arabic, color added, disodium guanylate, disodium inosinate, polysorbate 80. Contains: wheat, milk, soy processed in a facility that processes egg products
- **Potatoes/mashed-whipped potatoes:**
  - Potatoes, salt, maltodextrin, contains 2 or less of: sunflower oil, mono and diglycerides, natural and artificial flavor, artificial color, freshness preserved with: sodium bisulfite, bht. Made on equipment that also processes milk.

- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy
- **Lima beans**
- **Plum**
- **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

#### April 24<sup>th</sup>

- **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 salad:** potatoes, mayonnaise (soybean oil, water, egg yolks, vinegar, salt), water, mustard (water, vinegar, mustard seed, salt, sugar, turmeric, paprika, garlic powder, spices, xanthan gum, annatto extract color, natural flavor, citric acid), dill pickle cubes (cucumbers, distilled vinegar, salt, calcium chloride, natural flavoring, contains less than 2% of: xanthan gum, sodium benzoate [preservative], alum, turmeric, polysorbate 80), celery, sugar, salt, vinegar, onion, red bell pepper, modified corn starch, potassium sorbate (preservative), sodium benzoate (preservative), annatto extract (color), xanthan gum. contains: eggs
- **Mixed Vegetables- Prince Edwards Blend-** green beans, wax beans, baby carrots
- **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 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

#### April 25<sup>th</sup>

- **Hot dog-** beef, water, salt, flavorings, sodium phosphates, sodium nitrite, extract of paprika.
- **Hot dog bun:** unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, soybean oil, contains 2% or less of each of the following: salt, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides, mono- and diglycerides, distilled monoglycerides, calcium peroxide, calcium iodate, datem, ethoxylated mono- and diglycerides, enzymes, ascorbic acid), sesame flour, calcium propionate (to retard spoilage) contains: wheat, sesame
- **Baked beans:**
  - **Beans:** white beans, water, high fructose corn syrup, brown sugar, salt, pork, mustard flour.
  - **Brown sugar:** sugar, molasses
  - **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **Golden Delicious Apple**
- **Ketchup-** tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spices, onion powder, garlic powder, natural flavors
- **Potatoes-tater tots-**potatoes, vegetable oil, salt, corn flour, dehydrated potato
- **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

#### April 26<sup>th</sup>

- **Cheese omelet-** egg patty: whole eggs, whey, dried cream cheese cream cheese pasteurized milk and cream, cheese culture, salt, carob bean gum, non-fat dried milk, sodium phosphate, soybean oil, modified food starch, salt, xanthan gum, citric acid, guar gum, white pepper, natural butter flavor. Filling: pasteurized process cheddar cheese cheddar cheese milk, cheese culture, salt, enzymes, water, milkfat, sodium phosphate, sodium hexametaphosphate, salt, artificial color.
- **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/ mixed fruit-** ingredients: peach, snow pear, apple, pineapple, pear juice from concentrate(water, pear juice concentrate), ascorbic acid and citric acid.
- **Fruit juice-orange:** filtered water, orange juice concentrate, ascorbic acid (vitamin c), natural flavors
- **Potatoes/ hash brown-** potatoes, canola oil, olive oil, salt, garlic, rosemary, potato flour, disodium dihydrogen pyrophosphate (to promote color retention), dextrose
- **Sausage maple links-** pork, sugar, water, salt, maltodextrin, spices, natural & artificial flavors, chili pepper, caramel color, dextrose, maple syrup solids, bha, bht, citric acid. Common allergens present: none.
- **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

#### April 29<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 and carrots**
- **Fruit cup/peaches:** peaches, white grape juice from concentrate (water, white grape juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), natural flavors, ascorbic acid (vitamin c) to promote color retention, and citric acid
- **Pudding chocolate unsweetened-** water, modified corn starch, sorbitol, maltitol, nonfat milk\*, cocoa (processed with alkali), palm oil, less than 2% of: salt, milk protein isolate, sodium stearoyl lactylate, carrageenan, artificial flavors, sucralose, acesulfame potassium. \*adds an insignificant amount of sugar. x000d\_ contains: milk
- **Cucumber salad-** cucumber, water, onion, sugar, red bell pepper, vinegar, salt, citric acid, sodium benzoate (preservative), potassium sorbate (preservative), white pepper.
- **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

#### April 30<sup>th</sup>

- **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
- **Stewed tomatoes-** tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper,
- **Peaches-warm**
- **Carrots**
- **Ranch dressing-** soybean oil, water, distilled vinegar, cultured lowfat buttermilk, sugar, salt, contains less than 2% of nonfat dry milk, egg yolks, garlic\*, mustard seed, onion\*, yeast extract, xanthan gum, polysorbate 60, torula yeast\*, disodium inosinate & disodium guanylate, sodium benzoate and potassium sorbate (as preservatives), lactic acid, spice, parsley\*, calcium disodium edta added to protect flavor. \*dehydrated.
- **Roll-** rye: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, rye flour, sugar, contains 2% or less of the following: soybean oil, caraway seeds, yeast, molasses, salt, dextrose, calcium propionate (preservative), wheat starch, ascorbic acid, enzymes. Wheat: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, soybean oil, sugar, contains 2% or less of the following: wheat gluten, yeast, salt, dextrose, monoglycerides, ascorbic acid, calcium propionate (preservative). Plain: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative). Poppy seed: unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, poppy seeds, contains 2% or less of the following: soybean oil, salt, yeast, dextrose, monoglycerides, calcium propionate (preservative).
- **Milk-**
  - **2%** - reduced fat milk, vitamin a palmitate and vitamin d3 addedcontains: milk
  - **Skim-** nonfat milk, vitamin a palmitate and vitamin d3 added contains: milk
  - **Chocolate-** nonfat milk, high fructose corn syrup, cocoa (processed with alkali), salt, carageenan, starch, artificial flavor, vitamin a palmitate and vitamin d3 addedcontains: milk
- **Margarine-** (vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), vitamin a palmitate added. Contains: soy