



## Meal Ingredient Information

Below is a list of ingredients used in meals provided in the Day Center provided by Ely Chapman Education Foundation. For nutrition information and/or specific information not listed in this section, please call the O'Neill Senior Center, Inc. at 740-373-3914.

### **CHILI SAUCE WITH MEAT AND KIDNEY BEANS**

Ingredients: Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride), Redskin Kidney Beans (Prepared Kidney Beans, Water, Sugar, Corn Syrup, Salt, Natural Flavorings, Onion Powder, Calcium Chloride, Disodium Edta Added As A Preservative.), Ground Beef, V8 Juice (Reconstituted Vegetable Juice Blend [Water And Concentrated Juices Of Tomatoes, Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach], Contains Less Than 2% Of: Salt, Vitamin C [Ascorbic Acid], Natural Flavoring, Citric Acid.) Water, Onion, Celery, Mild Chili Powder (Chili Pepper and Other Spices, Salt And Garlic Powder)

### **CHILI DINNER**

#### **CHILI SAUCE WITH MEAT AND KIDNEY BEANS SERVED WITH GRAPES, COLESLAW AND OATMEAL RAISIN COOKIE**

Ingredients Vegetables: Beans in Chili

Ingredients Vegetables: Coleslaw: (Cabbage, Carrots, Mayonnaise (Soybean Oil, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Egg Whites, Contains 2% Or Less Of: Salt, Spice, Calcium Disodium EDTA (Protect Flavor), Apple Cider Vinegar (Apple Cider Vinegar, Reduced To 5% Acidity For Uniform Pickling And Table Strength), Splenda (Dextrose, Maltodextrin, Sucralose), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide), Celery Seed.)

Ingredients Fruit: 1/2 C. Grapes

Ingredients Grain: Saltines (Unbleached Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1} Riboflavin {Vitamin B2}, Folic Acid], Soybean Oil, Partially Hydrogenated Cottonseed Oil, Sea Salt, Salt, Malted Barley Flour, Baking Soda, Yeast)  
Ingredients Grain: Oatmeal Raisin Cookie (Oatmeal [Whole Grain Rolled Oats], Flour [Bleached Wheat Flour, Malted Barley, Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid], Raisins [California Seedless Raisins], Margarine [Vegetable Oil Blend [Palm Oil And Soybean Oil], Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono And Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural And Artificial Flavor, Beta Carotene[Color], Vitamin A Palmitate Added, Whey], Splenda [Dextrose, Maltodextrin,

Sucralose], Light Brown Sugar [Sugar, Molasses], Eggs, Baking Soda [Sodium Bicarbonate], Ground Cinnamon, Vanilla [Vanilla Bean Extractives In Water And Alcohol {41 %}], Salt [Salt, Calcium Silicate, Dextrose, Potassium Iodide]. COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

**BEEF VEGETABLE SOUP WITH EGG SALAD SANDWICH SERVED WITH LETTUCE AND TOMATOES, AND PEACHES.**

Ingredients: Ground Beef, Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride), Cut Green Beans (Green Beans, Water, Sea Salt), Sliced Carrots (Carrots, Water, Salt, Calcium Chloride), Potatoes, Celery, Water, Beef Broth (Homemade), Oregano, Parsley, Basil, Lipton Onion Soup Mix (Onions\*, Salt, Cornstarch, Onion Powder, Sugar, Soy Sauce [Fermented Soybeans, Wheat And Salt], Caramel Color [Sulfites], Maltodextrin [Tapioca], Corn Syrup\*, Yeast Extract, High Oleic Sunflower Oil Disodium Guanylate, Disodium Inosinate)

**VEGETABLE BEEF SOUP WITH EGG SALAD SANDWICH SERVED WITH, LETTUCE AND TOMATOES, AND PEACHES.**

Ingredients Meat/Protein: Egg Salad (Eggs, Mayonnaise [Soybean Oil, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Egg Whites, Contains 2% Or Less Of: Salt, Spice, Calcium Disodium EDTA (Protect Flavor)], Sweet Green Relish [Cucumbers, Corn Syrup, Water, High Fructose Com Syrup, Vinegar, Salt, Xanthan Gum, 0.1% Sodium Benzoate, (Preservative), Calcium Chloride, Alum, Natural Flavors, Polysorbate 80, Yellow 5 And Maltol], Salt [Salt, Calcium Silicate, Dextrose, Potassium Iodide], Classic Yellow Mustard [Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors And Garlic Powder])

Ingredients Vegetables: 1/2 C. Fresh Lettuce, Sliced Tomato,

Ingredients Vegetables: Vegetables In Soup (See Above)

Ingredients Fruit: 1/2 C. Sliced Peaches (Peaches, Water, Pear Juice Concentrate)

Ingredients Grain: Whole Wheat Bread (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B 1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Cellulose Fiber, Wheat Gluten, High Fructose Corn Syrup, Yeast, Cracked Whole Wheat, Salt, Soybean Oil, Wheat Bran, Corn Syrup, Cellulose Gum, Caramel Color, Monoglycerides, Calcium Propionate {Preservative}, Monocalcium Phosphate, Calcium sulfate, DATEM, Cornstarch, Soy Lecithin, Potassium Iodate, Nonfat Milk), COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat, Lipton Onion Soup is made in a facility that processes Milk, Eggs, Wheat, Sesame and Sulfites.

Ingredients Condiments: Mayo In Salad

**MEATLOAF SERVED WITH MASHED POTATOES, CALIFORNIA BLEND VEGETABLES, MANDARIN ORANGES AND SNICKERDOODLE COOKIE**

Ingredients: Ground Beef, Ketchup (Tomato Concentrate Made From Vine Ripened Tomatoes, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less Than 2% Of: Onion Powder, Garlic Powder, Natural Flavors.), Egg, Oatmeal (Whole Grain Rolled Oats), Green Pepper, Onion, Mrs. Dash (Dried Onion, Spices [Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Thyme, Savory, Cumin, Mustard, Cayenne Pepper, Rosemary, Coriander], Dried Garlic, Dried Carrot, Dried Orange Peel, Dried Tomato, Lemon Juice Solids, Citric Acid, Oil Of Lemon), Ground White Pepper.

**MEATLOAF SERVED WITH MASHED POTATOES, CALIFORNIA BLEND VEGETABLES, MANDARIN ORANGES, ROLL AND SNICKERDOODLE COOKIE**

Ingredients Vegetables: Mashed Potatoes, Water, Milk (Low-Fat Milk, Vitamin A Palmitate, Vitamin D3), Instant Mashed Potato Mix {Potato (Dry), Mono and Diglycerides, Ascorbic Acid (Vitamin C), Calcium Stearoyl-2-Lactylate, Freshness Preserved With Sodium Bisulfite and BHT. May Contain Milk Ingredients. Packaged On a line That Also Packages Products Containing Dairy}, Margarine (Liquid And Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzoate (A Preservative), Citric Acid, Whey Solids, Calcium Disodium EDTA Added To Protect Flavor, Natural & Artificial Flavor, Beta Carotene (Color) Vitamin A Palmitate Added)

Ingredients Vegetables: California Blend Vegetables (Broccoli, Cauliflower, Carrots, Yellow Carrots)

Ingredients Fruit: Mandarin Oranges (Broken Mandarin, Orange Segments Water, Sugar)

Ingredients Grain: Snickerdoodle Cookie (Flour [Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid] Splenda (Dextrose, Maltodextrin, Sucralose), Margarine (Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides Sodium Benzoate (A Preservative), Citric Acid, Whey Solids, Calcium Disodium EDTA Added To Protect Flavor, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added.) Eggs, Cinnamon, Cream of Tartar, Baking Soda, (Sodium Bicarbonate), Salt (Salt, Calcium Silicate, Dextrose Potassium Iodide)]

Ingredients Grain: Dinner Roll (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid] Water, High Fructose Corn Syrup, Soybean Oil, Yeast, Wheat Gluten, Salt, Corn Syrup, Monoglycerides, Monocalcium Phosphate, Calcium Sulfate, Calcium Propionate [Preservative], DATEM, Ethoxylated Mono and Dyglycerides, Cornstarch, Potassium Iodate, Calcium Iodate, Soy Lecithin, Nonfat Milk.

Ingredients Condiments: Gravy (Water, Brown Gravy Mix (Modified Food Starch, Maltodextrin, Salt, Dextrose Beef Flavors [Beef Extract, Beef Stock, Hydrolyzed Corn, Soy and Wheat Proteins, Corn Syrup, Solids, Natural Flavors, Autolyzed Yeast Extract, Canola Oil, Thiamine Hydrochloride, Canola Oil], Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Contains 2% or less of: Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium

Phosphate, Extractive of Paprika, Mono and Diglycerides, Silicon Dioxide [Anti-Caking Agent], Sodium Hexametaphosphate.) COMMON ALLERGENS PRESENT: Contains Egg, Milk, Soy, Wheat

### **VEGETABLE SOUP WITH CHICKEN BROTH, CHICKEN SALAD SANDWICH**

Ingredients: Vegetable Soup with Chicken Broth (Diced Tomatoes [Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride], Chicken Broth [Chicken Stock, Contains Less Than 2% of Sea Salt, Salt, Sugar, Natural Flavoring, Sugar, Dehydrated Onions, Yeast Extract, Chicken Fat, Canola Oil, Carrots, Celery, Onions], V-8 Vegetable Juice [Reconstituted Vegetable Juice Blend {Water and Concentrated Juices Of Tomatoes, Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach,} Contains Less Than 2% Of: Salt, Vitamin C {Ascorbic Acid} Natural Flavoring, Citric Acid.], Water, Cut Green Beans [Green Beans, Water, Sea Salt] Whole Kernel Corn [Corn, Water, Sugar, Salt], Potatoes, Carrots, Celery, Oregano; Parsley.

### **VEGETABLE SOUP WITH CHICKEN SALAD SANDWICH SERVED ON A BUN WITH TOMATO SLICES ON LETTUCE, STRAWBERRIES**

Ingredients: Chicken Salad Sandwich: Chicken, Mayonnaise (Soybean Oil, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Egg Whites, Contains 2% or Less Of: Salt, Spice, Calcium Disodium EDTA (Protect Flavor), Miracle Whip Dressing (Water, Soybean Oil, High Fructose Corn Syrup, Vinegar, Modified Cornstarch, Eggs, Salt, Natural Flavor, Mustard Flour, Potassium Sorbate As A Preservative, Paprika, Spice, Dried Garlic), Celery, Sweet Green Relish (Cucumbers, Corn Syrup, Water, High Fructose Corn Syrup, Vinegar, Salt, Xanthan Gum, 0.1 % Sodium Benzoate, [Preservative], Calcium Chloride, Alum, Natural Flavors, Polysorbate 80, Yellow 5 And Maltol), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide), Mrs. Dash (Onion, Spices [Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary], Garlic, Carrot, Orange Peel, Tomato, Lemon Juice Powder, Citric Acid, Oil of Lemon)

Ingredients Vegetables: Tomatoes, (Sliced Fresh Tomatoes), Lettuce

Ingredients Fruit: Strawberries (Strawberries)

Ingredients Grain: Bun (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, High Fructose Corn Syrup, Wheat Gluten, Yeast, Soybean Oil, Salt, Corn Syrup, Monoglycerides, Ethoxylated Mono- and Diglycerides, Monocalcium Phosphate, Calcium Propionate {Preservative}, Calcium Sulfate, Cornstarch, DATEM, Potassium Iodate, Soy Lecithin, Nonfat Milk.) COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

Ingredients Condiments: Mayo In Salad

### **LEMON BAKED COD LOINS**

Ingredients: Cod Loins, Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene[Color], Vitamin A Palmitate added, Whey)Lemon Juice, Mrs. Dash (Onion, Spices [Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary], Garlic, Carrot, Orange Peel, Tomato, Lemon Juice Powder, Citric Acid, Oil Of Lemon)

### **LEMON BAKED FISH WITH STEAMED BROCCOLI, SCALLOPED POTATOES, AND STRAWBERRIES ON CAKE**

Ingredients Vegetables: Broccoli (Broccoli)

Ingredients Vegetables: Scalloped Potatoes: Water, Scalloped Potato Mix (Potato [Dry], Seasoning [Whey Lactose, Wheat Flour, Food Starch-Modified, Salt, Sunflower Oil, Onion, Corn Syrup Solids, Cheese {Semisoft and Cheddar (Pasteurized Milk, Cheese Culture, Salt, Enzymes)}, Soy Lecithin, Spice, Sodium Phosphate, Dipotassium Phosphate, Mono and Diglycerides, Buttermilk Solids, Garlic, Silicon Dioxide to prevent Caking, Hydrolyzed Corn and Soy Protein, Disodium Inosinate, Disodium Guanylate, Butter, Enzyme Modified Butteroil Autolyzed Yeast Extract, Yellow 5, Artificial Flavor, Yellow 6, Thiamin Hydrochloride {Vitamin B1}, Spice And Coloring, Sodium Caseinate], Freshness Preserved With Sodium Bisulfite), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono And Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added: Whey)

Ingredients Fruit: Frozen Strawberries (Strawberries) Thawed

Ingredients Grain: Unfrosted Cake (Yellow Cake Mix (Sugar, Enriched Bleached Flour [Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Partially Hydrogenated Soybean Oil, Wheat Starch, Baking Powder [Baking Soda, Calcium Phosphate, Sodium Aluminum Phosphate,] Contains 2% or less of: Dextrose, Propylene Glycol, Monoesters, Salt, Mono And Diglycerides, Corn Starch, Artificial Flavor, Cellulose, Xanthan Gum, Propylene Glycol Esters Of Fatty Acids, Cellulose Gum, Sodium Caseinate, Polysorbate 60, Sodium Stearate, DATEM, Red 40, Yellow 5, TBQH And Citric Acid [Antioxidants]), Water, Eggs, Canola Oil (Canola Oil) COMMON ALLERGENS PRESENT: Contains Fish-Cod, Eggs, Milk, Soy, Wheat, May contain traces of Eggs, Crustacean Shellfish

### **BAKED CHICKEN IN GRAVY**

Ingredients: Chicken, Water, Chicken Base [Mechanically Separated Chicken, Salt, Maltodextrin, Food Starch-Modified, Chicken Fat Sugar, Seasonings {Hydrolyzed Corn Protein, Yeast Extract}, Onion Powder, Turmeric, Chicken Broth Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavoring, Oleoresin Paprika] Mrs. Dash (Onion, Spices [Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper,

Coriander, Cumin, Mustard, Rosemary], Garlic, Carrot, Orange Peel, Tomato, Lemon Juice Powder, Citric Acid, Oil of Lemon).

Chicken Gravy: Water, Chicken Flavored Gravy Mix (Modified Food Starch, Wheat Flour, Maltodextrin, Salt, Hydrolyzed Soy Protein, Palm Oil, Chicken Fat, Chicken Flavors (Natural Flavors, Chicken Stock, Autolyzed Yeast Extract, Chicken Meat, Chicken Fat, Lactic Acid, Calcium Lactate, Sodium Phosphate), Cooked Chicken, Onion Powder, Contains 2% or less of: Sugar, Yeast Extract, Sodium Caseinate, Chicken Broth, Disodium Inosinate and Disodium Guanylate, Spices, Dipotassium Phosphate, Parsley, Mono and Diglycerides, Beta Carotene, Natural Flavor, Silicon Dioxide (Anti-caking Agent), Sodium Hexametaphosphate, Extractive of Turmeric, Caramel Color, Sunflower Oil.)

### **CHICKEN DINNER WITH BAKED POTATOES, PEAS, MANDARIN ORANGES, SLICE OF BREAD AND OATMEAL RAISIN COOKIE**

Ingredients Vegetables: Baked Potatoes (Fresh Potatoes)

Ingredients Vegetables: Carrots, Sliced: (Carrots, Water, Salt, Calcium Chloride)

Ingredients Fruit: Mandarin Oranges (Broken Mandarin Orange Segments, Water, Sugar)

Ingredients Grain: Whole Wheat Bread (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Cellulose Fiber, Wheat Gluten, High Fructose Corn Syrup, Yeast, Cracked Whole Wheat, Salt, Soybean Oil, Wheat Bran, Corn Syrup, Cellulose Gum, Caramel Color, Monoglycerides, Calcium Propionate {Preservative}, Monocalcium Phosphate, Calcium sulfate, DATEM, Cornstarch, Soy Lecithin, Potassium Iodate, Nonfat Milk),

Ingredients: Oatmeal Raisin Cookie: Oatmeal (Whole Grain Rolled Oats), Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Raisins (California Seedless Raisins), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate added, Whey), Splenda (Dextrose, Maltodextrin, Sucralose), Light Brown Sugar (Sugar, Molasses), Eggs, Baking Soda (Sodium Bicarbonate), Ground Cinnamon, Vanilla (Vanilla Bean Extractives in Water and Alcohol [41%]), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide). COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

Ingredients Condiments: Gravy Above

### **GROUND BEEF WITH SAUCE**

Ingredients: Ground Beef, Sloppy Joe Mix (Tomato Puree [Water, Tomato Paste], High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Less than 2% of: Sugar, Dried Green and Red Bell Peppers, Salt, Chili Pepper, Tomato Fiber, Guar Gum, Spices, Xanthan Gum, Dried Garlic, Natural Flavors, Citric Acid.)

**SLOPPY JOE MEAL**  
**GROUND BEEF WITH SAUCE ON A BUN SERVED WITH GREEN BEANS, COLE SLAW**  
**AND BANANA**

Ingredients Vegetables: Green Beans (Green Beans, Water, Sea Salt)

Ingredients Vegetable: Cole Slaw (Cabbage, Carrots, Mayonnaise (Soybean Oil, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Egg Whites, Contains 2% or less of: Salt, Spice Calcium Disodium EDTA (Protect Flavor), Apple Cider Vinegar (Apple Cider Vinegar, Reduced To 5% Acidity for Uniform Pickling and Table Strength), Splenda (Dextrose, Maltodextrin Sucralose), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide), Celery Seed.)

Ingredients Fruit: Banana (Fresh)

Ingredients Grain: Bun (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, High Fructose Corn Syrup, Wheat Gluten, Yeast, Soybean Oil, Salt, Corn Syrup, Monoglycerides, Ethoxylated Mono- and Diglycerides, Monocalcium Phosphate, Calcium Propionate {Preservative}, Calcium Sulfate, Cornstarch, DATEM, Potassium Iodate, Soy Lecithin, Nonfat Milk.) COMMON ALLERGENS PRESENT: Contains: Eggs (in dressing), Milk, Soy, Wheat

Ingredients Condiments: Oil- in Cole Slaw Dressing.

**SAUSAGE GRAVY WITH EXTRA SAUSAGE**

Ingredients: Sausage Gravy (Water, Cooked Sausage [Pork, Water, Salt, Soy Protein Concentrate {Caramel Color Added}, Spices, Hydrolyzed Wheat Gluten, Caramel Color, Garlic Powder, Natural Flavoring], Food Starch-Modified, Rendered Pork Fat {BHA, Propyl Gallate And Citric Acid Added To Protect Flavor}, Palm Oil, Enriched Wheat Flour {Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Sorbitol, Maltodextrin, Salt, Hydrolyzed Wheat Gluten, Whey Protein Concentrate, Butter Flavor {Lipolyzed Butter Oil, Water, Nonfat Milk, Sodium Phosphate, Alpha-Tocopherol, Citric Acid}, Xanthan Gum, Cream Flavor {Cream, Enzymes}, Titanium Dioxide, Onion Powder, Spices, Natural Flavoring, Garlic Powder, Milk Flavor (Medium Chain Triglycerides, Lipolyzed Butter Oil, Natural Flavors}), Sausage: (Pork, Water, Contains 2% or less of: Corn Syrup, Salt, Spices, Sugar.

**SAUSAGE GRAVY SERVED ON A BISCUIT WITH HASH BROWN POTATOES, V-8**  
**JUICE, BAKED SLICED APPLES AND OATMEAL RAISIN COOKIE**

Ingredients Vegetables: Hash Browns Potato Patties (Potatoes, Vegetable Oil [Contains one or more of the Following: Soybean Oil, Canola Oil], Salt, Corn Flour, Dextrose, and Disodium Dihydrogen Pyrophosphate to Promote Color.)

Ingredients Vegetables: V-8 Juice (Reconstituted Vegetable Juice Blend [Water and Concentrated Juices of Tomatoes, Carrots, Celery, Beets, Parsley, Lettuce, Watercress,

Spinach], Contains Less Than 2% Of: Salt, Vitamin C [Ascorbic Acid] Natural Flavoring, Citric Acid).

Ingredients Fruit: Baked Sliced Apples (Sliced Apples (Sliced Apples and Water), Light Brown Sugar (Sugar and Molasses), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey), Cinnamon.

Ingredients Grain: Biscuit (Enriched Flour [Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid,] Buttermilk, Palm and Palm Kernel Oil, Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid] Water, Leavening, [Sodium Aluminum Phosphate, Sodium Bicarbonate, Monocalcium Phosphate), Contains 2% or less of: Salt, Sugar, Dextrose, Partially Hydrogenated Soybean Oil, Natural Flavors, Soybean Oil).

Ingredients Grain: Oatmeal Raisin Cookie: Oatmeal (Whole Grain Rolled Oats), Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Raisins (California Seedless Raisins), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey), Splenda (Dextrose, Maltodextrin, Sucralose), Light Brown Sugar (Sugar, Molasses), Eggs, Baking Soda (Sodium Bicarbonate), Ground Cinnamon, Vanilla (Vanilla Bean Extractives in Water and Alcohol [41%]), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide). COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

Ingredients Condiments: Margarine - Delivered in full tub only upon request.

## **GROUND BEEF PATTY WITH VEGETABLES SERVED WITH GRAVY/GRAVY AND SWISS STEAK**

Ingredients: Ground Beef, Water, Celery, Carrots, Onion, Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Brown Gravy Mix (Modified Food Starch, Maltodextrin, Salt, Dextrose Beef Flavors [Beef Extract, Beef Stock, Hydrolyzed Corn, Soy and Wheat Proteins, Corn Syrup Solids, Natural Flavors, Autolyzed Yeast Extract, Canola Oil, Thiamine Hydrochloride, Canola Oil], Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Contains 2% or less of: Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium Phosphate, Extractive of Paprika, Mono and Diglycerides, Silicon Dioxide [Anti-Caking Agent], Sodium Hexametaphosphate.) Onion Soup Mix (Onions, Salt, Cornstarch, Onion Powder, Sugar, Soy Sauce [Fermented Soybeans, Wheat and Salt], Caramel Color [Sulfites], Maltodextrin [Tapioca], Corn Syrup, Yeast Extract, High Oleic Sunflower Oil, Disodium Guanylate, Disodium Inosinate. Dehydrated), Mrs. Dash. (Onion, Spices [Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary], Garlic, Carrot, Orange Peel, Tomato,



Lemon Juice Powder, Citric Acid, Oil Of Lemon).

**SWISS STEAK DINNER  
SERVED WITH MASHED POTATOES, BEETS, FRUIT COCKTAIL, ROLL AND  
SNICKERDOODLE COOKIE**

Ingredients Vegetables: Mashed Potatoes (Mashed Potatoes [Potato {Dry}, Mono and Diglycerides, Ascorbic Acid {Vitamin C}, Calcium Stearoyl-2-Lactylate. Freshness preserved with Sodium Bisulfite and BHT. May Contain Milk Ingredients.], Water, Milk [Low-Fat Milk, Vitamin A Palmitate, Vitamin D3], Margarine [Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey.]

Ingredients Vegetables: Beets (Beets, Water, Salt)

Ingredients Fruit: Fruit Cocktail (Diced Peaches, Diced Pears, Water, Grapes, Pear Juice Concentrate, Pineapple segments, Halved Cherries artificially colored Red with Carmine)

Ingredients Grain: Small Roll (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, High Fructose Corn Syrup, Yeast, Dextrose, Wheat Gluten, Soybean Oil, Salt, Calcium Sulfate, Grain Vinegar, Calcium Propionate {Preservative}, Monoglycerides DATEM, Malt Extract {Corn, Barley}, Corn Flour, Monocalcium Phosphate, Cornstarch, Calcium Carbonate, Calcium Phosphate, Turmeric Color, Potassium Iodate, Soy Lecithin, Paprika Color, Natural Flavor)

Ingredients Grain: Snickerdoodle Cookie (Flour [(Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid] Splenda (Dextrose, Maltodextrin, Sucralose), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains less than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate added, Whey.), Eggs, Cinnamon, Cream Of Tartar, Baking Soda, (Sodium Bicarbonate), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide) COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

**BAKED BREADED COD LOINS**

Ingredients: Breaded Cod Loins (Cod, Water, Vegetable Oil [Canola, Cottonseed, and/or Soybean), Enriched Bleached Wheat Flour (Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Bleached Wheat Flour, Enriched Wheat Flour [Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Modified Com Starch, Yellow Corn Flour, Contains 2% or less of: Sugar, Natural Flavors, Salt, Soy Protein (With Soy Lecithin), Enriched Wheat Flour [Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Palm Oil, Whey, Dehydrated Onion, Yeast Extract, Yeast, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate, Calcium Lactate],

Modified Cellulose, Onion Powder, Caramel Color, Extractives of Paprika., Annatto and Turmeric [Color], Sodium Tripolyphosphate [To Retain Moisture].

### **BAKED BREADED FISH DINNER WITH STEAMED BROCCOLI, STEWED TOMATOES, ROLL AND PEACH COBBLER**

Ingredients Vegetables: Steamed Broccoli (Broccoli Florets),

Ingredients Vegetables: Stewed Tomatoes (Diced Tomatoes [Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride], Green Pepper, Splenda [Dextrose, Maltodextrin, Sucralose])

Ingredients Vegetables/Fruit: Peaches (in peach cobbler)

Ingredients Grain: Roll (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, High Fructose Corn Syrup, Yeast, Dextrose, Wheat Gluten, Soybean Oil, Salt, Calcium Sulfate, Grain Vinegar, Calcium Propionate {Preservative}, Monoglycerides Datum, Malt Extract {Corn, Barley}, Corn Flour, Monocalcium Phosphate, Cornstarch, Calcium Carbonate, Calcium Phosphate, Turmeric Color, Potassium Iodate, Soy Lecithin, Paprika Color, Natural Flavor)

Ingredients Grain Peach Cobbler: (Diced Peaches [Peaches, Water, Pear Concentrate], Flour [Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid], Brown Sugar [Sugar, Molasses] Oats [Whole Grain Rolled Oats], Margarine [Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzoate (A Preservative), Citric Acid, Whey Solids, Calcium Disodium Edta added to protect flavor, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added], Peach Juice [Water, Pear Concentrate From Canned Peaches], Splenda [Dextrose, Maltodextrin, Sucralose], Ground Cinnamon).

Ingredients Condiments: Tartar Sauce (Mayonnaise [Soybean Oil, Water, Whole Eggs, Vinegar, High Fructose Corn Syrup, Egg Yolk, Salt, Spices, Calcium Disodium EDTA added to protect flavor], Green Sweet Relish [Cucumbers, Corn Syrup, Water, High Fructose Corn Syrup, Vinegar, Salt, Xanthan Gum, 0.1% Sodium Benzoate (Preservative), Calcium Chloride, Alum, Natural Flavors, Polysorbate 80, Yellow 5 and Maltol.] **COMMON ALLERGENS PRESENT:** Contains Fish-Cod, Milk, Soy, Wheat

### **GRILLED CHEESE SANDWICH SERVED WITH TOMATO SOUP, GREEN BEANS AND GRAPES**

Ingredients: Whole Wheat Bread (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Cellulose Fiber, Wheat Gluten, High Fructose Corn Syrup, Yeast, Cracked Whole Wheat, Salt, Soybean Oil, Wheat Bran, Corn Syrup, Cellulose Gum, Caramel Color, Monoglycerides, Calcium Propionate {Preservative}, Monocalcium Phosphate, Calcium Sulfate, DATEM, Cornstarch, Soy Lecithin, Potassium Iodate, Nonfat Milk), Pasteurized Process American Cheese (Cultured Milk And Skim Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid [Preservative], Citric Acid, Artificial Color, Acetic Acid, Enzymes, Soy Lecithin),

Smoked Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Natural Flavoring), Margarine (Vegetable Oil Blend [Palm Oil And Soybean Oil], Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono And Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural And Artificial Flavor, Beta Carotene[Color], Vitamin A Palmitate Added, Whey)

### **GRILLED CHEESE SANDWICH SERVED WITH TOMATO SOUP, GREEN BEANS AND GRAPES**

Ingredients Vegetables: Tomato Soup (Condensed Tomato Soup [Tomato Puree {Water, Tomato Paste}, Wheat Flour, Water, High Fructose Corn Syrup, Contains 2% or Less of: Salt, Ascorbic Acid, White Pepper, Natural Flavor, Natural Onion Flavor with Other Natural Flavors {Maltodextrin, Natural Flavor}, Garlic Powder, Citric Acid, Disodium Phosphate, Potassium Chloride], Milk [Low-Fat Milk, Vitamin A Palmitate, Vitamin D3], Margarine [Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzoate {A Preservative}, Citric Acid, Whey Solids, Calcium Disodium Edta Added To Protect Flavor, Natural & Artificial Flavor, Beta Carotene {Color}, Vitamin A Palmitate Added], Basil Leaf, Onion Powder

Ingredient: Green Beans (Green Beans, Water, Salt)

Ingredient: Grapes (Fresh)

Ingredients Grain: Whole Wheat Bread In Sandwich (See Above)

Ingredients Condiments: Margarine (Soft Tub (Vegetable Oil Blend [Soybean Oil, Palm Oil, Palm Kernel Oil], Water, Whey [Milk] Salt, Mono and Diglycerides, Soy Lecithin, [Potassium Sorbate, Calcium Disodium Edta], Used To Protect Quality, Citric Acid, Vitamin A Palmitate, Beta Carotene [Color], Natural And Artificial Flavor, Cholecalciferol [Vitamin D3])), COMMON ALLERGENS PRESENT: Contains Wheat, Soy, Milk

### **BAKED HAM WITH PINEAPPLE RING GLAZE**

Ingredients: Smoked Ham With Water Added (Cured With Water, Dextrose, Contains 2% Or Less Of: Salt, Sodium Lactate, Sugar, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Sliced Pineapple (Pineapple, Pineapple Juice, Clarified Pineapple Juice From Concentrate [Water, Clarified Pineapple Juice Concentrate], And Citric Acid), Juice From Canned Pineapples, Light Brown Sugar (Sugar, Molasses), Dry Mustard (Mustard), Whole And Ground Cloves (Cloves)

### **BAKED HAM WITH PINEAPPLE RING GLAZE SERVED WITH SWEET POTATOES CASSEROLE, GREEN BEANS, AND A FRUIT MUFFIN**

Ingredients Vegetables: Sweet Potato Casserole (Canned Sweet Potatoes [Sweet Potatoes, Water, Corn Syrup, Sugar], Margarine [Vegetable Oil Blend (Palm Oil and Soybean Oil), Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium

Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey], Light Brown Sugar [Sugar, Molasses], Splenda [Dextrose, Maltodextrin Sucralose]

Ingredients Vegetables: Green Beans (Green Beans, Water, Sea Salt)

Ingredients Vegetables/Fruit: Pineapple Ring (Pineapple, Pineapple Juice, Clarified Pineapple Juice from Concentrate [Water, Clarified Pineapple Juice Concentrate], and Citric Acid.) and Pineapple Juice Served With The Ham

Ingredients Grain: Fruit Muffin (Muffin, May contain one or more of the following Fruits: Bananas (Fresh), Blueberries [Fresh or Frozen], Apples, Apricots [Apricots, Water, Corn Syrup, Sugar], Applesauce [Apples, Water, Erythorbic Acid {To Maintain Color}], Pineapple [Pineapple, Unsweetened Pineapple Juice], Raisins [California Seedless Raisins]. Also Contains Flour [Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid] Splenda (Dextrose, Maltodextrin, Sucralose), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey) Eggs, Cinnamon, Cream of Tartar, Baking Soda, (Sodium Bicarbonate), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide)). COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

Ingredients Condiments: Margarine: Delivered In Full Tubs Only Upon Request

### **GROUND BEEF IN CREAM SAUCE SERVED OVER EGG NOODLES WITH MIXED VEGETABLES, SLICED BEETS, WATERMELON, AND SUGAR COOKIE**

Ingredients: Ground Beef, Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid) Mushrooms, Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color]. Vitamin A Palmitate Added, Whey), Onion, Garlic

Sauce: Water, Sour Cream (Cultured Cream), Cream of Mushroom Soup (Water, Mushrooms, Vegetable Oil [Corn, Cottonseed, Canola and/or Soybean], Modified Food Starch, Wheat Flour, Contains Less Than 2% of: Salt, Cream [Milk], Dehydrated Whey, Soy Protein Concentrate, Monosodium Glutamate, Yeast Extract, Flavoring, Dehydrated Garlic). Beef Base (Cooked Beef, Salt, Flavor [Contains Hydrolyzed Corn Gluten, Soy Protein, Wheat Protein, Dextrose], Maltodextrin, Beef Broth, Onion Powder, Sugar, Caramel Color, Natural Flavor, Disodium Inosinate, Disodium Guanylate), Worcestershire Sauce (Distilled Vinegar, Water, Molasses, Corn Syrup, Salt, Sugar, Spices, Caramel Color, Anchovies, Natural Flavors (Soy), Xanthan Gum, Dehydrated Garlic Powder and Tamarind Extract), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide)

**BEEF STROGANOFF SERVED OVER EGG NOODLES, WITH MIXED VEGETABLES,  
SLICED BEETS, WATERMELON, AND SUGAR COOKIE**

Ingredients Vegetables: Mixed Vegetables (Water, Carrots, Potatoes, Celery, Peas, Green Beans, Corn, Lima Beans, Salt, Calcium Chloride, Onion Flavoring)

Ingredients Vegetables: Sliced Beets (Beets, Water, Salt)

Ingredients Fruit: Melon or Fresh Fruit In Season: List\_\_\_\_\_

Ingredients Grain: Wide Egg Noodles (Durum Wheat Semolina, Durum Wheat Flour [Enriched with Iron {Ferrous Sulfate}, And 8 Vitamins {Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid} Eggs,)

Ingredients Grain: Sugar Cookie (Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Powdered Sugar (Sugar, Cornstarch), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate added, Whey), Egg, Cream Of Tartar, Vanilla Extract (Vanilla Bean Extractives In Water And Alcohol [41%]), Baking Soda (Sodium Bicarbonate), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide). May Contain One Or More Of The Following: Semi-Sweet Chocolate Morsels (Sugar, Chocolate, Cocoa Butter, Milkfat, Soy Lecithin, Natural Flavors), M&M Candies (Milk Chocolate [Sugar, Chocolate, Skim Milk, Cocoa Butter, Lactose, Milkfat Soy Lecithin, Salt, Artificial Flavors), Sugar, Cornstarch, Less Than 1 % -, Corn Syrup, Dextrin, Coloring (Includes Blue 1 Lake, Yellow 6, Red 40, Yellow 5, Blue 1, Red 40 Lake, Blue 2 Lake, Yellow 6 Lake, Yellow 5 Lake, Blue 2), Gum Acacia, M&M's© Candies May Contain Peanuts), Colored Sprinkles (Sugar, Cornstarch, Confectioner's Glaze, Red 3, Yellow 5, Blue 1, Yellow 6, Red 40, Carnauba Wax)

COMMON ALLERGENS PRESENT: Contains Eggs, Fish, Milk (Dairy), Peanuts, Soy, Wheat

Ingredients Condiments: Sauce In Main Dish

**CREAMED TURKEY WITH PEAS AND CARROTS SERVED OVER A BISCUIT WITH  
PEACHES, AND OATMEAL RAISIN COOKIE**

Ingredients: Turkey Breast (Turkey Breast, Turkey Broth, Less Than 2% of Dextrose, Salt, Carrageenan, Sodium Phosphate), Water, Sweet Peas (Peas, Water, Sugar, Salt), Sliced Carrots (Carrots, Water, Salt, Calcium Chloride), Sauce: Milk (Low-Fat Milk, Vitamin A Palmitate, Vitamin D3), Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Canola Oil (Canola Oil), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide), Black Pepper

**CREAMED TURKEY WITH PEAS AND CARROTS SERVED OVER A BISCUIT WITH**

## **PEACHES, AND OATMEAL RAISIN COOKIE**

Ingredients Vegetables: Peas & Carrots in Entrée

Ingredients Fruit: Diced Peaches (Peaches, Water, Pear Juice Concentrate)

Ingredients Grain: Biscuit (Enriched Flour [Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Buttermilk, Palm and Palm Kernel Oil, Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid] Water, Leavening, [Sodium Aluminum Phosphate, Sodium Bicarbonate, Monocalcium Phosphate), Contains 2% or less of: Salt, Sugar Dextrose, Partially Hydrogenated Soybean Oil, Natural Flavors, Soybean Oil)

Ingredients Grain: Oatmeal Raisin Cookie: Oatmeal (Whole Grain Rolled Oats), Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Raisins (California Seedless Raisins), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey) Splenda (Dextrose, Maltodextrin, Sucralose), Light Brown Sugar (Sugar, Molasses), Eggs, Baking Soda (Sodium Bicarbonate), Ground Cinnamon, Vanilla (Vanilla Bean Extractives In Water and Alcohol [41%]), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide)

COMMON ALLERGENS PRESENT: Contains Egg, Milk, Soy, Wheat

## **SPINACH LASAGNA SERVED WITH COLE SLAW, CARROTS, GARLIC TOAST AND 1/2 A BANANA**

Ingredients: Spinach Lasagna: Ragu Sauce (Tomato Puree [Water, Tomato Paste], Soybean Oil, Salt, Dehydrated Onions, Sugar, Extra Virgin Olive Oil, Spices, Romano Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes], Natural Flavor), Mozzarella Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Anticake [Potato Starch, Corn Starch, Powdered Cellulose], And Natamycin [A Natural Mold Inhibitor]), Lasagna Noodles (Semolina, Durum Wheat, Niacin, Ferrous Sulfate Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Ricotta Cheese: (Pasteurized Whey, Cream, Vinegar And Carrageenan), Spinach, Parmesan Cheese:(Parmesan Cheese [Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes], Cellulose Powder To Prevent Caking, Potassium Sorbate To Protect Flavor), Garlic

## **SPINACH LASAGNA SERVED WITH COLE SLAW, CARROTS, GARLIC TOAST AND ½ A BANANA**

Ingredients Vegetables: Coleslaw: (Cabbage, Carrots, Mayonnaise (Soybean Oil, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Egg Whites, Contains 2% or less of: Salt, Spice, Calcium Disodium EDTA {protect flavor}), Apple Cider Vinegar (Apple Cider Vinegar, reduced to 5% acidity for uniform pickling and table strength), Splenda (Dextrose, Maltodextrin, Sucralose), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide), Celery Seed).

Ingredients Vegetables: Carrots, Sliced: (Carrots, Water, Salt, Calcium Chloride)

Ingredients Fruit: Banana, Fresh

Ingredients Grain: In Lasagna

Ingredients Grain: Garlic Bread: Italian Bread (Enriched Flour [Flour, Niacin Enzyme, Iron from Ferrous Sulfate, Thiamine, Hydrochloride, Riboflavin, Reduced Iron], Water, Yeast, Partially Hydrogenated Soybean Oil, Corn Syrup, Salt, Partially Hydrogenated Cottonseed Oil, Calcium Sulfate, Ammonium Sulfate, Potassium Bromate, 1-Cysteine Hydrochloride), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey), Garlic Powder.

COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

### **SLICED TURKEY IN BROTH**

Ingredients: Turkey Breast Oven Roasted (Turkey Breast, Turkey Broth, Less than 2% of Dextrose, Salt, Carrageenan, Sodium Phosphate), Water, Chicken Base [Mechanically Separated Chicken, Salt, Maltodextrin, Food Starch-Modified, Chicken Fat, Sugar, Seasonings {Hydrolyzed Corn Protein, Yeast Extract}, Onion Powder, Turmeric, Chicken Broth Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavoring, Oleoresin Paprika], Cooking Spray (Canola Oil, Monosodium Phosphate Derivatives Of Mono- and Diglycerides, Calcium Carbonate, Silicon Dioxide, Water. Contains Propellant to Dispense Spray) \*Adds A Trivial Amount of Fat

### **SLICED TURKEY DINNER SERVED WITH SWEET POTATO, GREEN BEANS, PEACHES AND A BISCUIT**

Ingredients Vegetables: Sweet Potatoes Casserole: (Canned Sweet Potatoes [Sweet Potatoes, Water, Corn Syrup, Sugar], Margarine [Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey], Light Brown Sugar [Sugar, Molasses], Splenda (Dextrose, Maltodextrin, Sucralose])

Ingredients Vegetables: Green Beans (Green Beans, Water, Sea Salt)

Ingredients Fruit: Diced Peaches (Peaches, Water, Pear Juice Concentrate)

Ingredients Grain: Biscuit (Enriched Flour [Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Buttermilk, Palm and Palm Kernel Oil, Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid] Water, Leavening, [Sodium Aluminum Phosphate, Sodium Bicarbonate, Monocalcium Phosphate), Contains 2% or less of: Salt, Sugar, Dextrose, Partially Hydrogenated Soybean Oil, Natural Flavors, Soybean Oil)

Ingredients Grain: Sugar Cookie (Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Powdered Sugar (Sugar, Cornstarch), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey), Egg, Cream of Tartar, Vanilla Extract (Vanilla Bean Extractives in Water And Alcohol (41%)), Baking Soda (Sodium Bicarbonate), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide). May Contain One or More Of The following: Semi-Sweet Chocolate Morsels (Sugar, Chocolate, Cocoa Butter, Milkfat, Soy Lecithin, Natural Flavors.

Ingredients Condiments: Mayonnaise (Soybean Oil, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Egg Whites, Water, Contains 2% or less of: Salt, Spices, Calcium Disodium EDTA {Protect Flavor}), Ingredients Condiments: Classic Yellow Mustard (Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors and Garlic Powder).  
COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Wheat, Soy

### **VEGETABLE SOUP WITH CHICKEN BROTH, CHICKEN SALAD SANDWICH**

Ingredients: Vegetable Soup with Chicken Broth (Diced Tomatoes [Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride], Chicken Broth [Chicken Stock, Contains Less Than 2% of Sea Salt, Salt, Sugar, Natural Flavoring, Dehydrated Onions, Yeast Extract, Chicken Fat, Canola Oil, Carrots, Celery, Onions], V-8 Vegetable Juice [Reconstituted Vegetable Juice Blend {Water And Concentrated Juices Of Tomatoes, Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach,} Contains Less Than 2% of: Salt, Vitamin C {Ascorbic Acid}, Natural Flavoring, Citric Acid], Water, Cut Green Beans [Green Beans, Water, Sea Salt] Whole Kernel Corn [Corn, Water, Sugar, Salt], Potatoes, Carrots, Celery, Oregano, Parsley

### **VEGETABLE SOUP WITH CHICKEN SALAD SANDWICH SERVED ON A BUN WITH TOMATOES SLICES ON LETTUCE, STRAWBERRIES**

Ingredients: Chicken Salad Sandwich: Chicken, Mayonnaise (Soybean Oil, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Egg Whites, Contains 2% or less of: Salt, Spice, Calcium Disodium EDTA (Protect Flavor), Miracle Whip Dressing (Water, Soybean Oil, High Fructose Corn Syrup, Vinegar, Modified Cornstarch, Eggs, Salt, Natural Flavor, Mustard Flour, Potassium Sorbate As A Preservative, Paprika, Spice, Dried Garlic), Celery, Sweet Green Relish (Cucumbers, Corn Syrup, Water, High Fructose Corn Syrup, Vinegar, Salt, Xanthan Gum, 0.1% Sodium Benzoate, [Preservative], Calcium Chloride, Alum, Natural Flavors, Polysorbate 80, Yellow 5 and Maltol), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide), Mrs. Dash (Onion, Spices [Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary], Garlic, Carrot, Orange Peel, Tomato, Lemon Juice Powder, Citric Acid, Oil of Lemon)

Ingredients Vegetables: Tomatoes, (Sliced Fresh Tomatoes), Lettuce

Ingredient Fruit: Strawberries (Strawberries)



Ingredients Grain: Bun (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, High Fructose Corn Syrup, Wheat Gluten, Yeast, Soybean Oil, Salt, Corn Syrup, Monoglycerides, Ethoxylated Mono- and Diglycerides, Monocalcium Phosphate, Calcium Propionate {Preservative}, Calcium Sulfate, Cornstarch, DATEM, Potassium Iodate, Soy Lecithin, Nonfat Milk).  
COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

### **ELBOW MACARONI WITH GROUND BEEF SAUCE**

Ingredients: Prego Italian Sauce - Traditional (Tomato Puree [Water, Tomato Paste], Diced Tomatoes In Tomato Juice, Sugar, Contains Less Than 1% of Canola Oil, Salt, Dehydrated Onions, Spice, Dehydrated Garlic, Citric Acid, Onion Extract, Garlic Extract) Ground Beef, Elbow Macaroni (Durum Semolina, Niacin, Ferrous Sulfate [Iron], Thiamine, Mononitrate, Riboflavin, Folic Acid), Garlic

### **JOHNNY MARZETTI**

### **ELBOW MACARONI WITH GROUND BEEF SAUCE SERVED WITH SWEET AND SOUR ZUCCHINI, MANDARIN ORANGES AND GARLIC TOAST**

Ingredients Vegetables: Carrots, Sliced: (Carrots, Water, Salt, Calcium Chloride)

Ingredients Vegetables: Sweet And Sour Zucchini: (Zucchini, Cucumber, Sweet and Sour Salad Dressing [Soybean Oil, Sugar, Cider/Corn Vinegar, Water, Salt, Spice, Onion, Celery Seed, Xanthan and Guar Gums, Sodium Alginate], Onion)

Ingredients Fruit: Mandarin Oranges Segments (Broken Mandarin Orange Segments, Water, Sugar)

Ingredients Grain: Macaroni In Entrée

Ingredients Grain: Garlic Bread: Italian Bread (Enriched Flour [Flour, Niacin Enzyme, Iron from Ferrous Sulfate, Thiamine, Hydrochloride, Riboflavin, Reduced Iron], Water, Yeast, Partially Hydrogenated Soybean Oil, Corn Syrup, Salt, Partially Hydrogenated Cottonseed Oil, Calcium Sulfate, Ammonium Sulfate, Potassium Bromate, L-Cysteine Hydrochloride), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey), Garlic Powder.

COMMON ALLERGENS PRESENT: Contains Milk, Wheat, Soy

**PULLED PORK WITH BBQ SAUCE SERVED ON A BUN WITH CORN, COLE SLAW AND GRAPES**

Ingredients: Pork (Boneless Pork), Sweet Baby Ray's Barbecue Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains Less Than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate as a Preservative, Molasses, Corn Syrup, Garlic, Sugar, Tamarind, Natural Flavor, Dried), Water, Liquid Smoke (Water, Natural Hickory Smoke Flavor, Vinegar, Molasses, Caramel Color, and Salt)

**PULLED PORK WITH BBQ SAUCE SERVED ON A BUN WITH CORN, COLE SLAW, AND GRAPES**

Ingredients Vegetables: Potato Wedges (Potato, Canola Oil, Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodine)

Ingredients Vegetable: Cole Slaw (Cabbage, Carrots, Mayonnaise (Soybean Oil, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Egg Whites, Contains 2% or less of: Salt, Spice, Calcium Disodium EDTA (Protect Flavor), Apple Cider Vinegar (Apple Cider Vinegar, Water), Sugar, Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide), Celery Seed)

Ingredients Fruit: Fresh Grapes

Ingredients Grain: Bun (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, High Fructose Corn Syrup, Soybean Oil, Yeast, Wheat Gluten, Salt, Honey, Corn Syrup, Monoglycerides, Monocalcium Phosphate, Calcium Propionate {Preservative}, Calcium Sulfate, DATEM, Ethoxylated Mono-and-Diglycerides, Cornstarch, Turmeric {Color}, Potassium Iodate, Soy Lecithin).

COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

Ingredient Condiment: Included In Entrée

**SALMON PATTY DINNER SERVED WITH CREAMED SPINACH, PARSLEY BAKED POTATO, BANANA AND APPLE/APPLESAUCE MUFFIN**

Ingredients: Salmon- Canned (Atlantic Salmon, Water, Salt, Color Added), Bread Crumbs (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, High Fructose Corn Syrup, Corn Syrup, Partially Hydrogenated Vegetable Oil [Soybean and/or Cottonseed Oil and/or Canola Oils), Contains 2% or less of the following: Salt, Yeast, Sugar, Honey, Sesame Seed, Poppy Seed, Molasses, Wheat Gluten, Whey, Soy Flour, Whole Wheat Flour, Rye Flour, Oat Bran, Corn Flour, Corn Meal, Rice Flour, Potato Flour, Butter, Skim Milk, Buttermilk, Lactic Acid, Distilled Vinegar, Soy Lecithin, Dough Conditioner [Mono- and Diglycerides, Sodium and/or Calcium Stearoyl

Lactylate], Yeast Nutrients [Contains One Or More Of The Following: Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate], Calcium Propionate [Preservative] Potassium Sorbate [Preservative], Powdered Onion, Powdered Garlic, Salt, Parsley, Oregano, Black Pepper), Olive Oil (Olive Oil- Composed Of Refined Olive Oils And Virgin Olive Oils), Eggs, Onion, Mrs. Dash (Onion, Spices, [Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary], Garlic, Carrot, Tomato, Lemon Juice Powder, Citric Acid, Oil of Lemon).

### **SALMON PATTY DINNER SERVED WITH CREAMED SPINACH, PARSLEY BAKED POTATO, BANANA AND AN APPLE/APPLESAUCE MUFFIN**

Ingredients Vegetables: Creamed Spinach: Baby Spinach, 1% Milk (Low-Fat Milk, Vitamin A Palmitate, Vitamin D3), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey), Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Onion, Garlic, Ground Nutmeg

Ingredients Vegetables: Parsley Baked Potato (Potatoes, Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey), Dried Parsley, Onion, Canola Oil (Canola Oil)

Ingredients Fruit: Fresh Banana

Ingredients Grain: Muffin, May Contain One Or More Of The Followings Fruits: Bananas, Blueberries (Fresh Or Frozen), Apples, Apricots (Apricots, Water, Corn Syrup, Sugar), Applesauce (Apples, Water, Ascorbic Acid To Maintain Color), Pears (Pears, Water, High Fructose Corn Syrup, Corn Syrup), Pineapple (Pineapple, Unsweetened Pineapple Juice), Raisins (California Seedless Raisins). Also Contains Flour (Bleached Wheat Flour, Malted Barley Flour, and/or Amylase, Niacin (A B-Vitamin), Iron, Thiamin, Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid]), Splenda (Maltodextrin, Sucralose), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey), Eggs, Cinnamon, Cream of Tartar, Baking Soda, (Sodium Bicarbonate), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide)

COMMON ALLERGENS PRESENT: Contains Fish- Salmon, Eggs, Milk, Soy, Wheat

Ingredients Condiments: Margarine - Soft Served in Tub

## **HOT DOG ON A BUN WITH BAKED BEANS**

Ingredients: Hot Dog (Mechanically Separated Chicken, Pork, Water, Beef, Contains Less Than 2% of Salt, Sorbitol, Mustard, Dextrose, Sodium Phosphate, Garlic Powder, Spice Extractives, Sodium Erythorbate, Sodium Nitrite)

## **HOT DOG ON A BUN WITH BAKED BEANS, GARDEN SALAD AND STRAWBERRIES**

Ingredients Vegetable: Baked Beans (Baked Beans [Prepared White Beans, Water, Brown Sugar, Sugar, Salt, Mustard {Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika}, Bacon, Modified Corn Starch, Onion Powder, Caramel Color, Spices, Garlic Powder, Natural Flavor], Onions, Original Syrup [Corn Syrup, High Fructose Corn Syrup, Water, Maple Syrup, Contains Less Than 2% of Cellulose Gum, Natural and Artificial Flavor, Sorbic Acid Preservative Potassium, Sorbate Preservative, Caramel Color], Light Brown Sugar [Sugar, Molasses], Ketchup [Tomato Concentrate Made From Vine Ripened Tomatoes, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less Than 2% of: Onion Powder, Garlic Powder, Natural Flavors], Mustard [Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors and Garlic Powder]

Ingredients Vegetable: Coleslaw: (Cabbage, Carrots, Mayonnaise (Soybean Oil, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Egg Whites, Contains 2% or Less of: Salt, Spice, Calcium Disodium EDTA (Protect Flavor), Apple Cider Vinegar (Apple Cider Vinegar, Reduced to 5% Acidity for Uniform Pickling and Table Strength), Splenda (Dextrose, Maltodextrin, Sucralose), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide), Celery Seed

Ingredients Fruit: Strawberries (Fresh)

Ingredients Grain: Bun (Enriched Unbleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin, Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, Dextrose, Corn Syrup, Partially Hydrogenated Vegetable Oil [Soybean and/or Cottonseed Oils], Yeast, Contains 2% or less of each of the following: Wheat Gluten, Salt, Dough Conditioners [May Contain One Or More Of The Following: Mono-And Diglycerides, Ethoxylated Mono- And Diglycerides, Sodium Stearoyl Lactylate, Enzymes, Ascorbic Acid, Azodicarbonamide], Whey, Yeast Nutrients [Monocalcium Phosphate, Ammonium Sulfate, Calcium Sulfate] Corn Starch, Calcium Propionate (Preservative), Barley Malt, Sesame Seeds, Soy Lecithin, Milk, Soy Flour)

Ingredients Grain: Cupcake, Small (Moist Supreme Classic Yellow Cake Mix [Enriched Bleached Flour {Wheat Flour, Niacin, Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid}, Sugar, Leavening {Baking Soda, Calcium Phosphate, Sodium Aluminum Phosphate}, Wheat Starch, Contains 2% or less of: Canola Oil, Dextrose, Salt, Corn Starch, Propylene Glycol Esters Of Fatty Acids, Artificial Flavor, Distilled Monoglycerides Cellulose Gum, Cellulose, Xanthan Gum, Sodium Stearoyl 2 Lactylate, Red 40, Yellow 5, Citric Acid and BHT), Antioxidant], Water, Eggs, Canola Oil (Canola Oil)  
COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

## **MACARONI AND CHEESE WITH HAM**

Ingredients: Macaroni and Cheese Dinner (Enriched Macaroni {Wheat Flour, Durum Flour, Niacin, Ferrous Sulfate [Iron], Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid}; Cheese Sauce Mix [Whey, Milk Fat, Milk Protein Concentrate, Salt, Sodium Triphosphate, Contains Less Than 2% Citric Acid, Lactic Acid, Sodium Phosphate, Calcium Phosphate, with Paprika, Turmeric, and Annatto added for color, Enzymes, Cheese Culture]), Ham, (Cured With Water, Salt, Sugar, Contains 2% Or Less Of Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate, Sodium Diacetate, Flavor), Velveeta [Milk, Whey, Skim Milk, Milk Protein Concentrate, Whey Protein Concentrate, Milkfat, Sodium Phosphate, Contains Less Than 2% Of Modified Food Starch, Salt, Calcium Phosphate, Canola Oil, Maltodextrin, Lactic Acid, Sorbic Acid As A Preservative, Sodium Alginate, Sodium Citrate, Cheese Cultures, Enzymes, Apocarotenal and Annatto (Color)], Milk (Lowfat Milk, Vitamin A Palmitate, Vitamin D3), Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey), Splenda (Dextrose, Maltodextrin, Sucralose), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide), Celery Seed, Cooking Spray (Canola Oil, Monosodium Phosphate Derivatives of Mono- and Diglycerides, Calcium Carbonate, Silicon Dioxide, Water. Contains Propellant To Dispense Spray) \* Adds A Trivial Amount Of Fat.)

## **MACARONI AND CHEESE WITH HAM SERVED WITH GARDEN SALAD, SLICED BEETS AND RED JELL-O WITH BANANAS**

Ingredients Vegetables: Garden Salad (Lettuce, Cucumbers, Tomatoes)

Ingredients Vegetables: Sliced Beets (Beets, Water, Salt)

Ingredients Fruit: Red Jell-O with Bananas (Water, Bananas, Sugar Free Strawberry Jell-O [Gelatin, Adipic Acid (For Tartness), Disodium Phosphate (Controls Acidity), Maltodextrin (From Corn), Fumaric Acid (For Tartness), Aspartame (Sweetener) Contains Less Than 2% of Artificial Flavor, Acesulfame Potassium (Sweetener), Salt, Blue 1, Red 40]) Banana (Enough So Each Serving Gets 1/2 Banana) Phenylketonurics: Contains Phenylalanine

Ingredients Grain: (Macaroni In Entree)

Ingredient Condiment: Ranch Dressing (Soybean Oil, Water, Distilled Vinegar, Sugar, Egg Yolks, Salt, Contains Less Than 2% of Garlic Juice [Garlic, Vinegar, Salt], Whey Solids and Nonfat Dried Milk, Buttermilk Powder and Sour Cream Powder [{Cream Cultures}, Lactic Acids], Cultured Nonfat Milk Solids, Citric Acid], Food -Starch-Modified, Phosphoric Acid, Natural Flavor, Xanthan Gum, Lactic Acid, Sorbic Acid, Spice, Disodium Guanylate and Disodium Inosinate, Dried Parsley, Lemon Juice Concentrate, Polysorbate 60, Citric Acid, Calcium Disodium EDTA [Protects Flavor]).

COMMON ALLERGENS PRESENT: Contains Milk, Soy, Wheat

## **BAKED GROUND BEEF PATTY WITH GRAVY**

Ingredients: Ground Beef Patties (Beef, Flavoring, Encapsulated Salt [Salt, Soybean and Cottonseed Oils]), Covered With Gravy (Water, Beef Base (Cooked Beef, Salt, Flavors [Contains Hydrolyzed Corn Gluten, Soy Protein, Wheat Protein Dextrose] Maltodextrin, Beef Broth, Onion Powder, Sugar, Caramel Color, Natural Flavoring, Disodium Inosinate, Disodium Guanylate),

## **HAMBURGER ON A BUN SERVED WITH POTATO SOUP, GREEN BEANS AND GRAPES**

Ingredients Vegetables: Potato Soup (Water, Potatoes, Cream Soup Base [Modified Corn Starch, Hydrogenated Coconut Oil, Corn Syrup Solids, Sugar, Maltodextrin, Sodium Caseinate {Milk}, Dipotassium Phosphate, Salt, Cooked Chicken Powder, Mono And Diglycerides, Buttermilk Powder, Soybean Oil, Sodium Silicoaluminate {Anti-Caking Agent}, Potassium Chloride, Onion Powder, Autolyzed Yeast Extract, Natural Flavor {Milk}, Sodium Stearoyl Lactylate, Disodium Guanylate, Disodium Inosinate, Soy Lecithin, Annatto and Turmeric {For Color} Yellow 5, Artificial Flavor, Yellow 6], Evaporated Milk [Milk, Dipotassium Phosphate, Carrageenan, Vitamin D3], Onion, Celery, Carrots)

Ingredients Vegetables: Green Beans (Green Beans, Water, Sea Salt)

Ingredients Fruit: Grapes - Fresh

Ingredients Grain: Bun (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, High Fructose Corn Syrup, Wheat Gluten, Yeast, Soybean Oil, Salt, Corn Syrup, Monoglycerides, Ethoxylated Mono- and Diglycerides, Monocalcium Phosphate, Calcium Propionate {Preservative}, Calcium Sulfate, Cornstarch, DATEM, Potassium Iodate, Soy Lecithin, Nonfat Milk).

COMMON ALLERGENS PRESENT: Contains Milk, Wheat, Soy

## **CHICKEN STEW**

Ingredients: Chicken, Potatoes, Chicken Broth (Water, Carrots, Celery, Onion, Chicken Base [Mechanically Separated Chicken, Salt, Maltodextrin, Food Starch-Modified, Chicken Fat, Sugar, Seasoning {Hydrolyzed, Corn Protein, Yeast Extract}, Onion Powder, Turmeric, Chicken Broth Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavoring Oleoresin Paprika), Frozen Mixed Vegetables (Carrots, Corn, Peas, Green Beans), Chicken Flavored Gravy Mix (Modified Food Starch, Wheat Flour, Maltodextrin, Salt, Hydrolyzed Soy Protein, Palm Oil, Chicken Fat, Chicken Flavors (Natural Flavors, Chicken Stock, Autolyzed Yeast Extract, Chicken Meat Powder, Chicken Fat, Lactic Acid, Calcium Lactate, Sodium Phosphate), Cooked Chicken, Onion Powder, Contains 2% or less of: Sugar, Yeast Extract, Sodium Caseinate, Chicken Broth, Disodium Inosinate and Disodium Guanylate, Spices, Dipotassium Phosphate, Parsley, Mono and Diglycerides, Beta Carotene, Natural Flavor, Silicon Dioxide (Anti-caking Agent), Sodium Hexametaphosphate, Extractive of Turmeric, Caramel Color, Sunflower Oil), Celery, Carrots, Onions, Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid)

## **CHICKEN STEW WITH VEGETABLES SERVED WITH TROPICAL FRUIT SALAD AND A FRUIT MUFFIN**

Ingredients Vegetables: Vegetables including Potatoes, Peas, Carrots, Celery, Onions in Stew

Ingredients Vegetables: Sweet and Sour Zucchini: (Zucchini, Cucumber, Sweet and Sour Salad Dressing [Soybean Oil, Sugar, Cider/Corn Vinegar, Water, Salt, Spice Onion, Celery Seed, Xanthan and Guar Gums, Sodium Alginate], Onion)

Ingredients Fruit: Tropical Fruit Salad: (Water, Pineapple Chunks, Red Papaya Chunks, Yellow Papaya Chunks, Guava Chunks, Pineapple Juice, Citric Acid)

Ingredients Grain: Fruit Muffin (Muffin, May Contain One Or More Of The Followings Fruits: Bananas (Fresh), Blueberries [Fresh Or Frozen], Apples, Apricots [Apricots, Water, Corn Syrup, Sugar], Applesauce [Apples Water, Erythorbic Acid {To Maintain Color}], Pineapple [Pineapple, Unsweetened Pineapple Juice], Raisins [California Seedless Raisins]. Also Contains Flour [Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid], Splenda (Dextrose, Maltodextrin, Sucralose) Margarine (Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey), Eggs, Cinnamon, Cream Of Tartar, Baking Soda (Sodium Bicarbonate), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide)

COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

## **BAKED BREADED COD LOINS**

Ingredients: Breaded Cod Loins (Cod, Water, Vegetable Oil (Canola, Cottonseed, and/or Soybean), Enriched Bleached Wheat Flour [Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Bleached Wheat Flour, Enriched Wheat Flour [Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Modified Corn Starch, Yellow Corn Flour, Contains 2% or less of: Sugar, Natural Flavors, Salt, Soy Protein (With Soy Lecithin), Enriched Wheat Flour [Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Palm Oil, Whey, Dehydrated Onion, Yeast Extract, Yeast, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate, Calcium Lactate], Modified Cellulose, Onion Powder, Caramel Color, Extractives Of Paprika, Annatto and Turmeric [Color], Sodium Tripolyphosphate [To Retain Moisture].

## **BAKED BREADED FISH DINNER WITH STEAMED BROCCOLI, STEWED TOMATOES, ROLL AND PEACH COBLER**

Ingredients Vegetables: Steamed Broccoli (Broccoli Florets)

Ingredients Vegetables: Stewed Tomatoes (Diced Tomatoes [Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride], Green Pepper, Splenda [Dextrose, Maltodextrin, Sucralose])

Ingredients Vegetables/Fruit: Peaches (In Peach Cobbler)

Ingredients Grain: Roll (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, High Fructose Corn Syrup, Yeast, Dextrose, Wheat Gluten, Soybean Oil, Salt, Calcium Sulfate, Grain Vinegar, Calcium Propionate {Preservative}, Monoglycerides Datum, Malt Extract {Corn, Barley}, Corn Flour, Monocalcium Phosphate, Cornstarch, Calcium Carbonate, Calcium Phosphate, Turmeric Color, Potassium Iodate, Soy Lecithin, Paprika Color, Natural Flavor)

Ingredients Grain: Peach Cobbler: (Diced Peaches [Peaches, Water, Pear Concentrate], Flour [Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid], Brown Sugar [Sugar, Molasses], Oats (Whole Grain Rolled Oats), Margarine [Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzoate (A Preservative), Citric Acid, Whey Solids, Calcium Disodium Edta Added to Protect Flavor, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added], Peach Juice [Water, Pear Concentrate from Canned Peaches], Splenda [Dextrose, Maltodextrin, Sucralose], Ground Cinnamon)

Ingredients Condiments: Tartar Sauce (Mayonnaise [Soybean Oil, Water, Whole Eggs, Vinegar, High Fructose Corn Syrup, Egg Yolk, Salt, Spices, Calcium Disodium EDTA added to protect flavor], Green Sweet Relish [Cucumbers, Corn Syrup, Water, High Fructose Corn Syrup, Vinegar, Salt, Xanthan Gum, 0.1% Sodium Benzoate (Preservative), Calcium Chloride, Alum, Natural Flavors, Polysorbate 80, Yellow 5 and Maltol])

COMMON ALLERGENS PRESENT: Contains Fish-Cod, Eggs, Milk, Soy, Wheat

## **CHICKEN AND NOODLES**

Ingredients: Chicken, Homemade Chicken Stock (Chicken, Water, Carrots, Celery, Onions, Garlic, Thyme, Bay Leaf, Chicken Base [Mechanically Separated Chicken, Salt, Maltodextrin, Food Starch-Modified, Chicken Fat Sugar, Seasonings {Hydrolyzed Corn Protein, Yeast Extract}, Onion Powder, Turmeric, Chicken Broth Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavoring, Oleoresin Paprika], Egg Noodles (Durum Wheat Semolina, Durum Wheat Flour [Enriched With Iron {Ferrous Sulfate} and B Vitamins {Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid}], Eggs), Canola Oil (Canola Oil), Chicken Base [Mechanically Separated Chicken, Salt, Maltodextrin, Food Starch-Modified, Chicken Fat Sugar, Seasonings {Hydrolyzed Corn Protein, Yeast Extract}, Onion Powder, Turmeric, Chicken Broth Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavoring, Oleoresin Paprika], Flour ((Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid))

## **CHICKEN AND NOODLES SERVED ON A BISCUIT WITH LIMA BEANS, CARROTS, STRAWBERRIES**

Ingredients Vegetables: Lima Beans (Lima Beans, Water, Salt)

Ingredients Vegetables: Carrots (Carrots, Water, Salt, Calcium Chloride)



Ingredients Fruit: Strawberries

Ingredients Grain: Biscuit (Enriched Flour [Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Buttermilk, Palm and Palm Kernel Oil, Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Leavening, [Sodium Aluminum Phosphate, Sodium Bicarbonate, Monocalcium Phosphate], Contains 2% or less of: Salt, Sugar, Dextrose, Partially Hydrogenated Soybean Oil, Natural Flavors, Soybean Oil)

COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Soy, Wheat

**SLICED TURKEY AND CHEESE SANDWICH WITH BAKED FRIES, BROCCOLI SOUP,  
FRESH FRUIT IN SEASON**

Ingredients: Deli Turkey Slice (Turkey Breast, Water, Contains less than 2% of: Modified Food Starch, Salt, Sugar, Sodium Phosphate, Carrageenan, Potassium Chloride, Sodium Propionate, Sodium Diacetate, Sodium Benzoate, Lemon Juice Solids, Dextrose, Sodium Ascorbate, Sodium Nitrite), American Pasteurized Processed American Cheese (Cultured Milk and Skim Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid [Preservative], Citric Acid, Artificial Color, Acetic Acid, Enzymes, Soy Lecithin), Whole Wheat Bread (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Whole Wheat Flour, Wheat Gluten, High Fructose Corn Syrup, Cellulose Fiber, Modified Wheat Starch, Yeast, Salt, Wheat Bran, Calcium Sulfate, Corn Syrup, Soybean Oil, Monocalcium Phosphate, Dextrose, Calcium Propionate (Preservative), DATEM, Caramel Color, Modified Corn Starch, Soy Lecithin, Interesterified Soybean Oil, Artificial Color, Natural & Artificial Flavor, Wheat Starch, Palm Oil, Potassium Iodate)

**TURKEY AND CHEESE SANDWICH SERVED WITH BAKED FRIES, BROCCOLI SOUP,  
AND FRESH FRUIT IN SEASON**

Ingredients Vegetables: Baked Fries/Baked Potato Wedges (Potato, Canola Oil, Salt)

Ingredient Vegetables: Broccoli Soup (Broccoli Florets [Broccoli], Water, Cream Soup Base (Modified Corn Starch, Hydrogenated Coconut Oil, Corn Syrup Solids, Sugar, Maltodextrin, Sodium Caseinate [Milk], Dipotassium Phosphate, Salt, Cooked Chicken Powder, Mono and Diglycerides, Buttermilk Powder, Soybean Oil, Sodium Silicoaluminate [Anti-Caking Agent], Potassium Chloride, Onion Powder, Autolyzed Yeast Extract, Natural Flavor [Milk], Sodium Stearoyl, Lactylate, Disodium Guanylate, Disodium Inosinate, Soy Lecithin, Annatto and Turmeric [For Color], Yellow 5, Artificial Flavor, Yellow 6)

Ingredients Fruit: Fresh Fruit In Season (Fresh) List: Bananas

Ingredients Grain: Included in the Sandwich

Ingredients Condiments: Mayonnaise (Soybean Oil, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Egg Whites, Contains 2% or less of: Salt, Spice, Calcium Disodium EDTA [Protect

Flavor]), Classic Yellow Mustard (Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors and Garlic Powder)  
COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Wheat, Soy

### **SPAGHETTI MEAT SAUCE WITH MEATBALLS DINNER**

Ingredients: Spaghetti Meat Sauce with Meatballs (Prego Traditional (Tomato Puree [Water, Tomato Paste], Diced Tomatoes in Tomato Juice, Sugar, Canola Oil, Contains Less Than 1% of: Salt, Dehydrated Onions, Spice, Citric Acid, Dehydrated Garlic, Onion Extract, Garlic Extract), Ground Beef, Garlic Powder, Oregano

### **SPAGHETTI AND MEATBALL DINNER SERVED WITH A SALAD AND FRUIT COCKTAIL**

Ingredients Vegetables: Tossed Salad (Lettuce, Tomatoes, Diced Cucumbers)

Ingredients Vegetables: Green Beans (Green Beans, Water, Sea Salt)

Ingredients Fruit: Fruit Cocktail (Diced Peaches, Diced Pears, Water, Grapes, Pear Juice Concentrate, Pineapple Segments, Halved Cherries Artificially Colored Red with Carmine)

Ingredients Grain: Pasta - Spaghetti Noodles (Durum Wheat Semolina, Durum Wheat Flour [Enriched with Iron {Ferrous Sulfate} and B Vitamins {Niacin, Thiamin, Mononitrate, Riboflavin, Folic Acid})

Ingredients Condiments: Salad Dressing - Ranch (Soybean Oil, Water, Distilled Vinegar, Sugar, Egg Yolks, Salt, Contains 2% or less of: Garlic Juice [Garlic, Vinegar, Salt], Whey Solids and Nonfat Dried Milk, Buttermilk Powder, Sour Cream Powder [{Cream Cultures, Lactic Acid}, Cultured Nonfat Milk Solids, Citric Acid], Food Starch-Modified, Phosphoric Acid, Natural Flavor, Xanthan Gum, Lactic Acid, Ascorbic Acid, Spice, Disodium Guanylate and Disodium Inosinate, Dried Parsley, Lemon Juice Concentrate, Polysorbate 60, Citric Acid, Calcium Disodium EDTA [Protect Flavor])

COMMON ALLERGENS PRESENT: Contains Milk, Soy, Wheat, Eggs (In dressing only)

### **NAVY BEAN SOUP WITH HAM**

Ingredients: Great Northern Beans (Great Northern White Beans, Water, Salt, Calcium Chloride), Ham (Cured With Water, Salt, Sugar, Contains 2% or less of: Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate, Sodium Diacetate, Flavor), Water, Onion

## **NAVY BEAN SOUP WITH HAM SERVED WITH TOMATOES ON LETTUCE, CORNBREAD AND A SUGAR COOKIE**

Ingredients Vegetables: Great Northern Beans in Soup

Ingredients Vegetables: Tomatoes, Lettuce

Ingredients Fruits: Pineapple Chunks: Pineapple Chunks (Pineapple, Unsweetened Pineapple Juice)

Ingredients Grains: Corn Bread: Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin Folic Acid), Corn Meal (Enriched Yellow Corn Meal [Contains Yellow Corn Meal, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin and Folic Acid], Enriched Bleached Wheat Flour [Contains Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin And Folic Acid], Leavening [Contains Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate] And Salt), Milk 1% (Low-Fat Milk, Vitamin A Palmitate, Vitamin D3), Eggs, Splenda (Dextrose, Maltodextrin, Sucralose), Oil (Canola Oil), Salt, Baking Soda (Sodium Bicarbonate)

Sugar Cookie (Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Powdered Sugar (Sugar, Cornstarch), Butter Flavored Crisco (Soybean Oil, Fully Hydrogenated Palm Oil, Partially Hydrogenated Palm and Soybean Oils, Mono and Diglycerides, Natural and Artificial Flavor, TBHQ, and Citric Acid (Antioxidants), Beta Carotene (Pro Vitamin A) Added For Color), Egg, Cream of Tartar, Vanilla Extract (Vanilla Bean Extractives in Water, Alcohol [41%]), Baking Soda (Sodium Bicarbonate), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide). MAY CONTAIN ONE OR MORE OF THE FOLLOWING: Semi-Sweet Chocolate Morsels (Sugar, Chocolate, Milkfat, Cocoa Butter, Soy Lecithin, Natural Flavors) M&M© Candies (Milk Chocolate (Sugar, Chocolate, Skim Milk, Cocoa Butter, Lactose, Milkfat, Soy Lecithin, Salt, Artificial Flavors), Sugar, Cornstarch, Less Than 1% Corn Syrup, Dextrin, Coloring (Includes Blue 1 Lake, Yellow 6, Red 40, Yellow 5, Blue 1, Red 40 Lake, Blue 2 Lake, Yellow 6 Lake, Yellow 5 Lake, Blue 2), Gum Acacia, M&M's© Candies May Contain Peanuts), Homemade Butter Cream Frosting (Margarine [Vegetable Oil Blend [Palm Oil and Soybean Oil], Water, Salt, Contains Less Than 2% of Soy Lecithin, Vegetable Mono and Diglycerides, Potassium Sorbate [A Preservative], Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added, Whey], Powdered Sugar [Sugar, Cornstarch] Milk [Low-Fat Milk, Vitamin A Palmitate, Vitamin D3], Vanilla Extract [Vanilla Bean Extractives in Water, Alcohol (41%)], Salt [Salt, Calcium Silicate, Dextrose, Potassium Iodide]), Colored Sprinkles (Sugar, Partially Hydrogenated Vegetable Oil [Cottonseed], Cornstarch, Cocoa processed with Alkali, Dextrin, Carnauba Wax, Confectioner's Glaze, Soy Lecithin, Red 40 Lake, Yellow 6 Lake, Yellow 5 Lake, Blue 1 Lake, Red 3)  
COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Wheat, Soy, If M&M© Candies are used, these may contain Peanuts.

## **TUNA SANDWICH WITH VEGETARIAN MINESTRONE SOUP**

Ingredients: Tuna Salad: (Canned Tuna [Light Tuna, Water, Vegetable Broth, Salt], Mayonnaise [Soybean Oil, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Egg Whites, Contains 2% or less of: Salt, Spice, Calcium Disodium EDTA (Protect Flavor)], Celery, Onion, Sweet Green Relish [Cucumbers, Corn Syrup, Water, High Fructose Corn Syrup, Vinegar, Salt, Xanthan Gum, 0.1% Sodium Benzoate (Preservative), Calcium Chloride, Alum, Natural Flavors, Polysorbate 80, Yellow 5, and Maltol])

## **TUNA SANDWICH WITH VEGETARIAN MINESTRONE SOUP, LETTUCE AND TOMATO, AND TROPICAL FRUIT**

Ingredients Vegetables: Vegetarian Minestrone Soup: Water, Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride), V-8 Juice (Reconstituted Vegetable Juice Blend [Water and Concentrated Juices of Tomatoes], Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Contains less than 2% of Salt, Vitamin C {Ascorbic Acid} Natural Flavoring, Citric Acid), Macaroni Noodles (Duren Seminola, Niacin, Ferrous Sulfate, Thiamine, Mononitrate, Riboflavin, Folic Acid), Carrots, Squash, Celery, Garbanzo Beans (Prepared Chick Peas, Water, And Salt, Disodium EDTA Added To Promote Color Retention), Thyme

Ingredients Vegetables/Fruit: Lettuce and Tomato

Ingredients Fruit: Tropical Fruit Salad (Water, Pineapple Chunks, Red Papaya Chunks, Yellow Papaya Chunks, Guava Chunks, Pineapple Juice, Citric Acid)

Ingredients Grain: Noodles in Soup

Ingredients Grain: Whole Wheat Bread (Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Cellulose Fiber, Wheat Gluten, High Fructose Corn Syrup, Yeast, Cracked Whole Wheat, Salt, Soybean Oil, Wheat Bran, Corn Syrup, Cellulose Gum, Caramel Color, Monoglycerides, Calcium Propionate {Preservative}, Monocalcium Phosphate, Calcium Sulfate, DATEM, Cornstarch, Soy Lecithin, Potassium Iodate, Nonfat Milk),  
COMMON ALLERGENS PRESENT: Contains Eggs, Milk, Wheat, Soy, Fish- Tuna

Ingredients Condiments: Mayo in Tuna Salad

## **SUNNY FRESH SCRAMBLED EGG PATTY**

Ingredients: Whole Eggs, Water, Modified Food Starch, Salt, Citric Acid, Guar Gum  
COMMON ALLERGENS PRESENT: Contains Eggs (USDA Inspected Egg product)

## **SCRAMBLED EGG BLEND ORIGINAL**

Ingredients: Whole Eggs, Nonfat Milk, Corn Syrup Solids, Salt, Xanthan Gum, Citric Acid, Annatto (color)  
COMMON ALLERGENS PRESENT: Contains Eggs (USDA Inspected Egg product), Milk

### **GENERAL MILLS INC. CHEERIOS**

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) added to preserve freshness, Vitamins and Minerals: Calcium carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3

### **AUNT JEMIMA WHOLE GRAIN PANCAKES**

Ingredients: Whole Wheat Flour and Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Sugar, Whole Eggs, High Fructose Corn Syrup. Contains 2% or less of: Leavening (Sodium Aluminum Phosphate, Baking Soda), Salt, Natural Flavor, Soy Flour (Soy Flour, Soybean Oil, Soy Lecithin).  
COMMON ALLERGENS PRESENT: Contains Wheat, Eggs, Soy

### **CHEF-MATE COUNTRY SAUSAGE GRAVY**

Ingredients: Water, Pork, Soybean Oil, Bleached Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Modified Cornstarch, 2% or less of: Salt, Sugar, Dipotassium Phosphate, Sodium Caseinate, Sodium Stearoyl Lactylate, Maltodextrin, Disodium Inosinate, Disodium Guanylate, Seasoning (Autolyzed Yeast Extract, Natural Flavor, Maltodextrin, Salt, Calcium Lactate, Lactic Acid, Modified Tapioca Starch, Succinic Acid) Black Pepper, Caramel Color, Cellulose Gum, Natural Flavor, Corn Syrup Solids, Flavor.  
COMMON ALLERGENS PRESENT: Contains Milk, Wheat Ingredients

### **HONEY WHOLE WHEAT BISCUITS**

Ingredients: White Wheat 100% Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Interesterified Soybean Oil (with distilled Monoglycerides added), Cane Sugar, Honey, Buttermilk Powder, Baking Powder (Sodium Acid Pyrophosphate, Calcium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Calcium Sulfate, Monocalcium Phosphate), Salt, Xanthan Gum, Mono and Diglycerides  
COMMON ALLERGENS PRESENT: Contains Wheat, Soybean, Milk

### **FARMLAND SILVER MEDAL BRAND PORK SAUSAGE PATTY**

Ingredients: Pork, Water, Salt, Spices, Dextrose, BHT, Citric Acid, Propyl Gallate (US inspected and passed by Department Of Agriculture)

### **KELLOGG EGGO NUTRI-GRAIN WHOLE WHEAT WAFFLES**

Ingredients: Water, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 {Thiamin Mononitrate}, Vitamin B2 {Riboflavin}, Folic Acid), Whole Wheat Flour, Vegetable Oil (Soybean, Palm and/or Canola), Wheat Bran, Sugar, Eggs, Contains 2% or less of leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Salt, Malt Flavor, Whey, Soy Lecithin, Vitamins and Minerals: Calcium Carbonate, Vitamin A Palmitate, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12

### **GENERAL MILLS INC., KIX CEREAL**

Ingredients: Whole Grain Corn, Corn Meal, Sugar, Salt, Brown Sugar Syrup, Baking Soda, Vitamin E (mixed tocopherols) added to preserve freshness, Vitamins and Minerals: Calcium Carbonate, Iron, and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3

### **FARMLAND SILVER MEDAL BRAND PORK SAUSAGE SKINLESS LINKS**

Ingredients: Pork, Water, Salt, Spices, Dextrose, BHT, Citric Acid, Propyl Gallate

### **100% WHOLE WHEAT BREAD**

Ingredients: Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Soybean Oil, Salt, Molasses, Monoglycerides, Calcium Propionate (Preservative), Datem, Calcium Sulfate, Soy Lecithin, Citric Acid, Potassium Iodate, Grain Vinegar

### **WHOLE WHEAT SLICED BAGELS**

Ingredients: Flour (Wheat Flour, Malted Barley Flour), Water, Whole Wheat Flour, Sugar, Wheat Bran, contains less than 2% of each of the following: Salt, Degerminated Yellow Corn Meal, Yeast, Guar & Xanthan Gum Blend, Inactive Dry Yeast, Soybean Oil, Ascorbic Acid added as a Dough Conditioner, Enzymes

COMMON ALLERGENS PRESENT: Contains Soy, Wheat

### **BREAKFAST TOPPING IDEAS**

#### **NATURAL NO STIR CREAMY PEANUT BUTTER**

Ingredients: Roasted Peanuts, Sugar, Palm Oil, Salt

### **SMUCKERS SUGAR FREE BREAKFAST SYRUP**

Ingredients: Water, Sorbitol, contains 2% or less of: Cellulose Gum, Salt, Caramel Color, Xanthan Gum, Sorbic Acid and Sodium Benzoate (Preservatives), Acesulfame Potassium (Nonnutritive Sweetener), Natural and Artificial Flavor, Sodium Hexametaphosphate, Phosphoric Acid, Sucralose (Nonnutritive Sweetener)

### **SNACK**

#### **WHOLE WHEAT RITZ CRACKERS**

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 {Thiamine Mononitrate}, Vitamin B2 {Riboflavin}, Folic Acid), Whole Grain Wheat Flour, Vegetable Oil (Soybean and/or Canola and/or Palm and/or Partially Hydrogenated Cottonseed Oil), Sugar, Leavening (calcium phosphate and/or baking soda), Salt, High Fructose Corn Syrup, Soy Lecithin

#### **SARGENTO COLBY-JACK CHEESE CUBES**

Ingredients: Colby Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto {Vegetable Color}) Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes)

#### **POPPED POPCORN**

Ingredients: Popcorn, Palm Oil, Salt, Natural Flavors, Rosemary Extract (to preserve freshness) Color Added, Ascorbic Acid (to preserve freshness), Butter (Cream, Salt)

#### **HONEY MAID CINNAMON GRAHAM CRACKERS**

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 {Thiamine Mononitrate}, Vitamin B2 {Riboflavin}, Folic Acid), Graham Flour (Whole Grain Wheat Flour), Sugar, Canola Oil, Molasses, Honey, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Cinnamon, Soy lecithin, Dextrose, Natural flavor  
COMMON ALLERGENS PRESENT: Contains Wheat, Soy

#### **KEEBLER ANIMAL CRACKERS**

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 {Thiamin Mononitrate}, Vitamin B2 {Riboflavin}, Folic Acid), Sugar, Soybean and Palm Oil with TBHQ for freshness, High Fructose Corn Syrup, Contains 2% or less of Salt, Calcium Carbonate, Baking Soda, Soy Lecithin, Artificial Flavor

### **PEPPERIDGE FARM GOLDFISH CRACKERS CHEDDAR CHEESE**

Ingredients: Unbleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Vitamin B1 {Thiamine Mononitrate}, Vitamin B2 {Riboflavin}, Folic Acid), Cheddar Cheese (Cultured Milk, Salt, Annatto), Vegetable Oils (Canola, Sunflower and/or Soybean) Contains 2% or less of: Salt, Yeast, Sugar, Autolyzed Yeast, Leavening (Baking Soda, Monocalcium Phosphate, Ammonium Bicarbonate), Paprika, Spices(contains Celery and dehydrated Onions)

### **AUSTIN TOASTY CRACKERS WITH PEANUT BUTTER**

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 {Thiamin Mononitrate}, Vitamin B2 {Riboflavin}, Folic Acid), Peanut Butter (Roasted Peanuts), Soybean Oil with TBHQ for freshness, Sugar, High Fructose Corn Syrup, Dextrose, Contains 2% or less of Salt, Malted Barley Flour, Leavening (Baking Soda, Monocalcium Phosphate, Sodium Acid Pyrophosphate), Soy Lecithin, Cornstarch, Yellow #6, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, Disodium Phosphate, Red Pepper  
COMMON ALLERGENS PRESENT: Contains Wheat, Peanut, Soy and Milk

### **WHOLE GRAIN BREADED CHICKEN NUGGETS**

Ingredients: Chicken Breast with Rib Meat, Water, Isolated Soy Protein with less than 2% Soy Lecithin, Seasoning (Modified Corn Starch, Dehydrated Garlic, Dehydrated Onion, Maltodextrin, Salt, Natural Flavor, Spice Extractives), Salt, Sodium Phosphates.  
Breaded with Whole Wheat Flour, Whole Grain Yellow Corn Flour, Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 {Thiamine Mononitrate}, Vitamin B2 {Riboflavin}, Folic Acid), Brown Sugar, Wheat Gluten, Soybean Oil, Salt, Dried Onion, Dried Garlic, Corn Starch, Potassium Chloride, Spices, Dried Yeast, Citric Acid, Sugar, Paprika Extract (color), Turmeric Extract (color).  
COMMON ALLERGENS PRESENT: Contains Soy, Wheat

### **FRUIT COCKTAIL IN LIGHT SYRUP**

Ingredients: Diced Peaches, Diced Pears, Water, Pineapple Segments, Seedless Grapes, Sugar, Cherry Halves, Colored with FD & cred #3, Citric Acid, Ascorbic Acid

### **SLICED PEACHES IN LIGHT SYRUP**

Ingredients: Peaches, Water, Sugar, Citric Acid

### **SLICED APPLES**

Ingredients: Apples, Water

### **SLICED PEARS**

Ingredients: Pears, Water



## **DRINKS**

### **100% APPLE JUICE**

Ingredients: Water, Apple Juice Concentrate, Ascorbic Acid (Vitamin C)

### **100% ORANGE JUICE**

Ingredients: Water, Orange Juice Concentrated

### **100% GRAPE JUICE**

Ingredients: Water, Grape Juice Concentrated

### **1% LOW-FAT MILK**

Ingredients: Skim Milk, Milk, Vitamin A Palmitate, Vitamin D3

### **NESQUIK CHOCOLATE MILK (NO SUGAR ADDED) POWDER**

Ingredients: Reduced Minerals, Whey, Maltodextrin, Cocoa Processed with Alkali, Soy Lecithin, Carrageenan, Salt, Sucralose, Natural Flavor, Spice, Acesulfame Potassium (non-nutritive sweetener), Vitamins and Minerals: Sodium Ascorbate (Vitamin C), Ferric Pyrophosphate (Iron), Biotin, Niacinamide, Copper Gluconate, Zinc Oxide, Manganese Sulfate, Thiamin Hydrochloride