

Week 1 Monday

Spring/Summer 2018

Pot Roast TURKEY THIGH MEAT, WATER, SEASONING (MODIFIED TAPIOCA STARCH, MODIFIED CORN STARCH, HYDROLYZED YEAST PROTEIN, HYDROLYZED CORN PROTEIN, MALTODEXTRIN, DEXTROSE, ONION POWDER, SUGAR, GARLIC POWDER, BEEF FAT, TOMATO POWDER, BEEF EXTRACT, NATURAL FLAVORS, AUTOLYZED YEAST EXTRACT, CORN SYRUP SOLIDS, WORCESTERSHIRE SAUCE (VINEGAR, MOLASSES, CORN SYRUP, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR), THIAMINE HYDROCHLORIDE), LESS THAN 2% OF SALT, SUGAR, SODIUM PHOSPHATE, CARAMEL COLOR POWDER. COMMON ALLERGENS PRESENT: Soy, Milk, Wheat

Mashed Potatoes POTATO (DRY), WHEY PRODUCT (WHEY, CALCIUM CASEINATE, AND CALCIUM STEAROYL-2-LACTYLATE), MONO AND DIGLYCERIDES, ASCORBIC ACID (VITAMIN C), CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: Milk

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper, Water

Brown Gravy-

Beef Base- Salt, beef fat (bha, propyl gallate and citric acid added to protect flavor), dextrose, hydrolyzed soy protein, corn gluten and wheat protein (contains salt, caramel color), food starch-modified, monosodium glutamate, onion powder, caramel color, beef extract, lactic acid, disodium inosinate, disodium guanylate, natural flavoring, oleoresin paprika, sulfiting agents. COMMON ALLERGENS PRESENT: Soy, Wheat.

Corn Starch, Water

Bay Leaf, Parsley, Salt, Pepper, Thyme

Granulated Garlic Dehydrated Garlic. COMMON ALLERGENS PRESENT: None.

Kitchen Bouquet Caramel Color (sulfites), Water, Vegetable Base (water, carrots, celery, cabbage, onion, parsley, turnips, parsnips), less than 2% of: spices, salt, and sodium benzoate as a preservative

Orange Wedges

Baby Carrots

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper

Wheat Dinner Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cup- WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A

Week 1 Tuesday

Spring/Summer 2018

Dijon Chicken Breast

Chicken Breast 100% USDA Inspected Chicken . COMMON ALLERGENS PRESENT: NONE.

Dijon Dressing SOYBEAN OIL, SUGAR, WATER, DISTILLED VINEGAR, YELLOW MUSTARD [VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC (COLOR), SPICE], ENZYME MODIFIED EGG YOLK, HORSERADISH MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, HORSERADISH, SPICES), MALTODEXTRIN, SALT, HONEY, ACACIA GUM, XANTHAN GUM, MUSTARD FLOUR, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), CALCIUM DISODIUM EDTA (ADDED TO PROTECT QUALITY), YELLOW 5. COMMON ALLERGENS PRESENT: Egg.

Tarragon Leaf, Salt & Pepper

Pan Spray Water, soybean oil, soy lecithin, with potassium sorbate and sorbic acid as preservatives. Propellant (no chlorofluorocarbons). COMMON ALLERGENS PRESENT: Soy.

Lemon Juice Lemon Juice from Concentrate (Water, Concentrated Lemon Juice, Sodium Metabisulfite (preservative)), Sodium Benzoate (Preservative), Lemon Oil. Contains Sulfites. COMMON ALLERGENS PRESENT: None.

Worcestershire Sauce Distilled Vinegar, Molasses, Water, Corn Syrup, Salt, Caramel Color, Sugar, Spices, Anchovies, Natural Flavors (soy) and Tamarind Extract

Mashed Sweet Potatoes.

Sweet Potatoes Sweet potatoes, water, cane sugar. COMMON ALLERGENS PRESENT: None

Water, Salt, Pepper

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk

Cantaloupe

Southern Green Beans

Green Beans Green beans, water, salt. COMMON ALLERGENS PRESENT: None

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Bacon Bacon (Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite).
COMMON ALLERGENS PRESENT: None.

Onions, Salt & Pepper

White Roll Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) Water, High Fructose Corn Syrup, Soybean Oil, Yeast, Contains 2% or less of the following: Salt, Wheat Gluten, Monglycerides, Monocalcium phosphate, Calcium Phosphate, Calcium Propionate (preservative), Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Corn Starch, Sesame Seeds

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED.
COMMON ALLERGENS PRESENT: N/A.

Week 1 Wednesday

Spring/Summer 2018

BBQ Pork Sandwich

BBQ Pork Pork, Sauce (Water, Tomato Paste, Brown Sugar, Vinegar [Distilled Vinegar, Caramel Color], Sugar, High Fructose Corn Syrup, Salt, Worcestershire Sauce Concentrate [Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind, Natural Flavor], Concentrated Lemon Juice, Modified Corn Starch, Paprika, Natural Hickory Smoke Flavor, Onion Powder, Catsup Seasoning [Salt, Maltodextrin, Spice Extractives], Spices, Caramel Color). COMMON ALLERGENS PRESENT: None

Hamburger Bun Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, calcium phosphate, corn starch, calcium propionate (preservative), Calcium sulfate, ammonium sulfate, ascorbic acid. Contains Wheat.

Potato Salad

Diced Potatoes Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (Added to maintain color), Potassium Sorbate (Added to maintain freshness). COMMON ALLERGENS PRESENT: None.

Mayonnaise Soybean Oil, Water, Egg Yolk, Corn Syrup, Distilled Vinegar, Contains Less Than 2% Salt, Spice, Calcium Disodium EDTA Added to Protect Flavor. COMMON ALLERGENS PRESENT: Egg

Mustard Distilled Vinegar, #1 Grade Mustard Seed, Salt, Turmeric, Spices, and Paprika. COMMON ALLERGENS PRESENT: None.

Relish CUCUMBERS, SUGAR, WATER, VINEGAR, SALT, CONTAINS LESS THAN 2% OF SPICES (CONTAINS MUSTARD AND CELERY SEED), CALCIUM CHLORIDE, ALUM, XANTHAN GUM, POTASSIUM SORBATE (PRESERVATIVE), DEHYDRATED RED BELL PEPPER, POLYSORBATE 80, NATURAL FLAVOR, TURMERIC EXTRACT (COLOR). COMMON ALLERGENS PRESENT: None

Onion, Celery, Salt & Pepper

Sugar Granulated cane sugar. COMMON ALLERGENS PRESENT: None

Vinegar White Distilled Vinegar and Filtered Water. COMMON ALLERGENS PRESENT: None

Pears Pears, Water, Pear Juice From Concentrate. COMMON ALLERGENS PRESENT: None

Coleslaw

Cabbage, Shredded Carrots

Coleslaw Dressing HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, WATER, DISTILLED VINEGAR, CIDER VINEGAR, WHOLE EGG, SALT, MUSTARD FLOUR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, SPICE, DRIED GARLIC, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT QUALITY). COMMON ALLERGENS PRESENT: Egg

Ketchup Packet Tomato Concentrate (Tomato Paste, Water), High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Spices, Natural Flavors. COMMON ALLERGENS PRESENT: None.

Week 1 Thursday

Spring/Summer 2018

Oven Fried Chicken

Chicken Breast 100% USDA Inspected Chicken . COMMON ALLERGENS PRESENT: NONE.

Bread Crumbs Bleached wheat flour, sugar. Contains 2% or less salt, sunflower oil, yeast. COMMON ALLERGENS PRESENT: Wheat.

Parsley, Garlic, Salt & Pepper

Mashed Potatoes POTATO (DRY), WHEY PRODUCT (WHEY, CALCIUM CASEINATE, AND CALCIUM STEAROYL-2-LACTYLATE), MONO AND DIGLYCERIDES, ASCORBIC ACID (VITAMIN C), CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: Milk.

Water, Salt, Pepper

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk

Chicken Gravy

Chicken Base SALT, DEXTROSE, FOOD STARCH-MODIFIED, CHICKEN FAT, PALM OIL AND SOYBEAN OIL, MONOSODIUM GLUTAMATE, ONION POWDER, TURMERIC, SPICE AND NATURAL FLAVORINGS, DISODIUM INOSINATE AND DISODIUM GUANYLATE, OLEORESIN PAPRIKA. COMMON ALLERGENS PRESENT: None.

Water

Strawberries

Cream Corn Corn, water, sugar, modified corn starch, salt. COMMON ALLERGENS PRESENT: None.

Salt & Pepper

Wheat Dinner Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A.

Week 1 Friday

Spring/Summer 2018

BLT

Bacon Bacon (Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite).
COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2017.

Lettuce, Tomato

Wheat Bread Wheat flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of the following: soybean oil, salt, wheat gluten, caramel color, monoglycerides, monocalcium phosphate, calcium phosphate, corn starch, calcium propionate (preservative), calcium sulfate, ammonium sulfate, ascorbic acid, soy lecithin. Contains: Wheat & Soy

Turkey (alternate) TURKEY BREAST, WATER. CONTAINS 2% OR LESS OF POTASSIUM LACTATE, SALT, DEXTROSE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE, NATURAL FLAVOR, SODIUM ERYTHORBATE, SODIUM NITRITE. **COMMON ALLERGENS PRESENT:** None

Dill Pickle Soup

Diced Potatoes Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (Added to maintain color), Potassium Sorbate (Added to maintain freshness). **COMMON ALLERGENS PRESENT:** None

Dill Pickles CUCUMBERS, WATER, VINEGAR, SALT, ALUM, CALCIUM CHLORIDE, POTASSIUM SORBATE (PRESERVATIVE), NATURAL FLAVORS, POLYSORBATE 80, YELLOW 5, BLUE 1. **COMMON ALLERGENS PRESENT:** None.

Cream 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

Carrots, Onions, Celery, Pepper, Parsley

Chicken Base SALT, DEXTROSE, FOOD STARCH-MODIFIED, CHICKEN FAT, PALM OIL AND SOYBEAN OIL, MONOSODIUM GLUTAMATE, ONION POWDER, TURMERIC, SPICE AND NATURAL FLAVORINGS, DISODIUM INOSINATE AND DISODIUM GUANYLATE, OLEORESIN PAPRIKA. **COMMON ALLERGENS PRESENT:** None

Cajun Seasoning Dehydrated garlic, spices, salt, paprika (color), dehydrated onion, red pepper. **COMMON ALLERGENS PRESENT:** None

Peaches Peaches, water, corn syrup, sugar. **COMMON ALLERGENS PRESENT:** None

Cucumber Salad

Cucumbers, Onion, Dill, Salt & Pepper

Sour Cream Cultured milk, cream, whey, less than 2% of food starch - modified (corn), sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate (preservative). COMMON ALLERGENS PRESENT: Milk

Mayonnaise Soybean Oil, Water, Egg Yolk, Corn Syrup, Distilled Vinegar, Contains Less Than 2% Salt, Spice, Calcium Disodium EDTA Added to Protect Flavor. COMMON ALLERGENS PRESENT: Egg.

Mayonnaise Packet soybean oil, white distilled vinegar, corn syrup, water, egg yolks, salt, whole eggs, lemon juice concentrate, egg yolk solids, calcium disodium edta (added to protect flavor), natural flavors

Week 2 Monday

Spring/Summer 2018

Meatloaf

Ground Turkey Ground Turkey. COMMON ALLERGENS PRESENT: None.

Onions, Green Peppers, Parsley, Salt, Pepper

Garlic & Herb Seasoning Dehydrated garlic, spices, dehydrated onion, orange peel, paprika (as color), red pepper. COMMON ALLERGENS PRESENT: None.

Worcestershire Distilled Vinegar, molasses, corn syrup, water, salt, caramel color, sugar, spices, anchovy puree, natural flavor (contains soy), and tamarin

Liquid Egg Whole eggs, citric acid (to preserve color)

Milk Reduced fat milk, vitamin A palmitate and vitamin D3 added

Bread Crumbs Bleached wheat flour, sugar. Contains 2% or less salt, sunflower oil, yeast. COMMON ALLERGENS PRESENT: Wheat.

Brown Gravy

Beef Base Salt, beef fat (bha, propyl gallate and citric acid added to protect flavor), dextrose, hydrolyzed soy protein, corn gluten and wheat protein (contains salt, caramel color), food starch-modified, monosodium glutamate, onion powder, caramel color, beef extract, lactic acid, disodium inosinate, disodium guanylate, natural flavoring, oleoresin paprika, sulfiting agents. COMMON ALLERGENS PRESENT: Soy, Wheat

Bay Leaf, Salt, Pepper, Parsley, Corn Starch

Minced Garlic Garlic, Water and Citric Acid. Contains: Naturally Occurring Sulfites. COMMON ALLERGENS PRESENT: None.

Kitchen Bouquet Caramel Color (sulfites), Water, Vegetable Base (water, carrots, celery, cabbage, onion, parsley, turnips, parsnips), less than 2% of: spices, salt, and sodium benzoate as a preservative

Mashed Potatoes Potatoes Potato (dry), whey product (whey, calcium caseinate, and calcium stearoyl-2-lactylate), mono and diglycerides, ascorbic acid (vitamin c), calcium stearoyl-2-lactylate. Freshness preserved with sodium bisulfite, and bht. COMMON ALLERGENS PRESENT: Milk

Water, Salt, Pepper

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. COMMON ALLERGENS PRESENT: Soy, Milk.

Green Beans Green beans, water, salt. COMMON ALLERGENS PRESENT: None.

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk

Salt & Pepper

Fruited Gelatin

Gelatin Cherry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Red 40 Lake, Blue 1. Strawberry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Natural and Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Red 40 Lake. Raspberry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Natural and Artificial Flavor, Malic Acid, Citric Acid, Ascorbic Acid (Vitamin C), Red 40, Red 40 Lake, Blue 1. COMMON ALLERGENS PRESENT: None.

Water

Fruit Cocktail PEACHES, PEARS, WATER, GRAPES, PINEAPPLE SEGMENTS, CORN SYRUP, HALVED CHERRIES ARTIFICIALLY COLORED RED, SUGAR. COMMON ALLERGENS PRESENT: None

Wheat Dinner Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cup Water, Liquid and Partially Hydrogenated Soybean Oil, Salt, Hydrogenated Soybean Oil, Vegetable Mono and Diglycerides, Pectin and Sodium Alginate, Potassium Sorbate (A Preservative), Natural and Artificial Flavors, Citric Acid, Calcium Disodium EDTA added to protect Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. COMMON ALLERGENS PRESENT: Milk

Week 2 Tuesday

Spring/Summer 2018

Ham & Swiss Sandwich

Ham Ham cured with water, salt, sodium phosphate, sodium erythorbate, sodium nitrite. COMMON ALLERGENS PRESENT: None.

Swiss Cheese Swiss cheese (milk, cheese cultures, salt, calcium chloride, enzymes), water, cream, sodium citrate, color added, enzyme modified cheese, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent). COMMON ALLERGEN PRESENT: Milk, Soy.

Wheat Bread Wheat flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of the following: soybean oil, salt, wheat gluten, caramel color, monoglycerides, monocalcium phosphate, calcium phosphate, corn starch, calcium propionate (preservative), calcium sulfate, ammonium sulfate, ascorbic acid, soy lecithin. Contains: Wheat & Soy

Turkey (alternate) TURKEY BREAST, WATER. CONTAINS 2% OR LESS OF POTASSIUM LACTATE, SALT, DEXTROSE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE, NATURAL FLAVOR, SODIUM ERYTHORBATE, SODIUM NITRITE. COMMON ALLERGENS PRESENT: None

Cinnamon Apples.

Sliced Apples Sliced apples and water. COMMON ALLERGENS PRESENT: None

Cinnamon

Brown Sugar Sugar, molasses. COMMON ALLERGENS PRESENT: None.

Dilled Carrots

Carrots , Dill Weed, Salt & Pepper

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Roasted Red Pepper Soup

Red Bell Peppers, Onion, Thyme, Paprika, Salt, Pepper, Cayenne Pepper, Water

Vegetable Oil Soybean Oil. COMMON ALLERGENS PRESENT: None

Minced Garlic Garlic, Water and Citric Acid. Contains: Naturally Occurring Sulfites. COMMON ALLERGENS PRESENT: None

Sugar Granulated cane sugar. COMMON ALLERGENS PRESENT: None

Hot Sauce Aged Cayenne Red Pepper, Distilled Vinegar, Water, Salt, Garlic Powder

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. COMMON ALLERGENS PRESENT: Soy, Milk.

Flour Bleached Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)

Sour Cream Cultured Milk, Cream, Whey, Food Starch-modified (corn), Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium sorbate (a preservative). COMMON ALLERGENS PRESENT: Milk.

Chicken Base Salt, dextrose, food starch-modified, chicken fat, hydrogenated soybean and/or cottonseed oils, monosodium glutamate, onion powder, turmeric, spice and natural flavorings, disodium inosinate and disodium guanylate, oleoresin paprika. COMMON ALLERGENS PRESENT: None.

Mustard Packet Distilled Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Turmeric, Paprika, Garlic Powder, Spices, Extractives of Paprika, Mustard Oil

Crackers ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SALT, CORN SYRUP, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, YEAST), SOY LECITHIN.

Week 2 Wednesday

Spring/Summer 2018

Cheeseburger

Beef Patty Ground Beef. COMMON ALLERGENS PRESENT: None

Season Salt Salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking. COMMON ALLERGENS PRESENT: None

American Cheese American cheese (milk, cheese cultures, salt, enzymes, annatto vegetable color, if colored), water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non sticking agent). COMMON ALLERGENS PRESENT: Milk, Soy.

Bacon Bacon (Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). COMMON ALLERGENS PRESENT: None.

Hamburger Bun Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, calcium phosphate, corn starch, calcium propionate (preservative), Calcium sulfate, ammonium sulfate, ascorbic acid. Contains Wheat.

Confetti Corn

Corn Corn, water, sugar, salt. COMMON ALLERGENS PRESENT: None.

Red Peppers, Green Peppers

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper

Watermelon

Pasta Salad

Pasta Durum Wheat Semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat

Italian Dressing Water, Distilled Vinegar, High Fructose Corn Syrup, Salt, Soybean Oil, Contains Less Than 2% Dehydrated Garlic and Onion, Xanthan Gum, Dehydrated Red Bell Pepper, Sodium Benzoate added as a Preservative, Spice, Calcium Disodium EDTA added to Protect Flavor, Oleoresins Turmeric and Paprika (colors). COMMON ALLERGENS PRESENT: None

Tomatoes, Cucumbers, Green Peppers, Parsley, Basil

Lettuce, Tomato, Onion

Pickles Cucumbers, water, vinegar, salt, alum, calcium chloride, potassium sorbate (preservative), natural flavors, polysorbate 80, yellow 5, blue 1. COMMON ALLERGENS PRESENT: None.

Ketchup Packet Tomato Concentrate (Tomato Paste, Water), High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Spices, Natural Flavors. COMMON ALLERGENS PRESENT: None.

Mustard Packet Distilled Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Turmeric, Paprika, Garlic Powder, Spices, Extractives of Paprika, Mustard Oil

Week 2 Thursday

Spring/Summer 2018

Macaroni & Cheese w/Ham

Macaroni Durum Wheat Semolina, Durum Wheat flour, (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid). COMMON ALLERGENS PRESENT: Wheat.

Water, Salt, Pepper

American Cheese American cheese (milk, cheese cultures, salt, enzymes, annatto vegetable color, if colored), water, cream, sodium phosphate, color added, salt, sorbic acid added as a preservative. COMMON ALLERGENS PRESENT: Milk.

Cheddar Cheese Cultured Pasteurized Milk, Salt, Enzymes, Annatto Color, Anticake (potato starch, powdered cellulose). COMMON ALLERGENS PRESENT: MILK

Milk Reduced fat milk, vitamin A palmitate and vitamin D3 added

Ham Ham cured with water, salt, sodium phosphate, sodium erythorbate, sodium nitrite. COMMON ALLERGENS PRESENT: None.

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Stewed Tomatoes Tomatoes, Tomato Juice, Sugar, Salt, Dried Onion, Dried Celery, Dried Bell Pepper, Citric Acid, Calcium Chloride, Natural Flavors. COMMON ALLERGENS PRESENT: None.

Salt & Pepper

Tropical Fruit PINEAPPLE, PINEAPPLE JUICE, RED PAPAYA, WATER, YELLOW PAPAYA, GUAVA, SUGAR, PASSION FRUIT JUICE, CITRIC ACID. COMMON ALLERGENS PRESENT: None.

Wheat Bread Wheat flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of the following: soybean oil, salt, wheat gluten, caramel color, monoglycerides, monocalcium phosphate, calcium phosphate, corn starch, calcium propionate (preservative), calcium sulfate, ammonium sulfate, ascorbic acid, soy lecithin. Contains: Wheat & Soy

Tossed Salad

Lettuce, Tomato, Cucumbers

Wheat Bread Wheat flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of the following: soybean oil, salt, wheat gluten, caramel color, monoglycerides,

monocalcium phosphate, calcium phosphate, corn starch, calcium propionate (preservative), calcium sulfate, ammonium sulfate, ascorbic acid, soy lecithin. Contains: Wheat & Soy

Margarine Cups WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A.

Week 2 Friday

Spring/Summer 2018

Chicken Caesar Salad

Fajita Chicken BONELESS SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING (DEXTROSE, SALT, SPICES, DEHYDRATED GARLIC, SODIUM TRIPOLYPHOSPHATE, MALTODEXTRIN, DEHYDRATED ONION, GRILL FLAVOR, [FROM PARTIALLY HYDROGENATED COTTONSEED AND SOYBEAN OIL], MODIFIED CORN STARCH, CORN SYRUP SOLIDS, SPICE EXTRACTIVE), ISOLATED SOY PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MODIFIED FOOD STARCH, CORNSTARCH, CARRAGEENAN), SODIUM PHOSPHATES. COMMON ALLERGENS PRESENT: Soy.

Romaine Lettuce

Parmesan Cheese Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk

Croutons ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, WHEY, YEAST, SALT, HIGH FRUCTOSE CORN SYRUP, 2% OR LESS OF CORN SYRUP SOLIDS, ONION POWDER, DEHYDRATED PARSLEY, GARLIC POWDER, AUTOLYZED YEAST EXTRACT, CALCIUM PROPIONATE (PRESERVATIVE), ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS). COMMON ALLERGENS PRESENT: Wheat, Milk.

Caesar Dressing SOYBEAN OIL, WATER, MALTODEXTRIN, EGG YOLK, GLUCONIC ACID, SUGAR, SALT, DISTILLED VINEGAR, APPLE CIDER VINEGAR, ROMANO CHEESE (MILK, CULTURE, SALT, ENZYMES), SPICE, PARMESAN CHEESE (PART SKIM MILK, CULTURE, SALT, ENZYMES), XANTHAN GUM, PARMESAN CHEESE FLAVOR (GRANULAR AND PARMESAN CHEESE BLEND [MILK, CULTURE, SALT, ENZYMES], WATER, SALT, LACTIC ACID, CITRIC ACID), DIJON MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TURMERIC, TARTARIC ACID, SPICES), DRIED ONION, ANCHOVY EXTRACT, DRIED GARLIC, PHOSPHORIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (TO PROTECT QUALITY). COMMON ALLERGENS PRESENT: Egg, Milk, Fish

Orange Wedges

Breadstick ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SALT, SUGAR, DEXTROSE, YEAST, DOUGH CONDITIONERS (DATEM, ASCORBIC ACID, ENZYMES, L-CYSTEINE), CALCIUM PROPIONATE (PRESERVATIVE), MONOGLYCERIDES, WHEY (A MILK INGREDIENT), CITRIC ACID, CORNMEAL. COMMON ALLERGENS PRESENT: Milk, Wheat.

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Granulated Garlic Dehydrated Garlic. COMMON ALLERGENS PRESENT: None.

Parsely, Paprika

Vegetable Soup

Mixed Vegetables Water, carrots, potatoes, celery, peas, green beans, corn, lima beans, salt, calcium chloride, onion flavor. COMMON ALLERGENS PRESENT: None

Corn Corn, water, sugar, salt. COMMON ALLERGENS PRESENT: None.

Diced Tomatoes Tomatoes, Tomato Juice, Less Than 2% Of: Salt, Calcium Chloride, Citric Acid. COMMON ALLERGENS PRESENT: NONE.

Tomato Sauce Tomato Puree, (Water, Tomato Paste), Water, Less Than 2% Of: Salt, Onion Powder, Garlic Powder, Citric Acid, Natural Flavors. COMMON ALLERGENS PRESENT: None

Beef Base SALT, BEEF FAT (BHA, PROPYL GALLATE AND CITRIC ACID ADDED TO PROTECT FLAVOR), DEXTROSE, HYDROLYZED SOY PROTEIN, CORN GLUTEN AND WHEAT PROTEIN (CONTAINS SALT, CARAMEL COLOR), FOOD STARCH-MODIFIED, MONOSODIUM GLUTAMATE, ONION POWDER, CARAMEL COLOR, BEEF EXTRACT, LACTIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, NATURAL FLAVORING, OLEORESIN PAPRIKA, SULFITING AGENTS. COMMON ALLERGENS PRESENT: Soy, Wheat.

Cabbage, Water, Thyme, Bay Leaf, Garlic, Parsley, Salt & Pepper

Crackers ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SALT, CORN SYRUP, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, YEAST), SOY LECITHIN.

Week 3 Monday

Spring/Summer 2018

Mustard Glazed Beef

Roast Beef Rubbed with: salt, dextrose, hydrolyzed soy protein, corn syrup solids, onion powder, caramel color, garlic powder, spice, soybean oil, natural flavor. COMMON ALLERGENS PRESENT: SOY.

Dijon Mustard **DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, CHARDONNAY WINE, CITRIC ACID, TARTARIC ACID, SPICES AND TURMERIC**

Bread Crumbs Bleached wheat flour, sugar. Contains 2% or less salt, sunflower oil, yeast. COMMON ALLERGENS PRESENT: Wheat.

Salt, Pepper, Onions, Parsley, Ground Mustard

Vegetable Oil Soybean Oil. COMMON ALLERGENS PRESENT: None

Sour Cream Cultured milk, cream, whey, less than 2% of food starch - modified (corn), sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate (preservative). COMMON ALLERGENS PRESENT: Milk.

Lemon Juice Lemon Juice from Concentrate (Water, Concentrated Lemon Juice, Sodium Metabisulfite (preservative)), Sodium Benzoate (Preservative), Lemon Oil. Contains Sulfites. COMMON ALLERGENS PRESENT: None.

Duchess Potatoes

Mashed Potatoes POTATO (DRY), WHEY PRODUCT (WHEY, CALCIUM CASEINATE, AND CALCIUM STEAROYL-2-LACTYLATE), MONO AND DIGLYCERIDES, ASCORBIC ACID (VITAMIN C), CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: Milk.

Cream Cheese Pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums). COMMON ALLERGENS PRESENT: Milk.

Liquid Egg Whole Eggs, Citric Acid, 0.15% water added as carrier for citric acid. Citric Acid added to Preserve Color. COMMON ALLERGENS PRESENT: Egg.

Sour Cream Cultured milk, cream, whey, less than 2% of food starch - modified (corn), sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate (preservative). COMMON ALLERGENS PRESENT: Milk.

Salt & Pepper

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Glazed Carrots

Carrots Carrots. COMMON ALLERGENS PRESENT: None.

Orange Juice Premium Orange Juice Concentrate, Filtered Water, Vitamin C, Less than 1/10 of 1% of Sodium Benzoate and Potassium Sorbate as Preservatives, Water COMMON ALLERGENS PRESENT: None

Brown Sugar Sugar, molasses. COMMON ALLERGENS PRESENT: None.

Raspberry Whip

Red Gelatin Cherry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Red 40 Lake, Blue 1. Strawberry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Natural and Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Red 40 Lake. Raspberry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Natural and Artificial Flavor, Malic Acid, Citric Acid, Ascorbic Acid (Vitamin C), Red 40, Red 40 Lake, Blue 1. COMMON ALLERGENS PRESENT: None

Whipped Topping Water, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), contains less than 2% of the following: *sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. COMMON ALLERGENS PRESENT: Milk *Not a source of lactose.

Fruit Cocktail DICED PEACHES, DICED PEARS, WATER, GRAPES, PEAR JUICE CONCENTRATE, PINEAPPLE SEGMENTS, HALVED CHERRIES ARTIFICIALLY COLORED RED WITH CARMINE. COMMON ALLERGENS PRESENT: Non

Water

Wheat Dinner Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A

Week 3 Tuesday

Spring/Summer 2018

Chicken Tenders Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breeding set in vegetable oil. COMMON ALLERGENS PRESENT: Wheat, Soy

Potato Wedges Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean and/or Cottonseed Oil), Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. COMMON ALLERGENS PRESENT: None.

Seasoned Salt Salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking. COMMON ALLERGENS PRESENT: None.

Pan Spray Water, soybean oil, soy lecithin, with potassium sorbate and sorbic acid as preservatives. Propellant (no chlorofluorocarbons). COMMON ALLERGENS PRESENT: Soy.

Paprika

Mandarin Oranges Mandarin Oranges, Water, Sugar and Citric Acid. COMMON ALLERGENS PRESENT: None

7 Layer Salad

Lettuce, Onion, Cauliflower

Peas: Green Peas, salt. COMMON ALLERGENS PRESENT: None

Parmesan Cheese: Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk.

Mayonnaise: Soybean Oil, Water, Egg Yolk, Corn Syrup, Distilled Vinegar, Contains Less Than 2% Salt, Spice, Calcium Disodium EDTA Added to Protect Flavor.. COMMON ALLERGENS PRESENT: Egg

Bacon: Bacon (Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). COMMON ALLERGENS PRESENT: None.

Cheddar Cheese Cultured pasteurized milk, salt, enzymes, annatto color, anticake (potato starch, powdered cellulose).

Dinner Roll Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) Water, High Fructose Corn Syrup, Soybean Oil, Yeast,

Contains 2% or less of the following: Salt, Wheat Gluten, Monoglycerides, Monocalcium phosphate, Calcium Phosphate, Calcium Propionate (preservative), Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Corn Starch, Sesame Seeds

Honey Mustard Cup Soybean Oil, High Fructose Corn Syrup, Honey, Water, Mustard (Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika), Distilled Vinegar, Egg Yolks, Contains less than 2% of Salt, Xanthan Gum, Sodium Benzoate & Potassium Sorbate (preservatives), Paprika, Extractive of Turmeric, Turmeric, Spices, Calcium Disodium EDTA added to protect flavor. COMMON ALLERGENS PRESENT: Egg

Margarine Cup Water, Liquid and Partially Hydrogenated Soybean Oil, Salt, Hydrogenated Soybean Oil, Vegetable Mono and Diglycerides, Pectin and Sodium Alginate, Potassium Sorbate (A Preservative), Natural and Artificial Flavors, Citric Acid, Calcium Disodium EDTA added to protect Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. COMMON ALLERGENS PRESENT: Milk.

Week 3 Wednesday

Spring/Summer 2018

Baked Ziti

Ziti Durum Wheat Semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat.

Cottage Cheese Cultured nonfat milk, nonfat milk, milk, contains less than 2% of salt, tapioca starch, artificial color, guar gum, mono and diglycerides, locust bean gum, carrageenan, polysorbate 80, natural and artificial flavors, potassium sorbate (preservative), vitamin A palmitate, enzymes. COMMON ALLERGENS PRESENT: Milk.

Mozzarella PASTEURIZED REDUCED-FAT MILK, CHEESE CULTURE, SALT, ENZYMES, POWDERED CELLULOSE ADDED TO PREVENT CAKING, AND NATAMYCIN ADDED AS A MOLD INHIBITOR. COMMON ALLERGENS PRESENT: Milk.

Parmesan Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk

Spaghetti Sauce Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Salt, Soybean Oil, Dried Onion, Citric Acid, Spices, Dried Garlic. COMMON ALLERGENS PRESENT: None

Water, Salt, Parsley

Italian Seasoning Herbs. COMMON ALLERGENS PRESENT: None.

Tossed Salad

Lettuce, Tomatoes, Cucumbers

Strawberries

Garlic Toast DOUGH INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), WATER, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: INTERESTERIFIED SOYBEAN OIL, SALT, DEXTROSE, DRIED YEAST, WHEAT GLUTEN, WHEAT FLOUR, MALTED BARLEY FLOUR WITH SULFITES, ENZYMES, DATEM, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, MONOGLYCERIDES WITH CITRIC ACID PRESERVATIVE, SOYBEAN OIL, SORBITAN MONOSTEARATE, CELLULOSE GUM, POTASSIUM IODATE, L-CYSTEINE. TOPPING INGREDIENTS: INTERESTERIFIED SOYBEAN OIL, WATER, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: DEHYDRATED GARLIC, SALT, DEHYDRATED PARSLEY, BUTTER (CREAM, SALT), DEHYDRATED ONION, MONOGLYCERIDES WITH CITRIC ACID PRESERVATIVE, NATURAL FLAVOR, SOYBEAN OIL, ANNATTO EXTRACT COLOR. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk

Malibu Blend Broccoli, Cauliflower, Yellow Carrots, Carrots

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper

Week 3 Thursday

Spring/Summer 2018

Turkey

Turkey Whole Turkey Breast Roast with up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% of Salt, Sugar, Sodium and Potassium Phosphate. COMMON ALLERGENS PRESENT: None

Salt, Pepper, Onion, Celery

Mashed Potatoes POTATO (DRY), WHEY PRODUCT (WHEY, CALCIUM CASEINATE, AND CALCIUM STEAROYL-2-LACTYLATE), MONO AND DIGLYCERIDES, ASCORBIC ACID (VITAMIN C), CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: Milk.

Water, Salt, Pepper

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk

Turkey Gravy Modified Food Starch, Wheat Flour, Salt, Whey Powder, Maltodextrin, Hydrolyzed Soy Protein, Palm Oil, Sugar, Chicken Fat, Cooked Chicken, Chicken Flavors (Natural Flavors, Chicken Stock, Autolyzed Yeast Extract, Chicken Meat Powder, Chicken Fat, Lactic Acid, Calcium Lactate, Sodium Phosphate), Turkey Stock, Contains 2% or less of: Onion Powder, Yeast Extract, Sodium Caseinate, Chicken Broth, Dipotassium Phosphate, Disodium Inosinate, Disodium Guanylate, Mono & Diglycerides, Spices, Natural Flavor, Caramel Color, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate, Extractive of Turmeric, Sunflower Oil. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk

Water

Fresh Fruit Cup

Grapes, Strawberries, Apples

California Blend Broccoli Florets, Cauliflower Clusters and Sliced Crinkle Cut Carrots. COMMON ALLERGENS PRESENT: None

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk

Salt & Pepper

Wheat Dinner Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley,

triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A.

Week 3 Friday

Spring/Summer 2018

Egg Salad Sandwich

Hard Boiled Eggs HARD COOKED EGGS, WATER, CITRIC ACID, SODIUM BENZOATE, AND NISIN PREPARATION (AS PRESERVATIVES). COMMON ALLERGENS PRESENT: Egg

Mayonnaise Soybean Oil, Water, Egg Yolk, Corn Syrup, Distilled Vinegar, Contains Less Than 2% Salt, Spice, Calcium Disodium EDTA Added to Protect Flavor. COMMON ALLERGENS PRESENT: Egg

Mustard Distilled Vinegar, #1 Grade Mustard Seed, Salt, Turmeric, Spices, and Paprika. COMMON ALLERGENS PRESENT: None.

Relish CUCUMBERS, SUGAR, WATER, VINEGAR, SALT, CONTAINS LESS THAN 2% OF SPICES (CONTAINS MUSTARD AND CELERY SEED), CALCIUM CHLORIDE, ALUM, XANTHAN GUM, POTASSIUM SORBATE (PRESERVATIVE), DEHYDRATED RED BELL PEPPER, POLYSORBATE 80, NATURAL FLAVOR, TURMERIC EXTRACT (COLOR). COMMON ALLERGENS PRESENT: None.

Salt & Pepper

Wheat Bread Wheat flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of the following: soybean oil, salt, wheat gluten, caramel color, monoglycerides, monocalcium phosphate, calcium phosphate, corn starch, calcium propionate (preservative), calcium sulfate, ammonium sulfate, ascorbic acid, soy lecithin. Contains: Wheat & Soy

Tomato Slices

Ambrosia

Mandarin Oranges Mandarin Oranges, Water, Sugar and Citric Acid. COMMON ALLERGENS PRESENT: None

Crushed Pineapple Pineapple, Unsweetened Pineapple juice. COMMON ALLERGENS PRESENT: None

Whipped Topping WATER, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CONTAINS LESS THAN 2% OF THE FOLLOWING: *SODIUM CASEINATE (A MILK DERIVATIVE), DEXTROSE, ARTIFICIAL FLAVOR, POLYSORBATE 60, SORBITAN MONOSTEARATE, GUAR GUM, XANTHAN GUM, COLORED WITH TURMERIC AND ANNATTO EXTRACTS. COMMON ALLERGENS PRESENT: Milk *Not a source of lactose.

Marshmallows Corn Syrup, Sugar, Modified Food Starch (corn), Gelatin, Water, Dextrose, Natural and Artificial Flavor, Tetrasodium Pyrophosphate. COMMON ALLERGENS PRESENT: None

Maraschino Cherries Cherries, high fructose corn syrup, water, citric acid, sodium benzoate and potassium sorbate added as preservatives, calcium chloride, natural & artificial flavor, FD&C red #40, sulfur dioxide (Preservative). Real cherries may contain pits. COMMON ALLERGENS PRESENT: None.

Stuffed Pepper Soup

Diced Tomatoes Tomatoes, Tomato Juice, Less Than 2% Of: Salt, Calcium Chloride, Citric Acid. COMMON ALLERGENS PRESENT: NONE.

Tomato Sauce Tomato Puree, (Water, Tomato Paste), Water, Less Than 2% Of: Salt, Onion Powder, Garlic Powder, Citric Acid, Natural Flavors. COMMON ALLERGENS PRESENT: None.

Green Peppers, Onion, Salt, Pepper, Parsley, Thyme, Water

Ground Turkey Ground Turkey with Natural Flavorings. COMMON ALLERGENS PRESENT: None

Rice Wholegrain parboiled brown rice

Crackers ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SALT, CORN SYRUP, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, YEAST), SOY LECITHIN.

Week 4 Monday

Spring/Summer 2018

Beef Brisket

Beef Brisket, Onions, Salt, Pepper

Chili Powder Chili pepper and other spices, salt, dehydrated garlic. COMMON ALLERGENS PRESENT: None

Brown Sugar Sugar, molasses. COMMON ALLERGENS PRESENT: None.

Soy Sauce Water, Salt, Corn Syrup, Distilled Vinegar, Caramel Color, Contains Less Than 2% Hydrolyzed Soy Protein, Sodium Benzoate and Potassium Sorbate as Preservatives, Citric Acid. COMMON ALLERGENS PRESENT: Soy.

Crushed Pineapple Pineapple, Unsweetened Pineapple juice. COMMON ALLERGENS PRESENT: None

Meat Tenderizer Salt, sugar, cornstarch (prevents caking), papain (from papaya fruit). COMMON ALLERGENS PRESENT: None.

Mashed Potatoes POTATO (DRY), WHEY PRODUCT (WHEY, CALCIUM CASEINATE, AND CALCIUM STEAROYL-2-LACTYLATE), MONO AND DIGLYCERIDES, ASCORBIC ACID (VITAMIN C), CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: Milk

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper, Water

Brown Gravy-

Beef Base- Salt, beef fat (bha, propyl gallate and citric acid added to protect flavor), dextrose, hydrolyzed soy protein, corn gluten and wheat protein (contains salt, caramel color), food starch-modified, monosodium glutamate, onion powder, caramel color, beef extract, lactic acid, disodium inosinate, disodium guanylate, natural flavoring, oleoresin paprika, sulfiting agents. COMMON ALLERGENS PRESENT: Soy, Wheat.

Corn Starch, Water

Bay Leaf, Parsley, Salt, Pepper, Thyme

Granulated Garlic Dehydrated Garlic. COMMON ALLERGENS PRESENT: None.

Kitchen Bouquet Caramel Color (sulfites), Water, Vegetable Base (water, carrots, celery, cabbage, onion, parsley, turnips, parsnips), less than 2% of: spices, salt, and sodium benzoate as a preservative

Orange Wedges

Capri Blend Vegetables Zucchini, Yellow Squash, Carrots, Green Beans. COMMON ALLERGENS PRESENT: None

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper

Wheat Dinner Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cup- WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A

Week 4 Tuesday

Spring/Summer 2018

Grilled Chicken Sandwich

Grilled Chicken Chicken breasts with rib meat, water, seasoning [sugar, chicken flavor (contains hydrolyzed corn soy wheat gluten protein, chicken fat, thiamine hydrochloride, corn syrup solids, disodium inosinate, disodium guanylate), monosodium glutamate, onion powder, garlic powder, paprika, natural smoke flavor (on a salt carrier)], modified corn starch, salt, sodium phosphates, soy protein concentrate.

CONTAINS soy, wheat

Hamburger Bun Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, calcium phosphate, corn starch, calcium propionate (preservative), Calcium sulfate, ammonium sulfate, ascorbic acid. Contains Wheat.

Potato Salad

Diced Potatoes Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (Added to maintain color), Potassium Sorbate (Added to maintain freshness). COMMON ALLERGENS PRESENT: None.

Mayonnaise Soybean Oil, Water, Egg Yolk, Corn Syrup, Distilled Vinegar, Contains Less Than 2% Salt, Spice, Calcium Disodium EDTA Added to Protect Flavor. COMMON ALLERGENS PRESENT: Egg

Mustard Distilled Vinegar, #1 Grade Mustard Seed, Salt, Turmeric, Spices, and Paprika. COMMON ALLERGENS PRESENT: None.

Relish CUCUMBERS, SUGAR, WATER, VINEGAR, SALT, CONTAINS LESS THAN 2% OF SPICES (CONTAINS MUSTARD AND CELERY SEED), CALCIUM CHLORIDE, ALUM, XANTHAN GUM, POTASSIUM SORBATE (PRESERVATIVE), DEHYDRATED RED BELL PEPPER, POLYSORBATE 80, NATURAL FLAVOR, TURMERIC EXTRACT (COLOR). COMMON ALLERGENS PRESENT: None

Onion, Celery, Salt & Pepper

Sugar Granulated cane sugar. COMMON ALLERGENS PRESENT: None

Vinegar White Distilled Vinegar and Filtered Water. COMMON ALLERGENS PRESENT: None

Grapes

Pickled Beets Beets, water, high fructose corn syrup, vinegar, salt, natural flavorings. COMMON ALLERGENS PRESENT: None

Lettuce, Tomato, Onion

Mayonnaise Packet soybean oil, white distilled vinegar, corn syrup, water, egg yolks, salt, whole eggs, lemon juice concentrate, egg yolk solids, calcium disodium edta (added to protect flavor), natural flavors

Italian Meatball Sub

Meatballs BEEF, PORK, WATER, BREAD CRUMBS (WHEAT FLOUR, WATER, SALT, YEAST; ALSO MAY CONTAIN: PURE VEGETABLE SHORTENING (SOYBEAN AND/OR COTTONSEED OIL), AMMONIUM CHLORIDE, CALCIUM PROPIONATE), ROMANO CHEESE (PASTEURIZED COW'S MILK, CULTURE, SALT, ENZYMES), RICOTTA CHEESE (WHEY, MILK, CREAM, VINEGAR, AND XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM, (STABILIZERS)), LIQUID EGG WHITES, TEXTURED SOY PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), SALT, DRIED GARLIC, SPICES, PARSLEY, BROWN SUGAR, CARAMEL COLOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, BHA, BHT, CITRIC ACID, SOY LECITHIN USED AS PROCESSING AID. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.

Spaghetti Sauce Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Salt, Soybean Oil, Dried Onion, Citric Acid, Spices, Dried Garlic. COMMON ALLERGENS PRESENT: None.

Mozzarella Cheese PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, POWDERED CELLULOSE ADDED TO PREVENT CAKING, AND NATAMYCIN ADDED AS A MOLD INHIBITOR. COMMON ALLERGENS PRESENT: Milk.

Hotdog Bun Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, contains 2% or less of: soybean oil, salt, wheat gluten, monoglycerides, sodium stearoyl lactylate, monocalcium phosphate, calcium phosphate, corn starch, calcium propionate (preservative), calcium sulfate, ammonium sulfate, ascorbic acid, sesame seeds. Contains: Wheat

Potato Wedges Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean and/or Cottonseed Oil), Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. COMMON ALLERGENS PRESENT: None.

Seasoned Salt Salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking. COMMON ALLERGENS PRESENT: None.

Pan Spray Water, soybean oil, soy lecithin, with potassium sorbate and sorbic acid as preservatives. Propellant (no chlorofluorocarbons). COMMON ALLERGENS PRESENT: Soy.

Paprika

Pineapple pineapple, pineapple juice, water and clarified pineapple juice concentrate(water, clarified pineapple juice concentrate). COMMON ALLERGENS PRESENT: None.

Coleslaw

Cabbage, Shredded Carrots

Coleslaw Dressing HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, WATER, DISTILLED VINEGAR, CIDER VINEGAR, WHOLE EGG, SALT, MUSTARD FLOUR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, SPICE, DRIED GARLIC, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT QUALITY). COMMON ALLERGENS PRESENT: Egg

Ketchup Packet Tomato Concentrate (Tomato Paste, Water), High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Spices, Natural Flavors. COMMON ALLERGENS PRESENT: None.

Week 4 Thursday

Spring/Summer 2018

Turkey Sandwich:

Turkey TURKEY BREAST, WATER. CONTAINS 2% OR LESS OF POTASSIUM LACTATE, SALT, DEXTROSE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE, NATURAL FLAVOR, SODIUM ERYTHORBATE, SODIUM NITRITE. COMMON ALLERGENS PRESENT: None.

Cheddar Cheese Pasteurized milk, cheese culture, salt, enzyme and annatto (vegetable color). COMMON ALLERGENS PRESENT: Milk.

Wheat Bread Wheat flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of the following: soybean oil, salt, wheat gluten, caramel color, monoglycerides, monocalcium phosphate, calcium phosphate, corn starch, calcium propionate (preservative), calcium sulfate, ammonium sulfate, ascorbic acid, soy lecithin. Contains: Wheat & Soy

Potato Soup

Diced Potatoes Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (Added to maintain color), Potassium Sorbate (Added to maintain freshness). COMMON ALLERGENS PRESENT: None

Cream 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

Celery, Onions, Parsley, Water, Pepper, Salt

Mixed Melon

Watermelon, Honeydew & or Cantaloupe

Broccoli Raisin Salad

Broccoli, Onion

Raisins California Sun Dried Raisins

Coleslaw Dressing HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, WATER, DISTILLED VINEGAR, CIDER VINEGAR, WHOLE EGG, SALT, MUSTARD FLOUR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, SPICE, DRIED GARLIC, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT QUALITY). COMMON ALLERGENS PRESENT: Egg.

Bacon Bacon (Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). COMMON ALLERGENS PRESENT: None.

Mayonnaise Packet soybean oil, white distilled vinegar, corn syrup, water, egg yolks, salt, whole eggs, lemon juice concentrate, egg yolk solids, calcium disodium edta (added to protect flavor), natural flavors

Crackers ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SALT, CORN SYRUP, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, YEAST), SOY LECITHIN.

Week 4 Friday

Spring/Summer 2018

BBQ Rib Patty

Pork Rib Patty PORK, BARBECUE SAUCE [TOMATO KETCHUP (TOMATO CONCENTRATE, CORN SYRUP, DISTILLED VINEGAR, SALT, NATURAL FLAVORINGS, ONION POWDER, SPICE, GARLIC POWDER), BROWN SUGAR, SUGAR, DEXTROSE, MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, GARLIC POWDER), VINEGAR, CLOVE], WATER, 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. COMMON ALLERGENS PRESENT: Soy

BBQ Sauce HIGH FRUCTOSE CORN SYRUP, TOMATO PASTE, DISTILLED VINEGAR, WATER, FOOD STARCH-MODIFIED, SALT, CONTAINS LESS THAN 2% OF PINEAPPLE JUICE CONCENTRATE, CARAMEL COLOR, MOLASSES, CORN SYRUP, SPICES, NATURAL FLAVORS, SODIUM BENZOATE (A PRESERVATIVE), GARLIC*, SUGAR, DEXTROSE, CELERY, TAMARIND. *DEHYDRATED. COMMON ALLERGENS PRESENT: None

Cheesy Potatoes

Potatoes POTATO (DRY), WHEY PRODUCT (WHEY, CALCIUM CASEINATE, AND CALCIUM STEAROYL-2-LACTYLATE), MONO AND DIGLYCERIDES, ASCORBIC ACID (VITAMIN C), CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: Milk

Cheddar Cheese Cultured Pasteurized Milk, Salt, Enzymes, Annatto Color, Anticake (potato starch, powdered cellulose). COMMON ALLERGENS PRESENT: MILK.

Sour Cream Cultured Milk, Cream, Whey, Food Starch-modified (corn), Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium sorbate (a preservative). COMMON ALLERGENS PRESENT: Milk

Onions, Salt, Pepper, Parsley, Water

Malibu Blend Broccoli, Carrots, Cauliflower, Yellow Carrots

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. COMMON ALLERGENS PRESENT: Soy, Milk

Salt & Pepper

Fruited Gelatin

Gelatin Cherry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Red 40 Lake, Blue 1. Strawberry: Sugar, Dextrose, Gelatin,

Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Natural and Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Red 40 Lake. Raspberry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Natural and Artificial Flavor, Malic Acid, Citric Acid, Ascorbic Acid (Vitamin C), Red 40, Red 40 Lake, Blue 1. COMMON ALLERGENS PRESENT: None.

Water

Fruit Cocktail PEACHES, PEARS, WATER, GRAPES, PINEAPPLE SEGMENTS, CORN SYRUP, HALVED CHERRIES ARTIFICIALLY COLORED RED, SUGAR. COMMON ALLERGENS PRESENT: None

Wheat Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cups: Water, Liquid and Partially Hydrogenated Soybean Oil, Salt, Hydrogenated Soybean Oil, Vegetable Mono and Diglycerides, Pectin and Sodium Alginate, Potassium Sorbate (A Preservative), Natural and Artificial Flavors, Citric Acid, Calcium Disodium EDTA added to protect Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. COMMON ALLERGENS PRESENT: Milk

Week 5 Monday

Spring/Summer 2018

Chicken & Noodles

Pulled Chicken

Egg Noodles Durum wheat semolina, durum wheat flour, [enriched with iron (ferrous sulfate) and b vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], eggs. COMMON ALLERGENS PRESENT: Wheat, Egg.

Onions, Salt, Water, Parsley, Granulated Garlic, Cornstarch

Poultry Seasoning Sage and other spices

Chicken Base

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. COMMON ALLERGENS PRESENT: Soy, Milk

Broccoli

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. COMMON ALLERGENS PRESENT: Soy, Milk

Salt & Pepper

Berry Applesauce

Applesauce Apples, High Fructose Corn Syrup, Corn Syrup, and Water. Ascorbic acid added to maintain color. COMMON ALLERGENS PRESENT: None

Blueberries Blueberries. COMMON ALLERGENS PRESENT: None

Betty's Salad Spinach, Lettuce, Onion

BACON Bacon (Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). COMMON ALLERGENS PRESENT: None

Bean Sprouts Bean Sprouts, Water, Salt, Ascorbic Acid (To Maintain Color), Citric Acid. COMMON ALLERGENS PRESENT: None.

Hard Boiled Egg HARD COOKED EGGS, WATER. CITRIC ACID, SODIUM BENZOATE, AND NISIN PREPARATION (AS PRESERVATIVES). COMMON ALLERGENS PRESENT: Egg..

Betty Dressing

Ketchup: Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less Than 2% Of: Spice, Onion Powder, Natural Flavors. COMMON ALLERGENS PRESENT: None

Vinegar: White Distilled Vinegar and Filtered Water. COMMON ALLERGENS PRESENT: None

Vegetable Oil: Soybean Oil. COMMON ALLERGENS PRESENT: None

Sugar: Granulated cane sugar

Worcestershire Sauce: Distilled vinegar, molasses, corn syrup, water, salt, caramel color, sugar, spices, anchovy puree, natural flavor (contains Soy), and Tamarin

Onion

Dinner Roll Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) Water, High Fructose Corn Syrup, Soybean Oil, Yeast, Contains 2% or less of the following: Salt, Wheat Gluten, Monoglycerides, Monocalcium phosphate, Calcium Phosphate, Calcium Propionate (preservative), Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Corn Starch, Sesame Seeds

Margarine Water, Liquid and Partially Hydrogenated Soybean Oil, Salt, Hydrogenated Soybean Oil, Vegetable Mono and Diglycerides, Pectin and Sodium Alginate, Potassium Sorbate (A Preservative), Natural and Artificial Flavors, Citric Acid, Calcium Disodium EDTA added to protect Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. COMMON ALLERGENS PRESENT: Milk

Week 5 Tuesday

Spring/Summer 2018

Baked Ham Ham cured with water, honey, salt, sugar, sodium phosphates, sodium erythrobate, sodium nitrite.
COMMON ALLERGENS PRESENT: None.

Ham Base Salt, Rendered Pork Fat (BHA, Propyl Gallate and Citric Acid to protect flavor), Torula Yeast, Sugar, Dextrose, Soybean Oil, Hydrolyzed Wheat Protein, Hydrolyzed Soy Protein, Caramel Color, Natural Smoke Flavor, Onion Powder, Disodium Inosinate, Disodium Guanylate. COMMON ALLERGENS PRESENT: Wheat, Soy.

Water

Baked Chicken (alternate) 100% USDA Inspected Chicken . COMMON ALLERGENS PRESENT: NONE.

Garden Seasoning Dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor. COMMON ALLERGENS PRESENT: None

Seasoned Beans

Navy Beans, Water, Onion, Carrots

Ham Base Salt, Rendered Pork Fat (BHA, Propyl Gallate and Citric Acid to protect flavor), Torula Yeast, Sugar, Dextrose, Soybean Oil, Hydrolyzed Wheat Protein, Hydrolyzed Soy Protein, Caramel Color, Natural Smoke Flavor, Onion Powder, Disodium Inosinate, Disodium Guanylate. COMMON ALLERGENS PRESENT: Wheat, Soy

Brussels Sprouts

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper

Pears Pears, Water, Pear Juice From Concentrate. COMMON ALLERGENS PRESENT: None

Cornbread Enriched unbleached flour (wheat flour*, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, may contain malted barley flour), degermed yellow cornmeal, sugar, partially hydrogenated soybean and cottonseed oils. Contains 2% or less of the following: egg whites, calcium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, dextrose, salt. *Food Alliance Certified Shepherd's Grain sustainably farmed wheat flour. COMMON ALLERGENS PRESENT: Milk, Wheat, Eggs. MAY CONTAIN: Tree Nuts, Soy.

Water

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Week 5 Wednesday

Spring/Summer2017-18

Pork Chop Pork, Water, Salt, Sodium Tripolyphosphate (30.06), Lemon Juice Concentrate. COMMON

ALLERGENS PRESENT: None.

Rosemary Garlic Seasoning Rosemary and Other Spices, Dehydrated Garlic, Salt, Dehydrated Onion, Dehydrated Red Bell Pepper, Lemon Peel, Paprika (as color). COMMON ALLERGENS PRESENT: None

Water

Gravy Mix Modified Food Starch, Wheat Flour, Salt, Maltodextrin, Palm Oil, Chicken Fat, Cooked Chicken, Pork Stock, Sugar, Contains 2% or less of: Yeast Extract, Beef Stock, Chicken Broth, Sodium Caseinate, Onion Powder, Dextrose, Disodium Inosinate, Disodium Guanylate, Dipotassium Phosphate, Caramel Color, Garlic Powder, Mono and Diglycerides, Beta Carotene, Extractive of Paprika, Natural Flavors, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk.

O'Brien Potatoes

Shredded Potatoes Potatoes, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. COMMON ALLERGENS PRESENT: None.

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Red Peppers, Green Peppers

Onion, Salt & Pepper

Pineapple pineapple, pineapple juice, water and clarified pineapple juice concentrate(water, clarified pineapple juice concentrate). COMMON ALLERGENS PRESENT: None.

Creamed Spinach

Spinach

Cream 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 Silicoaluminat (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

Parmesan Cheese Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk.

Chicken Base SALT, DEXTROSE, FOOD STARCH-MODIFIED, CHICKEN FAT, PALM OIL AND SOYBEAN OIL, MONOSODIUM GLUTAMATE, ONION POWDER, TURMERIC, SPICE AND NATURAL FLAVORINGS, DISODIUM INOSINATE AND DISODIUM GUANYLATE, OLEORESIN PAPRIKA. COMMON ALLERGENS PRESENT: None

Wheat Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A.

Week 5 Thursday

Spring/Summer 2018

BBQ Chicken

Chicken Breast 100% USDA Inspected Chicken . COMMON ALLERGENS PRESENT: NONE

BBQ Sauce HIGH FRUCTOSE CORN SYRUP, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, CIDER VINEGAR, HONEY, WATER, CONTAINS LESS THAN 2% OF SALT, FOOD STARCH-MODIFIED, CAYENNE PEPPER SAUCE (AGED CAYENNE RED PEPPER, DISTILLED VINEGAR, WATER, SALT, GARLIC*), NATURAL FLAVOR, MUSTARD BRAN, SPICES, GARLIC*, SODIUM BENZOATE (A PRESERVATIVE), CARAMEL COLOR. *DEHYDRATED. COMMON ALLERGENS PRESENT: None

Baked Beans

Pork Beans White beans, water, sugar, salt, tomato paste, pork, dextrose, onion powder, paprika, oleoresin, caramel color, black pepper. COMMON ALLERGENS PRESENT: None

Ketchup Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less Than 2% Of: Spice, Onion Powder, Natural Flavors. COMMON ALLERGENS PRESENT: None.

Bacon Bacon (Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). COMMON ALLERGENS PRESENT: None

Onion, Green Peppers

Brown Sugar Sugar, molasses. COMMON ALLERGENS PRESENT: None.

Granulated Garlic Dehydrated Garlic. COMMON ALLERGENS PRESENT: None

Mixed Melon

Cantaloupe, Watermelon &/or Honeydew

Macaroni Salad

Macaroni Durum Wheat Semolina, Durum Wheat flour, (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid). COMMON ALLERGENS PRESENT: Wheat

Mayonnaise Soybean Oil, Water, Egg Yolk, Corn Syrup, Distilled Vinegar, Contains Less Than 2% Salt, Spice, Calcium Disodium EDTA Added to Protect Flavor. COMMON ALLERGENS PRESENT: Egg.

Mustard Distilled Vinegar, #1 Grade Mustard Seed, Salt, Turmeric, Spices, and Paprika. COMMON ALLERGENS PRESENT: None

Celery, Onion, Water, Salt & Pepper

Relish FRESH CUCUMBERS, SUGAR, VINEGAR, SALT, SPICES, XANTHAN GUM, POTASSIUM SORBATE (PRESERVATIVE), YELLOW 5, BLUE 1, POLYSORBATE 80. COMMON ALLERGENS PRESENT: None

Vinegar White Distilled Vinegar and Filtered Water. COMMON ALLERGENS PRESENT: None.

Broccoli Raisin Salad

Broccoli, Onion

Raisins California Sun Dried Raisins

Coleslaw Dressing HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, WATER, DISTILLED VINEGAR, CIDER VINEGAR, WHOLE EGG, SALT, MUSTARD FLOUR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, SPICE, DRIED GARLIC, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT QUALITY). COMMON ALLERGENS PRESENT: Egg.

Bacon Bacon (Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). COMMON ALLERGENS PRESENT: None.

Wheat Bread Wheat flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of the following: soybean oil, salt, wheat gluten, caramel color, monoglycerides, monocalcium phosphate, calcium phosphate, corn starch, calcium propionate (preservative), calcium sulfate, ammonium sulfate, ascorbic acid, soy lecithin. Contains: Wheat & Soy

Margarine Cup Water, Liquid and Partially Hydrogenated Soybean Oil, Salt, Hydrogenated Soybean Oil, Vegetable Mono and Diglycerides, Pectin and Sodium Alginate, Potassium Sorbate (A Preservative), Natural and Artificial Flavors, Citric Acid, Calcium Disodium EDTA added to protect Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. COMMON ALLERGENS PRESENT: Milk

Week 5 Friday

Spring/Summer 2018

Sloppy Joes

Ground Turkey Ground Turkey. COMMON ALLERGENS PRESENT: None

Ketchup Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less Than 2% Of: Spice, Onion Powder, Natural Flavors. COMMON ALLERGENS PRESENT: None.

Brown Sugar Sugar, molasses. COMMON ALLERGENS PRESENT: None.

Minced Garlic Garlic, Water and Citric Acid. Contains: Naturally Occurring Sulfites. COMMON ALLERGENS PRESENT: None.

Worcestershire Sauce Distilled vinegar, molasses, corn syrup, water, salt, caramel color, sugar, spices, anchovy puree, natural flavor (contains Soy), and Tamarin

Pepper, Onion, Green Peppers

Mustard Distilled Vinegar, #1 Grade Mustard Seed, Salt, Turmeric, & Spices. COMMON ALLERGENS PRESENT: None.

Hamburger Bun Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, calcium phosphate, corn starch, calcium propionate (preservative), Calcium sulfate, ammonium sulfate, ascorbic acid. Contains Wheat.

Potato Salad

Diced Potatoes Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (Added to maintain color), Potassium Sorbate (Added to maintain freshness).

Mayonnaise Soybean Oil, Water, Egg Yolk, Corn Syrup, Distilled Vinegar, Contains Less Than 2% Salt, Spice, Calcium Disodium EDTA Added to Protect Flavor.. COMMON ALLERGENS PRESENT: Egg

Onions, Salt, Pepper, Celery

Relish FRESH CUCUMBERS, SUGAR, VINEGAR, SALT, SPICES, XANTHAN GUM, POTASSIUM SORBATE (PRESERVATIVE), YELLOW 5, BLUE 1, POLYSORBATE 80. COMMON ALLERGENS PRESENT: None

Mustard Distilled Vinegar, #1 Grade Mustard Seed, Salt, Turmeric, Spices, and Paprika. COMMON ALLERGENS PRESENT: None

Vinegar White Distilled Vinegar and Filtered Water. COMMON ALLERGENS PRESENT: None.

Sugar Granulated cane sugar. COMMON ALLERGENS PRESENT: None

Strawberries

Bacon Ranch Pea Salad

Peas Green Peas. COMMON ALLERGENS PRESENT: None

Mayonnaise Soybean Oil, Water, Egg Yolk, Corn Syrup, Distilled Vinegar, Contains Less Than 2% Salt, Spice, Calcium Disodium EDTA Added to Protect Flavor. COMMON ALLERGENS PRESENT: Egg.

Ranch Mix SALT, MALTODEXTRIN, GARLIC POWDER, DEHYDRATED PARSLEY, ONION POWDER, NATURAL FLAVORS, MUSHROOM POWDER, CARRAGEENAN, BUTTERMILK, TURMERIC (COLOR), WITH NOT MORE THAN 2% CALCIUM STEARATE ADDED AS AN ANTI-CAKING AGENT. COMMON ALLERGENS PRESENT: Milk.

Cheddar Cheese CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE). COMMON ALLERGENS PRESENT: Milk.

Onions

BACON Bacon (Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). COMMON ALLERGENS PRESENT: None

Week 6 Monday

Spring/Summer 2018

Vegetable Lasagna

Lasagna Noodles DURUM WHEAT SEMOLINA, NIACIN IRON (FERROUS SULFATE) THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID. COMMON ALLERGENS PRESENT: Wheat

Water

Alfredo Sauce SKIM MILK, WATER, CREAM, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), MARGARINE (SOYBEAN OIL, PALM OIL, PALM KERNEL OIL, WATER, VEGETABLE MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), FOOD STARCH-MODIFIED, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), CHEESE POWDER (WHEY, CHEESE [GRANULAR AND BLUE {CULTURED MILK, SALT, ENZYMES}], REDUCED LACTOSE WHEY, MALTODEXTRIN, CREAM, WHEY PROTEIN CONCENTRATE, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID), WHEAT FLOUR, ROMANO CHEESE (PASTEURIZED SHEEP MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, GARLIC, ONION POWDER, BLACK PEPPER FLAVOR (EXTRACTIVES OF BLACK PEPPER, BENZYL ALCOHOL, ACETYLATED MONOGLYCERIDES, MONO- & DIGLYCERIDES), SPICE. COMMON ALLERGENS PRESENT: WHEAT, SOY, MILK

Cottage Cheese Cultured nonfat milk, nonfat milk, milk, contains less than 2% of salt, tapioca starch, artificial color, guar gum, mono and diglycerides, locust bean gum, carrageenan, polysorbate 80, natural and artificial flavors, potassium sorbate (preservative), vitamin A palmitate, enzymes. COMMON ALLERGENS PRESENT: Milk.

Mozzarella Cheese PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, POWDERED CELLULOSE ADDED TO PREVENT CAKING, AND NATAMYCIN ADDED AS A MOLD INHIBITOR. COMMON ALLERGENS PRESENT: Milk

Parmesan Cheese Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk.

Broccoli Cuts, Shredded Carrots, Spinach, Parsley

Italian Seasoning Herbs. COMMON ALLERGENS PRESENT: None.

Liquid Egg Whole Eggs, Citric Acid, 0.15% water added as carrier for citric acid. Citric Acid added to Preserve Color. COMMON ALLERGENS PRESENT: Egg.

Tossed Salad

Lettuce, Tomatoes, Cucumbers

Strawberries

Garlic Knot

Sweet Dough ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, YEAST, FRUCTOSE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SOYBEAN AND CANOLA OILS, WHEAT GLUTEN, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, SALT, SOY LECITHIN, DEXTROSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), GUAR GUM, MONOGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR (CONTAINS MILK INGREDIENTS), ASCORBIC ACID, ENZYME. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.

Garlic Herb Seasoning Dehydrated garlic, spices, dehydrated onion, orange peel, paprika (as color), red pepper. COMMON ALLERGENS PRESENT: None

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Pan Coating Spray

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A.

Parmesan Cheese Packet Pasteurized part skim milk, cheese cultures, salt, enzymes, and cellulose (anti-caking agent). Contains Milk

Week 6 Tuesday

Spring/Summer 2018

Terriyaki Chicken

Chicken Breast 100% USDA Inspected Chicken . COMMON ALLERGENS PRESENT: NONE.

Terriyaki Sauce NATURALLY BREWED SOY SAUCE(WATER WHEAT SOYBEANS SALT) WINE HIGH FRUCTOSE CORN SYRUP WATER VINEGAR SALT SPICES ONION POWDER SUCCINIC ACID GARLIC POWDER SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE. COMMON ALLERGENS PRESENT: Wheat, Soy. MAY CONTAIN: Egg, Fish, Milk, Peanuts, Tree Nuts, Shellfish

Celery, Onions, Carrots

Pineapple pineapple, pineapple juice, water and clarified pineapple juice concentrate(water, clarified pineapple juice concentrate). COMMON ALLERGENS PRESENT: None

Vegetable Egg Roll Cabbage, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Carrot, Celery, Water, Enriched Durum Flour (Durum Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Onion, Rice, Broccoli, Contains Less Than 2% Of: Dehydrated Soy Sauce (Soy Sauce [Wheat, Soybeans, Salt], Maltodextrin, And Salt), Salt, Vermicelli (Green Mung Beans, Water), Soy Sauce (Water, Soybeans, Salt, And Wheat Flour), Dried Shiitake Mushroom Powder, Sugar, Modified Corn Starch, Dried Whole Eggs, Sesame Seed Oil, Wheat Protein, Natural Flavor Enhancer (Yeast Extract, Natural Flavor), Spice, Garlic Powder, Cottonseed Oil. Pre-fried in vegetable oil (soybean and/or cottonseed). COMMON ALLERGENS PRESENT: Egg, Wheat, Soy.

Brown Rice Wholegrain parboiled brown rice

Oil Soybean Oil. COMMON ALLERGENS PRESENT: None

Water

Glazed Sugar Snap Peas

Sugar Snap Peas

Dijon Mustard Distilled vinegar, Water, Number 1 grade mustard seed, Salt, Chardonnay Wine, Citric Acid, Tartaric Acid, Spices and Tumeric

Minced Garlic Garlic, Water and Citric Acid. Contains: Naturally Occurring Sulfites. COMMON ALLERGENS PRESENT: None.

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. COMMON ALLERGENS PRESENT: Soy, Milk

Onions, Salt & Pepper

Tropical Fruit PINEAPPLE, PINEAPPLE JUICE, RED PAPAYA, WATER, YELLOW PAPAYA, GUAVA, SUGAR, PASSION FRUIT JUICE, CITRIC ACID. COMMON ALLERGENS PRESENT: None.

Sweet & Sour Cup High Fructose Corn Syrup, Water, Vinegar, Modified Food Starch, Relish (Pickles, High Fructose Corn Syrup, Distilled Vinegar, Water, Sugar, Salt, Natural Flavors, Xanthan Gum, Calcium Chloride, Polysorbate 80, Sodium Benzoate, Turmeric, Blue #1), Pineapple Concentrate, Salt, Apricot Puree, Soybean Oil, Xanthan Gum, Red Bell Pepper, Sodium Benzoate and Potassium Sorbate (as preservatives), Green Bell Pepper Concentrate, Red Bell Pepper Concentrate. COMMON ALLERGENS PRESENT: None

Week 6 Wednesday

Spring/Summer 2018

Swedish Meatballs

Meatballs Beef, Pork, Water, Bread Crumbs (Wheat Flour, Salt, Yeast), Romano Cheese (Cows Milk, Culture, Salt, Enzymes), Textured Soy Protein (Soy Protein Concentrate, Caramel Color), Salt, Dried Onion, Spices, Soy Protein Concentrate, Sugar, Dried Celery, Dried Garlic, Mustard Powder, Parsley, BHA, BHT, Citric Acid. Caramel Color Added BHA, BHT, And Citric Acid Added to help protect flavor. COMMON ALLERGENS PRESENT: Wheat, Dairy, Soy.

Cream of Mushroom WATER, MUSHROOMS, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, CONTAINS 2% OR LESS OF: MODIFIED CORNSTARCH, SALT, MONOSODIUM GLUTAMATE, CORNSTARCH, SWEET DAIRY WHEY (MILK), SOY PROTEIN CONCENTRATE, CREAM, FLAVOR BLEND (AUTOLYZED YEAST EXTRACT, CITRIC ACID, MONOSODIUM GLUTAMATE, CORN MALTODEXTRIN), DISODIUM PHOSPHATE, WHITE PEPPER, NATURAL CREAM TYPE FLAVOR (MALTODEXTRIN, NATURAL FLAVOR), GARLIC POWDER, NATURAL ONION FLAVOR WITH OTHER NATURAL FLAVORS (MALTODEXTRIN, NATURAL FLAVOR). Allergens: CONTAINS: WHEAT, MILK, SOY.

Milk Reduced fat milk, vitamin A palmitate and vitamin D3 added

Beef Base SALT, BEEF FAT (BHA, PROPYL GALLATE AND CITRIC ACID ADDED TO PROTECT FLAVOR), DEXTROSE, HYDROLYZED SOY PROTEIN, CORN GLUTEN AND WHEAT PROTEIN (CONTAINS SALT, CARAMEL COLOR), FOOD STARCH-MODIFIED, MONOSODIUM GLUTAMATE, ONION POWDER, CARAMEL COLOR, BEEF EXTRACT, LACTIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, NATURAL FLAVORING, OLEORESIN PAPRIKA, SULFITING AGENTS. COMMON ALLERGENS PRESENT: Soy, Wheat

Parsley, Water

Parsley Noodles

Egg Noodles Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat, Egg.

Parsley Dehydrated Parsley. COMMON ALLERGENS PRESENT: None.

Water

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Wheat Bread Wheat flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of the following: soybean oil, salt, wheat gluten, caramel color, monoglycerides,

monocalcium phosphate, calcium phosphate, corn starch, calcium propionate (preservative), calcium sulfate, ammonium sulfate, ascorbic acid, soy lecithin. Contains: Wheat & Soy

Lima Beans Lima beans. COMMON ALLERGENS PRESENT: None.

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper

Orange Wedges

7 Layer Salad

Lettuce, Onion, Cauliflower, Peas

Bacon Bacon (Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). COMMON ALLERGENS PRESENT: None

Cheddar Cheese CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, COLOR ADDED, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE). COMMON ALLERGENS PRESENT: MILK.

Mayonnaise Soybean Oil, Water, Egg Yolk, Corn Syrup, Distilled Vinegar, Contains Less Than 2% Salt, Spice, Calcium Disodium EDTA Added to Protect Flavor. COMMON ALLERGENS PRESENT: Egg.

Parmesan Cheese Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk.

Milk Reduced fat milk, vitamin A palmitate, vitamin D3 added

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A.

Week 6 Thursday

Spring/Summer 2018

Zesty Lemon Turkey

Turkey Whole Turkey Breast Roast with up to 15% of a flavoring solution of Turkey Broth and 2% or less of Salt, Sugar, Sodium and Potassium Phosphate. COMMON ALLERGENS PRESENT: None

Lemon Pepper Seasoning Salt, black pepper, citric acid, dehydrated onion, dehydrated garlic, maltodextrin, sugar, yellow 5 lake, natural flavor, lecithin, and less than 2% silicon dioxide added to prevent caking. COMMON ALLERGENS PRESENT: Soy.

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Potatoes Romanoff

Shredded Hash browns Potatoes, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. COMMON ALLERGENS PRESENT: None

Sour Cream Cultured milk, cream, whey, less than 2% of food starch - modified (corn), sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate (preservative). COMMON ALLERGENS PRESENT: Milk.

Cheddar Cheese CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE). COMMON ALLERGENS PRESENT: Milk

Paprika, Salt, Pepper, Onion

Peaches Peaches, water, corn syrup, sugar. COMMON ALLERGENS PRESENT: None.

California Blend Broccoli Florets, Cauliflower Clusters and Sliced Crinkle Cut Carrots. COMMON ALLERGENS PRESENT: None.

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper

Wheat Dinner Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cup- WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE),

CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED.
COMMON ALLERGENS PRESENT: N/A

Week 6 Friday

Spring/Summer 2018

Ham & Sweet Potato Casserole

Ham Ham cured with water, salt, sodium phosphate, sodium erythorbate, sodium nitrite. COMMON ALLERGENS PRESENT: None.

Sweet Potatoes Sweet potatoes, water, cane sugar. COMMON ALLERGENS PRESENT: None

Onion Powder, Garlic Powder

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Flour Bleached Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)

Milk Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3 added

Baked Chicken (alternate) 100% USDA Inspected Chicken. COMMON ALLERGENS PRESENT: NONE.

Garden Seasoning Dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor. COMMON ALLERGENS PRESENT: None

Cauliflower

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper

Fruit Compote

Apricots Apricots, water, sugar. COMMON ALLERGENS PRESENT: None.

Prunes Prunes, Water, and pear juice from concentrate.

Pears Pears, Water, Sugar. COMMON ALLERGENS PRESENT: None

Corn Muffins

Cornbread Mix Enriched unbleached flour (wheat flour*, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, may contain malted barley flour), degermed yellow cornmeal, sugar, partially hydrogenated soybean and

cottonseed oils. Contains 2% or less of the following: egg whites, calcium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, dextrose, salt. *Food Alliance Certified Shepherd's Grain sustainably farmed wheat flour. COMMON ALLERGENS PRESENT: Milk, Wheat, Eggs. MAY CONTAIN: Tree Nuts, Soy.

Water

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Week 7 Monday

Spring/Summer 2018

Chicken Ratatouille

Diced Chicken Cooked Chicken Meat, Natural Proportion. COMMON ALLERGENS PRESENT: None.

Flour Bleached Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)

Zucchini, Onions, Green Peppers

Mushrooms Mushrooms, Water, Salt, Citric Acid. COMMON ALLERGENS PRESENT: None.

Stewed Tomatoes Tomatoes, Tomato Juice, Sugar, Salt, Dried Onion, Dried Celery, Dried Bell Pepper, Citric Acid, Calcium Chloride, Natural Flavors. COMMON ALLERGENS PRESENT: None

Garlic Garlic, Water and Citric Acid. Contains: Naturally Occurring Sulfites. COMMON ALLERGENS PRESENT: None.

Basil, Parsley, Black Pepper

Spaghetti Noodles Durum Wheat Semolina, Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid). COMMON ALLERGENS PRESENT: Wheat.

Water, Salt

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk

Mandarin Oranges Mandarin Oranges, Water, Sugar and Citric Acid. COMMON ALLERGENS PRESENT: None.

Caesar Salad

Romaine Lettuce

Shredded Parmesan Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk.

Croutons ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, WHEY, SALT, YEAST, HIGH FRUCTOSE CORN SYRUP, 2% OR LESS OF SUGAR, SPICES, CALCIUM PROPIONATE (PRESERVATIVE), DEHYDRATED PARSLEY, ONION POWDER, PAPRIKA (COLOR), TURMERIC (COLOR),

EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS). COMMON ALLERGENS PRESENT: *Wheat, Milk*

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A

Week 7 Tuesday

Spring/Summer 2018

Pork Tenderloin

Pork Loin Contains up to 12% of Pork Stock, Sodium Phosphate, Salt, Vinegar, Flavoring. COMMON ALLERGENS PRESENT: None.

Salt, Pepper

Rosemary Garlic Seasoning Rosemary and Other Spices, Dehydrated Garlic, Salt, Dehydrated Onion, Dehydrated Red Bell Pepper, Lemon Peel, Paprika (as color). COMMON ALLERGENS PRESENT: None.

Gravy

Pork Gravy Mix Modified Food Starch, Wheat Flour, Salt, Maltodextrin, Palm Oil, Chicken Fat, Cooked Chicken, Pork Stock, Sugar, Contains 2% or less of: Yeast Extract, Beef Stock, Chicken Broth, Sodium Caseinate, Onion Powder, Dextrose, Disodium Inosinate, Disodium Guanylate, Dipotassium Phosphate, Caramel Color, Garlic Powder, Mono and Diglycerides, Beta Carotene, Extractive of Paprika, Natural Flavors, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk

Water

Salt & Pepper

Red Potatoes

Red Potatoes, Paprika, Parsley

Garlic Salt Salt, dehydrated garlic and less than 2% silicon dioxide (anticaking agent). COMMON ALLERGENS PRESENT: None.

Corn

Corn Corn, water, sugar, salt. COMMON ALLERGENS PRESENT: None

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper

Pineapple pineapple, pineapple juice, water and clarified pineapple juice concentrate(water, clarified pineapple juice concentrate). COMMON ALLERGENS PRESENT: None.

Wheat Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cups WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A.

Week 7 Wednesday

Spring/Summer 2018

Beef Tater Tot Casserole

Ground Beef

Tater Tots Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color. COMMON ALLERGENS PRESENT: None

Corn Corn, water, sugar, salt. COMMON ALLERGENS PRESENT: None.

Cream of Mushroom WATER, MUSHROOMS, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, CONTAINS 2% OR LESS OF: MODIFIED CORNSTARCH, SALT, MONOSODIUM GLUTAMATE, CORNSTARCH, SWEET DAIRY WHEY (MILK), SOY PROTEIN CONCENTRATE, CREAM, FLAVOR BLEND (AUTOLYZED YEAST EXTRACT, CITRIC ACID, MONOSODIUM GLUTAMATE, CORN MALTODEXTRIN), DISODIUM PHOSPHATE, WHITE PEPPER, NATURAL CREAM TYPE FLAVOR (MALTODEXTRIN, NATURAL FLAVOR), GARLIC POWDER, NATURAL ONION FLAVOR WITH OTHER NATURAL FLAVORS (MALTODEXTRIN, NATURAL FLAVOR). Allergens: CONTAINS: WHEAT, MILK, SOY.

Salt & Pepper

Banana

Winter Blend Broccoli cuts and cauliflower clusters. COMMON ALLERGENS: None

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper

White Roll Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) Water, High Fructose Corn Syrup, Soybean Oil, Yeast, Contains 2% or less of the following: Salt, Wheat Gluten, Monoglycerides, Monocalcium phosphate, Calcium Phosphate, Calcium Propionate (preservative), Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Corn Starch, Sesame Seeds

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A.

Country Fried Steak

Breaded Beef Steak Beef, dextrose, dehydrated onion, hydrolyzed soy protein, powdered onion, monosodium glutamate, spices, ground mustard, spice extractives, salt, sodium phosphates. Batter Ingredients: Water, soybean oil (citric acid added), maltodextrin, dried egg whites, whey protein hydrolysate, mono and diglycerides. Breading Ingredients: Enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, sugar, partially hydrogenated soybean oil, yeast, spices, garlic. COMMON ALLERGENS PRESENT: Wheat, Milk, Soy Protein, Eggs.

Pan Spray Water, soybean oil, soy lecithin, with potassium sorbate and sorbic acid as preservatives. Propellant (no chlorofluorocarbons). COMMON ALLERGENS PRESENT: Soy

Mashed Potatoes-Potato (dry), whey product (whey, calcium caseinate, and calcium stearoyl-2-lactylate), mono and diglycerides, ascorbic acid (vitamin c), calcium stearoyl-2-lactylate. Freshness preserved with sodium bisulfite, and bht. COMMON ALLERGENS PRESENT: Milk. Water.

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk

Salt & Pepper, Water

Lima Beans

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk

Salt & Pepper

Country Gravy

Country Gravy Base Modified Food Starch, Partially Hydrogenated Soybean and Cottonseed Oil, Dextrose, Wheat Flour, Maltodextrin, Corn Syrup Solids, Salt, Buttermilk Powder, Monosodium Glutamate, Contains 2% or less of: Spices, Hydrolyzed Soy Protein, Yeast Extract, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides, Titanium Dioxide, Bacon Fat (with TBHQ and Citric Acid for stability), Onion Powder, Natural Flavor, Beta Carotene, Artificial Flavor, Caramel Color, Yellow #6, Sunflower Oil, Sodium Aluminosilicate (flow agent). COMMON ALLERGENS PRESENT: Wheat, Soy, Milk

Water

Watermelon

Wheat Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains

2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A

Week 7 Friday

Spring/Summer 2018

Pepperoni Pizza

Pizza Crust ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SUGAR, SOYBEAN OIL, SALT, GUAR GUM. COMMON ALLERGENS PRESENT: Wheat.

Pizza Sauce Tomato concentrate (water, tomato paste), salt, citric acid, basil. COMMON ALLERGENS PRESENT: None.

Pepperoni Pork, Beef, Salt, Dextrose, Lactic Acid Starter Culture, Natural Flavorings, Oleoresin of Paprika, Sodium Ascorbate, Natural Smoke Flavoring, Dehydrated Garlic, Sodium Nitrite, BHA, BHT, Citric Acid. COMMON ALLERGENS PRESENT: None

Mozzarella PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, POWDERED CELLULOSE ADDED TO PREVENT CAKING, AND NATAMYCIN ADDED AS A MOLD INHIBITOR. COMMON ALLERGENS PRESENT: Milk.

Italian Seasoning Oregano, Thyme, Basil, Rosemary, Sage

Parmesan Cheese Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk

Three Bean Salad

Green Beans Green beans, water, salt. COMMON ALLERGENS PRESENT: None

Kidney Beans Dark Red Kidney Beans, Water, High Fructose Corn Syrup, Sugar, Salt, Calcium Chloride, Disodium EDTA (To Preserve Color), and Natural Flavorings. COMMON ALLERGENS PRESENT: None

Wax Beans Wax beans, water, salt. COMMON ALLERGENS PRESENT: None

Italian Dressing Water, Distilled Vinegar, High Fructose Corn Syrup, Salt, Soybean Oil, Contains Less Than 2% Dehydrated Garlic and Onion, Xanthan Gum, Dehydrated Red Bell Pepper, Sodium Benzoate added as a Preservative, Spice, Calcium Disodium EDTA added to Protect Flavor, Oleoresins Turmeric and Paprika (colors). COMMON ALLERGENS PRESENT: None.

Fruited Gelatin

Gelatin Cherry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Red 40 Lake, Blue 1. Strawberry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Natural and Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Red 40 Lake. Raspberry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Natural and Artificial Flavor, Malic Acid, Citric Acid, Ascorbic Acid (Vitamin C), Red 40, Red 40 Lake, Blue 1. COMMON ALLERGENS PRESENT: None.

Water

Fruit Cocktail PEACHES, PEARS, WATER, GRAPES, PINEAPPLE SEGMENTS, CORN SYRUP, HALVED CHERRIES ARTIFICIALLY COLORED RED, SUGAR. COMMON ALLERGENS PRESENT: None

Tossed Salad

Lettuce, Tomatoes, Cucumbers

Breadstick ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SALT, SUGAR, DEXTROSE, YEAST, DOUGH CONDITIONERS (DATEM, ASCORBIC ACID, ENZYMES, L-CYSTEINE), CALCIUM PROPIONATE (PRESERVATIVE), MONOGLYCERIDES, WHEY (A MILK INGREDIENT), CITRIC ACID, CORNMEAL. COMMON ALLERGENS PRESENT: Milk, Wheat.

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Granulated Garlic Dehydrated Garlic. COMMON ALLERGENS PRESENT: None.

Parsely, Paprika

Week 8 Monday

Spring/Summer 2018

Pepper Steak

Cube Steak Boneless Beef (80% lean). COMMON ALLERGENS PRESENT: None.

Beef Base SALT, BEEF FAT (BHA, PROPYL GALLATE AND CITRIC ACID ADDED TO PROTECT FLAVOR), DEXTROSE, HYDROLYZED SOY PROTEIN, CORN GLUTEN AND WHEAT PROTEIN (CONTAINS SALT, CARAMEL COLOR), FOOD STARCH-MODIFIED, MONOSODIUM GLUTAMATE, ONION POWDER, CARAMEL COLOR, BEEF EXTRACT, LACTIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, NATURAL FLAVORING, OLEORESIN PAPRIKA, SULFITING AGENTS. COMMON ALLERGENS PRESENT: Soy, Wheat

Tomato Paste Tomatoes, citric acid. COMMON ALLERGENS PRESENT: None

Soy Sauce Water, Salt, Corn Syrup, Distilled Vinegar, Caramel Color, Contains Less Than 2% Hydrolyzed Soy Protein, Sodium Benzoate and Potassium Sorbate as Preservatives, Citric Acid. COMMON ALLERGENS PRESENT: Soy

Sugar Granulated cane sugar. COMMON ALLERGENS PRESENT: None.

Pepper, Corn Starch, Water, Onions, Red Peppers, Green Peppers

Granulated Garlic Dehydrated Garlic. COMMON ALLERGENS PRESENT: None.

Brown Rice Wholegrain parboiled brown rice

Oil Soybean Oil. COMMON ALLERGENS PRESENT: None

Water

Glazed Sugar Snap Peas

Sugar Snap Peas

Dijon Mustard Distilled vinegar, Water, Number 1 grade mustard seed, Salt, Chardonnay Wine, Citric Acid, Tartaric Acid, Spices and Tumeric

Minced Garlic Garlic, Water and Citric Acid. Contains: Naturally Occurring Sulfites. COMMON ALLERGENS PRESENT: None.

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. COMMON ALLERGENS PRESENT: Soy, Milk

Onions, Salt & Pepper

Cinnamon Applesauce

Applesauce Apples, High Fructose Corn Syrup, Corn Syrup, and Water. Ascorbic acid added to maintain color.
COMMON ALLERGENS PRESENT: None

Cinnamon

Carrot Raisin Salad

Shredded Carrots

Raisins California sundried raisins

Coleslaw Dressing HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, WATER, DISTILLED VINEGAR, CIDER VINEGAR, WHOLE EGG, SALT, MUSTARD FLOUR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, SPICE, DRIED GARLIC, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT QUALITY). COMMON ALLERGENS PRESENT: Egg.

Wheat Bread Wheat flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of the following: soybean oil, salt, wheat gluten, caramel color, monoglycerides, monocalcium phosphate, calcium phosphate, corn starch, calcium propionate (preservative), calcium sulfate, ammonium sulfate, ascorbic acid, soy lecithin. Contains: Wheat & Soy

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED.
COMMON ALLERGENS PRESENT: N/A

Week 8 Tuesday

Spring/Summer 2018

Braised Pork Chop

Pork Chop Pork, water, salt, sodium tripolyphosphate (30.06%), lemon juice concentrate. COMMON ALLERGENS PRESENT: None.

Garlic in Water Garlic, Water and Citric Acid. Contains: Naturally Occurring Sulfites. COMMON ALLERGENS PRESENT: None

Tomato Sauce Tomato Puree, (Water, Tomato Paste), Water, Less Than 2% Of: Salt, Onion Powder, Garlic Powder, Citric Acid, Natural Flavors. COMMON ALLERGENS PRESENT: None.

Tomato Paste Tomatoes, citric acid. COMMON ALLERGENS PRESENT: None

Parmesan Cheese Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk

Cajun Seasoning Dehydrated garlic, spices, salt, paprika (color), dehydrated onion, red pepper. COMMON ALLERGENS PRESENT: None

Onions, Celery

Vegetable Oil Soybean Oil. COMMON ALLERGENS PRESENT: None

Granulated Sugar Granulated cane sugar. COMMON ALLERGENS PRESENT: None.

Potato Medley

Yukon, Red & Russet Potatoes

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk

Garlic Bread Seasoning Palm Oil, Dehydrated Garlic, Romano Cheese from Cow's Milk (cultured, pasteurized part-skim milk, salt, enzymes), Salt, Food Starch-Modified, Parsley, Yellow 5 Lake, Natural Flavor, Soy Lecithin, less than 2% Silicon Dioxide to prevent caking. COMMON ALLERGENS PRESENT: Milk, Soy.

Grapes

Broccoli

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk

Salt & Pepper

Wheat Dinner Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cup WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A.

Week 8 Wednesday

Spring/Summer 2018

Chicken Salad

Diced Chicken Cooked Chicken Meat, Mostly Dark (80% dark, 20% white). COMMON ALLERGENS PRESENT: NONE

Mayonnaise Soybean Oil, Water, Egg Yolk, Corn Syrup, Distilled Vinegar, Contains Less Than 2% Salt, Spice, Calcium Disodium EDTA Added to Protect Flavor. COMMON ALLERGENS PRESENT: Egg

Onion, Celery, Salt & Pepper

Potato Salad

Diced Potatoes Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (Added to maintain color), Potassium Sorbate (Added to maintain freshness).

Mayonnaise Soybean Oil, Water, Egg Yolk, Corn Syrup, Distilled Vinegar, Contains Less Than 2% Salt, Spice, Calcium Disodium EDTA Added to Protect Flavor.. COMMON ALLERGENS PRESENT: Egg

Onions, Salt, Pepper, Celery

Relish FRESH CUCUMBERS, SUGAR, VINEGAR, SALT, SPICES, XANTHAN GUM, POTASSIUM SORBATE (PRESERVATIVE), YELLOW 5, BLUE 1, POLYSORBATE 80. COMMON ALLERGENS PRESENT: None

Mustard Distilled Vinegar, #1 Grade Mustard Seed, Salt, Turmeric, Spices, and Paprika. COMMON ALLERGENS PRESENT: None

Vinegar White Distilled Vinegar and Filtered Water. COMMON ALLERGENS PRESENT: None.

Sugar Granulated cane sugar. COMMON ALLERGENS PRESENT: None

Fresh Fruit Cup

Apples, Grapes, Strawberries

Croissant ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MARGARINE (PALM OIL, WATER, SOYBEAN OIL, SUGAR, SOY LECITHIN, MONO- AND DIGLYCERIDES, POTASSIUM SORBATE PRESERVATIVE, CITRIC ACID PRESERVATIVE, ARTIFICIAL FLAVOR, BETA-CAROTENE COLOR, VITAMIN A PALMITATE), HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: YEAST, SALT, WHEY, CALCIUM PROPIONATE PRESERVATIVE, CALCIUM SULFATE, DEXTROSE, SUGAR, WHEAT FLOUR, MALTODEXTRIN, ENZYMES, NATURAL AND ARTIFICIAL FLAVORS, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, ACACIA (GUM ARABIC), CALCIUM PHOSPHATE, HIGH OLEIC CANOLA OIL, CAPRIC ACID AND CAPRYLIC ACID TRIGLYCERIDE BLEND. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk.

Pickled Beets Beets, water, high fructose corn syrup, vinegar, salt, natural flavorings. COMMON ALLERGENS
PRESENT: None.

Week 8 Thursday

Spring/Summer 2018

Roast Beef Rubbed with salt, dextrose, hydrolyzed soy protein, corn syrup solids, onion powder, caramel color, garlic powder, spice, soybean oil, natural flavor. COMMON ALLERGENS PRESENT: SOY.

Brown Gravy

Beef Base- Salt, beef fat (bha, propyl gallate and citric acid added to protect flavor), dextrose, hydrolyzed soy protein, corn gluten and wheat protein (contains salt, caramel color), food starch-modified, monosodium glutamate, onion powder, caramel color, beef extract, lactic acid, disodium inosinate, disodium guanylate, natural flavoring, oleoresin paprika, sulfiting agents. COMMON ALLERGENS PRESENT: Soy, Wheat.

Corn Starch, Water

Bay Leaf, Parsley, Salt, Pepper, Thyme

Granulated Garlic Dehydrated Garlic. COMMON ALLERGENS PRESENT: None.

Kitchen Bouquet Caramel Color (sulfites), Water, Vegetable Base (water, carrots, celery, cabbage, onion, parsley, turnips, parsnips), less than 2% of: spices, salt, and sodium benzoate as a preservative

Mashed Potatoes POTATO (DRY), WHEY PRODUCT (WHEY, CALCIUM CASEINATE, AND CALCIUM STEAROYL-2-LACTYLATE), MONO AND DIGLYCERIDES, ASCORBIC ACID (VITAMIN C), CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: Milk.

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper, Water

Apricots Apricots, water, sugar. COMMON ALLERGENS PRESENT: None.

Succotash

Corn Corn, water, sugar, salt. COMMON ALLERGENS PRESENT: None

Lima Beans

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Salt & Pepper

White Dinner Roll Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) Water, High Fructose Corn Syrup, Soybean Oil, Yeast, Contains 2% or less of the following: Salt, Wheat Gluten, Monoglycerides, Monocalcium phosphate, Calcium Phosphate, Calcium Propionate (preservative), Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Corn Starch, Sesame Seeds

Margarine Cups WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A.

Week 8 Friday

Spring/Summer 2018

Italian Baked Chicken

Chicken Breast 100% USDA Inspected Chicken . COMMON ALLERGENS PRESENT: NONE.

Bread Crumbs Bleached wheat flour, yeast, sugar, salt. COMMON ALLERGENS PRESENT: Wheat.

Parmesan Cheese Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk

Parsley, Paprika, Oregano, Basil, Pepper

Garlic Salt Salt, dehydrated garlic and less than 2% silicon dioxide (anticaking agent). COMMON ALLERGENS PRESENT: None

Liquid Egg Whole Eggs, Citric Acid, 0.15% water added as carrier for citric acid. Citric Acid added to Preserve Color. COMMON ALLERGENS PRESENT: Egg.

Pan Spray Water, soybean oil, soy lecithin, with potassium sorbate and sorbic acid as preservatives. Propellant (no chlorofluorocarbons). COMMON ALLERGENS PRESENT: Soy

O'Brien Potatoes

Shredded Potatoes Potatoes, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. COMMON ALLERGENS PRESENT: None.

Green Peppers, Onions, Salt & Pepper

Red Peppers Sweet Red Peppers, Water, Citric Acid

Margarine Vegetable oil blend (palm oil & soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate(a preservative), citric acid, natural & artificial flavor, beta carotene(color), vitamin A palmitate added, whey. COMMON ALLERGENS PRESENT: Soy, Milk.

Tuscan Vegetable Blend Asiago cheese, broccoli florets, large-diced orange carrots and yellow shoestring carrots

Salt & Pepper

Tropical Fruit PINEAPPLE, PINEAPPLE JUICE, RED PAPAYA, WATER, YELLOW PAPAYA, GUAVA, SUGAR, PASSION FRUIT JUICE, CITRIC ACID. COMMON ALLERGENS PRESENT: None.

Wheat Roll Enriched Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, wheat gluten, wheat bran, wheat, contains 2% or less of the following: rye, oats, soybean oil, salt, wheat germ, buckwheat, barley, triticale, white

wheat, flaxseed, amaranth, corn, brown rice, corn starch, calcium sulfate, ammonium chloride, monoglycerides, calcium propionate (preservative), sodium stearoyl lactylate, molasses, honey, caramel color, calcium peroxide, ascorbic acid. Contains: Wheat

Margarine Cups WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: N/A.