

## JEFFERY'S CATERING PRODUCT INGREDIENTS

### CEREAL

**CORN FLAKES BOWL #4265708 – INGREDIENTS:** MILLED CORN, SUGAR, SALT, MALT EXTRACT, CORN SYRUP, VITAMIN C (SODIUM ASCORBATE), REDUCED IRON, ZINC (ZINC OXIDE), NIACIN (NIACINAMIDE), VITAMIN A PALMITATE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), FOLATE (FOLIC ACID), VITAMIN B12, WHEAT STARCH. BHT TO PRESERVE FRESHNESS. **CONTAINS WHEAT**

**SERVING SIZE: 1 BOWL CALORIES 80, TOTAL FAT 0G, CARBOHYDRATE 18G, PROTEIN 2G, SAT. FAT 0G, TRANS FAT 0G**

**KIX WHOLE GRAIN SS BOWL # 1072586 – INGREDIENTS:** WHOLE GRAIN CORN, CORN MEAL, SUGAR, CORN BRAN, SALT, BROWN SUGAR SYRUP, TRISODIUM PHOSPHATE. VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.

**SERVING SIZE: 1 BOWL PACK, CALORIES 60, TOTAL FAT 0.5G, CARBOHYDRATE 15G, PROTEIN 1G, SUGARS 2G, FIBER 2G**

**RICE CRISPY BOWL # 1265701 – INGREDIENTS:** RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT EXTRACT, FERRIC ORTHOPHOSPHATE (IRON), VITAMIN C (ASCORBIC ACID), ZINC (ZINC OXIDE), NIACIN (NIACINAMIDE), VITAMIN A PALMITATE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN D, FOLATE (FOLIC ACID), VITAMIN B12. BHT (TO PRESERVE FRESHNESS).

**SERVING SIZE: 1 BOWL PACK CALORIES 70, TOTAL FAT 0G, CARBOHYDRATE 16G, PROTEIN 1G, SUGARS 2G, FIBER 0G**

**TOASTY O'S BOWL # 7738776 – INGREDIENTS:** WHOLE GRAIN OAT FLOUR (INCLUDES THE OAT BRAN), OAT BRAN, WHEAT STARCH, CONTAINS 2% OR LESS OF: SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR. VITAMINS & MINERALS: VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), NIACIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), FOLIC ACID, VITAMIN B12, VITAMIN A PALMITATE, VITAMIN C (SODIUM ASCORBATE), VITAMIN D, REDUCED IRON, ZINC (ZINC OXIDE), CALCIUM CARBONATE. **CONTAINS: WHEAT**

**SERVING SIZE: 24.8GR (1 BOWL PACK), CALORIES 100, TOTAL FAT 1.5G, CARBOHYDRATE 18G, PROTEIN 3G, SUGARS 1G, FIBER 2G**

## **BREAKFAST BREADS**

**BREAKFAST BREAD – INGREDIENTS:** BANANAS (OVERRIPE), GOLD MEDAL MUFFIN MIX # 3002326: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, WHEY, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: DEXTROSE, EGG YOLK WITH SODIUM SILICOALUMINATE, SALT, SODIUM CASEINATE, XANTHAN GUM, SOY LECITHIN, ARTIFICIAL FLAVOR, COLOR ADDED. **CONTAINS WHEAT, MILK, EGG AND SOY**

**PILLSBURY – MINI BAGELS CINNAMON CREAMY CHEESE (STUFFED BAGEL) – INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), NEUFCHATEL CHEESE (MILK, CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), SUGAR, MALTODEXTRIN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF: NONFAT MILK, YEAST, MODIFIED CORN STARCH, SALT, CINNAMON, CREAM OF TARTAR, METHYLCELLULOSE. **CONTAINS WHEAT, MILK, SOY (SOYBEAN OIL)**

**SERVING SIZE: ½ PACKAGE (69G) CALORIES 120, TOTAL FAT 3G, TOTAL CARB 20.5G, PROTEIN 3G, SUGARS 6.5G, FIBER 1G**

**BAGEL, WG, SLICED BULK – BAKE CRAFTERS FOOD COMPANY #365 – INGREDIENTS:** WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, GRANULATED SUGAR. CONTAINS 2% OR LESS OF THE FOLLOWING INGREDIENTS: YEAST, SALT WHEAT GLUTEN, HONEY, SOYBEAN OIL, MOLASSES, MONO AND DIGLYCERIDES, CORN MEAL, CALCIUM PROIPONATE, L-CYSTEINE, ENZYMES. **CONTAINS: WHEAT, SOY (SOYBEAN OIL)**

**SERVING SIZE: ½ BAGEL (1.5 OZ), CALORIES 110, TOTAL FAT 0.5G, TOTAL CARB 23G, SUGARS 2.5G, FIBER 2.5G, PROTEIN 3.5G**

**MUFFIN TOWN WG APPLE CINNAMON MUFFIN– INGREDIENTS:** FLOUR BLEND (WHOLE GRAIN WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)), SUGAR, WATER, WHITE WHOLE GRAIN WHEAT FLOUR, FILLING (APPLES, SUGAR, WATER, MODIFIED CORN STARCH, SALT, POTASSIUM SORBATE, CINNAMON, NUTMEG), EGGS, CANOLA OIL, MODIFIED FOOD STARCH, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), MILK WHEY, SOY FLOUR, SALT, WHEAT GLUTEN, EMULSIFIERS (PROPYLENE GLYCOL MONOSTEARATES, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE), INVERT SUGAR, EGGE EXTENDER (WHEAT FLOUR, EGG YOLK, EGG SOLIDS, SOYBEAN OIL, GUAR GUMS, SOY LECITHIN, SALT, SODIUM BICARBONATE, ANNATTO AND TURMERIC OLEORESIN, ENZYMES), SOY LECITHIN, CINNAMON, N&A FLAVOR, SOFTENER 9, POWDERED FRUIT JUICE, GRAIN DEXTRIN, VEGETABLE FIBER) **CONTAINS: WHEAT, EGG, MILK, SOY**

**SERVING SIZE: 1 EA (1.8 OZ), CALORIES 140, TOTAL FAT 4.5G, CARBOHYDRATE 24G, PROTEIN 2G, SUGARS 11G, FIBER 1G**

**MUFFIN TOWN WG BLUEBERRY MUFFIN– INGREDIENTS:** WHOLE WHEAT FLOUR, SUGAR, EGGS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID). BLUEBERRIES, SOYBEAN/CANOLA OIL, OATS, INVERT SUGAR, MODIFIED CORN STARCH, NONFAT MILK, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, CALCIUM SULFATE, TRICALCIUM PHOSPHATE, MONOCALCIUM PHOSPHATE), VITAL WHEAT GLUTEN, CALCIUM ACETATE, XANTHAN GUM, GUAR GUM, SOY FLOUR, SOYBEAN LECITHIN, NATURAL & ARTIFICIAL VANILLA FLAVOR, CINNAMON. **CONTAINS: WHEAT, EGG, MILK, SOY**

**SERVING SIZE: 1EA.(2OZ, 57 G), CALORIES 160, TOTAL FAT 6G, CARBOHYDRATE 26G, SUGARS 12G, FIBER 2G, PROTEIN 3G**

## **BREAKFAST SPREADS**

**CREAM CHEESE GREEK YOGURT SPREAD SS PLASTIC CUP REF # 5151309: INGREDIENTS:** CULTURED PASTEURIZED MILK, CREAM, SKIM MILK, WHEY PROTEIN CONCENTRATE, NONFAT DRY MILK, WATER, LACTIC ACID, INULIN, SALT, GUAR GUM, LOCUST BEAN GUM, XANTHAN GUM, POTASSIUM SORBATE (MAINTAINS FRESHNESS)

**SERVING SIZE: 28G, CALORIES 60, TOTAL FAT 4G, CARBOHYDRATE 3G, PROTEIN 4G, SAT. FAT 2G, TRANS FAT 0G**

## **FRUIT**

**APRICOT, HALF UNPEELED IN LIGHT SYRUP MONARCH-D # 7328941 INGREDIENTS:** APRICOTS, WATER, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP AND SUGAR

**FRESH FRUIT SALAD – INGREDIENTS:** HONEYDEW, CANTALOUPE, MANGO, PINEAPPLE TIDBITS, WATER, SUGAR, CITRIC ACID AND ASCORBIC ACID (TO PROMOTE COLOR RETENTION).

**MANDARIN ORANGES, WHOLE SEGMENT IN LIGHT-SYRUP CANNED DOLE # 1426030:**

**INGREDIENTS:** MANDARIN ORANGES, WATER, SUGAR AND CITRIC ACID.

**SERVING SIZE: ½ C (123GR), CALORIES 80, TOTAL FAT 0G, CARBOHYDRATE 21G, PROTEIN 1G, SUGARS 20G (UNDRAINED)**

**MANGO CHUNKS, SAVOR BRANDS INC. INGREDIENTS:** 100% MANGO (KENT, HADEN, KEIT, TOMMY VARIETY)

**MELON SALAD – INGREDIENTS:** HONEYDEW, CANTALOUPE

**PEACH, DICED IN JUICE CANNED YELLOW CLING MONARCH-D #9328147 INGREDIENTS:** PEACHES, WATER, PEAR JUICE CONCENTRATE

**PEAR, DICED IN JUICE, CANNED WEST CREEK - INGREDIENTS:** BARTLETT PEARS, JUICE PACK - SOLIDS AND LIQUIDS

**PINEAPPLE, CHUNK IN JUICE DOLE # 7016348: INGREDIENTS:** PINEAPPLE, PINEAPPLE JUICE, AND CLARIFIED PINEAPPLE JUICE FROM CONCENTRATE (WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE), CITRIC ACID

**SERVING SIZE: ½ C (122G) , CALORIES 60, TOTAL CARBS 16G, SUGARS 15G**

**TROPICAL FRUIT SALAD DOLE #4386983 INGREDIENTS:** PINEAPPLE CHUNKS, PAPAYA, PINEAPPLE JUICE, GUAVA, WATER, WHITE GRAPE JUICE CONCENTRATE, ASCORBIC ACID AND CITRIC ACID

**TROPICAL FRUIT DICED IN JUICE SS PLASTIC CUP DOLE # 5301916: INGREDIENTS:** FRUIT (PAPAYA [RED AND YELLOW], PINEAPPLE), CLARIFIED PINEAPPLE JUICE FROM CONCENTRATE (WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE), WHITE GRAPE JUICE FROM CONCENTRATE (WATER, WHITE GRAPE JUICE CONCENTRATE), LEMON JUICE FROM CONCENTRATE (WATER, LEMON JUICE CONCENTRATE), NATURAL FLAVOR, ASCORBIC ACID (TO PROMOTE COLOR RETENTION), AND CITRIC ACID.

**SERVING SIZE: GR (113GR), CALORIES 80, TOTAL FAT 0G, CARBOHYDRATE 15G, PROTEIN <1G, SUGARS 14G**

## **VEGETABLE RECIPES**

**CANDIED SWEET POTATOES – INGREDIENTS:** SWEET POTATOES, CANNED (SWEET POTATOES, WATER, CORN SYRUP AND SUGAR), DARK BROWN SUGAR, CINNAMON, MARGARINE (**LIQUID TFF JUG REF SALTED, BY GLNVW FRMS # 7865264:** SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL, MONOGLYCERIDES, SOYBEAN LECITHIN, SODIUM BENZOATE ADDED AS A PRESERVATIVE. LACTIC ACID ADDED TO HELP PROTECT FLAVOR. ARTIFICIAL BUTTER FLAVOR. CALCIUM DISODIUM EDTA ADDED AS A PRESERVATIVE. COLORED WITH BETA CAROTENE. VITAMIN A PALMITATE ADDED) **CONTAINS: SOY (SOYBEAN OIL AND SOY LECITHIN)**

**GLAZED CARROTS - INGREDIENTS:** CARROTS, SLICED FROZEN, CINNAMON, DARK BROWN SUGAR, MARGARINE (**LIQUID TFF JUG REF SALTED, BY GLNVW FRMS # 7865264:** SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL, MONOGLYCERIDES, SOYBEAN LECITHIN, SODIUM BENZOATE ADDED AS A PRESERVATIVE. LACTIC ACID ADDED TO HELP PROTECT FLAVOR. ARTIFICIAL BUTTER FLAVOR. CALCIUM DISODIUM EDTA ADDED AS A PRESERVATIVE. COLORED WITH BETA CAROTENE. VITAMIN A PALMITATE ADDED) **CONTAINS: SOY (SOYBEAN OIL AND SOY LECITHIN)**

**HONEY ROASTED POTATOES – INGREDIENTS:** DICED RUSSET POTATOES, BLANCHED, DICED ONION, HONEY, MARGARINE (**LIQUID TFF JUG REF SALTED, BY GLNVW FRMS # 7865264:** SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL, MONOGLYCERIDES, SOYBEAN LECITHIN, SODIUM BENZOATE ADDED AS A PRESERVATIVE. LACTIC ACID ADDED TO HELP PROTECT FLAVOR. ARTIFICIAL BUTTER FLAVOR. CALCIUM DISODIUM EDTA ADDED AS A PRESERVATIVE. COLORED WITH BETA CAROTENE. VITAMIN A PALMITATE ADDED) **CONTAINS: SOY (SOYBEAN OIL AND SOY LECITHIN)**

**ROASTED, DICED POTATOES – INGREDIENTS:** FROZEN, DICED POTATOES (POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA OIL, CORN OIL, COTTONSEED OIL, PALM OIL, SOYBEAN OIL, SUNFLOWER OIL), DISODIUM DIHYDROGEN PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), DEXTROSE), DICED GREEN PEPPER, DICED RED PEPPER, DICED ONION

**STIR-FRIED CARROTS AND BABY CORN – INGREDIENTS:** CARROTS (FROZEN SHREDDED), BABY CORN (BABY CORN, WATER, SALT, CITRIC ACID), TERIYAKI GLAZE (**KIKKOMON #8003956:** NATURALLY BREWED SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), SUGAR, WATER, MODIFIED FOOD STARCH, ONION JUICE, VINEGAR, NATURAL FLAVOUR, GARLIC POWDER, MALIC ACID, SPICE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE) **CONTAINS: SOY, WHEAT**

## **DIPS & DRESSINGS**

**HONEY MUSTARD DIP - INGREDIENTS:** MAYONNAISE (**HARVEST VALUE # 3328325:** VEGETABLE OIL, (SOYBEAN, CANOLA), VINEGAR, EGG YOLK, WATER, CORN SYRUP, CONTAINS LESS THAN 2% OF: SALT, SPICE, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), MUSTARD (**FRENCH'S # 5736780:** DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICES, NATURAL FLAVOR AND GARLIC POWDER), HONEY, SOUR CREAM (**GLENVIEW FARMS # 2739175:** CULTURED CREAM, ENZYME) **CONTAINS: EGG, MILK, SOY (SOYBEAN OIL)**

**DIP - INGREDIENTS:** SOUR CREAM (**GLENVIEW FARMS # 2739175:** CULTURED CREAM, ENZYME), MAYONNAISE (**HARVEST VALUE # 3328325:** VEGETABLE OIL, (SOYBEAN, CANOLA), VINEGAR, EGG YOLK, WATER, CORN SYRUP, CONTAINS LESS THAN 2% OF: SALT, SPICE, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), ITALIAN DRESSING MIX (SALT, SUGAR, GARLIC\*, ONIONS\*, SPICE, MONOSODIUM GLUTAMATE, RED BELL PEPPERS\*, GUAR GUM, XANTHAN GUM, NATURAL FLAVOR\*DRIED) **CONTAINS: EGG, MILK, SOY (SOYBEAN OIL)**

**ITALIAN DRESSING PORTION PAC # 3356292 - INGREDIENTS:** WATER, DISTILLED VIENGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MODIFIED FOOD STARCH, PROPYLENE GLYCOL ALGINATE, DEHYDRATED GARLIC, DEHYDTRATED ONION, DEHYDTRATED RED BELL PEPPERS, XANTHAN GUM, POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES, DEHYDTRATED LEMON PEEL, SPICES, LEMON JUICE CONCENTRATE, ARTIFICIAL COLOR

**SERVING SIZE: 1 PACKET (1TSP), CALORIES 5, TOTAL FAT 0G, CARBOHYDRATE 1G, PROTEIN 0G**

**RANCH DRESSING KRAFT # 49627) - INGREDIENTS:** WATER, CORN SYRUP, VINEGAR, SUGAR, WHEY (FROM MILK), MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF SALT, SOYBEAN OIL\*, DRIED GARLIC, XANTHAN GUM, ARTIFICIAL COLOR, PHOSPHORIC ACID, PROPYLENE GLYCOL ALGINATE, DRIED ONIONS, SPICE, NATURAL FLAVOR, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CARAMEL COLOR \*ADDS A TRIVIAL AMOUNT OF FAT **CONTAINS: MILK, SOY (LESS THAN 2% SOYBEAN OIL)**

**SERVING SIZE: 1 PACKET (12.4GR), CALORIES 20, TOTAL FAT 0G, CARBOHYDRATE 4G, PROTEIN 0G,**

**PERSIAN YOGURT SAUCE - INGREDIENTS:** PLAIN GREEK YOGURT, CUCUMBERS (SEEDED, PEELED, FINE DICE), DILL (FRESH CHOPPED), MINT, SALT, BLACK PEPPER **CONTAINS: MILK**

**HEINZ- KETCHUP SINGLE-SERVE 9G, # 6002398: INGREDIENTS:** TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING.

**SERVING SIZE: 1 PACKET (9G), CALORIES 10, TOTAL FAT 0G, CARBOHYDRATE 3G, PROTEIN 0G, SAT. FAT 0G, TRANS FAT 0G**

**SUGAR FREE TABLE SYRUP- WEST CREEK : INGREDIENTS:** WATER, SORBITOL, CELLULOSE GUM, NATURAL AND ARTIFICIAL MAPLE FLAVOR, SALT, ASPARTAME, CITRIC ACID, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES). **CONTAINS PHENYLALANINE**

## **BEEF ENTREES**

**CN HAMBURGER PATTY 1.95 OZ FULLY COOKED FLAMEBROILED, ADVANCE PIERRE # 7199268:**

### **INGREDIENTS:**

GROUND BEEF (NOT MORE THAN 30% FAT), WATER, TEXTURED VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN(B2), CYANOCOBALAMIN (B12)], SALT, SODIUM PHOSPHATE, CARAMEL COLOR. **CONTAINS: SOY**  
**SERVING SIZE: 1 PATTY 1.95 OZ. (54.6GR), CALORIES 130, TOTAL FAT 10G, CARBOHYDRATE 1G, PROTEIN 9G, SAT. FAT 4G, TRANS FAT 0.5G**

**BEEF SLOPPY JOE - INGREDIENTS:** RAW GROUND BEEF (NO MORE THAN 20% FAT), ONIONS, TOMATO SAUCE (TOMATO CONCENTRATE (WATER, TOMATO PASTE, SALT, ONION POWDER, GARLIC POWDER, CITRIC ACID, NATURAL FLAVORS), KETCHUP

### **MEATBALLS WITH MARINARA SAUCE, ADVANCE PIERRE: INGREDIENTS: MEATBALLS**

(GROUND BEEF (NOR MORE THAN 30% FAT), BELL PEPPERS, MEATBALL SEASONING (DEXTROSE, TOMATO POWDER, SOYBEAN OIL, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE EXTRACTIVES, NONFAT DRY MILK), DEHYDRATED ONIONS, BREAD CRUMBS [BLEACHED WHEAT FLOUR, SOYBEAN OIL, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), WHEY, COLORED WITH OLEORESIN PAPRIKA] SALT, SODIUM PHOSPHATE, SET IN VEGETABLE OIL), **MARINARA SAUCE** (VINE-RIPENED FRESH TOMATOES, BLEND OF EXTRA VIRGIN OLIVE OIL AND SUNFLOWER OIL, SALT, SEASONINGS, ONION, SUGAR AND NATURALLY DERIVED CITRIC ACID), **AL DENTE PASTA SAUCE** (VINE-RIPENED FRESH TOMATOES, FRESH SAUTEED AND CARAMELIZED ONIONS IN A BLEND OF EXTRA VIRGIN OLIVE OIL AND SUNFLOWER OIL, CARROT PUREE, GARLIC PUREE, SALT, SUGAR, BASIL, BLACK PEPPER, RED PEPPER, AND NATURALLY DERIVED CITRIC ACID) **CONTAINS: MILK, WHEAT, SOY (SOYBEAN OIL)**

**SERVING SIZE: 4 MEATBALLS, CALORIES 168, TOTAL FAT: 13.6G, TOTAL CARB 2.4, TOTAL PROTEIN 9G (NUTRITION INFORMATION DOES NOT INCLUDE SAUCE)**

**BARBECUE BEEF, CHANDLER FOODS: INGREDIENTS:** COOKED BEEF, SAUCE (WATER, TOMATO PASTE, VINEGAR, SUGAR, BROWN SUGAR, MUSTARD [WATER, DISTILLED VINEGAR, MUSTARD SEED, SALT, TURMERIC], HICKORY SMOKE FLAVORING, SEASONING [DEXTROSE, SALT, ONION POWDER, GARLIC POWDER, SPICE EXTRACTIVES, LECITHIN (CONTAINS SOY)], SAUCE BASE [WATER, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), SALT, VINEGAR, CARAMEL COLOR, DEXTROSE, SUGAR, MOLASSES, CORN SYRUP, SPICES, HYDROLYZED CORN GLUTEN, SOY PROTEIN AND WHEAT GLUTEN, NATURAL SMOKE FLAVOR, GARLIC POWDER, ANCHOVIES, TAMARIND AND NATURAL FLAVOR, MALIC ACID, POLYSORBATE 80], BEEF BASE [HYDROLYZED SOY PROTEIN, BEEF EXTRACT, SALT, CARAMEL COLOR], SEASONING [SALT, SPICES, GARLIC POWDER], SALT), TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR). **CONTAINS: SOY, WHEAT, FISH**

**SERVING SIZE: 2 OZ., CALORIES 91 TOTAL FAT 3G, CARBOHYDRATE 6G, PROTEIN 10G, TRANS FAT 1G**

**BEEF AND MACARONI PASTA BAKE (CASSEROLE): INGREDIENTS:** GROUND BEEF, DICED ONION, TOMATO SAUCE (TOMATO CONCENTRATE (WATER, TOMATO PASTE, SALT, ONION POWDER, GARLIC POWDER, CITRIC ACID, NATURAL FLAVORS), BASIL, OREGANO, WHOLE WHEAT MACARONI (100% WHOLE WHEAT DURUM FLOUR) **CONTAINS: WHEAT**

**BEEF TACO MEAT: INGREDIENTS:** GROUND BEEF, DICED ONION, GARLIC POWDER, BLACK PEPPER, TOMATO SAUCE (TOMATO CONCENTRATE (WATER, TOMATO PASTE, SALT, ONION POWDER, GARLIC POWDER, CITRIC ACID, NATURAL FLAVORS), CHILI POWDER, CUMIN, PAPRIKA, ONION POWDER

**RED VELVET CHILI: INGREDIENTS:** GROUND BEEF, DICED ONION, CANNED DICED BEETS (# 4946083 BEETS, WATER, SALT), DICED GREEN PEPPER, CANNED DICED TOMATO (#9328493 TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE, CITRIC ACID), TOMATO SAUCE (TOMATO CONCENTRATE (WATER, TOMATO PASTE, SALT, ONION POWDER, GARLIC POWDER, CITRIC ACID, NATURAL FLAVORS), DARK RED KIDNEY BEANS (#2329183 PREPARED DARK RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, CITRIC ACID, DISODIUM EDTA ADDED FOR COLOR RETENTION)

**CN BEEF DELUXE SLICED MEATLOAF, ADVANCE PIERRE #291419: INGREDIENTS:** GROUND BEEF (NOT MORE THAN 20% FAT), WATER, UNSWEETENED APPLESAUCE [APPLES, WATER, (MAY CONTAIN ERYTHORBIC ACID), (MAY CONTAIN ASCORBIC ACID)], VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12), (MAY CONTAIN CARAMEL COLOR), (MAY CONTAIN SOY LECITHIN)], TOMATO PASTE [WHOLE RIPE TOMATOES], BELL PEPPERS, ONIONS, BREAD CRUMBS [WHOLE WHEAT FLOUR, SOYBEAN OIL (PROCESSING AID), DRIED YEAST, SALT, AND SUGAR], SEASONING [DEXTROSE, TOMATO POWDER, SOYBEAN OIL, DISODIUM INOSINATE AND DISODIUM GUANYLATE, SPICE EXTRACTIVES, NONFAT DRY MILK], SALT, POTASSIUM AND SODIUM PHOSPHATES, GARLIC POWDER, **GRAVY: (# 3242708:** MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED SOY, CORN AND WHEAT PROTEINS, CORNSTARCH, BEEF FAT (BHT, CITRIC ACID), WHEY, YEAST EXTRACT, ONION POWDER, 2% OR LESS OF SUGAR, SOYBEAN OIL, CARAMEL COLOR, XANTHAN GUM, SOY SAUCE (WHEAT, SOYBEANS, SALT), GARLIC POWDER, DEXTROSE, DISODIUM INOSINATE/DISODIUM GUANYLATE, SPICE, CITRIC ACID, NATURAL FLAVORS, EXTRACTIVES OF PAPRIKA, SOY LECITHIN, THIAMINE HYDROCHLORIDE. CONTAINS: SULFITING AGENTS) **CONTAINS: WHEAT, MILK, SOY; GRAVY MAY CONTAIN: EGGS**  
**SERVING SIZE (MEATLOAF ONLY, WITHOUT GRAVY): 1 SLICE (88.2GR), CALORIES 180, TOTAL FAT 11G, CARBOHYDRATE 4G, PROTEIN 15G**

## **CHICKEN ENTREES**

**OVEN BAKED CHICKEN LEG: INGREDIENTS:** CHICKEN (PATUXENT #9456856), SOYBEAN OIL, SEASONING SALT, PAPRIKA  
**CONTAINS: SOY (SOYBEAN OIL)**

**THAI BASIL CHICKEN: INGREDIENTS:** PULLED CHICKEN (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS), DICED GREEN PEPPERS, BASIL, GREEN ONIONS, RICE VINEGAR (RICE WINE VINEGAR, SUGAR, SALT, POTASSIUM METABISULFITE), SOY SAUCE (#7003957 WATER, WHEAT, SOYBEANS, SALT, SODIUM BENZOATE), GRANULATED SUGAR, GARLIC POWDER **CONTAINS: SOY, WHEAT,**

**PULLED CHICKEN, TYSON – INGREDIENTS:** BONELESS SKINLESS DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS

**CHICKEN CACCIATORE: INGREDIENTS: CHICKEN TENDERS** (BONELESS, SKINLESS CHICKEN BREAST TENDERS WITH RIB MEAT, WATER, WHEAT FLOUR, CORN STARCH, RICE FLOUR, CONTAINS 2% OR LESS OF THE FOLLOWING: CARAMELIZED SUGAR, CHICKEN BROTH, CHICKEN FAT, CHICKEN SKIN, DEXTROSE, DRIED CHICKEN, DRIED CHICKEN BROTH, EXTRACTIVES OF PAPRIKA AND TURMERIC, FLAVORING, GARLIC POWDER, HONEY, LACTIC ACID, LEAVENING (CREAM OF TARTAR, SODIUM BICARBONATE), MALTODEXTRIN, MALTODEXTRIN (CORN, POTATO, TAPIOCA), NATURAL FLAVOR, ONION POWDER, RICE STARCH, SAFFLOWER OIL, SALT, SPICES, SUGAR, WHEAT GLUTEN, YEAST, YEAST EXTRACT, YELLOW CORN FLOUR. BREADING SET IN VEGETABLE OIL), **CONTAINS: WHEAT MARINARA SAUCE** (VINE-RIPENED FRESH TOMATOES, BLEND OF EXTRA VIRGIN OLIVE OIL AND SUNFLOWER OIL, SALT, SEASONINGS, ONION, SUGAR AND NATURALLY DERIVED CITRIC ACID), **AL DENTE PASTA SAUCE** (VINE-RIPENED FRESH TOMATOES, FRESH SAUTEED AND CARAMELIZED ONIONS IN A BLEND OF EXTRA VIRGIN OLIVE OIL AND SUNFLOWER OIL, CARROT PUREE, GARLIC PUREE, SALT, SUGAR, BASIL, BLACK PEPPER, RED PEPPER, AND NATURALLY DERIVED CITRIC ACID), GREEN PEPPERS, ONION

**OVEN FRIED CHICKEN LEG -BREADED BONE-IN SKIN-ON COOKED, PIERCE #8041782:**  
**INGREDIENTS:** CHICKEN DRUMSTICKS, WATER, ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN, SALT, SODIUM PHOSPHATES. BREADED AND BATTERED WITH: ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, SPICES, WHEAT GLUTEN, MONOSODIUM GLUTAMATE, GARLIC POWDER, EXTRACTIVES OF PAPRIKA. BREADING SET IN VEGETABLE OIL. **CONTAINS: SOY, WHEAT**  
**SERVING SIZE: PC (1PC), CALORIES 130, TOTAL FAT 8G, CARBOHYDRATE 5G, PROTEIN 9G**

**CHICKEN PATTY – TYSON –INGREDIENTS:** CHICKEN BREAST WITH RIB MEAT, WATER, TEXTURED SOY PROTEIN CONCENTRATE, SOY PROTEIN CONCENTRATE, SEASONING (SALT, HYDROLYZED CORN PROTEIN, AUTOLYZED YEAST EXTRACT, ONION, SPICES, SPICE EXTRACTIVES, GARLIC), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: MODIFIED CORN STARCH, SOYBEAN OIL, SPICES, GARLIC POWDER, DEXTROSE, EXTRACTIVES OF PAPRIKA AND ANNATTO, SPICE EXTRACTIVE. BREADING SET IN VEGETABLE OIL. **CONTAINS: WHEAT, SOY**

**HONEY GLAZED CHICKEN – INGREDIENTS:** PULLED CHICKEN (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, MALTODEXTRIN, YEAST EXTRACT,



CHICKEN STOCK, SALT AND FLAVORS), DICED ONION, HONEY, SOY SAUCE (#7003957 WATER, WHEAT, SOYBEANS, SALT, SODIUM BENZOATE), CILANTRO, GARLIC POWDER, GROUND GINGER **CONTAINS: WHEAT, SOY**

**TERIYAKI CHICKEN – INGREDIENTS:** PULLED CHICKEN (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS), LEMON JUICE (#6010243 LEMON JUICE FROM CONCENTRATE, WATER, CONCENTRATED LEMON JUICE, SODIUM BENZOATE, SODIUM METABISULFITE, AND SODIUM SULFITE PRESERVATIVES, LEMON OIL), VEGETABLE OIL, KETCHUP (#7321458 TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING), SOY SAUCE (#7003957 WATER, WHEAT, SOYBEANS, SALT, SODIUM BENZOATE), GARLIC POWDER **CONTAINS: SOY, WHEAT**

**MOROCCAN CHICKEN - INGREDIENTS:** PULLED CHICKEN (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS), CHICKPEAS, CRUSHED TOMATOES, CHICKEN STOCK (#5329966 SALT, CHICKEN FAT, CORN STARCH, MONOSODIUM GLUTAMATE, POWDERED COOKED CHICKEN (CHICKEN TOCOPHEROLS, PROPYL GALLATE, CITRIC ACID), MALTODEXTRIN, DEXTROSE, SEASONING (HYDROLYZED SOY PROTEIN, MONOSODIUM GLUTAMATE, SOYBEAN OIL, DISODIUM INOSINATE AND DISODIUM GUANYLATE), NATURAL FLAVORINGS, ONION POWDER, SPICE AND COLOR, GARLIC POWDER, DISODIUM INOSINATE, DISODIUM GUANYLATE.), CARROTS, ZUCCHNI, GROUND GLOVES, GROUND TURMERIC **CONTAINS: SOY**

## **TURKEY ENTREES**

**OVEN ROASTED TURKEY BREAST, HELTHY ONE, # 7176514: INGREDIENTS:** TURKEY BREAST, TURKEY BROTH, CONTAINS 2% OR LESS OF DEXTROSE, FLAVORING, MODIFIED FOOD STARCH, POTASSIUM LACTATE, SALT, SODIUM DIACETATE, SODIUM PHOSPHATE

**CN TURKEY SAUSAGE PATTY 1.4 OZ BUTTERBALL, #6143176 - INGREDIENTS:** TURKEY, MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS 2% OR LESS OF CITRIC ACID, DEXTROSE, NATURAL FLAVORING, SALT, SPICES, SUGAR

**SERVING SIZE: 2 SAUSAGES CALORIES 180, TOTAL FAT 12G, TOTAL CARBS 2G, PROTEIN 12G**

**TURKEY SAUSAGE BITES, TVP ADDED:** INGREDIENTS: TURKEY, MECHANICALLY SEPARATED TURKEY, WATER, TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR), SEASONING (SALT, SPICES, SUGAR, PAPRIKA, DEXTROSE, GARLIC POWDER, SPICE EXTRACTS, CITRIC ACID, BHA, BHT), SOY FINES (SOYBEANS), ROSEMARY EXTRACT. ALLERGENS: CONTAINS SOY.

## **FISH ENTREES**

**3 OZ WG BREADED POLLOCK RECTANGLE HIGH LINER FOODS: INGREDIENTS:** 64.2% ALASKA POLLOCK, 35.8% BATTER AND BREADING; WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WATER, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SALT, SUGAR, YEAST, DRIED WHEY, LEAVENING (MONOCALCOUM PHOSPHATE, SODIUM BICARBONATE), AUTOLYZED YEAST EXTRACT, MODIFIED CELLULOSE, ONION POWDER, CARAMEL COLOR, EXTRACTIVE OF PAPRIKA, ANNATTO, AND TUMERIC (FOR COLOR), DRIED ONION. PREFRIED IN CANNOLA, COTTONSEED, AND/OR SOYBEAN OIL. **CONTAINS: FISH, WHEAT, MILK, SOY (SOYBEAN OIL)**  
**SERVING SIZE: 1 RECTANGLE, CALORIES 170, TOTAL FAT 6G, TOTAL CARBS 17G, TOTAL PROTEIN 11G**

**TUNA FISH, WINTER GARDENS, INGREDIENTS:** TUNA (TUNA, WATER, VEGETABLE BROTH (CARROT CELERY AND SOY EXTRACT), SALT), EGGS, MAYONNAISE (SOYBEAN OIL, WTER, EGG YOLKS, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYTRUP, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, OLEORESIN PAPRIKA), CELERY, BREAD CRUMBS (BLEACHED WHEAT FLOUR, DEXTROSE, YEAST, SALT), VINEGAR, WATER, MODIFIED FOOD STARCH (CORN), SODIUM BENZOATE, SALT, ONION SALT (SALT, DEHYDRATED ONION, NOT MORE THAN 2% SILICA GEL TO PREVENT CAKING), CELERY SALT (SALT AND CELERY SEED), CITRIC ACID, PARSLEY **CONTAINS: EGG, FISH, SOY, WHEAT**

## **VEGETARIAN ENTREES – FOR ALL STUDENTS**

**VEGETARIAN CHILI – INGREDIENTS:** KIDNEY BEANS (#2329183 PREPARED DARK RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, CITRIC ACID, DISODIUM EDTA ADDED FOR COLOR RETENTION), CRUSHED TOMATOES, DICED TOMATOES, CORN, DICED BELL PEPPER, DICED ONION, CHILI POWDER, BROWN SUGAR

**CN WG CHEESE ENCHILADA FOSTER FARMS: # 7734387: INGREDIENTS:** TORTILLA [WATER, WHOLE GRAIN CORN MASA (STONEGROUND WHOLE GRAIN CORN MASA FLOUR, CELLULOSE GUM, TRACE OF LIME)], PASTEURIZED PROCESS AMERICAN CHEESE [AMERICAN CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM CITRATE, MILK FAT, SALT, COLOR (ANNATTO AND APOCAROTENAL)], WATER, TOMATO PASTE, CONTAINS 2% OR LESS OF VEGETABLE OIL, RICE STARCH, CHILI POWDER (CHILI PEPPER, SPICES, SALT, GARLIC POWDER), ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN), CHOPPED ONION, CHEESE FLAVOR (DEHYDRATED BLEND OF CHEESE (SEMISOFT AND CHEDDAR [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES]), MALTODEXTRIN, AUTOLYZED YEAST, FOOD STARCH-MODIFIED, SALT, TORULA YEAST, CONTAINS LESS THAN 2% OF BUTTER, NATURAL FLAVOR, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE), NATURAL FLAVOR, SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT), SODIUM ALGINATE, SODIUM PHOSPHATE, SPICE, BUTTER FLAVOR [MALTODEXTRIN, BUTTER FLAVOR, ANNATTO AND TURMERIC (FOR COLOR)]. **CONTAINS: SOY, MILK**

**SERVING SIZE: 1 ENCHILADA (68G), CALORIES 170, TOTAL FAT 6G, CARBOHYDRATE 20G, PROTEIN 5G, SAT. FAT 4G, TRANS FAT 0G**

**SAUCE:** TOMATO SAUCE (TOMATO CONCENTRATE (WATER, TOMATO PASTE, SALT, ONION POWDER, GARLIC POWDER, CITRIC ACID, NATURAL FLAVORS)

**MACARONI & CHEESE CAMPBELLS # 4183893: INGREDIENTS:** WATER, COOKED ENRICHED MACARONI (WHEAT FLOUR, EGG WHITES, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, CHEDDAR CHEESE (CHEDDAR CHEESE [MILK, CULTURES, SALT, ENZYMES], WATER, SALT, ANNATTO), WHEAT FLOUR, CONTAINS LESS THAN 2% OF: SALT, MODIFIED FOOD STARCH, PARMESAN CHEESE (PART-SKIM MILK, CULTURES, SALT, ENZYMES), SUGAR, DISODIUM PHOSPHATE, SOY PROTEIN CONCENTRATE, CARRAGEENAN, BETA CAROTENE FOR COLOR, PAPRIKA EXTRACT, SODIUM PHOSPHATE, FLAVORING **CONTAINS EGGS, MILK, SOY, WHEAT**

**SERVING SIZE: ½ CUP, CALORIES 110, TOTAL FAT 5.5G, CARBOHYDRATE 12.5G, PROTEIN 2.5G, SAT. FAT 1G**

**SWEET BEAN SALAD – INGREDIENTS:** VEGETARIAN BEANS (#5329081 : WHITE BEANS, WATER, SUGAR, HIGH FRUCTOSE CORN SYRUP, TOMATO PASTE, SALT, OLEORESIN PAPRIKA, DEXTROSE, ONION POWDER, GARLIC POWDER, AND NATURAL FLAVORINGS), KIDNEY BEANS (#2329183 PREPARED DARK RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, CITRIC ACID, DISODIUM EDTA ADDED FOR COLOR RETENTION), GARBANZO BEANS, GREEN PEPPER, RICE WINE VINEGAR( RICE WINE VINEGAR, SUGAR, SALT, POTASSIUM METABISULFITE), CINNAMON, MOLASSES

**LASAGNA ROLL-UP WITH TOMATO BASIL SAUCE: INGREDIENTS:** ROLLUP (LOWFAT RICOTTA CHEESE (SKIM MILK, WATER, WHEY PROTEIN CONCENTRATE, MODIFIED FOOD STARCH, MILK FAT, XANTHAN GUM, CARRAGEENAN GUM, POTASSIUM SORBATE, ACETIC ACID, ARTIFICIAL COLOR), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PART SKIM MILK, SALT, ENZYMES), ROMANO CHEESE, MADE FROM COW'S MILK (CULTURED MILK, SALT, ENZYMES), EGG, PARMESAN CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), ASIAGO CHEESE (CULTURED MILK, SALT,

ENZYMES), WATER, WHEY PROTEIN ISOLATE, SODIUM CASEINATE, SUGAR, SALT, DEHYDRATED GARLIC, WHOLE WHEAT FLOUR AND ENRICHED SEMOLINA BLEND (WHOLE WHEAT FLOUR, SEMOLINA, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER **CONTAINS MILK, EGG, WHEAT SAUCE**: AL DENTE PASTA SAUCE (VINE-RIPENED FRESH TOMATOES, FRESH SAUTEED AND CARAMELIZED ONIONS IN A BLEND OF EXTRA VIRGIN OLIVE OIL AND SUNFLOWER OIL, CARROT PUREE, GARLIC PUREE, SALT, SUGAR, BASIL, BLACK PEPPER, RED PEPPER, AND NATURALLY DERIVED CITRIC ACID), FRESH BASIL

## **MEATLESS ALTERNATIVES – FOR VEGETARIAN STUDENTS**

**CHICKENLESS NUGGETS (CN LABEL) DR. PRAEGER'S - INGREDIENTS:** HYDRATED TEXTURED SOY PROTEIN (FILTERED WATER, ISOLATED SOY PROTEIN, CORNSTARCH), ONION, SOY FLOUR, WHEAT GLUTEN, NATURAL VEGETARIAN CHICKEN FLAVOR (YEAST EXTRACT, MALTODEXTRIN, SALT CORNSTARCH, NATURAL FLAVORING, ONION POWDER, LACTIC ACID, SUGAR), RICE STARCH, EGG WHITE POWDER, GARLIC, WHEAT FIBER, SALT, WHITE PEPPER, BREADED WITH WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: CORN STARCH, SALT, SUGAR, YEAST, ONION POWDER, GARLIC POWDER, SPICE, EXPELLER PRESSED CANOLA OIL **CONTAINS: SOY, WHEAT, EGG**

\*\* USED AS VEG OPTION FOR: OVEN BAKED CHICKEN LEG, THAI BASIL CHICKEN, MEATBALLS W MARINARA, OVEN FRIED CHICKEN LEG, HONEY GLAZED CHICKEN, AND TERIYAKI CHICKEN

**VEGETARIAN BURGER (CN LABEL) DR PRAEGER'S -INGREDIENTS:** HYDRATED TEXTURED SOY PROTEIN (WATER, SOY PROTEIN CONCENTRATE, CARAMEL COLOR), ONIONS, WHEAT GLUTEN, SOY PROTEIN CONCENTRATE, ARROWROOT POWDER, NATURAL VEGETARIAN BEEF FLAVOR (YEAST EXTRACT, MALTODEXTRIN, SALT, NATURAL FLAVORING), FLAXSEED MEAL, GARLIC SALT, BLACK PEPPER. PREFRIED IN EXPELLER PRESSED CANOLA OIL. **CONTAINS: WHEAT, SOY**

\*\*USED AS VEG OPTION FOR HAMBURGER, CHICKEN CACCIATORE, CHICKEN PATTY, MEATLOAF

**KIDNEY BEAN SLOPPY JOE – INGREDIENTS:** KIDNEY BEANS (#2329183 PREPARED DARK RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, CITRIC ACID, DISODIUM EDTA ADDED FOR COLOR RETENTION), ONIONS, KETCHUP, TOMATO SAUCE (TOMATO CONCENTRATE (WATER, TOMATO PASTE, SALT, ONION POWDER, GARLIC POWDER, CITRIC ACID, NATURAL FLAVORS)

**CHEESY MACARONI PASTA BAKE (MACARONI & TOMATO CASSEROLE) AND 1 MOZZARELLA CHEESE STICK – INGREDIENTS:** DICED ONION, CANNED TOMATO SAUCE (TOMATO CONCENTRATE (WATER, TOMATO PASTE, SALT, ONION POWDER, GARLIC POWDER, CITRIC ACID, NATURAL FLAVORS), BASIL, OREGANO, SHREDDED MOZZARELLA CHEESE, WHOLE WHEAT MACARONI (100% WHOLE WHEAT DURUM FLOUR); 1 MOZZARELLA CHEESE STICK **CONTAINS: WHEAT, MILK**

**BLACK BEAN TACO – INGREDIENTS:** BLACK BEANS, TOMATO SAUCE (TOMATO CONCENTRATE (WATER, TOMATO PASTE, SALT, ONION POWDER, GARLIC POWDER, CITRIC ACID, NATURAL FLAVORS), DICED ONION, GARLIC POWDER, BLACK PEPPER, CHILI POWDER, PAPRIKA, CUMIN, ONION POWDER

**VEGGIE WRAP - INGREDIENTS:** FRESH MOZZARELLA (#2657328 PASTEURIZED MILK, VINEGAR, SALT, ENZYMES), HUMMUS (#3457066 CHICKPEAS (CHICKPEAS, WATER, CALCIUM CHLORIDE), WATER, CANOLA OIL WITH NATURAL ROASTED GARLIC FLAVOR, SESAME TAHINI, SEA SALT, CITRIC ACID, SPICES, SODIUM BENZOATE AND POTASSIUM SORBATE (TO PRESERVE FRESHNESS) **CONTAINS: MILK**

**VEGETARIAN RED VELVET CHILI – INGREDIENTS:** DICED ONION, CANNED DICED BEETS (# 4946083 BEETS, WATER, SALT), DICED GREEN PEPPER, CANNED DICED TOMATO (#9328493 TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE, CITRIC ACID), TOMATO SAUCE (TOMATO CONCENTRATE (WATER, TOMATO PASTE, SALT, ONION

POWDER, GARLIC POWDER, CITRIC ACID, NATURAL FLAVORS), DARK RED KIDNEY BEANS (#2329183 PREPARED DARK RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, CITRIC ACID, DISODIUM EDTA ADDED FOR COLOR RETENTION)

**WHITE BEAN SALAD - INGREDIENTS:** RED PEPPER, CANNELLINI BEANS, RED ONION, BASIL, RED WINE VINEGAR, OLIVE OIL, SALT, PEPPER

**MOROCCAN CHICKPEAS – INGREDIENTS:** CHICKPEAS, CRUSHED TOMATOES, CARROTS, ZUCCHINI, GROUND GLOVES, GROUND TURMERIC

**6OZ YOGURT (VEG SUBSTITUTE FOR TURKEY SAUSAGE) YOPLAIT # 6712194 –**

**INGREDIENTS:** STRAWBERRY : CULTURED PASTEURIZED GRADE A REDUCED FAT MILK, SUGAR, STRAWBERRIES, MODIFIED CORN STARCH, KOSHER GELATIN, NATURAL FLAVOR, PECTIN, COLORED WITH CARMINE, VITAMIN A ACETATE, VITAMIN D3. MOUNTAIN BLUEBERRY: CULTURED PASTEURIZED GRADE A REDUCED FAT MILK, SUGAR, BLUEBERRIES, MODIFIED CORN STARCH, KOSHER GELATIN, NATURAL FLAVOR, PECTIN, VITAMIN A ACETATE, VITAMIN D3. HARVEST PEACH :CULTURED PASTEURIZED GRADE A REDUCED FAT MILK, SUGAR, PEACHES, MODIFIED CORN STARCH, KOSHER GELATIN, NATURAL FLAVOR, PECTIN, COLORED WITH ANNATTO EXTRACT, VITAMIN A ACETATE, VITAMIN D3. **CONTAINS: MILK**

## **BREADS & ROLLS**

**WG DINNER ROLL, ULTRA 1 OZ (SERVED WITH OVEN BAKED CHICKEN LEG AND MEATLOAF ) INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT NIACIN, IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF: SOYBEAN OIL, SALT, YEAST, DOUGH CONDITIONERS (MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, CALCIUM PEROXIDE), CALCIUM PROPIONATE (PRESERVATIVE), ASCORBIC ACID, YEAST NUTRIENTS (AMMONIUM SULFATE, CALCIUM SULFATE) SOY LECITHIN **CONTAINS: WHEAT, SOY (SOYBEAN OIL AND LECITHIN, LESS THAN 2%)**

**SERVING SIZE: 1 ROLL, CALORIES 70, TOTAL FAT 1G, TOTAL CARBS 14G, PROTEIN 2G**

**WG HAMBURGER BUN, ULTRA 1.8 OZ (SERVED WITH HAMBURGER, BEEF SLOPPY JOE, BARBECUE BEEF, CHICKEN PATTY) INGREDIENTS:**

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT NIACIN, IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF: SOYBEAN OIL, SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, CALCIUM PEROXIDE), SOY FLOUR CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, WHEAT STARCH, SOY LECITHIN **CONTAINS: WHEAT, SOY**

**SERVING SIZE: 1 BUN, CALORIES 130, TOTAL FAT 1.5G, TOTAL CARBS 24G, PROTEIN 5G**

**WG HOT DOG BUN ULTRA 1.8 OZ (SERVED WITH MEATBALLS AND TUNA) INGREDIENTS:**

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT NIACIN, IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF: SOYBEAN OIL, SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, CALCIUM PEROXIDE), SOY FLOUR CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, WHEAT STARCH, SOY LECITHIN **CONTAINS: WHEAT, SOY**

**SERVING SIZE: 1 BUN, CALORIES 130, TOTAL FAT 1.5G, TOTAL CARBS 24G, PROTEIN 5G**

**CORNBREAD, SARA LEE # 1134774 (SERVED WITH VEGETARIAN CHILI AND OVEN FRIED CHICKEN LEG) INGREDIENTS:** ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, WATER, SUGAR, SOYBEAN OIL, YELLOW CORN MEAL, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS: SKIM MILK, MODIFIED CORN STARCH, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), SALT, MONO- AND DIGLYCERIDES, LACTOSE, MILK PROTEIN CONCENTRATE, XANTHAN GUM. **CONTAINS: MILK, WHEAT, EGGS, SOY (SOYBEAN OIL)**

**SERVING SIZE: GR (60 GR). CALORIES 220, TOTAL FAT 11 G, CARBOHYDRATE 27 G, PROTEIN 3 G, SAT. FAT 2G, TRANS FAT 0G**

**WG PITA HILLTOP HEARTH # 2587186 (SERVED WITH PULLED CHICKEN AND RED VELVET CHILI) INGREDIENTS:** WHOLE WHEAT FLOUR (WHOLE WHEAT FLOUR, ASCORBIC ACID ADDED AS DOUGH CONDITIONER, ENZYME), WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, ASCORBIC ACID AS DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYMES, FOLIC ACID), SOYBEAN AND/OR CANOLA OIL, SUGAR, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), YEAST, BLACKSTRAP MOLASSES, CALCIUM PROPIONATE, SODIUM STEAROYL LACTYLATE, GUAR GUM, AMYLASE. **CONTAINS: WHEAT, SOY (SOYBEAN OIL); PER US FOODS CHART, MAY CONTAIN MILK, EGGS,**

**SERVING SIZE: ½ PITA, CALORIES 130, TOTAL FAT 3.5 G, CARBOHYDRATE 21.5 G, PROTEIN 3.5 G**



**WG 1OZ BREADSTICK FLOWERS #9865361 (SERVED WITH CHICKEN CACCIATORE)**

**INGREDIENTS:** WHOLE WHEAT FLOUR, ENRICHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, SUGAR, CONTAINS LESS THAN 2%: YEAST, WHEAT GLUTEN, SALT, GUAR GUM, CANOLA OIL, ENZYMES, ASCORBIC ACID **CONTAINS: WHEAT**

**SERVING SIZE: (28 GR), CALORIES 80, TOTAL FAT 1.5 G, CARBOHYDRATE 15 G, PROTEIN 3**

**G**

GRAHAM CRACKERS

**1 OZ HILLTOP HEARTH #3853165 INGREDIENTS:** WHOLE WHEAT FLOUR AND ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, SUGAR, WHOLE EGGS, HIGH FRUCTOSE CORN SYRUP. CONTAINS 2% OR LESS OFF: LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA), SALT, NATURAL FLAVOR, SOY FLOUR (SOY FLOUR, SOYBEAN OIL, SOY LECITHIN)

**CONTAINS: WHEAT, SOY, EGGS; PER US FOODS CHART, CONTAINS MILK**

## **TORTILLAS**

**TOSTITOS THICK CUT YELLOW ROUNDS TORTILLA CHIPS INGREDIENTS:** YELLOW CORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), AND SALT.

**SERVING SIZE: 1 OZ (28 GR), CALORIES 140, TOTAL FAT 6 G, CARBOHYDRATE 19 G, PROTEIN 2 G, SAT. FAT 1 G, TRANS FAT 0G**

**WG FLOUR TORTILLA MISSION # 8508855, INGREDIENTS:** WHOLE WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (INTERESTERIFIED SOYBEAN OIL, HYDROGENATED SOYBEAN OIL AND/OR PALM OIL), CONTAINS 2% OR LESS OF EWG ROLLACH OF THE FOLLOWING: SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, CORN STARCH, MONOCALCIUM PHOSPHATE AND/OR SODIUM ACID PYROPHOSPHATE, CALCIUM SULFATE), DISTILLED MONOGLYCERIDES, ENZYMES, WHEAT STARCH, CALCIUM CARBONATE, ANTIOXIDANTS (TOCOPHEROLS, ASCORBIC ACID), CELLULOSE GUM, DOUGH CONDITIONERS (FUMARIC ACID, SODIUM METABISULFITE), PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID AND/OR CITRIC ACID) **CONTAINS: WHEAT**

**SERVING SIZE: GR. (31 GR), CALORIES 90, TOTAL FAT 2 G, CARBOHYDRATE 15 G, PROTEIN 3 G**

## **RICE**

**BASMATI RICE – UNCLE BENS #9218611**

**BROWN RICE – UNCLE BENS #4258612**

**BOLIVIAN RICE – INGREDIENTS:** BROWN RICE, SHREDDED MOZZARELLA, GARLIC POWDER, DICED ONION, MILK, GREEN ONION **CONTAINS: MILK**

## **PASTA**

**COUSCOUS -INGREDIENTS:** WHEAT FLOUR **CONTAINS: WHEAT**

## **CHEESE & YOGURT**

**SHREDDED MOZZARELLA - SILVER SOURCE**

**SHREDDED CHEDDAR – WEST CREEK**

**IW CHEDDAR GLENVIEW FARMS # 66662 INGREDIENTS:** PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO **CONTAINS: MILK**

**STRING CHEESE GREAT LAKES # 8421976 INGREDIENTS:** PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT AND ENZYMES **CONTAINS: MILK**

**2% COTTAGE CHEESE WEST CREEK – INGREDIENTS:** 2% MILKFAT COTTAGE CHEESE **CONTAINS: MILK**

**FRUITED YOGURT - UPSTATE FARMS 4 OZ STRAWBERRY BANANA - INGREDIENTS:** CULTURED PASTEURIZED GRADE A NONFAT MILK, SUGAR, WATER, STRAWBERRIES, BANANAS, MODIFIED CORNSTARCH, WHEY, NATURAL FLAVORS, PURPLE CARROT JUICE CONCENTRATE, TRICALCIUM PHOSPHATE, GELLAN GUM, POTASSIUM SORBATE, CITRIC ACID, CAROB BEAN GUM, VITAMIN D3 **CONTAINS: MILK**

**SERVING SIZE: 4 OZ (113 G), CALORIES 90, TOTAL FAT 0 G, CARBOHYDRATE 19 G, PROTEIN 3G**

**FRUITED YOGURT - UPSTATE FARMS 4 OZ RASPBERRY - INGREDIENTS:** CULTURED PASTEURIZED GRADE A NONFAT MILK, SUGAR, WATER, RASPBERRIES, MODIFIED CORNSTARCH, WHEY, NATURAL FLAVORS, PURPLE CARROT JUICE CONCENTRATE, TRICALCIUM PHOSPHATE, GELLAN GUM, POTASSIUM SORBATE, LEMON JUICE CONCENTRATE, CITRIC ACID, CAROB BEAN GUM, VITAMIN D3 **CONTAINS: MILK**

**SERVING SIZE: 4 OZ (113 G), CALORIES 90, TOTAL FAT 0 G, CARBOHYDRATE 19 G, PROTEIN 3G**

**VANILLA YOGURT – YOPLAIT # 4890026 INGREDIENTS:** CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH, KOSHER GELATIN, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3 **CONTAINS: MILK**



## **SNACK GRAINS**

### **HONEY MAID GRAHAM CRACKERS NABISCO # 5416755 INGREDIENTS:**

UNBLEACHEDENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID),GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR),SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR. **CONTAINS: WHEAT, SOY (SOYBEAN OIL AND SOY LECITHIN)**

**SERVING SIZE: 2 SQUARES (1 FULL CRACKER SHEET), CALORIES 65, TOTAL FAT 1.5 G, CARBOHYDRATE 12.5 G, PROTEIN 1 G**

**MINI MUFFIN (BLUEBERRY) SARA LEE # 4047973 INGREDIENTS:** ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, VEGETABLE OIL (SOYBEAN, CANOLA), BLUEBERRIES, EGGS, MALTODEXTRIN, CONTAINS 2% OR LESS: MODIFIED CORN STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), CORN STARCH, SALT, POTASSIUM SORBATE (PRESERVATIVE), MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, MALIC ACID, XANTHAN GUM, SODIUM STEAROYL LACTYLATE. **CONTAINS: WHEAT, EGGS, SOY (SOYBEAN OIL)**

**SERVING SIZE: 1 MUFFIN, CALORIES 80, TOTAL FAT 2.5G, CARBOHYDRATE 14G, PROTEIN 1G**

**WG GOLDFISH CRACKERS SS BAG PEPPERIDGE FARM # 4977252 INGREDIENTS:** MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA AND/OR SUNFLOWER), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), SALT, CONTAINS 2 PERCENT OR LESS OF: YEAST EXTRACT, NATURAL FLAVOR, PAPRIKA, SPICES (CELERY), BAKING SODA, MONOCALCIUMPHOSPHATE, DEHYDRATED ONIONS, ANNATTO EXTRACT FOR COLOR. **CONTAINS: WHEAT, MILK**

**SERVING SIZE: 1 PACKAGE (0.75 OZ) CALORIES 100, TOTAL FAT 3.5G, CARBOHYDRATE 14 G, PROTEIN 2 G**

**RITZ CRACKERS #7689292 INGREDIENTS:** UNBLEACHEDENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, SOYBEAN OIL,SUGAR, PARTIALLY HYDROGENATED COTTONSEED OIL, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN **CONTAINS: WHEAT, SOY (SOYBEAN OIL AND SOY LECITHIN)**

**TEDDY GRAHAMS –CINNAMON SS BAG # 8166704 INGREDIENTS:** UNBLEACHEDENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID),SUGAR,GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), PALM AND/OR SOYBEAN OIL, DEXTROSE, HONEY, CALCIUM CARBONATE (SOURCE OF CALCIUM), MALTODEXTRIN, SALT, BAKING SODA, CINNAMON, SOY LECITHIN, NATURAL FLAVOR **CONTAINS: WHEAT, SOY (SOYBEAN OIL AND SOY LECITHIN)**

**SERVING SIZE: 1 PACKET 0.5 OZ (14 GR), CALORIES 60, TOTAL FAT 2 G, CARBOHYDRATE 11 G, PROTEIN 1 G, SAT. FAT 5G, TRANS FAT 2G**

**OATMEAL COOKIES KEEBLER # 4210225 INGREDIENTS:** OATS, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS), HIGH FRUCTOSE CORN SYRUP, RAISIN PASTE, CONTAINS TWO PERCENT OR LESS OF SALT, BAKING SODA, CINNAMON, SPICE, SOY LECITHIN **CONTAINS: WHEAT, SOY (SOYBEAN OIL AND SOY LECITHIN)**

**SERVING SIZE: 2 COOKIES (28 GR), CALORIES 130, TOTAL FAT 6 G, CARBOHYDRATE 19 G, PROTEIN 2 G, SAT. FAT 2G, TRANS FAT 0G**

**WHEAT BREAD HILLTOP HEARTH #8340309 INGREDIENTS:** ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP (WITH SULFUR DIOXIDE), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO AND DIGLYCERIDES, MONOGLYCERIDES, CALCIUM SULFATE, CALCIUM PEROXIDE, SOY LECITHIN, AZODICARBONAMIDE, ENZYMES, CALCIUM CARBONATE, AMMONIUM SULFATE, CALCIUM PROPIONATE (TO PRESERVE FRESHNESS) **CONTAINS: WHEAT, SOY (SOYBEAN OIL AND SOY LECITHIN)**

## **THANKSGIVING LUNCH**

### **MIX, GRAVY TURKEY SHELF STABLE CLASSIC-(THANKSGIVING LUNCH) # 2336162 BY MONARCH:**

**INGREDIENTS:** FOOD STARCH-MODIFIED, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, MONOSODIUM GLUTAMATE, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY), TURKEY, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, AUTOLYZED YEAST EXTRACT, ONION, MALTODEXTRIN. CONTAINS LESS THAN 2%: GARLIC, SUGAR, CORN SYRUP SOLIDS, DEXTROSE, SOY FLOUR, WHEY, SODIUM CASEINATE (A MILK DERIVATIVE), NATURAL FLAVORS, CHICKEN FAT, GUM ARABIC, MONO AND DIGLYCERIDES, SPICES, DISODIUM INOSINATE, DISODIUM GUANYLATE, TORULA YEAST, ARTIFICIAL FLAVOR, CITRIC ACID, COLOR ADDED, BHA (A PRESERVATIVE), PROPYL GALLATE.

### **CRANBERRY SAUCE, JELLIED CANNED – (THANKSGIVING LUNCH) # 2328490 BY CS:**

**INGREDIENTS:** CRANBERRY, HIGH FRUCTOSE CORN SYRUP, WATER, CORN SYRUP AND CITRIC ACID.

### **MIX, STUFFING CORNBREAD-THANKSGIVING LUNCH # 5610860 BY MONARCH, INGREDIENTS:**

ENRICHED FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN MEAL, HIGH FRUCTOSE CORN SYRUP, YEAST, 2% OR LESS OF SALT, SUGAR, ONION\*, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OILS, CANOLA OIL, COOKED CHICKEN\*, CHICKEN FAT, CELERY\*, HYDROLYZED CORN PROTEIN, AUTOLYZED YEAST EXTRACT, WHEAT GLUTEN, SPICES, PARSLEY\*, CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM PROPIONATE (PRESERVATIVE), COLORS (TURMERIC AND CAMEL), NATURAL FLAVORS, TBHQ (TO PRESERVE FRESHNESS). \*DEHYDRATED

**SERVING SIZE: G (28 G), CALORIES 110, TOTAL FAT 2.5 G, CARBOHYDRATE 19 G, PROTEIN 3 G, SAT. FAT 0G, TRANS FAT 0G**

## **PAST PRODUCTS**

**STEWED PINTO BEANS – INGREDIENTS:** PINTO BEANS, DICED ONIONS, FRESH CILANTRO

**CHEESE, CREAM PLAIN SPREAD SS PLASTIC CUP REF # 10892: INGREDIENTS:** INGREDIENTS: PASTEURIZED NONFAT MILK AND MILKFAT, WHEY PROTEIN CONCENTRATE, WHEY, CHEESE CULTURE, SALT, CAROB BEAN GUM, XANTHAN GUM, GUAR GUM, SORBIC ACID (AS A PRESERVATIVE), VITAMIN A PALMITATE

**SERVING SIZE: 21GR, CALORIES 50, TOTAL FAT 5G, CARBOHYDRATE 1G, PROTEIN 1G, SAT. FAT 3G, TRANS FAT 0G**

**APPLE BUTTER, SS CUP BY SMUCKERS # 7007008: INGREDIENTS:** APPLES, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, NATURAL FLAVOR, POTASSIUM SORBATE, SALT

**SERVING SIZE: 14EA, CALORIES 30, TOTAL FAT 0G, CARBOHYDRATE 8G, PROTEIN 0G, SAT. FAT 0G, TRANS FAT 0G**

**JELLY, ASSORTED SS CUP # 5007000: INGREDIENTS:**

APPLE: APPLE JUICE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, FRUIT PECTIN, CITRIC ACID

GRAPE: CONCORD GRAPE JUICE, HIGH FRUCTOSE CORN SYRUP, FRUIT PECTIN, CITRIC ACID, SODIUM CLTRATE

MIXED FRUIT: HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, GRAPE JUICE, APPLE JUICE, FRUIT PECTIN, CITRIC ACID

**SERVING SIZE: 14G, CALORIES 35, TOTAL FAT 0G, CARBOHYDRATE 9G, PROTEIN 0G, SAT. FAT 0G, TRANS FAT 0G**

**APPLESAUCE, UNSWEETENED NATURAL SS PLASTIC CUP BY LUCKY LEAF # 4303087:**

**INGREDIENTS:** APPLES AND WATER, ASCORBIC ACID ADDED TO MAINTAIN COLOR

**SERVING SIZE: 113GR, CALORIES 50, TOTAL FAT 0G, CARBOHYDRATE 12G, PROTEIN 0G, SAT. FAT 0G, TRANS FAT 0G**

**FRUIT MIX, BIT IN JUICE SS PLASTIC CUP BY DOLE # 8301913: INGREDIENTS:** FRUIT

(PINEAPPLE, PEACHES, PEARS), CLARIFIED PINEAPPLE JUICE FROM CONCENTRATE (WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE), LEMON JUICE FROM CONCENTRATE (WATER, LEMON JUICE CONCENTRATE), NATURAL FLAVORS, ASCORBIC ACID (TO PROMOTE COLOR RETENTION), AND CITRIC ACID.

**SERVING SIZE: 113GR, CALORIES 70, TOTAL FAT 0G, CARBOHYDRATE 17G, PROTEIN 0G, SAT. FAT 0G, TRANS FAT 0G**

**JUICE, GRAPE 100% SS CUP REF, BY ARDMORE FM # 1477934: INGREDIENTS:** 100% PURE GRAPE JUICE

**SERVING SIZE: PER CONTAINER 96, CALORIES 80, TOTAL FAT 0G, CARBOHYDRATE 18G, PROTEIN 1G, SAT. FAT 0G, TRANS FAT 0G**

**JUICE, ORANGE 100% SS CUP REF, BY ARDMORE FM # 1477926: INGREDIENTS:** 100% PURE ORANGE JUICE

**SERVING SIZE: PER CONTAINER 96, CALORIES 80, TOTAL FAT 0G, CARBOHYDRATE 18G, PROTEIN 1G, SAT. FAT 0G, TRANS FAT 0G**

**ASIAN SUCCOTASH RECIPES:** BABY LIMA BEANS, DICED TOMATO (CANNED PRODUCT), SWEET BASIL, DICED ONION.

**CORN, BABY WHOLE 150 COUNT CANNED IMPORT THAILAND, BY PACIFIC JDE # 8332827**

**INGREDIENTS:** BABY CORN, WATER, SALT, CITRIC ACID

**SERVING SIZE: GR (100G), CALORIES 20, TOTAL FAT 0G, CARBOHYDRATE 3G, PROTEIN 2G, SAT. FAT 0G, TRANS FAT 0G**



**YOGURT DIP: INGREDIENTS: VANILLA YOGURT, LOW FAT SOUR CREAM, PURE HONEY STEW, BEEF CARROT PEA CELERY CANNED SHELF STABLE # 83055 BY HOME TASTE:**

**INGREDIENTS:** BEEF, POTATOES, WATER, CARROTS, PEAS, CELERY, FOOD STARCH-MODIFIED, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, ONION POWDER, SUGAR, BEEF FLAVOR [CONTAINS AUTOLYZED YEAST EXTRACT, MALTODEXTRIN, LACTIC ACID POWDER (LACTIC ACID, CALCIUM LACTATE), PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, NATURAL FLAVORINGS, GUM ARABIC], PAPRIKA, CAMEL COLOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, NATURAL FLAVORING.

**SERVING SIZE: OZ. (229GR), CALORIES 210, TOTAL FAT 10G, CARBOHYDRATE 21G, PROTEIN 10G, SAT. FAT 4G, TRANS FAT 0G**

**TYSON CHICKEN TENDERS: INGREDIENTS:** BONELESS, SKINLESS CHICKEN BREAST TENDERS WITH RIB MEAT, WATER, WHEAT FLOUR, CORN STARCH, RICE FLOUR, CONTAINS 2% OR LESS OF THE FOLLOWING: CARAMELIZED SUGAR, CHICKEN BROTH CHICKEN FAT, CHICKEN SKIN, DEXTROSE, DRIED CHICKEN, DRIED CHICKEN BROTH, EXTRACTIVES OF PAPRIKA AND TURMERIC, FLAVORING, GARLIC POWDER, HONEY, LACTIC ACID, LEAVENING (CREAM OF TARTAR, SODIUM BICARBONATE), MALT DEXTRIN, MALTODEXTRIN (CORN, POTATO, TAPIOCA), NATURAL FLAVOR, ONION POWDER, RICE STARCH, SAFFLOWER OIL, SALT, SPICES, WHEAT GLUTEN, YEAST, YEAST EXTRACT, YELLOW CORN FLOUR. BREADING SET IN VEGETABLE OIL

**SERVING SIZE: 2PC (73G), CALORIES 160, TOTAL FAT 7G, CARBOHYDRATE 11G, PROTEIN 13G, SAT. FAT 1.5G, TRANS FAT 0G**

**BREAD, WHEAT 26 SLICED 7/16" LOAF BAKED FROZEN PULLMAN # 8340309, BY HILLTOP HEARTH, INGREDIENTS:**

ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP (WITH SULFUR DIOXIDE), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO AND DIGLYCERIDES, MONOGLYCERIDES, CALCIUM SULFATE, CALCIUM PEROXIDE, SOY LECITHIN, AZODICARBONAMIDE, ENZYMES, CALCIUM CARBONATE, AMMONIUM SULFATE, CALCIUM PROPIONATE (TO PRESERVE FRESHNESS)

**NOODLE, EGG CURLY 1/2" WIDE SHELF STABLE PASTA # 6328678, BY ROSELI: INGREDIENTS:** SEMOLINA, DURUM FLOUR, EGGS, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)

**CHICKEN STRIPS, COOKED FAJITA SEASONED PERDUE #7250772: INGREDIENTS:** 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, CORN STARCH, CARRAGEENAN), SODIUM PHOSPHATES **CONTAINS: SOY**