

# INGREDIENTS

## OCTOBER, NOVEMBER & DECEMBER 2025

MENUS MAY CHANGE WITHIN THE WEEKS

### CHICKEN POT PIE

Chicken Broth (Water, Chicken Flavor [Chicken Broth, Salt, Chicken Fat]), Cooked Chicken (White Meat Chicken, Water, Isolated Soy Protein Product [Isolated Soy Protein, Modified Potato Starch, Corn Starch, Carrageenan, Soy Lecithin], Dextrose, Salt, Flavoring), Carrots, Water, Peas, Modified Corn Starch, Celery, Contains 2% Or Less Of: Onions, Soybean Oil, Nonfat Dry Milk, Salt, Sugar, Methylcellulose, Flavoring, Xanthan Gum, Guar Gum, Extractives of Turmeric. Crust: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Interesterified Soybean Oil, Water, Salt, Modified Whey, Caramel Color.

### GREEN BEANS

### MANDARIN ORANGES

### BBQ PORK

PORK, SAUCE (WATER, TOMATO PASTE, BROWN SUGAR, DISTILLED VINEGAR, 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 CORNSTARCH, PAPRIKA, ONION POWDER, NATURAL HICKORY SMOKE FLAVOR, CATSUP SEASONING [SALT, MALTODEXTRIN, SPICE EXTRACTIVES], SPICES, CARAMEL COLOR)

### FRENCH FRIES

Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Color.

### CREAMED SPINACH

SPINACH, SKIM MILK, SOYBEAN OIL, WATER, 2% OR LESS OF BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORNSTARCH, DRIED ONIONS, SALT, SEASONING (CORN MALTODEXTRIN, NONFAT DRY MILK, SALT, NATURAL FLAVOR, BUTTER [CREAM, ANNATTO]), WHEY PROTEIN CONCENTRATE, LACTIC ACID), WHEY, WHEY PROTEIN CONCENTRATE, SPICES, XANTHAN GUM, SEASONING (CORNSTARCH, EXTRACTIVES OF TURMERIC AND ANNATTO [COLOR], NATURAL FLAVOR

### WATERGATE SALAD

Sugar, Dextrose, Modified Food Starch, Almonds, Less than 2% of Disodium Phosphate, Tetrasodium Pyrophosphate, Pistachios, Tricalcium Phosphate, Xanthan Gum, Natural and Artificial Flavor, Nonfat Dry Milk, Mono and Diglycerides, Yellow 5, Blue 1 PINEAPPLE, PINEAPPLE JUICE, CLARIFIED PINEAPPLE JUICE FROM CONCENTRATE (WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE), AND CITRIC ACID WATER, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), SKIM MILK, CONTAINS LESS THAN 2% OF LIGHT CREAM, SODIUM CASEINATE (FROM MILK), NATURAL AND ARTIFICIAL FLAVOR, XANTHAN AND GUAR GUMS, MODIFIED FOOD STARCH, POLYSORBATE 60, SORBITAN MONOSTEARATE, SODIUM POLYPHOSPHATE, BETA CAROTENE (COLOR

### SOUP BEANS & HAM

NAVY BEANS (COOKED NAVY BEANS, WATER, SALT, CALCIUM CHLORIDE), WATER, SMALL WHITE BEANS, CARROTS, MODIFIED CORN STARCH, COOKED HAM WITH NATURAL JUICES (CURED WITH WATER, SALT, DEXTROSE, SODIUM PHOSPHATE, SODIUM ERYTHORBATE AND SODIUM NITRITE), DEHYDRATED POTATOES (COOKED POTATOES, SODIUM ACID PYROPHOSPHATE), CELERY, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, HAM BASE (COOKED HAM [CURED WITH WATER, SALT, DEXTROSE, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE], AUTOLYZED YEAST EXTRACT, CORN MALTODEXTRIN, POTATO FLOUR, HYDROLYZED WHEAT PROTEIN, CORN OIL, SMOKE FLAVORING), RENDERED BACON FAT, TOMATO PASTE, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, GARLIC SALT (SALT, GARLIC), DEHYDRATED ONION, ONION POWDER, COLOR (TITANIUM DIOXIDE, WATER), WHITE PEPPER, DISODIUM INOSINATE AND DISODIUM GUANYLATE, NATURAL SMOKE FLAVOR, PARSLEY, FLAVOR (GUM ARABIC, EXTRACTIVES OF TURMERIC

### CAPRI BLEND

Green Beans, Carrots, Yellow Squash, Zucchini.

### APPLE CRISP

Apples, Enriched Wheat Flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Sugar, Butter, Brown Sugar, Oats, Ginger [ginger, cane sugar], Margarine [soybean oil, palm oil, water, salt, mono & diglycerides, nonfat dry milk, soy lecithin, natural flavor, vitamin A palmitate, beta carotene], Cherries [cherries, cane sugar, sunflower oil], Water, Cinnamon, Salt, Lemon Juice Concentrate

### CORNBREAD MUFFIN

Water, Flour Blend (Whole Grain Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Whole Grain Corn Flour, Soybean/Canola Oil, Egg, Modified Corn Starch, Milk Whey, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Sodium Aluminum Phosphate), Egg Extender (Wheat Flour, Egg Yolk, Whole Egg Solids, Soybean Oil, Guar Gum, Soy Lecithin, Salt, Sodium Bicarbonate, Annatto & Turmeric Oleoresin, Enzymes), Vital Wheat Gluten, Salt, Nonfat Milk, Calcium Actetate, Xanthan Gum, Guar Gum, Soy Flour.

## SWISS STEAK

BEEF, ONIONS & TOMATOES

## ROASTED RED POTATOES

POTATOES, REDSKIN POTATOES, CONTAINS LESS THAN 2% OF DEXTROSE, NATURAL FLAVOR, OLIVE OIL, ONION AND GARLIC POWDER, SALT, SPICE.

## MIXED VEGETABLES

PEAS CARROTS GREEN BEANS

## GRAPES

## CHICKEN BROCCOLI CASSEROLE

CHICKEN, BROCCOLI, BREAD INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL (WITH ROSEMARY EXTRACT AND ASCORBIC ACID [TO PRESERVE FRESHNESS]), SUGAR, WHOLE WHEAT FLOUR, YEAST, SALT, WHEAT GLUTEN, HONEY, CARAMEL COLOR.

## CARROTS & PEAS

TOSSED SALAD W/TOMATOES: LETTUCE, TOMATO

## PEACH SLICES W/CINNAMON

PEACHES, SUGAR, WATER, ASCORBIC ACID (VITAMIN C) TO PROMOTE COLOR RETENTION, AND CITRIC ACID,CINNAMON

## HAMBURGER GRAVY

BEEF, MILK, WATER, VEGETABLE OIL (CORN, CANOLA, AND/OR SOYBEAN), MUSHROOMS, MODIFIED FOOD STARCH, WHEAT FLOUR, CONTAINS LESS THAN 2% OF: SALT, CREAM (MILK), SOY PROTEIN CONCENTRATE, YEAST EXTRACT, WHEY\*, GARLIC\*, FLAVORING. \*DRIED  
CONTAINS: WHEAT, MILK, SOY

## BROCCOLI

## BANANA

## PORK WITH GRAVY

PORK 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.

## SMOKED SAUSAGE

Pork and Beef, Water, Less than 2% of the Following: Salt, Flavorings, Potassium Lactate, Corn Syrup, Sodium Diacetate, Monosodium Glutamate, Sodium Erythorbate, Oleoresin of Paprika, Sugar, Sodium Phosphate, Dextrose, Sodium Nitrite, Lemon Powder

## SAUERKRAUT

Cabbage, water, salt

## APRICOTS

## PIMENTO CHEESE

CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR], ANTI-CAKING BLEND [POTATO STARCH, POWDERED CELLULOSE]), SOYBEAN OIL, DICED PIMENTOS (PIMENTOS, WATER, CITRIC ACID), WHIPPED CREAM CHEESE (PASTEURIZED CREAM AND MILK, SALT, STABILIZERS [XANTHAN, LOCUST BEAN, GUAR GUM]), EGGS, CONTAINS LESS THAN 2% OF WATER, EGG YOLKS (EGG YOLKS, SALT), SUGAR, WHITE DISTILLED VINEGAR, SALT, CHILI POWDER (CHILI PEPPER, SPICES, SALT, DEHYDRATED GARLIC), GRANULATED ONION, GRANULATED GARLIC, SPICES, LEMON JUICE CONCENTRATE, PAPRIKA (COLOR).

## TOMATO SOUP

TOMATO PUREE (WATER, TOMATO PASTE), WHEAT FLOUR, SUGAR, WATER, CONTAINS LESS THAN 2% OF: SALT, CITRIC ACID, ASCORBIC ACID (VITAMIN C), FLAVORING, CELERY EXTRACT, GARLIC OIL.

## RANCH COLE SLAW

Green cabbage, red cabbage, and carrots SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, BUTTERMILK SOLIDS, CONTAINS LESS THAN 2% OF SALT, SUGAR, LEMON JUICE CONCENTRATE, GARLIC, \* ONION, \* XANTHAN GUM, SORBIC ACID (PRESERVATIVE), NATURAL FLAVOR, CREAM, SPICE, MALTODEXTRIN, WHEY, VINEGAR POWDER, BUTTERMILK, AUTOLYZED YEAST EXTRACT, MILK, SOUR CREAM POWDER, LACTIC ACID, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CITRIC ACID. \*DRIED. CONTAINS EGG, MILK.

## JUICE

100% PURE PRESSED APPLE JUICE

## SALTINE CRACKERS

ENRICHED FLOUR (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), SOYBEAN OIL (with TBHQ for freshness), CORN SYRUP. CONTAINS 2% OR LESS OF salt, baking soda, yeast, soy lecithin

## GROUND BEEF STROGANOFF

Water, seasoned cooked beef (beef strips, water, salt, sodium phosphates, sugar, caramel color, natural flavorings), sour cream (cultured milk, cream, whey, modified food starch, sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate [to protect flavor]), mushrooms (mushrooms, water, salt, citric acid, sodium benzoate, ascorbic acid, potassium sorbate, edta), onion, food starch-modified, beef base (beef stock, salt, flavor, yeast extract, beef fat, caramel color, onion powder, soy sauce [water, wheat, soybeans, salt]), modified corn starch, garlic powder, corn syrup solids, tomato paste, red wine, butter, wheat flour, beef flavor (contains autolyzed yeast extract, mono- & diglycerides, polysorbate 60, disodium inosinate & disodium guanylate, xanthan gum), caramel color, garlic powder, onion powder, black pepper.

## LIMA BEANS

## TOSSED SALAD W/TOMATOES: LETTUCE & TOMATOES

## BAKED APPLE SAUCE:

Apples and water, ascorbic acid (vitamin C) added to maintain color

## BREADSTICK

Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Contains 2% or less of the following: Salt, Yeast, Calcium Propionate (Preservative), Wheat Starch, Enzymes, Ascorbic Acid.

## STUFFED PEPPER

GREEN BELL PEPPERS, TOMATOES (DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, COOKED BEEF, COOKED ENRICHED LONG GRAIN RICE (WATER, RICE, IRON, NIACIN, THIAMIN MONONITRATE, FOLIC ACID), 2% OR LESS OF SUGAR, MODIFIED CORNSTARCH, TEXTURED SOY FLOUR, SALT, DRIED ONIONS, ROLLED OATS, SOYBEAN OIL, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICES, POTASSIUM SALT, XANTHAN GUM, AUTOLYZED YEAST EXTRACT, DRIED SOY SAUCE (SOYBEANS, SALT, WHEAT), PAPRIKA EXTRACT (COLOR), DRIED GARLIC, CITRIC ACID.

## CABBAGE ROLLS

Cabbage leaves, water, cooked turkey, tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), cooked rice, tomato paste, onion, egg, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate [to protect freshness]), tomato ketchup (tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: onion powder, garlic powder, natural flavors), green bell pepper, salt, food starch-modified, textured vegetable protein (soy protein concentrate, caramel color), celery, nonfat dry milk, isolated soy protein, sugar, spices, dried beef stock, caramel color, canthaxanthin, dehydrated garlic

## POTATOES

## ITALIAN PEAS PEAS

Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, and Basil.

## FRUIT COCKTAIL

IN sf JELL-O \*SF Raspberry Gelatin-Gelatin, maltodextrin, fumaric acid, natural and artificial flavor, sodium citrate, malic acid, contains 2% or less of citric acid, red 40, acesulfame potassium, sucralose, sorbitol\*, fructose\*, blue 1, MANDARIN ORANGES

## TURKEY TETRAZINI

Water, cooked turkey, cooked enriched pasta (water, semolina [milled wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], egg whites), mushrooms (mushrooms, water, salt, citric acid), cream, swiss cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), margarine (made from soybean oil, palm oil, palm kernel oil, water, vegetable mono- & diglycerides, soybean lecithin [soy], sodium benzoate [added as a preservative], artificial butter flavor, beta carotene [color], vitamin a palmitate added), cheddar cheese (milk, cheese cultures, salt, enzymes), bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate [to protect freshness]), red bell peppers, nonfat dry milk, food starch-modified, parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), wheat flour, chicken flavor (chicken flavor [contains mono- & diglycerides, natural flavor], salt, lactose, sugar, onion powder, garlic powder, oleoresin of turmeric), sherry wine (sherry wine, salt, sulfites), sugar, salt, spices, onion powder.

## ITALIAN GREEN BEANS

## CAULIFLOWER

## FRESH FRUIT

## SHREDDED CHICKEN

CHICKEN CHICKEN STOCK, WATER, VEGETABLE OIL, MODIFIED FOOD STARCH, WHEAT FLOUR, CREAM (MILK), CONTAINS LESS THAN 2% OF: SALT, CHICKEN\*, SOY PROTEIN CONCENTRATE, CHICKEN FAT, YEAST EXTRACT, BETA CAROTENE (FOR COLOR), CHICKEN BROTH\*, FLAVORING, CANE SUGAR, ONIONS\*, CORNSTARCH, CELERY EXTRACT, ONION EXTRACT, XANTHAN GUM. \*DRIED. Breadcrumbs [Enriched Wheat Flour (Enriched with Reduced Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Meal, High Fructose Corn Syrup, Palm Oil, Contains 2% or Less of Each of the Following: Salt, Yeast, Calcium Propionate (Preservative), Soy Lecithin, Annatto (Color)], Seasoning [Maltodextrin, Dehydrated Vegetables (Onion, Celery, Garlic), Salt, Sugar, Yellow Corn Meal, Natural & Artificial Flavor, Celery Seed, Parsley, Disodium Inosinate & Guanylate, Spice, Hydrolyzed Corn & Soy Protein, Citric Acid, Yeast Extract, Color (Turmeric Extract, Turmeric), Spice Extractives, Celery Extract, Contains 2% or Less Silicon Dioxide (Anticaking)].

## CABBAGE SOUP

BEEF BROTH CABBAGE BEEF

## PEA SALAD

PEAS, ONIONS, BACON, PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING. SOYBEAN OIL, WATER, WHOLE EGGS AND EGG YOLKS, VINEGAR, SALT, SUGAR, LEMON JUICE, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), NATURAL FLAVORS

## PINEAPPLE

SALTINE CRACKERS ENRICHED FLOUR (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), SOYBEAN OIL (with TBHQ for freshness), CORN SYRUP. CONTAINS 2% OR LESS OF salt, baking soda, yeast, soy lecithin

## BAKED STEAK

BEEF, MUSHROOMS, ONIONS, FOOD STARCH-MODIFIED, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, MALTODEXTRIN, COLOR ADDED, SALT, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, AND/OR WHEAT), SUGAR, ONION, CORN SYRUP SOLIDS, Contains less than 2%: NATURAL FLAVORS, GARLIC POWDER, SODIUM CASEINATE, AUTOLYZED YEAST EXTRACT, SOY SAUCE (SOYBEANS, WHEAT,SALT), LACTIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, MONO & DIGLYCERIDES, SUCCINIC ACID, GLUTAMIC ACID, CALCIUM LACTATE, GUM ACACIA, SOYBEAN OIL, GUM ARABIC.

## AU GRATIN POTATOES

POTATOES, MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, ONION, POTASSIUM CHLORIDE, SUGAR, SUNFLOWER OIL, CONTAINS 2% OR LESS OF: NATURAL FLAVOR, SALT, COLORS (ANNATTO EXTRACT, TURMERIC EXTRACT), MONO AND DIGLYCERIDES, AUTOLYZED YEAST EXTRACT, CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), CORN SYRUP SOLIDS, GREEN ONION, NONFAT MILK, SOYBEAN OIL, SPICES, TORULA YEAST, FRESHNESS PRESERVED WITH (SODIUM BISULFITE)

## SQUASH CASSEROLE

## PEACHES

## VANILLA WAFERS

UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, SOYBEAN AND/OR CANOLA OIL, PALM OIL, HIGH FRUCTOSE CORN SYRUP, WHEY (FROM MILK), EGGS, SALT, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, SOY LECITHIN. CONTAINS: WHEAT, MILK, EGG, SOY.

## BREADED PORK CHOP WITH GRAVY

PORK Water, Roasted Pork and Natural Juices, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Contains less than 2% of Caramel Color, Dextrose, Disodium Guanylate, Disodium Inosinate, Flavoring, Garlic Powder, Hydrolyzed Corn, Soy, and Wheat Protein, Lactic Acid, Maltodextrin, Nonfat Dry Milk, Oleoresin Paprika, Onion Powder, Salt, Spices, Sugar, Thiamine Hydrochloride, Yeast Extra

## CARROTS

## FLUFFY CRAN RASPBERRY SALAD

Cranberries, High Fructose Corn Syrup, Filtered Water, Corn Syrup Red Raspberries, Sugar and Water. WATER, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), SKIM MILK, CONTAINS LESS THAN 2% OF LIGHT CREAM, SODIUM CASEINATE (FROM MILK), NATURAL AND ARTIFICIAL FLAVOR, XANTHAN AND GUAR GUMS, MODIFIED FOOD STARCH, POLYSORBATE 60, SORBITAN MONOSTEARATE, SODIUM POLYPHOSPHATE, BETA CAROTENE (COLOR)

## COOKIE

Enriched Wheat Flour (Bleached Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Oatmeal, High Fructose Corn Syrup, Palm Oil, Sugar, Corn Syrup, Glycerin, Modified Corn Starch, Eggs, Cinnamon, Natural and Artificial Flavors, Sorbitol, Salt, Molasses, Baking Soda, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Soy Lecithin, Nonfat Dry Milk, Spices.

## TACO

BEEF, WATER, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, CHILI PEPPER, SALT, SEASONING (potassium chloride, flavor [contains maltodextrin]), SOY LECITHIN, SUGAR, SPICES, SEASONING (hydrolyzed soy and corn protein, salt), DEHYDRATED GARLIC, CARAMEL COLOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ONION POWDER, PAPRIKA EXTRACT, SODIUM PHOSPHATES CHEESE: PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING. SOYBEAN OIL, WATER, WHOLE EGGS AND EGG YOLKS, VINEGAR, SALT, SUGAR, LEMON JUICE, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), NATURAL FLAVORS, LETTUCE, TOMATO

## REFRIED BEANS

Cooked Beans, Water, Less than 2% of: Canola Oil, Salt, Distilled Vinegar, Potassium Salt, Sea Salt, Chili Pepper, Onion Powder, Spices, Natural Flavor, Garlic Powder.

## TROPICAL FRUIT

PINEAPPLE, PAPAYA (RED AND YELLOW), PINEAPPLE JUICE, GUAVA, WHITE GRAPE JUICE FROM CONCENTRATE (WATER, WHITE GRAPE JUICE CONCENTRATE), ASCORBIC ACID (VITAMIN C) TO PROMOTE COLOR RETENTION, AND CITRIC ACID

## TORTILLA CHIPS

Corn, Vegetable Oil (Corn, Canola, And/Or Sunflower Oil), And Salt

## PORK CHOP WITH GRAVY

PORK Water, Roasted Pork and Natural Juices, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Contains less than 2% of Caramel Color, Dextrose, Disodium Guanylate, Disodium Inosinate, Flavoring, Garlic Powder, Hydrolyzed Corn, Soy, and Wheat Protein, Lactic Acid, Maltodextrin, Nonfat Dry Milk, Oleoresin Paprika, Onion Powder, Salt, Spices, Sugar, Thiamine Hydrochloride, Yeast Extra

## SCALLOPED POTATOES

WATER, POTATOES (POTATOES, SODIUM ACID PYROPHOSPHATE), WHOLE MILK POWDER, ONION, 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), WHITE WINE, FOOD STARCH-MODIFIED, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, MONO- & DIGLYCERIDES WITH CITRIC ACID, SPICE.

## ITALIAN BLEND

Broccoli, cauliflower, carrots, Italian beans, lima beans

## PINEAPPLE

## COOKIE

SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, MARGARINE (PALM OIL, WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL FLAVOR, BETA-CAROTENE [COLOR], VITAMIN A PALMITATE), WATER, SHORTENING (PALM OIL), CONTAINS LESS THAN 2% OF ARTIFICIAL FLAVOR, BAKING SODA, EGGS, INVERT SUGAR, NATURAL FLAVORS (MILK), SALT, WHEY PROTEIN CONCENTRATE.

## SLOPPY JOE

BEEF Sugar, Onion, Salt, Corn Starch, Spices (Including Chili Pepper, Paprika), Brown Sugar, Corn Maltodextrin, Natural Flavor, and Hydrolyzed Soy Protein

## HASHBROWN CASSEROLE

POTATOES, SALT, CONTAINS 2% OR LESS OF: DEXTROSE, MONO AND DIGLYCERIDES, FRESHNESS PRESERVED WITH (SODIUM BISULFITE). PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING. SOYBEAN OIL, WATER, WHOLE EGGS AND EGG YOLKS, VINEGAR, SALT, SUGAR, LEMON JUICE, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), NATURAL FLAVORS CULTURED PASTEURIZED LIGHT CREAM AND NONFAT MILK, MODIFIED CORN STARCH, SODIUM PHOSPHATE, GUAR GUM, SODIUM CITRATE, CARRAGEENAN AND LOCUST BEAN GUM.

## CALIFORNIA BLEND

Broccoli Florets, Cauliflower Clusters, Sliced Crinkle Cut Carrots.

## FRUIT PARFAIT

CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, WATER, MODIFIED FOOD STARCH, STRAWBERRIES, NATURAL FLAVOR, BETA CAROTENE AND VEGETABLE JUICE (COLOR), CARRAGEENAN, PECTIN, CITRIC ACID, VITAMIN A PALMITATE, VITAMIN D3. BLUEBERRIES, STRAWBERRIES

## CHICKEN STRIPS

CHICKEN BREAST WITH RIB MEAT, WATER, SALT, SODIUM PHOSPHATES. BREADED WITH WHITE RICE FLOUR, WATER, YELLOW CORN FLOUR, YELLOW CORN MEAL, CORN FLAKE CRUMB (DEGERMED CORNMEAL, SUGAR), CORN CRUMB (YELLOW CORN FLOUR, SALT, RAISIN JUICE CONCENTRATE, HONEY), CORN STARCH, SEA SALT, DEXTROSE, GARLIC POWDER, ONION POWDER, YEAST EXTRACT, SODIUM BICARBONATE, SODIUM ALGINATE, SPICE.

## BAKED BEANS

White Beans, Water, Sugar, Brown Sugar, Modified Food Starch, Salt, Bacon (cured with Water, Salt, Sugar, Sodium Nitrate), Mustard Flour, Caramel Color, Liquid Smoke, Calcium Chloride, Natural Flavor.

## COLESLAW

CABBAGE, SUGAR, SOYBEAN OIL, WATER, CONTAINS LESS THAN 2% OF CARROTS, WHITE DISTILLED VINEGAR, EGGS, SALT, EGG YOLKS (EGG YOLKS, SALT), ERYTHORBIC ACID (TO RETAIN COLOR), POTASSIUM SORBATE (TO RETARD SPOILAGE), CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE), XANTHAN GUM, LEMON JUICE CONCENTRATE, SPICES, MAYONNAISE SPICE BLEND FLAVOR (MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS).

## CHERRY CRISP

CHERRIES, Enriched Wheat Flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Sugar, Butter, Brown Sugar, Oats, Ginger [ginger, cane sugar], Margarine [soybean oil, palm oil, water, salt, mono & diglycerides, nonfat dry milk, soy lecithin, natural flavor, vitamin A palmitate, beta carotene], Cherries [cherries, cane sugar, sunflower oil], Water, Cinnamon, Salt, Lemon Juice Concentrate.

## BEEF VEGGIE SOUP

WATER, COOKED BEEF, POTATOES, PEAS, GREEN BEANS, CARROTS, CELERY, ONIONS, BEEF AU JUS CONCENTRATE (BEEF STOCK, SALT, SOY SAUCE [WATER, SOYBEANS, WHEAT, SALT], DEXTROSE, YEAST EXTRACT, CARAMEL COLOR, ONION POWDER, HYDROLYZED SOY PROTEIN, POTATO STARCH, BEEF FAT, CORN STARCH, NATURAL AND ARTIFICIAL FLAVOR, LACTIC ACID, DISODIUM INOSINATE & DISODIUM GUANYLATE, BEET POWDER, CORN SYRUP SOLIDS, GARLIC POWDER), CONTAINS LESS THAN 2% OF TOMATO PASTE, CULTURED DEXTROSE, SOYBEAN OIL, MODIFIED CORN STARCH, DEHYDRATED GARLIC, SALT, SUGAR, SPICES, NISIN PREPARATION (SALT, NISIN [PRESERVATIVE]), CULTURED MILK (NONFAT DRY MILK POWDER), FRUIT AND VEGETABLE JUICE FOR COLOR (PUMPKIN, CARROT AND APPLE CONCENTRATES), MODIFIED POTATO STARCH, NATURAL FLAVORS.

## SPINACH

ONION,EGG, CHEESE SALAD SPINACH, ONION, EGG, PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (TURMERIC (FOR COLOR). COLORED). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.

## FRUIT JUICE

CLARIFIED PINEAPPLE JUICE FROM CONCENTRATE (WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE), APPLE JUICE FROM CONCENTRATE (WATER, APPLE JUICE CONCENTRATE), WATER, INULIN, CONTAINS 2% OR LESS OF THE FOLLOWING: NATURAL FLAVOR, CITRIC ACID, STABILIZER (GUAR GUM, XANTHAN GUM, DEXTROSE), ASCORBIC ACID, CALCIUM HYDROXIDE, BETA CAROTENE (FOR COLOR), TURMERIC (FOR COLOR).

## TURKEY & CHEESE

TURKEY PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (TURMERIC (FOR COLOR). COLORED). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.

## POTATO SOUP

WATER, DEHYDRATED POTATOES (POTATOES, SODIUM ACID PYROPHOSPHATE), ONIONS, HEAVY CREAM (FROM MILK), CELERY, BUTTER (CREAM, SALT), MODIFIED CORNSTARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: POTATO FLAKES, SALT, FLAVOR ENHANCER (HYDROLYZED CORN GLUTEN, WHEAT PROTEIN AND SOY PROTEIN, AUTOLYZED YEAST EXTRACT), NATURAL BUTTER FLAVOR (DEHYDRATED BUTTER, NATURAL FLAVOR, BUTTERMILK POWDER), DISODIUM INOSINATE AND DISODIUM GUANYLATE, WHITE PEPPER, CHIVES, ANNATTO COLOR (MALTODEXTRIN, MODIFIED CORN STARCH, EXTRACTIVES OF ANNATTO), FLAVOR (GUM ARABIC, EXTRACTIVES OF TURMERIC)

## LETTUCE, TOMATO, ONION

## JELL-O WITH ORANGES

WATER, GELATIN, ADIPIC ACID AND CITRIC ACID (FOR TARTNESS), SODIUM CITRATE (CONTROLS ACIDITY), ASPARTAME\* AND ACESULFAME POTASSIUM (SWEETENERS), NATURAL AND ARTIFICIAL FLAVOR, SALT, YELLOW 6, RED 40. \*PHENYLKETONURICS: CONTAINS PHENYLALANINE MANDARIN ORANGES

## HAM

## AU GRATIN POTATOES

POTATOES, MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, ONION, POTASSIUM CHLORIDE, SUGAR, SUNFLOWER OIL, CONTAINS 2% OR LESS OF: NATURAL FLAVOR, SALT, COLORS (ANNATTO EXTRACT, TURMERIC EXTRACT), MONO AND DIGLYCERIDES, AUTOLYZED YEAST EXTRACT, CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), CORN SYRUP SOLIDS, GREEN ONION, NONFAT MILK, SOYBEAN OIL, SPICES, TORULA YEAST, FRESHNESS PRESERVED WITH (SODIUM BISULFITE)

## BRUSSELS SPROUTS

BRUSSELS SPROUTS, LEMON, GARLIC

# JELL-O WITH PEARS

PEARS WATER, GELATIN, ADIPIC ACID AND CITRIC ACID (FOR TARTNESS), SODIUM CITRATE (CONTROLS ACIDITY), ASPARTAME\* AND ACESULFAME POTASSIUM (SWEETENERS), SALT, RED 40, NATURAL AND ARTIFICIAL FLAVOR, BLUE 1. \*PHENYLKETONURICS: CONTAINS PHENYLALANINE

## BAKED FISH

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, YELLOW CORN FLOUR, BLEACHED WHEAT FLOUR, SALT, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SPICE, YEAST, NATURAL FLAVOR.

## CUCUMBERS & ONIONS

## STEWED TOMATOES

Tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper, citric acid, calcium chloride, natural flavors.

## FRUIT JUICE

Water, Grape Juice Concentrate, Citric Acid, Ascorbic Acid (Vitamin C)

## MAC & CHEESE

Water, Cooked Enriched Pasta (Water, Enriched Pasta [Durum Wheat Semolina, Egg White, Niacin, Iron {Ferrous Sulfate}, Thiamine Mononitrate, Riboflavin, Folic Acid]), Reduced Fat Cheddar Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Annatto, And Vitamin A), Nonfat Dry Milk, Contains less than 2% of: Cheddar Club Cheese (Pasteurized Cultured Milk, Salt, Enzymes, Annatto [Color]), Wheat Flour, Whey, Margarine (Soybean Oil, Water, Salt, Hydrogenated Soybean Oil, Monoglycerides, Sodium Benzoate and Calcium Disodium EDTA [Preservatives], Soy Lecithin, Medium Chain Triglycerides, Corn Oil, Sunflower Oil, Vitamin A Palmitate, Beta Carotene [Color], Vitamin D3 [Cholecalciferol], Natural Flavor), Modified Rice Starch, Cheese Flavor (Cream, Cheddar and Bleu Cheese [Milk, Starter Cultures, Salt, Enzymes, Water, Nonfat Dry Milk, Disodium Phosphate, Sodium Citrate], Cheddar Cheese [Milk, Starter Cultures, Salt, Enzymes, Water, Disodium Phosphate, Xanthan Gum, Potassium Sorbate], Cheese [Milk, Salt, Starter Cultures, Enzymes, Water, Whey Powder, Nonfat Dry Milk, Salt, Disodium Phosphate], Maltodextrin, Autolyzed Yeast Extract), Modified Corn Starch, Salt, Potassium Salt, Soybean Oil, Spice,

## SALISBURY STEAK

WATER, COOKED TURKEY, ONION, BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT, CALCIUM PROPIONATE [TO PROTECT FRESHNESS]), FOOD STARCH-MODIFIED, GREEN BELL PEPPER, SOYBEAN OIL, WORCESTERSHIRE SAUCE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVIES, NATURAL FLAVOR [CONTAINS SOY], TAMARIND), SALT, NONFAT DRY MILK, BEEF FLAVOR (NATURAL BEEF FLAVORINGS, SALT, LACTOSE, SUGAR), CARAMEL COLOR, ONION POWDER, MONO- & DIGLYCERIDES WITH CITRIC ACID, SPICES, GARLIC POWDER. COMMON ALLERGENS PRESENT: WHEAT, SOY, MILK, ANCHOVIES.

## CARROTS

## FRUIT CUP

## COOKIE

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PEANUT BUTTER (PEANUTS, DEXTROSE, SUGAR, FULLY HYDROGENATED VEGETABLE OILS [COTTONSEED, SOYBEAN, RAPESEED], SALT), MINI PEANUT BUTTER CUPS (SUGAR, PALM KERNEL OIL, PARTIALLY DEFATTED PEANUT FLOUR, NONFAT MILK, PEANUT BUTTER [PEANUTS, SALT], COCOA PROCESSED WITH ALKALI, HYDROGENATED PALM OIL, SALT, SOY LECITHIN [EMULSIFIER], TBHQ AND CITRIC ACID [PROTECT FRESHNESS]), BUTTER (CREAM, NATURAL FLAVORING), HONEY ROASTED PEANUTS (PEANUTS, SUGAR, HONEY, PEANUT OIL, POTATO STARCH, MALTODEXTRIN, SALT, XANTHAN GUM), WATER, SEMI-SWEET CHOCOLATE CHUNKS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], NATURAL FLAVOR, SALT, MILK), MARGARINE (PALM OIL, WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL FLAVOR, BETA-CAROTENE [COLOR], VITAMIN A PALMITATE), MARGARINE (SOYBEAN OIL, WATER, VEGETABLE MONO- AND DIGLYCERIDES, SALT,

## ROSEMARY LIME CHICKEN

CHICKEN, CHICKEN BROTH LIME ROSEMARY

## FEATHER RIVER POTATOES

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

## BUTTERED BEETS

BEETS, WATER, SUGAR, SEA SALT.. Pasteurized Cream

## BANANA

## CHEESE RAVOLI

FILLING: RICOTTA CHEESE (MILK, WHEY, CREAM, VINEGAR, XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM), LIGHT CREAM, MILK, PARMESAN CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), FONTINA CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), BREAD CRUMBS (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], DEXTROSE, YEAST, SALT), SALT, EGGS, CORNSTARCH, CARRAGEENAN, SPICE. PASTA: SEMOLINA, WATER, EGGS, SALT, BETA CAROTENE (COLOR)

## AUTUMN BLEND

broccoli cuts and cauliflower

## TOSSED SALAD WITH TOMATOES

LETTUCE, TOMATO

## BERRY CRUMBLE

Fruit blend (blueberries, raspberries, rhubarb), sugar, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), margarine (palm and palm kernel oils, canola oil, water, salt, whey powder [milk], vegetable monoglycerides, soy lecithin, citric acid, natural flavor, vitamin A palmitate, beta-carotene [color], vitamin D3, otas, sweetened strawberries (strawberries, sugar), sweetened coconut, (coconut, sugar, water, propylene glycol), modified corn starch, molasses, salt, guar gum and xanthan gum, natural flavor.

## BREADSTICK

Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Contains 2% or less of the following: Salt, Yeast, Calcium Propionate (Preservative), Wheat Starch, Enzymes, Ascorbic Acid

## RANCH DRESSING

Vegetable Oil (Soybean and/or Canola), Water, Buttermilk, Sugar, Salt, Egg Yolk, Less Than 1% of: Spices, Garlic\*, Onion\*, Vinegar, Phosphoric Acid, Xanthan Gum, Modified Food Starch, Monosodium Glutamate, Natural Flavors,

## ITALIAN DRESSING

SOYBEAN OIL, WATER, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, SALT, CONTAINS LESS THAN 2% OF GARLIC\*, ONION\*, XANTHAN GUM, RED BELL PEPPER\*, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), LEMON JUICE CONCENTRATE, SPICES, CARAMEL COLOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW 6.

## FRENCH DRESSING

SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, WATER, DISTILLED VINEGAR, CONTAINS LESS THAN 2 % OF SALT, SPICE (INCLUDES MUSTARD), XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, ONION\*, GARLIC\*, OLEORESIN PAPRIKA (COLOR), PAPRIKA.

## DINNER ROLL

Unbleached, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains 2% or less of the following: Soybean Oil, Salt, Yeast, Calcium Propionate (Preservative), Wheat Starch, Ascorbic Acid, Enzymes.

## BUN

Unbleached wheat flour, Water, Potato flour, Cane sugar, Liquid whole eggs, Pineapple pulp (pineapple pulp, ascorbic acid), Liquid egg yolks, Wheat gluten, Sunflower and/or soybean oil, Butter, Liquid egg-whites, Yeast, Salt, Cultured wheat flour, Ground wheat, Lactic acid, Turmeric, Ascorbic acid, Enzymes, Rice flour (for dusting).

## BREAD

WATER, WHOLE GRAIN WHEAT FLOUR, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, POLYDEXTROSE (DIETARY FIBER), WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, WHEAT STARCH, PROTEIN (ENZYMES), ASCORBIC ACID, SESAME.