



lunch/dinner

Week 1

WG Personal Cheese Pizza
Sliced Zucchini
Roasted Corn & Red Peppers
Fresh Whole Orange
Milk

Braised Chicken Breast
Sweet Potatoes
Sweet Peas & Onions
Fresh Whole Banana
Whole Grain Bread Slice
Fig Cookie
Milk

Flaked Salmon
Diced Carrots
California Blend Vegetables
Orange Juice
Whole Grain Bread Slices (2)
Milk

Pork & Vegetable Eggroll
Asian Vegetables
Whole Fresh Clementine
Oreo Cookies
Colby Jack Cheese Cubes
Milk

White Castle Cheeseburgers
Potato Wedges
Traditional Succotash
Fresh Whole Apple
Milk

Chicken Wings
Diced Redskin Potatoes
Cut Green Beans
Apple Juice
Whole Grain Bread Slice
Chewy Oatmeal Cookie
Milk

Italian Chicken Sausage
Mashed Potatoes
Peppers & Onions
Grape Juice
Whole Grain Bread Slice
Rice Krispie Treat
Milk

Week 2

Grilled Chicken Nuggets
Hash Brown Patty
Mixed Vegetables
Fresh Whole Banana
Whole Grain Bread Slice
Graham Crackers
Milk

Cheese Stuffed Shells w/
Low Sodium Tomato Sauce
Italian Vegetable Blend
Fresh Whole Pear
Garlic Texas Toast
Milk

Sliced Turkey Breast
Sweet Potatoes
California Vegetable Blend
Fresh Whole Apple
Whole Grain Bread Slice
Lemon Blueberry Crisps
Milk

Beef Patty
Mini Roasted Potatoes
Brussel Sprouts
Cranberry Juice
Whole Grain Bread Slice
Shortbread Cookies
Milk

Turkey Ham & Cheese on Bun
Vegetable Soup
Fresh Whole Orange
Milk

Smoked Pork Tips
Asian Vegetable Blend
Peppers & Onions
Grape Juice
Whole Grain Bread Slice
Fig Cookie
Milk

WG Breaded Chicken Patty
Yellow Squash
Broccoli
Orange Juice
Whole Grain Bread Slice
Milk

Week 3

White Castle Cheeseburgers
Cauliflower
Capri Vegetable Blend
Fresh Whole Clementine
Milk

Breaded Chicken Tenders
Potato Wedges
Sweet Corn
Fresh Whole Banana
Whole Grain Bread Slice
Milk

Perogies
Fat Free Sour Cream
Sliced Zucchini
Applesauce
Fresh Whole Orange
Whole Wheat Roll
Milk

Lasagna Roll-Ups
LS Tomato Sauce
Brussel Sprouts
Fresh Whole Apple
Whole Grain Bread Slice
Milk

Flaked Tuna
Diced Redskins
Peas & Onions
Orange Juice
Whole Grain Bread Slice
Oreos
Milk

Pulled BBQ Turkey
Sweet Potatoes
Broccoli
Apple Juice
Whole Grain Bread Slice
Chocolate Chip Cookie
Milk

Beef Meatloaf
Baby Lima Beans
Diced Carrots
Orange/Pineapple Juice
Whole Grain Bread Slice
Rice Krispie Treat
Milk

Week 4

Chicken & Noodles w/Peas & Carrots
Raisins
Fresh Whole Banana
Milk

Breaded Chicken Parmesan with
Low Sodium Tomato Sauce and Parmesan
Sweet Corn
Fresh Whole Pear
Garlic Texas Toast
Milk

Sliced Turkey Breast
Diced Redskin Potatoes
Traditional Succotash
Grape Juice
Whole Grain Bread Slices (2)
Milk

Bean & Cheese Burrito
Tomato Salsa Cup
Roasted Corn & Red Peppers
Fresh Whole Apple
Fat Free Sour Cream
Chewy Oatmeal Cookie
Milk

Salisbury Steak
Mini Roasted Potatoes
Mushrooms
Fresh Whole Orange
Whole Grain Bread Slice
Animal Crackers
Milk

Pulled Pork Sandwich
Cut Green Beans
Diced Carrots
Orange Pineapple Juice
Milk

Beef Cube Steak
Baked Potato
Snap Pea Blend
Whole Grain Bread Slice (2)
Milk

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Week 5

WG Breaded Pork Chop
Asparagus
Sliced Peaches
Fresh Whole Clementine
Whole Grain Roll
Milk

WG Breaded Chicken Patty
Baby Lima Beans
Winter Blend Vegetables
Fresh Whole Banana
Whole Grain Bread Slice
Milk

Chopped Beef Brisket
Baked Potato
Fresh Whole Orange
Whole Grain Bread Slice
Graham Crackers
Milk

Turkey Ham & Cheese on Bun
LS Tomato Soup
Fresh Whole Apple
Milk

Beef Patty
Mixed Vegetables
Broccoli
Grape Juice
Whole Grain Bread Slice
Shortbread Cookie
Milk

Mushroom Ravioli with
Low Sodium Tomato Sauce
Italian Blend Vegetables
Applesauce
Garlic Toast
Milk

Italian Chicken Sausage
Mashed Potatoes
Peppers & Onions
Cranberry Juice
Whole Grain Bread Slices (2)
Milk

Week 6

Beef Cube Steak
Mashed Potatoes
Snap Pea Blend
Fresh Whole Pear
Whole Grain Bread Slice
Fig Cookie
Milk

Black Bean Patty
Potato Wedges
Capri Vegetable Blend
Fresh Whole Banana
Whole Grain Bread Slice
Chocolate Chip Cookie
Milk

Grilled Chicken Nuggets
Diced Redskin Potatoes
Winter Blend Vegetables
Fresh Whole Apple
Whole Grain Roll
Chewy Oatmeal Cookie
Milk

Beef Patty
Traditional Succotash
Sweet Peas & Onions
Apple Juice
Whole Grain Bread Slice
Animal Crackers
Milk

Sausage, Cabbage & Noodles
Raisins
Fresh Whole Orange
Milk

Shredded BBQ Beef
Sweet Corn
Brussel Sprouts
Cranberry Juice
Whole Grain Bread Slice
Strawberry Chex Mix
Milk

Breaded Chicken Tenders
Sweet Potatoes
Cut Green Beans
Orange Juice
Whole Grain Bread Slice
Milk

Week 7

Pulled Pork Sandwich
Broccoli
Baby Lima Beans
Fresh Whole Banana
Milk

Seasoned Turkey Meatballs with
Low Sodium Tomato Sauce
Brussel Sprouts
Fresh Whole Apple
Garlic Texas Toast
Graham Crackers
Milk

Kraft White Macaroni & Cheese
Cut Asparagus
Mixed Vegetables
Fresh Whole Orange
Milk

Braised Chicken Breast
Sweet Potatoes
Cauliflower
Cranberry Juice
Whole Grain Bread Slices (2)
Milk

Beef Meatloaf
Baked Potato
Fresh Whole Clementine
Whole Grain Sliced Bread
Rice Krispie Treat
Milk

Breaded Dill Chicken Nuggets
Hash Brown Patty
Sweet Peas & Carrots
Orange Juice
Oreo Cookies
Milk

Salisbury Steak
Mashed Potatoes
Mushrooms
Grape Juice
Whole Grain Bread Slices (2)
Milk

Week 8

Kraft Macaroni & Cheese
Sweet Peas
Winter Blend Vegetables
Fresh Whole Apple
Milk

Char-Grilled Chicken Breast
Mini Roasted Potatoes
Cut Green Beans
Apple Juice
Whole Grain Bread Slice
Oreos
Milk

Savory Turkey Burger Patty
Italian Blend Vegetables
Sliced Peaches
Fresh Whole Orange
Whole Grain Bread Slice
Shortbread Cookie
Milk

Flaked Tuna
Diced Redskin Potatoes
Diced Carrots
Fresh Whole Pear
Whole Grain Bread Slice
Graham Crackers
Milk

WG Breaded Pork Chop
Sweet Corn
Broccoli
Veggie Fried Rice
Fresh Whole Banana
Milk

Chopped Beef Brisket
Potato Wedges
Sweet Peas & Onions
Cranberry Juice
Whole Grain Bread Slices (2)
Milk

Turkey Corn Dogs
Capri Vegetable Blend
Brussel Sprouts
Grape Juice
Fig Cookie
Milk

** Menus subject to change*
WG = whole grain

Updated: 10/9/24

INGREDIENTS – Weeks 1 - 4 Lunch/Dinner

NOTE: All vegetables, potatoes, and frozen fruit are flash frozen and do not contain any added ingredients or seasoning.

Whole Grain Cheese Pizza

Mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes). Water, whole wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy flour, contains less than 2% or less of: tomato paste (not less than 31% NTSS), dextrose, baking powder (sodium bicarbonate, sodium aluminum sulfate, cornstarch, mono-calcium phosphate, calcium sulfate), salt, yeast, (yeast starch, sorbitan monostearate, ascorbic acid), soybean oil, wheat gluten and/or dough conditioner (wheat flour, salt, soy oil, L-cysteine, ascorbic acid, enzyme), pizza seasoning (salt, sugar, spices, dehydrated guar and xanthan gum, garlic powder, potassium sorbate, citric acid), modified food starch. **CONTAINS: milk, wheat, soy**

Braised Chicken Breast

Chicken Breast, Water, Salt, Baking Soda, Flavoring

Flaked Salmon

Pink Salmon, water, vegetable broth, salt **CONTAINS: soy**

Pork & Vegetable Eggroll

Cabbage, Pork, Enriched Bleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Onion, Water, Enriched Durum Flour (durum Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein (soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Carrot, Celery, Soybean Oil, Contains Less Than 2% Of: Flavor Enhancer (yeast Extract, Natural Flavor), Sugar, Spice, Salt, Wheat Gluten, Dried Whole Eggs, Cottonseed Oil. **CONTAINS: wheat, soy, egg**

White Castle Cheeseburger

Bun: enriched bleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, soybean oil, contains 2% or less: yeast, salt, vital wheat gluten, mono-and diglycerides, corn starch, calcium stearoyl lactylate (csl), oat fiber, corn syrup solids, guar gum, sodium alginate, monocalcium phosphate, enzymes, xanthan gum, ascorbic acid (vitamin c), hamburger: beef, sharp pasteurized process American cheese: pasteurized milk, water, cream, milkfat, sodium citrate, salt, sodium phosphate, cheese cultures, sorbic acid (preservative), lactic acid, color added, enzymes, acetic acid, citric acid, soy lecithin, sunflower lecithin (anti-sticking agent), water, dried onions, salt, pepper. **CONTAINS: milk, soy, wheat**

Chicken Wings

Chicken Wing Sections, Water, Sodium Phosphates, Salt. breaded with: Wheat Flour, Yellow Corn Flour, Salt, Modified Food Starch, Wheat Gluten, Spices, Dried Egg White, Garlic Powder, Onion Powder, Paprika. **CONTAINS: Wheat, Egg**

Italian Chicken Sausage

Dark Chicken, Roasted Red Bell Pepper, Roasted Onions, Sea Salt, Roasted Garlic, Spices, Sugar, Flavoring, In Hog Casing.

Grilled Chicken Nuggets

Chicken Breast with Rib Meat, Water, Isolated Soy Protein, Seasoning (modified Corn Starch, Dehydrated Garlic, Dehydrated Onion, Maltodextrin, Salt, Natural Flavor, Spice Extractives), Salt, Sodium Phosphates. Coating Ingredients: Rice Flour, Pregelatinized Rice Flour, Garlic Powder, Onion Powder, Salt, Spice, Citric Acid, Soybean Oil (processing Aid), Maltodextrin, Paprika (with Ethoxyquin Added As A Preservative), Lemon Oil, Lemon Juice, Ascorbic Acid.

Cheese Stuffed Shells

Ricotta Cheese (pasteurized Whey, Pasteurized Milk, Vinegar, Stabilizer [modified Food Starch, Guar Gum, Carrageenan], Salt), Water, Enriched Semolina Flour (durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Mozzarella Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Parmesan Cheese (pasteurized Part-skim Milk, Cheese Cultures, Salt, Enzymes), Contains Less Than 2% Of: Eggs, Dehydrated Garlic, Modified Food Starch, Spices, Salt **CONTAINS: milk, wheat, egg**

Sliced Turkey Breast

Turkey Breast Meat, Turkey Broth, Contains 2% Or Less Sea Salt, Dextrose, Carrageenan, Sodium Phosphate, Salt, Vegetable Oil

Beef Patty

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 Phosphates, Caramel Color. **CONTAINS: soy**

Turkey Ham & Cheese Sandwich

Whole Grain Hawaiian Bun: Water, Whole Wheat Flour, Enriched Wheat Flour (flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sucrose, Soybean Oil. Contains Less Than 2% Of: Vital Wheat Gluten, Yeast, Salt, Sugar, Dough Conditioner (water, Monoglycerides, Propionic Acid, Phosphoric Acid), Calcium Propionate, Spice (corn Flour, Soybean Oil, Turmeric, Paprika, Mono Diglycerides, Natural Flavor), Sodium Stearoyl Lactylate, Dough Conditioner (wheat Flour, Enzymes), Enzyme Blend (wheat Flour, Calcium Sulfate, Enzymes), Dough Conditioner (calcium Sulfate, Wheat Flour, Enzymes, Ascorbic Acid). Turkey Ham Flavored Turkey Bologna, Smoke Flavoring Added: Turkey Thigh, Water, Isolated Soy Protein, Less Than 2% Sugar, Salt, Vinegar, Sodium Phosphate, Sodium Nitrite, Smoke Flavoring, Sodium Erythorbate. Reduced Fat And Reduced Sodium American Pasteurized Process Cheese: Cultured Skim Milk And Milk, Water, Nonfat Dry Milk*, Maltodextrin*, Modified Food Starch* Sodium Citrate, Potassium Citrate, Salt, Annatto And Paprika (color), Enzymes, Vitamin A Palmitate, Sorbic Acid (preservative), Soy Lecithin (anti-sticking Agent). *Ingredient Not In Regular Pasteurized Process American Cheese. **CONTAINS: milk, soy, wheat**

Smoked Pork Tips

Smoked Cooked Pork, Cider Vinegar, Sugar, Salt, Spices.

Breaded Chicken Patty

Chicken Breast Meat With Rib Meat, Whole Wheat Flour, Water, Isolated Soy Protein, Contains 2% Or Less Of Granulated Sugar, Salt, Chicken Flavor (chicken Broth, Flavor, Salt), Modified Tapioca Starch, Onion Powder, Potassium Phosphates, Sugar, Garlic Powder, Wheat Gluten, Natural Flavor, Yeast Extract, Paprika Extract, Dried Yeast, Dried Garlic, Dried Onion, Spice, Maltodextrin, Turmeric Extract, Torula Yeast, Citric Acid, Celery Powder, Canola Oil, Carrot Powder, Spices. **CONTAINS: wheat, soy**

Breaded Chicken Tenders

Chicken Breast Tenderloins, Water, Seasoning [salt, Flavors, Maltodextrin, Sugar, Vegetable Stock (carrot, Onion, Celery), Garlic Powder], Modified Food Starch, Sodium Phosphates, Soy Protein Concentrate. Breaded With: Bleached Wheat Flour, Water, Wheat Flour, Salt, Sugar, Wheat Gluten, Leavening (sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Yellow Corn Flour, Yeast Extract, Onion Powder, Yeast, Extractives Of Paprika, Annatto, And Turmeric, Garlic Powder, Spice, Disodium Inosinate And Disodium Guanylate. Breeding Set in Vegetable Oil. **CONTAINS: soy, wheat**

Perogies

Water, Enriched Flour (wheat Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Potato Flakes (potatoes, Mono And Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Soybean Oil, Dehydrated Cheddar Cheese (cheddar Cheese [pasteurized Milk, Cheese Cultures, Salt, Enzymes], Disodium Phosphate), Salt, Onion, Natural Flavor, Eggs, Yeast Extract, Whey, Spice, Annatto And Turmeric (color) **CONTAINS: wheat, soy, milk, egg.** contains A Bioengineered Food Ingredient.

Lasagna Roll – Ups

Cheese filling: ricotta cheese (whey, milk, cream, vinegar, salt), water, mozzarella cheese (pasteurized milk, low fat milk, cheese cultures, salt, enzymes), modified corn starch, salt, spice, dehydrated spinach. pasta: enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, egg whites **CONTAINS: egg, milk, wheat**

Flaked Tuna

Light Tuna, Water, Vegetable Broth, Salt

BBQ Turkey

Cooked Turkey, Barbeque Sauce (tomato ketchup (tomato Concentrate, Sugar, Distilled Vinegar, less Than 2% Of: Salt, Natural Flavors, *potassium chloride, Onion Powder, Citric Acid, Garlic Powder, spices. *not In Regular Ketchup), Vinegar, Brown Sugar, molasses, Worcestershire Sauce (water, Distilled vinegar, Salt, Sugar, Hydrolyzed Soy Protein, Corn Syrup solids, Citric Acid, Caramel Color, Garlic Powder, Onion powder, Black Pepper, Spices, Spice Extractives, Silicon dioxide), Mustard (water, Distilled Vinegar, Mustard seed, Mustard Bran, Tumeric), Soybean Oil, Salt, Red pepper, Black Pepper **CONTAINS: soy**

Beef Meatloaf

Beef, 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)], Tomato Ketchup (tomato Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice, Garlic Powder), Onions, Bread Crumbs [bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (sodium Acid Pyrophosphate, sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Pepper, seasoning (dehydrated Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractive), Salt, Dried Whole Eggs, Sodium Phosphate. **CONTAINS: egg, milk, soy, wheat**

Chicken & Noodles w/Peas & Carrots

Egg noodles, unbleached flour, egg yolks, eggs, water, salt, onion powder, garlic powder, sugar, other spices, canola oil, chicken broth, chicken meat, chicken stock, chicken fat, dried whey, corn oil, 2% or less of natural flavors, potato starch, natural extract of turmeric and annatto, butter **CONTAINS: milk, egg, wheat, soy**

Breaded Chicken Parmesan

Boneless, Skinless, Chicken Breast with Rib Meat, Water, Salt, Sodium Phosphates, Modified Food Starch. Breaded With: Wheat Flour, Water, Contains 2% Or Less Of The Following: Dextrose, Dried Parsley, Leavening (sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dried Yeast, Garlic Powder, Parmesan Cheese (made From Pasteurized Milk, Cheese Cultures, Salt, Sorbic Acid {preservative}, Enzymes), Romano Cheese (made From Pasteurized Cow's Milk, Cheese Cultures, Salt, Sorbic Acid {preservative}, Enzymes), Salt, Soybean Oil, Spices, Wheat Gluten, Disodium Inosinate And Disodium Guanylate. Breeding Set In Vegetable Oil. **CONTAIN: milk, wheat**

Bean & Cheese Burrito

Tortilla (wheat Flours [whole Wheat Flour, Enriched Bleached Flour {wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}], Water, Soy Flour, Soybean Oil, Contains Less Than 2% Of Whole Grain Corn Flour [stoneground Whole White Corn, Cellulose Gum, Trace Of Lime], Salt, Guar Gum, Annatto, Turmeric), Water, Pasteurized Process American Cheese (American Cheeses [milk, Cheese Culture, Salt, Enzymes], Water, Sodium Citrate, Milkfat, Salt, Color [annatto, Apo carotenal]), Pinto Beans, Green Chilies (green Chilies, Citric Acid), Contains 2% Or Less Of Onion, Soy Flour, Soybean Oil, Isolated Soy Protein (isolated Soy Protein With Less Than 2% Lecithin), Salt, Chili Powder (chili Pepper, Spices, Salt, Garlic Powder), Paprika, Spice, Garlic Powder, Sodium Alginate. **CONTAINS: wheat, soy, milk**

Salisbury Steak

Beef, Water, Textured Vegetable Protein Product [soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (b1) Pyridoxine Hydrochloride (b6), Riboflavin (b2), Cyanocobalamin (b12)], 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)], Bell Peppers, Seasoning [dehydrated Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractives], Contains 2% Or Less Of The Following: Bleached Wheat Flour, Salt, Caramel Color, Soybean Oil, Dextrose, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, **CONTAINS: milk, soy, wheat**

Pulled Pork Sandwich

Whole grain kaiser roll: whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, sugar, contains 2% or less of the following ingredients: salt, soybean oil, monoglycerides, sodium stearoyl lactylate, ascorbic acid, vegetable protein (corn based), enzymes, calcium peroxide, potassium iodate, calcium propionate. BBQ cooked pork (shoulder picnic, boneless pork), sauce (tomato ketchup (tomato concentrate, sugar, distilled vinegar, less than 2% of: salt, natural flavors, *potassium chloride, onion powder, citric acid, garlic powder, spices. not in regular ketchup), vinegar, brown sugar, molasses, Worcestershire sauce (water, distilled vinegar, salt, sugar, hydrolyzed soy protein, corn syrup solids, citric acid, caramel color, garlic powder, onion powder, black pepper, spices, spice extractives, silicon dioxide), mustard (water, distilled vinegar, mustard seed, mustard bran, turmeric), soybean oil, salt, red pepper, black pepper). **CONTAINS: soy, wheat**

Beef Cube Steak

Steak dextrose, yellow corn flour, hydrolyzed corn protein, spices (including celery), beef stock, modified food starch, salt, caramel color powder, garlic, onion powder **CONTAINS: flour**

Whole Grain White Bread

Water, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole durum flour, high fructose corn syrup, wheat gluten, bleached oat fiber, contains less than 2% of each: calcium carbonate, yeast, soybean oil, cultured wheat flour, salt, dough conditioners (datum, ethoxylated mono & diglycerides, sodium stearoyl lactylate, mono and diglycerides, ammonium sulfate, enzymes, ascorbic acid, calcium peroxide, azodicarbonamide), monocalcium phosphate, guar gum, calcium sulfate, cellulose gum, xanthan gum. **CONTAINS: wheat, soy**

Whole Wheat Dinner Roll

Whole wheat flour, enriched wheat flour, malted barley flour, ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, water, yeast, sugar, contains 2 or less of the following: salt, cracked wheat, wheat gluten, sodium stearoyl lactylate, datem, calcium sulfate, soybean oil, enzymes, L-cysteine, calcium peroxide, potassium iodate, corn meal, calcium propionate. **CONTAINS: wheat, soy**

Garlic Cheese Toast

Bread: wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of: soybean oil, yeast, salt, sugar, soy flour, malted barley flour, wheat gluten, dextrose, vegetable protein, enzymes, ascorbic acid, corn meal. Spread: vegetable oil blend (soybean, palm), water, garlic, contains 2% or less of: salt, natural flavors, sweet cream buttermilk, onion powder, spice, monoglycerides, soy lecithin, lactic acid, citric acid, beta-carotene (for color). **Contains: wheat, soy**

Margarine

Vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), Vitamin A palmitate added **CONTAINS: soy**

INGREDIENTS – Weeks 5 - 8 Lunch/Dinner

NOTE: All vegetables, potatoes, and frozen fruit are flash frozen and do not contain any added ingredients or seasoning

Breaded Pork Chop

Pork, Water, Textured Vegetable Protein Product [soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (b1), Pyridoxine Hydrochloride (b6), Riboflavin (b2), Cyanocobalamin (b12)], Salt, Seasoning (spice, Dehydrated Garlic). Breaded With: Enriched Bleached Wheat Flour (enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Dextrose, Salt, Sugar, Yellow Corn Flour, Soybean Oil, Spices, Yeast, Torula Yeast, Extractives of Paprika. Battered With: Water, Enriched Wheat Flour (niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Starch, Wheat Flour, Salt, Buttermilk Blend (buttermilk, Whey), Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Spice. Set In Vegetable Oil. **CONTAINS: milk, soy, wheat**

Breaded Chicken Patty

Chicken Breast Meat With Rib Meat, Whole Wheat Flour, Water, Isolated Soy Protein, Contains 2% Or Less Of Granulated Sugar, Salt, Chicken Flavor (chicken Broth, Flavor, Salt), Modified Tapioca Starch, Onion Powder, Potassium Phosphates, Sugar, Garlic Powder, Wheat Gluten, Natural Flavor, Yeast Extract, Paprika Extract, Dried Yeast, Dried Garlic, Dried Onion, Spice, Maltodextrin, Turmeric Extract, Torula Yeast, Citric Acid, Celery Powder, Canola Oil, Carrot Powder, Spices. **CONTAINS: wheat, soy**

Chopped Beef Brisket

Beef (Injected with Solution of Water, Salt, Brown Sugar and Sodium Phosphates), Rubbed with Brown Sugar, Salt, Chili Powder, Paprika, Black Pepper, Garlic Powder.

Turkey Ham & Cheese Sandwich

Whole Grain Hawaiian Bun: Water, Whole Wheat Flour, Enriched Wheat Flour (flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sucrose, Soybean Oil. Contains Less Than 2% Of: Vital Wheat Gluten, Yeast, Salt, Sugar, Dough Conditioner (water, Monoglycerides, Propionic Acid, Phosphoric Acid), Calcium Propionate, Spice (corn Flour, Soybean Oil, Turmeric, Paprika, Mono Diglycerides, Natural Flavor), Sodium Stearoyl Lactylate, Dough Conditioner (wheat Flour, Enzymes), Enzyme Blend (wheat Flour, Calcium Sulfate, Enzymes), Dough Conditioner (calcium Sulfate, Wheat Flour, Enzymes, Ascorbic Acid). Turkey Ham Flavored Turkey Bologna, Smoke Flavoring Added: Turkey Thigh, Water, Isolated Soy Protein, Less Than 2% Sugar, Salt, Vinegar, Sodium Phosphate, Sodium Nitrite, Smoke Flavoring, Sodium Erythorbate. Reduced Fat And Reduced Sodium American Pasteurized Process Cheese: Cultured Skim Milk And Milk, Water, Nonfat Dry Milk*, Maltodextrin*, Modified Food Starch* Sodium Citrate, Potassium Citrate, Salt, Annatto And Paprika (color), Enzymes, Vitamin A Palmitate, Sorbic Acid (preservative), Soy Lecithin (anti-sticking Agent). *Ingredient Not In Regular Pasteurized Process American Cheese.

CONTAINS: milk, soy, wheat

Beef Patty

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 Phosphates, Caramel Color. **CONTAINS: soy**

Mushroom Ravioli

Mushrooms, Enriched Semolina Flour (semolina Flour [niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Bechamel Sauce (milk, Light Cream, Water, Romano Cheese [pasteurized Cow's And/or Sheep's Milk, Cheese Culture, Salt, Enzymes], Enriched Flour [wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Whey Permeate, Wheat Starch, Salt), Pasteurized Whole Eggs, Asiago Cheese (pasteurized Milk, Cheese Culture, Salt, Enzymes), Sautéed Onion (onions, Soybean Oil), Marsala Wine (wine, Salt, Potassium Sorbate, Sodium Metabisulfite), Seasoned Cracker Meal (enriched Wheat Flour [niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid] Salt), Brown Sugar, Corn Starch, Dietary Fiber, Sea Salt, Spices, Garlic Powder, Beta Carotene (color). Contains: Wheat, Milk, Eggs, Sulfites **CONTAINS: egg, milk, wheat**

Italian Chicken Sausage

Dark Chicken, Roasted Red Bell Pepper, Roasted Onions, Sea Salt, Roasted Garlic, Spices, Sugar, Flavoring, In Hog Casing.

Beef Cube Steak

Steak dextrose, yellow corn flour, hydrolyzed corn protein, spices (including celery), beef stock, modified food starch, salt, caramel color powder, garlic, onion powder **CONTAINS: flour**

Black Bean Burger

Water, Cooked Black Beans (black Beans, Water), Cooked Brown Rice (water, Brown Rice), Soy Protein Concentrate, Onions, Whole Kernel Corn, Hydrated Bulgur Wheat (water, Bulgur Wheat), Soy Protein Isolate, Green Chiles, Canola Oil, Contains Two Percent Or Less Of Salt, Spices, Red Bell Peppers, Black Bean Powder, Methylcellulose, Yeast Extract, Sugar, Onion Powder, Tomato Powder, Caramel Color, Natural Flavor, Garlic Powder, Paprika (color), Turmeric (color). **CONTAINS: soy, wheat**

Grilled Chicken Nuggets

Chicken Breast with Rib Meat, Water, Isolated Soy Protein, Seasoning (modified Corn Starch, Dehydrated Garlic, Dehydrated Onion, Maltodextrin, Salt, Natural Flavor, Spice Extractives), Salt, Sodium Phosphates. Coating Ingredients: Rice Flour, Pregelatinized Rice Flour, Garlic Powder, Onion Powder, Salt, Spice, Citric Acid, Soybean Oil (processing Aid), Maltodextrin, Paprika (with Ethoxyquin Added As A Preservative), Lemon Oil, Lemon Juice, Ascorbic Acid.

Cheese Stuffed Shells

Ricotta Cheese (pasteurized Whey, Pasteurized Milk, Vinegar, Stabilizer [modified Food Starch, Guar Gum, Carrageenan], Salt), Water, Enriched Semolina Flour (durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Mozzarella Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Parmesan Cheese (pasteurized Part-skim Milk, Cheese Cultures, Salt, Enzymes), Contains Less Than 2% Of: Eggs, Dehydrated Garlic, Modified Food Starch, Spices, Salt **CONTAINS: milk, wheat, egg**

Sliced Turkey Breast

Turkey Breast Meat, Turkey Broth, Contains 2% Or Less Sea Salt, Dextrose, Carrageenan, Sodium Phosphate, Salt, Vegetable Oil

Beef Patty

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 Phosphates, Caramel Color. **CONTAINS: soy**

Sausage, Cabbage & Noodles

Egg noodles, unbleached flour, egg yolks, eggs, water, salt, onion powder, garlic powder, sugar, other spices, canola oil, seasoned cooked cabbage (water, shredded cabbage, garlic powder, sugar, salt, pepper, chicken broth, chicken fat, cornstarch, corn oil, turmeric, annatto, shredded carrots, butter), smoked sausage(pork, water, beef, dextrose, salt, mustard, corn syrup solids, crushed red pepper, contains less than 2% sodium lactate, sodium phosphate, flavoring spices) paprika, garlic powder, sodium erythorbate, sodium nitrite **CONTAINS: milk, egg, wheat, soy**

Shredded BBQ Beef

Cooked beef, sauce (tomato ketchup (tomato concentrate made from red ripe tomatoes, water, sugar, distilled vinegar, natural flavors, onion powder), vinegar, brown sugar, molasses, Worcestershire sauce (water, distilled vinegar, salt, sugar, hydrolyzed soy protein, corn syrup solids, citric acid, caramel color, garlic powder, onion powder, black pepper, spices, spice extractives, silicon dioxide), mustard (water, distilled vinegar, mustard seed, mustard bran, turmeric), soybean oil, salt, red pepper, black pepper).

Breaded Chicken Tenders

Chicken Breast Tenderloins, Water, Seasoning [salt, Flavors, Maltodextrin, Sugar, Vegetable Stock (carrot, Onion, Celery), Garlic Powder], Modified Food Starch, Sodium Phosphates, Soy Protein Concentrate. Breaded With: Bleached Wheat Flour, Water, Wheat Flour, Salt, Sugar, Wheat Gluten, Leavening (sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Yellow Corn Flour, Yeast Extract, Onion Powder, Yeast, Extractives Of Paprika, Annatto, And Turmeric, Garlic Powder, Spice, Disodium Inosinate And Disodium Guanylate. Breeding Set in Vegetable Oil. **CONTAINS: soy, wheat**

Pulled Pork Sandwich

Whole grain kaiser roll: whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, sugar, contains 2% or less of the following ingredients: salt, soybean oil, monoglycerides, sodium stearoyl lactylate, ascorbic acid, vegetable protein (corn based), enzymes, calcium peroxide, potassium iodate, calcium propionate. BBQ cooked pork (shoulder picnic, boneless pork), sauce (tomato ketchup (tomato concentrate, sugar, distilled vinegar, less than 2% of: salt, natural flavors, *potassium chloride, onion powder, citric acid, garlic powder, spices. not in regular ketchup), vinegar, brown sugar, molasses, Worcestershire sauce (water, distilled vinegar, salt, sugar, hydrolyzed soy protein, corn syrup solids, citric acid, caramel color, garlic powder, onion powder, black pepper, spices, spice extractives, silicon dioxide), mustard (water, distilled vinegar, mustard seed, mustard bran, turmeric), soybean oil, salt, red pepper, black pepper). **CONTAINS: soy, wheat**

Seasoned Turkey Meatballs

Turkey, Water, Bread Crumbs (wheat Flour, Salt, Dried Yeast, Dextrose), Textured Soy Flour, Contains Less Than 2% Of The Following: Parmesan Cheese (pasteurized Part Skim Milk, Cheese Culture, Salt, Enzymes), Vinegar Powder, Salt, Corn Flour, Romano Cheese (pasteurized Part Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Sodium Lactate, Spices, Wheat Flour, Dehydrated Parsley, Rye Flour, Dextrose, Dehydrated Onion, Oat Flour, Hydrolyzed Soy And Corn Protein, Dehydrated Garlic, Natural Flavors, Rice Flour. **CONTAINS: soy, wheat, milk**

Kraft White Macaroni & Cheese

Cooked Enriched Macaroni Product (water, Enriched Macaroni Product [durum Wheat Semolina, Niacin, Ferrous Sulfate (iron), Thiamin Mononitrate (vitamin B1), Riboflavin (vitamin B2), Folic Acid]), Cheese Sauce (water, Cheddar Cheese [milk, Cheese Culture, Salt, Enzymes], Whey, Canola Oil, Skim Milk, Milk, Modified Food Starch, Contains Less Than 2% Of Salt, Disodium Phosphate, Methylcellulose, Spice, Enzymes, Cream, Annatto [color], Cheese Culture). **CONTAINS: milk, wheat**

Braised Chicken Breast

Chicken Breast, Water, Salt, Baking Soda, Flavoring

Beef Meatloaf

Beef, 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)], Tomato Ketchup (tomato Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice, Garlic Powder), Onions, Bread Crumbs [bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (sodium Acid Pyrophosphate, sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Pepper, seasoning (dehydrated Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractive), Salt, Dried Whole Eggs, Sodium Phosphate. **CONTAINS: egg, milk, soy, wheat**

Breaded Dill Chicken Nuggets

Chicken Breast with Rib Meat, Water, Vegetable Protein Product (Isolated Soy Protein, Magnesium Oxide, Zinc Oxide, Niacin amide, Ferrous Sulfate, Vitamin B12, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin), Seasoning: (Salt, Sugar, Dextrose, Maltodextrin, Spices, Modified Food Starch, Yeast Extract, Vinegar Solids, Malic Acid, Natural Flavors, Sunflower Oil), Sodium Phosphates. BREADED WITH: Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Salt, Disodium Inosinate and Disodium Guanylate, Nonfat Milk, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Spice, Soybean Oil, Yeast, Extractives of Paprika. BATTERED WITH: Water, Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Salt, Nonfat Milk, Disodium Inosinate and Disodium Guanylate, Wheat Gluten, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Spice, Soybean Oil Extractives of Paprika. PRE-DUSTED WITH: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Potato Starch, Salt, Soybean Oil. Breeding is set in Vegetable Oil. **CONTAINS: wheat, soy, milk**

Salisbury Steak

Beef, Water, Textured Vegetable Protein Product [soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (b1) Pyridoxine Hydrochloride (b6), Riboflavin (b2), Cyanocobalamin (b12)], 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)], Bell Peppers, Seasoning [dehydrated Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractives], Contains 2% Or Less Of The Following: Bleached Wheat Flour, Salt, Caramel Color, Soybean Oil, Dextrose, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, **CONTAINS: milk, soy, wheat**

Kraft Macaroni & Cheese

Cooked Enriched Macaroni Product (water, Enriched Macaroni Product [durum Wheat Semolina, Niacin, Ferrous Sulfate (iron), Thiamin Mononitrate (vitamin B1), Riboflavin (vitamin B2), Folic Acid]), Cheese Sauce (whey, Cheddar Cheese [milk, Cheese Culture, Salt, Enzymes], Skim Milk, Canola Oil, Milk, Salt, Contains Less Than 2% Of Calcium Phosphate, Modified Food Starch, Xanthan Gum, Lactic Acid, Citric Acid, Sodium Phosphate, Natural Flavor, With Paprika, Turmeric, And Annatto Added For Color, Enzymes, Cheese Culture, Dried Cream, Vitamin D3). **CONTAINS: milk, wheat**

Char -Grilled Chicken Breast

Boneless, Skinless Chicken Breast Filets with Rib Meat, Water, Seasoning [maltodextrin, Salt, Sugar, Flavors, Vegetable Stock (carrot, Onion, Celery), Carrot Powder, Garlic Powder], Modified Food Starch, Sodium Phosphates.

Savory Turkey Burger Patty

Fully Cooked Ingredients: Turkey, Water, Cooked Brown Rice (brown Rice, Water), Seasoning (dried Eggs, Onion Powder, Spices, Garlic Powder, Turbinado Sugar, Salt, Yeast Extract, Spice Extractive), Spinach, Roasted Onions, Celery, Cherries (cherries, Sugar), Vegetable Oil. **CONTAINS: egg**

Flaked Tuna

Light Tuna, Water, Vegetable Broth, Salt

Breaded Pork Chop

Pork, Water, Textured Vegetable Protein Product [soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (b1), Pyridoxine Hydrochloride (b6), Riboflavin (b2), Cyanocobalamin (b12)], Salt, Seasoning (spice, Dehydrated Garlic). Breaded With: Enriched Bleached Wheat Flour (enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Dextrose, Salt, Sugar, Yellow Corn Flour, Soybean Oil, Spices, Yeast, Torula Yeast, Extractives of Paprika. Battered With: Water, Enriched Wheat Flour (niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Starch, Wheat Flour, Salt, Buttermilk Blend (buttermilk, Whey), Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Spice. Set In Vegetable Oil. **CONTAINS: milk, soy, wheat**

Chopped Beef Brisket

Beef (Injected with Solution of Water, Salt, Brown Sugar, and Sodium Phosphates), Rubbed with Brown Sugar, Salt, Chili Powder, Paprika, Black Pepper, Garlic Powder.

Turkey Corn Dogs

Turkey Frank: Ground Turkey, Water, Dextrose. Contains 2% Or Less Of: Corn Syrup, Spices, Salt, Potassium Chloride, Calcium Lactate, Flavorings, Sodium Phosphate, Paprika & Paprika Oleoresin, Sodium Erythorbate, Sodium Nitrite. Casing Made From Calcium Alginate., Batter: Water, Whole Wheat Flour, Sugar, Enriched Degermed Yellow Corn Meal (yellow Corn Meal, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% Or Less Of Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Soybean Oil, Corn Starch, Modified Corn Starch, Dried Honey, Ascorbic Acid, Salt, Wheat Starch, Enriched Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat flour, Soy Flour, Onion Powder, Soy Lecithin, Nonfat Milk, Eggs. Cooked In Vegetable Oil (contains One Or More Of: Corn Oil, Cottonseed Oil, Soybean Oil.), Pre dust: Enriched Wheat Flour (enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Whey, Salt. **CONTAINS: egg, milk, soy, wheat**

Whole Grain White Bread

Water, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole durum flour, high fructose corn syrup, wheat gluten, bleached oat fiber, contains less than 2% of each: calcium carbonate, yeast, soybean oil, cultured wheat flour, salt, dough conditioners (datum, ethoxylated mono & diglycerides, sodium stearoyl lactylate, mono and diglycerides, ammonium sulfate, enzymes, ascorbic acid, calcium peroxide, azodicarbonamide), monocalcium phosphate, guar gum, calcium sulfate, cellulose gum, xanthan gum. **CONTAINS: wheat, soy**

Whole Wheat Dinner Roll

Whole wheat flour, enriched wheat flour, malted barley flour, ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, water, yeast, sugar, contains 2 or less of the following: salt, cracked wheat, wheat gluten, sodium stearoyl lactylate, datern, calcium sulfate, soybean oil, enzymes, L-cysteine, calcium peroxide, potassium iodate, corn meal, calcium propionate. **CONTAINS: wheat, soy**

Garlic Cheese Toast

Bread: wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of: soybean oil, yeast, salt, sugar, soy flour, malted barley flour, wheat gluten, dextrose, vegetable protein, enzymes, ascorbic acid, corn meal. Spread: vegetable oil blend (soybean, palm), water, garlic, contains 2% or less of: salt, natural flavors, sweet cream buttermilk, onion powder, spice, monoglycerides, soy lecithin, lactic acid, citric acid, beta-carotene (for color). **Contains: wheat, soy**

Margarine

Vegetable oil blend (soybean oil, palm oil and palm kernel oil), water, contains 2% or less of: salt, mono and diglycerides, sodium benzoate, lactic acid and calcium disodium edta (preservatives), soy lecithin (soy), natural flavor, beta carotene (color), Vitamin A palmitate added **CONTAINS: soy**