

Meals on Wheels of Northeast Ohio September-November 2023

Entrée's

All beef Hotdog: Beef, Water, Contains 2% Or Less Of Salt, Spices, Sorbitol, Sodium Phosphates, Paprika, Sodium Erythorbate, Flavorings, Sodium Nitrite

Breaded Pork Chops: pork, bread crumbs, Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate [vitamin B1], Riboflavin [vitamin B2], Folic Acid), Water, High Fructose Corn Syrup, Yeast, Salt, Vegetable Oil (soybean, Cottonseed And/or Canola), Sugar, May Contain 2% Or Less Of The Following: Wheat Gluten, Dextrose, Soy Flour, Whey, Calcium Propionate (preservative), Sodium Stearoyl Lactylate (dough Conditioner), Mono- And Diglycerides, Soy Lecithin, Molasses, Honey, Whole Wheat Flour, Corn Flour, Cornmeal, Citric Acid, Grain Vinegar, Wheat Starch, Corn Starch, Potato Flour, Rice Flour, Wheat Bran, Oat Fiber, Calcium Sulfate, Datem, Potassium Iodate, Guar Gum, Calcium Phosphate, Enrichment (vitamin E Acetate, Vitamin A Palmitate, Vitamin D3), Lactic Acid, Ascorbic Acid (dough Conditioner), Spice & Coloring, Natural And Artificial Flavor, Sesame Seeds, Parsley*, Garlic*, Spices, Parmesan And/or Romano Cheese (pasteurized Cow's Milk And/or Sheep's Milk, Cheese Cultures, Salt, Enzymes). *dehydrated contains: Wheat, Soy, Milk And Sesame Seeds
Ingredients

Cavatappi with Meatballs: noodle: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin Mononitrate, Riboflavin, Folic Acid. Contains: Wheat. Sauce: **Marinara Sauce (Tomatoes, sugar, sea salt, corn starch, olive oil, dehydrated onion, spices, dehydrated garlic, citric acid, natural flavorings).** **Meatballs (Beef, Water, Seasoning [Wheat Flour, Romano Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Salt, Whole Egg, Onion Powder, Spices, Maltodextrin, Garlic Powder, Dried Parsley, Malt Extract, and Partially Hydrogenated Soybean and/or Cottonseed Oil.], Textured Soy Protein Concentrate [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), and cyanocobalamin (B12).], Soy Protein Concentrate, Eggs, and Sodium Phosphate. CONTAINS: MILK, SOY, WHEAT, EGGS)**

Cheese Omelet(Sysco) EGG PATTY: WHOLE EGGS, WHEY, NONFAT MILK, PASTEURIZED CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM, GUAR GUM AND/OR XANTHAN GUM), CONTAINS 2% OR LESS OF THE FOLLOWING: VEGETABLE OIL (CORN AND/OR SOYBEAN OIL), MODIFIED FOOD STARCH, SALT, XANTHAN GUM, GUAR GUM, PEPPER, NATURAL BUTTER FLAVOR. FILLING: CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, WHEY, ENZYME MODIFIED CHEESE (PASTEURIZED MILK, WATER, SODIUM PHOSPHATE, MILKFAT, SALT, CHEESE CULTURE, ENZYMES), SODIUM PHOSPHATE, FOOD STARCH-MODIFIED, SALT, LACTIC ACID, SODIUM ALGINATE, SORBIC ACID (AS A PRESERVATIVE), APOCAROTENAL (COLOR). CONTAINS: EGGS, MILK. **Allergens & Warnings CONTAINS: EGGS, MILK**

Chicken Breast Patty Breaded-Pre Cooked(sysco): Boneless, skinless chicken breast with rib meat, water, seasoning [maltodextrin, salt, sugar, flavors, vegetable stock (carrot, onion, celery), carrot powder and garlic powder], sodium phosphates, salt, modified food starch. **BREADED WITH:** Bleached wheat flour, wheat flour, water, salt, sugar, wheat gluten, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, 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. **Breading set in vegetable oil. Contains Wheat**

Egg Patty: Whole Eggs, Whey, Nonfat Milk, Pasteurized Cream Cheese (pasteurized Milk And Cream, Cheese Culture, Salt, Carob Bean Gum, Guar Gum And/or Xanthan Gum), Contains 2% Or Less Of The Following: vegetable Oil (corn And/or Soybean Oil), Modified Food Starch, Salt, Xanthan Gum, Guar Gum, Pepper, Natural Butter Flavor.

ENCHILADA CHICKEN: Sauce-Tomato Puree (Water, Tomato Paste), Diced Tomatoes, Less Than 2% Of: Soybean Oil, Salt, Sugar, Spice, Dried Garlic, Dried Onion, Natural Flavor, Olive Oil, Citric Acid.:**Chicken Breast Fillets With Rib Meat, Water, Contains 2% Or Less Of Salt, Isolated Soy Protein, Modified Food Starch, Sodium Phosphates, Corn Syrup Solids, Maltodextrin, Carrageenan, Chicken Broth, Chicken Fat And Natural Flavoring, Grill Flavor (Contains Soybean Oil).** **Contains: SOY Allergens & Warnings, CONTAINS SOY**

Ham (CF): ham, water, salt, sodium phosphate, sugar, sodium erythorbate, monosodium glutamate, spice extractives, maple syrup, sodium nitrate, caramel color, smoked favoring added.

Ham (sysco): water, dextrose, salt, sodium lactate, sodium diacetate, sodium phosphate, sodium erythorbate, sodium nitrite.

Italian Baked Chicken Thigh: Chicken Thigh Boneless And Skinless, golden Italian dressing: Water, Soybean Oil, Distilled Vinegar, Sugar, Salt, Contains Less Than 2% Of Garlic*, Onion*, Red Bell Pepper*, Xanthan Gum, Lemon Juice Concentrate, Propylene Glycol Alginate, Spices, Oleoresin Turmeric & Annatto Extract And Oleoresin Paprika (color), Calcium Disodium Edta Added To Protect Flavor. *dehydrated **Meatloaf (Sysco)(advance)** 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 Peppers, Seasoning (Dehydrated Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractive), Salt, Dried Whole Eggs, Sodium Phosphate. **CONTAINS: Milk, Egg, Soy, Wheat**

MOW BBQ Ranch Chicken Casserole: penne pasta DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS: WHEAT. MANUFACTURED IN A FACILITY THAT USES EGG. **Allergens & Warnings, CONTAINS WHEAT, SHREDDED CHICKEN, BACON, CORN, CHEDDER CHEESE** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Color), Potato Starch, Corn Starch, Powdered Cellulose (added to prevent caking). CONTAINS: MILK. **Allergens & Warnings, CONTAINS MILK, Green Chiles:** Salt, Citric Acid, Calcium Chloride, **RANCH DRESSING :SOYBEAN OIL, WATER, BUTTERMILK, DISTILLED VINEGAR, SALT, EGG YOLK, SUGAR, WHEY PROTEIN CONCENTRATE, GARLIC JUICE, MONOSODIUM GLUTAMATE, XANTHAN GUM, NATURAL FLAVOR, ONION*, POTASSIUM SORBATE AND SODIUM BENZOATE ADDED AS PRESERVATIVES, POLYSORBATE 60, GARLIC*, SPICE, PHOSPHORIC ACID, LACTIC ACID, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED, Allergens & Warnings, CONTAINS EGGS, MILK, BBQ SAUCE, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF SALT, PINEAPPLE JUICE CONCENTRATE, NATURAL SMOKE FLAVOR, SPICE, CARAMEL COLOR, MOLASSES, SODIUM BENZOATE (PRESERVATIVE), GARLIC, * MUSTARD FLOUR, CORN SYRUP, SUGAR, TAMARIND, NATURAL FLAVOR, CELERY SEED. CHOPPED ONIONS, **Contains Wheat, Milk****

MOW Cheesy Chicken & Broccoli Casserole: Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. CONTAINS: WHEAT), Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. Contains: Soybean, Milk), Milk 2%, Onion, Black Pepper, Parsley, Shredded Chicken (Boneless, skinless chicken white meat, Brown Rice (long grain, brown rice), Cream of Chicken Soup (CHICKEN STOCK, VEGETABLE OIL, MODIFIED FOOD STARCH, WHEAT FLOUR, CREAM (MILK), CONTAINS LESS THAN 2% OF: SALT, DEHYDRATED MECHANICALLY SEPARATED CHICKEN, SOY PROTEIN CONCENTRATE, MONOSODIUM GLUTAMATE, CHICKEN FAT, WATER, YEAST EXTRACT, FLAVORING, BETA CAROTENE FOR COLOR, CHICKEN FLAVOR, CELERY

EXTRACT, BUTTER (CREAM [MILK], ANNATTO), ONIONEXTRACT), Cheese Sauce(CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), FOOD STARCH-MODIFIED, WHEY, MALTODEXTRIN, SALT, PALM OIL, BUTTERMILK, Contains less than 2%: AGED CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), PAPRIKA EXTRACT, LACTIC ACID, NATURAL FLAVORS, YEAST EXTRACT, HYDROLYZED VEGETABLE PROTEIN (CORN), CITRIC ACID, CARRAGEENAN, MONO & DIGLYCERIDES, CORN SYRUP SOLIDS, SODIUM PHOSPHATE, SODIUM CASEINATE, FD&C YELLOW #6, FD&C YELLOW #5, DISODIUM GUANYLATE, DISODIUM INOSINATE. **CONTAINS: MILK**) Meatballs (Beef, Water, Seasoning [Wheat Flour, Romano Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Salt, Whole Egg, Onion Powder, Spices, Maltodextrin, Garlic Powder, Dried Parsley, Malt Extract, and Partially Hydrogenated Soybean and/or Cottonseed Oil.], Textured Soy Protein Concentrate [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), and cyanocobalamin (B12).], Soy Protein Concentrate, Eggs, and Sodium Phosphate. **CONTAINS: MILK, SOY, WHEAT, EGGS**)

MOW Chili:Ground Beef, Onion, Celery, Green Peppers, Black Pepper, , Low Sodium Beef Base (Roasted Beef with Juices, Flavor (Hydrolyzed Soy, Corn, and Wheat Protein, Corn Syrup Solids, Caramel Color, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sugar, Beef Stock, Onion Powder, Beef Fat (BHA, Propyl Gallate, and Citric Acid added to improve stability), Beef Flavor (Beef Flavor, Gum Arabic), Garlic Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavor. Contains Soy, Wheat.), Cider Vinegar, Tomato Paste (Tomato Paste, Less Than 2% Of: Spices, Natural Flavors, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Sugar, Chili Powder (CHILI PEPPER, SALT, SPICES, GARLIC, AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING), Kidney Beans (Prepared Kidney Beans, Water, Sugar, Dextrose, Salt, Calcium Chloride (Firming Agent), and Disodium EDTA (Promotes Color Retention), Cumin, Hot Sauce (Aged Red Cayenne Peppers, Vinegar, Salt, Xanthan Gum, Garlic)

MOW CREAMED CHICKEN: Shredded Chicken (Boneless, skinless chicken white meat), Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. CONTAINS: WHEAT), Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. Contains: Soybean, Milk),Salt Free Chicken Soup Base (Roasted Chicken Dark Meat with Chicken Juices, Sugar, Chicken Fat, Maltodextrin, Hydrolyzed Soy Protein, Hydrolyzed Corn Protein, Yeast Extract, Onion Powder, Turmeric, Flavoring (Contains Canola Oil), Disodium Inosinate, Disodium Guanylate, Thiamine Hydrochloride, Corn Syrup Solids. Contains Soy) White Pepper, Onions, Celery, Carrots, Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. CONTAINS: WHEAT), , Milk 2% (reduced fat milk, Vitamin A Palmitate and D3 added), **Contains Wheat, Milk**

MOW Italian Sausage:Pork, Water, Salt, Flavorings, Monosodium Glutamate, Sugar, Oleoresin, Paprika, (BHA, BHT, Citric Acid added to help protect flavor), Green Pepper, Onions, Marinara Sauce (Tomatoes, sugar, sea salt, corn starch, olive oil, dehydrated onion, spices, dehydrated garlic, citric acid, natural flavorings).

MOW Loaded Bake Potato Soup Margarine ,(Vegetable Oil Blend (Palm Oil And Soybean Oil), Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. Contains: Soybean, Milk), Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. CONTAINS: WHEAT), Onions, Water, Celery, Salt Free Chicken Soup Base (Roasted Chicken Dark Meat with Chicken Juices, Sugar, Chicken Fat, Maltodextrin, Hydrolyzed Soy Protein, Hydrolyzed Corn Protein, Yeast Extract, Onion Powder, Turmeric, Flavoring (Contains Canola Oil), Disodium Inosinate, Disodium Guanylate, Thiamine Hydrochloride, Corn Syrup Solids. Contains Soy.),_Potatoes, Dextrose, Disodium Pyrophosphate (added to maintain color), Potassium Sorbate (added to maintain freshness). Granulated Garlic, Pepper, Milk 2% (reduced fat milk, Vitamin A Palmitate and D3 added), Carrots, Parsley, Salt Free Seasoning(

Dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor, Bacon Pieces (Cured with water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrite, MAY_CONTAIN honey), Green Onions, Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (VEGETABLE COLOR). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING. **CONTAINS: Milk)**

MOW MACARONI & CHEESE: Macaroni Pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid.), Cheese Sauce (Swiss Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES. CONTAINS: Milk.), Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (VEGETABLE COLOR). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING. CONTAINS: Milk), Pepper Jack Cheese (Pasteurized milk, jalapeno peppers, cheese culture, salt, enzymes. COMMON ALLERGENS PRESENT: Milk.) Grate Parmesan Cheese (Pasteurized part skim milk, cheese culture, salt, enzymes, calcium chloride, powdered cellulose added to prevent caking. CONTAINS: MILK.), Colby Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color (in Colby Cheese). CONTAINS: Milk.), Dry Mustard, Egg Shade Food Coloring (Water, FD&C Yellow #5, Yellow #6, citric acid and sodium benzoate., Thyme, White Pepper, Salt Free ONION, GARLIC, SPICES (BLACK PEPPER, PARSLEY, CELERY SEED, BASIL, BAY LEAF, MARJORAM, MUSTARD SEED, ROSEMARY, SAGE, OREGANO, RED PEPPER, SAVORY, THYME, CORIANDER SEED, CUMIN), ORANGE PEEL, RED BELL PEPPER, CARROT, CORN SYRUP SOLIDS, CITRIC ACID, LEMON JUICE POWDER & LEMON OIL. Chicken Soup Base (Roasted Chicken Dark Meat with Chicken Juices, Sugar, Chicken Fat, Maltodextrin, Hydrolyzed Soy Protein, Hydrolyzed Corn Protein, Yeast Extract, Onion Powder, Turmeric, Flavoring (Contains Canola Oil), Disodium Inosinate, Disodium Guanylate, Thiamine Hydrochloride, Corn Syrup Solids. Contains Soy.), Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. Contains: Soybean, Milk), Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. **CONTAINS: WHEAT, Milk**

MOW Parmesan Crusted Chicken: Chicken Thigh Boneless And Skinless: **Italian Breadcrumbs** BREAD CRUMBS (ENRICHED FLOUR [FLOUR, MALTED BARLEY, NIACIN, FERROUSSULFATE, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMINB2), FOLICACID], HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, VEGETABLE OIL [SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA OILS], WATER, SALT. CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGLYCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], YEAST NUTRIENTS [AMMONIUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE [PRESERVATIVES], SESAME SEEDS, SUNFLOWER SEEDS, EGGS), OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR. **COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy, Parmesan Cheese**

MOW Popcorn Chicken Bowl: Popcorn Chicken Boneless, skinless chicken breast chunks with rib meat, water, seasoning [chicken broth powder (chicken broth, salt, flavorings), salt, sugar, vegetable stock (carrot, onion, celery), maltodextrin, garlic powder, and flavors], modified food starch, sodium phosphates, soy protein concentrate. BREADED WITH: Wheat flour, water, salt, wheat gluten, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate, sodium acid pyrophosphate), spices, garlic powder, dextrose, yellow corn flour, onion powder, extractives of paprika and turmeric, disodium inosinate and disodium guanylate, spice extractive. Breeding set in vegetable oil., Mashed Potatoes POTATO (DRY), CANOLA OIL, SALT, CONTAINS LESS THAN 2% OF: ARTIFICIAL COLORS, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE, CITRIC ACID, AND BHT. COMMON ALLERGENS

PRESENT: Milk, Corn, Cheddar Cheese(PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (VEGETABLE COLOR). POTATO CHICKEN GRAVY MALTODEXTRIN, CORNSTARCH, HYDROLYZED CORN AND WHEAT PROTEIN, MODIFIED CORNSTARCH, PALM OIL, CHICKEN FAT (COOKED CHICKEN FAT, NATURAL FLAVORING), 2% OR LESS OF SALT, SOYBEAN OIL, YEAST EXTRACT, SUGAR, TITANIUM DIOXIDE (FOR COLOR), XANTHAN GUM, DISODIUM GUANYLATE, DISODIUM INOSINATE, ONION POWDER, BETA CAROTENE (FOR COLOR), DRIED CHICKEN BROTH, NATURAL FLAVORS, PARSLEY, CARAMEL COLOR, TURMERIC. Allergens & Warnings, **CONTAINS WHEAT, MAY CONTAIN: MILK, SOY**

MOW Sausage Gravy : Margarine-Vegetable Oil Blend (Palm Oil And Soybean Oil), Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. Contains: Soybean, Milk.. Diced Onions. **BREAKFAST SAUSAGE:** PORK, WATER, SALT, SPICES. **STUFFED INTO SHEEP CASING Salt-Free Seasoning;** Dried Onion, Garlic Powder, Black Pepper, Dried Carrot, Lemon Juice Solids, Dried Orange Peel, Parsley, Tomato Powder, Citric Acid, Lemon Oil, Celery Seed, Basil, Bay Leaves, Marjoram, Oregano, Thyme, Savory, Cumin, Mustard Flour, Cayenne Pepper, Rosemary, Coriander. Black Pepper; Beef Base Roasted Beef and Beef Juices, Hydrolyzed Soy, Corn and Wheat Protein, Sugar, Beef Stock, Onion Powder, Beef Fat (with Citric Acid), Garlic Powder, Caramel Color (Contains Sulfites), Corn Syrup Solids, Disodium Inosinate, Disodium Guanylate, Salt, Flavoring, Thiamine Hydrochloride. Contains Soy, **Wheat. Allergens: Soy, Wheat** **CHICKEN MEAT AND NATURAL CHICKEN JUICES, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, FLAVORS, SALT, CORNSTARCH, 2% OR LESS OF CORN OIL, DISODIUM INOSINATE/DISODIUM GUANYLATE, DRIED CHICKEN BROTH, CHICKEN FAT, POTATO STARCH, NATURAL EXTRACTIVES OF TURMERIC AND ANNATTO, CITRIC ACID, DRIED CHICKEN, CHICKEN SKIN, PAPAINE, NATURAL EXTRACTIVES OF PAPRIKA, ROSEMARY EXTRACT, LACTIC ACID.** Flour Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. **CONTAINS WHEAT AND MILK**

MOW Sloppy Joe: ground beef, onions, green peppers, celery, Salt-Free (SF) seasoning (Dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor. Italian Seasoning, Thyme, Basil Garlic Powder, Tomato Puree (Tomato Concentrate (Water, Tomato Paste), Citric Acid.), Hot Sauce, Tomato Paste (Less Than 2% Of: Spices, Natural Flavors, Citric Acid), Ketchup (Tomato concentrate, high fructose corn syrup, vinegar, corn syrup, salt, onion powder, spice, and natural flavors.), brown sugar, pepper, yellow mustard, Low Sodium Beef Base (Roasted Beef with Juices, Flavor (Hydrolyzed Soy, Corn, and Wheat Protein, Corn Syrup Solids, Caramel Color, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sugar, Beef Stock, Onion Powder, Beef Fat (BHA, Propyl Gallate, and Citric Acid added to improve stability), Beef Flavor (Beef Flavor, Gum Arabic), Garlic Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavor. **Contains Soy, Wheat.**), Cider Vinegar

MOW Swedish Meatballs: Meatballs (Beef, Water, Seasoning [Wheat Flour, Romano Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Salt, Whole Egg, Onion Powder, Spices, Maltodextrin, Garlic Powder, Dried Parsley, Malt Extract, and Partially Hydrogenated Soybean and/or Cottonseed Oil.], Textured Soy Protein Concentrate [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), and cyanocobalamin (B12).], Soy Protein Concentrate, Eggs, and Sodium Phosphate. **CONTAINS: MILK, SOY, WHEAT, EGGS**), **Sauce:** Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. Contains: Soybean, Milk), Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. **CONTAINS: WHEAT**), 2% Milk, Sugar, Black Pepper, Molasses, Garlic, Low Sodium Beef Base (Roasted Beef with Juices, Flavor (Hydrolyzed Soy, Corn, and Wheat Protein, Corn Syrup Solids, Caramel Color, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sugar, Beef Stock, Onion Powder, Beef Fat (BHA, Propyl Gallate, and Citric Acid added to improve stability), Beef Flavor (Beef Flavor, Gum Arabic), Garlic Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavor. **Contains Soy, Wheat.**),

MOW Sweet and Sour Meatballs: Meatballs Beef, Mechanically Separated Chicken, Water, Seasoning [Bread Crumbs (Wheat flour, Salt, and Yeast), Dried Onion, Parmesan/Romano Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Salt, Dried Celery, Garlic Powder, Spices, Rice Flour, Malt Extract], Textured Soy Protein Concentrate [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), and cyanocobalamin (B12).], Tomato Paste, Soy Protein Concentrate, and Sodium Phosphate. Contains: Milk, Wheat, Soy Allergens & Warnings CONTAINS: MILK, SOY, WHEAT Sweet and Sour sauce Ingredients: Water, High Fructose Corn Syrup, Distilled Vinegar, Sugar, Tomato Paste, Modified Corn Starch, Pineapple Juice Concentrate, Contains Less Than 2% of Salt, FD&C Yellow 5, FD&C Red 40, Citric Acid, FD&C Yellow 6, Xanthan Gum, Natural Flavor, Sodium Benzoate added as a preservative.

Oven Ready Meatloaf(CANAL FULTON PROVISIONS) : Beef, water, (CRACKER MEAL: bleached wheat flour, salt, yeast) flour, salt, spices and red bell peppers, dehydrated onion, monosodium glutamate, celery, powered eggs, garlic powder, sodium bicarbonate, sodium acid pyrophosphate, extractive of paprika, NOT more the 2% soybean oil added to prevent cracking. **CONTAINS: EGG, SOY, WHEAT.**

Salisbury Steak in Brown Gravy (Canal Fulton)- beef, water, corn/wheat flour, soy protein concentrarte, dehydrated onions, worchestershie sauce (soya, natural flavors, and spices, tamarinda, anchovies, salt,water,sugar, caramel color, sodium benzoate) hydrolyzed soy protein, sugar, monsoium glutamate, salt, flavorings. Gravy: water, wheat flour, modified food starch, hydrolyzed vegeatable protein, why monosodium glutamate, salt, natural and artificial beef flavors, shortening, sugar, onion powder, caramel powder, extractive of spices.

Salisbury Steak-(Advance Pierre) Pre-Cooked: Mechanically Separated Chicken, Water, Beef, 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)], Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Seasoning [Dehydrated Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractive], Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Salt, Sodium Phosphate, Caramel Color. **CONTAINS MILK, SOY, WHEAT**

Salisbury Steak(Sysco)Beef (May Contain Up To 15 % of Water, Dextrose, Sodium Phosphates, Yeast Extract, Natural Flavoring), 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, Oleoresin Paprika. **CONTAINS: Soy, Wheat, Milk**

SAUSAGE/Sauerkraut: Pork, water, salt, beef, sugar, flavorings, sodium phosphate, sodium erythorbate, sodium nitrite. SAUERKRAUT Cabbage, water, salt, less than 1/10 of 1% sodium benzoate and sodium bisulfite as preservatives.

Sausage Link: Pork, Water, Contains 2% Or Less: Salt, Dextrose, Spices, Sodium Phosphates, Bht, Citric Acid.

Sausage Patty: Pork, Water, Contains 2% Or Less: Salt, Dextrose, Spices, Sugar, Natural Flavor, Corn Starch

Turkey: Turkey Breast, Contains up to 15% of a solution of Turkey Broth, Contains 2% or less of Salt, Sugar, Sodium Phosphate.

Potatoes/ Rice/Sides

Augratin Potatoes: POTATO (DRY), SEASONING {WHEAT FLOUR, MALTODEXTRIN, SALT, FOOD STARCH-MODIFIED, WHEY, PARTIALLY HYDROGENATED SOYBEAN OIL, NONFAT MILK, ONION, CORN SYRUP SOLIDS, CHEESE (CHEDDAR AND BLUE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES]), SUNFLOWER OIL, CONTAINS LESS THAN 1% OF NATURAL FLAVOR (CONTAINS WHEAT, SOYBEANS AND CELERY SEED), GARLIC, SODIUM CASEINATE, LIPOLYZED CREAM, SPICE, HYDROLYZED CORN AND SOY PROTEIN, SOY LECITHIN, SODIUM PHOSPHATE, AUTOLYZED YEAST EXTRACT, SUGAR, ARTIFICIAL FLAVOR, CARAMEL COLOR, YELLOW 5, YELLOW 6, DISODIUM INOSINATE, DISODIUM GUANYLATE, THIAMIN HYDROCHLORIDE (VITAMIN B1), BUTTER, YEAST EXTRACT}. FRESHNESS PRESERVED WITH SODIUM BISULFITE. **CONTAINS MILK, SOY, WHEAT AND SULFITE.**

Mashed Sweet Potatoes POTATO (DRY), SWEET POTATO(DRY), BROWN SUGAR, SUGAR, SALT, CONTAINS 2% OR LESS OF: NATURAL AND ARTIFICIAL FLAVOR, GUAR AND XANTHAN GUM, MONO AND DIGLYCERIDES, SPICE, VITAMIN A (ACETATE), ARTIFICIAL COLOR (YELLOW 5, YELLOW 6, RED 40, BLUE 1). FRESHNESS PRESERVED WITH SODIUM BI SULFITE AND BHT. **CONTAINS SOY AND SULFITE INGREDIENTS**

Baby Bakers: Potatoes, Olive Oil, Contains Less Than 2% Of Garlic Powder, Maltodextrin, Natural Flavor, Onion Powder, Salt, Spice, Sugar, Vinegar Powder (Maltodextrin, Vinegar)

Baked Beans: Bacon (Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.), water, Navy Beans, Onions, White Pepper, Salt Free ONION, GARLIC, SPICES (BLACK PEPPER, PARSLEY, CELERY SEED, BASIL, BAY LEAF, MARJORAM, MUSTARD SEED, ROSEMARY, SAGE, OREGANO, RED PEPPER, SAVORY, THYME, CORIANDER SEED, CUMIN), ORANGE PEEL, RED BELL PEPPER, CARROT, CORN SYRUP SOLIDS, CITRIC ACID, LEMON JUICE POWDER & LEMON OIL. Beef Soup Base (Roasted Beef with Juices, Flavor (Hydrolyzed Soy, Corn, and Wheat Protein, Corn Syrup Solids, Caramel Color, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sugar, Beef Stock, Onion Powder, Beef Fat (BHA, Propyl Gallate, and Citric Acid added to improve stability), Beef Flavor (Beef Flavor, Gum Arabic), Garlic Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavor. Contains Soy, Wheat.), Brown Sugar (Sugar, molasses.), Dry Mustard (mustard flour). Cider Vinegar (apple cider vinegar and filtered water), Molasses, Liquid Smoke (Water, natural hickory smoke flavor), Honey, mustard (Water, Distilled Vinegar, Mustard Seed, Salt, Mustard Bran, Turmeric, Paprika, Natural Flavors.), Hot Sauce Aged Red Cayenne Peppers, Vinegar, Salt, Xanthan Gum, Garlic), White Pepper, Browning Sauce (Caramel color (sulfites), water, vegetable base (water, carrots, celery, cabbage, onion, parsley, turnips, parsnips), less than 2% of: spices, salt, mustard seed, sodium benzoate as a preservative., Ketchup (Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less Than 2% Of: Spice, Onion Powder, Natural Flavors...

Bowtie Pasta: 100% Durum Wheat Semolina, Niacin, Ferrous Lactate, Thiamine Mononitrate, Riboflavin, Folic Acid **Contains: Wheat**

Buttered Rice : Long grain parboiled rice enriched with iron (ferric orthophosphate), niacin, thiamin (thiamin mononitrate) and folic acid. Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. **Contains: Soybean, Milk)**

Cauliflower Bake: Cauliflower, Cheese Sauce (Swiss Cheese (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES. CONTAINS: Milk.), Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (VEGETABLE COLOR). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING. CONTAINS: Milk), Pepper Jack Cheese (Pasteurized milk, jalapeno peppers, cheese culture, salt, enzymes. COMMON ALLERGENS PRESENT: Milk.) Provolone Cheese (Pasteurized milk, cheese culture, salt, enzymes. COMMON ALLERGENS PRESENT: MILK.), Dry Mustard, Egg Shade Food Coloring (Water, FD&C Yellow #5, Yellow #6, citric acid and sodium benzoate., Thyme, White Pepper, Celery, Onion, Salt Free (ONION, GARLIC, SPICES (BLACK PEPPER, PARSLEY, CELERY SEED, BASIL, BAY LEAF, MARJORAM, MUSTARD SEED, ROSEMARY, SAGE, OREGANO, RED PEPPER, SAVORY, THYME, CORIANDER SEED, CUMIN), ORANGE PEEL, RED BELL PEPPER, CARROT, CORN SYRUP SOLIDS, CITRIC ACID, LEMON JUICE POWDER & LEMON OIL. Chicken Soup Base (Roasted Chicken Dark Meat with Chicken Juices, Sugar, Chicken Fat, Maltodextrin, Hydrolyzed Soy Protein, Hydrolyzed

Corn Protein, Yeast Extract, Onion Powder, Turmeric, Flavoring (Contains Canola Oil), Disodium Inosinate, Disodium Guanylate, Thiamine Hydrochloride, Corn Syrup Solids. Contains Soy.) Italian Breadcrumbs (BREAD CRUMBS (ENRICHED FLOUR [FLOUR, MALTED BARLEY, NIACIN, FERROUSSULFATE, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMINB2), FOLICACID], HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, VEGETABLE OIL [SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA OILS], WATER, SALT. CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGLYCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], YEAST NUTRIENTS [AMMONIUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE [PRESERVATIVES], SESAME SEEDS, SUNFLOWER SEEDS, EGGS), OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy), Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. **Contains: Soybean, Milk**)

Cheesy Potatoes: Diced White Cooked Russet Skinless (Potatoes, Dextrose, Disodium Pyrophosphate (added To Maintain Color), Potassium Sorbate (added To Maintain Freshness)) Cream of chicken soup (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. Contains: Wheat, Milk, Soy) Canned Cheddar Cheese Sauce (Whey, Vegetable Oil, (contains One Or More Of The Following: Canola Oil, Sunflower Oil, soybean Oil), Food Starch-modified (corn), Water, Salt, sodium Phosphate, Natural Flavors, Cheddar Cheese (pasteurized Milk, Cheese Cultures, Salt, Enzymes, annatto), Monosodium Glutamate, Distilled Vinegar, sodium Stearoyl Lactylate And Color Added Contains: Milk) Sour Cream (Cultured Non Fat Milk, Cream, Contains Less Than 2% Of Whey, Food Starch-modified (corn), Sodium Phosphate (sodium, Tripolyphosphate), Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (preservative). **contains Milk, onion.**

Diced Rosemary Garlic Potatoes: Sweet Potatoes, Sugar, Corn Starch, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola), Modified Food Starch (Corn, Tapioca, Potato), Rice Flour, Salt, Dextrin, Natural Flavor, Color (Turmeric, Oleoresin Paprika), Dextrose, Xanthan Gum, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate).

Green bean Casserole: Green Beans, Water, Salt, And Zinc Chloride (stabilization Of Color)., cream of mushroom soup: 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, French fried onions: Onions, Palm Oil, Wheat Flour, Dextrose & Salt. **Contains Milk**

Potato Hash Brown Diced Butter Crispy: Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Modified Corn Starch, Spices, Corn Meal, Garlic Powder, Onion Powder, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dried Yeast, Oleoresin Paprika, Dextrose. **CONTAINS: WHEAT**

Potato Hash Brown Loose Shred: Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (to Maintain Natural Color).

Mashed Potatoes: POTATO (DRY), CANOLA OIL, SALT, CONTAINS LESS THAN 2% OF: ARTIFICIAL COLORS, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE, CITRIC ACID, AND BHT. **COMMON ALLERGENS PRESENT: Milk**

O'Brien Potatoes: Potatoes, Dextrose, Disodium Pyrophosphate (added to maintain color), Potassium Sorbate (added to maintain freshness), onions, green peppers

Pierogis with Onions: Water, wheat flour, enriched durum four [durum flour, niacin, ferrous sulfate, thiamine mono-nitrate, riboflavin, Folic acid], potato flakes [potatoes, mono- and diglycerides, sodium acid pyrophosphate, citric acid, sodium Bisulfite], cheddar cheese blend [cheddar cheese (milk, cheese cultures, salt, enzymes). Whey corn syrup solids, Partially hydrogenated soybean oil, buttermilk, butter (cream, salt), salt, disodium phosphate, sodium caseinate, Citric acid, natural flavor, autolyzed yeast extract, monosodium glutamate, yellow 5, yellow 6, disodium inosinate, Disodium guanylate], dextrose, salt, partially hydrogenated soybean and cottonseed oils, margarine [soybean oil, Water, salt, partially hydrogenated soybean oil, mono-and diglycerides, lecithin, sodium benzoate (a preservative), Citric acid, artificial flavor, beta carotene, vitamin a palmitate, calcium disodium edta (to protect flavor), And onion

Spanish Rice: Brown Rice (long grain, brown rice), onions, Cilantro, lime juice, green peppers, celery, black pepper, diced tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Low Sodium Beef Base ((Roasted Beef with Juices, Flavor (Hydrolyzed Soy, Corn, and Wheat Protein, Corn Syrup Solids, Caramel Color, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sugar, Beef Stock, Onion Powder, Beef Fat (BHA, Propyl Gallate, and Citric Acid added to improve stability), Beef Flavor (Beef Flavor, Gum Arabic), Garlic Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavor. Contains Soy, Wheat.), water, chili powder (CHILI PEPPER, SALT, SPICES, GARLIC, AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING), garlic powder, Cumin, Hot Sauce (Aged Red Cayenne Peppers, Vinegar, Salt, Xanthan Gum, Garlic), Taco Seasoning (DEXTROSE, SALT, CORN FLOUR, CHILI PEPPER, CUMIN, ONION POWDER, GARLIC POWDER, OREGANO, CITRIC ACID, SILICON DIOXIDE (AS ANTICAKING AGENT), AND EXTRACTIVES OF PAPRIKA.)

Stewed Tomatoes: Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Salt Free Seasoning(Dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor), , Low Sodium Beef Base (Roasted Beef with Juices, Flavor (Hydrolyzed Soy, Corn, and Wheat Protein, Corn Syrup Solids, Caramel Color, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sugar, Beef Stock, Onion Powder, Beef Fat (BHA, Propyl Gallate, and Citric Acid added to improve stability), Beef Flavor (Beef Flavor, Gum Arabic), Garlic Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavor. Contains Soy, Wheat.), **Tomato Paste** (Less Than 2% Of: Spices, Natural Flavors, Citric Acid), Celery, Onions, Green Peppers, Black Pepper, Garlic, Sugar, Italian Seasoning (Italian Seasoning Is A Blend Of Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, And Basil.), Hot Sauce (Aged Red Cayenne Peppers, Vinegar, Salt, Xanthan Gum, Garlic)

italiaVegetables

5 Way Mixed Veggies: Corn, Carrots, Peas, Green Beans, Lima Beans
Asian Blend Veg: Broccoli, Green Beans, Mushroom, Red Pepper, Onion

Baby Lima Beans (Canal Fulton Provisions)

Baby Lima Beans (Sysco)

Bean Medley: Green Bean, Wax Bean, Carrots, Kidney Beans

Beets: Beets, Water, Sugar, Vinegar, Spice, Salt.

Broccoli (Canal Fulton Provisions)

Broccoli (Sysco)

Brussel Sprouts

California Blend(Vegetable Medley) Canal Fulton Provisions: Broccoli, Cauliflower, Carrot

California Blend(Vegetable Medley) sysco: Broccoli, Cauliflower, Carrot

Capri Blend Veggie: Carrots, Green Beans, Yellow Zucchini, Green Zucchini
Carrots

Chef Cut Asian: Broccoli, Green Beans, Mushrooms, Red Pepper, Onion

Chef Cut Key Largo Vegetable Green Beans, Carrots, Yellow Carrots, Red Peppers

Chef Cut Pacific: Broccoli, Carrot, Sugar Snap Peas, Yellow Carrot

Chef Cut San Francisco: Broccoli Florets, Yellow Carrots, Carrots, Red Pepper.

Corn (Canal Fulton Provisions)

Corn (Sysco)

Cauliflower

Diced Carrots

Fire Roasted Corn: Super Sweet Corn, Extra Virgin Olive Oil, Sea Salt, black Pepper.

Garden Blend Veggie: Carrots, Green Beans, Yellow Zucchini, Green Zucchini.

Glazed Carrots: Carrots, Brown Sugar

Green Beans (Sysco):(Green Beans, Water, Salt and Zinc Chloride for stabilization of color)

Green Beans Canal Fulton Provisions):(Green Beans, Water, Salt and Zinc Chloride for stabilization of color)

Italian Blend Veggie: Zucchini, Cauliflower, Carrots, Romano Beans, Lima Beans.

Italian Green Beans

Lima Beans

Mediterranean Vegetable Blend: Green Beans, Carrots, Cauliflower, Red Peppers, Yellow Peppers, Onions,

Pacific Blend Veggie: Broccoli, Carrot, Sugar Snap Peas, Yellow Carrot

Peas

Peas & Carrots: peas, carrots

Pickle Chips: Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (preservative), Spices, Turmeric, Polysorbate 80

Sliced Carrots

Sliced or Diced Carrots(Sysco)

Sweet Corn & Pepper Blend: Sweet Corn, Onion, Red Bell Pepper, Green Bell Pepper, Olive Oil, Contains Less Than 2% Of Citric Acid, Dehydrated Garlic And Onion, Natural Flavors (including Grill And Smoke), Paprika, Salt, Spices, Sugar.

Zucchini

Wax Beans (Canal Fulton Provisions)

Wax Beans (Sysco)

Winter Blend Veg: Broccoli, Cauliflower

Margarine (ADDED TO VEGETABLES): Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. **Contains: Soybean, Milk**

Garlic Spread added to vegetables: Palm and Palm Kernel Oil, Vegetable Oil (Canola and/or Soybean Oil), Water, Parmesan Cheese (Pasteurized Cow's Milk, Culture, Salt, and Enzymes, Corn Starch and/or Cellulose added to prevent caking), Minced Garlic, Garlic Powder, Salt, Dry Whey, Parsley Flakes, Soy Lecithin (Emulsifier), Mono- and Diglycerides (Mono- and Diglycerides, Mixed Tocopherols, Ascorbic Acid, Citric Acid (Antioxidants)), Sodium Benzoate (Preservative), Artificial Butter Flavor, Vitamin A Palmitate, Beta Carotene (Color). **Contains:Soy, Milk**

Sides

Cottage Cheese: Cultured Nonfat Milk, Milk, Cream, Contains Less Than 2% Of: Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono And Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Vitamin A Palmitate, Carbon Dioxide (to Preserve Freshness), Enzyme. contains: Milk.

MOW Pea & Cheese Salad:Peas, Celery, Onions, Chopped Eggs, Mustard (Water, Distilled Vinegar, Mustard Seed, Salt, Mustard Bran, Turmeric, Paprika, Natural Flavors.), Italian Dressing (Water, High Fructose Corn Syrup, Distilled Vinegar, Salt, Soybean Oil, Contains less than 1% of Xanthan Gum, Garlic*, Onion*, Bell Pepper*, Spices, Potassium Sorbate and Calcium Disodium EDTA (Preservatives), Yellow 5, Yellow 6. *Dried), Salad Dressing, (Soybean Oil, Water, High Fructose Corn Syrup, Distilled Vinegar, Modified Food Starch, Egg Yolk, Salt, Paprika, Calcium Disodium EDTA (To Protect Flavor). **CONTAINS:** Egg), Mayonnaise (Soybean Oil, Egg Yolk, Water,

Distilled Vinegar, High Fructose Corn Syrup, Salt, Mustard Seed, Calcium Disodium EDTA (To Protect Flavor), Garlic*, Onion*. *Dried CONTAINS: Egg), Cheddar Cheese (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (VEGETABLE COLOR). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING. CONTAINS: Milk), sweet pickle relish (CUCUMBERS, SUGAR, WATER, VINEGAR, SALT, CONTAINS LESS THAN 2% OF SPICES (CONTAINS MUSTARD AND CELERY SEED), CALCIUM CHLORIDE, ALUM, XANTHAN GUM, POTASSIUM SORBATE (PRESERVATIVE), DEHYDRATED RED BELL PEPPER, POLYSORBATE 80, NATURAL FLAVOR, TURMERIC EXTRACT (COLOR), Ranch Dressing (Soybean Oil, Water, Cultured Buttermilk (Cultured Lowfat Milk, Salt), High Fructose Corn Syrup, Salt, Egg Yolk, Contains Less than 1.5% of Cultured Buttermilk Solids*, Distilled Vinegar, Monosodium Glutamate, Lactic Acid, Xanthan Gum, Onion*, Sugar, Polysorbate 60, Phosphoric Acid, Sodium Benzoate and Potassium Sorbate (Preservatives), Spices, Garlic*, Natural and Artificial Flavors, Disodium Inosinate, Disodium Guanylate. *Dried **CONTAINS: Egg, Milk.**

Uncrustable-Grape: Peanut Butter: Peanuts, Sugar, Contains 2% or Less of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed and Soybean), Mono and Diglycerides, Salt. Bread: Unbleached Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Sugar, Soybean Oil, Contains 2% or Less of: Wheat Gluten, Salt, Dough Conditioners (Distilled Mono and Diglycerides, Sodium Stearoyl Lactylate, DATEM, Enzymes [with Wheat Starch, Ascorbic Acid, Calcium Peroxide]). Grape Jelly: Sugar, Grape Juice, Contains 2% or Less of: Pectin, Citric Acid, Potassium Sorbate (Preservative). **CONTAINS: PEANUTS, WHEAT**

Uncrustable- Strawberry: Peanut Butter: Peanuts, Sugar, Contains 2% or Less of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed and Soybean), Mono and Diglycerides, Salt. Bread: Unbleached Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Contains 2% or Less of: Wheat Gluten, Soybean Oil, Salt, Dough Conditioners (Distilled Mono and Diglycerides, Sodium Stearoyl Lactylate, DATEM, Enzymes [with Wheat Starch, Ascorbic Acid, Calcium Peroxide]). Strawberry Jam: Sugar, Strawberries, Contains 2% or Less of: Pectin, Citric Acid, Potassium Sorbate (Preservative). **CONTAINS: PEANUTS, WHEAT**

Gravy/Sauces:

Chicken Gravy: Food Starch-modified, Maltodextrin, Salt, Palm Oil, Whey, Chicken Fat, Hydrolyzed Vegetable Protein (corn, Wheat), Corn Syrup Solids, Autolyzed Yeast Extract, Chicken, Sugar, Onion, Contains Less Than 2%: Enriched Bleached Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chicken Broth, Garlic, Spices, Turmeric, Nonfat Milk, Sodium Caseinate, Dextrose, Soy Flour, Whey Protein Concentrate, Natural Flavors, Mono & Diglycerides, Citric Acid, Color Added, Disodium Guanylate, Disodium Inosinate. contains **Allergens: Wheat, Milk, Soy**

Marinara Sauce: Tomatoes, Tomato Puree, Soybean Oil, Rice Flour, Sea Salt, Dehydrated Garlic, Dehydrated Onion, Spices, Bell Pepper, Calcium Chloride, Citric Acid.

MOW Coney Sauce: ground beef, onions, green peppers, celery, Salt-Free (SF) seasoning (Dehydrated onion, dehydrated garlic, spices, dehydrated carrots, orange peel, dehydrated red bell pepper, red pepper, natural flavor. Italian Seasoning, Thyme, Basil Garlic Powder, Tomato Puree(Tomato Concentrate (Water, Tomato Paste), Citric Acid.), Hot Sauce, Tomato Paste(Less Than 2% Of: Spices, Natural Flavors, Citric Acid), Ketchup (Tomato concentrate, high fructose corn syrup, vinegar, corn syrup, salt, onion powder, spice, and natural flavors.), brown sugar, pepper, yellow mustard, Low Sodium Beef Base (Roasted Beef with Juices, Flavor (Hydrolyzed Soy, Corn, and Wheat Protein, Corn Syrup Solids, Caramel Color, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sugar, Beef Stock, Onion Powder, Beef Fat (BHA, Propyl Gallate, and Citric Acid added to improve stability), Beef Flavor (Beef Flavor, Gum Arabic), Garlic Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavor. **Contains Soy, Wheat.**), Cider Vinegar

MOW Mushroom Gravy: Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. CONTAINS: WHEAT), Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Water, Salt, Contains Less Than 2% Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey. Contains: Soybean, Milk), Water, Black Pepper, Low Sodium Beef Base (Roasted Beef with Juices, Flavor (Hydrolyzed Soy, Corn, and Wheat Protein, Corn Syrup Solids, Caramel Color, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sugar, Beef Stock, Onion Powder, Beef Fat (BHA, Propyl Gallate, and Citric Acid added to

improve stability), Beef Flavor (Beef Flavor, Gum Arabic), Garlic Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavor. **Contains Soy, Wheat.**), **Fresh Sliced Mushrooms**

MOW SPICY RED MEATLOAF SAUCE: Oil Vegetable Soybean Oil, Onions, Black Pepper, Minced Garlic, Dry Mustard, Chili Powder CHILI PEPPER, SALT, SPICES, GARLIC, AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING)r , Ketchup Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less Than 2% Of: Spice, Onion Powder, Natural Flavors, Tomato Paste(Tomato Paste, Less Than 2% Of: Spices, Natural Flavors, Citric Acid), Diced TomatoesTomatoes, Tomato Juice, Sea Salt, Calcium Chloride, Citric Acid, Brown Sugar, Soy Sauce Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate: less than 1/10 of 1% as a Preservative., Green Peppers, Low Sodium Beef Base(Roasted Beef with Juices, Flavor (Hydrolyzed Soy, Corn, and Wheat Protein, Corn Syrup Solids, Caramel Color, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sugar, Beef Stock, Onion Powder, Beef Fat (BHA, Propyl Gallate, and Citric Acid added to improve stability), Beef Flavor (Beef Flavor, Gum Arabic), Garlic Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavor. **Contains Soy, Wheat.**), Water

Turkey Gravy: Food Starch-modified, Salt, Palm Oil, Enriched Bleached Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Autolyzed Yeast Extract, Turkey, Dextrose contains Less Than 2%: Chicken Fat, Chicken, Garlic, Onion, Soy Sauce (soybeans, Wheat, Salt), Spices, Sugar, Molasses, Turmeric, Hydrolyzed Vegetable Protein (corn, Wheat), Natural Flavors, Wheat Gluten, Corn Syrup Solids, Soy Protein Concentrate, Maltodextrin, Sodium Caseinate, Soy Flour, Whey Protein Concentrate, Mono & Diglycerides, Color Added, Soy Lecithin, Disodium Guanylate, Disodium Inosinate. **contains Allergens: Wheat, Milk, Soy**

Cheeses:

American Cheese: Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (preservative), Citric Acid, Enzymes, Soy Lecithin, Apo Carotenal And Beta Carotene (color). **contains: Milk, Soy.**

Cheddar cheese: Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (color), Potato Starch, Corn Starch, Powdered Cellulose (added To Prevent Caking). **contains: Milk.**

Cotija Cheese: Cultured Pasteurized Milk, Salt, Palm Oil, Titanium Dioxide, Enzymes **contains: Milk.**

Mozzarella Cheese: Low Moisture Part Skim Mozzarella Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Unsmoked Provolone Cheese (pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking), Natamycin (a Natural Mold Inhibitor). **contains: Milk**

Provolone Cheese: Cultured Pasteurized Milk, Salt And Enzymes. **contains: Milk**

Swiss Cheese: Pasteurized Part-skim Milk, Cheese Culture, Salt, Enzymes. **contains: Milk.**

Dessert

Brownies: Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Cocoa (Processed with Alkali), Vegetable Shortening (contains one or more of the following: Canola and/or Palm Oil), With Preservative (TBHQ), Contains 2% or less of each of the following: Calcium Carbonate, Salt, Corn Starch, Egg White, Egg Yolk, Leavening (baking Soda), Xantham Gum, Natural and Artificial Flavoring, Sodium Lauryl Sulfate **CONTAINS Wheat & Egg**

Fruited Fluff w/ Pineapple:Fluff: (Sorbitol, Maltodextrin, Partially Hydrogenated Palm Kernel Oil, Propylene Glycol Esters of Fats and Fatty Acids, Food Starch Modified, Sodium Caseinate (a milk derivative), Acetylated Monoglycerides, and Less than 1% of each of the following: Dipotassium Phosphate, Corn Starch, Mono & Diclycerides, Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Tetrasodium Pyrophosphate, Xantham Gum, Disodium Phosphate, Aspartame (a non nutritive sweetner), sodium bicarbonate, sodium aluminosilicate, citric Acid, Carob Bean Gum, Salt and Artificial flavoring),**contain: Pineapple, Pineapple Juice**

Fruited Gelatin: PEACHES, PEARS, WATER, GRAPES, PEAR JUICE CONCENTRATE, PINEAPPLE SECTORS, HALVED CHERRIES ARTIFICIALLY COLORED RED WITH CARMINE. GELATIN Sugar, corn sugar, Gelatin and less than 2% each of the following sodium citrate, fumaric acid, natural and artificial flavor, ascorbic acid and FD&C color Yellow #5 = Lemon, Lime; Yellow #6 Orange, Peach; Red #40 Cherry, Grape, Peach, Raspberry, Strawberry, Watermelon; Blue #1 Berry Blue, Cherry, Grape Lime; Lemon, Lime, Orange and Peach contain Citric Acid

Gelatin: Sugar, corn sugar, Gelatin and less than 2% each of the following sodium citrate, fumaric acid, natural and artificial flavor, ascorbic acid and FD&C color Yellow #5 = Lemon, Lime; Yellow #6 Orange, Peach; Red #40 Cherry, Grape, Peach, Raspberry, Strawberry, Watermelon; Blue #1 Berry Blue, Cherry, Grape Lime; Lemon, Lime, Orange and Peach contain Citric Acid

MOW PUMPKIN PUDDING: DEXTROSE, SUGAR, MODIFIED FOOD STARCH, LESS THAN 2% OF DISODIUM PHOSPHATE, TETRASODIUM PYROPHOSPHATE, TRICALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, SALT, XANTHAN GUM, NONFAT DRY MILK, MONO AND DIGLYCERIDES, YELLOW 5, YELLOW 6. Contains Milk Allergens & Warnings CONTAINS: MILK, PUMPKIN, 2% MILK,

Reg Choc Pudding: Sugar, Dextrose, food starch modified, tetrasodium pyrophosphate, and less than 2% of each of the following disodium phosphate, salt, mono and diglycerides, natural and artificial flavor, guar gum, xanthan gum and color: Chocolate contains dutch cocoa (processed with alkali) and Monocalcium Phosphate; vanilla contains corn syrup Solids, and partially hydrogenated soybean oil; lemon contains citric acid. **Contains, milk**

Reg Vanilla Pudding: Dextrose, Sugar, Modified Food Starch, Less Than 2% Of Disodium Phosphate, Tetrasodium Pyrophosphate, Tricalcium Phosphate, Natural And Artificial Flavor, Salt, Xanthan Gum, Nonfat Dry Milk, Mono And Diglycerides, Yellow 5, Yellow 6. **contains Milk**

Sugar- Free Choc Pudding: Food Starch Modified, Dutch Cocoa (processed with alkali), Tetrasodium Pyrophosphate, Whey, Disodium Phosphate, Corn Syrup Solids, Contains 2% or less of each of the following: Monocalcium Phosphate, Mono and Diglycerides, Natural & Artificial Flavor, Aspartame* (Non-Nutritive Sweetener), Nonfat Dry Milk, Partially Hydrogenated Soybean Oil, Titanium Dioxide (for color), and Xanthan Gum. Contains Milk *Phenyalketonurics: **Contains Phenylalanine**

Sugar Free Fruited Gelatin: PEACHES, PEARS, WATER, GRAPES, PEAR JUICE CONCENTRATE, PINEAPPLE SECTORS, HALVED CHERRIES ARTIFICIALLY COLORED RED WITH CARMINE, SUGAR FREE GELATIN Gelatin, Citric Acid, Fumaric Acid, Aspartame, Natural & Artificial Flavor, Sodium Citrate, Cellulose and color: Yellow #5 = Lemon, Lime; Yellow #6 Orange; Red #40 Cherry, Raspberry, Strawberry; Blue #1 Lime;

Sugar Free Gelatin: Gelatin, Citric Acid, Fumaric Acid, Aspartame, Natural & Artificial Flavor, Sodium Citrate, Cellulose and color: Yellow #5 = Lemon, Lime; Yellow #6 Orange; Red #40 Cherry, Raspberry, Strawberry; Blue #1 Lime;

Sugar-Free Vanilla Pudding: Modified Food Starch, Maltodextrin, Polydextrose, Tricalcium Phosphate, Contains Less Than 2% Disodium Phosphate, Tetrasodium Pyrophosphate, Dipotassium Phosphate, Tetrapotassium Pyrophosphate, Natural And Artificial Flavor, Titanium Dioxide Xanthan Gum, Nonfat Dry Milk, Mono And Diglycerides, Salt, Acesulfame Potassium, Sucralose, Yellow 5, Yellow 6. **Contains: Milk**

Bread & Rolls

Blueberry Muffin: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, BLUEBERRIES, WATER, SOYBEAN OIL, EGGS, NONFAT MILK, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, CORN STARCH, MONOCALCIUM PHOSPHATE), HIGH FRUCTOSE CORN SYRUP (GLUCOSE-FRUCTOSE SYRUP) SALT, NATURAL FLAVORS, PROPYLENE GLYCOL, POTASSIUM SORBATE AND SODIUM PROPIONATE (TO RETAIN FRESHNESS), CITRIC ACID, GUM ACACIA, XANTHAN GUM. **CONTAINS: WHEAT, EGG, MILK**

Buttermilk Biscuit: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALMOIL, BUTTERMILK, SUGAR, PALM KERNEL OIL, BAKING SODA, NONFAT MILK, SODIUM ACID PYROPHOSPHATE, WHEY PROTEIN CONCENTRATE, SALT, SODIUM ALUMINUM PHOSPHATE, WHEY, SODIUM CASEINATE, NATURAL AND ARTIFICIAL FLAVOR. **Contains Milk, Wheat.**

Corn Muffin: Enriched Bleached Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Water, Soybean Oil, Eggs, Corn Meal, Nonfat Dry Milk, Contains 2% Of The Following: Modified Corn Starch, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate,) Salt, High Fructose Corn Syrup, Natural Flavor, Sodium Propionate And Potassium Sorbate (preservatives), Xanthan Gum. **Contains Wheat Egg Milk**

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

Dinner Roll: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Wheat Gluten, Yeast, Soy Oil, Salt, Contains 2% or less of the following: Mono-Diglycerides, Calcium Sulfate, Monocalcium Phosphate, Calcium Propionate (A Preservative), Corn Flour, Spice Oils, (Paprika, Turmeric), Lecithin, Ammonium Sulfate, Enzyme, Ascorbic Acid, Soy Lecithin. **CONTAINS: WHEAT, SOY**

IW Dinner Roll: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Wheat Gluten, Yeast, Soy Oil, Salt, Contains 2% or less of the following: Mono-Diglycerides, Calcium Sulfate, Monocalcium Phosphate, Calcium Propionate (A Preservative), Corn Flour, Spice Oils, (Paprika, Turmeric), Lecithin, Ammonium Sulfate, Enzyme, Ascorbic Acid, Soy Lecithin. **CONTAINS: WHEAT, SOY**

English Muffin: Enriched Wheat Flour [flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (vitamin B1), Riboflavin (vitamin B2), Folic Acid], Water Farina, Yeast, Salt, Sugar, Calcium Propionate And Sorbic Acid (to Preserve Freshness), Soybean Oil, **Wheat Gluten, Grain Vinegar, Soy Lecithin, Soy, Whey.**

Hamburger Bun: Enriched Flour (Wheat Flour, Malt Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Soy Oil, Yeast Contains 2% or less of the following: Salt, Wheat Gluten, Mono-Diglycerides, Calcium Sulfate, Monocalcium Phosphate, Calcium Propionate (A Preservative), Ammonium Sulfate, Enzyme, Ascorbic Acid, Calcium Peroxide, Soy Lecithin. **Contains Wheat**

Hotdog Bun: Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% Or Less Of Each Of The Following: Salt, Dough Conditioners (contains One Or More Of The Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Monoglycerides, Mono- And Diglycerides, Distilled Monoglycerides, Calcium Peroxide, Calcium Iodate, Datem, Ethoxylated Mono- And Diglycerides, Enzymes, Ascorbic Acid), Sesame Flour, Calcium Propionate (to Retard Spoilage). **Contains Wheat, Sesame.**

IW Wheat Bread: Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Coarse Cracked Wheat, Whole Wheat Flour, Honey, Wheat Gluten, Fully Refined Soybean Oil, Salt, Calcium Propionate (to retain freshness), Dough Improver (Malted Wheat Flour, Enzymes and 2%or Less of Ascorbic Acid), Calcium Sulfate, Enzymes, Ascorbic Acid.

IW White Bread:Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Wheat Gluten, Fully Refined Soybean Oil, Granulated Sugar, Salt, Dough Improver (Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid), Calcium Propionate (to retain freshness), Calcium Sulfate, Enzymes

Marble Rye Bread: Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Yeast, Wheat Gluten, Contains 2% Or Less Of The

Following: Soybean Oil, Salt, Whole Grain Rye, Caramel Color, Caraway Seeds, Calcium Propionate (preservative), Potassium Sorbate (preservative), Wheat Starch, Enzymes, Ascorbic Acid. **allergens: Contains Wheat.** (not Made With Be Ingredients)

Rye Bread: Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Yeast, Wheat Gluten, Contains 2% Or Less Of The Following: Soybean Oil, Salt, Whole Grain Rye, Caramel Color, Caraway Seeds, Calcium Propionate (preservative), Potassium Sorbate (preservative), Wheat Starch, Enzymes, Ascorbic Acid. **allergens: Contains Wheat.**

Southern Style Buttermilk Biscuit: Enriched Flour Bleached (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palmoil, Palm Kernel Oil, Sugar, Salt, Baking Soda , Buttermilk, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Nonfat Milk, Whey Protein Concentrate, Whey. **Contains Wheat And Milk Ingredients.**

Wheat Roll (Sysco): Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, High Fructose Corn Syrup, Honey, Wheat Gluten, Yeast, Contains 2% Or Less Of Each Of The Following: Caramel Color (with Sulfur Dioxide), Soybean Oil, Salt, Dough Conditioners (contains One Or More Of The Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Monoglycerides, Mono- And Diglycerides, Distilled Monoglycerides, Calcium Peroxide, Calcium Iodate, Datem, Ethoxylated Mono- And Diglycerides, Enzymes, Ascorbic Acid), Sesame Flour, Calcium Propionate (to Retard Spoilage). **Contains: Wheat, Sesame.**

Fruit

Applesauce: Apples, Water

Baked Apples: Sliced Apples, Brown Sugar , white Sugar

Cinnamon Peaches: Peaches, Cinnamon

Craisins: Cranberries, Cane Sugar, Natural Flavor. Refined Sunflower Oil Is Used As A Processing Aid.

Fresh Fruit: apple, watermelon, peaches, grapes, oranges, bananas, cantaloupe, plums, strawberries.

Fruit Cocktail: Choice Fruit Cocktail In Extra Light Syrup. - - Product Benefits: Fruit Cocktail Is A Blend Of Peaches, Pears, Grapes, Pineapple, And Cherries Packed With Sucralose And Water.

Mandarin Oranges: Mandarin Orange Segments, Water, Mandarin Orange Juice, Citric Acid

Mango: MANGO, ACEROLA JUICE FROM CONCENTRATE (WATER, ACEROLA JUICE CONCENTRATE), NATURAL FLAVORS, AND LEMON JUICE FROM CONCENTRATE (WATER, LEMON JUICE CONCENTRATE).

Peaches: Choice Diced Yellow Cling Peaches In Pear Juice

Pears: Diced Pear In Pear Juice. Northwest Diced Bartlett Pears Are Canned In Natural Pear Juice, There Is No Sugar Added.

Pineapple: Pineapple, Pineapple Juice

Tropical Fruit: Pineapple Chunks, Red Papaya, Yellow Papaya And Guava; Has A Fresh Cut Appearance; Packed In A Light Syrup & Passion Fruit Juice.

MOW Warm Applesauce: Apples, Water, cinnamon

MOW Warm Peaches: Choice Diced Yellow Cling Peaches In Pear Juice, cinnamon

PUREE MEALS

Entrée

Bacon: Bacon Ingredients: Pork (may Contain Up To 20% Of A Solution Of Water, Salt, Sodium Phosphate, Natural Flavor), Bacon (cured With Water, Salt, brown Sugar, Sugar, Sodium Phosphate, Sodium Erthorbate, Sodium Nitrite, May Contain Natural Smoke Flavor, Liquid Smoke, Potassium Chloride, Honey), Water, Collagen Hydrolyzate, Modified Food Starch (tapioca And Or Corn), Soy Protein Isolate, Bacon Flavor (bacon Flavor, Salt, Natural Smoke Flavoring, Xanthan Gum). **Contains Soy.**

Roast Beef: Roast Beef Ingredients: Beef (salt Added), Water, Collagen Hydrolyzate, Modified Food Starch (corn And/or Tapioca), Soy Protein Isolate, Beef Broth (beef Broth, Salt), Natural Vegetable Flavor (contains Canola Oil, celery), Sea Salt, Spice And Silicon Dioxide), Salt, Garlic, White Pepper. **Contains: Soy.**

Southern Style Chicken: Chicken Ingredients: Chicken Meat, Water, Collagen Hydrolyzate, Modified Food Starch (corn And/or Tapioca), Soy Protein Isolate, Chicken Flavor (chicken Meat Powder, Chicken Stock,

Tapioca, Maltodextrin, Salt, Chicken Fat And Flavoring (contains Canola Oil And Celery)), Salt, Spices.

Contains Soy

Beef Patty: Beef Patty Ingredients: Beef (salt Added), Water, Collagen Hydrolyzate, Modified Food Starch (tapioca And/or Corn), Soy Protein Isolate, Beef Broth (Beef Broth And Salt), Salt, Garlic Powder, White Pepper, Onion Powder . **Contains Soy.**

Egg Scramble: Pasteurized Whole Eggs (may Be Produced With Nisin), Water, Whole Milk (milk, Vitamin D3), Vegetable Oil (canola, Corn And/or Soybean Oil, Tbhq And Citric Acid, Dimethylpolysiloxane), Non Fat Dry Milk And Whey Solids, Collagen Hydrolyzate, Modified Food Starch (corn And Or Tapioca), Natural Butter Flavor (concentrated Natural Butter Flavor, Dried On Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor), Xanthan Gum. **Contains: Soy, Milk, And Egg**

Country Style Pork: Pork Ingredients: Pork (may Contain Up To 20% Of A Solution Of Water, Salt, Sodium Phosphate, Natural Flavor), Water, Collagen Hydrolyzate, Modified Food Starch (corn And/or Tapioca), Soy Protein Isolate, Onion, Pork Flavor (pork Flavor, Salt), Garlic, Salt, White Pepper. **Contains Soy.**

Omelet/ Bacon Breakfast: Water, Eggs, Soybean Oil, Pea Protein, Contains 2% Or Less Of Modified Cornstarch, Pumpkin Concentrate (for Color), Cultured Dextrose (cultured Dextrose, Maltodextrin), Invert Sugar Syrup, Salt, Citric Acid, Gum Blend (guar Gum, Xanthan Gum), Xanthan Gum, Konjac Gum. **Contains Egg.**

Sausage Link: Sausage Ingredients: Pork (may Contain Up To 20% Of A Solution Of Water, Salt, Sodium Phosphate, Natural Flavor), Water, Collagen Hydrolyzate, Modified Food Starch (corn And Or Tapioca), Soy Protein Isolate, Seasoning (blend Of Salt, Spices, Dextrose, Sugar). **Contains Soy**

Macaroni Cheese: Macaroni And Cheese Ingredients: Water, White Cheddar Flavor (whey, Maltodextrin, Natural Cheddar Flavor, Salt, Citric Acid), Pasteurized Egg Whites (egg, Guar Gum, Triethylcitrate), Semolina Flour (durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Collagen Hydrolyzate, Vegetable Oil (canola, Corn And/or Soybean, Tbhq, Citric Acid, Dimethylpolysiloxane), Modified Food Starch (corn And/or Tapioca), Sugar, Salt. **Contains: Wheat, Egg, Soy, And Milk.**

Roast Turkey :Turkey, Water, Collagen Hydrolyzate, Modified Food Starch (tapioca And/or Corn), Vegetable Oil (canola, Corn And/or Soybean Oil, Tbhq And Citric Acid, Dimethylpolysiloxane), Soy Protein Isolate, Turkey Flavor (turkey Stock, Dried Turkey Meat Powder, Salt, Turkey Fat (contains Tocopherol), Lactic Acid, Calcium Lactate, Flavoring (contains Canola Oil)), Sage. **Contains: Soy.**

Cheese Pizza: Sauce (tomato Concentrate, Olive Oil, Sugar, Salt, And Citric Acid), Water, Vegetable Oil (soybean, Corn And Or Canola Oil, Tbhq, Citric Acid, Dimethylpolysiloxane), Cheddar Flavor (whey, Maltodextrin, Natural Cheddar Flavor, Salt, Citric Acid), Collagen Hydrolyzate, Whey Protein Concentrate (soy Or Sunflower Lecithin), Food Starch -modified (corn And Or Tapioca), Sugar, Oregano. Crust: (water, Egg Whites (egg, Guar Gum, Triethyl Citrate), Bread Crumbs (wheat Flour, Sugar, Salt, Yeast), Vegetable Oil (soybean, Corn And Or Canola Oil, Tbhq, Citric Acid, Dimethylpolysiloxane), Collagen Hydrolyzate, Whey Protein Concentrate (soy Or Sunflower Lecithin), Food Starch -modified (corn), Natural Butter Flavor (concentrated Natural Butter Flavor, Dried On Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor), Non Fat Dried Milk And Whey Solids, Sugar, Salt. **Contains Egg, Milk, Soy And Wheat.**

Potatoes/Rice

Mashed Potatoes:POTATO (DRY), CANOLA OIL, SALT, CONTAINS LESS THAN 2% OF: ARTIFICIAL COLORS, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE, CITRIC ACID, AND BHT. **COMMON ALLERGENS PRESENT: Milk**

Mashed Sweet Potatoes: Sweet Potatoes, Potatoes, Sugar, Vegetable Oils (canola Oil, Palm Oil, And/or Sunflower Oil), Contains 2% Or Less Of: Salt, Lactose, Modified Food Starch, Maltodextrin, Mono And Diglycerides, Natural Flavors (milk), Colors (paprika Extract, Caramel Color), Whey, Dipotassium Phosphate, Sodium Caseinate, Corn Syrup, Freshness Preserved With (bht, Sodium Bisulfite, Sodium Acid Pyrophosphate, Rosemary Extract, Citric Acid). **Contains: Milk**

White Rice: Water, Pasteurized Egg Whites (egg, Guar Gum, Triethyl Citrate), Rice Flour, Collagen Hydrolyzate, Vegetable Oil (canola, Corn And Or Soybean Oil, Tbhq And Citric Acid, Dimethylpolysiloxane), Modified Food Starch (corn And Or Tapioca), Natural Butter Flavor (concentrated Natural Butter Flavor, Dried On Maltodextrin,

Whey Powder, Salt, Xanthan Gum, Natural Flavor), Whey Protein Concentrate (whey Protein Concentrate, Sunflower Lecithin), Salt. **Contains: Egg, Milk, And Soy**

Vegetables

Broccoli: Broccoli Ingredients: Broccoli Puree, Modified Food Starch (tapioca And/or Corn), Vegetable Oil (canola, Corn And/or Soybean Oil, Tbhq And Citric Acid, Dimethylpolysiloxane), Water, Natural Butter Flavor (concentrated Natural Butter Flavor, Dried On Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor), Sugar, Salt, Xanthan Gum. **Contains: Milk, Soy.**

Sweet Corn: Corn Puree, Vegetable Oil (canola, Corn And/or Soybean Oil, Tbhq And Citric Acid, Dimethylpolysiloxane), Modified Food Starch (corn And/or Tapioca), Sugar, Natural Butter Flavor (concentrated Natural Butter Flavor, Dried On Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor), Salt, Xanthan Gum. **Contains: Milk, Soy.**

Country Style Green Beans: Green Bean Puree, Modified Food Starch (corn And/or Tapioca), Vegetable Oil (canola, Corn And/or Soybean Oil, Tbhq And Citric Acid, Dimethylpolysiloxane), Natural Butter Flavor (concentrated Natural Butter Flavor, Dried On Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor), Sugar, Salt, Garlic, Xanthan Gum. **Contains: Milk, Soy.**

Seasoned Peas: Pea Puree, Vegetable Oil (canola, Corn And/or Soybean Oil, Tbhq And Citric Acid, Dimethylpolysiloxane), Modified Food Starch (corn And/or Tapioca), Water, Sugar, Natural Butter Flavor (concentrated Natural Butter Flavor, Dried On Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor), Salt, Xanthan Gum. **Contains: Milk, Soy.**

Glazed Carrots: Carrot Puree, Modified Food Starch (corn And/or Tapioca), Vegetable Oil (canola, Corn And/or Soybean Oil, Tbhq And Citric Acid, Dimethylpolysiloxane), Sugar, Brown Sugar, Natural Butter Flavor (concentrated Natural Butter Flavor, Dried On Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor), Salt, Xanthan Gum. **Contains: Milk, Soy.**

FRUIT:

Pear : pear puree(pears, Citric Acid And Ascorbic Acid), Water, Sugar, Carrageenan, Locust Bean Gum, Xanthan Gum, Malic Acid.

Peach: In Peach Puree, Pure Cane Sugar, Water, Xanthan Gum, Carrageenan, Locust Bean Gum, Malic Acid. mixed Berry Ingredients: Pear Puree (citric Acid And Ascorbic Acid), Blackberry Puree, Strawberry Puree (strawberries, Water), Water, Pure Cane Sugar, Carrageenan, Locust Bean Gum, Xanthan Gum, Malic Acid.

Pineapple: Pineapple Puree, Pure Cane Sugar, Water, Xanthan Gum, Carrageenan, Locust Bean Gum, Malic Acid.

Mixed Berry: Pear Puree (citric Acid And Ascorbic Acid), Blackberry Puree, Strawberry Puree (strawberries, Water), Water, Pure Cane Sugar, Carrageenan, Locust Bean Gum, Xanthan Gum, Malic Acid.

Thickener good gel honey packets: Water, Soluble Fiber, Xanthan Gum, Glucono Delta-lactone, Gellan Gum, Potassium Sorbate (preservative), Calcium Chloride, Citric Acid, Sodium Citrate, Guar Gum, Pectin.

Breakfast Breads:

Pancake Ingredients: Water, Batter Mix (enriched Bleached Wheat Flour (enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Leavening (sodium Bicarbonate, Monocalcium Phosphate, Sodium Acid Pyrophosphate), Nonfat Milk, Palm Oil, Egg, Salt, Corn Starch, Maltodextrin, Natural Butter Flavor, Extractives Of Annato And Turmeric), Brown Sugar, Eggs, Vegetable Oil (canola, Corn And/or Soybean Oil With Tbhq And Citric Acid, Dimethylpolysiloxane), Hydrolyzed Gelatin, Food Starch - Modified (corn), Whey Protein Concentrate (soy Or Sunflower Lecithin), Non Fat Dry Milk And Whey Solids, Natural Butter Flavor (concentrated Natural Butter Flavor Dried On Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor), Pound Cake Flavor (water, Propylene Glycol, Alcohol, Caramel Color), Artificial Vanilla Flavor, Caramel Color. **Contains: Egg, Milk, Soy And Wheat.**

Waffle: Water, Brown Sugar, Waffle Mix (enriched Bleached Wheat Flour (enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Leavening (sodium Bicarbonate, Monocalcium

Phosphate, Sodium Acid Pyrophosphate)), Nonfat Milk, Palm Oil, Eggs, Salt, Corn Starch, Maltodextrin, Natural Butter Flavor, Extractives Of Annatto And Turmeric), Vegetable Oil (canola, Corn And Or Soybean, Tbhq And Citric Acid, Dimethylpolysiloxane), Egg Whites (with Guar Gum, Triethyl Citrate), Graham Cracker Crumbs (whole Wheat Flour, Enriched Flour (wheat Flour, Niacin, reduced Iron, Vitamin B1 [thiamin Mononitrate], Vitamin B2 [riboflavin], Folic Acid), Sugar, Canola Oil, Corn Syrup, Molasses, Honey, Contains 2% Or Less Of Calcium Carbonate, Leavening (baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Salt, Artificial Flavor, Vitamin A Palmitate, Bht , Soy Lecithin), Collagen Hydrolyzate, Sugar, Food Starch -modified (tapioca And/or Corn), Whey Protein Concentrate (soy Or Sunflower Lecithin), Natural Butter Flavor (concentrated Natural Butter Flavor Dried On Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor), Artificial Vanilla Flavor, Nonfat Dry Milk And Whey Solids, N&a Maple Flavor (water, Caramel Color, Propylene Glycol, Invert Syrup, Corn Syrup, Sodium Benzoate), Xanthan Gum, Yellow 5. **Contains: Eggs, Milk, Soy And Wheat.**

French Toast: Water, Pasteurized Whole Eggs (citric Acid, May Be Produced With Nisin), Bread Crumbs (Wheat Flour, Sugar, Salt, Yeast), Brown Sugar, Vegetable Oil (canola, Corn And Or Soybean Oil, With Tbhq And Citric Acid, Dimethylpolysiloxane), Pancake Syrup (high Fructose Corn Syrup, Water, Corn Syrup, Cellulose Gum, Artificial Maple Flavor, Potassium Sorbate (preservative), Caramel Color), Collagen Hydrolyzate, Whey Protein Concentrate (soy Or Sunflower Lecithin), Food Starch - Modified (tapioca And Or Corn), Natural Butter Flavor (concentrated Natural Butter Flavor Dried On Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor), Nonfat Dry Milk And Whey Solids, Artificial Vanilla Flavor, N&a Maple Flavor (water, Caramel Color, Propylene Glycol, Invert Syrup, Corn Syrup, Sodium Benzoate), Cinnamon, Xanthan Gum. **Contains: Eggs, Milk, Soy And Wheat.** bread Ingredients: Water, Bread Crumbs (wheat Flour, Sugar, Salt, Yeast), Egg Whites (pasteurized Egg, Guar Gum, Triethyl Citrate), Collagen Hydrolyzate, Vegetable Oil (canola, Corn And Or Soybean Oil, Tbhq And Citric Acid, Dimethylpolysiloxane), Whey Protein Concentrate (soy Or Sunflower Lecithin), Modified Food Starch (corn And Or Tapioca), Natural Butter Flavor (concentrated Natural Butter Flavor Dried On Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor), Non Fat Dry Milk And Whey Solids, Sugar, Xanthan Gum, Salt. **Contains: Wheat, Egg, Soy And Milk.**

Desserts

Strawberry Cheese Cake: Strawberry puree (strawberries, water), water, Cream Cheese (milk, cream, culture, salt, carob bean and/or xanthan and/or guar gum) sugar, non-dairy creamer (palm oil, corn syrup solids, sodium caseinate(a milk derivative), dipotassium phosphate, sugar mono and diglycerides, sodium silicoaluminate, sodium stearoyl lactylate, soy oil, annatto and turmeric extracts, natural and artificial flavors) Collagen, hydrolysate, whey protein concentrate (soy or sunflower lecithin) malic acid, xanthan gum, carrageenan, locust bean gum, red color (water, red 40, citric acid, sodium benzoate. **Contains Milk, Soy**

Apple Cobbler: Apple puree, aseptic apple juice concentrate, non-dairy creamer (palm oil, corn syrup solids, sodium caseinate(a milk derivative), dipotassium phosphate, sugar mono and diglycerides, sodium silicoaluminate, sodium stearoyl lactylate, soy oil, annatto and turmeric extracts, natural and artificial flavors) Collagen, hydrolysate, whey protein concentrate (soy or sunflower lecithin) malic acid, xanthan gum, carrageenan, locust bean gum, **Contains Milk, Soy**

Chocolate Mint Patty: water, , Cream Cheese (milk, cream, culture, salt, carob bean and/or xanthan and/or guar gum) sugar, non-dairy creamer (palm oil, corn syrup solids, sodium caseinate(a milk derivative), dipotassium phosphate, sugar mono and diglycerides, sodium silicoaluminate, sodium stearoyl lactylate, soy oil, annatto and turmeric extracts, natural and artificial flavors) Collagen, hydrolysate, whey protein concentrate (soy or sunflower lecithin), Chocolate Cookie Meal enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, (vitamin B) riboflavin (vitamin B2) folic acid) sugar, soybean, palm oil with TBHQ, coca processed with alkali contains 2% or less high fructose corn syrup , determined yellow corn flour, chocolate, salt, baking soda, soy lecithin, whey) Coca (

processed with alkali) natural peppermint flavor, xanthan gum, carrageenan, locust bean gum, green color (yellow #5, blue #1) citric acid, sodium benzoate **Contains: milk, soy, wheat**

Lemon Cheese Cake: water, lemon juice from concentrate (water, concentrated lemon juice, sodium bisulfate and potassium benzoate(preservatives, lemon oil) Cream Cheese (milk, cream, culture, salt, carob bean and/or xanthan and/or guar gum) sugar, non-dairy creamer (palm oil, corn syrup solids, sodium caseinate(a milk derivative), dipotassium phosphate, sugar mono and diglycerides, sodium silicoaluminate, sodium stearoyl lactylate, soy oil, annatto and turmeric extracts, natural and artificial flavors) Collagen, hydrolysate, whey protein concentrate (soy or sunflower lecithin), natural butter flavor(natural butter flavor(dried hydroxyethyl starch, whey powder, salt, xanthan gum, and natural flavor) Carrageenan, locust bean gum, xanthan gum yellow color (water, FD & C yellow #5 propylene glycol, sodium carboxymethylcellulose, citric acid, sodium benzoate. **Contains MILK & SOY**