

## Menu Ingredients 2009-10

Apple Crisp	Crust (flour, rolled oats, brown sugar, butter, Filling (apples, water, sugar, cinnamon, nutmeg)
Apple Topping	Apples, water, thermflo (modified food starch made from waxy corn) brown sugar, cinnamon, nutmeg.
Apple Wedges	Apples dipped in calcium ascorbate and water
Applesauce, unsweetened	Apples, pureed; water.
Autumn Vegetables	Cauliflower, carrot coins-steamed
Baked Rigatoni	Penne pasta (semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) Marinara sauce (tomato paste, whole tomatoes, onion, shortening, water, bay leaf, oregano, basil, salt, sugar, thyme) mozzarella cheese, cheddar cheese.
Baking Powder Biscuit	Enriched flour, bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean and cottonseed oil, buttermilk, baking soda, nonfat milk, whey protein concentrate, sugar, sodium aluminum phosphate, salt, sodium acid, pyrophosphate, whey, sodium caseinate, propylene glycol monoesters of fatty acids, mono and diglycerides, natural flavor, sodium stearoyl lactylate.
Beans, Baked vegetarian	White beans, water, corn syrup, sugar, tomato paste, salt, dextrose, onion powder, garlic powder, oleoresin paprika, and natural flavorings.
Beans, Green	Green beans, water, salt.
Beans, Mexican Pinto	Beans, pinto, vegetable oil, salt, cumin.
Beans, Red (Louisiana style) Served over brown rice	Kidney beans, water, onions, smoked turkey, garlic Bay leaf, pepper, parsley, thyme, salt, Creole seasoning (salt, spices, paprika, dextrose, onion, garlic, monosodium glutamate, extractives of spice, less than 2% tricalcium phosphate to prevent caking)
Beans, Refried	Beans, water, vegetable oil, garlic
Beef Fried Rice, Hmong	Ground beef, brown rice, garlic powder, granulated sugar, salt, brown rice, scrambled eggs. Served with peas, cilantro and scallions.
Energy Bar	Flour, Ultragrain wheat flour, beans (Great Northern), butter, sugar, grown sugar, egg, shortening (palm oil), vanilla extract, baking powder, baking soda, salt, rolled oats, chocolate chips (sugar, partially hydrogenated palm kernel oil, cocoa, cocoa processed with alkali, dextrose, soy lecithin), water.
Breakfast Bread: Apple	Whole wheat ultragrain flour, white AP flour, brown sugar, butter, eggs, yogurt-plain lofat, vanilla, baking powder, baking soda, powdered milk, water. Struesel: butter, sugar, brown sugar, salt, cinnamon, flour. Apples packed in water.
Banana Chocolate Chip Bread	Whole wheat ultragrain flour, white AP flour, brown sugar, butter, bananas, whole eggs, baking soda, salt, lofat yogurt, chocolate baking chips (sugar, partially hydrogenated palm kernel oil, cocoa, cocoa processed with alkalai, dextrose, soy lecithin)
Breakfast Bread: Apple/Cherry	Whole wheat ultragrain flour, white AP flour, brown sugar, butter, eggs, yogurt-plain lofat, vanilla, baking powder, baking soda, powdered milk, water. Struesel: butter, sugar, brown sugar, salt, cinnamon, flour. Apples packed in water, sweetened frozen cherries.
Breakfast Bread: Lemon Poppyseed	Flour, wheat; Flour, Ultragrain, granulated sugar, butter, whole eggs, plain low fat yogurt, salt, baking soda, poppyseeds, vanilla flavoring, lemon flavoring.
Breakfast Bread: Pumpkin	Flour, wheat, Flour, Ultragrain, pumpkin, whole eggs, water, vegetable oil, baking powder, baking soda, salt, cloves, cinnamon, nutmeg, allspice.

Brownie Bite	Flour, butter, eggs, sugar, water, cocoa, vanilla extract, salt. Frosting: butter, powdered sugar, cocoa powder, nonfat dry milk, vanilla extract, imitation almond flavoring,
Canadian Style Turkey Ham	Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrate.
Cereal: Cheerios	Whole grain oats, modified corn starch, corn starch, sugar, salt, calcium carbonate, oat fiber, tripotassium phosphate, wheat starch, vitamin E, iron, zinc, vitamin C, A B vitamin, Vit. B6, B2, B1, Vit. A, folic acid, Vit. B12, Vit. D
Cereal: Cinnamon Toast Crunch	Whole wheat, sugar, rice flour, canola and/or rice bran oil, fructose, maltodextrin, dextrose, salt, calcium carbonate, cinnamon, soy lecithin, trisodium phosphate, caramel and annatto extract color, zinc and iron vitamins A B, C, B, B6, B2, B1, B12, D. nonfat milk.
Cereal: Frosted Corn Flakes	Milled corn, sugar, salt, malt, corn syrup, wheat flour, vitamins: C, A, AB, B, B2, B6, B1, B12, D, iron
Cereal: Kix	Corn (whole grain corn meal) whole grain oats, sugar, corn starch, salt, corn syrup, dried corn syrup, calcium carbonate, modified corn starch, trisodium phosphate, wheat starch, vit E, iron, zinc, Vit C, A B, B6, B2, B1, B12, D
Cereal: Mini Wheats	Whole grain wheat, sugar, high fructose corn syrup, gelatin, reduced iron, niacinamide, zinc oxide, vitamins B6, B2, B1, B12, folic acid
Cereal: <b>Gluten Free</b> Rice Chex	Rice, whole grain rice, sugar, salt, molasses, vitamin E, calcium carbonate, iron, zinc, vitamin C, A B vitamin, vitamin D.
Cereal: Rice Krispies	Rice, sugar, salt, high fructose corn syrup, malt flavoring.
Cheese, American; slice	American cheese (milk, salt, cheese culture, enzymes, water, cream soy lecithin, carotenol.
Cheese, Cheddar	Pasteurized milk, cheese culture, salt, enzymes, and annatto-color
Cheese, Parmesan	Parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose, natamycin, corn flour cellulose, potato starch powdered cellulose.
Cheese Sauce, (Nacho St. Paul)	MALTODEXTRIN, MODIFIED TAPIOCA STARCH, WHEY, CHEDDAR CHEESE FLAVORED BLEND (DEXTROSE, SALT, NATURAL FLAVOR [CHEDDAR CHEESE {MILK, CHEESE CULTURES, SALT, ENZYMES}, MALTODEXTRIN, DISODIUM PHOSPHATE, NATURAL FLAVOR, SODIUM CITRATE, XANTHAN GUM, NATURAL TOCOPHEROLS AS ANTIOXIDANT], WHEY, MODIFIED TAPIOCA STARCH, MALTODEXTRIN, SUGAR, CALCIUM CASEINATE, XANTHAN GUM, SOYBEAN OIL, TITANIUM DIOXIDE, YELLOW 5, YELLOW 6), CREAM REPLACER (PARTIALLY HYDROGENATED CANOLA OIL*, CORN SYRUP SOLIDS, MALTODEXTRIN, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, TRICALCIUM PHOSPHATE, MONO- AND DIGLYCERIDES, CITRIC ACID, AND BHT TO HELP PROTECT FLAVOR), PARTIALLY HYDROGENATED SOYBEAN OIL*, SALT, AND LESS THAN 2% OF YEAST EXTRACT, CORN SYRUP SOLIDS, SOYBEAN OIL, CULTURED BUTTERMILK, NATURAL FLAVORS, DISODIUM PHOSPHATE, SPICE, SODIUM CASEINATE, MONO- AND DIGLYCERIDES, MUSTARD POWDER, CITRIC ACID, DISODIUM INOSINATE AND DISODIUM GUANYLATE. CONTAINS MILK INGREDIENTS. MADE ON EQUIPMENT THAT ALSO PROCESSES WHEAT AND SOY. *Adds a trivial amount of trans fat.
Cheese, square Co Jack	Cultured pasteurized milk, salt, enzymes, annatto, vitamin A
Cheese, string	Pasteurized part-skim milk, cheese culture, salt, enzymes
Cheesebread	Whole wheat crust (Whole wheat ultragrain flour, white AP flour, water, vegetable shortening, yeast, sugar, salt, vegetable oil) part skim mozzarella cheese, cheddar cheese.
Cherry Crisp	Crust (flour, rolled oats, brown sugar, butter, Cherry filling (frozen cherries, sugar, butter, water, thermflo ((thickener made from waxy corn)), granulated sugar, vanilla extract

Cherry Topping	Frozen cherries, sugar, butter, water, thermflo ((thickener made from waxy corn)), granulated sugar, vanilla extract
Chicken & Gravy	Diced chicken, light and dark meat; Gravy (water, chicken stock ((chicken meat and natural chicken juices, salt, rendered chicken fat, yeast extract, corn syrup, dried whey, natural flavoring, wine, Carmel color, turmeric)), flour, caramel food coloring, maggi seasoning ((water, hydrolyzed corn gluten, soy protein, salt, artificial flavoring)) butter, pepper, salt, caramel food coloring, thermflo (made from refined waxy corn) water, salt and calcium chloride
Chicken & Edamame	Diced chicken, light and dark meat, brown rice, teriyaki sauce (Brown sugar, sugar, modified food starch, maltodextrin, white wine solids, sodium diacetate, spices, garlic, tetra sodium pyrophosphate, and can caramel color) red pepper, cilantro, edamame (soybeans)
Chicken Fajita on tortilla	Diced chicken, light and dark meat; Maltodextrin, salt, spices including paprika, modified food starch, sugar, soy sauce powder (soybeans, wheat, salt, autolyzed yeast extract, citric acid, caramel color, natural flavors, garlic powder and silicon dioxide. Served with roasted green peppers and onions. Tortilla: Bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil (contains one or more of the following: soybean oil, corn oil, cottonseed oil) Contains 2% or less of the following: vital wheat gluten, salt, dough conditioner (sodium stearoyl lactylate, calcium sulfate) potassium sorbate. TBHQ.
Chicken Sandwich, BBQ	Diced chicken, white and dark meat; <b>With BBQ Sauce:</b> salt, black pepper, onion powder, sorbic acid, water, therm flo, tomato stretch, tomato paste, brown sugar, sugar, vinegar, Worcestershire sauce (dextrose, monosodium glutamate, garlic*(dehydrated), salt, cellulose gum, chili pepper, spices, mustard, malic acid, natural flavorings, onion*(dehydrated). Less than 2% Silicon dioxide added as an anti-caking aid) distilled vinegar, (diluted with water to 5% acidity), natural flavor, caramel coloring), and honey Bun: Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.
Chicken Sandwich, Buffalo	Diced chicken; white and dark meat' <b>Buffalo sauce:</b> water, cayenne pepper, vinegar, tomato paste, sugar, salt, molasses (molasses, soy flour, corn starch, silicon dioxide and hydroxylated lecithin), modified food starch, seasonings (spices, Worcestershire powder (corn syrup solids, salt, caramel color, garlic powder, sugar, spices, soy sauces solids (naturally fermented from wheat and soybeans, salt, maltodextrin, caramel color), natural flavors), chili pepper, dextrose, sodium benzoate, dehydrated garlic, citric acid, spice extractives, not more than 2% silicon dioxide, hickory smoke flavor, and xanthan gum. Bun: Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.
Chicken Nuggets	Chicken breast with rib meat, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin)dried whole eggs, seasoning (salt, onion powder, modified corn starch, natural flavor) and

	sodium phosphates. Breaded with: enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) water, enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) salt, modified corn starch, spices, dextrose, garlic powder, oleoresin paprika and annatto, xanthan gum and natural flavors. Breeding set in vegetable oil.
Chicken Patty Sandwich	Chicken breast with rib meat, bleached enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, dried whole eggs, modified food starch, wheat flour, salt, wheat flour, flavor, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose, sodium phosphate. Bun: Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.
Chicken Patty, breaded with Marinara Sauce	Chicken breast with rib meat, bleached enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, dried whole eggs, modified food starch, wheat flour, salt, wheat flour, flavor, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose, sodium phosphate. <b>Sauce:</b> Tomato puree (water, tomato paste) diced tomatoes, high fructose corn syrup, soybean oil, salt, dried garlic, dried onion, citric acid, dried parsley, spices
Chicken, Sesame	Diced chicken, pineapple tidbits, scallions, sesame seeds in a sauce of : Brown sugar, sugar, modified food starch, maltodextrin, white wine solids, sodium diacetate, spices, garlic, tetra sodium pyrophosphate, and can caramel color
Chicken Stew	Diced Chicken, light and dark meat; Carrot coins; potatoes (potatoes, water, salt calcium chloride(, peas; Gravy (water, chicken stock ((chicken meat and natural chicken juices, salt, rendered chicken fat, yeast extract, corn syrup, dried whey, natural flavoring, wine, Carmel color, turmeric)), flour, caramel food coloring, maggi seasoning ((water, hydrolyzed corn gluten, soy protein, salt, artificial flavoring)) butter, pepper, salt, caramel food coloring, thermflo (made from refined waxy corn) water, salt and calcium chloride:
Chicken Suqaar	Diced chicken (USDA), carrots, onions, green pepper, cilantro, minced garlic, vegetable oil, chicken base (roasted chicken, salt hydrolyzed wheat gluten flavorings ((hydrolyzed corn soy wheat gluten protein, yeast extract, torula yeast)) sugar, maltodextrin, chicken extract, chicken fat, carrot powder, mushroom powder, turmeric, disodium inosinate, disodium guanylate, xanthan gum)
Chicken, Rotisserie	Chicken,( water, maltodextrin, salt, hydrolyzed corn/soy/wheat gluten protein, sugar disodium inosinate and disodium guanylate, autolyzed yeast extract, natural and artificial flavors, tricalcium phosphate, succinic acid, citric acid and partially hydrogenated soybean oil) vegetable protein product (isolated soy protein, magnesium pyridoxine hydrochloride, thiamine mononitrate, riboflavin) salt, modified tapioca starch and sodium phosphate Glazed with water, sorbitol powder, modified food starch, salt, egg white powder, modified cellulose gum, sodium citrate, sodium phosphate, xanthan gum, grilled flavor, mono and diglycerides and spices Seasoning: Salt, dehydrated onion, paprika, chili pepper and other spices, dehydrated garlic, citric acid, red pepper.
Chili	Ground beef, beef stock (beef, natural juices, salt, corn syrup, yeast extract, corn oil, rendered chicken fat, natural flavoring, wine, caramel color), water, therm flo (made from refined waxy corn) tomato stretch,

	tomato paste, canned whole tomatoes, Worcestershire sauce, celery, brown sugar, chili powder, salt, pepper, onion powder, garlic powder, cumin, kidney beans, onions.
Chili with Baked Potato and Fixings	Chili: Ground beef, beef stock (beef, natural juices, salt, corn syrup, yeast extract, corn oil, rendered chicken fat, natural flavoring, wine, caramel color), water, therm flo (made from refined waxy corn) tomato stretch, tomato paste, canned whole tomatoes, Worcestershire sauce, celery, brown sugar, chili powder, salt, pepper, onion powder, garlic powder, cumin, kidney beans, onions.; <b>fresh baked potato, sour cream (light) scallions, cheddar cheese.</b>
Chili Hot Dog	<b>Turkey Hot Dog:</b> Mechanically separated turkey, water, salt, corn syrup, 2 % or less dextrose, paprika, smoke flavor, sodium erythorbate, sodium phosphate, sodium nitrite, spices and flavorings <b>Chili:</b> Ground beef, beef stock (beef, natural juices, salt, corn syrup, yeast extract, corn oil, rendered chicken fat, natural flavoring, wine, caramel color), water, therm flo (made from refined waxy corn) tomato stretch, tomato paste, canned whole tomatoes, Worcestershire sauce, celery, brown sugar, chili powder, salt, pepper, onion powder, garlic powder, cumin, kidney beans, onions. <b>Bun:</b> Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid, water, high fructose corn syrup, yeast, contains 2% or less of each of the following: soybean and/or cottonseed oil, salt, wheat gluten, cellulose gel, dicalcium phosphate, diammonium phosphate, monocalcium phosphate, dough conditioners, (may contain one or more of the following: mono and diglycerides, sodium stearyl lactylate, calcium peroxide) leavening (sodium acid pyrophosphate, sodium bicarbonate), calcium propionate, cornstarch, soy lecithin.
Chili, vegetarian	Whole canned tomatoes, tomato paste, water, canned vegetarian beans, salsa made with modified corn starch, carrots, celery, corn, onion, vegetable oil, chili powder, cumin, black pepper, salt, garlic powder.
Chicken Chow Mien	Sauce: Therm flo (made from refined waxy corn) water, chicken base (chicken meat and natural chicken juices, salt, rendered chicken fat, yeast extract, corn syrup, dried whey, natural flavoring, wine, Carmel color, turmeric), soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate), brown sugar, garlic powder, ground ginger, caramel food coloring. Diced chicken, bean sprouts, celery, onions, mushrooms, salt, red bell peppers, whole baby corn on the cob, sugar, autolyzed yeast extract, partially hydrogenated cottonseed and soybean oil, dehydrated garlic, ascorbic acid, vatic, natural flavors and citric acid
Chips, Corn-1 oz. bag	Corn, corn oil and/or Canola oil and/or Sunflower oil and or partially hydrogenated soybean oil, salt
Chips, Multi Grain Munchies	Doritos (whole corn, vegetable oil, cheddar cheese (milk cheese cultures, salt, enzymes) salt, buttermilk solids, whey protein concentrate, whey, tomato powder, monosodium glutamate, romano cheese from cow's milk (cheese cultures, milk, salt, enzymes) onion powder, ascorbic acid, tocopherols, maltodextrin, natural flavor, partially hydrogenated soybean and cottonseed oil, sugar, garlic powder, disodium phosphate, dextrose, potato starch, beta carotene, parmesan cheese, skim milk, cheese cultures, salt, enzymes artificial colors (including yellow 6), citric acid, spice, lactic acid, niacinamide, disodium inosinate, disodium guanylate, pyridoxine hydrochloride and riboflavin Cheetos (enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin and folic acid) vegetable oil, whey cheddar cheese (cultured pasteurized milk, salt, enzymes) partially hydrogenated soybean oil, salt, maltodextrin, disodium phosphate, sour cream (cultured cream, nonfat milk artificial colors, lactic acid and citric acid)

	<p>Smartfood White Cheddar Popcorn (popcorn, vegetable oil, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes) whey, salt, maltodextrin, buttermilk, whey protein concentrate, partially hydrogenated soybean oil, butter (cream and salt) natural flavors, cream sodium citrate, nonfat milk, cultured whey, lactic acid, tocopherols, ascorbic acid, vitamin E acetate, potato starch niacinamide, beta carotene, pyridoxine hydrochloride and riboflavin)</p> <p>Pretzels (enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) corn oil, corn syrup, salt, malt syrup, yeast sodium bicarbonate, ammonium bicarbonate and artificial flavor</p> <p>Cap'n Crunch cereal (corn flour, sugar, oat flour, brown sugar, coconut oil, salt, niacinamide, reduced iron, zinc oxide, artificial color (yellow 5, yellow 6) thiamin mononitrate, pydroxine hydrochloride, riboflavin, folic acid and BHT.</p>
Chips, Sun	Whole corn, sunflower oil, whole wheat, rice four, whole oat flour, sugar and salt.
Cinnamon Toast	BREAD: Enriched wheat flour (wheat flour, barley malt, niacin, ferrous sulfate, thiamine mononitrate, riboflavin) whey, water, high fructose corn syrup. Contains 2 % or less soybean oil, yeast, slat, dough conditioners, (monoglycerides, sodium stearyl lactylate, polysorbate 60, calcium peroxide, enzymes) yeast nutrients, calcium propionate, butter, cinnamon, sugar.
Coleslaw	Shredded cabbage, carrots. Dressing: Lofat mayonnaise, water, cider vinegar, sorbic acid, dry nonfat milk, granulated sugar, mustard seed, celery seed, cayenne pepper, prepared yellow mustard.
Corn, whole kernel	Corn, water, sugar, salt.
<b>Cookies: NC made</b> Chocolate chip	Ultra Pride cookie base (sugar, vegetable shortening (palm oil, mono and diglycerides, polysorbate 60), corn syrup solids, fructose, salt, cellulose, emulsifier (mono and diglycerides with palm oil and citric acid), sodium bicarbonate, baking powder, sodium carboxymethylcellulose, xanthan gum, calcium propionate, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) dextrose, natural and artificial flavor; Ultra grain whole wheat flour, white all purpose flour, eggs, water, vanilla extract, chocolate chips (sugar, partially hydrogenated palm kernel oil, cocoa, cocoa processed with alkali, dextrose, soy lecithin)
<b>Cookies: NC made</b> M & M	Ultra Pride cookie base (sugar, vegetable shortening (palm oil, mono and diglycerides, polysorbate 60), corn syrup solids, fructose, salt, cellulose, emulsifier (mono and diglycerides with palm oil and citric acid), sodium bicarbonate, baking powder, sodium carboxymethylcellulose, xanthan gum, calcium propionate, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) dextrose, natural and artificial flavor, water, vanilla extract, Ultra grain whole wheat flour, white AP flour, eggs, M & M candies
<b>Cookies: NC made</b> Sugar	Ultra Pride cookie base (sugar, vegetable shortening (palm oil, mono and diglycerides, polysorbate 60), corn syrup solids, fructose, salt, cellulose, emulsifier (mono and diglycerides with palm oil and citric acid), sodium bicarbonate, baking powder, sodium carboxymethylcellulose, xanthan gum, calcium propionate, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) Ultra grain whole wheat flour, white all purpose flour, dextrose, natural and artificial flavor; eggs, water, vanilla extract.
<b>Cookies: NC made</b> Whole Wheat Spice	Whole Wheat Flour, sugar, palm oil, eggs, milk, vanilla extract, baking powder, baking soda, salt, nutmeg, cinnamon.
Corn Dog, turkey (lite)	<b>Batter ingredients:</b> water, enriched flour (flour, malted barley flour, niacin,

	iron, thiamine mononitrate, riboflavin, folic acid) sugar, yellow corn flour, enriched yellow corn meal (yellow corn meal, niacin, iron, thiamine mononitrate, riboflavin, folic acid) soy flour, leavening (sodium acid pyrophosphate, sodium bicarbonate) soybean oil, salt, egg yolks, potato flour, dried honey, egg whites, artificial flavor, fried in vegetable oil <b>Hot dog ingredients:</b> turkey, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, hydrochloride, thiamine mononitrate, riboflavin) contains less than 2% of salt, dextrose, corn syrup solids, spices, potassium lactate, sodium phosphate, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite
Corn on the cob	Corn on the cob cooked in butter and water.
Cornbread with honey	eggs( whole eggs, citric acid, water), salt, baking powder, pan oil, shortening*(partially hydrogenated soybean oil with citric acid), water, flour *( wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin), sugar, cornmeal, dry milk (nonfat dry milk, lactose, vit.A and vit.D) and honey
Cornbread with Chilies and honey	eggs( whole eggs, citric acid, water), salt, baking powder, pan oil, shortening*(partially hydrogenated soybean oil with citric acid), water, flour*( wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin), sugar, cornmeal, dry milk (nonfat dry milk, lactose, vit.A and vit.D) chilies ( green chili peppers, water, salt, calcium chloride and citric acid) and honey
Couscous, Herbed corn &	Precooked medium grain semolina couscous, water, corn, chicken base (roasted chicken, salt hydrolyzed wheat gluten flavorings ((hydrolyzed corn soy wheat gluten protein, yeast extract, torula yeast)) sugar, maltodextrin, chicken extract, chicken fat, carrot powder, mushroom powder, turmeric, disodium inosinate, disodium guanylate, xanthan gum) chives.
Cracker, Bug Bites Snack Grahams	Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, whole wheat (graham) flour, vegetable oil (cottonseed, hydrogenated cottonseed, partially hydrogenated soybean and/or cottonseed oil with TBHQ, honey, high fructose corn syrup, calcium carbonate, salt, baking soda, cinnamon, maltodextrin, soy lecithin
Cracker, Cheddar; Dolphin and Friends	Enriched flour (wheat, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, vegetable oil, palm and/or sunflower and/or partially hydrogenated soybean oil, cheddar cheese (milk, cheese cultures, salt, enzymes), salt, leavening (yeast, monocalcium phosphate, baking soda) sugar, paprika, annatto extract, malted barley flour, citric acid, onion, red pepper, dextrose, buttermilk, disodium phosphate, soy lecithin.
Cracker, Goldfish Graham-cinnamon	Whole wheat flour, unbleached enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, sugar, partially hydrogenated vegetable shortening (soybean and/or cottonseed oil) high fructose corn syrup, cinnamon, calcium carbonate, salt, baking soda, ascorbic acid, iron, vit.A palmitate, niacin, riboflavin, thiamin mononitrate and maltodextrin.
Cracker, Goldfish Graham-oats & honey	Rolled oats, whole wheat flour, partially hydrogenated vegetable shortening (soybean and/or cottonseed oils), sugar, crystalline fructose, unbleached enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) honey, cinnamon, calcium carbonate, salt, baking soda, ascorbic acid, vitamin A, niacin, riboflavin, thiamin mononitrate, natural and artificial flavors, maltodextrin.
Cracker, Oyster	Enriched flour (wheat flour, niacin, reduced iron,, thiamine mononitrate, riboflavin, partially hydrogenated soybean and/or cottonseed oils, salt leavening (baking soda, yeast diammonium phosphate), corn syrup, malt syrup, soy lecithin.
Cracker, Scooby Doo Graham	Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate,

stick	riboflavin, folic acid) sugar, vegetable oil (contains one or more of the following: cottonseed, partially hydrogenated soybean and cottonseed, hydrogenated cottonseed, TBHQ and citric acid) whole wheat flour (graham), honey, high fructose corn syrup, contains 2% or less of calcium carbonate, salt, baking soda, cinnamon, maltodextrin, soy lecithin
Cranberry Sauce	cranberries, high fructose corn syrup, water, corn syrup and citric acid
Deli Sandwich:	<b>Turkey Ham:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite. <b>Cheese slice:</b> American cheese (milk, salt, cheese culture, enzymes) water, cream, soy lecithin, apo carotenal. <b>Bun:</b> Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.
Dressing, Caesar, Lowfat	Mayonnaise, lofat; lemon juice, Worcestershire sauce, garlic, parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) powdered cellulose, natamycin, corn flour cellulose, potato starch, powdered cellulose., salt, pepper.
Dressing, Italian Fat Free	Water, vinegar, high fructose corn syrup, corn syrup, salt, contains less than 2% of parmesan cheese (part skim milk, cheese culture, salt, enzymes) garlic, onion juice, whey, phosphoric acid xanthan gum, potassium sorbate and calcium disodium EDTA as preservatives, yeast extract, spice, red bell peppers, lemon juice concentrate, garlic, buttermilk, Carmel color, sodium phosphate, enzymes, oleoresin paprika, soy lecithin
Dressing, Ranch -SEC	Ranch dressing (water, soybean oil, cultured buttermilk ((cultured lowfat milk and skim milk)), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream ((cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate)), sorbic acid, sodium benzoate and calcium disodium EDTA, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5)
Dressing, Ranch -ELEM	Soybean oil, water, cultured lowfat buttermilk (skim milk, nonfat milk solids, milk, salt) egg yolks, salt, distilled vinegar, modified food starch, monosodium glutamate, sugar, garlic, onion, egg whites, dextrose, natural flavors, xanthan gum, spices, sorbic acid, citric acid, artificial flavor and calcium disodium EDTA.
Dressing, Western Lite	High fructose corn syrup, tomato puree (water, tomato paste) distilled vinegar, soybean oil, maltodextrin, salt, paprika, propylene glycol alginate, mustard flour, natural flavors, dextrose, caramel color, phosphoric acid, beet root powder (for color) sodium benzoate and calcium disodium edta used to protect quality, xanthan gum, yellow 5, garlic powder, onion powder, mustard seed
Egg and Cheese Tortilla	<b>Omelet:</b> whole eggs, pasteurized process cheddar cheese ((cheddar cheese (milk, cheese culture, salt, enzymes)water, sodium phosphate, milk fat, sodium hexametaphosphate, salt, paprika and annatto (color), powdered cellulose (to prevent caking)), water, soybean oil, whole milk powder, modified food starch, cheddar cheese powder (cheddar cheese/cheese flavor (cultured milk, salt, enzymes), whey powder, buttermilk powder, salt, and disodium phosphate), salt, xanthan gum, citric acid. <b>Flour tortilla:</b> bleached enriched flour, bleached flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, shortening (partially hydrogenated soybean and cottonseed oil) leavening (sodium aluminum phosphate, sodium bicarbonate, monocalcium phosphate), corn starch, salt, potassium sorbate (to protect flavor)

Egg Roll	Filling: turkey, cabbage, potatoes, textured vegetable protein (textured soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin, dried whole egg, onions, carrots, salt, sugar, spices, hydrolyzed soy protein, garlic lactic acid. Crust: enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) calcium propionate, water, enriched durum flour (durum flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) salt, cottonseed oil, dried whole egg, wheat gluten. Sealer: water, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid. Fried in cottonseed and/or soybean oil.
Egg Salad	Eggs, mayonnaise (soybean oil, water, egg yolks, vinegar, corn syrup, salt, spice, calcium disodium EDTA to protect flavor), celery, sugar, bread crumbs (wheat flour, yeast, sugar, salt) onion, mustard (water, vinegar, mustard seed, salt)
Eggs, scrambled	Whole frozen eggs, nonfat milk, xanthan gum, citric acid, artificial butter flavor (milk, cream), partially hydrogenated soybean oil and cottonseed oil, soybean oil, lipolyzed butter oil flavors and artificial flavor. Pan spray contains: partially hydrogenated soybean oil, canola oil, sunflower oil, lecithin natural flavor, beta-carotene color propellant.
Enchilada Bake	Tortillas (stone ground corn, water, cellulose gum, sodium propionate (propionic acid, sodium hydroxide, methylparaben, propylparaben and a trace of lime (calcium hydroxide)); ground beef, cheddar cheese, dehydrated onions, chili powder, salt, cumin, red pepper, beef base ((beef, natural juices, salt, corn syrup, yeast extract, corn oil, rendered chicken fat, natural flavoring, wine, caramel color)) pinto beans, Butter, whole wheat flour, tomato paste.
English Muffin Sandwich- Choice of: Egg/Cheese Turkey ham/cheese Turkey ham/egg	<b>English Muffin</b> -water, whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) yeast, wheat gluten, soybean oil, high fructose corn syrup, salt, calcium propionate, fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate. <b>Turkey Ham:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrate. <b>EGG:</b> whole eggs, water, soybean oil, whey solids, dicalcium phosphate, nonfat dried milk, salt, sodium bicarbonate, xanthan gum, artificial butter flavor (partially hydrogenated soy and cotton seed oils, medium chain triglycerides, flavors) citric acid, liquid pepper extract. <b>TURKEY HAM:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite. <b>Cheese:</b> milk, salt, cheese culture, enzymes, water, cream, soy lecithin, carotenol))
Fish Fillet Wedge	Alaska Pollock- 64.2% batter- 30.2% . Water, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) modified food starch, sugar, enriched yellow corn flour (corn flour, niacin reduced iron, thiamine mononitrate, riboflavin, folic acid, partially hydrogenated vegetable oil (soybean and cottonseed) iodized salt, leavening (sodium aluminum phosphate, sodium bicarbonate) eggs, nonfat milk, caramel color, colored with turmeric and paprika extract. Breading: enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic, slat, fried in soybean oil.
Fish Sandwich	Fish, batter: water modified corn starch, enriched bleached wheat flour

	(flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) yellow corn flour, salt, natural flavor, (garlic powder, spiced) Breeding: enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) dextrose, salt, yeast, oleoresin, paprika, fried in partially hydrogenated soybean and or canola oil. Bun: Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.
Focaccia Bread, NC made	Whole wheat ultragrain flour, white AP flour, water, vegetable shortening, yeast, sugar, salt, vegetable oil), olive oil, parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) powdered cellulose, natamycin, corn flour cellulose, potato starch, powdered cellulose., cracked black pepper, garlic, basil, sun dried tomatoes, ((Spices, Vinegar, Salt, Olive Oil, Pepper (Black and Crushed Red), Modified Corn Starch to prevent caking, Granulated Garlic, Parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) powdered cellulose, natamycin, corn flour cellulose, potato starch, powdered cellulose. (Pasteurized Milk, Salt, Enzymes), Granulated Onion)), Cheddar Cheese (
French Bread, Whole wheat	(Ultra grain whole wheat flour, White bread flour, enriched, yeast, salad oil (made from soybean oil) Super Crisp Base 7 (dextrose, salt, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, DATEM, emulsifier (mono and diglycerides, TBHQ and citric acid, dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide) soybean oil, ascorbic acid, enzyme (wheat flour, amylase) L-cysteine, azodicarbonamide) Caravan Strong Do (wheat gluten, cornstarch, soy flour, dough conditioners-vegetable calcium stearoyl-2lactylate, vegetable shortening-partially hydrogenated soybean, cotton seed and/or canola oil) water), Ultra Grain Whole Wheat flour, sugar, vital wheat gluten
French Fries-BAKED	Potatoes, high oleic canola oil, salt, disodium dihydrogen pyrophosphate
French Toast, Cinnamon Swirl	Cinnamon swirl bread: enriched bleached flour (beached flour, malted barley flour, thiamin, riboflavin, niacin, folic acid, reduced iron), water, dried whole egg, high fructose corn syrup, yeast, partially hydrogenated soybean oil, salt, sugar, calcium propionate, cinnamon, dough conditioners (sodium stearoyl lactylate, calcium sulfate, calcium peroxide, monoglycerides, diglycerides, ascorbic acid, azodicarbonamide, fungal enzyme) xanthan gum, dextrose, color (yellow corn flour, turmeric, annatto, caramel) Egg batter mixture: whole egg, water, sugar, butter flavor (partially hydrogenated soybean oil, butter, water, slat, soybean lecithin potassium sorbate, natural and artificial flavor. BHT. Colored with beta carotene. Dimethylpolysiloxane, whey solids, nonfat dry milk, vanilla extract, salt, xanthan gum, citric acid.
Fried Rice	Rice, eggs (Whole eggs, citric acid) butter, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate) (Water, wheat, soybeans, salt, sodium benzoate; less than 1/10 of 1% as a preservative) peas, shredded carrots, diced onions
Fruit Salad	Mixed Fruit (Peaches, pears, water, grapes, corn syrup, sugar) Pineapple tidbits (pineapple, pineapple juice) Rich's whipped topping (water, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate, dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, xanthan gum, guar gum, colored with turmeric and annatto extracts) Pudding mix (sugar, dextrose, modified food starch, sodium phosphates, calcium sulfate, natural and artificial flavor, mono and diglycerides, yellow #35, yellow #6.

Fruit Stick (used in Field trip lunches, summer school)	Whole apples, strawberry concentrate and/or purees, concentrated apple puree and or juice, natural flavor, natural color, ascorbic acid
Fruit, mixed, cup frozen	Peaches, pears, pineapple, water, high fructose corn syrup, pineapple juice concentrate, seedless grapes, fruit juice concentrate, potassium sorbate
Fruit, mixed; canned	Peaches, pears, water, grapes, corn syrup, sugar
Garlic Bread	French Bread (Wheat bread flour, White bread flour, enriched, yeast, salad oil (made from soybean oil) Super Crisp Base 7 (dextrose, salt, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, DATEM, emulsifier (mono and diglycerides, TBHQ and citric acid, dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide) soybean oil, ascorbic acid, enzyme (wheat flour, amylase) L-cysteine, azodicarbonamide) Caravan Strong Do (wheat gluten, cornstarch, soy flour, dough conditioners-vegetable calcium stearoyl-2lactylate, vegetable shortening-partially hydrogenated soybean, cotton seed and/or canola oil) water), Ultra Grain Whole Wheat flour, sugar, vital wheat gluten; butter, Garlic Sprinkle (partially hydrogenated soybean and cottonseed oil, dehydrated garlic, Romano cheese from cow's milk (cultured pasteurized part-skim milk, salt, enzymes) salt, modified food starch, parsley, potassium sorbate, whey, natural flavor, lipolyzed butterfat, yellow 5 lake natural flavor and less than 2% silicon dioxide to prevent caking.
Garlic Mashed Potatoes	Potatoes, salt, partially hydrogenated canola oil, mono and diglycerides, artificial color, natural and artificial flavor sodium bisulfite and BHT, cheddar cheese, garlic sprinkle (partially hydrogenated soybean and cottonseed oil, dehydrated garlic romano cheese from cow's milk, salt, modified food starch, parsley, yellow 5 lake, natural flavor, silicon dioxide.
<b>Good to Go</b> Asian Noodle Salad	Spaghetti pasta plus (Semolina, grain and legume flour blend (lentils, chickpeas, egg whites, spelt, barley, flaxseed, oat fiber, oats), durum flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid.) Teriyaki sauce (Brown sugar, sugar, modified food starch, maltodextrin, white wine solids, sodium diacetate, spices, garlic, tetra sodium pyrophosphate, and can caramel color), diced chicken (white and dark meat), red pepper, carrots, cilantro, scallions.
<b>Good to Go</b> Asian Chicken Slaw	Chicken, diced white and dark meat, Teriyaki sauce (Brown sugar, sugar, modified food starch, maltodextrin, white wine solids, sodium diacetate, spices, garlic, tetra sodium pyrophosphate, and can caramel color) cabbage, carrots, scallions, mandarin oranges.
<b>Good to Go</b> Buffalo Chicken Wrap	Chicken, diced (white and dark meat), sauce (brown sugar, paprika, salt, cider vinegar, red pepper, catsup, shredded lettuce, celery, Tortilla (whole wheat, malted barley, potassium bromate, enzymes, salt, baking powder, calcium propionate, partially hydrogenated soybean and cottonseed oils with mono and diglycerides, sodium metabisulfite and other edible excipients)
<b>Good to Go</b> Chicken Caesar Salad	Lettuce, parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) powdered cellulose, natamycin, corn flour cellulose, potato starch, powdered cellulose., croutons (flour, partially hydrogenated soybean and or cottonseed oil, water, whey, salt, high fructose corn syrup, parsley, spiced, sugar, paprika, onion powder, yeast, wheat gluten, turmeric, TBHQ) Garlic Chicken mix: diced chicken, olive oil, seasoning (dried garlic, black pepper, salt, sugar, dried onion, corn starch and corn oil) Caesar dressing on side: (lowfat mayonnaise, lemon juice, Worcestershire sauce, garlic, salt, black pepper, parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) powdered cellulose, natamycin, corn flour cellulose, potato starch, powdered cellulose., nonfat dry milk)

<p><b>Good to Go</b> Chicken Salad Wrap</p>	<p>Tortilla (whole wheat, malted barley, potassium bromate, enzymes, salt, baking powder, calcium propionate, partially hydrogenated soybean and cottonseed oils with mono and diglycerides, sodium metabisulfite and other edible excipients) diced white meat chicken, celery, onions, red pepper, green pepper, cream cheese, Ranch dressing (white dressing base(salt, MSG, onion, garlic, spice, dextrose), parsley flakes, black pepper, sorbic acid, mayonnaise* (soybean oil, egg yolks, water, distilled vinegar, corn syrup, lemon juice, salt, spice, natural flavor, disodium EDTA (to protect flavor), sugar, lemon juice (filtered water, lemon juice concentrate, sodium benzoate (preservative) and sodium bisulfite (preservative), lemon oil), vinegar, water)</p>
<p><b>Good to Go</b> Creamy Chicken Pasta Salad</p>	<p>Semolina, grain and legume flour blend (lentils, chickpeas, oats, spelt, barley, egg whites, ground flaxseed and wheat fiber) niacin, ferrous lactate (iron) thiamine mononitrate, riboflavin, folic acid. Broccoli, green peppers, red peppers, , onions, celery. Ranch dressing (water, soybean oil, cultured buttermilk ((cultured lowfat milk and skim milk)), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream ((cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate)), sorbic acid, sodium benzoate and calcium disodium EDTA, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5)</p>
<p><b>Good to Go</b> Dressing, Lofat Caesar</p>	<p>Lofat mayonnaise, lemon juice, worchestershire sauce, garlic, salt, pepper, parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) powdered cellulose, natamycin, corn flour cellulose, potato starch, powdered cellulose., milk.</p>
<p><b>Good to Go</b> Thai dressing</p>	<p>Vinegar, salt, garlic powder, low sodium soy sauce, chili sauce, ginger, sesame oil, vegetable oil.</p>
<p><b>Good to Go</b> Sub sandwich</p>	<p><b>French Bread</b>(Ultra grain whole wheat flour, White bread flour, enriched, yeast, salad oil (made from soybean oil) Super Crisp Base 7 (dextrose, salt, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, DATEM, emulsifier (mono and diglycerides, TBHQ and citric acid, dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide) soybean oil, ascorbic acid, enzyme (wheat flour, amylase) L-cysteine, azodicarbonamide) Caravan Strong Do (wheat gluten, cornstarch, soy flour, dough conditioners-vegetable calcium stearoyl-2lactylate, vegetable shortening-partially hydrogenated soybean, cotton seed and/or canola oil) water), Ultra Grain Whole Wheat flour, sugar, vital wheat gluten <b>Turkey Breast:</b> Turkey breast meat, turkey broth. Contains less than 2% of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring. <b>Turkey Ham:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite. Shredded lettuce, diced tomaotes</p>
<p><b>Good to Go</b> Smoked Turkey Ham Roll-up</p>	<p>Tortilla (whole wheat, malted barley, potassium bromate, enzymes, salt, baking powder, calcium propionate, partially hydrogenated soybean and cottonseed oils with mono and diglycerides, sodium metabisulfite and other edible excipients) smoked turkey (Cured turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite) mozzarella cheese, shredded lettuce, diced tomatoes, Spread: cream cheese, Sun Dried Tomatoes, Spices, Vinegar, Salt, Olive</p>

	Oil, Pepper (Black and Crushed Red), Modified Corn Starch to prevent caking, Granulated Garlic, Parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes) powdered cellulose, natamycin, corn flour cellulose, potato starch, powdered cellulose. (Pasteurized Milk, Salt, Enzymes), Granulated Onion.
<b>Good to Go</b> Turkey Chipotle Sandwich	Whole wheat bread (high gluten flour, cracked wheat flour, water, nonfat dry milk, yeast, salad oil, bran salt, white rye, potato dough conditioner, wheat flour, dextrose, diacetyl tartric acid esters of mono and diglycerides, soybean or cottonseed oil, ascorbic acid, fungal enzymes, azodicarbonamide, L-cysteine) Chipotle Mayo (Lowfat mayonnaise, roasted red pepper puree, chipotle pepper puree, onion, garlic, corn oil, natural smoke flavor, paprika, yeast extract, salt, modified corn starch, sugar, sodium benzoate) turkey breast (with turkey broth, salt, carrageenan, sodium phosphate) cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), tomatoes, lettuce.
<b>Good to Go</b> Turkey Bacon Club Sand.	Whole wheat bread, deli style turkey (Turkey breast, water, modified corn starch, contains less than 2% of sodium lactate, salt, sugar, carrageenan, sodium phosphates, sodium diacetate, sodium erythorbate (made from sugar), sodium nitrite), bacon cured with water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, sodium nitrite
<b>Good to Go</b> Buffalo Chicken Salad	Sauce: Water, cayenne pepper, vinegar, tomato paste, sugar, salt, molasses (molasses, soy flour, corn starch, silicon dioxide and hydroxylated lecithin) modified food starch, seasoning (spices, Worcestershire powder (corn syrup solids, salt, caramel color, garlic powder, sugar, spices, soy sauce solids (naturally fermented from wheat and soybeans, salt, maltodextrin, caramel color), natural flavors, chili pepper, dextrose, sodium benzoate, dehydrated garlic, citric acid, spice extractives, not more than 2 % silicon dioxide, hickory smoke flavor and xanthan gum
<b>Good to Go</b> Thai Chicken Salad	Salad lettuce, shredded jicama, peanuts, Thai chicken mix (diced white meat chicken, Peanut butter,(peanuts, dextrose, corn syrup, hydrogenated cottonseed and canola oil, salt) water, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate) vinegar, sugar, sesame seed oil, sherry wine, dried garlic hydrolyzed wheat and soy protein, spice, salt, modified food starch, xanthan gum, sodium benzoate, disodium inosinate and disodium guanylate, natural flavors of ginger, coriander, lemon grass, tamarind)Dressing: Vegetable oil, cider vinegar, peanut butter, garlic powder, chili sauce, ground ginger, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate), hot sauce, salt.
<b>Good to Go</b> Vegetarian Chef Salad	Salad lettuce, tomato, cucumber, hard boiled egg and/or , cheddar cheese
<b>Good to Go</b> Baja Salad	Lettuce, romaine/spinach blend, cheddar cheese, tortilla strips, black beans, diced tomatoes, diced onion. Dressing: Ranch dressing (white dressing base((salt, MSG, onion, garlic, spice, dextrose)), parsley flakes, black pepper, sorbic acid, mayonnaise ((soybean oil, egg yolks, water, distilled vinegar, corn syrup, lemon juice, salt, spice, natural flavor, disodium EDTA (to protect flavor), sugar, lemon juice (filtered water, lemon juice concentrate, sodium benzoate (preservative) and sodium bisulfite (preservative), lemon oil), vinegar, water)) Seasoning (sugar, tomato powder, salt, spices, chipotle and red bell pepper, garlic powder, dried onion, citric acid, cilantro, lime oil, paprika, corn and annatto extract.
<b>Good to Go</b> Chef Salad	Salad lettuce. Cheddar cheese, tomato, cucumber, hard boiled egg, deli style ham
Granola (Yogurt Parfait)	Sunflower seeds, whole oats, whole grain wheat, brown sugar, corn syrup,

	raisins, rice, sugar, almonds, partially hydrogenated cottonseed and/or soybean oil, glycerin, modified corn starch, salt, cinnamon, nonfat dry milk, high fructose corn syrup, polyglycerol esters of mono and diglycerides, malt flavoring, alpha tocopherol acetate (Vitamin E), niacinamide, zinc oxide, sodium ascorbate and ascorbic acid (Vitamin C), reduced iron, guar gum, BHT (preservative), pyridoxine hydrochloride (vitamin B6) riboflavin (vitamin B12), vitamin A palmitate, folic acid, thiamin hydrochloride (vitamin B1) vitamin D and vitamin B12
Gravy, Brown-Trio	Cornstarch, hydrolyzed corn gluten, soy protein and wheat gluten, maltodextrin, partially hydrogenated vegetable oil (soybean and/or cottonseed), bleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mono-nitrate, riboflavin), whey onion powder, MSG, cellulose gum, xanthan gum, caramel color, salt, disodium inosinate, disodium granulate, artificial flavors, red #40
Chicken Gravy-NC made	water, chicken stock ((chicken meat and natural chicken juices, salt, rendered chicken fat, yeast extract, corn syrup, dried whey, natural flavoring, wine, Carmel color, turmeric)), flour, caramel food coloring, maggi seasoning ((water, hydrolyzed corn gluten, soy protein, salt, artificial flavoring)) butter, pepper, salt, caramel food coloring, thermflo (made from refined waxy corn) water, salt and calcium chloride
Gravy, Chicken-Trio	Maltodextrin, cornstarch, modified cornstarch, hydrolyzed corn and wheat glutens, partially hydrogenated soybean and cottonseed oil, soybean oil, salt, onion powder, thiamine hydrochloride, sugar, yeast extract, xanthan gum, disodium inosinate, disodium guanylate, parsley, natural flavors, artificial colors.
Greens, mixed	Collard greens, Peppers, vinegar, and salt, paprika, brown sugar, cayenne pepper, catsup (Tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring.)
Grilled Cheese Sandwich	Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, water, high fructose corn syrup, contains less than 2% or: salt, yeast, soybean oil, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate) cornstarch, dough conditioners (may contain mono and di glycerides, sodium stearoyl lactylate, calcium peroxide) calcium propionate. Reduced fat American cheese: cultured milk and skim milk, salt whey protein concentrate, sodium citrate, contains less than 2% of: lactic acid, sorbic acid, xanthan gum, locust bean gum, guar gum, artificial color, vitamin A palmitate, Butter, cream, salt
Grilled Smoked Turkey and Cheese Sandwich	Cured turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite : cultured milk and skim milk, salt whey protein concentrate, sodium citrate, contains less than 2% of: lactic acid, sorbic acid, xanthan gum, locust bean gum, guar gum, artificial color, vitamin A palmitate, Butter, cream, salt
Ham and Swiss Sandwich	Cheese: Ham: Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite. Bun: Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.
Ham, Canadian Style Turkey	Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite.

Hamburger Patty	Ground beef (not more than 30% fat) salt, caramel color
Hamburger on bun-ELEM & MS	Patty: Ground beef (not more than 30% fat) salt, caramel color Bun: Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.
Cheeseburger- MS	Patty: Ground beef (not more than 30% fat) salt, caramel color Bun: Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour. CHEESE: milk, salt, cheese culture, enzymes, water, cream, soy lecithin, carotenol))
Hamburger on bun - HS	Ground beef, Bun (Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.)
Cheeseburger - HS	Beef, Bun (Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.), cheese (American cheese ((milk, salt, cheese culture, enzymes, water, cream, soy lecithin, carotenol))
Harvest Bar-dessert	Sweet Potatoes, all purpose flour, brown sugar, all purpose shortening, eggs* ( whole eggs, citric acid, water) - frozen pasteurized, salt, baking soda, cinnamon, allspice, ginger, nutmeg, vanilla extract. Icing: Powdered sugar, shortening, water, butter-salted pasteurized, dry milk, almond extract, vanilla extract
Harvest Vegetables, roasted	Squash, turnips, parsnips, carrots, olive oil.
Honey BBQ Sauce	Canned tomato paste, water, brown sugar, sugar, honey, vinegar, Worcestershire sauce (water, sugar, salt, vinegar, dextrose, caramel color, MSG, garlic salt, carboxymethylcellulose, chili pepper, spices, mustard, malic acid, natural flavorings, onion, silicon dioxide, sulfate, citric acid) liquid smoke flavoring, Tabasco sauce, tomato stretch, therm flo (made from waxy corn), onion powder, black pepper, salt.
Hot Dog, turkey	Mechanically separated turkey, water, salt, corn syrup, dextrose, 2 % or less paprika, potassium lactate, smoke flavoring smoke diacetate., sodium erythorbate, sodium phosphate, sodium nitrite, spices and flavorings <b>Bun:</b> Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.
Hot sauce, Louisiana	Peppers, vinegar, and salt
Hot sauce, Sriracha	Chili, sugar, garlic, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservative and xanthan gum
<b>Ice Cream Treats:</b> Cups-vanilla	Milkfat and nonfat milk, buttermilk, corn syrup, sugar, high fructose corn syrup, whey, mono and diglycerides, guar gum, natural and artificial vanilla flavor, locust bean gum, polysorbate 80, calcium sulfate, carrageenan, caramel color, and annatto.
Italian Dunkers	<b>French Bread</b> (Ultra grain whole wheat flour, White bread flour, enriched, yeast, salad oil (made from soybean oil) Super Crisp Base 7 (dextrose,

	salt, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, DATEM, emulsifier (mono and diglycerides, TBHQ and citric acid, dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide) soybean oil, ascorbic acid, enzyme (wheat flour, amylase) L-cysteine, azodicarbonamide) Caravan Strong Do (wheat gluten, cornstarch, soy flour, dough conditioners-vegetable calcium stearoyl-2lactylate, vegetable shortening-partially hydrogenated soybean, cotton seed and/or canola oil) water), sugar, vital wheat gluten; <b>Garlic Butter:</b> garlic powder, oregano and basil <b>Mozzarella Cheese</b> *(low moisture part skim mozzarella cheese - pasteurized part skim milk, cheese culture, salt, and enzymes, powdered cellulose, potassium sorbate and natamycin)
Jalapeno slices	Jalapeno peppers, water, distilled vinegar, salt, calcium chloride, sodium benzoate (preservative) sodium metabisulfite.
Jelly, Grape	High fructose corn syrup, corn syrup, water, concentrated grape juice, sugar, pectin, citric acid, sodium benzoate
Juice, Apple-fortified with calcium	Filtered water, Apple juice concentrate fortified with calcium
Juice, Fruit Punch	Filtered water, 100% orange juice concentrate, pear concentrate, apple juice concentrate, citric acid, ascorbic acid, natural flavors, red dye #40, blue dye #1
Juice, Grape-white fortified	Filtered water, white grape concentrate, natural flavors fortified with calcium and vitamin C
Juice, Orange w/ calcium	Filtered water, 100% orange juice concentrate, calcium citrate.
Ketchup bulk-HS	Tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring
Ketchup, Heinz packet	Tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring.
Lasagna	ground beef, beef base*(roasted beef and natural juices, corn syrup, corn oil, autolyzed yeast extract, chicken fat, salt, caramel color, natural flavor and wine) garlic, onions, tomato paste, oregano leaves, basil, white pepper, tarragon, parsley, salt, Lasagna noodles (mozzarella cheese(pasteurized part-skim milk, cheese culture, salt, enzymes, calcium chloride, micro crystalline cellulose)
Macaroni & Cheese-Elem	Macaroni Pasta, Cheese Sauce (pasteurized processed American cheese, (milk, salt, cheese culture, enzymes, water, cream soy lecithin, carotenol) .water, dry nonfat milk, butter, water, white pepper, mustard)
Macaroni & Cheese-Sec	Cheese sauce: Macaroni: Cheddar cheese blend(cheddar cheese-cultured milk, salt, enzymes), whey, milk, butter, buttermilk, salt, disodium phosphate, enzyme, modified cheddar cheese-cultured milk, salt, enzymes- yellow #5 and #6-food starch-modified, maltodextrin, partially hydrogenated soybean oil, whey, salt, corn syrup solids, autolyzed yeast extract, MSG, citric acid and spice semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid
Marinara Sauce	Tomato puree (water, tomato paste) diced tomatoes, high fructose corn syrup, soybean oil, salt, dried garlic, dried onion, citric acid, dried parsley, spices
Mashed Potatoes	Potatoes, salt, partially hydrogenated canola oil, mono and diglycerides, artificial color, natural and artificial flavor sodium bisulfite and BHT. Contains milk ingredients
Meatballs, beef	Ground beef, water, breadcrumbs (bleached wheat flour, salt, yeast, dextrose, partially hydrogenated vegetable oil ((soybean and/or cottonseed)) seasoning (salt, dehydrated onion, dehydrated celery, garlic powder, spices, soybean oil), tomatoe puree (tomatoes, citric acid) grated parmesan cheese (cultured part-skim milk, salt, enzymes, cellulose

	powder, potassium sorbate) grated romano cheese made from cow's milk (cultured pasteurized part skim milk, salt enzymes, cellulose powder, potassium sorbate))
Meatloaf	eggs* (whole eggs, citric acid, water), ground beef, beef base* (beef, hydrolyzed vegetable protein, salt, sugar, chicken fat, dehydrated onions, caramel color, disodium inosinate, disodium guanylated flavoring), water, TVP* (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vit.A, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin and cyanocobalamin), Worcestershire sauce* (dextrose, monosodium glutamate, garlic*(dehydrated), salt, cellulose gum, chili pepper, spices, mustard, malic acid, natural flavorings, onion*(dehydrated). Less than 2% Silicon dioxide added as an anti-caking aid), dried onions, dry milk*(nonfat dry milk, lactose, vit.A and vit.D), bread crumbs*(enriched wheat flour: wheat flour, barley malt, niacin, iron, thiamine, mononitrate, riboflavin-soybean oil, water, high fructose corn syrup, salt, yeast, calcium propionate, yeast nutrients: calcium sulfate, monocalcium phosphate, ammonium sulfate), salt, and black pepper
Meatsauce	Ground beef, beef base (roasted beef and natural juices, corn syrup, corn oil, autolyzed yeast extract, chicken fat, salt, caramel color, natural flavor and wine) onions, garlic, salt, basil leaf, fennel seed, pepper, oregano, bay leaves, carrots, water, tomato paste, tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid..
Milk, 1%	Lowfat milk, vitamin a, palmitate and vitamin D3 added. Pasteurized, homogenized.
Milk, Chocolate skim	Fat free milk, high fructose corn syrup, cocoa (processed with alkali), corn starch, salt, carrageenan, artificial flavors, vitamin a, palmitate and vitamin D3 added. Pasteurized, homogenized.
Milk, Lactaid	Fat free milk, tribasic calcium phosphate (calcium) carrageenan, guar gum, lactase enzyme, vitamin A palmitate and vitamin D.
Milk, Skim	Fat free skim milk, vitamin a palmitate and vitamin D3 added. Pasteurized, homogenized.
Milk, Strawberry	Fat free skim milk, vitamin a palmitate and vitamin D3 added. Pasteurized, homogenized.
Miracle Whip	Water, soybean oil, vinegar, high fructose corn syrup, sugar, modified food starch, salt, eggs, egg yolks, mustard flour, artificial color, potassium sorbate as a preservative, paprika spice natural flavor, dried garlic
Mixed vegetables, frz	Carrots, corn, peas, green beans.
Mustard packet	Distilled vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika, garlic powder, spices, extracts of paprika, mustard oil
Nacho St. Paul	<b>Cheese sauce:</b> Cheddar cheese blend(cheddar cheese-cultured milk, salt, enzymes), whey, milk, butter, buttermilk, salt, disodium phosphate, enzyme, modified cheddar cheese-cultured milk, salt, enzymes- yellow #5 and #6-food starch-modified, maltodextrin, partially hydrogenated soybean oil, whey, salt, corn syrup solids, autolyzed yeast extract, MSG, citric acid and spice <b>Refried Beans:</b> Beans, water, vegetable oil, garlic <b>Taco Meat:</b> Beef, salt, water, dextrose, natural spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, Citric acid. <b>Tortilla Chips:</b> Corn, corn oil and/or Canola oil and/or Sunflower oil and/or partially hydrogenated soybean oil, salt. Served with shredded lettuce, tomatoes, onions, shredded cheese.
Noodles, Chow Mien	Unbleached enriched flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, partially hydrogenated soybean oil, water,

	salt
Olive, black	Black olives, water, salt, ferrous gluconate.
Omelet	Egg patty (whole eggs, water, soybean oil, modified food starch, salt, whey solids, nonfat dried milk and citric acid. Filling: pasteurized process cheddar cheese (cheddar cheese (milk, cheese culture, salt, enzymes) water, sodium phosphate, milk fat, salt, sodium hexametaphosphate, apocarotenol (color)
Pancakes	Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folate) water, whey, sugar, dextrose, eggs, contains 2% or less of canola or soybean oil, buttermilk, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate) salt, soy lecithin
Pasta Plus Rotini and Penne Pasta	Semolina, grain and legume flour blend (lentils, chickpeas, oats, spelt, barley, egg whites, ground flaxseed and wheat fiber) niacin, ferrous lactate (iron) thiamine mononitrate, riboflavin, folic acid
Pasta Plus Spaghetti	Semolina, grain and legume flour blend (lentils, chickpeas, egg whites, spelt, barley, flaxseed, oat fiber, oats), durum flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid.
Pasta Salad	Semolina, grain and legume flour blend (lentils, chickpeas, oats, spelt, barley, egg whites, ground flaxseed and wheat fiber) niacin, ferrous lactate (iron) thiamine mononitrate, riboflavin, folic acid. Broccoli, carrots, grape tomatoes, onions, celery. Ranch dressing (water, soybean oil, cultured buttermilk ((cultured lowfat milk and skim milk)), vinegar, modified corn starch, salt, natural and artificial flavors, sugar, sour cream ((cultured cream, nonfat milk, modified food starch, gelatin, sodium citrate)), sorbic acid, sodium benzoate and calcium disodium EDTA, xanthan gum, lactic acid, spices, phosphoric acid, mustard flour, propylene glycol alginate, polysorbate 60, whey, garlic powder, onion powder, autolyzed yeast extract, disodium inosinate, disodium guanylate, skim milk, dehydrated chives, yellow 5)
Peaches, canned in light syrup	Peaches, water, corn syrup, sugar
Peach cup	Peaches, peach puree, corn syrup or sugar
Peanut Butter	Peanuts, hydrolyzed vegetable oil (rape seed, cotton seed and soya bean oil) icing sugar, corn syrup solids, salt.
Peanut Butter & Jelly Bar	Peanut butter (peanuts, dextrose, partially hydrogenated vegetable oil, salt,) graham wafers (enriched unbleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid) graham flour, sugar, brown sugar, partially hydrogenated soybean oil, baking soda, corn sugar, salt, lecithin, vanilla) grape jelly (high fructose corn syrup, sugar, water, grape juice concentrate, fruit topping powder (pectin, citric acid, sodium citrate, standardized with dextrose) fruit topping acid (water, phosphoric acid, citric acid)
Peanut Butter and Jelly Sandwich	Bread: enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, partially hydrogenated soybean oil, wheat gluten, salt, dough conditioners (may contain one or more of: diacetyl tartaric acid esters of mono and diglycerides, mono and diglycerides, ethoxylated mono and diglycerides, sodium stearoyl, lactylate, calcium peroxide, ascorbic acid, azodicarbonamide, L-cysteine) yeast nutrients, calcium propionate, corn starch, enzymes. Peanut butter: peanuts, dextrose, sugar, partially and fully hydrogenated vegetable oils, salt, molasses, mono and diglycerides. Grape Jelly: grape juice, high fructose corn syrup, corn syrup, pectin, citric acid, potassium sorbate.
Pickle slices	Cucumbers, water vinegar, salt, contains less than 1% of the following: calcium chloride, alum, sodium benzoate and potassium sorbate, natural

	flavors, polysorbate 80, yellow 5, blue 1.
Pickle slices, dill chips	Pickles (cucumbers, water, salt) water, distilled white vinegar, salt, alum, potassium sorbate added as a preservative, calcium chloride, natural flavoring, calcium disodium EDTA, FD & C yellow no. 5, garlic powder, polysorbate 80
Pineapple tidbits in juice	Pineapple, pineapple juice
Pita Bread-6"	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, yeast, soybean oil, less than 2 % of: sugar, salt, nonfat dry milk, guar gum, baking powder (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate) dough conditioners (calcium sulfate, vegetable mono and diglycerides, L-cysteine, calcium peroxide) yeast nutrients (monocalcium phosphate, ammonium sulfate, ascorbic acid, azodicarbonamide) potassium sorbate, calcium propionate.
Pita Bread-6" Holy Land brand	Whole wheat flour, white flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) sugar, yeast, sea salt, (salt, magnesium carbonate), potassium sorbate to preserve freshness, water.
Pizza, Cheese Elem	Whole wheat crust (Whole wheat ultragrain flour, white AP flour, water, vegetable shortening, yeast, sugar, salt, vegetable oil); Sauce: tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid., tomato paste, crushed tomatoes, red pepper, garlic powder, black pepper, thyme, basil, oregano, salt; part skim mozzarella cheese
Pizza, Pineapple and Canadian turkey ham Elementary and MS	Whole wheat crust (Whole wheat ultragrain flour, white AP flour, water, vegetable shortening, yeast, sugar, salt, vegetable oil); Sauce: tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid., tomato paste, crushed tomatoes, red pepper, garlic powder, black pepper, thyme, basil, oregano, salt; part skim mozzarella cheese; turkey thigh meat (water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrate); pineapple tidbits in juice.
Pizza, Veggie Elementary and MS	Whole wheat crust (Whole wheat ultragrain flour, white AP flour, water, vegetable shortening, yeast, sugar, salt, vegetable oil); Sauce: tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid., tomato paste, crushed tomatoes, red pepper, garlic powder, black pepper, thyme, basil, oregano, salt; part skim mozzarella cheese; green pepper, onion.
Pizza-MS and HS – various toppings	Whole wheat crust (Whole wheat ultragrain flour, white AP flour, water, vegetable shortening, yeast, sugar, salt, vegetable oil); Sauce: tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid., tomato paste, crushed tomatoes, red pepper, garlic powder, black pepper, thyme, basil, oregano, salt; <b>Cheese:</b> part skim mozzarella cheese <b>Sausage:</b> Beef; water, textured vegetable protein (soy flour, soy protein concentrate, isolated soy protein, caramel color), salt, seasoning (sugar, spices, hydrolyzed corn protein, spice extractives), beef flavor (hydrolyzed soy protein, autolyzed yeast extract, beef flavor, hydrolyzed corn protein, grill flavor, smoke flavor, beef stock, salt, sodium phosphate) <b>Pepperoni:</b> Beef, salt, water, dextrose, natural spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, Citric acid
Pizza-HS round crust-various toppings	<b>Crust:</b> Flour (enriched wheat, malted barley, ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) water, sugar, yeast, contains less than 2% of the following :: partially hydrogenated soybean

	<p>and cottonseed oils, salt, guar gum, soy flour, monoglycerides, L-Cysteine hydrochloride, enzymes.</p> <p><b>Sausage:</b> Beef; water, textured vegetable protein (soy flour, soy protein concentrate, isolated soy protein, caramel color), salt, seasoning (sugar, spices, hydrolyzed corn protein, spice extractives), beef flavor (hydrolyzed soy protein, autolyzed yeast extract, beef flavor, hydrolyzed corn protein, grill flavor, smoke flavor, beef stock, salt, sodium phosphate)</p> <p><b>Pepperoni:</b> Beef, salt, water, dextrose, natural spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, Citric acid</p> <p><b>Mushrooms:</b> Mushrooms, water, salt, citric acid, ascorbic acid, calcium disodium, EDTA</p>
Potatoes, Roasted Red	Red potatoes, olive oil, minced garlic, salt, pepper, crushed rosemary
Potato rounds, Tater Tots	Potatoes, Vegetable Oil Shortening, Salt, Sodium Acid Pyrophosphate (to Promote Color Retention), and Dextrose
Potato Triangle	Potatoes, partially hydrogenated vegetable shortening (soybean oil and/or palm oil and or beef fat) dehydrated potato, salt, disodium dihydrogen pyrophospha, dextrose.
Pudding	Skim milk, water, sugar, partially hydrogenated soybean oil, corn starch-modified, corn starch, contains 2% or less of cocoa (processed with alkali) salt, sodium stearoyl lactylate, mono and diglycerides, artificial flavor.
Ravioli	Tomatoes (water, tomato puree) water, ground beef, enriched wheat macaroni with fortified protein made with casein (wheat flour, malted barely flour, niacin, iron, thiamine mononitrate, riboflavin, casein, wheat gluten, nicotinic acid, thiamine hydrochloride, riboflavin, reduced iron) less than 2% high fructose corn syrup, carrots, crackermeal (wehat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), salt, onions, citric acid, soybean lecithin, flavorings, caramel coloring and soybean oil.
Relish	Corn sweetners, pickles, distilled vinegar, salt, mustard seed, xanthan gum sodium benzoate and potassium sorbate, alum, red bell pepper, turmeric, natural spice flavors, polysorbate 80, pickles (cucumbers, water, salt, vinegar) high fructose corn syrup, cabbage, corn syrup, distilled vinegar, salt dextrose, natural flavoring, sodium benzoate and potassium sorbate, xanthan gum, alum locust bean and guar gum, dehydrated red bell pepper, turemeric, oleoresin, FD & C yellow #5, blue #1, polysorbate 80.
Ribique Sandwich	<p><b>Ribique Patty</b>-Ground beef (not more than 26% fat), honey barbecue sauce (high fructose corn syrup, distilled vinegar, tomato paste, corn syrup, honey, molasses, water, salt, natural flavor, modified corn starch, natural hickory smoke flavor, spices, onion powder, garlic powder, sodium benzoate caramel color, sugar) water, textured vegetable protein (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, malic acid, sodium acetate, lactose, fumaric acid, artificial flavorings) powdered Worcestershire sauce (corn syrup solids, salt, garlic powder, sugar, spices, soy sauce solids (wheat soybeans, salt, maltodextrin, caramel color) tamarinds, flavor) spices, spice extractive, onion powder, smoke flavor, garlic powder) honey, slat, sodium phosphates.</p> <p><b>BUN:</b> Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, contains 2% or less: salt, sesame seeds, yeast, wheat gluten, soybean and or cottonseed oil, cellulose gel, leavening (sodium acid pyrophosphate, sodium bicarbonate, diammonium phosphate), yeast nutrients, dough conditioners (one or more of : calcium peroxide, mono and diglycerides) calcium propionate, soy lecithin, cornstarch, soy flour.</p>

Rice Bowl Bar-Elem, MS	Brown Rice and diced chicken (light and dark meat) in Szechuan sauce: <b>Szechuan-</b> , water, sugar, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate), garlic, soybean oil, chili powder, Tabasco sauce hot pepper sauce, therm flo (made from refined waxy corn) chicken stock (chicken meat and natural chicken juices, salt, rendered chicken fat, yeast extract, corn syrup, dried whey, natural flavoring, wine, Carmel color, turmeric) <b>Toppings offered-</b> scallions, cilantro, carrot coins, broccoli, red pepper strips.
Rice Bowl Bar-HS	Brown Rice with choice of diced chicken (light and dark meat) in sauces: <b>Thai Peanut-</b> peanut butter, honey, garlic, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate), ground ginger. <b>Szechuan-</b> , water, sugar, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate) (water, wheat, soybeans, salt, lactic acid, sodium benzoate) garlic, soybean oil, chili powder, Tabasco sauce hot pepper sauce, therm flo (made from refined waxy corn) chicken stock (chicken meat and natural chicken juices, salt, rendered chicken fat, yeast extract, corn syrup, dried whey, natural flavoring, wine, Carmel color, turmeric) <b>Toppings offered-</b> Dry roasted peanuts blanched peanuts, soybean oil, salt), scallions, cilantro, pea pods, carrot coins, broccoli, red pepper strips, chow mien noodles.
Rice, Brown	Long grain parboiled brown rice, water, butter
Rice, Mexican	Brown rice, chicken base, water, tomato sauce (tomatoes, salt, garlic powder, onion powder, red pepper, natural flavorings, citric acid. (tomato concentrate (water, tomato paste), salt, onion powder, garlic powder, natural flavorings, citric acid), onion, garlic powder, chili powder
Rice, Spanish	Brown rice, water, crushed tomatoes, brown sugar, celery, onion, butter, Worcestershire sauce, chili powder, salt.
Rice, Vegetable	Brown rice, carrots, onions, minced garlic, cilantro, water, vegetable oil, salt, chicken base (salt, sugar, chicken fat, MSG, seasoning blend (dextrose, turmeric, natural flavoring and coloring, garlic)
Rotini Hot Dish	Ground beef, beef base*( beef, hydrolyzed vegetable protein, salt, sugar, chicken fat, dehydrated onions, caramel color, disodium inosinate, disodium guanylated flavoring), TVP*(soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vit.A, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin and cyanocobalamin), dried onions, tomato stretch*( modified corn starch, dextrose, citric acid, paprika, beet powder, salt),crushed tomatoes(tomatoes, salt, citric acid), sugar, brown sugar, salt, black pepper, oregano, basil, garlic powder and fennel PASTA: Semolina, grain and legume flour blend (lentils, chickpeas, oats, spelt, barley, egg whites, ground flaxseed and wheat fiber) niacin, ferrous lactate (iron) thiamine mononitrate, riboflavin, folic acid; Cheddar cheese, mozzarella cheese.
Sage Dressing	Bread cubes, seasoned with sage; Chicken base: (roasted chicken, salt hydrolyzed wheat gluten flavorings ((hydrolyzed corn soy wheat gluten protein, yeast extract, torula yeast)) sugar, maltodextrin, chicken extract, chicken fat, carrot powder, mushroom powder, turmeric, disodium inosinate, disodium guanylate, xanthan gum); celery, onion, butter.
<b>Salads, Entree</b>	Romaine, spinach, iceberg lettuce blend with various topping options:

<p><b>Meat/Meat alternatives</b></p>	<p><b>Diced chicken:</b> Diced chicken (light and dark meat)  <b>Cheese:</b> American cheese (milk, salt, cheese culture, enzymes, water, cream soy lecithin, carotenol.  Or  <b>Shredded cheddar cheese</b>  Or  <b>Egg:</b> Hard boiled egg</p> <p>Garnish of carrots, zucchini, jicama, celery, grape tomato, or cucumber slice.</p>
<p>Salsa, commodity</p>	<p>Tomato concentrate (water, tomato pasta),tomatoes, jalapeno peppers, modified food starch, vinegar, salt, dehydrated onion, chilies, spice, natural flavor.</p>
<p>Sandwich Bar-HS</p>	<p><b>Turkey Breast:</b> Turkey breast, water, modified corn starch, contains less than 2% of sodium lactate, salt, sugar, carrageenan, sodium phosphates, sodium diacet nitrite  <b>Turkey Ham:</b> Cured turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite  <b>Wheat Flour:</b> Enriched flour, malted barley flour, niacin, iron, thiamin mononitrate (Vit B1) Riboflavin,(Vit.B2) folic acid, water, wheat bran, high fructose corn syrup, wheat gluten, yeast, contains 2% or less of each of the following: whole wheat flour, rye, triticale, oats, flax meal, salt, distilled vinegar, vegetable oil (soybean and/or cottonseed oil) molasses, brown sugar, calcium sulfate, dough conditioners (may contain one or more of the following: mono and di glycerides, ethoxylated mono and diglycerides, sodium stearoyl lactylate, calcium peroxide, enzymes, ascorbic acid, azodicarbonamide) corn flour, soy lecithin, soy flour  <b>CHEESE:</b> American cheese (milk, salt, cheese culture, enzymes, water, cream soy lecithin, carotenol.</p>
<p>Sandwich, SUMMER Hoagie</p>	<p><b>Turkey Breast:</b> Turkey breast, water, modified corn starch, contains less than 2% of sodium lactate, salt, sugar, carrageenan, sodium phosphates, sodium diacet nitrite  <b>Turkey Ham:</b> Cured turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite  <b>CHEESE:</b> (milk, salt, cheese culture, enzymes, water, cream soy lecithin, carotenol  <b>BUN:</b> Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.</p>
<p>Sandwich, SUMMER St. Paul Hero</p>	<p><b>Canadian style turkey ham:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrate.  <b>BUN:</b> Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.  <b>CHEESE:</b> (milk, salt, cheese culture, enzymes, water, cream soy lecithin, carotenol</p>
<p>Sandwich, SUMMER Stacker</p>	<p><b>Turkey Breast:</b> Turkey breast, water, modified corn starch, contains less than 2% of sodium lactate, salt, sugar, carrageenan, sodium phosphates, sodium diacet nitrite  <b>Canadian style turkey ham:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrate.  <b>CHEESE:</b> (milk, salt, cheese culture, enzymes, water, cream soy lecithin,</p>

	<p>carotenol</p> <p><b>BUN:</b> Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.</p>
Sandwich, SUMMER Sub	<p><b>Turkey Breast:</b> Turkey breast, water, modified corn starch, contains less than 2% of sodium lactate, salt, sugar, carrageenan, sodium phosphates, sodium diacet nitrite</p> <p><b>Turkey Ham:</b> Cured turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite</p> <p><b>Bun:</b> Enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid, water, whole wheat flour, high fructose corn syrup, yeast, wheat gluten, soybean and/or cottonseed oil, butter (cream, salt), salt, calcium sulfate, calcium propionate, distilled vinegar, guar gum, (dough conditioners (mono and diglycerides, ethoxylated mono and diglycerides, sodium and calcium stearyl-2-lactylate, datem calcium peroxide, ascorbic acid, azodicarbonamide, enzymes) yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate, calcium carbonate and/or ammonium chloride) corn starch, yellow corn flour, natural flavor, paprika extract, vitamin D3, soy lecithin, soy flour, sesame seeds</p>
Sandwich, SUMMER Turkey & cheese	<p>Whole wheat white bread( (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid, water, whole wheat flour, brown rice flour, rice bran, wheat gluten, skim milk, high fructose corn syrup, sugar, yeast, butter (cream, salt), calcium sulfate, salt, dough conditioners (may contain mono and diglycerides, ethoxylated mono and diglycerides, sodium stearyl lactylate, calcium peroxide, datem, ascorbic acid, azodicarbonamide, enzymes, guar gum, calcium propionate, distilled vinegar, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate and/or calcium carbonate, corn starch soy lecithin, Vit. D3, soy flour)) <b>Turkey Breast:</b> Turkey breast, water, modified corn starch, contains less than 2% of sodium lactate, salt, sugar, carrageenan, sodium phosphates, sodium diacet nitrite. <b>American cheese:</b> (milk, salt, cheese culture, enzymes, water, cream soy lecithin, carotenol.</p>
Sandwich, Smoked Turkey and Swiss	<p><b>Turkey Ham:</b> Cured turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite</p> <p><b>BUN:</b> Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.</p> <p><b>CHEESE:</b> (milk, salt, cheese culture, enzymes, water, cream soy lecithin, carotenol</p>
Sauce, Cranberry	Fresh cranberries, sugar, orange juice from concentrate, water.
Sauce, Sweet Sour	Water, sugar, distilled vinegar, modified food starch, salt, pineapple juice powder, dehydrated bell peppers and color, oleoresin paprika.
Sausage Biscuit	<p>Biscuit: enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), vegetable shortening (partially hydrogenated palm kernel oil, soy lecithin), vegetable shortening (partially hydrogenated soybean oil), sugar, salt, sodium bicarbonate, amorphous silica, sodium stearyl lactylate; Sausage: pork, water textured soy flour, soy protein concentrate, seasoning (salt, dextrose, cultured whey, spice, spice extractives) dextrose, white pepper.</p>
Sloppy Joe	Ground beef, salt, chili powder, black pepper, beef base( beef, hydrolyzed vegetable protein, salt, sugar, chicken fat, dehydrated onions, caramel

	<p>color, disodium inosinate, disodium guanylated flavoring), TVP*** (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vit.A, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin and cyanocobalamin), dried onions, catsup, (Tomato concentrate made from ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring) chili sauce (tomatoes, corn syrup, vinegar, salt, dehydrated onions, onion powder, spice, and natural flavors), sugar, Tabasco sauce (red pepper, vinegar, salt)</p> <p><b>BUN:</b> Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) water, high fructose corn syrup, yeast, wheat gluten. Contains 2% or less: vegetable oil, salt, dough conditioners, yeast nutrients, cornstarch, soy lecithin, calcium propionate, soy flour.</p>
Soup, Beef Barley	<p>Beef crumbles (beef, water, textured vegetable protein (soy flour, soy protein concentrate, isolated soy protein, caramel color) salt, seasoning (sugar, spiced, hydrolyzed corn protein, spice extractives) beef flavor (hydrolyzed soy protein, autolyzed yeast extract, beef flavor, hydrolyzed soy protein, grill flavor (from vegetable oil, smoke flavor, beef stock, salt) sodium phosphate), water, onions, garlic, canned diced tomatoes, pearled barley, celery, carrots, basil leaf, bay leaves, Beef stock (roasted beef and natural juices, corn syrup, corn oil, autolyzed yeast extract, chicken fat, salt, caramel color, natural flavor and wine) barley, mixed vegetables containing corn, carrots, and green beans.</p>
Soup, Chicken Rice	<p><b>Diced chicken</b> light and dark meat. <b>Broth:</b> Water, chicken stock (chicken meat and natural chicken juices, salt, rendered chicken fat, yeast extract, corn syrup, dried whey, natural flavoring, wine, Carmel color, turmeric), celery, carrots, onions, parsley, white pepper, celery seed. <b>Brown Rice.</b></p>
Soup, Chicken Rotini Veg	<p><b>Diced chicken</b> light and dark meat. <b>Broth:</b> Water, chicken stock (chicken meat and natural chicken juices, salt, rendered chicken fat, yeast extract, corn syrup, dried whey, natural flavoring, wine, Carmel color, turmeric), celery, carrots, onions, parsley, white pepper, celery seed. <b>Rotini:</b> Semolina, grain and legume flour blend (lentils, chickpeas, oats, spelt, barley, egg whites, ground flaxseed and wheat fiber) niacin, ferrous lactate (iron) thiamine mononitrate, riboflavin, folic acid</p>
Soup, Tomato	<p>Tomato puree (tomato paste, water) water, wheat flour, high fructose corn syrup, salt, ascorbic acid, soybean oil, spice, natural flavoring, onion powder, garlic powder, powdered milk, water</p>
Soup, Wisconsin cheese	<p>Cheese, pasteurized processed American (milk, salt, cheese culture, enzymes, water, cream soy lecithin, carotenol ); water, carrots, celery, onions, green peppers, paprika, cayenne pepper, black pepper, soup base (shortening powder, ((sodium caseinate, dipotassium phosphate, sodium silicoatuminat)), wheat flour, modified corn starch, hydrolyzed corn protein, sugar, onion powder, salt, soybean oil, disodium inosinate, disodium guanylate, spices, artificial )</p>
Soy Sauce (LaChoy)	<p>Water, salt, hydrolyzed soy protein, corn syrup, caramel color, potassium sorbate.</p>
Squash, Baked	<p>Fresh squash, vegetable oil spray</p>
Steak Fries	<p>Potatoes, vegetable oil (partially hydrogenated soybean and/or canola oil), dextrose, disodium dihydrogen pyrophosphate.</p>
Strawberry cup	<p>Strawberries, strawberry puree, sugar</p>
Sub Sandwich-offered daily at Elementary schools	<p><b>French Bread</b>(Ultra grain whole wheat flour, White bread flour, enriched, yeast, salad oil (made from soybean oil) Super Crisp Base 7 (dextrose, salt, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, DATEM, emulsifier (mono and diglycerides, TBHQ and citric acid, dough conditioner</p>

	<p>(wheat flour, salt, calcium sulfate, calcium peroxide) soybean oil, ascorbic acid, enzyme (wheat flour, amylase) L-cysteine, azodicarbonamide)  Caravan Strong Do (wheat gluten, cornstarch, soy flour, dough conditioners-vegetable calcium stearoyl-2lactylate, vegetable shortening-partially hydrogenated soybean, cotton seed and/or canola oil) water), Ultra Grain Whole Wheat flour, sugar, vital wheat gluten  <b>Turkey Breast:</b> Turkey breast meat, turkey broth. Contains less than 2% of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring.  <b>Turkey Ham:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite.  <b>Shredded lettuce</b></p>
Sweet Potato Applesauce Casserole	Sweet potatoes (Sweet potatoes, water, corn syrup, sugar) Applesauce (USDA), granulated sugar, cinnamon.
Sweet Potato Fries	Sweet potatoes, high oleic canola oil, modified food starch, rice flour, dextrin, salt, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate) dextrose, xanthan gum, yellow 5 & 6.
Sweet Potato Pie	Sweet potatoes (sweet potatoes, water, corn syrup and sugar), whole eggs, cinnamon, ginger, salt, nutmeg, wheat flour, brown sugar, nonfat dry milk, vanilla, water. Crust: wheat flour, salt, vegetable shortening, water.
Sweet sour sauce	Water, sugar, distilled vinegar, modified corn starch, salt, pineapple juice powder, dehydrated red and green bell peppers, colored with oleoresin paprika
Taco Bar-HS	<p><b>Corn shell:</b> Enriched limed corn (limed corn, niacin, iron, thiamin mononitrate, riboflavin, folic acid) partially hydrogenated soybean oil  <b>Soft shell:</b> Enriched Bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil) contains 2% or less of the following: sugar, salt, baking powder (sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), vital wheat gluten, monoglycerides, potassium sorbate, calcium propionate and or sodium propionate, fumaric acid, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate)  <b>Taco Meat:</b> Beef, salt, water, dextrose, natural spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, Citric acid.  <b>Refried Beans:</b> Beans, water, vegetable oil, garlic  <b>Spanish Rice:</b> Brown rice, water, crushed tomatoes, brown sugar, celery, onion, butter, Worcestershire sauce, chili powder, salt.  <b>Corn with peppers:</b> Whole kernel corn, water, salt, green peppers, red peppers.  <b>Spanish Rice:</b> Brown rice, water, crushed tomatoes, brown sugar, celery, onion, butter, Worcestershire sauce, chili powder, salt.</p>
Sub Sandwich-offered daily at Elementary schools	<p><b>French Bread</b>(Ultra grain whole wheat flour, White bread flour, enriched, yeast, salad oil (made from soybean oil) Super Crisp Base 7 (dextrose, salt, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, DATEM, emulsifier (mono and diglycerides, TBHQ and citric acid, dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide) soybean oil, ascorbic acid, enzyme (wheat flour, amylase) L-cysteine, azodicarbonamide)  Caravan Strong Do (wheat gluten, cornstarch, soy flour, dough conditioners-vegetable calcium stearoyl-2lactylate, vegetable shortening-partially hydrogenated soybean, cotton seed and/or canola oil) water), Ultra Grain Whole Wheat flour, sugar, vital wheat gluten</p>

	<p><b>Turkey Breast:</b> Turkey breast meat, turkey broth. Contains less than 2% of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring.</p> <p><b>Turkey Ham:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite.</p> <p><b>Shredded lettuce</b></p>
Sub Sandwich-offered daily at Elementary schools	<p><b>French Bread</b>(Ultra grain whole wheat flour, White bread flour, enriched, yeast, salad oil (made from soybean oil) Super Crisp Base 7 (dextrose, salt, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, DATEM, emulsifier (mono and diglycerides, TBHQ and citric acid, dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide) soybean oil, ascorbic acid, enzyme (wheat flour, amylase) L-cysteine, azodicarbonamide) Caravan Strong Do (wheat gluten, cornstarch, soy flour, dough conditioners-vegetable calcium stearoyl-2lactylate, vegetable shortening-partially hydrogenated soybean, cotton seed and/or canola oil) water), Ultra Grain Whole Wheat flour, sugar, vital wheat gluten</p> <p><b>Turkey Breast:</b> Turkey breast meat, turkey broth. Contains less than 2% of salt, sodium lactate, cultured corn syrup solids, modified food starch, sugar, sodium phosphate, flavoring.</p> <p><b>Turkey Ham:</b> Turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite.</p> <p><b>Shredded lettuce</b></p>
Tarter sauce	Water, vinegar, soybean oil, chopped pickles, sugar, high fructose corn syrup, modified food starch, contains less than 2% of salt, onions, eggs, egg yolks, mustard flour, xanthan gum, parsley, potassium sorbate and calcium disodium EDTA, artificial color, natural and artificial flavor, natural flavor, paprika, spice, garlic
Tater Tot Hotdish	Beef crumbles (Beef crumbles (beef, water, textured vegetable protein (soy flour, soy protein concentrate, isolated soy protein, caramel color) salt, seasoning (sugar, spiced, hydrolyzed corn protein, spice extractives) beef flavor (hydrolyzed soy protein, autolyzed yeast extract, beef flavor, hydrolyzed soy protein, grill flavor (from vegetable oil, smoke flavor, beef stock, salt) sodium phosphate) Mixed Vegetables( carrots, corn, green beans and peas) Cream of Mushroom Soup (water, mushrooms, vegetable oil-corn or cottonseed and or canola-modified food starch, wheat flour, salt, soy protein concentrate, MSG, cream powder (cream, soy lecithin, yeast extract, spice extract, dehydrated garlic) Tater Tots (potato, vegetable oil shortening, salt, sodium acid pyrophosphate, dextrose.)
Teriyaki Sauce	Brown sugar, sugar, modified food starch, maltodextrin, white wine solids, sodium diacetate, spices, garlic, tetra sodium pyrophosphate, and can caramel color
Texas Toast	<b>BREAD:</b> Enriched wheat flour (wheat flour, barley malt, niacin, ferrous sulfate, thiamine mononitrate, riboflavin) whey, water, high fructose corn syrup. Contains 2 % or less soybean oil, yeast, salt, dough conditioners, (monoglycerides, sodium stearoyl lactylate, polysorbate 60, calcium peroxide, enzymes) yeast nutrients, calcium propionate, butter.
Thai Peanut Noodles with Chicken	Diced chicken, spaghetti noodles (Semolina, grain and legume flour blend (lentils, chickpeas, oats, spelt, barley, egg whites, ground flaxseed and wheat fiber) niacin, ferrous lactate (iron) thiamine mononitrate, riboflavin, folic acid) Sauce: peanut butter, honey, garlic, soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate), ground ginger.

	Served with peanuts, scallions and cilantro
Tortilla, soft flour-8 "	Enriched Bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil) contains 2% or less of the following: sugar, salt, baking powder (sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), vital wheat gluten, monoglycerides, potassium sorbate, calcium propionate and or sodium propionate, fumaric acid, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate)
Tuna Salad	Tuna fish, water, vegetable broth (contains soy, salt) mayonnaise (soybean oil, water, egg yolks, vinegar, corn syrup, salt, spice, calcium disodium EDTA to protect flavor) celery, corn syrup, bread crumbs (wheat flour, yeast, sugar, salt) sweet relish.
Veggies, Fresh	Consist of (upon availability): baby carrots, celery sticks, cucumber slices, jicama sticks, sliced red onions, peas, grape tomatoes, zucchini sticks.
Waffle, Cinnamon Toast	Enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, whey, sugar, partially hydrogenated soybean oil and/or cottonseed oil, eggs, water, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), cinnamon, salt, calcium carbonate, soy lecithin, niacinamide, reduced iron, yellow #5, vitamin A palmitate, thiamin hydrochloride, riboflavin, pyridoxine hydrochloride, yellow #6, vitamin B12.
Yogurt-Upstate Farms	<b>Raspberry:</b> Cultured pasteurized Grade A Nonfat milk, sugar, modified corn starch, red raspberries, whey natural flavors, black currant juice concentrate, potassium sorbate, citric acid, carob bean gum, gellan gum, tricalcium phosphate, purple carrot concentrate, Vit. D3 <b>Strawberry:</b> Cultured pasteurized Grade A Nonfat milk, sugar, modified corn starch, strawberries, whey natural flavors, potassium sorbate, citric acid, carob bean gum, gellan gum, tricalcium phosphate, purple carrot concentrate, Vit. D3 <b>Strawberry Banana:</b> Cultured pasteurized Grade A Nonfat milk, sugar, modified corn starch, strawberries, bananas, whey natural flavors, potassium sorbate, citric acid, carob bean gum, gellan gum, annatto, tricalcium phosphate, purple carrot concentrate, Vit. D3
Yogurt Parfait with Strawberries	Yogurt: Cultured grade A lowfat milk, sugar, corn syrup, nonfat dry milk, food starch-modified, gelatin, carrageenan, natural flavors, citric acid and potassium sorbate. Strawberries: Whole frozen strawberries, sugar. Served with Granola.

All ingredient information is based upon labels included with products or received from vendors and manufacturers.