Warren County Community Services
570 N. State Route 741
Lebanon, OH 45036

Nutrition Services Office
513-695-2256
513-695-2231

Ingredient & Nutritional Information for Menu Items
Dear Meals on Wheels™ Clients,

This booklet provides you with meal storage and preparation instructions for refrigerator fresh, frozen and hot meals. It contains ingredient information for all of the menu items on the WCCS menus, so that you can identify any foods that might contain items you are allergic to. It also includes nutritional information regarding protein, carbohydrate, sodium, fat, cholesterol and calories in each serving. Additional information will be given to you if we should add new items to our menu.

If you have any questions regarding the information contained in this booklet, please feel free to contact me at 513-695-2234 or 513-695-2231.

Sincerely,

Amy Houpey, CDM, CFPP, MBM

Amy Houpey, CDM, CFPP, MBM
Food Service Director
Meals on Wheels™
Storage & Preparation Instructions:

• Keep refrigerator fresh meals refrigerated at or below 41°F until you are ready to eat
• Keep frozen meals frozen until you are ready to eat
• Consume hot meals as soon as you receive them

Heating Instructions:

• When HEATING, vent the plastic sections with a fork or pull back the corner of each food section to vent. **CAUTION!** Steam will be HOT when removing the film after cooking!
  - To heat in a **MICROWAVE**: Heat the meal for 2-3 minutes on high or until the food reaches 165 degrees (Begin with two minutes and increase the time if needed.)
  - To heat in a **CONVENTIONAL OVEN**: Place the meal on a cookie sheet in the middle of the oven. Heat in oven preheated to 350°F - for 15-20 minutes

• **CAUTION**: NEVER use a toaster oven to heat your Meals on Wheels™ meal

WCCS strives to ALWAYS bring you the highest quality services. If you WILL NOT be home to receive your meal, or have any questions or concerns, please call: 513-695-2256 or 937-425-2256
## Ingredients

**Apple Cinnamon Muffin:** enriched wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, water, sugar, soybean oil, eggs, apple filling (apples, sugar, water), modified corn starch, cinnamon, salt, potassium carbonate, nutmeg, apple juice (apples, potassium carbonate), modified food starch, leavening (sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), soy flour, emulsifiers (polyglycerol esters, mono & diglycerides, sodium stearoyl lactylate), nonfat dry milk, dextrose, egg albumin, salt, cinnamon, nutmeg. Contains: egg, milk, soy, wheat; is processed in a facility that produces products with tree nuts.

**Puff Pastry Sheets:** enriched wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, palm and soybean oil, water, salt, monocalcium phosphate, calcium peroxide, and azodicarbonamide), yeast nutrients (calcium sulfate, ammonium chloride), vegetable fat (coconut, palm, and palm kernel fatty acids, soybean oil), water, salt, potassium sorbate, natural and artificial flavors.

**Banana Muffin:** enriched wheat flour (malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, water, soybean oil, applesauce (apples, potassium carbonate), modified food starch, leavening (sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), soy flour, emulsifiers (polyglycerol esters, mono & diglycerides, sodium stearoyl lactylate), nonfat dry milk, dextrose, egg albumin, salt, natural B artificial flavor.

**Cheerios:** whole grain oat, sugar, salt, tripotassium phosphate, wheat starch, vitamin E (mixed tocopherols) added to preserve freshness, vitamins B minerals: calcium carbonate, iron B zinc (mineral nutrients), vitamin C (sodium ascorbate), vitamin D (calcium pantothenate), vitamin A (palmitate), vitamin B, (thiamin mononitrate, vitamin B, (folic acid), vitamin B, vitamin B

## Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Carbohydrate</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ea</td>
<td>190</td>
<td>0 mg</td>
<td>0 mg</td>
<td>27 g</td>
<td>3 mg</td>
<td>117</td>
<td>3 g</td>
</tr>
</tbody>
</table>

**Blueberry Muffin:** enriched wheat flour (malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, soybean oil, blueberries, eggs, modified food starch, leavening (sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), soy flour, emulsifiers (polyglycerol esters, mono & diglycerides, sodium stearoyl lactylate), nonfat dry milk, dextrose, egg albumin. Contains: egg, milk, soy, wheat; is processed in a facility that produces products with tree nuts.

**Biscuit:** enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean and cottonseed oil, buttermilk, sugar, baking soda, salt, natural & artificial flavors.

**Breadstick:** enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), water, sugar, soybean oil, contains 2% or less of: salt, yeast (yeast, sorbitan monostearate, ascorbic acid), wheat flour, malted barley flour, autolyzed yeast, artificial parmesan cheese flavor, calcium propionate (preservative), natural and artificial garlic flavor (with garlic powder), monoglycerides with ascorbic acid and citric acid (antioxidants), artificial cheese flavor: lactose acid, calcium lactate, wheat starch, ascorbic acid, enzymes. Contains: wheat, soy.

**Bun:** wheat flour, water, corn syrup, yeast, soybean oil, contains 2% or less of salt, wheat gluten, dough conditioners (monoglycerides, calcium pantothenate, and azodicarbonamide), yeast nutrients (calcium sulfate, ammonium chloride), calcium propionate (preservative), corn starch, wheat starch.

**Cheerios:** whole grain oats, corn starch, sugar, salt, tripotassium phosphate, wheat starch, vitamin E (mixed tocopherols) added to preserve freshness, vitamins B minerals: calcium carbonate, iron B zinc (mineral nutrients), vitamin C (sodium ascorbate), vitamin D (calcium pantothenate), vitamin A (palmitate), vitamin B (thiamin mononitrate, vitamin B, (folic acid), vitamin B, vitamin B

**Chocolate Chip Muffin:** enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, water, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin emulsifier, vanilla), canola oil, eggs, dextrose, milk, whey, modified corn starch, leavening (sodium aluminum phosphate, baking soda), salt, calcium acetate, xanthan gum, soy flour. Contains: egg, milk, soy, wheat; is processed in a facility that produces products with tree nuts.

**Cheerios:** whole grain oat, sugar, salt, tripotassium phosphate, wheat starch, vitamin E (mixed tocopherols) added to preserve freshness, vitamins B minerals: calcium carbonate, iron B zinc (mineral nutrients), vitamin C (sodium ascorbate), vitamin D (calcium pantothenate), vitamin A (palmitate), vitamin B (thiamin mononitrate, vitamin B, (folic acid), vitamin B, vitamin B

**Breadstick:** enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), water, sugar, soybean oil, contains 2% or less of: salt, yeast (yeast, sorbitan monostearate, ascorbic acid), wheat flour, malted barley flour, autolyzed yeast, artificial parmesan cheese flavor, calcium propionate (preservative), natural and artificial garlic flavor (with garlic powder), monoglycerides with ascorbic acid and citric acid (antioxidants), artificial cheese flavor: lactose acid, calcium lactate, wheat starch, ascorbic acid, enzymes. Contains: wheat, soy.

**Bun:** wheat flour, water, corn syrup, yeast, soybean oil, contains 2% or less of salt, wheat gluten, dough conditioners (monoglycerides, calcium pantothenate, and azodicarbonamide), yeast nutrients (calcium sulfate, ammonium chloride), calcium propionate (preservative), corn starch, wheat starch.

**Cheerios:** whole grain oats, corn starch, sugar, salt, tripotassium phosphate, wheat starch, vitamin E (mixed tocopherols) added to preserve freshness, vitamins B minerals: calcium carbonate, iron B zinc (mineral nutrients), vitamin C (sodium ascorbate), vitamin D (calcium pantothenate), vitamin A (palmitate), vitamin B (thiamin mononitrate, vitamin B, (folic acid), vitamin B, vitamin B

**Chocolate Chip Muffin:** enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, water, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin emulsifier, vanilla), canola oil, eggs, dextrose, milk, whey, modified corn starch, leavening (sodium aluminum phosphate, baking soda), salt, calcium acetate, xanthan gum, soy flour. Contains: egg, milk, soy, wheat; is processed in a facility that produces products with tree nuts.
<table>
<thead>
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<th>Ingredients</th>
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<tr>
<td>Corn Muffin: water, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, corn meal, soy oil, whole egg powder, milk powder, baking powder (baking soda, sodium aluminum phosphate), soy flour, salt, vital wheat gluten. Contains: wheat, soy, milk, egg</td>
<td>Serving Size: 1 ea  Calories: 180  Total Fat: 4 g  Cholesterol: 10 mg  Carbohydrate: 31 g  Sodium: 310 mg  Protein: 4 g</td>
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<tr>
<td>Croissant: enriched wheat flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (partially hydrogenated soybean and cottonseed oils, soybean oil, soybean lecithin with mono- and diglycerides, vitamin A palmitate), sugar, contains 2% or less of: leavening (yeast, baking powder [sodium bicarbonate, sodium aluminum phosphate, calcium sulfate, monocalcium phosphate]), non-fat dry milk, salt, dough conditioner (wheat flour, DATEM, dextrose, soybean oil, ascorbic acid, L-cysteine, sodium carbonate [soda], calcium stearoyl-2 lactate, enzymes), eggs, artificial flavors, preservatives (calcium propionate, potassium carbonate, citric acid). Contains: eggs, milk, soy, wheat</td>
<td>Serving Size: 1 ea  Calories: 140  Total Fat: 6 g  Cholesterol: 0 mg  Carbohydrate: 8 g  Sodium: 180 mg  Protein: 3 g</td>
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<td>Dinner Roll: enriched flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), corn starch, wheat gluten, calcium carbonate, natural and artificial flavors, cinnamon, xanthan gum, citric acid, calcium sulfate, sodium stearoyl lactylate, preservatives (calcium propionate, potassium carbonate, calcium propionate), non-fat dry milk, salt, dough conditioner (wheat flour, DATEM, dextrose, soybean oil, ascorbic acid, L-cysteine, sodium carbonate [soda], calcium stearoyl-2 lactate, enzymes), eggs, artificial flavors, paprika. Contains: wheat, soy</td>
<td>Serving Size: 1 ea  Calories: 87  Total Fat: 1.8 g  Cholesterol: 1 mg  Carbohydrate: 15 g  Sodium: 150 mg  Protein: 3 g</td>
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<tr>
<td>Cake Donut: enriched unbleached (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid enzyme) palm oil, sugar, water, soy bean oil, contains less than 2% of the following: defatted sat flour, egg yolks, leavening (sodium acid pyrophosphate, baking soda) dextrose, wheat starch, salt, skim milk, modified wheat starch, potato flour, artificial flavor, sodium stearoyl lactylate. Contains: wheat, soy, milk, egg</td>
<td>Serving Size: 1 ea  Calories: 380  Total Fat: 23 g  Cholesterol: 0 mg  Carbohydrate: 25 g  Sodium: 780 mg  Protein: 4 g</td>
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<tr>
<td>Dressing/Stuffing: bread crumbs (enriched wheat flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], corn meal, sugar, enriched semolina flour [semolina flour, niacin, ferrous sulfate, thiamine mononitrate, folic acid], salt, sunflower oil, yeast, calcium propionate [for freshness]), non-fat dry milk, dehydrated onion &amp; celery, salt, sugar, dehydrated chicken (fat, meat), yeast extract, hydrolyzed soy/wheat protein, dried parsley, onion powder, spices, turmeric (color), natural flavors, corn syrup solids. Contains: wheat, soy, milk</td>
<td>Serving Size: ½ c  Calories: 130  Total Fat: 1 g  Cholesterol: 0 mg  Carbohydrate: 25 g  Sodium: 210 mg  Protein: 3 g</td>
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<tr>
<td>Raisin Bran: whole grain wheat, raisins, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor</td>
<td>Serving Size: 1 c  Calories: 130  Total Fat: 0.5 g  Cholesterol: 0 mg  Carbohydrate: 25 g  Sodium: 210 mg  Protein: 3 g</td>
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<tr>
<td>Danish: enriched bleached flour (wheat flour, malted barley flour, ferric sulfate, reduced iron, niacin, thiamin mononitrate, riboflavin, folic acid), water, sugar, high fructose corn syrup, Palm oil, yeast, (apples or strawberries or cream cheese), partially hydrogenated soybean and cottonseed oils, soybean oil, contains less than 2%, corn syrup, food starch-modified, white rice flour, white, egg whites, salt, eggs, mono- &amp; diglycerides, yellow corn flour, corn starch, wheat gluten, calcium carbonate, natural and artificial flavors, cinnamon, sunflower gum, citric acid, calcium sulfate, sodium stearoyl lactylate, preservatives (sodium benzoate, potassium carbonate, calcium propionate), dextrose, enzymes, sugar, corn flour, potato flour, spice, soy lecithin, guar gum, ascorbic acid and added as dough conditioner, ascorbic acid, sodium bisulfate, citric acid, vitamin a palmitate. Contains: eggs, soy, milk, wheat</td>
<td>Serving Size: 1 ea.  Calories: 300  Total Fat: 7 g  Cholesterol: 0 mg  Carbohydrate: 26 g  Sodium: 480 mg  Protein: 5 g</td>
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<tr>
<td>Tortilla: bleached enriched wheat flour (flour wheat, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- &amp; diglycerides, contains 2% or less of salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, sodium starch (tartaric acid), leavening (yeast, high fructose corn syrup, contains 2% or less of soybean oil, calcium sulfate, sorbic acid), preservatives (calcium propionate, potassium sorbate). Contains: wheat, soy</td>
<td>Serving Size: 1 ea  Calories: 180  Total Fat: 7 g  Cholesterol: 0 mg  Carbohydrate: 26 g  Sodium: 170 mg  Protein: 2 g</td>
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<td>White Bread: enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, contains 2% or less of soybean oil, dough conditioners (monoglycerides, calcium peroxyde), wheat gluten, yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (preservative). Contains: wheat, eggs, milk, soy</td>
<td>Serving Size: 1 slice  Calories: 68  Total Fat: 0.8 g  Cholesterol: 0 mg  Carbohydrate: 12.7 g  Sodium: 130 mg  Protein: 2.2 g</td>
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<tr>
<td>Whole Wheat Bread: enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, wheat bran, yeast, high fructose corn syrup, contains 2% or less of wheat gluten, soybean oil, salt, honey, molasses, invert sugar, corn syrup, wheat starch, dough conditioners (monoglycerides, soy lecithin, calcium peroxyde), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (preservative). Contains: wheat, soy</td>
<td>Serving Size: 1 slice  Calories: 93  Total Fat: 0.9 g  Cholesterol: 0 mg  Carbohydrate: 12 mg  Sodium: 132 mg  Protein: 3.6 g</td>
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</table>
### DAIRY

**Swiss Cheese:** pasteurized part-skim milk, cheese culture, salt, enzymes. *Contains: milk*

**Cottage Cheese:** cultured pasteurized nonfat milk, milk, whey, nonfat dry milk, food starch (corn), guar gum, citric acid, potassium sorbate (preservative), carrageenan, locust bean gum, polysorbate 80, lactic acid, phosphoric acid, natural flavor, soy lecithin, monopotassium phosphate, vitamin A palmitate. *Contains: milk, soy*

### ENTRÉES – BEEF

**Beef & Bean Burrito:** cooked cubed beef, beef broth, maltodextrin, salt, roasted peppers & onion strips, tortilla: bleached enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folate), water, partially hydrogenated soybean and cottonseed oil with mono and diglycerides, contains less than 2% of: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, maltodextrin), salt, caramel color, spices.

**Beef & Macaroni Casserole:** cooked seasoned diced beef steak, caramel color added (beef, water, less than 2% flavoring, multistemtein, salt, dextrose, nature flavors, caramel color, sodium phosphate, hydrolyzed soy protein, soybean oil, spice, disodium inosinate, disodium guanylate), carrots, onions, pataions, celery, modified food starch, contains less than 2% of flavoring (natural flavor, salt, potato maltodextrin), seasoning (potassium chloride, flavor (contains maltodextrin)), salt, caramel color, spices. *Contains: soy*

**Swiss Cheese:** pasteurized part-skim milk, cheese culture, salt, enzymes. *Contains: milk*

**Cottage Cheese:** cultured pasteurized nonfat milk, milk, whey, nonfat dry milk, food starch (corn), guar gum, citric acid, potassium sorbate (preservative), carrageenan, locust bean gum, polysorbate 80, lactic acid, phosphoric acid, natural flavor, soy lecithin, monopotassium phosphate, vitamin A palmitate. *Contains: milk, soy*
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| **Beef Stroganoff**: beef tips (cubed beef, beef broth, maltodextrin, food starch, modified salt), vegetable shortening, onions, black pepper, salt, beef stock, flour, Worcestershire sauce, mushrooms, margarine, sour cream (cream, milk, modified food starch (corn), lactic and citric acid, gelatin, mono and diglycerides, guar gum, potassium sorbate (to preserve freshness)), carrageenans, sodium phosphate, natural and artificial flavor; lactic acid culture. | Serving Size: 4 oz  
Calories: 158  
Total Fat: 28 g  
Cholesterol: 0 mg  
Carbohydrate: 4 g  
Sodium: 198 mg  
Protein: 22 g |
| **Broiled Veal**: veal, beef, water, broad crumbs (blanched white flour, yeast), textured vegetable protein (soy protein concentrate, sucrose, rice flour, calcium carbonate, titanium dioxide, modified corn starch, tricalcium phosphate, citric acid, sodium hydroxide, potassium carbonate, monocalcium phosphate, potassium carbonate), vegetable oil (soybean, cottonseed, corn, and/or canola oil), monosodium glutamate, salt, modified food starch, dry spices, xanthan gum, dehydrated garlic, spice, natural flavor. | Serving Size: 3 oz  
Calories: 280  
Total Fat: 21 g  
Cholesterol: 35 mg  
Carbohydrate: 12 g  
Sodium: 550 mg  
Protein: 11 g |
| **Creamed Chipped Beef**: water, dehydrated garlic, spice, xanthan gum. | Serving Size: 1 ea  
Calories: 380  
Total Fat: 16 g  
Cholesterol: 20 mg  
Carbohydrate: 48 g  
Sodium: 730 mg  
Protein: 14 g |
| **Creameed Chipped Beef**: corned beef cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, flavoring. | Serving Size: 3 oz  
Calories: 130  
Total Fat: 5 g  
Cholesterol: 25 mg  
Carbohydrate: 3.3 g  
Sodium: 320 mg  
Protein: 6.4 g |
| **Cheese Pizza**: skim milk, salt, enzymes), water, vegetable shortening (palm oil, natural flavor), salt, yeast, sugar, salt, modified food starch, spice, dough conditioner (whey, ammonium sulfate, l-cysteine), maltodextrins, garlic, hydrolyzed soy and corn protein, paprika, onion, garlic powder, ascorbic acid. | Contains: wheat, milk, soy |
| **Chilli with Beans**: beef, tomato strips in purée (with salt and citric acid), water, cooked kidney beans, tomato paste, green bell peppers, contains less than 2% of textured vegetable protein (soy protein concentrate, caramel color), dehydrated onion, chili powder (chili pepper, spices, salt, garlic powder) salt, sugar, paprika, extract, caramel color, spices. | Contains: soy |
| **Chinese Pepper Steak**: water, seasoned cooked beef product (beef, water, whey protein concentrate, modified food starch, salt, sodium phosphate, potassium chloride, dextrose, orange juice concentrate, caramel color, orange peel, natural flavors), green peppers, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), tomato purée (water, tomato paste), modified cornstarch, 2% or less of any sauce (water, whey, soybeans, salt), soybean oil, dehydrated onions, sugar, salt, cooked beef, seasonings (hydrolyzed soy protein, salt, caramel color), seasonings (hydrolyzed soy protein, soybean extract), potassium chloride, DEXT, yeast extract, caramel color, seasonings (hydrolyzed soy and corn protein, maltodextrin, yeast, sugar, salt), xanthan gum, dried beef stock, dehydrated garlic, spices, natural flavors. | Contains: milk, soy, wheat |
| **Chinese Style Beef Chilli**: ground beef (no more than 20% fat), water, tomato paste, seasoning (chili and other natural spices, garlic powder, spice extracts including paprika), dehydrated onion, modified food starch, salt, vinegar, dehydrated garlic, spices, xanthan gum. | Contains: milk, soy, wheat |
| **Corned Beef**: corned beef cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, flavoring. | Serving Size: 3 oz  
Calories: 105  
Total Fat: 7 g  
Cholesterol: 25 mg  
Carbohydrate: 3.3 g  
Sodium: 320 mg  
Protein: 6.4 g |
| **Creamed Chipped Beef**: water, sliced smoked beef, (containing chopped, pressed cooked beef, water, salt, sugar corn syrup, monosodium glutamate, artificial flavor, sodium nitrate), cheddar cheese (milk, cheese culture, salt, enzymes), soybean oil, modified food starch, 2% or less of sodium caseinate, sodium citrate, dipotassium phosphate, maltodextrin, salt, cellulose gum, sodium stearoyl lactylate, citric acid, hydrolyzed corn, soy and wheat gluten proteins, yeast, artificial milk flavor; flavoring, natural smoke flavor, dextrose monohydrate and dextrose guanylate. | Contains: milk, soy, wheat |
| **Hamburger**: beef, seasoning (salt, dextrose, natural flavors, spices), natural flavoring, soy lecithin. | Contains: soy |
| **Hot Dog**: beef, water, contains 2% or less of: salt, potassium lactate, flavorings, sugar, sodium phosphates, sodium dextroseate, sodium erythorbate, sodium nitrate, extracts of paprika. | Contains: soy |

**Ingredients Nutrition Facts**

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<td>Contains: milk, soy, wheat</td>
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<td><strong>Broiled Veal</strong>: veal, beef, water, broad crumbs (blanched white flour, yeast), textured vegetable protein (soy protein concentrate, sucrose, rice flour, calcium carbonate, titanium dioxide, modified corn starch, tricalcium phosphate, citric acid, sodium hydroxide, potassium carbonate, monocalcium phosphate, potassium carbonate), vegetable oil (soybean, cottonseed, corn, and/or canola oil), monosodium glutamate, salt, modified food starch, dry spices, xanthan gum, dehydrated garlic, spice, natural flavor.</td>
<td>Contains: wheat, milk, soy</td>
</tr>
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<td><strong>Creamed Chipped Beef</strong>: corned beef cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, flavoring.</td>
<td>Contains: milk, soy, wheat</td>
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<tr>
<td><strong>Cheese Pizza</strong>: skim milk, salt, enzymes), water, vegetable shortening (palm oil, natural flavor), salt, yeast, sugar, salt, modified food starch, spice, dough conditioner (whey, ammonium sulfate, l-cysteine), maltodextrins, garlic, hydrolyzed soy and corn protein, paprika, onion, garlic powder, ascorbic acid.</td>
<td>Contains: wheat, milk, soy</td>
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<td><strong>Chilli with Beans</strong>: beef, tomato strips in purée (with salt and citric acid), water, cooked kidney beans, tomato paste, green bell peppers, contains less than 2% of textured vegetable protein (soy protein concentrate, caramel color), dehydrated onion, chili powder (chili pepper, spices, salt, garlic powder) salt, sugar, paprika, extract, caramel color, spices.</td>
<td>Contains: soy</td>
</tr>
<tr>
<td><strong>Chinese Pepper Steak</strong>: water, seasoned cooked beef product (beef, water, whey protein concentrate, modified food starch, salt, sodium phosphate, potassium chloride, dextrose, orange juice concentrate, caramel color, orange peel, natural flavors), green peppers, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), tomato purée (water, tomato paste), modified cornstarch, 2% or less of any sauce (water, whey, soybeans, salt), soybean oil, dehydrated onions, sugar, salt, cooked beef, seasonings (hydrolyzed soy protein, salt, caramel color), seasonings (hydrolyzed soy protein, soybean extract), potassium chloride, DEXT, yeast extract, caramel color, seasonings (hydrolyzed soy and corn protein, maltodextrin, yeast, sugar, salt), xanthan gum, dried beef stock, dehydrated garlic, spices, natural flavors.</td>
<td>Contains: milk, soy, wheat</td>
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<td><strong>Chinese Style Beef Chilli</strong>: ground beef (no more than 20% fat), water, tomato paste, seasoning (chili and other natural spices, garlic powder, spice extracts including paprika), dehydrated onion, modified food starch, salt, vinegar, dehydrated garlic, spices, xanthan gum.</td>
<td>Contains: milk, soy, wheat</td>
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<td><strong>Corned Beef</strong>: corned beef cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, flavoring.</td>
<td>Contains: milk, soy, wheat</td>
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<td><strong>Creamed Chipped Beef</strong>: water, sliced smoked beef, (containing chopped, pressed cooked beef, water, salt, sugar corn syrup, monosodium glutamate, artificial flavor, sodium nitrate), cheddar cheese (milk, cheese culture, salt, enzymes), soybean oil, modified food starch, 2% or less of sodium caseinate, sodium citrate, dipotassium phosphate, maltodextrin, salt, cellulose gum, sodium stearoyl lactylate, citric acid, hydrolyzed corn, soy and wheat gluten proteins, yeast, artificial milk flavor; flavoring, natural smoke flavor, dextrose monohydrate and dextrose guanylate.</td>
<td>Contains: milk, soy, wheat</td>
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<td><strong>Hamburger</strong>: beef, seasoning (salt, dextrose, natural flavors, spices), natural flavoring, soy lecithin.</td>
<td>Contains: soy</td>
</tr>
<tr>
<td><strong>Hot Dog</strong>: beef, water, contains 2% or less of: salt, potassium lactate, flavorings, sugar, sodium phosphates, sodium dextroseate, sodium erythorbate, sodium nitrate, extracts of paprika.</td>
<td>Contains: soy</td>
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</tbody>
</table>
Ingredients

Meatloaf: beef, mechanically separated chicken, water, vegetable protein product (soy protein concentrate, corn starch, sodium caseinate, modified corn starch, sodium phosphate, disodium phosphate, xanthan gum, citric acid, natural flavor, phosphoric acid), sugar, high fructose corn syrup, onion powder, salt, spices, dehydrated garlic, dehydrated onion, spices, high fructose corn syrup, salt, onion powder, sugar, natural flavors.

Nutrition Facts

Serving Size: 3 oz
Calories: 210
Total Fat: 12 g
Cholesterol: 50 mg
Carbohydrate: 4 g
Sodium: 460 mg
Protein: 14 g

Meatloaf: ground beef (not more than 98% fat), water, catup (tomato concentrate, high fructose corn syrup, vinegar, corn syrup, salt, onion powder, spices, natural flavors), vegetable protein product (soy protein concentrate, zinc oxide, sodium caseinate, ferric sulfate, copper gluconate, vitamin A palmitate, calcium carbonate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)).

Nutrition Facts

Serving Size: 3 oz
Calories: 190
Total Fat: 11 g
Cholesterol: 35 mg
Carbohydrate: 9 g
Sodium: 610 mg
Protein: 12 g

Meat Sauce for Pasta: beef crumbles: beef, water, textured vegetable protein (soy protein concentrate, corn starch), textured vegetable protein (soy flour, corn starch, water, soy lecithin), high fructose corn syrup, salt, modified food starch, dehydrated garlic, dehydrated onion, spices, dehydrated garlic, natural flavor.

Nutrition Facts

Serving Size: 3 oz
Calories: 155
Total Fat: 7 g
Cholesterol: 20 mg
Carbohydrate: 9 g
Sodium: 480 mg
Protein: 13 g

Paparroni Calzone: crust: whole wheat flour, enriched flour (enriched bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, sugar, soybean oil, instant dry yeast, salt, baking soda, baking powder, parmesan cheese powder (less than 2% sodium silicocyanate added), cheese: low moisture part-skim mozzarella cheese (part skim milk cultures and/or milk powder, cheese cultures, modified food starch, salt, vitamin A palmitate and enzymes), methylcellulose, sauce: water, tomato paste, spice mix (sugar, spices, dehydrated garlic and onion, salt, parley flakes), beef paparroni: (natural smoke flavoring added, BHA, BHT, and citric acid (to help protect flavor)), beef, salt, dehydrated lactic acid starter culture, nutritional flavaings (alimonin of paprika, natural smoking flavoring, dehydrated garlic, sodium nitrite, BHA, BHT, citric acid), basting: (grated parmesan cheese [pasteurized part skim milk, cheese cultures, salt, enzymes, anti-caking agent (starch, modified food starch)], soybean oil, spice mix (sugar, spices, dehydrated garlic and onion, salt, parley flakes), garlic powder)

Nutrition Facts

Serving Size: 1 ea
Calories: 240
Total Fat: 13 g
Cholesterol: 300 mg
Carbohydrate: 35 g
Sodium: 510 mg
Protein: 20 g

Pot Roast: beef, water, and less than 2% off flavor (beef broth, soy sauce (water, wheat, soybeans, salt, sodium benzoate), natural flavoring, beef fat, corn starch, maltodextrin, cultured whey, beef fat, onion powder, sugar, garlic powder, salt, modified food starch, yeast extract, potato starch, beef powder, caacal acid), shortening (rendered beef fat, cottonseed oil) corn oil, salt, sodium phosphate, butter flavor (maltodextrin, natural butter flavor), caramel color, beer flavor (maltodextrin, beer [malted barley, corn syrup, hops, yeast]), spice, flavoring.

Nutrition Facts

Serving Size: 3 oz
Calories: 290
Total Fat: 21 g
Cholesterol: 82 mg
Carbohydrate: 8.5 g
Sodium: 770 mg
Protein: 22 g

Rasau Beef: beef, water, and less than 2% of flavor (beef stock, soy sauce (water, wheat, soybeans, salt, sodium benzoate), natural flavoring, beef fat, corn pavement, red meat, corn starch, cultured whey, corn starch, onion powder, sugar, garlic powder, salt, modified food starch, yeast extract, potato starch, beef powder, lactic acid), shortening (rendered beef fat, cottonseed oil, corn oil, salt, sodium phosphate, butter flavor (maltodextrin, natural butter flavor)), caramel color, beer flavor (maltodextrin, beer [malted barley, corn syrup, hops, yeast]), spice, flavoring.

Nutrition Facts

Serving Size: 3 oz
Calories: 290
Total Fat: 21 g
Cholesterol: 82 mg
Carbohydrate: 8.5 g
Sodium: 770 mg
Protein: 22 g

Salisbury Steak: ground beef (not more than 30% fat), water, vegetable protein product (soy protein concentrate, corn starch, sodium caseinate, modified corn starch, sodium phosphate, xanthan gum, dehydrated onion, spices, dehydrated garlic, natural flavor, phosphoric acid), sugar, high fructose corn syrup, onion powder, spices, dehydrated onion, dehydrated onion, modified corn starch, spice extractives), bread crumbs (bleached wheat flour, soybean oil, dehydrate, lauminated (sodium pyrophosphate, sodium bicarbonate), whey, alimonin of paprika), salt, sodium phosphate.

Nutrition Facts

Serving Size: 3 oz
Calories: 210
Total Fat: 14 g
Cholesterol: 48 mg
Carbohydrate: 4 g
Sodium: 350 mg
Protein: 14 g

Sloppy Joes: beef, water, tomato paste, textured vegetable protein (soy protein concentrate, corn starch), sugar, vinegar, green bell peppers, salt, dehydrated onion, sodium phosphates, dehydrated red bell peppers, chili powder (chili pepper, spices, salt, garlic powder), dehydrated garlic, sucrose gum, paprika extract, sucrose caramel color.

Nutrition Facts

Serving Size: 3 oz
Calories: 170
Total Fat: 10 g
Cholesterol: 35 mg
Carbohydrate: 8.5 g
Sodium: 440 mg
Protein: 12 g

Stuffied Cabbage Roll: rice (water, rice, rice, niacin, thiamine, mononitrate, folic acid), onion, 2% or less of bread crumbs (bleached wheat flour, sugar, contains 2% or less of salt, partially hydrogenated vegetable oil (soybean oil and/or cottonseed oil), yeast, soybean milk, modified corn starch, sugar, dehydrated onions, pasteurized whey protein concentrate [contains milk], salt, bleached enriched wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], potassium chloride, spices, natural flavor, dehydrated garlic.

Nutrition Facts

Serving Size: 1 ea
Calories: 200
Total Fat: 8 g
Cholesterol: 20 mg
Carbohydrate: 22 g
Sodium: 860 mg
Protein: 9 g

Nutrition Facts

Serving Size: 3 oz
Calories: 210
Total Fat: 12 g
Cholesterol: 50 mg
Carbohydrate: 4 g
Sodium: 460 mg
Protein: 14 g

Nutrition Facts

Serving Size: 3 oz
Calories: 190
Total Fat: 11 g
Cholesterol: 35 mg
Carbohydrate: 9 g
Sodium: 610 mg
Protein: 12 g

Nutrition Facts

Serving Size: 3 oz
Calories: 155
Total Fat: 7 g
Cholesterol: 20 mg
Carbohydrate: 9 g
Sodium: 480 mg
Protein: 13 g

Nutrition Facts

Serving Size: 1 ea
Calories: 240
Total Fat: 13 g
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Carbohydrate: 35 g
Sodium: 510 mg
Protein: 20 g

Nutrition Facts

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Nutrition Facts

Serving Size: 3 oz
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Serving Size: 3 oz
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<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stuffed Pepper: green peppers, water, cooked beef, tomato paste, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), blackened, enriched long-grain parboiled rice (water, rice, iron, niacin, thiamin, mono- and di-iodine, riboflavin, folic acid), blackened, enriched broccoli (water, rice, iron, thiamin, mono- and di-iodine, riboflavin, folic acid), dehydrated onion, dehydrated garlic, blackened, enriched white rice (rice, iron, thiamin, mono- and di-iodine, riboflavin, folic acid), dehydrated onion, dehydrated garlic.</td>
<td>Serving Size: 1 ea Calories: 651 Total Fat: 6 g Cholesterol: 175 mg Sodium: 439 mg Protein: 11 g</td>
</tr>
<tr>
<td>Swiss Steak: Salisbury steak (ground beef, not more than 20% fat), water, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferric sulfate, copper gluconate, vitamin A palmitate, calcium phosphate, thiamin mononitrate, riboflavin, folic acid), blackened, enriched broccoli (water, rice, iron, thiamin, mono- and di-iodine, riboflavin, folic acid), hydrolyzed soy, corn and wheat proteins, corn starch, partially hydrogenated soybean and cottonseed oils**, wheat, yeast extract, onion powder, 2% or less of sugar, soybean oil, caramel color (contains sulfites), xanthan gum, soy sauce (wheat, soybean, salt), garlic powder, dehydrated onion, dehydrated garlic, artificial flavor, natural flavor, shredded parmesan cheese: pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose (anti-caking agent).</td>
<td>Serving Size: 3 oz Calories: 212 Total Fat: 14 g Cholesterol: 450 mg Sodium: 610 mg Protein: 19 g</td>
</tr>
<tr>
<td>Veal Parmesan: ground veal (beef, veal, ground beef, not more than 30% fat, water, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferric sulfate, copper gluconate, vitamin A palmitate, calcium phosphate, thiamin mononitrate, riboflavin, folic acid), hydrolyzed soy, corn and wheat proteins, corn starch, partially hydrogenated soybean and cottonseed oils**, wheat, yeast extract, onion powder, 2% or less of sugar, soybean oil, caramel color (contains sulfites), xanthan gum, soy sauce (wheat, soybean, salt), garlic powder, dehydrated onion, dehydrated garlic, artificial flavor, natural flavor, shredded parmesan cheese: pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose (anti-caking agent)).</td>
<td>Serving Size: 3 oz Calories: 345 Total Fat: 48 g Cholesterol: 48 mg Sodium: 832 mg Protein: 16 g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast Burrito: tortilla (blackened, enriched flour wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, salt, gua gum, baking powder (corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, L-cysteine (dough conditioner)); scrambled eggs (whole eggs, skim milk, soybean oil, modified corn starch, salt, xanthan gum, liquid pepper extract, citric acid, butter flavor (butter, cream, lipolyzed butter oil, medium-chain triglycerides), natural and artificial flavors, soybean oil, annatto extract)); cooked sausage (ground pork (no more than 20% fat), salt, spices, dehydrated brown gravy made in a facility that also processes egg ingredients &amp; adds a trivial amount of trans fat); shredded cheddar cheese: (pasteurized milk, cheese culture, salt, enzymes and annatto). Monterey jack cheese (cultured pasteurized milk, salt, enzymes), tomatoes (tomato paste, tomato juice, citric acid, calcium chloride), contains 2% or less of modified food starch, rehydrated green bell pepper, vegetable oil, salt, citric acid; pepper powder, spices, natural flavors, mustard, hydrolyzed soy protein, dehydrated onion, dehydrated garlic, natural flavor; shredded parmesan cheese: pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose (anti-caking agent).</td>
<td>Serving Size: 1 ea Calories: 250 Total Fat: 12 g Cholesterol: 60 mg Sodium: 530 mg Protein: 17 g</td>
</tr>
<tr>
<td>Cheese Omelet: whole eggs, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto color); water, whole milk powder, soybean oil, modified food starch, salt, xanthan gum, citric acid.</td>
<td>Serving Size: 1 ea Calories: 180 Total Fat: 13 g Cholesterol: 305 mg Sodium: 393 mg Protein: 17 g</td>
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<tr>
<td>Breakfast Casserole: water, cooked sausage (pork, salt, spices, monosodium glutamate), gravy mix (partially hydrogenated soybean oil and/or cottonseed oil, modified food starch, enriched blended flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn syrup solids, salt, sodium caseinate, 1% MILK DERIVATIVE); monoglycerides, dextrose, dehydrated onion, dextrose, nutritional yeast; artificial flavor, color and flavor; dehydrated onion, dextrose, dehydrated garlic, dehydrated brown gravy.</td>
<td>Serving Size: 6 oz Calories: 107 Total Fat: 23 g Cholesterol: 255 mg Carbohydrate: 18 g Sodium: 950 mg Protein: 18 g</td>
</tr>
<tr>
<td>Egg Salad: eggs, mayonnaise (soybean oil, egg yolks, salt), high fructose corn syrup, distilled vinegar, mustard (distilled vinegar, mustard seed, salt, spices), water, salt, onions, bread crumbs (blackened, enriched wheat flour, yeast, sugar, salt), mustard (distilled vinegar, mustard seed, salt, spices), texturized soy flour, salt, pea vegetable extract, potassium carbonate (to retard spoilage), glucose, delta lactone, onion powder, garlic powder, spices.</td>
<td>Serving Size: 3 oz Calories: 220 Total Fat: 18.75 g Cholesterol: 225 mg Carbohydrate: 3.75 g Sodium: 277 mg Protein: 7.5 g</td>
</tr>
<tr>
<td>Scrambled Egg: whole eggs, water, modified food starch, salt, citric acid, gua gum.</td>
<td>Serving Size: 1 ea Calories: 60 Total Fat: 3 g Cholesterol: 175 mg Carbohydrate: 1 g Sodium: 135 mg Protein: 5 g</td>
</tr>
<tr>
<td>Egg Patties: whole eggs, water, modified food starch, salt, citric acid, gua gum.</td>
<td>Serving Size: 1 ea Calories: 45 Total Fat: 2 g Cholesterol: 90 mg Carbohydrate: 1 g Sodium: 140 mg Protein: 5 g</td>
</tr>
</tbody>
</table>

**Serving Size** = 1 ea

**Calories** = 45

**Total Fat** = 2 g

**Carbohydrate** = 1 g

**Sodium** = 140 mg

**Protein** = 5 g
## ENTRÉES – PORK

### Ingredients

**BBQ Pork Riblets:** grilled pork (not more than 30% fat), honey barbecue sauce (high fructose corn syrup, corn syrup, distilled vinegar, tomato paste, corn syrup, honey, red peppers, water, salt, natural flavor, modified corn starch, natural hickory smoke flavor, spices, onion powder, garlic powder, onion powder, brown sugar, artificial flavoring), spices, spice extractive, onion powder, smoke flavor, garlic powder, honey, salt, sodium phosphates. Contains: wheat, soy, milk

**Roast Pork:** ground pork (not more than 20% fat), water, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), riboflavin (B2), folic acid, cyanocobalamin (B12)), seasoning (tomato powder, dextrose, brown sugar, artificial flavoring (maleic acid, sodium acetate, lactose, fumaric acid, artificial flavorings)), powdered Worcestershire sauce (corn syrup solids, salt, garlic powder, sugar, spices, soy sauce [wheat, soybeans, salt, maltodextrin, caramel color], tamarind flavor), spices, spice extractive, onion powder, smoke flavor, garlic powder, honey, salt, sodium phosphates. Contains: wheat, soy, milk

**Breaded Pork Chop:** ground pork (not more than 20% fat), water, soy protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), riboflavin (B2), folic acid, cyanocobalamin (B12)), onion powder, smoke flavor, garlic powder, honey, salt, sodium phosphates. Contains: wheat, soy, milk

**Tenderloin & Shell:** pork loin, beef (not more than 30% fat), water, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), riboflavin (B2), folic acid, cyanocobalamin (B12)), seasoning (tomato powder, dextrose, brown sugar, artificial flavoring (maleic acid, sodium acetate, lactose, fumaric acid, artificial flavorings)), powdered Worcestershire sauce (corn syrup solids, salt, garlic powder, sugar, spices, soy sauce [wheat, soybeans, salt, maltodextrin, caramel color], tamarind flavor), spices, spice extractive, onion powder, smoke flavor, garlic powder, honey, salt, sodium phosphates. Contains: wheat, soy, milk

**Goetta:** pork 8 beef, pork 6 beef broth, steel cut oats, pork hearts, onions, salt, slices, monosodium glutamate. Contains: MSG

**Ham Salad:** ham cured with water, dextrose, potassium lactate, sodium phosphate, sodium erythorbate, sodium nitrite flavoring), salt dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, egg yolks [egg yolks, salt], mustard [distilled vinegar, mustard seed, salt, spices], salt, modified wheat starch, citric acid, sodium diacetate, spice, guar gum, xanthan gum, color [propylene glycol, polysorbate 80, turmeric, annatto, potassium hydroxide, red 40], calcium disodium EDTA, dried to rula yeast), sweet relish (pickles, corn syrup, distilled vinegar, water, salt, red peppers, xanthan gum, natural flavors, calcium chloride, polyosorbate 80, sodium benzoate, color (yellow 5)), sugar, onions, cracker meal (bleached wheat flour), xanthan gum.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BBQ Pork Riblets</strong></td>
<td>250</td>
<td>17 g</td>
<td>50 mg</td>
<td>45 g</td>
<td>12 g</td>
<td>670 mg</td>
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<tr>
<td><strong>Roast Pork</strong></td>
<td>210</td>
<td>6.5 g</td>
<td>65 mg</td>
<td>43 g</td>
<td>9 g</td>
<td>705 mg</td>
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<tr>
<td><strong>Breaded Pork Chop</strong></td>
<td>180</td>
<td>15 g</td>
<td>35 mg</td>
<td>48 g</td>
<td>14 g</td>
<td>460 mg</td>
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<tr>
<td><strong>Tenderloin &amp; Shell</strong></td>
<td>140</td>
<td>5 g</td>
<td>6 g</td>
<td>50 g</td>
<td>15 g</td>
<td>275 mg</td>
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<tr>
<td><strong>Ham Salad</strong></td>
<td>115</td>
<td>5.25 g</td>
<td>43 mg</td>
<td>33 g</td>
<td>12 g</td>
<td>295 mg</td>
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<tr>
<td><strong>Goetta</strong></td>
<td>95</td>
<td>5 g</td>
<td>4 mg</td>
<td>39 g</td>
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<td>255 mg</td>
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<td><strong>Ham Salad</strong></td>
<td>75</td>
<td>3.5 g</td>
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<td><strong>Pulled Pork BBQ</strong></td>
<td>65</td>
<td>2.25 g</td>
<td>2 mg</td>
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<td><strong>Rack Pork</strong></td>
<td>55</td>
<td>1.5 g</td>
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<td>5 g</td>
<td>115 mg</td>
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<tr>
<td><strong>Sausage Links and Patties</strong></td>
<td>45</td>
<td>1 g</td>
<td>2 mg</td>
<td>19 g</td>
<td>4 g</td>
<td>95 mg</td>
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<tr>
<td><strong>Sausage and Shells</strong></td>
<td>30</td>
<td>0.5 g</td>
<td>1 mg</td>
<td>15 g</td>
<td>3 g</td>
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### ENTRÉES - POULTRY

#### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Apricot Glazed Chicken</strong></td>
<td>Chicken breast meat with rib meat, water, modified food starch, seasoning (salt, potassium chloride, natural flavors (maltodextrin), sodium phosphates), apricot glaze (apricot halves, sugar, water, lemon juice)</td>
</tr>
<tr>
<td><strong>White Chicken Chili W/Beans</strong></td>
<td>water, cooked great northern beans, cooked seasoned chicken white meat with juices (chicken white meat, water, salt, sodium phosphate) onions, modified food starch, contains less than 2% of seasoning (potassium chloride, flavor [contains maltodextrin], salt, spices, chili powder [chili pepper, spices, salt, garlic powder], dehydrated garlic)</td>
</tr>
<tr>
<td><strong>Boneless Chicken Wings</strong></td>
<td>boneless, skinless chicken breast chunks with rib meat, water, seasoning (maltodextrin, salt, sugar, chicken stock, vegetable stock [carrot, onion, celery, flavors, carrageenan, gelatin, spices]), sodium bicarbonate, salt, modified food starch, breaded with wheat flour, water, salt, wheat gluten, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate, sodium acid pyrophosphate), spices, garlic powder, dehydrated garlic, yellow corn flour, onion powder, extractives of paprika &amp; turmeric, disodium inosinate &amp; disodium guanylate, spice extractive; breading set in vegetable oil. Contains: wheat</td>
</tr>
<tr>
<td><strong>Breaded Chicken PATTIES</strong></td>
<td>chicken breast with rib meat, water, isolated soy protein, vegetable protein product (soy protein concentrate, sodium caseinate, soy lecithin), fructose, salt, spice, benzoate, sodium phosphate, disodium inosinate, disodium guanylate, vitamin C, natural flavorings, oleoresin paprika and annatto extract (color) ; breading set in vegetable oil. Contains: soy, wheat</td>
</tr>
<tr>
<td><strong>BBQ Chicken</strong></td>
<td>chicken breast with rib meat, water, modified food starch, seasoning (salt, potassium chloride, natural flavors (maltodextrin), sodium phosphates), apricot glaze (apricot halves, sugar, water, lemon juice)</td>
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</tbody>
</table>

#### Nutrition Facts

<table>
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<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
<th>Protein</th>
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<tr>
<td>6 oz</td>
<td>160</td>
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<td>30 mg</td>
<td>420 mg</td>
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<tr>
<td>6 oz</td>
<td>135</td>
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<td>45 mg</td>
<td>550 mg</td>
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<td>12 g</td>
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<tr>
<td>6 oz</td>
<td>155</td>
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<td>40 mg</td>
<td>580 mg</td>
<td>14 g</td>
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<tr>
<td>6 oz</td>
<td>240</td>
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<td>50 mg</td>
<td>500 mg</td>
<td>20 g</td>
<td>20 g</td>
</tr>
<tr>
<td>6 oz</td>
<td>270</td>
<td>50 mg</td>
<td>50 mg</td>
<td>580 mg</td>
<td>16 g</td>
<td>22 g</td>
</tr>
<tr>
<td>6 oz</td>
<td>210</td>
<td>30 mg</td>
<td>30 mg</td>
<td>480 mg</td>
<td>13 g</td>
<td>16 g</td>
</tr>
<tr>
<td>6 oz</td>
<td>250</td>
<td>35 mg</td>
<td>35 mg</td>
<td>480 mg</td>
<td>16 g</td>
<td>18 g</td>
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<tr>
<td>6 oz</td>
<td>230</td>
<td>32 mg</td>
<td>32 mg</td>
<td>480 mg</td>
<td>15 g</td>
<td>20 g</td>
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<tr>
<td>6 oz</td>
<td>225</td>
<td>30 mg</td>
<td>30 mg</td>
<td>480 mg</td>
<td>15 g</td>
<td>20 g</td>
</tr>
<tr>
<td>6 oz</td>
<td>210</td>
<td>25 mg</td>
<td>25 mg</td>
<td>480 mg</td>
<td>15 g</td>
<td>20 g</td>
</tr>
</tbody>
</table>

#### Additional Information

- **Chow Mein**
  - Water, cooked chicken breast (chicken breast, water, isolated soy protein product [isolated soy protein, modified food starch, starch, carrageenan, gelatin, flavors, fructose, salt, spices], bean sprouts [bean sprouts, water, salt, ascorbic acid, citric acid], carrots, water chestnuts, red peppers, sugar snap peas, celery, soy sauce [water, wheat, soybean, salt, alcohol, vinegar, lactic acid], onions) contains 2% or less of modified food starch, rendered chicken fat, brown sugar, chicken powder, onion powder, modified cornstarch, partially hydrogenated cottonseed oil and/or soybean oil, beef extract, mushroom), onion powder (dextrose, gum Arabic, onion extractives), garlic powder (dextrose, gum Arabic, garlic extractives), spices, salt, flavoring, lactic acid, caramel color, dextrose, turmeric. Contains: soy, wheat

### Ingredients

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Chicken Breast with Broccoli &amp; Cheese Stuffing</strong></td>
<td>chicken breast with rib meat (marinated up to 8% with a solution of water, rice starch, sodium phosphate, roasted chicken, salt, sugar, onion powder, natural flavoring), broccoli, pasteurized process Swiss and American cheese (Swiss cheese [cultured milk &amp; skim milk, salt, enzymes], American cheese [cultured milk, salt, enzymes], cream, sodium phosphate, salt), bleached wheat flour, water; contains 2% or less of: wheat, yellow corn flour, salt, buttermilk powder, dehydrated, soybean oil, spice. Ramune &amp; Parmesan cheese (pasteurized cow's milk, cheese culture, salt, sodium silicate [anti-caking], corbic acid [preservative], enzymes), yeast, leavening (monocalcium phosphate, sodium bicarbonate), dehydrated paprika and annatto extract (color)in natural flavorings, dehydrated turmeric (color) pre-browned in vegetable oil. Contains: milk, wheat</td>
</tr>
</tbody>
</table>

#### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
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<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
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<tbody>
<tr>
<td>1 ea</td>
<td>230</td>
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<td>45 mg</td>
<td>590 mg</td>
<td>18 g</td>
<td>10 g</td>
</tr>
<tr>
<td>6 oz</td>
<td>225</td>
<td>12 mg</td>
<td>47 mg</td>
<td>590 mg</td>
<td>18 g</td>
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<tr>
<td>6 oz</td>
<td>210</td>
<td>11 mg</td>
<td>45 mg</td>
<td>590 mg</td>
<td>18 g</td>
<td>10 g</td>
</tr>
</tbody>
</table>

#### Additional Information

- **Chicken Breast with Broccoli & Cheese Stuffing**
  - Chicken breast with rib meat (marinated up to 8% with a solution of water, rice starch, sodium phosphate, roasted chicken, salt, sugar, onion powder, natural flavoring), broccoli, pasteurized process Swiss and American cheese (Swiss cheese [cultured milk & skim milk, salt, enzymes], American cheese [cultured milk, salt, enzymes], cream, sodium phosphate, salt), bleached wheat flour, water; contains 2% or less of: wheat, yellow corn flour, salt, buttermilk powder, dehydrated, soybean oil, spice. Ramune & Parmesan cheese (pasteurized cow's milk, cheese culture, salt, sodium silicate [anti-caking], corbic acid [preservative], enzymes), yeast, leavening (monocalcium phosphate, sodium bicarbonate), dehydrated paprika and annatto extract (color) in natural flavorings, dehydrated turmeric (color) pre-browned in vegetable oil. Contains: milk, wheat

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chicken Chow Mein</strong></td>
<td>water, cooked chicken breast (chicken breast, water, isolated soy protein product [isolated soy protein, modified food starch, starch, carrageenan, gelatin, fructose, salt, spices], bean sprouts [bean sprouts, water, salt, ascorbic acid, citric acid], carrots, water chestnuts, red peppers, sugar snap peas, celery, soy sauce [water, wheat, soybean, salt, alcohol, vinegar, lactic acid], onions) contains 2% or less of modified food starch, rendered chicken fat, brown sugar, chicken powder, onion powder, modified cornstarch, partially hydrogenated cottonseed oil and/or soybean oil, beef extract, mushroom), onion powder (dextrose, gum Arabic, onion extractives), garlic powder (dextrose, gum Arabic, garlic extractives), spices, salt, flavoring, lactic acid, caramel color, dextrose, turmeric. Contains: soy, wheat</td>
</tr>
</tbody>
</table>

#### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 oz</td>
<td>225</td>
<td>12 mg</td>
<td>47 mg</td>
<td>590 mg</td>
<td>18 g</td>
<td>10 g</td>
</tr>
<tr>
<td>6 oz</td>
<td>210</td>
<td>11 mg</td>
<td>45 mg</td>
<td>590 mg</td>
<td>18 g</td>
<td>10 g</td>
</tr>
<tr>
<td>6 oz</td>
<td>205</td>
<td>10 mg</td>
<td>45 mg</td>
<td>590 mg</td>
<td>18 g</td>
<td>10 g</td>
</tr>
</tbody>
</table>

### Additional Information

- **Chicken Chow Mein**
  - Water, cooked chicken breast (chicken breast, water, isolated soy protein product [isolated soy protein, modified food starch, starch, carrageenan, gelatin, fructose, salt, spices], bean sprouts [bean sprouts, water, salt, ascorbic acid, citric acid], carrots, water chestnuts, red peppers, sugar snap peas, celery, soy sauce [water, wheat, soybean, salt, alcohol, vinegar, lactic acid], onions) contains 2% or less of modified food starch, rendered chicken fat, brown sugar, chicken powder, onion powder, modified cornstarch, partially hydrogenated cottonseed oil and/or soybean oil, beef extract, mushroom), onion powder (dextrose, gum Arabic, onion extractives), garlic powder (dextrose, gum Arabic, garlic extractives), spices, salt, flavoring, lactic acid, caramel color, dextrose, turmeric. Contains: soy, wheat
Ingredients

Chicken Caron Bleu: chicken breast with rib meat (marinated up to 8% with a solution of water, rice flour, starch, sodium phosphate, season rice chicken, salt, sugar, onion powder, natural flavorings), pasteurized process Swiss cheese (Swiss cheese [cultured milk and skim milk, salt, enzymes], American cheese (cultured milk, salt, enzymes), cream, sodium phosphate, salt), cooked flame water added (cured with water, salt, dehydrate, sodium phosphate, sodium ascorbate, sodium nitrite), enriched bleached wheat flour (with rice, enriched, iron, thiamin mononitrate, riboflavin, folic acid), water, contains less than 2% of: whey, yellow corn flour, salt, buttermilk powder, dehydrate, soybean oil, spices, flavors, and parmesan cheese (pasteurized cow's milk, cheese cultures, salt, sodium silicoaluminate [anti-caking], enzymes), yeast, leavening (monocalcium phosphate, sodium bicarbonate), oleoresin paprika and annato extract (color), natural flavorings, artificial turmeric (color), pre-browned in vegetable oil. Contains: milk, wheat, soy.

Chicken Dumplings: slim milk, bleached dumphlings water, enriched flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), eggs, soybean oil, salt, cooked chicken leg meat, soybean oil, 2% or less of cooked mechanically separated chicken, modified cornstarch, salt, bleached wheat flour, mushroom base (soybean flour, salt, hydrolyzed soy, corn and wheat proteins, salt, palm oil, soybean oil, maltodextrin, modified cornstarch, onion powder, 2% or less of corn oil, canola oil, natural flavoring; mushroom juice concentrate, caramel color, garlic juice concentrate, xanthan gum, lactic acid), sugar, dehydrated onions, seasoning (hydrolyzed wheat gluten, yeast extract, lactic acid), chicken broth, stock, natural flavors, L-methionine), spices, turmeric, natural flavors. Contains: milk, egg, soy, wheat.

Chicken Stir Fry chicken breast strips: chicken breast meat with rib meat, water, seasoning (salt, maltodextrin, dehydrated garlic, spices, natural flavoring (from partially hydrolyzed cottonseed and soybean oil), dehydrated onion, modified food starch, natural flavorings, corn syrup solids), soy protein concentrate, tapioca starch, sodium phosphate, roasted peppers & onions (onions, bell peppers, soybean oil, seasoning (dehydrated garlic & onion, corn starch, salt, sugar, spices, mekosse powder, cellulose gum, yeast extract, citric acid, natural flavors, dehydrate, extractives of paprika, caramel color). Contains: soy.

Chicken Fettuccini Alfredo: skim milk, bleached fettuccini pasta (water, whole wheat flour (durum whole wheat flour, semolina), dried egg whites), cooked chicken tenderloin (chicken tenderloin, water, seasonsing, modified cornstarch, sugar, potassium chloride, yeast extract, dehydrate, spices, onion powder, garlic powder, paprika), soybean oil, isolated soy protein, salt, sodium phosphate), water, broccoli, carrots, soybean oil, red peppers, cream, 2% or less of parmesan and asiago cheese blend (with water, parmesan cheese [cultured milk, salt, enzymes], asiago cheese [cultured milk, salt, enzymes], enzyme modified parmesan cheese [cultured milk, water, salt, enzymes], whey, salt), modified cornstarch, parmesan cheese papa (granular and parmesan cheese (wheat starch, cheese cultures, natural flavors, luteine), spices, turmeric, natural flavors. Contains: milk, egg, soy, wheat.

Chicken Parmesan: chicken breast with rib meat (marinated up to 8% with a solution of water, rice flour, starch, sodium phosphate, natural flavorings; butter (cream, milk, salt, annatins [color]), bleached wheat flour, water, corn syrup solids), soy protein concentrate, tapioca starch, sodium phosphate, roasted peppers & onions (onions, bell peppers, soybean oil, seasoning (dehydrated garlic & onion, corn starch, salt, sugar, spices, mekosse powder, cellulose gum, yeast extract, citric acid, natural flavors, dehydrate, extractives of paprika, caramel color). Contains: milk, egg, soy, wheat.

Chicken Noodle Casserole: skim milk, water, cooked chicken meat (chicken breast, water, modified tapioca starch, salt, sodium phosphate), bleached enriched egg noodles (water, enriched durum flour (durum flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), eggs, carrots, celery, 2% or less of modified cornstarch, chicken fat, bleached wheat flour, soybean oil, cooked mechanically separated chicken, salt, mushroom base (sauteed mushrooms, sugar, hydrolyzed soy, corn and wheat proteins, salt, palm oil, soybean oil, maltodextrin, modified cornstarch, onion powder, 2% or less of corn oil, canola oil, natural flavors, mushroom juice concentrate, caramel color, garlic juice concentrate, xanthan gum, lactic acid), sugar, seasoning (hydrolyzed wheat gluten, yeast extract, lactic acid), dehydrated onions, potassium chloride, DQTM, chicken flavor (yeast extract, chicken powder, salt, natural flavors, L-methionine), spices, turmeric, natural flavors. Contains: milk, egg, soy, wheat, mushrooms.

Chicken Pot Pie: filling: water, cooked diced chicken meat white, carrots, onions, peas, celery, modified food starch, cream sauce base (coconut oil, corn syrup solids, cream powder (pasteurized sweet cream, skim milk solids, sodium caseinate, kefir, BHT), modified food starch, sodium caseinate, soy lecithin, surulsipato sauce, monoglycerides, xanthan gum, titanium dioxide), chicken base (fractionated mechanically separated chicken, sugar, hydrolyzed wheat gluten, salt, chicken fat, onion powder, dixodim inosinate, dixodim guanylate, extractive of turmeric, spices extractives), contains less than 2% of seasonings (potassium chloride, flavor (contains maltodextrin)), salt, dehydrated garlic, sauce, dehydrated parsley, crust, puff pastry sheet: enriched flour (wheat flour, malted barley flour, rice, inos, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean and cottonseed oil, water, salt, monosodium phosphate, artificial color. Contains: wheat, soy, milk.

Chicken & Dumplings: water, cooked diced chicken meat white, carrots, onions, peas, celery, modified food starch, cream sauce base (coconut oil, corn syrup solids, cream powder (pasteurized sweet cream, skim milk solids, sodium caseinate, kefir, BHT), modified food starch, sodium caseinate, soy lecithin, dextrose, monoglycerides, xanthan gum, titanium dioxide), chicken base (fractionated mechanically separated chicken, sugar, hydrolyzed wheat gluten, salt, chicken fat, onion powder, dixodim inosinate, dixodim guanylate, extractive of turmeric, spices extractives), contains less than 2% of seasonings (potassium chloride, flavor (contains maltodextrin)), salt, dehydrated garlic, sauce, dehydrated parsley, basami rice. Contains: milk, soy, wheat.

Chicken Taco Meat: chicken breast, tomato paste, textured vegetable protein product (soy flour), modified food starch, contains less than 2% of dehydrated onion, seasoning (potassium chloride, flavor (contains maltodextrin)), chili powder, salt, dehydrated garlic, vinegar, spices.

Grilled Chicken Romano: milk, bleached macaroni product (water, semolina, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), cooked white meat chicken (white meet chicken, water, seasoning (salt, maltodextrin, garlic, sugar, spices, dehydrate, yeast extract, carrageenan, orange peel, onion, soybean oil, chicken fat, paprika, chicken broth, dried celery, natural flavor), isolated soy protein, modified food starch, caramel coloring, maltodextrin, sodium phosphate, canola oil), broccoli, carrots, yellow peppers, onions, 2% or less of parmesan cheese (cultured milk, salt, enzymes), Romano cheese (made from cow's milk), pasteurized milk cheese culture, salt, enzymes), modified cornstarch, bleached enriched wheat flour (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, contains less than 2% of: whey, yellow corn flour, salt, buttermilk powder, dehydrate, soybean oil, spices, flavors and parmesan cheese (pasteurized cow's milk, cheese cultures, salt, sodium silicoaluminate [anti-caking], enzymes), yeast, leavening (monocalcium phosphate, sodium bicarbonate), oleoresin paprika and annato extract (color), natural flavorings, artificial turmeric (color), pre-browned in vegetable oil. Contains: milk, soy, wheat.

Nutrition Facts

<table>
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<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
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</table>
| Chicken Salad: chicken, white salad dressing, soybean oil, water, vinegar, | Serving Size: 3 oz  
| sugar, egg, polka, starch, modified food starch, salt, mustard flour, paprika, | Calories: 210  
| spices, natural flavor (may contain soy), dried garlic, celery, sugar, corn | Total Fat: 14 g  
| syrup, salt, citric acid, carrageenan, spices.  
| Contains: egg, soy                                                             | Cholesterol: 30 mg  
| Carbohydrate: 3 g  
| Protein: 9 g                                                                   |                                                                                  |
| Chicken Teriyaki: chicken breast meat with rib meat, water, modified food   | Serving Size: 3 oz  
| starch, seasoning (salt, potassium chloride, natural flavors (maltodextrin)), | Calories: 140  
| sodium phosphates, glaze: water, sugar, soy sauce (water, wheat, soybeans, | Total Fat: 4.5 g  
| salt), distilled vinegar, modified corn starch, orange juice concentrate,   | Cholesterol: 50 mg  
| caramel color.  
| Contains: soy                                                                | Carbohydrate: 9 g  
| Protein: 16 g                                                                 |                                                                                  |
| Shredded Chicken Taco Meat: chicken, water, tomato paste, textured vegetable | Serving Size: 3 oz  
| protein product (soy flour), modified food starch, contains less than 2% of  | Calories: 62  
| dehydrated onion, seasoning (potassium chloride, flavor (contains             | Total Fat: 1.4 g  
| maltodextrin)), chili pepper, salt, dehydrated garlic, vinegar, spices.       | Cholesterol: 25 mg  
| Contains: soy                                                                | Carbohydrate: 4 g  
| Protein: 8 g                                                                 |                                                                                  |
| Italian Chicken Breast: skinless boneless chicken breast fillets with rib     | Serving Size: 3 oz  
| meat, water, seasoning (corn syrup solids, salt, sugar, garlic powder,      | Calories: 120  
| spices, hydrolyzed corn, soy and wheat gluten protein, parsley, onion        | Total Fat: 2.5 g  
| powder, natural flavor, soybean oil), isolated soy protein product           | Cholesterol: 60 mg  
| (isolated soy protein, modified food starch, unmodified corn starch,        | Carbohydrate: 8 g  
| carrageenan, with less than 2% soy lecithin), Romano cheese (made from      | Sodium: 700 mg  
| pasteurized part skim cows milk, cheese, cultures, salt and enzymes),      | Protein: 22 g  
| sodium phosphates.  
| Contains: milk, milk, milk.                                                   |                                                                                  |
| Fried Chicken Legs: young fryer drumsticks, water, isolated soy protein,     | Serving Size: 2 ea  
| salt, sodium phosphate; breaded with enriched bleached wheat flour (wheat    | Calories: 260  
| flour, malted barley flour enriched with niacin, iron, thiamine mononitrate, | Total Fat: 14 g  
| riboflavin, folic acid), salt, spices, wheat gluten, monosodium glutamate,  | Cholesterol: 80 mg  
| garlic powder, extractives of paprika; breading set in vegetable oil.  
| Contains: soy, wheat                                                         | Carbohydrate: 8 g  
| Protein: 22 g                                                                 |                                                                                  |
| Grilled Chicken Breast: Chopped and Formed with Rib Meat: chicken breast     | Serving Size: 3 oz  
| meat with rib meat, water, modified food starch, seasoning (salt, potassium | Calories: 130  
| chloride, natural flavors (maltodextrin)); sodium phosphates.                | Total Fat: 6 g  
| Cholesterol: 6 g  
| Carbohydrate: 3 g  
| Protein: 15 g                                                                 |                                                                                  |
| Grilled Chicken: chicken breast meat with rib meat, water, modified food     | Serving Size: 3 oz  
| starch, seasoning (salt, potassium chloride, natural flavors (maltodextrin)),  | Calories: 130  
| sodium phosphates, glaze: water, sugar, soy sauce (water, wheat, soybeans, | Total Fat: 6 g  
| salt), distilled vinegar, modified corn starch, orange juice concentrate,   | Cholesterol: 55 mg  
| caramel color.  
| Contains: soy                                                                | Carbohydrate: 3 g  
| Protein: 15 g                                                                 |                                                                                  |
| Lemon Pepper Chicken: chicken breast meat with rib meat, water, modified     | Serving Size: 3 oz  
| food starch, seasoning (salt, potassium chloride, natural flavors             | Calories: 130  
| (maltodextrin), sodium phosphates, lemon pepper seasoning: salt, black      | Total Fat: 6 g  
| pepper, onion, sugar, corn oil, garlic, spice, calcium stearate (to prevent  | Cholesterol: 55 mg  
| caking), calcium phosphate (to prevent caking), corn starch, lemon oil, FD&C  | Carbohydrate: 3 g  
| yellow #5 aluminum lake.  
| Contains: soy, wheat, yellow # 5                                             | Sodium: 250 mg  
| Protein: 15 g                                                                 |                                                                                  |
| Sausage & Roasted Apples: smoked turkey sausage: turkey, water, mechanically | Serving Size: 4 oz  
| separated turkey, corn syrup, contains 1% or less of salt, potassium         | Calories: 165  
| lactate, dextrose, flavorings (maltodextrin, natural flavors, salt, modified | Total Fat: 4 g  
| corn starch), isolated soy protein, sodium phosphate, yeast extract,        | Cholesterol: 35 mg  
| carrageenan, sodium dextran, sodium erythorbate, sodium nitrite; made with   | Carbohydrate: 8 g  
| natural park casing; roasted apples: apples, brown sugar, modified corn      | Sodium: 520 mg  
| starch, salt, cinnamon, caramel color, spices, ascorbic acid, citric acid.  | Protein: 8 g  
| Contains: soy                                                                |                                                                                  |
| Turkey: turkey breast, turkey broth, contains 2% or less of dextrose, salt,  | Serving Size: 3 oz  
| sodium phosphate. Breaded in vegetable oil.                                  | Calories: 90  
| Total Fat: 0.76 g  
| Cholesterol: 37.5 mg  
| Carbohydrate: 1.5 g  
| Sodium: 600 mg  
| Protein: 18 g                                                                 |                                                                                  |
**Grilled Salmon:** pink and/or keta salmon, water contains 5% or less of salt, sugar, sodium phosphates, maltodextrin, dehydrated garlic, dehydrated onion, spices, vanillin gum, paprika, spice extractive, modified tapioca starch, ground mustard, natural flavor. Contains: fish (pink and/or keta salmon).

**Turkey Burger:** turkey, water, isolated soy protein, salt, sodium phosphates, spice, garlic powder, onion powder, natural flavoring.

**Chicken Fried Steak:** mechanically separated chicken and beef, water, textured vegetable protein product (soy flour, caramel color, olive oil, niacinamide, ferric sulfate, copper gluconate, vitamin a palmitate, calcium panthothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12), bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), bleached wheat flour, salt, flavor, dextrose, buttermilk solids, sodium phosphate, leavening (sodium aluminum phosphate, monocalcium phosphate). Contains: soy, wheat, milk.
### PASTA & RICE

#### Ingredients

<table>
<thead>
<tr>
<th>Dish</th>
<th>Ingredients</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bow Tie Pasta</td>
<td>durum wheat semolina, niacin, folic acid, ferrous sulfate (iron), riboflavin, thiamin mononitrate.</td>
<td>Contains: wheat</td>
</tr>
<tr>
<td>Rice Pilaf</td>
<td>rice:  Red Basmati rice, kidney beans: prepared red beans, water.</td>
<td></td>
</tr>
<tr>
<td>Cheese Rollup</td>
<td>ricotta cheese (whey, milk, distilled vinegar, carrageenan), enriched semolina (durum wheat, niacin, ferrous sulfate, thiamin mononitrate (vitamin B1), folic acid), water, heavy whipping cream, parmesan cheese (part skim milk, cheese cultures, salt, enzymes), butter (cream, natural flavorings), egg, salt, modified corn starch, Romano cheese made from cow's milk (cultured milk, salt, enzymes), parley, dehydrated garlic, onion, citric acid (for flavor).</td>
<td>Contains: milk, wheat, egg</td>
</tr>
<tr>
<td>Cheese Stuffed Shells with Marinara Sauce</td>
<td>stuffed shells: ricotta cheese (whey, milk, vinegar, stabilizer (modified corn starch, guar gum, carrageenan), salt), water, enriched semolina (durum wheat, niacin, ferrous sulfate, thiamin mononitrate (vitamin B1), folic acid), low moisture part skim mozzarella cheese (cultured milk, milk, salt, enzymes), parmesan cheese (part skim milk, cheese cultures, salt, enzymes), corn starch – modified, salt, dehydrated parsley flakes, garlic powder, spice, egg, marinara sauce: tomatoes, sugar, sea salt, corn starch, olive oil, dehydrated onion, spices, dehydrated garlic, natural flavor.</td>
<td>Contains: milk, wheat, egg</td>
</tr>
<tr>
<td>Lasagna</td>
<td>lasagna: blanched macaroni product (water, semolina), water, basil, low fat ricotta cheese (pasteurized whey, pasteurized milk, pasteurized cream, vinegar, carrageenan, xanthan gum), tomato puree (water, tomato paste), low moisture part skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), tomatoes (tomato, tomato juice, calcium chloride, citric acid), 2% or less of dehydrated onions, modified cornstarch, sugar, broad crumbs (blanched wheat flour contains 2% or less of sugar, yeast, salt), parmesan cheese (cultured milk, salt, enzymes), salt, blanched enrobed wheat flour (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), xiaoce cheese (cultured milk, salt, enzymes), potassium chloride, garlic puree, spices, dehydrated soy sauce (soybeans, salt, wheat), enzyme modified parmesan cheese (cultured milk, water, salt, enzymes), dehydrated garlic, yeast extract, whey protein concentrate, flavors.</td>
<td>Contains: milk, soy, wheat</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese</td>
<td>macaroni cheese: blanched macaroni product (water, semolina, egg whites), skim milk, water, cheddar cheese (milk, cheese culture, salt, enzymes, annatto color), cheddar cheddar cheese (cheddar cheese (cultured milk, salt, enzymes), water, salt, annatto color), blanched cheddar cheese (cultured milk, salt, enzymes), blanched cheddar cheese (cultured milk, salt, enzymes), salt, modified cornstarch, sea salt, potassium chloride, whey, monosodium glutamate, whey protein concentrate, lactic acid, blended folic acid, calcium lactate).</td>
<td>Contains: milk, egg, wheat, soy</td>
</tr>
<tr>
<td>Penne Pasta</td>
<td>penne pasta: durum wheat semolina, niacin, folic acid, ferrous sulfate (iron), riboflavin, thiamin mononitrate.</td>
<td>Contains: wheat</td>
</tr>
<tr>
<td>Garden Blend Rice</td>
<td>garden blend rice: enriched parboiled rice (long grain rice, iron) fortified with iron and thiamin (thiamin mononitrate), folic acid, wild rice, seasonings blend, yeast extract, barley, carrot, salt, sugar, chicken fat, onion, celery, potassium chloride, chicken broth, onion powder, parsley, garlic powder, natural flavors, turmeric.</td>
<td></td>
</tr>
<tr>
<td>Red Beans &amp; Rice</td>
<td>kidney beans: prepared red beans, water, salt, calcium chloride (to maintain firmness), disodium EDTA (to help promote color retention), diced tomatoes: tomatoes, tomato juice, salt, calcium chloride, citric acid; rice: brown rice</td>
<td></td>
</tr>
<tr>
<td>Rice Pilaf</td>
<td>rice pilaf: enriched long grain parboiled rice (long grain rice, iron) fortified with iron and thiamin (thiamin mononitrate), folic acid (folic acid), enriched rice (durum wheat semolina, niacin, iron (ferrous sulfate), thiamin (thiamin mononitrate), riboflavin B-6 folate (folic acid)), hydrolyzed soy/wheat protein, maltodextrin, sugar, potassium chloride, brown sugar, salt, autolyzed yeast extract, corn syrup solids, spices, onion powder, dried mushrooms, garlic powder, turmeric (color), dried soy sauce (wheat, soybeans, salt, maltodextrin, caramel color), natural flavors, turmeric.</td>
<td>Contains: wheat, soy</td>
</tr>
</tbody>
</table>

#### Serving Size:
- Calories: 110
- Total Fat: 2 g
- Cholesterol: 55 mg
- Carbohydrate: 8 g
- Sodium: 260 mg
- Protein: 22 g
## Ingredients

### Rice:

- **Basmati rice**

### Spaghetti:

- Durum wheat semolina, niacin, folic acid, ferrous sulfate (iron), riboflavin, thiamin mononitrate.
  
  - Contains: wheat, may contain traces of egg

### Vegetable Fried Rice:

- Water, rice, soy sauce (water, wheat, soybean, salt, alcohol [to retain freshness]), onion, carrot, corn, red bell pepper, green peas, sugar, corn oil, green onion, sesames oil, disodium inosinate, guanylate.

  - Contains: soy, wheat

### Vegetable Lasagna:

- Skim milk, blanched pasta (water, grain blend with whole wheat flour [semolina, unenriched durum whole wheat flour], egg whites), water, low fat ricotta cheese (pasteurized whey, pasteurized milk, pasteurized cream, vinegar, carrageenan, xanthan gum), low-moisture part-skim mozzarella cheese blend with flavor (pasteurized milk, cheese cultures, salt, enzymes), carrots, parmesan and asiago cheese blend with flavor (parmesan cheese [cultured milk, salt, enzymes], enzyme modified parmesan cheese [cultured milk, salt, enzymes], carrot, cream), parmesan cheese (cultured milk, salt, enzymes), soybean oil, bread crumbs (bleached wheat flour contains 2% or less of sugar, yeast, salt), parmesan cheese pasta (granoer and parmesan cheese [pasteurized milk, cheese cultures, salt, enzymes], water, salt, lactic acid, citric acid), bleached enriched wheat flour (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sea salt, broccoli, sugar, romano cheese with flavor (romano cheese [cultured cow's milk, salt, enzymes], enzyme modified romano cheese [romano cheese (cultured cow's milk, water, salt, enzymes), salt], potassium chloride, spices, garlic puree, xanthan gum, dehydrated onions, flavors).

  - Contains: milk, egg, wheat

### White Cheddar Pasta Bake:

- Skim milk, blanched enriched macaroni product (water, semolina, niacin, ferox sulfate, riboflavin, folic acid), soybean oil, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt), spinach, 2% or less of modified cornstarch, salt, bleached white flour, romano cheese ([made from cow's milk]), pasteurized milk, cheese culture, salt, enzymes, parmesan cheese (cultured milk, salt, enzymes), romano cheese ([cultured cow's milk, water, salt, enzymes]), sharp cheddar cheese (cultured milk, water, salt, enzymes), parmesan cheese blend with flavor (parmesan cheese [cultured milk, salt, enzymes], enzyme modified parmesan cheese [cultured milk, salt, enzymes], water, salt, enzymes, calcium lactate), whey protein concentrate, spices.

  - Contains: milk, wheat, soy

### Fruit

### Applesauce:

- Apples, water, ascorbic acid (to maintain color)

### Apricots:

- Apricots, water, pear juice concentrate

### Cinnamon Applesauce:

- Apples, water, cinnamon, ascorbic acid (to maintain color)

### Fuji Apples:

- Fuji apples, brown sugar, sugar, contains less than 2% of ascorbic acid, caramel color, cinnamon, citric acid, modified food starch, salt, spice.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cinnamon Apples</strong>: apples, water, cinnamon</td>
<td>Serving Size: ½ c&lt;br&gt;Calories: 40&lt;br&gt;Total Fat: 0 g&lt;br&gt;Cholesterol: 0 g&lt;br&gt;Carbohydrate: 10 g&lt;br&gt;Sodium: 15 mg&lt;br&gt;Protein: 0 g</td>
</tr>
<tr>
<td><strong>Cranberry Sauce</strong>: cranberries, high fructose corn syrup, water, corn syrup</td>
<td>Serving Size: ½ c&lt;br&gt;Calories: 220&lt;br&gt;Total Fat: 0 g&lt;br&gt;Cholesterol: 0 mg&lt;br&gt;Carbohydrate: 50 g&lt;br&gt;Sodium: 70 mg&lt;br&gt;Protein: 0 g</td>
</tr>
<tr>
<td><strong>Diced Peaches</strong>: diced peaches, water, pear juice concentrate, ascorbic acid (Vitamin C) to protect color, citric acid</td>
<td>Serving Size: ½ c&lt;br&gt;Calories: 50&lt;br&gt;Total Fat: 0 g&lt;br&gt;Cholesterol: 0 g&lt;br&gt;Carbohydrate: 12 g&lt;br&gt;Sodium: 5 mg&lt;br&gt;Protein: 0 g</td>
</tr>
<tr>
<td><strong>Spiced Peaches</strong>: peaches, water, pear juice concentrate, cinnamon</td>
<td>Serving Size: ½ c&lt;br&gt;Calories: 50&lt;br&gt;Total Fat: 0 g&lt;br&gt;Cholesterol: 0 g&lt;br&gt;Carbohydrate: 12 g&lt;br&gt;Sodium: 5 mg&lt;br&gt;Protein: 0 g</td>
</tr>
<tr>
<td><strong>Diced Pears</strong>: diced pears, water, pear juice concentrate, ascorbic acid (Vitamin C) to protect color, citric acid</td>
<td>Serving Size: ½ c&lt;br&gt;Calories: 60&lt;br&gt;Total Fat: 0 g&lt;br&gt;Cholesterol: 0 g&lt;br&gt;Carbohydrate: 14 g&lt;br&gt;Sodium: 5 mg&lt;br&gt;Protein: 0 g</td>
</tr>
<tr>
<td><strong>Escalloppe Apples</strong>: apples, sugar, less than 2% of soybean oil, bleached enriched wheat flour (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), modified cornstarch, ascorbic acid, spice. Contains: wheat, soy</td>
<td>Serving Size: ½ c&lt;br&gt;Calories: 90&lt;br&gt;Total Fat: 1.5 g&lt;br&gt;Cholesterol: 0 mg&lt;br&gt;Carbohydrate: 19 g&lt;br&gt;Sodium: 0 mg&lt;br&gt;Protein: 0 g</td>
</tr>
<tr>
<td><strong>Fruit Cocktail</strong>: water, diced peaches, diced pears, pineapple sectors, pear juice concentrate, ascorbic acid (Vitamin C) to protect color, citric acid</td>
<td>Serving Size: ½ c&lt;br&gt;Calories: 54&lt;br&gt;Total Fat: 0 g&lt;br&gt;Cholesterol: 0 mg&lt;br&gt;Carbohydrate: 14 g&lt;br&gt;Sodium: 4 mg&lt;br&gt;Protein: 0 g</td>
</tr>
<tr>
<td><strong>Mandarin Oranges</strong>: mandarin oranges, water, sugar</td>
<td>Serving Size: ½ c&lt;br&gt;Calories: 80&lt;br&gt;Total Fat: 0 g&lt;br&gt;Cholesterol: 0 mg&lt;br&gt;Carbohydrate: 19 g&lt;br&gt;Sodium: 15 mg&lt;br&gt;Protein: 0 g</td>
</tr>
<tr>
<td><strong>Pineapple Tidbits</strong>: pineapple, pineapple juice</td>
<td>Serving Size: ½ c&lt;br&gt;Calories: 75&lt;br&gt;Total Fat: 0 g&lt;br&gt;Cholesterol: 0 mg&lt;br&gt;Carbohydrate: 19 g&lt;br&gt;Sodium: 1 mg&lt;br&gt;Protein: 0 g</td>
</tr>
<tr>
<td><strong>Sliced Apples</strong>: apples, water</td>
<td>Serving Size: ½ c&lt;br&gt;Calories: 40&lt;br&gt;Total Fat: 0 g&lt;br&gt;Cholesterol: 0 g&lt;br&gt;Carbohydrate: 10 g&lt;br&gt;Sodium: 15 mg&lt;br&gt;Protein: 0 g</td>
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</tbody>
</table>
### Tropical Fruit

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Nutrition Facts</th>
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</table>
| red papaya, guava, pineapple, yellow papaya, banana, water, sugar, passion fruit juice | Serving Size: ½ c  
Calories: 90  
Total Fat: 0 g  
Carbohydrate: 23 mg  
Sodium: 20 mg  
Protein: 0 g |

### JUICE

#### Apple

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Nutrition Facts</th>
</tr>
</thead>
</table>
| filtered water, apple juice concentrate, less than 2% of: calcium lactate, ascorbic acid (Vitamin C), natural flavors, malic acid | Serving Size: 4 oz  
Calories: 60  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 15 g  
Sodium: 5 mg  
Protein: 0 g |

#### Cranberry

<table>
<thead>
<tr>
<th>Ingredients</th>
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</tr>
</thead>
</table>
| filtered water, high fructose corn syrup, apple, cranberry & aronia juice concentrates, natural flavors, citric acid, ascorbic acid (Vitamin C) | Serving Size: 4 oz  
Calories: 70  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 16 g  
Sodium: 5 mg  
Protein: 0 g |

#### Grape

<table>
<thead>
<tr>
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</tr>
</thead>
</table>
| filtered water, apple, jujube, pear & grape juice concentrate, calcium lactate, natural flavors, ascorbic acid (Vitamin C), citric acid | Serving Size: 4 oz  
Calories: 60  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 15 g  
Sodium: 5 mg  
Protein: 0 g |

#### Orange

<table>
<thead>
<tr>
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</thead>
</table>
| filtered water, orange juice concentrate, ascorbic acid (Vitamin C) | Serving Size: 4 oz  
Calories: 60  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 15 g  
Sodium: 5 mg  
Protein: 0 g |

#### Strawberry Banana

<table>
<thead>
<tr>
<th>Ingredients</th>
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</thead>
</table>
| filtered water, strawberry & banana puree, calcium, ascorbic acid | Serving Size: 4 oz  
Calories: 60  
Total Fat: 2 g  
Cholesterol: 0 mg  
Carbohydrate: 15 g  
Sodium: 12 mg  
Protein: 0 g |

#### Tropical Punch

<table>
<thead>
<tr>
<th>Ingredients</th>
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</thead>
</table>
| filtered water, apple, jujube & pear juice concentrates, calcium lactate, natural flavors, ascorbic acid (Vitamin C), citric acid | Serving Size: 4 oz  
Calories: 60  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 15 g  
Sodium: 12 mg  
Protein: 0 g |

### VEGETABLES

#### Asparagus

<table>
<thead>
<tr>
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</thead>
</table>
| frozen asparagus | Serving Size: ½ c  
Calories: 16  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 2 gm  
Sodium: 2.5 mg  
Protein: 2.5 mg |

#### Baked Beans

<table>
<thead>
<tr>
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</table>
| prepared beans, water, brown sugar, sugar, high fructose corn syrup, bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), salt, modified cornstarch, vinegar, onion powder, caramel color, spice, natural and artificial flavoring | Serving Size: ½ c  
Calories: 40  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 8 g  
Sodium: 250 mg  
Protein: 0 g |
### Ingredients | Nutrition Facts
--- | ---
**Beets:** beets, water, salt | Serving Size: **½ c**  
Calories: **40**  
Total Fat: **0 g**  
Cholesterol: **0 mg**  
Carbohydrate: **8 g**  
Sodium: **250 mg**  
Protein: **0 g**  
**Broccoli:** broccoli, frozen | Serving Size: **½ c**  
Calories: **15**  
Total Fat: **0 g**  
Cholesterol: **0 mg**  
Carbohydrate: **2 g**  
Sodium: **10 mg**  
Protein: **0.5 g**  
**Broccoli & Cheese Casserole:** broccoli, water, skim milk, cheddar cheese (milk, cultures, salt, enzymes), wheat flour, contains 2% or less of: vegetable oil (corn, cottonseed and/or canola), breadcrumbs (bleached wheat flour, dextrose, salt, yeast), parmesan cheese (part-skim milk, cultures, salt, enzymes), modified food starch, salt, sugar, enzyme modified cheddar cheese (cheddar cheese (cultured milk, salt, enzymes, calcium chloride), water, disodium phosphate, enzymes), disodium phosphate, beta carotene for color, paprika, paprika extract, cheddar cheese (milk, cultures, salt, enzymes, calcium chloride), flavoring (including cream [milk]), flavoring, sodium phosphate. **Contains:** wheat, milk | Serving Size: **½ c**  
Calories: **110**  
Total Fat: **6 g**  
Cholesterol: **15 mg**  
Carbohydrate: **10 g**  
Sodium: **460 mg**  
Protein: **2 g**  
**Brussels Sprouts:** Brussels sprouts, frozen | Serving Size: **½ c**  
Calories: **35**  
Total Fat: **0 g**  
Cholesterol: **0 mg**  
Carbohydrate: **5 g**  
Sodium: **25 mg**  
Protein: **3 g**  
**Butter Beans:** prepared lima beans, water, modified cornstarch, sugar, salt, spice, turmeric, calcium disodium EDTA added to promote color retention | Serving Size: **½ c**  
Calories: **90**  
Total Fat: **0 g**  
Cholesterol: **0 mg**  
Carbohydrate: **16 g**  
Sodium: **480 mg**  
Protein: **5 g**  
**Buttered Corn:** corn, frozen, butter flavored oil: partially hydrogenated soybean oil, salt, soy lecithin, natural & artificial flavors, beta carotene (color), TBHQ & citric acid (to protect flavor), dimethylpolysiloxane, anti-foaming agent added | Serving Size: **½ c**  
Calories: **70**  
Total Fat: **6 g**  
Cholesterol: **0 mg**  
Carbohydrate: **20 g**  
Sodium: **50 mg**  
Protein: **2 g**  
**Cut Italian Green Beans:** Italian green beans, water, salt | Serving Size: **½ c**  
Calories: **40**  
Total Fat: **0 g**  
Cholesterol: **0 mg**  
Carbohydrate: **7 g**  
Sodium: **0 mg**  
Protein: **0.5 g**  
**Capri Mixed Vegetables:** carrots, green beans, yellow squash, zucchini | Serving Size: **½ c**  
Calories: **15**  
Total Fat: **0 g**  
Cholesterol: **0 mg**  
Carbohydrate: **2.5 g**  
Sodium: **0 mg**  
Protein: **0.5 g**  
**Carrots, diced:** carrots, frozen | Serving Size: **½ c**  
Calories: **17**  
Total Fat: **0 g**  
Cholesterol: **0 mg**  
Carbohydrate: **4 g**  
Sodium: **17 mg**  
Protein: **0.5 g**  
**Cream Style Corn:** corn, water, sugar, modified corn starch, salt. | Serving Size: **½ c**  
Calories: **90**  
Total Fat: **1 g**  
Cholesterol: **0 mg**  
Carbohydrate: **20 g**  
Sodium: **300 mg**  
Protein: **2 g**
<table>
<thead>
<tr>
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</tr>
</thead>
</table>
| Cauliflower: cauliflower, frozen | Serving Size: ½ c  
Calories: 13  
Total Fat: 0 gm  
Cholesterol: 0 mg  
Carbohydrate: 1.5 g  
Sodium: 7 mg  
Protein: 0.5 g |
|Cole Slaw: cabbage, salad dressing (soybean oil, water, high fructose corn syrup, vinegar, modified food starch, egg yolks, salt, spices, flavorings, potassium carbonate, xanthan gum, calcium disodium EDTA [added to protect flavor]), sugar, vinegar, green pepper, carrots, dry onions, guar gum, citric acid, calcium chloride, erythorbic or ascorbic acid, calcium phosphates (preservatives). Contains: soy, egg | Serving Size: ½ c  
Calories: 160  
Total Fat: 10 g  
Cholesterol: 8 g  
Carbohydrate: 16 g  
Sodium: 106 mg  
Protein: 1 g |
|Corn Soufflé: corn, skim milk, eggs, soybean oil, sugar, 2% or less of bleached wheat flour, modified food starch, salt, spice, extracts of turmeric and annatto coloring with wheat starch and soybean oil. Contains: milk, egg, wheat, soy | Serving Size: ½ c  
Calories: 95  
Total Fat: 4.5 g  
Cholesterol: 42 mg  
Carbohydrate: 10.5 g  
Sodium: 290 mg  
Protein: 2.5 g |
|Creamed Peas: peas (peas, water, sugar, salt); cream soup base (modified food starch, whey, coconut oil, maltodextrin, corn syrup solids, sweet cream solids, sodium caseinate, dipotassium phosphate, sugar, hydrolyzed corn protein, salt, onion powder, natural butter flavor [with annatto and turmeric for color]), artificial cream flavor, artificial color (yellow 5 and 6). Contains: milk, yellow #5 & #6 | Serving Size: ½ c  
Calories: 85  
Total Fat: 1 g  
Cholesterol: 0 mg  
Carbohydrate: 15 g  
Sodium: 330 mg  
Protein: 4 g |
|Cucumber Salad: cucumbers, high fructose corn syrup, distilled vinegar, onions, red peppers, water, soybean oil, salt, vinegar toner (apple juice concentrate, propylene glycol, natural flavor, malt extract), potassium sorbate (to retard spoilage) | Serving Size: ½ c  
Calories: 70  
Total Fat: 1 g  
Cholesterol: 0 mg  
Carbohydrate: 13 g  
Sodium: 140 mg  
Protein: 1 g |
|Glazed Carrots: diced carrots (carrots, water, salt, calcium chloride); apple juice (apple juice concentrate, ascorbic acid, brown sugar) | Serving Size: ½ c  
Calories: 45  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 9 g  
Sodium: 370 mg  
Protein: 0 g |
|Green Beans: green beans, water, salt, zinc chloride (for color stabilization) | Serving Size: ½ c  
Calories: 20  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 4 g  
Sodium: 380 mg  
Protein: 0 g |
|Green Bean Casserole: French style green beans: green beans, water, salt; cream of mushroom soup: water, mushrooms, vegetable oil (corn, cottonseed, canola and/or soybean), modified food starch, wheat flour, contains less than 2% of salt, monosodium glutamate, soy protein concentrate, dehydrated cream (cream milk), soy lecithin), yeast extract, flavoring, dehydrated garlic; French fried onions: onions, palm oil, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy flour, salt, dextrose. Contains: soy, wheat, MSG, milk | Serving Size: ½ c  
Calories: 110  
Total Fat: 8 g  
Cholesterol: 0 mg  
Carbohydrate: 8 g  
Sodium: 462 mg  
Protein: 2 g |
|Harvard Beets: canned beets, beet juice, bay leaf, whole cloves, sugar, vinegar, cornstarch, margarine, black pepper | Serving Size: ½ c  
Calories: 90  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 16 g  
Sodium: 200 mg  
Protein: 1 g |
|Kale: kale greens, water | Serving Size: ½ c  
Calories: 30  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 3 g  
Sodium: 20 mg  
Protein: 2 g |
<table>
<thead>
<tr>
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</thead>
</table>
| Kidney Beans: prepared red bean, water, salt calcium chloride (to maintain firmness), disodium EDTA (to help promote color retention) | Serving Size: ½ C  
Calories: 140  
Total Fat: 0.5 g  
Cholesterol: 0 mg  
Carbohydrate: 24 g  
Sodium: 320 mg  
Protein: 9 g |
| Lima Beans: lima beans, frozen                                            | Serving Size: ½ C  
Calories: 115  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 21 g  
Sodium: 2 mg  
Protein: 7.3 g |
| Marinated Tomato Salad: diced tomatoes: tomatoes, tomato juice, salt calcium chloride, citric acid: Italian dressing: water, white vinegar, distilled vinegar, salt, soybean oil, dehydrated garlic, xanthan gum, mustard seed, dehydrated potassium carbonate & sodium benzoate (preservatives), spice dehydrated red bell pepper, calcium disodium EDTA (to protect flavor), yellow #5, yellow #6: Contains: soy, yellow #5, yellow #6 | Serving Size: ½ c  
Calories: 60  
Total Fat: 3 g  
Cholesterol: 0 mg  
Carbohydrate: 5 g  
Sodium: 337 mg  
Protein: 1 g |
| Marinated Vegetable Salad: 5-way mixed vegetables: (carrots, lima beans, peas, green beans, corn, water): Italian dressing: water, distilled vinegar, sugar, salt, soybean oil, garlic, xanthan gum, sodium benzoate (preservative), spices, onion, red bell pepper, calcium disodium EDTA (to protect color), yellow #5, yellow #6: Contains: soy, yellow #5, yellow #6 | Serving Size: ½ c  
Calories: 75  
Total Fat: 3 g  
Cholesterol: 0 mg  
Carbohydrate: 5 g  
Sodium: 337 mg  
Protein: 1 g |
| Mixed Greens: turnip greens, mustard greens, water: May contain: traces of peanuts | Serving Size: ½ c  
Calories: 30  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 8 g  
Sodium: 10 mg  
Protein: 1 g |
| Capri Blend Vegetables: carrots, green beans, yellow squash, zucchini     | Serving Size: ½ c  
Calories: 50  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 5 g  
Sodium: 25 mg  
Protein: 1 g |
| Chuck Wagon Mixed Vegetables: corn, green peppers, onions, red peppers    | Serving Size: ½ c  
Calories: 60  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 6 g  
Sodium: 0 mg  
Protein: 1 g |
| 5-Way Mix: frozen carrots, lime beans, corn, water                         | Serving Size: ½ c  
Calories: 60  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 17 g  
Sodium: 32 mg  
Protein: 2.5 g |
| Florence Vegetable Medley: broccoli florets, cauliflower florets, bias sliced orange carrots, bias sliced yellow squash | Serving Size: ½ c  
Calories: 13  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 2 g  
Sodium: 17.5 mg  
Protein: 0.5 g |
### Ingredients

<table>
<thead>
<tr>
<th>Name</th>
<th>Ingredients</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malibu Mixed Vegetables</td>
<td>broccoli, carrots, cauliflower, yellow carrots</td>
<td>Serving Size: ½ c Calories: 17 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 3 g Sodium: 22 mg Protein: 0.5 g</td>
</tr>
<tr>
<td>Peas &amp; Carrots</td>
<td>peas and carrots, frozen</td>
<td>Serving Size: ½ c Calories: 38 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 4 g Sodium: 54 mg Protein: 2 g</td>
</tr>
<tr>
<td>Peas &amp; Pearl Onions</td>
<td>peas and pearl onions, frozen</td>
<td>Serving Size: ½ c Calories: 30 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 3.4 g Sodium: 33 mg Protein: 2.3 g</td>
</tr>
<tr>
<td>Prince Charles Mixed Vegetables</td>
<td>green beans, wax beans, baby carrots</td>
<td>Serving Size: ½ c Calories: 25 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 6 g Sodium: 20 mg Protein: 0.5 g</td>
</tr>
<tr>
<td>Scandinavian Mixed Vegetables</td>
<td>peas, zucchini, green beans, carrots, onions</td>
<td>Serving Size: ½ c Calories: 27 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 5 g Sodium: 47 mg Protein: 1 g</td>
</tr>
<tr>
<td>Stir Fry Mixed Vegetables</td>
<td>broccoli, carrots, celery, onions, water chestnuts, red peppers</td>
<td>Serving Size: ½ c Calories: 17 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 3 g Sodium: 17 mg Protein: 0.5 g</td>
</tr>
<tr>
<td>Winter Mixed Vegetables</td>
<td>broccoli, carrots, cauliflower</td>
<td>Serving Size: ½ c Calories: 15 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 2 g Sodium: 15 mg Protein: 0.5 g</td>
</tr>
<tr>
<td>Pea Salad</td>
<td>frozen peas, onions, hard-cooked eggs, mayonnaise (soybean oil, water, whole egg yolk, vinegar, salt, sugar, lemon juice, calcium disodium EDTA to protect quality), natural flavors, shredded cheddar cheese, (pasteurized milk, cheese culture, salt, enzymes, annatto [vegetable color], potato starch &amp; powdered cellulose to prevent caking), milk. Contains: soy, eggs, milk</td>
<td>Serving Size: ½ c Calories: 117 Total Fat: 9.4 g Cholesterol: 13.5 mg Carbohydrate: 13 g Sodium: 200 mg Protein: 11 g</td>
</tr>
<tr>
<td>Peas, canned</td>
<td>peas, water, sugar, salt</td>
<td>Serving Size: ½ c Calories: 70 Total Fat: 0.5 g Cholesterol: 0 mg Carbohydrate: 12 g Sodium: 370 mg Protein: 4 g</td>
</tr>
<tr>
<td>Peas, frozen</td>
<td>peas</td>
<td>Serving Size: ½ c Calories: 58 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 8 g Sodium: 247 mg Protein: 3.5 g</td>
</tr>
</tbody>
</table>
### Ingredients

<table>
<thead>
<tr>
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</thead>
</table>
| **Au Gratin Potatoes**: potato (dry), seasoning (wheat flour, maltodextrin, salt, food starch – modified, whey, partially hydrogenated soybean oil, nonfat milk, onion, corn syrup solids, cheese (cheddar and blue (pasteurized milk, cheese culture, salt, enzymes)), sunflower oil contains less than 1% of natural flavor (contains wheat, soybeans and celery seed), garlic, sodium caseinate, lipolyzed cream, hydrolyzed soy & corn protein, soy lecithin, sodium phosphate, silicon dioxide, autolysed yeast extract, caramel color, yellow #5, yellow #6, disodium inosinate, disodium guanylate, thiamin hydrochloride (Vitamin B1), buttermilk, freshness preserved with sodium bisulfite. Contains: milk, soy, wheat, sulfite, yellow #5, yellow #6 | Serving Size: ½ c  
Calories: 110  
Total Fat: 1.5 g  
Cholesterol: 0 mg  
Carbohydrate: 22 g  
Sodium: 570 mg  
Protein: 2 g |
| **Baby Baker Potatoes**: potatoes, soybean oil, salt, sugar, garlic powder, natural flavor, maltodextrin, onion powder, black pepper, vinegar powder (maltodextrin, vinegar). Contains: soy | Serving Size: ½ c  
Calories: 80  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 15 g  
Sodium: 160 mg  
Protein: 3 g |
| **Baked Potato**: Idaho baked potato                                                                                        | Serving Size: ½ ea  
Calories: 80  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 18 g  
Sodium: 4 mg  
Protein: 0.5 g |
| **Baked Potato Medley**: potatoes, sweet potatoes, canola oil, salt, disodium dihydrogen pyrophosphate (to promote color retention). | Serving Size: ½ ea  
Calories: 90  
Total Fat: 1 g  
Cholesterol: 0 mg  
Carbohydrate: 18 g  
Sodium: 350 mg  
Protein: 2 g |
| **Candied Sweet Potatoes**: canned sweet potatoes (sweet potatoes, water, corn syrup, sugar), brown sugar                    | Serving Size: ½ c  
Calories: 160  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 37 g  
Sodium: 35 mg  
Protein: 1 g |
| **Diced Potatoes**: potatoes, dextrose, sodium acid pyrophosphate, potassium carbonate (to preserve freshness), citric acid | Serving Size: ½ c  
Calories: 70  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 17 g  
Sodium: 12 mg  
Protein: 1 g |
| **German Potato Salad**: potatoes, water, sugar, vinegar, bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), modified corn starch, salt, onion, spice, natural flavor, parsley | Serving Size: ½ c  
Calories: 120  
Total Fat: 3 g  
Cholesterol: < 5 mg  
Carbohydrate: 22 g  
Sodium: 410 mg  
Protein: 2 g |
| **Mashed Potatoes**: potato (dry), canola oil (preserved with citric acid and BHT), salt, contains 2% or less of: artifical color, mono and diglycerides, natural and artificial flavor. Freshness preserved with sodium bisulfite and BHT. Contains: milk, sulfite | Serving Size: ½ c  
Calories: 90  
Total Fat: 1.5 g  
Cholesterol: 0 mg  
Carbohydrate: 17 g  
Sodium: 410 mg  
Protein: 2 g |
| **Hash Brown Potatoes**: potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), contains 2% or less of dehydrated potato flakes (potatoes, mono- & diglycerides, sodium acid pyrophosphate & citric acid [to preserve natural color]), dextrose, natural flavor, salt, sodium acid pyrophosphate [to maintain natural color], yellow corn flour May contain: soy | Serving Size: ½ c  
Calories: 65  
Total Fat: 3.5 g  
Cholesterol: 0 mg  
Carbohydrate: 7.5 g  
Sodium: 120 mg  
Protein: 0.5 g |
| **Mashed Sweet Potatoes**: potato (dry), sweet potato (dry), brown sugar, sugar, salt, contains 2% or less of: natural and artificial flavor, agar and xanthan gums, mono and diglycerides, spice, vitamin A (acetate), artificial color (yellow #5, yellow #6, red #40, blue #1); freshness preserved with sodium bisulfite and BHT. Contains: soy, sulfite, yellow #5, yellow #6, red #40, blue #1 | Serving Size: ½ c  
Calories: 120  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 27 g  
Sodium: 270 mg  
Protein: 2 g |
### Ingredients

**Mini Baker Potatoes**: potatoes, vegetable oil (canola oil, soybean oil, cottonseed oil, sunflower oil and/or corn oil), corn starch, modified dehydrated garlic, spices, salt, dehydrated onion, rosemary, dehydrated red bell peppers, autolyzed yeast extract, paprika, dextrose, sodium acid pyrophosphate (added to preserve natural color). **Contains**: soy

**Crisp cut potatoes**: potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, enriched bleached flour [wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid]) salt, modified food starch, spices, corn meal, garlic powder, onion powder, leavening (dissodium hydrogen pyrophosphate, sodium bicarbonate), dried yeast, colored with annatto seed paprika. **Contains**: wheat

**Parsley Potatoes**: potatoes, vegetable oil (canola oil, soybean oil, cottonseed oil, sunflower oil and/or corn oil), corn starch, modified dehydrated garlic, spices, salt, dehydrated onion, rosemary, dehydrated red bell peppers, autolyzed yeast extract, paprika, dextrose, sodium acid pyrophosphate (added to preserve natural color), dehydrated parsley flakes. **Contains**: soy

**Potato Salad (Traditional)**: potatoes, salad dressing [soybean oil, high fructose corn syrup, water, egg yolks (egg yolks, salt), distilled vinegar, mustard (distilled vinegar, mustard seed, salt, spices), salt, modified wheat starch, guar gum, citric acid, xanthan gum), water, high fructose corn syrup, fructose, sweet relish [peppers, corn syrup, distilled vinegar, water, salt, red peppers, xanthan gum, natural flavors, calcium chloride, polysorbate 80, sodium benzoate, color (yellow #5)], celery distilled vinegar, mustard (distilled vinegar, mustard seed, salt, turmeric, spices), eggs, red bell peppers, onions, potassium sorbate (to retard spoilage), dat, granulated onion, spices, xanthan gum. **Contains**: wheat, egg, soy, yellow #5

**Ranch Mashed Potatoes**: red skin potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, hydrogenated soybean oil and/or cottonseed oil), modified dehydrated garlic, spices, salt, dehydrated onion, rosemary, leavening (disodium dihydrogen pyrophosphate, sodium acid pyrophosphate, calcium phosphate, monosodium glutamate, dried garlic, dried onion, lactic acid, artificial flavors. **Contains**: sodium bisulfite & BHT.

**Red Skin Mashed Potatoes**: red skin potatoes, seasoning (buttermilk, salt, natural flavors, [cultured cream {cream, nonfat milk, culture enzymes}], nonfat milk, spices and spice extracts, disodium hydrogen pyrophosphate, monodextrin, onion powder, garlic powder, tomato powder, modified corn starch, chicken broth, paprika, annatto, BHT), soybean oil, water, roasted garlic base (roasted garlic; salt, maltodextrin [from corn], natural flavorings, carrageenan, carnauba wax and soybean oil), titanium dioxide (color). **Contains**: milk, wheat, MSG.

**Seasoned Potato Wedges**: potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, hydrogenated soybean oil and/or cottonseed oil), enriched wheat flour (flour, mian, iron, thiamin mononitrate, riboflavin, folic acid), corn starch, salt, modified corn starch, spices, leavening (dissodium hydrogen pyrophosphate, sodium bicarbonate), dextrin, garlic powder, natural butter flavor (milk), spice, coloring, dextrose. **Contains**: milk, wheat, soy

**Scalloped Potatoes**: dehydrated potatoes, sodium bisulfite (to protect color), enriched flour (wheat flour, mian, iron, thiamin mononitrate, riboflavin, folic acid), corn starch, partially hydrogenated soybean oil, salt, dehydrated onion, monofat milk, corn syrup solids, dextrin, sodium caseinate, dried cheddar cheese (milk, cheese cultures, salt, enzymes), whey, paprika, parsley flakes, buttermilk, natural flavor, dried blue cheese (milk, cheese cultures, salt, enzymes), annatto extract (color), silicon dioxide (anti-caking agent). **Contains**: wheat, soy, milk

**Sweet Potatoes**: sweet potatoes, water, corn syrup, sugar

**Twice Baked Potatoes**: potatoes, cheddar cheese (milk, cheese culture, salt, enzymes and annatto (color)), margarines (soybean oil), water, salt, partially hydrogenated soybean oil, mayonnaise, lactic acid, sodium benzoate (preservative), citric acid, artificial butter flavor, beta carotene, vitamin A palmitate, calcium disodium EDTA (to protect flavor), water, modified dry milk, cheese sauce (aged cheddar cheese solid (milk, salt, cheese cultures, enzymes), disodium phosphate, salt, lactic acid, artificial color (yellow 5 and 6), blue cheese (milk, salt, cheese cultures, enzymes), nonfat dry milk, citric acid, modified food starch, corn syrup solids, partially hydrogenated vegetable oil (soybean and/or canola oils), buttermilk solids, salt sodium caseinate, silicon dioxide, whey, autolyzed yeast extract, mono and diglycerides, sodium citrate, dipotassium phosphate, carrageenans, disodium inosinate), salt, xanthan gum, paprika. **Contains**: milk, egg

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### Nutrition Facts

<table>
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<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
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**Notes**:
- The ingredients listed may vary depending on the brand and type of product.
- Nutrition facts provided are approximate and may vary based on specific product.
- Always read labels for accurate and complete information.

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**September 2018**
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Nutrition Facts</th>
</tr>
</thead>
</table>
| Sauerkraut: prepared cabbage, water, salt       | Serving Size: ½ c  
Calories: 5  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 1 g  
Sodium: 180 mg  
Protein: 0 g |
| Seasoned Cabbage: shredded cabbage, diced bacon (bacon [cured with water, salt, sodium erythorbate, sodium nitrite], may contain dextrose, flavoring, honey, dehydrated pork broth, potassium chloride, potassium lactate, smoke flavoring, sodium diacetate, sodium phosphate), onion | Serving Size: ½ c  
Calories: 25  
Total Fat: 10 g  
Cholesterol: 6 mg  
Carbohydrate: 4 g  
Sodium: 130 mg  
Protein: < 1 g |
| Seasoned Green Beans: green beans, water, salt, zinc chloride (for color stabilization), diced bacon (bacon [cured with water, salt, sodium erythorbate, sodium nitrite], may contain dextrose, flavoring, honey, dehydrated pork broth, potassium chloride, potassium lactate, smoke flavoring, sodium diacetate, sodium phosphate), dehydrated onion | Serving Size: ½ c  
Calories: 35  
Total Fat: 10 g  
Cholesterol: 6 mg  
Carbohydrate: 4 g  
Sodium: 460 mg  
Protein: 1 g |
| Seasoned Kale: kale, water, diced bacon (bacon [cured with water, salt, sodium erythorbate, sodium nitrite], may contain dextrose, flavoring, honey, dehydrated pork broth, potassium chloride, potassium lactate, smoke flavoring, sodium diacetate, sodium phosphate), dehydrated onion | Serving Size: ½ c  
Calories: 45  
Total Fat: 10 g  
Cholesterol: 6 mg  
Carbohydrate: 3 g  
Sodium: 100 mg  
Protein: 3 g |
| Seasoned Mixed Greens: turnip greens, mustard greens, water, diced bacon (bacon [cured with water, salt, sodium erythorbate, sodium nitrite], may contain dextrose, flavoring, honey, dehydrated pork broth, potassium chloride, potassium lactate, smoke flavoring, sodium diacetate, sodium phosphate), dehydrated onion. May contain traces of peanuts | Serving Size: ½ c  
Calories: 45  
Total Fat: 10 g  
Cholesterol: 6 mg  
Carbohydrate: 8 g  
Sodium: 130 mg  
Protein: 2 g |
| Fajita Blend Vegetables: onions, red peppers, green peppers. | Serving Size: ½ c  
Calories: 30  
Total Fat: 1 g  
Cholesterol: 0 mg  
Carbohydrate: 5 g  
Sodium: 10 mg  
Protein: 2 g |
| Seasoned Yellow Squash: frozen yellow squash, brown sugar | Serving Size: ½ c  
Calories: 35  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 32 g  
Sodium: 4.5 mg  
Protein: 0.5 g |
| Spinach: spinach, water | Serving Size: ½ c  
Calories: 40  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 5 g  
Sodium: 30 mg  
Protein: 4 g |
| Stewed Tomatoes: tomatoes, tomato juice, sugar, salt, peppers, dried onion, dried celery, dried bell pepper, calcium chloride, vinegar, dried garlic, citric acid, and natural flavors | Serving Size: ½ c  
Calories: 35  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 8 g  
Sodium: 270 mg  
Protein: 4 g |
| Succotash: corn, lima beans | Serving Size: ½ c  
Calories: 80  
Total Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrate: 16 g  
Sodium: 15 mg  
Protein: 4 g |
### Ingredients

| Sugar Snap Peas: | Serving Size: ½ c  
|                 | Calories: 20  
|                 | Total Fat: 0 g  
|                 | Cholesterol: 0 mg  
|                 | Carbohydrate: 3.5 g  
|                 | Sodium: 0 mg  
|                 | Protein: 1 g  |

| Three Bean Salad: cut green beans, water, cut wax beans, kidney beans, sugar, distilled vinegar, dehydrated onions, red peppers, salt, soybean oil, turmeric. | Contains: soy ingredients
| Serving Size: ½ c  
| Calories: 66  
| Total Fat: 0 g  
| Cholesterol: 0 mg  
| Carbohydrate: 14 g  
| Sodium: 173 mg  
| Protein: 1 g  |

| Seasoned Diced Tomatoes: tomatoes, tomato juice, sugar, peppers, salt, modified corn starch, dehydrated onion, garlic, citric acid, dehydrated celery, calcium chloride, dehydrated garlic. |  
| Serving Size: ½ c  
| Calories: 33  
| Total Fat: 0 g  
| Cholesterol: 0 mg  
| Carbohydrate: 9 g  
| Sodium: 100 mg  
| Protein: 1 g  |

| Wax Beans: wax beans, water, salt |  
| Serving Size: ½ c  
| Calories: 25  
| Total Fat: 0 g  
| Cholesterol: 0 mg  
| Carbohydrate: 4 g  
| Sodium: 360 mg  
| Protein: 0 g  |

| Yellow Squash: yellow squash, frozen |  
| Serving Size: ½ c  
| Calories: 10  
| Total Fat: 0 g  
| Cholesterol: 0 mg  
| Carbohydrate: 1.5 g  
| Sodium: 2.5 mg  
| Protein: 0.5 g  |

| Zucchini: zucchini, frozen |  
| Serving Size: ½ c  
| Calories: 20  
| Total Fat: 0 g  
| Cholesterol: 0 mg  
| Carbohydrate: 4 g  
| Sodium: 6 mg  
| Protein: 0.5 g  |

| Zucchini Tomato Bake: frozen zucchini, diced tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid) |  
| Serving Size: ½ c  
| Calories: 22  
| Total Fat: 0 g  
| Cholesterol: 0 mg  
| Carbohydrate: 25 g  
| Sodium: 138 mg  
| Protein: 0.75 g  |

### SOUPS

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Nutrition Facts</th>
</tr>
</thead>
</table>

| Chicken Noodle Soup: chicken stock, water, enriched egg noodle product (wheat flour, eggs, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), carrots, celery, chicken meat, contains less than 2% of salt, onions, modified food starch, chicken fat, yeast extract, gelatin, chicken flavor (contains ascorbic acid, salt), sugar, carrageenan, potato starch, vegetable oil, spice, turmeric extract, flavoring, beta carotene (for color). | Contains: wheat, egg  
| Serving Size: 6 oz  
| Calories: 70  
| Total Fat: 2 g  
| Cholesterol: 15 mg  
| Carbohydrate: 10 g  
| Sodium: 790 mg  
| Protein: 4 g  |

| Cream of Broccoli Soup: skim milk, broccoli, cream (milk), vegetable oil (corn, cottonseed and/or canola), modified food starch, contains less than 2% of bleached enriched flour (wheat flour, wheat starch, niacin, ferric sulfate, thiamine mononitrate, riboflavin, folic acid), salt, dehydrated onions, soy protein concentrate, disodium guanylate, disodium inosinate, spice. | Contains: milk, wheat, soy  
| Serving Size: 6 oz  
| Calories: 140  
| Total Fat: 8 g  
| Cholesterol: 15 mg  
| Carbohydrate: 15 g  
| Sodium: 300 mg  
| Protein: 3 g  |
### Ingredients

| Cream of Mushroom Soup | Ingredients: water, mushrooms, vegetable oil (corn, cottonseed, canola and/or soybean), modified food starch, wheat flour, contains less than 2% of: salt, monosodium glutamate, soy protein concentrate, dehydrated cream (cream [milk], soy lecithin), yeast extract, flavoring, dehydrated garlic. Contains: soy, wheat, MSG, milk. |
|-----------------------|Nutrition Facts: Serving Size: 6 oz Calories: 60 Total Fat: 3 g Cholesterol: 1 mg Sodium: 670 mg Protein: 3 g |

| Cream of Potato Soup | Ingredients: potatoes, skim milk, cream (milk), carrots, vegetable oil (corn, cottonseed and/or canola), modified food starch, colery, dehydrated skim milk, onions; contains less than 2% of: salt, bleached enriched flour (wheat flour, wheat starch, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), soy protein concentrate, deoxium guanylate, deoxium inosinate, spice, artificial flavorings, flavoring, acetic acid. Contains: milk, soy. |
|---------------------|Nutrition Facts: Serving Size: 6 oz Calories: 90 Total Fat: 3 g Cholesterol: 0 mg Sodium: 530 mg Protein: 1.5 g |

| Seven Bean Soup | Ingredients: tomato puree (water, tomato paste), diced tomatoes in tomato juice, carrots, potatoes, celery, beef stock, peas, zucchini, Italian green beans, cooked kidney beans, modified food starch; contains 2% or less of bleached enriched flour (wheat flour, wheat starch, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), spinach, salt, vegetable oil (corn, cottonseed, and/or canola), flavoring, spice, dehydrated garlic; yeast extract, deoxium inosinate, chicken stock, chicken fat, dehydrated chicken. Contains: egg, wheat, chicken. |
|-----------------|Nutrition Facts: Serving Size: 6 oz Calories: 93 Total Fat: 4 g Cholesterol: 0 mg Sodium: 580 mg Protein: 2 g |

| Minestrone Soup | Ingredients: dehydrated onions, parmesan cheese (part-skim milk, cultures, salt, enzymes), spice, dehydrated garlic, onion juice, caramel color, flavoring. Contains: milk. |
|----------------|Nutrition Facts: Serving Size: 6 oz Calories: 110 Total Fat: 1.5 g Cholesterol: 0 mg Sodium: 842.5 mg Protein: 1.5 g |

| Tomato Soup | Ingredients: tomatoes, corn sweetener (high-fructose corn syrup, corn syrup), wheat flour, soybean oil, salt, dehydrated onion, peppers, dehydrated garlic, vinegar, citric acid. Contains: wheat, soy. |
|-------------|Nutrition Facts: Serving Size: 6 oz Calories: 110 Total Fat: 1.5 g Cholesterol: 0 mg Sodium: 427.5 mg Protein: 1.5 g |

| Vegetable Soup | Ingredients: water, tomato puree (water, tomato paste), potatoes, carrots, diced tomatoes in tomato juice, celery, green beans, lima beans, modified food starch, barley, corn, contains less than 2% of: onions, salt, sugar, dehydrated onions, parmesan cheese (part-skim milk, cultures, salt, enzymes), spice, dehydrated garlic, onion juice, caramel color; flavoring. Contains: milk. |
|---------------|Nutrition Facts: Serving Size: 6 oz Calories: 92 Total Fat: 0.5 g Cholesterol: 0 mg Sodium: 960 mg Protein: 2 g |

### GRAVIES & SAUCES

| Brown Gravy Low Sodium | Ingredients: maltodextrin, modified cornstarch, bleached enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), hydrolyzed soy, corn and wheat proteins, cornstarch, partially hydrogenated soybean and cottonseed oils**, whey, yeast extract, onion powder, 1% or less of sugar, soybean oil, caramel color (contains sulfites), xanthan gum, soy sauce (wheat, soybeans, salt), garlic powder, dextrin, deoxium inosinate/sodium guanylate, red #40, spice, citric acid, natural flavors, thiamine hydrochloride. Contains: milk, wheat, red #40, soy; made in a facility that also processes egg ingredients. **Adds a trivial amount of trans fat. |
|-----------------------|Nutrition Facts: Serving Size: 2 oz Calories: 25 Total Fat: 0.5 g Cholesterol: 0 mg Carbohydrate: 5 g Sodium: 143 mg Protein: 1 g |

| Bourbon Sauce | Ingredients: corn syrup, water, high fructose corn syrup, soy sauce (water, wheat, soybeans, salt, less than 1% sodium benzoate as preservative), sucrose, cane sugar, cane syrup, soy sauce, cane sugar, corn syrup, cane sugar, high fructose corn syrup, sucrose, salt, water, sugar, garlic powder), onion powder, modified cornstarch, 2% or less of white distilled vinegar, corn oil, salt, natural & artificial flavor (propylene glycol, ethyl alcohol, glycerine, natural flavor, artificial flavor, water, caramel color), caramel color, spice, potassium succinate (preservative), xanthan gum, natural flavors. Contains: wheat, soy. |
|---------------|Nutrition Facts: Serving Size: 2 Tbsp Calories: 20 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 5 g Sodium: 60 mg Protein: 0 g |

| Country Sausage Gravy | Ingredients: pork, pork fat, bleached enriched wheat flour (with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified cornstarch, 2% or less of salt, sugar, dipotassium phosphate, sodium caseinate, sodium xanthan gum, modified food starch, high fructose corn syrup, dehydrated onion, spices, monosodium glutamate, cellulose gum, natural and artificial flavors. Contains: milk, wheat. |
|---------------------|Nutrition Facts: Serving Size: 2 Tbsp Calories: 20 Total Fat: 1.5 g Cholesterol: 0 mg Carbohydrate: 17.5 g Sodium: 17 mg Protein: 0 g |
### Ingredients

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<tr>
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<tbody>
<tr>
<td><strong>Pineapple Sauce</strong></td>
<td>crushed pineapple, brown sugar, apple juice, vinegar</td>
</tr>
<tr>
<td><strong>Poultry Gravy (Low Sodium)</strong></td>
<td>velvetized cornstarch, whey, chicken powder, corn syrup solids, modified cornstarch, hydrolyzed soy, corn and wheat proteins, chicken fat, soybean oil, 2% or less of reconstituted milk, vegetable oil (partially hydrogenated coconut or palm kernel, hydrogenated soybean)**, soya powder, xanthan gum, disodium phosphate, yeast extract, disodium inosinate/disodium guanylate, sodium caseinate (a milk derivative), color added, natural and artificial flavor, beta carotene (color), mono- and diglycerides, sugar, calcium lactate, parabens, dehydrogenated DATEM, caramel color, spice, turmeric, dehydrated butter, enzyme modified butter, tocopherol, annatto (color), salt. Contains: milk, soy, wheat; made on equipment that also processes eggs. **adds a trivial amount of trans fat</td>
</tr>
<tr>
<td><strong>Raisin Sauce</strong></td>
<td>raisins, brown sugar, vinegar, apple juice, crushed pineapple</td>
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<tr>
<td><strong>Salsa</strong></td>
<td>diced tomatoes, Crushed tomatoes, peppers, onions, vinegar, sea salt, dehydrated garlic, food starch, calcium chloride, citric acid, spices</td>
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<tr>
<td><strong>Zesty Orange Sauce</strong></td>
<td>corn syrup, high fructose corn syrup, soy sauce (water, wheat, soybeans, salt, less than 1% sodium benzoate as a preservation), white distilled vinegar, modified cornstarch, 1% or less of garlic, toasted sesame oil, concentrated orange juice, spices, extractives of annatto, canola oil, xanthan gum, salt. Contains: soy, wheat</td>
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### DESSERTS

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<td><strong>Angel Food Cake</strong></td>
<td>sugar, water, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), egg white powder (with sodium lauryl sulfate), wheat starch; contains less than 2% of: leavening (baking soda, sodium aluminum phosphate, calcium sulfate, calcium phosphate), cornstarch, potassium bicarbonate, cream of tartar, salt, fumaric acid, artificial flavor, propylene glycol, cellulose gum, gum tragacanth, monocalcium phosphate, preservatives (potassium carbonate, TBA and citric acid), soybean oil, corn flour, partially hydrogenated soybean oil, soy lecithin, Contains: wheat, egg, soy; manufactured in a facility that also processes milk, walnuts, pecans, almonds &amp; coconut</td>
</tr>
<tr>
<td><strong>Apple Pie</strong></td>
<td>apples, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, vegetable oil (palm and soybean oils), water, corn syrup, contains 2% or less of each of the following modified cornstarch, high fructose corn syrup, salt, cinnamon, mace, acid, gums (xanthan, carob bean) soy flour. Contains: wheat and soy</td>
</tr>
<tr>
<td><strong>Brownie (iced)</strong></td>
<td>sugar, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (soybean and palm oils), eggs, water, cocoa processed with alkali, corn syrup contains 2% or less of: margarine (palm oil, water, soybean oil, salt, mono- and diglycerides [from vegetable sources]), artificial flavor, annatto (color), calcium disodium EDTA (preservative), vitamin A palmitate), chocolate processed with alkali, high fructose corn syrup, salt, potassium carbonate (preservative), vanilla (artificial flavor), wheat starch, aged, modified corn starch, soy flour. Contains: wheat, egg, soy</td>
</tr>
<tr>
<td><strong>Banana Cake</strong></td>
<td>sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) bananas, partially hydrogenated vegetable oil (soybean and/or cottonseed oil) eggs, water, high fructose corn syrup, vegetable oil (soy bean and/or cottonseed oil) corn syrup, contains 2% or less of each of the following: glycereine, salt mono and diglycerides, flavoring, (baking soda, sodium acid pyrophosphate, corn starch, monocalcium phosphate), corn starch, potassium carbonate (preservative), soy lecithin, modified corn starch preglycolized ester, citric acid, natural flavor, aged, vanillin artificial flavor</td>
</tr>
</tbody>
</table>

### Nutrition Facts

<table>
<thead>
<tr>
<th> </th>
<th> </th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pineapple Sauce</strong></td>
<td>Serving Size: 2 Tbsp</td>
</tr>
<tr>
<td><strong>Poultry Gravy (Low Sodium)</strong></td>
<td>Serving Size: 2 oz</td>
</tr>
<tr>
<td><strong>Raisin Sauce</strong></td>
<td>Serving Size: 2 Tbsp</td>
</tr>
<tr>
<td><strong>Salsa</strong></td>
<td>Serving Size: 2 oz</td>
</tr>
<tr>
<td><strong>Zesty Orange Sauce</strong></td>
<td>Serving Size: 2 Tbsp</td>
</tr>
</tbody>
</table>

---

| **Angel Food Cake** | Serving Size: 1 sl | Calories: 60 | Total Fat: 0 g | Cholesterol: 0 mg | Carbohydrate: 14 g | Sodium: 120 mg | Protein: 1 g |
| **Apple Pie** | Serving Size: 1 sl | Calories: 280 | Total Fat: 0 g | Cholesterol: 0 mg | Carbohydrate: 40 g | Sodium: 260 mg | Protein: 2 g |
| **Brownie (iced)** | Serving Size: 1 ea | Calories: 250 | Total Fat: 13 g | Cholesterol: 25 mg | Carbohydrate: 41 g | Sodium: 160 mg | Protein: 3 g |
| **Banana Cake** | Serving Size: 1 square | Calories: 155 | Total Fat: 7.5 g | Cholesterol: 20 mg | Carbohydrate: 31 g | Sodium: 145 mg | Protein: 2 g |
Cheesecake: French Cream: water, sugar, vegetable oil (palm oil, soybean and/or cottonseed oils), milk, honey, whipping cream, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), cultured milk, cream cheese (pasteurized milk and cream, cream culture, salt, carob bean gum). Neufchatel cheese (pasteurized milk and cream, cream cheese culture, salt, stabilizers (xanthan and/or carob bean and/or guar gum)). modified corn starch. contains 2% or less of: milk protein concentrate, cream, skin milk, maltodextrin, rolled oats, gelatin, salt, gums (carob bean, guar), mono- and diglycerides, color (turmeric and annatto extract, D-α-tocopherol), cheese culture, citric acid, lactic acid, lemon oil, propylene glycol mono and diesters of fatty acids and distilled water, rennet, artificial flavor. Contains milk, wheat, soy.

Nutritional Facts

Cheesecake: French Cream:

<table>
<thead>
<tr>
<th>Serving Size: 1 square</th>
<th>Calories: 370</th>
<th>Total Fat: 20 g</th>
<th>Cholesterol: 10 mg</th>
<th>Carbohydrate: 45 g</th>
<th>Sodium: 155 mg</th>
<th>Protein: 2 g</th>
</tr>
</thead>
</table>

Cheesecake: Cherry Cobbler: cherry filling: cherries, high fructose corn syrup, water, modified food starch, contains less than 2% of: sodium benzoate, calcium gluconate, FOB, red #4, potassium sorbate, citric acid, artificial flavor; puff pastry: enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), high fructose corn syrup, corn syrup, vegetable oil (palm oil and soybean oils), sugar, modified cornstarch. contains 2% or less of: diestones, salt, baking soda, red #40 (color), mono- and diglycerides, soy flour. Contains: wheat, soy.

Nutritional Facts

Cheesecake: Cherry Cobbler:

<table>
<thead>
<tr>
<th>Serving Size: ⅛ c</th>
<th>Calories: 100</th>
<th>Total Fat: 1 g</th>
<th>Cholesterol: 0 mg</th>
<th>Carbohydrate: 20 g</th>
<th>Sodium: 55 mg</th>
<th>Protein: &lt; 1 g</th>
</tr>
</thead>
</table>

Cheesecake: Cherry Crisp: cherry pie filling: cherries, high fructose corn syrup, water, modified food starch, contains less than 2% of: sodium benzoate, calcium gluconate, FOB, red #4, potassium sorbate, citric acid, artificial flavor; brown sugar, butter, rolled oats.

Nutritional Facts

Cheesecake: Cherry Crisp:

<table>
<thead>
<tr>
<th>Serving Size: ⅛ c</th>
<th>Calories: 155</th>
<th>Total Fat: 1 g</th>
<th>Cholesterol: 0 mg</th>
<th>Carbohydrate: 20 g</th>
<th>Sodium: 45 mg</th>
<th>Protein: 2 g</th>
</tr>
</thead>
</table>

Chocolate Chip Cookie: enriched wheat flour (bleached flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), high fructose corn syrup, vegetable shortening (partially hydrogenated soybean and cottonseed oils with TBHQ and citric acid to help protect flavor), sugar, corn syrup, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, emulsifier), vanilla extract, chocolate flavored chips (sugar, partially hydrogenated vegetable oil (palm oil, coconut, palm), cocoa processed with alkali, deodorized, cocoa, whey (milk), soy lecithin, vanilla), modified corn starch, glycercin, eggs, guar gum, natural and artificial flavors, molasses, aspartame, salt, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate). Contains: wheat, soy, eggs, milk.

Nutritional Facts

Chocolate Chip Cookie:

<table>
<thead>
<tr>
<th>Serving Size: 2 ea</th>
<th>Calories: 180</th>
<th>Total Fat: 6 g</th>
<th>Cholesterol: 0 mg</th>
<th>Carbohydrate: 28 g</th>
<th>Sodium: 120 mg</th>
<th>Protein: 2 g</th>
</tr>
</thead>
</table>

Chocolate Cupcakes: whey (milk), enriched flour (wheat flour, malted barley flour, reduced iron, thiamin mononitrate, riboflavin, folic acid), malted, sugar, polydextrose, eggs, water, cocoa (natural and processed with alkali), maltitol, contains 2% or less of: soybean oil, glycercine, palm oil, hydrogenated soybean and polyunsaturated vegetable oil, baking soda, monocalcium phosphate), corn syrup, salt, citrus fiber, deodorized, soy flour, calcium carbonate, chocolate liquor, calcium sulfate, cornstarch, soy lecithin, monoglycerides, agar, sorbitan monostearate, guar gum, polysorbate 80, artificial flavor, sucrose (non-nutritive sweetener), sodium hexametaphosphate, potassium sorbate, sorbic acid and sodium propionate (to retard spoilage). Contains: wheat, soy, milk, eggs.

Nutritional Facts

Chocolate Cupcakes:

<table>
<thead>
<tr>
<th>Serving Size: 1 ea</th>
<th>Calories: 120</th>
<th>Total Fat: 3.5 g</th>
<th>Cholesterol: 15 mg</th>
<th>Carbohydrate: 26 g</th>
<th>Sodium: 125 mg</th>
<th>Protein: 2 g</th>
</tr>
</thead>
</table>

Éclair: puff pastry: enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), shortening, salt, sugar, modified palm kernel oil, eggs, sugar, enriched bleached flour (wheat flour, reduced iron, thiamin mononitrate, riboflavin, folic acid), shortening, high fructose corn syrup, vegetable shortening (partially hydrogenated soybean and cottonseed oils, with TBHQ and citric acid to help protect flavor), sugar, corn syrup, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, emulsifier), vanilla extract, chocolate flavored chips (sugar, partially hydrogenated vegetable oil (palm oil, coconut, palm), cocoa processed with alkali, deodorized, cocoa, whey (milk), soy lecithin, vanilla), modified corn starch, glycercin, eggs, guar gum, natural and artificial flavors, molasses, aspartame, salt, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate). Contains: wheat, soy, eggs, milk.

Nutritional Facts

Éclair:

<table>
<thead>
<tr>
<th>Serving Size: 2 ea</th>
<th>Calories: 120</th>
<th>Total Fat: 6 g</th>
<th>Cholesterol: 0 mg</th>
<th>Carbohydrate: 25 g</th>
<th>Sodium: 125 mg</th>
<th>Protein: 2 g</th>
</tr>
</thead>
</table>

Lemon Meringue Pie: water, sugar, high fructose corn syrup, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (palm and soybean oils), corn syrup, graham flour, modified corn starch, contains 2% or less of: invert sugar, sucrose, sodium carbonate, milk derivatives, palm oil, corn syrup, ammonium carbonate, salt, to preserve freshness (sodium propionate, potassium sorbate), soy protein concentrate, dehydrated, polysorbate 80, carbohydrate gum, soy lecithin, natural & artificial flavor, agar, polyglycerol esters of fatty acids, xanthan gum, locust bean gum, artificial colors (yellow 3, yellow # 6, red # 40). Contains: eggs, wheat, milk, soy.

Nutritional Facts

Lemon Meringue Pie:

<table>
<thead>
<tr>
<th>Serving Size: 1 sl</th>
<th>Calories: 220</th>
<th>Total Fat: 6 g</th>
<th>Cholesterol: 0 mg</th>
<th>Carbohydrate: 41 g</th>
<th>Sodium: 210 mg</th>
<th>Protein: 1 g</th>
</tr>
</thead>
</table>

Pumpkin Pie: pumpkin, corn syrup, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), skim milk, high fructose corn syrup, eggs, vegetable oil (palm, soybean) sugar, contains 2% or less, milk, modified corn starch, salt, spices (includes cinnamon), carrageenan, red beet juice (Color), gums (guar, xanthan), cocoa butter, xanthan, sodium phosphate, dehydrated. Contains: wheat, milk, eggs.

Nutritional Facts

Pumpkin Pie:

<table>
<thead>
<tr>
<th>Serving Size: 1 ea</th>
<th>Calories: 270</th>
<th>Total Fat: 8 g</th>
<th>Cholesterol: 0 mg</th>
<th>Carbohydrate: 50 g</th>
<th>Sodium: 230 mg</th>
<th>Protein: 4 g</th>
</tr>
</thead>
</table>

Ice Cold Carrot Cake: sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (soybean and/or cottonseed oils), carrots, eggs, walnuts, water, fructose, glycercine, corn syrup, contains 2% or less of the following: crushed pineapple (pineapple unwaxed pineapple juice, ascobic acid), monoglycerides and diglycerides (from vegetable sources), carrageenan, baking powder, sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), salt, cinnamon, modified corn starch, potassium sorbate and citric acid and TBHQ (preservative).

Nutritional Facts

Ice Cold Carrot Cake:

<table>
<thead>
<tr>
<th>Serving Size: 1 ea</th>
<th>Calories: 320</th>
<th>Total Fat: 4 g</th>
<th>Cholesterol: 5 mg</th>
<th>Carbohydrate: 26 g</th>
<th>Sodium: 135 mg</th>
<th>Protein: 3 g</th>
</tr>
</thead>
</table>

NSA Apple Pie: apples, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (palm, cottonseed and/or soybean oil), luscrom, whey, contains 2% or less of each of the following: modified corn starch, salt, cinnamon, maltose, potassium sorbates (preservatives), sucrose, soy flour. Contains milk, wheat, and soy.

Nutritional Facts

NSA Apple Pie:

<p>| Serving Size: 1 sl | Calories: 320 | Total Fat: 20 g | Cholesterol: 0 mg | Carbohydrate: 37 g | Sodium: 380 mg | Protein: 4 g |</p>
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Oatmeal Cookie:</strong> enriched flour, sugar, milk, salt, baking soda, artificial flavor, color added.</td>
<td>Serving Size: 1 ea&lt;br&gt;Calories: 150&lt;br&gt;Total Fat: 6 g&lt;br&gt;Cholesterol: 5 mg&lt;br&gt;Carbohydrate: 19 g&lt;br&gt;Sodium: 100 mg&lt;br&gt;Protein: 2 g</td>
</tr>
<tr>
<td><strong>Sugar Free Lemon Cookie:</strong> sugar free, lemon extract, corn syrup, artificial flavor, color added.</td>
<td>Serving Size: 2 ea&lt;br&gt;Calories: 150&lt;br&gt;Total Fat: 5 g&lt;br&gt;Cholesterol: 0 mg&lt;br&gt;Carbohydrate: 27 g&lt;br&gt;Sodium: 110 mg&lt;br&gt;Protein: 2 g</td>
</tr>
<tr>
<td><strong>Pudding, Chocolate:</strong> non-fat milk, sugar, modified corn starch, cocoa (processed with alkali), less than 2% of salt, artificial flavors.</td>
<td>Serving Size: 1/3 cup&lt;br&gt;Calories: 180&lt;br&gt;Total Fat: 1 g&lt;br&gt;Cholesterol: 0 mg&lt;br&gt;Carbohydrate: 39 g&lt;br&gt;Sodium: 1 mg&lt;br&gt;Protein: 0 g</td>
</tr>
<tr>
<td><strong>Pudding, Vanilla:</strong> non-fat milk, sugar, modified corn starch, vegetable oil (contains one or more of the following: palm oil, hydrogenated palm oil, soybean oil, partially hydrogenated soybean oil), less than 2% of salt, artificial flavors.</td>
<td>Serving Size: 1/3 cup&lt;br&gt;Calories: 210&lt;br&gt;Total Fat: 4 g&lt;br&gt;Cholesterol: 0 mg&lt;br&gt;Carbohydrate: 33 g&lt;br&gt;Sodium: 9 mg&lt;br&gt;Protein: 0 g</td>
</tr>
<tr>
<td><strong>Pumpkin Pie (NSA):</strong> pumpkin, enriched bleached flour (wheat flour, milk, sugar, high fructose corn syrup, vegetable shortening, soy flour).</td>
<td>Serving Size: 1/8 pie&lt;br&gt;Calories: 320&lt;br&gt;Total Fat: 15 g&lt;br&gt;Cholesterol: 45 mg&lt;br&gt;Carbohydrate: 47 g&lt;br&gt;Sodium: 520 mg&lt;br&gt;Protein: 5 g</td>
</tr>
<tr>
<td><strong>Apple Streusel Coffee Cake:</strong> whole wheat flour, sugar, apples, high fructose corn syrup, vegetable shortening, soy flour.</td>
<td>Serving Size: 2 ea&lt;br&gt;Calories: 200&lt;br&gt;Total Fat: 5 g&lt;br&gt;Cholesterol: 0 mg&lt;br&gt;Carbohydrate: 36 g&lt;br&gt;Sodium: 110 mg&lt;br&gt;Protein: 2 g</td>
</tr>
<tr>
<td><strong>Sponge Cake:</strong> enriched bleached flour (wheat flour, niacin, reduced iron, thiamin, riboflavin, folic acid), eggs, sugar, high fructose corn syrup, vegetable oil (palm and soybean oils), artificial flavor, color added.</td>
<td>Serving Size: 1 square&lt;br&gt;Calories: 95&lt;br&gt;Total Fat: 3.5 g&lt;br&gt;Cholesterol: 3 mg&lt;br&gt;Carbohydrate: 14 g&lt;br&gt;Sodium: 35 mg&lt;br&gt;Protein: 1.5 g</td>
</tr>
<tr>
<td><strong>Sugar Free Chocolate Chip Cookie:</strong> wheat flour, sugar, milk, salt, baking soda, artificial flavor, color added.</td>
<td>Serving Size: 1 ea&lt;br&gt;Calories: 80&lt;br&gt;Total Fat: 3.5 g&lt;br&gt;Cholesterol: 3 mg&lt;br&gt;Carbohydrate: 15 g&lt;br&gt;Sodium: 35 mg&lt;br&gt;Protein: 1 g</td>
</tr>
<tr>
<td><strong>Sugar Free Lemon Cookie:</strong> wheat flour, sugar, milk, salt, baking soda, artificial flavor, color added.</td>
<td>Serving Size: 1 ea&lt;br&gt;Calories: 80&lt;br&gt;Total Fat: 3 g&lt;br&gt;Cholesterol: 3.5 mg&lt;br&gt;Carbohydrate: 15 g&lt;br&gt;Sodium: 50 mg&lt;br&gt;Protein: 1 g</td>
</tr>
<tr>
<td><strong>Sugar Free Cherry Cobbler:</strong> cherry no sugar added filling (cherries, water, modified food starch, salt, calcium gluconate, citric acid, sodium benzoate).</td>
<td>Serving Size: 1/4 c&lt;br&gt;Calories: 65&lt;br&gt;Total Fat: 1 g&lt;br&gt;Cholesterol: 0 mg&lt;br&gt;Carbohydrate: 8 g&lt;br&gt;Sodium: 33 mg&lt;br&gt;Protein: &lt; 1 g</td>
</tr>
</tbody>
</table>
**Ingredients Nutrition Facts**

**Sugar Free Fruit Crisp:** cherry no sugar added filling (cherries, water, modified food starch, salt, calcium gluconate, citric acid, sucralose, potassium carbonate, natural flavor, xanthan gum, red #40, blue #1, cinnamon, rolled oats, Splenda (dextrose, maltodextrin, sucralose));

- **Serving Size:** ½ c
- **Calories:** 60
- **Total Fat:** 0 g
- **Cholesterol:** 0 mg
- **Carbohydrate:** 14 g
- **Sodium:** 80 mg
- **Protein:** 1 g

**Sugar Free Pudding:** water, modified corn starch, xylitol, contains less than 1.5% of milk protein concentrate, hydrogenated vegetable oil (coconut & palm kernel oils), salt, sodium stearoyl lactylate (for smooth texture), calcium phosphate, sodium alginate, sucralose, ascorbic acid, artificial flavor, acesulfame potassium, natural & artificial flavor, artificial color, yellow #5, yellow #6.

- **Contains:** milk, yellow #5 & 6
- **Serving Size:** 4 oz
- **Calories:** 60
- **Total Fat:** 1 g
- **Cholesterol:** 0 mg
- **Carbohydrate:** 10 g
- **Sodium:** 160 mg
- **Protein:** <1 g

**Vanilla Cupcake:** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whey (milk), milkfat, sugar, polydextrose, eggs, nonfat milk, pecan oil, contains 2% or less of soybean oil, glycine, water, salt, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), corn syrup, salt, citrus fiber, dextrose, soy flour, calcium carbonate, calcium sulfate, hydroxypropyl cellulose, carnauba wax, soy lecithin, monoglycerides, agave, citric acid, titanium dioxide (color), monocalcium phosphate.

- **Contains:** wheat, soy, milk, eggs
- **Serving Size:** 1 ea
- **Calories:** 120
- **Total Fat:** 3.5 g
- **Cholesterol:** 15 mg
- **Carbohydrate:** 26 g
- **Sodium:** 160 mg
- **Protein:** 2 g

**CONDIMENTS**

**Ingredients Nutrition Facts**

**BBQ Sauce:** water, high fructose corn syrup, distilled vinegar, corn syrup, tomato paste, salt, modified food starch, natural flavor, spices, garlic powder, caramel color, sodium benzoate & potassium benzoate (preservatives);

- **Serving Size:** 1 oz
- **Calories:** 40
- **Total Fat:** 0 g
- **Cholesterol:** 0 mg
- **Carbohydrate:** 10 g
- **Sodium:** 230 mg
- **Protein:** 0 g

**Ketchup:** tomato concentrate made from vine ripened tomatoes, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: onion powder, garlic powder, natural flavor.

- **Serving Size:** 5.5 g
- **Calories:** 10
- **Total Fat:** 0 g
- **Cholesterol:** 0 mg
- **Carbohydrate:** 2 g
- **Sodium:** 100 mg
- **Protein:** 0 g

**Margarine:** liquid & partially hydrogenated soybean oil, water, salt, vegetable mono & diglycerides, soy lecithin, potassium carbonate & sodium benzoate (preservatives), citric acid, artificial flavor, beta carotene (color), vitamin A palmitate.

- **Contains:** soy
- **Serving Size:** 5 g
- **Calories:** 70
- **Total Fat:** 8 g
- **Cholesterol:** 0 mg
- **Carbohydrate:** 0 g
- **Sodium:** 120 mg
- **Protein:** 0 g

**Mayonnaise:** soybean oil, white distilled vinegar, corn syrup, water, egg yolks, salt, lemon juice concentrate, calcium disodium EDTA added to protect flavor.

- **Contains:** egg, soy
- **Serving Size:** 12 g
- **Calories:** 80
- **Total Fat:** 9 g
- **Cholesterol:** 5 mg
- **Carbohydrate:** 1 g
- **Sodium:** 70 mg
- **Protein:** 0 g

**Mustard:** water, distilled white vinegar, mustard seed, salt, turmeric, spices

- **Serving Size:** 5.5 g
- **Calories:** 3.6
- **Total Fat:** 0 g
- **Cholesterol:** 0.1 mg
- **Carbohydrate:** 0.5 mg
- **Sodium:** 51 mg
- **Protein:** 0.3 g

**Parmesan Cheese:** pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose (anti-caking agent)

- **Serving Size:** 3.5 g
- **Calories:** 45
- **Total Fat:** 1 g
- **Cholesterol:** 5 mg
- **Carbohydrate:** 0 g
- **Sodium:** 65 mg
- **Protein:** 1 g
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Salad Dressing: French</strong></td>
<td></td>
</tr>
<tr>
<td>Ingredients: soybean oil, corn syrup, vinegar</td>
<td>Serving Size:</td>
</tr>
<tr>
<td>(cider, distilled), honey, tomato paste,</td>
<td>1.5 oz</td>
</tr>
<tr>
<td>contains less than 2% of: salt, spices,</td>
<td>Calories: 190</td>
</tr>
<tr>
<td>xanthan gum, onion, garlic, xanthan gum.</td>
<td>Total Fat: 15 g</td>
</tr>
<tr>
<td>Contains: soy</td>
<td>Cholesterol: 0 mg</td>
</tr>
<tr>
<td></td>
<td>Carbohydrate: 13 g</td>
</tr>
<tr>
<td></td>
<td>Sodium: 300 mg</td>
</tr>
<tr>
<td></td>
<td>Protein: 0 g</td>
</tr>
<tr>
<td><strong>Salad Dressing: Creamy Italian</strong></td>
<td></td>
</tr>
<tr>
<td>Ingredients: water, soybean oil, vinegar,</td>
<td>Serving Size:</td>
</tr>
<tr>
<td>high fructose corn syrup, modified corn</td>
<td>1 oz</td>
</tr>
<tr>
<td>starch, spices, xanthan gum, polyphosphate B5,</td>
<td>Calories: 115</td>
</tr>
<tr>
<td>dried red bell peppers, natural flavors</td>
<td>Total Fat: 9 g</td>
</tr>
<tr>
<td>preservation (disodium EDTA, BHT).</td>
<td>Cholesterol: 0 mg</td>
</tr>
<tr>
<td>Contains: soy</td>
<td>Carbohydrate: 5 g</td>
</tr>
<tr>
<td></td>
<td>Sodium: 260 mg</td>
</tr>
<tr>
<td></td>
<td>Protein: 0 g</td>
</tr>
<tr>
<td><strong>Salad Dressing: Buttermilk Ranch</strong></td>
<td></td>
</tr>
<tr>
<td>Ingredients: soybean oil, water, buttermilk,</td>
<td>Serving Size:</td>
</tr>
<tr>
<td>distilled vinegar, salt, egg yolk, sugar,</td>
<td>1 oz</td>
</tr>
<tr>
<td>whey protein concentrate, garlic juice,</td>
<td>Calories: 140</td>
</tr>
<tr>
<td>monosodium glutamate, xanthan gum,</td>
<td>Total Fat: 14 g</td>
</tr>
<tr>
<td>natural flavor, dehydrated onion, potassium</td>
<td>Cholesterol: 5 mg</td>
</tr>
<tr>
<td>xanthan gum &amp; sodium benzoate (preservatives),</td>
<td>Carbohydrate: 7 g</td>
</tr>
<tr>
<td>polyphosphate B5, dehydrated garlic, natural</td>
<td>Sodium: 210 mg</td>
</tr>
<tr>
<td>and artificial flavors, red bell peppers,</td>
<td>Protein: 0 g</td>
</tr>
<tr>
<td>mustard used, polyphosphate B5, dehydrated</td>
<td></td>
</tr>
<tr>
<td>garlic. Contains: soy, egg, milk.</td>
<td></td>
</tr>
<tr>
<td><strong>Salad Dressing: Thousand Island</strong></td>
<td></td>
</tr>
<tr>
<td>Ingredients: soybean oil, water, high fructose</td>
<td>Serving Size:</td>
</tr>
<tr>
<td>corn syrup, pickles, egg yolks, tomato paste,</td>
<td>1 oz</td>
</tr>
<tr>
<td>distilled vinegar, corn syrup, salt, onion,</td>
<td>Calories: 220</td>
</tr>
<tr>
<td>celery seed, sodium benzoate added as a</td>
<td>Total Fat: 19 g</td>
</tr>
<tr>
<td>preservative, xanthan gum, natural and</td>
<td>Cholesterol: 20 mg</td>
</tr>
<tr>
<td>artificial flavors, red bell peppers, mustard</td>
<td>Carbohydrate: 7 g</td>
</tr>
<tr>
<td>used, polyphosphate B5, dehydrated garlic.</td>
<td>Sodium: 320 mg</td>
</tr>
<tr>
<td>Contains: soy, egg</td>
<td>Protein: 1 g</td>
</tr>
<tr>
<td><strong>Sour Cream</strong></td>
<td></td>
</tr>
<tr>
<td>Ingredients: cream, milk, modified food starch</td>
<td>Serving Size:</td>
</tr>
<tr>
<td>(corn), lactic acid, gelatin, mono and diglycerides,</td>
<td>1 oz</td>
</tr>
<tr>
<td>potassium carbonate (to preserve freshness),</td>
<td>Calories: 45</td>
</tr>
<tr>
<td>carrageenan, sodium phosphate, natural and</td>
<td>Total Fat: 4 g</td>
</tr>
<tr>
<td>artificial flavor, lactic acid culture.</td>
<td>Cholesterol: 0 mg</td>
</tr>
<tr>
<td>Contains: milk</td>
<td>Carbohydrate: 1 g</td>
</tr>
<tr>
<td></td>
<td>Sodium: 20 mg</td>
</tr>
<tr>
<td></td>
<td>Protein: 1 g</td>
</tr>
<tr>
<td><strong>Tartar Sauce</strong></td>
<td></td>
</tr>
<tr>
<td>Ingredients: water, pickle relish (cucumbers,</td>
<td>Serving Size:</td>
</tr>
<tr>
<td>water, vinegar, salt, alum, xanthan gum,</td>
<td>12 g</td>
</tr>
<tr>
<td>sodium benzoate (preservative), calcium</td>
<td>Calories: 25</td>
</tr>
<tr>
<td>chloride, natural flavors, polyphosphate B5,</td>
<td>Total Fat: 2.5 g</td>
</tr>
<tr>
<td>soybean oil, distilled vinegar, high fructose</td>
<td>Cholesterol: 5 mg</td>
</tr>
<tr>
<td>corn syrup, modified food starch, egg yolk,</td>
<td>Carbohydrate: 2 g</td>
</tr>
<tr>
<td>salt, spices &amp; natural flavorings, xanthan</td>
<td>Sodium: 115 mg</td>
</tr>
<tr>
<td>gum, sodium benzoate (preservative), onion</td>
<td>Protein: 0 g</td>
</tr>
<tr>
<td>powder, calcium disodium EDTA (to protect flavor)</td>
<td></td>
</tr>
<tr>
<td>Contains: soy, egg</td>
<td></td>
</tr>
</tbody>
</table>