



Ingredient & Nutritional Information for Menu Items

**Warren County
Community Services, Inc.
6141 Market Ave.
Middletown, OH 45005**

**Nutrition Services Office
513-695-2256**

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Middletown, OH 45005



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 513-695-2256 Ext. 102.

Sincerely,

Amy Houpey,

Amy Houpey, CDM, CFPP, MBM
Aging Services 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

BREADS

Ingredients	Nutrition Facts
<p>Apple Cinnamon Muffin: enriched wheat flour (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 sorbate, nutmeg), applesauce (apples, potassium sorbate), 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. <u>Contains: egg, milk, soy, wheat; is processed in a facility that produces products with tree nuts</u></p>	<p>Serving Size: 1 ea Calories: 160 Total Fat: 6 g Cholesterol: 20 mg Carbohydrate: 25 g Sodium: 190 mg Protein: 3 g</p>
<p>Puff Pastry Sheets: enriched wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, palm and soybean oil, water, salt, monocalcium phosphate, wheat</p>	<p>Serving Size: 1 ea Calories: 450 Total Fat: 310 g Cholesterol: 0 mg Carbohydrate: 30 g Sodium: 270 mg Protein: 5.8 g</p>
<p>Banana Muffin: enriched wheat flour (malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, water, soybean oil, egg, banana puree (bananas, ascorbic acid), 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, albumen, salt, natural & artificial flavor. <u>Contains: wheat, soy, egg, milk</u></p>	<p>Serving Size: 1 ea Calories: 180 Total Fat: 6 g Cholesterol: 20 mg Carbohydrate: 27 g Sodium: 210 mg Protein: 3 g</p>
<p>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, sodium aluminum phosphate, whey, sodium caseinate, natural and artificial flavor. <u>Contains: wheat, milk</u></p>	<p>Serving Size: 1 ea Calories: 260 Total Fat: 11 g Cholesterol: 0 mg Carbohydrate: 35 g Sodium: 890 mg Protein: 6 g</p>
<p>Blueberry Muffin: enriched flour (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. <u>Contains: egg, milk, soy, wheat; is processed in a facility that produces products with tree nuts</u></p>	<p>Serving Size: 1 ea Calories: 170 Total Fat: 7 g Cholesterol: 30 mg Carbohydrate: 25 mg Sodium: 190 mg Protein: 3 g</p>
<p>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, maltodextrin, autolyzed yeast, dextrose, 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, lactic acid, calcium lactate, wheat starch, ascorbic acid, enzymes. <u>Contains: wheat, soy</u></p>	<p>Serving Size: 1 ea Calories: 130 Total Fat: 3 g Cholesterol: 0 mg Carbohydrate: 22 g Sodium: 290 mg Protein: 3 g</p>
<p>Bun: wheat flour, water, corn syrup, yeast, soybean oil, contains 2% or less of salt, wheat gluten dough conditioners (monoglycerides, calcium peroxide, and azodicarbonamide), yeast nutrients (calcium sulfate, ammonium chloride), calcium propionate (preservative), corn starch, wheat starch. <u>Contains: wheat, soy</u></p>	<p>Serving Size: 1 ea Calories: 117 Total Fat: 1.8 g Cholesterol: 0 mg Carbohydrate: 22 g Sodium: 256 mg Protein: 3.5 g</p>
<p>Cheerios: whole grain oats, corn starch, sugar, salt, tripotassium phosphate, wheat starch, vitamin E (mixed tocopherols) added to preserve freshness, vitamins & minerals: calcium carbonate, iron & zinc (mineral nutrients), vitamin C (sodium ascorbate), vitamin B (niacinamide), vitamin B₅ (pyridoxine hydrochloride), vitamin A (palmitate), vitamin B₁ (thiamine mononitrate), vitamin B (folic acid), vitamin B₂, vitamin D₃</p>	<p>Serving Size: 1 c Calories: 100 Total Fat: 2 g Cholesterol: 0 mg Carbohydrate: 20 g Sodium: 140 mg Protein: 3 g</p>
<p>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. <u>Contains: egg, milk, soy, wheat; is processed in a facility that produces products with tree nuts</u></p>	<p>Serving Size: 1 ea Calories: 190 Total Fat: 7 g Cholesterol: 10 mg Carbohydrate: 29 g Sodium: 150 mg Protein: 2 g</p>

Ingredients	Nutrition Facts
<p>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</p>	<p>Serving Size: 1 ea Calories: 180 Total Fat: 4 g Cholesterol: 10 mg Carbohydrate: 31 g Sodium: 310 mg Protein: 4 g</p>
<p>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, azodicarbonamide (ADA), calcium stearoyl-2 lactate, enzymes), eggs, artificial flavors, preservatives (calcium propionate, potassium sorbate, citric acid). Contains: eggs, milk, soy, wheat</p>	<p>Serving Size: 1 ea Calories: 140 Total Fat: 6 g Cholesterol: 0 mg Carbohydrate: 18 g Sodium: 180 mg Protein: 3 g</p>
<p>Dinner Roll: enriched flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin), water, high fructose corn syrup, eggs, margarine (soybean oil, water, soy lecithin, vitamin A palmitate), yeast, contains 2% or less of dry honey, salt, potato flour, wheat gluten, calcium propionate (preservative), corn flour, dough conditioners (mono- & diglycerides, soy lecithin, sodium metabisulfite), yeast nutrients (ammonium sulfate, calcium sulfate), turmeric, paprika. Contains: wheat, soy</p>	<p>Serving Size: 1 ea Calories: 87 Total Fat: 1.8 g Cholesterol: 1 mg Carbohydrate: 15 g Sodium: 150 mg Protein: 3 g</p>
<p>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 sot 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</p>	<p>Serving Size: 1 ea Calories: 380 Total Fat: 23 g Cholesterol: 15 mg Carbohydrate: 39 g Sodium: 560 mg Protein: g</p>
<p>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 & 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</p>	<p>Serving Size: ½ c Calories: 130 Total Fat: 1 g Cholesterol: 0 mg Carbohydrate: 25 g Sodium: 750 mg Protein: 4 g</p>
<p>Raisin Bran: whole grain wheat, raisins, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor</p>	<p>Serving Size: 1 c Calories: 130 Total Fat: 0.5 g Cholesterol: 0 mg Carbohydrate: 25 g Sodium: 210 mg Protein: 3 g</p>
<p>Danish: enriched bleached flour (wheat flour, malted barley flour, ferrous 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, whey, egg whites, salt, eggs, mono & diglycerides, yellow corn flour, corn starch, wheat gluten, calcium carbonate, natural and artificial flavors, cinnamon, xanthan gum, citric acid, calcium sulfate, sodium stearoyl lactylate, preservatives (sodium benzoate, potassium sorbate, calcium propionate), dextrose, enzymes, agar, corn flour, potato flour, spice, soy lecithin, guar gum, ascorbic acid added as dough conditioner, azodicarbonamide, sodium hexametaphosphate, artificial color, vitamin a palmitate. Contains: eggs, soy, milk wheat</p>	<p>Serving Size: 1 ea. Calories: 300 Total Fat: < 5 g Cholesterol: 10 mg Carbohydrate: 40 g Sodium: 220 mg Protein: 4 g</p>
<p>Tortilla: bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- & diglycerides, contains 2% or less of salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate, potassium sorbate). Contains: wheat, soy</p>	<p>Serving Size: 1 ea Calories: 190 Total Fat: 7 g Cholesterol: 0 mg Carbohydrate: 28 g Sodium: 460 mg Protein: 5 g</p>
<p>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 peroxide), wheat gluten, yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (preservative). Contains: wheat, eggs, milk, soy</p>	<p>Serving Size: 1 slice Calories: 66 Total Fat: 0.8 g Cholesterol: 0 mg Carbohydrate: 12.7 g Sodium: 170 mg Protein: 2 g</p>
<p>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 peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (preservative). Contains: wheat, soy</p>	<p>Serving Size: 1 slice Calories: 69 Total Fat: 0.9 g Cholesterol: 0 mg Carbohydrate: 13.2 g Sodium: 132 mg Protein: 3.6 g</p>

Ingredients	Nutrition Facts
<p>Whole Wheat Dinner Roll: water, white whole wheat flour, enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), corn syrup, yeast, soybean oil, wheat gluten, contains 2% or less of salt, honey, molasses, invert sugar, wheat starch, soy lecithin, yeast nutrients (calcium sulfate, ammonium chloride), corn starch, dough conditioners (ascorbic acid, calcium peroxide, azodicarbonamide), calcium propionate (preservative). Contains: wheat, soy</p>	<p>Serving Size: 1 ea Calories: 96 Total Fat: 1.7 g Cholesterol: 0 mg Carbohydrate: 18 g Sodium: 172 mg Protein: 3 g</p>

DAIRY

Ingredients	Nutrition Facts
<p>Cottage Cheese: cultured pasteurized nonfat milk, milk, whey, salt, 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, enzymes. Contains: milk, soy</p>	<p>Serving Size: ½ c Calories: 80 Total Fat: 1 g Cholesterol: 10 mg Carbohydrate: 5 g Sodium: 440 mg Protein: 13 g</p>
<p>Swiss Cheese: pasteurized part-skim milk, cheese culture, salt, enzymes. Contains: milk</p>	<p>Serving Size: 1 oz Calories: 106 Total Fat: 7.8 g Cholesterol: 26 mg Carbohydrate: 1.5g Sodium: 54 mg Protein: 7.5 g</p>

ENTRÉES – BEEF

Ingredients	Nutrition Facts
<p>Beef & Bean Burrito: filling: cooked pinto beans (water, pinto beans, corn oil, soy lecithin, salt), ground beef (no more than 15% fat), water, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto color), contains less than 2% of: seasoning (oats, salt, onion powder, chili pepper, spices, tomato powder, garlic powder, sugar, caramel color, citric acid, autolyzed yeast extract), seasoning (modified food starch, paprika, salt, onion powder, tomato powder, sugar, spices, yeast extract, garlic powder, chili pepper, guar gum, xanthan gum, citric acid, malic acid, maltodextrin, ascorbic acid, disodium inosinate, disodium guanylate, mono and diglycerides, autolyzed yeast extract, lactic acid, natural flavors), stabilizer (modified food starch, maltodextrin, soy lecithin, sodium stearoyl lactylate, xanthan gum, guar gum), textured vegetable protein (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin), modified food starch. tortilla: bleached enriched flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean and cottonseed oil with mono and diglycerides, contains less than 2% of: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), cellulose gum, dough conditioner (soy flour, calcium sulfate, sorbic acid), fumaric acid, sodium bicarbonate, DATEM esters, monoglycerides, sodium alginate, potassium sorbate (preservative), L-cysteine. Contains: soy, wheat, milk</p>	<p>Serving Size: 5.45 oz Calories: 350 Total Fat: 13 g Cholesterol: Carbohydrate: 45 g Sodium: 180 mg Protein: 16 g</p>
<p>Beef & Macaroni Casserole: water, blanched macaroni product (water, semolina, egg whites), tomato puree (water, tomato paste), ground beef, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), chili sauce (tomatoes, high fructose corn syrup, vinegar, red peppers, salt, dried onion, dried garlic, spice, natural flavor, 2% or less of sugar, modified cornstarch, soy protein concentrate (with caramel color), salt, dehydrated onions, potassium chloride, dehydrated soy sauce (soybeans, salt, wheat), caramel color, yeast extract, spice, citric acid. Contains: egg, soy, wheat</p>	<p>Serving Size: 6 ozas Calories: 210 Total Fat: 6 g Cholesterol: 20 mg Carbohydrate: 30 g Sodium: 860 mg Protein: 10 g</p>
<p>Beef Stir Fry: beef, water, seasoning (salt, maltodextrin, sodium phosphate, garlic, spices, disodium inosinate, disodium guanylate, papain); roasted peppers & onion strips: onions, bell peppers, soybean oil, seasoning (dehydrated garlic & onion, corn starch, salt, sugar, spices, molasses powder, cellulose gum, yeast extract, citric acid, natural flavors, dextrose, extractives of paprika, caramel color). Contains: soy</p>	<p>Serving Size: 6 oz Calories: 116 Total Fat: 2 g Cholesterol: 20 mg Carbohydrate: 14 g Sodium: 496 mg Protein: 10 g</p>
<p>Beef Stew: water, cooked seasoned diced beef steak, caramel color added (beef, water, less than 2% flavoring, maltodextrin, salt, dextrose, natural flavors, caramel color, sodium phosphate, hydrolyzed soy protein, soybean oil, spice, disodium inosinate, disodium guanylate), carrots, onions, potatoes, 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</p>	<p>Serving Size: 6 oz Calories: 115 Total Fat: 2.26 g Cholesterol: 20.4 mg Carbohydrate: 14 g Sodium: 360 mg Protein: 10 g</p>
<p>Beef Tips: cubed beef, beef broth, maltodextrin, food starch-modified, salt</p>	<p>Serving Size: 3 oz Calories: 95 Total Fat: 10 g Cholesterol: 16 mg Carbohydrate: 0 g Sodium: 10 mg Protein: 19.5 g</p>

Ingredients	Nutrition Facts
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 acid and citric acid, gelatin, mono and diglycerides, guar gum, potassium sorbate [to preserve freshness], carrageenan, sodium phosphate, natural and artificial flavor, lactic acid culture). <u>Contains: milk, mushrooms</u>	Serving Size: 4 oz Calories: 158 Total Fat: 28 g Cholesterol: 0 mg Carbohydrate: 4 g Sodium: 190 mg Protein: 22 g
Breaded Veal: veal, beef, water, bread crumbs (bleached white flour, yeast), textured vegetable protein (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin), enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), seasoning (hydrolyzed soy corn protein, salt, spices, dextrose, onion powder, beef extract), salt, modified food starch, sodium phosphates, spices, Romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes), dextrose, onion powder, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), oleoresin paprika, natural flavor. <u>Contains: wheat, soy, milk</u>	Serving Size: 3 oz Calories: 280 Total Fat: 21 g Cholesterol: 35 mg Carbohydrate: 12 g Sodium: 550 mg Protein: 11 g
Cheese Pizza: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), tomatoes (water, tomato paste), low moisture part-skim mozzarella cheese (cultured pasteurized part skim milk, salt, enzymes), water, vegetable shortening (palm oil, natural flavor), soy lecithin, contains 2% or less of: vegetable oil (soybean, cottonseed, corn, and/or canola oil), yeast, sugar, salt, modified food starch, spice, dough conditioner (whey, ammonium sulfate, L-cysteine), maltodextrin, garlic, hydrolyzed soy and corn protein, paprika, onion, garlic powder, ascorbic acid. <u>Contains: wheat, milk, soy</u>	Serving Size: 1 ea Calories: 390 Total Fat: 16 g Cholesterol: 20 mg Carbohydrate: 48 g Sodium: 730 mg Protein: 14 g
Chili: with Beans: beef, tomato strips in puree (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. <u>Contains: soy</u>	Serving Size: 6 oz Calories: 180 Total Fat: 7 g Cholesterol: 20 mg Carbohydrate: 23 g Sodium: 415 mg Protein: 14.5 g
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 puree (water, tomato paste), modified cornstarch, 2% or less of soy sauce (water, wheat, soybeans, salt), soybean oil, dehydrated onions, sugar, salt, cooked beef, seasoning (hydrolyzed soy protein, salt, caramel color), seasoning (hydrolyzed soy protein, soybean extract), Potassium chloride, DATEM, yeast extract, caramel color, seasoning (hydrolyzed soy and corn protein, autolyzed yeast, water, salt), xanthan gum, dried beef stock, dehydrated garlic, spice, natural flavors. <u>Contains: milk, soy, wheat</u>	Serving Size: 3 oz Calories: 130 Total Fat: 5 g Cholesterol: 25 mg Carbohydrate: 9 g Sodium: 740 mg Protein: 11 g
Cincy-Style Beef Chili: ground beef (no more than 20% fat), water, tomato paste, seasoning (chili and other natural spices, garlic powder, spice extractives including paprika), dehydrated onion, modified food starch, salt, vinegar, dehydrated garlic, spice, xanthan gum	Serving Size: 3 oz Calories: 105 Total Fat: 7 g Cholesterol: 25 mg Carbohydrate: 3.3 g Sodium: 320 mg Protein: 6.4 g
Corned Beef: corned beef cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrate, flavoring	Serving Size: 3 oz Calories: 213 Total Fat: 16 g Cholesterol: 0 mg Carbohydrate: 0.4 g Sodium: 964 mg Protein: 15 g
Creamed Chipped Beef: water, sliced smoked beef, (containing chopped, pressed cooked beef, water, salt, sugar, corn syrup, monosodium glutamate, artificial flavor, sodium nitrite), 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, disodium inosinate and disodium guanylate. <u>Contains: milk, soy, wheat</u>	Serving Size: 6 oz Calories: 150 Total Fat: 10 g Cholesterol: 20 mg Carbohydrate: 7 g Sodium: 640 mg Protein: 9 g
Hamburger: beef, seasoning (salt, dextrose, natural flavors, spice), natural flavoring, soy lecithin. <u>Contains: soy</u>	Serving Size: 3 oz Calories: 190 Total Fat: 13 g Cholesterol: 60 mg Carbohydrate: 0 g Sodium: 260 mg Protein: 17 g
Hot Dog: beef, water, contains 2% or less of: salt, potassium lactate, flavorings, sugar, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrate, extractives of paprika	Serving Size: 3 oz Calories: 300 Total Fat: 27 g Cholesterol: 55 mg Carbohydrate: 2 g Sodium: 970 mg Protein: 11 g

Ingredients	Nutrition Facts
<p>Meatballs: beef, mechanically separated chicken, water, vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate [B₁], pyridoxine hydrochloride [B₆], riboflavin [B₂], cyanocobalamin [B₁₂]), bread crumbs (bleached wheat flour, yeast, sugar, salt), seasoning (salt, dehydrated onion, dehydrated celery, garlic powder, spices, soybean oil), tomato paste (tomatoes), parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), Romano cheese made from cow's milk (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose, potassium sorbate), sodium phosphate; set in vegetable oil. Contains: soy, wheat, milk</p>	<p>Serving Size: 3 oz Calories: 250 Total Fat: 20 g Cholesterol: 50 mg Carbohydrate: 4 g Sodium: 460 mg Protein: 14 g</p>
<p>Meatloaf: ground beef (not more than 30% fat), water, catsup (tomato concentrate, high fructose corn syrup, vinegar, corn syrup, salt, onion powder, spice, natural flavors), vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin, (may contain caramel color), (may contain soy lecithin), peppers, bread crumbs (bleached wheat flour, yeast), onions, seasoning (salt, onion powder, hydrolyzed soy protein, spices, turmeric, dextrose, garlic powder), salt; catsup: tomato concentrate, high fructose corn syrup, vinegar, corn syrup, salt, onion powder, spice, natural flavors. Contains: wheat, soy</p>	<p>Serving Size: 3 oz Calories: 190 Total Fat: 11 g Cholesterol: 35 mg Carbohydrate: 9 g Sodium: 610 mg Protein: 12 g</p>
<p>Meat Sauce for Pasta: beef crumbles: beef water, textured vegetable protein (soy protein concentrate, caramel color), textured vegetable protein (soy flour, caramel color), soy protein concentrate, salt, pepper, sodium phosphates; marinara sauce (tomatoes, sugar, sea salt, corn starch, olive oil, dehydrated onion, spices, dehydrated garlic, natural flavor). Contains: soy</p>	<p>Serving Size: 3 oz Calories: 155 Total Fat: 7 g Cholesterol: 20 mg Carbohydrate: 9 g Sodium: 480 mg Protein: 13 g</p>
<p>Pepperoni Calzone: crust: whole wheat flour, enriched flour (enriched bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate [vitamin B₁], riboflavin [vitamin B₂], folic acid), water, sugar, soybean oil, instant dry yeast, salt, baking soda, baking powder, pasteurized dried egg yolks (less than 2% sodium silicoaluminate added); cheese: low moisture part skim mozzarella cheese (pasteurized part-skim cultures and/or milk cultures, salt, enzymes), reduced fat mozzarella cheese (pasteurized part skim milk, nonfat milk, cheese cultures, modified corn starch, salt, vitamin A palmitate and enzymes), methylcellulose; sauce: water, tomato paste, spice mix (sugar, spices, dehydrated garlic and onion, salt, parsley flakes); beef pepperoni: (natural smoke flavoring added, BHA, BHT, and citric acid (to help protect flavor), beef, salt, dextrose lactic acid starter culture, natural flavorings (oleoresin of paprika, natural smoke flavoring, dehydrated garlic, sodium nitrite, BHA, BHT, citric acid); bastring: sprinkle (grated parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes, anti-caking agent (starch, powdered cellulose)), soybean oil, spice mix (sugar, spices, dehydrated garlic and onion, salt, parsley flakes), garlic powder). Contains: wheat, soy, milk, egg</p>	<p>Serving Size: 1 ea Calories: 340 Total Fat: 13 g Cholesterol: 30 mg Carbohydrate: 35 g Sodium: 510 mg Protein: 20 g</p>
<p>Pot Roast: beef, water, and less than 2% of flavor (beef stock, soy sauce (water, wheat, soybeans, salt, sodium benzoate), natural flavoring, beef fat, caramel color, maltodextrin, cultured whey, corn starch, onion powder, sugar, garlic powder, slat, 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. Contains: wheat, milk, soy</p>	<p>Serving Size: 3 oz Calories: 290 Total Fat: 21 g Cholesterol: 82 mg Carbohydrate: 0.5 g Sodium: 711 mg Protein: 22 g</p>
<p>Roast Beef: beef, water, and less than 2% of flavor (beef stock, soy sauce (water, wheat, soybeans, salt, sodium benzoate), natural flavoring, beef fat, caramel color, maltodextrin, cultured whey, corn starch, onion powder, sugar, garlic powder, slat, 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. Contains: wheat, milk, soy</p>	<p>Serving Size: 3 oz Calories: 290 Total Fat: 21 g Cholesterol: 82 mg Carbohydrate: 0.5 g Sodium: 711 mg Protein: 22 g</p>
<p>Salisbury Steak: ground 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], pyridoxine hydrochloride [B₆], riboflavin [B₂], cyanocobalamin [B₁₂]), (may contain caramel color, soy lecithin), bell peppers, seasoning (dehydrated onion, dextrose, autolyzed yeast extract, spice extractives), bread crumbs (bleached wheat flour, soybean oil, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, oleoresin paprika), salt, sodium phosphate. Contains: milk, soy, wheat</p>	<p>Serving Size: 3 oz Calories: 200 Total Fat: 14 g Cholesterol: 45 mg Carbohydrate: 4 g Sodium: 350 mg Protein: 14 g</p>
<p>Sirloin Pattie: beef, seasoning (salt, dextrose, natural flavors, spice), natural flavoring, soy lecithin. Contains: soy</p>	<p>Serving Size: 3 oz Calories: 190 Total Fat: 13 g Cholesterol: 60 mg Carbohydrate: 0 g Sodium: 260 mg Protein: 17 g</p>
<p>Sloppy Joes: beef, water, tomato paste, textured vegetable protein (soy protein concentrate, caramel color), sugar, vinegar, green bell peppers, salt, dehydrated onion, sodium phosphates, dehydrated red bell peppers, chili powder (chili pepper, spices, salt, garlic powder), dehydrated garlic, xanthan gum, paprika extract, spice caramel color. Contains: soy</p>	<p>Serving Size: 3 oz Calories: 170 Total Fat: 10 g Cholesterol: 35 mg Carbohydrate: 8.5 g Sodium: 440 mg Protein: 12 g</p>
<p>Stuffed Cabbage Roll: water, beef, cabbage, tomato puree (water, tomato paste), seasoning (water, salt, sugar, dehydrated soy (soy sauce (wheat, soybeans, salt), maltodextrin, salt), yeast extract (autolyzed yeast extract, maltodextrin, partially hydrogenated soybean oil, caramel color)), tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), blanched enriched long grain parboiled rice (water, rice, iron, niacin, thiamin, mononitrate, folic acid), onions, 2% or less of bread crumbs (bleached wheat flour, sugar, contains 2% or less of salt, partially hydrogenated vegetable oil (soybean and/or cottonseed), yeast), soybean oil, modified cornstarch, sugar, dehydrated onions, pasteurized protein (whey protein concentrate [contains milk]), salt, bleached enriched wheat flour (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), potassium chloride, spices, natural flavor, dehydrated garlic. Contains: milk, wheat, soy</p>	<p>Serving Size: 1 ea Calories: 200 Total Fat: 8 g Cholesterol: 20 mg Carbohydrate: 22 g Sodium: 860 mg Protein: 9 g</p>

Ingredients	Nutrition Facts
<p>Stuffed Pepper: green peppers, water cooked beef tomato puree (water, tomato paste), tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), blanched enriched long grain parboiled rice (water, rice, iron, niacin, thiamin, mononitrate, folic acid), 2% or less of soybean oil, sugar, modified cornstarch, salt, soy protein concentrate (with caramel color), dehydrated onions, rolled oats, bleached enriched wheat flour (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), potassium chloride, xanthan gum, yeast extract, oleoresin, paprika (with soy lecithin), dehydrated soy sauce (soybeans, salt, wheat), caramel color, citric acid, spice, dehydrated garlic. Contains: soy, wheat, oats</p>	<p>Serving Size: 1 ea Calories: 161 Total Fat: 6 g Cholesterol: Carbohydrate: 190g Sodium: 348 mg Protein: 8 g</p>
<p>Swiss Steak: Salisbury steak (ground 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), pyridoxine hydrochloride (B₆), riboflavin (B₂), cyanocobalamin (B₁₂), (may contain caramel color, soy lecithin)], bell peppers, seasoning [dehydrated onion, dextrose, autolyzed yeast extract, spice extractives], bread crumbs [bleached wheat flour, soybean oil, dextrose, leavening [sodium acid pyrophosphate, sodium bicarbonate], whey, oleoresin paprika], salt, sodium phosphate; brown gravy [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, 2% or less of sugar, soybean oil, caramel color [contains sulfites], xanthan gum, soy sauce [wheat, soybeans, salt], garlic powder, dextrose, disodium inosinate/sodium guanylate, red 40, spice, citric acid, natural flavors, thiamine hydrochloride]; tomatoes: tomatoes, tomato juice, salt, calcium chloride, citric acid. Contains: milk, wheat and soy, brown gravy made in a facility that also processes egg ingredients & adds a trivial amount of trans fat</p>	<p>Serving Size: 3 oz Calories: 212 Total Fat: 14 g Cholesterol: 450mg Carbohydrate: 6 g Sodium: 485 mg Protein: 14 g</p>
<p>Veal Parmesan: breaded veal: veal, beef, water, bread crumbs (bleached white flour, yeast), textured vegetable protein (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin), enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), seasoning (hydrolyzed soy corn protein, salt, spices, dextrose, onion powder, beef extract), salt, modified food starch, sodium phosphates, spices, Romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes), dextrose, onion powder, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), oleoresin paprika, natural flavor; marinara sauce: tomatoes, sugar, sea salt, corn starch, olive oil, dehydrated onion, spices, dehydrated garlic, natural flavor; shredded parmesan cheese: pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose (anti-caking agent). Contains: wheat, soy, milk</p>	<p>Serving Size: 3 oz Calories: 345 Total Fat: 57 g Cholesterol: 48 mg Carbohydrate: 13 g Sodium: 832 mg Protein: 16 g</p>

ENTRÉES – EGGS

Ingredients	Nutrition Facts
<p>Breakfast Burrito: tortilla: (bleached enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, soybean oil, salt, guar 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 30% fat], salt, spices, dextrose, sugar), green chilies (green chilies, citric acid); cheddar cheese: (pasteurized milk, cheese cultures, salt, enzymes and annatto), Monterey jack cheese (cultured pasteurized milk, salt, enzymes), tomatoes (tomatoes, tomato juice, citric acid, calcium chloride); contains 2% or less of modified food starch, rehydrated green bell peppers, vegetable oil, salt, chili powder (chili pepper, spices, salt, garlic powder), spices, natural flavors, mustard, hydrolyzed soy protein, dextrose, sodium caseinate, natural smoke flavor, extractive of paprika, flavorings, sodium alginate. Contains: wheat, soy, milk, egg, gluten</p>	<p>Serving Size: 1 ea Calories: 250 Total Fat: 12 g Cholesterol: 80 mg Carbohydrate: 26 g Sodium: 470 mg Protein: 8 g</p>
<p>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. Contains: egg, milk, soy</p>	<p>Serving Size: 1 ea Calories: 180 Total Fat: 13 g Cholesterol: 305 mg Carbohydrate: 3 g Sodium: 390 mg Protein: 12 g</p>
<p>Breakfast Casserole: water, cooked sausage (pork, salt, spices, monosodium glutamate), gravy mix (partially hydrogenated soybean and/or cottonseed oil, modified food starch, enriched bleached flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], corn syrup solids, salt, sodium caseinate (A MILK DERIVATIVE), mono and diglycerides, black pepper, sodium citrate, whey, hydrolyzed vegetable protein (corn, soy), chicken fat and chicken meat (preserved with bha, propyl gallate, and citric acid), sugar, monosodium glutamate, onion, nonfat milk, dipotassium phosphate, maltodextrin, corn starch, carrageenan, soy flour, dextrose, artificial flavor, natural flavor, disodium guanylate, color added, garlic, disodium inosinate, spices, autolyzed yeast extract, polysorbate 80, citric acid), scrambled eggs (whole eggs, nonfat milk, soybean oil, modified food starch, salt, xanthan gum, citric acid butter flavor, pepper) cooked potatoes (potatoes, dextrose, disodium dihydrogen pyrophosphate to maintain color, potassium sorbate to protect flavor) cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto (added for color) Contains: egg, milk, soy, wheat</p>	<p>Serving Size: 6oz Calories: 107 Total Fat: 23 g Cholesterol: 255 mg Carbohydrate: 18 g Sodium: 950 mg Protein: 18 g</p>
<p>Egg Salad: eggs, mayonnaise (soybean oil, egg yolks [egg yolks, salt], high fructose corn syrup, distilled vinegar, mustard [distilled vinegar, mustard seed, salt, spices], water, salt), onions, bread crumbs (bleached wheat flour, yeast, sugar, salt), mustard (distilled vinegar, mustard seed, salt, spices), textured soy flour, salt, pea vegetable extract, potassium sorbate (to retard spoilage), glucono delta lactone, onion powder, garlic powder, spice. Contains: wheat, egg, soy</p>	<p>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</p>
<p>Scrambled Egg: whole eggs, water, modified food starch, salt, citric acid, guar gum. Contains: egg, soy</p>	<p>Serving Size: 1 ea Calories: 60 Total Fat: 3 g Cholesterol: 175 mg Carbohydrate: 1 g Sodium: 135 mg Protein: 5 g</p>
<p>Egg Patties: whole eggs, water, modified food starch, salt, citric acid, guar gum. Contains: eggs, soy</p>	<p>Serving Size: 1 ea Calories: 45 Total Fat: 2 g Cholesterol: 90 mg Carbohydrate: 1 g Sodium: 140 mg Protein: 5 g</p>

ENTRÉES – PORK

Ingredients	Nutrition Facts
<p>BBQ Pork Riblet: ground pork (not more than 30% fat), honey barbecue sauce (high fructose corn syrup, corn syrup, distilled vinegar, tomato paste, corn syrup, honey, molasses, water, salt, natural flavor, modified corn starch, natural hickory smoke flavor, spices, onion powder, garlic powder, sodium benzoate, (preservative), caramel color, sugar), water, textured vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A, palmitate, calcium pantothenate, thiamine mononitrate [B₁], pyridoxine hydrochloride [B₆], riboflavin [B₂], cyanocobalamin [B₁₂]), seasoning (tomato powder, dextrose, brown sugar, artificial vinegar [malic 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], tamarinds, flavor), spices, spice extractive, onion powder, smoke flavor, garlic powder, honey, salt, sodium phosphates. <u>Contains: wheat, soy, milk</u></p>	<p>Serving Size: 3 oz Calories: 250 Total Fat: 17 g Cholesterol: 50 mg Carbohydrate: 10 g Sodium: 690 mg Protein: 13 g</p>
<p>Breaded Pork Chop: 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], (may contain caramel color, soy lecithin)), dried whole egg, seasoning (sugar, salt, hydrolyzed soy and wheat gluten protein, dextrose, hydrolyzed corn protein, disodium inosinate, disodium guanylate), sodium phosphates. Breaded and battered with: bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, modified food starch, flavor, salt, buttermilk powder (sweet cream, whey cream), dried egg whites, wheat gluten, oleoresin paprika, sugar, yellow corn flour, dextrose, yeast, leavening (sodium acid pyrophosphate, sodium bicarbonate), partially hydrogenated soybean oil, dried whey, monoglycerides, leavening (sodium aluminum phosphate, sodium bicarbonate), flavor (lactic acid, buttermilk powder, citric acid, modified food starch, natural flavor, maltodextrin), citric acid. Set in vegetable oil. <u>Contains: milk, egg, soy, wheat</u></p>	<p>Serving Size: 3 oz Calories: 270 Total Fat: 16 g Cholesterol: 35 mg Carbohydrate: 18 g Sodium: 390 mg Protein: 14 g</p>
<p>Goetta: pork & beef, pork & beef broth, steel cut oats, pork hearts, pork skins, onions, salt, slices, monosodium glutamate. <u>Contains: MSG</u></p>	<p>Serving Size: 2 oz Calories: 180 Total Fat: 12 g Cholesterol: 30 mg Carbohydrate: 10 g Sodium: 480 mg Protein: 8 g</p>
<p>Ham Salad: ground smoked chopped ham (ham, water, contains 2% or less of: salt, dextrose, potassium lactate, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrite flavoring), salad dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, egg yolks [egg yolks, salt], mustard [distilled vinegar, mustard seed, salt, spice], 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 torula yeast), sweet relish (pickles, corn syrup, distilled vinegar, water, salt, red peppers, xanthan gum, natural flavors, calcium chloride, polysorbate 80, sodium benzoate, color [yellow 5]), sugar, onions, cracker meal (bleached wheat flour), xanthan gum. <u>Contains: wheat, egg, yellow #5</u></p>	<p>Serving Size: 3 oz Calories: 210 Total Fat: 16.5 g Cholesterol: 30 mg Carbohydrate: 9 g Sodium: 705 mg Protein: 7 g</p>
<p>Ham: ham cured with water, dextrose, salt; contains 2% of modified food starch, potassium acetate, potassium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite</p>	<p>Serving Size: 3 oz Calories: 90 Total Fat: 2.25 g Cholesterol: 45 mg Carbohydrate: 1.5 g Sodium: 645 mg Protein: 15 g</p>
<p>Kielbasa: pork, water, salt, beef, flavorings, sodium phosphate, sodium erythorbate, sodium nitrite</p>	<p>Serving Size: 4 oz Calories: 340 Total Fat: 31 g Cholesterol: 75 mg Carbohydrate: 2 g Sodium: 1220 mg Protein: 13 g</p>
<p>Pulled Pork BBQ: pork, sauce (ketchup [tomato paste, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring], water, brown sugar, Worcestershire sauce concentrate [distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor], mustard [distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, garlic powder], salt, natural hickory smoke flavor, spices)</p>	<p>Serving Size: 3 oz Calories: 130 Total Fat: 5 g Cholesterol: 33 mg Carbohydrate: 9.5 g Sodium: 425 mg Protein: 13 g</p>
<p>Roast Pork: pork loin, water, potassium lactate, dextrose, salt, sodium phosphates</p>	<p>Serving Size: 3 oz Calories: 115 Total Fat: 5.25 g Cholesterol: 43 mg Carbohydrate: 1.1 g Sodium: 275 mg Protein: 15 g</p>
<p>Sausage Links and Patties: contains 2% or less of salt, dextrose, spices, sodium phosphates, BHT, citric acid</p>	<p>Serving Size: 2 oz Calories: 260 Total Fat: 26 g Cholesterol: 45 mg Carbohydrate: 0 g Sodium: 550 mg Protein: 6 g</p>
<p>Sausage and Shells: tomato puree (water, tomato paste) pork, water, enriched shell macaroni (semolina, egg white, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) sugar, 2% or less of salt, modified food starch, vinegar, dehydrated onions, paprika, spice, yeast extract, garlic salt. <u>Contains: egg, wheat</u></p>	<p>Serving Size: 6oz Calories: 300 Total Fat: 18 g Cholesterol: 45 g Carbohydrate: 33 g Sodium: 600 mg Protein: 14 g</p>

Ingredients	Nutrition Facts
Soup Beans & Ham: diced ham: ham cured with water, dextrose, salt; contains 2% of modified food starch, potassium acetate, potassium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite; pinto beans: prepared pinto beans, water, salt, calcium chloride, (to help maintain firmness), calcium disodium EDTA (to promote color retention); great northern beans: prepared great northern beans, water, salt, calcium chloride (to help maintain firmness)	Serving Size: 6 oz Calories: 285 Total Fat: 2 g Cholesterol: 30 mg Carbohydrate: 50 g Sodium: 670 mg Protein: 20 g

ENTRÉES - POULTRY

Ingredients	Nutrition Facts
Apricot Glazed Chicken: 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)	Serving Size: 3 oz Calories: 150 Total Fat: 6 g Cholesterol: 55 mg Carbohydrate: 2 g Sodium: 250 mg Protein: 15 g
White Chicken Chili W/Beans: 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.	Serving Size: 6 oz Calories: 135 g Total Fat: 2.37 g Cholesterol: 27 mg Carbohydrate: 15 g Sodium: 520 mg Protein: 12 g
Boneless Chicken Wings: boneless, skinless chicken breast chunks with rib meat, water, seasoning (maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder, garlic powder), 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, dextrose, yellow corn flour, onion powder, extractives of paprika & turmeric, disodium inosinate & disodium guanylate, spice extractive; breeding set in vegetable oil. <u>Contains: wheat</u>	Serving Size: 3 oz Calories: 240 Total Fat: 12 g Cholesterol: 45 mg Carbohydrate: 14 g Sodium: 580 mg Protein: 18 g
Breaded Chicken Fingers: chicken breast with rib meat, bleached enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, salt, corn starch, flavor, dextrose, wheat flour, yellow corn flour, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), buttermilk solids, sodium phosphate, guar gum, methylcellulose, extractives of turmeric, onion powder; set in vegetable oil. <u>Contains: milk, wheat</u>	Serving Size: 3 oz Calories: 220 Total Fat: 13 g Cholesterol: 35 mg Carbohydrate: 13 g Sodium: 550 mg Protein: 11 g
Breaded Chicken Pattie: chicken breast with rib meat, water, isolated soy protein, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate [B ₁], pyridoxine hydrochloride [B ₆], riboflavin [B ₂], cyanocobalamin [B ₁₂], (may contain caramel color), may contain soy lecithin), textured vegetable protein product (soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate [B ₁], pyridoxine hydrochloride [B ₆], riboflavin [B ₂], cyanocobalamin [B ₁₂], (may contain caramel color)), salt, potassium and sodium phosphates, chicken broth; breaded with: enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat starch, sugar, spice, hydrolyzed soy protein, yeast, caramel color, yellow corn flour, salt, thiamine HCL, lactic acid, disodium inosinate, disodium guanylate, paprika extract and annatto extract (added for color); battered with: water, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn starch, rice flour, yellow corn flour, slat, kosher gelatin, wheat gluten, soy flour, hydroxypropyl methylcellulose, dried garlic; set in vegetable oil. <u>Contains: soy, wheat</u>	Serving Size: 3 oz Calories: 260 Total Fat: 18 g Cholesterol: 30 mg Carbohydrate: 13 g Sodium: 280 mg Protein: 11 g
BBD Chicken: chicken breast meat with rib meat, water, modified food starch, seasoning (salt, potassium chloride, natural flavors (maltodextrin), sodium phosphates; BBD Sauce: high fructose corn syrup, distilled vinegar, tomato paste, modified food starch, contains less than 2% of: salt, pineapple juice concentrate, natural smoke flavor, spices, caramel color, sodium benzoate as a preservative, molasses, corn syrup, dried garlic, sugar, tamarind, natural flavor	Serving Size: 3 oz Calories: 170 Total Fat: 6 g Cholesterol: 55 mg Carbohydrate: 13 g Sodium: 480 mg Protein: 15 g
Chicken Breast with Broccoli & Cheese Stuffing: chicken breast with rib meat (marinated up to 8% with a solution of water, rice starch, sodium phosphate, roast 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, slat, enzymes), cream, sodium phosphate, salt), bleached wheat flour, water; contains 2% or less of: whey, yellow corn flour, salt, buttermilk powder, dextrose, soybean oil, spice, Romano & parmesan cheese (pasteurized cow's milk, cheese cultures, salt, sodium silicoluminate (anti-caking), sorbic acid (preservative), enzymes), yeast, leavening (monocalcium phosphate, sodium bicarbonate), oleoresin paprika and annatto extract (color); natural flavorings, oleoresin turmeric (color); pre-browned in vegetable oil. <u>Contains: milk, wheat</u>	Serving Size: 1 ea Calories: 230 Total Fat: 13 g Cholesterol: 50 mg Carbohydrate: 12 g Sodium: 440 mg Protein: 16 g
Chicken Chow Mein: water, cooked chicken breast (chicken breast, water, isolated soy protein product (isolated soy protein, modified food starch, starch, carrageenan, soy lecithin), fructose, salt, spice), bean sprouts (bean sprouts, water, salt, ascorbic acid, citric acid), carrots, water chestnuts, red peppers, sugar snap peas, celery, soy sauce (water, wheat, soybeans, 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 and/or soybean oil, beef extract, mushroom, onion powder (dextrose, gum Arabic, onion extractives), garlic powder (dextrose, gum Arabic, garlic extractives), spices, slat, flavoring, lactic acid, caramel color, dextrose, turmeric. <u>Contains: soy, wheat</u>	Serving Size: 6 oz Calories: 120 Total Fat: 2.25 g Cholesterol: 37 mg Carbohydrate: 10.5 g Sodium: 585 mg Protein: 13.5 g

Ingredients	Nutrition Facts
<p>Chicken Cordon Bleu: chicken breast with rib meat (marinated up to 8% with a solution of water, rice flour, starch, sodium phosphate, roast chicken, salt, sugar, onion powder, natural flavoring), pasteurized process Swiss and American cheese (Swiss cheese [cultured milk and skim milk, salt, enzymes], American cheese [cultured milk, salt, enzymes], cream, sodium phosphate, salt), cooked ham - water added (cured with water, salt, dextrose, sodium phosphates, sodium ascorbate, sodium nitrite), enriched bleached wheat flour (with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water; contains less than 2% of: whey, yellow corn flour, salt, buttermilk powder, dextrose, soybean oil, spice, Romano and parmesan cheese (pasteurized cow's milk, cheese cultures, salt, sodium silicoaluminate [anti-caking], enzymes), yeast, leavening (monocalcium phosphate, sodium bicarbonate), oleoresin paprika and annatto extract (color), natural flavorings, oleoresin turmeric (color); pre-browned in vegetable oil. <u>Contains: milk, wheat, soy</u></p>	<p>Serving Size: 1 ea Calories: 240 Total Fat: 14 g Cholesterol: 55 mg Carbohydrate: 9 g Sodium: 590 mg Protein: 19 g</p>
<p>Chicken & Dumplings: skim milk, blanched dumplings (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, chicken fat, 2% or less of cooked mechanically separated chicken, modified cornstarch, salt, bleached wheat flour, mushroom base (sautéed 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, dehydrated onions, seasoning (hydrolyzed wheat gluten, yeast extract, lactic acid), chicken flavor (yeast extract, chicken powder, salt, natural flavors, L-methionine), spices, turmeric, natural flavors. <u>Contains: milk, egg, soy, wheat</u></p>	<p>Serving Size: 6 oz Calories: 320 Total Fat: 16 g Cholesterol: 60 mg Carbohydrate: 26 g Sodium: 950 mg Protein: 17 g</p>
<p>Chicken Stir Fry: chicken breast strips: chicken breast meat with rib meat, water, seasoning (salt, maltodextrin, dehydrated garlic, spices, dextrose, flavor [from partially hydrogenated cottonseed and soybean oil], dehydrated onion, modified food starch, natural flavors, corn syrup solids), soy protein concentrate, tapioca starch, sodium phosphates; roasted peppers & onions: onions, bell peppers, soybean oil, seasoning (dehydrated garlic & onion, corn starch, salt, sugar, spices, molasses powder, cellulose gum, yeast extract, citric acid, natural flavors, dextrose, extractives of paprika, caramel color). <u>Contains: soy</u></p>	<p>Serving Size: 6 oz Calories: 145 Total Fat: 3.5 g Cholesterol: 45 mg Carbohydrate: 11 g Sodium: 700 mg Protein: 18 g</p>
<p>Chicken Fettuccini Alfredo: skim milk, blanched fettuccini pasta (water, whole wheat flour [durum whole wheat flour, semolina], dried egg whites), cooked chicken tenderloin (chicken tenderloins, water, seasoning [modified corn starch, sugar, potassium chloride, yeast extract, dextrose, spice, onion powder, garlic powder, paprika], soybean oil, isolated soy protein, salt, sodium phosphates), water, broccoli, carrots, soybean oil, red peppers, cream; 2% or less of parmesan and asiago cheese blend with flavor (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 paste (granular and parmesan cheese [pasteurized milk, cheese cultures, salt, enzymes], water, salt, lactic acid, citric acid), salt, potassium chloride, whey, yeast extract, xanthan gum, lactose (contains milk), spice, dehydrated garlic. <u>Contains: milk, egg, soy, wheat</u></p>	<p>Serving Size: 6 oz Calories: 260 Total Fat: 13 g Cholesterol: 25 mg Carbohydrate: 21 g Sodium: 940 mg Protein: 14 g</p>
<p>Chicken Kiev: chicken breast with rib meat (marinated up to 8% with a solution of water, rice starch, sodium phosphate, roast chicken, salt, sugar, onion powder, natural flavoring), butter (cream, milk, salt, annatto [color]), bleached wheat flour, water; contains 2% or less of: whey, yellow corn flour, salt, buttermilk powder, garlic powder, dextrose, parsley, soybean oil, spice, Romano and parmesan cheese (pasteurized cows' milk, cheese cultures, salt, sodium silicoaluminate [anti-caking], sorbic acid [preservative], enzymes), yeast, leavening (monocalcium phosphate, sodium bicarbonate), oleoresin paprika and annatto extract (color), natural flavorings, oleoresin turmeric (color); pre-browned in vegetable oil. <u>Contains: milk, wheat, soy</u></p>	<p>Serving Size: 1 ea Calories: 310 Total Fat: 22 g Cholesterol: 75 mg Carbohydrate: 12 g Sodium: 410 mg Protein: 16 g</p>
<p>Chicken Noodle Casserole: skim milk, water, cooked chicken meat (chicken meat, water, modified tapioca starch, salt, sodium phosphate), blanched 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 (sautéed 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, DATEM, chicken flavor (yeast extract, chicken powder, salt, natural flavors, L-methionine), spice, turmeric, natural flavors. <u>Contains: milk, egg, soy, wheat, mushrooms</u></p>	<p>Serving Size: 6 oz Calories: 220 Total Fat: 12 g Cholesterol: 45 mg Carbohydrate: 16 g Sodium: 1090 mg Protein: 13 g</p>
<p>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, lecithin, BHT], modified food starch, sodium caseinate, soy lecithin, dipotassium phosphate, mono- and diglycerides, xanthan gum, titanium dioxide), chicken base (roasted mechanically separated chicken, sugar, hydrolyzed wheat gluten, salt, chicken fat, onion powder, disodium inosinate, disodium guanylate, extractive of turmeric, spice extractive), contains less than 2% of seasoning (potassium chloride, flavor [contains maltodextrin]), salt, dehydrated garlic, spice, dehydrated parsley. crust: puff pastry sheets: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean and cottonseed oil, water, salt, monocalcium phosphate, artificial color. <u>Contains: wheat, soy, milk</u></p>	<p>Serving Size: 6 oz Calories: 132 Total Fat: 3.3 g Cholesterol: 50 mg Carbohydrate: 13 g Sodium: 418 mg Protein: 12.6 g</p>
<p>Chicken & Rice Casserole: 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, lecithin, BHT], modified food starch, sodium caseinate, soy lecithin, dipotassium phosphate, mono- and diglycerides, xanthan gum, titanium dioxide), chicken base (roasted mechanically separated chicken, sugar, hydrolyzed wheat gluten, salt, chicken fat, onion powder, disodium inosinate, disodium guanylate, extractive of turmeric, spice extractive), contains less than 2% of seasoning (potassium chloride, flavor [contains maltodextrin]), salt, dehydrated garlic, spice, dehydrated parsley, basmati rice. <u>Contains: milk, soy, wheat</u></p>	<p>Serving Size: 6 oz Calories: 253 Total Fat: 3.5 g Cholesterol: 50 mg Carbohydrate: 51 g Sodium: 442 mg Protein: 15 g</p>
<p>Chicken Taco Meat: chicken, 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 pepper, salt, dehydrated garlic, vinegar, spices</p>	<p>Serving Size: 3 oz Calories: 93 Total Fat: 2 g Cholesterol: 36 mg Carbohydrate: 5.5 g Sodium: 292 mg Protein: 13 g</p>
<p>Grilled Chicken Romano: milk, blanched macaroni product (water, semolina, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), cooked white meat chicken (white meat chicken, water, seasoning [salt, maltodextrin, garlic, sugar, spices, dextrose, 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), parmesan cheese paste (granular and parmesan cheese [pasteurized milk, cheese cultures, salt, enzymes], potato starch, lactic acid, citric acid), salt, garlic powder, asiago cheese (cultured milk, water, salt, enzymes), spices, dehydrated onions, whey protein concentrate, xanthan gum, lactic acid, calcium lactate. <u>Contains: milk, soy, wheat</u></p>	<p>Serving Size: 6 oz Calories: 250 Total Fat: 6 g Cholesterol: 35 mg Carbohydrate: 30 g Sodium: 580 mg Protein: 19 g</p>

Ingredients	Nutrition Facts
<p>Chicken Salad: chicken (white), salad dressing (soybean oil, water, vinegar, sugar, egg yolks, starch, modified food starch, salt, mustard flour, paprika, spice, natural flavor [may contain soy], dried garlic), celery, sugar, corn syrup, salt, citric acid, carrageenan, spices. <u>Contains: egg, soy</u></p>	<p>Serving Size: 3 oz Calories: 200 Total Fat: 14 g Cholesterol: 30 mg Carbohydrate: 9 g Sodium: 420 mg Protein: 9 g</p>
<p>Chicken Teriyaki: chicken breast meat with rib meat, water, modified food starch, seasoning (salt, potassium chloride, natural flavors (maltodextrin), sodium phosphates; glaze: water, sugar, soy sauce (water, wheat, soybeans, salt), distilled vinegar, modified corn starch, orange juice concentrate, caramel color.</p>	<p>Serving Size: 3 oz Calories: 140 Total Fat: 4.5 g Cholesterol: 50 mg Carbohydrate: 5 g Sodium: 370 mg Protein: 16 g</p>
<p>Shredded Chicken Taco Meat: chicken, water, 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 pepper, salt, dehydrated garlic, vinegar, spices. <u>Contains: soy</u></p>	<p>Serving Size: 3 oz Calories: 62 Total Fat: 1.4 g Cholesterol: 25 mg Carbohydrate: 4 g Sodium: 195 mg Protein: 8 g</p>
<p>Italian Chicken Breast: skinless boneless chicken breast fillets with rib meat, water, seasoning (corn syrup solids, salt, sugar, garlic powder, spices, hydrolyzed corn, soy and wheat gluten protein, parsley, onion powder, natural flavor, soybean oil), isolated soy protein product (isolated soy protein, modified food starch, unmodified corn starch, carrageenan, with less than 2% soy lecithin), Romano cheese (made from pasteurized part skim cows milk, cheese cultures, salt and enzymes), sodium phosphates. <u>Contains: milk, soy, milk.</u></p>	<p>Serving Size: 3 oz Calories: 120 Total Fat: 2.5 g Cholesterol: 60 mg Carbohydrate: 2 g Sodium: 790 mg Protein: 24 g</p>
<p>Fried Chicken Legs: young fryer drumsticks, water, isolated soy protein, salt, sodium phosphate; breaded with: enriched bleached wheat flour (wheat flour, malted barley flour enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, wheat gluten, monosodium glutamate, garlic powder, extractives of paprika; breading set in vegetable oil. <u>Contains: soy, wheat</u></p>	<p>Serving Size: 2 ea Calories: 260 Total Fat: 14 g Cholesterol: 80 mg Carbohydrate: 8 g Sodium: 700 mg Protein: 22 g</p>
<p>Grilled Chicken Breast: Chopped and Formed with Rib Meat: chicken breast with rib meat, water, modified food starch, seasoning (salt, potassium chloride, natural flavors (maltodextrin)); sodium phosphates.</p>	<p>Serving Size: 3 oz Calories: 130 Total Fat: 6 g Cholesterol: 3 g Carbohydrate: 3 g Sodium: 250 mg Protein: 15 g</p>
<p>Grilled Chicken: chicken breast meat with rib meat, water, modified food starch, seasoning (salt, potassium chloride, natural flavors (maltodextrin), sodium phosphates; glaze: water, sugar, soy sauce (water, wheat, soybeans, salt), distilled vinegar, modified corn starch, orange juice concentrate, caramel color</p>	<p>Serving Size: 3 oz Calories: 130 Total Fat: 6 g Cholesterol: 55 mg Carbohydrate: 3 g Sodium: 250 mg Protein: 15 g</p>
<p>Lemon Pepper Chicken: chicken breast meat with rib meat, water, modified food starch, seasoning (salt, potassium chloride, natural flavors (maltodextrin), sodium phosphates; lemon pepper seasoning: salt, black pepper, onion, sugar, canola oil, garlic, spice, calcium stearate (to prevent caking), calcium phosphate (to prevent caking), cornstarch, lemon oil, FD&C yellow # 5 aluminum lake. <u>Contains: soy, wheat, yellow # 5</u></p>	<p>Serving Size: 3 oz Calories: 130 Total Fat: 6 g Cholesterol: 55 mg Carbohydrate: 3 g Sodium: 250 mg Protein: 15 g</p>
<p>Sausage & Roasted Apples: smoked turkey sausage: turkey, water, mechanically separated turkey, corn syrup, contains 2% or less of salt, potassium lactate, dextrose, flavorings (maltodextrin, natural flavors, salt, modified corn starch), isolated soy protein, sodium phosphate, yeast extract, carrageenan, sodium diacetate, sodium erythorbate, sodium nitrite; made with natural pork casing; roasted apples: apples, brown sugar, modified corn starch, salt, cinnamon, caramel color, spice, ascorbic acid, citric acid. <u>Contains: soy</u></p>	<p>Serving Size: 4 oz Calories: 165 Total Fat: 4 g Cholesterol: 35 mg Carbohydrate: 8 g Sodium: 520 mg Protein: 9 g</p>
<p>Turkey: turkey breast, turkey broth, contains 2% or less of dextrose, salt, sodium phosphate. Browned in vegetable oil.</p>	<p>Serving Size: 3 oz Calories: 90 Total Fat: 0.75 g Cholesterol: 37.5 mg Carbohydrate: 1.5 g Sodium: 600 mg Protein: 18 g</p>

Ingredients	Nutrition Facts
Sweet & Sour Chicken: water, chicken breast (chicken breast, water, isolated soy protein (modified food starch, corn starch, carrageenan), fructose, slat, flavoring, dextrose), sugar, pineapple chunks in juice, carrots, green bell pepper, red bell pepper, ketchup (tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt flavoring), distilled vinegar, water chestnuts, contains less than 2% of modified corn starch, pineapple juice concentrate, ginger flavor (spice, autolyzed yeast, maltodextrin, partially hydrogenated soybean oil, natural flavoring), xanthan gum, flavoring, maltodextrin, citric acid, autolyzed yeast extract, olive oil, salt dextrose, dried soy sauce (soybeans, wheat, salt), tomato powder. Contains: soy, wheat	Serving Size: 6 oz Calories: 187 Total Fat: 0.4 g Cholesterol: 30 mg Carbohydrate: 33 g Sodium: 157 mg Protein: 11.25 g
Turkey Burger: turkey, water, isolated oat product, salt, sodium phosphates, spice, garlic powder, onion powder, natural flavoring	Serving Size: 3 oz Calories: 140 Total Fat: 8 g Cholesterol: 60 mg Carbohydrate: 0 g Sodium: 490 mg Protein: 16 g
Chicken Fried Steak: mechanically separated chicken and beef, water, textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12), bleached 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	Serving Size: 3 oz Calories: 260 Total Fat: 16 g Cholesterol: 30 mg Carbohydrate: 18 g Sodium: 640 mg Protein: 13 g

ENTRÉES – SEAFOOD

Ingredients	Nutrition Facts
Baked Fish: Alaska Pollock; breeding: enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, yellow corn flour, yeast, partially hydrogenated soybean oil, oleoresin paprika, natural flavor; batter: water, modified food starch, yellow corn flour, bleached white flour, salt, granulated garlic, spices, natural flavorings, dry whole eggs; fried in soybean and/or canola oil. Contains: fish, wheat, eggs, soy Contains: soy, wheat, milk	Serving Size: 3.6 oz Calories: 270 Total Fat: 15 g Cholesterol: 85 mg Carbohydrate: 19 g Sodium: 450 mg Protein: 14 g
Breaded Fish (for sandwiches): cod; breeding: enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), slat, dextrose, yeast, colored with oleoresin paprika & annatto extract; batter: water, enriched yellow corn flour (corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn starch, modified corn starch, salt, cellulose gum, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), iodized salt, natural flavor. Contains: fish, wheat	Serving Size: 3 oz Calories: 190 Total Fat: 9 g Cholesterol: 20 mg Carbohydrate: 16 g Sodium: 260 mg Protein: 11 g
Breaded Fish Sticks: Alaska Pollock; batter & breeding: enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, tapioca starch; contains 2% or less of yellow corn meal, whole wheat flour, salt, pregelatinized rice flour, rice flour, yellow corn meal, sugar, canola oil, wheat gluten, yeast, corn starch, onion powder, tomatoes, dehydrated red & green bell peppers, garlic powder, natural flavor, spices, leavening (cream of tartar, baking soda); parfried in soybean oil. Contains: fish, wheat, soy	Serving Size: 3 oz Calories: 210 Total Fat: 8 g Cholesterol: 50 mg Carbohydrate: 19 g Sodium: 300 mg Protein: 14 g
Crab Cakes: imitation crabmeat (Alaska Pollock, sugar, sorbitol, wheat starch, mirin wine (sake, sugar, salt, water, yeast extract), contains 2% or less of: modified corn starch, potato starch, egg whites, salt, calcium carbonate, natural & artificial crab flavoring (yeast extract, hydrolyzed corn gluten, maltodextrin), soy protein isolate, soybean oil, sodium triphosphosphate, tetrasodium pyrophosphate, paprika oleoresin, carmine, color added, soy lecithin, carrageenan, citric acid), bleached wheat flour, water, vegetable oil (soybean and/or canola), enriched unbleached flour (wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), mayonnaise (soybean oil, corn syrup, water, egg, vinegar, egg yolk, salt, spice, lemon juice concentrate), white onion, textured protein (soy protein, wheat gluten, soybean oil), yellow corn flour, contains 2% or less of: Dijon mustard (black mustard seeds, water, vinegar, white wine, salt, sulfites), seasoning blend (autolyzed yeast extract, onion & garlic powder, spice), modified food starch, celery, green onion, red bell pepper, natural crab flavor (natural flavors, corn syrup, water, salt, yeast extract, disodium guanylate, disodium inosinate), salt, whey, whole egg, Worcestershire sauce (water, high fructose corn syrup, corn syrup, molasses, salt, vinegar, caramel color, hydrolyzed protein, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), natural flavor, guar gum, sodium benzoate (preservative)), garlic powder, iodized salt, dextrose, sugar, leavening (sodium acid pyrophosphate, baking soda), parsley, nonfat milk, sodium alginate, soy flour, onion flavor (soybean oil, soy lecithin, datem, natural extractives of onion, natural flavor), partially hydrogenated soybean oil, natural flavor, oleoresin paprika (color), cayenne pepper. Contains: fish (Alaska Pollock), crustacean shellfish (snow crab), wheat, egg, soy milk	Serving Size: 3 oz Calories: 240 Total Fat: 6 g Cholesterol: 20 mg Carbohydrate: 27 g Sodium: 690 mg Protein: 6 g
Tuna Salad: white tuna (water, vegetable broth, salt, sodium, pyrophosphate), salad dressing (soybean oil, water, vinegar, sugar, egg yolks, starch, modified food starch, salt, mustard flour, paprika, spice, natural flavor (may contain soy), dried garlic), celery, sugar, sweet pickle relish (cucumbers, high fructose corn syrup, distilled vinegar, water, salt, spice, xanthan gum, alum, dehydrated red pepper, natural flavors, yellow #5, contains 2% or less of sodium benzoate (preservative), polysorbate 80), sweet peppers, citric acid, corn syrup solids, textured soy protein, salt, modified food starch, carrageenan, dehydrated onion, spices. Contains: tuna, egg, soy, yellow #5	Serving Size: 3 oz Calories: 170 Total Fat: 12 g Cholesterol: 30 mg Carbohydrate: 9 g Sodium: 310 mg Protein: 8 g
Grilled Salmon: pink and/or keta salmon, water, contains 2% or less of: salt, sugar, sodium phosphates, maltodextrin, dehydrated garlic, dehydrated onion, spices, xanthan gum, paprika, spice extractive, modified tapioca starch, ground mustard, natural flavor. Contains: fish (pink and/or keta salmon).	Serving Size: 3 oz Calories: 120 Total Fat: 0 g Cholesterol: 65 mg Carbohydrate: 1 g Sodium: 220 mg Protein: 21 g

Grilled Tilapia: tilapia, water, contains 2% or less of: salt, sugar, sodium phosphates, maltodextrin, dehydrated garlic and onion, spices, xanthan gum, paprika, natural flavor, spice extractive, sodium triphosphosphate (to retain moisture). Contains: fish (tilapia).	Serving Size: 3 oz Calories: 110 Total Fat: 2 g Cholesterol: 55 mg Carbohydrate: 0 g Sodium: 260 mg Protein: 22 g
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PASTA & RICE

Ingredients	Nutrition Facts
Bow Tie Pasta: durum wheat semolina, niacin, folic acid, ferrous sulfate (iron), riboflavin, thiamine mononitrate. Contains: wheat	Serving Size: ½ c Calories: 110 Total Fat: 0.6 g Cholesterol: 0 mg Carbohydrate: 21 g Sodium: 0.5 mg Protein: 2.8 g
Cheese Rollup: ricotta cheese (whey, milk, distilled vinegar, carrageenan), enriched semolina (durum wheat, niacin, ferrous sulfate, thiamin mononitrate [vitamin B ₁], 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), parsley, dehydrated garlic, onion, citric acid (for flavor); marinara sauce: tomatoes, sugar, sea salt, corn starch, olive oil, dehydrated onion, spices, dehydrated garlic, natural flavor. Contains: milk, wheat, egg	Serving Size: 1 ea Calories: 170 Total Fat: 6 g Cholesterol: 35 mg Carbohydrate: 20 g Sodium: 230 mg Protein: 7 g
Cheese Stuffed Shells with Marinara Sauce: 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 B ₁], folic acid), low moisture part skim mozzarella cheese (cultured part skim 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, sea salt, corn starch, olive oil, dehydrated onion, spices, dehydrated garlic, natural flavor. Contains: wheat, milk, egg	Serving Size: 2 ea Calories: 240 Total Fat: 10 g Cholesterol: 40 mg Carbohydrate: 23 g Sodium: 520 mg Protein: 13 g
Lasagna: blanched macaroni product (water, semolina), water, beef, 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 (tomatoes, tomato juice, calcium chloride, citric acid), 2% or less of dehydrated onions, modified cornstarch, sugar, bread crumbs (blanched wheat flour contains 2% or less of sugar, yeast, salt), parmesan cheese (cultured milk, salt, enzymes), salt, bleached enriched wheat flour (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), asiago 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. Contains: milk, soy, wheat	Serving Size: 6 oz Calories: 310 Total Fat: 12 g Cholesterol: 40 mg Carbohydrate: 34 g Sodium: 720 mg Protein: 16 g
Macaroni & Cheese: blanched macaroni product (water, semolina, egg whites), skim milk, water, cheddar cheese (milk, cheese culture, salt, enzymes, annatto color), cheddar club cheese (cheddar cheese [cultured milk, salt, enzymes], water, salt, annatto color), soybean oil; 2% or less of bleached wheat flour, modified cornstarch, sea salt, potassium chloride, whey, mono- & diglycerides, whey protein concentrate, lactic acid blend (lactic acid, calcium lactate). Contains: milk, egg, wheat, soy	Serving Size: ½ c Calories: 245 Total Fat: 12 g Cholesterol: 20 mg Carbohydrate: 23 g Sodium: 610 mg Protein: 11 g
Penne Pasta: durum wheat semolina, niacin, folic acid, ferrous sulfate (iron), riboflavin, thiamine mononitrate. Contains: wheat	Serving Size: ½ c Calories: 110 Total Fat: 0.6 g Cholesterol: 0 mg Carbohydrate: 21 g Sodium: 0.5 mg Protein: 2.8 g
Garden Blend Rice: enriched parboiled rice (long grain rice, iron, ferric orthophosphate), thiamin (thiamine mononitrate), folic acid, wild rice, seasoning blend; yeast extract, barley, carrot, salt, sugar, chicken fat, onion, celery, potassium chloride, chicken broth, onion powder, parsley, garlic powder, natural flavors, turmeric.	Serving Size: ½ c Calories: 200 Total Fat: 1 g Cholesterol: 0 mg Carbohydrate: 41 g Sodium: 750 mg Protein: 5 g
Red Beans & Rice: 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: basmati rice	Serving Size: ½ c Calories: 143 Total Fat: 0.3 g Cholesterol: 0 mg Carbohydrate: 28 g Sodium: 307 mg Protein: 7 g
Rice Pilaf: enriched long grain parboiled rice (long grain rice, iron [ferric orthophosphate], thiamin [thiamin mononitrate], folate [folic acid]), enriched orzo (durum wheat semolina, niacin, iron [ferrous sulfate], thiamin [thiamin mononitrate], riboflavin & folate [folic acid]), hydrolyzed soy/wheat protein, maltodextrin, sugar, potassium chloride, brown sugar, salt, autolyzed yeast extract, corn syrup solids, spices, onion powder, dried molasses, garlic powder, turmeric (color), dried soy sauce (wheat, soybeans, salt, maltodextrin, caramel color), natural flavors, tamarind. Contains: wheat, soy	Serving Size: ½ c Calories: 100 Total Fat: 1.2 g Cholesterol: 1.2 mg Carbohydrate: 16 g Sodium: 504 mg Protein: 2 g

Ingredients	Nutrition Facts
Rice: basmati rice	Serving Size: ½ c Calories: 121 Total Fat: 0.2 g Cholesterol: 0 mg Carbohydrate: 26 g Sodium: 24 mg Protein: 2.2 g
Spaghetti: durum wheat semolina, niacin, folic acid, ferrous sulfate (iron), riboflavin, thiamine mononitrate. Contains: wheat, may contain traces of egg	Serving Size: ½ c Calories: 110 Total Fat: 0.6 g Cholesterol: 0 mg Carbohydrate: 21 g Sodium: 0.5 mg Protein: 2.8 g
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, sesame oil, disodium inosinate, guanylate. Contains: soy, wheat	Serving Size: ½ c Calories: 210 Total Fat: 1.5 g Cholesterol: 0 mg Carbohydrate: 44 g Sodium: 530 mg Protein: 5 g
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 part-skim milk, cheese cultures, salt, enzymes), carrots, parmesan and asiago cheese blend with flavor (parmesan cheese (cultured milk, salt, enzymes), asiago cheese (cultured milk, salt, enzymes), enzyme modified parmesan cheese (cultured milk, water, salt, enzymes) whey, salt), soybean oil, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt), spinach, 2% or less of onions, modified cornstarch, bread crumbs (bleached wheat flour contains 2% or less of sugar, yeast, salt), parmesan cheese paste (granular 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	Serving Size: 6 oz Calories: 350 Total Fat: 14 g Cholesterol: 20 mg Carbohydrate: 42 g Sodium: 890 mg Protein: 15 g
White Cheddar Pasta Bake: skim milk, blanched enriched macaroni product (water, semolina, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), sharp cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), Swiss cheese (cultured milk, salt, enzymes), soybean oil, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt), 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), cheese flavor (cheddar cheese (cultured milk, salt, enzymes), water, salt, enzymes, cultures, phosphoric acid, xanthan gum), potassium chloride, asiago cheese (cultured milk, salt, enzymes), dehydrated onions, enzyme modified parmesan cheese (cultured milk, water, salt, enzymes), sodium phosphate, lactic acid blend (lactic acid, calcium lactate), whey protein concentrate, spices. Contains: milk, wheat, soy	Serving Size: ½ c Calories: 200 Total Fat: 12 g Cholesterol: 20 mg Carbohydrate: 15 g Sodium: 480 mg Protein: 8 g

FRUIT

Ingredients	Nutrition Facts
Applesauce: apples, water, ascorbic acid (to maintain color)	Serving Size: ½ c Calories: 50 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 13 g Sodium: 2.5 mg Protein: 0 g
Apricots: apricots, water, pear juice concentrate	Serving Size: ½ c Calories: 60 Total Fat: 0 g Cholesterol: 0 g Carbohydrate: 14 g Sodium: 35 mg Protein: 0 g
Cinnamon Applesauce: apples, water, cinnamon, ascorbic acid (to maintain color)	Serving Size: ½ c Calories: 50 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 13 g Sodium: 2.5 mg Protein: 0 g
Fuji Apples: Fuji apples, brown sugar, sugar, contains less than 2% of ascorbic acid, caramel color, cinnamon, citric acid, modified food starch, salt, spice.	Serving Size: ½ c Calories: 140 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 35 g Sodium: 190 mg Protein: 0 g

Ingredients	Nutrition Facts
Cinnamon Apples: apples, water, cinnamon	Serving Size: ½ c Calories: 40 Total Fat: 0 g Cholesterol: 0 g Carbohydrate: 10 g Sodium: 15 mg Protein: 0 g
Cranberry Sauce: cranberries, high fructose corn syrup, water, corn syrup	Serving Size: ½ c Calories: 220 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 50 g Sodium: 70 mg Protein: 0 g
Diced Peaches: diced peaches, water, pear juice concentrate ascorbic acid (Vitamin C) to protect color, citric acid	Serving Size: ½ c Calories: 50 Total Fat: 0 g Cholesterol: 0 g Carbohydrate: 12 g Sodium: 5 mg Protein: 0 g
Spiced Peaches: peaches, water, pear juice concentrate, cinnamon	Serving Size: ½ c Calories: 50 Total Fat: 0 g Cholesterol: 0 g Carbohydrate: 12 g Sodium: 5 mg Protein: 0 g
Diced Pears: diced pears, water, pear juice concentrate ascorbic acid (Vitamin C), to protect color, citric acid	Serving Size: ½ c Calories: 60 Total Fat: 0 g Cholesterol: 0 g Carbohydrate: 14 g Sodium: 5 mg Protein: 0 g
Escalloped Apples: 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	Serving Size: ½ c Calories: 90 Total Fat: 1.5 g Cholesterol: 0 mg Carbohydrate: 19 g Sodium: 0 mg Protein: 0 g
Fruit Cocktail: water, diced peaches, diced pears, pineapple sectors, pear juice concentrate, ascorbic acid (Vitamin C) to protect color, citric acid	Serving Size: ½ c Calories: 54 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 14 g Sodium: 4 mg Protein: 0 g
Mandarin Oranges: mandarin oranges, water, sugar	Serving Size: ½ c Calories: 80 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 19 g Sodium: 15 mg Protein: 0 g
Pineapple Tidbits: pineapple, pineapple juice	Serving Size: ½ c Calories: 75 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 19 g Sodium: 1 mg Protein: 0 g
Sliced Apples: apples, water	Serving Size: ½ c Calories: 40 Total Fat: 0 g Cholesterol: 0 g Carbohydrate: 10 g Sodium: 15 mg Protein: 0 g

Ingredients	Nutrition Facts
Tropical Fruit: red papaya, guava, pineapple, yellow papaya, banana, water, sugar, passion fruit juice	Serving Size: ½ c Calories: 80 Total Fat: 0 g Carbohydrate: 23 mg Sodium: 20 mg Protein: 0 g

JUICE

Ingredients	Nutrition Facts
Apple: 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: 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: 15 mg Protein: 0 g
Grape: 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: 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: 15 mg Protein: 0 g
Strawberry Banana: 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: 5 mg Protein: 0 g
Tropical Punch: 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

Ingredients	Nutrition Facts
Asparagus: asparagus, frozen	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: 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: 0mg 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 gm 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), Swiss cheese (part-skim milk, cultures, salt, calcium chloride, 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: 5g 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: 360 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, antifoaming agent added	Serving Size: ½ c Calories: 70 Total Fat: 8 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: 360 mg Protein: 2 g

Ingredients	Nutrition Facts
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 sorbate, 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 (preservative). <u>Contains: soy, egg</u>	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. <u>Contains: milk, egg, wheat, soy</u>	Serving Size: ½ c Calories: 95 Total Fat: 4.5 g Cholesterol: 42 mg Carbohydrate: 10.5 g Sodium: 260 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)). <u>Contains: milk, yellow #5 & #6</u>	Serving Size: ½ c Calories: 85 Total Fat: 1 g Cholesterol: 0 mg Carbohydrate: 15 g Sodium: 390 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 g 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. <u>Contains: soy, wheat, MSG, milk</u>	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 gm Carbohydrate: 83 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

Ingredients	Nutrition Facts
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: 2.5 mg Protein: 7.3 g
Marinated Tomato Salad: diced tomatoes: tomatoes, tomato juice, sale calcium chloride, citric acid; Italian dressing: water, white vinegar, distilled vinegar, salt, soybean oil, dehydrated garlic, xanthan gum, mustard seed, dehydrated potassium sorbate & sodium benzoate (preservatives), spice dehydrated red bell pepper, calcium disodium EDTA (to protect flavor), yellow #5, yellow #6. <u>Contains: soy, yellow #5, yellow #6</u>	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. <u>Contains: soy, yellow #5, yellow #6</u>	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. <u>May contain: traces if peanuts</u>	Serving Size: ½ c Calories: 30 Total Fat: 0 g Cholesterol: 0 g Carbohydrate: 8 g Sodium: 10 mg Protein: 1 g
Capri Blend Vegetables: carrots, green beans, yellow squash, zucchini	Serving Size: ½ c Calories: 30 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, lima 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	Nutrition Facts
Malibu Mixed Vegetables: broccoli, carrots, cauliflower, yellow carrots	Serving Size: ½ c Calories: 17 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 3 g Sodium: 22 mg Protein: 0.5 g
Peas & Carrots: peas and carrots, frozen	Serving Size: ½ c Calories: 38 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 4 g Sodium: 54 mg Protein: 2 g
Peas & Pearl Onions: peas and pearl onions, frozen	Serving Size: ½ c Calories: 30 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 3.4 g Sodium: 33 mg Protein: 2.3 g
Prince Charles Mixed Vegetables: green beans, wax beans, baby carrots	Serving Size: ½ c Calories: 25 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 6 g Sodium: 20 mg Protein: 0.5 g
Scandinavian Mixed Vegetables: peas, zucchini, green beans, carrots, onions	Serving Size: ½ c Calories: 27 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 5 g Sodium: 47 mg Protein: 1 g
Stir Fry Mixed Vegetables: broccoli, carrots, celery, onions, water chestnuts, red peppers	Serving Size: ½ c Calories: 17 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 3 g Sodium: 17 mg Protein: 0.5 g
Winter Mixed Vegetables: broccoli cuts and cauliflower	Serving Size: ½ c Calories: 15 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 2 g Sodium: 7.5 mg Protein: 0.5 g
Pea Salad: frozen peas, onions, hard cooked eggs, celery, mayonnaise (soybean oil, water, whole egg yolks, 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 & powdered cellulose (to prevent caking), milk). <u>Contains: soy, eggs, milk</u>	Serving Size: ½ c Calories: 117 Total Fat: 9.4 g Cholesterol: 13.5 mg Carbohydrate: 13 g Sodium: 200 mg Protein: 11 g
Peas, canned: peas, water, sugar, salt	Serving Size: ½ c Calories: 70 Total Fat: 0.5 g Cholesterol: 0 mg Carbohydrate: 12 g Sodium: 370 mg Protein: 4 g
Peas, frozen: peas,	Serving Size: ½ c Calories: 58 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 9 g Sodium: 247 mg Protein: 3.5 g

Ingredients	Nutrition Facts
<p>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, spice, hydrolyzed soy & corn protein, soy lecithin, sodium phosphate, silicon dioxide, autolyzed yeast extract, caramel color, yellow #5, yellow #6, disodium inosinate, disodium guanylate, thiamin hydrochloride [Vitamin B₁], butter yeast extract); freshness preserved with sodium bisulfite. Contains: milk, soy, wheat, sulfite, yellow #5, yellow #6</p>	<p>Serving Size: ½ c Calories: 110 Total Fat: 1.5 g Cholesterol: 0 mg Carbohydrate: 22 g Sodium: 570 mg Protein: 2 g</p>
<p>Baby Baker Potatoes: potatoes, soybean oil, salt, sugar, garlic powder, natural flavor, maltodextrin, onion powder, black pepper, vinegar powder (maltodextrin, vinegar). Contains: soy</p>	<p>Serving Size: ½ c Calories: 90 Total Fat: 1.5 g Cholesterol: 0 mg Carbohydrate: 15 g Sodium: 160 mg Protein: 3 g</p>
<p>Baked Potato: Idaho baked potato</p>	<p>Serving Size: ½ ea Calories: 80 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 18 g Sodium: 4 mg Protein: 0.5 g</p>
<p>Baked Potato Medley: potatoes, sweet potatoes, canola oil, salt, disodium dihydrogen pyrophosphate (to promote color retention).</p>	<p>Serving Size: ½ ea Calories: 90 Total Fat: 1 g Cholesterol: 0 mg Carbohydrate: 19 g Sodium: 330 mg Protein: 2 g</p>
<p>Candied Sweet Potatoes: canned sweet potatoes (sweet potatoes, water, corn syrup, sugar), brown sugar</p>	<p>Serving Size: ½ c Calories: 160 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 37 g Sodium: 35 mg Protein: 2 g</p>
<p>Diced Potatoes: potatoes, dextrose, sodium acid pyrophosphate, potassium sorbate (to preserve freshness), citric acid</p>	<p>Serving Size: ½ c Calories: 72 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 17 g Sodium: 12 mg Protein: 1 g</p>
<p>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</p>	<p>Serving Size: ½ c Calories: 120 Total Fat: 3 g Cholesterol: < 5 mg Carbohydrate: 22 g Sodium: 500 mg Protein: 2 g</p>
<p>Mashed Potatoes: potato (dry), canola oil (preserved with citric acid and BHT), salt, contains 2% or less of: artificial color, mono and diglycerides, natural and artificial flavor. Freshness preserved with sodium bisulfite and BHT. Contains: milk, sulfite</p>	<p>Serving Size: ½ c Calories: 90 Total Fat: 1.5 g Cholesterol: 0 mg Carbohydrate: 17 g Sodium: 410 mg Protein: 2 g</p>
<p>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</p>	<p>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</p>
<p>Mashed Sweet Potatoes: potato (dry), sweet potato (dry), brown sugar, sugar, salt, contains 2% or less of: natural and artificial flavor, guar 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</p>	<p>Serving Size: ½ c Calories: 120 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 27 g Sodium: 270 mg Protein: 2 g</p>

Ingredients	Nutrition Facts
<p>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</p>	<p>Serving Size: ½ c Calories: 90 Total Fat: 1.5 g Cholesterol: 0 mg Carbohydrate: 15 g Sodium: 160 mg Protein: 3 g</p>
<p>Criss 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 bleach flour (wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid) salt, modified food starch, spices, corn meal, garlic powder, onion powder, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dried yeast, colored with oleoresin paprika, dextrose. Contains: wheat</p>	<p>Serving Size: ½ c Calories: 186 Total Fat: 1.5 g Cholesterol: 0 mg Carbohydrate: 15 g Sodium: 30 mg Protein: 2 g</p>
<p>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</p>	<p>Serving Size: ½ c Calories: 90 Total Fat: 9.52 g Cholesterol: 0 mg Carbohydrate: 22.62 g Sodium: 429 mg Protein: 2.51 g</p>
<p>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 (pickles, 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), salt, granulated onion, spice, xanthan gum. Contains: wheat, egg, soy, yellow #5</p>	<p>Serving Size: ½ c Calories: 210 Total Fat: 11 g Cholesterol: 15 mg Carbohydrate: 27 g Sodium: 420 mg Protein: 2 g</p>
<p>Ranch Mashed Potatoes: potato (dry), canola oil (preserved with citric acid and BHT), salt, contains 2% or less of: artificial color, mono and diglycerides, natural and artificial flavor. Freshness preserved with sodium bisulfite & BHT; ranch seasoning: maltodextrin, buttermilk, salt, monosodium glutamate, dried garlic, dried onion, lactic acid, citric acid, spices, artificial flavors. Contains: sulfite, milk, MSG</p>	<p>Serving Size: ½ c Calories: 70 Total Fat: 3.5 g Cholesterol: 0 mg Carbohydrate: 80.5 g Sodium: 255 mg Protein: 0.5 g</p>
<p>Red Skin Mashed Potatoes: red skin potatoes, seasoning (buttermilk, salt, natural flavors, [cultured cream {cream, nonfat milk, culture enzymes}, nonfat milk, spice and spice extractives, disodium dihydrogen pyrophosphate, maltodextrin, 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, cornstarch, canola oil and sesame oil), titanium dioxide (color). Contains: milk, wheat and soy</p>	<p>Serving Size: ½ c Calories: 93 Total Fat: 3 g Cholesterol: 0 mg Carbohydrate: 14 g Sodium: 255 mg Protein: 2.6 g</p>
<p>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 and/or cottonseed oil), enriched wheat flour (flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), corn starch, salt, modified corn starch, spices, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dextrin, garlic powder, natural butter flavor (milk), spice, coloring, dextrose. Contains: milk, wheat, soy</p>	<p>Serving Size: ½ c Calories: 65 Total Fat: 2.5 g Cholesterol: 0 mg Carbohydrate: 9.5 g Sodium: 230 mg Protein: 1 g</p>
<p>Scalloped Potatoes: dehydrated potatoes, sodium bisulfite (to protect color), enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), corn starch, partially hydrogenated soybean oil, salt, dehydrated onion, nonfat milk, corn syrup solids, disodium phosphate, dextrose, 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</p>	<p>Serving Size: ½ c Calories: 60 Total Fat: 1 g Cholesterol: 0 mg Carbohydrate: 13 g Sodium: 330 mg Protein: 1 g</p>
<p>Sweet Potatoes: sweet potatoes, water, corn syrup, sugar</p>	<p>Serving Size: ½ c Calories: 85 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 19 g Sodium: 18 mg Protein: 1.5 g</p>
<p>Twice Baked Potatoes: potato, cheddar cheese (milk, cheese culture, salt, enzymes and annatto [color]), margarine (soybean oil, water, salt, partially hydrogenated soybean oil, mono and diglycerides, lecithin, sodium benzoate [preservative], citric acid, artificial butter flavor, beta carotene, vitamin A palmitate, calcium disodium EDTA [to protect flavor]), water, nonfat 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, carrageenan, disodium inosinate), salt, xanthan gum, pepper, paprika. Contains: milk, soy</p>	<p>Serving Size: ½ ea Calories: 90 Total Fat: 3.5 g Cholesterol: 2.5 mg Carbohydrate: 12 g Sodium: 160 mg Protein: 2 g</p>

Ingredients	Nutrition Facts
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 w/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. <u>May contain traces of peanuts</u>	Serving Size: ½ c Calories: 45 Total Fat: 10 g Cholesterol: 6 mg Carbohydrate: 8 g Sodium: 90 mg Protein: 2 g
Fajita Blend Vegetables: onions, red peppers, green peppers.	Serving Size: ½ c Calories: 30 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 5 g Sodium: 10 mg Protein: 1 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: 1 g
Succotash: corn, lima beans	Serving Size: ½ c Calories: 80 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 18 g Sodium: 15 mg Protein: 4 g

Ingredients	Nutrition Facts
Sugar Snap Peas: frozen 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. <u>Contains: soy ingredients</u>	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, vinegar, citric acid, dehydrated celery, calcium chloride, dehydrated garlic.	Serving Size: ½ c Calories: 35 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 8 g Sodium: 310 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: 4.5g 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: 2.5 g Sodium: 138 mg Protein: 0.75 g

SOUPS

Ingredients	Nutrition Facts
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). <u>Contains: wheat, egg</u>	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, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, dehydrated onions, soy protein concentrate, disodium guanylate, disodium inosinate, spice. <u>Contains: milk, wheat, soy</u>	Serving Size: 6 oz Calories: 140 Total Fat: 8 g Cholesterol: 15 mg Carbohydrate: 13 g Sodium: 800 mg Protein: 3 g

Ingredients	Nutrition Facts
<p>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. <u>Contains: soy, wheat, MSG, milk</u></p>	<p>Serving Size: 6 oz Calories: 60 Total Fat: 3 g Cholesterol: 3.75 mg Carbohydrate: 6.75 g Sodium: 592 mg Protein: 1.5 g</p>
<p>Cream of Potato Soup: potatoes, skim milk, cream (milk), carrots, vegetable oil (corn, cottonseed and/or canola), modified food starch, celery, 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, disodium guanylate, disodium inosinate, spice, artificial flavorings, flavoring, acetic acid. <u>Contains: milk, soy ingredients</u></p>	<p>Serving Size: 6 oz Calories: 160 Total Fat: 8 g Cholesterol: 10 mg Carbohydrate: 19 g Sodium: 830 mg Protein: 3 g</p>
<p>Minestrone Soup: water, 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 enriched pasta (wheat flour, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), spinach, salt, vegetable oil (corn, cottonseed, and/or canola), flavoring, spice, dehydrated garlic, yeast extract, disodium inosinate, chicken stock, chicken fat, dehydrated chicken. <u>Contains: egg, wheat, chicken</u></p>	<p>Serving Size: 6 oz Calories: 60 Total Fat: 0.5 g Cholesterol: 0 mg Carbohydrate: 12 g Sodium: 650 mg Protein: 3 g</p>
<p>Seven Bean Soup: tomato puree (water, tomato paste), cooked lima beans, cooked kidney beans, diced tomatoes, celery, cooked black eyed peas, cooked great northern beans, cooked pea beans, cooked pinto beans, carrots, sweet red peppers, cooked black beans, water, modified food starch, salt, contains less than 1% of dehydrated onions, dehydrated potatoes, pinto bean flour, vegetable flavor blend (sautéed vegetables [carrots, onions, celery], salt, sugar, corn oil, potato flour, modified food starch, maltodextrin, carrot powder), roasted red bell pepper base (roasted red bell peppers, sugar, potato flour, salt, flavoring, corn oil), yeast extract, dehydrated garlic, natural smoke flavoring, seasoning (spice, dextrose, modified food starch, cilantro extract), caramel color, spice</p>	<p>Serving Size: 6 oz Calories: 110 Total Fat: 0.5 g Cholesterol: 0 mg Carbohydrate: 21 g Sodium: 730 mg Protein: 5 g</p>
<p>Tomato Soup: tomatoes, corn sweetener (high fructose corn syrup, corn syrup), wheat flour, soybean oil, salt, dehydrated onion, peppers, dehydrated garlic, vinegar, citric acid. <u>Contains: wheat, soy</u></p>	<p>Serving Size: 6 oz Calories: 67 Total Fat: 1.5 g Cholesterol: 0 mg Carbohydrate: 142.5 g Sodium: 247.5 mg Protein: 1.5 g</p>
<p>Vegetable Soup: 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. <u>Contains: milk</u></p>	<p>Serving Size: 6 oz Calories: 80 Total Fat: 0.5 g Cholesterol: 0 mg Carbohydrate: 17 g Sodium: 960 mg Protein: 2 g</p>

GRAVIES & SAUCES

Ingredients	Nutrition Facts
<p>Brown Gravy (Low Sodium): 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, 2% or less of sugar, soybean oil, caramel color (contains sulfites), xanthan gum, soy sauce (wheat, soybeans, salt), garlic powder, dextrose, disodium inosinate/sodium guanylate, red #40, spice, citric acid, natural flavors, thiamine hydrochloride. <u>Contains: milk, wheat, red #40, soy; made in a facility that also processes egg ingredients; **adds a trivial amount of trans fat</u></p>	<p>Serving Size: 2 oz Calories: 25 Total Fat: 0.5 g Cholesterol: 0 mg Carbohydrate: 5 g Sodium: 140 mg Protein: 1 g</p>
<p>Bourbon Sauce: corn syrup, water, high fructose corn syrup, soy sauce (water, wheat, soybeans, salt, less than 1% sodium benzoate as preservative), sugarcane molasses, cayenne pepper sauce (cayenne peppers, distilled vinegar, water, salt, garlic powder), onion puree, 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 sorbate (preservative), xanthan gum, natural flavors. <u>Contains: wheat, soy</u></p>	<p>Serving Size: 2 Tbsp Calories: 20 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 5 g Sodium: 60 mg Protein: 0 g</p>
<p>Country Sausage Gravy: water, pork, soybean oil, 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 stearoyl lactylate, maltodextrin, black pepper, caramel color, monosodium glutamate, cellulose gum, natural and artificial flavors. <u>Contains: milk, wheat</u></p>	<p>Serving Size: 2 Tbsp Calories: 20 Total Fat: 1.5 g Cholesterol: 0 mg Carbohydrate: 17.5 g Sodium: 117 mg Protein: 0 g</p>

Ingredients	Nutrition Facts
Pineapple Sauce: crushed pineapple, brown sugar, apple juice, vinegar	Serving Size: 2 Tbsp Calories: 20 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 5 g Sodium: 1.25 mg Protein: 0 g
Poultry Gravy (Low Sodium): maltodextrin, cornstarch, whey, chicken powder, corn syrup solids, modified cornstarch, hydrolyzed soy, corn and wheat proteins, chicken fat, soybean oil, 2% or less of nonfat milk, vegetable oil (partially hydrogenated coconut or palm kernel, hydrogenated soybean)**, onion powder, xanthan gum, dipotassium phosphate, yeast extract, disodium inosinate/disodium guanylate, sodium caseinate (a milk derivative), color added, natural and artificial flavor, beta carotene (color), mono- and diglycerides, sodium silicoluminate, sugar, calcium lactate, parsley, dextrose, 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	Serving Size: 2 oz Calories: 40 Total Fat: 1.5 g Cholesterol: 5 mg Carbohydrate: 6 g Sodium: 130 mg Protein: 1 g
Raisin Sauce: raisins, brown sugar, vinegar, apple juice, crushed pineapple	Serving Size: 2 Tbsp Calories: 38 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 9 g Sodium: 3 mg Protein: 0 g
Salsa: diced tomatoes, crushed tomatoes, peppers, onions, vinegar, sea salt, dehydrated garlic, food starch, calcium chloride, citric acid, spices	Serving Size: 2 oz Calories: 10 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 2 g Sodium: 180 mg Protein: 0 g
Zesty Orange Sauce: corn syrup, high fructose corn syrup, soy sauce (water, wheat, soybeans, salt, less than 1% sodium benzoate as a preservative), 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	Serving Size: 2 Tbsp Calories: 90 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 24 g Sodium: 160 mg Protein: 0 g

DESSERTS

Ingredients	Nutrition Facts
Angel Food Cake: 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 sorbate, TBHQ 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 & coconut	Serving Size: 1 sl. Calories: 60 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 14 g Sodium: 120 mg Protein: 1 g
Apple Pie: 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, malic acid gums (xanthan, carob bean) soy flour. Contains: wheat and soy	Serving Size: 1 sl. Calories: 280 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 40 g Sodium: 260 mg Protein: 2 g
Brownie (iced): 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 sorbate (preservative), vanillin (artificial flavor), wheat starch, agar, modified corn starch, soy flour. Contains: wheat, egg, soy	Serving Size: 1 ea Calories: 290 Total Fat: 13 g Cholesterol: 25 mg Carbohydrate: 41 g Sodium: 160 mg Protein: 3 g
Banana Cake: 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 oils) eggs, water, high fructose corn syrup, vegetable oil (soy bean and/or cottonseed oils) corn syrup, contains 2% or less of each of the following: glycerine, salt mono and diglycerides, leavening, (baking soda, sodium acid pyrophosphate, corn starch, monocalcium phosphate), corn starch, potassium sorbate (preservative), soy lecithin, modified corn starch propylene glycol esters, citric acid, natural flavors, agar, vanillin artificial flavor)	Serving Size: 1 square Calories: 195 Total Fat: 7.5 g Cholesterol: 20 mg Carbohydrate: 31 g Sodium: 145 mg Protein: 2 g

Ingredients	Nutrition Facts
<p>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), Neufchâtel cheese (pasteurized milk and cream, cheese culture, salt, stabilizers (xanthan and/or carob bean and/or guar gums)), modified corn starch; contains 2% or less of: milk protein concentrate, cream, skim milk, maltodextrin, rolled oats, gelatin, salt, gums (carob bean, guar), mono- and diglycerides, color (turmeric and annatto extract, β-apo-8-carotenol), cheese culture, citric acid, lactic acid, lactose, natural and artificial flavors, molasses, propylene glycol mono and diesters of fats and fatty acids, baking soda, lactic esters of fatty acids, wheat starch, modified tapioca starch, carrageenan, potassium chloride, cinnamon, malted barley flour, soy lecithin, lemon oil, potassium sorbate (preservative), soy flour. Contains: milk, wheat, soy</p>	<p>Serving Size: 1 square Calories: 160 Total Fat: 12.5 g Cholesterol: 15 mg Carbohydrate: 18 g Sodium: 165 mg Protein: 2.5 g</p>
<p>Cherry Cobbler: cherry filling: cherries, high fructose corn syrup, water, modified food starch, contains less than 2% of: sodium benzoate, calcium gluconate, FD&C 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 & soybean oils), sugar, modified cornstarch; contains 2% or less of: dextrose, salt, baking soda, red 40 (color), mono- and diglycerides, soy flour. Contains: wheat, soy</p>	<p>Serving Size: ½ c Calories: 200 Total Fat: 1 g Cholesterol: 0 mg Carbohydrate: 8 g Sodium: 33 mg Protein: < 1 g</p>
<p>Cherry Crisp: cherry pie filling; cherries, high fructose corn syrup, water, modified food starch, contains less than 2% of: sodium benzoate, calcium gluconate, FD&C red #4, potassium sorbate, citric acid, artificial flavor, brown sugar, butter, rolled oats</p>	<p>Serving Size: ½ c Calories: 155 Total Fat: 1 g Cholesterol: 0 mg Carbohydrate: 20 g Sodium: 45 mg Protein: < 1 g</p>
<p>Chocolate Chip Cookie: enriched wheat flour (bleached flour, niacin, reduced iron, thiamine 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, soya lecithin [emulsifier], vanilla extract), chocolate flavored chips (sugar, partially hydrogenated vegetable oil [palm kernel, coconut, palm], cocoa processed with alkali, dextrose, cocoa, whey [milk], soy lecithin, vanilla), modified corn starch, glycerin, eggs, guar gum, natural and artificial flavors, molasses, sorbitol, salt, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), soy lecithin, nonfat dry milk. Contains: wheat, soy, eggs, milk</p>	<p>Serving Size: 2 ea Calories: 180 Total Fat: 8 g Cholesterol: 0 mg Carbohydrate: 28 g Sodium: 120 mg Protein: 2 g</p>
<p>Chocolate Cupcake: whey (milk), enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), maltitol, sugar, polydextrose, eggs, water, cocoa (natural and processed with alkali), nonfat milk, contains 2% or less of soybean oil, glycerine, palm oil, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), corn syrup, salt, citrus fiber, dextrose, soy flour, calcium carbonate, chocolate liquor, calcium sulfate, cornstarch, soy lecithin, monoglycerides, agar, sorbitan monostearate, guar gum, polysorbate 60, artificial flavor, sucralose (non-nutritive sweetener), sodium hexametaphosphate, potassium sorbate, sorbic acid and sodium propionate (to retard spoilage). Contains: wheat, soy, milk, eggs</p>	<p>Serving Size: 1 ea Calories: 120 Total Fat: 3.5 g Cholesterol: 15 mg Carbohydrate: 26 g Sodium: 180 mg Protein: 2 g</p>
<p>Éclair: high fructose corn syrup, partially hydrogenated palm kernel oil, eggs, sugar, enriched unbleached wheat flour (wheat flour, niacin, iron [ferrous sulfate], thiamine mononitrate, enzyme, riboflavin, folic acid), water, contains less than 2% of invert sugar, cocoa, sodium caseinate (milk derivative), palm oil, corn syrup, ammonium carbonate, salt, to preserve freshness (sodium propionate, potassium sorbate), soy protein concentrate, dextrose, polysorbate 60, carbohydrate gum, soy lecithin, natural & artificial flavor, agar, polyglycerol esters of fatty acids, xanthan gum, locust bean gum, artificial colors (yellow 3 5, yellow # 6, red # 40). Contains: eggs, wheat, milk, soy</p>	<p>Serving Size: 1 ea Calories: 210 Total Fat: 12 g Cholesterol: 40 mg Carbohydrate: 25 g Sodium: 125 mg Protein: 2 g</p>
<p>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 each of the following: egg whites, salt, lemon juice concentrate, molasses, dextrose, baking soda, honey, citric acid, sodium citrate, gums (carob bean, cellulose, guar, xanthan), agar, carrageenan, konjac flour, natural flavor, corn starch, sodium phosphate, sodium alum, cream of tartar, colored with (turmeric and annatto extract), soy flour. Contains: wheat, eggs, and soy.</p>	<p>Serving Size: 1 sl Calories: 220 Total Fat: 6 g Cholesterol: 0 mg Carbohydrate: 41 g Sodium: 210 mg Protein: 1 g</p>
<p>Pumpkin Pie: pumpkin, corn syrup, enriched flour (wheat flour, niacin, iron, thiamine 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 .nbsp; carob bean, xanthan), sodium phosphate, dextrin. Contains: wheat, milk, eggs</p>	<p>Serving Size: 1 ea Calories: 270 Total Fat: 8 g Cholesterol: 0 mg Carbohydrate: 50 g Sodium: 230 mg Protein: 4 g</p>
<p>Iced Carrot Cake: sugar, enriched bleach 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, glycerine, corn syrup, contains 2% or less of the following: crushed pineapple (pineapple unsweetened pineapple juice, ascorbic acid), mono- and diglycerides (from vegetable sources), cornstarch, baking powder, sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), salt, cinnamon, modified corn starch, potassium sorbate and citric acid and TBHQ (preservative)</p>	<p>Serving Size: 1 ea Calories: 120 Total Fat: 4 g Cholesterol: 5 mg Carbohydrate: 20 g Sodium: 135 mg Protein: 3 g</p>
<p>NSA Apple Pie: apples, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (palm, cottonseed and/or soybean oils), isomalt, whey, contains 2% or less of each of the following: modified corn starch, salt, cinnamon, malic acid, potassium sorbate (preservative), sucralose, soy flour. Contains: milk, wheat, and soy</p>	<p>Serving Size: 1 sl Calories: 330 Total Fat: 20 g Cholesterol: 0 mg Carbohydrate: 37 g Sodium: 360 mg Protein: 4 g</p>

Ingredients	Nutrition Facts
<p>Oatmeal Cookie: enriched wheat flour (bleached flour, niacin, reduced iron, thiamine 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, oatmeal, raisin paste, corn syrup, sorbitol, modified corn starch, natural and artificial flavors (contains milk), mono and diglycerides, eggs, egg whites, baking soda, salt, soy lecithin, cinnamon, corn flavor, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate). <u>Contains: wheat, oats, soy, eggs, milk</u></p>	<p>Serving Size: 2 ea Calories: 180 Total Fat: 7 g Cholesterol: 0 mg Carbohydrate: 28 g Sodium: 170 mg Protein: 2 g</p>
<p>Pound Cake: eggs, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, butter (cream, salt), high fructose corn syrup, mono- and diglycerides; contains 2% or less of water, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), corn starch, guar gum, xanthan gum, sodium stearoyl lactylate, vanillin (artificial flavor), annatto (color), soy flour. <u>Contains: wheat, eggs, milk, soy</u></p>	<p>Serving Size: 1 sl. Calories: 150 Total Fat: 8 g Cholesterol: 55 mg Carbohydrate: 17 g Sodium: 110 mg Protein: 2 g</p>
<p>Pudding, Chocolate: non-fat milk, water, sugar, modified corn starch, cocoa (processed with alkali), less than 2% of salt, carrageenan, artificial flavors, color added. <u>Contains: milk, chocolate</u></p>	<p>Serving Size: ½ c Calories: 80 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 20 g Sodium: 140 mg Protein: 2 g</p>
<p>Pudding, Vanilla: non-fat milk, water, sugar, modified corn starch, vegetable oil (contains one or more of the following: palm oil, hydrogenated palm oil, sunflower oil, partially hydrogenated soybean oil), less than 2% of: salt, calcium carbonate, sodium stearoyl lactylate, natural & artificial flavor, color added (including yellow # 5 & yellow # 6). <u>Contains: milk, yellow # 5, yellow # 6; may contain soy</u></p>	<p>Serving Size: ½ c Calories: 120 Total Fat: 3 g Cholesterol: 0 mg Carbohydrate: 22 g Sodium: 135 mg Protein: 1 g</p>
<p>Pumpkin Pie (NSA): pumpkin, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), skim milk, water, eggs, vegetable oil (palm & soybean oils), maltodextrin, polydextrose, glycerin, whey, contains 2% or less of: modified corn starch, salt, spices (includes cinnamon), carrageenan, corn flour, dextrin, sodium triphosphate, acesulfame K, gums (carob bean, guar, xanthan), aspartame, soy lecithin, soy flour. <u>Contains: wheat, milk, eggs, soy</u></p>	<p>Serving Size: 1/8 pie Calories: 320 Total Fat: 13 g Cholesterol: 45 mg Carbohydrate: 47 g Sodium: 520 mg Protein: 5 g</p>
<p>Apple Streusel Coffeecake: enriched flour, (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, apples, soybean oil, eggs, margarine (partially hydrogenated vegetable oil (soybean and cottonseed), soybean oil, water, salt, mono- and diglycerides, soy lecithin, calcium disodium edta (preservative), annatto (color), artificial flavor, vitamin A palmitate), walnuts, contains 2% or less: applesauce (apples, water) water, molasses, salt, baking soda, cinnamon, dextrose, nutmeg, corn starch, natural and artificial flavors. <u>Contains: wheat, tree nuts, egg, soy</u></p>	<p>Serving Size: 2 ea Calories: 200 Total Fat: 7 g Cholesterol: 10 mg Carbohydrate: 36 g Sodium: 130 mg Protein: 2 g</p>
<p>Sponge Cake: enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), eggs, sugar, high fructose corn syrup, vegetable oil (palm and soybean oils), corn syrup; contains 2% or less of: mono- and diglycerides, whey, baking powder (sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), salt, natural and artificial flavors, soy flour. <u>Contains: wheat, egg, milk, soy</u></p>	<p>Serving Size: 1 square Calories: 95 Total Fat: 3.5 g Cholesterol: 30 mg Carbohydrate: 14 g Sodium: 110 mg Protein: 1.5 g</p>
<p>Sugar Free Chocolate Chip Cookie: wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), maltitol, vegetable shortening (partially hydrogenated soybean and cottonseed oils), sorbitol, sugar free chocolate chips (maltitol, cocoa butter, chocolate liquor processed with alkali, calcium carbonate, calcium caseinate [milk], milk fat, soya lecithin (added as an emulsifier), natural flavor), modified corn starch, egg whites, baking soda, salt, natural and artificial flavors, soy lecithin, caramel color. <u>Contains: wheat, soy, egg</u></p>	<p>Serving Size: 1 ea Calories: 80 Total Fat: 3.5 g Cholesterol: 3 mg Carbohydrate: 15 g Sodium: 55 mg Protein: 1 g</p>
<p>Sugar Free Lemon Cookie: wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), maltitol, vegetable shortening (partially hydrogenated soybean and cottonseed oils), sorbitol, modified corn starch, egg whites, natural and artificial flavors, lemon fruit (corn syrup, lemon peel, lemon puree, pectin, phosphoric acid, artificial flavor, citric acid, yellow #5, sodium benzoate), salt, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), citric acid, yellow #5. <u>Contains: wheat, soy, egg, yellow #5</u></p>	<p>Serving Size: 1 ea Calories: 80 Total Fat: 3 g Cholesterol: 3.5 mg Carbohydrate: 15 g Sodium: 60 mg Protein: 1 g</p>
<p>Sugar Free Cherry Cobbler: cherry no sugar added filling: cherry no sugar added filling (cherries, water, modified food starch, salt, calcium gluconate, citric acid, sucralose, potassium sorbate, natural flavor, xanthan gum, red #40, blue #1; puff pastry: enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), high fructose corn syrup, corn syrup, vegetable oil (palm & soybean oils), sugar, modified cornstarch; contains 2% or less of: dextrose, salt, baking soda, red 40 (color), mono- and diglycerides, soy flour. <u>Contains: wheat, soy</u></p>	<p>Serving Size: ½ c Calories: 125 Total Fat: 1 g Cholesterol: 0 mg Carbohydrate: 8 g Sodium: 33 mg Protein: < 1 g</p>

Ingredients	Nutrition Facts
<p>Sugar Free Fruit Crisp: cherry no sugar added filling (.cherries, water, modified food starch, salt, calcium gluconate, citric acid, sucralose, potassium sorbate, natural flavor, xanthan gum, red #40, blue #1, cinnamon, rolled oats, Splenda (dextrose, maltodextrin, sucralose);</p>	<p>Serving Size: ½ c Calories: 60 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 14 g Sodium: 80 mg Protein: 1 g</p>
<p>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, acesulfame potassium, natural & artificial flavor, artificial color, yellow # 5, yellow # 6. Contains: milk, yellow # 5 & 6</p>	<p>Serving Size: 4 oz Calories: 60 Total Fat: 1 g Cholesterol: 0 mg Carbohydrate: 10 g Sodium: 160 mg Protein: < 1 g</p>
<p>Vanilla Cupcake: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whey (milk), maltitol, sugar, polydextrose, eggs, nonfat milk, egg whites, palm oil, contains 2% or less of soybean oil, glycerine, water, salt, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), corn syrup, salt, citrus fiber, dextrose, soy flour, calcium carbonate, calcium sulfate, cornstarch, soy lecithin, monoglycerides, agar, sorbitan, titanium dioxide (color), monostearate, guar gum, polysorbate 60, artificial flavor, acesulfame potassium, sucralose (non-nutritive sweetener), sodium hexametaphosphate, potassium sorbate, sorbic acid and sodium propionate (to retard spoilage). Contains: wheat, soy, milk, eggs</p>	<p>Serving Size: 1 ea Calories: 120 Total Fat: 3.5 g Cholesterol: 15 mg Carbohydrate: 26 g Sodium: 160 mg Protein: 2 g</p>

CONDIMENTS

Ingredients	Nutrition Facts
<p>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)</p>	<p>Serving Size: 1 oz Calories: 40 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 10 g Sodium: 230 mf Protein: 0 g</p>
<p>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 flavors</p>	<p>Serving Size: 5.5 g Calories: 10 Total Fat: 0 g Cholesterol: 0 mg Carbohydrate: 2 g Sodium: 100 mg Protein: 0 g</p>
<p>Margarine: liquid & partially hydrogenated soybean oil, water, salt, vegetable mono & diglycerides, soy lecithin, potassium sorbate & sodium benzoate (preservatives), citric acid, artificial flavor, beta carotene (color), vitamin A palmitate. Contains: soy</p>	<p>Serving Size: 5 g Calories: 70 Total Fat: 8 g Cholesterol: 0 mg Carbohydrate: 0 g Sodium: 120 mg Protein: 0 g</p>
<p>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</p>	<p>Serving Size: 12 g Calories: 80 Total Fat: 9 g Cholesterol: 5 mg Carbohydrate: 1 g Sodium: 70 mg Protein: 0 g</p>
<p>Mustard: water, distilled white vinegar, mustard seed, salt, turmeric, spices</p>	<p>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</p>
<p>Parmesan Cheese: pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose (anti-caking agent)</p>	<p>Serving Size: 3.5 g Calories: 15 Total Fat: 1 g Cholesterol: 5 mg Carbohydrate: 0 g Sodium: 65 mg Protein: 1 g</p>

Ingredients	Nutrition Facts
Salad Dressing: French: soybean oil, corn syrup, vinegar (cider, distilled), honey, tomato paste, contains less than 2% of: salt, spice, xanthan gum, onion, garlic, beet powder. Contains: soy	Serving Size: 1.5 oz Calories: 190 Total Fat: 15 g Cholesterol: 0 mg Carbohydrate: 13 g Sodium: 300 mg Protein: 0 g
Salad Dressing: Creamy Italian: water, soybean oil, vinegar, high fructose corn syrup, modified corn starch, spices, xanthan gum, polysorbate 60, dried red bell peppers, natural flavors, preservatives (disodium EDTA, BHT). Contains: soy	Serving Size: 1 oz Calories: 115 Total Fat: 9 g Cholesterol: 0 mg Carbohydrate: 5 g Sodium: 260 mg Protein: 0 g
Salad Dressing: Buttermilk Ranch: soybean oil, water, buttermilk, distilled vinegar, salt, egg yolk, sugar, whey protein concentrate, garlic juice, monosodium glutamate, xanthan gum, natural flavor, dehydrated onion, potassium sorbate & sodium benzoate (preservatives), polysorbate 60, dehydrated garlic, phosphoric acid, lactic acid, calcium disodium EDTA added to protect flavor. Contains: soy, egg, milk	Serving Size: 1 oz Calories: 140 Total Fat: 14 g Cholesterol: 5 mg Carbohydrate: 1 g Sodium: 210 mg Protein: 0 g
Salad Dressing: Thousand Island: soybean oil, water, high fructose corn syrup, pickles, egg yolks, tomato paste, distilled vinegar, corn syrup, salt, onion, celery seed, sodium benzoate added as a preservative, xanthan gum, natural and artificial flavors, red bell pepper, mustard seed, polysorbate 80, dehydrated garlic. Contains: soy, egg	Serving Size: 1 oz Calories: 220 Total Fat: 21 g Cholesterol: 20 mg Carbohydrate: 7 g Sodium: 320 mg Protein: 1 g
Sour Cream: cream, milk, modified food starch (corn), lactic and citric acid, gelatin, mono and diglycerides, guar gum, potassium sorbate (to preserve freshness), carrageenan, sodium phosphate, natural and artificial flavor, lactic acid culture. Contains: milk	Serving Size: 1 oz Calories: 45 Total Fat: 4 g Cholesterol: 0 mg Carbohydrate: 1 g Sodium: 20 mg Protein: 1 g
Tartar Sauce: water, pickle relish (cucumbers, water, vinegar, salt, alum, xanthan gum, sodium benzoate [preservative], calcium chloride, natural flavors, polysorbate 80), soybean oil, distilled vinegar, high fructose corn syrup, corn syrup, modified food starch, egg yolk, salt, spices & natural flavorings, xanthan gum, sodium benzoate (preservative), onion powder, calcium disodium EDTA (to protect flavor). Contains: soy, egg	Serving Size: 12 g Calories: 25 Total Fat: 2.5 g Cholesterol: 5 mg Carbohydrate: 2 g Sodium: 115 mg Protein: 0 g