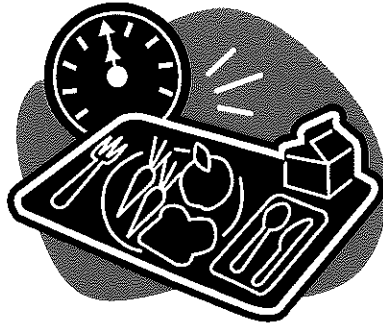


**WashingtonMorgan**  
COMMUNITY ACTION  
**Senior Nutrition Program**

**Ingredient Content Booklet**



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# 1. Fresh/Frozen Vegetables

## Fresh Vegetables/No Additives

Cauliflower  
Broccoli  
Cucumbers  
Red onions  
Yellow onions  
Idaho Potatoes  
Grape tomatoes  
Yams  
Cauliflower florets  
Broccoli florets  
Cabbage  
Idaho potatoes  
Spinach  
Tomatoes  
Baby Carrots  
Yellow Squash

Salad Mix-iceberg lettuce, carrots, cabbage

Broccoli Cole Slaw Mix-hearts of broccoli, carrots, red cabbage

Cole Slaw Mix-cabbage, carrots, red cabbage

Shredded Lettuce-lettuce

Spring Mix- Sweet Pillow-baby leaf lettuces may contain some of the following: arugula, green chard, green leaf, green oak, green Romaine, mizuna, red chard, red leaf, red oak, red romaine

## Frozen Vegetables /No Additives

Brussels Sprouts  
Cauliflower  
Whole Baby Carrots  
Baby Lima Beans  
Broccoli cuts  
Corn  
Peas  
Diced Green Peppers  
Diced Onions  
Pearl Onions  
Baby Carrots  
Sugar Snap Peas

Vegetable of the Day Blend-Broccoli, cauliflower, yellow squash, zucchini, carrots

5 Way Mixed Vegetables-carrots, corn, green beans, peas, lima beans

California Blend-broccoli, carrots, cauliflower

Italian Blend-zucchini, carrots, cauliflower, Italian green beans, lima beans, red bell pepper, salt

Spring Blend- zucchini, yellow squash, green beans red pepper, onion

### **Stir-Fry Blend Vegetables-snow peas, red pepper**

Hash Brown-potatoes, vegetable oil(canola, soybean, cottonseed, sunflower or corn), dehydrated onion, dextrose, contains less than 2%, natural flavor, salt sodium acid, pyrophosphate(to maintain color)

**Or** potatoes, vegetable oil (soybean, canola, corn, and/or sunflower), salt, disodium dihydrogen pyrophosphate , dextrose.

Hash Brown Patties-potatoes, vegetable oil (canola, soybean, cottonseed, sunflower or corn), dehydrated onion, dextrose, contains less than 2%, natural flavor, salt sodium acid, pyrophosphate(to maintain color)

Seasoned Hash Brown Bites- potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), dehydrated potato flakes ( potatoes, mono-diglycerides, sodium acid pyrophosphate (to maintain color), citric acid (to maintain freshness)), contains 2% or less of dehydrated onion, dehydrated parsley, dextrose, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), malic acid, modified cellulose, potato starch-modified, salt, sodium acid phosphate added to maintain color, sodium citrate, spices, xanthan gum

Baby Bakers-potatoes, soybean oil, salt, sugar, contains less than 2%, garlic powder, natural flavor, maltodextrin, onion powder, black pepper, vinegar powder(maltodextrin, vinegar)

Famous seasoned Fries-potatoes, vegetable oil(contains one or more of the following: canola, palm, soybean, sunflower), wheat flour, enriched wheat flour(flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), modified corn starch, salt, spices, corn meal, monosodium glutamate, leavening (disodium hydrogen pyrophosphate, sodium dihydrogen pyrophosphate, sodium bicarbonate), dextrose, annatto (color> spice and coloring, natural flavor **CONTAINS WHEAT**

Tator Tots- Potatoes, Vegetable Oil(contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn). Contains 2% or less of dextrose, natural flavor, salt, sodium acid pyrophosphate added to maintain natural color

Potato Wedges- Potatoes, vegetable oil (May contain one or more of the following: canola oil, soybean, cottonseed, sunflower, corn), bleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of annatto (color), baking soda, dextrin, dextrose, extractives of paprika (color), extractives of capsicum, garlic powder, onion powder, paprika, salt, sodium acid, pyrophosphate (maintains natural color & leavening ), spices, tapioca starch, tapioca starch-modified, xanthan gum **CONTAINS WHEAT**

Red Skin Potatoes-potatoes, canola oil, olive oil, salt, garlic, rosemary, potato flour, disodium dihydrogen pyrophosphate (to promote color retentions), dextrose

Sweet **Potato Fries**- Sweet 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, disodium dihydrogen pyrophosphate, dextrose).

(May contain one or more of the following: canola oil, sunflower oil, cottonseed oil, corn oil, soybean oil), corn starch, modified, potato starch, baking soda, dextrin, extractives of paprika, and turmeric, fiber(pea, corn), molasses powder(refiners syrup, molasses), rice flour, salt, sodium acid pyrophosphate, sugar, xanthan gum.

## 2. Canned Vegetables

### Potatoes

Diced White Potatoes- **White** potatoes, water, salt, calcium chloride, calcium disodium (firming agent)

Whole Potatoes- potatoes, water, salt, calcium chloride (firming agent)CHECK

Whole Yams (Sweet Potatoes in Syrup)- sweet potatoes, water, sugar cane

Mashed Potatoes complete instant with vitamin c-potatoes, contains less than 2% of ascorbic acid(vitamin c), whey, isolated soy protein, natural and artificial flavors, calcium steapoly lactylate, sodium caseinate, corn syrup, mono & Diglycerides, dispotassium phosphate, casein, acetic acid, datem, hydrogenated vegetable oil(coconut, palm kernel, and/or soybean), to preserve freshness (sodium metabisulphate, BHT, sodium acid pyrophosphate) **CONTAINS MILK, SOY**

Sliced Potatoes- sliced white potatoes, water ,salt,

Yams-yams, water, corn syrup, sugar

### Tomatoes

Stewed Tomatoes-tomatoes, tomato juice, sugar, salt, peppers, dehydrated onion, dehydrated celery, calcium chloride, vinegar, dehydrated garlic, citric acid

Petite Diced Tomatoes-tomatoes, tomato juice, sea salt, citric acid, calcium chloride

Traditional Ragu-tomato puree(water, tomato paste), soybean oil, salt, dehydrated onions, sugar, extra virgin olive oil, spices, Romano cheese, pasteurized part-skim milk, cheese cultures, salt, enzymes), natural flavor **CONTAINS MILK**

Tomato Sauce- tomatoes, sugar, sea salt, olive oil, dehydrated onion, Romano cheese, (milk, cheese cultures, salt, enzymes) spices, corn starch dehydrated garlic, vinegar, natural flavor **CONTAINS MILK**

Pizza Sauce-tomatoes, cane sugar, season salt, corn starch, dehydrate onion, olive oil, oregano, dehydrated garlic, black pepper, basil, citric acid, peppers, basil oil, oregano oil, vinegar

Tomato Juice- tomato juice, sea salt, citric acid

**Robusto Ragu**-tomato puree(water, tomato paste), diced tomatoes, corn syrup, soybean oil, salt, garlic powder, spices, basil, dried onions.

### Beans

Refried Beans- water, pinto beans, less than 2% of lard, sald BHA, propyl gallate and citric acid added to protect flavor

Baby Lima Beans-lima beans, (water lima beans) water, salt, calcium chloride, calcium disodium EDTA ( to help promote color retention)

Green Beans-green beans, water, salt

**Bean Pot-**prepared beans, water, brown sugar, sugar, salt, mustard (vinegar, water, mustard seed, salt, turmeric, paprika) bacon, modified corn starch, onion powder, caramel modified corn starch, onion powder, caramel color, spice, garlic powder, natural flavor

**Pork & Beans-** white beans, water, sugar, tomato paste, salt, port, oleoresin, paprika, dextrose, onion powder, garlic powder, natural flavorings

**Kidney Beans-** prepared kidney beans, water, sugar, salt, dextrose, calcium chloride added as a firming agent, disodium EDTA added to preserve color

**Light Kidney Beans-** kidney beans, water, sugar, salt, dextrose, calcium chloride added as a firming agent, disodium EDTA added to preserve color

**Great Northern Beans-**prepared great northern beans, water, salt, calcium chloride (firming agent)

**Mixed Vegetables-** water, carrots, potatoes, celery, peas, green beans, corn, lima beans, salt, calcium chloride, onion flavor

**Whole Kernel Corn-** corn, water, sugar, salt

**Peas-**green peas, water, sugar, salt

**Beets-** beets, water, high fructose, corn syrup, distilled vinegar, salt, natural flavoring, spices

**Sauerkraut-** cabbage, water, salt

**Mixed Vegetables-** water, carrots, potatoes, celery, peas, onions, calcium chloride, and onion flavorings

**Mixed Vegetables-** water, carrots, potatoes, celery, peas, green beans, corn, lima beans, salt, calcium chloride, and onion flavoring

**Spinach-** spinach, water

**Mushroom-**mushrooms, water, salt, citric acid, ascorbic acid antioxidant

**Sliced Carrots-**carrots, water, salt, calcium chloride

**Black Turtle Beans-**black turtle beans, water, salt, calcium chloride(added to help maintain firmness)

**Pimentos-**pimentos, water, citric acid

**Wax Beans-** wax beans, water, salt

# 3.Fresh/ Frozen Fruit

## **Fresh Fruit /No Additives**

Golden delicious apples

Red delicious apples

Bananas

Strawberries

Red flame seedless grapes

White seedless grapes

Cantaloupe

Navel Oranges

Seedless watermelon

## **Frozen Fruit /No Additives**

**Mixed fruit**-strawberries, pineapple, mango, peaches, ascorbic acid (vitamin C), to promote color retention, citric acid, malic acid, natural flavors

**Frozen Strawberries**- strawberries, sugar

## 4. Canned Fruit

Peaches- peaches, water, sugar, citric acid, calcium chloride

Diced Peaches-peaches, water, corn syrup, sugar, citric acid

Pie Filling Peach-peaches, high fructose corn syrup, sugar, water, modified corn starch, sodium benzoate, salt, citric acid, ascorbic acid, and natural flavors

Apples Pie Filling-apples, high fructose corn syrup, sugar, water, modified corn starch, citric acid, sodium benzoate, cinnamon and natural flavors

Cherry Pie Filling- cherries, sugar, high fructose corn syrup, water, modified corn starch, sodium benzoate (preservative) salt, natural flavors and artificial color (red 40)

Sliced Apples-apples, water

Apples-apples, water

Applesauce-apples, corn syrup, high fructose corn syrup, water, erythorbic acid

Apricots-apricots, water, concentrated pear juice

Pineapple-pineapple, pineapple juice, citric acid

Mandarin Oranges-mandarin oranges, water, sugar, citric acid

Diced Pears- pears, pear juice concentrate, citric acid

Pears-pears sliced, sugar, citric acid

Pumpkin-pumpkin

Fruit Cocktail-pears, water, peaches, sugar, pineapple, grapes, cherries, colored with FD & C red #3, citric acid

Tropical Fruit Salad-pineapple, papaya (red and yellow) guava, sugar, passion fruit juice and citric acid

### Fruit Singles

Mandarin Oranges in Juice-mandarin oranges, white grape juice from concentrate (water, white grape juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), ascorbic acid (to promote color retention), citric acid

Diced Peaches in 100% Fruit Juice- peaches, white grape juice from concentrate (water, white grape juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), natural flavors, ascorbic acid (to promote color retention), citric acid

Diced Pears in Juice- pears, white grape juice from concentrate (water, white grape juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), ascorbic acid (to promote color retention), natural flavors, citric acid

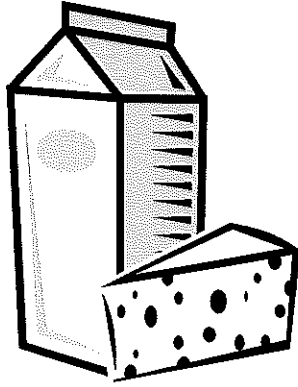


**Mixed Fruit in Juice-** white grape juice from concentrate (water, white grape juice concentrate), pineapple, peaches, pears, lemon juice from concentrate (water, lemon juice concentrate), ascorbic acid (to promote color retention), natural flavors, citric acid

**Pineapple in Juice-**pineapple, pineapple juice, ascorbic acid (to promote color retention), citric acid

**Tropical Fruit-**pineapple, red papaya, yellow papaya, guava, water, sugar, citric acid

**Cranberry Sauce-**cranberries, high fructose, corn syrup, water



## #5 Dairy & Non-Dairy

## 5. Dairy & Non-Dairy

Evaporated Milk-milk, dipotassium phosphate, carrageenan, vitamin D# 3. **CONTAINS MILK, GLUTEN FREE**

Unsalted NH Margarine-vegetable oil blend (palm oil, soybean oil), water, contains 2% or less of :soybean lecithin (soy), vegetable monoglycerides, citric acid (preservative) beta carotene (color), natural flavor, vitamin A palmitate added  
**CONTAINS SOY**

Chocolate Lowfat Milk-lowfat milk, sugar liquid (sugar, water), contains less than 1 %, cocoa processed with alkali, cornstarch, salt, carrageenan, natural flavor, vitamin a palmitate, vitamin D3.

2% Reduced Fat Milk- reduced fat milk, vitamin A palimitate, vitamin D3.

2% Reduced Fat Milk(single) - reduced fat milk, vitamin A palimitate, vitamin D3.

1% Reduced Fat Milk(single) - reduced fat milk, vitamin A palimitate, vitamin D3.

Lowfat Cultured Buttermilk- cultured lowfat milk, nonfat milk, salt, sodium citrate, vitamin A, palmitate, vitamin D3  
**CONTAINS MILK**

Parmesan Cheese-parmesan cheese (made from pasteurized part skim milk, cheese cultures, salt) cheese whey, anticaking agent(cellulose/starch) **CONTAINS MILK**

Pasteurized Processed American Cheese Slices- cultured milk, skim milk, whey, salt, sodium citrate, modified food starch, artificial color, sodium phosphate, sorbic acid, lactic acid, enzymes, soy lecithin **CONTAINS MILK, SOY GLUTEN FREE**

Swiss American Cheese Slices-cultured milk and skim milk, cream, sodium citrate, salt, sodium phosphate, sorbic acid, enzymes, soy lecithin **CONTAINS MILK, SOY GLUEN FREE**

Biery American Cheese-American cheese(cultured pasteurized milk, salt, enzymes), milk fat, sodium phosphate, salt, annatto color

Velveeta Cheese-cheddar cheese, (pasteurized milk, cheese culture, salt, enzymes), whey, milk, protein concentrate, sodium phosphate, calcium phosphate, salt, sodium alginate, lactic acid, sorbic acid as a preservative, apocarotenal (color), annatto (color) **CONTAINS MILK**

Cheddar Cheese Shredded-pasteurized milk, cheese culture, salt enzymes, annatto, potato starch, cellulose powder and calcium sufate, natamycin **CONTAINS MILK**

Mozzarella Cheese Shredded-low-moisture part-skim mozzarella cheese(cultured pasteurized part-slim milk, salt enzymes) powdered cellulose **CONTAINS MILK**

Mozzarella Cheese-pasteurized part-skim milk, cheese culture, salt, enzymes **CONTAINS MILK**

American Cheese-cultured milk & sodium citrate, modified food starch, artificial color, sodium phosphate, sorbic acid, lactic acid, enzymes, soy lecithin. **CONTAINS MILK, SOY**

Cottage Cheese-cultured nonfat milk, milk, cream, stabilizer(whey, corn starch, sorbic acid, guar gum, citric acid, locust bean gum carrageenan, soy lecithin, sodium phosphate, potassium phosphate(, salt, natural flavor, enzymes

Sour Cream-grade A cultured cream **CONTAINS MILK**

Vanilla Ice Cream-milk, sugar, corn syrup, nonfat milk, whey, stabilizer(cellulose gum, mono and glycerides, Guar gum, calcium sulfate, polysorbate 80, carrageenan) vanilla, artificial flavor, annatto for color. **CONTAINS MILK**

Low-Moisture Part-Skim Mozzarella Cheese-pasteurized part-skim milk, culture, salt, enzymes, cellulose **CONTAINS MILK**

Cheddar Cheese Sauce-water, soybean oil, modified cornstarch, added cheddar cheese(milk, cheese culture, salt, enzymes) 2% or less of maltodextrin, cornstarch, salt, vinegar, natural flavoring, sodium phosphate, datem flavoring(cheddar cheese(cultured pasteurized mild, salt, enzymes, calcium chloride), natural flavor, disodium phosphate, turmeric, annatto), yellow 6, yeast extract, yellow 5 **CONTAINS MILK INGREDIENTS**

Whipped Topping-water. High fructose corn syrup, hydrogenated vegetable oil, (palm, palm kernel, coconut and/or cottonseed), contains less than 2% of the following: sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan, monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts **CONTAINS MILK**

Cream Cheese- pasteurized milk and real cream, salt, stabilizers (gar, locust bean, xanthan gums), cheese culture **CONTAINS MILK**

# 6.Meats

## Beef

Beef Cubes-cooked beef (beef, water, salt), beef stock, salt

Think N Juicy Beef Patties- beef, water, spice salt

Beef Pot Roast- beef shoulder, roast, water, sodium phosphate, salt, rubbed with salt maltorextrin, dextrose, flavorings, hydrolyzed soy protein

Roast Beef-beef, water, contains 2% less than of dextrose, isolated soy protein, salt sodium lactate, sodium phosphate, hydrolyzed vegetables protein, sodium diacetate

80/20 Ground Chuck-ground beef

Beef Cube Patties- beef, water, textured vegetable protein (Soy flour, caramel color), sodium phosphate CONTAINS SOY

Taco Filling with Beef and Textured Soy Protein-beef, water, textured vegetable protein(soy protein concentrate, caramel color), tomato paste, seasoning(dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), salt, caramel color, vinegar, sodium phosphates, paprika extract CONTAINS SOY

Italian Style Beef Meatballs-beef, water, textured soy flour, bread crumbs(wheat flour), egg whites, contains 2% or less of the following: parmesan cheese(pasteurized park skim milk, salt, cheese cultures, enzymes), dehydrated onions, natural flavors, roast beef base (roasted beef, beef stock, salt, hydrolyzed protein(soy, corn, wheat gluten), sugar, caramel color, maltodextrin, natural flavors, corn syrup solids, disodium inosinate, disodium guanylate, partially hydrogenated soybean and cottonseed oils), isolated oat product, soy protein concentrate, corn syrup solids, salt, sodium phosphate

Pizza Patty-beef, water, provolone cheese(cultured milk, water, cream, skim milk, salt, sodium phosphates, lactic acid, sorbic acid, enzymes, powdered cellulose, potassium sorbate, natamycin), seasonings (salt, spices, grated parmesan(part skim milk, cheese culture, salt, enzyme), soy flour, sugar, yellow corn flour, dextrose, dehydrated onion, spice extractives, disotassium phosphate **CONTAINS MILK, SOY**

Liver-beef liver

Sloppy Joe w/ Bar-B-Que Sauce (TEXTURED VEGETABLE PROTEIN AND CARMEL COLOR ADDED)-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 pepper, spices, salt, garlic powder), dehydrated garlic, Xanthan gum, paprika extract, spice, caramel color **CONTAINS SOY**

Charbroiled Beef Steak Burger-ground beef, salt, caramel color

Salisbury Steak-beef, water, textured vegetable protein(soy flour), seasoning(dextrose, salt, hydrolyzed yeast protein, dehydrated onion, dehydrated garlic, spice, sugar turmeric, soybean oil, caramel color, extractives of turmeric, disodium inosinate, disodium guanylate), dehydrated onions

## Pork

Pork Choppette-pork, water, salt, sodium, tripolyphosphate, B HA, BHT, citric acid, dextrose, flavoring

**Fully Cooked Boneless Pork Rib Shaped Patties w/ BBQ sauce-** ground pork (not more than 24% fat), water, barbeque sauce (high fructose corn syrup, tomato paste, distilled vinegar, molasses, water, salt, contains less than 2% of the following: natural hickory smoke flavor, spices, mustard bran, caramel color, onion powder, corn syrup, sodium benzoate, garlic powder, sugar, natural flavor), vegetable protein (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A, palmitate, calcium pantothenate, thiamin mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), (may contain caramel color), (may contain soy lecithin), salt, natural smoke flavor, glaze: water, high fructose corn syrup, tomato paste distilled vinegar, molasses, water, salt, contains less than 2% of the following: natural hickory smoke flavor, spices, mustard bran, caramel color, onion powder, corn syrup, sodium benzoate, garlic powder, sugar, natural flavor **CONTAINS SOY**

**Sausage Gravy-** water, pork, soybean oil, bleached enriched flour,(bleached flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), modified cornstarch, 2% or less of: salt, sugar, dipotassium phosphate, sodium caseinate, sodium stearoyl lactylate, maltodextrin, disodium guanylate, seasoning(autolyzed yeast extract, natural flavor, maltodextrin, salt, calcium lactate, lactic acid, modified tapioca starch, succinic acid), black pepper, caramel color, cellulose gum, natural flavor, corn syrup solids, flavor **CONTAINS MILK, WHEAT INGREDIENTS**

**Pork Sausage Skinless Links-**pork, water, salt, spices, dextrose, BHT, citric acid, propyl gallate

**Grilled Frank-**beef, pork, water, salt, flavorings, hydrolyzed soy protein, sodium phosphate, paprika, spices, sodium erythorbate, sodium nitrite

**Hickory Smoked Boneless Ham-** ham cured with water, salt dextrose, contains 2% or less of sodium phosphates, potassium lactate, potassium acetate, sodium erythorbate, sodium nitrate

**Cowboys Bar-B-Q Sauce-**sauce(water, high fructose corn syrup, vinegar(white vinegar, caramel coloring), tomato paste, brown sugar, sugar, salt Bar-B-Q seasoning (chili pepper, modified corn starch, garlic, onion, natural smoke flavors, modified benzoate, red pepper, celery seed, paprika, spice extractives, extractive of paprika), modified corn starch, molasses, natural smoke flavor, guar gum, pork, water, textured soy protein(soy flour, caramel color, zinc oxide, iron as ferrous sulfate, niacinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin A palmitate, cyanocobalamin (B12), salt **CONTAINS SOY**

**Pork Sausage-**pork, water, corn syrup, salt, spices, dextrose, monosodium glutamate  
**Or** pork, water, salt, spices, dextrose, BHT, citric acid, propyl gallate

**Smoked Polish Sausage-**pork, water, modified food starch, less than 2% of the following: salt, potassium and sodium lactate, isolated oat product, sorbitol, spiced (including mustard), sodium phosphate, sodium diacetate, paprika, dehydrated garlic, sodium erythorbate, sodium nitrite

**Sausage with Sage-**pork, salt, sage, cumin, ginger, bay leaf, pepper

**Boneless Pork Chops-**pork chops

**Sausage Patty-**pork, water, salt, spices, dextrose, BHT, citric acid, propyl gallate

**Polish Kielbasa-**pork, water, salt, corn syrup, potassium lactate, dextrose, spices, monosodium Glutamate, paprika, natural flavors, sodium diacetate, dehydrated garlic, sodium erythorbate, sodium nitrate, collagen casing

**Smoked Sausage-**pork, water, beef, salt, sugar, flavorings, sodium phosphates, sodium erythorbate, sodium nitrite

**Bacon**-pork, water, salt, turbinado sugar, celery powder, sea salt

**Bacon Bits**- bacon(cured with water, salt, sugar, sodium nitrite, smoke flavorings, dextrose, brown sugar, sodium phosphates, sodium erythorbate, sodium ascorbate, potassium chloride, flavorings

# 7.Poultry

Eggs-(fresh) eggs

Boiled Eggs-eggs, water, citric acid, potassium sorbate, sodium benzoate

Egg Patties- whole eggs, whole milk, soybean oil, modified food starch, Salt, liquid pepper extract, xanthan gum, citric acid **CONTAINS: EGGS, MILK, SOY**

Egg salad-eggs, salad dressing(soybean oil, water, high fructose corn syrup, distilled vinegar, egg yolks, modified corn starch, salt, mustard flour, onion powder, calcium disodium EDTA, natural flavors, celery, bread crumbs(bleached wheat flour, yeast, sugar, salt), salt, sweep pickle relish(cucumbers, granulated sugar, water, vinegar, salt, calcium chloride, xanthan gum, sodium benzoate, natural flavoring, oleoresin turmeric, alum, polysorbate 80) , salad mustard(water, vinegar, mustard seed, salt, turmeric, spices). Potassium sorbate, white pepper

Canned Chicken-cooked chicken, chicken broth, salt

Chicken Salad-chicken, salad dressing(soybean oil, water, vinegar, sugar, egg yolks, modified food starch, contains less than 2% of salt, spices, paprika, natural flavors(soy), garlic powder), diced celery, sugar, corn syrup solids, salt, citric acid, carrageenan, mustard, spice **CONTAINS EGG, SOY**

Chicken Breast Cutlet w/ rib meat -boneless chicken breast, water, salt, sodium phosphate, breaded with enriched bleached wheat flour, water, salt, modified food starch, garlic powder, enriched durum flour(enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), soybean oil, yellow corn flour, spices leavening(sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), dextrose, silicon dioxide (added as an anticaking agent), colored with extractives of paprika, cellulose gum, natural flavor, sodium alginate

Nugget Shaped Chicken Breast Patties-boneless chicken breast with rib meat, water, salt, sodium phosphates, breaded with enriched bleached wheat flour(niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yellow corn flour, modified food starch, spices, dried onion, iodized salt, dextrose, leavening( sodium acid pyrophosphate, sodium bicarbonate), whey paprika extract, soy flour, sodium alginate, nonfat milk, natural flavor, egg

Country Krisp Breaded and Cooked Chicken-chicken, water, salt, sodium phosphates, breaded with bleached wheat flour, water, yellow corn flour, vital wheat gluten, salt, modified corn starch, dried egg whites, spices, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), paprika extract (color), onion powder, honey powder(corn syrup, solids, dried honey, wheat starch soy flour, calcium stearate, lecithin), spice extract

Grilled Chicken Breast Cutlets- Boneless chicken breast with rib meat, water, modified food starch, salt, grill flavor (maltodextrin, flavor(from vegetable oil), modified food starch, corn syrup solids), sodium phosphates

Boneless Skinless Chicken Breast-chicken w/ rib meat

Cooked Breaded Nugget Shaped Chicken Breast Patties w/ rib meat-boneless chicken breast with rib meat, water vegetable protein product(isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin b12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin) salt, sodium phosphates, garlic powder, spice, soybean oil, breaded with enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yellow corn flour, food starch-modified, spices, dried onion, iodized salt, dextrose, leavening (sodium acid phrophosphate, sodium bicarbonate), whey, paprika extract (color) soy flour, sedum alginate, nonfat milk, natural flavor, egg



**Breaded Chicken Breast Strips( with rib meat)**- boneless chicken breast with rib meat, water, salt, sodium phosphates, breaded with bleached wheat flour, water, salad, modified food starch, garlic powder, enriched durum flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), soybean oil, yellow corn flour, spices, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), dextrose, silicon dioxide (added as an anticaking agent), colored with extractives of paprika, cellulose gum, natural flavor, sodium alginate

**Pulled Chicken**-cooked chicken, chicken broth, salt

**Roasted Turkey Breast**-turkey breast meat, turkey broth, salt, modified food starch, sugar, sodium phosphate, carrageenan, flavoring

**Oven Roasted Turkey**- white turkey, turkey broth, contains less than 2% salt, modified food starch, dextrose, tapioca starch, carrageenan, sodium phosphate

**Fresh Young Turkey**- turkey (no hormones or steroids)

**Boneless Breaded Chicken Breast Tenderloins**-water, sodium phosphates, salt, breaded with enriched bleached wheat flour(niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified food starch, salt garlic powder, spices, soybean oil, yellow corn flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, extractives of paprika, cellulose gum (sodium carboxymethylcellulose), natural flavor, sodium alginate

**Chicken Tenders**- boneless skinless chicken breast with rib meat, water, rice starch, salt. Breaded with: wheat flour, water, salt, corn starch, spices, brown sugar, dried garlic, extractives of paprika, spice extracts. Breeding set in vegetable oil

# 8. Desserts

## Puddings

**Vanilla Pudding**-fat free milk, water, sugar, modified corn starch, canola and/or palm oil, less than 2% of the following: salt, sodium stearoyl lactylate, natural and artificial flavor, sodium phosphate, FD&C Yellow 5, FD&C yellow 6.

**Butterscotch Pudding**-water, skim milk, sugar corn starch-modified, canola and/or palm oil, less than 2% of: corn starch, coconut oil, maltodextrin, salt, mono and diglycerides, sodium stearoyl lactylate, sodium phosphate, gum Arabic, natural and artificial flavors, dextrose, FD&C yellow no. 5, caramel color, yellow no. 6. FD &C no. 3, FD&C green no. 1. **CONTAINS MILK**

**Lemon Filling**-water, high fructose corn syrup, food starch-modified, partially hydrogenated soybean oil, natural & artificial flavors, citric acid, sodium citrate, carrageenan, potassium chloride, salt, propylene glycol, mono & diglycerides, locust bean gum, sodium benzoate and potassium sorbate (preservatives), sodium alginate, artificial colors (including tallow 5 and tallow 6), sodium stearoyl lactylate, sodium hexametaphosphate, calcium citrate.

**Chocolate Pudding**- fat free milk, water, sugar, modified corn starch, canola and/or palm oil, cocoa (processed with alkali), less than 2% of the following: salt, sodium stearoyl lactylate, artificial flavors.

**Instant Sugar Free Vanilla Pudding**-modified cornstarch, maltodextrin, modified tapioca starch, tetrapotassium pyrophosphate, xanthan gum, dipotassium phosphate, partially hydrogenated soybean oil, mono- and diglycerides, calcium chloride, aspartame and acesulfame potassium (sweeteners), artificial color, yellow 5, yellow 6, BHA (preserves freshness) *milk added for use*

**Banana Pudding**-fat free milk, water, sugar, modified corn starch, canola and/or palm oil, salt, sodium stearoyl lactylate, sodium phosphate, FD&C Yellow 5, FD&C yellow 6.

## Cookies

**Vanilla Wafers**-enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, soybean and palm oil with TBHQ, salt, high fructose corn syrup, leavening (baking soda, monocalcium phosphate), butter, (cream, salt), soy lecithin, natural and artificial vanilla flavor **CONTAINS WHEAT, MILK AND SOY**

**Homestyle Oatmeal Cookies**-unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2) folic acid), sugar, palm oil, oatmeal, corn flour, raisins, molasses, salt, baking soda, cinnamon. Soy lecithin **CONTAINS WHEAT, SOY**

**Sugar Free Lemon Cookie**-palm oil, sorbitol modified corn starch, egg whites, lemon fruit (sugar, lemon peel, lemon puree, corn syrup, ascorbic acid, dextrose, guar gum, pectin phosphoric acid, yellow 5, natural and artificial flavors, salt, sodium propionate, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), citric acid, yellow #5, sucralose **CONTAINS WHEAT, SOY, EGGS**

**Chocolate Chip Cookies**-unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), palm oil, sugar, semisweet chocolate chips (sugar, chocolate, dextrose, cocoa butter, soy lecithin), leavening (baking powder, baking soda), salt, whey (from milk), molasses, soy lecithin, natural and artificial flavor

**Ginger Snaps**-unbleached enriched flour (wheat flour, niacin reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), sugar, molasses, soybean oil, leavening (baking soda, calcium phosphate), ginger, salt, soy lecithin, sulphur dioxide (sulfites)

**Sugar Cookies-** enriched flour(bleached wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate(vitamin b1),riboflavin(vitamin b2), folic acid), sugar, margarine(palm oil, water, soybean oil, salt, mono & diglycerides,dextrose, natural flavors(includes milk), citric acid, vitamin A Palmitate), beta carotene), eggs, invert sugar, salt, baking soda

**Carnival Cookies-** enriched flour(bleached wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate(vitamin b1),riboflavin(vitamin b2), folic acid), sugar, margarine(palm oil, water, soybean oil, salt, mono & diglycerides,dextrose, natural flavors(includes milk), citric acid, vitamin A palmitate, beta carotene), semi-sweet chocolate chips(sugar, unsweetened chocolate, dextrose, cocoa butter, soy lecithin, vanilla extract),candy pieces (chocolate (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla (artificial flavor), sugar, coloring(red 40 lake, yellow 6 lake, yellow 6, yellow 5 lake, blue 1 lake, red 3, blue 2 lake) confectioner's glaze), eggs, dextrose, water, molasses, baking soda, salt, what starch, natural and artificial flavors

**Chocolate Chip Cookies-** enriched flour(bleached wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate(vitamin b1),riboflavin(vitamin b2), folic acid), sugar, palm and palm kernel oil, semi-sweet chocolate chips(sugar, unsweetened chocolate, dextrose, cocoa butter, soy lecithin, vanilla extract), margarine(palm oil, water, soybean oil, salt, mono & diglycerides,dextrose, natural flavors(includes milk), citric acid, vitamin A palmitate, beta carotene, water, eggs, dextrose, molasses, cocoa processed with alkali, wheat starch, baking soda, salt, artificial flavors, sorbitan monostearate, polysorbate 60, soy lecithin

**Double Chocolate Chip-** enriched flour(bleached wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate(vitamin b1),riboflavin(vitamin b2), folic acid), sugar, margarine(palm oil, water, soybean oil, salt, mono & diglycerides,dextrose, natural flavors(includes milk), citric acid, vitamin A palmitate, beta carotene), white chocolate chips(sugar, milk, cocoa butter, soy lecithin, vanilla(artificial flavor), molasses, eggs, semi-sweet chocolate chips(sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavors), water, cocoa processed with alkali, wheat starch, caramel color, baking soda, salt, natural and artificial flavors

**Peanut Butter Cookies-**sugar, enriched bleached flour(bleached wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate (vitamin b1),riboflavin(vitamin b2), folic acid), margarine(palm oil, water, soybean oil, salt, mono & diglycerides, natural flavors(includes milk), citric acid, vitamin A palmitate, beta carotene), peanut butter(peanuts, sugar, palm oil, salt), eggs, molasses, invert sugar, baking soda, salt

**Oatmeal Raisin Cookies-**sugar, enriched bleached flour(bleached wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate (vitamin b1),riboflavin(vitamin b2), folic acid), margarine(palm oil, water, soybean oil, salt, mono & diglycerides, natural flavors(includes milk), citric acid, vitamin A palmitate, beta carotene), rolled oats, raisins, eggs, molasses, dextrose, water, coconut, wheat starch, baking soda, salt, cinnamon

**Ranger Cookies-**sugar, enriched bleached flour(bleached wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate (vitamin b1),riboflavin(vitamin b2), folic acid), margarine(palm oil, water, soybean oil, salt, mono & diglycerides, natural flavors(includes milk), citric acid, vitamin A palmitate, beta carotene), rolled oats, coconut, eggs, crisp rice(rice flour, malt extract, rice bran),molasses, high fructose, corn syrup, water, baking soda, salt, natural and artificial flavors

## Jellos

**Cherry Gelatin-**sugar, gelatin, contains less than 2% of the following: natural and artificial flavor, fumaric acid, tetrasodium pyrophosphate, salt, ascorbic acid, (vitamin c), red 40, blue 1 *water added for use*

**Strawberry Gelatin-** sugar, gelatin, contains less than 2% of the following: natural and artificial flavor, fumaric acid, tetrasodium pyrophosphate, salt, ascorbic acid (vitamin c),, red 40, blue1 *water added for use*

**Raspberry Gelatin-**sugar, gelatin, contains less than 2% of the following: natural and artificial flavor, fumaric acid, tetrasodium pyrophosphate, salt, ascorbic acid (vitamin c), red 40 *water added for use*

**Lime Jello**- sugar, gelatin, contains less than 2% of the following: natural and artificial flavor, fumaric acid, tetrasodium pyrophosphate, salt, ascorbic acid (vitamin c) yellow 5, yellow 5 lake, blue1, blue 1 lake *water added for use*

## **Pies**

**Apple Pie**-apples, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable oil (palm and soybean oils), high fructose corn syrup, corn syrup, less than 2% of the following: modified corn starch, salt, cinnamon, malic acid, soy flour **CONTAINS WHEAT AND SOY**

**Blackberry Pie**-blackberries, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable oil (palm, soybean and/or cottonseed oils), high fructose corn syrup, corn syrup, modified corn starch, sugar, less than 2% of the following: salt, citric acid, soy flour **CONTAINS WHEAT AND SOY**

**Caramel Apple Nut Pie**-apples, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (palm, soybean and/or cottonseed oils), sugar walnuts, water, high fructose corn syrup, modified corn starch, salt, cinnamon, malic acid, soy flour. **Icing Packet:** sweetened condensed whole milk, corn syrup, water, glycerin, high fructose corn syrup, butter, sugar, salt, natural and artificial flavors, carrageenan, soy lecithin, potassium chloride

**Cherry Pie**-cherries, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable oil (palm, soybean and/or cottonseed oils), sugar, corn syrup, modified corn starch, high fructose corn syrup, salt, soy flour

**Custard Pie**-whole milk, skim milk, eggs, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) high fructose corn syrup, vegetable oil (palm soybean and/or cottonseed oils) sugar, modified corn starch, salt, sodium tripolyphosphate, vanillin (artificial flavor), soy flour

**Lemon Crunch Pie**-water, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), corn syrup, sugar, vegetable oil (palm, soybean and/or cottonseed oils), high fructose corn syrup, eggs, modified corn starch, margarine [palm oil, water, soybean oil, salt mono-and diglycerides, artificial flavor, annatto (color), calcium disodium edta (preservative), vitamin A palmitate], salt, dextrose, skim milk, lemon juice concentrate, cellulose gum, citric acid, lemon oil, baking powder (sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), annatto and turmeric extracts (color), mono- and diglycerides, polysorbate 60, vanillin (artificial flavor) sodium stearoyl lactylate, soy flour

**Lemon Meringue Pie**-water, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), high fructose corn syrup, vegetable oil (palm, soybean and/or cottonseed oils), corn syrup, egg whites, modified corn starch, salt, lemon juice concentrate, citric acid, gums (carob bean, carrageenan, xanthan, guar, cellulose), sodium citrate, corn starch, konjac flour, lemon oil, sodium phosphate, cream of tartar, sodium alum, agar, colored with (turmeric, annatto extract), soy flour

**Pumpkin Pie**-pumpkin, whey, high fructose corn syrup, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), eggs, vegetable oil (palm, soybean and/or cottonseed oils), sugar, skim milk, modified corn starch, salt, cinnamon, carrageenan, dextrin, artificial flavor, spices, sodium tripolyphosphate, dextrose, soy flour

**Peach Pie**-peaches, enriched flour(wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable oil(palm, soybean and/or cottonseed oils), high fructose corn syrup, modified corn starch, sugar, contains 2% or less of each of the following: corn syrup, salt, natural and artificial flavor, citric acid, annatto and turmeric extracts, soy flour  
**Or**-peaches, water, enriched flour(wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), high fructose corn syrup, vegetable oil(palm and soybean oils) corn syrup, modified corn starch contain 2% or less of each of the following: sugar, dextrose, salt, citric acid, artificial flavor, baking soda, cinnamon, annatto extract, mono-diglycerides, soy flour

## Cakes & Icings

**Spice Cake**-sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, dextrose, leavening (sodium aluminum phosphate, baking soda), modified corn starch, egg white, propylene glycol mono and diesters of fatty acids, salt, eggs, nonfat milk, cinnamon, spices, mono and diglycerides, dried corn syrup, dried honey, soy lecithin, xanthan gum, wheat starch, sodium caseinate, soy flour, *water added for use* **CONTAINS WHEAT, EGG, MILK, SOY**

**Cheesecake Mix**-sugar, dried baker's cheese (skim milk, lactic acid, cheese cultures, modified corn starch, BHT(preservative) buttermilk, dextrose, modified corn starch, corn syrup, partially hydrogenated soybean and cottonseed oil, mono and diglycerides, tetrasodium pyrophosphate, salt, sodium caseinate, monocalcium phosphate, natural and artificial flavor, milk solids, buttermilk powder, yellow 5 & 6, and other color added egg yolk, mixed tocopherols(preservative), wheat flour, soy flour. **CONTAINS MILK, EGG, WHEAT AND SOY**

**Chocolate Brownie Mix**-sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, cocoa processed with alkali, soybean oil, egg white, salt, corn starch, leavening (baking soda, monocalcium phosphate), artificial flavor, soy flour, nonfat milk, *water added for use*

**Chocolate Cake**-sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, cocoa, dextrose, cocoa processed with alkali, egg white, leavening (baking soda, monocalcium phosphate), palm oil, cocoa processed with alkali, soybean oil, contains 2% or less of: corn starch, egg white, salt, leavening (baking soda, monocalcium phosphate), natural flavor, soy flour, nonfat milk **CONTAINS WHEAT, EGG, SOY AND MILK INGREDIENTS** *water added for use*

**Angel Food Cake**-enriched, bleached wheat flour (contains wheat flour, wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), egg whites, sugar, wheat starch, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), fumaric acid, salt, cream of tartar, cellulose gum, sodium lauryl sulfate (whipping cream), artificial flavor

**Carrot Cake**-sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, eggs, dried shredded carrots, modified corn starch, leavening (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate), salt, corn starch, colored with (red 40 lake, blue 2 lake and other color added), cinnamon, spices, distilled monoglycerides, xanthan gum, sodium stearoyl lactylate, datem, ethoylated mono and diglycerides, soy flour, nonfat milk *water added for use*

**Gingerbread Cake**-enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, palm oil, dried molasses, nonfat milk, leavening (baking soda, monocalcium phosphate, sodium acid pyrophosphate), salt, spices, soy flour, cinnamon, color added, egg, *water added for use*

**Yellow Cake**-sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, dextrose, leavening (sodium aluminum phosphate, baking soda), nonfat milk, modified corn starch, propylene glycol mono and diesters of fatty acids, egg yolk with sodium silicoaluminate, salt, maltodextrin, dried corn syrup, soy lecithin, mono and diglycerides, xanthan gum, artificial flavor, color added, *water added for use*

**Chocolate Fudge Icing**-sugar, palm oil, water, high corn syrup, cocoa processed with alkali, corn starch, less than 2% of the following: salt, distilled monoglycerides, polysorbate 60, potassium sorbate (preservative), natural and artificial flavor, citric acid, sodium stearoyl lactylate, sodium acid pyrophosphate, color added, nonfat milk **CONTAINS MILK INGREDIENTS**

**Vanilla Cream Icing**-sugar, palm oil, water, high corn syrup, corn starch, less than 2% of the following ingredients: salt, distilled monoglycerides, yellow 5 & 6 and other color added, polysorbate 60, potassium sorbate,(preservative) , natural and artificial flavor, sodium stearoyl lactylate, sodium acid pyrophosphate, citric acid, nonfat milk **CONTAINS MILK**

**Cream Cheese Icing**-sugar, corn starch, dried corn syrup, dried cream cheese (cream, cheese cultures, salt, carob bean gum, guar gum), sorbitan monostearate, nonfat milk, polysorbate 60, sodium phosphate, natural and artificial flavor, mono and diglycerides, yellows 5 & 6, soy flour, egg *water added for use*

**Blackberry Cobbler-** blackberries, water, enriched flour wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn syrup, vegetable oil (palm, soybean), sugar, modified corn starch, contains 2% or less of: blackberry juice concentrate, salt, white grape juice concentrate, mono and diglycerides, lemon juice solids, natural flavors **CONTAINS WHEAT**

**Peach Cobbler-** peaches, water, enriched flour wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), high fructose corn syrup, vegetable oil (palm, soybean), corn syrup, modified corn starch, contains 2% or less of: sugar, salt, citric acid, artificial flavor, baking soda, cinnamon, annatto extract (color), mono and diglycerides, soy flour **CONTAINS WHEAT AND SOY**



## #9 Soups & Broths

## 9.Soups/Broths

Cream of Potato-water, potatoes, modified food starch, wheat flour, cream, dehydrated potatoes, butter, vegetable oil(corn, cottonseed, canola, and/or soybean), salt, dehydrated onions, potassium chloride, monosodium glutamate, flavoring, color added. Soy protein concentrate, yeast extract, lower sodium natural sea salt, disodium inosinate and disodium guanylate, mixed triglycerides, spice, citric acid *water added for use*

Cream of Mushroom-water, mushrooms, vegetable oil(corn, cottonseed, canola, and/or soybean), modified food starch, wheat flour, salt, monosodium glutamate, soy protein concentrate, dehydrated cream(cream), soy lecithin,, yeast extract, flavoring, dehydrated garlic *water added for use*

Tomato Soup-tomato puree(water, tomato paste), wheat flour, water, sugar, salt, potassium chloride, flavorings, citric acid,contains less than 2% of salt, ascorbic acid, vitamin c, celery extract, garlic oil,

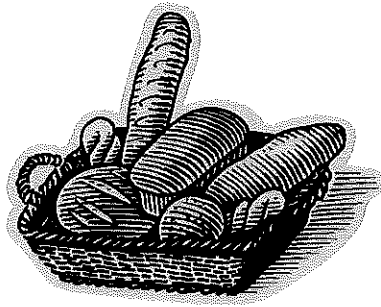
Cream of Chicken- chicken stock, water, vegetable oil, modified food starch, wheat flour, cream(milk), salt, dehydrated mechanically separated chicken, soy protein concentrate, monosodium glutamate, chicken fat, yeast extract, flavoring, beta carotene, chicken flavor, butter(cream), onion extract, *water added for use*

Cream of Celery-water, celery, vegetable oil (corn, cottonseed, canola, and/or soybean), modified food starch, what flour, salt, soy protein concentrate, monosodium glutamate, dehydrated cream( cream) soy lecithin, yeast extract, flavoring, beta carotene *water added for use*

Chicken Broth-chicken broth, Contains less than 2% of salt, corn sugar, chicken fat, monosodium glutamate, natural flavors, yeast extract, vegetable stock(concentrate of onion, celery root and carrot)

Beef Broth-beef broth, salt, hydrolyzed protein( soy, corn, wheat), monosodium glutamate, hydrolyzed whey protein and wheat bran protein, dextrose, autolyzed yeast extract, caramel color, onion powder, thiamine hydrochloride, natural flavor, disodium inosinate, disodium guanylate





# #10 Breads, Grains and Pasta

# 10. Bread, Grains & Pasta

## Grains

Uncle Ben's Chicken Flavor Rice Pilaf-enriched parboiled rice(long grain rice, iron (ferric orthophosphate), niacin, thiamin (thiamin mononitrate) folate (folic acid) seasoning blend(salt, yeast extract(contains barley), red pepper, onion, potassium chloride, onion powder, carrot, chicken fat, sugar, parsley, chicken broth, soy flour, spices, turmeric(color), caramel color, chicken meat, garlic, natural flavors

Uncle Ben's Long Rice- enriched long grain parboiled rice (long grain rice, iron (ferric orthophosphate), thiamin (thiamine mononitrate) and folate (folic acid)

White Rice-long grain white rice, thiamin mononitrate, niacin, iron (ferric orthophosphate), folic acid (folate) folic acid

Oats-oats

**Brown & Wild Rice Mix**- long grain parboiled brown rice, wild rice, red & green bell pepper, onion, garlic, yeast extract, sea salt, salt, sugar, spices(including red pepper & parsley) ,soy sauce(hydrolyzed soy protein, corn syrup solids, salt), vegetables(onion carrot, tomato, pepper, celery), natural flavor, *water added for use*

## Breads/Crackers

Dinner Rolls-enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate(vitamin B2), riboflavin (vitamin B2) folic acid), water, sugar, soybean oil, yeast, wheat gluten, salt, corn syrup, calcium propionate(preservative), monoglycerides, monocalcium phosphate, DATEM, calcium sulphate ethoxylatedm, mono and diglycerides, potassium iodate, calcium iodate, soy lecithin **CONTAINS WHEAT, SOY**

Hamburger Buns- enriched wheat flour(flour, malted barley flour, reduced iron, niacin, thiamin mononitrate(vitamin B1), riboflavin(vitamin B2), folic acid, water, sugar, yeast, soybean oil, wheat gluten, salt, honey, corn syrup, calcium propionate(preservative), monoglycerides, monocalcium phosphate, DATEM, ethoxylated monoglycerides, calcium propionate(preservative), sodium stearoly lactylate, calcium sulfate, mono and diglycerides, calcium sulfate, turmeric (color) potassium iodate, soy lecithin **CONTAINS WHEAT, SOY**

Hot Dog Buns-enriched wheat flour(flour, malted barley flour, reduced iron, niacin, thiamin mononitrate(vitamin B1), riboflavin(vitamin B2), folic acid, water, sugar, yeast, soybean oil, wheat gluten, salt, honey, corn syrup, calcium propionate(preservative), monoglycerides, monocalcium phosphate, DATEM, ethoxylated monoglycerides, calcium propionate(preservative), sodium stearoly lactylate, calcium sulfate, mono and diglycerides, calcium sulfate, turmeric (color) potassium iodate, soy lecithin **CONTAINS WHEAT, SOY**

Sweet Hawaiian Rolls- enriched wheat flour(flour, malted barley flour, reduced iron, niacin, thiamin mononitrate(vitamin B1), riboflavin(vitamin B2), folic acid, water, sugar, yeast, soybean oil, wheat gluten, potato flakes, preservatives: calcium propionate(preservative), sorbic acid), DATEM, corn flour, ethylated , mono and diglycerides, cellulose gum, monoglycerides, Reb A(stevia leaf sweetener) sucralose, sp9ice & coloring, citric acid, grain vinegar, calcium sulfate, potassium iodate, monocalcium phosphate, soy lecithin **CONTAINS WHEAT, SOY**

Wheat Bread- enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat bran, yeast, wheat gluten, contains 2% or less of the following: wheat, rye, wheat germ, soybean oil, honey, molasses, salt, cultured wheat flour, calcium sulfate, ascorbic acid, monoglycerides, ammonium sulfate, soy lecithin **CONTAINS WHEAT, SOY**

**Honey Wheat Bread**-enriched wheat flour(flower, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin(vitamin B2),folic acid), water, yeast, honey, whole wheat flour, wheat gluten, sugar,wheat bran, soybean oil, salt, preservatives (calcium propionate, sorbic acid), DATEM and/or sodium stearoyl lactylate, monoglycerides, cellulose gum, natural flavors, monocalcium phosphate, soy lecithin, citric acid, grain vinegar, potassium iodate **CONTAINS WHEAT, SOY**

**Croissant**-enriched flour(wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil(palm, soybean oils), water, sugar, eggs, yeast, contains less than 2% or less: margarine(palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate, artificial flavor, beta carotene, vitamin A (palmitate), mono-diglycerides, skim milk, salt, wheat starch, whey, sodium alginate, propylene glycol alginate, soy lecithin, natural flavor, tragacanth gum, dextrose, baking soda, **CONTAINS WHEAT, MILK, SOY, EGGS**

**Buttermilk Biscuits**-enriched bleached flour(wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, shortening(palm oil, mono and diglycerides, polysorbate 60, citric acid), buttermilk powder, sugar, baking powder(sodium acid pyrophosphate, sodium bicarbonate, cornstarch, calcium sulfate, monocalcium phosphate), salt, mono and diglycerides, salt **CONTAINS WHEAT , MILK**

**Stoneground Wheat Bread**- whole wheat flour, water, enriched wheat flour(flower, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin(vitamin B2),wheat gluten, yeast, high fructose syrup, salt, soybean oil, cultured wheat flour, whey(milk), corn syrup, monoglycerides, monocalciumphosphate, sodium steaoyl Lactylate and/or datem, cellulose gum, caramel color, calcium sulfate, cornstarch, soy lecithin, azodicarbonamide, soy flour, whey, nonfat milk

**IGA Bread**-durum wheat flour, whole eggs, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid

**Pancakes**-whole wheat flour, enriched wheat flour(flower, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, sugar, whole eggs, high fructose corn syrup contain 2% or less of leavening (sodium aluminum phosphate baking soda), salt, natural flavor, soy flour(soy flour, soybean oil, soy lecithin)

**Or**-enriched wheat flour(flower, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid),water, buttermilk, whey, sugar, dextrose, soy flour, soybean oil, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), eggs, salt, soy lecithin(an emulsifier)

**Or**- enriched wheat flour(flower, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), buttermilk, high fructose corn syrup, corn flour, whole eggs, water, soybean oil, soy flour, contains 2% or less of : leavening(sodium aluminum phosphate, sodium bicarbonate), salt

**Blueberry Muffins with Real Blueberries & Artificial Blueberry Flavor**-sugar, cultured lowfat buttermilk, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), blueberries, whole grains (whole wheat flour, whole oat flour, oat flakes,), eggs, soybean oil, high fructose corn syrup, chichory inulin, egg whites, contains 2% or less: corn syrup, modified corn starch, butter(cream, salt) leavening(sodium aluminum phosphate, baking soda, monocalcium phosphate), corn starch, salt, gums(xanthan guar), potassium sorbate (preservative), monoglycerides, sodium stearoyl lactylate, lactic esters of fatty acid, natural and artificial flavors, honey, molasses, caramel color **CONTAINS WHEAT, EGGS, MILK**

**Apple Cranberry Muffins with Real Cranberries, Naturally Flavored** -sugar, whole grains (whole wheat flour, cultured whole oat flour, oat flakes), enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, cranberries, eggs, apples, soybean oil, pumpkin, high fructose corn syrup, maltodextrin, egg whites, contains 2% or less: corn syrup, butter(pasteurized cream, salt) modified corn starch, leavening(sodium aluminum phosphate, baking soda, monocalcium phosphate), corn starch, molasses, salt, cinnamon, potassium sorbate (preservative), natural and artificial flavors, monoglycerides, xanthan gum, lactic esters of fatty acids, honey colored with (molasses, caramel color), lemon oil **CONTAINS WHEAT, EGGS, MILK**

**Apple Muffins**-enriched flour(wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, water, evaporated apples, soybean oil, eggs, high fructose corn syrup, contains 2% or less of the following: whey, modified corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) salt, natural flavors, cinnamon , sodium propionate and potassium sorbate (preservatives) Mono & Diglycerides, xanthan gum **CONTAINS WHEAT, EGGS, MILK**

**Banana Nut Muffins**-enriched flour(wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, water, evaporated apples, soybean oil, eggs, high fructose corn syrup, contains 2% or less of the following: modified corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) salt, mono & diglycerides, natural flavors, sodium propionate and potassium sorbate xanthan gum **CONTAINS WHEAT, EGGS, MILK**

**Blueberry Muffins**-enriched flour(wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, water, evaporated apples, soybean oil, eggs, high fructose corn syrup, contains 2% or less of the following: walnuts, nonfat milk, modified corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) salt, mono & diglycerides, natural flavors, sodium propionate and potassium sorbate xanthan gum **CONTAINS WHEAT, EGG, MILK**

**Corn Muffins**- enriched bleached flour(wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid),sugar, water, soybean oil, eggs, determinated yellow corn meal, nonfat milk, modified food starch, malted barley flour, , baking soda, sodium acid pyrophosphate, corn starch, sodium acid phosphate, high fructose corn syrup, salt, natural flavor, propylene glycol, potassium sorbate, sodium propionate, xanthan gum

**Blueberry Muffin Mix**- enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, palm oil, whey, modified corn starch, leavening(baking soda, sodium aluminum phosphate, monocalcium phosphate),egg yolk(contains sodium silicoaluminate), mono and diglycerides, dextrose, salt, egg white, xanthan gum, artificial flavor, soy flour, can of blueberries(blueberries, water, corn syrup, calcium lactate, *water added for use*

**Basic Muffin Mix**- enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, palm oil, whey, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate),dextrose, egg yolk (contains sodium silicoaluminate),salt, sodium caseinate, zanthan gum, Soy lecithin, artificial flavor, color added, soy flour, *water added for use*

**Corn Bread Muffin**- enriched bleached flour(wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) sugar, water, soybean oil, eggs, corn meal, nonfat dry milk, contains 2% of the following: modified corn starch, leavening( sodium acid, pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate(, salt, high fructose corn syrup, natural flavor, sodium propionate, potassium sorbate(preservatives), xanthan gum **CONTAINS WHEAT, EGGS, MILK**

**Corn Bread Mix**-enriched flour, bleached(wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), enriched corn meal(corn meal, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, palm oil, dextrose, leavening( baking soda, sodium aluminum phosphate, monocalcium phosphate), whey, salt, dried honey, whey protein concentrate, sodium caseinate, artificial flavor, soy lecithin, color added, egg, *water added for use*

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

Plain Breadsticks-enriched flour(wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains 2% or less of each of the following: yeast, salt, soybean oil, dough conditions (contains one or more of the following: sodium stearoyl lactylate, monoglycerides, mono and diglycerides, distilled monoglycerides, calcium peroxide, calcium iodate, DATEM, ethoxylated mono and diglycerides, azodicarbonamide, enzymes, ascorbic acid), calcium sulfate, l-cysteine, calcium propionate (to retard spoilage)  
**CONTAINS WHEAT**

Saltine Crackers- enriched flour(wheat flour, niacin, reduced iron, thiamin mononitrate(vitamin B1), riboflavin(vitamin B2),folic acid, soybean oil with TBGQ, salt, corn syrup, baking soda, yeast, soy lecithin

### **Pastas/ Noodles ect.**

Spaghetti, Ziti, Rigatoni, Linguine, Elbow or Penne-durum semolina, niacin, ferrous sulfate(iron), thiamine mononitrate, riboflavin, folic acid **CONTAINS WHEAT INGREDIENTS, PROCESSED IN A FACILTITY THAT USES EGG**

Linguini- semolina (wheat), durum wheat flour, niacin (vitamin B3), ferrous sulfate (iron), riboflavin, folic acid

Egg Noodles- semolina, surum flour, egg yolks, niacin ferrous sulfate (iron)thiamine mononitrate, riboflavin, folic acid  
**CONTAINS WHEAT AND EGG I** Saltines-unbleached enriched flour ( wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, salt, sodium bicarbonate (leavening), wheat gluten, yeast with ascorbic acid, malted barley flour **CONTAINS WHEAT INGREDIENTS**

Egg Noodles-durum wheat semolina, egg yolks, niacin, ferrous sulfate(iron), thiamin mononitrate, riboflavin, folic acid  
**CONTAINS WHEAT AND EGG INGREDIENTS**

**Spaetzle Dumplings**-water, enriched wheat flour(wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), eggs, enriched durum wheat flour(durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), wheat gluten, salt, oleoresin turmeric

# 11. Baking & Sauces

## Basics

Light Brown Sugar-sugar, molasses.

Brown Sugar-brown sugar

Corn Starch-corn starch.

Baking Soda-pure bicarbonate of soda

Baking Powder-baking soda, cornstarch, sodium aluminum sulphate, calcium sulfate, monocalcium phosphate

Salt-salt, sodium silicoaluminate, dextrose, potassium iodide, sodium bicarbonate

Sugar-sugar

Confectioner Sugar- cane sugar, cornstarch

Imitation Vanilla Flavor- water, caramel color, artificial flavorings, and 0.1% potassium sorbate(added as a preservative)

Splenda-dextrose, maltodextrin, sucralose

Slenda Brown Sugar Blend- sugar, molasses, glycerides(to maintain freshness), sucralose, natural and artificial flavors

Imitation Vanilla Flavor- water, caramel color, artificial flavors and 1% potassium sorbate lactate as a preservative

Molasses-molasses

**All Purpose Flour**-wheat flour, niacin(A B Vitamin), iron, thiamin mononitrate(vitamin B1), riboflavin (vitamin B2), folic acid ( A B Vitamin)

**Bread Crumbs**- enriched flour(wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), high fructose, corn syrup, corn syrup, partially hydrogenated vegetable oil(soybean and/or cottonseed and/or corn and or canola), water, salt, 2% or less of the following: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye, flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, mono and diglycerides, sodium and/or calcium stearoyl, lactylate, soy lecithin, calcium carbonate, yeast nutrients(ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate and potassium sorbate (preservative) sesame seeds **CONTAINS WHEAT, SOY, MILK, SESAME INGREDIENTS**

**Graham Crumbs**- graham flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1, (thiamin mononitrate), vitamin B2,(riboflavin) folic acid), sugar, canola oil, corn syrup, molasses, honey, contains 2% or less of: calcium carbonate, leavening(baking soda, sodium acid pyrophosphate, Monocalcium phosphate), salt, artificial flavor, vitamin A palmitate, BHT for freshness, soy lecithin **WHEAT AND SOY INGREDIENTS**

**Italian Bread Crumb**-bread crumbs(enriched flour(wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), high fructose, corn syrup, corn syrup, partially hydrogenated vegetable oil(soybean and/or cottonseed and/or corn and or canola), water, salt, yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye, flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, mono and diglycerides, sodium and/or calcium stearoyl, lactylate, soy lecithin, calcium carbonate, yeast nutrients(ammonium sulfate, calcium sulfate, monocalcium phosphate), vinegar, nonfat milk, buttermilk, lactic acid, calcium propionate and potassium sorbate, sesame seed, oat flour, salt, dried parsley, spices, onion powder, garlic, natural flavor, egg, sunflower seeds

## Oils

Soybean Oil- Soybean Oil

Crisco Spray- soy lecithin, dimethyl, silicone(for anti-foaming), propellant.

Vegalene Spray-canola oil, lecithin, dimethyl silicone, phosphate (anti-foaming) propellant

## Sauces

Chicken Gravy Mix-hydrolyzed corn and wheat proteins, modified cornstarch, palm oil, chicken fat, salt, 2% or less of soybean oil, yeast extract, color added, sugar, xanthan gum, disodium guanylate, disodium inosinate, onion powder, natural flavors, parsley, thiamin hydrochloride, caramel color, turmeric **CONTAINS WHEAT INGREDIENTS MAY CONTAIN SOY, MILK, EGGS**

Chicken Flavored Gravy Instant Mix- modified food starch, corn syrup solids, salt, chicken flavoring blend (chicken fat, chicken stock, chicken stock, chicken meat, natural flavor, maltodextrin), yeast extract, sodium caseinate, disodium inosinate, color (caramel color, turmeric), potassium & sodium phosphate, sugar, mono & diglycerides, xanthan gum, paprika, spice extractives, (includes celery), soy lecithin, less than 2% silicon dioxide (anticaking)  
*water added for use* **CONTAINS MILK SOY**

Turkey Flavor Gravy Instant Mix- modified food starch, corn syrup solids, coconut oil, salt, hydrolyzed corn & soy protein, chicken flavor blend(chicken broth, mechanically separated chicken, gelatin, natural flavor, citric acid), contains less than 2% of: Color(caramel color, turmeric, paprika), sodium caseinate, onion powder, potassium & sodium phosphate, maltodextrin, sugar, mono & diglycerides, natural flavors (contains chicken fat), disodium inosinate, soy lecithin, yeast extract, xanthan gum, spice extract(contains celery) silicon dioxide (anticaking), *water added for use* **CONTAINS SOY**

Beef Flavored Base- salt, corn starch, partially hydrogenated soybean & cottonseed oil, salt, hydrolyzed soy protein, salt, sugar, contains less than 2% of each of the following: spice (includes mustard flour), sodium caseinate, natural flavor, sodium & potassium phosphate, caramel color, mono & diglycerides, thiamin hydrochloride, yeast extract, canola oil, disodium inosinate & disodium guanylate, garlic powder, soy lecithin, spice extractives, silicon dioxide (anticaking) **CONTAINS MILK, SOY**

Pork Flavor Gravy Instant Mix-modified food starch, coconut oil, corn syrup solids, salt, hydrolyzed soy protein, salt, sugar, contains less than 2% of each of the following: spice(includes mustard flour), sodium caseinate, natural flavor, potassium & sodium phosphate, caramel color, mono & diglyceride, thiamine hydrochloride, yeast extract, canola oil, disodium inosinate & disodium guanylate, garlic powder, soy lecithin, spice extractives, silicon dioxide (anticaking), *water added for use* **CONTAINS MILK, SOY**

Brown Gravy Instant Mix-modified food starch, corn syrup solids, salt, whey protein concentrate, hydrolyzed yeast protein, soybean oil, caramel color, calcium phosphate, paprika, onion powder, xanthan gum, disodium inosinate, garlic powder, *water added for use* **CONTAINS MILK**

Brown Gravy Mix(Trio)- modified cornstarch, maltodextrin, wheat flours, salt, soybean oil, beef fat, BHT, citric acid(preservative,) sugar, caramel color, yeast extract, 2% or less of hydrolyzed soy, corn and wheat proteins, whey protein concentrate, silicon dioxide, onions powder, potassium chloride, sodium inosinate, disodium guanylate, spices, lactic acid, beet powder, corn syrup solids, modified tapioca starch natural flavors, beef stock, calcium lactate, citric acid, sodium benzoate( preservative) garlic powder **CONTAINS WHEAT, MILK, SOY INGREDIENTS MAY CONTAIN EGGS**

Country White Gravy-modified food starch, corn syrup solids, salt, whey protein concentrate, hydrolyzed yeast protein, soybean oil, caramel color, calcium, phosphate, paprika (color)onion powders, xanthan gum, disodium inosinate, garlic powder **CONTAINS MILK**

**Instant Cream Soup Base and Sauce Starter Instant Mix**-coconut oil, corn syrup solids, modified food starch, nonfat dry milk, salt, sugar, sodium caseinate, buttermilk, phosphate(calcium, potassium, sodium), maltodextrin, mono & diglycerides, xanthan gum, dehydrated onion, tomato powder, titanium dioxide(color), garlic, disodium inosinate, soy lecithin, spice extractives, garlic extract, *water added for use* **CONTAINS SOY**

**Cheese Sauce**-maltodextrin, tapioca starch, whey, salt, modified cornstarch, soybean oil, dextrose, canola oil, natural flavors, 2% or less of: yeast extract, corn syrup solids, potassium phosphate, sodium caseinate, calcium caseinate, color added, xanthan gum, citric acid, buttermilk solids, enzyme modified milk, artificial color(yellow 5 & 6), BHT,(preservative), calcium phosphate, mono & diglycerides, spice, flavor, disodium guanylate, disodium inosinate, sodium phosphate, extract of paprika **CONTAINS MILK, INGREDIENTS, MAY CONTAIN SOY, WHEAT, EGG**

**Alfredo Sauce-Cheese Blend**(whey, parmesan cheese (milk, salt, cheese cultures, enzymes), cheddar & blue cheese (cultured milk, salt, enzymes), sodium phosphate, maltodextrin, reduced lactose whey, canola oil, salt, nonfat dry milk, lactic acid, citric acid), whey, modified food starch, coconut oil, corn syrup solids, salt, buttermilk, contains less than 2% of each of the following, sodium caseinate, potassium & sodium phosphate, sugar, xanthan gum, titanium dioxide(color)mono & diglycerides, maltodextrin, butter (cream salt), yeast extract, disodium inosinate, nonfat dry milk, soy lecithin canola oil, sour cream (cultured cream, nonfat dry milk), natural & artificial flavor, lactic acid, citric acid, silicon dioxide (anticaking) **CONTAINS SOY**

**Gravy Master**-caramelized sugar, caramel color, water, hydrolyzed soy and corn protein, apple cider vinegar, salt, spices(onion, celery, parsley, garlic)

**Old Fashioned Biscuit Gravy Mix(White Gravy)**-enriched bleached flour(wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn syrup solids, food starch, modified, palm oil, salt, partially hydrogenated soybean and/or cottonseed oil, *water added for use*

**Chicken Gravy**-cheddar & Blue Cheese blend whey(milk, salt, cheese cultures, enzymes), buttermilk, maltodextrin, salt, reduced lactose phosphate, nonfat dry milk, citric acid, artificial color(yellow 5 & 6), modified food starch, corn syrup solids, coconut oil, buttermilk, salt, natural flavors (contains cheddar cheese, buttermilk, disodium phosphate),calcium & potassium caseinate, yeast extract, lactic acid, lecithin, annatto (color)butter, cream, salt), sugar, mono & diglycerides, disodium inosinate, silicon dioxide (anticaking),*water added for use*

**Chicken Flavored Base**- salt, corn starch, chicken fat, sugar, onion, hydrolyzed soy wheat gluten protein, disodium inosinate, cooked chicken(broth, skin), garlic, turmeric, spice extractives, natural flavor, silicon dioxide (anticaking), *water added for use*

**Ranch Salad Dressing Mix**- salt, monosodium glutamate, modified food starch, spices, dried onion, maltodextrin, guar gum, calcium stearate

**Cheddar Cheese Sauce**-cheddar & blue cheese blend(whey,,(milk, salt, cheese cultures, enzymes), buttermilk, maltodextrin, salt, reduced lactose phosphate, nonfat dry milk, citric acid, artificial color(yellow 5 & 6) modified food starch, corn syrup solids, coconut oil, buttermilk, salt, natural flavors(contains cheddar cheese, buttermilk, & sodium phosphate), calcium & potassium phosphate, non fat dry milk and/or sodium caseinate, yeast extract, lactic acid, sodium stearoyl lactylate, artificial flavor, soy lecithin, annatto, butter(cream, salt), sugar, mono & diglycerides, disodium inosinate (anitcaking), *water added for use*



# 12. Condiments & Dressings

## Condiments

**Ketchup**- tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spice, onion powder, natural flavoring

**Heinz Tomato Ketchup**-Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, con syrup, salt, spice onion powder, natural flavoring

**French's Classic Yellow Mustard**- distilled vinegar, #1 mustard seed, salt, turmeric, spices, natural flavor and garlic powder

**Salad Dressing**- Soybean oil, water, high fructose corn syrup, distilled and cider vinegar, modified food starch, egg yolks, salt, corn syrup, spice, paprika, natural flavors, disodium EDTA **CONTAINS EGGS**

**Mayonnaise**-soybean oil, water, vinegar, sugar, modified cornstarch, egg yolks, salt, natural flavor, mustard flour, spice, paprika dried garlic

**A1 Sauce**-tomato puree (water tomato paste), vinegar, corn syrup, salt raisin paste, crushed orange puree, spice, dried garlic, caramel color, dried onions, potassium sorbate, xanthan gum, celery seed

**Hamburger Deli Pickles**- pickles, water, vinegar, salt, natural flavors, calcium, chloride (firming agent), polysorbate 80, sodium benzoate (preservative), yellow 5, blue 1

**Dill Slices**- pickles, water, vinegar, salt, natural flavors, calcium, chloride (firming agent), polysorbate 80, sodium benzoate (preservative), FD & C yellow 5, blue 1

**Worcestershire Sauce**- distilled white vinegar, water, molasses, high fructose corn syrup, salt, soy sauce(water, salt, hydrolyzed soy protein, corn syrup, caramel coloring), natural flavoring, caramel coloring, anchovies, polysorbate 80, soy flour, garlic extract **CONTAINS SOYBEANS, ANCHOVIES**

**Ripe Black Olives**-ripe olives, water, salt, ferrous gluconate added to stabilize color

**Soy Sauce**- wheat, soybeans, salt, sodium benzoate, (less than 1/10 or 1% as a preservative

**A1 sauce**-tomato puree(water, tomato paste), vinegar, corn syrup, salt, raisin paste, crushed orange puree, spice, dried garlic, caramel color, dried onions potassium sorbate(to preserve freshness), xanthan gum, celery seed

**Banana Pepper Rings**- Fresh banana peppers, water, vinegar, salt, malic and lactic, calcium, chloride, sodium, Sodium benzoate and sodium metabisulfite yellow 5

**Sweet Relish**-cucumbers, high fructose, corn syrup, distilled vinegar, salt, calcium chloride, xanthan gum, alum potassium sorbate, sodium benzoate, natural flavors, polysorbate 80, yellow 5

## Dressings

**French Dressing**-soybean oil, sugar, water, corn syrup, corn cider vinegar, distilled vinegar, tomato paste, salt, paprika, honey, xanthan gum, onion oleoresin, paprika, beet juice, mustard seed, propylene glycol alginate, natural flavor dehydrated

**Italian Dressing**-water, soybean oil, distilled vinegar, sugar, salt, garlic, onion, red pepper, lemon juice concentrate, xanthan gum ,garlic juice, propylene glycol alginate, potassium sorbate added as a preservative, spice, natural flavor, annatto color, calcium disodium EDTA added to protect flavor

**Buttermilk Ranch Dressing**-soybean oil, water, buttermilk, distilled vinegar, salt egg yolk, sugar, whey protein concentrate, garlic juice, monosodium glutamate, xanthan gum, natural flavor, onion, potassium sorbate and sodium benzoate added as preservatives, polysorbate 60, garlic, spice, phosphoric acid, lactic acid, calcium disodium. **CONTAINS EGG, MILK**

**Marzetti Slaw Dressing**-soybean oil, sugar, corn cider vinegar, water, egg yolk, salt, mustard seed, xanthan gum. **CONTAINS EGG**

**Olive Garden Salad Dressing** –water, soybean oil, distilled vinegar, high fructose corn syrup, salt, egg, Ramona cheese (milk , salt, cultures, enzymes, dehydrated garlic, sugar, spices, xanthan gum, dextrose, calcium disodium, natural flavor, annatto color **CONTAINS EGG, MILK**

**Balsamic Vinaigrette**= vegetable oil (canola oil and/or soybean oil, extra virgin olive oil, water, balsamic vinegar, distilled vinegar, sugar, salt, garlic, spice, onion, red bell pepper, xanthan gum, paprika( for color)

**French Dressing**- sugar, tomato puree, (water, tomato paste), vinegar, soybean oil, water, alt, dextrose, contains less than 2% of food starch-modified, dried onion, xanthan gum, phosphoric acid, sorbic acid, calcium disodium, EDTA as preservative, natural flavor, red and blue 1

**Classic Ranch Dressing**- water, soybean oil, water, egg yolk, contains less than 2% of salt, food starch-modified, buttermilk powder, whey, nonfat dry milk, phosphoric acid, monosodium glutamate, xanthan gum, dried garlic, onion powder, spices, disodium, guanylate and disodium inosinate, disodium phosphate, titanium dioxide, sorbic acid, natural flavors, and artificial flavors, soy protein, polysorbate 60, calcium disodium EDTA (to protect flavor) **CONTAINS EGGS ,MILK, SOY**

**Hot Bacon Dressing**-sugar, water, corn-cider vinegar, bacon and bacon fat(cured with water, salt smoke flavorings, sodium nitrite), modified corn starch, distilled vinegar, salt, dehydrated onion, soybean oil, xanthan gum, sodium benzoate and potassium sorbate added as preservatives, spices, calcium disodium EDTA.

**Honey French Dressing**- high fructose corn syrup, soybean oil, corn-cider vinegar, tomato paste, distilled vinegar, salt, paprika spices, (including mustard seed), honey beet juice, concentrate onion, natural flavors, xanthan, gum, propylene glycol alginate, dehydrated garlic

**Sweet and Sour Dressing**- high fructose corn syrup, soybean oil, corn- cider vinegar, distilled vinegar, salt, onion juice, celery seed, xanthan gum, guar gum, lemon juice concentrate, calcium disodium EDTA, natural and artificial flavors, yellow #5

**Italian Dressing**-soybean oil, water, distilled vinegar, salt, garlic, garlic juice, xanthan gum, propylene glycol alginate, onion, lemon juice concentrate, bell peppers, spices, calcium disodium ,EDTA, yellow #6, red #40

**Wish Bone Italian Dressing**-water, soybean oil, distilled vinegar, high fructose, corn syrup, salt, garlic, onions, red bell peppers, xanthan gum, spices, calcium, lemon juice, concentrate, color(caramel annatto).

## **Sauces**

**Sweet & Sour**-water, sugar, distilled vinegar, modified corn starch, salt, pineapple juice powder, dehydrated red and green peppers, colored with oleoresin paprika

**Teriyaki**-soy sauce(water, wheat, soybeans, salt) wine, high fructose corn syrup, water, vinegar, salt, spices, onion powder, succinic acid, garlic powder, sodium benzoate. Less than 1/10 of 1% a preservative

Ortega Mild Salsa with Green Chiles-tomato puree (water, tomato paste), tomatoes, jalapeno peppers, water, green chilies, dried onion, onions, distilled vinegar, salt spice, xanthan gum, natural flavor

Sweet Baby Ray's Barbecue 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, garlic, sugar, tamarind, natural flavor

Barbeque Sauce- water, distilled vinegar, sugar, tomato paste, brown sugar, salt, modified corn starch, spices, natural flavors including smoke flavor, monosodium glutamate, onion, celery seed, garlic, mustard seed, sodium benzoate added as preservative, beet powder, citric acid, molasses, corn syrup turmeric, caramel color, tamarind(dehydrated)

## **Other**

White distilled vinegar- white distilled vinegar, water

Apple cider flavored distilled vinegar-distilled vinegar(diluted with water to 4%activity), natural flavor, caramel color

Lemon Juice-filtered water, lemon juice concentrate, sodium bisulfate (preservative), lemon juice, concentrate, sodium bisulfate (preservative, sodium benzoate (preservative , lemon oil

# 13. Miscellaneous Items

## Beverages

Coffee -(with no additional ingredients)

Lipton Tea-orange pekoe and pekoe cut black tea

Instant Unsweetened Tea Concentrate-brewed black tea, extract (brewed black tea, extract, caramel color, potassium sorbate(for freshness), water, potassium sorbate(preservative)

Instant Sweetened Tea Concentrate-purified water, high fructose corn syrup, select Indian teas, caramel color, potassium sorbate(for freshness), sodium benzoate

## Other

French Fried Onion-onions, palm oil, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), soy flour, salt , dextrose

Crumbles Bacon Bits- bacon (cured with water, salt, sugar, sodium nitrite, may contain smoke flavorings, dextrose, brown sugar, sodium phosphates, sodium erythobate, sodium ascorbate, potassium chloride, flavoring

Croutons- enriched flour (white whole wheat flour, enriched flour(wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), canola and/or sunflower oil (with rosemary extract and ascorbic acid(to preserve freshness), yeast sugar, 2% or less of salt, maltodextrin, whey, garlic powder, dehydrated parsley, yeast extract, Romano cheese solids from cow's milk (part skim milk, cheese cultures, salt, enzymes), paprika (color), extractive of paprika (color) citric acid, natural flavors, enzymes **CONTAINS MILK , WHEAT**

Almonds Blanched Slivered-almonds

French's Crispy Fried Onions-onions, palm oil, wheat flour, salt and dextrose

Jiff Peanut Butter- peanuts, sugar, contains less than 2% of molasses, fully hydrogenated vegetable oils (grapeseed and soybean), mono and diglycerides, salt

Strawberry Preserves-corn syrup, strawberries, fruit pectin, citric acid and sodium citrate

Grape Jelly-concord grape juice, high fructose corn syrup, corn syrup, fruit pectin, citric acid, sodium citrate

**Pizza-** flour blend(white whole wheat flour, enriched flour(wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, defatted soy protein concentrate, contains 2% less of: vegetable oil(soybean, cottonseed, corn, and/or canola oil) sugar, glucono-delta-lactone, datem, leavening(sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), salt, corn starch, wheat starch, l-cysteine hydrochloride, ammonium sulfate, **Toppings:** low moisture part skim mozzarella cheese( cultured pasteurized part skim milk, salt, enzymes) fate reduced pepperoni(pork, beef, water, textured vegetable protein, mononitrate(B1), phridozine hydrochloride (B6), riboflavin(B2), cyanocobalamin(B12) salt, less than 2% of spices, dextrose, lactic acid starter culture, oleoresin of paprika, flavoring sodium nitrate, BHA, BHT, citric acid, **Sauce-**tomatoes(water, tomato paste, modified food starch, sugar, , dextrose, sea salt, dried onion, spice, dehydrated Romano cheese(cultured pasteurized sheep's and cow's milk, salt, enzymes), paprika

Seasoned Croutons-enriched wheat flour(enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, yeast, salt sunflower oil, whey, maltodextrin, salt, garlic powder, hydrolyzed corn, soy, wheat gluten protien, dehydrated parsley, Romano cheese, solids from cow's milk(pasteurized milk, cultures, salt, enzymes), corn syrup solids,

caramel color, paprika, extractive of paprika, natural and artificial flavor with autolyzed yeast extract, oil of onion, with not more than 2% silicon dioxide added as an anti-caking agent. Treated with sulfating agents. Dry mix may contain up to 25 PPM sulfite

**Hershey's Chocolate Syrup-** high fructose corn syrup, corn syrup, water, cocoa, sugar, contains 2% or less of: potassium sorbate, salt, mono- and diglycerides, artificial flavor

**Hershey's Strawberry Syrup-** high fructose corn syrup, corn syrup, water, sugar, contains 2% or less of: artificial flavor, citric acid, sodium benzoate, xanthan gum, artificial color (red 40)

**Marshmallows-** corn syrup, sugar, modified cornstarch, dextrose, water, gelatin, tetrasodium pyrophosphate, natural and artificial flavor, artificial color (includes blue 1)

# 14. Single Labeled Items

## Condiments

Mayonnaise  
Catsup  
Mustard  
Salsa  
BBQ sauce  
Sour Cream  
Salsa  
Jelly

## Sweeteners

Slenda  
Sweet and Low  
Sugar

## Dressings & Sauces

Light Italian dressing  
Fat Free Italian dressing  
Italian dressing  
Fat Free French dressing  
French dressing  
Fat Free Ranch dressing  
Ranch dressing

## Juices & Fruits

100% Apple Juice  
100% Grape Juice  
100% Tomato Juice  
Cranberry Juice  
Orange Juice  
Applesauce Cup  
Raisins

## Snacks

Doritos  
Teddy Grahams  
Chocolate Teddy Grahams  
Vanilla Wafers  
Honey Grahams  
Saltine Crackers  
Whole Grain Crackers  
Peanut Butter Cheese Crackers  
Rice Krispies Treats

## Dairy

Lowfat Milk  
Reduced Fat Milk  
Lowfat Chocolate Milk

## **Miscellaneous Items**

Coffee Creamer  
Peanut Butter  
Milk  
Salt  
Pepper  
Strawberry Jello  
Raspberry Jello  
Cherry Jello

## **Frozen Dinners**

Beef chili mac, carrots, green beans  
Beef patty, carrot, Brussel spouts  
Sweet potato casserole, pork ribs w/ BBQ sauce, asparagus  
Mixed greens, breaded veal pattie, sweet potato w/ cinnamon sauce  
Sweet potato w/ cinnamon sauce, chicken breast w/ BBQ sauce, broccoli  
Meatloaf w/ Tomato Sauce, sweet potatoes, winter blend vegetables, limas  
Veal pattie, sweet potatoes w/ cinnamon sauce, mixed greens  
Pork patty with BBQ Sauce, Diced Potatoes, Corn  
Stewed tomatoes w/ chicken patty w/ BBQ Sauce w/ cinnamon flavored sweet potatoes  
Southwest chicken tenders over rice w/ sweet potatoes, broccoli  
Spaghetti & meatball w/ corn & broccoli  
Mac & cheese with smoked sausage, stewed tomatoes, bean blend  
Florentine stuffed shells with meat sauce, northern beans, spring vegetables  
Sausage patties, biscuit w/ country gravy, cinnamon apples, hash browns

# 15. Seasonings

## Spices

(with no additional ingredients)

|                     |                           |
|---------------------|---------------------------|
| Ground black pepper | Oregano                   |
| Celery seed         | Parsley                   |
| Nutmeg              | Onion flakes              |
| Garlic powder       | Cinnamon                  |
| Honey               | Dehydrated chopped onions |

**Seasoned Salt**- salt, sugar, maltodextrin, chili pepper, onion, garlic, spices, red pepper, spice and coloring, extractives of paprika, natural flavor

**Lemon Pepper**-salt, black pepper, citric acid, onion, sugar, garlic ,calcium stearate, silicon dioxide, calcium silicate, celery see, lemon oil, FD &C yellow 5 lake.

**Light Chili Powder**-chili pepper, salt, spices, garlic, silicon dioxide(added to make free flowing)

**Jar Fresh Garlic**- garlic, water, citric acid

**Taco Seasoning**- spices (including paprika, chili pepper), onion, salt, garlic, potato flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), cocoa powder processed with alkali, corn syrup solids, and natural flavor

**Dehydrated Green Bell Peppers**-green bell pepper, sodium sulfite

**Green Bell Peppers**-green bell pepper, silicon dioxide

**Pumpkin Pie Spice**-cinnamon, ginger, nutmeg, allspice, sulfating agents

**Paprika**- paprika, silicon dioxide

**Ginger**- ginger, silicon dioxide





# #16 Side Dish Mixes

# 16. Side Dish Mixes

## Side Dish Mixes

**Scalloped Potatoes-** potatoes(with sodium bisulfate), modified food starch, whey powder, dehydrate onion, butter powder(maltodextrin, butter(cream, salt), nonfat dry milk, buttermilk, salt, canola oil, sour cream(cultured cream, nonfat dry milk), disodium phosphate, natural and artificial flavors, lactic acid, citric acid), coconut oil, corn syrup solids, salt, nonfat dry milk, cheddar cheese blend(whey, maltodextrin, reduced lactose whey, canola oil, cheddar and blue cheese(cultured milk, salt, enzymes), salt, disodium phosphate, whey protein concentrate, autolyzed yeast extract, citric acid, lactic acid, natural flavors), corn starch, sugar, palm oil, sodium bicarbonate, sodium caseinate, natural flavors, soy lecithin, spices, mono and diglycerides, dipotassium phosphate, xanthan gum, citric acid, maltodextrin, annatto extract, turmeric extract, silicon dioxide(anitcaking) **CONTAINS MILK, SOY**

**Au Gratin Potatoes-** Idaho potato slices, butter powder(maltodextrin, butter(cream salt) nonfat dry milk, buttermilk, salt, canola oil, sour cream(cultured cream, nonfat dry milk) disodium phosphate, natural & artificial flavors, lactic acid, citric acid), citric acid), whey powder, modified food starch, coconut oil, salt, corn syrup solids, maltodextrin, cheddar cheese blend( whey, maltodextrin, reduced lactose whey, canola oil, cheddar and blue cheese(cultured milk, salt, enzymes) salt, butter, disodium phosphate, whey protein, concentrate, modified food starch, citric acid, lactic acid, yeast extract, natural & artificial yeast), corn starch, dehydrated onion, palm oil ,soy lecithin sodium caseinate, natural flavors, mono & diglycerides, dipotassium phosphate, dehydrated paprika extract (color), yellow #5, and less than 2% silicon dioxide added as an anti-caking agent, freshness preserved by sodium bisulfite **MILK AND SOY**

**Instant Mashed Potatoes-** precooked dried selected russet potatoes, whey solids (from milk), calcium stearoyl lactylate, corn syrup solids, soy protein, partially hydrogenated vegetable oils(palm kernel, soybean, cottonseed, soy lecithin, sodium caseinate (from milk), mono-and diglycerides, preservatives(sodium acid pyrophosphate, sodium bisulfate, BHT) vitamin C(ascorpic acid), dipotassium phosphate, artificial flavor, Datem

**Mashed Sweet Potatoes-**sweet potatoes, potatoes, sugar, canola oil, contains 2%or less of salt, natural flavors (milk), paprika oleoresin(color), lactose, sodium caseinate, mono and diglycerides, dipotassium phosphate, freshness preserved with: BHT, sodium bisulfite, citric acid **CONTAINS MILK**

**Stove Stop Stuffing Mix-** bread crumb pouch; enriched wheat flour(wheat flour, niacin, reduced iron, thiamine mononitrate(vitamin B1), riboflavin(vitamin B2) folic acid), high fructose corn syrup, salt, contain less than 2% of yeast, interesterified soybean oil, with BHA and NHT,as preservatives **CONTAINS WHEAT**

**Classic Cornbread Stuffing Mix-** breadcrumbs(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, onion, celery, salt, sugar chicken(fat, meat) yeast extract, hydrolyzed soy/wheat protein, parsley, onion powder, spices, turmeric, natural flavors, corn syrup solids

**Uncle Bens Stuffing-**breadcrumbs (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, nonfat milk, onion, celery, salt, sugar chicken(fat, meat), yeast extract, hydrolyzed soy/wheat protein, parsley, onion powder, spices, turmeric, natural flavors, corn syrup solids



# #17 Prepared Main Dishes & Sides

# 17. Prepared Main & Side Dishes

## Frozen Meals

**Stuffed Cabbage Rolls with Beef-** cabbage leaves, beef, white rice, onions, bread crumb (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate(to protect freshness), eggs, green, bell pepper, textured soy protein concentrate (soy protein concentrate, caramel color)), salt, celery, nonfat dry milk, isolated soy protein, beef flavor (contains autolyzed yeast extract, mono & diglycerides, polylobate 60, disodium inosinate & guanylate, xanthan gum) ground black pepper, caramel color CONTAINS: WHEAT, SOY, MILK, EGGS

**Mini Pierogis-** water, enriched flour(wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid) potato flakes(potato, mono and diglycerides, sodium acid, pyrophosphate, citric acid) soybean oil, dehydrated cheddar cheese (cheddar cheese(pasteurized milk, cheese cultures, salt, enzymes) disodium phosphate) salt, eggs, baking powder(sodium acid, pyrophosphate, corn starch m, sodium bicarbonate, mono calcium phosphate), onion, natural flavor, yeast extract, whey, spice, annatto and turmeric (color) CONTAINS: WHEAT, SOY, MILK, EGG

**Pork Egg Rolls-**cabbage, enriched wheat flour(wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid, enzymes), water, bok choy, celery, enriched durum flour(durum flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), pork, carrot, water chestnut, bamboo shoots, cottonseed oil, sugar, spices, salt, modified food corn starch, canola oil, sesame oil), dried whole eggs, wheat protein, sesame oil disodium inosinate and disodium guanylate, sodium benzoate, fried in cottonseed, soybean and/or canola oil

## Prepared Sides

**Italian Rotini Pasta Salad-**tricolor rotini pasta (durum semolina, durum flour, tomato powder, spinach, powder, niacin, iron thiamin, mononitrate, riboflavin, folic acid), vinegar, soybean oil, onion, sugar, black olives, carrots, green pepper, salt, garlic, oregano, black pepper, celery seed, potassium sorbate( preservative)

**Potato Salad-**potatoes, mayonnaise (soybean oil, water, egg yolks, vinegar, salt) sugar, onion, hard cooled eggs, sour cream (milk, cream, sugar, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, sodium citrate, locust bean gum, cultures, potassium sorbate (preservative), apple cider, vinegar, water mustard (vinegar, water, mustard seeds, salt, turmeric, paprika, spice, garlic powder), white mustard (distilled vinegar, water, mustard seed, salt, sugar, spices), salt, modified corn starch, potassium sorbate (preservative), sodium benzoate(preservative)

**Potato Salad-**potatoes, salad dressing( soybean oil, water, high fructose corn syrup, vinegar, egg yolks, modified corn starch, sugar, salt, mustard), sugar, onion, hard cooked eggs, sour cream (milk, cream, modified food starch, guar gum, sodium phosphate, locust bean gum, sodium citrate, carrageenan, culture, natamycin (natural preservative), mustard (distilled vinegar, water, mustard seed, salt, sugar, apple cider vinegar, water, salt, modified corn starch, potassium sorbate, sodium benzoate

**Macaroni Salad-**macaroni (semolina mononitrate, riboflavin, folic acid), mayonnaise (soybean oil, water, egg yolks, vinegar, disodium EDTA , sweet pickles,(cucumbers, high fructose corn syrup, vinegar, salt, xanthan gum, sodium benzoate, natural flavoring, polysorbate 80, calcium chloride), high fructose corn syrup, celery, water, onion, bell pepper, salt, vinegar, soybean oil, turmeric, annatto, garlic, spices, modified corn starch, potassium sorbate, sodium benzoate, sugar, zanthan gum, annatto color, mono and diglycerides