



eight week lunch/dinner menu

Week 1	Week 2	Week 3	Week 4
WG Personal Cheese Pizza Sliced Zucchini Ripe Strawberries Cranberry Juice Fresh Milk	WG Breaded Chicken Patty Broccoli Florets Diced Sweet Potatoes Fresh Whole Banana Whole Grain Bread Slice SF Vanilla Pudding Fresh Milk	Beef Meatloaf Baby Lima Beans Fresh Whole Orange Orange/Pineapple Juice Whole Grain Bread Slice Chocolate Chip Cookie Fresh Milk	Slow Roasted Pulled Pork Diced Sweet Potatoes Cauliflower Florets Fresh Whole Banana Whole Grain Bread Slice Chewy Oatmeal Cookie Colby Jack Cheese Cubes Fresh Milk
Char-Grilled Chicken Breast Sweet Peas and Onions Diced Sweet Potatoes Fresh Whole Orange Whole Grain Bread Slice Oreo Cookies Fresh Milk	Cheese Stuffed Shells Low Sod. Tomato Sauce Fresh Whole Clementine Apple Juice Garlic Cheese Texas Toast Fresh Milk	Buffalo Chicken Nuggets Diced Redskin Potatoes Cut Asparagus Whole Fresh Banana Whole Grain Bread Slice SF Vanilla Pudding Fresh Milk	WG Grilled Cheese Low Sod. Chicken Noodle Soup Dole Raisins Fresh Whole Orange Fresh Milk
BBQ Pork Tips Brussel Sprouts Fruit Medley Fresh Whole Banana Whole Wheat Dinner Roll SF Chocolate Pudding Fresh Milk	Starkist Ranch Flaked Tuna Cauliflower Florets Diced Redskin Potatoes Fresh Whole Apple Whole Grain Bread Slice Lemon Blueberry Crisps Fresh Milk	Kraft Macaroni & Cheese Sweet Peas Chunk Pineapples Apple Juice Fat Free Fruit Yogurt Fresh Milk	Smoked Sliced Turkey Sliced Zucchini Fresh Whole Apple Grape Juice Whole Grain Bread Slices (2) Fresh Milk
Chicken Cordon Royale Broccoli Florets Dole Raisins Whole Grain Bread Slices (2) Cinnamon Crisps Fresh Milk	Beef Patty Brussel Sprouts Baked Potato Whole Grain Bread Slice Strawberry Chex Mix Fresh Milk	Sliced Oven Roast Turkey Diced Sweet Potatoes Cut Green Beans Ripe Strawberries Whole Grain Bread Slice Rice Krispie Treat Fresh Milk	Chicken & Cheese Enchilada Tomato Salsa Cup Mixed Vegetables Fresh Whole Clementine WG Cheddar Cheese Crackers Fresh Milk
Black Bean Burger Succotash Fresh Whole Apple Orange Juice Whole Grain Bread Slice Fig Cookie Fresh Milk	Turkey Ham & Cheese on Bun Sliced Zucchini Fat Free Fruit Yogurt Fresh Whole Orange Cranberry Juice Fresh Milk	Chopped BBQ Chicken Broccoli Florets Seasoned Redskins Fresh Whole Apple Whole Wheat Pretzel Fresh Milk	Salisbury Steak Baked Potato Orange Juice Whole Grain Bread Slice SF Chocolate Pudding Fresh Milk
Chicken Wings Diced Redskin Potatoes Cut Green Beans Apple Juice Whole Grain Bread Slice Chewy Oatmeal Cookie Fresh Milk	Beef Meatloaf Cut Green Bean Chunk Pineapples Grape Juice Whole Grain Bread Slice Chewy Oatmeal Cookie Fresh Milk	Starkist Flaked Salmon Mixed Vegetables Apple Sauce Orange Juice Whole Grain Bread Slices (2) Fresh Milk	Breaded Turkey Cutlet Broccoli Florets Diced Carrots Sliced Granny Smith Apples Whole Grain Bread Slice Caramel Chex Mix Fresh Milk
Salisbury Steak Baked Potato Fresh Whole Clementine Whole Grain Bread Slice Fudge Cookie Fresh Milk	Char-Grilled Chicken Asian Vegetable Blend Diced Sweet Potatoes Sliced Ripe Peaches Whole Grain Bread Slice Nabisco Graham Crackers Fresh Milk	Mini Turkey Corn Dogs Baked Potato Fresh Whole Clementine Chewy Granola Bar Colby Jack Cheese Cubes Fresh Milk	Tyson Chicken Drumstick Diced Redskin Potatoes, Sweet Peas Cranberry Juice Whole Wheat Dinner Roll Chocolate Chip Cookie Fresh Milk

*Menus subject to change

Updated: 3/5/21



eight week lunch/dinner menu

Week 5

Beef, Cheese & Bean Burrito
Cut Asparagus
Roasted Corn & Red Pepper
Fat Free Sour Cream
Fresh Milk

Starkist Flaked Tuna
Baby Lima Beans
Fresh Whole Banana
Orange/Pineapple Juice
Whole Grain Bread
Cinnamon Crisps
Fresh Milk

Chopped Beef Brisket
Brussel Sprouts
Dole Raisins
Whole Grain Bread
Sara Lee Pound Cake
Fresh Milk

Turkey Ham & Cheese on Bun
Diced Carrots
Fresh Whole Apple
Cranberry Juice
Fat Free Yogurt
Fresh Milk

Stuffed Green Pepper
Baked Potato
Fresh Whole Clementine
Whole Grain Bread
Creamy Cottage Cheese
Fresh Milk

Golden Chicken Patty
Cut Green Beans
Chunk Pineapples
Grape Juice
Whole Grain Bread
Nabisco Graham Crackers
Fresh Milk

Savory Turkey Burger Patty
Diced Sweet Potatoes
Cauliflower Florets
Ripe Strawberries
Whole Grain Bread
Fig Cookie
Fresh Milk

Week 6

Chicken Eggroll
Sliced Zucchini
Fresh Whole Orange
Cranberry Juice
Fortune Cookies
Colby Jack Cheese Cubes
Fresh Milk

Black Bean Burger
Diced Redskin Potatoes
Broccoli Florets
Fresh Whole Banana
Whole Grain Bread
Chocolate Chip Cookie
Fresh Milk.

Tyson Chicken Drumstick
Mixed Vegetable Blend
Diced Sweet Potatoes
Fresh Whole Clementine
Whole Grain Bread
Chewy Oatmeal Cookie
Fresh Milk

Beef Patty
Twice Baked Potato
Chunk Pineapples
Whole Grain Bread
Stauffers Animal Crackers
Fresh Milk

Kraft White Mac & Cheese
Cut Green Beans
Fresh Whole Apple
Orange Juice
Fresh Milk

Starkist Flaked Tuna
Sweet Corn
Brussel Sprouts
Applesauce
Whole Grain Bread Slices (2)
Fresh Milk

Asian Chicken Sandwich
Cauliflower Florets
Diced Carrots
Cranberry Juice
Fresh Milk

Week 7

White Castle Cheeseburgers
Broccoli Florets
Sliced Granny Smith Apples
Fresh Whole Banana
Fresh Milk

Seasoned Turkey Meatballs
Brussel Sprouts
Fresh Whole Apple
Garlic Cheese Texas Toast
Stauffers Animal Crackers
Fat Free Fruit Yogurt
Fresh Milk

Cheese Quesadilla
Cut Asparagus
Applesauce
Fresh Whole Orange
Fresh Milk

Broccoli Cheese Stuff Chicken
Cauliflower Florets
Cut Green Beans
Cranberry Juice
Whole Grain Bread
SF Chocolate Pudding
Fresh Milk

Starkist Lemon Pepper Tuna
Baked Potato
Apple Juice
Whole Grain Bread Slices (2)
Chocolate Chip Cookie
Fresh Milk

Pepperoni & Cheese Calzone
Sweet Peas & Carrots
Wax Beans
Rice Krispie Treat
Grape Juice
Fresh Milk

Chicken Tenders
Diced Sweet Potatoes
Ripe Strawberries
Fresh Whole Clementine
Whole Grain Bread Slices (2)
Fresh Milk

Week 8

Breaded Turkey Cutlet
Broccoli Florets
Fresh Whole Apple
Grape Juice
Whole Grain Bread
Fudge Cookie
Fresh Milk

Char-Grilled Chicken Breast
Brussel Sprouts,
Baked Potato
Whole Grain Bread
Bean & Veggie Crackers
Fresh Milk

Starkist Flaked Salmon
Cut Asparagus
Mini Roasted Potatoes
Fresh Whole Orange
Whole Grain Bread
Lemon Blueberry Crisps
Fresh Milk

Salisbury Steak
Diced Redskin Potatoes
Cauliflower Florets
Cranberry Juice
Whole Wheat Pretzel
Fresh Milk

Chicken & Cheese Sandwich
Sweet Corn
Ripe Strawberries
Fresh Whole Banana
Chewy Oatmeal Cookie
Fresh Milk

Shredded BBQ Beef
Cut Green Beans
Chunk Pineapples
Fresh Whole Clementine
Whole Grain Bread
Nabisco Graham Crackers
Fresh Milk

Breaded Chicken Thigh
Wax Beans
Sliced Zucchini
Orange Juice
Whole Grain Bread
Stauffers Animal Crackers
Fresh Milk

** Menus subject to change*

NOTE: The juices will contain the required RDA for Vitamin C - All juices are 100% Natural and Unsweetened

Updated: 3/5/21

Grilled Chicken Breast
Chicken breast with rib meat, water, seasoning (hydrolyzed soy protein, salt, dextrose, sodium phosphate, chicken flavor (chicken meat) hydrolyzed soy protein, autolyzed yeast extract, flavor, salt, chicken fat), spice, garlic and onion powder, disodium inosinate, extractives of paprika, modified corn starch.
CONTAINS: Soy

Buffalo Chicken Nuggets
Chicken breast w/ rib meat; water, hydrolyzed soy protein, salt, sodium phosphate, enriched wheat flour, yellow corn flour, wheat gluten, egg whites, leavening sodium alginate, guar gum, garlic powder, spices, mustard, dextrose, sugar, yeast, soybean oil, corn starch, mustard, vegetable oil, cayenne red peppers, vinegar, water, garlic powder.
CONTAINS: Wheat, soy, egg

Cheese Quesadilla
Whole grain flour tortilla: whole grain wheat flour, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, contains less than 2% of: leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum sulfate), salt, sugar, calcium propionate (preservative), potassium sorbate (preservative), mono-diglycerides, fumaric acid, yeast, enzyme, L-cysteine (dough conditioner).
Cheese blend: mozzarella cheese: pasteurized part-skim milk cultures, salt and enzymes, nonfat milk, modified food starch, vegetable oil (applied to surface), potassium chloride, sodium citrate, sodium propionate (preservative), Vitamin A palmitate.
Reduced fat cheddar cheese: reduced fat cheddar cheese (pasteurized milk, salt, modified food starch, flavors, nonfat milk, whey protein concentrate, annatto, Vitamin A palmitate, cultures, enzymes) and natamycin (a natural mold inhibitor), soybean oil.
CONTAINS: Wheat, soy

Chicken Drumstick (Breaded)
Chicken drumstick, chicken broth, sodium phosphates, salt, flavorings. Breaded with: enriched wheat flour and durum flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, iodized salt, dried egg whites, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), hydrolyzed corn gluten, spices, dextrose, silicon dioxide (added as an anticaking agent), oleoresin paprika and annatto, spice extractive. Breading set in vegetable oil. **CONTAINS: egg, wheat.**

BBQ Beef
Cooked beef, sauce (tomato ketchup (tomato concentrate made from red ripe tomatoes, water, high fructose corn syrup, sugar, distilled vinegar, natural flavors, onion powder), vinegar, brown sugar, molasses, worchestershire sauce (water distilled vinegar, salt, sugar, hydrolyzed soy protein, corn syrup solids, citric acid, caramel color, garlic seed, mustard bran, turmeric), soybean oil, salt, red pepper, black pepper).
CONTAINS: Soy

Black Bean Burger
Hydrated textured vegetable protein, water soy protein, concentrate, caramel color, black beans, brown rice, onions, corn, textured wheat protein, wheat gluten, wheat starch, phosphate, soybean oil, titanium dioxide, anti-oxidants, arrowroot, red bell pepper, cilantro chili powder, jalapeno peppers, egg white powder, meat flavor, yeast extract, maltodextrin, eggs, salt, natural flavoring, dry whole eggs, garlic, salt, black pepper, par-fried canola oil.
CONTAINS: Wheat, soy, eggs

Smoked Chicken Wings
First and second joint chicken wings, water, salt, sodium phosphates, sugar, natural flavor.

Meatloaf
Beef, water, vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), tomato ketchup (tomato concentrate, corn syrup, distilled vinegar, salt, natural flavorings), onion powder, spice, garlic powder) onions, bread crumbs (bleached wheat flour, soybean oil, dextrose, leavening [sodium acid pyrophosphate, sodium bicarbonate]), whey, oleoresin paprika, bell peppers, seasoning (dehydrated onion, dextrose, autolyzed yeast extract, spice extractive), salt, dried whole eggs, sodium phosphate.
CONTAINS: soy, eggs, wheat, milk.

Mini Turkey Corn Dogs
Turkey frank natural smoke flavor added: mechanically separated turkey, water, corn syrup, contains 2% or less of: salt, potassium lactate, flavorings, dextrose, sodium diacetate, ascorbic acid (vitamin C), natural smoke flavoring, extractives of paprika, sodium nitrate, processed with beef collagen casings. Batter/breading enriched wheat flour (enriched with niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, corn flour, sugar, enriched corn meal (enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less : modified wheat starch, soy flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), soybean oil, brown sugar, salt, dried egg yolk, sodium caseinate, honey solids (with wheat starch, calcium stearate), nonfat dry milk, dried egg white, natural and artificial flavor, soy lecithin, cooked in vegetable oil.
CONTAINS: egg, milk, soy & wheat

Spaghetti Sauce (Angela Mia)
Tomato puree (water, tomato paste), tomatoes, less than 2% of: sugar, modified corn starch, dried onion, olive oil, potassium chloride, citric acid, calcium chloride, basil, oregano, parsley, cane syrup.

Breaded Chicken Thigh
Boneless, skinless chicken thigh meat, chicken broth, modified food starch, salt, sodium phosphates, flavorings. Breaded with: wheat flour, salt, spice, garlic powder, oleoresin paprika, natural flavors (spice extractives). Battered with: water, bleached wheat flour, modified corn starch, salt, dextrose, spices, xanthan gum, garlic powder, oleoresin paprika and annatto. Predusted with: wheat flour, wheat gluten, and salt, set in vegetable oil.
CONTAINS: Wheat

Salisbury Steak
Beef, water, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12) (may contain soy lecithin)), bell peppers, seasoning [dehydrated onion, dextrose, autolyzed yeast extract, spice extractives], bread crumbs [bleached wheat flour, soybean oil, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, oleoresin paprika], contains less than 2% of: sodium phosphate, caramel color, salt, potassium lactate, garlic powder, onion powder, oleoresin of spice, spice, yeast extract, autolyzed yeast. Processed with soy lecithin as a belt release agent.
CONTAINS: soy, wheat, milk

Beef Brisket
Beef, brown sugar, salt, chili powder, paprika, black pepper, garlic powder.

Smoked Pork Patty
Boneless ham, corn syrup, salt, sugar, smoke flavoring, maltodextrin, citric acid, sodium erythorbate, flavoring, natural flavoring, sodium nitrate.

Pepperoni Calzone
Filling: mozzarella cheese (pasteurized part skim milk, cultures, salt, enzymes), crushed tomato, water, pepperoni (pork, beef, salt, spices, dextrose, lactic acid, starter culture, oleoresin of paprika, garlic powder, sodium nitrate, BHA, BHT, citric acid), seasoning (monosodium glutamate, spices, garlic, onion, less than 2% of vegetable oil (soy) as a processing aid, crust: whole wheat flour, wheat flour enriched (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, isolated soy protein, sugar, soybean oil (citric acid), shortening (partially hydrogenated soybean & cottonseed oils), salt (yellow prussiate of soda), yeast (sorbitan monostearate, ascorbic acid), com meal.
CONTAINS: Wheat, soy, milk

Chicken Patty (breaded)
Boneless skinless chicken breast with rib meat, water, isolated soy protein, soy protein concentrate, dried whole egg, reduced sodium sea salt (sea salt, potassium chloride, rice flour), sugar, sodium phosphates, white pepper, onion powder, garlic powder, breaded with: whole wheat flour, salt, enriched wheat flour (enriched with niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), dextrose, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), extractives of paprika, battered with: water, whole wheat flour, salt, whey, leavening, enriched wheat flour, spice, garlic powder, xanthan gum, extractives of paprika, breading set in vegetable oil.
CONTAINS: Wheat, soy, egg

Beef Patty
Beef, salt, caramel color. Processed with soy lecithin as an oven belt release agent.

Chopped BBQ Chicken
Cooked chicken, sauce (tomato ketchup (tomato concentrate made from red ripe tomatoes, water, high fructose corn syrup, sugar, distilled vinegar, natural flavors, onion powder), vinegar, brown sugar, molasses, worchestershire sauce (water, distilled vinegar, salt, sugar, hydrolyzed soy protein, corn syrup solids, citric acid, caramel color, garlic powder, onion powder, black pepper, spices, spice extractives, silicon dioxide), mustard (water, distilled vinegar, mustard seed, mustard bran, turmeric), soybean oil, salt, red pepper, black pepper
CONTAINS: Soy

Chicken Enchilada
Tortilla (whole grain corn masa [stoneground whole grain corn masa flour, cellulose gum, trace of lime, water, polydextrose], chicken breast with rib meat, (water, salt, sodium phosphates), water, monterey jack cheese (pasteurized cultured milk, salt, enzymes), textured soy protein in concentrate, mechanically separated chicken, contains 2% or less of chicken base (chicken meat including natural chicken juices, salt, maltodextrin, chicken fat, sugar, dried whey, flavorings, turmeric), vegetable oil, isolated soy protein (isolated soy protein with less than 2% lecithin), dehydrated red bell pepper, dried onion, rice starch, natural flavor (maltodextrin, butter flavor, annatto and turmeric [for color]), sodium alginate.
CONTAINS: soy, milk

Whole Grain Cheese Pizza
Mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes). Water, whole wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy flour, contains 2% or less of: tomato paste (not less than 3% NTSS), dextrose, baking powder, (sodium bicarbonate, sodium aluminum sulfate, comstarch, monocalcium phosphate, calcium sulfate), salt, yeast (yeast, starch, sorbitan monostearate, ascorbic acid), soybean oil, wheat gluten and/or dough conditioner (wheat flour, salt, soy oil, L-cysteine, ascorbic acid, enzyme), pizza seasoning (salt, sugar, spices, dehydrated guar and xanthan gum, garlic powder, potassium sorbate, citric acid), modified food starch.
CONTAINS: milk, wheat, soy

BBQ Pork Tips
Pork, water, vinegar, salt, rubbed with evaporated cane syrup, sea salt, spices, garlic powder, onion powder, paprika, carrot, orange peel, parsley.

Oven Roasted Turkey Breast
Turkey breast, turkey broth, contains 2% or less salt, sugar, modified food starch, carrageenan, sodium phosphate, flavoring.

Cheese Stuffed Shells
Whole milk ricotta cheese (whey, pasteurized milk, vinegar, carrageenan), water, enriched semolina flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate [vitamin B1] riboflavin [vitamin B2], folic acid), low moisture part skim mozzarella cheese (pasteurized cultured part skim milk, salt, enzymes, com starch-modified, dried egg whites, eggs, salt, parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), dehydrated parsley flakes, garlic powder, spice, soybean oil.
CONTAINS: milk, eggs, soy

Chopped BBQ Chicken
Chicken meat, barbecue sauce, ketchup (tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), vinegar, brown sugar, molasses, worchestershire sauce (water, distilled vinegar, salt, sugar, hydrolyzed soy protein, corn syrup solids, citric acid, caramel color, garlic powder, onion powder, black pepper, spices, spice extractives, silicone dioxide), mustard (water, distilled vinegar, mustard seed, mustard bran, salt, turmeric), soybean oil, salt, red pepper, black pepper.
CONTAINS: soy

Stuffed Green Pepper
Green peppers, beef, water, white rice, onions, bread crumb (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate, eggs, contains less than 2% of: green bell pepper, textured soy protein concentrate, salt, celery, nonfat dry milk, isolated soy protein, beef flavor (contains autolyzed yeast extract, mono and diglycerides, poly-sorbitate 60, disodium inosinate and disodium guanylate, xanthan gum), spice, caramel color.
CONTAINS: egg, milk, soy, wheat

Hormel Smoked Ham
Ham, salt, turbinado sugar, cultured celery powder, baking soda, cherry powder, sea salt.

Turkey Cutlet (breaded)
Turkey, water, isolated soy protein, unsweetened applesauce (apples, water, [may contain erythorbic acid]), [may contain ascorbic acid]). Chicken broth, salt, potassium and sodium phosphates, garlic powder. Breaded with: whole wheat flour, soybean oil (processing aid), dried yeast, salt, sugar. Battered with: water, enriched wheat flour (niacin reduced iron, thiamine mononitrate, riboflavin, folic acid) Wheat starch, wheat flour, salt, buttermilk blend (buttermilk, whey). Leavening (sodium acid pyrophosphate, sodium bicarbonate, com starch monocalcium phosphate). Spice. Set in vegetable oil.
CONTAINS: Soy, wheat, milk

Steak & Potato Calzone
Filling: Potato, beef, rutabaga, onion, beef suet, salt (yellow prussiate of soda), pepper, parsley. Crust: wheat flour, enriched (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour, lard (BHA, BHT, citric acid), water, salt (yellow prussiate of soda).
CONTAINS: Wheat

Broccoli & Cheese Stuffed Chicken
Chicken breast with rib meat broccoli, bleached wheat flour, pasteurized process swiss and american cheese (swiss cheese [cultured milk and skim milk, salt, enzymes], american cheese [cultured milk, salt, enzymes]), cream, sodium phosphate, salt) water, contains less than 2% of: whey, salt, sodium phosphate, yellow corn flour, roast chicken, buttermilk powder, dextrose, sugar, spice, romano and parmesan cheese (pasteurized cows milk, cheese cultures, salt, sodium silicoaluminate [anti-caking], sorbic acid, [preservative], and enzymes), yeast, partially hydrogenated soybean oil, soybean oil, leavening

Grilled Cheese (Whole Grain Bread)
Whole grain bread: water, whole wheat flour, enriched bread flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), bread base (sugar, soy oil, dextrose, salt, wheat flour, mono & diglycerides, calcium stearoyl lactylate, wheat gluten, calcium sulfate, diacetyl tartaric acid esters of mono & diglycerides, ammonium sulfate, ethoxylated mono & diglycerides, guar gum, ascorbic acid, monocalcium phosphate, potassium iodide, enzyme, calcium peroxide), sugar, yeast, wheat gluten, calcium propionate (preservative), reduced sodium, reduced fat american cheese: cultured pasteurized milk and skim milk, milk

Turkey Burger Patty
Turkey, water, vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12) (may contain caramel color)], (may contain soy lecithin)], unsweetened applesauce [apples, water (may contain erythorbic acid)], (may contain ascorbic acid)], seasoning [dehydrated onion, corn starch, salt, sugar, corn syrup solids, hydrolyzed soy protein, caramel color, natural flavors (contains soybeans, milk), yeast extract, disodium inosinate, disodium guanylate]. Potassium

Asian Chicken Sandwiches
Flame broiled chicken patty with teriyaki sauce: chicken breast meat with rib meat, water, textured soy protein product [soy protein concentrate, zinc, oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate, (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), seasoning (corn syrup solids) garlic powder, onion powder, dehydrated cooked chicken, contains 2% or less of: vegetable protein product, potassium phosphate, glazed with teriyaki sauce [soy sauce (water, soybeans, wheat, salt, less than 0.10% sodium benzoate as preservative), sugar water, distilled vinegar, modified food starch,

(monocalcium phosphate, sodium bicarbonate), natural flavorings, oleoresin paprika (color), annatto extract (color), oleoresin turmeric (color), prebrovned in vegetable oil.
CONTAINS: Milk, wheat, soy

Turkey Ham & Cheese On Bun

Whole grain hawaiian bun: water, whole wheat flour, enriched wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, sugar, soybean oil. Contains less than 2% of yeast, gluten, salt, calcium propionate, sodium stearoyl lactylate, calcium sulfate, enzymes, turmeric, calcium carbonate, turkey ham, flavored turkey bologna, smoke flavor added: turkey thigh, water, isolated soy protein, less than 2% sugar, salt, vinegar, sodium phosphate, sodium nitrate, smoke flavoring, sodium erythorbate, pasteurized process american cheese: cultured milk and skim milk water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citri acid, color added, acetic acid, enzymes, soy lecithin.
CONTAINS: Wheat, soy, milk.

Turkey Meatballs

Turkey, turkey skin, water, rice flour, domestic shredded romano cheese (pasteurized cow's milk, culture, salt, enzymes, corn starch), parmesan cheese (pasteurized part skim milk, cheese culture, salt, enzymes, salt, parsley, dehydrated garlic, sugar, spices, mushroom powder, raisin juice concentrate, honey, dehydrated onion, rosemary extract, spice extractives.
CONTAINS: Milk

Mini Roasted Potatoes

Potatoes, soybean oil, salt, sugar, garlic powder, natural flavor, maltodextrin, onion powder, black pepper, vinegar powder (maltodextrin, vinegar).

Diced Redskin Potatoes

Potatoes, disodium dihydrogen pyrophosphate (to promote color retention).

Sugar Free Vanilla Pudding

Water, modified corn starch, nonfat milk, vegetable oil (contains one or more of the following: palm oil, partially hydrogenated palm oil, sunflower oil, partially hydrogenated soybean oil), maltitol, sorbitol, less than 2% of calcium carbonate, salt, sodium stearoyl lactylate, carrageenan, milk protein isolate, color added (including yellow 5 and yellow 6), natural and artificial flavors, sucralose, acesulfame potassium.
CONTAINS: milk

Whole Grain White Bread

Water, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole durum flour, high fructose corn syrup, wheat gluten, bleached oat fiber, contains less than 2% of each: calcium carbonate, yeast, soybean oil, cultured wheat flour, salt, dough conditioners (datem, ethoxylated mono & diglycerides, sodium steryl lactylate, mono & diglycerides, ammonium sulfate, enzymes, ascorbic acid, calcium peroxide, azodicarbonamide), monocalcium phosphate, guar gum, calcium sulfate, cellulose gum, xanthan gum.
CONTAINS: wheat, soy.

Whole Wheat Roll

Whole wheat flour, water, brown sugar, bread flour, vegetable oil, soy flour, salt, S-500, dry yeast, whole eggs, dynamax, calcium propionate.
CONTAINS: wheat, soy, egg

Whole Wheat Pretzel

Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, corn syrup, yeast, salt, bicarbonates and carbonates of soda.
CONTAINS: wheat

Sunrise Souffle

Puff pastry (unbleached wheat flour, water, margarine (soy), salt, dough conditioner), liquid egg product (whole eggs, citric acid, 0.15% water added as carrier for citric acid, xanthan gum, guar gum, red peppers, swiss cheese (part skim milk cheese culture, salt, enzyme), spinach, light cream (milk, cream), water, salt, corn starch, white pepper.
CONTAINS: wheat, soy, eggs, milk

Mediterranean Chia Stuffer

Bread [flour (whole wheat flour, wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, unsalted butter (sweet cream, natural flavoring), Chia Bran, agave syrup (agave nectar), salt, yeast], filling [fully cooked scrambled egg whites (egg whites, nonfat milk, soybean oil, food starch, salt, xanthan gum, citric acid), butter flavor (maltodextrin, natural butter flavor, annatto and turmeric (added for color) pepper, beta-carotene (for color)), Water, shredded mozzarella cheese (low moisture part skim cheese (mozzarella cheese [cultured pasteurized part skim milk, salt enzymes], modified food starch), powdered cellulose (to prevent caking)), sauce mix (modified food starch (corn), coconut oil, corn starch, salt, maltodextrin, yeast extract, nonfat dry milk, sodium caseinate, dipotassium phosphate, mono and diglycerides, sugar, spices, natural flavor (soy), onion powder, xanthan gum, and contains less than 2% silicon dioxide (anti-caking

fat, whey protein concentrate, contains less than 2% of salt, sodium citrate, potassium citrate, guar gum, locust bean gum, xanthan gum, lactic acid, sorbic acid (preservative), APO-cartenal and beta carotene (color if colored), enzymes, vitamin A palmitate, soy lecithin and soybean oil blend. Mozzarella cheese: pasteurized part-skim milk, cheese cultures, salt and enzymes. Soybean oil.
CONTAINS: Wheat, milk, soy

Beef, Cheese & Bean Burrito

Tortilla (whole wheat flour, enriched, bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, corn flour, contains 2% or less of mono and diglycerides, baking powder (corn starch, sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), wheat gluten, salt, guar gum, sugar, rice flour, fumaric acid, L-cysteine, enzymes, sodium metabisulfite), water, ground beef (no more than 26% fat) pasteurized processed american cheese [american cheeses (milk, cheese culture, salt, enzymes), water, sodium citrate, milk fat, salt color (annatto and apocartanol)], pinto beans, contains 2% or less of isolated soy protein (with less than 2% lecithin), tomato paste, vegetable oil, textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin), salt, sea salt (potassium magnesium chloride, salt), rice starch, chili powder, (chili pepper, spices, salt, garlic powder), natural flavors, textured vegetable protein (soy protein concentrate, caramel color), dehydrated onion, spices, soy lecithin, beef type flavor [hydrolyzed soy protein, flavoring (including spices), autolyzed yeast, salt], cheese flavor, dehydrated blend of cheese (semisoft and cheddar [pasteurized milk, cheese culture, salt, enzymes]), maltodextrin, autolyzed yeast, food start-modified salt, torula yeast, contains less than 2% of butter, natural flavor, lactic acid, sodium phosphate, calcium phosphate) sodium alginate, sodium phosphate, cocoa powder, natural butter flavor [maltodextrin, natural butter flavor, annatto and turmeric (for color)].
CONTAINS: wheat, soy, milk, gluten

Chocolate Chip Cookie

Enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), high fructose corn syrup, vegetable shortening (partially hydrogenated soybean and cottonseed oils with TBHQ and citric acid to help protect flavor), sugar, corn syrup, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin [emulsifier], vanilla extract), chocolate flavored chips (sugar, partially hydrogenated vegetable oils (palm kernel coconut, palm), cocoa processed with alkali, dextrose, cocoa, whey [milk], soy lecithin, vanilla), modified corn starch, glycerin, eggs, guar gum, natural and artificial flavors, molasses, sorbitol, salt, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), soy lecithin nonfat dry milk.
CONTAINS: wheat, soy, eggs, milk

Gingerbread Cookie

Whole wheat flour, molasses, sugar, shortening (canola, palm and palm kernel oils), invert sugar, contains 2% or less of: soy flour, maltodextrin, eggs, egg whites, baking soda, ginger salt, soy lecithin, corn syrup, artificial colors, dextrose, allspice, cinnamon, corn starch, natural and artificial flavors, sodium tripolyphosphate, vegetable gum (ammonium alginate, calcium alginate, gum arabic), whey (milk).
CONTAINS: wheat, soy, eggs, milk

Ham & Cheese Frittata

Whole eggs, honey ham - water added (ham, cured with water, honey, salt, less than 2% of dextrose, brown sugar, sodium erythorbate, sodium phosphates, sodium nitrate), diced pasteurized process cheddar cheese (pasteurized process cheddar cheese [cheddar cheese (milk cheese cultures, salt, enzymes), water, sodium phosphate, milkfat, sodium hexametaphosphate, salt, vegetable color (paprika and annatto)], powdered cellulose [to prevent caking]), whole milk, soybean oil, modified food starch, salt, cheddar cheese powder (cheddar cheese/cheese flavor (cultured milk salt, enzymes) whey powder (milk), buttermilk powder, salt disodium phosphate), xanthan gum, citric acid.
CONTAINS: eggs, milk, soy

Cinnamon Maple Pancakes

Ultrafine whole wheat flour, water, sugar, defatted soy flour, whey, egg white, soybean oil, buttermilk, cinnamon, maple flavoring, salt.
CONTAINS: wheat, soy, whey, egg

Turkey Sausage & Cheese Frittata

Egg portion (whole eggs, water, whole milk, soybean oil, modified food starch, salt, xanthan gum, citric acid), pasteurized process sharp cheddar cheese [cheddar cheese (pasteurized milk, cheese culture, exzymes, annatto (vegetable color)], water, cream, sodium phosphate, salt,

and sodium phosphates, salt, garlic powder, black pepper.
CONTAINS: soy, milk

Chicken Cordon Royale

Chicken breast with rib meat, pasteurized process swiss and american cheese (swiss cheese [cultured milk and skim milk, salt, enzymes], american cheese [cultured milk, salt, enzymes]), cream, sodium phosphate, salt, cooked ham, water added (cured with water, salt, dextrose, sodium phosphates, sodium ascorbate, sodium nitrate), water, bleached wheat flour. Contains less than 2% of the following whey, salt, sodium phosphate, roast chicken, yellow corn flour, buttermilk powder, sugar, dextrose, soybean oil, spice, romano and parmesan cheese (pasteurized cow's milk, cheese cultures, salt, sodium silicafuminate [anti-caking], sorbic acid [preservative], enzymes), yeast, leavening (monocalcium phosphate, sodium bicarbonate), natural flavorings, colored with oleoresin paprika, annatto extract and oleoresin turmeric, prebrovned in vegetable oil.
CONTAINS: Wheat, milk, soy

Twin Chicken & Cheese Sandwiches

Whole grain bun: water, whole wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, contains less than 2% of: yeast (yeast sorbitan monostearate, ascorbic acid), soybean oil, salt, monoglycerides with ascorbic acid and citric acid (antioxidants), fumaric acid, calcium propionate (preservative), calcium sulfate, enzymes, wheat starch, ascorbic acid flamebroiled chicken patty: chicken, water, soy protein concentrate, dextrose, lite salt (salt, potassium chloride, magnesium carbonate), onion powder, garlic powder, spice, natural flavoring, celery seeds, process american hot pepper cheese slice: milk, skim milk, cheese culture, water, jalapeno peppers, cream, sodium citrate, salt, red bell peppers, natural flour, sorbic acid (preservative), lactic acid, soy lecithin (non-sticking agent), enzymes.
CONTAINS: wheat, soy, milk

Fortune Cookie

Enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin and folic acid), sugar, eggs, soybean oil, artificial flavoring, canola oil and soy lecithin.
CONTAINS: Wheat, soy, egg

Sugar Free Chocolate Pudding

Water, modified corn starch, nonfat milk, vegetable oil (contains one or more of the following: palm oil, partially hydrogenated palm oil, sunflower oil, partially hydrogenated soybean oil), maltitol, sorbitol, less than 2% of calcium carbonate, salt, carrageenan, sodium stearoyl lactylate, milk protein isolate, natural and artificial flavors, sucralose, acesulfame potassium, **adds an insignificant amount of sugars.
CONTAINS: milk

Oatmeal Cookie

Enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), high fructose corn syrup, vegetable shortening (partially hydrogenated soybean and cottonseed oils with TBHQ and citric acid to help protect flavor), sugar, oatmeal, raisin paste, corn syrup, sorbitol, modified corn starch, natural and artificial flavors (contains milk), mono and diglycerides, eggs, egg whites, baking soda, salt, soy lecithin, cinnamon, corn flour, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate).
CONTAINS: wheat, soy, eggs, milk

Seasoned Redskins

Red potatoes, canola oil, olive oil, disodium dihydrogen pyrophosphate to promote color retention, dextrose.

Breakfast Taco

(Egg, Cheese and Turkey Frittata Wrap in Tortilla) Whole eggs, shredded pasteurized process cheddar cheese [cheddar cheese (milk, cheese culture, salt, enzymes), water, sodium phosphate, milk fat, sodium hexametaphosphate, salt, vegetable color (paprika and annatto)], powdered cellulose (to prevent caking)], water, cooked turkey breakfast sausage crumbles [turkey, water, contains less than 2% of the following: salt, spices, dextrose, sugar, spice extractives and natural flavoring]), soybean oil, whole milk powder, modified food starch, sausage seasoning (autolyzed yeast extract, maltodextrin, salt, sugar, ginger, partially hydrogenated cottonseed and soybean oil, natural flavors (including soy and wheat), and silicon dioxide, salt xanthan gum, citric acid). Flour Tortilla - enriched bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil), contains 2% or less of the following sugar, salt, baking powder (sodium bicarbonate, corn starch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), vital wheat gluten, monoglycerides, potassium sorbate, calcium propionate and or sodium propionate, (preservative) fumaric acid, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dibasic calcium phosphate).
CONTAINS: eggs, milk, wheat, soy

pineapple juice concentrate, soybean oil, caramel color, xanthan gum, garlic powder, sodium benzoate, spice, natural flavor]. Fully baked whole grain bun: water, whole wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid), sugar, instant dry yeast (yeast, sorbitan monostearate, ascorbic acid), contains 2% or less of soybean oil, salt, monoglycerides with ascorbic acid and citric acid (antioxidants), calcium propionate (preservative), calcium sulfate, enzyme, wheat starch, ascorbic acid, microcrystalline cellulose.
CONTAINS: wheat, soy

Breaded Chicken Patty

Boneless, skinless chicken breast filets with rib meat, chicken broth, modified food starch, salt, sodium phosphates and flavoring, breaded with: enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, nonfat dry milk, dextrose, sugar, dried yeast, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), yeast extract and natural flavor, battered with: water, yellow corn flour, enriched unbleached wheat flour, whey protein concentrate, spice, salt, guar gum, carrageenan, and baking soda. Prebaked with: wheat flour, gluten, and salt. Dredging set in vegetable oil.
CONTAINS: Wheat, milk

Twice Baked Potato

Potatoes, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto color), water, liquid margarine (soybean oil and hydrogenated soybean oil, water, salt, vegetable mono & diglycerides, soy lecithin, sodium benzoate (preservative), natural and artificial flavor, beta carotene color, vitamin A palmitate, added), cheddar cheese seasoning (salt, cheddar cheese solids [pasteurized milk, cheese cultures, salt, enzymes]), whey, xanthan gum, butter (cream, salt), spice, buttermilk, paprika color, natural flavoring, artificial color (yellow no. 5 & 6)], paprika color.
CONTAINS: Milk, soy

Shorthread Cookie

Enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, palm oil, corn starch, natural and artificial flavors (contains milk), salt, soy lecithin, ammonium bicarbonate, baking soda, eggs.
CONTAINS: wheat, soy, eggs, milk

Egg Bar Cookie

Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), fig paste (sulfite treated to preserve color, sugar, corn syrup, water, partially hydrogenated soybean and cottonseed oil with TBHQ to preserve flavor, dextrose, salt, corn starch, baking soda, whey (milk), natural and artificial flavors (contains lemon), eggs, soy lecithin, egg whites.
CONTAINS: wheat, soy, milk, egg

Blueberry Crisps

Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, dextrose, blueberry flavored bits (sugar, vegetable oil [palm palm kernel]), enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], natural flavor, malic acid, fruit and vegetable juice for color, soy lecithin, sodium citrate), soy lecithin, natural flavors (contains milk), soluble corn fiber, applesauce (apples, ascorbic acid), salt, baking soda.
CONTAINS: wheat, soy, milk.

Egg & Cheese English Muffin

Whole grain english muffin: water, whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yeast, wheat gluten, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate, (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate, egg whole eggs, water, soybean oil, modified food starch, whey solids, salt, nonfat dried milk, and citric acid, processed american cheese: cultured milk, salt, enzymes, artificial color, water, cream, sodium citrate, salt, sodium phosphate, citric acid, sorbic acid (a preservative), lecithin, artificial color.
CONTAINS: eggs, milk, soy, wheat

Fried Egg Patties

Egg whites, egg yolks, modified food starch, natural flavors (contains egg yolk solids, hydrolyzed corn protein), carrageenan gum, salt, xanthan gum, citric acid.
CONTAINS: eggs, soy

Biscuit with Chicken Sausage

Whole grain honey wheat biscuit: water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), palm oil, honey, sweet cream buttermilk, shortening flakes (palm oil, soy lecithin, natural butter flavor, beta carotene), sugar, contains 2% or less of: vital wheat gluten, sodium acid prop-

agent) and fully refined soybean oil and sunflower oil (anti-dusting agents), feta crumbles (pasteurized cow's milk & skim milk, salt, enzymes, cheese cultures, vegetable coagulant, powdered cellulose (to prevent caking), tomatoes, spinach, mushrooms, modified food starch).
CONTAINS: wheat, soy, eggs, milk

Cream Cheese Yogurt Spread

Cultured pasteurized milk, cream, skim milk, whey protein concentrate, nonfat dry milk, water, lactic acid, inulin, salt, guar gum, locust bean gum, xanthan gum, potassium.
CONTAINS: Milk

Blueberry Pancakes

Whole wheat flour, enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid), water, sugar, blueberry bits (sugar, wheat flour, dried blueberries, sunflower oil, wheat starch, dextrose, natural color (elderberry juice concentrate), natural flavor w/ oil and sodium bicarbonate), soybean oil, whey, whole eggs, reconstituted nonfat dry milk, leavening (baking soda, sodium aluminum phosphate), vanilla extract, natural blueberry flavor.
CONTAINS: eggs, milk, wheat

Egg & Cheese Calzone

Filling: egg (whole eggs, nonfat milk, soybean oil, modified food starch, salt, xanthan gum, citric acid, butter flavor [maltodextrin, natural butter flavor], annatto, and turmeric [added for color]) pepper, gravy (dry whole milk, modified corn starch, corn starch, yeast extract, less than 2% spices, sugar, natural flavor, onion powder, xanthan gum, disodium inosinate and guanylate, salt, fully refined soybean oil (anti-caking agent)), Mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, modified corn starch, nonfat milk, modified food starch, powdered cellulose, potassium chloride, natural flavors, ascorbic acid (to protect flavor)).
Crust: water, whole wheat flour, wheat flour enriched (niacin, reduced iron, thiamine mononitrate, riboflavin folic acid), malted barley flour, sugar, soybean oil, (citric acid), shortening (palm oil and soybean oil with mono- and diglycerides added), yeast (sorbitan monostearate, ascorbic acid), salt, (yellow prussiate of soda), corn meal.
CONTAINS: Wheat, soy, egg and milk

Cinnamon Roll

Flour blend (wheat flour, unbleached enriched wheat flour [flour, barley malt, niacin (vitamin B3), iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid (vitamin B9)], water, sugar, powdered sugar, palm oil, yeast, pumpkin, contains 2% or less of the following: wheat gluten, whey, dough conditioners (mono and diglyceride, sodium stearoyl lactylate, ascorbic acid), salt, cinnamon, soybean oil, salt, soy flour, cocoa (processed with alkali), nonfat dry milk, whole egg, calcium carbonate, agar, calcium propionate (to retain freshness), baking powder, yeast nutrients, (monocalcium phosphate, calcium sulfate), potato flour, wheat starch, soy lecithin, sodium benzoate, natural and artificial flavor, beta-carotene (coloring), vitamin A palmitate).
CONTAINS: Wheat, milk, soy, egg

apo-arothenal (color), enzymes, silica gel (to prevent caking)], honey ham - water added (ham cured with water, honey, salt, less than 2% of dextrose, brown sugar, sodium erythorbate, sodium phosphates, sodium nitrate).
CONTAINS: eggs, milk, soy

Colby Cheese Omelet

Whole eggs, colby cheese [pasteurized milk, cheese culture, salt, enzymes, annatto (color)], water, soybean oil, whole milk powder, modified food starch, salt, xanthan gum, citric acid.
CONTAINS: eggs, milk, soy

Beef Sausage Sandwich

Fully baked whole grain bun: water, whole wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enyme, folic acid), sugar, contains 2% or less of: yeast, (yeast, sorbitan monostearate, ascorbic acid), soybean oil, salt, monoglycerides with ascorbic acid and citric acid (antioxidants), fumaric acid, calcium propionate (preservative), calcium sulfate, enzymes, wheat starch, ascorbic acid. Fully cooked beef patty: ground beef (not more than 24% fat), water, textured vegetable protein product, (soy protein concentrate), caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2) cyanocobalamin (B12), seasoning (dextrose, flavorings, hydrolyzed corn protein, caramel color), salt, sodium phosphates.
CONTAINS: Wheat, soy

Apple Spice Muffin

Enriched flour, sugar, apples, soy oil, whole eggs, water, non-fat dry milk, isolated soy protein, baking powder, baking soda, salt, spices, dicalcium phosphate, magnesium oxide, coated ascorbic acid, vitamin E acetate, vitamin A palmitate, reduced iron, niacinamide, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, cyanocobalamin 1% with DCP, folic acid.
CONTAINS: Soy, egg, milk

Whole Grain Waffles

Whole wheat flour, unbleached, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, lecithin, eggs, sugar, baking powder, whey soy flour, salt, natural flavor.
CONTAINS: wheat, soy, eggs

Cheddar Cheese

Pasteurized milk, cheese cultures, salt, enzymes, annatto.
CONTAINS: milk

Cinnamon French Toast

Egg batter: whole eggs, whey (milk), sugar, contains 2% or less of the following: salt, natural vanilla flavor (water, alcohol, propylene glycol, invert syrup, natural flavors, vanilla extract and caramel color), xanthan gum, citric acid. Bread: whole wheat flour, water, wheat gluten, sugar, yeast, soybean oil, salt, methoxylated mono- and diglycerides, calcium propionate (preservative), calcium sulfate, monocalcium phosphate, corn starch, soy lecithin, potassium iodate. Cinnamon glaze: soybean oil, sugar, cinnamon, vegetable mono and diglycerides, salt, natural flavors, beta carotene (color), vitamin A palmitate.
CONTAINS: eggs, milk, soy, wheat

Maple Pancake with Chicken Sausage

Whole grain pacake: water, whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soy bean oil, buttermilk, dextrose, eggs, sodium bicarbonate, sodium aluminum phosphate, salt, natural and artificial maple flavor, whey, monocalcium phosphate, caramel color, sucralose, soy lecithin. Chicken sausage: mechanically separated chicken, textured soy flour, water, seasoning (salt, spices, corn syrup solids, dextrose, dried red bell peppers, citric acid, BHA, BHT, spice extract), spices, caramel color.
CONTAINS: Egg, milk, soy, wheat

Sweet Potato Pancakes

Enriched unbleached wheat flour (malt barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole eggs, sweet potato, buttermilk, baking powder (sodium aluminum phosphate, corn starch, monocalcium phosphate), whey, sugar, soy flour, soybean oil, salt.
CONTAINS: wheat, eggs, milk, soy

Blueberry Bagel

Water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), blueberry bits (sugar, wheat flour, corn, cereal, artificial flavoring and coloring [blue #2 & red #40]), brown sugar, granulated sugar, contains 2% or less of the following: yeast, salt, wheat gluten, soybean oil, molasses, mono and diglycerides, corn meal, calcium propionate, L-Cysteine, enzymes.
CONTAINS: Wheat

Turkey Sausage Patty

Turkey, seasoning (salt, spices, sugar, dextrose, spice extract, BHA, propyl gallate, citric acid) caramel color.

phosphate, sodium bicarbonate, salt, corn starch, guar gum, fumaric acid, hydrogenated soybean oil, potassium sorbate. Chicken sausage: mechanically separated chicken, textured soy flour, water, seasoning (salt, spices, corn syrup solids, dextrose, dried red bell peppers, citric acid, BHA, BHT, spice extract), spices, caramel color.
CONTAINS: Milk, soy, wheat

Breakfast Pizza

Bread (water, whole wheat flour, enriched unbleached wheat flour [flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), folic acid], soybean oil, sugar, contains 2% or less of honey granules (refinery syrup, honey), dough conditioners (sweet whey, ammonium sulfate, L-cysteine, hydrated monoglycerides, isolated soy protein, mono and diglycerides, modified cellulose, salt, soy lecithin), vital wheat gluten, yeast, salt substitute (sodium gluconate, potassium chloride, sodium chloride), sauce (water, seasoning (cheese sauce blend [whey, maltodextrin, cheddar cheese, (pasteurized milk, cheese culture, salt, enzymes), cream powder, potassium chloride, soybean oil, butter, potassium phosphate, nonfat milk solids, corn syrup solids, sodium phosphate, sodium caseinate, mono and diglycerides, titanium dioxide (color)]), modified corn starch, cayenne pepper sauce (aged cheddar red peppers, vinegar, water, salt and garlic powder), cheese flavor (maltodextrin, cheese (cheddar and blue cheeses (pasteurized milk, cheese cultures, salt, enzymes)), sweet whey, sunflower oil, salt, buttermilk powder, lactic acid powder (lactic acid, calcium lactate), yeast extract, colors (turmeric extract, annatto extract, titanium dioxide), citric acid, sodium caseinate, cream, potassium chloride, sodium phosphate, mono and diglycerides, sodium citrate), dehydrated garlic, sugar, annatto color), eggs & turkey sausage blend (whole eggs, skim milk, soybean oil, corn starch, salt, xanthan gum, citric acid), turkey sausage and textured vegetable protein topping (turkey sausage (mechanically separated turkey, water, spices, salt, potassium chloride, garlic, hydrolyzed vegetable protein (hydrolyzed corn, torula and brewers yeast, wheat gluten, soy protein, sugar), water, textured vegetable protein product (soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamin mononitrate, pyridoxine hydrochloride, riboflavin, vitamin B12)), cheese blend (substitute yellow cheddar cheese blend (water, casein, soybean oil, whey, cheddar cheese (milk, cheese culture, salt, enzymes), modified corn starch, contains 2% or less of sodium aluminum phosphate, sodium citrate, salt, lactic acid, sodium phosphates, sorbic acid (preservative), annatto, natural flavor, mono and diglycerides, magnesium oxide, niacinamide (vitamin B3), ferric orthophosphate, zinc oxide, cyanocobalamin (vitamin B12), pyridoxine hydrochloride (vitamin B6), riboflavin, thiamine mononitrate (vitamin B1), folic acid, vitamin A palmitate) low moisture part skim mozzarella cheese (pasteurized part skim milk, cultures, salt, enzymes), substitute mozzarella cheese (water, corn oil and/or soy oil, casein (milk protein), modified food starch, whey, nonfat dry milk, natural flavor, sodium aluminum phosphate, salt, lactic acid, sodium phosphate, potassium chloride, citric acid, tricalcium phosphate, sorbic acid (as a preservative), xanthan gum, vitamin and mineral supplement (magnesium oxide, dicalcium phosphate, zinc oxide, riboflavin (vitamin B2), electrolytic iron, folic acid, pyridoxine hydrochloride (vitamin B6), niacinamide, thiamine mononitrate (vitamin B1), cyanocobalamin (vitamin B12), vitamin palmitate)).
CONTAINS: Wheat, soy, eggs, milk