

## **HAM, EGG AND CHEESE ON A BISCUIT, POTATOES O'BRIEN**

**Egg;** Contains Milk, Egg

**Ham;** Ingredients: Cured With Water, Salt, Modified Cornstarch, Dextrose, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

**Biscuit;** Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Buttermilk, Palm And Palm Kernel Oil, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate, Monocalcium Phosphate), Less Than 2% Of: Salt, Sugar, Dextrose, Maltodextrin, Natural Flavors (Including Enzyme Modified Butter Fat And Oils, Milk Fat), Soybean Oil, Maltose, Soy Lecithin. COMMON ALLERGENS PRESENT: Milk, Soy, Wheat.

**Potatoes o'brien;** Red Potatoes. COMMON ALLERGENS PRESENT: None. Green Peppers. COMMON ALLERGENS PRESENT: None. Onions. COMMON ALLERGENS PRESENT: NONE.

## **CHEDDAR PIEROGIS, CARAMELIZED ONIONS, PEAS AND CARROTS**

**Cheddar pierogis;** For ingredient or allergen information, please contact: Mrs. T's, phone: 800-743-7649. Please reference manufacturer number: 4116400370. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**Caramelized onions;** Onions. COMMON ALLERGENS PRESENT: NONE

**Peas and carrots;** COMMON ALLERGENS PRESENT: None.

## **BBQ CHICKEN LEG, MAC & CHEESE, DINNER ROLL, AND APPLE PIE**

**Chicken leg;** Assorted chicken pieces (chicken breast pieces with ribs, chicken thighs without back portion, chicken drumsticks), water, whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of the following: extractives of paprika and turmeric, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), maltodextrin, modified corn starch, modified wheat starch, chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], salt, natural flavor, onion powder, sodium phosphates, spices (including celery seed), wheat gluten, whole grain yellow corn flour. Breading set in vegetable oil, allergens wheat.

**Mac and cheese;** CHEESE SAUCE (WATER, MILK [MILK, VITAMIN D3 ADDED], PASTEURIZED PROCESS AMERICAN CHEESE SPREAD [AMERICAN CHEESE {MILK, CHEESE CULTURE, SALT, ENZYMES}, WATER, WHEY, SODIUM PHOSPHATE, WHEY PROTEIN CONCENTRATE, SKIM MILK, MILKFAT, SALT, ANNATTO {COLOR}], SOYBEAN OIL, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF CHEDDAR CHEESE BASE [CHEDDAR CHEESE CONCENTRATE {CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM PHOSPHATE, ENZYMES}, SALT, YEAST EXTRACT, CORN OIL, SWEET CREAM, BUTTER (CREAM, NATURAL FLAVORING), WHEY (MILK), SUGAR, MUSTARD SEED, NATURAL FLAVOR}], SALT, CULTURED MILK [NON-FAT DRY MILK POWDER, MALTODEXTRIN], FRUIT AND VEGETABLE JUICE [COLOR], MODIFIED POTATO STARCH, TURMERIC [COLOR] AND ANNATTO [COLOR], NATURAL FLAVORS, COLOR [WATER, PROPYLENE GLYCOL, RED 40, RED 3, PROPYL PARABEN {PRESERVATIVE}], COOKED MACARONI PRODUCT (SEMOLINA [WHEAT], ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID). COMMON ALLERGENS PRESENT: Milk, Wheat.

**Dinner roll;** Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Eggs, Soybean Oil, Butter (salted), Wheat Gluten, Salt, Ascorbic Acid, Sodium Stearoyl Lactylate. COMMON ALLERGENS PRESENT: Egg, Wheat.

**Apple pie;** APPLES, SUGAR, OATMEAL CINNAMON STREUSEL (SUGAR, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ROLLED OATS, CANOLA OIL, CINNAMON, SALT, SODIUM BICARBONATE, NATURAL FLAVOR, NUTMEG EMULSION), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM, SOYBEAN, PALM KERNEL), WATER, BUTTER (CREAM, SALT), CONTAINS 2% OR LESS: MODIFIED CORN STARCH, WHITE GRAPE JUICE CONCENTRATE, SALT, SPICES (INCLUDES CINNAMON), LEMON JUICE POWDER, NATURAL FLAVORS, SOY LECITHIN. COMMON ALLERGENS PRESENT: Soy, Milk, Wheat.

## **CHEESEBURGER SOUP, TOSSED SALAD, COTTAGE CHEESE, AND PINEAPPLE**

## **TURKEY POT PIE, MASHED POTATOES, BISCUITS**

**Turkey pot pie;** WHITE TURKEY WITH SKIN, MECHANICALLY SEPARATED TURKEY, WATER, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF SALT, DEXTROSE, SODIUM PHOSPHATES. COMMON ALLERGENS PRESENT: None., Carrots, peas, corn, green beans, lima beans. COMMON ALLERGENS PRESENT: None. , Modified Food Starch, Wheat Flour, Salt, Whey Powder, Maltodextrin, Hydrolyzed Soy Protein, Palm Oil, Sugar, Chicken Fat, Cooked Chicken, Chicken Flavors (Natural Flavors, Chicken Stock, Autolyzed Yeast Extract, Chicken Meat Powder, Chicken Fat, Lactic Acid, Calcium Lactate, Sodium Phosphate), Turkey Stock, Contains 2% or less of: Onion Powder, Yeast Extract, Sodium Caseinate, Chicken Broth, Dipotassium Phosphate, Disodium Inosinate, Disodium Guanylate, Mono & Diglycerides, Spices, Natural Flavor, Caramel Color, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate, Extractive of Turmeric, Sunflower Oil. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk.

**Mashed potatoes;** POTATO (DRY), MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR AND ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: None. MAY CONTAIN: Milk.

**Biscuits;** Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Buttermilk, Palm And Palm Kernel Oil, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate, Monocalcium Phosphate), Less Than 2% Of: Salt, Sugar, Dextrose, Maltodextrin, Natural Flavors (Including Enzyme Modified Butter Fat And Oils, Milk Fat), Soybean Oil, Maltose, Soy Lecithin. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.

## **SWEET POTATO FISH, BROWN RICE PILAF, LIMA BEANS**

**sweet potato fish;** 71.3% ALASKA POLLOCK; 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WATER, DEHYDRATED SWEET POTATOES, CONTAINS 2% OR LESS OF: SUGAR, SALT, WHOLE YELLOW CORN FLOUR, YEAST, YELLOW CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICES, CARAMEL COLOR, ONION POWDER, GARLIC POWDER, PAPRIKA EXTRACT (COLOR). PAR-FRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. COMMON ALLERGENS PRESENT: Fish, Wheat.

**Brown rice pilaf;** Parboiled brown rice. COMMON ALLERGENS PRESENT: None.

**Lima beans;** Lima beans. COMMON ALLERGENS PRESENT: None.

## **SMOKED SAUSAGE WITH SAUERKRAUT AND POTATOES**

**Smoked sausage;** Pork, Water, Beef, Contains 2% Or Less Of: Salt, Corn Syrup, Natural Flavors, Dextrose, Potassium Lactate, Sodium Phosphates, Monosodium Glutamate, Vitamin C (Ascorbic Acid), Sodium Diacetate, Sodium Nitrite. COMMON ALLERGENS PRESENT: NONE.

**Sauerkraut;** PREPARED CABBAGE, WATER, SALT. COMMON ALLEGENS PRESENT: NONE

**Potatoes;** For ingredient or allergen information, please contact: Simplot Foods, 1-800-572-7783, [www.simplotfoods.com](http://www.simplotfoods.com). Please reference manufacturer number: 10071179000488. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2021. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: [https://drive.google.com/file/d/16Ex11SpDkh8zc-7axoxcwQV2\\_H5BkiU/view?usp=sharing](https://drive.google.com/file/d/16Ex11SpDkh8zc-7axoxcwQV2_H5BkiU/view?usp=sharing)

## **BROCCOLI CHEDDAR SOUP, SIDE SALAD**

**Broccoli cheddar soup;** Broccoli. COMMON ALLERGENS PRESENT: None. WATER, SKIM MILK, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA OIL, SUNFLOWER OIL, SOYBEAN OIL), MODIFIED FOOD STARCH, SALT, NATURAL FLAVORS, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO), CONTAINS 1% OR LESS OF: SODIUM PHOSPHATE, LACTIC ACID, SODIUM CITRATE, DATEM, MONO- AND DIGLYCERIDES, WHITE DISTILLED VINEGAR, CITRIC ACID, COLOR ADDED. COMMON ALLERGENS PRESENT: Milk.

Side salad; Romaine lettuce, Heritage Blend (may contain heirloom lolla rosa, heirloom red flash, heirloom red leaf, and heirloom bally hoo). COMMON ALLERGENS PRESENT: None.

#### **CREAMED CHICKEN, CORN, GREEN BEANS**

**Creamed chicken;** Boneless, skinless chicken white meat. COMMON ALLERGENS PRESENT: None., CHICKEN STOCK, MODIFIED FOOD STARCH, VEGETABLE OIL, WHEAT FLOUR, CREAM (MILK), CONTAINS LESS THAN 2% OF: SALT, CHICKEN\*, CARROT JUICE CONCENTRATE, SOY PROTEIN CONCENTRATE, CHICKEN FAT, YEAST EXTRACT, FLAVORING, CHICKEN BROTH\*, CANE SUGAR, ONIONS\*, CELERY EXTRACT, ONION EXTRACT. \*DRIED. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. , For ingredient or allergen information please contact: Mondelez International, phone: 855-202-3913. Manufacturer number: 1932000705. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**Corn;** Corn, water, sugar, salt. COMMON ALLERGENS PRESENT: None.

**Green beans;** Green beans. COMMON ALLERGENS PRESENT: None

#### **FISH, BABY BAKERS**

**Fish;** ALASKA POLLOCK, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN AND/OR CANOLA), MODIFIED FOOD STARCH, WHEAT FLOUR, CONTAINS 2% OR LESS OF: WATER, WHEAT GLUTEN, SALT, YELLOW CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), PAPRIKA EXTRACT (COLOR), DRIED YEAST, SUGAR, ANNATTO EXTRACT (COLOR). COMMON ALLERGENS PRESENT: Fish (pollock), Wheat.

**Baby bakers;** For ingredient or allergen information, please contact: Simplot Foods, 1-800-572-7783, [www.simplotfoods.com](http://www.simplotfoods.com). Please reference manufacturer number: 10071179000488. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2021. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: [https://drive.google.com/file/d/16Ex11SpDikh8zc-7axoxcwQV2\\_H5BkiU/view?usp=sharing](https://drive.google.com/file/d/16Ex11SpDikh8zc-7axoxcwQV2_H5BkiU/view?usp=sharing)

#### **SAUSAGE, EGG AND CHEESE ON A CROISSANT, POTATOES O'BRIEN, YOGURT**

#### **JOHNNY MARZETTI, CARROTS**

**Johnny Marzetti;** Ground Beef. COMMON ALLERGENS PRESENT: None, COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA [WHEAT], ENRICHED WITH NIACIN, IRON [FERROUS SULFATE], THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, CONTAINS LESS THAN 2% OF SALT. COMMON

ALLERGENS PRESENT: Wheat., Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid.  
COMMON ALLERGENS PRESENT: NONE., Tomato Juice from Concentrate (Water, Tomato Concentrate), Salt, Vitamin C (Ascorbic Acid), Citric Acid. COMMON ALLERGENS PRESENT: None.

**Carrots;** Carrots. COMMON ALLERGENS PRESENT: None.

#### **OVEN ROASTED TURKEY, MASHED POTATOES, CALIFORNIA BLEND, DINNER ROLL**

**Oven roasted turkey;** Turkey Breast Meat, Turkey Broth, Modified Food Starch, Contains 2% Or Less Potassium Chloride, Sugar, Sodium Phosphate, Salt, Pepper. COMMON ALLERGENS PRESENT: None. , Modified Food Starch, Wheat Flour, Salt, Whey Powder, Maltodextrin, Hydrolyzed Soy Protein, Palm Oil, Sugar, Chicken Fat, Cooked Chicken, Chicken Flavors (Natural Flavors, Chicken Stock, Autolyzed Yeast Extract, Chicken Meat Powder, Chicken Fat, Lactic Acid, Calcium Lactate, Sodium Phosphate), Turkey Stock, Contains 2% or less of: Onion Powder, Yeast Extract, Sodium Caseinate, Chicken Broth, Dipotassium Phosphate, Disodium Inosinate, Disodium Guanylate, Mono & Diglycerides, Spices, Natural Flavor, Caramel Color, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate, Extractive of Turmeric, Sunflower Oil. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk.

**Mashed potatoes;** POTATO (DRY), MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR AND ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: None. MAY CONTAIN: Milk.

**California blend;** Broccoli Florets, Cauliflower Clusters, Sliced Crinkle Cut Carrots. COMMON ALLERGENS PRESENT: None

**Dinner roll;** Unbleached, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Soybean Oil, Contains 2% or less of the following: Potato Flakes, Wheat Gluten, Salt, Ascorbic Acid, Barley Malt Extract, Corn Grits, Calcium Propionate (Preservative), Spices (Annatto, Turmeric). COMMON ALLERGENS PRESENT: Wheat.

#### **CHICKEN NUGGETS, SWEET POTATOES FRIES, ZUCCHINI AND SQUASH**

**Chicken nuggets;** Boneless, skinless chicken breast with rib meat, water, seasoning [salt, flavors, maltodextrin, sugar, vegetable stock (carrot, onion, celery), garlic powder], salt, sodium phosphates. BATTERED WITH: Water, yellow corn flour, bleached wheat flour, modified corn starch, salt, spices, leavening (sodium bicarbonate, sodium aluminum phosphate), dextrose, wheat starch, onion powder, extractives of turmeric, spice extractive. PREDUSTED WITH: Wheat flour, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), salt, spices, calcium lactate. BATTERED WITH: Water, bleached wheat flour, yellow corn flour, salt, leavening (sodium aluminum phosphate, sodium bicarbonate), spice. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: WHEAT.

**Sweet potatoes fries;** Sweet Potatoes, Vegetable Oil (Contains One or More of the following: High Oleic Canola, Canola, Sunflower), Modified Food Starch (Corn, Tapioca, Potato), Sugar, Rice Flour, Corn Starch, Dextrin, Spice, Salt, Oleoresin Paprika, Xanthan Gum, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate). COMMON ALLERGENS PRESENT: None.

**Zucchini and squash;** Zucchini Squash. COMMON ALLERGENS PRESENT: None.

#### **BBQ RIB PATTY, BABY BAKERS, BRUSSELL SPROUTS**

**Bbq rib patty;** Ground Pork (Not More Than 24% Fat), Barbeque Sauce [Tomato Ketchup (Tomato Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice, Garlic Powder), Brown Sugar, Sugar, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Garlic Powder), Dextrose, Vinegar, Clove], 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)], Smoke Flavor, Salt, Modified Food Starch, Sodium Phosphate. COMMON ALLERGENS PRESENT: Soy.

**Baby bakers;** For ingredient or allergen information, please contact: Simplot Foods, 1-800-572-7783, [www.simplotfoods.com](http://www.simplotfoods.com). Please reference manufacturer number: 10071179000488. Prior to consuming the

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**Brussell sprouts:** Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. The nutrition information provided here reflects the current information provided to GFS by the USDA National Nutrient Database for Standard Reference as of March 2021. For more information please visit: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/) This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **CHEESE STUFFED SHELLS, TOMATO BASIL SAUCE, PEAS AND MUSHROOMS**

**Cheese stuffed shells;** Water, Semolina (Durum Semolina, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Ricotta Cheese (Whey, Milk, Vinegar, Carrageenan [stabilizer]), Wheat Flour (Enriched Wheat Flour [Contains Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Yeast), Modified Food Starch, Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [anti-caking agent]), Salt, Black Pepper, Parsley. COMMON ALLERGENS PRESENT: Wheat, Milk.

**Tomato basil sauce;** TOMATO PUREE (WATER, TOMATO PASTE), CREAM (MILK), CHICKEN STOCK, CANOLA OIL, SUGAR, CONTAINS LESS THAN 2% OF: BUTTER (CREAM, SALT), ONIONS, BUTTERNUT SQUASH, SALT, POMACE OLIVE OIL, MODIFIED FOOD STARCH, GARLIC, WHEY PROTEIN CONCENTRATE, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHICKEN FAT, SPICES, BASIL, DEHYDRATED ONIONS, FLAVORING, ANNATTO EXTRACT FOR COLOR. COMMON ALLERGENS PRESENT: Milk, Wheat.

**Peas and mushrooms;** Green Peas. COMMON ALLERGENS PRESENT: None. Fresh Mushroom. COMMON ALLERGENS PRESENT: None.

#### **PIZZA, TOSSED SALAD, COTTAGE CHEESE, APPLESAUCE**

**Pizza;** Water, Whole Wheat Flour, Enriched Wheat Flour ([Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour), Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Tomato Paste (Not less than 31% NTSS), Soy Flour, Diced Fat Reduced Pepperoni made with Turkey, Beef (Poultry Ingredients [Mechanically Separated Turkey, Turkey], Beef, Water, Textured 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}, And Cyanocobalamin {B12}], Salt, Contains 2% Or Less Of: Dextrose, Flavorings, Lactic Acid Starter Culture, Oleoresin Paprika, Sodium Nitrite, Spices, BHA, BHT, Citric Acid). \*Ingredient Not Found In Regular Pepperoni, Corn Oil and/or Soybean Oil, Contains less than 2% of: Casein, Modified Potato Starch, Pizza Seasoning (Salt, Sugar, Spices, Dehydrated Onion, Guar and Xanthan Gum, Garlic Powder, Potassium Sorbate, Citric Acid), Yeast, Whey, Salt, Nonfat Dry Milk, Dextrose, Sugar, Soybean Oil, Dough Conditioner (Wheat Flour, Salt, Soy Oil, L. Cysteine, Ascorbic Acid, Enzyme) and/or Wheat Gluten, Natural Flavor, Sodium Aluminum Phosphate, Modified Corn Starch, Lactic Acid, Sodium Phosphate, Citric Acid, Tricalcium Phosphate, Sodium Bicarbonate, Sorbic Acid, Vitamin and Mineral Supplement (Magnesium Oxide, Dicalcium Phosphate, Zinc Oxide, Iron, Riboflavin [Vitamin B2], Pyridoxine Hydrochloride [Vitamin B6], Cyanocobalamin [Vitamin B12], Niacinamide [Vitamin B3], Thiamine Mononitrate [Vitamin B1], Vitamin A Palmitate), Xanthan Gum, Soy Lecithin. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.

**Tossed salad;** Iceberg lettuce, carrots, red cabbage COMMON ALLERGENS PRESENT: NONE.

Cottage cheese; Pasteurized Cultured Skim Milk, Cream, Salt, Guar Gum, Locust Bean Gum, Mono and Diglycerides, Xanthan Gum, Carrageenan, Potassium Sorbate (to preserve freshness), Citric Acid, Vitamin A Palmitate, and Enzymes. COMMON ALLERGENS PRESENT: Milk.

**Applesauce;** Apples, Water, and Apple Juice, Ascorbic Acid (Vitamin C) To Maintain Color. COMMON ALLERGENS PRESENT: None.

#### **CHILI, CORN BREAD MUFFIN, CARROTS**

**Chili;** Ground Beef. COMMON ALLERGENS PRESENT: None, Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid. COMMON ALLERGENS PRESENT: NONE., Tomato Juice from Concentrate (Water, Tomato Concentrate), Salt, Vitamin C (Ascorbic Acid), Citric Acid. COMMON ALLERGENS PRESENT: None, Dark Red Kidney Beans, Water, Sugar, Salt, Calcium Chloride. COMMON ALLERGENS PRESENT: None.

**Carrots;** Carrots. COMMON ALLERGENS PRESENT: None

**Corn bread muffin;** For ingredient or allergen information, please contact: J.S.B. Industries / Muffin Town, phone: 877-683-3461. Please reference manufacturer number: 51605. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2021 This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

#### **SALISBURY STEAKS, MASHED POTATOES, CARROTS**

**Salisbury steaks;** Ground beef (not more than 30% fat), 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)], bell peppers, seasoning [dehydrated onion, dextrose, autolyzed yeast extract, spice extractives], bread crumbs [bleached wheat flour, soybean oil, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, oleoresin paprika], salt, sodium phosphate. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Modified Food Starch, Maltodextrin, Beef Flavors [Hydrolyzed Vegetable Proteins (Soy, Corn, Wheat), Beef Stock, Corn Syrup Solids, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil], Salt, Palm Oil, Sugar, Contains 2% or less of: Caramel Color, Soybean Oil, Hydrolyzed Soy Protein, Onion Powder, Sodium Caseinate, Garlic Powder, Spice, Beef Fat, Disodium Inosinate, Disodium Guanylate, Dipotassium Phosphate, Citric Acid, Mono & Diglycerides, Yeast Extract, Natural Flavor, Artificial Flavor, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate, Sunflower Oil, Extractive of Paprika. COMMON ALLERGENS PRESENT: Milk, Soy, Wheat.

**Mashed potatoes;** POTATO (DRY), MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR AND ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: None. MAY CONTAIN: Milk.

**Carrots;** Carrots. COMMON ALLERGENS PRESENT: None.

#### **SHEPHERDS PIE, DINNER ROLL, APPLE PIE**

**Shepherds pie;** **Ground Beef. COMMON ALLERGENS PRESENT: None.** POTATO (DRY), MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR AND ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: None. MAY CONTAIN: Milk. Carrots, peas, corn, green beans, lima beans. COMMON ALLERGENS PRESENT: None.

**Dinner roll;** Unbleached, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Soybean Oil, Contains 2% or less of the following: Potato Flakes, Wheat Gluten, Salt, Ascorbic Acid, Barley Malt Extract, Corn Grits, Calcium Propionate (Preservative), Spices (Annatto, Turmeric). COMMON ALLERGENS PRESENT: Wheat.

**Apple pie;** For ingredient or allergen information, please contact: Sara Lee, phone: 800-261-4754. Manufacturer number: 09290. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **SCALLOPED POTATOES WITH HAM, PEAS AND CARROTS, ZUCCHINI, YOGURT**

**Scalloped potatoes and ham;** POTATO (DRY), SEASONING [MODIFIED FOOD STARCH, WHEY, LACTOSE, DRIED ONION, CORN SYRUP SOLIDS, SUNFLOWER OIL, SALT, POTASSIUM CHLORIDE, DRIED GARLIC, MALTODEXTRIN, CREAM CHEESE (PASTEURIZED CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM, GUAR GUM), NATURAL FLAVORS, DIPOTASSIUM PHOSPHATE, DRIED GREEN ONION, MONO AND DIGLYCERIDES, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), YEAST EXTRACT, NONFAT MILK, SPICES, ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL]. FRESHNESS PRESERVED WITH SODIUM BISULFITE. COMMON ALLERGENS PRESENT: Milk., Ham shanks, Water, Salt, Sugar, Sodium Nitrite. COMMON ALLERGENS PRESENT: None.

**Peas and carrots;** Green Peas. COMMON ALLERGENS PRESENT: None, Carrots. COMMON ALLERGENS PRESENT: None

**Zucchini;** Zucchini Squash. COMMON ALLERGENS PRESENT: None

**Yogurt;** Milk, sugar, nonfat milk, sweetcream buttermilk, corn syrup, cream, contains less than 2% of natural flavor, mono & diglycerides, cellulose gum, guar gum, carrageenan, lactic acid, acetic acid, salt, annatto (color), vitamin A palmitate, culture. COMMON ALLERGENS PRESENT: Milk.

#### **HAWAIIAN BBQ CHICKEN WRAP, TROPICAL SLAW, CARROTS AND CELERY**

**Hawaiian bbq chicken wrap;** Boneless, skinless chicken white meat. COMMON ALLERGENS PRESENT: None. , Pineapple, unsweetened pineapple juice. COMMON ALLERGENS PRESENT: None. , Red onions. COMMON ALLERGENS PRESENT: None., WATER, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, MOLASSES, FOOD STARCH-MODIFIED, SALT, PREPARED MUSTARD(WATER, VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES), CONTAINS LESS THAN 2% OF SPICES, NATURAL SMOKE FLAVOR, ONION\*, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), PAPRIKA, GARLIC\*. \*DEHYDRATED. COMMON ALLERGENS PRESENT: None.. Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Palm Oil, Sugar, Salt, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Fumaric Acid, Mono & Diglycerides, Calcium Propionate (a preservative), Enzyme, Dough Conditioner (Sodium Metabisulfite). COMMON ALLERGENS PRESENT: Wheat.

**Tropical slaw;** Green cabbage, red cabbage, and carrots. COMMON ALLERGENS PRESENT: NONE., Pineapple, unsweetened pineapple juice. COMMON ALLERGENS PRESENT: None.

**Cheeseburger soup;** Beef. COMMON ALLERGENS PRESENT: None. Onions. COMMON ALLERGENS PRESENT: NONE, Carrots. COMMON ALLERGENS PRESENT: NONE, Celery. COMMON ALLERGENS PRESENT: NONE, Potatoes, water, salt, calcium chloride, calcium disodium EDTA. COMMON ALLERGENS PRESENT: None. Imitation Cheddar (Water, Food Starch, Palm Oil, Whey, Salt, Caseinate, Sodium Phosphate, Sorbic Acid [As A Preservative], Carrageenan, Natural Flavor, Artificial Color, Lactic Acid). Anti-Caking Blend (Potato Starch, Powdered Cellulose). COMMON ALLERGENS PRESENT: Milk. Cultured milk, cream, whey, less than 2% of food starch - modified(corn), sodium phosphate, guar gum, carrageenan, calcium sulfate, locustbeangum, potassium sorbate (preservative). COMMON ALLERGENS PRESENT: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. The nutrition information provided here reflects the current information provided to GFS by the USDA National Nutrient Database for Standard Reference as of March 2021. For more information please visit: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/) This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**Tossed salad;** Iceberg lettuce, carrots, red cabbage COMMON ALLERGENS PRESENT: NONE.

**Cottage cheese;** Grade A cultured nonfat milk, milk, cream, contains less than 2 %of the following: salt, whey, maltodextrin, guar gum, citric acid, carrageenan, mono and diglycerides, locust bean gum, propylene glycol, lactic acid,propionic acid, acetic acid, natural and artificial flavorings, dextrose,potassium sorbate (preservative)and microbial enzymes. COMMON ALLERGENS PRESENT: Milk.

**Pineapple;** Pineapple, unsweetened pineapple juice. COMMON ALLERGENS PRESENT: None.

### **CABBAGE CASSEROLE WITH BEEF, RICE AND TOMATOES, FIESTA CORN**

**Cabbage casserole;** For ingredient or allergen information, please contact: Caito Foods, phone: 317-897-2009. Please reference manufacturer number: 112020. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. The nutrition information provided here reflects the current information provided to GFS by the USDA National Nutrient Database for Standard Reference as of February 2021. For more information please visit: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/) This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Beef. COMMON ALLERGENS PRESENT: None. WATER, CELERY, VEGETABLE OIL (CORN, CANOLA, AND/OR SOYBEAN), MODIFIED FOOD STARCH, WHEAT FLOUR, CONTAINS LESS THAN 2% OF: CREAM (MILK), SALT, SOY PROTEIN CONCENTRATE, YEAST EXTRACT, WHEY\*, ONIONS\*, BETA CAROTENE, CELERY EXTRACT, GARLIC\*, SOY LECITHIN, FLAVORING, ONION EXTRACT. \*DEHYDRATED. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Imitation Cheddar (Water, Food Starch, Palm Oil, Whey, Salt, Caseinate, Sodium Phosphate, Sorbic Acid [As A Preservative], Carrageenan, Natural Flavor, Artificial Color, Lactic Acid). Anti-Caking Blend (Potato Starch, Powdered Cellulose). COMMON ALLERGENS PRESENT: Milk. Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid. COMMON ALLERGENS PRESENT: NONE.

**Fiesta corn;** For ingredient or allergen information please contact Simplot Foods, (800) 572-7783, [www.simplotfoods.com](http://www.simplotfoods.com). Manufacturer's Code: 1007117977762. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated July 2021. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: [https://drive.google.com/file/d/1Y\\_48Ut7\\_P7GP2B0MrfFXUuEO6uPa-2Fu/view?usp=sharing](https://drive.google.com/file/d/1Y_48Ut7_P7GP2B0MrfFXUuEO6uPa-2Fu/view?usp=sharing)

### **CHICKEN SALAD OVER LETTUCE, COUSCOUS**

**Chicken salad;** Boneless, skinless chicken white meat. COMMON ALLERGENS PRESENT: None. SOYBEAN OIL, EGG YOLKS, HIGH FRUCTOSE CORN SYRUP, WATER, DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CIDER VINEGAR, SPICE, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. COMMON ALLERGENS PRESENT: Egg. Celery. COMMON ALLERGENS PRESENT: NONE. Onions. COMMON ALLERGENS PRESENT: NONE.

**Shredded lettuce;** Iceberg lettuce. COMMON ALLERGENS PRESENT: None.

**Couscous;** TOASTED PEARLED COUSCOUS (WATER, WHEAT FLOUR), EXPELLER PRESSED CANOLA OIL. COMMON ALLERGENS PRESENT: Wheat. Tomato. COMMON ALLERGENS PRESENT: None. Cucumbers. COMMON ALLERGENS PRESENT: No Known Allergens. SOYBEAN OIL, WATER, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, SALT, CIDER VINEGAR, CONTAINS LESS THAN 2% OF GARLIC\*, LEMON JUICE CONCENTRATE, RED BELL PEPPER\*, XANTHAN GUM, SPICES, NATURAL FLAVORS, PROPYLENE GLYCOL ALGINATE, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, BETA CAROTENE (COLOR). \*DEHYDRATED. COMMON ALLERGENS PRESENT: None.



## **SAUSAGE JAMBALAYA, CORN, DINNER ROLL**

**Sausage jambalaya;** Pork, Water, Beef, Contains 2% Or Less Of: Salt, Corn Syrup, Natural Flavors, Dextrose, Potassium Lactate, Sodium Phosphates, Monosodium Glutamate, Vitamin C (Ascorbic Acid), Sodium Diacetate, Sodium Nitrite. COMMON ALLERGENS PRESENT: NONE., Boneless, skinless chicken white meat. COMMON ALLERGENS PRESENT: None. , Onions. COMMON ALLERGENS PRESENT: None. Tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper, citric acid, calcium chloride, natural flavors. COMMON ALLERGENS PRESENT: None.

**Corn;** Corn. COMMON ALLERGENS PRESENT: None.

**Dinner roll;** Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Eggs, Soybean Oil, Butter (salted), Wheat Gluten, Salt, Ascorbic Acid, Sodium Stearoyl Lactylate. COMMON ALLERGENS PRESENT: Egg, Wheat.

## **CHIPPED BEEF OVER BISCUITS, PEAS AND SUNSHINE CARROTS WITH BANANA**

**Chipped beef;** MILK (VITAMIN D3 ADDED), WATER, DRIED BEEF (BEEF, SALT, POTASSIUM CHLORIDE, SODIUM ERYTHORBATE, SODIUM NITRITE, BHT, TBHQ, CITRIC ACID), CREAM, NONFAT DRY MILK, FOOD STARCH-MODIFIED, BUTTER, WHEAT FLOUR, CHICKEN STOCK, RICE FLOUR, SUGAR, SALT, ONION POWDER, MONO- & DIGLYCERIDES, BUTTER FLAVOR (WHEY SOLIDS, ENZYME MODIFIED BUTTER, MALTODEXTRIN, SALT, DEHYDRATED BUTTER, GUAR GUM, ANNATTO AND TURMERIC [COLOR]), CREAM FLAVOR (MALTODEXTRIN, NATURAL CREAM FLAVOR), GROUND WHITE PEPPER, DEXTROSE, ANNATTO COLOR (SOYBEAN OIL, MONO- & DIGLYCERIDES, ANNATTO EXTRACT), CARAMEL COLOR, CELERY OLEORESIN. COMMON ALLERGENS PRESENT: Milk, Wheat.

**Biscuits;** Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Buttermilk, Palm And Palm Kernel Oil, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate, Monocalcium Phosphate), Less Than 2% Of: Salt, Sugar, Dextrose, Maltodextrin, Natural Flavors (Including Enzyme Modified Butter Fat And Oils, Milk Fat), Soybean Oil, Maltose, Soy Lecithin. COMMON ALLERGENS PRESENT: Milk, Soy, Wheat

**Peas;** Green Peas. COMMON ALLERGENS PRESENT: None.

**Sunshine carrots;** Carrots. COMMON ALLERGENS PRESENT: None.

**Banana;** Banana. COMMON ALLERGENS PRESENT: None.

## **CHEF SALAD, CROISSANT, CUCUMBER SLICES**

**Chef salad;** Iceberg lettuce. COMMON ALLERGENS PRESENT: None, Tomato. COMMON ALLERGENS PRESENT: None. Cucumbers. COMMON ALLERGENS PRESENT: No Known Allergens. DICED TOMATOES IN JUICE (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, TOMATO PASTE (TOMATOES, CITRIC ACID), MODIFIED CORN STARCH, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SALT, SUGAR, SODIUM CITRATE, SODIUM BICARBONATE, SODIUM STEAROYL LACTYLATE, WHITE PEPPER, CITRIC ACID, DISODIUM INOSINATE AND GUANYLATE, ANNATTO COLOR (REFINED SOYBEAN OIL, ANNATTO EXTRACT, MONO AND DIGLYCERIDES). COMMON ALLERGENS PRESENT: Soy.**Croissant;** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Margarine [Palm Oil, Water Soybean Oil, Sugar, Soy Lecithin, Mono & Diglycerides, Potassium Sorbate and Citric Acid (Added as Preservatives), Natural and Artificial Flavors, Beta Carotene, Vitamin A Palmitate], High Fructose Corn Syrup, Contains 2% or less of the following: Yeast, Salt, Whey, Modified Corn Starch, Calcium Propionate, Artificial Flavor, Ascorbic Acid, Enzymes. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk.

**Cucumber slices;** Cucumbers. COMMON ALLERGENS PRESENT: No Known Allergens.

## **ROASTED PORK LOIN, ROASTED YUKON POTATOES, STEAMED CARROTS**

**Roasted pork loin;** Contains up to 12% solution of water, potassium phosphate, salt, sugar. Rubbed with: Onion and garlic powder, spices, beef stock, dextrose, corn starch, caramel color, flavor (contains maltodextrin), hydrolyzed corn protein, autolyzed yeast.

**Roasted potatoes;** Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. The nutrition information provided here reflects the current information provided to GFS by the USDA National Nutrient Database for Standard Reference as of March 2021. For more information please visit: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/) This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**Carrots;** Carrots. COMMON ALLERGENS PRESENT: None.

### **BELGIAN WAFFLES WITH BLUEBERRIES, PORK SAUSAGE LINKS, SWEET POTATOES, YOGURT**

**Belgian waffles;** For ingredient or allergen information, please contact: Specialty Food Service, phone: 615-724-1795. Manufacturer number: 21882. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Blueberries. COMMON ALLERGENS PRESENT: None.

**Pork sausage links;** pork, water, soy flour, salt, dextrose, flavorings, (spices and spice extractives), citric acid, propyl gallate, caramel color. COMMON ALLERGENS PRESENT: Soy.

**Sweet potatoes;** For ingredient or allergen information please contact Simplot Foods, 800-572-7783, [www.simplotfoods.com](http://www.simplotfoods.com). Manufacturer's Code: 707561. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated July 2021. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

**Yogurt;** Cultured Grade A Non Fat Milk, Water, Black Cherries, Modified Food Starch, Cane Sugar, Contains Less than 1% of Kosher Gelatin, Vegetable Juice (for Color), Natural and Artificial Flavors, Sucralose, Malic Acid, Acesulfame Potassium, Vitamin A Palmitate, Vitamin D3, Sodium Citrate, Active Yogurt Cultures L. Bulgaricus & S. Thermophilus. COMMON ALLERGENS PRESENT: Milk.

### **OPEN FACE BEEF SANDWICH OVER MASHED POTATOES, GLAZED CARROTS, AND SLICED APPLES**

**Roast beef;** Beef, With up to 20% of a Solution of: Water, Salt, Potassium Lactate, Corn Syrup Solids, Sodium Phosphate, Sugar, Sodium Diacetate, Onion and Garlic Powder, Beef Broth, Extractives of Spices. Coated with: Salt, Caramel Color, Dextrose, Maltodextrin, Garlic Powder, Onion Powder, Black Pepper. COMMON ALLERGENS PRESENT: None. Modified Food Starch, Maltodextrin, Beef Flavors [Hydrolyzed Vegetable Proteins (Soy, Corn, Wheat), Beef Stock, Corn Syrup Solids, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil], Salt, Palm Oil, Sugar, Contains 2% or less of: Caramel Color, Soybean Oil, Hydrolyzed Soy Protein, Onion Powder, Sodium Caseinate, Garlic Powder, Spice, Beef Fat, Disodium Inosinate, Disodium Guanylate, Dipotassium Phosphate, Citric Acid, Mono & Diglycerides, Yeast Extract, Natural Flavor, Artificial Flavor, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate, Sunflower Oil, Extractive of Paprika. COMMON ALLERGENS PRESENT: Milk, Soy, Wheat.

**Mashed potatoes;** POTATO (DRY), MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR AND ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. COMMON ALLERGENS PRESENT: None. MAY CONTAIN: Milk.

**Carrots;** Carrots. COMMON ALLERGENS PRESENT: None.

**Sliced apples;** For ingredient or allergen information, please contact: Markon, phone: (831) 757-9737. Please reference manufacturer number: 11008. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2018. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### **HAM AND BEAN SOUP, SIDE SALADE, CORN MUFFIN**

**Ham and bean soup;** Great northern white beans, water, salt, calcium chloride. COMMON ALLERGENS PRESENT: None. Ham shanks, Water, Salt, Sugar, Sodium Nitrite. COMMON ALLERGENS PRESENT: None. Onions. COMMON ALLERGENS PRESENT: NONE.

**Side salad;** Iceberg lettuce, carrots, red cabbage COMMON ALLERGENS PRESENT: NONE

**Corn muffin;** Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Water, Eggs, Modified Corn Starch, Corn Meal, Corn Syrup, Contains 2% or less of the Following: Leavening(Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Whey, Mono & Diglycerides, Wheat Gluten, Salt, Sodium Stearoyl Lactylate, Sorbitan Monostearate, Calcium Acetate, Nonfat Dry Milk, Guar Gum, Xanthan Gum, Polysorbate 60, Natural and Artificial Flavors, SoyFlour, Sodium Propionate and Potassium Sorbate (Preservatives). COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.

#### **HUNGARIAN BEEF GOULASH OVER EGG NOODLES, CORN AND DINNER ROLL**

**Hungarian beef goulash;** Beef. COMMON ALLERGENS PRESENT: None. , Onions. COMMON ALLERGENS PRESENT: None., Garlic. COMMON ALLERGENS PRESENT: None., Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid. COMMON ALLERGENS PRESENT: NONE. For ingredient or allergen information please contact: Marzetti Frozen Pasta, phone: 1-800-999-1835, [www.marzettifoodservice.com](http://www.marzettifoodservice.com). Manufacturer number: 4130801035. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

**Corn;** Corn, water, sugar, salt. COMMON ALLERGENS PRESENT: None.

**Dinner roll;** Unbleached, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Soybean Oil, Contains 2% or less of the following: Potato Flakes, Wheat Gluten, Salt, Ascorbic Acid, Barley Malt Extract, Corn Grits, Calcium Propionate (Preservative), Spices (Annatto, Turmeric). COMMON ALLERGENS PRESENT: Wheat.

#### **PHILLY CHEESESTEAK, PEPPER AND ONIONS, ZUCCHINI AND SQUASH**

**Philly cheesesteak peppers and onions;** Beef, Water, Seasoning (Corn Starch, Dextrose, Salt, Hydrolyzed Corn Protein), Potassium Lactate, Sodium Phosphate, Yeast Extract, Natural Flavor. COMMON ALLERGENS PRESENT: None. Beef, water, dextrose, modified food starch, salt, spices (including celery seed), sodium phosphates, tomato powder, garlic and onion powder, autolyzed yeast, hydrolyzed soy protein, caramel color, spice extractives. Onions and peppers seasoned with: dextrose, salt, tomato powder, onion and garlic powder, caramel color, citric acid, spices (including celery seed), grill flavor (from sunflower oil). COMMON ALLERGENS PRESENT: Soy.

**Zucchini and squash;** Zucchini Squash. COMMON ALLERGENS PRESENT: None.

#### **FISH STICK, FRENCH FRIES, AND MAC AND CHEESE, COLESLAW**

**Fish sticks;** 65.00% FISH (ALASKA POLLOCK), 35.00% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE YELLOW CORN MEAL, WATER, ENRICHED RICE FLOUR [RICE FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CONTAINS 2% OR LESS OF: SALT, WHEAT GLUTEN, SUGAR, YEAST, PALM OIL, ONION POWDER, GARLIC POWDER, TAPIOCA STARCH, LEAVENING [CREAM OF TARTER, BAKING SODA], TOMATO POWDER, MALTED BARLEY FLOUR, DEHYDRATED RED BELL PEPPER, CORN STARCH, AUTOLYZED YEAST, SPICES, ASCORBIC ACID [ADDED AS A DOUGH CONDITIONER], DEHYDRATED GREEN BELL PEPPER, DEHYDRATED TOMATO, WHOLE MALTED BARLEY FLOUR). COMMON ALLERGENS PRESENT: Fish, Wheat.

**French fries;** Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. COMMON ALLERGENS PRESENT: None.

**Mac and cheese;** CHEESE SAUCE (WATER, MILK [MILK, VITAMIN D3 ADDED], PASTEURIZED PROCESS AMERICAN CHEESE SPREAD [AMERICAN CHEESE {MILK, CHEESE CULTURE, SALT, ENZYMES}, WATER, WHEY, SODIUM PHOSPHATE, WHEY PROTEIN CONCENTRATE, SKIM MILK, MILKFAT, SALT, ANNATTO {COLOR}], SOYBEAN OIL, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF CHEDDAR CHEESE BASE [CHEDDAR CHEESE CONCENTRATE {CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM PHOSPHATE, ENZYMES}, SALT, YEAST EXTRACT, CORN OIL, SWEET CREAM, BUTTER (CREAM, NATURAL FLAVORING), WHEY (MILK), SUGAR, MUSTARD SEED, NATURAL FLAVOR}], SALT, CULTURED MILK [NON-FAT DRY MILK POWDER, MALTODextrin], FRUIT AND VEGETABLE JUICE [COLOR], MODIFIED POTATO STARCH, TURMERIC [COLOR] AND ANNATTO [COLOR], NATURAL FLAVORS, COLOR [WATER, PROPYLENE GLYCOL, RED 40, RED 3, PROPYLparaben {PRESERVATIVE}],

COOKED MACARONI PRODUCT (SEMOLINA [WHEAT]), ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID). COMMON ALLERGENS PRESENT: Milk, Wheat

#### **CHICKEN AND DUMPLINGS, BROCCOLI AND CELERY AND CARROTS**

**Chicken and dumplings;** WATER, RAISED DUMPLINGS (UNBLEACHED HARD SPRING WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, EGGS, SOY OIL, MILK POWDER, CORN STARCH, SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE, SALT, SUGAR), COOKED CHICKEN, CHICKEN FAT, NONFAT DRY MILK, FOOD STARCH-MODIFIED, CHICKEN BASE (COOKED CHICKEN MEAT, CHICKEN BROTH, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, FLAVOR, CHICKEN FAT, SALT, TURMERIC), CREAM, WHEAT FLOUR, SALT, SUGAR, CHICKEN STOCK, ONION POWDER, MONO- & DIGLYCERIDES, MUSHROOM FLAVOR (MALTODEXTRIN, MUSHROOM EXTRACT, SALT), LACTIC ACID (FOOD STARCH-MODIFIED, LACTIC ACID), GROUND WHITE PEPPER. COMMON ALLERGENS PRESENT: Wheat, Egg, Soy, Milk.

**Broccoli;** Broccoli. COMMON ALLERGENS PRESENT: None.

**Celery and carrots;** Carrots and Celery. COMMON ALLERGENS PRESENT: None.

#### **TOMATO BISQUE, TURKEY & SWISS, LETTUCE & TOMATO, SLICED CUCUMBERS, APPLE SLICES**

**Tomato bisque;** DICED TOMATOES IN JUICE (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, TOMATO PASTE (TOMATOES, CITRIC ACID), MODIFIED CORN STARCH, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SALT, SUGAR, SODIUM CITRATE, SODIUM BICARBONATE, SODIUM STEAROYL LACTYLATE, WHITE PEPPER, CITRIC ACID, DISODIUM INOSINATE AND GUANYLATE, ANNATTO COLOR (REFINED SOYBEAN OIL, ANNATTO EXTRACT, MONO AND DIGLYCERIDES). COMMON ALLERGENS PRESENT: Soy.

**Turkey;** DICED TOMATOES IN JUICE (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, TOMATO PASTE (TOMATOES, CITRIC ACID), MODIFIED CORN STARCH, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SALT, SUGAR, SODIUM CITRATE, SODIUM BICARBONATE, SODIUM STEAROYL LACTYLATE, WHITE PEPPER, CITRIC ACID, DISODIUM INOSINATE AND GUANYLATE, ANNATTO COLOR (REFINED SOYBEAN OIL, ANNATTO EXTRACT, MONO AND DIGLYCERIDES). COMMON ALLERGENS PRESENT: Soy.

**Swiss cheese;** SWISS CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES). COMMON ALLERGENS PRESENT: Milk.

**Lettuce and tomato;** Iceberg lettuce. COMMON ALLERGENS PRESENT: None., Roma Tomato. COMMON ALLERGENS PRESENT: None.

**Cucumbers;** Cucumbers. COMMON ALLERGENS PRESENT: No Known Allergens.

**Apple slices;** For ingredient or allergen information, please contact: Markon, phone: (831) 757-9737. Please reference manufacturer number: 11008. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2018. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.