

31-Aug	Herb Rubbed Pork Loin	Fresh boneless pork loins pumped with up to 12% solution of: water, contains 2% or less of sodium phosphates, potassium acetate, potassium lactate, salt. Rosemary and other Spices, Dried Garlic, Salt, Dried Onion, Dried Red Bell Pepper, Dried Lemon Peel, Paprika (As Color). Dried Apricots and figs
	Wild rice	Enriched long grain parboiled rice with iron (ferric phosphate), niacin, thiamine mononitrate (folic acid), wild rice, maltodextrin, sea salt, dehydrated vegetables (onion, parsley, celery, garlic) sugar, potassium chloride, hydrolyzed soy protein, yeast extract, caramel color, paprika, lactic acid, disodium inosinate & guanylate, spice extractive, soybean oil, silicon dioxide (anticaking). COMMON ALLERGENS PRESENT: Soy. 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.
	Dilled Carrots	Carrots, VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. COMMON ALLERGENS PRESENT: Milk Dill
	Roll	WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], YEAST, HONEY, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, POTATO FLOUR, SALT, WHEAT STARCH, POTASSIUM CHLORIDE, SODIUM GLUCONATE, BARLEY MALT EXTRACT, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), VINEGAR, CITRIC ACID, CALCIUM SULFATE, ASCORBIC ACID; TOPPED WITH CRUSHED WHEAT. COMMON ALLERGENS PRESENT: Wheat.
	Texas Sheet Cake	SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), VEGETABLE SHORTENING ((CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA AND/OR PALM OIL] WITH TBHQ [PRESERVATIVE]). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM CARBONATE, SALT, CORN STARCH, EGG WHITE, ANTI-CAKING AGENT (CALCIUM SILICATE), EGG YOLK, LEAVENING (BAKING SODA), XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, SODIUM LAURYL SULFATE. COMMON ALLERGENS PRESENT: Egg, Wheat. Pecans High Fructose Corn Syrup, Corn Syrup, Water, Cocoa (Adds a Negligible Amount of Fat), Sugar, Contains 2% or Less of: Potassium Sorbate (Preservative), Salt, Mono- and Diglycerides (Adds a Negligible Amount of Fat), Xanthan Gum, Polysorbate 60, Vanillin, Artificial Flavor.cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums). COMMON ALLERGENS PRESENT: Milk. Cocoa Powder, Sugar, Pure Vanilla
	Turkey & Stuffing Casserole	Whole Turkey Breast Roast with up to 15% of a Flavoring Solution of Turkey Broth. Contains less than 2% Salt, Sugar, Sodium and Potassium Phosphate.Breadcrumbs [Enriched Wheat Flour (Enriched with Reduced Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Palm Oil, Salt, Contains 2% or Less of Each of the Following: Yeast, Calcium Propionate (Preservative), Caramel Color, Soy Lecithin], Seasoning [Dehydrated Vegetables (Onion, Celery, Garlic), Maltodextrin, Salt, Sugar, Parsley, Natural & Artificial Flavor, Color (Caramel Color, Turmeric Extract, Turmeric), Celery Seed, Disodium Inosinate & Guanylate, Spice, Hydrolyzed Corn & Soy Protein, Yeast Extract, Citric Acid, Spice Extractives, Contains 2% or Less Silicon Dioxide (Anticaking)]. COMMON ALLERGENS PRESENT: Wheat, Soy. CHICKEN STOCK, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: CHICKEN FAT, CHICKEN MEAT, CREAM (MILK), WHEAT FLOUR, SALT, VEGETABLE OIL, DEHYDRATED WHEY, WATER, WHEY PROTEIN CONCENTRATE, YEAST EXTRACT, FLAVORING, BETA CAROTENE, SOY PROTEIN ISOLATE, SODIUM PHOSPHATE, CELERY EXTRACT, DEHYDRATED CHICKEN, ONION EXTRACT. AMERICAN CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO VEGETABLE COLOR, IF COLORED), WATER, CREAM, SODIUM CITRATE, COLOR ADDED, SALT, SORBIC ACID (ADDED AS PRESERVATIVE), SOY ECITHIN (NON-STICKING AGENT). Onions, Celery, Carrots

1-Sep	Green Beans	Green beans, VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor.
	Tossed Salad	LETTUCE, TOMATO, ONION, CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE).
	Choice of Roll	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).
	Raisin Rice Pudding	Rice Blend [Enriched Long Grain Parboiled Rice (Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Wild Rice], Seasoning Blend [Hydrolyzed Corn Protein, Maltodextrin, Dextrose, Dehydrated Vegetables (Onion, Garlic, Tomato, Carrot), Parsley, Salt, Sugar, Soybean Oil, Potassium Chloride, Spice, Natural Flavor, Yeast Extract, Safflower Oil, Disodium Inosinate & Disodium Guanylate, Modified Food Starch, Contains 2% or Less Silicon Dioxide (Anticaking)]. HIGH FRUCTOSE CORN SYRUP, WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CORN SYRUP, CONTAINS LESS THAN 2% OF THE FOLLOWING: SODIUM CASEINATE (A MILK DERIVATIVE), SOY PROTEIN CONCENTRATE, POLYSORBATE 60, CARBOHYDRATE GUM, SUGAR, SALT, ARTIFICIAL FLAVOR, POLYGLYCEROL ESTERS OF FATTY ACIDS, TO PRESERVE FRESHNESS (POTASSIUM SORBATE), XANTHAN GUM. Raisins Sugar, Corn Sugar, Modified Food Starch, Sodium Phosphates, Calcium Sulfate, Salt, Natural and Artificial Flavor, Mono- and Diglycerides, Xanthan Gum, Yellow 5, Yellow 6.
2-Sep	Meatloaf	Beef, Onions, Spices, Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less Than 2% Of: Spice, Onion Powder, Natural Flavors. Eggs, Bleached wheat flour, yeast, sugar, salt, distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract. COMMON ALLERGENS PRESENT: Wheat.
	Garlic Mashed Potatoes	GOLD POTATOES, POTATOES, CANOLA OIL, SALT, CREAMER (CORN SYRUP SOLIDS, CANOLA OIL, MONO AND DIGLYCERIDES, MILK PROTEIN CONCENTRATE), CONTAINS 2% OR LESS OF: MONO AND DIGLYCERIDES, WHEY, ARTIFICIAL COLOR, BUTTER (CREAM, SALT), ANNATTO EXTRACT (COLOR), NATURAL FLAVORS, FRESHNESS PRESERVED WITH: SODIUM BISULFITE, MIXED TOCOPHEROLS, BHT, SODIUM ACID PYROPHOSPHATE, CITRIC ACID. Garlic COMMON ALLERGENS PRESENT: Milk
	Roasted Brussels Sprouts	brussel Sprouts, VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. Dried Onion, Dried Garlic, Spices, Dried Bleached wheat flour, yeast, sugar, salt.
	Choice of Roll	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).
	Peanut Butter Brownies	SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), VEGETABLE SHORTENING ([CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA AND/OR PALM OIL] WITH TBHQ [PRESERVATIVE]). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM CARBONATE, SALT, CORN STARCH, EGG WHITE, ANTI-CAKING AGENT (CALCIUM SILICATE), EGG YOLK, LEAVENING (BAKING SODA), XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, SODIUM LAURYL SULFATE. Roasted Peanuts, Sugar, Contains 2% or less of: Molasses, Fully Hydrogenated Vegetable Oil (Rapeseed, Cottonseed, Soybean), Salt, cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums). Powdered Sugar, Vanilla
	Maple Glazed Chicken	Chicken Breast, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, POTASSIUM SORBATE AS PRESERVATIVE, CARAMEL COLOR, NATURAL AND ARTIFICIAL MAPLE FLAVOR, CITRIC ACID.
	Baked Sweet Potato Half	Sweet Potato
	Cream Corn	Corn, water, sugar, modified corn starch, salt.

3-Sep	Choice of Roll	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).
	Sour Cream Orange Cake	WHOLE EGGS, WHEY, SKIM MILK, XANTHAN GUM, CITRIC ACID, 0.12% WATER ADDED AS CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR. COMMON ALLERGENS PRESENT: Egg, Milk. Cultured Cream, Contains Less than 2% of: Whey, Food Starch-Modified (Corn), Sodium Tripolyphosphate, Carrageenan, Calcium Sulfate, Locust Bean Gum, Guar Gum, Potassium Sorbate (to preserve freshness). COMMON ALLERGENS PRESENT: Milk. ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, EMULSIFIER (PROPYLENE GLYCOL MONO- AND DIESTERS, MONO AND DIGLYCERIDES, MONOGLYCERIDES). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (BAKING SODA, ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, DICALCIUM PHOSPHATE), WHOLE EGG, SALT, MODIFIED CORN STARCH, NONFAT MILK, EGG YOLK, GUAR GUM, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, YELLOW 5, PRESERVATIVE (BHT, CITRIC ACID), YELLOW 6. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy. 100% Orange Juice, Powdered Sugar
4-Sep	Baked Spaghetti	Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Salt, Soybean Oil, Dried Onion, Citric Acid, Spices, Dried Garlic. Durum Wheat Semolina, durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat.CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE). COMMON ALLERGENS PRESENT: Milk.
	Tossed Salad	LETTUCE, TOMATO, ONION, CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE).
	Buttered Breadstick	Whole wheat flour,water, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin,folic acid), soybean oil, palm oil,dextrose, salt, yeast (ascorbic acid), nonfat dry milk, dough improver (enriched wheat flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid],ascorbic acid, malted barley flour, enzymes), parmesan (cultured skim milk, salt, enzymes, powderedcellulose), garlic powder, pepperblend (black pepper, salt, brownsugar, dehydrated onion, parsley, dehydrated bell pepper, spice), onion powder, butter (cream, salt), natural flavor, annatto. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy
	Tiramisu Cake	ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, EMULSIFIER (PROPYLENE GLYCOL MONO- AND DIESTERS, MONO AND DIGLYCERIDES, MONOGLYCERIDES). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (BAKING SODA, ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, DICALCIUM PHOSPHATE), WHOLE EGG, SALT, MODIFIED CORN STARCH, NONFAT MILK, EGG YOLK, GUAR GUM, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, YELLOW 5, PRESERVATIVE (BHT, CITRIC ACID), YELLOW 6. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy. Decaffeinated Coffee, cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums). COMMON ALLERGENS PRESENT: Milk., Granulated Sugar, cocoa Powder
8-Sep	Bourbon Pork Chop w/Apples	Fresh boneless pork loins pumped with up to 12% solution of: water, contains 2% or less of sodium phosphates, potassium acetate, potassium lactate, salt. Sliced apples, water, and sugar. WATER, SUGAR, MOLASSES, CIDER VINEGAR, SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT, SODIUM BENZOATE [A PRESERVATIVE]), TOMATO PASTE, FOODSTARCH-MODIFIED, CONTAINS LESS THAN 2% OF ONION*, SALT, ORANGE JUICE CONCENTRATE, CARAMEL COLOR, SALTED BOURBON WHISKEY (BOURBON, SALT), NATURAL FLAVORS, GARLIC*, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES). *DEHYDRATED. COMMON ALLERGENS PRESENT: Soy, Wheat. Sugar, Cinnamon
	Whipped Sweet Potatoes	Sweet Potatoes, VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. COMMON ALLERGENS PRESENT: Milk., Brown Sugar, Cinnamon
	Collard Greens with Bacon	Collard Greens, Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite., Onion, ROASTED CHICKEN AND CHICKEN JUICES, SALT, MONOSODIUM GLUTAMATE, SUGAR, YEAST EXTRACT, CHICKEN FAT, DEHYDRATED ONION, CITRIC ACID, TURMERIC, XANTHAN GUM, CARAMEL COLOR, FLAVORING. .

		Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Contains 2% or less of the following: Salt, Yeast, Monoglycerides, Wheat Gluten, Calcium Propionate (Preservative), Ascorbic Acid. COMMON ALLERGENS PRESENT Wheat.
	Wheat Bread	
9-Sep	Applesauce Cake	ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, EMULSIFIER (PROPYLENE GLYCOL MONO- AND DIESTERS, MONO AND DIGLYCERIDES, MONOGLYCERIDES). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (BAKING SODA, ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, DICALCIUM PHOSPHATE), WHOLE EGG, SALT, MODIFIED CORN STARCH, NONFAT MILK, EGG YOLK, GUAR GUM, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, YELLOW 5, PRESERVATIVE (BHT, CITRIC ACID), YELLOW 6. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy, Apples, Sugar, Water, Ascorbic Acid.
	Pot Roast	Beef, Spices, Seasonings, Water, Flour, ROASTED BEEF AND BEEF JUICES, SALT, HYDROLYZED SOY PROTEIN (WITH CARAMEL COLOR ADDED), BEEF STOCK, SUGAR, MONOSODIUM GLUTAMATE, ONION POWDER, YEAST EXTRACT, CARAMEL COLOR, HYDROLYZED CORN PROTEIN, SOYBEAN OIL, HYDROLYZED WHEAT PROTEIN, CORN SYRUP SOLIDS, GARLIC POWDER, FLAVORING, THIAMINE HYDROCHLORIDE, BEEF EXTRACT, DISODIUM INOSINATE, DISODIUM GUANYLATE. VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor.
	Mashed Potatoes	WATER, POTATOES, CANOLA OIL, SALT, CONTAINS 2% OR LESS OF: ARTIFICIAL COLORS, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS (MILK), FRESHNESS PRESERVED WITH: SODIUM BISULFITE, SODIUM ACID PYROPHOSPHATE, CITRIC ACID, BHT. GARLIC POWDER
	Lima Beans	lima beans.VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor.
10-Sep	Choice of Roll	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).
	Key Lime Cake	ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (BAKING SODA, ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, DICALCIUM PHOSPHATE), PROPYLENE GLYCOL MONO- AND DIESTERS, WHOLE EGG, SALT, MONO AND DIGLYCERIDES, MODIFIED CORN STARCH, NONFAT MILK, EGG YOLK, GUAR GUM, ARTIFICIAL FLAVOR, SOY LECITHIN, CITRIC ACID. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy, Key Lime Juice, Green Food Coloring
	BBQ Pulled Pork	Pork cushions, High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains less than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate as a preservative, Molasses, Corn Syrup, Garlic*, Sugar, Tamarind, Natural Flavor.
	Corn on the Cob	Corn, LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor.
11-Sep	Baked Beans	White Beans, Water, Sugar, Brown Sugar, Modified Food Starch, Salt, Bacon (Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate), Caramel Color, Liquid Smoke, Calcium Chloride, Natural Flavor.
	Southern Style Biscuit	Enriched Bleached Malted Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Nonfat Milk, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate). Contains 2% or less of the following: Sugar, Dairy Whey (Milk), Salt, Sodium Caseinate (Milk), Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Natural Flavors, Wheat Protein Isolate, Soybean Oil, Artificial Flavor.
	Watermelon	Watermelon

		100% USDA Inspected Chicken . unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, sugar, partially hydrogenated cottonseed oil, salt, leavening (baking soda and/or calcium phosphate), high fructose corn syrup, soy lecithin, malted barley flour, natural flavor. WATER, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, FOOD STARCH-MODIFIED, EGG YOLKS, SALT, CONTAINS LESS THAN 2% OF CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. COMMON ALLERGENS PRESENT: Egg.
	<b>Cracker Crumb Chicken</b>	
12-Sep	<b>Sweet Potatoes</b>	Sweet Potatoes
	<b>Broccoli</b>	Broccoli, LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor.
	<b>Choice of Roll</b>	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).
	<b>Strawberry Pretzel Squares</b>	Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Corn Oil, Corn Syrup, Ammonium Bicarbonate, Malt Extract, and Yeast. COMMON ALLERGENS PRESENT: Wheat.VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. COMMON ALLERGENS PRESENT: Milk. pasteurized milk and cream, salt, carob bean, cheese culture Nonfat milk, vitamin A palmitate, vitamin D3. HIGH FRUCTOSE CORN SYRUP, WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CORN SYRUP, CONTAINS LESS THAN 2% OF THE FOLLOWING: SODIUM CASEINATE (A MILK DERIVATIVE), SOY PROTEIN CONCENTRATE, POLYSORBATE 60, CARBOHYDRATE GUM, SUGAR, SALT, ARTIFICIAL FLAVOR, POLYGLYCEROL ESTERS OF FATTY ACIDS, TO PRESERVE FRESHNESS (POTASSIUM SORBATE), XANTHAN GUM. COMMON ALLERGENS PRESENT: MILK, SOY. Cherry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Red 40 Lake, Blue 1. Strawberry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Natural and Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Red 40 Lake. Raspberry: Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Natural and Artificial Flavor, Malic Acid, Citric Acid, Ascorbic Acid (Vitamin C), Red 40, Red 40 Lake, Blue 1. Sugar, strawberries,
	<b>Fire Braised Pork Shoulder</b>	Fully Cooked Ingredients: Pork, Water, Contains 2% or less of Salt, Sugar, Flavoring, Xanthan Gum, Spice.
	<b>Parmesan Rice</b>	Long grain parboiled rice enriched with iron (ferric phosphate), niacin,thiamine, mononitrate & folic acid, onion, celery, carrots ROASTED CHICKEN AND CHICKEN JUICES, SALT, MONOSODIUM GLUTAMATE, SUGAR, YEAST EXTRACT, CHICKEN FAT, DEHYDRATED ONION, CITRIC ACID, TURMERIC, XANTHAN GUM, CARAMEL COLOR, FLAVORING. LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk.
	<b>Baked Beans</b>	White Beans, Water, Sugar, Brown Sugar, Modified Food Starch, Salt, Bacon (Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate), Caramel Color, Liquid Smoke, Calcium Chloride, Natural Flavor.
	<b>Choice of Roll</b>	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). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.

14-Sep	Apple Cobbler w/ Biscuit	Enriched Bleached Malted Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Nonfat Milk, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate). Contains 2% or less of the following: Sugar, Dairy Whey (Milk), Salt, Sodium Caseinate (Milk), Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Natural Flavors, Wheat Protein Isolate, Soybean Oil, Artificial Flavor.
	BBQ Rib	Pork, High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains less than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate as a preservative, Molasses, Corn Syrup, Garlic*, Sugar, Tamarind, Natural Flavor.
	Baked Beans	White Beans, Water, Sugar, Brown Sugar, Modified Food Starch, Salt, Bacon (Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate), Caramel Color, Liquid Smoke, Calcium Chloride, Natural Flavor.
	Potato Salad	POTATOES, SOYBEAN OIL, WATER, SUGAR, CELERY, SWEET RELISH (PICKLES, FRUCTOSE, VINEGAR, WATER, SALT, XANTHAN GUM, RED PEPPERS, NATURAL FLAVORS, SPICES, ALUM [FIRMING AGENT], TURMERIC [COLOR]), CONTAINS LESS THAN 2% OF WHITE DISTILLED VINEGAR, MUSTARD (DISTILLED VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES), ONIONS, EGGS, EGG YOLKS (EGG YOLKS, SALT), SALT, POTASSIUM SORBATE (TO RETARD SPOILAGE), GRANULATED ONION, LEMON JUICE CONCENTRATE, XANTHAN GUM, SPICES, PAPRIKA (COLOR). COMMON ALLERGENS PRESENT: EGG.
15-Sep	Buckeye Pie	Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), palm and palm kernel oil with TBHQ for freshness, sugar, graham flour, corn syrup, molasses, contains 2% or less of salt, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), malt extract, soy lecithin. COMMON ALLERGENS PRESENT: WHEAT, SOY. Sugar, Dextrose, Modified Food Starch, Sodium Phosphates, Calcium Sulfate, Salt, Natural and Artificial Flavor, Emulsifier Blend (Mono- and Diglycerides, Nonfat Milk), Xanthan Gum, Yellow 5, Yellow 6. COMMON ALLERGENS PRESENT: Milk Roasted Peanuts, Sugar, Contains 2% or less of: Molasses, Fully Hydrogenated Vegetable Oil (Rapeseed, Cottonseed, Soybean), Salt. COMMON ALLERGENS PRESENT: Peanuts. High fructose corn syrup, water, cocoa and cocoa processed with alkali, modified food starch, caramel color, salt, potassium sorbate- a preservative, xanthan gum, titanium dioxide (color), artificial colors (yellow 5, red 3 and blue 1), and natural and artificial flavors.
	Beef Shepherd's Pie	Beef, Peas, Carrots, onion, mushrooms, seasonings, Flour ROASTED BEEF AND BEEF JUICES, SALT, HYDROLYZED SOY PROTEIN (WITH CARAMEL COLOR ADDED), BEEF STOCK, SUGAR, MONOSODIUM GLUTAMATE, ONION POWDER, YEAST EXTRACT, CARAMEL COLOR, HYDROLYZED CORN PROTEIN, SOYBEAN OIL, HYDROLYZED WHEAT PROTEIN, CORN SYRUP SOLIDS, GARLIC POWDER, FLAVORING, THIAMINE HYDROCHLORIDE, BEEF EXTRACT, DISODIUM INOSINATE, DISODIUM GUANYLATE. COMMON ALLERGENS PRESENT: Soy, Wheat.
	Mashed Potatoes	GOLD POTATOES, POTATOES, CANOLA OIL, SALT, CREAMER (CORN SYRUP SOLIDS, CANOLA OIL, MONO AND DIGLYCERIDES, MILK PROTEIN CONCENTRATE), CONTAINS 2% OR LESS OF: MONO AND DIGLYCERIDES, WHEY, ARTIFICIAL COLOR, BUTTER (CREAM, SALT), ANNATTO EXTRACT (COLOR), NATURAL FLAVORS, FRESHNESS PRESERVED WITH: SODIUM BISULFITE, MIXED TOCOPHEROLS, BHT, SODIUM ACID PYROPHOSPHATE, CITRIC ACID. Garlic COMMON ALLERGENS PRESENT: Milk
	Cooked Cabbage	Cabbage, LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor.
	Choice of Roll	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). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.

16-Sep	<b>Double Chocolate Cake</b>	sugar, water, enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], eggs, soybean oil, milk [milk, vitamin D3], semisweet chocolate chips [sugar, chocolate liquor, cocoa butter, soy lecithin, natural vanilla extract], cocoa (alkalized), glucose syrup, corn and wheat starch, propylene glycol mono and diesters (emulsifier), baking soda, food starch-modified, whey protein concentrate, natural and artificial flavors, wheat gluten, whey, salt, cream [milk], propylene glycol, gum blend (guar gum and xanthan gum), sodium aluminum phosphate, sodium acid pyrophosphate, mono- and diglyceride (emulsifier), soy lecithin (emulsifier), sorbitan monostearate, glucono delta lactone, polysorbate 60 and 80, glycerin, citric acid, monocalcium phosphate, FD&C red 3 & 40, FD&C blue 1, dipotassium phosphate, FD&C yellow 6, BHT, sodium benzoate (preservative), carrageenan. COMMON ALLERGENS PRESENT: Egg, Milk, Soy, Wheat.
	<b>Cheesy Turkey Casserole</b>	WATER, SOYBEAN OIL, AGED CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), MODIFIED CORNSTARCH, MALTODEXTRIN, 2% OR LESS OF CORNSTARCH, SALT, VINEGAR, NATURAL FLAVORING, SODIUM PHOSPHATE, DATEM, TORULA YEAST, YELLOW 6, AUTOLYZED YEAST EXTRACT, YELLOW 5. Herbs, Spices, Celery, Carrots, Onions, Cooked Turkey White Meat, Pulled. VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. Bleached wheat flour, yeast, sugar, salt. COMMON ALLERGENS PRESENT: Wheat
	<b>Broccoli</b>	Broccoli, LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor.
	<b>Choice of Roll</b>	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). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.
17-Sep	<b>Blueberry Cheesecake Delight</b>	SUGAR, DEXTROSE, BUTTERMILK, BAKER'S CHEESE (SKIM MILK, LACTIC ACID, CULTURE, BHA [PRESERVATIVE]), MODIFIED TAPIOCA STARCH, PALM KERNEL OIL, CORN SYRUP SOLIDS, CONTAINS LESS THAN 2% OF PROPYLENE GLYCOL MONOSTEARATE, SALT, SODIUM CASEINATE, ACETYLATED MONOGLYCERIDES, TETRASODIUM DIPHOSPHATE, DISODIUM PHOSPHATE, LACTIC ACID, CALCIUM LACTATE, MONO- AND DIGLYCERIDES, ARTIFICIAL FLAVOR, CELLULOSE GEL, CELLULOSE GUM, TRICALCIUM ORTHOPHOSPHATE, YELLOW 5, YELLOW 6. COMMON ALLERGENS PRESENT: Milk. Nonfat milk, vitamin A palmitate, vitamin D3 Blueberries, High Fructose Corn Syrup, Water, Food Starch-Modified, Citric Acid, Salt, Sodium Benzoate and Potassium Sorbate (Preservatives), Spice, Artificial Color (Red 40 and Blue 1). Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, canola oil, molasses, honey, corn syrup, contains 2% or less of leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), salt, soy lecithin.
	<b>Panko Crusted Tilapia</b>	For ingredient or allergen information, please contact: King & Prince, phone: 800-841-0205. Please reference manufacturer number: 072020. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.
	<b>Parsley Noodles</b>	WATER, DURUM WHEAT SEMOLINA, DURUM WHEAT FLOUR, Eggs, Niacin IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID. COMMON ALLERGENS PRESENT: LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Wheat, Egg, parsley
	<b>Sauteed Mushrooms</b>	Mushrooms, LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor. tarragon

	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). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.
18-Sep	<p><b>Choice of Roll</b></p> <p><b>Lemon Bars</b></p>
	FILLING: Sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), egg yolks, soybean oil, egg whites, salt, citric acid, natural flavor, lemon juice powder, malic acid, yellow 5, yellow 5 lake, yellow 6 lake. CRUST: Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, palm and soybean oil, whey (milk protein), salt, baking soda, natural flavor (contains milk). COMMON ALLERGENS PRESENT: Egg, Milk, Wheat. MAY CONTAIN: Soy.
	WATER, COOKED GROUND BEEF, KIDNEY BEANS (DARK RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, DISODIUM EDTA [TO PRESERVE COLOR]), TOMATO PASTE (TOMATOES, CITRIC ACID), HOT CHILI BEANS (COOKED SMALL RED BEANS [BEANS, WATER], WATER, CONTAINS 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, WHEAT FLOUR, TOMATO PASTE, SPICES, SALT, CORN FLOUR, SOYBEAN OIL, NATURAL FLAVORS), ONIONS, GREEN BELL PEPPERS, CELERY, CONTAINS LESS THAN 2% OF BEEF BASE (ROASTED BEEF INCLUDING BEEF JUICES, SALT, HYDROLYZED VEGETABLE PROTEIN [SOY, CORN], MALTODEXTRIN, YEAST EXTRACT, SUGAR, POTATO FLOUR, BEEF FLAVOR, NATURAL FLAVOR, CARAMEL COLOR), CHILI POWDER (CHILI PEPPER, SPICES, SALT, DEHYDRATED GARLIC), WORCESTERSHIRE SAUCE (WATER, DISTILLED VINEGAR, SOY SAUCE [WATER, SALT, HYDROLYZED SOY PROTEIN, CORN SYRUP, CARAMEL COLOR, POTASSIUM SORBATE {PRESERVATIVE}], SUGAR, CORN SYRUP, TAMARIND EXTRACT, CARAMEL COLOR, SPICES, SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, CITRIC ACID, XANTHAN GUM, NATURAL FLAVORS, POTASSIUM SORBATE [A PRESERVATIVE]), BROWN SUGAR, SALT, SPICES, CAYENNE PEPPER SAUCE (AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT, GARLIC POWDER), SUGAR, GRANULATED GARLIC. COMMON ALLERGENS PRESENT: Soy, Wheat.
	<p><b>Chili with Beans</b></p> <p><b>Tossed Salad</b></p>
	LETTUCE, TOMATO, ONION, CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE).
	Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, degermed yellow corn flour, degermed yellow cornmeal, palm and soybean oil, dextrose, Less than 2% of: baking soda, monocalcium phosphate, natural and artificial flavors, salt, sodium aluminum phosphate, yellow 5, yellow 5 lake, yellow 6, yellow 6 lake. Freshness preserved with BHA. COMMON ALLERGENS PRESENT: Wheat. MAY CONTAIN: Egg, Milk, Soy.
21-Sep	<p><b>Corn Bread</b></p> <p><b>Peaches &amp; Cream Parfait</b></p>
	Pasteurized Cultured Skim Milk, Milk, Cream, Salt, Whey, Guar Gum, Mono and Diglycerides, Carrageenan, Polysorbate 80, Xanthan Gum, Locust Bean Gum, Potassium Sorbate (to preserve freshness), Citric Acid and Enzymes. COMMON ALLERGENS PRESENT: Milk, Peaches, Water, Pear Juice Concentrate
	Chicken Broth, Water, Cooked Chicken Meat, Enriched Semolina Flour, Durum Flour and Wheat Flour (Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Fat, Salt, Palm Oil, Monoglyceride, Food Starch - Modified, Eggs, Flavorings, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Onion Powder, Disodium Inosinate, Disodium Guanylate, Natural Coloring and Flavoring. COMMON ALLERGENS PRESENT: Wheat, Egg.
	<p><b>Chicken and Dumplings</b></p> <p><b>Peas &amp; Carrots</b></p>
	Peas, carrots, VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor.



	Enriched Bleached Malted Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Nonfat Milk, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate). Contains 2% or less of the following: Sugar, Dairy Whey (Milk), Salt, Sodium Caseinate (Milk), Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Natural Flavors, Wheat Protein Isolate, Soybean Oil, Artificial Flavor.
22-Sep	<p><b>Biscuit</b></p> <p><b>Blackberry Fruit Cobbler</b></p>
	BLACKBERRIES, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN SYRUP, VEGETABLE OIL (PALM, SOYBEAN), SUGAR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS: BLACKBERRY JUICE CONCENTRATE, SALT, WHITE GRAPE JUICE CONCENTRATE, MONO- AND DIGLYCERIDES, LEMON JUICE SOLIDS, NATURAL FLAVORS.
	<p><b>Beef &amp; Vegetable Stir Fry</b></p> <p>Enriched long grain parboiled rice with iron (ferric phosphate), niacin, thiamine mononitrate (folic acid), wild rice, maltodextrin, sea salt, dehydrated vegetables (onion, parsley, celery, garlic) sugar, potassium chloride, hydrolyzed soy protein, yeast extract, caramel color, paprika, lactic acid, disodium inosinate &amp; guanylate, spice extractive, soybean oil, silicon dioxide (anticaking). COMMON ALLERGENS PRESENT: Soy. 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.</p>
	, Red Peppers, Soybean Oil. Onions, peas, ried Garlic, Dried Onion, Spices, Dried Carrot, Dried Orange Peel, Chili Pepper, Dried Red Bell Pepper, Paprika Extractives (as color), Red Pepper, Natural Flavor.
	<p><b>White Rice</b></p> <p>Mushrooms, LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor. tarragon</p>
	<p><b>Sauteed Mushrooms</b></p> <p>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). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.</p>
23-Sep	<p><b>Choice of Roll</b></p> <p><b>Chocolate Chip Blondie</b></p> <p>ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, EMULSIFIER SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN (AN EMULSIFIER), NATURAL VANILLA EXTRACT. COMMON ALLERGENS PRESENT: Soy.(PROPYLENE GLYCOL MONO- AND DIESTERS, MONO AND DIGLYCERIDES, MONOGLYCERIDES). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (BAKING SODA, VEGETABLE OIL BLEND (SOYBEAN OIL, PALM OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF SALT, NATURAL FLAVOR, CULTURED SKIM MILK, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR). COMMON ALLERGENS PRESENT: Milk.ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, DICALCIUM PHOSPHATE), WHOLE EGG, SALT, MODIFIED CORN STARCH, NONFAT MILK, EGG YOLK, GUAR GUM, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, YELLOW 5, PRESERVATIVE (BHT, CITRIC ACID), YELLOW 6. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.</p>
	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.
	<b>Breaded Fish</b>

24-Sep

Chs-Toppd Baked Potato	Potatoe CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, COLOR ADDED), ANTICAKE (POTATO STARCH, POWDERED CELLULOSE). COMMON ALLERGENS PRESENT: Milk
Asparagus	asparagus, LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor. tarragon
Choice of Roll	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). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.
Oatmeal Cream Cookie	CORN SYRUP, <b>ENRICHED BLEACHED FLOUR</b> (WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, <b>THIAMIN MONONITRATE</b> [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), PALM AND SOYBEAN OILS WITH TBHQ AND CITRIC ACID TO PROTECT FLAVOR, SUGAR, WHOLE GRAIN OATS, WATER, DEXTROSE, <b>MOLASSES</b> , RAISINS.
Cranberry Glazed Turkey	Whole Turkey Breast Roast with up to 15% of a Flavoring Solution of Turkey Broth. Contains less than 2% Salt, Sugar, Sodium and Potassium Phosphate. 100% cranberry juice, sugar, corn starch
Mashed Potatoes/Gravy	WATER, POTATOES, CANOLA OIL, SALT, CONTAINS 2% OR LESS OF: ARTIFICIAL COLORS, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS (MILK), FRESHNESS PRESERVED WITH: SODIUM BISULFITE, SODIUM ACID PYROPHOSPHATE, CITRIC ACID, BHT. GARLIC POWDER Water, Roasted Dark Chicken Meat and Chicken Broth, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Chicken Fat, Salt, Palm Oil, Maltodextrin, Sugar, Onion Powder, Hydrolyzed Corn Protein, Flavoring, Yeast Extract, Xanthan Gum, Torula Yeast, Disodium Inosinate, Disodium Guanylate, Gelatin, Polysorbate 60, Corn Syrup Solids, Turmeric, Tocopherols. COMMON ALLERGENS PRESENT: WHEAT.
Green Bean Casserole	Green Beans, WATER, VEGETABLE OIL (CORN, CANOLA, AND/OR SOYBEAN), MUSHROOMS, MODIFIED FOOD STARCH, WHEAT FLOUR, CONTAINS LESS THAN 2% OF: SALT, CREAM ONIONS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, SALT. COMMON ALLERGENS PRESENT: Wheat.(MILK), SOY PROTEIN CONCENTRATE, YEAST EXTRACT, DEHYDRATED WHEY, FLAVORING, DEHYDRATED GARLIC. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.
Choice of Roll	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). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.

25-Sep	Peanut Butter Brownies	SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), VEGETABLE SHORTENING ((CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA AND/OR PALM OIL] WITH TBHQ [PRESERVATIVE]). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM CARBONATE, SALT, CORN STARCH, EGG WHITE, ANTI-CAKING AGENT (CALCIUM SILICATE), EGG YOLK, LEAVENING (BAKING SODA), XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, SODIUM LAURYL SULFATE. Roasted Peanuts, Sugar, Contains 2% or less of: Molasses, Fully Hydrogenated Vegetable Oil (Rapeseed, Cottonseed, Soybean), Salt. cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums). Powdered Sugar, Vanilla
	Creamy Swiss Beef	Beef, CHICKEN STOCK, MODIFIED FOOD STARCH, VEGETABLE OIL, WHEAT FLOUR, CREAM (MILK), CONTAINS LESS THAN 2% OF: SALT, CHICKEN*, CARROT JUICE CONCENTRATE, cuminImported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking, Natamycin (A Natural Mold Inhibitor). COMMON ALLERGENS PRESENT: Milk SOY PROTEIN CONCENTRATE, CHICKEN FAT, YEAST EXTRACT, FLAVORING, CHICKEN BROTH*, CANE SUGAR, ONIONS*, CELERY EXTRACT, ONION EXTRACT. *DRIED. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.
	Bread Stuffing	CHICKEN STOCK, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: CHICKEN FAT, CHICKEN MEAT, CREAM (MILK), WHEAT FLOUR, SALT, VEGETABLE OIL, DEHYDRATED WHEY, WATER, WHEY PROTEIN CONCENTRATE, YEAST EXTRACT, FLAVORING, BETA CAROTENE, SOY PROTEIN ISOLATE, SODIUM PHOSPHATE, CELERY EXTRACT, DEHYDRATED CHICKEN, ONION EXTRACT. AMERICAN CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO VEGETABLE COLOR, IF COLORED), WATER, CREAM, SODIUM CITRATE, COLOR ADDED, SALT, SORBIC ACID (ADDED AS PRESERVATIVE), SOY ECITHIN (NON-STICKING AGENT). Onions, Celery, Carrots
	Green Peas	Peas, LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor. tarragon
	Choice of Roll	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). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.
28-Sep	Pudding Tart	Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), palm and palm kernel oil with TBHQ for freshness, sugar, graham flour, corn syrup, molasses, contains 2% or less of salt, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), malt extract, soy lecithin. COMMON ALLERGENS PRESENT: WHEAT, SOY. SUGAR, MODIFIED CORNSTARCH, COCOA (PROCESSED WITH ALKALI), DEXTROSE, TETRASODIUM PYROPHOSPHATE AND DISODIUM PHOSPHATE (FOR THICKENING), CONTAINS LESS THAN 2% OF NATURAL AND ARTIFICIAL FLAVOR, SALT, MONO- AND DIGLYCERIDES, CALCIUM SULFATE, XANTHAN GUM, ARTIFICIAL COLOR, RED 40, YELLOW 5, BLUE 1. COMMON ALLERGENS PRESENT: None. SUGAR, MODIFIED CORNSTARCH, COCOA (PROCESSED WITH ALKALI), DEXTROSE, TETRASODIUM PYROPHOSPHATE AND DISODIUM PHOSPHATE (FOR THICKENING), CONTAINS LESS THAN 2% OF NATURAL AND ARTIFICIAL FLAVOR, SALT, MONO- AND DIGLYCERIDES, CALCIUM SULFATE, XANTHAN GUM, ARTIFICIAL COLOR, RED 40, YELLOW 5, BLUE 1. COMMON ALLERGENS PRESENT: None.
	Herbed Pork Loin	Fresh boneless pork loins pumped with up to 12% solution of: water, contains 2% or less of sodium phosphates, potassium acetate, potassium lactate, salt. Rosemary and other Spices, Dried Garlic, Salt, Dried Onion, Dried Red Bell Pepper, Dried Lemon Peel, Paprika (As Color). Dried Apricots and figs

	RED POTATOES, CANOLA OIL, SALT, CREAMER (CORN SYRUP SOLIDS, CANOLA OIL, MONO AND DIGLYCERIDES, MILK PROTEIN CONCENTRATE), CONTAINS 2% OR LESS OF: MONO AND DIGLYCERIDES, WHEY, ARTIFICIAL COLOR, BUTTER (CREAM, SALT), ANNATTO EXTRACT (COLOR), NATURAL FLAVORS, FRESHNESS PRESERVED WITH: SODIUM BISULFITE, MIXED TOCOPHEROLS, BHT, SODIUM ACID PYROPHOSPHATE, CITRIC ACID. Garlic COMMON ALLERGENS PRESENT: Milk
Red Skin Mashed Potatoes	
Green Beans	Green beans, LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor. tarragon
Choice of Roll	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). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.
Harvest Apple Strudel	APPLES, WATER, HIGH FRUCTOSE CORN SYRUP, FOOD STARCH-MODIFIED, CALCIUM LACTATE, CITRIC ACID, SPICES AND COLORING, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES), ERYTHORBIC ACID (TO PROMOTE COLOR RETENTION). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, WATER, PALMKERNEL OIL, NONFAT MILK, SALT, DEXTROSE, SUGAR, CREAM, L-CYSTEINE HYDROCHLORIDE, ANNATTO AND TURMERIC EXTRACT COLOR, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.
Swedish Meatballs	BEEF, WATER, TEXTURED SOY FLOUR, SOY PROTEIN CONCENTRATE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, WHEAT FLOUR, DEHYDRATED ONION, FLAVORINGS, SODIUM PHOSPHATE, HYDROLYZED SOY PROTEIN, PAPRIKA, GARLIC POWDER, EXTRACTIVES OF PAPRIKA, NONFAT DRY MILK. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk WATER, VEGETABLE OIL (CORN, CANOLA, AND/OR SOYBEAN), MUSHROOMS, MODIFIED FOOD STARCH, WHEAT FLOUR, CONTAINS LESS THAN 2% OF: SALT, CREAM (MILK), SOY PROTEIN CONCENTRATE, YEAST EXTRACT, DEHYDRATED WHEY, FLAVORING, DEHYDRATED GARLIC. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. caramel, vegetable base (water, carrots, onion, celery, parsnips, turnips, salt, parsley, spices), sodium benzoate (less than .01 or 1% to preserve freshness) and sulfating agents
Buttered Noodles	WATER, DURUM WHEAT SEMOLINA, DURUM WHEAT FLOUR, Eggs, Niacin IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID. COMMON ALLERGENS PRESENT: LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Wheat, Egg.
Whole Baby Carrots	Carrots ,VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor.
Choice of Roll	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). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.
Fudge Round	<b>Enriched Bleached Flour (Wheat Flour,</b> Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Corn Syrup, Sugar, Dextrose, Palm and Soybean Oils with TBHQ and Citric Acid to Protect Flavor, Water, Cocoa.

29-Sep

30-Sep

1-Oct

<p><b>Cornflake Chicken Breast</b></p>	<p>Chicken Breast, "DEGERMED YELLOW CORN MEAL, SUGAR, CONTAINS 2% OR LESS OF: SALT, BARLEY MALT EXTRACT, VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), IRON (FERROUS FUMARATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B12 (CYANOCOBALAMIN), FOLIC ACID. BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS" Milk, eggs, flour</p>
<p><b>Baked Sweet Potato Half</b></p>	<p>Sweet Potato</p>
<p><b>Cauliflower</b></p>	<p>Cauliflower, LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor. tarragon</p>
<p><b>Southern Style Biscuit</b></p>	<p>Enriched Bleached Malted Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Nonfat Milk, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate). Contains 2% or less of the following: Sugar, Dairy Whey (Milk), Salt, Sodium Caseinate (Milk), Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Natural Flavors, Wheat Protein Isolate, Soybean Oil, Artificial Flavor.</p>
<p><b>Chocolate Mousse</b></p>	<p>Corn Syrup Solids, Sugar, Fructose, Partially Hydrogenated Palm Kernel Oil, Cocoa (Processed with Alkali), Modified Food Starch, Sodium Caseinate, Propylene Glycol Monostearate, Contains Less Than 2% Of Each Of The Following: Acetylated Monoglycerides, Sodium Phosphate, Calcium Gluconate, Mono &amp; Diglycerides, Sodium Alginate, Dextrin, Caramel Color.</p>
<p><b>Grilled Sweet &amp; Sour Beef</b></p>	<p>Boneless Beef (80% lean). Water, Pineapple (Pineapple, Pineapple Juice, Citric Acid), Sugar, Tomatoes (Contains Tomato Juice, Calcium Chloride, Citric Acid), Brown Sugar, Food Starch - Modified, Onion, Vinegar, Tomato Paste, Green Peppers, Salt, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Corn Oil, Natural Flavor, Soy Sauce [Water, Wheat, Soybeans, Salt, Sodium Benzoate(Preservative)], Onion Powder, Spice, Garlic Powder. COMMON ALLERGENS PRESENT: Wheat, Soy.</p>
<p><b>White Rice</b></p>	<p>Enriched long grain parboiled rice with iron (ferric phosphate), niacin, thiamine mononitrate (folic acid), wild rice, maltodextrin, sea salt, dehydrated vegetables (onion, parsley, celery, garlic) sugar, potassium chloride, hydrolyzed soy protein, yeast extract, caramel color, paprika, lactic acid, disodium inosinate &amp; guanylate, spice extractive, soybean oil, silicon dioxide (anticaking). COMMON ALLERGENS PRESENT: Soy. 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.</p>
<p><b>Oriental Vegetable Blend</b></p>	<p>Green Beans, Broccoli, Onions, Mushrooms, Red Peppers, LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor. tarragon</p>
<p><b>Choice of Roll</b></p>	<p>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). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.</p>

2-Oct

Angel Food Cake w/ Stra

SUGAR, WATER, WHEAT STARCH, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGG WHITES, CONTAINS 2% OR LESS: LEAVENING (CORN STARCH, SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), CORN STARCH, SALT, POTASSIUM SORBATE (PRESERVATIVE), FUMARIC ACID, DEXTROSE, SOYBEAN OIL, BAKING SODA, ARTIFICIAL FLAVOR, SOY LECITHIN. Strawberries