

5-Oct	<b>Tuna Noodle Casserole</b>	Egg Noodle(Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat, Egg.), Tuna(Light Tuna, Water, Vegetable Broth, Salt. COMMON ALLERGENS PRESENT: Fish), Butter(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), Cream of Mushroom Soup(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, DEHYDRATED GARLIC, FLAVORING. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. ), Peas, Cheddar Cheese(CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, COLOR ADDED), ANTICAKE (POTATO STARCH, POWDERED CELLULOSE). COMMON ALLERGENS PRESENT: Milk)
	<b>Carrots</b>	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 Bleached wheat flour, yeast, sugar, salt.
	<b>Buttered Breadstick</b>	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
	<b>Ginger Spiced Blondie Ba</b>	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. CINNAMON, NUTMEG, GINGER, BROWNSUGAR COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy
6-Oct	<b>Crispy Lemon Chicken Breast</b>	Chicken Breast, Parmesean Cheese(Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking. COMMON ALLERGENS PRESENT: Milk), Bread Crumbs(Bleached wheat flour, yeast, sugar, salt. COMMON ALLERGENS PRESENT: Wheat) Rosemary, Chicken Stock(SALT, DEXTROSE, FOOD STARCH-MODIFIED, CHICKEN FAT, PALM AND SOYBEAN OIL, MONOSODIUM GLUTAMATE, ONION POWDER, TURMERIC, SPICE AND FLAVORINGS, DISODIUM INOSINATE, DISODIUM GUANYLATE, OLEORESIN PAPRIKA), Lemon Juice
	<b>Garden Rice Blend</b>	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. Dried Onion, Dried Garlic, Spices, Dried Bleached wheat flour, yeast, sugar, salt.
	<b>Sugar Snap Peas</b>	SUGAR SNAP PEAS, 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.

	<b>Wheat Bread</b>	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.
	<b>Banana Cream Pie</b>	WHEY (MILK), SUGAR, HIGH FRUCTOSE CORN SYRUP, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HYDROGENATED PALM KERNEL OIL, VEGETABLE OIL (PALM AND SOYBEAN OILS), BANANAS, GRAHAM FLOUR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS: SALT, MOLASSES, NATURAL AND ARTIFICIAL FLAVORS, GUMS (CARBOHYDRATE AND XANTHAN GUMS), COLORED WITH (BETA-CAROTENE, ANNATTO EXTRACT AND TURMERIC), DISODIUM PHOSPHATE, POLYGLYCEROL ESTERS OF FATTY ACIDS, POLYSORBATE 60, SODIUM CITRATE, SOY LECITHIN, DEXTROSE, BAKING SODA, HONEY, MONOGLYCERIDES.
7-Oct	<b>Honey Glazed Pork Chop</b>	Pork Chop, Honey, Soy Sauce(WATER,SOYBEANS,WHEAT,SALT,LACTIC ACID,SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE. COMMON ALLERGENS PRESENT: Wheat, Soy. ), Applesauce(Apples, Sugar, Water, Ascorbic Acid), Sugar
	<b>Roasted Potato Medley</b>	Red Potatoes, Yukon Potatoes, Idaho Potatoes, Seasonings
	<b>Green Beans</b>	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.
	<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.
	<b>Turtle Squares</b>	Devils Food Cake(ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, COCOA (PROCESSED WITH ALKALI), SOYBEAN OIL, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: EGG YOLK, PROPYLENE GLYCOL MONO- AND DIESTERS, SALT, MODIFIED CORN STARCH, MONO AND DIGLYCERIDES, EGG WHITE, ARTIFICIAL FLAVOR, SOY LECITHIN, GUAR GUM, WHEY. XANTHAN GUM, SODIUM CASEINATE, PALM OIL, SODIUM LAURYL SULFATE, CITRIC ACID. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.), Caramel(Corn syrup, high fructose corn syrup, sugar, condensed nonfat milk, heavy whipping cream, water, salt, pectin, artificial flavor, and disodium phosphate. COMMON ALLERGENS PRESENT: MILK), Chocolate Chips(SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN (AN EMULSIFIER), NATURAL VANILLA EXTRACT. COMMON ALLERGENS PRESENT: Soy.), Eggs, Butter(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)
	<b>Meatloaf</b>	COOKED BEEF, CRACKER MEAL (BLEACHED WHEAT FLOUR), EGG, ONION, TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), MILK (VITAMIN D3 ADDED), WORCESTERSHIRE SAUCE (VINEGAR, MOLASSES, WATER, TAMARIND, NATURAL FLAVOR, SUGAR, SALT, ONION, GARLIC), GREEN BELL PEPPER, SALT, BEEF BASE (BEEF STOCK, SALT, FLAVOR, YEAST EXTRACT, BEEF FAT, CAMEL COLOR, ONION POWDER, SOY SAUCE [WATER, WHEAT, SOYBEANS, SALT], MODIFIED CORNSTARCH, GARLIC POWDER, CORN SYRUP SOLIDS), BLACK PEPPER, DEHYDRATED GARLIC. COMMON ALLERGENS PRESENT: Wheat, Milk, Soy, Egg, Anchovies
	<b>Mashed Potatoes</b>	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. COMMON ALLERGENS PRESENT: Milk.

8-Oct	<b>Peas &amp; Pearl Onions</b>	Peas, Onions, Butter(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 Ca)
	<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.
	<b>Peach Cobbler with Biscuit</b>	Peach Pie Filling(Peaches, High Fructose Corn Syrup, Water, Food Starch-Modified, Citric Acid, Sodium Benzoate and Potassium Sorbate (Preservatives), Salt, Natural and Artificial Flavors, Erythorbic Acid (to promote color retention), Carrageenan, Potassium Chloride, Yellow 5, Yellow 6.), Biscuits(ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SALT, Contains less than 2%: CORN SYRUP SOLIDS, BAKING SODA, SODIUM ALUMINUM PHOSPHATE, SUGAR, SODIUM CASEINATE, MONO & DIGLYCERIDES. COMMON ALLERGENS PRESENT: WHEAT, MILK. MAY CONTAIN: EGG, SOY.)
9-Oct	<b>Pork and Apple Stew</b>	Pork, Flour, Onion, Caraway, Apples, Cabbage, Parsley, Dijon Mustard(DISTILLED WHITE VINEGAR, MUSTARD SEED, WATER, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, FRUIT PECTIN, SUGAR, SPICES), Butter(LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT))
	<b>Baked Potato</b>	Idaho Potato
	<b>Southern Style Biscuit</b>	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.
	<b>Peanut Butter Cookie</b>	ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PEANUT BUTTER (PEANUTS, DEXTROSE, FULLY HYDROGENATED VEGETABLE OILS [COTTONSEED, SOYBEAN, RAPESEED], SALT), MINI PEANUT BUTTER CUPS (SUGAR, PALM KERNEL OIL, PARTIALLY DEFATTED PEANUT FLOUR, NONFAT MILK, PEANUT BUTTER [PEANUTS, SALT], COCOA PROCESSED WITH ALKALI, HYDROGENATED PALM OIL, SALT, SOY LECITHIN [EMULSIFIER], TBHQ AND CITRIC ACID [PROTECT FRESHNESS]), BUTTER (CREAM, SALT, NATURAL FLAVORING), HONEY ROASTED PEANUTS (PEANUTS, SUGAR, HONEY, PEANUT OIL, POTATO STARCH, MALTODEXTRIN, SALT, XANTHAN GUM), WATER, SEMI-SWEET CHOCOLATE CHUNKS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN [AN EMULSIFIER], VANILLA EXTRACT, SALT), MARGARINE (PALM OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL FLAVOR, BETA-CAROTENE [COLOR], VITAMIN A PALMITATE), MARGARINE (SOYBEAN OIL, WATER, VEGETABLE MONO AND DIGLYCERIDES, SALT, CONTAINS LESS THAN 2% OF WHEY SOLIDS, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], CITRIC ACID, ARTIFICIAL FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), CONTAINS LESS THAN 2% OF BAKING SODA, EGGS, INVERT SUGAR, MOLASSES, NATURAL FLAVORS, SALT. COMMON ALLERGENS PRESENT: Milk, Wheat, Egg, Peanut, Soy.
	<b>Pot Roast</b>	Beef, Brown Gravy(Water, Beef Stock(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) Butter(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.) Flour) Seasoning

12-Oct		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. COMMON ALLERGENS PRESENT: Milk.
	<b>Mashed Potatoes</b>	
	<b>Stewed Tomatoes</b>	Diced Tomatoes, Brown Sugar, Corn Starch
		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.
	<b>Southern Style Biscuit</b>	
		Sugar, cream cheese [pasteurized milk and cream, salt, carob bean, cheese culture], egg, wheat flour, vegetable oil (contains one or more of the following: canola, palm, safflower, soybean, sunflower oil), water, invert sugar, glucose, cream (milk), natural and artificial flavors, milk [vitamin D3], corn starch, FD&C red 40, gum blend (guar, locust bean, and xanthan gum), vegetable glycerin, grape juice, rice syrup solids, salt, oat fiber, cocoa (alkalized), baking soda, modified food starch, skim milk, wheat gluten, sodium acid pyrophosphate, soy lecithin (emulsifier), carrageenan, FD&C blue 1, citric acid, titanium dioxide (color), potassium sorbate (preservative), monocalcium phosphate, polysorbate 80 (preservative), beta carotene (color), vitamin A palmitate. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.
	<b>Red Velvet Cake Roll</b>	
13-Oct		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
	<b>Cranberry Glazed Turkey</b>	
		Potatoes, onions, Butter (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.)
	<b>Onion Roasted Potatoes</b>	
		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 Fl
<b>Sauteed Asparagus</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.
<b>Choice of Roll</b>		
		Apricots, Oatmeal, Brown Sugar, Butter ( LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT).)
<b>Apricot Crisp</b>		
		, 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. Terryaki(WATER, SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT, SODIUM BENZOATE [A PRESERVATIVE]), SUGAR, PINEAPPLE JUICE CONCENTRATE, RICE VINEGAR, BROWN SUGAR, FOOD STARCH-MODIFIED, CONTAINS LESS THAN 2% OF ONION JUICE, DISTILLED VINEGAR, ONION*, GARLIC*, SALT, SESAME SEED, AUTOLYZED YEAST EXTRACT, GREEN ONION*, RED BELL PEPPER*, SODIUM BENZOATE (A PRESERVATIVE), NATURAL FLAVOR, SPICE. *DEHYDRATED. COMMON ALLERGENS PRESENT: Soy, Wheat)
<b>Beef Teriyaki</b>		

14-Oct

	<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>White Rice</b></p>	
	<p>Green Beans, Broccoli, Onions, Mushrooms, Red Peppers,( Butter(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.)</p>
<p><b>Oriental Vegetable Blend</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>
<p><b>Choice of Roll</b></p>	
	<p>Brownie(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.), Butterscotch Pudding(Milk, Sugar, Dextrose, Modified Food Starch, Less than 2% Disodium Phosphate, Tetrasodium Pyrophosphate,Tricalcium Phosphate, Salt, Caramel Color, Nonfat Dry Milk, Mono and Diglycerides, Xanthan Gum, Natural and Artificial Flavor, Yellow 6, Yellow 5. COMMON ALLERGENS PRESENT: Milk.), Whip Cream(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.)</p>
<p><b>Butterscotch Brownie Pa</b></p>	
	<p>Chicken, Peppers, Onions, Alfredo(Cheese Blend [Whey, Parmesan &amp; Cheddar Cheese (Milk, Salt, Cheese Cultures, Enzymes), Maltodextrin, Disodium Phosphate, Salt, Canola Oil, Lactic Acid], Modified Food Starch, Whey, Coconut Oil, Corn Syrup Solids, Salt, Buttermilk, Contains Less Than 2% Or Less Of Each Of The Following: Titanium Dioxide (Color), Sodium Caseinate, Maltodextrin, Guar Gum, Soybean Oil, Disodium Inosinate, Yeast Extract, Potassium &amp; Sodium Phosphate, Sugar, Spice, Mono &amp; Diglycerides, Soy Lecithin, Garlic Extractive, Silicon Dioxide (Anticaking). COMMON ALLERGENS PRESENT: Milk, Soy.) Biscuit(Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, malted barley flour, enzymes, ascorbic acid), palm and soybean oil, dextrose. Less than 2% of: baking soda, sodium aluminum phosphate, aluminum sulfate, sodium acid pyrophosphate, monocalcium phosphate, salt, buttermilk, natural flavors (contains milk derivatives), soy lecithin, color (turmeric, annatto, beta carotene). COMMON ALLERGENS PRESENT: Wheat, Milk, Soy.)</p>
<p><b>Chicken &amp; Broccoli Pot Pie</b></p>	

15-Oct	<b>Green Beans &amp; Mushrooms</b>	Green Beans, 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.
	<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.
	<b>Cinnamon Maple Apple Cak</b>	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, Cinnamon, Caramel(Corn syrup, high fructose corn syrup, sugar, condensed nonfat milk, heavy whipping cream, water, salt, pectin, artificial flavor, and disodium phosphate. COMMON ALLERGENS PRESENT: MILK.)
16-Oct	<b>Beef Burgundy</b>	Beef, Onions, Peppers, Red Wine
	<b>Red Skin Mashed Potatoes</b>	RED 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. COMMON ALLERGENS PRESENT: Milk.
	<b>Sugar Snap Peas</b>	SUGAR SNAP PEAS, 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.
	<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.
	<b>Princess Bars</b>	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. Filling: High Fructose Corn Syrup, Water, Red Raspberries, Food Starch-Modified, Potassium Chloride, Salt, Erythorbic Acid (to promote color retention), Sodium Benzoate & Potassium Sorbate (Preservatives), Carrageenan, Locust Bean Gum, Red 40.
	<b>Fire Braised Pork Shoulder</b>	Fully Cooked Ingredients: Pork, Water, Contains 2% or less of Salt, Sugar, Flavoring, Xanthan Gum, Spice.

19-Oct	Parmesan Rice	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.
	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.
	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.
	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.
20-Oct	Meatloaf	COOKED BEEF, CRACKER MEAL (BLEACHED WHEAT FLOUR), EGG, ONION, TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), MILK (VITAMIN D3 ADDED), WORCESTERSHIRE SAUCE (VINEGAR, MOLASSES, WATER, TAMARIND, NATURAL FLAVOR, SUGAR, SALT, ONION, GARLIC), GREEN BELL PEPPER, SALT, BEEF BASE (BEEF STOCK, SALT, FLAVOR, YEAST EXTRACT, BEEF FAT, CARAMEL COLOR, ONION POWDER, SOY SAUCE [WATER, WHEAT, SOYBEANS, SALT], MODIFIED CORNSTARCH, GARLIC POWDER, CORN SYRUP SOLIDS), BLACK PEPPER, DEHYDRATED GARLIC. COMMON ALLERGENS PRESENT: Wheat, Milk, Soy, Egg, Anchovies
	Mashed Potato/gravy	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. COMMON ALLERGENS PRESENT: Milk.
	Green beans w/ butter	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.
	Pumpkin pie w/	PUMPKIN, CORN SYRUP, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, EGGS, VEGETABLE OIL (PALM AND SOYBEAN OILS), SKIM MILK, MILK, SUGAR. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MODIFIED CORN STARCH, SALT, SPICES (INCLUDES CINNAMON), RED BEET JUICE (COLOR), CARRAGEENAN, GUMS (CAROB BEAN, GUAR, XANTHAN), DEXTRIN, SODIUM TRIPOLYPHOSPHATE, SOY FLOUR.
	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.

21-Oct	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.
	Double Chocolate Cake	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.
22-Oct	Cheesy Turkey Casserole	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
	Broccoli	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.
	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.



		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>Blueberry Cheesecake Delight</b>	
23-Oct	<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
	<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.
	<b>Lemon Bars</b>	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, 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.
26-Oct	<b>Chili with Beans</b>	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.
	<b>Tossed Salad</b>	LETTUCE, TOMATO, ONION, CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE).

	<b>Corn Bread</b>	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.
	<b>Peaches &amp; Cream Parfait</b>	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
27-Oct	<b>Chicken and Dumplings</b>	Chicken Broth, Water, Cooked Chicken Meat, Enriched Semolina Flour, Durum Flour and Wheat Flour (Malted Barley Flour, Niacin, Ferrrous 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.
	<b>Peas &amp; Carrots</b>	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.
	<b>Biscuit</b>	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.
	<b>Blackberry Fruit Cobbler</b>	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.
	<b>Beef &amp; Vegetable Stir Fry</b>	, 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.
	<b>White Rice</b>	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.
	<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

28-Oct	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.
	Chocolate Chip Blondie	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.
	Breaded 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.
	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
29-Oct	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, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [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, MOLASSES, 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


