

	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.
2-Nov	<p>Creamy Swiss Beef</p> <p>Bread Stuffing</p> <p>Green Peas</p> <p>Choice of Roll</p> <p>Pudding Tart</p> <p>Herbed Pork Loin</p> <p>Red Skin Mashed Potatoes</p> <p>Green Beans</p> <p>Choice of Roll</p>
3-Nov	<p>Harvest Apple Strudel</p> <p>Swedish Meatballs</p> <p>Buttered Noodles</p> <p>Whole Baby Carrots</p> <p>Choice of Roll</p>
4-Nov	<p>Fudge Round</p> <p>Cornflake Chicken Breast</p> <p>Baked Sweet Potato Half</p> <p>Cauliflower</p> <p>Southern Style Biscuit</p>
5-Nov	<p>Chocolate Mousse</p> <p>Grilled Sweet & Sour Beef</p> <p>White Rice</p> <p>Oriental Vegetable Blend</p>

	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.
6-Nov	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
	Tuna Noodle Casserole	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)
9-Nov	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 Bleached wheat flour, yeast, sugar, salt.
	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, powdered cellulose), garlic powder, pepperblend (black pepper, salt, brown sugar, dehydrated onion, parsley, dehydrated bell pepper, spice), onion powder, butter (cream, salt), natural flavor, annatto. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy
	Ginger Spiced Blondie Ba	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, HONEY, BROWNSUGAR. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy
	Crispy Lemon Chicken Breast	Chicken Breast, Parmesan 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 PALMIKA), Lemon Juice
10-Nov	Garden Rice Blend	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.
	Sugar Snap Peas	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.
	Wheat Bread	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.
	Banana Cream Pie	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.
	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
12-Nov	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. COMMON ALLERGENS PRESENT: Milk.
	Peas & Pearl Onions	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)
	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.
	Peach Cobbler with Biscuit	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.)
	Pork and Apple Stew	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))
	Baked Potato	Idaho Potato
13-Nov	Southern Style Biscuit	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.
	Peanut Butter Cookie	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.

16-Nov	Pot Roast	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
	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. COMMON ALLERGENS PRESENT: MILK.
	Stewed Tomatoes	Diced Tomatoes, Brown Sugar, Corn Starch
	Southern Style Biscuit	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-Nov	Red Velvet Cake Roll	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.
	Baked Glazed Ham	Cured with water, dextrose, contains 2% or less of salt, sodium phosphates, potassium acetate, potassium lactate, sodium diacetate, sodium erythorbate, sodium nitrite.
	Onion Roasted Potatoes	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.)
	Sauteed 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 Fl
18-Nov	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.
	Apricot Crisp	Apricots, Oatmeal, Brown Sugar, Butter(LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT).)
	Beef Teriyaki	, 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. Teriyaki(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)
	White 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.
19-Nov	Oriental Vegetable Blend	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.)
	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.
	Butterscotch Brownie Pa	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.)
19-Nov	Chicken & Broccoli Pot Pie	Chicken, Peppers, Onions, Alfredo(Cheese Blend [Whey, Parmesan & 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 & Sodium Phosphate, Sugar, Spice, Mono & 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.)
	Green Beans & Mushrooms	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.
	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.
	Cinnamon Maple Apple Cak	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.)
	Beef Burgundy	Beef, Onions, Peppers, Red Wine
	Red Skin Mashed Potatoes	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.

20-Nov	Sugar Snap Peas	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.
	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.
	Princess Bars	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.
23-Nov	Fire Braised Pork Shoulder	Fully Cooked Ingredients: Pork, Water, Contains 2% or less of Salt, Sugar, Flavoring, Xanthan Gum, Spice.
	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.
24-Nov	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.
	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.
25-Nov	Snickerdoodle	SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, MARGARINE (PALM OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL FLAVOR, BETA-CAROTENE [COLOR], VITAMIN A PALMITATE), BUTTER (CREAM, SALT), EGGS, INVERT SUGAR, CONTAINS 2% OR LESS OF: NATURAL FLAVORS, CINNAMON, CREAM OF TARTAR, BAKING POWDER (CORN STARCH, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), BAKING SODA, SOYBEAN OIL. COMMON ALLERGENS PRESENT: Wheat, Egg, Milk, Soy.
	Roasted Turkey breast	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
	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
	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
30-Nov	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.
	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.
	Pumpkin Pie	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 TRIPHOSPHATE, SOY FLOUR.
30-Nov	Chili with Beans	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.
	Tossed Salad	LETTUCE, TOMATO, ONION, CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE).
	Corn Bread	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.
	Peaches & Cream Parfait	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 and Dumplings	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.

1-Dec	Peas & Carrots	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.
	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.
	Blackberry Fruit Cobbler	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.
2-Dec	Beef & Vegetable Stir Fry	, 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.
	White 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.
	Sauteed Mushrooms	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
	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.
3-Dec	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
	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.
4-Dec	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
	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.	
4-Dec	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.
	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