

6-Jul	Pork Chop w/Mushroom Gravy	Pork, Mushrooms, Onions, Modified corn starch, pea flour, beef fat, yeast extract, maltodextrin, hydrolyzed soy protein, salt, caramel color, sugar, tomato powder, dehydrated beef stock, onion powder, beef extract, gelatin, natural flavor, carrot powder, lard, xanthan gum, spice, disodium guanylate, disodium inosinate, citric acid, paprika. Contains: soy.
	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, (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL , Flour, Pepper
	Asparagus	Asparagus and seasonings
	Wheat Bread	WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, HIGH FRUCTOSE CORNSYRUP, SOYBEAN OIL, WHEAT GLUTEN, YEAST, SALT, VINEGAR, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), POTASSIUM CHLORIDE, SODIUM GLUCONATE, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID. COMMON ALLERGENS PRESENT: Wheat, Soy.
	Watermelon	Watermelon
7-Jul	Tuna Patty	Tuna, WATER, BLEACHED AND UNBLEACHED WHEAT FLOUR, POTATOES, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), DRIED POTATOES, MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLKS, WHOLE EGG, DISTILLED VINEGAR, SALT, MUSTARD SEEDS, CALCIUM DISODIUM EDTA [added to protect flavor], LEMON JUICE CONCENTRATE), CORN STARCH, CELERY, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SALT, ONION, DRIED WHOLE EGGS, BUTTERMILK FLAVOR (WHEY, LACTIC ACID, CALCIUM LACTATE, CITRIC ACID, BUTTERMILK, SAFFLOWER OIL, MODIFIED CORN STARCH, NATURAL FLAVORS, CORN SYRUP SOLIDS, MALTODEXTRIN), MODIFIED CORN STARCH, SUGAR, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SODIUM TRIPOLYPHOSPHATES (TO RETAIN MOISTURE), GARLIC POWDER, MONOGLYCERIDES, WHITE PEPPER, LEMON JUICE, PARSLEY. COMMON ALLERGENS PRESENT: Egg, Fish, Milk, Wheat.
	Scalloped Potatoes	WATER, POTATOES, WHOLE MILK POWDER, ONION, MARGARINE (SOYBEAN OIL, PALM OIL WATER, SALT, CONTAINS 2% OR LESS OF: MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY]), NATURAL FLAVOR, ANNATTO [COLOR], VITAMIN A PALMITATE ADDED), WHITE WINE, FOOD STARCH-MODIFIED, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, DEHYDRATED ONION, MONO- & DIGLYCERIDES, GROUND WHITE PEPPER. COMMON ALLERGENS PRESENT: Milk, Soy
	Corn	Corn
	Wheat bread	WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, HIGH FRUCTOSE CORNSYRUP, SOYBEAN OIL, WHEAT GLUTEN, YEAST, SALT, VINEGAR, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), POTASSIUM CHLORIDE, SODIUM GLUCONATE, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID. COMMON ALLERGENS PRESENT: Wheat, Soy.
	Diced Pears	Pears
8-Jul	Spinach Artichoke chicken	Chicken, Spinach, Artichoke, Yogurt, Cheese, White Wine, Garlic
	Buttered Noodles	Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat, Egg.
	Carrots	Carrots
	Roll	WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, HIGH FRUCTOSE CORNSYRUP, SOYBEAN OIL, WHEAT GLUTEN, YEAST, SALT, VINEGAR, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), POTASSIUM CHLORIDE, SODIUM GLUCONATE, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID. COMMON ALLERGENS PRESENT: Wheat, Soy.
	Cherry Chocolate Bar	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),
9-Jul	Baked Ziti	Ricotta Cheese, Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat. Cheese Powder (Whey, Natural Flavors, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Reduced Lactose Whey, Maltodextrin, Canola Oil, Salt, Natural Blue Cheese Flavor, Disodium Phosphate, Nonfat Dry Milk, Citric Acid, Yellow 5, Yellow 6), Modified Corn Starch, Maltodextrin, Whey Powder, Palm Oil, Salt, Dextrose, Yeast Extract, Contains 2% or less of: Soybean Oil, Xanthan Gum, Artificial Flavor, Sodium Caseinate, Citric Acid, Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate, Yellow 5, Yellow 6. COMMON ALLERGENS PRESENT: Milk.
	Cauliflower	Cauliflower
	Garlic Toast	ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, PALM OIL, SALT, DEXTROSE, GARLIC POWDER, YEAST (ASCORBIC ACID, CELLULOSE GUM), DOUGH IMPROVER (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], ASCORBIC ACID, Malted Barley Flour, Enzymes), ONION POWDER, WHEAT GLUTEN, BUTTER (CREAM, SALT), INACTIVE YEAST, SOY LECITHIN, NATURAL FLAVOR, ANNATTO, PARSLEY FLAKES. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk.
	Watermelon	Watermelon
	Parm Cheese	
12-Jul	BBQ Pork	PORK, SAUCE: (WATER, KETCHUP [TOMATO CONCENTRATE, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING], BROWN SUGAR, TOMATO PASTE, WORCESTERSHIRE SAUCE CONCENTRATE [DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR], MUSTARD [DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, GARLIC POWDER], SALT, NATURAL HICKORY SMOKE FLAVOR, VINEGAR [DISTILLED VINEGAR, CARAMEL COLOR], SPICES, CATSUP SEASONING [SALT, MALTODEXTRIN, SPICE EXTRACTIVES], GARLIC POWDER, ONION POWDER, CARAMEL COLOR). COMMON ALLERGENS PRESENT: N/A.
	Baked Beans	Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Cured Bacon, Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor.
	Squash and Zucchini	Squash Zucchini 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)
	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.
Key Lime Bars		
13-Jul	Herb Marinated Chicken Breast	Chicken, Soybean Oil., Parsley, Rosemary, Basil, Thyme, White Pepper, Salt, old bay (Celery Salt (Salt, Celery Seed), Spices (Including Red Pepper and Black Pepper), and Paprika.)
	Parsley Noodles	Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat, Egg.
	Capri Vegetable Blend	Zucchini, Yellow Squash, Carrots, Green Beans 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
	Wheat Bread	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.
	Cheesecake	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., Milk, Enriched flour (wheat flour, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), palm and palm kernel oil with TBHQ for freshness, sugar, graham flour, corn syrup, molasses, contains 2% or less of salt, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), malt extract, soy lecithin. COMMON ALLERGENS PRESENT: WHEAT, SOY..
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. 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)	

14-Jul	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.
	Sugar Snap Peas	Sugar Snap Peas (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.)
	Vegetable Egg Roll	CABBAGE, ENRICHED FLOUR ((BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR), CELERY, WATER, CARROTS, BOK CHOY, WATER CHESTNUTS, ENRICHED DURUM FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BAMBOO SHOOTS, CONTAINS 2% OR LESS OF: SALT, VEGETABLE OIL (COTTONSEED AND/OR CANOLA OIL), SUGAR, MODIFIED FOOD STARCH, SPICE, ROASTED GARLIC, WHEAT GLUTEN, TOASTED SESAME OIL, DRIED ONION, MALTODEXTRIN, NATURAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, EGGS, CORNSTARCH. FRIED IN VEGETABLE OIL (COTTONSEED AND/OR CANOLA OIL). COMMON ALLERGENS PRESENT: Egg, Wheat.
15-Jul	Ginger Spice Blondie	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
	Cabbage Rolls	CABBAGE LEAVES, WATER, COOKED BEEF, TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), COOKED RICE, TOMATO PASTE, ONION, EGG, BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT), GREEN BELL PEPPER, SALT, FOOD STARCH-MODIFIED, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CELERY, SUGAR, NONFAT DRY MILK, ISOLATED SOY PROTEIN, VINEGAR (DISTILLED WHITE VINEGAR, WATER), SPICES, DRIED BEEF STOCK, CARAMEL COLOR, DEHYDRATED GARLIC. COMMON ALLERGENS PRESENT: Egg, Wheat, Soy, Milk.
	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
	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.
	Roll	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Soybean Oil, Contains 2% or less of the following: Potato Flakes, Wheat Gluten, Salt, Ascorbic Acid, Barley Malt Extract, Corn Grits, Calcium Propionate (Preservative), Spices (Annatto, Turmeric). ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, BUTTERMILK, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, DATEM, NONFAT MILK, WHEY PROTEIN CONCENTRATE, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, PECTIN, CREAM, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk, Wheat.
16-Jul	Peanut Butter Cookie	Peanut Butter (Roasted Peanuts, Sugar, Hydrogenated Vegetable Oil [Canola, Cottonseed, and/or Soybean Oil], Salt, Molasses), Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, High Fructose Corn Syrup, Vegetable Shortening (Palm and Canola Oil [with TBHQ to Preserve Freshness]), and Less Than 2% of the Following: Eggs, Leavening (Baking Soda), Salt, Fructose, Modified Corn Starch, Artificial Flavor, and Caramel Color. COMMON ALLERGENS PRESENT: Egg, Peanuts, Wheat.
	Fire Braised Pork Shoulder	Fully Cooked Ingredients: Pork, Water, Contains 2% or less of Salt, Sugar, Flavoring, Xanthan Gum, Spice.
	Mashed Sweet Potatoes	SWEET POTATOES, POTATOES, SUGAR, CANOLA OIL, CONTAINS 2% OR LESS OF: SALT, NATURAL FLAVORS (MILK), PAPRIKA OLEORESIN (COLOR), LACTOSE, SODIUM CASEINATE, MONO AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, FRESHNESS PRESERVED WITH: BHT, SODIUM BISULFITE, CITRIC ACID. COMMON ALLERGENS PRESENT: Milk.
	Garden Seasoned Broccoli	Broccoli, 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.
19-Jul	Wheat bread	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.
	Carrot Cake	ASTEURIZED MILK, SUGAR, PALM OIL, CREAM CHEESE (PASTEURIZED MILK AND CREAM [MILK], SALT, CAROB BEAN GUM, CHEESE CULTURE), HONEY GRAHAM CRUMBS (ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], INVERT SUGAR, WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN, PALM AND PALM KERNEL OIL WITH TBHQ FOR FRESHNESS]), CONTAINS 2% OR LESS OF BAKING SODA, SALT, HONEY), WHOLE EGGS, FRUCTOSE, SOYBEAN OIL, WATER, WHOLE MILK (WHOLE MILK, VITAMIN A PALMITATE, VITAMIN D3), POWDERED SUGAR (SUCROSE, CORN STARCH), UNSALTED BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORING), ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CARROTS, CRUSHED PINEAPPLE (PINEAPPLE, PINEAPPLE JUICE, ASCORBIC ACID [TO PROTECT COLOR]), CORN SYRUP SOLIDS, VANILLA CRUMB (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, PALM OIL, DEXTROSE, WHEY [MILK], SALT, NATURAL VANILLA FLAVOR, BAKING SODA), FOOD STARCH - MODIFIED, SALT, CHEESE CULTURE, SWEETENED COCONUT (COCONUT, SUGAR, WATER, PROPYLENE GLYCOL), CAROB BEAN GUM, MONO AND DIGLYCERIDES, [BETA]-APO-8-CAROTENAL (COLOR), PECANS, SODIUM BICARBONATE, SALT, NATURAL FLAVORS, CITRUS PULP FIBER BLEND (DRIED ORANGE PULP, GUAR GUM), SPICE, SOY LECITHIN. COMMON ALLERGENS PRESENT: Soy, Tree Nuts, Milk, Wheat, Eggs.
20-Jul	Hamburger	Ground Beef, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, WHEAT GLUTEN, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), SODIUM STEAROYL LACTYLATE, VINEGAR, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID. COMMON ALLERGENS PRESENT: Wheat.
	Hashbrown Casserole	POTATOES, WHEY, SKIM MILK, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA OIL, SUNFLOWER OIL, SOYBEAN OIL), MODIFIED FOOD STARCH, WATER, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO), SODIUM PHOSPHATE, JALAPENO PEPPERS, SALT, DISTILLED VINEGAR, NATURAL FLAVORS, CONTAINS LESS THAN 0.5% OF: DATEM, MONO- AND DIGLYCERIDES, CELLULOSE GUM, AUTOLYZED YEAST EXTRACT, COLOR ADDED, LACTIC ACID, ACETIC ACID. COMMON ALLERGENS PRESENT: Milk
	Coleslaw	CABBAGE, HIGH FRUCTOSE CORN SYRUP, WATER, WHITE DISTILLED VINEGAR, CELERY, RED BELL PEPPERS, ONIONS, GREEN BELL PEPPERS, CUCUMBERS, CARROTS, CONTAINS LESS THAN 2% OF SOYBEAN OIL, SALT, NATURAL FLAVOR, POTASSIUM SORBATE
	Red Geletin Cake	ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE, EMULSIFIER (PROPYLENE GLYCOL MONO- AND DIESTERS, MONO AND DIGLYCERIDES, MONOGLYCERIDES). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (BAKING SODA, ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, DICALCIUM PHOSPHATE), WHOLE EGG, SALT, MODIFIED CORN STARCH, NONFAT MILK, EGG YOLK, GUAR GUM, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, YELLOW 5, PRESERVATIVE (BHT, CITRIC ACID), YELLOW 6. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy., Sugar, Dextrose, Gelatin, Fumaric Acid, Disodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Artificial Flavor, Red 40, Ascorbic Acid (Vitamin C), Red 40 Lake, Blue 1.
20-Jul	BBQ Ribs	Pork, Spices, High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains less than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate as a preservative, Molasses, Corn Syrup, Garlic*, Sugar, Tamarind, Natural Flavor.
	Baked Beans	White Beans, Water, Sugar, Brown Sugar, Modified Food Starch, Salt, Bacon (Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate), Mustard Flour, Caramel Color, Liquid Smoke, Calcium Chloride, Natural Flavor.
	Corn	Corn, 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.
	Potato Salad	POTATOES, SOYBEAN OIL, WATER, SUGAR, CELERY, SWEET RELISH (PICKLES, FRUCTOSE, VINEGAR, WATER, SALT, XANTHAN GUM, RED PEPPERS, NATURAL FLAVORS, SPICES, ALUM [FIRMING AGENT], TURMERIC [COLOR]), CONTAINS LESS THAN 2% OF WHITE DISTILLED VINEGAR, MUSTARD (DISTILLED VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES), ONIONS, EGGS, EGG YOLKS (EGG YOLKS, SALT), SALT, POTASSIUM SORBATE (TO RETARD SPOILAGE), GRANULATED ONION, LEMON JUICE CONCENTRATE, XANTHAN GUM, SPICES, PAPRIKA (COLOR). COMMON ALLERGENS PRESENT: EGG.

	Buckeye Pie	Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), palm and palm kernel oil with TBHQ for freshness, sugar, graham flour, corn syrup, molasses, contains 2% or less of salt, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), malt extract, soy lecithin. COMMON ALLERGENS PRESENT: WHEAT, SOY. Sugar, Dextrose, Modified Food Starch, Sodium Phosphates, Calcium Sulfate, Salt, Natural and Artificial Flavor, Emulsifier Blend (Mono- and Diglycerides, Nonfat Milk), Xanthan Gum, Yellow 5, Yellow 6. COMMON ALLERGENS PRESENT: Milk Roasted Peanuts, Sugar, Contains 2% or less of: Molasses, Fully Hydrogenated Vegetable Oil (Rapeseed, Cottonseed, Soybean), Salt. COMMON ALLERGENS PRESENT: Peanuts. High fructose corn syrup, water, cocoa and cocoa processed with alkali, modified food starch, caramel color, salt, potassium sorbate- a preservative, xanthan gum, titanium dioxide (color), artificial colors (yellow 5, red 3 and blue 1), and natural and artificial flavors.
21-Jul	Veal Picatta	Veal, VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, White Wine, Salt, Malic Acid, Caramel Color, Potassium Metabisulfite (Preservative), Potassium Sorbate (Preservative). Contains: Sulfites, Capers, Milk
	Parsley Noodles	Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat, Egg.
	Lima Beans	Lima Beans, VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. Dried Onion, Dried Garlic, Spices, Dried Bleached wheat flour, yeast, sugar, salt.
	Buttered Breadstick	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 Cookie	RAISINS, SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR (SUGAR, MOLASSES), OATS, SHORTENING (PALM OIL), WHEAT FLOUR, MARGARINE (PALM OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL FLAVOR, BETA-CAROTENE [COLOR], VITAMIN A PALMITATE), EGGS, CONTAINS 2% OR LESS OF: NATURAL FLAVORS, SPICES, INVERT SUGAR, BAKING SODA, SALT. COMMON ALLERGENS PRESENT: Wheat, Egg, Milk, Soy.
22-Jul	Turkey Pot Roast	Turkey thigh meat, water, seasoning (modified tapioca starch, modified corn starch, hydrolyzed yeast protein, hydrolyzed corn protein, maltodextrin, dextrose, onion powder, sugar, garlic powder, beef fat, tomato powder, beef extract, natural flavors, autolyzed yeast extract, corn syrup solids, worchestershire sauce (vinegar, molasses, corn syrup, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor), thiamine hydrochloride), less than 2% of salt, sugar, sodium phosphate, caramel color powder.
	Whipped sweet Potatoes	SWEET POTATOES, POTATOES, SUGAR, CANOLA OIL, CONTAINS 2% OR LESS OF: SALT, NATURAL FLAVORS (MILK), PAPRIKA OLEORESIN (COLOR), LACTOSE, SODIUM CASEINATE, MONO AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, FRESHNESS PRESERVED WITH: BHT, SODIUM BISULFITE, CITRIC ACID. COMMON ALLERGENS PRESENT: Milk.
	Spinach	Spinach, 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.
	Texas Sheet Cake	sugar, water, enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], eggs, soybean oil, milk, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), cocoa(alkalized), glucose syrup, modified cornstarch, wheat starch, baking soda, propylene glycol mono- and diesters of fats and fatty acids, egg whites, cornstarch, wheat gluten, sodium acid pyrophosphate, mono- and diglycerides, whey protein concentrate, cream (milk), propylene glycol, natural and artificial flavor, vanilla extract, xanthan gum, glucono-delta-lactone, monocalcium phosphate, sorbitan monostearate, soy lecithin, polysorbate 80, guar gum, glycerin, FD&C red No 40, FD&C blue No 1, FD&C red No 3, dipotassium phosphate, FD&C yellow No 6, citric acid, sodium benzoate (preservative), carrageenan, vitamin D3. COMMON ALLERGENS PRESENT: EGG, MILK, SOY, WHEAT.
23-Jul	Beef Macaroni Casserole	Ground Beef, Ricotta Cheese, Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat. Cheese Powder [Whey, Natural Flavors, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Reduced Lactose Whey, Maltodextrin, Canola Oil, Salt, Natural Blue Cheese Flavor, Disodium Phosphate, Nonfat Dry Milk, Citric Acid, Yellow 5, Yellow 6], Modified Corn Starch, Maltodextrin, Whey Powder, Palm Oil, Salt, Dextrose, Yeast Extract, Contains 2% or less of: Soybean Oil, Xanthan Gum, Artificial Flavor, Sodium Caseinate, Citric Acid, Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate, Yellow 5, Yellow 6. COMMON ALLERGENS PRESENT: Milk.
	Whole Baby Carrots	Carrots, VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. Dried Onion, Dried Garlic, Spices, Dried Bleached wheat flour, yeast, sugar, salt.
	Wheat Bread	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.
	Cherry Pie	Cherries, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil (palm, soybean), sugar, corn syrup, contains 2% or less: modified corn starch, white grape juice concentrate, salt, wheat gluten.
26-Jul	Honey Glazed Pork Chop	Pork, Honey, Soy, Sauce, Apple Sauce, Water, Sugar
	Long Grainwild Rice	Rice Blend [Enriched Long Grain Parboiled Rice (Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Wild Rice], Garden Blend Seasoning [Dehydrated Vegetables (Carrots, Onion, Celery, Garlic), Sugar, Yeast Extract, Hydrolyzed Corn Protein, Maltodextrin, Salt, Parsley, Dextrose, Coconut Oil, Celery Seed, Inactive Yeast, Soybean Oil, Natural Flavor, Caramel Color, Modified Food Starch, Turmeric Extract (Color), Spice, Disodium Inosinate & Disodium Guanylate, Thiamine Hydrochloride, Mono & Diglycerides, Calcium Phosphate, Contains 2% or Less Silicon Dioxide (Anticaking)].
	Garden Seasoned Broccoli	Broccoli, 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, 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	BROWNIE MIX (SUGAR, ENRICHED BLEACHED WHEAT FLOUR [FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PALM OIL, COCOA PROCESSED WITH ALKALI, CORN SYRUP SOLIDS, SOYBEAN OIL, CONTAINS 2% OR LESS OF: ARTIFICIAL FLAVOR, CARAMEL COLOR, CORN STARCH, EGG WHITES, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], NONFAT MILK, RED 40, SALT, SOY LECITHIN), WATER, POWDERED SUGAR (SUGAR, MALTODEXTRIN [CORN]), CORN SYRUP, PEANUT BUTTER (PEANUTS, SUGAR, HYDROGENATED RAPESEED OIL, SALT), VEGETABLE OIL SHORTENING (PALM OIL, MONO AND DIGLYCERIDES [PALM], POLYSORBATE 60), WHOLE EGGS, PEANUTS (PEANUTS, PEANUT AND OR COTTONSEED OIL, SALT), ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DARK CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, NATURAL FLAVOR, SOY LECITHIN [AS EMULSIFIER]), SALTED BUTTER (PASTEURIZED CREAM [MILK], SALT), COCOA (PROCESSED WITH ALKALI), HEAVY CREAM (MILK), DARK BROWN SUGAR, SUGAR, EMULSIFIER (WATER, PROPYLENE GLYCOL MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, LACTYLIC ESTERS OF FATTY ACIDS, POTASSIUM SORBATE), ARTIFICIAL FLAVOR (SUGAR, CARAMEL COLOR), SALT. COMMON ALLERGENS PRESENT: Peanut, Egg, Milk, Soy, Wheat.
27-Jul	Crispy Lemon Chicken Breast	Chicken Breast, Panko, Thyme, Basil, Lemon, VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, White Wine, onion, garlic, lemon juice
	Red Bliss Potatoes	Red Potatoes, Seasoning
	Capri Vegetable Blend	Zucchini, Yellow Squash, Carrots, Green Beans 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
	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.

	Blueberry Crisp	, Flour, Oats, Brown Sugar, Cinnamon, VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL
28-Jul	Country fried Steak w/Gravy	Ground Beef (Not More Than 30% Fat), Water, Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color)], Seasoning [Soy Sauce (Fermented Soybeans, Wheat, Salt), Sugar, Maltodextrin, Salt, Spices, Garlic Powder, Onion Powder, Soybean Oil, Disodium Inosinate and Disodium Guanylate, Natural Flavors, Extractive of Paprika], Dehydrated Onions, Salt, Potassium and Sodium Phosphates. Breaded with: Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Potatoes (Potatoes, Mono and Diglycerides, Dextrose), Yeast, Sugar, Salt, Soybean Oil (Processing Aid). Battered with: Water, Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potato Flour, Salt, Modified Corn Starch, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Flavor (Contains Maltodextrin, Salt and Natural Flavors), Hydrolyzed Corn Protein, Onion Powder, Garlic Powder, Yeast Extract, Chicken Broth, Spice. Breeding Set in Vegetable Oil. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk, Flour,
	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, (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL , Flour, Pepper
	Peas and Pearl Onions	Peas and Pearl OnionsButter(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, Drie
	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.
	Red Velvet Cake	Sugar, water, enriched wheat flour [wheat flour, niacin, reduced iron, thiaminemononitrate, riboflavin, folic acid], cream cheese [cultured pasteurized milk andcream, salt, guar gum, locust bean gum, xanthan gum], eggs, soybean oil, foodstarch-modified, wheat starch, baking soda, propylene glycol mono- and diestersof fats and fatty acids, egg whites, butter [pasteurized cream, salt], milk, wheatgluten, sodium acid pyrophosphate, mono- and diglycerides, cornstarch, wheyprotein concentrate, glucose syrup, cocoa (alkalized), cellulose, vanilla extract,natural and artificial flavor, xanthan gum, glucono-delta-lactone, monocalciumphosphate, propylene glycol, sorbitan monostearate, soy lecithin, FD&C red No40, polysorbate 80, citric acid, guar gum, potassium sorbate (preservative),glycerin, FD&C blue No 1, vitamin D3. COMMON ALLERGENS PRESENT: EGG, MILK, WHEAT, SOY.
29-Jul	Chicken Fettucine Alfredo	Chicken, Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat. 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.
	Baby Carrots	Carrots,(VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. Dried Onion, Dried Garlic, Spices, Drie
	Garlic Toast	ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, PALM OIL, SALT, DEXTROSE, GARLIC POWDER, YEAST (ASCORBIC ACID, CELLULOSE GUM), DOUGH IMPROVER (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], ASCORBIC ACID, MALTED BARLEY FLOUR, ENZYMES), ONION POWDER, WHEAT GLUTEN, BUTTER (CREAM, SALT), INACTIVE YEAST, SOY LECITHIN, NATURAL FLAVOR, ANNATTO, PARSLEY FLAKES. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk.
	Pie	Cherries, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil (palm, soybean), sugar, corn syrup, contains 2% or less: modified corn starch, white grape juice concentrate, salt, wheat gluten.
30-Jul	Veal Marsala	Veal Mushrooms, Onions, Marsala, Modified corn starch, pea flour, beef fat, yeast extract, maltodextrin, hydrolyzed soy protein, salt, caramel color, sugar, tomato powder, dehydrated beef stock, onion powder, beef extract, gelatin, natural flavor, carrot powder, lard, xanthan gum, spice, disodium guanylate, disodium inosinate, citric acid, paprika. Contains: soy.
	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
	Green Peas	Peas, 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, Drie
	Wheat Bread	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.
	Raspberry Chocolate Cookie	Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, malted barley flour, enzymes, ascorbic acid), sugar, palm and soybean oil, dextrose. Less than 2% of: eggs, baking soda, sodium aluminum phosphate, monocalcium phosphate, wheat starch, whey (milk protein), nonfat milk, salt, wheat protein isolate, propylene glycol monoester, mono-diglycerides, sodium stearoyl lactylate, soy lecithin, artificial flavor. COMMON ALLERGENS PRESENT: Wheat, milk, egg, soy. Raspberries, SEMI-SWEET CHOCOLATE (SUGAR; CHOCOLATE; COCOA BUTTER; MILK FAT; SOY LECITHIN; VANILLIN, ARTIFICIAL FLAVOR; MILK).