

# Ingredient List October 2022 – September 2023

## Lunch

Efforts have been made to ensure the accuracy of this list, however manufacturers may change their formulations without notice, or distributors may make substitutions to Good Food Company's food order without notice. Manufacturers may produce items with allergens on the same line as other products. It is suggested that children with life-threatening allergies not participate in Good Food Company's meal program.

Good Food Company does not menu anything with tree nuts or peanuts. We do not process any peanut/nut products. No other known tree nut/peanut products are on our menu. We do not purchase foods that state that equipment that processes nuts is shared with any of the items that we purchase.

Nothing is added to our cooked vegetables such as butter or salt unless noted below.

Salad dressings are sent on the side.

Milk for drinking is ordered by each individual customer and should be age appropriate.

Cheese items are often used as ingredients in recipes. Other times, it is sent separately as a condiment. It is separate of an entree only if it appears in the left hand column with the word "Grated" before it. If it says "grated cheese" it is sent separate of the entree.

This list of ingredients is not necessarily in the order of predominance for each recipe.

This list is in no particular order, but it can be searched by using "Ctrl f" and entering your search term.

Updated 9/14/2022

|   |  |
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| <b>Power veggie beef &amp; chicken stew</b> |  |
| Ground chuck                                |  |
| Ground chicken                              |  |
| Potatoes – red, white, blue                 |  |
| Onions                                      |  |
| Beef stock                                  | Roasted beef and beef broth, sugar, autolyzed yeast extract, corn oil, flavorings, hydrolyzed soy protein, potassium chloride, caramel color, maltodextrin, tomato powder, disodium inosinate, disodium guanylate, beef extract, corn syrup solids, salt, thiamine hydrochloride |
| Tomato paste                                | Vine-ripened fresh tomatoes, naturally derived citric acid   |
| Paprika                                     |  |
| Garlic                                      |  |
| Thyme                                       |  |
| Rosemary                                    |  |
| Bay leaves                                  |  |
| Soy sauce                                   | Water, wheat, soybeans, salt, lactic acid, sodium benzoate, less than 1/10 of 1% as a preservative   |
| Rice flour                                  |  |
| Veggie power blend                          | Broccoli stalks, kohlrabi, Brussel sprouts, kale, radicchio, and colored carrots   |

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| <b>Broccoli Salad</b> |  |
| Broccoli              | Fresh broccoli   |
| Grated cheddar cheese | Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, color added), potato starch, powdered cellulose, natamycin  |
| Dressing              | Mayonnaise (Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika), buttermilk (Cultured milk, salt, vitamin D3), red wine vinegar, salt, sugar, pepper, garlic powder |
| Romaine Lettuce       |  |

|                                       |                              |
|---------------------------------------|------------------------------|
| <b>Whole wheat bread</b>              |                              |
| Coarse whole wheat flour              |                              |
| Water                                 |                              |
| Sugar                                 |                              |
| Yeast                                 |                              |
| Vital wheat gluten                    |                              |
| Whole grain wheat flakes              |                              |
| <i>Less than 2% of the following:</i> |                              |
| Whole grain rye flakes                |                              |
| Wheat germ                            |                              |
| Soybean oil                           |                              |
| Dry honey                             |                              |
| Salt                                  |                              |
| Calcium sulfate                       |                              |
| Molasses                              |                              |
| Natural mold inhibitor                | Vinegar, silica, acetic acid |
| Wheat bran                            |                              |
| Malted barley flour                   |                              |
| Niacin                                |                              |
| Reduced iron                          |                              |
| Thiamin mononitrate                   |                              |
| Riboflavin                            |                              |
| Folic acid                            |                              |
| Defatted flaxseed                     |                              |
| Ascorbic acid                         |                              |

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| <b>Ravioli w/olive oil, tomato sauce, &amp; fresh basil</b> |  |
| Olive oil   |  |
| Medium cheese ravioli                                       | Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, ricotta cheese (pasteurized milk, pasteurized whey, vinegar, salt), water, whole egg, Romano cheese made from cow's milk (pasteurized cultured milk, salt, enzymes), salt, low moisture whole milk mozzarella cheese (pasteurized whole milk, cheese cultures, salt, enzymes), dehydrated parsley flakes, stabilizer (locust bean gum, guar gum, sugar), corn starch-modified, spice. |
| Garlic  |  |
| Tomato sauce  | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors  |
| Basil   |  |

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| <b>Chicken Patty</b> |  |
| Chicken thighs       |  |
| Salt                 |  |
| Pepper               |  |
| Sage                 |  |
| Water                |  |
| Cornflake crumbs     | Milled corn, sugar, malt flavoring, salt |

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| <b>Tuscan Bean &amp; Garlic soup</b> |  |
| Great Northern Beans                 | Prepared Great Northern Beans, water, salt, calcium chloride, calcium disodium edta as a preservative  |
| Vegetable stock                      | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |
| Fresh garlic                         |  |
| Olive oil                            |  |
| Water                                |  |
| Fresh sage                           |  |

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| <b>Chicken Nuggets</b> | Chicken breast with rib meat, water, isolated soy protein, sodium phosphates, salt, seasoning (salt, onion powder, modified corn starch, natural flavor) breaded with: whole wheat flour, water, enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: modified corn starch, soybean oil, spices, dextrose, garlic powder, extractives of paprika and annatto, spice extractive. Breeding set in vegetable oil. |
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| <b>Potato soup</b>           |  |
| Fresh potatoes               |  |
| White cheddar premium cheese | Pasteurized milk, cheese cultures, salt, enzymes   |
| Butter                       | Cream, natural flavorings  |
| Cream cheese                 | Pasteurized nonfat milk and milk fat, whey protein concentrate, whey, cheese culture, salt, carob bean gum, xanthan gum, guar gum, sorbic acid, vitamin A palmitate  |
| Vegetable stock              | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |
| 2% reduced fat milk          | Reduced fat milk, vitamin A palmitate, vitamin D3  |
| Fresh chopped onion          |  |
| Fresh garlic                 |  |
| Fresh chopped carrots        |  |
| Dill                         |  |
| Pepper                       |  |
| Water                        |  |

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| <b>Pizza</b>                               |   |
| Whole milk mozzarella and provolone cheese | Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent   |
| Pizza sauce                                | Vine-ripened fresh tomatoes, extra virgin olive oil, sunflower oil, salt, oregano, seasonings, granulated garlic, naturally derived citric acid   |
| Pizza crust                                | Water, whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, yeast, sugar, salt |

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| <b>BBQ chicken</b>   |  |
| Chicken leg or thigh |  |
| Tomato sauce         | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors              |
| Ketchup              | Tomato concentrate, sugar, distilled vinegar, less than 2% of: salt, natural flavors, potassium chloride, onion powder, citric acid, garlic powder, spices |
| Tomato juice         | Tomato concentrate (water, tomato paste), salt, vitamin C (ascorbic acid)  |
| Distilled vinegar    |  |
| Pepper               |  |
| Honey                |  |
| Molasses             |  |
| Old bay seasoning    | Celery salt, spices (mustard, pepper, laurel leaves, cloves, pimento, ginger, mace, cardamom, cinnamon), paprika   |

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| <b>California blend vegetables</b> | Broccoli, cauliflower, carrots |
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| <b>Turkey tacos</b> |   |
| Ground turkey       | 100% ground turkey  |
| Tomato sauce        | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors |
| Tomato paste        | Vine-ripened fresh tomatoes, naturally derived citric acid  |
| Paprika             |   |
| Dried onions        |   |
| Chili powder        | Chili pepper, spices, salt, garlic, silicon dioxide   |
| Garlic powder       |   |
| Cumin               |   |
| Oregano             |   |

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| <b>Whole wheat flour tortillas</b> | Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin , folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or corn oil), contains 2% or less of the following: Salt, aluminum free leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), fumaric acid, gum blend, dough conditioner (lecithin, mono and diglycerides, sodium metabisulphite). |
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| <b>Quiche</b>                |  |
| Whole egg with citric acid   | Whole egg, citric acid   |
| White cheddar premium cheese | Pasteurized milk, cheese cultures, salt, enzymes   |
| 2% reduced fat milk          | Reduced fat milk, vitamin A palmitate, vitamin D3  |
| Pie crust                    | Wheat flour, palm oil, water, sugar, maltodextrin, corn starch, soy flour, dextrose, salt, baking soda |
| Broccoli                     |  |

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| <b>Spaghetti and meat sauce</b>  |   |
| Ground beef                      | 100% ground chuck   |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid   |
| Tomato sauce                     | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors |
| Fresh garlic                     |   |
| Oregano                          |   |
| Basil                            |   |
| Pasta                            | Whole durum wheat flour, semolina durum wheat flour, oat fiber  |

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| <b>Dirty brown rice with beef</b> |  |
| Brown rice                        |  |
| Ground beef                       | 100% ground chuck  |
| Kidney beans                      | Prepared kidney beans, water, sugar, salt, calcium chloride  |
| Corn                              |  |
| Onions                            |  |
| Red peppers                       |  |
| Quinoa                            |  |
| Farro                             |  |
| Beef stock                        | Roasted beef and beef broth, sugar, autolyzed yeast extract, corn oil, flavorings, hydrolyzed soy protein, potassium chloride, caramel color, maltodextrin, tomato powder, disodium inosinate, disodium guanylate, beef extract, corn syrup solids, salt, thiamine hydrochloride |
| Cajun seasoning                   | Garlic, Spices (including paprika, oregano, red pepper), salt, and onion   |

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| <b>Apple coleslaw</b> |                                    |
| Cabbage               |                                    |
| Carrots               |                                    |
| Red cabbage           |                                    |
| Granny smith apples   | Apples, ascorbic acid, citric acid |

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| <b>Whole wheat Macaroni and cheese</b> |  |
| Whole wheat elbow macaroni             | Whole wheat durum flour, durum wheat semolina, and durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (Niacin, thiamin mononitrate, riboflavin, folic acid)] |
| White cheddar premium cheese           | Pasteurized milk, cheese cultures, salt, enzymes   |
| 2% reduced fat milk                    | Reduced fat milk, vitamin A palmitate, vitamin D3  |
| Butter                                 | Cream, natural flavorings  |
| Fresh garlic                           |  |
| Rice flour                             |  |

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| <b>Mixed vegetables</b> | Peas, carrots, green beans, lima beans, corn |
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| <b>Whole wheat</b> |  |
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| <b>ziti w/chicken sausage</b>    |   |
| Ziti pasta                       | Durum whole wheat flour, water  |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid   |
| Tomato sauce                     | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors |
| Chicken sausage                  | Ground chicken, water, salt, pepper, sage   |
| Fresh garlic                     |   |
| Oregano                          |   |
| Basil                            |   |
| Kale                             |   |

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| <b>Chicken alfredo w/ tri-color pasta</b> |  |
| Tri-color rotini                          | Semolina, dried spinach, dried tomato, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid   |
| Butter                                    | Cream, natural flavorings  |
| 2% reduced fat milk                       | Reduced fat milk, vitamin A palmitate, vitamin D3  |
| Chicken stock                             | Roasted and cooked chicken meat, salt, sugar, hydrolyzed protein, (corn, wheat gluten, soy), chicken fat, autolyzed yeast extract, potassium chloride, maltodextrin, natural flavors, concentrated chicken broth, disodium inosinate, disodium guanylate, turmeric |
| Grated parmesan cheese                    | Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), corn starch, powdered cellulose   |
| Ground chicken                            |  |
| Rice flour                                |  |
| Black pepper                              |  |

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| <b>Maryland-style chicken</b> |  |
| Chicken thigh                 |  |
| Old bay seasoning             | Celery salt, spices (mustard, pepper, laurel leaves, cloves, pimento, ginger, mace, cardamom, cinnamon), paprika |
| sugar                         |  |
|                               |  |
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| <b>Turkey meatloaf</b> |  |
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|----------------------|---|
| Ground turkey        |   |
| Bread crumbs         | Bleached wheat flour, sugar, salt, yeast  |
| Oatmeal              | Rolled oats   |
| Barbecue sauce       | Tomato paste, corn syrup, vinegar, molasses, water, salt, spices, natural smoke flavor, potassium sorbate and sodium benzoate, garlic, caramel, onion sugar, turmeric |
| Pizza sauce          | Vine-ripened fresh tomatoes, extra virgin olive oil, sunflower oil, salt, oregano, seasonings, granulated garlic, naturally derived citric acid                       |
| Tomato sauce         | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors                         |
| Fresh onion          |   |
| Oregano              |   |
| Basil                |   |
| Garlic powder        |   |
| Eggs                 | Whole egg, citric acid  |
| Worcestershire sauce | Distilled vinegar, molasses, water, corn syrup, salt, caramel color, sugar, spices, anchovy, natural flavor (soy), tamarind extract and soy lecithin                  |

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| <b>Mashed sweet potatoes</b> |   |
| Fresh sweet potatoes         |   |
| 2% reduced fat milk          | Reduced fat milk, vitamin A palmitate, vitamin D3 |
| Butter                       | Cream, natural flavorings                         |

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|----------------------------------|--|
| <b>Chicken chili</b>             |  |
| Ground chicken                   |  |
| Fresh onions                     |  |
| Chicken stock                    | Roasted and cooked chicken meat, salt, sugar, hydrolyzed protein, (corn, wheat gluten, soy), chicken fat, autolyzed yeast extract, potassium chloride, maltodextrin, natural flavors, concentrated chicken broth, disodium inosinate, disodium guanylate, turmeric |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid  |
| Tomato sauce                     | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors  |
| Kidney beans                     | Prepared kidney beans, water, sugar, salt, calcium chloride  |
| Brown rice                       | Long grain parboiled brown rice  |
| Fresh garlic                     |  |
| Chili powder                     | Chili pepper, spices, salt, garlic, silicon dioxide  |
| Black pepper                     |  |
| Coriander                        |  |
| Garlic powder                    |  |
| Rice flour                       |  |
| Water                            |  |

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|------------------------|--|
| <b>Southwest salad</b> |  |
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| Iceberg     |  |
| Romaine     |  |
| Carrots     |  |
| Red cabbage |  |
| Corn        |  |
|             |  |

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| <b>Spinach manicotti</b>                   |   |
| Tomato sauce                               | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors             |
| Wavy pasta sheets                          | Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate(vitamin B1) , riboflavin vitamin B2, folic acid}), water, eggs     |
| Fresh garlic                               |   |
| Ricotta cheese                             | Pasteurized whey and milk, vinegar, salt  |
| Whole egg with citric acid                 | Whole egg, citric acid  |
| Whole milk mozzarella and provolone cheese | Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent |
| Chopped tomatoes in tomato puree           | Tomatoes, tomato puree, salt, citric acid   |
| Spinach                                    |   |

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| <b>Whole wheat Turk-a-roni</b>   |  |
| Ground turkey                    |  |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid  |
| Tomato sauce                     | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors                                    |
| Whole wheat elbow macaroni       | Whole wheat durum flour, durum wheat semolina, and durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (Niacin, thiamin mononitrate, riboflavin, folic acid)] |
| Oregano                          |  |
| Basil                            |  |
| Fresh garlic                     |  |

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|---------------------------------|---|
| <b>Pineapple/Mango Coleslaw</b> |   |
| Cabbage                         |   |
| Carrots                         |   |
| Red cabbage                     |   |
| Mango                           |   |
| Pineapple tidbits               | Pineapple, pineapple juice, citric acid |
| Diced red onion                 |   |
| Cilantro                        |   |

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|-------------------------|--|
| <b>Hamburger slider</b> |  |
| Fresh ground beef       | 100% ground chuck  |
| Tomato sauce            | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors        |
| Worcestershire sauce    | Distilled vinegar, molasses, water, corn syrup, salt, caramel color, sugar, spices, anchovy, natural flavor (soy), tamarind extract and soy lecithin |

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| <b>Bean medley</b> |  |
| Kidney beans       |  |
| Green beans        |  |
| Wax beans          |  |

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| <b>Roll</b> | Whole grain white wheat flour, enriched wheat flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, malt syrup (extracts of corn, malt), sugar, soybean oil, contains 2% or less of: yeast and baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) for leavening, dough conditioners (DATEM, calcium sulfate, soybean oil, enzymes, salt, ascorbic acid, L-cysteine, sodium stearoyl lactylate {SSL}), soy flour, salt, vital wheat gluten, egg replacer (whole soy flour, wheat gluten, corn syrup solids, algin), calcium propionate (preservative) |
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| <b>Lasagna</b>                             |   |
| Chopped tomatoes in tomato puree           | Tomatoes, tomato puree, salt, citric acid   |
| Tomato sauce                               | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors   |
| Enriched egg noodle                        | Durum flour(wheat), egg yolks or eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid  |
| Whole milk mozzarella and provolone cheese | Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent   |
| Cottage cheese                             | Cultured pasteurized skim milk, whey protein concentrate, cream, whey, salt, modified corn starch, potassium hydroxide, potassium sorbate and carbon dioxide, guar gum, carrageenan, locust bean gum, phosphoric acid and enzymes |
| Eggs                                       |   |
| Oregano                                    |   |
| Basil                                      |   |
| Fresh garlic                               |   |

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| <b>Chicken w/<br/>buttermilk gravy</b> |  |
| Chicken leg or thigh                   |  |
| Buttermilk powder                      | Sweet cream buttermilk solids  |
| Dried parsley                          |  |
| Dried dill weed                        |  |
| Garlic powder                          |  |
| Onion powder                           |  |
| Black pepper                           |  |
| Dried chives                           |  |
| Salt                                   |  |
| Chicken stock                          | Roasted and cooked chicken meat, salt, sugar, hydrolyzed protein, (corn, wheat gluten, soy), chicken fat, autolyzed yeast extract, potassium chloride, maltodextrin, natural flavors, concentrated chicken broth, disodium inosinate, disodium guanylate, turmeric |
| Rice flour                             |  |

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| <b>Cheese melt</b>                         |   |
| Pizza crust                                | Water, whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, yeast, sugar, salt |
| Whole milk mozzarella and provolone cheese | Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent   |
| Basil                                      |   |
| Oregano                                    |   |
| Garlic powder                              |   |

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|-----------------------------|---|
| <b>Tomato alphabet soup</b> |   |
| Tomato sauce                | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors |
| 2% reduced fat milk         | Reduced fat milk, vitamin A palmitate, vitamin D3   |
| Basil                       |   |
| Garlic powder               |   |
| Alphabet pasta              | 100% durum whole wheat flour  |
| Water                       |   |

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| <b>Beans and brown rice</b>      |  |
| Pinto beans                      | Prepared pinto beans, water, salt, calcium chloride, calcium disodium EDTA   |
| Brown rice                       | Long grain parboiled brown rice  |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid  |
| Fresh onions                     |  |
| Green peppers-frozen             |  |
| Fresh carrots                    |  |
| Fresh celery                     |  |
| Fresh garlic                     |  |
| Chili powder                     | Chili pepper, spices, salt, garlic, silicon dioxide  |
| Cumin                            |  |
| Vegetable stock                  | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |

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|--------------------------|--|
| <b>Turkey Sloppy Joe</b> |  |
| Ground turkey            |  |
| Green peppers-frozen     |  |
| Ketchup                  | Tomato concentrate, sugar, distilled vinegar, less than 2% of: salt, natural flavors, potassium chloride, onion powder, citric acid, garlic powder, spices |
| White distilled vinegar  |  |
| Tomato paste             | Vine-ripened fresh tomatoes, naturally derived citric acid   |
| Tomato sauce             | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors              |

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| <b>Roll</b> | Whole grain white wheat flour, enriched wheat flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, malt syrup (extracts of corn, malt), sugar, soybean oil, contains 2% or less of: yeast and baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) for leavening, dough conditioners (DATEM, calcium sulfate, soybean oil, enzymes, salt, ascorbic acid, L-cysteine, sodium stearoyl lactylate {SSL}), soy flour, salt, vital wheat gluten, egg replacer (whole soy flour, wheat gluten, corn syrup solids, algin), calcium propionate (preservative) |
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| <b>Bean, corn, &amp; chicken quesadilla</b> |   |
| Chicken                                     |   |
| Grated cheddar cheese                       | Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, color added), potato starch, powdered cellulose, natamycin   |
| Black beans                                 | Prepared black beans, water, salt, ferrous gluconate  |
| Corn  |   |
| Chili powder                                | Chili pepper, spices, salt, garlic, silicon dioxide   |
| Whole wheat flour tortilla                  | Whole wheat flour, water, soybean shortening, contains 2% or less of the following: salt, mono & diglycerides, wheat gluten, calcium propionate, sugar, sodium bicarbonate, fumaric acid, CMC gum, sodium aluminum sulfate, sodium acid pyrophosphate, sodium stearyl lactylate, potassium sorbate, cellulose gum, yeast, canola oil, enzyme and sodium |

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|----------------------------------|--|
| <b>Sugar snaps &amp; carrots</b> |  |
|----------------------------------|--|

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|-----------------------|--|
| <b>Shepherd's Pie</b> |  |
| Fresh ground beef     | 100% ground chuck  |
| Worcestershire sauce  | Distilled vinegar, molasses, water, corn syrup, salt, caramel color, sugar, spices, anchovy, natural flavor (soy), tamarind extract and soy lecithin   |
| Tomato Paste          | Vine-ripened fresh tomatoes, naturally derived citric acid   |
| Beef stock            | Roasted beef and beef broth, sugar, autolyzed yeast extract, corn oil, flavorings, hydrolyzed soy protein, potassium chloride, caramel color, maltodextrin, tomato powder, disodium inosinate, disodium guanylate, beef extract, corn syrup solids, salt, thiamine hydrochloride   |
| Onions                |  |
| Carrots               |  |
| Peas                  |  |
| Garlic                |  |
| Black Pepper          |  |
| Water                 |  |
| Rice flour            |  |
| Mashed potatoes       | Idaho potatoes, salt, sunflower oil, nonfat dry milk, monoglycerides, calcium stearyl lactylate, spice, artificial color, natural and artificial flavors, sodium acid pyrophosphate (preserves freshness), sodium bisulfite (preserves freshness), citric acid (preserves freshness), and mixed tocopherols (preserves freshness). |

# Vegetarian

|  |   |
|--|---|
| <b>Pizza</b>                               |   |
| Whole milk mozzarella and provolone cheese | Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent   |
| Pizza sauce                                | Vine-ripened fresh tomatoes, extra virgin olive oil, sunflower oil, salt, oregano, seasonings, granulated garlic, naturally derived citric acid   |
| Pizza crust                                | Water, whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, yeast, sugar, salt |

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| <b>Spinach manicotti</b>                   |   |
| Tomato sauce                               | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors             |
| Wavy pasta sheets                          | Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate(vitamin B1) , riboflavin vitamin B2, folic acid}), water, eggs     |
| Fresh garlic                               |   |
| Ricotta cheese                             | Pasteurized whey and milk, vinegar, salt  |
| Whole egg with citric acid                 | Whole egg, citric acid  |
| Whole milk mozzarella and provolone cheese | Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent |
| Chopped tomatoes in tomato puree           | Tomatoes, tomato puree, salt, citric acid   |
| Spinach                                    |   |

|                              |  |
|------------------------------|--|
| <b>Quiche</b>                |  |
| Whole egg with citric acid   | Whole egg, citric acid   |
| White cheddar premium cheese | Pasteurized milk, cheese cultures, salt, enzymes   |
| 2% reduced fat milk          | Reduced fat milk, vitamin A palmitate, vitamin D3  |
| Pie crust                    | Wheat flour, palm oil, water, sugar, maltodextrin, corn starch, soy flour, dextrose, salt, baking soda |
| Broccoli                     |  |

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| <b>Homemade lasagna</b>                    |   |
| Chopped tomatoes in tomato puree           | Tomatoes, tomato puree, salt, citric acid   |
| Tomato sauce                               | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors             |
| Wavy pasta sheets                          | Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, eggs, soybean oil                  |
| Ricotta cheese                             | Pasteurized whey and milk, vinegar, salt  |
| Whole milk mozzarella and provolone cheese | Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent |
| Eggs                                       |   |
| Oregano                                    |   |
| Basil                                      |   |
| Fresh garlic                               |   |

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| <b>Ravioli w/olive oil, tomato sauce, &amp; fresh basil</b> |  |
| Olive oil   |  |
| Medium cheese ravioli                                       | Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, ricotta cheese (pasteurized milk, pasteurized whey, vinegar, salt), water, whole egg, Romano cheese made from cow's milk (pasteurized cultured milk, salt, enzymes), salt, low moisture whole milk mozzarella cheese (pasteurized whole milk, cheese cultures, salt, enzymes), dehydrated parsley flakes, stabilizer (locust bean gum, guar gum, sugar), corn starch-modified, spice. |
| Garlic  |  |
| Tomato sauce  | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors  |
| Basil   |  |

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| <b>Veggie Nuggets</b> | <p>WATER, SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, TEXTURED WHEAT PROTEIN (WHEAT GLUTEN, WHEAT FLOUR), CONTAIN LESS THAN 2% OF YEAST EXTRACT, METHYLCELLULOSE, SALT, SPICE (CONTAINS BLACK PEPPER), NATURAL FLAVOR (NON-MEAT), HYDROLYZED SOYBEAN AND CORN PROTEIN, HYDROLYZED CORN GLUTEN, ONION POWDER, SUGAR, SUCCINIC ACID, THIAMIN HYDROCHLORIDE (VITAMIN B1). BATTER--WATER, WHEAT FLOUR, YELLOW CORN FLOUR, SALT. BREADING--WHEAT FLOUR, DEXTROSE, SALT, DRIED YEAST, CARAMEL COLOR, YELLOW CORN FLOUR, EXTRACTIVES OF PAPRIKA AND ANNATTO FOR COLOR. BROWNED IN CORN OIL. CONTAINS: SOY, WHEAT.</p> <p>Keep in mind that ingredients and formulations change. The information shown here may vary from the content and label information of products currently in stores. For the most current information for these and other products, please Contact Us. <a href="http://Bocaburger.com">Bocaburger.com</a></p> |
|-----------------------|---|

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| <b>Tri-color pasta alfredo</b> |  |
| Tri-color rotini               | Semolina, dried spinach, dried tomato, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid   |
| Butter                         | Cream, salt  |
| 2% reduced fat milk            | Reduced fat milk, vitamin A palmitate, vitamin D3  |
| Vegetable stock                | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |
| Grated parmesan cheese         | Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), corn starch, powdered cellulose   |
| Rice flour                     | Wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid  |
| Black pepper                   |  |

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| <b>Beans &amp; brown rice burrito</b> |  |
| Black beans                           | Prepared black beans, water, salt, ferrous gluconate |
| Brown rice                            |  |

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| <b>Whole wheat tortillas</b> | Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (contains one or more of the following” palm oil and/or corn oil), contains 2% or less of the following: Salt, aluminum free leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), fumaric acid, gum blend, dough conditioner (lecithin, mono and diglycerides, sodium metabisulphite). |
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| <b>Whole wheat Macaroni and cheese</b> |  |
| Whole wheat elbow macaroni             | Whole wheat durum flour, durum wheat semolina, and durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (Niacin, thiamin mononitrate, riboflavin, folic acid)] |
| White cheddar premium cheese           | Pasteurized milk, cheese cultures, salt, enzymes   |
| 2% reduced fat milk                    | Reduced fat milk, vitamin A palmitate, vitamin D3  |
| Butter                                 | Cream, natural flavorings  |
|  |  |
| Fresh garlic                           |  |

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| Rice flour |  |
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| <b>Cheese melt</b>                         |   |
| Pizza crust                                | Water, whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, yeast, sugar, salt |
| Whole milk mozzarella and provolone cheese | Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent   |
| Basil                                      |   |
| Oregano                                    |   |
| Garlic powder                              |   |

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| <b>Bean, corn &amp; cheese quesadilla</b>                        |  |
| Grated Cheese (whole milk mozzarella and provolone cheese blend) | Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent  |
| Black beans  | Prepared black beans, water, salt, ferrous gluconate   |
| Corn   |  |
| Chili powder   | Chili pepper, spices, salt, garlic, silicon dioxide  |
| Whole wheat flour Tortilla                                       | Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (contains one or more of the following: palm oil and or corn oil) contains 2% or less of the following: salt, aluminum-free leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid) fumaric acid, gum blend, dough conditioner (lecithin, mono-and diglycerides, sodium metabisulphite) |

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| <b>White bean mushroom soup</b> |  |
| Olive oil                       |  |
| Mushrooms                       |  |
| Garlic                          |  |
| Onions                          |  |
| White beans                     | Prepared great northern beans, water, salt, and calcium chloride   |
| Vegetable stock                 | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |
| Oregano                         |  |
| Rosemary                        |  |
| Basil                           |  |
| Pepper                          |  |

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| <b>Beans and brown rice</b>      |  |
| Pinto beans                      | Prepared pinto beans, water, salt, calcium chloride, calcium disodium EDTA   |
| Brown rice                       | Long grain parboiled brown rice  |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid  |
| Onions                           |  |
| Green peppers                    |  |
| Fresh carrots                    |  |
| Fresh celery                     |  |
| Garlic                           |  |
| Chili powder                     | Chili pepper, spices, salt, garlic, silicon dioxide  |
| Cumin                            |  |
| Vegetable stock                  | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |

|                                  |  |
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| <b>Picadillo</b>                 |  |
| Vegetable Stock                  | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |
| Brown rice                       |  |
| Lentils                          |  |
| Onion                            |  |
| Garlic                           |  |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid  |
| Cinnamon                         |  |
| Cumin                            |  |
| Oregano                          |  |
| Nutmeg                           |  |
| Diced Potatoes                   | potatoes, dextrose, disodium dihydrogen pyrophosphate (to maintain natural color)  |
| Red Pepper                       |  |
| Green Olive                      | olives, water, minced pimiento, salt, lactic acid, sodium alginate, guar gum, calcium chloride, 1/10 <sup>th</sup> of 1% sodium benzoate and potassium sorbate as a preservative   |

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| <b>Black bean tortilla soup</b>  |  |
| Olive oil                        |  |
| Onion                            |  |
| Garlic                           |  |
| Cumin                            |  |
| Black beans                      | Prepared black beans, water, salt, calcium chloride, ferrous gluconate   |
| Corn                             |  |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid  |
| Corn tortilla                    | Whole grain corn, water, contains 2% or less of the following: preservatives (propionic acid, sodium hydroxide, benzoic acid), and traces of food grade lime   |
| Vegetable stock                  | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |
| Pepper                           |  |

|                         |  |
|-------------------------|--|
| <b>Dirty brown rice</b> |  |
| Brown rice              |  |
| Kidney beans            | Prepared kidney beans, water, sugar, salt, calcium chloride  |
| Farro                   |  |
| Corn                    |  |
| Onions                  |  |
| Red peppers             |  |
| Quinoa                  |  |
| Vegetable stock         | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |
| Cajun seasoning         | Garlic, Spices (including paprika, oregano, red pepper), salt, and onion   |

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| <b>Broccoli &amp; cheddar quinoa w/brown rice</b> |  |
| Brown rice  |  |
| Quinoa  |  |
| Vegetable stock                                   | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |

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| Cheddar cheese | Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, color added), potato starch, powdered cellulose, natamycin |
|----------------|---|

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| <b>French Lentils W/ Thyme</b> |  |
| Lentils                        |  |
| Carrots                        |  |
| Celery                         |  |
| Red Pepper                     |  |
| Vegetable Stock                | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |
| Thyme                          |  |

|                                  |   |
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| <b>Veg out chili</b>             |   |
| Onions                           |   |
| Green peppers                    |   |
| Kidney beans                     | Prepared kidney beans, water, sugar, salt, calcium chloride   |
| Black beans                      | Prepared black beans, water, salt, calcium chloride, ferrous gluconate                                |
| Great northern beans             | Prepared Great Northern Beans, water, salt, calcium chloride, calcium disodium edta as a preservative |
| Olive oil                        |   |
| Garlic powder                    |   |
| Chili powder                     | Chili pepper, spices, salt, garlic, silicon dioxide   |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid   |
| Water                            |   |
| Corn                             |   |
| Tomato paste                     | Vine-ripened fresh tomatoes, naturally derived citric acid  |
| Pepper                           |   |

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|--------------------------|--|
| <b>Black bean burger</b> |  |
| Coriander seeds          |  |
| Fennel seeds             |  |
| Olive oil                |  |
| Onions                   |  |
| Green bell pepper        |  |
| Paprika                  |  |
| Old bay seasoning        | Celery salt, spices (mustard, pepper, laurel leaves, cloves, pimento, ginger, mace, cardamom, cinnamon), paprika                               |
| Garlic powder            |  |
| Oregano                  |  |
| Brown rice               |  |
| Black beans              | Prepared black beans, water, salt, calcium chloride, ferrous gluconate   |
| Lemon juice              | Lemon juice from concentrate (water, concentrated lemon juice, sodium metabisulfite [preservative]), sodium benzoate (preservative), lemon oil |
| Ketchup                  | Tomato concentrate, sugar, distilled vinegar, less than 2% of: salt, natural   |

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|            | flavors, potassium chloride, onion powder, citric acid, garlic powder, spices |
| Rice flour |   |

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| <b>Mushroom stroganoff</b> |  |
| Onions                     |  |
| Garlic                     |  |
| Olive oil                  |  |
| Mushrooms                  |  |
| Soy sauce                  | Water, wheat, soybeans, salt, lactic acid, sodium benzoate, less than 1/10 of 1% as a preservative   |
| Vegetable stock            | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |
| Soy milk                   | Organic soybase (water, organic soybeans), cane sugar, contains 1% or less of: carrageenan, dipotassium phosphate, expeller-pressed canola oil, natural flavor, sea salt, sodium citrate   |
| Rice flour                 |  |
| Onion powder               |  |
| Garlic powder              |  |
| Paprika                    |  |
| Fresh thyme                |  |
| Brown rice                 |  |
| Nutritional yeast          | Inactive nutritional yeast [dried yeast, niacin (vitamin B3), pyridoxine hydrochloride (vitamin B6), Riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid, vitamin B12]   |

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| <b>Chickpea curry with potatoes</b> |  |
| Brown rice                          |  |
| Onions                              |  |
| Potatoes                            | Potatoes, water, citric acid   |
| Carrot                              |  |
| Curry powder                        | Coriander, fenugreek, turmeric, cumin, black pepper, bay leaves, celery seed, nutmeg, clove, onion, red pepper & ginger  |
| Soy milk                            | Organic soybase (water, organic soybeans), cane sugar, contains 1% or less of: carrageenan, dipotassium phosphate, expeller-pressed canola oil, natural flavor, sea salt, sodium citrate   |
| Vegetable stock                     | Vegetables (onions, carrots, celery) hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor |
| Chickpeas                           | Prepared chick peas, water, and salt   |
| Peas                                |  |
| Cilantro                            |  |
| Pepper                              |  |

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|---|--|
| <b>Lentil penne &amp; tomato sauce w/ soy</b> |  |
| Textured vegetable protein                    |  |
| Chopped tomatoes in tomato puree              | Tomatoes, tomato puree, salt, citric acid  |
| Tomato sauce                                  | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors  |
| Fresh garlic                                  |  |
| Oregano                                       |  |
| Basil   |  |
| Lentil Penne                                  | Red lentil flour, white rice, pea protein  |
| Fortified soy                                 | Soy flour, caramel color (contains sulfites), zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12) |

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| <b>Vegetarian Sloppy Joe</b> |  |
| Textured vegetable protein   |  |
| Green peppers-frozen         |  |
| Ketchup                      | Tomato concentrate, sugar, distilled vinegar, less than 2% of: salt, natural flavors, potassium chloride, onion powder, citric acid, garlic powder, spices |
| White distilled vinegar      |  |
| Tomato paste                 | Vine-ripened fresh tomatoes, naturally derived citric acid   |
| Tomato sauce                 | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors              |

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| <b>Spaghetti &amp; tomato sauce w/ soy</b> | Corn flour, rice flour, mono and diglycerides   |
| Chopped tomatoes in tomato puree           | Tomatoes, tomato puree, salt, citric acid   |
| Tomato sauce                               | Tomato puree (water, tomato paste), less than 2% of: salt, citric acid, onion powder, garlic powder, dehydrated bell peppers, natural flavors |
| Soy  |   |
| Garlic                                     |   |
| Oregano                                    |   |

|       |  |
|-------|--|
| Basil |  |
|-------|--|

## Condiments

All of the items shown below are sent separate of the other items in the meal. If your child is allergic to something in the condiments below, they may be able to eat the other parts of the meal if they just leave off the condiments.

|                               |   |
|-------------------------------|---|
| <b>Salad Dressing – Ranch</b> |   |
| 2% reduced fat milk           | Reduced fat milk, vitamin A palmitate, vitamin D3   |
| Mayonnaise                    | Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika |
| Buttermilk                    | Cultured milk, salt, vitamin D3   |
| Garlic powder                 |   |
| Basil                         |   |
| Light sour cream              | Grade A cultured cream, skim milk, Vitamin A Palmitate  |

|   |   |
|---|---|
| <b>Cole slaw dressing (Apple slaw &amp; Pineapple/mango slaw)</b> |   |
| Mayonnaise  | Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika |
| Lemon juice   |   |
| Milk  |   |
| Celery seed   |   |
| Sugar   |   |
| Salt  |   |
| Pepper  |   |

|                                  |   |
|----------------------------------|---|
| <b>Strawberry salad dressing</b> |   |
| Strawberries                     | Sliced strawberries, sugar  |
| Mayonnaise                       | Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika |
| Milk – 2%                        | Reduced fat milk, vitamin A palmitate, vitamin D3   |

|                                 |   |
|---------------------------------|---|
| <b>Southwest salad dressing</b> |   |
| Mayonnaise                      | Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika |
| Chili powder                    | Chili pepper, spices, salt, garlic, silicon dioxide   |
| Garlic powder                   |   |
| Black pepper                    |   |
| Vinegar                         |   |
| Sugar                           |   |

|                                |   |
|--------------------------------|---|
| <b>Broccoli Salad Dressing</b> |   |
| Mayonnaise                     | Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium disodium EDTA, paprik |
| Buttermilk                     | Cultured milk, salt, vitamin D3   |
| Red wine vinegar               |   |
| Salt                           |   |
| Sugar                          |   |
| Pepper                         |   |
| Garlic powder                  |   |
|                                |   |

|                               |  |
|-------------------------------|--|
| <b>Grated parmesan cheese</b> | Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), corn starch, powdered cellulose |
|-------------------------------|--|

|               |             |
|---------------|-------------|
| <b>Butter</b> | Cream, salt |
|---------------|-------------|

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|---|---|
| <b>Grated Cheese (whole milk mozzarella and provolone cheese blend)</b> | Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes). Provolone cheese (cultured pasteurized milk, salt, enzymes), anti-caking agent |
|---|---|

THANKSGIVING DINNER

|                                    |   |
|------------------------------------|---|
| <b>Roast turkey breast w/gravy</b> |   |
| Turkey breast                      |   |
| Broth solution                     | Turkey broth, salt, sugar, sodium phosphate, pepper |

|                          |   |
|--------------------------|---|
| <b>Gravy</b>             |   |
| Water                    |   |
| Roaster dark turkey meat |   |
| Food starch modified     |   |
| Enriched wheat flour     | Wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid   |
| Chicken fat              |   |
| Salt                     |   |
| Less than 1% of:         | Dehydrated turkey meat, dehydrated turkey broth, turkey fat, sugar, nonfat dry milk, soy flour, cornstarch, autolyzed yeast extract, torula yeast, lipolyzed butter oil, natural flavorings, flavoring, canola oil, maltodextrin, dextrose, calcium lactate, onion powder, garlic powder, carmel color, turmeric, oleoresin paprika, disodium inosinate, disodium guanylate |

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| <b>Cranberry relish</b>                     |  |
| Cranberries                                 |  |
| High fructose corn syrup, corn syrup, water |  |