

# Cheese and Green Tamale

## PER SERVING (1 ea.)

<b>370</b> CALORIES	<b>8.0g</b> SAT FAT	<b>470mg</b> SODIUM	<b>28.0g</b> CARBS
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**Allergens:** Contains Milk.

**Made With:** Tamale, Cheese and Green Chile (Masa [Water, Ground White Corn Masa Flour (trace of lime), Canola Oil, Salt, Seasoning (Modified tapioca and corn starch, Apple pectin & Fiber, Xanthan gum, Guar gum, Methyl cellulose), Baking powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium phosphate)]. Filling: Cheese (Cultured Milk, Water, Cream, Skim Milk, Sodium Phosphates, Salt, Enzymes), Green Chilies (green chilies, citric acid).)

# Chicken Corn Dog

## PER SERVING (1 corn dog)

<b>240</b> CALORIES	<b>2.5g</b> SAT FAT	<b>390mg</b> SODIUM	<b>30.0g</b> CARBS
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**Allergens:** Contains Egg, Gluten, Soy, Wheat.

**Made With:** WG Chicken Corn Dog (CHICKEN FRANK: MECHANICALLY SEPARATED CHICKEN, WATER, CORN SYRUP SOLIDS, CONTAINS LESS THAN 2% OF SPICES, SALT, POTASSIUM LACTATE, POTASSIUM ACETATE, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, FLAVORINGS, SODIUM DIACETATE SODIUM ERYTHORBATE, SODIUM NITRATE. BATTER: WATER, WHOLE WHEAT FLOUR, WHOLE GRAIN CORN, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE SODIUM BICARBONATE), SOY FLOUR, SOYBEAN OIL, SALT, EGG YOLK WITH SODIUM SILICOALUMINATE, ASCORBIC ACID, EGG WHITE, DRIED HONEY, ARTIFICIAL FLAVOR, FRIED IN VEGETABLE OIL.)

# Ketchup Single Serve

## PER SERVING (1 packet)

<b>10</b> CALORIES	<b>0.0g</b> SAT FAT	<b>85mg</b> SODIUM	<b>3.0g</b> CARBS
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**Allergens:**

**Made With:** Heinz Ketchup Single Serve (TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING)

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# Sun butter and Jelly Sandwich

## PER SERVING (1 ea.)

<b>320</b> CALORIES	<b>2.0g</b> SAT FAT	<b>260mg</b> SODIUM	<b>35.0g</b> CARBS
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**Allergens:** Contains Gluten, Soy, Wheat.

**Made With:** Sunbutter & Grape Jelly Sandwich, IW (BREAD: WHOLE GRAIN WHITE FLOUR, ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SOYBEAN OIL, YEAST, WHEAT GLUTEN, SALT, MALT, MONO & DIGLYCERIDES, CALCIUM PROPIONATE (TO PRESERVE FRESHNESS), DOUGH CONDITIONERS (L-CYSTEINE, ASCORBIC ACID). SUNFLOWER SEED BUTTER: SUNFLOWER SEED, SUGAR, MONO&DIGLYCERIDES, SALT, NATURAL MIXED TOCOPHEROLS TO PRESERVE FRESHNESS. GRAPE JELLY (NO HFCS): CORN SYRUP, WATER, CONCORD GRAPE JUICE CONCENTRATE, PECTIN, CITRIC ACID, POTASSIUM SORBATE, SODIUM CITRATE.)

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## Yellow Mustard Single Serve

### PER SERVING (1 packet)

<b>0</b> CALORIES	<b>0.0g</b> SAT FAT	<b>65mg</b> SODIUM	<b>0.0g</b> CARBS
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**Allergens:**

**Made With:** Heinz Yellow Mustard Single Serve (DISTILLED VINEGAR, WATER, MUSTARD SEED, MUSTARD BRAN, SALT, TURMERIC, PAPRIKA, GARLIC POWDER, SPICES, EXTRACTIONS OF PAPRIKA, MUSTARD OIL.)

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## Applesauce Cup

### PER SERVING (1 ea.)

<b>51</b> CALORIES	<b>0.0g</b> SAT FAT	<b>2mg</b> SODIUM	<b>14.0g</b> CARBS
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**Allergens:**

**Made With:** Applesauce Cups (Apples, water, ascorbic acid (to maintain color). )

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## Baby Carrots

### PER SERVING (3/4 c.)

<b>38</b> CALORIES	<b>0.0g</b> SAT FAT	<b>85mg</b> SODIUM	<b>9.0g</b> CARBS
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**Allergens:**

**Made With:** Baby Carrots (CARROTS)

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## Baby Carrots

### PER SERVING (1/2 c.)

<b>25</b> CALORIES	<b>0.0g</b> SAT FAT	<b>57mg</b> SODIUM	<b>6.0g</b> CARBS
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Allergens:

Made With: Baby Carrots (CARROTS)

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## Banana

### PER SERVING (1 medium (7" to 7-7/8" long))

<b>105</b> CALORIES	<b>0.1g</b> SAT FAT	<b>1mg</b> SODIUM	<b>27.0g</b> CARBS
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Allergens:

Made With: Bananas (BANANA)

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## Black Beans

### PER SERVING (1/2 c.)

<b>108</b> CALORIES	<b>0.0g</b> SAT FAT	<b>128mg</b> SODIUM	<b>19.6g</b> CARBS
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Allergens:

Made With: Black Beans (PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).)

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# Bread Pumpkin Slice

## PER SERVING (1 slice)

<b>270</b> CALORIES	<b>2.0g</b> SAT FAT	<b>220mg</b> SODIUM	<b>43.0g</b> CARBS
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**Allergens:** Contains Egg, Soy, Wheat.

**Made With:** Whole Grain Bread Slice, Pumpkin (WHOLE WHEAT FLOUR, ENRICHED, WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED, IRON, THIAMINE MONONITRATE, RIBOFLAVIN,, FOLIC ACID), WATER, SUGAR, SOYBEAN OIL,, PUMPKIN, WHOLE EGGS, MODIFIED CORN, STARCH, LEAVENING (SODIUM BICARBONATE,, CALCIUM ACID PYROPHOSPHATE), DEFATTED SOY, FLOUR, MONO-DIGLYCERIDES, VITAL WHEAT, GLUTEN, NATURAL FLAVOR, DRY HONEY SOLIDS, DEXTROSE, SALT, XANTHAN GUM, SPICE (CINNAMON).)

# Burrito, Bean & Cheese

## PER SERVING (1 ea.)

<b>358</b> CALORIES	<b>0.0g</b> SAT FAT	<b>478mg</b> SODIUM	<b>44.8g</b> CARBS
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**Allergens:** Contains Gluten, Milk, Wheat.

**Made With:** Grilled Bean and Cheese Burrito (WATER, DEHYDRATED PINTO BEANS, MOZZARELLA CHEESE (CULTURED PASTEURIZED MILK, CONTAINS LESS THAN 2% OF SALT AND ENZYMES), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, CONTAINS LESS THAN 2% OF SALT, ENZYMES AND ANNATTO), SAUCE (WATER, TOMATO PASTE, SPICES, VINEGAR), CORN OIL, TORTILLA: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, VITAMIN ENRICHMENT (NIACIN, IRON, THIAMINE, FOLIC ACID), WATER, CANOLA OIL, SUGAR, BAKING SODA. )

# Caesar Side Salad

## PER SERVING (1/2 c.)

<b>85</b> CALORIES	<b>1.6g</b> SAT FAT	<b>239mg</b> SODIUM	<b>2.4g</b> CARBS
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**Allergens:** Contains Egg, Fish, Milk, Wheat. Processed in a facility that also processes Tree nuts.

**Made With:** Romaine Lettuce (ROMAINE LETTUCE); Creamy Caesar Dressing (SOYBEAN OIL, WATER, DISTILLED VINEGAR, PARMESAN CHEESE WITH FLAVOR, (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EGG YOLKS, ROMANO CHEESE WITH FLAVOR (ROMANO CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED ROMANO CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF FOOD STARCH-MODIFIED, NATURAL FLAVORS, SPICES, LEMON JUICE CONCENTRATE, GARLIC\*, XANTHAN GUM, POLYSORBATE 60, SODIUM BENZOATE (A PRESERVATIVE), MONOSODIUM GLUTAMATE, PUREED ANCHOVIES, CARAMEL COLOR, ONION\*, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. \* DEHYDRATED); Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Croutons (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, SUGAR, SPICES, DEHYDRATED PARSLEY, ONION POWDER, CALCIUM PROPIONAE (PRESERVATIVE), PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS).)

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# Caesar Side Salad

## PER SERVING (1 c.)

<b>170</b> CALORIES	<b>3.3g</b> SAT FAT	<b>348mg</b> SODIUM	<b>4.9g</b> CARBS
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**Allergens:** Contains Egg, Fish, Gluten, Milk, Wheat.

**Made With:** Romaine Lettuce (ROMAINE LETTUCE); Caesar Dressing (Back of the House) (SOYBEAN OIL, WATER, PARMESAN CHEESE WITH FLAVOR (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN CHEESE {CULTURED MILK, WATER, SALT ENZYMES}], POWDERED CELLULOSE TO PREVENT CAKING), CORN VINEGAR, EGG YOLKS, EXTRA VIRGIN OLIVE OIL, CONTAINS LESS THAN 2% OF SALT, ANCHOVIES, GARLIC PUREE, SPICE, WORCESTERSHIRE SAUCE CONCENTRATE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR, SULFITING AGENT), LEMON JUICE CONCENTRATE, GARLIC\*, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), XANTHAN GUM, CARAMEL COLOR. \*DEHYDRATED); Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Seasoned Croutons (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola And/Or Sunflower Oil (With Rosemary Extract And Ascorbic Acid [To Preserve Freshness], ), Whey, Salt, Sugar, Yeast, 2% Or Less of Spices, Dehydrated Parsley, Onion Powder, Paprika (Color), Turmeric (Color), Extractive of Paprika (Color), Spice Extractive, Enzymes.)

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# Cheese Breadsticks

## PER SERVING (1 breadstick)

<b>210</b> CALORIES	<b>3.0g</b> SAT FAT	<b>270mg</b> SODIUM	<b>25.0g</b> CARBS
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**Allergens:** Contains Milk, Wheat.

**Made With:** Cheese Breadstick 7' (CRUST: FLOUR BLEND [WHOLE -WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID)], WATER, BROWN SUGAR, CORN OIL, DOUGH CONDITIONER (SOYBEAN, OIL, VEGETABLE GLYCERIDES, SOY FLAKES), SALT, VITAL WHEAT GLUTEN, YEAST, L -CYSTEINE. CHEESES: MOZZARELLA, CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES). REDUCED FAT/REDUCED SODIUM, MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, NONFAT MILK, MODIFIED CORN STARCH\*, CHEESE CULTURE,, SALT, POTASSIUM CHLORIDE\*, NATURAL FLAVORS\*, ANNATTO (COLOR), VITAMIN A PALMITATE, ENZYMES), \*INGREDIENTS, NOT IN REGULAR MOZZARELLA CHEESE., )

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# Cheese Lasagna Rollup

## PER SERVING (1 roll.)

<b>291</b> CALORIES	<b>4.1g</b> SAT FAT	<b>870mg</b> SODIUM	<b>39.2g</b> CARBS
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**Allergens:** Contains Egg, Gluten, Milk, Wheat.

**Made With:** Cheese Lasagna Rollup (Low Fat Ricotta Cheese (Skim Milk, Water, Modified Food Starch, Milkfat, Milk Protein Concentrate, Xanthan Gum, Carrageenan Gum, Acetic Acid), Low Moisture Part Skim Mozzarella Cheese(Cultured Part Skim Milk, Salt, Enzymes), Romano Cheese Made From Cow's Milk (Cultured Milk, Salt, Enzymes), Egg, Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Asiago Cheese (Cultured Milk, Salt, Enzymes), Water, Whey Protein Isolate, Sodium Caseinate, Sugar, Salt, Dehydrated Garlic. Pasta Ingredients: Whole Wheat Flour and Enriched Semolina Blend(Whole Wheat Flour, Durum Wheat, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Ascorbic Acid.); Spaghetti Sauce, Heinz, Classic (WATER, TOMATO PASTE, ONIONS, SUGAR, SEASONING (SALT, SPICES), NATURAL FLAVOR, HIGH FRUCTOSE CORN SYRUP, SALT, SOYBEAN OIL, CITRIC ACID, GARLIC.); Spaghetti Sauce, Heinz, Classic (WATER, TOMATO PASTE, ONIONS, SUGAR, SEASONING (SALT, SPICES), NATURAL FLAVOR, HIGH FRUCTOSE CORN SYRUP, SALT, SOYBEAN OIL, CITRIC ACID, GARLIC.)

# Cheese Pizza

## PER SERVING (1 slice)

<b>280</b> CALORIES	<b>6.0g</b> SAT FAT	<b>640mg</b> SODIUM	<b>31.0g</b> CARBS
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**Allergens:** Contains Milk, Wheat.

**Made With:** New York Cheese Pizza, 8cts (LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, WHOLE WHEAT, PIZZA SAUCE (CRUSHED TOMATOES, SALT, SOYBEAN OIL, OLIVE OIL, ROMANO CHEESE [WHEY POWDER, MILK], SPICES, GARLIC, CITRIC ACID), ENRICHED FLOUR (WHEAT FLOUR, ASCORBIC ACID, ENZYME, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, SOYBEAN OIL, YEAST.)

# Cherry Tomatoes

## PER SERVING (1/2 c.)

<b>13</b> CALORIES	<b>0.0g</b> SAT FAT	<b>4mg</b> SODIUM	<b>2.9g</b> CARBS
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**Allergens:**

**Made With:** Fresh Tomatoes (TOMATO)

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# Chicken Caesar Salad

## PER SERVING (1 salad)

<b>285</b> CALORIES	<b>5.0g</b> SAT FAT	<b>682mg</b> SODIUM	<b>8.1g</b> CARBS
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**Allergens:** Contains Egg, Fish, Milk, Wheat. Processed in a facility that also processes Tree nuts.

**Made With:** Chicken Pulled, Low Sodium (BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: ASCORBIC ACID, MALTODEXTRIN, NATURAL FLAVORS, RICE STARCH, VINEGAR, YEAST EXTRACT.); Romaine Lettuce (ROMAINE LETTUCE); Creamy Caesar Dressing (SOYBEAN OIL, WATER, DISTILLED VINEGAR, PARMESAN CHEESE WITH FLAVOR, (PARMESAN CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED PARMESAN CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EGG YOLKS, ROMANO CHEESE WITH FLAVOR (ROMANO CHEESE [CULTURED MILK, SALT, ENZYMES], FLAVOR [ENZYME MODIFIED ROMANO CHEESE {CULTURED MILK, WATER, SALT, ENZYMES}]), EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF FOOD STARCH-MODIFIED, NATURAL FLAVORS, SPICES, LEMON JUICE CONCENTRATE, GARLIC\*, XANTHAN GUM, POLYSORBATE 60, SODIUM BENZOATE (A PRESERVATIVE), MONOSODIUM GLUTAMATE, PUREED ANCHOVIES, CARAMEL COLOR, ONION\*, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. \* DEHYDRATED); Parmesan Cheese (GRATED PARMESAN CHEESE (MADE FROM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE (ADDED TO PREVENT CAKING)); Croutons (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, SUGAR, SPICES, DEHYDRATED PARSLEY, ONION POWDER, CALCIUM PROPIONAE (PRESERVATIVE), PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS).); Small Clam Shell Container

## Chocolate Milk

### PER SERVING (1 Half Pint)

<b>120</b> CALORIES	<b>0.0g</b> SAT FAT	<b>190mg</b> SODIUM	<b>20.0g</b> CARBS
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**Allergens:** Contains Milk.

**Made With:** Nonfat Chocolate Milk Berkeley (Nonfat milk, sugar, contains less than 1% of: Cocoa (processed with alkali), corn starch, salt, carrageenan, natural flour, Vitamin A Palmitate, Vitamin D3.)

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## Corn

### PER SERVING (1/2 c.)

<b>92</b> CALORIES	<b>0.0g</b> SAT FAT	<b>7mg</b> SODIUM	<b>17.0g</b> CARBS
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**Allergens:**

**Made With:** Whole Kernel Corn, No Salt Added, Canned (CORN, WATER)

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## Country Breakfast Sausage Link

### PER SERVING (2 sausage)

<b>122</b> CALORIES	<b>2.0g</b> SAT FAT	<b>0mg</b> SODIUM	<b>0.0g</b> CARBS
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**Allergens:**

**Made With:** Country Sausage Link (TURKEY, SEASONING (SALT, SPICES, SUGAR, DEXTROSE, SPICE EXTRACT, BHA, PROPYL GALLATE, CITRIC ACID), CARAMEL COLOR.)

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## Cucumber Coins

### PER SERVING (1/2 c.)

<b>9</b> CALORIES	<b>0.0g</b> SAT FAT	<b>1mg</b> SODIUM	<b>2.2g</b> CARBS
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**Allergens:**

**Made With:** Cucumbers (CUCUMBER)

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## Diced Pears in Pear Juice

### PER SERVING (1/2 c.)

<b>60</b> CALORIES	<b>0.0g</b> SAT FAT	<b>10mg</b> SODIUM	<b>14.0g</b> CARBS
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**Allergens:**

**Made With:** Diced Pears (PEARS, WATER, PEAR JUICE CONCENTRATE)

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## Dinner Roll

### PER SERVING (1 roll.)

<b>160</b> CALORIES	<b>0.0g</b> SAT FAT	<b>270mg</b> SODIUM	<b>34.0g</b> CARBS
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**Allergens:** Contains Gluten, Wheat.

**Made With:** Roll (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR. CONTAINS LESS THAN 2% OF: WHEAT GLUTEN, YEAST, SOYBEAN OIL, SALT, EMULSIFIER, ENZYMES, CORNMEAL, CALCIUM PROPIONATE, CALCIUM CARBONATE, MICROCRYSTALLINE CELLULOSE, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID.)

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# Edamame

## PER SERVING (1/2 c.)

<b>100</b> CALORIES	<b>0.5g</b> SAT FAT	<b>5mg</b> SODIUM	<b>7.3g</b> CARBS
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**Allergens:** Contains Soy.

**Made With:** Edamame (EDAMAME (SOYBEANS))

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# French Toast Sticks

## PER SERVING (4 stick.)

<b>256</b> CALORIES	<b>2.0g</b> SAT FAT	<b>296mg</b> SODIUM	<b>37.5g</b> CARBS
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**Allergens:** Contains Gluten, Soy, Wheat.

**Made With:** French Toast Sticks (BREAD (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, SUGAR, YEAST, SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, ENZYMES, ASCORBIC ACID, SOY LECITHIN, SOY FLOUR), WATER, WHOLE WHEAT FLOUR, SOYBEAN OIL, SUGAR, ENRICHED YELLOW CORN FLOUR (YELLOW CORN FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CARRAGEENAN, DEXTROSE, DRIED YEAST, GUM ARABIC, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY FLOUR, SOY LECITHIN.)

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## Fresh Broccoli Florets

### PER SERVING (1/2 c.)

<b>11</b> CALORIES	<b>0.0g</b> SAT FAT	<b>11mg</b> SODIUM	<b>2.1g</b> CARBS
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**Allergens:**

**Made With:** Broccoli Florets, ready-to-use (BROCCOLI)

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## Fresh Oranges

### PER SERVING (1 small (2-3/8" dia))

<b>45</b> CALORIES	<b>0.0g</b> SAT FAT	<b>0mg</b> SODIUM	<b>11.3g</b> CARBS
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**Allergens:**

**Made With:** Oranges, raw, all commercial varieties (ORANGES)

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## Fruit & Yogurt Parfait

### PER SERVING (1 ea.)

<b>398</b> CALORIES	<b>5.1g</b> SAT FAT	<b>387mg</b> SODIUM	<b>58.9g</b> CARBS
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**Allergens:** Contains Gluten, Milk, Soy, Wheat.

**Made With:** Vanilla Yogurt (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH, KOSHER GELATIN, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3.); Frozen Blueberries (BLUEBERRIES); Cereal, granola, oats n honey, WGR, Nature Valley, bulk (WHOLE GRAIN OATS, SUGAR, CANOLA OIL, RICE FLOUR, HONEY, SALT, BROWN SUGAR SYRUP, BAKING SODA, SOY LECITHIN, NATURAL FLAVOR); String Cheese (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES)

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# Grilled Cheese Sandwich

## PER SERVING (1 sandwich)

<b>322</b> CALORIES	<b>9.1g</b> SAT FAT	<b>665mg</b> SODIUM	<b>26.0g</b> CARBS
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**Allergens:** Contains Gluten, Milk, Wheat.

**Made With:** Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE. ); Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.))

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# Hamburger

## PER SERVING (1 ea.)

<b>238</b> CALORIES	<b>3.0g</b> SAT FAT	<b>355mg</b> SODIUM	<b>26.5g</b> CARBS
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**Allergens:** Contains Gluten, Wheat.

**Made With:** Hamburger Bun, 3", K8 (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.)); Beef Patty K8 Commodity (GROUND BEEF (NOT MORE THAN 20% FAT), SALT, FLAVOR, NATURAL FLAVOR.)

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# Hawaiian Pizza

## PER SERVING (1 slice)

<b>260</b> CALORIES	<b>5.0g</b> SAT FAT	<b>670mg</b> SODIUM	<b>27.0g</b> CARBS
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**Allergens:** Contains Milk, Wheat.

**Made With:** New York Hawaiian Pizza, 8cts (LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), PIZZA SAUCE (CRUSHED TOMATOES, SALT, SOYBEAN OIL, OLIVE OIL, ROMANO CHEESE [WHEY POWDER, MILK], SPICES, GARLIC, CITRIC ACID), WATER, WHOLE WHEAT FLOUR, CANADIAN BACON (PORK LOIN AND PORK CURED WITH WATER, SUGAR, SALT, SODIUM LACTATE, SODIUM PHOSPHATE, NATURAL SMOKE FLAVOR, FLAVORING, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRATE), ENRICHED FLOUR (WHEAT FLOUR, ASCORBIC ACID, ENZYME, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PINEAPPLE CHUNKS (PINEAPPLE, PINEAPPLE JUICE), SUGAR, SALT, SOYBEAN OIL, YEAST.)

## Kiwifruit

### PER SERVING (1/2 c.)

<b>50</b> CALORIES	<b>0.0g</b> SAT FAT	<b>2mg</b> SODIUM	<b>12.1g</b> CARBS
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**Allergens:**

**Made With:** Kiwifruit (KIWIFRUIT)

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## Marinara Dunk Cups

### PER SERVING (1 Container)

<b>15</b> CALORIES	<b>0.0g</b> SAT FAT	<b>120mg</b> SODIUM	<b>3.0g</b> CARBS
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**Allergens:**

**Made With:** Marinara Sauce Cup 1 oz (TOMATO PUREE (WATER, TOMATO PASTE) HIGH FRUCTOSE CORN SYRUP, SALT, DRIED ONION, SPICES, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE), SODIUM BENZOATE (PRESERVATIVE), NATURAL FLAVOR)

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# Mashed Potato

## PER SERVING (1/2 c.)

<b>89</b> CALORIES	<b>0.6g</b> SAT FAT	<b>183mg</b> SODIUM	<b>16.0g</b> CARBS
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**Allergens:** Contains Milk, Soy.

**Made With:** Municipal Water (WATER); Mashed Potatoes, Dry Mix, WHIPP (POTATO (DRY), MONO AND DIGLYCERIDES, ASCORBIC ACID (VITAMIN C), CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. CONTAINS SULFITE. MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES MILK); Lowfat White Milk Berkeley (LOWFAT MILK, CONDENSED SKIM MILK, VITAMIN A PALMITATE, VITAMIN D3); Margarine (VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL) WATER, SALT, CONTAINS LESS THAN 2% OF NONFAT DRY MILK, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. ); Salt, Iodized (SALT, SILICON DIOXIDE TRICALCIUM PHOSPHATE, SODIUM BICARBONATE, DEXTROSE AND POTASSIUM IODINE)

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# Milk

## PER SERVING (1 Half Pint)

<b>130</b> CALORIES	<b>1.5g</b> SAT FAT	<b>160mg</b> SODIUM	<b>16.0g</b> CARBS
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**Allergens:** Contains Milk.

**Made With:** Lowfat White Milk Berkeley (LOWFAT MILK, CONDENSED SKIM MILK, VITAMIN A PALMITATE, VITAMIN D3)

# Non Fat White Milk

## PER SERVING (1 Half Pint)

<b>90</b> CALORIES	<b>0.0g</b> SAT FAT	<b>135mg</b> SODIUM	<b>13.0g</b> CARBS
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**Allergens:** Contains Milk.

**Made With:** Nonfat White Milk Berkeley (NONFAT MILK, VITAMIN A PALMITATE, VITAMIN D3)

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# Orange Chicken

## PER SERVING (6 oz.)

<b>362</b> CALORIES	<b>2.9g</b> SAT FAT	<b>499mg</b> SODIUM	<b>33.7g</b> CARBS
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**Allergens:** Contains Gluten, Soy, Wheat.

**Made With:** Golden Crispy Popcorn Chicken (CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, MALTODEXTRIN, FLAVORS, SILICON DIOXIDE, CITRIC ACID AND SPICE], SEASONING (POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, SUGAR, DRIED ONION, DRIED GARLIC, TORULA YEAST, SPICE, DEXTROSE, DRIED YEAST, TURMERIC EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR). BREADING SET IN VEGETABLE OIL.); Orange Sauce (SUGAR, WATER, VINEGAR, NATURALLY BREWED SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), MODIFIED CORN STARCH, ORANGE JUICE CONCENTRATE, DEHYDRATED ONION, NATURAL FLAVOR, CITRIC ACID, XANTHAN GUM, SPICES, GARLIC POWDER.); Yellow Onions (YELLOW ONION); Green Bell Peppers (GREEN SWEET PEPPER); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL); Green Onions (GREEN ONIONS)

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# Pasta Penne with Veg Sauce

## PER SERVING (2 #8 scoop)

<b>324</b> CALORIES	<b>5.4g</b> SAT FAT	<b>420mg</b> SODIUM	<b>39.9g</b> CARBS
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**Allergens:** Contains Gluten, Milk, Wheat.

**Made With:** Spaghetti Sauce, Low Sodium (TOMATO PUREE (WATER TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, DEHYDRATED ONIONS,K ONION POWDER, MODIFIED FOOD STARCH, SALT, CITRIC ACID, SPICES, GARLIC PUREE.); Penne Pasta, regular (SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN,FOLIC ACID.); Shredded Mozzarella Cheese, LOL (CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES, ANTICAKING BLEND [ POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL MOLD INHIBITOR)].); Canola/Olive Oil (CANOLA, EXTRA VIRGIN OLIVE OIL)

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# Peaches in Pear Juice

## PER SERVING (1/2 c.)

<b>50</b> CALORIES	<b>0.0g</b> SAT FAT	<b>10mg</b> SODIUM	<b>12.0g</b> CARBS
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**Allergens:**

**Made With:** Diced Yellow Peaches in Juice (PEACHES, WATER, PEAR JUICE FROM CONCENTRATE.)

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## Pepperoni Pizza

### PER SERVING (1 slice)

<b>360</b> CALORIES	<b>9.0g</b> SAT FAT	<b>980mg</b> SODIUM	<b>31.0g</b> CARBS
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**Allergens:** Contains Milk, Wheat.

**Made With:** New York Pizza, Pepperoni Pizza 8cts (LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, WHOLE WHEAT, PIZZA SAUCE, (CRUSHED TOMATOES, SALT, SOYBEAN OIL, OLIVE OIL, ROMANO CHEESE [WHEY POWDER, MILK], SPICES, GARLIC, CITRIC ACID), PEPPERONI (PORK AND BEEF, SALT, WATER, DEXTROSE, SPICES, OLEORESIN OF PAPRIKA, LACTIC ACID STARTER CULTURE, GARLIC POWDER, SODIUM NITRITE [TO RETAIN COLOR], BHA AND BHT [AS ANTIOXIDANTS], CITRIC ACID), ENRICHED FLOUR (WHEAT FLOUR, ASCORBIC ACID, ENZYME, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, SOYBEAN OIL, YEAST)

## Raisins

### PER SERVING (1 Box)

<b>132</b> CALORIES	<b>0.0g</b> SAT FAT	<b>10mg</b> SODIUM	<b>31.4g</b> CARBS
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**Allergens:**

**Made With:** Raisins, box (Raisins. California grown.)

## Ready-to-Serve Apples

### PER SERVING (1 kiddie (<2-1/2" dia))

<b>48</b> CALORIES	<b>0.0g</b> SAT FAT	<b>1mg</b> SODIUM	<b>12.6g</b> CARBS
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**Allergens:**

**Made With:** Kiddie Sized Fresh Apples (APPLE)



## Spanish Rice

### PER SERVING (1/2 c.)

<b>184</b> CALORIES	<b>0.0g</b> SAT FAT	<b>348mg</b> SODIUM	<b>39.5g</b> CARBS
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**Allergens:** Contains Soy.

**Made With:** Long Grain White Rice (LONG GRAIN PARBOILED WHITE RICE); Mexican Rice Seasoning Mix (MALTODEXTRIN, ONION, PAPRIKA, SEA SALT, GREEN AND RED BELL PEPPER, GARLIC, SALT, TOMATO, YEAST EXTRACT, SPICES (INCLUDING CELERY) CITRIC ACID, SILICON DIOXIDE (TO PREVENT CAKING), AND PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL.)

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## Spanish Rice

### PER SERVING (1/2 c.)

<b>155</b> CALORIES	<b>0.1g</b> SAT FAT	<b>29mg</b> SODIUM	<b>32.4g</b> CARBS
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**Allergens:** Contains Soy.

**Made With:** Municipal Water (WATER); Diced Tomatoes (VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID\*  
\*NATURALLY DERIVED); Long Grain White Rice (LONG GRAIN PARBOILED WHITE RICE); Yellow Onions (YELLOW ONION); Chicken base, low sodium (ROASTED AND COOKED CHICKEN, CHICKEN FAT, WATER, MALTODEXTRIN, SUGAR, SALT, AUTOLYZED YEAST EXTRACT, PALM OIL, MODIFIED TAPIOCA STARCH, POTASSIUM CHLORIDE, NATURAL FLAVORS, GUM ARABIC, TURMERIC, DISODIUM GUANYLATE, DISODIUM INOSINATE, SPICES, CITRIC ACID, SOYBEAN LECITHIN); Garlic (GARLIC)

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# Strawberry Yogurt

## PER SERVING (1 container (4 oz))

<b>70</b> CALORIES	<b>0.0g</b> SAT FAT	<b>60mg</b> SODIUM	<b>14.0g</b> CARBS
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**Allergens:** Contains Milk.

**Made With:** Strawberry Blast Yogurt, Danimals, 4 oz (CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH, KOSHER GELATIN, CITRIC ACID, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, COLORED WITH VEGETABLE JUICE, BETA CAROTENE AND TURMERIC EXTRACT, VITAMIN A ACETATE, VITAMIN D3.)

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# String Cheese Mozzarella

## PER SERVING (1 ea.)

<b>80</b> CALORIES	<b>4.0g</b> SAT FAT	<b>200mg</b> SODIUM	<b>1.0g</b> CARBS
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**Allergens:** Contains Milk.

**Made With:** String Cheese (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES)

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# Syrup

## PER SERVING (1 oz.)

<b>CALORIES</b>	<b>g</b> SAT FAT	<b>mg</b> SODIUM	<b>g</b> CARBS
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**Allergens:**

**Made With:** Maple Syrup Single Serve (CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, NATURAL AND ARTIFICIAL MAPLE FLAVOR, POTASSIUM SORBATE AS PRESERVATIVE, CARAMEL COLOR, CITRIC ACID.)

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# Thick & Chunky Salsa

## PER SERVING (2 tbsp.)

<b>5</b> CALORIES	<b>0.0g</b> SAT FAT	<b>115mg</b> SODIUM	<b>1.5g</b> CARBS
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**Allergens:**

**Made With:** Thick and Chunky Salsa (CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, FRESH ONIONS, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, GARLIC, NATURAL FLAVORING.)

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# Tuna Sandwich on Sliced Bread

## PER SERVING (1 sandwich)

<b>386</b> CALORIES	<b>3.2g</b> SAT FAT	<b>803mg</b> SODIUM	<b>27.3g</b> CARBS
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**Allergens:** Contains Egg, Fish, Gluten, Soy, Wheat.

**Made With:** Chunk Light Tuna (LIGHT TUNA (FISH), WATER, VEGETABLE BROTH (SOY), SALT); Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); Mayonnaise (SOYBEAN OIL, WHOLE EGGS, VINEGAR, EGG YOLKS, WATER, SALT, DEXTROSE, SUGAR, LEMON JUICE, CALCIUM DISODIUM EDTA ADDED TO PROTECT QUALITY, NATURAL FLAVORS. ); Sweet Pickle Relish (CURED CUCUMBERS, CAULIFLOWER, SUGAR, WATER, DISTILLED VINEGAR, SALT, SWEET PICKLE EMULSION, CELERY SEED, MUSTARD SEED, XANTHAN GUM, 1/10 1% SODIUM BENZOATE (AS A PRESERVATIVE), AND TURMERIC); Ground Black Pepper (BLACK PEPPER)

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# Turkey Gravy

## PER SERVING (3/8 c.)

<b>148</b> CALORIES	<b>1.8g</b> SAT FAT	<b>486mg</b> SODIUM	<b>4.3g</b> CARBS
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**Allergens:** Contains Gluten, Milk, Soy, Wheat.

**Made With:** Turkey Thigh Meat (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, SALT, SUGAR, NATURAL FLAVOR (POTATO MALTODEXTRIN, GUM ARABIC, NATURAL FLAVOR), SEASONING (NATURAL FLAVORING, SALT, POTATO MALTODEXTRIN), SODIUM PHOSPHATE, SEASONING (YEAST EXTRACT, NATURAL FLAVORS, SALT), FLAVORING.); Chicken Gravy Mix (MODIFIED CORN STARCH, WHEY (MILK), INSTANTIZED BLEACHED AND ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTODEXTRIN, CHICKEN POWDER, CULTURED BUTTERMILK, CHICKEN FAT, AUTOLYZED YEAST EXTRACT, BUTTER (CREAM, SALT), HYDROLYZED CORN PROTEIN, HYDROLYZED WHEAT GLUTEN, NONFAT MILK, SILICON DIOXIDE (ANTI-CAKING), ONION POWDER, NATURAL FLAVOR, SALT, XANTHAN GUM, DISODIUM GUANYLATE, DISODIUM INOSINATE, HYDROLYZED SOY PROTEIN, SUGAR,, SPICES, LACTIC ACID, TOCOPHEROLS AND ASCORBYL PALMITATE (TO PROTECT QUALITY), BETA CAROTENE (COLOR), SOY LECITHIN.); Municipal Water (WATER); Turkey Thigh Meat (TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, SALT, SUGAR, NATURAL FLAVOR (POTATO MALTODEXTRIN, GUM ARABIC, NATURAL FLAVOR), SEASONING (NATURAL FLAVORING, SALT, POTATO MALTODEXTRIN), SODIUM PHOSPHATE, SEASONING (YEAST EXTRACT, NATURAL FLAVORS, SALT), FLAVORING.)

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# Turkey Ham & Cheese Sandwich

## PER SERVING (1 ea.)

<b>310</b> CALORIES	<b>4.0g</b> SAT FAT	<b>880mg</b> SODIUM	<b>32.0g</b> CARBS
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**Allergens:** Contains Gluten, Milk, Soy, Wheat.

**Made With:** Turkey Ham & Cheese Sandwich IW (Roll: Whole grain white wheat flour, enriched wheat flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, soybean oil, malt syrup (extract of corn and malt), dough conditioner (rye flour, wheat gluten, ascorbic acid, enzymes, guar and/or Arabic gums, mono and diglycerides), contains 2% or less of: mold inhibitor (cultured organic spelt flour, lactic acid, natural wheat sour, cultured wheat starch and wheat flour), crystalline fructose, yeast (leavening), salt, soy flour, vital wheat gluten, egg replacer (whole soy flour, corn syrup solids, algin), malt powder (malted barley, dextrose), soybean lecithin. Turkey Ham: turkey thigh, water, isolated soy protein, salt, sugar, less than 2% of potassium lactate, sodium phosphate, potassium acetate, smoke flavoring, sodium nitrite, sodium erythorbate. Pasteurized Process American Cheese: cultured skim milk and milk, water, whey, sodium citrate, potassium citrate, paprika and annatto (color), salt, sorbic acid (preservative), enzymes, soy lecithin (non-sticking agent). Low Moisture Part Skim Mozzarella Cheese: Pasteurized part skim milk, cheese cultures, salt, sorbic acid, enzymes, soy lecithin.)

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# Turkey Hot Dog

## PER SERVING (1 serving (1 hot dog))

<b>261</b> CALORIES	<b>3.0g</b> SAT FAT	<b>553mg</b> SODIUM	<b>28.0g</b> CARBS
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**Allergens:** Contains Gluten, Wheat.

**Made With:** Frankfurter, turkey (hot dog) , (1 frank = 2 oz M/MA) , Recipe (Turkey Frank (MECHANICALLY SEPARATED TURKEY, WATER, CONTAINS 2% OR LESS: SEASONING (CORN SYRUP SOLIDS, DEXTROSE, SUGAR, PAPRIKA, NATURAL FLAVORING), SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR (CELERY JUICE POWDER), NATURAL FLAVORING, NATURAL SMOKED FLAVORING.)); Hot Dog Bun (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, (WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, YEAST, SALT, DOUGH SOFTENER, (WATER AND MONOGLYCERIDES WITH PROPIONIC ACID AND PHOSPHORIC ACID ADDED AS PRESERVATIVES), CALCIUM PROPIONATE AS MOLD INHIBITOR. STRENGTHENER (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES). DOUGH CONDITIONER, (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, WHEAT GLUTEN, ENZYMES.))

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# Turkey Sandwich

## PER SERVING (1 sandwich)

<b>276</b> CALORIES	<b>4.8g</b> SAT FAT	<b>702mg</b> SODIUM	<b>26.0g</b> CARBS
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**Allergens:** Contains Gluten, Milk, Wheat.

**Made With:** Wheat Loaf Bread (Water, White Whole Wheat Flour, Enriched Wheat Flour (with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Yeast, Salt, Dough Softener (water and monoglycerides with propionic acid and Phosphoric acid added as preservatives), Calcium Propionate as mold inhibitor. Strengtheners (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) enzymes), dough conditioner, (Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ascorbic acid, wheat gluten, enzymes.)); Sliced Oven Roasted Turkey Breast (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS: SALT, SUGAR, ROSEMARY EXTRACT, BAKING SODA. ); Cheddar Cheese Slice (CULTURED PASTERUIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR). VITAMIN A PALMITATE. ); Film Wrap

# Twice Grilled Quesadilla

## PER SERVING (1 ea.)

<b>289</b> CALORIES	<b>6.6g</b> SAT FAT	<b>591mg</b> SODIUM	<b>30.7g</b> CARBS
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**Allergens:** Contains Gluten, Milk, Soy, Wheat.

**Made With:** Twice Grilled Quesadilla WG IW (Whole Grain Flour Tortilla: Whole Grain Wheat Flour, Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water,, Palm Oil, Contains less than 2% of the Following: Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Sulfate), Salt, Sugar, Calcium, Propionate (Preservative), Potassium Sorbate (Preservative), Mono-Diglycerides, Fumaric Acid, Yeast, Enzyme, L-Cysteine (Dough Conditioner). Cheese Blend: Lite, Mozzarella Cheese: Lite Mozzarella Cheese (Pasteurized Part Skim Milk, Cultures, Salt, Enzymes), Nonfat Milk, Modified Food Starch, Vegetable Oil (Applied to Surface),, Potassium Chloride, Sodium Citrate, Sodium Propionate (Added as a Preservative), Vitamin A Palmitate. Reduced Fat Cheddar Cheese: Reduced Fat Cheddar Cheese, (Pasteurized Milk, Salt, Modified Food Starch, Flavors, Nonfat Milk, Whey Protein Concentrate, Annatto, Vitamin A Palmitate, Cultures, Enzymes) and Natamycin (A Natural, Mold Inhibitor).Soybean Oil., )

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# Yellow Mustard

## PER SERVING (1 pump)

<b>0</b> CALORIES	<b>0.0g</b> SAT FAT	<b>180mg</b> SODIUM	<b>0.0g</b> CARBS
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**Allergens:**

**Made With:** Yellow Mustard (Front of the House) (DISTILLED WHITE VINEGAR, MUSTARD SEED, WATER, SALT, TUMERIC, NATURAL FLAVOR AND SPICES.)

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