

# Mon-Fri (WEEK 2) (Nov Menu)

## COOK AND SERVE CHICKEN DRUMSTICKS, MINI TATER PUFFS, AND MIXED VEGETABLES

**INGREDIENTS: CHICKEN DRUMSTICKS:** Chicken Drumsticks, Water, Corn Starch, Contains 2% or Less of the Following: Salt, Modified Food Starch, Sodium Phosphate, Tapioca Starch, Dextrose, Rice Flour, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavor, Blanched in Vegetable Oil.  
**MINI TATER PUFFS SWEET POTATOES:** Sweet Potatoes, Sugar, Corn Starch, High Oleic Canola Oil, Modified Food Starch (Corn, Tapioca, Potato), Rice Flour, Salt, Dextrose, Natural Flavor, Color (Yellow 6, Disodium Paprika), Dextrose, Xanthan Gum, Leavening (Disodium Dihydrogen Phosphate, Sodium Bicarbonate).  
**MIXED VEGETABLES:** Corn, Carrots, Beans, Peas, Lima Beans.

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## COOK AND SERVE LOW SODIUM DICED CHICKEN, DICED CARROTS, PEAS, WHOLE GRAIN MINI BISCUITS, AND CHICKEN GRAVY

**INGREDIENTS: LOW SODIUM 1/2" DICED MOSTLY DARK CHICKEN:** Boneless, Skinless Diced Dark and White Chicken, Water, Rice Starch, Vinegar, Seasoning (Maltodextrin, Yeast Extract, Chicken Stock, Salt and Flavors).  
**DICED CARROTS.**  
**GREEN PEAS.**  
**WHOLE GRAIN-RICH MINI BISCUIT:** Water, Whole Wheat Flour, Enriched Flour Bleached (Wheat, Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Palm Kernel Oil, Sugar, Baking Soda, Calcium Acid Pyrophosphate, Buttermilk, Salt, Sodium Aluminum Phosphate, Nonfat Milk, Whey Protein, Concentrate, Whey, Pectin.  
**ROASTED CHICKEN GRAVY:** Water, Roasted Dark Chicken Meat and Chicken Broth, Food Starch-Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Chicken Fat, Salt, Palm Oil, Maltodextrin, Sugar, Onion Powder, Flavoring, Hydrolyzed Corn Protein, Yeast Extract, Xanthan Gum, Torula Yeast, Disodium Inosinate, Disodium Guanylate, Gelatin, Polysorbate 60, Corn Syrup Solids, Turmeric, Tocopherols.

**CONTAINS: WHEAT AND MILK INGREDIENTS.**  
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## COOK AND SERVE BROILED TURKEY BURGER, VEGETARIAN BEANS AND GREEN BEANS

**INGREDIENTS: BROILED TURKEY PATTY SMOKE FLAVOR ADDED:** Turkey Thigh Meat, Turkey Broth, Textured Soy Protein Product (Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1) Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Soy Protein Concentrate, Soybean Oil, Salt, Dextrose, Spices and Smoke Flavor.  
**PRODUCED IN A PLANT THAT USES WHEAT AND SOY.**  
**VEGETARIAN BEANS IN TOMATO SAUCE:** Water, Navy Beans, Sugar, Tomato Paste, Salt, Dark Brown Sugar, Vinegar, Molasses, Pork and Bean Seasoning, (Dextrose, Onion Powder, Garlic Powder, Natural Flavor, Spice Extractive (Paprika)), Mustard Flour, Oleoresin Paprika.  
**CUT GREEN BEANS.**

MAY CONTAIN: WHEAT AND SOY.

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## COOK AND SERVE SALISBURY STEAK, MASHED POTATOES, STEWED TOMATOES, AND ROASTED BEEF GRAVY

**INGREDIENTS: SALISBURY STEAKS WITH TEXTURED VEGETABLE PROTEIN ADDED CAMEL COLOR ADDED:** Ground Beef (Not more than 20% Fat), Water, Textured Vegetable Protein (Soy Protein Concentrate, Caramel Color), Toasted Wheat Crumbs (Wheat Flour, Salt, Torula Yeast), Seasoning (Salt, Dehydrated Onion, Yeast Extract, Spice, Natural Flavors), Caramel Color.  
**MASHED POTATOES:** WATER, Dehydrated potatoes, (color and flavor protected with sodium acid pyrophosphate, and citric acid), Refined Coconut Oil, Salt, Corn Syrup Solids, Potassium Caseinate (Milk Derivative), Sugar, Dipotassium Phosphate, Mono & Diglycerides, Sodium Stearoyl Lactylate, Carrageenan, Sodium Silico Aluminate, Artificial Flavor and an Extract of Turmeric and Annatto.  
**STEWED TOMATOES:** Tomatoes, Tomato Juice, Sugar, Salt, Dried Onion, Dried Celery, Dried Bell Pepper, Citric Acid, Calcium Chloride, Natural Flavors.  
**ROASTED BEEF GRAVY:** water, roasted beef and beef juices, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), food starch-modified, salt, onion powder, hydrolyzed corn, wheat and soy protein, sugar, caramel color, soybean oil, disodium inosinate, disodium guanylate, flavoring).

CONTAINS: SOY, WHEAT, MILK.

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## COOK AND SERVE FRENCH TOAST, TATER GEMS, PORK SAUSAGE LINKS, BROCCOLI CUTS

**INGREDIENTS: CINNAMON GRIDDLED FRENCH TOAST STICKS:** BREAD [Enriched Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains 2% of Less of the Following: Margarine, Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Calcium Propionate) Spice Blend, Calcium Propionate, Sour Base (Wheat Flour, Fumaric Acid, Acetic Acid, Lactic Acid), Yeast Nutrients (Monocalcium Phosphate, Ammonium Sulfate), Oxidants (Ascorbic Acid)], Whey,

Water, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, thiamine Mononitrate, Riboflavin, Folate), Sugar, Eggs, Canola or Soybean Oil, Cinnamon, Salt, Natural and Artificial Flavors (contains dairy), Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Beta Carotene, Soy Lecithin (an emulsifier).  
**REDUCED SODIUM TATER GEMS:** Potatoes, Vegetable Oil (Soybean, Canola, Cottonseed, and/or Sunflower), Contains Less Than 2% of Dextrose, Sea Salt, Disodium Dihydrogen Pyrophosphate (To Maintain Natural Color).  
**READY BROWNED FULLY COOKED PORK SAUSAGE LINKS CAMEL COLOR ADDED:** Pork, Water, Contains 2% or Less: Salt, Spices, Sodium Phosphate, Dextrose, Monosodium Glutamate, Caramel Color, Beef Collagen Casings. Gluten Free. DICED POTATO RUSSET SKINLESS PARTIALLY BROCCOLI CUTS.

MAY CONTAIN: EGGS, WHEAT, MILK, SOY.

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# SAT - SUN (WEEK 2) (NOU Menu)

## COOK AND SERVE SLOPPY JOE, BRUSSELS SPROUTS AND MIXED VEGETABLES

INGREDIENTS: SLOPPY JOE BEEF WITH BAR-B-QUE SAUCE TEXTURED VEGETABLE PROTEIN AND CARAMEL COLOR ADDED: Beef, Water, Tomato Paste, Textured Vegetable Protein (Soy Protein Concentrate, Caramel Color), Sugar, Vinegar, Green Bell Peppers, Salt, Dehydrated Onion, Sodium Phosphates, Dehydrated Red Bell Peppers, Chili Powder (Chili Pepper, Spices, Salt, Garlic Powder), Dehydrated Garlic, Xanthan Gum, Paprika Extract, Spice, Caramel Color.

BRUSSELS SPROUTS.  
MIXED VEGETABLES (Carrots, Corn Green Beans, Peas, Lima Beans).

ALLERGENS: CONTAINS: SOY.

## COOK AND SERVE WHOLE GRAIN WHITE MEAT CHICKEN PATTIE FRITTERS, DICED CARROTS AND SOUR CREAM & CHIVE POTATO WEDGES

INGREDIENTS: WHOLE GRAIN WHITE MEAT CHICKEN PATTIE FRITTERS: White Meat Chicken, Water, Whole Wheat Flour, Textured Soy Protein Concentrate, Soy Protein Concentrate, Contains 2% or Less of the Following: Corn Starch, Dehydrated Garlic, Dehydrated Onion, Extractives of Paprika and Turmeric, Garlic Powder, Maltodextrin, Natural Flavor, Salt, Spice Extractives (Including Extractives of Celery Seed), Spices (Including Celery Seed), Yeast Extract. Breeding Set in Vegetable Oil.

DICED CARROTS.  
SOUR CREAM & CHIVE SEASONED 10 CUT WEDGE: Potatoes, Vegetable Oil (Soybean, Canola, Cottonseed, and/or Sunflower), Wheat Flour, Food Starch-Modified, Contains Less Than 2% of Cellulose Gum, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Rice Flour, Salt, Seasoning (Salt, Onion Powder, Garlic Powder, Spice, Chives, Lactic Acid, Natural Flavor, Citric Acid), Disodium Dihydrogen Pyrophosphate (To Maintain Natural Color).

CONTAINS: SOY, WHEAT.

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