

MON-FRI (WEEK 1) March Menu

COOK AND SERVE CHICKEN MINI TACOS, FIESTA BEANS AND DICED CARROTS

INGREDIENTS: CHICKEN MINI TACOS: Filling: Mechanically Separated Chicken, Water, Onions, Tomato Paste, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Food Starch. Contains less than 2% of: Seasoning (Salt, Spice, Garlic Powder, Paprika). CORN TORTILLA: Stone Ground Corn Masa Flour (With Trace of Lime), Water.

DICED CARROTS:
LOW SODIUM BLACK BEANS: Prepared Black Beans, Water, Salt, Calcium Chloride (Firming Agent).

LOW SODIUM PINTO BEANS: Prepared Pinto Beans, Water, Salt, Calcium Chloride (Firming Agent), and Calcium Disodium EDTA (Promotes Color Retention).

THICK & CHUNKY MILD SALSA: (Diced Tomatoes, Water, Jalapeno Peppers, Tomato Paste, Onions, Distilled Vinegar, Dehydrated Onions, Salt, Dehydrated Garlic, Natural Flavor).]

CONTAINS: WHEAT.

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COOK AND SERVE WHITE CHEDDAR & MACARONI, STEWED TOMATOES AND PEAS

INGREDIENTS: WHITE CHEDDAR & MACARONI: Semolina (Wheat), Niacin, Ferrrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Monterey Jack Cheese Sauce (Cheese Blend (Monterey Jack (Cultured Milk, Salt, Enzymes), Whey, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Reduced Lactose Whey, Maltodextrine, Canola Oil, Disodium Phosphate, Bleu Cheese (Cultured Milk, Salt, Enzymes), Nonfat Dry Milk, Citric Acid), Modified Food Starch, Whey, Coconut Oil, Corn Syrup Solids, Salt, Less Than 2% of Each of the Following: Sodium Caseinate, Potassium & Sodium Phosphate, Sugar, Mono & Diglycerides Yeast Extract, Citric Acid, Sodium Inosinate, Silicon Dioxide), White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes).

STEWED TOMATOES: Tomatoes, Tomato Juice, Sugar, Salt, Dried Onion, Dried Celery, Dried Bell Pepper, Citric Acid, Calcium Chloride, Natural Flavors.

CONTAINS: WHEAT, MILK, SOY.

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COOK AND SERVE CLASSIC CHEDDAR PIEROGIES, MIXED VEGETABLES, DICED CARROTS AND CAMELIZED ONIONS

INGREDIENTS: CLASSIC CHEDDAR SHARP CHEDDAR CHEESE CREAMY WHIPPED POTATOES: Water, Enriched Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potato Flakes (Potatoes, Mono and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Soybean Oil, Dehydrated Cheddar Cheese (Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Disodium Phosphate), Salt, Onion, Natural Flavor, Eggs, Yeast Extract, Whey, Spice, Annatto and Turmeric (Color).

MIXED VEGETABLES: Corn, Carrots, Beans, Yeast, Lima Beans.
DICED CARROTS.
SLICED CAMELIZED ONIONS: Onion, Sunflower Oil.

CONTAINS: WHEAT, SOY, MILK, EGG.

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COOK AND SERVE MEATLOAF, MASHED POTATOES, GREEN BEANS, AND ROASTED BEEF GRAVY

INGREDIENTS: MEATLOAF SLICES WITH TEXTURED VEGETABLE PROTEIN ADDED: Ground Beef (Not More Than 20% Fat), Water, Textured Vegetable Protein (Soy Flour, Caramel Color), Toasted Wheat Crumbs (Wheat Flour, Salt, Torula Yeast), Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, Sugar, Salt, Onion Powder, Spice, Natural Flavoring), Whole Tomatoes (Whole Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Dehydrated Chopped Onion, Salt, Eggs, Garlic Powder, Parsley Flakes.

COMPLETE MASHED POTATO MIX (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).

CUT GREEN BEANS.
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, EGG, WHEAT, MILK.

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COOK AND SERVE FRITTATA WITH CHEDDAR CHEESE, HAM, ONIONS, AND PEPPER, SLICED POTATOES, BROCCOLI AND ENGLISH MUFFIN

INGREDIENTS: FRITTATA WITH CHEDDAR CHEESE, HAM, ONIONS, AND PEPPER: Whole Eggs, Pasteurized Process Cheddar Cheese (Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Milkfat, Sodium Phosphate, Sodium Hexametaphosphate, Salt, Artificial Colors), Water, Ham With Natural Juices, Smoke Flavor Added (Ham, Water, Salt, Dextrose, Sodium Phosphate, Smoke Flavoring, Sodium Erythorbate, Sodium Nitrite), Onions, Green Peppers, Red Peppers, Soybean Oil, Whole Milk Modified Corn Starch, Salt, Mashed Gum, Citric Acid.

SLICED POTATO: Sliced Potatoes, Dextrose, Potassium Sorbate to Protect Flavor, Disodium Pyrophosphate to Maintain Color.

ENGLISH MUFFIN: Enriched Wheat Flour (Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Yeast, Salt, Sugar, Calcium Propionate and Sorbic Acid (To Preserve Freshness), Soybean Oil, Wheat Gluten, Grain Vinegar, Soy Lecithin, Soy, Whey.

CONTAINS: WHEAT, SOY, MILK.

MADE IN A BAKERY THAT MAY ALSO USE TREE NUTS.

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Sat-Sun (WEEK 1) March Menu

COOK AND SERVE TERIYAKI CHICKEN, CORN AND MIXED VEGETABLES

INGREDIENTS: FLAMEBROILED STRIP SHAPED CHICKEN PATTY WITH TERIYAKI SAUCE:

Chicken, Water, Soy Protein Concentrate, [Zinc Oxide, Niacinamide, Ferrrous Sulfate, Copper Gluconate, Vitamin a Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cynnocobalamin (B12)], Seasoning: Corn syrup Solids, Brown Sugar, Salt, Dextrose, Vinegar Powder [Maltodextrin, White Distilled Vinegar Powder Food Starch-Modified], Garlic Powder, Onion Powder, Dehydrated Cooked Chicken), Potassium Chloride, Salt, Sodium Phosphates, Flavoring, Autolyzed Yeast Extract, Maltodextrin, Teriyaki Sauce [Soy Sauce (Water, Soybeans, wheat, Salt, Sodium Benzoate), Sugar, Water, Distilled Vinegar, Modified Food Starch, Pineapple Juice Concentrate, Soybean Oil, Caramel Color, Xanthan Gum, Garlic Powder, Sodium Benzoate, Spice and Natural Flavor].

WHOLE KERNEL CORN.

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

ALLERGENS: CONTAINS: SOY, WHEAT

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COOK AND SERVE BEEF PATTY WITH PIZZA FLAVORING, SUCCOTASH AND MINI TATER PUFFS SWEET POTATOES

INGREDIENTS: BEEF PATTIES WITH PIZZA FLAVORING: Beef, Water, Soy Protein Concentrate, Salt, Hydrolyzed Soy Protein, Flavorings, Sugar, Monosodium Glutamate and Dextrose.
SUCCOTASH: Corn, Lima Beans, Salt.

MINI TATER PUFFS SWEET POTATOES: Sweet Potatoes, Sugar, Corn Starch, High Oleic Canola Oil, Modified Food Starch (Corn, Tapioca, Potato), Rice Flour, Salt, Dextrin, Natural Flavor, Color (Turmeric, Oleoresin Paprika), Dextrose, Xanthan Gum, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate).

ALLERGENS: PRODUCED IN A PLANT THAT USES WHEAT AND SOY.

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