## Ingredient List February, 2019 – September, 2019

##  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. Food allergens may be/are stored or processed at our facility. When in doubt, parents of children with allergies are encouraged to bring food from home for their child.**

**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 entre.**

**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 8/31/16

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| **Power veggie beef & chicken stew** |  |
| 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 | Wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid |
| Veggie power blend | Broccoli stalks, kohlrabi, Brussel sprouts, kale, radicchio, and colored carrots |

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| **Broccoli Salad** |  |
| 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 |  |

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| **Whole wheat bread** |  |
| Coarse whole wheat flour |  |
| Water |  |
| Sugar |  |
| Yeast |  |
| Vital wheat gluten |  |
| Whole grain wheat flakes |  |
| *Less than 2% of the following:* |  |
| 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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| **Ravioli w/olive oil, tomato sauce, & fresh basil** |  |
| 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 | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| Basil |  |

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| **Chicken Patty** |  |
| Chicken thighs |  |
| Salt |  |
| Pepper |  |
| Sage |  |
| Water |  |
| Cornflake crumbs | Milled corn, sugar, malt flavoring, salt |

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| **Tuscan Bean & Garlic soup** |  |
| 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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| **Chicken Nuggets** | 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. Breading set in vegetable oil.  |

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| **Potato soup** |  |
| 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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| **Pizza** |  |
| 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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| **BBQ chicken** |  |
| Chicken leg or thigh |  |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| 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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| **California blend vegetables** | Broccoli, cauliflower, carrots |

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| **Turkey tacos** |  |
| Ground turkey | 100% ground turkey |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| 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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| **Whole wheat flour tortillas** | 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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| **Quiche** |  |
| 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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| **Spaghetti and meat sauce** |  |
| Ground beef | 100% ground chuck |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| Fresh garlic |  |
| Oregano |  |
| Basil |  |
| Pasta | Whole durum wheat flour, semolina durum wheat flour, oat fiber |

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| **Dirty brown rice with beef, vegetables, quinoa, & farro** |  |
| 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, salt, onion, paprika, oregano, white pepper, red pepper, and spice |

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| **Apple slaw** |  |
| Cabbage |  |
| Carrots |  |
| Red cabbage |  |
| Granny smith apples | Apples, ascorbic acid, citric acid |

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| **Whole wheat Macaroni and cheese** |  |
| 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, salt |
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| Fresh garlic  |  |
| Full strength flour | Wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid |

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| **Mixed vegetables** | Peas, carrots, green beans, lima beans, corn |

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| **Whole wheat ziti w/chicken sausage** |  |
| Zit pasta | Durum whole wheat flour, water |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| Chicken sausage | Ground chicken, water, salt, pepper, sage |
| Fresh garlic |  |
| Oregano |  |
| Basil |  |
| Kale |  |

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| **Chicken alfredo w/ tri-color pasta** |  |
| 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 |
| 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 | Wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid |
| Black pepper |  |

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| **Turkey meatloaf**  |  |
| 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 | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| Fresh onion |  |
| Oregano |  |
| Basil |  |
| Garlic powder |  |
| Eggs | Whole egg, citric acid |
| Worcestershire sauce | Distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract |

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| **Mashed sweet potatoes**  |  |
| Fresh sweet potatoes |  |
| 2% reduced fat milk | Reduced fat milk, vitamin A palmitate, vitamin D3 |
| Butter | Cream, salt |

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| **Chicken chili**  |  |
| 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 | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| 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  |  |
| Full strength flour | Wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid |
| Water |  |

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| **Southwest salad** |  |
| Iceberg |  |
| Romaine |  |
| Carrots |  |
| Red cabbage |  |
| Corn |  |
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| **Spinach manicotti** |  |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| 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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| **Whole wheat** **Turk-a-roni** |  |
| Ground turkey |  |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| 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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| **Pineapple/Mango Coleslaw** |  |
| Cabbage |  |
| Carrots |  |
| Red cabbage |  |
| Mango |  |
| Pineapple tidbits  | Pineapple, pineapple juice, citric acid |
| Diced red onion |  |
| Cilantro |  |

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| **Hamburger slider** |  |
| Fresh ground beef | 100% ground chuck |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| Worcestershire sauce | Distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract |

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| **Bean medley** |  |
| Kidney beans |  |
| Green beans |  |
| Wax beans |  |

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| **Roll** | 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 stearolyl 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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| **Homemade lasagna** |  |
| Chopped tomatoes in tomato puree | Tomatoes, tomato puree, salt, citric acid |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| 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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| **Chicken w/ buttermilk gravy** |  |
| 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 | Wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid |

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| **Cheese melt** |  |
| 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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| **Tomato alphabet soup** |  |
| Tomato sauce | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |
| 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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| **Beans and rice**  |  |
| 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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| **Turkey Sloppy Joe** |  |
| 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 | Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings |

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| **Roll** | 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 stearolyl 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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| **Black bean, corn, & chicken quesadilla**  |  |
| 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 stearoyl lactylate, potassium sorbate, cellulose gum, yeast, canola oil, enzyme and sodium |

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| **Maryland-style chicken**  |  |
| Chicken thigh |  |
| Old bay seasoning | Celery salt, spices (mustard, pepper, laurel leaves, cloves, pimento, ginger, mace, cardamom, cinnamon), paprika  |
| sugar |  |
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| **Sugar snaps & carrots** |  |

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| **Shepherd’s Pie** |  |
| Fresh ground beef  | 100% ground chuck |
| Worcestershire sauce | Distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract |
| 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 | Wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid |
| Mashed potatoes | Idaho potatoes, salt, vegetable oil (contains one or more of the following: canola, soybean, cottonseed, sunflower), nonfat dry milk, monoglycerides, calcium stearoyl, 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). |

THANKSGIVING DINNER

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| **Roast turkey breast w/gravy** |  |
| Turkey breast |  |
| Broth solution | Turkey broth, salt, sugar, sodium phosphate, pepper |

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| **Gravy** |  |
| 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,m 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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| **Cranberry relish** |  |
| Cranberries |  |
| High fructose corn syrup, corn syrup, water |  |

**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.

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| **Salad dressing – 1000 Island** |  |
| Mayonnaise | Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika |
| 2% reduced fat milk | Reduced fat milk, vitamin A palmitate, vitamin D3 |
| Ketchup  | Tomato concentrate, sugar, distilled vinegar, less than 2% of: salt, natural flavors, potassium chloride, onion powder, citric acid, garlic powder, spices |
| Dill relish | Cucumbers, water, vinegar, salt, lactic acid, calcium chloride, malic acid, xanthan gum, alum, natural and artificial flavors, garlic powder, potassium sorbate (preservative), polysorbate 80, turmeric (color) |
| Sugar |  |

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| **Salad Dressing – Ranch** |  |
| 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 |

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| **Cole slaw dressing (Apple slaw & Pineapple/mango slaw)** |  |
| 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 |  |

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| **Strawberry salad dressing** |  |
| 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 |

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| **Southwest salad dressing** |  |
| 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 |  |

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| **Broccoli Salad Dressing** |  |
| 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 |  |
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| **Grated parmesan cheese** | Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), corn starch, powdered cellulose |

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| **Butter** | Cream, salt |

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| **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 |