

Word of Life Florida Youth Camp

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Youth Camp Chef: Sandy Adcox

Additional Chefs/Cooks: Austin Adcox, David Rocha, John Casillas, Luke Caldwell

INGREDIENT AND ALLERGEN INFORMATION

Menu, ingredient, and allergen information for the Word of Life Florida Youth Camp, Summer 2023

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SPECIFIC INFORMATION REGARDING GLUTEN, DAIRY, and PEANUT ALLERGIES

Our chefs are experienced in dealing with food allergies. The most effective way to avoid issues with food is for you and your child to let their counselor know of any food allergy. A written note is very effective. The counselors are the key communicator for your child. They are trained to understand their responsibility for food safety.

For gluten intolerant campers we always have some gluten free items available: GF sandwich bread, GF/DF chocolate brownies, Italian ice, and cereal. There will be comparable GF pasta and Hamburger Buns on those meals. We make a deliberate effort not to use flour in a recipe unless necessary.

Peanut and tree nut allergens are not present except the individual packets of peanut butter available for Peanut Butter & Jelly Sandwiches. We do not use peanut oil or peanuts as ingredients. If your child cannot eat food processed in a factory that handles peanuts, or has an anaphylactic allergy to peanuts please contact [mail to: SCAdcox@wol.org](mailto:SCAdcox@wol.org) at least a week before your child’s arrival.

For lactose intolerant campers we always have Unsweetened Almond Milk, Soy Milk, and Italian Ice.

Florida Youth Camp Summer 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		French Toast Sticks Scrambled Eggs	Breakfast Tornadoes Individual Yogurts	Chicken Biscuit Potato Smiles	Mini Pancakes Sausage Patties	Biscuits Sausage Gravy Tater Tots Donuts	Scrambled Cheesy Eggs Bacon Diced Potatoes Muffins
		Danish	Cinnamon Rolls	Muffins	Danish		
		Fruit, Yogurt, Cereal, juice <i>Pineapple</i>	Fruit, Yogurt, Cereal, juice <i>Peaches</i>	Fruit, Yogurt, Cereal, juice <i>Mandarin Oranges</i>	Fruit, Yogurt, Cereal, juice <i>Pineapple</i>	Fruit, Yogurt, Cereal, juice <i>Peaches</i>	Fruit, Yogurt, Cereal, juice <i>Mandarin Oranges</i>
Lunch		Baked Tenders Waffle Fries	Meatball Subs Seasoned Wedges	Smothered, Shredded Chicken Nachos	Crispy Chicken Sandwich BBQ Chips	Hamburgers Fries	
		Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	
		Rice Crispy Treat	Oreos	Fudge Rounds	Ice Pops	Oatmeal Cream Pie	
Dinner	Pulled Pork Sandwiches	Cheeseburger Mac Corn	Homemade Chili Rice	Baked Ziti Broccoli	Chili Cheese All-Beef Hot Dogs Crinkle Fries	Baked Chicken Yellow Rice	
	Cool Ranch Doritos	Garlic Breadsticks	Tortilla Chips	Garlic Breadsticks	Mac & Cheese	Green Beans Dinner Roll	
	Tossed Salad	Caesar Salad	Tossed Salad	Caesar Salad	Tossed Salad	Tossed Salad	
	Chocolate Chip Cookies	Sherbet Cups	Ice Pops	Italian Ice	Vanilla Ice Cream Cups	Brownie Bites	

* Alternative For Campers **Allergic** to a specific lunch or dinner meal: Baked Chicken, White Rice, Beans, Baked Potatoes, Gluten Free Bread or Regular Bread, Deli Meat and Cheese

* Alternative For Campers **Allergic** to a specific dessert: **Gluten Free/Nut Free/Dairy Free Choc Chip Brownie, Gluten Free Rice Krispie Treat, GF/DF Italian Ice**
Juice, Milk, Almond Milk Lemon-Lime Gatorade or Fruit Punch Gatorade

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Dressings and Sauces

Pancake Syrup CORN SYRUP, WATER, CONTAINS 2% OR LESS OF SALT, POTASSIUM SORBATE, SODIUM BENZOATE AND BENZOIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVORS, CARAMEL COLOR, CELLULOSE GUM. Contains: Barley Gluten and it's Derivatives

House Made Ranch Dressing: **Allergens: Egg, Milk,**

Mayonnaise SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLKS, DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, MUSTARD SEED, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.

Allergens: Egg

Butter Milk CULTURED NONFAT MILK, FOOD STARCH-MODIFIED (CORN), SALT, LOCUST BEAN GUM, CARRAGEENAN, VITAMIN A PALMITATE.

Allergens: Milk

Ranch Seasoning SALT, MONOSODIUM GLUTAMATE, MALTODEXTRIN, DEHYDRATED PARSLEY, GARLIC POWDER, ONION POWDER, CANOLA OIL, CARRAGEENAN, BUTTERMILK PRODUCT, TURMERIC (COLOR), WITH NOT MORE THAN 2% CALCIUM STEARATE ADDED AS AN ANTI-CAKING AGENT.

Allergens: Milk,

Honey Mustard SOYBEAN OIL, YELLOW MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE), DISTILLED VINEGAR, SUGAR, WATER, EGG YOLK, HONEY, CONTAINS LESS THAN 2% OF SALT, XANTHAN GUM, SPICE, OLEORESIN PAPRIKA (COLOR), OLEORESIN TURMERIC (COLOR).

Allergens: Eggs

Caesar Dressing SOYBEAN OIL, DISTILLED VINEGAR, WATER, APPLE CIDER VINEGAR, ROMANO CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CONTAINS LESS THAN 2% OF GARLIC,* SUGAR, TABASCO ? BRAND PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), SPICE, MUSTARD FLOUR, ANCHOVIES, MALTODEXTRIN, CARRAGEENAN, XANTHAN GUM, BETA CAROTENE (COLOR). *DRIED.

Allergens: Fish, Milk,

Barbeque Sauce TOMATO PUREE (WATER, TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, DISTILLED WHITE VINEGAR, SALT, MODIFIED CORNSTARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: NATURAL HICKORY SMOKE FLAVOR, PAPRIKA, MUSTARD FLOUR, SPICES, SODIUM BENZOATE (PRESERVATIVE), ONION POWDER, GARLIC POWDER, TURMERIC, NATURAL FLAVORINGS.

Mayonnaise SOYBEAN OIL, WATER, WHOLE EGGS AND EGG YOLKS, VINEGAR, SALT, SUGAR, LEMON JUICE, CALCIUM DISODIUM EDTA USED TO PROTECT QUALITY, NATURAL FLAVORS.

Allergens: Eggs

Mustard WATER, DISTILLED VINEGAR, MUSTARD SEED, SALT, TURMERIC AND SPICES.

Ketchup TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING

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Camper Salad

Lettuce Mix 50% iceberg lettuce, 50% Romaine

Cherry Tomato fresh tomato

Cucumber fresh cucumber

Carrot fresh carrots (shredded or baby)

Crouton 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.

Allergens: Milk, Wheat

Shredded Cheddar Cheese PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.

Allergens: Milk

Ranch Dressing SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, BUTTERMILK SOLIDS, CONTAINS LESS THAN 2% OF SALT, SUGAR, LEMON JUICE CONCENTRATE, GARLIC * ONION,* XANTHAN GUM, SORBIC ACID (PRESERVATIVE), NATURAL FLAVOR, CREAM, SPICE, MALTODEXTRIN, WHEY, VINEGAR POWDER, BUTTERMILK, AUTOLYZED YEAST EXTRACT, MILK, SOUR CREAM POWDER, LACTIC ACID, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CITRIC ACID. *DRIED.

Allergens: Milk, Egg

Italian Dressing Golden SOYBEAN OIL, DISTILLED VINEGAR, WATER, SUGAR, SALT, CONTAINS LESS THAN 2% OF GARLIC,* XANTHAN GUM, ONION,* RED BELL PEPPER,* SPICE, LEMON JUICE CONCENTRATE, NATURAL FLAVOR, BETA CAROTENE (COLOR), OLEORESIN PAPRIKA (COLOR). *DRIED.

Allergens: Egg, Fish

Caesar Salad- Romaine, Iceberg, Parmesan, Bacon, Caesar Dressing: SOYBEAN OIL, DISTILLED VINEGAR, WATER, APPLE CIDER VINEGAR, ROMANO CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CONTAINS LESS THAN 2% OF GARLIC,* SUGAR, TABASCO ? BRAND PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), SPICE, MUSTARD FLOUR, ANCHOVIES, MALTODEXTRIN, CARRAGEENAN, XANTHAN GUM, BETA CAROTENE (COLOR). *DRIED.

Allergens: Fish, Milk,

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Cereal

Available at all breakfasts. Frosted Flakes are gluten free.

Cinnamon Toast Crunch Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Allergens: Wheat, Soy

Fruit Loops Corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), sugar, wheat flour, whole grain oat flour, modified food starch, contains 2% or less of vegetable oil (hydrogenated coconut, soybean and/or cottonseed), oat fiber, maltodextrin, salt, soluble corn fiber, natural flavor, red 40, yellow 5, blue 1, yellow 6. Vitamins and Minerals: Vitamin C (ascorbic acid), reduced iron, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

Allergens: Wheat

Frosted Flakes Milled corn, sugar, malt flavor, contains 2% or less of salt. Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

Drinks

2% Milk Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3.

Allergens: MILK.

Apple Juice 100% Apple juice from concentrate

Orange Juice 100% Orange juice from concentrate

Gatorade WATER, SUGAR, DEXTROSE, CITRIC ACID, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, GUM ARABIC, GLYCEROL ESTER OF ROSIN, NATURAL FLAVOR, YELLOW 5.

Gatorade Fruit Punch Ingredients WATER, SUGAR, DEXTROSE, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, MODIFIED FOOD STARCH, SODIUM BENZOATE (A PRESERVATIVE), POTASSIUM SORBATE (A PRESERVATIVE), RED 40, GLYCEROL ESTER OF ROSIN, CARAMEL COLOR.

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Allergen Alternatives

Gluten Free Hamburger Bun WATER, TAPIOCA STARCH, BROWN RICE FLOUR (RICE FLOUR, RICE BRAN WITH GERM), CANOLA OIL, RESISTANT CORN STARCH, EGG WHITES, INVERT CANE SUGAR, TAPIOCA MALTODEXTRIN, POTATO FLOUR, CANE SUGAR, TAPIOCA SYRUP, YEAST, SUGARCANE FIBER, SALT, GUM (XANTHAN GUM, SODIUM ALGINATE, GUAR GUM), CULTURED CORN SYRUP SOLIDS, CITRIC ACID (MOLD INHIBITOR), XANTHAN GUM, ENZYMES.

Allergens: Eggs

Gluten Free Sandwich Bread Water, Modified Tapioca Starch, Brown Rice Flour, Rice Starch, Modified Cellulose Gum, Guar Gum, Granulated Sugar, Sorghum Flour, Long Grain Milled Rice, Stabilized Rice Bran, Yeast, Canola Oil, Egg Whites, Psyllium, Salt, Modified Cellulose, Organic Medium Invert Syrup, Cultured Brown Rice, Brown Rice

Allergens: Eggs

Gluten Free Penne CORN FLOUR, RICE FLOUR, MONO AND DIGLYCERIDES. NO WHEAT INGREDIENTS. PRODUCED ON A DEDICATED GLUTEN FREE LINE.

Almond Milk Almond milk (Filtered Water, Almonds), Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellant Gum, Natural Flavor. Vitamins and Minerals: Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2. Contains Almond.

Allergens: Tree Nuts

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Sunday Dinner

Barbeque Pork Smoked Cooked Pork Shoulder Boston Butt, Barbecue Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains 2% or less of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate (Preservative), Molasses, Corn Syrup, Dried Garlic, Sugar, Tamarind, Natural Flavor), Water. **Allergens** FREE FROM EGGS, FISH, MILK, PEANUTS, SHELLFISH, SOY, TREE NUTS, WHEAT

Doritos Cool Ranch Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Salt, Corn Starch, Tomato Powder, Lactose, Whey, Skim Milk, Onion Powder, Sugar, Garlic Powder, Monosodium Glutamate, Maltodextrin (Made From Corn), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Dextrose, Malic Acid, Corn Syrup Solids, Buttermilk, Natural and Artificial Flavors, Sodium Acetate, Artificial Color (Red 40, Blue 1, Yellow 5), Spice, Citric Acid, Disodium Inosinate, and Disodium Guanylate. CONTAINS MILK INGREDIENTS **Allergens: Milk**

Hamburger Bun Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Calcium Propionate (Preservative), Monocalcium Phosphate, Enzymes, Ascorbic Acid..

Allergens: Wheat

Chocolate Chip Cookie Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (Palm And Canola Oil [With Tbhq To Preserve Freshness]), Sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Natural Flavors), Sugar, High Fructose Corn Syrup, Fructose, Dairy Product Solids, And Less Than 2% Of The Following: Molasses, Dextrose, Modified Corn Starch, Polydextrose, Leavening (Baking Soda, Ammonium Bicarbonate), Propylene Glycol Mono- And Diesters Of Fats And Fatty Acids, Mono- And Diglycerides, Soy Lecithin, Salt, Eggs, Caramel Color, And Natural And Artificial Flavors. **Allergens: Eggs, Milk, Soy, Wheat**

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Monday Breakfast

French Toast Sticks Whole Grain Bread [Whole Wheat Flour, Water, Wheat Gluten, Sugar, Soybean Oil, Yeast, Salt, Calcium Propionate (preservative), Ethoxylated Mono- and Diglycerides, Grain Vinegar, Calcium Sulfate, Monocalcium Phosphate, Soy Lecithin, Potassium Iodate, DATEM], Water, Vegetable Oil (Soybean And/Or Canola Oil), Whole Wheat Flour, Sugar, Bleached Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains 2% or less of Dextrose, Dried Whole Egg, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Milk Protein Concentrate, Natural and Artificial Flavor, Salt, Spices, Whey, Yellow Corn Flour. CONTAINS: Milk, Egg, Soy, Wheat **Allergens: Eggs, Milk, Soy, Wheat**

Scrambled Eggs WHOLE EGG, CITRIC ACID, 0.15% WATER ADDED AS CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR. CONTAINS: Eggs. **Allergens: Eggs**

Pineapple PINEAPPLE, PINEAPPLE JUICE.

Danish Enriched Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Apples, Sugar, Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate (preservative), Artificial Flavor, Beta-carotene (color), Vitamin A Palmitate), Corn Syrup, High Fructose Corn Syrup, Eggs, Vegetable Oil (palm, Soybean), Contains 2% Or Less: Mono- And Diglycerides, Modified Corn Starch, Yeast, Brown Sugar, Salt, Cinnamon, Whey, Corn Starch, Tapioca Dextrin, Natural Flavor, Maltodextrin, Dough Conditioner (calcium Sulfate, Dextrin, Enzyme), Gums (xanthan, Agar, Carob Bean), Sodium Alginate, Lemon Juice, Ascorbic Acid (vitamin C), Wheat Starch, Citric Acid **Allergen Warning: Contains: Eggs, Milk, Soy, Wheat**

Monday Lunch

Chicken Tenders Containing Up To 25% of a Solution of Water, Wheat Flour, Salt and Sodium Phosphates. Breading Ingredients: Enriched Bleached Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Spices, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Maltodextrin, Autolyzed Yeast Extract, Torula Yeast, Green Bell Pepper, Calcium Carbonate, Guar Gum, Modified Cream (Butter Flavor), Partially Hydrogenated Soybean Oil, Cream, Powdered Buttermilk, Natural Flavor, Corn Syrup Solids, Sodium Caseinate, Annatto and Turmeric. BATTER: Water, Enriched Bleached Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Spices, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Maltodextrin, Autolyzed Yeast Extract, Torula Yeast, Green Bell Pepper, Calcium Carbonate, Guar Gum, Modified Cream (Butter Flavor), Partially Hydrogenated Soybean Oil, Cream, Powdered Buttermilk, Natural Flavor, Corn Syrup Solids, Sodium Caseinate, Annatto and Turmeric. PREDUST: Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Wheat Gluten, Egg Whites, Salt. Breading Set in Vegetable Oil. **Allergens: CONTAINS EGGS, MILK, SOY, WHEAT**

Waffle Fries Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Color.

Rice Krispy Treat Toasted rice cereal (rice, sugar, salt, malt flavor, niacinamide, reduced iron, vitamin B2 [riboflavin], folic acid), corn syrup, fructose, vegetable oil (soybean and palm oil with TBHQ for freshness), sugar, corn syrup solids. Contains 2% or less of vegetable glycerin, dextrose, gelatin, natural and artificial flavors (contains milk), salt, DATEM, acetylated monoglycerides, soy lecithin, BHT for freshness.

Allergens CONTAINS MILK, SOY

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Monday Dinner

Cheeseburger Mac Beef, Spices & Sauce, Pasta, Cheese

Spices and Sauce Onion, Garlic, Beef Broth, Italian Seasoning, Salt, Paprika, Pepper

Pasta DURUM WHEAT SEMOLINA, DURUM WHEAT FLOUR, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID. **Allergens** CONTAINS: WHEAT. MAY CONTAIN EGG.

Cheese Cheddar cheese PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING. **Allergens:** Milk

American Cheese MILK, CREAM, WATER, SODIUM CITRATE, SALT, CHEESE CULTURE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ENZYMES, SOY LECITHIN, APO CAROTENAL AND BETA CAROTENE (COLOR). **Allergens:** Milk, Soy

Corn Corn

Garlic Breadsticks INGREDIENTS: BREAD: ENRICHED WHEAT FLOUR ([WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), WATER, SOYBEAN OIL, SUGAR, CONTAINS 2% OR LESS OF: SALT, YEAST, VEGETABLE PROTEIN, ASCORBIC ACID ADDED AS DOUGH CONDITIONER, MICROBIAL ENZYMES. SPREAD: VEGETABLE OIL BLEND (SOYBEAN, PALM), WATER, GARLIC, DRIED GARLIC, CONTAINS 2% OR LESS OF: SALT, NATURAL FLAVORS, SWEET CREAM BUTTERMILK, MONOGLYCERIDES, ONION POWDER, SOY LECITHIN, SPICE, GARLIC EXTRACT, LACTIC ACID, VITAMIN A PALMITATE, BETA-CAROTENE (FOR COLOR). CONTAINS WHEAT SOY AND MILK
PRODUCED IN A FACILITY THAT USES EGG **Allergens CONTAINS MILK, SOY, WHEAT

Sherbet Cups Ingredients

Water, Sugar, Whey, High Fructose Corn Syrup, Corn Syrup, Cream, Orange Puree (concentrated Orange Juice, Sugar, Water, Oil Of Orange, Yellow 6, Xanthan Gum), Contains 1% Or Less Of Citric Acid, Guar Gum, Cellulose Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Polysorbate 80, Yellow 6. contains: Milk. **Allergens:** Contains: Milk

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Tuesday Breakfast

Breakfast Tornadoes Ingredients Bacon, Egg, Cheese, Wheat, Milk, Spices

Allergens: CONTAINS EGGS, MILK, WHEAT

Yogurt **Allergens:** CONTAINS MILK

Peaches: Peaches, water, sugar.

Cinnamon Rolls Enriched Bleached Flour (Bleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Sugar, Palm Oil, Eggs, Yeast, Mono- And Diglycerides, Dextrose, Contains 2% Or Less Of The Following: Nonfat Milk, Salt, Defatted Soy Flour, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Soybean Oil, Wheat Starch, Betacarotene (Color), Eggs, Corn Syrup, Calcium Carbonate, Calcium Sulfate, Agar, Guar Gum, Sodium Hexametaphosphate, Modified Corn Starch, Hydroge Nated Palm Kernel Oil, Soy Lecithin, Cinnamon, Preservatives (Calcium Propionate, Sodium Benzoate), Natural And Artificial Flavors, Wheat Flour, Sodium Stearoyl Lactylate, Soy Flour, Sunflower Oil, Enzymes, Ascorbic Acid, Azodicarbonamide, L-Cysteine, Xanthan Gum, Cocoa Powder (Processed with Alkali), Yellow 5, Yellow 6, Citric Acid, Polysorbate 60 **Allergens:** Eggs, Milk, Soy, Wheat

Tuesday Lunch

Meatballs Subs **Meatballs:** Ingredients Pork, Beef, Water, Seasoning (bread Crumbs [wheat Flour, Salt, Yeast], Parmesan/romano Cheeses Made From Cow's Milk [pasteurized Milk, Cheese Cultures, Salt, Enzymes], Salt, Dried Onion, Dried Celery, Malt Extract, Garlic Powder, Spices, Rice Flour), Textured Soy Flour (soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate [b1], Pyridoxine Hydrochloride [b6], Riboflavin [b2], Cyanocobalamin [b12]), Soy Protein Concentrate, Tomato Paste. Contains: Milk, Wheat, Soy. **Allergen Warning Contains:** Milk, Soy, Wheat

Marinara Sauce: Ingredients Fresh Vine-ripened Tomatoes, Soybean Oil, Sea Salt, Sugar, Dehydrated Onions, Dehydrated Garlic, Spices, Spice Extractives, Citric Acid. **Allergens:** Soy

Hotdog Buns: Ingredients Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% Or Less Of The Following: Salt, Calcium Propionate (preservative), Wheat Starch, Enzymes, Ascorbic Acid. allergens: contains Wheat. (not Made With Be Ingredients) **Allergen Warning Contains:** Wheat

Seasoned Wedges Ingredients: Potatoes, Vegetable Oil (soybean, Canola, Cottonseed, And/or Sunflower), Enriched Flour (bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains Less Than 2% Of Dextrose, Food Starch-modified, Garlic Powder, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavor, Paprika Oleoresin Color, Rice Flour, Salt, Spices, Disodium Dihydrogen Pyrophosphate (to Maintain Natural Color). Contains: Wheat. **Allergen Warning Contains:** Wheat

Oreos UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR **Allergens:** Soy, Wheat

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Tuesday Dinner

Chili Beef, Kidney Beans, Chili Beans, Tomatoes, Tomato Sauce, Onions, Chili Powder, Cumin, Oregano, Garlic, Salt, Pepper

Rice Long grain parboiled rice enriched with iron (ferric orthophosphate), niacin, thiamin (thiamin mononitrate) and folic acid.

Tortilla Chips Corn, Vegetable Oil (Corn, Canola, And/Or Sunflower Oil), And Salt.

Ice Pops: **Ingredients:** Water, High Fructose Corn Syrup, contains 2% or less of the following: Apple and Pear Juice from Concentrate, Citric Acid, Natural And Artificial Flavors, Sodium Benzoate and Potassium Sorbate (preservatives), Red 40, Yellow 5, Yellow 6, Blue 1.

Wednesday Breakfast

Chicken Biscuit

Chicken Tender Containing Up To 25% of a Solution of Water, Wheat Flour, Salt and Sodium Phosphates.

Breading Ingredients: Enriched Bleached Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Spices, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Maltodextrin, Autolyzed Yeast Extract, Torula Yeast, Green Bell Pepper, Calcium Carbonate, Guar Gum, Modified Cream (Butter Flavor), Partially Hydrogenated Soybean Oil, Cream, Powdered Buttermilk, Natural Flavor, Corn Syrup Solids, Sodium Caseinate, Annatto and Turmeric. BATTER: Water, Enriched Bleached Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Spices, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Maltodextrin, Autolyzed Yeast Extract, Torula Yeast, Green Bell Pepper, Calcium Carbonate, Guar Gum, Modified Cream (Butter Flavor), Partially Hydrogenated Soybean Oil, Cream, Powdered Buttermilk, Natural Flavor, Corn Syrup Solids, Sodium Caseinate, Annatto and Turmeric. PREDUST: Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Wheat Gluten, Egg Whites, Salt. Breading Set in Vegetable Oil.

Allergens CONTAINS EGGS, MILK, WHEAT

Biscuit INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CULTURED BUTTERMILK (SKIM MILK, NONFAT DRY MILK, CULTURES ADDED), WATER, PALM OIL, Contains less than 2% of: SOYBEAN OIL, DEXTROSE, BAKING SODA, SALT, WHEY, MODIFIED WHEAT STARCH, SUGAR, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE, ARTIFICIAL FLAVOR.

CONTAINS ALLERGENS: WHEAT, MILK

Allergens CONTAINS MILK, WHEAT

Potato Smiles Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Dehydrated Potato Flakes (Potatoes, Mono- and Diglycerides, Sodium Acid Pyrophosphate (to maintain color), Citric Acid (to maintain freshness)). Contains 2% or less of Dextrose, Natural Flavors, Potassium Chloride, Potato Starch - Modified, Salt, Sodium Acid Pyrophosphate Added To Maintain Color.

Muffins Blueberry: SUGAR, ENRICHED BLEACHED WHEAT FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BLUEBERRIES, SOYBEAN

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OIL, EGGS, MODIFIED CORN STARCH, WHEAT PROTEIN ISOLATE, DEFATTED SOY FLOUR, SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, MONO- AND DIGLYCERIDES, HYDROGENATED PALM OIL, POTASSIUM SORBATE (PRESERVATIVE), SODIUM STEAROYL LACTYLATE, NATURAL BLUEBERRY FLAVOR, XANTHAN GUM, RAPESEED LECITHIN, BLUEBERRY JUICE CONCENTRATE, MALIC ACID, BLACKBERRY JUICE CONCENTRATE, ENZYMES__Banana Nut: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, WATER, EGGS, BANANAS, WALNUTS, MODIFIED CORN STARCH, SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), WHEAT PROTEIN ISOLATE, NATURAL BANANA FLAVOR, MONO- AND DIGLYCERIDES, XANTHAN GUM, RAPESEED LECITHIN, POTASSIUM SORBATE (PRESERVATIVE), NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR, ENZYME.__Chocolate Muffins: SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, EGGS, CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, DEXTROSE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), CHOCOLATE FLAVORED CHIPS (SUGAR, PALM KERNEL AND PALM OIL, COCOA PROCESSED WITH ALKALI, DEXTROSE, SOY LECITHIN, POLYSORBATE 60, SORBITAN MONOSTEARATE, SALT, NATURAL FLAVOR), COCOA PROCESSED WITH ALKALI, MODIFIED CORN STARCH, DEFATTED SOY FLOUR, CARAMEL COLOR (CONTAINS SULFITES), LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, WHEAT PROTEIN ISOLATE, NATURAL AND ARTIFICIAL FLAVOR, PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, MONO- AND DIGLYCERIDES, POTASSIUM SORBATE (PRESERVATIVE), HYDROGENATED PALM OIL, XANTHAN GUM, RAPESEED LECITHIN, SODIUM STEAROYL LACTYLATE, ENZYMES.

Allergens: Eggs, Milk, Soy, Tree Nuts, Wheat

Mandarin Oranges Mandarin orange segments, water, citric acid, sugar

Wednesday Lunch

Smothered Chicken Nachos

Chicken Chicken Thighs, Boneless and Skinless, Taco Seasoning (SPICES (INCLUDING CHILI PEPPER, CUMIN, PAPRIKA, OREGANO), ONION, WHEY (MILK), SALT, GARLIC, SUGAR, POTATO STARCH, AND NATURAL FLAVOR) **Allergens MILK**

Tortilla Chips Corn, Vegetable Oil (Corn, Canola, And/Or Sunflower Oil), And Salt.

Cheese Sauce WATER, VEGETABLE OIL (CONTAINS ONE OR MORE OF CANOLA OIL, SOYBEAN OIL, SUNFLOWER OIL), MODIFIED CORN STARCH, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO[COLOR]), NONFAT DRY MILK, CORNSTARCH, CONTAINS LESS THAN 2% OF WHEY, SALT, SODIUM PHOSPHATE, TOMATO POWDER, LACTIC ACID, YEAST EXTRACT, MONO- AND DIGLYCERIDES, MILKFAT, JALAPENO PEPPERS, ANNATTO COLOR, SODIUM HEXAMETAPHOSPHATE, TURMERIC COLOR, MALTODEXTRIN, YELLOW 6, NATURAL AND ARTIFICIAL FLAVORS, ACETIC ACID. CONTAINS: MILK. **Allergens CONTAINS MILK**

Salsa TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES (TOMATOES, TOMATO JUICE), JALAPENO PEPPERS, ONION, DEHYDRATED ONION, CONTAINS LESS THAN 2% OF DISTILLED VINEGAR, SALT, DEHYDRATED GARLIC, NATURAL FLAVOR.

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Fudge Round: Enriched Bleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [vitamin B1], Riboflavin [vitamin B2], Folic Acid), Corn Syrup, Sugar, Dextrose, Palm And Soybean Oils With Tbhq And Citric Acid To Protect Flavor, Water, Cocoa. Contains 2% Or Less Of Each Of The Following: Palm And Palm Kernel Oil, Whey (milk), Baking Soda, Eggs, Salt, Corn Starch, Natural And Artificial Flavors, Sorbitan Monostearate, Polysorbate 60, Sorbic Acid (to Preserve Freshness), Mono- And Diglycerides, Soy Lecithin, Artificial Colors (includes Red 40), Soy Flour, Egg Whites, Citric Acid. **Allergen Warning Contains: Eggs, Milk, Soy, Wheat May Contain: Peanuts, Tree Nuts**

Wednesday Dinner

Ziti Beef, Marinara Sauce, Ricotta Cheese, Penne Pasta, Mozzarella Cheese, parmesan cheese, Garlic, Basil, Oregano, Salt, Black Pepper **Allergens: Milk, Wheat**

Marinara Sauce Tomatoes, tomato puree, soybean oil, sucrose, sea salt, dehydrated onion, dehydrated garlic, spices, citric acid, natural flavors.

Ricotta Cheese Whey, Cream, Milk **Allergen: Milk**

Penne Pasta Semolina (Wheat), Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate, Riboflavin, Folic Acid. **Allergens: Wheat**

Broccoli Broccoli (Salt, pepper, garlic powder, onion powder)

Bread Sticks Bread: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Contains 2% Or Less Of: Salt, Sugar, Dough Conditioners (Datem, Ascorbic Acid, Enzymes, L-Cysteine, Calcium Sulfate), Dextrose, Yeast, Calcium Propionate (Preservative), Mono And Di-Glycerides, Citric Acid, Cornmeal. Spread: Soybean Oil, Water, Palm Oil, Dehydrated Garlic, Salt, Mono And Di-Glycerides, Citric Acid, Natural Flavor, Whey (A Milk Ingredient), Beta Carotene Added For Color. **Allergens: Milk, Wheat**

Italian Ice Cherry Water, Sugar, Cherry Juice From Concentrate, Citric Acid, Acacia And Guar Gums, Ascorbic Acid (Vitamin C), Natural Flavors, Fd&C Red #40, Xanthan Gum, Fd&C Blue #1.

Italian Ice Lemon Water, Sugar, Lemon Juice From Concentrate, Citric Acid, Acacia And Guar Gums, Ascorbic Acid (Vitamin C), Natural Flavor, Xanthan Gum

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Thursday Breakfast

Mini Pancakes Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Buttermilk, Whey, Sugar, Dextrose, Defatted Soy Flour, Less Than 2% Of: Soybean And/Or Canola Oil, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Eggs, Salt, Soy Lecithin. CONTAINS: EGG, MILK, SOY, WHEAT **Allergens CONTAINS EGGS, MILK, SOY, WHEAT**

Sausage Patties Pork, Water, Salt, Contains 2% or less of: Sugar, Spices, Chili Pepper, Flavoring.

Danish Enriched Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Apples, Sugar, Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate (preservative), Artificial Flavor, Beta-carotene (color), Vitamin A Palmitate), Corn Syrup, High Fructose Corn Syrup, Eggs, Vegetable Oil (palm, Soybean), Contains 2% Or Less: Mono- And Diglycerides, Modified Corn Starch, Yeast, Brown Sugar, Salt, Cinnamon, Whey, Corn Starch, Tapioca Dextrin, Natural Flavor, Maltodextrin, Dough Conditioner (calcium Sulfate, Dextrin, Enzyme), Gums (xanthan, Agar, Carob Bean), Sodium Alginate, Lemon Juice, Ascorbic Acid (vitamin C), Wheat Starch, Citric Acid
Allergen Warning: Contains: Eggs, Milk, Soy, Wheat

Pineapples: Pineapples, Pineapple Juice

Thursday Lunch

Crispy Chicken Sandwich

Chicken Chicken Breast with Rib meat, water, bleached enriched wheat flour, modified food starch, contains 2% or less or wheat flour, salt, yellow corn flour, corn starch, sodium phosphates, dextrose, extractives of paprika, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), wheat gluten, leavening (sodium bicarbonate, sodium aluminum phosphate), xanthan gum, malted barley flour. **Allergens CONTAINS WHEAT**

Bun Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Calcium Propionate (Preservative), Monocalcium Phosphate, Enzymes, Ascorbic Acid.

Allergens: Wheat

BBQ Chips Potatoes, Vegetable Oil (Canola, Corn, Soybean, And/Or Sunflower Oil), Sugar, And Less Than 2% Of The Following: Dextrose, Salt, Maltodextrin (Made From Corn), Molasses, Torula Yeast, Onion Powder, Spices, Tomato Powder, Paprika, Natural Flavors, Corn Starch, Caramel Color, Yeast Extract, Paprika Extracts, Garlic Powder, And Mustard Seed Oil

Ice Pops: Ingredients: Water, High Fructose Corn Syrup, contains 2% or less of the following: Apple and Pear Juice from Concentrate, Citric Acid, Natural And Artificial Flavors, Sodium Benzoate and Potassium Sorbate (preservatives), Red 40, Yellow 5, Yellow 6, Blue 1.

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Thursday Dinner

Chili Cheese All Beef Hotdogs

Chili Beef, Crushed Tomatoes, Tomato Sauce, Tomato Paste, Chili Beans, Kidney Beans, Onions, Garlic, Red Chili Powder, Oregano, Salt, Black Pepper

Crushed Tomatoes Vine-Ripened Unpeeled Tomatoes , Tomato Puree, less than 2% of: Salt, Citric Acid*. *Naturally Derived

Tomato Sauce Tomatoes, Sea Salt, Dehydrated Onions, Dehydrated Garlic, Spices, Natural Flavorings, Sweet Bell Pepper, Citric Acid.

Chili Beans Prepared Pinto Beans, Water. Contains 2% or less of: Tomato Paste, Salt, Modified Corn Starch, Spice, Corn Oil, Garlic Powder, Onion Powder, Extractive of Paprika.

Hot Dogs Ingredients Beef, Water, Dextrose, Corn Syrup, Contains 2% Or Less Of Flavorings, Salt, Potassium Lactate, Autolyzed Yeast, Sodium Phosphates, Sodium Diacetate, Ascorbic Acid, Sodium Nitrite, Extract Of Paprika.

Cheese Cheddar cheese PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.

Allergens: Milk

Crinkle Fries Ingredients Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Color.

Mac & Cheese: Pasta, Cheese, Butter, Milk, Salt, Pepper, Garlic powder

Pasta DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS: WHEAT. MANUFACTURED IN A FACILITY THAT USES EGG.

Allergens CONTAINS WHEAT MAY CONTAIN:EGGS

Cheese Cheddar cheese PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (IF COLORED). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.

Allergens: Milk

Butter Pasteurized Cream, Salt. CONTAINS: Milk. **Allergens** CONTAINS MILK

Milk VITAMIN D3. CONTAINS: MILK. **Allergens** CONTAINS MILK

Vanilla Ice Cream Cups Cream, Milk, Buttermilk, Whey, Corn Syrup, High Fructose Corn Syrup, Sugar, Skim Milk, Contains 1% or less of Natural Flavors, Guar Gum, Mono and Diglycerides, Carob Bean Gum, Cellulose Gel, Cellulose Gum, Carrageenan, Polysorbate 80, Annatto Extract for Color. CONTAINS: Milk.

Allergens CONTAINS MILK

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Friday Breakfast

Buttermilk Biscuits Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cultured Buttermilk (Skim Milk, Nonfat Dry Milk, Cultures Added), Water, Palm Oil, Contains Less Than 2%: Baking Soda, Salt, Modified Wheat Starch, Sugar, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate, May Contain: Egg, Soy **Allergens: Milk, Wheat**

Sausage Gravy Pork, Water, Contains 2% Or Less: Salt, Sugar, Spices, Flavorings. MILK, VITAMIN D3. **Allergens: MILK.**

Bleached Wheat Flour Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. **Allergens: Wheat**

Tater Tots Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color. **Allergens: Soy**

Donut INGREDIENTS FOR U.S MARKET: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEY (A MILK DERIVATIVE), PALM OIL, DEXTROSE, SKIM MILK, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SOYBEAN OIL, SALT, DEFATTED SOY FLOUR, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, CELLULOSE GUM, TO PRESERVE FRESHNESS (CALCIUM PROPIONATE), GUAR GUM, XANTHAN GUM, COLORED WITH (BETA CAROTENE), EGG WHITES.

Allergens CONTAINS EGGS, MILK, SOY, WHEAT

Peaches Peaches, water, sugar

Friday Lunch

Hamburgers Beef, Water, Seasoning (Deheated mustard, Isolated Oak Product, Salt, Dextrose, Natural Flavors, Spices, Less than 2% of soybean oil (processing aid) and Silicon Dioxide [anticaking]).

Buns Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Calcium Propionate (Preservative), Monoglycerides, Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate, Enzymes, Ascorbic Acid. **Allergens: Wheat**

Fries Ingredients: Potatoes, Vegetable Oil (contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% Or Less Of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Color. **Allergens: Soy**

Oatmeal Cream Pie Ingredients: Corn Syrup, Enriched Bleached Flour (wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamin Mononitrate [vitamin B1], Riboflavin [vitamin B2], Folic Acid), Palm And Soybean Oils With Tbhq And Citric Acid To Protect Flavor, Sugar, Whole Grain Rolled Oats, Water, Dextrose, Molasses Raisin Paste. Contain 2% Or Less Of Each Of The Following: Leavening (baking Soda, Ammonium Bicarbonate, Sodium Aluminum Phosphate), Whey, Salt, Soy Lecithin, Corn Starch, Mono- And Diglycerides, Sorbitan Monostearate, Polysorbate 60, Eggs, Soy Flour, Palm And Palm Kernel Oil, Egg Whites, Cocoa Processed With Alkali, High Fructose Corn Syrup, Rice Flour, Nonfat Dry Milk, Modified Corn Starch, Datem, Modified Tapioca Starch, Carrageenan, Artificial Colors (includes Red 40, Yellow 5, Blue 1), Sorbic

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Acid (to Preserve Freshness), Spices, Natural And Artificial Flavors, Citric Acid, Malic Acid, Sodium Stearoyl Lactylate, Propylene Glycol Monostearate, Polysorbate 80, Pectin, Sodium Citrate, Modified Wheat Starch, Chocolate, Cocoa Butter. **Allergen Warning Contains: Eggs, Milk, Soy, Wheat - May Contain: Peanuts, Tree Nuts**

Friday Dinner

Baked Chicken Boneless Chicken Thighs, Salt, Pepper, Garlic

Yellow Rice Enriched Parboiled Long Grain Rice (Niacin, Ferric Orthophosphate (Iron), Thiamin Mononitrate, Folic Acid), Salt, Dehydrated Vegetables (Onion, Bell Pepper, Tomato). Contains 2% or less of: Sugar, Saffron, Corn Meal, Maltodextrin, Yeast Extract, Sunflower Oil, Hydrolyzed Corn Protein, Dehydrated Chicken Meat, Spices, Celery Extract, Sodium Aluminosilicate (Anti-Caking Agent), Garlic, Annatto and Turmeric for color.

Green Beans Green Beans (Salt, Pepper, Granulated Garlic, Onion Powder)

Dinner Roll Ingredients Wheat Flour, Water, Rye Flour, Yeast, Salt, Canola Oil, Rye Sourdough Culture (Rye Flour, Water, Salt, Starter Cultures), Sugar, Malted Barley Flour, Guar Gum, Fava Bean Flour, Dextrose, Calcium Diphosphate, Sunflower Lecithin, Ascorbic Acid, Enzymes. Contains: Wheat **Allergens CONTAINS WHEAT**

FREE FROM EGGS, FISH, MILK, PEANUTS, SOY, TREE NUTS

Brownie Bites Ingredients: Sugar, Eggs, Enriched Wheat Flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Chocolate [sugar, unsweetened chocolate (processed with alkali), cocoa butter, nonfat milk, milk fat, soy lecithin, natural vanilla flavor, natural vanilla extract, natural flavor], Soybean Oil, Butter, Margarine [soybean oil, palm oil, water, salt, mono & diglycerides, nonfat dry milk, sunflower lecithin, natural flavor, vitamin A palmitate, beta carotene], Glucose, Cocoa [processed with alkali], Cream, Water, Baking Powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], Salt.

Allergens CONTAINS EGGS, MILK, SOY, WHEAT (FREE FROM FISH, PEANUTS, TREE NUTS)

Saturday Breakfast

Scrambled Cheese Eggs

Eggs/Cheese WHOLE EGG, CITRIC ACID, 0.15% WATER ADDED AS CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR. CONTAINS: Eggs. **Allergens: Eggs, Milk**

Bacon Bacon cured with water, salt, sugar, smoke flavoring, sodium phosphates, sodium erythorbate, sodium nitrite.

Diced Potatoes Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color.

Muffins: See Wednesday for ingredients

Mandarin Oranges: Mandarin orange segments, water, citric acid, sugar

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