

WEEK 1-WINTER CYCLE MENU 2020

MONDAY

Ingredients: BEEF, WATER, CATSUP (TOMATO PASTE, CORN SYRUP, VINEGAR, SALT, DRIED ONION, DRIED GARLIC, NATURAL FLAVOR), ONION, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), CYANOCOBALAMIN (B12), PEPPERS, BREAD CRUMBS (BLEACHED WHEAT FLOUR AND YEAST), SEASONING (SALT, ONION POWDER, PARTIALLY HYDROGENATED SOYBEAN OIL, FLAVORING, SPICES, TURMERIC, DEXTROSE, GARLIC POWDER), SODIUM PHOSPHATES. **MEATLOAF**

Ingredients: REDSKIN POTATOES, OLIVE OIL, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CITRIC ACID, COLOR (TURMERIC OLEORESIN, PAPRIKA OLEORESIN), DEHYDRATED GARLIC, DEHYDRATED ONION, DEXTROSE, DRIED CHICKEN BROTH, NATURAL FLAVORS, SALT, SPICES, SUGAR.

Ingredients: Peaches, Water, Sugar **Ingredients:** Water, Liquid and Hydrogenated Soybean Oil, Palm Oil, Contains Less Than 2% of Salt, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added. **MARGARINE**

Wholesome Farm 2% extended shelf life reduced fat **milk** is UHT-processed real milk with enzymes for a delicious and refreshing taste.

TUESDAY

Ingredients: PEAS.

Ingredients: Carrots

Ingredients: Pineapple, Pineapple Juice 100%

Ingredients: Whole Wheat Egg Noodles (whole durum flour, egg white solids, water), cornstarch, nonfat dry milk, salt, cheddar cheese powder, maltodextrin, modified food starch, sweet whey, bleu cheese, yeast, chicken fat, dehydrated onions, guar gum, dehydrated mushroom, partially hydrogenated soybean oil, parsley flakes, spices, natural flavors, FD&C Yellow #5, FD&C Yellow #6, and BHA. **TETRAZINI, TURKEY**

Ingredients: Water, Liquid and Hydrogenated Soybean Oil, Palm Oil, Contains Less Than 2% of Salt, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added. **MARGARINE**

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WEDNESDAY

Ingredients: POTATOES, SKIM MILK, CREAM (MILK), CARROTS, VEGETABLE OIL (CORN AND/OR CANOLA), MODIFIED FOOD STARCH, CELERY, DEHYDRATED SKIM MILK, ONIONS, CONTAINS LESS THAN 2% OF: SALT, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOY PROTEIN CONCENTRATE, NATURAL FLAVORING, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICES. CONTAINS: WHEAT, MILK, SOY. **POTATO SOUP**

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), soybean oil (with TBHQ for freshness), corn syrup. Contains 2% or less of salt, baking soda, yeast, soy lecithin. **UNSALTED SALTINE CRACKERS**

Ingredients: INGREDIENTS: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Sugar, Palm And Soybean Oil, Dextrose, Less Than 2% Of: Baking Soda, Defatted Soy Flour, Food Starch-Modified, Mono-Diglycerides, Monocalcium Phosphate, Natural And Artificial Flavors (Contains Milk Derivatives), Propylene Glycol Esters, Salt, Sodium Aluminum Phosphate, Sodium Stearoyl Lactylate. CONTAINS: Wheat, Soy, Milk. May Contain Eggs. **MUFFIN MIX**

Ingredients: SOYBEAN OIL, SUGAR, WATER, CORN SYRUP, CORN CIDER VINEGAR, DISTILLED VINEGAR, TOMATO PASTE, SALT, PAPRIKA, HONEY, XANTHAN GUM, ONION*, OLEORESIN PAPRIKA, BEET JUICE, MUSTARD SEED, GARLIC*, PROPYLENE GLYCOL ALGINATE, NATURAL FLAVOR. *DEHYDRATED **HONEY**

FRENCH DRESSING

Ingredients: WATER, CORN CIDER VINEGAR, DISTILLED VINEGAR, SUGAR, MODIFIED CORNSTARCH, SALT, GARLIC*, ONION*, LEMON JUICE CONCENTRATE, RED BELL PEPPER*, FRUIT JUICE ADDED FOR COLOR, XANTHAN GUM, SPICE, CARROTS*, POTASSIUM SORBATE AND SODIUM BENZOATE ADDED AS PRESERVATIVES, ANNATTO EXTRACT. *DEHYDRATED **FAT FREEE ITALIAN DRESSING**

Ingredients: SOYBEAN OIL, WATER, BUTTERMILK, DISTILLED VINEGAR, SALT, EGG YOLK, SUGAR, WHEY PROTEIN CONCENTRATE, GARLIC JUICE, MONOSODIUM GLUTAMATE, XANTHAN GUM, NATURAL FLAVOR, ONION*, POTASSIUM SORBATE AND SODIUM BENZOATE ADDED AS PRESERVATIVES, POLYSORBATE 60, GARLIC*, SPICE, PHOSPHORIC ACID, LACTIC ACID, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED **RANCH DRESSING**

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THURSDAY

Ingredients: FOOD STARCH-MODIFIED, SALT, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, YEAST EXTRACT, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, AND/OR WHEAT), DEXTROSE, ONION, MALTODEXTRIN, Contains less than 2%: GROUND PORK, DRY PORK STOCK, GARLIC, BLACK PEPPER, BACON (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE), BACON FAT, NATURAL FLAVORS, MOLASSES, SOY SAUCE (SOYBEANS, WHEAT, SALT), WHEY PROTEIN CONCENTRATE, CORN SYRUP SOLIDS, MALIC ACID, CITRIC ACID, MONO & DIGLYCERIDES, COLOR ADDED, SODIUM CASEINATE, DISODIUM GUANYLATE, DISODIUM INOSINATE CONTAINS ALLERGENS: WHEAT, MILK, SOY **PORK GRAVY MIX**

Ingredients: Potatoes, Whey Product (Contains one or more of the following: Whey Solids, Sodium Caseinate, Calcium Caseinate, Calcium Phosphate, Calcium Hydroxide), Mono and Diglycerides, Sodium Acid Pyrophosphate, Vitamin C (Ascorbic Acid), Calcium Stearoyl-2-Lactylate. Freshness preserved with Sodium Bisulfite and BHT. Contains Milk Ingredients. **MASHED POTATOES**

Ingredients: Zucchini, Carrots, Cauliflower, Italian Beans, Lima Beans. **ITALIAN BLEND VEGETABLES**

• Pureed texture • No added sugar or sweeteners • USDA Grade A Fancy • Apples are packed within 8 hours of harvesting for freshness

UNSWEETENED APPLESAUCE

Ingredients: Water, Liquid and Hydrogenated Soybean Oil, Palm Oil, Contains Less Than 2% of Salt, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added. **MARGARINE**

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FRIDAY

Ingredients: REDSKIN POTATOES, OLIVE OIL, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CITRIC ACID, COLOR (TURMERIC OLEORESIN, PAPRIKA OLEORESIN), DEHYDRATED GARLIC, DEHYDRATED ONION, DEXTROSE, DRIED CHICKEN BROTH, NATURAL FLAVORS, SALT, SPICES, SUGAR.

Ingredients: BRUSSELS SPROUTS

Ingredients: Water, Liquid and Hydrogenated Soybean Oil, Palm Oil, Contains Less Than 2% of Salt, Vegetable Mono & Diglycerides, Potassium Sorbate (A Preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added. **MARGARINE**

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