

## WEEK 4-WINTER CYCLE MENU 2020

### MONDAY

**Ingredients:**CHICKEN (Cooked Chicken White Meat, Water, Potassium Lactate. Contains 2% or less of the following: Salt, Sodium Phosphate and/or Sodium Triphosphate), MAYONNAISE (Soybean Oil, Egg Yolks [Egg Yolks, Salt], High Fructose Corn Syrup, Distilled Vinegar, Mustard [Distilled Vinegar, Mustard Seed, Salt, Spices], Water, Salt), CELERY, CRACKER MEAL (Bleached Wheat Flour), TEXTURED WHEAT PROTEIN (Wheat Gluten, Wheat Flour), ONIONS, APPLE WINE VINEGAR WITH HONEY. CONTAINS 2% OR LESS OF THE FOLLOWING: SUGAR, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, SALT, SPICES, GLUCONO DELTA LACTONE, GRANULATED GARLIC, SPICES, SODIUM DIACETATE, DRIED TORULA YEAST. **CHICKEN SALAD**

**Ingredients:**INGREDIENTS: BEEF STOCK, POTATOES, CARROTS, TOMATO PUREE (WATER, TOMATO PASTE), CORN, GREEN BEANS, ENRICHED PASTA (WHEAT FLOUR, EGG WHITES, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PEAS, POTATO STARCH, SUGAR, CONTAINS LESS THAN 2% OF: CELERY, SALT, YEAST EXTRACT, DEHYDRATED ONIONS, CABBAGE, ONIONS, PARSLEY, PAPRIKA EXTRACT FOR COLOR, CELERY EXTRACT, FLAVORING, ONION EXTRACT. **VEGETABLE SOUP**

**Ingredients:**INGREDIENTS: POTATOES, SALAD DRESSING (SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, WATER, EGG YOLKS [EGG YOLKS, SALT], WHITE DISTILLED VINEGAR, MUSTARD [WATER, DISTILLED VINEGAR, MUSTARD SEED, SALT, SPICES], SALT, WHEAT STARCH, GUAR GUM, CITRIC ACID, XANTHAN GUM), WATER, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, SWEET RELISH (PICKLES, CORN SYRUP, DISTILLED VINEGAR, WATER, SALT, RED PEPPERS, XANTHAN GUM, NATURAL FLAVORS, CALCIUM CHLORIDE, POLYSORBATE 80, SODIUM BENZOATE, YELLOW #5), CELERY, WHITE DISTILLED VINEGAR, MUSTARD (DISTILLED VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES), EGGS, ONIONS, RED BELL PEPPERS, POTASSIUM SORBATE (TO RETARD SPOILAGE), SALT, GRANULATED ONION, SPICE, XANTHAN GUM. **POTATO SALAD**

**Ingredients:** **Pears**, water, pear juice concentrate

**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. **CRACKERS**

**Ingredients:**MILLET FLOUR, CORNSTARCH, TAPIOCA FLOUR, WATER, EGGS, CANOLA OIL SUGAR, SALT, YEAST, APPLE CIDER VINEGAR, XANTHAN GUM, MONOSODIUM PHOSPHATE. **BUN**

### TUESDAY

**Ingredients:**Naturally Brewed Soy Sauce (Water, Wheat, Soybeans, Salt), Sugar, Water, Modified Food Starch, Onion Juice, Vinegar, Natural Flavor, Garlic Powder, Malic Acid, Spice, Disodium Inosinate, Disodium Guanylate, Sodium Benzoate: less than 1/10 of 1% as a Preservative. **TERIYAKI CHICKEN**

**Ingredients:**Broccoli, Carrots, Cauliflower **CALIFORNIA BLEND**

**Ingredients:**Water, Concentrated Apple Juice and Ascorbic Acid (Vitamin C). **APPLE JUICE**

**Ingredients:**Mandarin Oranges, Water, Sugar, Citric Acid. **MANDARIN ORANGES**

**Ingredients:**WHOLE GRAIN PARBOILED **BROWN RICE**

### WEDNESDAY

**Ingredients:**Pork, water, salt, beef, sugar, flavorings, sodium phosphate, sodium erythorbate, sodium nitrite **SMOKED SAUSAGE**

**Ingredients:**INGREDIENTS: **POTATO** (DRY), MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR AND ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. MADE ON EQUIPMENT THAT ALSO PROCESSES MILK..

**Ingredients:**Cabbage, Water, Salt **SAUERKRAUT**

**Ingredients:****APRICOTS**, WATER, PEAR JUICE CONCENTRATE

**Ingredients:**Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Yeast, High Fructose Corn Syrup, Contains 2% or less of the following: Wheat Bran, Molasses, Soybean Oil, Wheat Gluten, Salt, Honey, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, DATEM, Calcium Peroxide, Ascorbic Acid, Enzymes), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Calcium Propionate and Potassium Sorbate (Preservatives), Caramel Color. CONTAINS **WHEATBREAD**

**Ingredients:**SUGAR, UNSALTED BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORING), ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE FLAVORED ICING BASE (VEGETABLE SHORTENING [SOYBEAN OIL MONO- AND DIGLYCERIDES (SOY)], COCOA [PROCESSED WITH ALKALI], SOYBEAN OIL, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR), WHOLE EGGS, WATER, CHOCOLATE FLAVORED SYRUP (HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER, COCOA, SUGAR, CONTAINS 2% OR LESS OF: POTASSIUM SORBATE [PRESERVATIVE], SALT, MONO & DIGLYCERIDES [SOY], XANTHAN GUM, POLYSORBATE 60, VANILLIN [ARTIFICIAL FLAVOR]), WHEY PROTEIN CONCENTRATE, MODIFIED CORNSTARCH, HEAVY CREAM, SEMI-SWEET CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN [AN EMULSIFIER], NATURAL VANILLA FLAVOR, GROUND VANILLA BEANS), UNSWEETENED CHOCOLATE, SALT, FRUCTOSE, NATURAL FLAVORS, INSTANT COFFEE. **BROWNIES**

### THURSDAY

**Ingredients:**SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID. Contains: Wheat **RIGATONI**

**Ingredients:**Tomato Concentrate (Water, Tomato Paste), Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor. **SPAGHETTI SAUCE & GROUND BEEF SPINACH, EGG, ONION CHEESE** **Ingredients:**CULTURED PASTEURIZED MILK, SALT, ENZYMES, ARTIFICIAL COLOR, POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR).

**Ingredients:****Lima Beans**

**Ingredients:****Apples**, water, CINNAMON

**Ingredients:**Bread: enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of: palm oil, salt, sugar, yeast, soy flour, wheat gluten, malted barley flour, dextrose, enzymes, ascorbic acid, corn meal. Contains: wheat, soy, Spread: natural oil blend (soybean, palm fruit, extra virgin olive oil, and/or canola oil), water, garlic, contains 2% or less of: onion powder salt, sweet cream buttermilk, natural and artificial flavor, mono and diglycerides, spice, potassium sorbate and sodium benzoate to protect quality, soy lecithin, citric acid, lactic acid, vitamin A palmitate, beta carotene for color. Contains: milk, soy, wheat **BREADSTICK**

### FRIDAY

**Ingredients:**Contains up to 3% of a solution of Water, Salt, Spices added to enhance tenderness and juiciness. **TURKEY**

**Ingredients:**ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH-MODIFIED, SALT, AUTOLYZED YEAST EXTRACT, PALM OIL, TURKEY, ONION, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, AND/OR WHEAT), CHICKEN FAT, Contains less than 2%: CHICKEN MEAT, GARLIC, SUGAR, TURMERIC, NONFAT MILK, SPICE, WHEY, SOY FLOUR, CORN SYRUP SOLIDS, DEXTROSE, NATURAL FLAVORS, WHEY PROTEIN CONCENTRATE, COLOR ADDED, SODIUM CASEINATE, MONO & DIGLYCERIDES, DISODIUM INOSINATE, DISODIUM GUANYLATE CONTAINS ALLERGENS: WHEAT, MILK, SOY **TURKEY GRAVY**

**Ingredients:**INGREDIENTS: **POTATO** (DRY), MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR AND ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. MADE ON EQUIPMENT THAT ALSO PROCESSES MILK..

**Ingredients:****Broccoli**.

**Ingredients:**Peaches, water, Pears, grapes, sugar, pineapple, cherries artificially colored red with Carmine. **FRUIT COCKTAIL**

**Ingredients:**ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, PEANUT BUTTER (DRY ROASTED PEANUTS, DEXTROSE, PALM OIL, SALT), PEANUT BUTTER FLAVORED CHIPS (PARTIALLY DEFATTED PEANUTS, SUGAR, PARTIALLY HYDROGENATED VEGETABLE OILS, [PALM KERNEL OIL, SOYBEAN OIL], REDUCED MINERALS WHEY, DEXTROSE, SALT, SOY LECITHIN, ARTIFICIAL FLAVOR), BUTTER MARGARINE BLEND (BUTTER, PALM OIL, SOYBEAN OIL, WATER, MONO- & DIGLYCERIDES, ANNATTO EXTRACT COLOR, NATURAL FLAVOR, VITAMIN A PALMITATE), PEANUTS, WATER, EGGS, MOLASSES. CONTAINS 2% OR LESS OF SALT, LEAVENING (SODIUM BICARBONATE), NATURAL AND ARTIFICIAL FLAVOR. CONTAINS: MILK, EGG, PEANUTS, WHEAT AND SOYBEAN PRODUCTS **PEANUT BUTTER COOKIES**

