

## INGREDIENTS FOR OCTOBER, NOVEMBER & DECEMBER 2020

MENUS MAY CHANGE THROUGHOUT THE WEEK.

### **WEEK 1**

#### **BAKED CHICKEN: Ingredients**

CHICKEN CUT-UP (8 PIECES), WATER, ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN, SALT, SODIUM PHOSPHATES. BREADED AND BATTERED WITH: ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, SPICES, WHEAT GLUTEN, MONOSODIUM GLUTAMATE, GARLIC POWDER, AND EXTRACTIVES OF PAPRIKA. BREADING SET IN VEGETABLE OIL. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **MASHED POTATOES: Ingredients**

POTATOES, SALT, MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR, FRESHNESS PRESERVED WITH: SODIUM BISULFITE, BHT. COMMON ALLERGENS PRESENT: None. MAY CONTAIN: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

#### **GREEN BEANS: Ingredients**

Green beans, water, salt. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **PEARS: Ingredients**

Pears, Water, Sugar. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **DINNER ROLL: Ingredients**

ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), SKIM MILK, EGGS, YEAST, WATER, SUGAR, BUTTER (CREAM (FROM MILK), SALT), CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, SOY LECITHIN, POTASSIUM CHLORIDE, ENZYMES, ASCORBIC ACID, PAPRIKA OLEORESIN, TURMERIC OLEORESIN. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **SMOKED SAUSAGE: Ingredients**

Pork and beef, water, less than 2% of the following: salt, flavorings, sorbitol, potassium lactate, corn syrup solids, sodium diacetate, monosodium glutamate, sodium erythorbate, oleoresin of paprika, sugar, sodium phosphate, dextrose, sodium nitrite, lemon powder. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a

courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **MASHED POTATOES: Ingredients**

POTATOES, SALT, MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR, FRESHNESS PRESERVED WITH: SODIUM BISULFITE, BHT. COMMON ALLERGENS PRESENT: None. MAY CONTAIN: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

#### **SAUERKRAUT: Ingredients**

PREPARED CABBAGE, WATER, SALT. COMMON ALLEGENS PRESENT: NONE. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **APRICOTS: Ingredients**

Apricots, water, sugar. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **BREAD: Ingredients**

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, SOLUBLE CORN FIBER, WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, WHEAT STARCH, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

#### **STUFFED PEPPER: Ingredients**

GREEN BELL PEPPER, TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), COOKED BEEF, COOKED RICE, WATER, ONION, EGG, BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT), SALT, FOOD STARCH-MODIFIED, SUGAR, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CELERY, NONFAT DRY MILK, ISOLATED SOY PROTEIN, VINEGAR (DISTILLED WHITE VINEGAR, WATER), SPICES, DRIED BEEF STOCK, CARAMEL COLOR, DEHYDRATED GARLIC. COMMON ALLERGENS PRESENT: Milk, Soy, Egg, Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **AUGRATIN POTATOES: Ingredients**

POTATO (DRY), SEASONING (MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, DRIED ONION, SUNFLOWER OIL, POTASSIUM CHLORIDE, SUGAR, SALT, NATURAL FLAVORS, CORN SYRUP SOLIDS, MONO AND DIGLYCERIDES, NONFAT MILK, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), AUTOLYZED YEAST EXTRACT, SPICES, DRIED GREEN ONION, TORULA YEAST, TURMERIC EXTRACT (COLOR), ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL). FRESHNESS PRESERVED WITH SODIUM BISULFITE. COMMON ALLERGENS PRESENT: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product

manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

#### **PEAS: Ingredients**

Green Peas. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **PINEAPPLE: Ingredients**

Pineapple, Citric Acid. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **DINNER ROLL: Ingredients**

ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), SKIM MILK, EGGS, YEAST, WATER, SUGAR, BUTTER (CREAM (FROM MILK), SALT), CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, SOY LECITHIN, POTASSIUM CHLORIDE, ENZYMES, ASCORBIC ACID, PAPRIKA OLEORESIN, TURMERIC OLEORESIN. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

#### **PIMENTO CHEESE: Ingredients**

IMITATION CHEDDAR CHEESE (WATER, PALM OIL, CASEIN [MILK PROTEIN], MODIFIED POTATO STARCH, NON FAT DRY MILK, SALT, SODIUM PHOSPHATE, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, LACTIC ACID, GUAR GUM, SORBIC ACID [AS A PRESERVATIVE], APOCAROTENAL AND BETA CAROTENE [COLOR], ANTI-CAKING BLEND [CORN STARCH, POTATO STARCH, CELLULOSE, DEXTROSE, GLUCOSE OXIDASE]), SOYBEAN OIL, SOUR DRESSING (SKIM MILK, SOYBEAN OIL, WATER, MODIFIED CORN STARCH, WHEY, LACTIC ACID, DEXTROSE, NATURAL AND ARTIFICIAL FLAVORS, GELATIN, POTASSIUM SORBATE [PRESERVATIVE], SALT, CITRIC ACID, ACETIC ACID, PHOSPHORIC ACID, MONO AND DIGLYCERIDES, ARTIFICIAL COLOR, GUAR GUM, SODIUM PHOSPHATE, CALCIUM CARBONATE, CARRAGEENAN), HIGH FRUCTOSE CORN SYRUP, DICED PIMENTOS (PIMENTOS, WATER, CITRIC ACID), WATER, SUGAR, EGG YOLKS (EGG YOLKS, SALT), WHITE DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF MUSTARD (WATER, DISTILLED VINEGAR, MUSTARD SEED, SALT, SPICES), RED BELL PEPPERS (RED BELL PEPPERS, WATER, CITRIC ACID), SALT, MODIFIED CORN STARCH, WHEAT STARCH, POTASSIUM SORBATE (TO RETARD SPOILAGE), GUAR GUM, CITRIC ACID, XANTHAN GUM, TURMERIC (COLOR) AND ANNATTO (COLOR), COLOR (WATER, PROPYLENE GLYCOL, RED 40, RED 3, PROPYLPARABEN [PRESERVATIVE]). COMMON ALLERGENS PRESENT: Egg, Wheat, Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **TOMATO SOUP: Ingredients**

TOMATO PUREE (WATER, TOMATO PASTE), WATER, DICED TOMATOES IN TOMATO JUICE, WHEAT FLOUR, SUGAR, CONTAINS LESS THAN 2% OF: BUTTER (CREAM [MILK]), SAUTERNE WINE, YEAST EXTRACT, VEGETABLE OIL (CORN, CANOLA, AND/OR SOYBEAN), CITRIC ACID, FLAVORING, ASCORBIC ACID (VITAMIN C), CELERY EXTRACT, GARLIC OIL. COMMON ALLERGENS PRESENT: Milk, Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only.

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#### **COLESLAW: Ingredients**

Green cabbage, red cabbage, and carrots. COMMON ALLERGENS PRESENT: NONE. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **FRUIT COCKTAIL: Ingredients**

PEACHES, WATER, PEARS, GRAPES, SUGAR, PINEAPPLE SEGMENTS, CHERRY HALVES ARTIFICIALLY COLORED RED WITH CARMINE. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **CRACKERS: 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. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2018. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **BREAD: Ingredients**

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, SOLUBLE CORN FIBER, WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, WHEAT STARCH, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. [Click here for K12 spec sheet:](#)

#### **CHEESE RAVOIL: Ingredients**

Pasta: Extra Fancy Durum Flour (Enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Liquid Pasteurized Whole Eggs, Dough Mix (Yellow Corn Flour, Soybean Oil, Artificial Color). Filling: Part Skim Ricotta (Whey, Milk, Vinegar, Carrageenan (Stabilizer), Water, Rice Flour, Wheat Fiber, Canola Oil, Salt, Parmesan Cheese [(Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (Anti-Caking Agent)], Liquid Pasteurized Whole Eggs, Romano Cheese (Made From Cow's Milk (Pasteurized Cultured Milk, Salt, Enzymes), Sugar, Parsley Flakes, Butter Flavor (Maltodextrin, Modified Corn Starch, Salt, Natural Flavors), Garlic, Black Pepper, Nutmeg. COMMON ALLERGENS PRESENT: Wheat, Egg, Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. **Ingredients** VINE-RIPENED FRESH PEELED GROUND TOMATOES, TOMATO PUREE, SALT, DEHYDRATED ONIONS, GARLIC, SPICE, CARROTS, SPICE BLEND (SPICES, SALT), EXTRA VIRGIN OLIVE OIL, SUGAR. COMMON ALLERGENS PRESENT: NONE. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### **SPRING BLEND: : Ingredients**

Zucchini, cauliflower, carrots, Italian beans, lima beans. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**TOSSED SALAD:** lettuce, tomato

### **APPLESAUCE: Ingredients**

Apples, water. Ascorbic acid added to maintain color. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

### **BREADSTICK: Ingredients**

Unbleached, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Contains 2% Or Less Of: Sugar, Salt, Yeast, Vinegar, Monoglyceride, Calcium Propionate (Preservative), Enzymes, Ascorbic Acid. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

## **WEEK 2**

### **CHICKEN BREAST: Ingredients**

Raw Chicken. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### **MASHED POTATOES: Ingredients**

POTATOES, SALT, MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR, FRESHNESS PRESERVED WITH: SODIUM BISULFITE, BHT. COMMON ALLERGENS PRESENT: None. MAY CONTAIN: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

### **BEETS: Ingredients**

Beets, water, salt. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### **DINNER ROLL: Ingredients**

ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), SKIM MILK, EGGS, YEAST, WATER, SUGAR, BUTTER (CREAM (FROM MILK), SALT), CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, SOY LECITHIN, POTASSIUM CHLORIDE, ENZYMES, ASCORBIC ACID, PAPRIKA OLEORESIN, TURMERIC OLEORESIN. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2020. This ingredient and nutrition information was

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#### **MACARONI & CHEESE: Ingredients**

COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA [MILLED WHEAT, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, CHEDDAR CLUB CHEESE (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], WATER, SALT, ANNATTO [COLOR]), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]), HALF & HALF (MILK, CREAM), MARGARINE (SOYBEAN OIL, PALM OIL, WATER, SALT, CONTAINS 2% OR LESS OF: MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], NATURAL FLAVOR, ANNATTO [COLOR], VITAMIN A PALMITATE ADDED), NONFAT DRY MILK, RICE FLOUR, FOOD STARCH-MODIFIED, SALT, CHEDDAR CHEESE POWDER (CHEDDAR CHEESE [MILK, CHEESE CULTURES, SALT, ENZYMES], NATURAL FLAVORS, DISODIUM PHOSPHATE, SALT, LACTIC ACID), LACTIC ACID (FOOD STARCH-MODIFIED AND LACTIC ACID), GROUND WHITE PEPPER, MONO- & DIGLYCERIDES. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **PEAS: Ingredients**

Green Peas. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

#### **STEWED TOMATOES: Ingredients**

Tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper, citric acid, calcium chloride, natural flavors. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **FRESH FRUIT CUP: Ingredients**

Diced peaches, water, diced pears, sugar, pineapple, ascorbic acid (Vitamin C) to protect color and citric acid. COMMON ALLERGENS PRESENT: NONE. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **BREAD: Ingredients**

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, SOLUBLE CORN FIBER, WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, WHEAT STARCH, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. [Click here for K12 spec sheet:](#)

#### **JOHNNY MARZETTI: Ingredients**

Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition and Ingredient statement updated July 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. HAMBURGER, Ingredients TOMATO PUREE (WATER, TOMATO PASTE), WATER, SALT, SEASONING BLEND (SALT, SPICES, DEXTROSE, AND NATURAL FLAVORS), CITRIC ACID. COMMON ALLERGENS PRESENT: NONE. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **AUTUMN BLEND: Ingredients**

Zucchini, cauliflower, carrots, Italian beans, lima beans. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**TOSSED SALAD:** lettuce, tomato

#### **PEACH CRISP: Ingredients**

Peaches, High Fructose Corn Syrup, Water, Food Starch-Modified, Citric Acid, Sodium Benzoate and Potassium Sorbate (Preservatives), Salt, Natural and Artificial Flavors, Erythorbic Acid (to promote color retention), Carrageenan, Potassium Chloride, Yellow 5, Yellow 6. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **BREADSTICK: Ingredients**

Unbleached, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Contains 2% Or Less Of: Sugar, Salt, Yeast, Vinegar, Monoglyceride, Calcium Propionate (Preservative), Enzymes, Ascorbic Acid. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **DICED RED POTATOES: Ingredients**

POTATOES, DEXTROSE, DISODIUM PYROPHOSPHATE (ADDED TO MAINTAIN COLOR), POTASSIUM SORBATE (ADDED TO MAINTAIN FRESHNESS). COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated July 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **BRUSSEL SPROUTS: Ingredients**

Brussels sprouts. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **MANDARIN ORANGES: Ingredients**

Whole Mandarin Orange Segments, Water, Pear Juice Concentrate. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient

statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**COOKIE: Ingredients**

ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM AND SOYBEAN OILS, \*MALTITOL, PEANUT BUTTER (PEANUTS, HYDROGENATED RAPESEED AND/OR COTTONSEED AND/OR SOYBEAN OIL), WATER, EGGS, \*POLYDEXTROSE, ROASTED PEANUTS, \*SORBITOL, CONTAINS LESS THAN 2% OF THE FOLLOWING: LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, ACESULFAME POTASSIUM, ARTIFICIAL FLAVOR. \*EXCESS CONSUMPTION MAY HAVE A LAXATIVE EFFECT. COMMON ALLERGENS PRESENT: WHEAT, PEANUTS, EGGS. MAY CONTAIN: Milk, Tree Nuts, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**BREAD: Ingredients**

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, SOLUBLE CORN FIBER, WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, WHEAT STARCH, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

**CHILI SOUP: Ingredients**

COOKED GROUND BEEF, TOMATOES (TOMATOES, SALT, CITRIC ACID), GREAT NORTHERN BEANS (BEANS, WATER, SALT, CALCIUM CHLORIDE), CORN (CORN, WATER, SUGAR, SALT), ONIONS, CACTUS (CACTUS, WATER, ONION, VINEGAR, SALT, SERRANO PEPPERS, CORIANDER, SUGAR, SPICES), WATER, SUGAR, CAYENNE PEPPER SAUCE (AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT, GARLIC POWDER), CONTAINS LESS THAN 2% OF SPINACH, GARLIC, SPICES, CHIPOTLE PEPPER BASE (RED CHILI PEPPERS, CHIPOTLE PEPPERS, SALT, NATURAL SMOKE FLAVOR [NATURAL SMOKE FLAVOR, NATURAL FLAVOR]), SALT. COMMON ALLERGENS PRESENT: NONE. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**POTATO SALAD: Ingredients**

POTATOES, SOYBEAN OIL, WATER, SWEET RELISH (PICKLES, FRUCTOSE, VINEGAR, WATER, SALT, XANTHAN GUM, RED PEPPERS, NATURAL FLAVORS, SPICES, ALUM [FIRMING AGENT], TURMERIC [COLOR]), MUSTARD (DISTILLED VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES), CELERY, SUGAR, CONTAINS LESS THAN 2% OF EGGS, RED BELL PEPPERS, EGG YOLKS (EGG YOLKS, SALT), ONIONS, SALT, WHITE DISTILLED VINEGAR, POTASSIUM SORBATE (TO RETARD SPOILAGE), GRANULATED ONION, SPICES, LEMON JUICE CONCENTRATE, PAPRIKA (COLOR), XANTHAN GUM. COMMON ALLERGENS PRESENT: Egg. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated July 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**COLESLAW: Ingredients** Green cabbage, red cabbage, and carrots. COMMON ALLERGENS PRESENT: NONE. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**BANANA**



### **CORNBREAD: Ingredients**

Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), degermed yellow cornmeal, sugar, palm and soybean oil, Less than 2% of: baking soda, dextrose, monocalcium phosphate, salt, sodium aluminum phosphate. COMMON ALLERGENS PRESENT: Wheat. MAY CONTAIN: Egg, Milk, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### **CRACKERS: 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. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2018. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

## **WEEK 3**

### **CHICKEN PATTY: Ingredients**

Chicken, water, whole wheat flour, textured soy protein concentrate, isolated soy protein, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breeding set in vegetable oil. COMMON ALLERGENS PRESENT: WHEAT, SOY. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### **BAKED BEANS: Ingredients**

Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Cured Bacon, Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### **CORN: Ingredients**

Corn. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### **JUICE: Ingredients**

Water, Concentrated Orange Juice, Ascorbic Acid (Vitamin C). COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### **BREAD: Ingredients**

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, SOLUBLE CORN FIBER, WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, WHEAT STARCH, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. [Click here for K12 spec sheet:](#)

#### **TURKEY: Ingredients**

Turkey Breast, Turkey Broth, Contains 2% or Less of the Following: Vinegar, Modified Food Starch, Dextrose, Salt, Sodium Phosphate, Turkey Fat, Natural Flavoring. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

LETTUCE, TOMATO, ONION

#### **POTATO SOUP: Ingredients**

WATER, DEHYDRATED POTATOES (COOKED POTATOES, SODIUM ACID PYROPHOSPHATE), HEAVY CREAM (FROM MILK), CARROTS, CELERY, NONFAT MILK, MODIFIED CORNSTARCH, COOKED BACON (BACON [CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE], SMOKE FLAVOR), CONTAINS LESS THAN 2% OF THE FOLLOWING: SOYBEAN OIL, WHEY POWDER, POTATO FLAKES, GREEN BELL PEPPERS, RENDERED BACON FAT, SALT, FLAVORING (SALT, MALTODEXTRIN [CORN], SUGAR, HYDROLYZED WHEAT GLUTEN, SOYBEAN OIL, SUNFLOWER OIL, DISODIUM INOSINATE AND DISODIUM GUANYLATE, FLAVORS, YEAST EXTRACT, TURMERIC [COLOR], NATURAL SMOKE FLAVOR, ANNATTO EXTRACT [COLOR]), CREAM FLAVOR (LACTOSE, WHEY PROTEIN CONCENTRATE, CREAM POWDER [CREAM, NON-FAT MILK, SOY LECITHIN], MODIFIED CORNSTARCH, MILK FAT, MANNITOL, XANTHAN GUM, ARTIFICIAL COLOR, SALT, NATURAL FLAVORING), POWDERED BUTTER BLEND (WHEY SOLIDS, ENZYME MODIFIED BUTTER, MALTODEXTRIN, SALT, DEHYDRATED BUTTER, GUAR GUM, ANNATTO [COLOR], TURMERIC), MONO- AND DIGLYCERIDES, DEHYDRATED ONION, YEAST EXTRACT (YEAST EXTRACT, NATURAL FLAVOR), SUGAR, WHITE PEPPER, PARSLEY, GRANULATED GARLIC. COMMON ALLERGENS PRESENT: Milk, Soy, Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **PINEAPPLE: Ingredients**

Pineapple, Citric Acid. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **BUN: Ingredients**

Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% or less of the following: Sugar, Yeast, Corn Meal, Soybean Oil, Rye Flour, Salt, Wheat Gluten, Calcium Propionate (Preservative), Ascorbic Acid, Enzymes. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated November 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **CRACKERS: 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. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to

consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2018. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

#### SHREDDED BEEF: Ingredients

Beef. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### HASHBROWN CASSEROLE: Ingredients

Potatoes, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### CALIFORNIA BLEND: Ingredients

Broccoli Florets, Cauliflower Clusters and Sliced Crinkle Cut Carrots. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### FRUIT PARFAIT: Ingredients

Cultured Grade A Reduced Fat Milk, Sugar, Blueberries, Water, Modified Corn Starch, Raspberries, Strawberries, Blackberries, Kosher Gelatin, Pectin, Natural Flavor, Vitamin A Acetate, Vitamin D3. COMMON ALLERGENS PRESENT: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. [Click here for K12 spec sheet:](#)

#### PORK CHOP W\GRAVY: Ingredients

Modified Food Starch, Wheat Flour, Salt, Maltodextrin, Palm Oil, Chicken Fat, Cooked Chicken, Pork Stock, Sugar, Contains 2% or less of: Yeast Extract, Beef Stock, Chicken Broth, Sodium Caseinate, Onion Powder, Dextrose, Disodium Inosinate, Disodium Guanylate, Dipotassium Phosphate, Caramel Color, Garlic Powder, Mono and Diglycerides, Beta Carotene, Extractive of Paprika, Natural Flavors, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### SCALLOPED POTATOES: Ingredients

POTATO (DRY), SEASONING [MODIFIED FOOD STARCH, WHEY, LACTOSE, DRIED ONION, CORN SYRUP SOLIDS, SUNFLOWER OIL, SALT, POTASSIUM CHLORIDE, DRIED GARLIC, MALTODEXTRIN, CREAM CHEESE (PASTEURIZED CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM, GUAR GUM), NATURAL FLAVORS, DIPOTASSIUM PHOSPHATE, DRIED GREEN ONION, MONO AND DIGLYCERIDES, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), YEAST EXTRACT, NONFAT MILK, SPICES, ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL]. FRESHNESS PRESERVED WITH SODIUM BISULFITE. COMMON ALLERGENS PRESENT: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or

completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

#### ITALIAN BLEND: Ingredients

Zucchini, cauliflower, carrots, Italian beans, lima beans. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### MANDARIN ORANGES: Ingredients

Whole Mandarin Orange Segments, Water, Pear Juice Concentrate. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### BREAD: Ingredients

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, SOLUBLE CORN FIBER, WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, WHEAT STARCH, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. [Click here for K12 spec sheet:](#)

#### COOKIE: Ingredients

ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM AND SOYBEAN OILS, \*MALTITOL, PEANUT BUTTER (PEANUTS, HYDROGENATED RAPESEED AND/OR COTTONSEED AND/OR SOYBEAN OIL), WATER, EGGS, \*POLYDEXTROSE, ROASTED PEANUTS, \*SORBITOL, CONTAINS LESS THAN 2% OF THE FOLLOWING: LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, ACESULFAME POTASSIUM, ARTIFICIAL FLAVOR. \*EXCESS CONSUMPTION MAY HAVE A LAXATIVE EFFECT. COMMON ALLERGENS PRESENT: WHEAT, PEANUTS, EGGS. MAY CONTAIN: Milk, Tree Nuts, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### TURKEY: Ingredients

Water, Roasted Dark Turkey Meat, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Contains less than 2% of Ascorbic Acid, Calcium Lactate, Caramel Color, Chicken Broth, Chicken Fat, Corn Starch, Dehydrated Turkey, Disodium Guanylate, Disodium Inosinate, Dried Turkey Meat Powder, Flavoring (Contains Canola Oil), Garlic Powder, Lactic Acid, Lipolyzed Butter Oil, Maltodextrin, Nonfat Dry Milk, Oleoresin Paprika, Onion Powder, Salt, Soy Flour, Soy Sauce Solids (Soybeans, Wheat, Salt), Sugar, Torula Yeast, Turkey Fat (contains Tocopherols), Turmeric, Yeast, Yeast Extract. COMMON ALLERGENS PRESENT: Wheat, Milk, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. TURKEY DRESSING: Ingredients

#### TURKEY DRESSING: Ingredients

Breadcrumbs [Enriched Wheat Flour (Enriched with Reduced Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Palm Oil, Salt, Contains 2% or Less of Each of the Following: Yeast, Calcium Propionate (Preservative), Caramel Color, Soy Lecithin], Seasoning [Dehydrated Vegetables (Onion, Celery, Garlic), Maltodextrin, Salt, Sugar, Parsley, Natural & Artificial Flavor, Color (Caramel Color, Turmeric Extract, Turmeric), Celery Seed, Disodium Inosinate & Guanylate, Spice, Hydrolyzed Corn & Soy Protein, Yeast Extract, Citric Acid, Spice

Extractives, Contains 2% or Less Silicon Dioxide (Anticaking)]. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **MASHED POTATOES: Ingredients**

POTATOES, SALT, MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR, FRESHNESS PRESERVED WITH: SODIUM BISULFITE, BHT. COMMON ALLERGENS PRESENT: None. MAY CONTAIN: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

#### **BABY CARROTS: Ingredients**

Carrots. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **APPLE JUICE: Ingredients**

Water, Apple Juice Concentrate and Ascorbic Acid. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### **WEEK 4**

#### **Ingredients**

COOKED WHITE MEAT CHICKEN (WHITE MEAT CHICKEN, WATER, POTASSIUM LACTATE, SODIUM TRIPOLYPHOSPHATE, SALT), CELERY, SOYBEAN OIL, CRACKER MEAL (BLEACHED WHEAT FLOUR), TEXTURED WHEAT PROTEIN (WHEAT GLUTEN, WHEAT FLOUR, TETRASODIUM PYROPHOSPHATE, SODIUM CARBONATE, VITAMIN E [MIXED TOCOPHEROLS]), HIGH FRUCTOSE CORN SYRUP, EGG YOLKS (EGG YOLKS, SALT), ONIONS, APPLE WINE VINEGAR WITH HONEY, CONTAINS LESS THAN 2% OF WHITE DISTILLED VINEGAR, SUGAR, MUSTARD (WATER, DISTILLED VINEGAR, MUSTARD SEED, SALT, SPICES), SALT, WATER, GLUCONO DELTA LACTONE, SPICES, GRANULATED GARLIC, SODIUM DIACETATE, MODIFIED CORN STARCH. COMMON ALLERGENS PRESENT: WHEAT, EGG. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **VEGGIE SOUP: Ingredients**

BEEF STOCK, POTATOES, CARROTS, TOASTED BARLEY, PEAS, CONTAINS LESS THAN 2% OF: SUGAR, GREEN BEANS, CORN, POTATO STARCH, RED PEPPERS, TOMATO PASTE, VEGETABLE OIL, YEAST EXTRACT, CELERY, SALT, CITRIC ACID, PAPRIKA EXTRACT FOR COLOR, CARAMEL COLOR, CELERY EXTRACT, FLAVORING, ONION EXTRACT, GARLIC OIL. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **PEA SALAD: Ingredients**

BEEF STOCK, POTATOES, CARROTS, TOASTED BARLEY, PEAS, CONTAINS LESS THAN 2% OF: SUGAR, GREEN BEANS, CORN, POTATO STARCH, RED PEPPERS, TOMATO PASTE, VEGETABLE OIL, YEAST EXTRACT, CELERY, SALT, CITRIC ACID, PAPRIKA EXTRACT FOR COLOR, CARAMEL COLOR, CELERY EXTRACT, FLAVORING, ONION EXTRACT, GARLIC OIL. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. **Ingredients**

CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, COLOR ADDED, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE). COMMON ALLERGENS PRESENT: MILK. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. **Ingredients**

WATER, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, FOOD STARCH-MODIFIED, EGG YOLKS, SALT, CONTAINS LESS THAN 2% OF CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. COMMON ALLERGENS PRESENT: Egg. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. **ONION**

**PINEAPPLE: Ingredients**

Pineapple, Citric Acid. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**BUN: Ingredients**

Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% or less of the following: Sugar, Yeast, Corn Meal, Soybean Oil, Rye Flour, Salt, Wheat Gluten, Calcium Propionate (Preservative), Ascorbic Acid, Enzymes. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated November 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**CRACKERS: 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. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2018. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

**HAM & SOUP BEANS: Ingredients**

For ingredient or allergen information, please contact: H.J. Heinz Co., 800-547-8924, [www.heinzfoodservice.com](http://www.heinzfoodservice.com). Manufacturer number: 78001237. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**TOSSED SALAD: LETTUCE, TOMATO**

**CHERRY CRISP: Ingredients**

For ingredient or allergen information, please contact: Sara Lee, phone: 800-261-4754. Manufacturer number: 05447. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**CORNBREAD: Ingredients**

Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), degermed yellow cornmeal, sugar, palm and soybean oil, Less than 2% of: baking soda, dextrose, monocalcium phosphate, salt, sodium aluminum phosphate. COMMON ALLERGENS PRESENT: Wheat. MAY CONTAIN: Egg, Milk, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**HAMBURGER GRAVY: Ingredients**

MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED SOY, CORN AND WHEAT PROTEIN, CORNSTARCH, BEEF FAT (BEEF FAT, BHT AND CITRIC ACID [PRESERVATIVES]), WHEY, ONION POWDER, 2% OR LESS OF YEAST EXTRACT, SUGAR, SOYBEAN OIL, SOY SAUCE (SOYBEAN, WHEAT, SALT), CARAMEL COLOR, XANTHAN GUM, GARLIC POWDER, SALT, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVORS, SPICE, CITRIC ACID, EXTRACTIVES OF PAPRIKA, DATEM, SOY LECITHIN, SULFITES. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. MAY CONTAIN: Egg. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. GROUND BEEF

**MASHED POTATOES: Ingredients**

POTATOES, SALT, MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR, FRESHNESS PRESERVED WITH: SODIUM BISULFITE, BHT. COMMON ALLERGENS PRESENT: None. MAY CONTAIN: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. [Click here for K12 spec sheet:](#)

**GREEN BEANS:Ingredients**

Green beans, water, salt. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

**FLUFFY CRAN RASPBERRY: Ingredients**

Cranberries,High Fructose Corn Syrup,Filtered Water,Corn Syrup,Citric Acid. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. RASPBERRY Ingredients WATER, MALTITOL SYRUP, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CONTAINS LESS THAN 2% OF THE FOLLOWING: \*SODIUM CASEINATE (A MILK DERIVATIVE), NATURAL FLAVOR, MALTODEXTRIN, POLYSORBATE 60, SORBITAN

MONOSTEARATE, GUAR GUM, XANTHAN GUM, COLORED WITH TURMERIC AND ANNATTO EXTRACTS. \*NOT A SOURCE OF LACTOSE. COMMON ALLERGENS PRESENT: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**BREAD: Ingredients**

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, SOLUBLE CORN FIBER, WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, WHEAT STARCH, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

**COOKIE: Ingredients**

ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM AND SOYBEAN OILS, \*MALTITOL, PEANUT BUTTER (PEANUTS, HYDROGENATED RAPESEED AND/OR COTTONSEED AND/OR SOYBEAN OIL), WATER, EGGS, \*POLYDEXTROSE, ROASTED PEANUTS, \*SORBITOL, CONTAINS LESS THAN 2% OF THE FOLLOWING: LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, ACESULFAME POTASSIUM, ARTIFICIAL FLAVOR. \*EXCESS CONSUMPTION MAY HAVE A LAXATIVE EFFECT. COMMON ALLERGENS PRESENT: WHEAT, PEANUTS, EGGS. MAY CONTAIN: Milk, Tree Nuts, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**TURKEY & NOODLES: Ingredients**

DURUM WHEAT SEMOLINA, DURUM WHEAT FLOUR, Eggs, Niacin IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID. COMMON ALLERGENS PRESENT: Wheat, Egg. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated July 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. TURKEY

**BABY CARROTS: Ingredients**

Carrots. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**CAULIFLOWER: Ingredients**

Cauliflower. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**FRESH FRUIT: FRESH FRUIT CUP: Ingredients**

Diced peaches, water, diced pears, sugar, pineapple, ascorbic acid (Vitamin C) to protect color and citric acid. COMMON ALLERGENS PRESENT: NONE. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2020. This ingredient and nutrition information was provided by the third-party



product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**BREAD: Ingredients**

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, SOLUBLE CORN FIBER, WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, WHEAT STARCH, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

**SWISS STEAK: Ingredients**

Boneless Beef (80% lean). COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated NC 20. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. ONIONS STEWED TOMATOES: **Ingredients**

Tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper, citric acid, calcium chloride, natural flavors. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**AUGRATIN POTATOES: Ingredients**

POTATO (DRY), SEASONING (MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, DRIED ONION, SUNFLOWER OIL, POTASSIUM CHLORIDE, SUGAR, SALT, NATURAL FLAVORS, CORN SYRUP SOLIDS, MONO AND DIGLYCERIDES, NONFAT MILK, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), AUTOLYZED YEAST EXTRACT, SPICES, DRIED GREEN ONION, TORULA YEAST, TURMERIC EXTRACT (COLOR), ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL). FRESHNESS PRESERVED WITH SODIUM BISULFITE. COMMON ALLERGENS PRESENT: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

**BROCCOLI: Ingredients**

Broccoli. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**PEARS: Ingredients**

For ingredient or allergen information, please contact: Limson Trading, phone: 616-530-3110. Please reference manufacturer number: 116100. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2018. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**BREAD: Ingredients**

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, SOLUBLE CORN FIBER, WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, WHEAT STARCH, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

#### **VANILLA WAFERS: Ingredients**

Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, vegetable oil (soybean and palm oil with TBHQ for freshness). Contains 2% or less of salt, high fructose corn syrup, leavening (baking soda, monocalcium phosphate), butter (cream, salt), soy lecithin, natural and artificial flavor. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **WEEK 5**

#### **SWEDISH MEATBALLS: Ingredients**

WATER, PRECOOKED MEATBALLS (BEEF, WATER, TEXTURED SOY FLOUR, SOY PROTEIN CONCENTRATE, CONTAINS LESS THAN 2% OF: SALT, WHEAT FLOUR, DEHYDRATED ONION, FLAVORINGS, SODIUM PHOSPHATE, HYDROLYZED SOY PROTEIN, PAPRIKA, GARLIC POWDER, EXTRACTIVES OF PAPRIKA, NONFAT DRY MILK), SWEDISH SEASONING (FOOD STARCH-MODIFIED, WHEY, NONFAT DRY MILK, BUTTER POWDER [BUTTER {CREAM, SALT}, NONFAT MILK], SOUR CREAM POWDER [SOUR CREAM {CREAM, NONFAT MILK, CULTURES}, CULTURED NONFAT MILK, CITRIC ACID, DISODIUM PHOSPHATE], DEHYDRATED ONION, HYDROLYZED SOY PROTEIN, HYDROLYZED CORN PROTEIN, CALCIUM CASEINATE, SALT, XANTHAN GUM, NATURAL FLAVORS, CITRIC ACID, SPICE, PARSLEY, CHIVES, DISODIUM INOSINATE, DISODIUM GUANYLATE). COMMON ALLERGENS PRESENT: MILK, SOY, WHEAT. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **BROCCOLI SALAD: Ingredients**

For ingredient or allergen information, please contact: Caito Foods, phone: 800-652-8165. Manufacturer number: 11221724. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **GREEN BEANS: Ingredients**

Green beans, water, salt. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

#### **JUICE: Ingredients**

100% grape juice from concentrate. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated January 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **BREAD: Ingredients**

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, SOLUBLE CORN FIBER, WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, WHEAT STARCH, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. [Click here for K12 spec sheet:](#)

#### **CHICKEN DUMP CASSEROLE: Ingredients**

WATER, POTATOES, MILK (MILK, VITAMIN D3 ADDED), COOKED WHITE MEAT CHICKEN (COOKED WHITE MEAT CHICKEN, WATER, POTASSIUM LACTATE, SODIUM TRIPOLYPHOSPHATE, SALT), CARROTS, CELERY, ONIONS, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF PEAS, CHICKEN AU JUS CONCENTRATE (CHICKEN BROTH, SALT, HYDROLYZED SOY PROTEIN [SOYBEAN], CHICKEN FAT, YEAST EXTRACT, CORN SYRUP SOLIDS, MODIFIED POTATO STARCH, FLAVORING, ARTIFICIAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, EXTRACTIVES OF TURMERIC AND PAPRIKA), ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHICKEN FAT, CULTURED NONFAT DRY MILK POWDER, VEGETABLE BASE (VEGETABLES (CARROT, ONION, CELERY), SALT, SUGAR, CORN OIL, POTATO FLOUR, MODIFIED POTATO STARCH, MALTODEXTRIN [FROM CORN], CARROT POWDER), SPICES. COMMON ALLERGENS PRESENT: Milk, Soy, Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **BABY CARROTS: Ingredients**

Carrots. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **TOSSED SALAD: TOMATOES, LETTUCE**

#### **APPLE SLICES: Ingredients**

Sliced apples and water. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **BREAD: Ingredients**

WHOLE GRAIN WHEAT FLOUR, WATER, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], SUGAR, YEAST, SOLUBLE CORN FIBER, WHEAT GLUTEN, SOYBEAN OIL, SALT, MOLASSES, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, WHEAT STARCH, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. [Click here for K12 spec sheet:](#)

#### **BBQ SHREDDED PORK: Ingredients**

SAUCE (WATER, TOMATO PASTE, BROWN SUGAR, VINEGAR [DISTILLED VINEGAR, CARAMEL COLOR], SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, WORCESTERSHRE SAUCE CONCENTRATE [DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR], CONCENTRATED LEMON JUICE, MODIFIED CORN STARCH, PAPRIKA, NATURAL HICKORY

SMOKE FLAVOR, ONION POWDER, CATSUP SEASONING [SALT, MALTODEXTRIN, SPICE EXTRACTIVES], CARAMEL COLOR, SPICES), PORK, TEXTURED SOY PROTEIN (SOY FLOUR, CARAMEL COLOR, ZINC OXIDE, IRON AS FERROUS SULFATE, NIACINAMIDE, CALCIUM PANTHOTHENATE, PYRIDOXINE HYDROCHLORIDE [B6], RIBOFLAVIN, THIAMINE MONONITRATE, VITAMIN A PALMITATE, CYANOCOBALAMIN [B12]). COMMON ALLERGENS PRESENT: SOY. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **POTATO WEDGES: Ingredients**

For ingredient or allergen information please contact: McCain Foods, phone: (800) 767-7377/web page: [www.mccainusafoodservice.com](http://www.mccainusafoodservice.com). Please reference manufacturer number: OIF00024A. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

#### **SPINACH: Ingredients**

Spinach, water, salt. COMMON ALLERGENS PRESENT: NONE. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2018. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **BUN: Ingredients**

Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% or less of the following: Sugar, Yeast, Corn Meal, Soybean Oil, Rye Flour, Salt, Wheat Gluten, Calcium Propionate (Preservative), Ascorbic Acid, Enzymes. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated November 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

#### **CRACKERS: 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. COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2018. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

#### **TACO MEAT: Ingredients**

For ingredient or allergen information please contact: McCormick & Company, 800-632-5847. Please reference manufacturer number: 80110. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. GROUND BEEF SHREDDED CHEESE: Ingredients

CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, COLOR ADDED, ANTICAKE (POTATO STARCH, POWDERED CELLULOSE). COMMON ALLERGENS PRESENT: MILK. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO

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LETTUCE, TOMATO

**REFRIED BEANS: Ingredients**

Prepared Pinto Beans, Water, Lard, Salt. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated November 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**TROPICAL FRUIT: Ingredients**

PINEAPPLE, PINEAPPLE JUICE, RED PAPAYA, WATER, YELLOW PAPAYA, GUAVA, SUGAR, PASSION FRUIT JUICE, CITRIC ACID. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**TORTILLA CHIPS: Ingredients**

Ground Whole Grain Yellow Corn, Vegetable Oil (Contains One or More of the Following: Corn, Sunflower, Safflower, or Canola Oil), and Salt. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**RICE KRISPIE TREATS: Ingredients**

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. COMMON ALLERGENS PRESENT: Milk, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**BAKED STEAK W'GRAVY: Ingredients**

For ingredient or allergen information, please contact: Diamond Crystal, 800-654-5115/ [www.hormelhealthlabs.com](http://www.hormelhealthlabs.com). Manufacturer number: 48704. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. BEEF CUBE STEAK

**MASHED POTATOES: Ingredients**

POTATOES, SALT, MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR, FRESHNESS PRESERVED WITH: SODIUM BISULFITE, BHT. COMMON ALLERGENS PRESENT: None. MAY CONTAIN: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

**ITALIAN BLEND: Ingredients**

Zucchini, cauliflower, carrots, Italian beans, lima beans. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**GRAPE JUICE: Ingredients**

Water, Concentrated Grape Juice, Ascorbic Acid (Vitamin C). COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**DINNER ROLL: Ingredients**

ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), SKIM MILK, EGGS, YEAST, WATER, SUGAR, BUTTER (CREAM (FROM MILK), SALT), CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, SOY LECITHIN, POTASSIUM CHLORIDE, ENZYMES, ASCORBIC ACID, PAPRIKA OLEORESIN, TURMERIC OLEORESIN. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

**BROWNIE: Ingredients**

SUGAR, WHOLE EGGS, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, CONFECTIONERY COATING (SUGAR, PALM KERNEL AND PALM OILS, COCOA, COCOA PROCESSED WITH ALKALI, SOY LECITHIN [AS EMULSIFIER], SALT AND NATURAL FLAVOR), INVERT SUGAR, SOUR CREAM (CULTURED PASTEURIZED LIGHT CREAM [MILK], NONFAT MILK, AND ENZYMES), COCOA (PROCESSED WITH ALKALI), WATER, VEGETABLE OIL SHORTENING (PALM OIL, MONO AND DIGLYCERIDES [PALM], POLYSORBATE 60), FRUCTOSE, FLOUR (WHEAT FLOUR), CORN SYRUP, MALTITOL SYRUP, COCOA POWDER, CHOCOLATE FLAVOR (NATURAL AND ARTIFICIAL FLAVOR [CONTAINS MILK]), SALT, ARTIFICIAL FLAVOR (SUGAR, CARAMEL COLOR), BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), NON-FAT DRY MILK, SOY LECITHIN. COMMON ALLERGENS PRESENT: EGG, MILK, SOY, WHEAT. MAY CONTAIN: Peanuts, Tree Nuts. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.