

JANUARY 2021 CK Ingredients

Hamburger Patties – Ingredients – Beef, Water, Textured Vegetable Protein (textured Soy Protein, caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine, Hydrochloride, Riboflavin, Vitamin B-12). Contains less than 2% of the following, Isolated Soy Protein, Soy Lecithin, Salt, and Flavoring. **Capri Vegetables** - Yellow & green squash, French green beans, broccoli and cauliflower. **Tater Tots** - Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), dextrose, disodium dihydrogen pyrophosphate. **Fruit Juice**.

Alaskan Pollock Portions –Alaska Pollock, sodium tripolyphosphate (71.50%) Coating (28.50%) Water, potatoes [potatoes, vegetable oil (Canola , Corn, cottonseed and/or soybean)], whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole yellow corn meal, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) contains less than 2% of: yellow corn flour, modified corn starch, salt, corn starch, sugar, whey, yeast, leavening (sodium bicarbonate, sodium aluminum phosphate), natural flavor, egg preferred in canola, cottonseed and/or soybean oil. Contains: Fish (Alaska Pollock), wheat, milk, eggs. **Scalloped Potatoes** – Potatoes, cornstarch , maltodextrin (from corn), whey (from milk), enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, palm oil, monosodium glutamate, onion, yeast extract, spices, mono and diglycerides, sodium caseinate(from milk), natural flavor, nonfat dry milk, refined soybean oil, dipotassium phosphate, paprika, annatto extract, yellow 5, modified cornstarch. **Beets** – Beets, water and salt. **Mandarin Oranges** – mandarin orange segments, water and sugar.

Stuffed Peppers – Green peppers. Ground beef. **White Rice** - Enriched long grain rice, iron (ferric orthophosphate), niacin, thiamine (thiamine mononitrate), and folic acid. **Spaghetti Sauce** - Tomato concentrate (water, tomato paste), corn syrup, spices, salt, citric acid. **Mashed Potatoes** – Potatoes, whey product (contains one or more of the following: whey solids, sodium caseinate, calcium caseinate, calcium hydroxide), mono and diglycerides, sodium acidpyrophosphate, vitamin C (Ascorbic Acid), calcium stearoyl-2-lactylate. (contains milk ingredients) (Sysco). **Carrots** – carrots, water, salt. **Unsweetened Applesauce** – apples, water, ascorbic acid.

Sweet and Sour Chicken – Fresh chicken, Oriental Vegetables (green beans, broccoli, onions, mushrooms, red peppers), Sweet & Sour Sauce (soy sauce (water, wheat, soybeans, salt) tomato paste, vinegar, corn starch, onion powder, fermented wheat protein, garlic powder, green bell pepper, xanthan gum, extractives of paprika, spice), Water chestnuts, water, citric acid. **Cheesy potatoes** – potatoes, **Cheddar Cheese** – cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto, modified cornstarch added to prevent caking, natamycin. CONTAINS: MILK. **Cream of Chicken Soup** – Chicken stock, vegetable oil, modified food starch, wheat flour, cream (milk), contains less than 2% of: salt, dehydrated mechanically separated chicken, soy protein concentrate, monosodium glutamate, chicken fat, water, yeast extract, flavoring, beta carotene for color, chicken flavor, celery extract, butter (cream [milk], annatto) onion extract. **Sour Cream** – cultured milk, cream, contains less than 2% of: whey, food starch-modified (corn), sodium phosphate (sodium tripolyphosphate), guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate. CONTAINS: MILK. **Green Beans** – green beans, water, salt. **Tropical Fruit** – pineapple, red papaya, yellow papaya, guava, water, sugar, citric acid.

Beef & noodles - beef, **Homestyle Brown Gravy** – Enriched wheat flour (Flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), wheat starch, beef fat, hydrolyzed soy protein, corn gluten, and wheat gluten, salt, onion, caramel color, corn syrup solids, potassium chloride, disodium inosinate and guanylate, milk, spices, sugar, and paprika and annatto. **Noodles** - Semolina, Durum Flour, Egg Yolk, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid. **Peas & Carrots** – peas, carrots, water, salt. **Mashed Potatoes** – Potatoes, whey product (contains one or more of the following: whey solids, sodium caseinate, calcium caseinate, calcium hydroxide), mono and diglycerides, sodium acidpyrophosphate, vitamin C (Ascorbic Acid), calcium stearoyl-2-lactylate. (contains milk ingredients) (Sysco). **Apricots** – Apricots, water, sugar and citric acid.

Coney Dog - Hot Dogs – Mechanically separated chicken, water, pork, corn syrup, modified food starch, salt, sodium lactate, dextrose, sodium phosphates, beef, sodium diacetate, flavorings, sodium erythorbate, sodium nitrite, oleoresin of paprika citric acid. (sugardale). **Coney Sauce** – ground beef, tomato puree, high fructose corn syrup, distilled vinegar, corn syrup, less than 2% of salt, sugar, dried green and red bell peppers, chili pepper, tomato fiber, guar gum spices, xanthan gum, dried garlic, natural flavors, citric acid. (Con agra foods). **Roasted Potatoes** - Potatoes, Vegetable Oil (Contains One or More of the Following: Canola Oil, Corn Oil, Cottonseed Oil, Palm Oil, Soybean Oil, Sunflower Oil), Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. **Brussel Sprouts** - Brussel sprouts, water, salt. **Pears** – Pears, water, pear juice concentrate.

Honey Mustard Chicken Breast – chicken breast, **Honey Mustard Sauce** - Soybean Oil, High Fructose Corn Syrup, Honey, Water, Mustard (Vinegar, Water Mustard Seed, Salt, Turmeric, Paprika), Distilled Vinegar, Egg Yolks, Contains less than 2% of Salt, Xanthan Gum, Sodium Benzoate & Potassium Sorbate, (preservatives), Paprika, Extractive of Turmeric, Turmeric, Spices, Calcium Disodium EDTA Added to Protect Flavor. COMMON ALLERGENS PRESENT: Egg. **Broccoli** – broccoli, water, salt. **Mixed Vegetables** – Carrots, French Style Green Beans, Corn, Peas, water. **Sliced Apples** – Sliced apples, water.

Ham & Cheese Sandwich – Ham - Cured with water, dextrose, salt, potassium lactate, modified food starch, sodium phosphates, sodium diacetate, sodium erythorbate, smoke flavoring, sodium nitrite. **American Cheese Slices** - CULTURED MILK AND SKIM MILK, WATER, CREAM, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, , COLOR (ANNATTO, PAPRIKA, APO CAROTENAL AND BETA CAROTENE), ACETIC ACID, ENZYMES, SOY LECITHIN. ALLERGEN INFORMATION: CONTAINS: MILK, SOY. **Buns** – Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of the following: salt, wheat gluten, monoglycerides, calcium sulfate, calcium phosphate, calcium propionate (preservative), monocalcium phosphate, corn starch, ammonium sulfate, ascorbic acid, sesame seeds. **Contains: Wheat. Potato Salad** - POTATOES, SALAD DRESSING (Soybean oil, high fructose corn syrup, water, egg yolks, salt, distilled vinegar, mustard, modified wheat starch, guar gum, citric acid, xanthan gum) WATER, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, RELISH (pickles, sugar, acetic acid, salt, red peppers, calcium chloride, gum Arabic, sodium benzoate, and potassium sorbate as preservatives, guar gum, natural and artificial flavors, polysorbate 80, color Yellow5, xanthan gum, CELERY, MUSTARD, EGGS, RED BELL PEPPERS, ONIONS, POTASSIUM SORBATE, SALT, ONION POWDER, SPICE, XANTHAN GUM. **Baked Beans** – water, navy beans, sugar, tomato paste, salt, dark brown sugar, vinegar, molasses, pork and bean seasoning (Dextrose, onion powder, garlic powder, natural flavor, spice extractive (Paprika)), mustard flour, oleoresin paprika.) **Fruit Juice**.

Meatball Sub - Meatballs - Beef, pork, water, bread crumbs (wheat flour, salt, and yeast) Romano cheese (pasteurized cow's milk, culture, salt, enzymes) Ricotta cheese (whey, milk, cream, vinegar, and Xanthan gum, locust bean gum, guar gum. (stabilizers)), liquid egg whites, textured soy protein (soy protein concentrate, caramel color), salt dried garlic, spices, parsley, brown sugar, caramel color, disodium inosinate and disodium guanylate, BHA, BHT, citric acid, soy lecithin used as processing aid **Tomato Sauce** – Tomato puree (water, tomato paste), high fructose corn syrup, salt, dried peppers, citric acid, **Mozzarella Cheese** – low-moisture part-skim mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), potato starch and powdered cellulose added to prevent caking, natamycin. ALLERGEN STATEMENT: contains milk. **Oven Fries** - Potatoes, Vegetable Oil (Contains One or More of the Following: Canola Oil, Corn Oil, Cottonseed Oil, Palm Oil, Soybean Oil, Sunflower Oil), Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. **Baked Beans** – water, navy beans, sugar, tomato paste, salt, dark brown sugar, vinegar, molasses, pork and bean seasoning (Dextrose, onion powder, garlic powder, natural flavor, spice extractive (Paprika)), mustard flour, oleoresin paprika.) **Fruit Juice**.

Pancakes- Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Buttermilk, Whey, Sugar, Dextrose, Defatted Soy Flour, Less Than 2% Of: Soybean And/Or Canola Oil, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Eggs, Salt, Soy Lecithin. - **Sausage** - Pork, water, contains 2% or less of: salt, spices, corn syrup solids, flavorings, BHA, BHT and citric acid. **Potato Triangles** - Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), dextrose, disodium dihydrogen pyrophosphate. **Orange Juice. Peaches** – peaches, citric acid, water, sugar.

Chicken Pot Pie – chicken. - **Mixed Vegetables** – Carrots, French Style Green Beans, Zucchini, Squash, **Cream of Chicken Soup** – Chicken stock, vegetable oil, modified food starch, wheat flour, cream (milk), contains less than 2% of: salt, dehydrated mechanically separated chicken, soy protein concentrate, monosodium glutamate, chicken fat, water, yeast extract, Enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening flavoring, beta carotene for color, chicken flavor, celery extract, butter (cream [milk], annatto) onion extract, **Biscuits** – (palm oil), nonfat dried milk, contains 2% or less of the following: sugar, sodium bicarbonate, sodium aluminum phosphate, salt, wheat starch, sodium caseinate, sodium acid pyrophosphate, whey powder, datem, mono and diglycerides, enzyme, natural flavor, dry buttermilk. **Peas & Carrots** –peas, carrots, water, salt. **Fruit Cocktail** –peas, peaches, water, pineapple, grapes, sugar, cherries colored with FD & C Red #3, and citric acid.

Lasagna – ground beef. - **Noodles** - Semolina, Durum Flour, Egg Yolk, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid. **Spaghetti Sauce** - Tomato concentrate (water, tomato paste), corn syrup, spices, salt, citric acid. **Italian Sausage** - Pork, water, contains 2% or less of: salt, spices, corn syrup solids, flavorings, BHA, BHT and citric acid. **Mozzarella Cheese** – low-moisture part-skim mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), potato starch and powdered cellulose added to prevent caking, natamycin. ALLERGEN STATEMENT: contains milk. **Cauliflower** – cauliflower, water, salt. **Tossed Salad** - Iceberg lettuce, red cabbage, carrots, tomatoes. **Warm Apples** – apples, water.

Meatloaf - Ground beef, eggs, bread crumbs, onions, seasoning onions, green peppers. **Mashed Potatoes** – Potatoes, whey product (contains one or more of the following: whey solids, sodium caseinate, calcium caseinate, calcium hydroxide), mono and diglycerides, sodium acidpyrophosphate, vitamin C (Ascorbic Acid), calcium stearoyl-2-lactylate. (contains milk ingredients) (Sysco). **Lima Beans** – Lima beans, water, salt (Sysco). **Pears** – Pears, water, pear juice concentrate.

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Kielbasa Sausage with Sauerkraut— made with pork, turkey and beef (meat ingredients (Pork, beef), water turkey, corn syrup, contains 2% or less of: salt, natural flavors, dextrose, isolated soy product, isolated soy protein, sodium phosphate, monosodium glutamate, sodium erythorbate, sodium nitrite. **Sauerkraut** – Cabbage, water, distilled vinegar, salt, sodium benzoate (Preservative), sodium metabisulfite (preservative), natural flavors, polysorbate 80. **Mashed Potatoes** – Potatoes, whey product (contains one or more of the following: whey solids, sodium caseinate, calcium caseinate, calcium hydroxide), mono and diglycerides, sodium acidpyrophosphate, vitamin C (Ascorbic Acid), calcium stearoyl-2-lactylate. (contains milk ingredients) (Sysco). **Tropical Fruit** – pineapple, red papaya, yellow papaya, guava, water, sugar, citric acid.

Chicken Noodle Soup - WATER, ENRICHED EGG NOODLES (Water, Semolina [Wheat], Eggs, Niacin, Iron [Ferrous Sulfate], Thiamine Mononitrate, Riboflavin, and Folic Acid), COOKED CHICKEN (Cooked White Meat Chicken, Water, Potassium Lactate, Sodium Tripolyphosphate, Salt), ONIONS, CARROTS, CELERY, CHICKEN BASE (Chicken Meat Including Natural Chicken Juices, Salt, Hydrolyzed Plant Protein [Soy], Natural Flavorings, Sugar, Potato Flour, Turmeric and Carrot Powder), BUTTER (Pasteurized Cream, Salt), MODIFIED CORN STARCH, SUGAR, TURMERIC, GRANULATED GARLIC, SPICES, XANTHAN GUM, LEMON JUICE (Lemon Juice Concentrate, Water). **Carrots** – carrots, water, salt. **Fruit Juice**.

Fruited Jello - Jello – Gelatin, adipic Acid, potassium citrate, maltodextrin, aspartame, fumaric acid, artificial flavor, red 40, blue 1. **Fruit Cocktail** – pears, peaches, water, pineapple, grapes, sugar, cherries colored with FD & C Red #3, and citric acid.

White Bread – Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains 2% or less of the following: soybean oil, salt, monoglycerides, calcium propionate, monocalcium phosphate, corn starch, ammonium sulfate, ascorbic acid, soy lecithin. **Buns** – Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of the following: salt, wheat gluten, monoglycerides, calcium sulfate, calcium phosphate, calcium propionate (preservative), monocalcium phosphate, corn starch, ammonium sulfate, ascorbic acid, sesame seeds. **Contains: Wheat**

Club Crackers – Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (Vitamin B), riboflavin (Vitamin B2), folic acid, Vegetable oil (Canola, corn palm and/or soybean oil), sugar corn syrup, salt, leavening (Baking soda, monocalcium phosphate), soy lecithin.

Cornbread - Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), degermed yellow cornmeal, sugar, partially hydrogenated soybean and cottonseed oils, dextrose.

Contains 2% or less of the following: baking soda, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate, salt, whey (milk protein), wheat protein isolate, soy flour, guar gum, xanthan gum.

Saltine Crackers – enriched flour(wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), soybean oil with TBHQ for freshness, salt, corn syrup, contains 2% or less of leavening (baking soda, yeast), soy lecithin. CONTAINS: WHEAT AND SOY INGREDIENTS.

Apple Juice – filtered water, apple juice concentrate, malic acid, sodium benzoate and potassium sorbate

Grape Juice – Filtered water, grape juice concentrate

Orange Juice - 100% Pure Orange Juice.

Orange-Pineapple Juice – Orange and Pineapple juice from concentrate

Margarine: Liquid and Partially hydrogenated soybean oil, water, salt, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural and artificial flavor, beta carotene, Vitamin A Palmitate added. Whey. Contains Milk, Soybean.

Zesty Italian Dressing and Marinade – Distilled vinegar, water, vegetable oil(soybean oil, canola oil), high fructose corn syrup, salt, contains less than 2% of garlic, red bell peppers, onion, xanthan gum spice, paprika, with potassium sorbate and calcium disodium EDTA to protect freshness.

Ranch Dressing – Soybean oil, cultured buttermilk (includes lowfat milk, salt), water, vinegar, high fructose corn syrup salt, contains less than 2% of egg yolk, garlic, onion, sour cream (cream, nonfat milk,

cultures),cultured nonfat milk, citric acid, locopherols, and ascorbyl palmitate, spice, autolyzed yeast extract, lactic and phosphoric acids, polysorbate 60, xanthan gum, sodium benzoate and calcium disodium EDTA, disodium inosinate, disodium guanylate.

Fat Free Milk – Nonfat Milk, Vitamin A Palmitate, Vitamin D3

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

Italian Bread - ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: HIGH FRUCTOSE CORN SYRUP, SALT, SOYBEAN OIL, SODIUM STEAROYL LACTYLATE, DATEM, ASCORBIC ACID, ENZYME

Saltine Crackers – enriched flour(wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), soybean oil with TBHQ for freshness, salt, corn syrup, contains 2% or less of leavening (baking soda, yeast), soy lecithin. CONTAINS: WHEAT AND SOY INGREDIENTS.

Mustard – Distilled vinegar, water, mustard seed, salt, turmeric, paprika spices.

Mayo – Water, soybean oil, high fructose corn syrup, distilled vinegar, modified food starch, corn syrup, egg yolk, salt, paprika, calcium Disodium EDTA added to protect flavor. (sysco)

Tomato Ketchup – Tomato Concentrate, High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Onion Powder, Spice, Natural Flavors.