

NOVEMBER 2020 CK Ingredients

Sloppy Joes – 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). **Sweet Potato Fries**– Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified, Potato Starch - Modified. Contains 2% or less of Annatto (color), Baking Soda, Beta Carotene (color), Caramel (Color), Dextrin, Natural Flavors, Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color & Leavening), Sugar, Xanthan Gum. **California Blend** - Broccoli cuts, cauliflower, carrots, water. **Mixed Fruit** - pears, peaches, water, pineapple, grapes, sugar, cherries colored with FD & C Red #3, and citric acid.

Baked Pork Chops: Pork Loin, Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin (a B Vitamin), Iron, Thiamin (Vitamin B2), Folic Acid (a B Vitamin). **Baked Cubed Potatoes - Diced white potatoes** – potatoes, water, salt, calcium chloride, calcium disodium EDTA for color retention. **Broccoli** – broccoli, water, salt. Fruit Juice.

Tuna noodle casserole – Tuna, Water, Vegetable Broth (Pea & Carrot), Salt.- **Egg Noodles** - Semolina, Durum Flour, Egg Yolk, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid. **Cream of mushroom soup** - Water, Mushrooms, Wheat Flour, Soybean Oil, Salt, Corn Starch, Modified Corn Starch, Monosodium Glutamate, Whey Powder, Isolated Soy Protein, Cream, Disodium Phosphate, Autolyzed Yeast Extract, Spice, Citric Acid, Maltodextrin, Garlic Powder, Onion Powder. **Peas**- peas, water, sugar, salt. **Carrots** – carrots, water, salt. **Lime Jello with Pears** - Sugar, corn sugar, gelatin, adipic acid, disodium phosphate, sodium citrate, natural and artificial flavor, ascorbic acid(vitamin c), Red 40, Red 40 lake, blue 1. Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Natural and Artificial Flavor, Ascorbic Acid (Vitamin C), Yellow 5, Yellow 5 Lake, Blue 1, Blue 1 Lake. **Pears** – Pears, water, pear juice concentrate.

Chicken Breast – chicken breast, salt, pepper. **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). **Spinach** – spinach, water, salt. **Peaches** – peaches, citric acid, water, sugar.

Kielbasa/Polish Sausage – 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. CONTAINS: SOY. **French Fries** – Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), dextrose, disodium dihydrogen pyrophosphate. **Green Beans** – green beans, water, salt.

Cinnamon Apples – apple slices, water, cinnamon.

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. **Hash Brown Casserole**- Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), dextrose, disodium dihydrogen pyrophosphate. Cheddar Cheese (Pasteurized Milk, Cheese cultures, salt, enzymes), onions, Disodium phosphate, garlic, natural flavor, sodium stearoyl lactylate, calcium lactate, potassium chloride, disodium inosinate and disodium guanylate, yellow 5 lake, yellow 6 lake. **Cream of Mushroom Soup** – Water, mushrooms, vegetable oil (corn, cottonseed, canola, and/or soybean), modified food starch, wheat flour, contains less than 2% of: salt, monosodium glutamate, soy protein concentrate, dehydrated cream (cream [milk], soy lecithin), yeast extract, flavoring, dehydrated garlic. Campbells. Onions, green peppers. **Beets** – beets, water, salt. **Apricots** – Apricots, water, sugar and citric acid.

Egg Fritas with Ham, Onion, Green Pepper, and Cheese: WHOLE EGGS, PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, SODIUM PHOSPHATE, SODIUM HEXAMETAPHOSPHATE, SALT, ARTIFICIAL COLOR), WATER, HAM WITH NATURAL JUICES, SMOKE FLAVOR ADDED (HAM, WATER, SALT, DEXTROSE, SODIUM PHOSPHATES, SMOKE FLAVORING, SODIUM ERYTHORBATE, SODIUM NITRITE), ONIONS, GREEN PEPPERS, RED PEPPERS, SOYBEAN OIL, WHOLE MILK, MODIFIED CORN STARCH, SALT, XANTHAN GUM, CITRIC ACID. **Hash Browns** - Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), dextrose, disodium dihydrogen pyrophosphate. **Tomato Juice** – Tomato juice from concentrate (water, tomato concentrate), salt, naturally derived citric acid, Vitamin C (ascorbic acid). (Red Gold). **Orange Juice** - 100% Pure Orange Juice.

Chicken Leg & Thigh - chicken leg quarters, water, salt, pepper. **Sweet Potatoes** – sweet potatoes, water, corn syrup, sugar (Allens). **Capri Vegetables** - Yellow & green squash, French green beans, broccoli and cauliflower. **Unsweetened Applesauce** – Apples, water, ascorbic acid.

Turkey and Gravy – Fully Cooked Turkey Breast – Turkey breast(includes White Turkey), Turkey Broth, Contains 2% or less of salt, modified food starch, Dextrose, Carrageenan, Sodium Phosphates. **Gravy Mix** - Partially hydrogenated soybean and/or cottonseed oil, enriched bleached flour (Wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid). Food starch-modified, corn syrup solids, salt, sodium caseinate, contains less than 2% carrageenan, mono & diglycerides, artificial flavor, color added. **Corn** - Golden Whole Kernel Corn, Water, Sugar, 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). **Dressing/stuffing** – 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.), onions, celery, eggs, broth (- chicken stock (water, concentrated chicken stock), chicken flavor (chicken stock, salt, yeast, extract dextrose, celery juice concentrate, carrot juice concentrate, onion juice concentrate, salt, dextrose, flavor). **Cranberry Sauce** - Cranberries, Water, High Fructose Corn Syrup, Corn Syrup and Citric Acid. **Pumpkin Dessert** – pumpkin, pumpkin spices, **Whipped topping** - Water, hydrogenated vegetable oils (coconut and palm kernel oils), corn syrup, high fructose corn syrup, contains less than 2% of the following: sodium caseinate (a milk derivative), artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, soy lecithin, glycerine, colored with (beta carotene), partially hydrogenated soybean oil. * Not a source of lactose. CONTAINS: MILK, SOY. **Fruit Juice**.

Cheeseburger - Beef, Seasoning (Salt, Dextrose, Natural Flavors, Spice), Natural Flavoring. **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. **French Fries** – Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), dextrose, disodium dihydrogen pyrophosphate. **Spinach** – spinach, water, salt. **Mixed Fruit** - pears, peaches, water, pineapple, grapes, sugar, cherries colored with FD & C Red #3, and citric acid. **Chocolate Pudding** - WATER, SKIM MILK, SUGAR, MODIFIED CORN STARCH, WHEY, COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF COCONUT OIL, CORN STARCH, MALTODEXTRIN, SALT, MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, CORN SYRUP SOLIDS, ARTIFICIAL FLAVORS, CARAMEL COLOR. CONTAINS: MILK.

NOVEMBER 2020 CK Ingredients

Ham, Green Beans, Potatoes – Pork. QUALIFIERS: WATER ADDED INGREDIENTS: CURED WITH WATER DEXTROSE SALT CONTAINS 2% OR LESS OF: SODIUM LACTATE SODIUM PHOSPHATE SODIUM DIACETATE SODIUM ERYTHORBATE SODIUM NITRITE. **Green Beans** – green beans, water, salt. **White Potatoes.** **Peaches** – peaches, citric acid, water, sugar. **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.

Steak with Gravy – beef, onions, tomato concentrate (water, tomato paste), corn syrup, spices, salt, citric acid. **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. **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). **California Blend** - Broccoli cuts, cauliflower, carrots, water. **Pears** – Pears, water, pear juice concentrate.

Chicken Breast Patty - Chicken Breast meat with rib Meat, Water, Seasoning [Dextrose, Salt, Spices, Dehydrated Garlic, Sodium Tripolyphosphate, Maltodextrin, Dehydrated Onion, Grill Flavor(from Partially Hydrogenated Cottonseed and Soybean Oil), Modified Corn Starch, Corn Syrup Solids, Spice Extractive], Isolated Soy Protein (Isolated Soy Protein, Modified Food Starch, Cornstarch, Carrageenan), Sodium Phosphate. **Broccoli** – broccoli, water, salt. **Corn** - Golden Whole Kernel Corn, Water, Sugar, Salt. **Mandarin Oranges** – mandarin orange segments, water and sugar.

Chicken salad – CHICKEN (WHITE), SALAD DRESSING [SOYBEAN OIL, WATER, SUGAR, VINEGAR, EGG YOLK, FOOD STARCH-MODIFIED, CONTAINS LESS THAN 2% SALT, SPICES, PAPRIKA, NATURAL FLAVORS (SOY), GARLIC POWDER], DICED CELERY, SALAD SEASONING (SUGAR, CORN SYRUP SOLIDS, SALT, CITRIC ACID, CARRAGEENAN, MUSTARD, SPICE). CONTAINS: EGG, SOY. **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. **Cole Slaw** – Cabbage, carrots, celery seed, 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. **Peaches** – peaches, citric acid, water, sugar.

Chili – Ground beef. **Kidney Beans:** prepared kidney beans, water, salt, and calcium chloride, disodium EDTA added as a preservative, **Tomato Juice:** Tomato juice from concentrate (water, tomato concentrate), salt, naturally derived citric acid, Vitamin C (ascorbic acid), **Diced Tomatoes** - Vine-ripened fresh tomatoes, tomato juice, salt, calcium chloride and naturally derived citric acid, onions, **Chili Powder:** CHILI PEPPER, SPICES, SALT, SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING), AND GARLIC. **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. **Tropical Fruit** – pineapple, red papaya, yellow papaya, guava, water, sugar, 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 ascortyl 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.