

OCTOBER 2020 SK Ingredients

BBQ Ribs - Pork, Barbecue Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains Less Than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate, Molasses, Corn Syrup, Garlic, Sugar, Tamarind, Natural Flavor), Seasoning (Dextrose, Sugar, Salt [Coated With Vegetable Shortening], Tomato Powder, Sodium Diacetate, Spices, Onion and Garlic Powder, Spice Extracts, Smoke Flavor), May Contain Sodium and Potassium Phosphates, and Ascorbic Acid), Water, Textured Vegetable Protein (Soy Flour), Salt. **Oven Fries** – Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), dextrose, disodium dihydrogen pyrophosphate. **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.) **Tropical Fruit** – pineapple, red papaya, yellow papaya, guava, water, sugar, citric acid.

Chicken & Noodles – chicken, Chicken Broth, Salt, Sea Salt, Flavor (Salt, Dextrose, Torula Yeast, Yeast Extract, Natural Flavors, Canola Oil, Onion Powder, Extractive of Turmeric), Chicken Fat, Sugar, Yeast Extract, Flavorings, Disodium Inosinate, Disodium Guanylate, Onion Powder, Oleoresin Turmeric. **Egg Noodles** - Semolina, Durum Flour, Egg Yolk, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid. **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. **Carrots** – Carrots, water. **Oriental Blend**: Green beans, broccoli, onions, mushrooms, red peppers, water. **Mandarin Oranges** – mandarin orange segments, water and sugar.

Mushroom Burger – 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. **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. **Mushrooms** – mushrooms, 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). **Green Beans** – green beans, water, salt. **Melon Cup** –watermelon, cantaloupe, honey dew.

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. **Tossed Salad** - Iceberg lettuce, red cabbage, carrots, tomatoes. **Corn** - Golden Whole Kernel Corn, Water, Sugar, Salt. **Apple Crisp** – Sliced apples, topping: Brown sugar (sugar, molasses), oatmeal, cinnamon.

Ham Salad- SMOKED CHOPPED HAM with NATURAL JUICES (Ham, Water, Salt, Dextrose, Sodium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), SALAD DRESSING (Soybean Oil, Sugar, High Fructose Corn Syrup, Distilled Vinegar, Water, Egg Yolks [Egg Yolks, Salt], Mustard [Distilled Vinegar, Mustard Seed, Salt, Spice], Salt, Modified Wheat Starch, Sodium Diacetate, Citric Acid, Spice, Xanthan Gum, Guar Gum, Color [Propylene Glycol, Polysorbate 80, Turmeric, Annatto, Potassium Hydroxide, Red 40], Calcium Disodium EDTA, Dried Torula Yeast), 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, Yellow 5 Color, Xanthan Gum), ONIONS, CRACKER MEAL (Bleached Wheat Flour, Dextrose, Contains 2% or less of Yeast, Partially Hydrogenated Vegetable Oil, [Soybean and/or Cottonseed Oil], Salt). **Potato Soup**: Potatoes, **Chicken Broth**: salt, chicken fat, autolyzed yeast extract, hydrolyzed corn protein, maltodextrin (from tapioca and corn), chicken meat, sugar, corn starch, natural flavors, turmeric, onion powder, garlic powder, spices, soybean oil (trace), Celery, Onions, **Cream Soup Base** – maltodextrin, food starch-modified, coconut oil, whey, lactose, salt, sugar, xanthan gum, sodium caseinate, flavor [Hydrolyzed corn protein, yeast extract, lactic acid powder (lactic acid, calcium lactate), flavoring, disodium inosinate, disodium guanylate], dipotassium phosphate, soybean oil, garlic powder, spice, annatto. CONTAINS: MILK. **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.

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. **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. **Peas and Carrots** – peas, carrots, water, salt. **Tropical Fruit** – pineapple, red papaya, yellow papaya, guava, water, sugar, citric acid.

Alaskan Pollock Portions –Alaska Pollock, sodium triphosphate (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. **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 triphosphate), guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate. CONTAINS: MILK. **Beets** – Beets, water and salt. **Apricots** – Apricots, water, sugar and citric acid.

Kielbasa Sausage with cabbage and potatoes – 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. **Cabbage. Potatoes. Carrot/Raisin Salad** – Carrots, Raisins, **Salad Dressing** - Water, Soybean Oil, Distilled Vinegar, Corn Syrup, Sugar, Food Starch-Modified, Egg Yolk, Salt, Calcium Disodium EDTA to Protect Flavor, Paprika, Aquaresin Paprika (Color). CONTAINS: EGG. **Unsweetened Applesauce** – Apples, water, ascorbic acid.

Turkey Tetrazzini - Fully Cooked Turkey Breast – Turkey breast(includes White Turkey), Turkey Broth, Contains 2% or less of salt, modified food starch, Dextrose, Carrageenan, Sodium Phosphates. **Cream Soup Base** – maltodextrin, food starch-modified, coconut oil, whey, lactose, salt, sugar, xanthan gum, sodium caseinate, flavor [Hydrolyzed corn protein, yeast extract, lactic acid powder (lactic acid, calcium lactate), flavoring, disodium inosinate, disodium guanylate], dipotassium phosphate, soybean oil, garlic powder, spice, annatto. CONTAINS: MILK. **Egg Noodles** - Semolina, Durum Flour, Egg Yolk, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid. **Broccoli**- broccoli, water, salt. **Carrots** – carrots, water, salt. **Pineapple** - pineapple, pineapple juice.

Cabbage Roll - cabbage. Ground beef. **Tomato Sauce** – Tomato puree (water, tomato paste), high fructose corn syrup, salt, dried peppers, citric acid. **White rice** - Enriched long grain rice, iron (ferric orthophosphate), niacin, thiamine (thiamine mononitrate), and folic acid. **Bread crumbs** -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. **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). **Peas** – peas, water, sugar, salt. **Pears** – Pears, water, pear juice concentrate.

Baked Chicken – chicken leg and thigh. **Bread crumbs** -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. **Sweet Potatoes** – sweet potatoes, water, corn syrup, sugar (Allens). **Brussel Sprouts** – Brussel sprouts, water, salt. **Fruit Juice**.

OCTOBER 2020 SK Ingredients

Scrambled Egg, Sausage Bake – eggs – **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. **Sausage** - Pork, water, contains 2% or less of: salt, spices, corn syrup solids, flavorings, BHA, BHT and citric acid. Milk. **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). **Mandarin Oranges** – mandarin orange segments, water and sugar.

Salisbury Patties – Beef, water, textured vegetable protein (textured soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamin mononitrate, pyridoxine hydrochloride, riboflavin, vitamin B-12). Seasoning (salt, dehydrated onions, dehydrated red and green bell peppers, black pepper, monosodium glutamate, garlic powder). **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. **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. **Fruit Cocktail** – pears, peaches, water, pineapple, grapes, sugar, cherries colored with FD & C Red #3, and citric acid.

Chicken Breast – chicken breast. **Bread crumbs** -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.

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. **Succotash** - Golden Whole Kernel Corn, Water, Sugar, Salt. Lima beans, water, salt (Sysco). **Mixed Fruit Cup** - pears, peaches, water, pineapple, grapes, sugar, cherries colored with FD & C Red #3, and citric acid.

Baked Spaghetti – ground beef, salt, pepper. **Spaghetti** – Semolina (wheat), durum flour (wheat), niacin, iron, thiamin mononitrate, riboflavin, folic acid. ALLERGEN INFO: contains wheat ingredients and is manufactured in a facility that uses eggs. **Spaghetti Sauce** - Tomato concentrate (water, tomato paste), corn syrup, spices, salt, citric acid. **Tomato Sauce** – Tomato puree (water, tomato paste), high fructose corn syrup, salt, dried peppers, citric acid. **Tossed Salad** - Iceberg lettuce, red cabbage, carrots, tomatoes. **Mixed Vegetables** – Carrots, French Style Green Beans, Corn, Peas, water. **Peach crisp** - Sliced peaches, citric acid, water, sugar, topping: Brown sugar (sugar, molasses), oatmeal, cinnamon.

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. **Baked Potatoes** – white potato. **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. **Pears** – Pears, water, pear juice concentrate.

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 inoshate, 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.