

SEPTEMBER 2020 CK Ingredients

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. **Peas** – peas, sugar, water, salt. **Peaches** – peaches, citric acid, water, sugar.

Steak & Gravy - Beef Patties – 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. **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. **Fruit Cocktail** – pears, peaches, water, pineapple, grapes, sugar, cherries colored with FD & C Red #3, and citric acid.

Turkey and Swiss Cheese Sandwich - Fully Cooked Turkey Breast – Turkey breast (includes White Turkey), Turkey Broth, Contains 2% or less of salt, modified food starch, Dextrose, Carrageenan, Sodium Phosphates. **Swiss Cheese**- MILK AND PART-SKIM MILK, CREAM, WATER, SODIUM CITRATE, SALT, CHEESE CULTURE, CITRIC ACID, SORBIC ACID (PRESERVATIVE), ENZYMES, SOY LECITHIN. CONTAINS: MILK, SOY. **Tomato Slice. 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. **Fruit Juice.**

BBQ Chicken - Chicken, 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. **Au gratin Potatoes:** Potatoes, Cornstarch, Maltodextrin (From Corn), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, 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. **Broccoli** – broccoli, water, salt. **Pears** – Pears, water, pear juice concentrate.

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). **Tater Tots** - Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), dextrose, disodium dihydrogen pyrophosphate. **Capri Vegetables** - Yellow & green squash, French green beans, broccoli and cauliflower. **Fruited Jello Cup - 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.

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). **3 Bean Salad** – Cut green beans, cut wax beans, water, dark red kidney beans, sugar, corn syrup, vinegar, diced onions, diced red bell peppers, soybean oil, salt, natural flavorings, calcium chloride, disodium EDTA (to preserve color), turmeric. **Contains:** soybeans and their derivatives. **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.) **Peaches** – peaches, citric acid, water, sugar. **SugarFree Pudding** – modified cornstarch, corn maltodextrin, tetrasodium pyrophosphate and disodium phosphate. Contains less than 2% natural and artificial flavor, salt, calcium sulfate, xanthan gum, mono- and diglycerides, aspartame and acesulfame, potassium, tetrapotassium pyrophosphate, dipotassium phosphate, yellow 5, yellow 6, artificial color, Bha (preservatives).

Chicken Tenders- Portioned chicken breast meat tenders with rib meat CONTAINING: Up to 12% of a solution of water, salt, modified food starch, sodium phosphates, and sugar.

BATTERED WITH: Water, wheat flour, salt, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate), disodium inosinate and disodium guanylate. **BREADED WITH:** Wheat flour, bleached wheat flour, salt, spice, onion powder, dextrose, yeast, sugar, extractives of paprika. **Tater Tots - Potatoes, vegetable oil** (soybean, canola, cottonseed, and/or sunflower), dextrose, disodium dihydrogen pyrophosphate. **Capri Vegetables** - Yellow & green squash, French green beans, broccoli and cauliflower.

Unsweetened Applesauce – Apples, water, ascorbic acid. **Vanilla Wafers** - 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.

Kielbasa 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. **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). **Fruit Cocktail** – pears, peaches, water, pineapple, grapes, sugar, cherries colored with FD & C Red #3, and citric acid.

Ham, Potatoes, Green Beans– Cooked Ham - Cured with water, dextrose, salt, potassium lactate, modified food starch, sodium phosphates, sodium diacetate, sodium erythorbate, smoke flavoring, sodium nitrite. **Potatoes. Green Beans** – green beans, water, salt. **Tropical Fruit** – pineapple, red papaya, yellow papaya, guava, water, sugar, citric acid.

Chef Salad: Lettuce, tomato, cucumber, green pepper, radishes. **Fully Cooked Turkey Breast** – Turkey breast (includes White Turkey), Turkey Broth, Contains 2% or less of salt, modified food starch, Dextrose, Carrageenan, Sodium Phosphates. **Ham** - Cured with water, dextrose, salt, potassium lactate, modified food starch, sodium phosphates, sodium diacetate, sodium erythorbate, smoke flavoring, sodium nitrite. **PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (VEGETABLE COLOR). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING.** Contains: Milk. **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. **Peaches** – peaches, citric acid, water, sugar.

Cabbage Casserole - 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. **Cauliflower** – cauliflower, water, salt. **Unsweetened Applesauce** – Apples, water, ascorbic acid.

Chicken Noodle Casserole - Chicken, **Cream of Chicken Soup** - CHICKEN STOCK, VEGETABLE OIL, MODIFIED FOOD STARCH, WHEATFLOUR, CREAM (MILK), CONTAINS LESS THAN 2% OF: SALT, DEHYDRATEDMECHANICALLY SEPARATED CHICKEN, SOY PROTEIN CONCENTRATE, MONOSODIUMGLUTAMATE, CHICKEN FAT, WATER, YEAST EXTRACT, FLAVORING, BETA CAROTENE FORCOLOR, CHICKEN FLAVOR, CELERY EXTRACT, BUTTER (CREAM [MILK], ANNATTO), ONION EXTRACT. **Egg Noodles** - Semolina, Durum Flour, Egg Yolk, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid. **Peas and Carrots** – peas, carrots, water, salt. **Pineapple** – pineapple, pineapple juice.

Mushroom Swiss Burger - Hamburger - Beef, Seasoning (Salt, Dextrose, Natural Flavors, Spice), Natural Flavoring. **Mushrooms** – mushrooms, water, salt. **Swiss Cheese**- MILK AND PART-SKIM MILK, CREAM, WATER, SODIUM CITRATE, SALT, CHEESE CULTURE, CITRIC ACID, SORBIC ACID (PRESERVATIVE), ENZYMES, SOY LECITHIN. CONTAINS: MILK, SOY. **Potato wedges** - Potatoes, Vegetable Oil (Contains One or More of the Following: Canola Oil, Corn Oil, Cottonseed Oil, Palm Oil,

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Soybean Oil, Sunflower Oil), Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. **Corn** - Golden Whole Kernel Corn, Water, Sugar, Salt. **Peaches** – peaches, citric acid, water, sugar.

Taco Salad – Taco meat – ground beef. **Taco seasoning** - Yellow corn flour, salt, maltodextrin, paprika, spices, modified corn starch, sugar, garlic powder, citric acid, yeast extract, natural flavor, silicon dioxide. **onions, lettuce, tomato, Cheddar Cheese** – cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto, modified cornstarch added to prevent caking, natamycin. CONTAINS: MILK. kidney beans (prepared kidney beans, water, salt, and calcium chloride, disodium EDTA added as a preservative). **Salsa** (crushed tomatoes (water, concentrated crushed tomatoes), diced tomatoes in tomato juice, onions, jalapeno peppers, distilled vinegar, contains 2% or less of salt, dehydrated onion and garlic, calcium chloride, citric acid. ALLERGY WARNING: May contain traces of milk, anchovies, wheat and soy.), **Taco Chips** (Corn, vegetable oil (sunflower, canola, and/or corn oil), maltodextrin, salt, cheddar cheese (milk, cheese cultures, salt, enzymes), whey, monosodium glutamate, buttermilk, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, corn flour, natural and artificial flavor, dextrose, tomato powder, lactose, spices, artificial color (including yellow 6, yellow 5 and red 40), lactic acid, citric acid, sugar, garlic powder, skim milk, red and green bell pepper powder, disodium inosinate, and disodium guanylate. CONTAINS MILK INGREDIENTS., **Sour cream**(cultured milk, cream, contains less than 2% of: whey, food starch-modified (corn), sodium phosphated (sodium tripolyphosphate), guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate. CONTAINS: MILK. **Fruit Juice**.

Macaroni and Cheese - Elbow Macaroni - Durum wheat semolina, water. **Cheddar Cheese Sauce** – Water, vegetable oil (contains one or more of canola oil, soybean oil, sunflower oil), modified corn starch, cheddar cheese (Cultured milk, salt enzymes, annatto color), whey, contains 2% or less of corn starch, salt, sodium phosphate, rice flour, mono- and diglycerides, yeast extract, cellulose gum, lactic acid, annatto color, natural flavors, anhydrous milkfat, FD & C yellow No. 6, maltodextrin, nonfat dry milk (contains: milk). (Sysco). **Stewed Tomatoes** – Tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper, citric acid, calcium chloride, and natural flavorings. **Carrots** – carrots, water, salt. **Mandarin Oranges** – mandarin orange segments, water and sugar. **SugarFree Pudding** – modified cornstarch, corn maltodextrin, tetrasodium pyrophosphate and disodium phosphate. Contains less than 2% natural and artificial flavor, salt, calcium sulfate, xanthan gum, mono- and diglycerides, aspartame and acesulfame, potassium, tetrapotassium pyrophosphate, dipotassium phosphate, yellow 5, yellow 6, artificial color, Bha (preservatives).

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. **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. **Peas & Carrots** – peas, carrots, water, salt.

Strawberries.

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). **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 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 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.