**WCCOA- Ingredient Listing**

**Protein/Entrees**

**Beef Products**

Beef & Bean Chili: Ground Beef, Kidney Beans (Light Red Kidney Beans, Water, Sugar, Salt, Calcium Chloride), Diced Tomatoes (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), Tomato Sauce (Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), Diced Onions, Chili Powder (Chili pepper and other spices, salt, dehydrated garlic), Paprika (Paprika, Silicon Dioxide (To Prevent Caking)), Ground Cumin.

Beef Stew: Stew Meat (Beef), Beef Gravy (Water, Roasted Beef and Beef Juices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Food Starch - Modified, Salt, Onion Powder, Hydrolyzed Corn, Wheat and Soy Protein, Sugar, Caramel Color, Soybean Oil, Disodium Inosinate, Disodium Guanylate, Flavoring). Sliced Potatoes (Potatoes, water, salt, calcium chloride, calcium disodium EDTA), Peas & Onions, Carrots, Celery, Parsley, Pepper, Garlic. COMMON ALLERGENS PRESENT: Wheat, Soy

Cabbage Rolls: Cabbage leaves, water, cooked beef, tomatoes (tomatoes, tomato juice, citric acid), cooked rice, tomato paste, onion, egg, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt), green bell pepper, salt, food starch-modified, textured vegetable protein (soy protein concentrate, caramel color), celery, sugar, nonfat dry milk, isolated soy protein, vinegar (distilled white vinegar, water), spices, dried beef stock, caramel color, dehdyrated garlic. COMMON ALLERGENS PRESENT: egg, wheat, soy, milk.

Calico Beans: Ground Chuck, Lima Beans (lima beans, water, salt), Kidney Beans (Light Red Kidney Beans, Water, Sugar, Salt, Calcium Chloride), Butter Beans (Cooked Dry Lima Beans, Water, Sugar, Salt, Calcium Disodium EDTA (To Preserve Color), Calcium Chloride, Turmeric), Pork & Beans (White Beans, Water, Sugar, Salt, Tomato Paste, Pork, Dextrose, Onion Powder, Oleoresin Paprika, Caramel Color, Black Pepper), Brown Sugar (sugar, molasses), Diced Spanish Onions, Ketchup (Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Less Than 2% Of: Spice, Onion Powder, Natural Flavors), BBQ Sauce (high fructose corn syrup, tomato paste, distilled vinegar, water, food starch-modified, salt, contains less than 2% of pineapple juice concentrate, caramel color, molasses, corn syrup, spices, natural flavors, sodium benzoate (a preservative), garlic\*, sugar, dextrose, celery, tamarind. \*dehydrated), Mustard (Distilled Vinegar, #1 Grade Mustard Seeds, Salt, Turmeric, Spices, & Paprika), Splenda (maltodextrin, sucralose), Beef base (roasted beef and beef juices, salt, hydrolyzed soy protein, sugar, beef stock, maltodextrin, yeast extract, hydrolyzed yeast protein, onion powder, caramel color (contains sulfites), flavoring (contains canola oil), disodium inosinate, disodium guanylate, lactic acid, calcium lactate, gum arabic, grill flavor (contains sunflower oil)), Onion powder (dehydrated onion), Granulated Garlic (dehydrated garlic), Cayenne pepper (red pepper), black pepper. COMMON ALLERGENS: Soy

Chipped Beef: milk (vitamin d3 added), dried beef (beef, salt, potassium chloride, sodium erythorbate, sodium nitrite, bht, tbhq, citric acid), chicken broth, cream, water, nonfat dry milk, modified corn starch, butter, wheat flour, rice flour, sugar, salt, flavorings, mono- & diglycerides with citric acid to help protect flavor, natural butter flavor (whey solids, enzyme-modified butter, maltodextrin, salt, dehydrated butter, guar gum, annatto and turmeric [for color]), natural cream flavor (maltodextrin, natural cream flavor), dextrose, colored with annatto (soybean oil, mono- & diglycerides and annatto extract), caramel color. common allergens present: milk, wheat.

Country Fried Steak: Beef, Seasoning (Dextrose, Dehydrated Onion (Including Onion Powder), Salt, Hydrolyzed Soy Protein, (Contains Salt, Caramel Color), Mustard, Natural Flavors, Celery, Sodium Phosphates). Breading Ingredients: Enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, sugar, soybean oil, yeast, spices,celery seed, onion powder, garlic powder, caramel color, extractives of paprika. Batter Ingredients: Water, bleached wheat flour, modified corn starch, yellow corn flour, salt, palm oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, spices, onion powder, garlic powder, caramel color **with**

Biscuit Gravy: enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, food starch-modified, maltodextrin, salt, corn syrup solids, contains less than 2%: whey protein concentrate, sodium caseinate, mono & diglycerides, color added. Common allergens present: milk, wheat. egg, soy.

Cube Steak: Ground chuck patty, beef gravy (Water, Roasted Beef and Beef Juices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Food Starch - Modified, Salt, Onion Powder, Hydrolyzed Corn, Wheat and Soy Protein, Sugar, Caramel Color, Soybean Oil, Disodium Inosinate, Disodium Guanylate, Flavoring). COMMON ALLERGENS PRESENT: Wheat, Soy

Goulash: Ground Beef (cooked), Tomato Sauce (Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), Cooked Macaroni Pasta (Durum Wheat Semolina, durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid). Diced Tomatoes (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), Diced Spanish Onions, Worcestershire Sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, sugar, spices, anchovies, natural flavors (soy) and tamarind), mustard (distilled vinegar, #1 grade mustard seeds, salt, turmeric, spices, & paprika), black pepper), Brown Sugar (sugar, molasses), Paprika (Paprika, Silicon Dioxide (To Prevent Caking)), Vinegar (apple cider vinegar and filtered water), Dry mustard (mustard flour). COMMON ALLERGENS PRESENT: Wheat, Egg, Fish (anchovies)

Hamburger: Ground chuck patty

Hamburger Pie: Ground Chuck (cooked), Cream of Mushroom Soup (water, vegetable oil (corn, canola, and/or soybean), mushrooms, modified food starch, wheat flour, contains less than 2% of: salt, cream (milk), soy protein concentrate, yeast extract, dehydrated whey, flavoring, dehydrated garlic), Mashed Potatoes (potatoes, canola oil, salt, contains 2% or less of: artificial colors, mono and diglycerides, natural and artificial flavors (milk), freshness preserved with: sodium bisulfite, sodium acid pyrophosphate, citric acid, bht), Canned French Green Beans (Green beans, water, salt). Common allergens present: milk, wheat, soy.

Hot Dog: Beef, water, salt, less than 2% of the following: flavoring, potassium lactate, sodium diacetate, sodium phosphate, sugar, sodium erythorbate, sodium nitrite, oleoresin of paprika

Liver & Onions: Beef Liver, Beef Gravy (Water, Roasted Beef and Beef Juices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Food Starch - Modified, Salt, Onion Powder, Hydrolyzed Corn, Wheat and Soy Protein, Sugar, Caramel Color, Soybean Oil, Disodium Inosinate, Disodium Guanylate, Flavoring), Spanish Onions. COMMON ALLERGENS PRESENT: Wheat, Soy.

Meatloaf: ground beef, ketchup (tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, less than 2% of: spice, onion powder, natural flavors), onions, whole eggs, whole grain rolls oats, Worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, sugar, spices, anchovies, natural flavors (soy) and tamarind), mustard (distilled vinegar, #1 grade mustard seeds, salt, turmeric, spices, & paprika), black pepper. ALLERGENS PRESENT: Egg, soy, fish (anchovies).

Pepper Steak: Stew Meat, Beef Gravy (Water, Roasted Beef and Beef Juices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Food Starch - Modified, Salt, Onion Powder, Hydrolyzed Corn, Wheat and Soy Protein, Sugar, Caramel Color, Soybean Oil, Disodium Inosinate, Disodium Guanylate, Flavoring), Green Peppers, Diced Tomatoes (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), Sliced Spanish Onions, Shredded Carrots ( COMMON ALLERGENS PRESENT: Wheat, Soy.

Plantation Supper: Ground Chuck, Corn (Corn, water, sugar, salt), Cooked Pasta (cooked penne pasta (semolina [wheat], enriched with niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), soybean oil, contains less than 2% of salt),  2% Milk (reduced fat milk, Vitamin A Palmitate, and Vitamin D3 added), Cream of Mushroom Soup (water, vegetable oil (corn, canola, and/or soybean), mushrooms, modified food starch, wheat flour, contains less than 2% of: salt, cream (milk), soy protein concentrate, yeast extract, dehydrated whey, flavoring, dehydrated garlic), Cream Cheese (cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums), Chopped Onions, Pimentos (Pimentos, Water, Salt, Citric Acid, Calcium Chloride). COMMON ALLERGENS PRESENT: Wheat, Milk.

Roast Beef: Beef (Beef Coated with modified corn starch, dextrose, onion powder, beef stock, hydrolyzed corn gluten, sugar, yeast extract, caramel color, garlic powder, spice, natural flavors, salt), beef gravy (Water, Roasted Beef and Beef Juices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Food Starch - Modified, Salt, Onion Powder, Hydrolyzed Corn, Wheat and Soy Protein, Sugar, Caramel Color, Soybean Oil, Disodium Inosinate, Disodium Guanylate, Flavoring). COMMON ALLERGENS PRESENT: Wheat, Soy.

Sloppy Joe: Ground beef, Manwich Sauce (tomato puree (water, tomato paste), high fructose corn syrup, distilled vinegar, corn syrup, less than 2% of: sugar, dried green and red bell peppers, salt, chili pepper, tomato fiber, guar gum, spices, xanthan gum, dried garlic, natural flavors, citric acid).

Spaghetti & Meatballs**:** Meatballs (beef, water, textured soy flour, soy protein concentrate, contains less than 2% of the following: wheat flour, dehydrated onion, flavorings, hydrolyzed soy protein, sodium phosphate, salt, paprika, garlic powder, extractives of paprika, nonfat dry milk) Spaghetti Sauce (tomato puree (water, tomato paste), tomatoes, water, sugar, less than 2% of: salt, dried onion, extra virgin olive oil, calcium chloride, citric acid, dried basil, dried oregano, dried parsley, dried cane syrup, natural flavor). common allergens present: soy, wheat, milk

Stuffed Pepper: 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.

Swedish Meatballs: Meatball (beef, water, textured soy flour, soy protein concentrate, contains less than 2% of the following: wheat flour, dehydrated onion, flavorings, hydrolyzed soy protein, sodium phosphate, salt, paprika, garlic powder, extractives of paprika, nonfat dry milk), Swedish sauce (Water, Sour Cream [Cultured Cream, Stabilizers (May Contain Food Starch-Modified, Guar Gum, Locust Bean Gum, Carrageenan, and/or Pectin), Sodium Citrate, and Potassium Sorbate], Food Starch - Modified, Beef, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Salt, Onion Powder, Sugar, Buttermilk Flavor (Buttermilk, Butter Oil, Lactic Acid, Natural Flavor, Nonfat Milk, Disodium Phosphate, Enzymes, Mixed Tocopherols), Caramel Color, Yeast Extract, Maltodextrin, Soybean Oil, Flavoring (Contains Canola Oil), Beef Stock Powder, Disodium Inosinate, Disodium Guanylate, Lactic Acid, Calcium Lactate, Grill Flavor (Contains Sunflower Oil)). COMMON ALLERGENS PRESENT: Milk, Wheat

Veal Patty: Veal, beef, water, textured soy protein concentrate, enriched bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), durum flour, leavening, (sodium bicarbonate, sodium acid pyrophosphate), dried yeast, salt, dextrose, onion and garlic powder, natural flavorings (hydrolyzed corn protein and spice extractives),spice. batter ingredients: water,bleached wheat flour, modified corn starch, yellow corn flour, salt, palm oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, spices, onion powder, garlic powder, caramel color.breading ingredients: whole wheat flour, palm oil, turbinado sugar, yeast, expeller pressed canola oil, wheat flour,salt, not more than 2% silicon dioxide added to prevent caking. COMMON ALLERGENS PRESENT: wheat, soy. WITH:

Chicken Gravy: Water, Roasted Dark Chicken Meat and Chicken Broth, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Chicken Fat, Salt, Palm Oil, Maltodextrin, Sugar, Onion Powder, Hydrolyzed Corn Protein, Flavoring, Yeast Extract, Xanthan Gum, Torula Yeast, Disodium Inosinate, Disodium Guanylate, Gelatin, Polysorbate 60, Corn Syrup Solids, Turmeric, Tocopherols

**Chicken Products**

Baked chicken: Chicken (chicken quarters without necks and giblets Containing up to 2% of a solution of water, vinegar), Poultry seasoning (Sage, Coriander, Marjoram, Allspice, Black Pepper, Celery Seed), Vegetable Oil (soybean oil), Paprika.

BBQ Chicken wings: Chicken wing sections, water, sugar, tomato paste, modified food starch, wheat flour,. Contains 2% or less of: Distilled vinegar, honey, salt, molasses, sodium phosphates, spices, smoke flavor, caramel color, garlic powder, onion powder, xanthan gum, corn syrup solids, lemon juice, lemon oil, garlic extract, garlic oil. Blanched in vegetable oil. COMMON ALLERGENS PRESENT: Wheat.

Chicken a la King: Diced cooked chicken (cooked chicken meat, natural proportion), Chicken gravy (Water, Roasted Dark Chicken Meat and Chicken Broth, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Chicken Fat, Salt, Palm Oil, Maltodextrin, Sugar, Onion Powder, Hydrolyzed Corn Protein, Flavoring, Yeast Extract, Xanthan Gum, Torula Yeast, Disodium Inosinate, Disodium Guanylate, Gelatin, Polysorbate 60, Corn Syrup Solids, Turmeric, Tocopherols), Canned mushrooms (Mushrooms, Water, salt, calcium disodium EDTA, and ascorbic acid), Pimentos (Pimentos, Water, Salt, Citric Acid, Calcium Chloride), Diced onions, Diced green peppers. COMMON ALLERGENS PRESENT: WHEAT.

Chicken Chimichanga: Chimichanga (Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Cooked Chicken Meat, Soybean Oil, Green Chile Peppers (Green Chiles, Citric Acid), Red Beans. Contains Less than 2% of: Onions, Green Bell Peppers, Long Grain Parboiled Enriched Rice (Niacin, Iron, Thiamin, Folic Acid) Flavorings, Crushed Red Pepper, Paprika, Chili Powder (Chili Pepper, Spices, Onion, Salt, Garlic, Oregano,Parsley), Flavor Enhancer (Hydrolyzed Soy Protein, Maltodextrin, Hydrolyzed Corn Protein), Flavor Enhancer [Yeast Extract, Salt, Maltodextrin, Lactic Acid, Roast Flavor (contains Soy Sauce {Soybean, Wheat, Salt})], Modified Food Starch, Rendered Chicken Fat, Corn Flour, Dough Conditioner (Whey, L-Cysteine Hydrochloride), Leavening (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Sodium Stearoyl Lactylate, Guar Gum, Salt) and Cheese Sauce (maltodextrin, tapioca starch, whey, soybean oil, salt, dextrose, canola oil, cheddar cheese flavor blend (cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes], maltodextrin, disodium phosphate, flavors, sodium citrate, xanthan gum, tocopherols), 2% or less of yeast extract, modified cornstarch, corn syrup solids, sugar, dipotassium phosphate, sodium caseinate (a milk derivative), calcium caseinate, color added, xanthan gum, bht, buttermilk powder, yellow 5, yellow 6, spice, natural flavors, disodium inosinate/disodium guanylate, sodium silicoaluminate, extractives of paprika). COMMON ALLERGENS PRESENT: SOY, WHEAT, MILK.

Chicken Alfredo: Chicken (boneless, skinless dark chicken strips, water, salt, spices, dehydrated garlic and onion) Alfredo sauce (heavy cream (cream, milk, stabilizer [dextrose, carrageenan, mono and diglycerides, cellulose gum, polysorbate 80]), water, parmesan and Romano cheese blend (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes), butter (cream, salt), enriched flour (bleached wheat flour, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, calcium sulfate, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), modified food starch, salt, spice) Common Allergens present: milk, wheat.

Chicken Cordon Bleu: Boneless, skinless, breast of chicken with rib meat (containing up to 8% of a solution of water, seasoning (sugar, salt, dehydrated chicken broth, dehydrated garlic, dehydrated onion), seasoning (modified potato starch, flavoring), vinegar with natural flavor, sodium phosphates), Filling (pasteurized-process Swiss & American cheese [Swiss cheese (cultured milk, salt, enzymes), American cheese (cultured milk, salt, enzymes), cream, sodium phosphates], cooked ham water added(pork, water, salt, dextrose, sodium lactate, sodium phosphates, sodium erythorbate, sodium diacetate, sodium nitrite)), Breading (bleached wheat flour, whey, yellow corn flour, dextrose, salt, blend of Romano and Parmesan cheese (pasteurized cows milk, cheese cultures, salt, sodium silicoaluminate, sorbic acid, enzymes), yeast, spices, soybean oil, oleoresin paprika, annatto extract, sodium silicoaluminate, garlic powder, onion powder, natural flavor), Batter (water, enriched bleached wheat flour [wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified food starch, yellow corn flour, salt, leavening [sodium acid pyrophosphate, sodium bicarbonate]). COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.

Chicken & Dumpling: Cooked diced chicken, water, raised dumplings (enriched wheat flour [wheat flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid], water, egg, soybean oil, nonfat dry milk, sugar, salt, sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate, cornmeal, sesame seeds), chicken fat, nonfat dry milk, modified corn starch, chicken base (chicken, chicken broth, maltodextrin, autolyzed yeast extract, flavor, chicken fat, salt, turmeric), cream, wheat flour, salt, sugar, chicken broth, flavorings, mono- & diglycerides with citric acid, mushroom flavor (maltodextrin, mushroom extract, salt), lactic acid (food starch-modified and lactic acid). COMMON ALLERGENS PRESENT: Wheat, Egg, Soy, Milk.

Chicken Mac Casserole: Macaroni Pasta (semolina [wheat], enriched with niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), soybean oil, contains less than 2% of salt), Diced Chicken (cooked diced natural proportion chicken), Parmesan cheese ((Grated Parmesan Cheese (made from Cow's milk, Cheese Culture, Salt, Enzymes). Powdered Cellulose (added to prevent caking)), Mayo (water, corn syrup, maltodextrin, food starch-modified, egg yolks, distilled vinegar, soybean oil, contains less than 2% of salt, potassium chloride, mustard bran, lemon juice concentrate, sodium benzoate and potassium sorbate (as preservatives), calcium disodium EDTA added to protect flavor), Cream of Chicken Soup (chicken stock, modified food starch, vegetable oil, wheat flour, cream (milk), contains less than 2% of: salt, chicken\*, carrot juice concentrate, soy protein concentrate, chicken fat, yeast extract, flavoring, chicken broth\*, cane sugar, onions\*, celery extract, onion extract. \*dried), Bread Crumbs (Wheat Flour, Whole Wheat Flour, Dextrose, Salt, Yeast, Onion Powder, Garlic Powder, Parsley, Soybean Oil with Rosemary Extract, and Vitamin E), Canned Mushrooms (Mushrooms, Water, salt, calcium disodium EDTA, and ascorbic acid), Diced Green Peppers, Diced Onions, Pimentos (Pimentos, Water, Salt, Citric Acid, Calcium Chloride). COMMON ALLERGENS PRESENT: Wheat, Milk, Egg.

Chicken Nuggets: 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. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: Wheat, Soy.

Chicken Pot Pie: Diced Chicken (Cooked Chicken Meat, Natural Proportion), Chicken Gravy (Water, Roasted Dark Chicken Meat and Chicken Broth, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Chicken Fat, Salt, Palm Oil, Maltodextrin, Sugar, Onion Powder, Hydrolyzed Corn Protein, Flavoring, Yeast Extract, Xanthan Gum, Torula Yeast, Disodium Inosinate, Disodium Guanylate, Gelatin, Polysorbate 60, Corn Syrup Solids, Turmeric, Tocopherols), Peas and Carrots, Diced Potatoes (Potatoes, water, salt, calcium chloride, calcium disodium EDTA), Pie Shell (enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), palm oil, water, palm kernel oil, nonfat milk, maltodextrin, salt, dextrose, sugar, whey, cream, citric acid, l-cysteine hydrochloride, potassium sorbate (preservative), annatto and turmeric extract color, natural flavor), Poultry Seasoning (Sage, Coriander, Marjoram, Allspice, Black Pepper, Celery Seed), Black Pepper, Garlic Powder, Onion Powder (Dehydrated Onions). COMMON ALLERGENS PRESENT: Milk, Wheat.

Chicken Salad: Diced Chicken (Cooked Chicken Meat, Natural Proportion), Mayo (water, corn syrup, maltodextrin, food starch-modified, egg yolks, distilled vinegar, soybean oil, contains less than 2% of salt, potassium chloride, mustard bran, lemon juice concentrate, sodium benzoate and potassium sorbate (as preservatives), calcium disodium edta added to protect flavor), Chopped Celery, Dried Cranberries, Walnuts. COMMON ALLERGENS PRESENT: Nuts (Walnuts), Egg

Chicken Teriyaki: Chicken Breast With Rib Meat, Teriyaki Sauce (Soy Sauce (Water, Soybeans, Wheat, Salt, Sodium Benzoate), Sugar, Water, Distilled Vinegar, Modified Food Starch, Pineapple Juice Concentrate, Soybean Oil, Caramel Color, Xanthan Gum, Garlic Powder, Sodium Benzoate, Spice, Natural Flavor), Water, Seasoning (Corn Syrup Solids, Brown Sugar, Salt, Dextrose, Vinegar Powder (Maltodextrin, Modified Corn Starch, Dried Vinegar), Garlic Powder, Onion Powder, Chicken Type Flavor (Hydrolyzed Corn Gluten, Autolyzed Yeast Extract, Soybean, Thiamine Hydrochloride, Hydrochloride, Disodium Inosinate, Disodium Guanylate), Modified Food Starch, Sodium Phosphates. COMMON ALLERGENS: SOY, WHEAT

Creamed Chicken: Cooked Diced Natural Proportion Chicken Meat, Water, Roasted Dark Chicken Meat and Chicken Broth, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Chicken Fat, Salt, Palm Oil, Maltodextrin, Sugar, Onion Powder, Hydrolyzed Corn Protein, Flavoring, Yeast Extract, Xanthan Gum, Torula Yeast, Disodium Inosinate, Disodium Guanylate, Gelatin, Polysorbate 60, Corn Syrup Solids, Turmeric, Tocopherols. COMMON ALLERGENS PRESENT: WHEAT.

Grilled Chicken Breast: Boneless, skinless chicken breast filets with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt. COMMON ALLERGENS PRESENT: SOY.

Honey Mustard Chicken: 100% USDA Inspected Chicken, Honey Mustard Dressing (water, soybean oil, relish ((cured cucumber, high fructose corn syrup, corn syrup, distilled vinegar, minced onion, salt, sugar, red bell pepper, xanthan gum, alum, natural spice flavors, polysorbate 80)), high fructose corn syrup, distilled vinegar, food starch-modified, egg yolks, contains less than 2% of salt, dextrose, tomato paste, spice, maltodextrin, paprika, citric acid, oleoresin paprika (color), calcium disodium edta added to protect flavor). common allergens present: egg

King Ranch Chicken: Diced chicken (Cooked Chicken Meat, Natural Proportion), Shredded Cheddar Cheese (cultured pasteurized milk, salt, enzymes, annatto color, anticake (potato starch, powdered cellulose), Tortilla shells (Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Palm Oil, Sugar, Salt, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Fumaric Acid, Mono & Diglycerides, Calcium Propionate (a preservative), Enzyme, Dough Conditioner (Sodium Metabisulfite)), Cream of Mushroom Soup (water, vegetable oil (corn, canola, and/or soybean), mushrooms, modified food starch, wheat flour, contains less than 2% of: salt, cream (milk), soy protein concentrate, yeast extract, dehydrated whey, flavoring, dehydrated garlic), Diced Tomatoes (tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), Diced Spanish Onions, Diced Green Peppers. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy

Shredded Chicken: Diced chicken (cooked chicken meat, natural proportion), Cream of mushroom (water, vegetable oil ((corn, canola, and/or soybean)), mushrooms, modified food starch, wheat flour, contains less than 2% of: salt, cream (milk), soy protein concentrate, yeast extract, dehydrated whey, flavoring, dehydrated garlic), celery, croutons (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola oil, whey, yeast, salt, 2% or less of high fructose corn syrup, wheat gluten, corn syrup solids, calcium propionate (preservative), calcium peroxide, calcium sulfate, ascorbic acid, azodicarbonamide, sodium stearoyl lactylate, onion powder, garlic powder, parsley, autolyzed yeast extract, tbhq (to preserve freshness), Onion. COMMON ALLERGENS PRESENT: Wheat, Milk, Soy.

Stuffed Chicken (Broccoli): Boneless, skinless, breast of chicken with rib meat (containing up to 8% of a solution of water, seasoning (sugar, salt, dehydrated chicken broth, dehydrated garlic, dehydrated onion), seasoning (modified potato starch, flavoring), vinegar with natural flavor, sodium phosphates), Filling (broccoli, pasteurized process Swiss/American Cheese [Swiss cheese (cultured milk, salt, enzymes), American cheese (cultured milk, salt, enzymes), cream, sodium phosphates, salt]), Breading (bleached wheat flour, whey, yellow corn flour, dextrose, salt, blend of Romano and Parmesan cheese (pasteurized cows milk, cheese cultures, salt, sodium silicoaluminate, sorbic acid, enzymes), yeast, spices, soybean oil, oleoresin paprika, annatto extract, sodium silicoaluminate, garlic powder, onion powder, natural flavor), Batter (water, enriched bleached wheat flour [wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], modified food starch, yellow corn flour, salt, leavening [sodium acid pyrophosphate, sodium bicarbonate]) Prebrowned in vegetable oil. COMMON ALLERGENS: Milk, Soy, Wheat

**Fish**

Almandine Pollock: Alaska Pollock, bleached wheat flour, soybean and/or canola oil, butter (cream, salt), salt, dextrose, cheddar cheese (milk, cheese, cultures, salt, enzymes, disodium phosphate, annatto), almonds, sugar, yeast, onion powder, buttermilk, natural flavors, yellow corn flour, autolyzed yeast extract, soybean oil, spices, disodium phosphate, artificial flavor, caramel (color), oleoresin paprika (color), annatto (color), beta-carotene (color). Allergens: Fish (Alaska Pollock), wheat, tree nuts (almonds), milk.

Lemon Dilled Salmon: Pink salmon, water, butter oil (canola oil, natural flavor, soy lecithin, annatto (color)), modified food starch, salt, dextrose, sodium tripoloyphosphate (to retain moisture), chicken flavor (brown sugar, salt, chicken, chicken broth, flavor, dextrose, autolyszed yeast extract, chicken fat, maltodextrin, turmeric), vinegar powder (maltodextrin, modified food starch, vinegar solids), spices, dehydrated onion, dehydrated garlic, flavor (partially hydrogenated soybean oil, smoke flavor, grill flavor (from partially hydrogenated soybean and cottonseed oils), natural flavor), xanthan gum, spice extractives. Allergens: Fish (salmon), soy

Lemon Pepper Cod: cod, water, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid),contains 2% or less of: vegetable oil (canola and/or sunflower), soy lecithin, modified corn starch, yeast, salt, granulated garlic, spices, natural flavors, sugar, lemon juice powder (corn syrup solids, lemon juice solids, lemon oil), citric acid, granulated onion, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, annatto extract (color), yellow 5 lake, sodium tripolyphosphate (to retain moisture). COMMON ALLERGENS PRESENT: fish, wheat, soy.

Pecan Crusted Tilapia: Tilapia, bleached wheat flour, soybean and/or canola oil, pecan pieces, water, butter (cream, salt) salt, sesame oil, cheddar cheese (milk, cheese culture, salt, enzymes, disodium phosphate, annatto), sugar, dextrose, yeast, onion powder, soy lecithin, granulated garlic, lemon powder, yellow corn flour, spice, artificial flavor, caramel (color), oleoresin paprika (color) and beta-carotene (color). Common Allergens: Fish (tilapia) wheat, tree nuts (pecans), milk, soy

Salmon Patty: Salmon (pink and/or keta salmon, water, canola oil, contains 2% or less of: ground onion, sea salt, potato extract, lemon juice from concentrate, garlic powder, beet juice, annatto (color), mustard flour, white pepper, mesquite smoke flavor, rosemary extract. parfried in soybean and/or canola oil), Pea Sauce (White Gravy Mix ((enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, food starch-modified, maltodextrin, salt, corn syrup solids, contains less than 2%: whey protein concentrate, sodium caseinate, mono & diglycerides, color added)), peas). COMMON ALLERGENS PRESENT: Fish, Milk, Wheat.

Tuna & Noodles: Tuna (Light Tuna, Water, Vegetable Broth, Salt), Egg Noodles (Durum wheat semolina, durum wheat flour, eggs, niacin, iron {ferrous sulfate}, thiamin mononitrate, riboflavin, folic acid), Cream of Mushroom Soup (water, vegetable oil (corn, canola, and/or soybean), mushrooms, modified food starch, wheat flour, contains less than 2% of: salt, cream (milk), soy protein concentrate, yeast extract, dehydrated whey, flavoring, dehydrated garlic), 2% Milk (reduced fat milk, Vitamin A Palmitate, and Vitamin D3 added), Shredded Cheddar (cheddar cheese [cultured pasteurized milk, salt, enzymes, color added], anticake [potato starch, powdered cellulous] , Peas & Onions. COMMON ALLERGENS PRESENT: Fish (Tuna), Wheat, Eggs, Milk

Tuna Salad: Tuna (Light Tuna, Water, Vegetable Broth, Salt), Lite Mayo (Water, Corn Syrup, Maltodextrin, Food Starch-Modified, Egg Yolks, Distilled Vinegar, Soybean Oil, Contains Less than 2% Salt, Potassium Chloride, Mustard Bran, Lemon Juice Concentrate, Sodium Benzoate, and Potassium Sorbate ((as Preservatives)), Calcium Disodium EDTA Added to Protect Flavor), Sweet Pickle Relish (Cucumbers, Sugar, Vinegar, Salt, Xanthan Gum, Sodium Benzoate (Preservative), Red Bell Peppers, Spices, Turmeric, Potassium Sorbate (Preservative), Polysorbate 80), Chopped Celery, and Lemon Juice from Concentrate (Water, Concentrated Lemon Juice, Sodium Metabsorfite (Preservative), Sodium Benzoate (Preservative), Lemon Oil). COMMON ALLERGENS PRESENT: Fish, Egg.

**Pork Products**

Black Eyed Peas Hash**:** Ground Sausage (Cooked, bulk sausage), Black Eyed Peas (Prepared Blackeye Peas, Water, Salt, Disodium EDTA (Promotes Color Retention), Diced Potatoes (Potatoes, water, salt, calcium chloride, calcium disodium EDTA), Diced Tomatoes (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), Diced Onions, Diced Green Peppers, Apple Cider Vinegar, Dijon Mustard (distilled white vinegar, mustard seed, water, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spices), Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract), Thyme. COMMON ALLERGENS: Fish (Anchovies).

Ham & Broccoli Rice Bake: Ham (diced, Cured with water, dextrose, contains 2% or less of salt, potassium chloride, sodium phosphates, potassium lactate, potassium acetate, sodium diacetate, sodium erythorbate, sodium nitrite), Cream of Broccoli Soup (water, broccoli, vegetable oil, (corn, cottonseed, canola, and/or soybean, modified food starch, wheat flour, contains less than 2% of salt, cream (milk), sugar, dehydrated whey soy protein concentrate, dehydrated onions, mustard flour, flavoring, zinc, chloride (to maintain color), Rice (Parboiled long grain rice enriched with iron (ferric phosphate), niacin, thiamine, mononitrate, & folic acid), Broccoli, 2% Milk (reduced fat milk, Vitamin A Palmitate, and Vitamin D3 added), Shredded Cheddar Cheese (cheddar cheese [cultured pasteurized milk, salt, enzymes, color added], anticake [potato starch, powdered cellulous]), Dehydrated Onions, Bread Crumbs (Wheat Flour, Whole Wheat Flour, Dextrose, Salt, Yeast, Onion Powder, Garlic Powder, Parsley, Soybean Oil with Rosemary Extract, and Vitamin E), Pepper. COMMON ALLERGENS PRESENT: Milk, Soy, Wheat.

Hamloaf: Hamloaf mix (Ground Pork and Ham), Graham cracker crumbs (Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, canola oil, molasses, honey, corn syrup, contains 2% or less of leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), salt, soy lecithin), 2% Milk (reduced fat milk, Vitamin A Palmitate, and Vitamin D3 added), Eggs. COMMON ALLERGENS PRESENT: Milk, Eggs, Wheat, Soy.

Italian Lasagna: Cooked enriched lasagna pasta (water, semolina [milled wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid]), tomato puree (water, tomato paste), cooked zesty italian sausage (pork, water, spices, salt, garlic powder), tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), ricotta cheese (pasteurized whey, pasteurized cream, vinegar, salt), water, mozzarella cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), precooked meatballs (pork, beef, eggs, bread crumbs [unbleached wheat flour, salt, yeast], water, romano cheese [sheeps and/or cows milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, corn syrup solids, salt, natural flavor, sodium phosphate, parsley, spices), parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), food starch-modified, romano cheese (skim cows milk, cheese cultures, salt, enzymes), salt, canola oil, garlic (garlic, water), spices, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate [to protect freshness]), dehydrated onion, red bell pepper, garlic powder, mono- & diglycerides with citric acid, xanthan gum. COMMON ALLERGENS PRESENT: WHEAT, MILK, EGGS.

Pork Chop: Pork Chop (Pork, water, salt, sodium tripolyphosphate (30.06%), lemon juice concentrate) and Pork Gravy (Water, Roasted Pork and Natural Juices, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Contains less than 2% of Caramel Color, Dextrose, Disodium Guanylate, Disodium Inosinate, Flavoring, Garlic Powder, Hydrolyzed Corn, Soy, and Wheat Protein, Lactic Acid, Maltodextrin, Nonfat Dry Milk, Oleoresin Paprika, Onion Powder, Salt, Spices, Sugar, Thiamine Hydrochloride, Yeast Extract). COMMON ALLERGENS PRESENT: Wheat, Milk, Soy.

Pulled pork: pork, sauce (water, tomato paste, brown sugar, vinegar [distilled vinegar, caramel color], sugar, high fructose corn syrup, salt, wo rcestershire sauce concentrate [distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor], concentrated lemon juice, modified cornstarch, paprika, natural hickory smoke flavor, onion powder, catsup seasoning [salt, maltodextrin, spice extractives], spices, caramel color).

Roasted Pork: Pork (Pork Coated with: salt, dextrose, hydrolyzed corn protein, corn syrup solids, onion powder, caramel color, garlic powder, spice, extractives of celery seed), Pork Gravy (Water, Roasted Pork and Natural Juices, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Contains less than 2% of Caramel Color, Dextrose, Disodium Guanylate, Disodium Inosinate, Flavoring, Garlic Powder, Hydrolyzed Corn, Soy, and Wheat Protein, Lactic Acid, Maltodextrin, Nonfat Dry Milk, Oleoresin Paprika, Onion Powder, Salt, Spices, Sugar, Thiamine Hydrochloride, Yeast Extract). COMMON ALLERGENS PRESENT: Wheat, Milk, Soy.

Scalloped Potatoes & Ham: Scalloped Potatoes (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), Ham, diced (Cured with water, dextrose, contains 2% or less of salt, potassium chloride, sodium phosphates, potassium lactate, potassium acetate, sodium diacetate, sodium erythorbate, sodium nitrite). COMMON ALLERGENS PRESENT: Milk

Sliced Ham (Cold Sandwich): Ham Cured With: Water, Honey, Vinegar, Contains 2% or Less of the Following: Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.

Smoked Sausage: 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.

**Turkey products:**

Turkey: Turkey (Turkey Breast, Turkey Broth and 2% or less of the following: Dextrose, Salt, Sodium Phosphate), Chicken Gravy (water, roasted dark chicken meat and chicken broth, food starch - modified, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), chicken fat, salt, palm oil, maltodextrin, sugar, onion powder, hydrolyzed corn protein, flavoring, yeast extract, xanthan gum, torula yeast, disodium inosinate, disodium guanylate, gelatin, polysorbate 60, corn syrup solids, turmeric, tocopherols). COMMON ALLERGENS PRESENT: WHEAT.

Turkey Pot Roast: Turkey (Turkey Thigh Meat, Water, Seasoning (Modified tapioca Starch, Modified corn starch, Hydrolyzed Yeast Protein,Hydrolyzed Corn Protein, Maltodextrin, Dextrose, Onion Powder, Sugar, Garlic Powder, Beef Fat, Tomato Powder : , Beef Extract, Natural Flavors, Autolyzed Yeast Extract, Corn Syrup Solids, Worchestershire sauce (Vinegar, Molasses, Corn Syrup, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind, natural flavor), thiamine hydrochloride) less than 2% of Salt, Sugar, Sodium Phosphate, Caramel Color Powder), Turkey Gravy (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), Canned Diced Potatoes (Potatoes, water, salt, calcium chloride, calcium disodium EDTA), Carrots, Peas & Onions. COMMON ALLERGENS PRESENT: Wheat, Milk, Soy.

Turkey Tetrazzini: Fettuccini Pasta (macaroni product (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid),soybean oil, salt), Diced Turkey (Turkey Breast, Turkey Broth and 2% or less of the following: Dextrose, Salt, Sodium Phosphate), Chicken Gravy (water, roasted dark chicken meat and chicken broth, food starch - modified, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), chicken fat, salt, palm oil, maltodextrin, sugar, onion powder, hydrolyzed corn protein, flavoring, yeast extract, xanthan gum, torula yeast, disodium inosinate, disodium guanylate, gelatin, polysorbate 60, corn syrup solids, turmeric, tocopherols), Carrots, Celery, Onions. COMMON ALLERGENS PRESENT: wheat.

**Other**

Cheese Manicotti: Manicotti (pasta ingredients: extra fancy durum flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, liquid pasteurized whole eggs, dough mix (yellow corn flour, vegetable oil [soybean oil], apo-carotenal [color], beta carotene [color]). filling: part skim ricotta cheese (whey, milk, vinegar, carrageenan [stabilizer]), water, rice flour, liquid pasteurized whole eggs, wheat fiber, salt, bread crumbs (wheat flour, sugar, yeast, salt), sugar, parsley flakes, garlic, black pepper and nutmeg), Spaghetti Sauce (Tomato Puree (Water, Tomato Paste), Tomatoes, Water, Sugar, Less than 2% of: Salt, Dried Onion, Extra Virgin Olive Oil, Calcium Chloride, Citric Acid, Dried Basil, Dried Oregano, Dried Parsley, Dried Cane Syrup, Natural Flavor), Diced Tomatoes (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid). COMMON ALLERGENS PRESENT: Wheat, Milk, Egg

Cottage Cheese: Pasteurized Cultured Skim Milk, Cream, Salt, Guar Gum, Locust Bean Gum, Mono and Diglycerides, Xanthan Gum, Carrageenan, Potassium Sorbate (to preserve freshness), Citric Acid, Vitamin A Palmitate, and Enzymes. COMMON ALLERGENS PRESENT: Milk.

Egg Salad: eggs, soybean oil, sweet relish (pickles, corn syrup, distilled vinegar, water, salt, red peppers, xanthan gum, natural flavors, calcium chloride [firming agent], polysorbate 80, sodium benzoate [preservative], yellow 5), high fructose corn syrup, cracker meal (bleached wheat flour), sugar, contains less than 2% of white distilled vinegar, water, salt, onions, mustard (distilled vinegar, mustard seed, salt, turmeric, spices), egg yolks (egg yolks, salt), mustard (water, distilled vinegar, mustard seed, salt, spices), glucono delta lactone, wheat starch, xanthan gum, spices, granulated onion, guar gum, citric acid, granulated garlic. Common allergens present: egg, wheat.

Peanut Butter Packet: roasted peanuts, sugar, contains less than 2% of molasses, fully hydrogenated vegetable oils (rapeseed, cottonseed and soybean), salt. Common allergens present: peanut.

**Side Dishes**

**Potatoes**

Au Gratin Potatoes: 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.

Baked Potato: Potato

Cheesy Potato Casserole: potato (dry), seasoning [cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), butter (cream, salt), nonfat dry milk, modified food starch, dried onion, whey, salt, coconut oil, corn syrup solids, chicken fat, natural flavors, sugar, spice, yeast extract, paprika, xanthan gum, mono and diglycerides, turmeric, dried chicken broth, dried garlic, annatto extract (color), and soybean oil]. Freshness preserved with sodium bisulfite. Common allergens present: milk.

Mashed Potatoes: potatoes, canola oil, salt, contains 2% or less of: artificial colors, mono and diglycerides, natural and artificial flavors (milk), freshness preserved with: sodium bisulfite, sodium acid pyrophosphate, citric acid, BHT. Common allergens present: milk.

Redskin Mashed Potatoes: red skinned potatoes, potatoes, water, canola oil, salt, creamer (corn syrup solids, canola oil, mono and diglycerides, milk protein concentrate), contains 2% or less of: mono and diglycerides, whey, artificial color, butter (cream, salt), annatto extract (color), natural flavors, freshness preserved with: sodium bisulfite, mixed tocopherols, bht, sodium acid pyrophosphate, citric acid. COMMON ALLERGENS PRESENT: milk.

Roasted Sweet Potatoes: sweet potatoes, brown sugar, olive oil, sugar, contains less than 2% of maple sugar, natural flavor, salt, spices, xanthan gum.

Scalloped Potatoes: 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.

**Soups**

Cream of Potato: Canned Diced Potatoes (potatoes, water, salt, calcium chloride, calcium disodium EDTA), Water, Biscuit Gravy Mix (enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, food starch-modified, maltodextrin, salt, corn syrup solids, contains less than 2%: whey protein concentrate, sodium caseinate, mono & diglycerides, color added), Celery, Onions, Spices. Common allergens present: milk, wheat

Vegetable Soup: Mixed vegetables (Carrots, peas, corn, green beans, lima beans), Water, Tomato Soup Condensed ((tomato puree (water, tomato paste), wheat flour, sugar, water, contains less than 2% of: salt, citric acid, flavoring, ascorbic acid (vitamin c), celery extract, garlic oil)), Diced tomatoes (tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), shredded cabbage, shredded carrots, diced celery, diced onions, spices. Common ALLERGENS PRESENT: Wheat

**Rice/Pasta**

Brown Rice: Whole grain parboiled brown rice

Cabbage & Noodles: Cabbage, Pasta (cooked penne pasta (semolina [wheat], enriched with niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), soybean oil, contains less than 2% of salt), Margarine (vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey), Caraway Seeds, Black Pepper. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk.

White Rice: Parboiled long grain rice enriched with iron (ferric phosphate), niacin, thiamine, mononitrate, & folic acid

**Vegetables**

Baked Beans (Cold): Vegetarian beans (white beans, water, sugar, tomato paste, corn syrup, salt, paprika, spice, caramel color, natural flavorings, garlic powder), ketchup (tomato concentrate, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), high fructose corn syrup, contains less than 2% of molasses, dehydrated onion, natural flavors, modified corn starch, potassium sorbate (to retard spoilage), color (water, propylene glycol, red 40, red 3, propylparaben [preservative]), salt, granulated onion, natural smoke flavor, xanthan gum.

Baked Beans: White Beans, Water, Sugar, Salt, Tomato Paste, Pork, Dextrose, Onion Powder, Oleoresin Paprika, Caramel Color, Black Pepper.

Black Beans & Tomatoes: Black beans (Black Beans, Water, Salt, Calcium Chloride), Diced tomatoes (tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), Tomato Soup (tomato puree (water, tomato paste), wheat flour, sugar, water, contains less than 2% of: salt, citric acid, flavoring, ascorbic acid (vitamin c), celery extract, garlic oil), Diced Onions, Cilantro, Garlic Powder, Cayenne Pepper. COMMON ALLERGENS PRESENT: Wheat.

Broccoli: Broccoli

Brussel Sprouts: Brussel Sprouts

Buttered Carrots: carrots, vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey. Common allergens present: soy, milk

Carrots: Carrots

Cauliflower: Cauliflower

Celery Sticks: Celery

French Green Beans: Green Beans

Green Beans: Green Beans

Italian Green Beans: Italian green beans

Lima Beans: Lima Beans

Midori Vegetable Blend: Green soy beans, pea pods, baby cob corn, red pepper, water chestnuts. COMMON ALLERGENS PRESENT: Soy.

Nantucket Blend: Broccoli, Carrots, Yellow Carrots, Sugar Snap(TM) Peas, Red Peppers and Cranberries (Sugar and Sunflower Oil).

Peas: Green Peas

Peas & Carrots: Peas and Carrots

Riviera Blend: Whole Green Beans, Whole Wax Beans and Whole Baby Carrots

Sicilian Blend: Green Beans, Carrots, Cauliflower, Red Peppers, Yellow Peppers, Onions

Spinach: Spinach

Stewed Tomatoes: Tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper, citric acid, calcium chloride, natural flavors.

Squash: Winter squash

Winter Blend: Broccoli cuts, cauliflower clusters.

**Salads**

**GFS Prepared Salads**

Broccoli Salad: Broccoli pieces and florets, Slaw Dressing (soybean oil, high fructose corn syrup, sugar, water, distilled vinegar, egg yolks, contains less than 2% of salt, xanthan gum, propylene glycol alginate, sodium benzoate and potassium sorbate (as preservatives), caramel color, calcium disodium EDTA added to protect flavor), Bacon Bits (Bacon (cured with water, salt, sugar, sodium phosphates, sodium nitrite), smoke flavoring. may contain: Potassium Chloride, Dextrose. Sodium Erythorbate, Sodium Ascorbate), Sunflower seeds (Sunflower Seeds, Peanut Oil, Salt), Raisins. COMMON ALLERGENS PRESENT: Egg Peanuts.

GFS Creamy Coleslaw: cabbage, sugar, soybean oil, water, contains less than 2% of carrots, white distilled vinegar, eggs, salt, egg yolks, (egg yolks, salt), erythorbic acid (to retain color), potassium sorbate (to retard spoilage), citric acid, xanthan gum, sodium benzoate (preservative), lemon juice concentrate, spices, mayonnaise spice blend flavor (medium chain triglycerides, natural and artificial flavors). Common allergens present: egg

Heritage Coleslaw: cabbage, high fructose corn syrup, water, white distilled vinegar, celery, red bell peppers, onions, green bell peppers, cucumbers, carrots, contains less than 2% of soybean oil, salt, natural flavor, potassium sorbate (to retard spoilage).

Pickled Beets: beets, water, high fructose corn syrup, distilled vinegar, salt, natural flavorings.

Three Bean Salad: cut green beans, cut wax beans, water, dark red kidney beans, sugar, vinegar, diced onions, diced red bell peppers, soybean oil, salt, natural flavoring, calcium chloride, disodium edta (to preserve color), turmeric. Common allergens present: soy.

**Homemade Salads**

Betty’s Salad: Spinach, Bean Sprouts (Bean Sprouts, Water, Salt, Ascorbic Acid ((To Maintain Color)), Citric Acid), Bacon Bits Bacon ((cured with water, salt, sugar, sodium phosphates, sodium nitrite)), smoke flavoring. may contain: Potassium Chloride, Dextrose. Sodium Erythorbate, Sodium Ascorbate), Hard Boiled Egg. Common Allergens Present: EGGS

Cabbage, Apple, Raisin Salad: Shredded Slaw Mix (Green Cabbage, red cabbage, carrots), Diced Red Apples (Apples, water, lemon juice (Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Benzoate (Preservative) and Lemon Oil)), Slaw Dressing (soybean oil, high fructose corn syrup, sugar, water, distilled vinegar, egg yolks, contains less than 2% of salt, xanthan gum, propylene glycol alginate, sodium benzoate and potassium sorbate (as preservatives), caramel color, calcium disodium edta added to protect flavor), Raisins.

Carrot, Pineapple, Raisin Salad: Shredded Carrots, Crushed Pineapple (Pineapple, Unsweetened Pineapple juice), Mayonnaise (water, corn syrup, maltodextrin, food starch-modified, egg yolks, distilled vinegar, soybean oil, contains less than 2% of salt, potassium chloride, mustard bran, lemon juice concentrate, sodium benzoate and potassium sorbate (as preservatives), calcium disodium edta added to protect flavor), Raisins. COMMON ALLERGENS PRESENT: Egg.

Citrus Slaw: Shredded Slaw Mix (Green Cabbage, Red Cabbage, Carrots), Orange Sections (Orange sections, water, sugar), Slaw Dressing (soybean oil, high fructose corn syrup, sugar, water, distilled vinegar, egg yolks, contains less than 2% of salt, xanthan gum, propylene glycol alginate, sodium benzoate and potassium sorbate (as preservatives), caramel color, calcium disodium edta added to protect flavor), Raisins. COMMON ALLERGENS PRESENT: Egg

Corn Relish Salad: Whole kernel corn (Corn, water, sugar, salt), Italian dressing (soybean oil, water, high fructose corn syrup, cider vinegar, distilled vinegar, salt, contains less than 2% corn syrup, propylene glycol aliginate, xanthan gum, spice, dried red bell pepper, lemon juice concentrate, garlic powder, natural flavor, tamarind extract, polysorbate 60, calcium disodium edta added to protect flavor), diced red onions, Diced green peppers, Pimentos (Pimentos, Water, Salt, Citric Acid, Calcium Chloride).

Cucumber Salad: Cucumbers, Tomatoes, Red Onions, Greek Dressing (water, soybean oil, corn syrup, distilled vinegar, olive pomace oil, salt, xanthan gum, spices, disodium inosinate and guanylate, natural flavor, dried garlic, potassium sorbate and sodium benzoate ((to protect quality)), dried onion, sugar, calcium disodium edta ((to protect quality)), Feta Cheese (pasteurized whole milk, sea salt, culture, enzymes, powdered cellulose ((to prevent caking)), Black Olives (ripe olives, water, salt, ferrous gluconate added to stabilize color), Parsley. ALLERGENS: Contains Milk.

Marinated Carrot Salad: Shredded Carrots, Tomato Soup (tomato puree (water, tomato paste), wheat flour, sugar, water, contains less than 2% of: salt, citric acid, flavoring, ascorbic acid (vitamin c), celery extract, garlic oil), Sugar (granulated beet sugar), Vegetable Oil (Soybean oil), Diced Green Peppers, Diced Onions, Vinegar (Apple Cider Vinegar and Filtered Water), Black Pepper, Mustard (Distilled Vinegar, #1 Grade Mustard Seeds, Salt, Turmeric, Spices, & Paprika). COMMON ALLERGENS PRESENT: Wheat

Marinated Vegetable Salad: Cauliflower, broccoli, diced tomatoes, Italian dressing (soybean oil, water, high fructose corn syrup, cider vinegar, distilled vinegar, salt, contains less than 2% corn syrup, propylene glycol aliginate, xanthan gum, spice, dried red bell pepper, lemon juice concentrate, garlic powder, natural flavor, tamarind extract, polysorbate 60, calcium disodium edta added to protect flavor), diced green peppers, shredded carrots, diced red onions.

Sauerkraut Salad: Sauerkraut (cabbage, water, salt), diced red onions, diced celery, diced green peppers, shredded carrots, pimentos (Pimentos, Water, Salt, Citric Acid, Calcium Chloride), sugar, Splenda (maltodextrin, sucralose), Vinegar (apple cider vinegar, filtered water), Vegetable Oil (Soybean Oil).

Texas Caviar Bean Salad: Garbanzo Beans (Cooked Dried Chick Peas, Water, Salt), Black Beans (Black Beans, Water, Salt, Calcium Chloride), Black Eyed Peas (Prepared Blackeye Peas, Water, Salt, Disodium EDTA (Promotes Color Retention), Corn (Corn, water, sugar, salt), Diced Green Pepper, Chopped Celery, Red Onions, Cider Vinegar (Apple Cider Vinegar and Filtered Water), Sugar (pure can sugar), Splenda (Maltodextrin, sucralose), Vegetable Oil (Soybean Oil), Green Chilies (Green Chiles, Salt, Citric Acid, Calcium Chloride), Black Pepper

Tossed Salad: Lettuce Mix (Iceberg, red cabbage, shredded carrots), diced tomatoes, diced green peppers, cucumbers, radishes.

Fruit and Juices

**Baked Goods:**

Apple Crisp: Apple Pie Filling (apples, high fructose corn syrup, water, modified food starch, carrageenan, potassium chloride, potassium sorbate and sodium benzoate (preservatives), cinnamon, erythorbic acid (to promote color retention), citric acid, spices, turmeric), apples (sliced apples, water), flour (bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), oatmeal (whole grain rolled oats), brown sugar, butter (vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey), cinnamon. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk

Cherry Crisp: Cherry Pie Filling (cherries, water, high fructose corn syrup, sugar, modified food starch, potassium chloride, potassium sorbate and sodium benzoate (preservatives), carrageenan, erythorbic acid (to promote color retention), salt, red 40), Tart Cherries (Red tart pitted cherries, water), flour (bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), oatmeal (whole grain rolled oats), brown sugar, butter (vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey), cinnamon. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk

Cherry Crunch: Cherry Pie Filling (cherries, water, high fructose corn syrup, sugar, modified food starch, potassium chloride, potassium sorbate and sodium benzoate (preservatives), carrageenan, erythorbic acid (to promote color retention), salt, red 40), Yellow cake mix (sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), palm and soybean oil, nonfat milk, less than 2% of: baking soda, color (annatto, turmeric), corn syrup solids, dextrose, egg whites, food starch-modified, monocalcium phosphate, monoglycerides, natural and artificial flavors, polysorbate 60, propylene glycol ester, salt, sodium aluminum phosphate, sodium stearoyl lactylate, soy lecithin, wheat protein isolate, whey protein isolate, xanthan gum), Coconut ((Coconut (sodium metabisulfite added to retain color) sugar, water, propylene glycol, & salt)), Walnuts, Margarine (vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey). COMMON ALLERGENS PRESENT: Wheat, Milk, Tree Nuts, Soy, Egg.

Cherry Surprise: Cherry Pie filling (cherries, water, high fructose corn syrup, sugar, modified food starch, potassium chloride, potassium sorbate and sodium benzoate (preservatives), carrageenan, erythorbic acid (to promote color retention), salt, red 40), Crushed Pineapple (Pineapple, Unsweetened Pineapple juice), Tart Cherries (Red tart pitted cherries, water), Whipped Topping (water, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), contains less than 2% of the following: carbohydrate gum, sugar, polysorbate 60, polyglycerol esters of fatty acids, salt, sodium alginate, soy lecithin, artificial flavor, sodium citrate, natural flavor, colored with (turmeric and annatto extracts)), SF Vanilla Pudding Mix (Maltodextrin, Modified Food Starch, Polydextrose, Calcium Sulfate, DisodiumPhosphate, Tetrasodium Pyrophosphate, Contains less than 2% Natural and Artificial Flavor, Titanium Dioxide, Salt, Emulsifier Blend (Nonfat dry milk, Mono and Diglycerides), Acesulfame Potassium, Sucralose, Xanthan Gum, Sugar\*, Dextrose\*,Yellow 5, Yellow 6. \*Adds a dietary insignificant amount of sugar). COMMON ALLERGENS PRESENT: Soy, Milk.

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Peach Crunch: Peach pie filling (peaches, high fructose corn syrup, water, food starch-modified, citric acid, salt, natural and artificial flavor, erythorbic acid (to promote color retention), carrageenan, sodium benzoate and potassium sorbate (preservatives), potassium chloride, artificial colors (yellow 5 and yellow 6), Canned Peaches (peaches, water, sugar), Yellow cake mix (sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), palm and soybean oil, nonfat milk, less than 2% of: baking soda, color (annatto, turmeric), corn syrup solids, dextrose, egg whites, food starch-modified, monocalcium phosphate, monoglycerides, natural and artificial flavors, polysorbate 60, propylene glycol ester, salt, sodium aluminum phosphate, sodium stearoyl lactylate, soy lecithin, wheat protein isolate, whey protein isolate, xanthan gum), Coconut ((Coconut (sodium metabisulfite added to retain color) sugar, water, propylene glycol, & salt)), Walnuts, Margarine (vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey). COMMON ALLERGENS PRESENT: Wheat, Milk, Tree Nuts, Soy, Egg.

**Canned Fruit**

Apricots: Apricots, Water, Sugar.

Baked Apples: Apples, water, sugar, cellulose gum, spices (cinnamon and nutmeg) and natural flavor.

Black Eyed Susan: Pineapple (Pineapple, unsweetened pineapple juice) and Prunes (Prunes, Water, and pear juice from concentrate).

Emerald Pears: Canned Pears (pears, water, pear juice from concentrate), Lime gelatin (gelatin, maltodextrin fumaric acid, sodium citrate, citric acid, malic acid, natural and artificial flavor, acesulfame potassium, sucralose, yellow 5, blue 1, yellow 5 lake, blue 1 lake).

Fruit Cocktail: diced peaches, diced pears, water, grapes, pear juice concentrate, pineapple segments, halved cherries artificially colored red with carmine

Grapes: Red Grapes, Green Grapes

Mandarin Oranges & Bananas: Mandarin Oranges (Whole mandarin orange segments, water, sugar), bananas.

Mandarin Orange Salad: Mandarin Oranges (Whole mandarin orange segments, water, sugar), Pineapple tidbits (Pineapple, unsweetened pineapple juice), Maraschino cherries (cherries, high fructose corn syrup, water, citric acid, sodium benzoate and potassium sorbate added as preservatives, calcium chloride (firming agent), natural & artificial flavor, FD&C red #40, sulfur dioxide (preservative)).

Orange: Whole orange

Orange Sections: Orange sections, water, sugar.

Peaches: Peaches, water, sugar

Peaches and Pears: Peaches (peaches, water, sugar), Pears (pears, water, pear juice from concentrate).

Pears: Pears, water, pear juice from concentrate

Rosy Applesauce: Applesauce (Apples, Apple Juice Concentrate, Ascorbic acid ((To Maintain Color)), Red Gelatin (gelatin, maltodextrin, fumaric acid, sodium citrate, malic acid, natural and artificial flavor, acesulfame potassium, red 40, sucralose).

**Fruited Jello**

Pears with Jello**:** Pears **(**Pears, water, pear juice from concentrate), gelatin (gelatin, maltodextrin, fumaric acid, sodium citrate, malic acid, natural and artificial flavor, acesulfame potassium, red 40, sucralose)

Cranberry Jello Salad: Pineapple (Pineapple, unsweetened pineapple juice), Mandarin Oranges (Whole mandarin orange segments, water, sugar), Cranberry Juice (Water, HFCS, Cranberry Juice Concentrate, Ascorbic Acid), Cranberry Sauce (Cranberries, High Fructose Corn Syrup, Filtered Water, Corn Syrup), SF Red Gelatin (gelatin, maltodextrin, fumaric acid, sodium citrate, malic acid, natural and artificial flavor, acesulfame potassium, red 40, sucralose).

**Frozen Fruit**

Fruit Sorbet Cup: Pineapple Juice from Concentrate (Micron Filtered Water and Concentrated Pineapple Juice), Apple Juice from Concentrate (Micron Filtered Water and Concentrated Apple Juice), Inulin (Vegetable Fiber), Natural & Artificial Flavors, Beet Concentrate, Guar and Xanthan Gums, Citric Acid, Calcium Hydroxide, Ascorbic Acid (Vitamin C), Beta Carotene, and FD&C Blue #1.

Sidekick frozen slushie: Fruit Juice (White Grape Juice from Concentrate), Citric Acid, Natural Flavors, Tricalcium Phosphate, Vegetable Juice (for Color), Salt, Ascorbic Acid (Vitamin C), Turmeric (for Color), Vitamin A Palmitate, Yellow 5, Blue 1. Less than 2 percent of Guar Gum, Carob Bean Gum, Xanthan Gum.

Strawberries and Blueberries: Strawberries (strawberries and sugar), Blueberries

**Juices**

Fruit Punch: Water, Apple, Grape, Orange and Pineapple Concentrates.

Grape Juice: water, grape juice concentrate, ascorbic acid (vitamin c)

Tomato Juice: water, tomato juice concentrate