

High School Soup Ingredients

BEEF BASE - Roasted beef and beef juices, salt, hydrolyzed soy protein, beef stock, beef-type flavor [hydrolyzed soy, corn and wheat protein, corn syrup solids, thiamine hydrochloride, disodium inosinate, disodium guanylate], sugar, monosodium glutamate, onion powder, autolyzed yeast extract, caramel color, soybean oil, garlic powder, natural flavoring, beef extract. COMMON ALLERGENS PRESENT: Soy, wheat. Nutrition and Ingredient statement updated March 2008. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

CHICKEN BASE – Roasted chicken and chicken juices, salt, monosodium glutamate, sugar, autolyzed yeast extract, chicken fat, dehydrated onion, citric acid, turmeric, xanthan gum, caramel color, natural flavoring. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated March 2008. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

CREAM BASE – Partially hydrogenated soybean and cottonseed oils, corn syrup solids, modified corn starch, salt, sugar, sodium caseinate (from milk), dehydrated chicken, potassium phosphate, monosodium glutamate, mono and diglycerides, onion powder, sodium stearoyl lactylate, soybean lecithin, annatto and turmeric (colors), xanthan gum, artificial and natural flavors, spices, garlic powder, yello 5 & 6.

HAM BASE - Salt, lard (bha, bht and/or propyl gallate, citric acid added to protect flavor), dried torula yeast with natural smoke flavoring, sugar, dextrose, soybean oil, hydrolyzed soy protein, hydrolyzed wheat gluten protein, caramel color, onion powder, disodium inosinate, disodium guanylate, natural liquid smoke. COMMON ALLERGENS PRESENT: Wheat, Soy. Nutrition and Ingredient statement updated November 2008. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

QUICK-START HOMESTYLE CHILI MIX- Red beans, tomato, chili pepper, onion, salt, sugar, modified corn starch, spice, bell pepper, garlic, citric acid, soybean oil, calcium chloride, sodium hexametaphosphate, and artificial color.

Table of Contents

Asian Beef Noodle	Lemon Chicken Rice
Baked Potato	Lentil
Beef Barley	Minestrone
Black Bean	New England Clam Chowder
Broccoli	Pasta Fagioli
Chicken & Dumpling	Potato
Chicken Chili	Red Skin Potato
Chicken Corn Chowder	Seafood Chowder
Chicken Noodle	Tomato
Chicken Rice	Tomato Cheese
Chicken Spaetzle	Tomato Tortellini
Chicken Tortellini	Vegetable
Chicken Tortilla	Veggie Tortellini
Chili	Veggie w/pasta
Cream of Mushroom	
French Onion	

Asian Beef Noodle-

Dark sesame oil, boneless beef sirloin, red bell peppers, green onions, water, reduced fat oriental flavor ramen noodle soup mix, sesame seeds, celery, sweet & sour sauce, Teriyaki sauce, soy sauce, garlic powder, ginger, carrots.

Baked Potato Soup-

Diced potatoes (potatoes, water, salt, calcium chloride), dry onion, garlic powder, margarine, parsley, cream soup base, Cheddar cheese.

Beef Barley-

Water, barley, onions, parsley, beef, celery, beef base.

Black Bean-

Black beans, beef broth, pico sauce, cumin.

Broccoli -

Dry onion, Legout cream soup base, broccoli, Cheddar cheese, margarine.

Chicken & Dumpling-

Onions, margarine, chicken base, garlic powder, pepper, celery, parsley, diced chicken, flour, eggs, salt, milk.

Chicken Chili-

Chicken base, onions, garlic, diced chicken, green peppers, crushed red pepper, great northern beans, kidney beans, chili powder, cumin, vegetable oil, crushed tomatoes.

Chicken Corn Chowder-

Celery, onions, pepper, cream-style corn, whole kernel corn, milk, cream soup base, diced chicken.

Chicken Noodle-

Chicken base, onions, celery, garlic, carrots, pepper, diced chicken, egg noodles (Durum wheat semolina, durum wheat flour, [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], eggs. **ALLERGENS: wheat, eggs).**

Chicken Rice-

Chicken base, onions, celery, pepper, garlic, diced chicken, rice, chicken gravy.

Chicken Spaetzle-

Chicken base, onions, garlic, celery, diced

chicken, pepper, spaetzle noodles

(WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE EGG, ENRICHED DURUM FLOUR (DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, OLEORESIN TURMERIC).

Chicken Tortellini-

Chicken base, celery, onions, carrots, bay leaf, salt, pepper, cheese tortellini (enriched durum flour {durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate [vitamin B1], riboflavin [B2], folic acid}, water, ricotta cheese {whey, milk, vinegar, salt}, Parmesan and cheese whey blend {imported Parmesan cheese [part skim cow's milk, cheese cultures, salt, enzymes], cheese, whey, salt}, bread crumbs {bleached wheat flour, dextrose, yeast, partially hydrogenated vegetable oil [soybean oil and/or

cottonseed oil], salt}, imported Pecorino Romano and cheese whey blend {imported Romano cheese [part skim sheep's milk, cheese cultures, salt, enzymes], cheese whey, salt}, eggs, salt, spices, natural flavors.)

Chicken Tortilla-

Olive oil, onions, green peppers, cumin, crushed red pepper, garlic powder, corn, crushed tomatoes, great northern beans, refried beans, zucchini & tomatoes, tomato soup, fresh salsa, chili starter mix, taco sauce, nacho cheese, water, diced chicken.

Chili-

Onions, garlic, cumin, chili powder, crushed red pepper, chili starter mix, green peppers, crushed tomatoes, kidney beans, taco meat.

Cream of Mushroom-

Margarine, milk, pepper, onions, cream of mushroom soup, fresh mushrooms, cream soup base.

French Onion-

Beef base, onions, garlic, Parmesan cheese, Swiss cheese, French bread croutons.

Lemon Chicken Rice-

Chicken base, dry onion, lemon juice, garlic powder, margarine, chicken gravy (modified food starch, enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), maltodextrin, salt, partially hydrogenated soybean oil, hydrolyzed soy protein, chicken fat, natural flavors (natural flavors, yeast extract, sodium phosphate, lactic acid, calcium lactate), monosodium glutamate, cooked chicken, onion powder, sugar, corn syrup solids, sodium caseinate, disodium inosinate & disodium guanylate, spices, parsley, beta carotene, mono

& diglycerides, extractive of turmeric, caramel color, enriched long-grain par-boiled rice [long grain rice, iron {ferric orthophosphate}, thiamine {thiamine mononitrate}, and folate {folic acid}], milk, Legout cream soup base, diced chicken.

Lentil-

Lentils, onions, celery, garlic, chicken base, cumin, carrots.

Minestrone-

Garlic, olive oil, onions, celery, pepper, kidney beans, great northern beans, tomatoes & zucchini, crushed tomatoes, spaghetti sauce, spinach, seashell pasta (Durum wheat semolina, [enriched with iron (ferrous sulfate) and b vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)]. COMMON ALLERGENS

PRESENT: Wheat.)•

New England Clam Chowder-

Clam chowder, milk, margarine, lemon juice, diced potatoes, celery, cream soup base.

Pasta Fagioli-

Tomatoes, great northern beans, spinach, chicken broth, ketchup, water, minced garlic, bacon, dried parsley, garlic powder, dried basil, seashell pasta (Durum wheat semolina, [enriched with iron (ferrous sulfate) and b

vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)]. COMMON ALLERGENS PRESENT: Wheat.)•

Potato-

Onion, butter, diced potatoes, garlic powder, Legout cream soup base, milk, Cheddar cheese.

Redskin Potato-

Water, dried onions, cream soup base, chicken base, red skin potatoes, parsley, pepper, butter, garlic powder, celery seed, powdered milk, American cheese.

Seafood Chowder-

Bacon, onions, chicken broth, scalloped potatoes, corn, pepper, cod filets, milk, evaporated milk, green onions, dried dill, clam chowder.

Tomato-

Tomato soup (TOMATO PUREE (WATER, TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, WHEAT FLOUR, WATER, SALT, POTASSIUM CHLORIDE, FLAVORING, CITRIC ACID, LOWER SODIUM NATURAL SEA SALT, ASCORBIC ACID (VITAMIN C), MONOPOTASSIUM PHOSPHATE), milk.

Tomato Cheese-

Tomato soup, milk, Cheddar cheese, Parmesan cheese.

Tomato Tortellini- Tomato soup (TOMATO PUREE (WATER, TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, WHEAT FLOUR, WATER, SALT, POTASSIUM CHLORIDE, FLAVORING, CITRIC ACID, LOWER SODIUM NATURAL SEA SALT, ASCORBIC ACID (VITAMIN C), MONOPOTASSIUM PHOSPHATE), milk, cheese tortellini (enriched durum flour {durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate [vitamin B1], riboflavin [B2], folic acid}, water, ricotta cheese {whey, milk, vinegar, salt}, Parmesan and cheese whey blend {imported Parmesan cheese [part skim cow's milk, cheese cultures, salt, enzymes], cheese, whey, salt}, bread crumbs {bleached wheat flour, dextrose,

yeast, partially hydrogenated vegetable oil [soybean oil and/or cottonseed oil], salt}, imported Pecorino Romano and cheese whey blend {imported Romano cheese [part skim sheep's milk, cheese cultures, salt, enzymes], cheese whey, salt}, eggs, salt, spices, natural flavors.)

Vegetable-

Tomatoes, zucchini, onion, garlic, olive oil, Parmesan cheese, kidney beans, chick peas, crushed tomatoes, green beans, corn, basil, oregano.

Veggie Pasta-

Onion, garlic, olive oil, basil, oregano, elbow macaroni (semolina [wheat], niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, and folic acid. Manufactured in a facility that uses eggs.), zucchini & tomatoes (tomatoes, tomato juice, zucchini, sugar, salt, dried onion, dried celery, dried bell pepper,

calcium chloride, citric acid, natural flavors), frozen mixed vegetables, spinach, diced potatoes (potatoes, water, salt, calcium chloride), spaghetti sauce (tomato paste, high fructose corn syrup, salt, soybean oil, dried onion, modified food starch, spices, dried garlic, citric acid), tomato paste, shredded Parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [anti-caking agent]).

Veggie Tortellini-

Olive oil, garlic, onions, celery, basil, oregano, pepper, chicken base, frozen mixed vegetables, fresh cauliflower, tomatoes & zucchini, spaghetti sauce, rosemary redskin potatoes, cheese tortellini.