

American Cheese

Description: AP American Cheese, Past., Proc., 120 ct

Nutritional Information			
Serving Size: 1 each (19 g)			
Amount Per Serving:			
Calories	70	Calories From Fat:	45
			% Daily Value
Total Fat	5 g		8%
Saturated Fat	4 g		18%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	15 mg		5%
Sodium	300 mg		13%
Potassium	n/a		n/a
Total Carbs	2 g		1%
Dietary Fiber	0 g		0%
Sugars	n/a		n/a
Protein	3 g		6%
Vitamin A -	6%	Vitamin C -	0%
Calcium -	10%	Iron -	0%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients ~

American cheese (milk, cheese cultures, salt, enzymes, annatto vegetable color), water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent).

Bosco Sticks (with Marinara Sauce)

Description:	AP Bosco Stick, Reduced Fat, 25% Whl Grain		
Nutritional Information			
Serving Size: 2 each (170 g)			
Amount Per Serving:			
Calories	380	Calories From Fat:	72
			% Daily Value
Total Fat	8 g		12%
Saturated Fat	4 g		20%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	20 mg		6%
Sodium	560 mg		24%
Potassium	n/a		n/a
Total Carbs	52 g		18%
Dietary Fiber	4 g		16%
Sugars	2g		n/a
Protein	26 g		52%
Vitamin A -	4%	Vitamin C -	0%
Calcium -	50%	Iron -	20%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 18	Carbohydrates 8	Protein 8

Ingredients ~

Crust: Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme), whole-wheat flour, water, sugar, corn oil, salt, whey, yeast, L-cysteine.

Cheeses: Reduced fat, reduced sodium Mozzarella cheeses (part skim milk, non-fat milk, modified food starch*, cheese culture, salt, potassium chloride*, natural flavors*, annatto, vitamin A palmitate, enzymes), low moisture, part skim Mozzarella cheese (part skim milk, cheese cultures, salt, enzyme).

Garlic spray (canola oil, soy lecithin, natural flavor, garlic oil, annatto and propellant) garlic salt, grated Parmesan cheese, butter used in preparation.

*Ingredients not in regular Mozzarella cheese.

Marinara Sauce

Ingredients~

Tomato puree (water, tomato paste), high fructose corn syrup, soybean oil, salt, dried garlic, dried onion, spices, potassium sorbate (preservative), sodium benzoate (preservative), parsley, citric acid.

Bread

6" White Sub (Meads Mill)~

Enriched bleached flour (wheat flour, malted barley flour, ferrous sulfate [iron], thiamine hydrochloride [vitamin B1], riboflavin [vitamin B2], niacin [vitamin B3], folic acid), water, high fructose corn syrup, yeast, soybean oil, salt, wheat gluten, vinegar, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor), monoglycerides, sodium stearoyl lactylate, ADA, ascorbic acid.

6" White Sub (Hillside)~

Enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin & folic acid), water, yeast, sugar, salt, soybean oil, sesame seeds, dough conditioner (mono-diglycerides, TBHQ, citric acid), cornmeal, dough conditioner [wheat flour, sodium stearoyl lactylate (SSL), guar gum, diacetyl tartaric acid esters or mono-diglycerides (datem), contains 2% or less of: ascorbic acid, azodicarbonamide (ADA), enzymes, calcium peroxide, soya lecithin], calcium propionate (a preservative), encapsulated sorbic acid (sorbic acid, hydrogenated cottonseed oil & monoglycerides), enzymes.

6" Whole Grain Sub(Meads Mill)~

Water, whole grain wheat flour, enriched bleached flour (wheat flour, malted barley flour, ferrous sulfate [iron], thiamine hydrochloride [vitamin B1], riboflavin [vitamin B2], niacin [vitamin B3], folic acid), high fructose corn syrup, wheat bran, yeast,

wheat gluten, soybean oil, salt, rye flour, barley flakes, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor), monoglycerides, sodium stearoyl lactylate, ethoxylated mono-diglycerides, ADA, ascorbic acid.

8" White Sub-

Wheat flour, water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of the following: salt, wheat gluten, yeast ingredients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor), monoglycerides, sodium stearoyl lactylate, ethoxylated monodiglycerides, malted barley flour, enrichment [ferrous sulfate {iron}, thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid].

Burger Bun-

Wheat flour, water, high fructose corn syrup, soybean oil, yeast, contains 2% or less of: salt, wheat gluten, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), monoglycerides, calcium propionate (a mold inhibitor), ethoxylated mono-diglycerides, sodium stearoyl lactylate, malted barley flour, enrichment [ferrous sulfate {iron}, thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid].

Cracked Wheat with Whole Grain Bread-

Water, enriched bleached flour [wheat flour, malted barley flour, ferrous sulfate (iron), thiamine

hydrochloride (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid], whole grain wheat flour, whole grain cracked wheat, sugar, yeast, wheat gluten, soybean oil, salt, buttermilk, monoglycerides, caramel color, ethoxylated monodiglycerides, sodium stearoyl lactylate, calcium propionate (a mold inhibitor), yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), ADA, ascorbic acid; may be topped with flour.

Cracked Wheat Dinner Rolls~

Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, high fructose corn syrup, yeast, molasses, soybean oil, bran, salt, mono & diglycerides, wheat gluten, artificial color, calcium propionate (preservative), ascorbic acid added as a dough conditioner, partially hydrogenated soybean and/or cottonseed oil, azodicarbonamide, calcium iodate, calcium peroxide, enzymes.

Deli Rye~

Water, whole grain wheat flour, unbleached wheat flour, whole grain rye flour, yeast, wheat gluten, sugar, soybean oil, contains 2% or less of the following: molasses, salt, whole caraway seed, vinegar, ground caraway, rye sour, natural flavor, caramel color, enrichment [ferrous sulfate {iron}, thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid].
Produced on the same equipment that also processes almonds.

Hot Dog Bun

Enriched wheat flour (flour, malted barley flour, ferrous sulfate (iron), thiamine hydrochloride (B1), riboflavin (B2), niacin (B3), folic acid), water, high fructose corn syrup, wheat gluten, soybean oil, yeast, contains 2% or less of the following: salt, monoglycerides, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate, calcium peroxide), calcium propionate (a preservative), sodium stearoyl lactylate.

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*Percent Daily Values (%DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Serving Size 1 Bun (43g) Servings Per Container 12	Calories 100 Calories from Fat 10	Total Fat 1.5g	2%	Total Carbohydrate 19g	6%	Calories: 2,000 2,500		
		Saturated Fat 0g	0%	Dietary Fiber 1g	3%	Total Fat	Less than 65g	80g
		Trans Fat 0g		Sugars 2g		Sat. Fat	Less than 20g	25g
		Cholesterol 0mg	0%	Protein 4g		Cholesterol	Less than 300mg	300mg
		Sodium 200mg	8%			Sodium	Less than 2,400mg	2,400mg
		Vitamin A 0%	Vitamin C 0%	Calcium 4%	Iron 6%	Total Carbohydrate	300g	375g
		Thiamine 10%	Riboflavin 6%	Niacin 6%	Folic Acid 10%	Dietary Fiber	25g	30g
INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, FERROUS SULFATE (IRON), THIAMINE HYDROCHLORIDE (B1), RIBOFLAVIN (B2), NIACIN (B3), FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, SOYBEAN OIL, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, MONOGLYCERIDES, YEAST NUTRIENTS (CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE, CALCIUM PEROXIDE), CALCIUM PROPIONATE (A PRESERVATIVE), SODIUM STEAROYL LACTYLATE.								
P-391-0805 PERFECTION BAKERIES INC., GENERAL OFFICE, FORT WAYNE, INDIANA 46802 Allergy information: This product contains wheat and soy ingredients.								

Texas Toast (used for grilled cheese)~

Wheat flour, water, yeast, high fructose corn syrup, soybean oil, salt, honey, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), vinegar, spice mix (corn flour, dextrose, spice extractives), sodium stearoyl lactylate, calcium propionate (a mold inhibitor), monoglycerides, malted barley flour, enrichment [ferrous sulfate {iron}, thiamine hydrochloride (B1), riboflavin (B2), niacin (B3), folic acid].

Whole Grain White~

Enriched flour [wheat flour, malted barley flour, ferrous sulfate (iron), thiamine hydrochloride (B1), riboflavin (B2), niacin (B3), folic acid], water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of the following: salt, monoglycerides, whey,

vinegar, sodium stearoyl lactylate, calcium propionate (a preservative), yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate).

Burgers~

Beef, seasoning (salt, dextrose, natural flavors, spice), natural flavoring. Processed with soy lecithin as a belt release agent.

Nutritional Information			
Serving Size: 1 each (113 g)			
Amount Per Serving:			
Calories	300	Calories From Fat:	210
			% Daily Value
Total Fat	23 g		35%
Saturated Fat	9 g		47%
<i>Trans</i> Fat	n/a		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	85 mg		28%
Sodium	294 mg		12%
Potassium	325 mg		9%
Total Carbs	0 g		0%
Dietary Fiber	0 g		0%
Sugars	0 g		n/a
Protein	21 g		41%
Vitamin A -	0%	Vitamin C -	0%
Calcium -	1%	Iron -	11%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Burritos

Bean Burrito – tortilla, refried beans (pinto beans, partially hydrogenated corn oil [freshness preserved with TBHQ], salt and calcium chloride), taco sauce (tomato puree [water, tomato paste], water, sugar, distilled vinegar, modified corn starch, less than 2% of: dextrose, corn flour, salt, dehydrated onions, chile pepper, spice, citric acid, garlic powder, paprika [spice and color], hydrogenated soybean oil, sodium benzoate [preservative]), Cheddar cheese.

Beef Burrito – tortilla, taco meat, taco sauce (tomato puree [water, tomato paste], water, sugar, distilled vinegar, modified corn starch, less than 2% of: dextrose, corn flour, salt, dehydrated onions, chile pepper, spice, citric acid, garlic powder, paprika [spice and color], hydrogenated soybean oil, sodium benzoate [preservative], contains:soy,wheat), Cheddar cheese.

Combo Burrito – tortilla, refried beans (pinto beans, partially hydrogenated corn oil [freshness preserved with TBHQ], salt and calcium chloride), taco meat, taco sauce (tomato puree [water, tomato paste], water, sugar, distilled vinegar, modified corn starch, less than 2% of: dextrose, corn flour, salt, dehydrated onions, chile pepper, spice, citric acid, garlic powder, paprika [spice and color], hydrogenated soybean oil, sodium benzoate [preservative]), Cheddar cheese.

Cheddar Cheese

Ingredients~

Cultured pasteurized milk, salt, enzymes, annatto (color), powdered cellulose (anti-caking agent).

Cheese Ravioli~

Cheese filling: part skim ricotta cheese (whey [milk], cream, vinegar, carrageenan), whole egg, Parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), water, dried whole egg, Romano cheese made from cow's milk (pasteurized cultured milk, salt, enzymes), bread crumb (enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid], sugar, soybean oil, yeast), onion powder, garlic powder, spice, dehydrated parsley flakes.

Pasta: enriched durum flour [durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), water, whole egg.

Nutritional Information			
Serving Size: 4 each (139 g)			
Amount Per Serving:			
Calories	270	Calories From Fat:	81
			% Daily Value
Total Fat	9 g		14%
Saturated Fat	4 g		20%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	145 mg		48%
Sodium	180 mg		7%
Potassium	n/a		n/a
Total Carbs	33 g		11%
Dietary Fiber	2 g		8%
Sugars	3 g		n/a
Protein	15 g		30%
Vitamin A -	n/a	Vitamin C -	n/a
Calcium -	n/a	Iron -	n/a
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Chef Salad (Hillside)~

Ham, turkey, shredded Cheddar cheese, tomatoes, ½
hard-boiled egg.

Chef Salad (Meads Mill)~

Lettuce, cucumbers, tomatoes, turkey, ham,
American & Swiss cheeses, hard-boiled egg.

Chicken Nuggets

Ingredients ~

Marinated with: 8% of a solution of water, salt, and sodium phosphates. Battered with: Water, bleached wheat flour, modified corn starch, salt, spices, garlic powder, onion powder, autolyzed yeast extract, soybean oil, disodium guanylate, disodium inosinate. Breaded with: Bleached wheat flour, salt, dried yeast, dextrose, leavening (sodium aluminum phosphate, sodium bicarbonate), partially hydrogenated soybean oil, dried whey, spices, autolyzed yeast extract, disodium inosinate, spice extractive. Predusted with: Wheat flour, vital wheat gluten, salt, yellow corn flour, soybean oil, sodium alginate, whey, nonfat milk, and spice extracts. Breading set in vegetable oil. Fried in oil (canola oil with citric acid and dimethylpolysiloxane.)

Chicken Patty-

Chicken, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), seasoning (salt, lactose, dried chicken meat [chicken, BHA, propyl gallate, citric acid], onion powder, dextrose, disodium inosinate and guanylate, gelatin, spices, chicken fat, caramel color, spice extractives) and sodium phosphates.

Breaded with: enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, enriched bleached wheat flour (enriched with niacin ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, modified corn starch, spices, dextrose, garlic powder, oleoresin paprika and annatto, xanthan gum, natural flavors.

Breading set in vegetable oil.

Contains: milk, soy, wheat

Nutritional Information

Serving Size: 1 each (101 g)

Amount Per Serving:

Calories	220	Calories From Fat:	117
			% Daily Value
Total Fat	13 g		20%
Saturated Fat	3 g		12%
<i>Trans</i> Fat	0 g		
PolyUnSat	5 g		n/a
MonoUnSat	4 g		n/a
Cholesterol	50 mg		17%
Sodium	550 mg		23%
Potassium	n/a		n/a
Total Carbs	11 g		4%
Dietary Fiber	1 g		4%
Sugars	0 g		n/a
Protein	16 g		32%
Vitamin A -	2%	Vitamin C -	0%
Calcium -	2%	Iron -	6%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9

Carbohydrates 4

Protein 4

Chicken Pot Pie

Description: AP Pot Pie, Chicken, Banquet, 8oz

Ingredients: For ingredient or allergen information please contact: Conagra Food Sales I...

Nutritional Information			
Serving Size: 1 each (198 g)			
Amount Per Serving:			
Calories	480	Calories From Fat:	270
			% Daily Value
Total Fat	30 g		46%
Saturated Fat	12 g		60%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	65 mg		22%
Sodium	1050 mg		44%
Potassium	n/a		n/a
Total Carbs	36 g		12%
Dietary Fiber	2 g		8%
Sugars	4 g		n/a
Protein	16 g		32%
Vitamin A -	10%	Vitamin C -	0%
Calcium -	4%	Iron -	10%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients ~

Filling: chicken broth (water, chicken flavor [chicken stock, salt, hydrolyzed soy protein, flavors, autolyzed yeast extract, chicken fat, cooked chicken powder, whey protein concentrate, and citric acid]), cooked chicken (chicken meat, chicken, water, salt, sodium tripolyphosphate), carrots, potatoes (calcium chloride), mechanically separated chicken, sodium tripolyphosphate, natural flavoring, citric acid) contains 2% or less of the following: modified food starch, peas, chicken fat, flavorings, soybean oil, emulsifier (sodium stearyl lactylate), sugar, natural flavoring, paprika, beta carotene (corn oil, beta carotene), dextrose, oleoresin turmeric.

Crust: Wheat flour, shortening (BHT), water, dextrose, salt.

Chicken Salad (Hillside)-

Chicken, celery, lemon juice, walnuts, garlic salt, salad dressing.

Chicken Salad (Meads Mill)-

Chicken, salad dressing, celery, onion, pepper.

Chicken Breast Tenders-fried in canola oil.

Containing: up to 22% of a solution of water, modified food starch, sodium phosphates and salt. Battered with: water, bleached wheat flour, salt, yellow corn flour, dextrose, garlic powder, spices, spice extractive. Breaded with: bleached wheat flour, salt, yellow corn flour, leavening (monocalcium phosphate, sodium bicarbonate), sodium alginate, natural flavors. Predusted with: wheat flour, wheat gluten, and salt. Breeding set in vegetable oil.

Contains: wheat

Nutritional Information

Serving Size: 3 each (207 g)

Amount Per Serving:

Calories	450
Total Fat	24g
Saturated Fat	4.5 g
<i>Trans</i> Fat	0 g
PolyUnSat	9 g
MonoUnSat	7.5g
Cholesterol	45 mg
Sodium	1575 mg
Potassium	n/a
Total Carbs	30 g
Dietary Fiber	1 g
Sugars	0 g
Protein	27 g

Calories Per Gram:

Fat 9

Carbohydrates 4

Protein 4

Canola oil:

Nutritional Information

Serving Size: 1 tbsp (14 g)

Amount Per Serving:

Calories	126	Calories From Fat:	126
			% Daily Value
Total Fat	14 g		22%
Saturated Fat	1 g		5%
<i>Trans</i> Fat	0 g		
PolyUnSat	4 g		n/a
MonoUnSat	9 g		n/a
Cholesterol	0 mg		0%
Sodium	0 mg		0%
Potassium	n/a		n/a
Total Carbs	0 g		0%

Dietary Fiber	0 g	0%
Sugars	0 g	n/a
Protein	0 g	0%
Vitamin A -	0%	Vitamin C - 0%
Calcium -	0%	Iron - 0%
Percent Daily Values are based on a 2,000 calorie diet		

Calories Per Gram:

Fat 9

Carbohydrates 4

Protein 4

Cookies

Chocolate Chip-

Enriched wheat flour, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin and artificial flavoring added), margarine (partially hydrogenated soybean and cottonseed oils, soybean oil, water, salt, cultured buttermilk, mono and diglycerides and soy lecithin added, sorbic acid and sodium benzoate added to help preserve freshness, natural and artificial flavor, colored with beta carotene, vitamin A palmitate added), white sugar, brown sugar, whole eggs, shortening (partially hydrogenated soybean and cottonseed oils), invert sugar, Bettur (partially hydrogenated soybean oil, sweet cream buttermilk, salt, mono and diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamin A palmitate, colored with carotene), baking powder, vanilla (water, ethyl alcohol, caramel color), soda bicarbonate, buttermilk powder, salt, caramel color.

CONTAINS: WHEAT, EGGS, MILK, SOY

MADE ON EQUIPMENT THAT ALSO MAKES PRODUCT CONTAINING MACADAMIA NUTS AND PEANUTS.

M & M-

Enriched wheat flour, M&M's [milk chocolate (sugar, chocolate, skim milk, cocoa butter, lactose, milkfat, soy lecithin, salt, artificial flavors), sugar, cornstarch, less than 1% corn syrup, dextrin, coloring (includes Blue 1 lake, Red 40 lake, Yellow 6, Yellow 5, Red 40, Blue 1, Blue 2 Lake, Yellow 5 Lake, Blue 2, Yellow 6), gum acacia], white sugar, margarine (partially hydrogenated soybean and cottonseed oils, water, salt, buttermilk, lecithin, mono & diglycerides, sorbic acid & sodium benzoate added as preservatives, artificially flavored, artificially colored with beta carotene, vitamin A palmitate added), brown sugar, shortening (partially hydrogenated soybean and cottonseed oils), whole eggs, invert sugar, BETTUR (partially hydrogenated soybean oils, sweet cream buttermilk, salt, mono and diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamin A palmitate, colored with carotene), vanilla (water, ethyl alcohol, caramel color), soda bicarbonate, buttermilk powder, salt, caramel color.

CONTAINS: WHEAT, EGGS, MILK SOY

Crispy Chicken Salad~

Lettuce, tomato wedges, Cheddar cheese, ½ hard-boiled egg, chicken tenders.

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.

Egg Salad (Hillside)~

Eggs, salad dressing, mustard, celery.

Egg Salad (Meads Mill)~

Eggs, salad dressing, mustard, pepper, relish.

Fajita Chicken (used for Chicken Caesar Salads, Greek Chicken Salads, Chicken Tacos, Chicken Caesar Pasta Chicken breasts with rib meat, water, seasoning [salt, maltodextrin, spices, dehydrated onion, dehydrated garlic, beef flavor (hydrolyzed soy and corn protein, partially hydrogenated soybean oil), autolyzed yeast extract, natural mesquite flavor, extractives of spice], sodium phosphates. Contains: soy

French Fries (fried in canola oil)~

Potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil), modified food starch, rice flour, dextrin, salt, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dextrose, xanthan gum.

Nutritional Information

Serving Size: 5 oz (140 g)

Amount Per Serving:

Calories	217
Total Fat	8 g
Saturated Fat	3 g
<i>Trans</i> Fat	0 g
PolyUnSat	n/a
MonoUnSat	n/a
Cholesterol	n/a
Sodium	450 mg
Potassium	333 mg
Total Carbs	33 g
Dietary Fiber	3 g
Sugars	n/a
Protein	3 g
Vitamin A -	n/a
Calcium -	n/a

Calories Per Gram:

Fat 9

Carbohydrates 4

Protein 4

Canola oil:

Nutritional Information

Serving Size: 1 tbsp (14 g)

Amount Per Serving:

Calories	126	Calories From Fat:	126
			% Daily Value
Total Fat	14 g		22%
Saturated Fat	1 g		5%
<i>Trans</i> Fat	0 g		
PolyUnSat	4 g		n/a
MonoUnSat	9 g		n/a
Cholesterol	0 mg		0%
Sodium	0 mg		0%
Potassium	n/a		n/a
Total Carbs	0 g		0%
Dietary Fiber	0 g		0%
Sugars	0 g		n/a

Protein	0 g		0%
Vitamin A -	0%	Vitamin C -	0%
Calcium -	0%	Iron -	0%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:	Fat 9	Carbohydrates 4	Protein 4

General Tso's Chicken~

Popcorn chicken, white rice, General Tso's sauce, butter, pineapple chunks.

Gordita~

Pita, taco meat, lettuce, cheese.

Popcorn Chicken~

Chicken, water, (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and riboflavin), seasoning (hydrolyzed soy and corn gluten protein, salt, maltodextrin, sugar, corn syrup solids, wheat flour, citric acid, sodium diacetate, dextrose, lactose, chicken flavor, autolyzed yeast extract, corn starch, natural and artificial flavors, disodium inosinate, disodium guanylate, lactic acid and sesame oil), sodium phosphates, salt.

BREADED WITH: Enriched unbleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, enriched yellow corn flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, dextrose, spices, soybean oil, yeast, leavening (sodium bicarbonate, sodium aluminum phosphate), guar gum, garlic powder, onion powder, extractives of paprika. Breeding set in vegetable oil.

CONTAINS: MILK, SOY, WHEAT

Rice:

Amount Per Serving:

Calories	170	Calories From Fat:	0
			% Daily Value
Total Fat	0 g		0%
Saturated Fat	0 g		0%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	0 mg		0%
Sodium	0 mg		0%
Potassium	n/a		n/a
Total Carbs	38 g		13%
Dietary Fiber	0 g		0%
Sugars	0 g		n/a
Protein	4 g		8%
Vitamin A -	0%	Vitamin C -	0%
Calcium -	4%	Iron -	15%

Percent Daily Values are based on a 2,000 calorie diet

General Tso's Sauce~

Sugar, water, soy sauce (water, wheat, soybeans, salt, and sodium benzoate), vinegar, garlic, ketchup (tomatoes, vinegar, corn sweetener, salt, onion powder, spice, natural flavoring), soybean oil, xanthan gum, spice, caramel color, and less than 0.1% sodium benzoate and potassium sorbate added as preservatives.

Nutritional Information

Serving Size: 1 tbsp (15 g)

Amount Per Serving:

Calories	35	Calories From Fat:	0
			% Daily Value
Total Fat	0 g		0%
Saturated Fat	0 g		0%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	0 mg		0%
Sodium	180 mg		8%
Potassium	n/a		n/a
Total Carbs	8 g		3%
Dietary Fiber	0 g		0%
Sugars	8 g		n/a

Protein	0 g		0%
Vitamin A -	0%	Vitamin C -	2%
Calcium -	0%	Iron -	0%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:	Fat 9	Carbohydrates 4	Protein 4

Greek Salad (Hillside) –

Lettuce, tomatoes, beets, Feta cheese, kalamata olives.

Fajita chicken is optional for both schools.

Greek Salad (Meads Mill) –

Lettuce, kalamata olives, red onion, Feta cheese.

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.

Lasagna Roll-Ups~

Whole milk ricotta cheese (whey, pasteurized milk, vinegar, carrageenan), enriched semolina flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate [vitamin b1], riboflavin [vitamin B2], folic acid), water, heavy whipping cream, Parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), butter (cream, natural flavorings), whole egg, salt, corn starch-modified, Romano cheese made from cow's milk (pasteurized cultured milk, salt, enzymes), parsley, dehydrated garlic, dehydrated onion, citric acid.

Nutritional Information

Serving Size: 2 each (170 g)

Amount Per Serving:

Calories	400	
Total Fat	16 g	
Saturated Fat	10 g	
<i>Trans</i> Fat	0 g	
PolyUnSat	n/a	
MonoUnSat	n/a	
Cholesterol	70 mg	
Sodium	420 mg	
Potassium	n/a	
Total Carbs	42 g	
Dietary Fiber	2 g	
Sugars	4 g	
Protein	14 g	
Vitamin A -		n/a
Calcium -		n/a

Calories Per Gram:

Fat 9

Carbohydrates 4

Protein 4

Macaroni & Cheese~

Ingredients:

Cooked enriched pasta [water, enriched pasta (semonlina, egg whites, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)], pasteurized process American cheese [(cultured milk, slat, enzymes), cream, sodium phosphate, salt, APO-carotenal (color)], water, contains less than 2% of butter (cream, salt), whey, buttermilk, food starch – modified, natural flavor, autolyzed yeast extract, sugar, spice, xanthan gum, APO-carotenal (color).

Mashed Potatoes

Ingredients – potatoes, salt, partially hydrogenated canola oil, mono and diglycerides, artificial color, natural and artificial flavor, freshness preserved with sodium bisulfite and BHT.
Contains milk.

Mashers~

Popcorn chicken, corn, chicken gravy, Cheddar cheese, mashed potatoes.

Popcorn Chicken~

Chicken, water, (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine, thiamine mononitrate, and riboflavin), seasoning (hydrolyzed soy and corn gluten protein, salt, maltodextrin, sugar, corn syrup solids, wheat flour, citric acid, sodium diacetate, dextrose, lactose, chicken flavor, autolyzed yeast extract, corn starch, natural and artificial flavors, disodium guanylate, lactic acid and sesame oil), sodium phosphates, salt. BREADED WITH: Enriched unbleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, enriched yellow corn flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, dextrose, spices, soybean oil, yeast, leavening (sodium bicarbonate, sodium aluminum phosphate), guar gum, garlic powder, onion powder, extractives of paprika. Breading set in vegetable oil.
CONTAINS: MILK, SOY, WHEAT

Nutritional Information			
Serving Size: 12 Pc (87 g)			
Amount Per Serving:			
Calories	220	Calories From Fat: 117	
			% Daily Value
Total Fat	13 g		20%
Saturated Fat	3 g		15%
Trans Fat	0 g		
PolyUnSat	5 g		n/a
MonoUnSat	5 g		n/a
Cholesterol	30 mg		10%
Sodium	240 mg		10%
Potassium	n/a		n/a
Total Carbs	15 g		5%
Dietary Fiber	1 g		4%
Sugars	0 g		n/a
Protein	10 g		20%
Vitamin A -	2%	Vitamin C -	0%
Calcium -	2%	Iron -	8%
Percent Daily Values are based on a 2,000 calorie diet			

Chicken Gravy

Description: AP Chicken Gravy Mix, Dry, 1Tbsp=7 gm

Ingredients: Modified food starch, enriched bleached flour (wheat flour, niacin, reduced...

Nutritional Information		
Serving Size: 1 tbsp (6.6 g)		
Amount Per Serving:		
Calories	25	Calories From Fat: 7
		% Daily Value
Total Fat	1 g	1%
Saturated Fat	0 g	1%
Trans Fat	n/a	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	1 mg	0%
Sodium	367 mg	15%
Potassium	9 mg	0%
Total Carbs	4 g	1%
Dietary Fiber	0 g	0%
Sugars	0 g	n/a
Protein	0 g	1%
Vitamin A -	1%	Vitamin C - 3%
Calcium -	0%	Iron - 0%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4 Protein 4

Ingredients	<p>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.</p> <p>Nutrition and Ingredient statement updated 6/28/04.</p> <p>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.</p>
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Cheddar Cheese

Ingredients~

Pasteurized milk, cheese culture, salt, enzymes, annatto coloring, powdered cellulose added to prevent caking.



Nutritional Information			
Serving Size: .89 cup (100 g)			
Amount Per Serving:			
Calories	403	Calories From Fat:	297
			% Daily Value
Total Fat	33 g		51%
Saturated Fat	21 g		105%
<i>Trans</i> Fat	1 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	105 mg		35%
Sodium	660 mg		28%
Potassium	n/a		n/a
Total Carbs	1 g		0%
Dietary Fiber	0 g		0%
Sugars	0 g		n/a
Protein	25 g		50%
Vitamin A -	17%	Vitamin C -	0%
Calcium -	72%	Iron -	4%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Mashed Potatoes

Description: AP Potato Pearls, Excel, Dry, BAF

Ingredients: For ingredient or allergen information please contact: Basic American Foods...

Nutritional Information			
Serving Size: 3.53 oz (100 g)			
Amount Per Serving:			
Calories	385	Calories From Fat:	43
			% Daily Value
Total Fat	5 g		7%
Saturated Fat	1 g		3%
<i>Trans</i> Fat	1 g		
PolyUnSat	0 g		n/a
MonoUnSat	2 g		n/a
Cholesterol	0 mg		0%
Sodium	1739 mg		72%
Potassium	966 mg		27%
Total Carbs	78 g		26%
Dietary Fiber	7 g		26%
Sugars	2 g		n/a
Protein	8 g		15%
Vitamin A -	0%	Vitamin C -	30%
Calcium -	4%	Iron -	6%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients – potatoes, salt, partially hydrogenated canola oil, mono and diglycerides, artificial color, natural and artificial flavor, freshness preserved with sodium bisulfite and BHT. May contain milk.

Meatballs~

Beef, pork, water, bread crumbs (wheat flour, water, salt, yeast, also may contain less than 2% partially hydrogenated soybean and/or cottonseed oils, ammonium chloride, calcium propionate), textured soy protein (soy protein concentrate, caramel color), romano cheese (cow's milk, culture, salt, enzymes), egg whites, ricotta cheese (whey, part skim milk, cream, vinegar, xanthan gum, locust bean gum and guar gum (stabilizers)), salt, garlic, parsley, spices, caramel color, brown sugar, disodium inosinate and disodium guanylate, BHS, BHT, citric acid, soy lecithin as processing aid.

Nachos

Cheese Nachos~
Chips, cheese.

Nachos Supreme~
Chips, taco meat, refried beans, cheese, tomatoes,
green onions (optional), sour cream.

Loco Tostada~
Fried tortilla, taco meat, refried beans, cheese,
tomatoes, green onions (optional), sour cream.

Veggie Nachos~
Chips, refried beans, cheese, tomatoes, green onions
(optional), sour cream.

Nacho Cheese

Water, partially hydrogenated soybean oil, corn starch-modified, aged Cheddar cheese (cultured milk, salt, enzymes, annatto color), whey, contains 2% or less of vinegar, sodium phosphate, salt, xanthan gum, yeast extract, cream, annatto color, sodium stearoyl lactylate, carotenal color, lactic acid, citric acid.

Nacho Chips

Yellow food grade corn, vegetable oil (contains one or more of the following: soybean oil, corn oil), water, salt, trace of lime, and TBHQ (used as a preservative).

Nacho/Taco Meat

Ground beef (no more than 20% fat). Water, tomato paste, textured vegetable protein (soy protein concentrate, caramel color), seasoning (dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), salt, caramel color, vinegar, paprika extract.

Refried beans

Pinto beans, partially hydrogenated corn oil (freshness preserved with TBHQ), salt and calcium chloride.

Domino's Pizza

Cheese: Mozzarella cheese (pasteurized milk, cultures, salt, enzymes), modified food starch, cellulose (added to prevent caking), non-fat milk, whey protein concentrate, sodium citrate, flavors, sodium propionate (added as a preservative).

Pizza Sauce: Water, tomato paste, salt, sugar, spices and herbs, garlic powder, citric acid.

Pepperoni: Pork and beef, salt, spices, dextrose, lactic acid starter culture, oleoresin of paprika, flavoring, sodium nitrate, BHA, BHT, citric acid.

Crust: Enriched flour (wheat flour, iron, thiamine mononitrate, niacin, riboflavin, folic acid), water, soybean oil, sugar, salt, yeast, vital wheat gluten, less than 1% dough conditioners, ascorbic acid, L-cystine, sodium stearoyl lactylate, whey, enzyme, corn meal.

Jet's Pizza

Dough (bleached wheat flour, malted barley flour, water, salt, sugar, oil, yeast), part skim mozzarella cheese (pasteurized milk, cheese culture, salt, rennet), pizza sauce (vine-ripened fresh tomatoes, salt and naturally derived citric acid), pizza seasoning, pepperoni (pork, beef, salt, spices, dextrose, lactic acid starter culture, oleoresin of paprika, flavoring, sodium nitrite, BHA, BHT, citric acid).

Nutrition Facts		
Serving size: 5.0 oz. (139g)		
Servings Per Container 8		
Amount Per Serving		
Calories	415	Cal. from Fat 123
% Daily Value*		
Total Fat	14g	20%
Saturated Fat	6g	30%
Trans Fats	0g	
Cholesterol	35mg	10%
Sodium	1069mg	46%
Total Carbohydrate	49g	15%
Dietary Fiber	2g	6%
Sugars	4g	
Protein	23g	
Vitamin A	0%	Vitamin C 0%
Calcium	30%	Iron 4%
*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat	8	Carbohydrate 4 Protein 4

Little Caesar's Pizza

Ingredients~

Crust: Flour (unbleached wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme), water, soybean oil, granulated sugar, salt, yeast, sodium bicarbonate, sodium aluminum phosphate, cornmeal. May contain soy from cornmeal.

Sauce: Crushed tomatoes (may contain citric acid), spice blend (sugar, salt, spices and herbs, dehydrated onion and garlic, soybean oil).

Cheese: Pasteurized reduced fat milk, pasteurized milk, cheese culture, salt, enzymes, powdered cellulose added to prevent caking.

Pepperoni: Pork and beef, salt, water, spice, dextrose, dehydrated garlic, lactic acid starter culture, sodium erythorbate, sodium nitrite, BHA, BHT, citric acid.

Livonia Italian Bakery Pizza~

Dough: high gluten flour, water, yeast, soya (vegetable) oil, salt, powdered milk.

Pepperoni: Pork, beef, salt, contains 2% of less dextrose, garlic powder, lactic acid starter culture, natural spice extractives, oleoresin of paprika, sodium nitrate, spices, BHA, BHT, citric acid.

Brick Cheese: Pasteurized milk, culture, salt, enzymes & annatto color (if used).

Mozzarella Cheese: Pasteurized part-skim milk, cultures, salt, enzymes.

Pizza Sauce: Tomato paste (vine-ripened fresh tomatoes, salt, dehydrated basil and naturally-derived citric acid), water, Romano cheese (pasteurized sheep skim milk, cheese cultures, salt, enzymes & powdered cellulose (anti-caking agent)).

Livonia Italian Bakery Pizza Rolls~

Dough: High gluten flour, water, yeast, soya (vegetable) oil, salt, powdered milk.

Pepperoni: Pork, beef, salt, contains 2% or less dextrose, garlic powder, lactic acid starter culture, natural spice extractives, oleoresin of paprika, sodium nitrate, spices, BHA, BHT, citric acid.

Brick Cheese: Pasteurized milk, culture, salt, enzymes & annatto color (if used).

Pizza Sauce: Tomato paste (vine-ripened fresh tomatoes, salt, dehydrated basil and naturally-derived citric acid). Water, Romano cheese (pasteurized sheep skim milk, cheese cultures, salt, enzymes & powdered cellulose [anti-caking agent]).

Pizza Pasta Salad (Hillside)~

Tri-color rotini, salami, Mozzarella, tomatoes, basil,
Parmesan-Italian dressing, Romaine lettuce.

Pizza Pasta Salad (Meads Mill)~

Tri-color rotini, pepperoni, Mozzarella, tomatoes,
red onion, black olives, Parmesan-Italian dressing.

Refried/Nacho Beans

Ingredients – pinto beans, partially hydrogenated corn oil (freshness preserved with TBHQ), salt and calcium chloride.

Description: AP Beans, Refried, Dehydrated, No Chol

Ingredients: For ingredient or allergen information please contact: Basic American Foods...

Nutritional Information			
Serving Size: 1.19 cup (100 g)			
Amount Per Serving:			
Calories	394	Calories From Fat:	81
			% Daily Value
Total Fat	9 g		13%
Saturated Fat	3 g		12%
<i>Trans</i> Fat	4 g		
PolyUnSat	0 g		n/a
MonoUnSat	3 g		n/a
Cholesterol	0 mg		0%
Sodium	1256 mg		52%
Potassium	1361 mg		38%
Total Carbs	60 g		20%
Dietary Fiber	14 g		55%
Sugars	2 g		n/a
Protein	19 g		37%
Vitamin A -	0%	Vitamin C -	9%
Calcium -	12%	Iron -	26%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Salisbury Steak~

Beef, water, soy protein concentrate, wheat flour, dehydrated onion, salt, lactose reduced whey, sodium phosphate, hydrolyzed soy and corn protein, dextrose, sugar, dehydrated peppers, monosodium glutamate, pepper, flavoring.

Contains: soy, wheat, milk

Brown Gravy~

Modified food starch, maltodextrin, dextrose, salt, enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), natural flavors (beef extract, beef stock, hydrolyzed corn, soy and wheat proteins, yeast extract, canola oil, thiamine hydrochloride), partially hydrogenated soybean and cottonseed oil, beef fat, onion powder, monosodium glutamate, corn syrup solids, caramel color, coffee, garlic powder, sodium caseinate, tomato powder, citric acid, disodium inosinate & disodium guanylate, extractive of paprika, mono & diglycerides.

Contains: soy, wheat, dairy

Shrimp Poppers~

Minced shrimp, water, enriched bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (contains one or more of the following: soybean, corn or cottonseed oil), enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), modified corn starch, textured soy flour, isolated soy protein, contains 2% or less of: methylcellulose, gelatinized wheat starch, iodized salt, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, soybean oil, sodium caseinate, partially hydrogenated soybean oil, yeast, dough conditioners (ascorbic acid, L-cysteine monohydrochloride), spice extractive, garlic powder, sodium alginate, corn starch, disodium inosinate and disodium guanylate, colored with oleoresin paprika, whey, calcium chloride, spice, natural flavor, sodium tripolyphosphate (to retain moisture), sodium bisulfite (as a preservative).

Contains: Shrimp, wheat, milk, soy.

Nutritional Information

Serving Size: 21 each (86.52 g)

Amount Per Serving:

Calories	180	Calories From Fat:	108
			% Daily Value
Total Fat	8 g		18%
Saturated Fat	2 g		10%
<i>Trans</i> Fat	n/a		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	35 mg		13%
Sodium	850 mg		29%
Potassium	n/a		n/a
Total Carbs	18 g		6%
Dietary Fiber	<1 g		8%
Sugars	0 g		n/a
Protein	8 g		20%
Vitamin A -	0%	Vitamin C -	0%
Calcium -	3%	Iron -	6%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9

Carbohydrates 4

Protein 4

Meads Mill – Sloppy Joes~

Ground beef, green peppers, onions, ketchup,
Worcestershire sauce, garlic, black pepper, brown
sugar.

Spaghetti (Marinara) – Hillside –

Description: AP Marinara Sauce, Red Gold, 6-10#

Ingredients: Tomato Puree (water, tomato paste), diced tomatoes, high fructose corn syru...

Nutritional Information			
Serving Size: 4.31 oz (123 g)			
Amount Per Serving:			
Calories	66	Calories From Fat:	23
			% Daily Value
Total Fat	3 g		4%
Saturated Fat	n/a		n/a
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	0 mg		0%
Sodium	544 mg		23%
Potassium	363 mg		10%
Total Carbs	11 g		4%
Dietary Fiber	2 g		9%
Sugars	3 g		n/a
Protein	2 g		4%
Vitamin A -	26%	Vitamin C -	33%
Calcium -	3%	Iron -	6%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients

Tomato Puree (water, tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dried garlic, dried onion, citric acid, dried parsley, spices.

Spaghetti (Marinara) – Meads Mill-

Same as above, plus Italian seasoning & bay leaves.

Spaghetti (Meat Sauce) – Hillside~

Ground beef, dehydrated onion, spaghetti sauce (tomato paste, high fructose corn syrup, salt, soybean oil, dried onion, modified food starch, spices, dried garlic, citric acid), crushed tomatoes, tomato sauce, basil, garlic powder, oregano, parsley, garlic salt, sugar, Italian seasoning, water.

Spaghetti (Meat Sauce) – Meads Mill~

Ground beef, green peppers, onions, garlic, spaghetti sauce (tomato paste, high fructose corn syrup, salt, soybean oil, dried onion, modified food starch, spices, dried garlic, citric acid), Worcestershire sauce, Italian seasoning, basil, oregano, bay leaves, black pepper.

Spaghetti Noodles (with Marinara or Meat Sauce, optional Parmesan Cheese)

Durum semolina enriched with iron (ferrous sulfate & B vitamins [niacin, thiamine mononitrate, riboflavin, folic acid]).

Meads Mill – Noodles cooked with vegetable oil.

Hillside ~ Noodles tossed with Parmesan Italian Dressing & Reduced-Calorie Golden Italian Dressing.

Parmesan Italian Dressing~

Soybean oil, water, distilled vinegar, seasoning (sugar, salt, dehydrated vegetables [garlic, red bell peppers, onion], spices, calcium carageenan,

carboxymethyl cellulose, Parmesan cheese [pasteurized milk, cheese cultures, salt, enzymes], natural and artificial flavor), xanthan gum, potassium sorbate (preservative).

Reduced-Calorie Golden Italian Dressing-
Water, soybean and/or canola oil, corn syrup, distilled vinegar, high fructose corn syrup, salt, garlic, xanthan gum, propylene glycol alginate, dried onion, potassium sorbate (preservative), red pepper, dried bell peppers, spice, calcium disodium EDTA added to protect quality, paprika extract, turmeric extract.

Sub Sandwich (Hillside)~

Ham, turkey, salami, lettuce, American cheese, sub bun (bun listed under bread).

Sub Sandwich (Meads Mill)~

Ham, turkey, salami, lettuce, American & Swiss cheeses, sub bun (bun listed under bread).

Tacos

Hard Taco – taco shell (enriched corn flour [corn flour, lime, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil. (Contains one or more of the following: cottonseed oil, corn oil), nacho meat, Cheddar cheese, lettuce.

Soft Taco – tortilla, nacho meat, cheddar cheese, lettuce.

Chicken Soft Taco – tortilla, fajita chicken, salsa (tomato concentrate [water, tomato paste], diced tomatoes, jalapeno peppers, green chiles, yellow chiles, vinegar, salt, dried onion, dried garlic, cilantro, natural flavor), Cheddar cheese, lettuce.

Taco Salad-

Fried tortilla, lettuce, taco meat, refried beans, cheese, tomatoes, green onions (optional).

TBC Wrap~

Turkey, bacon, shredded Cheddar cheese, lettuce, honey wheat tortilla (bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, soybean oil, hydrogenated vegetable oil. (contains one or more of the following: cottonseed oil, soybean oil), with mono- and diglycerides and/or citric acid, honey whole wheat blend [dextrose, corn starch, sugar, natural and artificial flavors, (wheat germ, soy sauce powder (soybeans, wheat, salt), fructose, caramel color, sucralose (artificial sweetener), less than 2% tricalcium phosphate and silicon dioxide added to prevent caking] contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative [sodium propionate (propionic acid, sodium hydroxide (for PH adjustment), water and potassium sorbate], cellulose gum. Contains: soy, wheat.

Tortilla (used for soft tacos, burritos & enchiladas)

Description:

AP Tortilla, Flour, Heat Pressed

Nutritional Information			
Amount Per Serving:			
Calories	194	Calories From Fat:	49
			% Daily Value
Total Fat	6 g		8%
Saturated Fat	1 g		6%
<i>Trans</i> Fat	1 g		
PolyUnSat	1 g		n/a
MonoUnSat	1 g		n/a
Cholesterol	0 mg		0%
Sodium	383 mg		16%
Potassium	n/a		n/a
Total Carbs	31 g		10%
Dietary Fiber	2 g		7%
Sugars	1 g		n/a
Protein	5 g		10%
Vitamin A -	n/a	Vitamin C -	n/a
Calcium -	2%	Iron -	6%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients ~

Bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides, contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate and potassium sorbate).

Tossed Salad (Meads Mill)~
Lettuce, tomatoes, cucumbers, green peppers.

Tuna Salad (Hillside)~

Tuna, dried onions, salad dressing, celery.

Tuna Salad (Meads Mill)~

Tuna, celery, red onion, salad dressing, pepper.

Vegetarian Burger

Ingredients ~

Soy protein concentrate with water for hydration, canola oil, contains 2% or less of modified vegetable gum, wheat gluten, salt, autolyzed yeast extract, natural flavor, caramel color, sesame oil, onion powder, soy sauce (water, soybeans, wheat, salt), instant coffee, grill flavor from partially hydrogenated soybean and cottonseed oil, garlic powder, malic acid, succinic acid, citric acid, dried yeast, spices, soy lecithin, ascorbic acid.

