

# Middle School Soup Ingredients

## Soup Bases

**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.

**Meads Mill – Bean Soup~**

Celery, onions, ham base, carrots, ham,  
parsley, ketchup, Navy beans.

**Meads Mill – Beef Barley~**

Barley, onions, parsley, cubed beef, celery,  
beef base.

## Broccoli~

LeGout cream soup base, water, dried milk, butter, chicken base, broccoli, Cheddar cheese.

**Meads Mill – Cheeseburger Chowder~**  
Ground beef, tomato juice, V-8 vegetable juice, frozen vegetables, rice, water, tomatoes, American cheese, garlic.

**Meads Mill – Cheesy Vegetable~**  
Mixed vegetables, Cheddar cheese,  
Parmesan cheese, Legout cream soup base,  
onions, garlic, pepper, salad seasoning with  
cheese, taco seasoning.

**Meads Mill – Chicken Cheese~**

Onion, garlic, chicken broth, spaghetti noodles, spinach, chicken breast, milk, Swiss cheese, Monterey Jack cheese.

## Chicken Noodle~

Celery, dehydrated onions, butter, chicken broth, chicken, chicken base, egg noodles, parsley.

**Meads Mill – Chicken Rice~**

Celery, dehydrated onions, butter, chicken broth, chicken, chicken base, rice, parsley.

## Hillside – Chicken Salsa~

Water, chicken broth, fajita chicken, chili powder, corn, salsa (tomato concentrate [water, tomato paste], diced tomatoes, jalapeno peppers, green chiles, yellow chiles, vinegar, salt, dried onion, dried garlic, cilantro, natural flavor).

## Chicken Tortilla~

Chicken breast, olive oil, onion, green pepper, cumin, crushed red pepper, garlic powder, chicken, corn, tomatoes, Great Northern beans, refried beans, zucchini & tomatoes, tomato soup, fresh salsa, Quick-Start Homestyle Chili Mix, Nacho cheese.

### Hillside – Chili~

Water, Quick-Start Homestyle Chili Mix, taco meat, salsa (tomato concentrate [water, tomato paste], diced tomatoes, jalapeno peppers, green chiles, yellow chiles, vinegar, salt, dried onion, dried garlic, cilantro, natural flavor), tomato sauce, chili powder, cumin, garlic powder, tomatoes, sugar, unsweetened cocoa powder.

### Meads Mill – Chili~

Quick-Start Homestyle Chili Mix, ground beef, taco meat, tomatoes.

## Hillside – Chunky Tomato~

Condensed tomato soup, milk, tomatoes, onions, basil leaves, oregano leaves, bay leaves, thyme.

### Hillside – Clam Chowder~

Condensed New England Clam Chowder (clams & clam juice, water, potatoes, wheat flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], salt, modified food starch, soybean oil, dehydrated onions, monosodium glutamate, xanthan gum, dehydrated celery, spices, calcium disodium EDTA, and sodium bisulfite), milk, water, butter, chicken base, Cheddar cheese, coffee creamer.

### Meads Mill – Clam Chowder~

Condensed New England Clam Chowder (clams & clam juice, water, potatoes, wheat flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], salt, modified food starch, soybean oil, dehydrated onions, monosodium glutamate, xanthan gum, dehydrated celery, spices, calcium disodium EDTA, and sodium bisulfite), bacon, onions, potatoes, butter, chicken base.

**Meads Mill – Corn Chowder~**

Legout cream soup base, corn, onions, parsley, garlic, American cheese, pepper, butter.

## Hillside – Cream of Chicken~

Legout cream base, butter, chicken broth, chicken base, water, diced chicken, pepper, dehydrated onions.

**Meads Mill – French Onion~**  
Butter, au jus, fresh onions, dried onions,  
beef base, soy sauce.

Hillside – Greek Lemon~  
Chicken broth, rice, eggs, lemon juice,  
parsley, dill.

**Meads Mill – Ham & Cheddar Chowder~**  
Potatoes, carrots, onions, flour, milk,  
Cheddar cheese, American cheese, ham,  
ham base, chicken base, butter, garlic salt,  
powdered milk.

**Meads Mill – Macaroni & Cheese~**  
Chicken base, celery, carrots, onion, green  
peppers, macaroni, margarine, flour, milk,  
American cheese.

**Hillside – Minestrone~**

Zucchini & tomatoes, water, marinara sauce, V-8 vegetable juice, tomato juice, celery, onions, frozen mixed vegetables, frozen green beans, salt, pepper, oregano, garlic, basil, sugar, spaghetti noodles, Parmesan cheese.

**Meads Mill – Minestrone~**

Zucchini & tomatoes, spaghetti sauce, V-8 juice, tomato juice, celery, onions, mixed vegetables, green beans, salt, pepper, oregano, garlic, basil, sugar, spaghetti noodles, Parmesan cheese.

**Meads Mill – Mushroom~**  
Flour, onions, beef base, fresh mushrooms,  
sour cream, barley.

**Meads Mill ~ Nacho Potato Soup~**  
Canned tomatoes with green chilies,  
au gratin potatoes, canned corn, milk,  
American cheese.

**Meads Mill ~ Pasta Fagioli~**

Diced tomatoes, Great Northern beans, spinach, chicken broth, ketchup, minced garlic, bacon, dried parsley, garlic powder, dried basil, dried seashell pasta.

**Potato~**

Legout cream soup base, potatoes, onions, parsley, pepper, butter, garlic powder, milk, American cheese.

**Meads Mill – Potato Cheese~**

Legout cream soup base, potatoes, onions, parsley, pepper, butter, garlic powder, milk, American cheese, Cheddar cheese.

## Meads Mill – Ravioli~

Ground beef, crushed tomatoes, beef broth, tomato paste, onion, parsley, minced garlic, basil, oregano, onion salt, sugar, pepper, thyme, Parmesan cheese, beef ravioli (water, tomatoes [water, tomato puree], enriched wheat flour [wheat flour, malted barley flour, niacin, iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, and folic acid], beef, crackermeal [wheat flour, niacin, iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, and folic acid], contains less than 2% of: high fructose corn syrup, wheat flour, soybean oil, salt, carrots, textured soy protein concentrate [soy protein concentrate and caramel coloring], onions, flavorings, caramel coloring, potassium chloride, oleoresin paprika, citric acid, maltodextrin, enzyme modified cheese [Cheddar cheese {pasteurized milk, cultures, salt, enzymes}, and annatto [color], and disodium guanylate and disodium inosinate.

Southwest Chicken Chili~  
Quick~Start Homestyle Chili Mix, chicken  
breast, corn.

## **Meads Mill – Taco~**

Taco meat, crushed tomatoes, corn,  
dehydrated onion, water, Cheddar cheese.  
Tortilla chips optional.

### **Meads Mill – Taco Twist~**

Chicken, onions, green pepper, garlic, chili powder, cumin, chicken broth, 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]), stewed tomatoes, rotini pasta. Cheddar cheese optional.

### Meads Mill – Tex-Mex Chicken~

Onion, minced garlic, chicken broth, chicken, zucchini, canned tomatoes, canned corn, tomato sauce, salsa (tomato concentrate [water, tomato paste], diced tomatoes, jalapeno peppers, green chiles, yellow chiles, vinegar, salt, dried onion, dried garlic, cilantro, natural flavor), cumin, pepper, oregano. Cheddar cheese & tortilla chips optional.

## Tomato~

Tomato puree (water, tomato paste), water, wheat flour, high fructose corn syrup, salt, ascorbic acid, soybean oil, spice, dextrose, natural flavoring, onion powder, garlic powder, milk.

## Hillside – Tomato Rice~

Beef broth, water, tomato paste, garlic, bay leaves, beef bouillon, black pepper, long grain white rice, diced tomatoes.

**Meads Mill – Unstuffed Pepper~**  
Ground beef, green peppers, onion, beef  
broth, tomato soup, tomatoes, mushrooms,  
rice.

### Hillside – Vegetable~

V-8 vegetable juice, vegetarian vegetable soup, tomato juice, marinara sauce, sugar, oregano, garlic salt, Italian seasoning, frozen mixed vegetables, vegetable mix with potatoes, onion, celery, tomatoes, water.

### Meads Mill – Vegetable~

Vegetarian vegetable soup, pizza sauce (tomato puree, diced unpeeled tomatoes, Romano cheese [made from cow's milk], Parmesan & Caciocavallo Siciliano cheeses [cheese made from cultured milk, salt, enzymes], spices, modified food starch, salt, citric acid, corn syrup, garlic puree, onion powder, xanthan gum, natural flavor), sugar, frozen mixed vegetables, potatoes, onions, celery, tomatoes.

**Meads Mill – Vegetable Beef~**  
Beef, onions, beef base, au jus, garlic powder, mixed vegetables, noodles.