



2019-2020 Entrees Ingredient List - Familystyle

Main Entrees

BBQ Chicken Sandwich (filling): chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), bbq pulled chicken sauce (organic ketchup (water, organic tomato paste, white distilled vinegar, organic cane sugar, sea salt, organic granulated onion, organic allspice, organic cayenne pepper, organic ground cloves), distilled vinegar, brown sugar, molasses, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), liquid smoke (water, natural hickory smoke flavor, vinegar, molasses, caramel color, salt), salt, garlic powder, black pepper), onion

Bean and Cheese Burrito (filling): pinto beans, cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), salsa (tomatoes, chiles, onions, garlic, cilantro), less than 2% of: gluten free vegetable base: (vegetable puree (celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, 2% or less of natural flavors, corn powder, xanthan gum, soybean oil, canola oil), salt, chili powder, cumin

Biscuits and Gravy: gravy (biscuits) (skim milk (fat free milk, calcium lactate), ground turkey, cooked, canola oil, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), salt, black pepper, thyme, rosemary, sage), whole grain biscuit: water, whole wheat flour, enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, palm kernel oil, sugar, baking soda, calcium acid pyrophosphate, buttermilk, salt, sodium aluminum phosphate, nonfat milk, whey protein concentrate, whey, pectin. allergens: contains wheat and milk ingredients

Breakfast For Lunch - Pancakes: whole grain pancakes (whole wheat flour and enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, sugar, whole eggs, high fructose corn syrup. contains 2% or less of: leavening (sodium aluminum phosphate, baking soda), salt, natural flavor, soy flour (soy flour, soybean oil, soy lecithin. contains: wheat, eggs, soy), hard boiled egg, roasted potatoes (potatoes, salt, pepper, vegetable oil), fruit spread (frozen peaches or frozen strawberries, water, sugar, ascorbic acid, xanthan gum

Cheesy Beans and Rice: brown rice, black beans, sour cream (cultured cream, enzymes), cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), corn, less than 2% of: chili powder, salt, green bell pepper, onion powder, cumin

Chicken Pasta Alfredo: whole milk (milk, vitamin d3), rotini pasta: (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes, anticaking blend (potato starch, cellulose, natamycin (natural mold inhibitor))), parmesan cheese (milk, cheese cultures, salt, enzymes), salt, sodium citrate, garlic powder, xanthan gum

Chicken Pot Pie: water, chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), peas and carrots, frozen, pastry sheet (enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), butter (cream, natural flavor), water, salt), enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), canola oil, gluten free vegetable base: (vegetable puree (celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, 2% or less of natural flavors, corn powder, xanthan gum, soybean oil, canola oil), salt, garlic powder, black pepper, parsley

Chicken Stuffing and Gravy: chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), gravy (chicken) (water, xanthan gum, canola oil, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), chicken flavored base (salt, sugar, chicken fat, monosodium glutamate, dextrose, palm oil and soybean oil, corn starch, turmeric, natural flavorings and coloring, disodium inosinate, disodium guanylate, garlic powder), water, white bread (enriched wheat flour (flour, malted barley flour, niacin, iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, malt, dough conditioners (ascorbic acid, calcium sulfate, sodium stearoyl lactylate), calcium propionate (preservative)), onion, celery, chicken flavored base (salt, sugar, chicken fat, monosodium glutamate, dextrose, palm oil and soybean oil, corn starch, turmeric, natural flavorings and coloring, disodium inosinate, disodium guanylate, garlic powder), salt, black pepper, rosemary



Chicken Tacos (filling): chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), tomato paste (tomatoes, spices, natural flavors, citric acid), diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), onion, orange juice, green chili pepper, water, lemon juice, salt, canola oil, chili powder, garlic powder, cumin

Egg Fried Rice: eggs, brown rice, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), canola oil, peas and carrots, frozen, water, green onions, garlic powder, xanthan gum, ground ginger

Fajita Breakfast Burrito (filling): eggs, cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), red bell pepper, salsa (tomatoes, chiles, onions, garlic, cilantro), less than 2% of: salt, garlic powder, onion powder

Hearty Chili: kidney beans, diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), pinto beans, green chili pepper, green bell pepper, celery, onion, chili powder, canola oil, salt, brown sugar, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), garlic powder, oregano, cumin

Hearty Pot Pie: water, chickpeas, peas and carrots, frozen, pastry sheet (enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), butter (cream, natural flavor), water, salt), enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), canola oil, gluten free vegetable base: (vegetable puree (celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, 2% or less of natural flavors, corn powder, xanthan gum, soybean oil, canola oil), salt, garlic powder, black pepper, parsley

Hearty Spaghetti: general tomato sauce (water, tomato paste (tomatoes, spices, natural flavors, citric acid), diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), xanthan gum, salt, fennel seed powder, garlic powder, sugar, basil, black pepper, oregano), lentils, spaghetti, cooked, enriched

Mac and Cheese: macaroni, cooked, enriched, skim milk (fat free milk, calcium lactate), cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), salt, xanthan gum, sodium citrate, mustard seeds

Meatball Sub (filling): meatball sauce (diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), tomato paste (tomatoes, spices, natural flavors, citric acid), salt, sugar, oregano, garlic powder, basil), meatballs (ground beef (not more than 30% fat), water, onions, textured vegetable protein (soy flour), vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), and cyanocobalamin (b12)], breadcrumbs (bleached wheat flour, sugar, salt, yeast, canola oil), egg whites, green peppers, natural flavor, hydrolyzed soy protein, salt, parsley)

Meaty Chili: kidney beans, diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), ground turkey, cooked, green chili pepper, green bell pepper, celery, onion, chili powder, canola oil, salt, brown sugar, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), garlic powder, oregano, cumin

Meaty Moes (filling): textured vegetable protein (defatted soy flour), water, ground turkey, cooked, tomato paste (tomatoes, spices, natural flavors, citric acid), organic ketchup (water, organic tomato paste, white distilled vinegar, organic cane sugar, sea salt, organic granulated onion, organic allspice, organic cayenne pepper, organic ground cloves), onion, green bell pepper, salt, garlic powder, black pepper

Meaty Spaghetti: ground turkey, cooked, general tomato sauce (water, tomato paste (tomatoes, spices, natural flavors, citric acid), diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), xanthan gum, salt, fennel seed powder, garlic powder, sugar, basil, black pepper, oregano), spaghetti, cooked, enriched

Messy Moes (filling): textured vegetable protein (defatted soy flour), tomato paste (tomatoes, spices, natural flavors, citric acid), water, organic ketchup (water, organic tomato paste, white distilled vinegar, organic cane sugar, sea salt, organic granulated onion, organic allspice, organic cayenne pepper, organic ground cloves), onion, green bell pepper, salt, garlic powder, black pepper

Mozzarella Pasta Bake: general tomato sauce (water, tomato paste (tomatoes, spices, natural flavors, citric acid), diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), xanthan gum, salt, fennel seed powder, garlic powder, sugar, basil, black pepper, oregano), penne pasta (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes, anticaking blend (potato starch, cellulose, natamycin (natural mold inhibitor)))



Orange Chicken: brown rice, popcorn chicken: chicken breast with rib meat, water, isolated soy protein, salt, sodium phosphates, seasoning (salt, garlic powder, spice, soybean oil). breaded with enriched bleached wheat and enriched durum flours (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, modified food starch, salt, garlic powder, spices, soybean oil, yellow corn flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, extractives of paprika, cellulose gum (sodium carboxymethylcellulose), natural flavor, sodium alginate, not more than 2% silicon dioxide added to prevent caking., orange chicken sauce (distilled vinegar, sugar, water, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), canola oil, orange zest, cornstarch, garlic powder, ground ginger, dried chili flakes, xanthan gum)

Pasta Alfredo: whole milk (milk, vitamin d3), rotini pasta: (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes, anticaking blend (potato starch, cellulose, natamycin (natural mold inhibitor))), parmesan cheese (milk, cheese cultures, salt, enzymes), salt, sodium citrate, garlic powder, xanthan gum

Pinto Bean Tacos (filling): pinto beans, tomato paste (tomatoes, spices, natural flavors, citric acid), diced tomatoes (tomatoes, tomato juice, <2% of: salt, citric acid, calcium chloride), onion, orange juice, green chili pepper, water, lemon juice, salt, canola oil, chili powder, garlic powder, cumin

Roasted Garlic Pizza Bagel: whole wheat bagel: whole wheat flour, unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, honey, sugar, contains 2% or less of: wheat gluten, salt, yeast, calcium propionate and sorbic acid (preservatives), mono-diglycerides, guar gum, ascorbic acid, citric acid, enzymes. contains: wheat , nonfat mozzarella cheese (pasteurized skim milk, cheese culture, salt, enzymes, yeast*, artificial color, vitamin a palmitate), roasted garlic pizza sauce (skim milk (fat free milk, calcium lactate), canola oil, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), salt, garlic powder, xanthan gum), less than 2% of: basil

Rolled Enchiladas Rojas: rojo sauce (water, tomato paste (tomatoes, spices, natural flavors, citric acid), canola oil, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), onion, chili powder, garlic powder, salt, cumin), refried beans (cooked pinto beans, water, canola oil, salt), cheese enchiladas (filling: pepper jack cheese (monterey jack cheese with jalapeno peppers: pasteurized milk, cheese cultures, (salt and jalapeno peppers) or (jalapeno peppers and salt), enzymes, and may contain powdered potato and/or corn starch (added to prevent clumping)), whole grain corn tortilla: whole grain com flour (white corn masa flour, proplonic acid (preservative) , guar gum, cellulose gum, benzoic add (preservative), phosphoric acid (acidulant), and enzymes (to preserve freshness)), yellow corn masa flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, calcium stearate, and silicon dioxide to retard caking, trace of lime), water), less than 2% of: cheddar cheese (milk, cultures, salt, enzymes, annatto (color))

Teriyaki Black Beans and Rice: black beans, brown rice, asian sauce (sugar, xanthan gum, water, distilled vinegar, cornstarch, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), chili powder, garlic powder, orange zest, ground ginger), broccoli florets

Teriyaki Chicken and Rice: chicken (chicken breast with rib meat, water, rice starch, salt, lemon juice concentrate & vinegar, natural flavorings, spice), brown rice, asian sauce (sugar, xanthan gum, water, distilled vinegar, cornstarch, gluten free tamari soy sauce (water, organic soybeans, salt, organic alcohol (to preserve freshness)), chili powder, garlic powder, orange zest, ground ginger)

Traditional Pizza Bagel: whole wheat bagel: whole wheat flour, unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, honey, sugar, contains 2% or less of: wheat gluten, salt, yeast, calcium propionate and sorbic acid (preservatives), mono-diglycerides, guar gum, ascorbic acid, citric acid, enzymes. contains: wheat , nonfat mozzarella cheese (pasteurized skim milk, cheese culture, salt, enzymes, yeast*, artificial color, vitamin a palmitate), traditional pizza sauce (water, tomato paste (tomatoes, spices, natural flavors, citric acid), salt, garlic powder, sugar, fennel, basil, oregano), cheddar cheese (milk, cultures, salt, enzymes, annatto (color))

Quick & Easy Entrees

Breaded Chicken Breast: Boneless chicken breast with rib meat, whole wheat flour, water, soy protein isolate, salt, wheat gluten, soybean oil, sugar, leavening (cream of tartar, sodium bicarbonate), garlic powder, rosemary extract, yeast, onion powder, black pepper, served with mayonnaise and ketchup



Popcorn Chicken Bites: chicken breast with rib meat, water, isolated soy protein, salt, sodium phosphates, seasoning (salt, garlic powder, spice, soybean oil). breaded with enriched bleached wheat and enriched durum flours (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, modified food starch, salt, garlic powder, spices, soybean oil, yellow corn flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, extractives of paprika, cellulose gum (sodium carboxymethylcellulose), natural flavor, sodium alginate, not more than 2% silicon dioxide added to prevent caking.

Turkey Hot Dog: Mechanically separated turkey, water, corn syrup, salt, dextrose, potassium lactate, spices, sodium phosphate, sodium diacetate, flavorings, sodium erythorbate, sodium nitrate, served with ketchup, mustard and pickle relish

Whole Grain Chicken Corndog: Batter: water, whole wheat flour, whole grain corn, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), soy flour, soybean oil, salt, egg yolk with sodium silicoaluminate, ascorbic acid, egg white, dried honey, artificial flavor. Fried in vegetable oil. Chicken Frank: mechanically separated chicken, water, corn syrup solids, spices, salt, potassium lactate, potassium acetate, sodium phosphate, potassium chloride, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite, served with ketchup and mustard

Sides & Grains

Baked Beans: Prepared white beans, water, brown sugar, sugar, salt, mustard, (vinegar, water, mustard seed, salt, turmeric, paprika), modified corn starch, onion powder, caramel color, spices, garlic powder, and natural flavor.

Hummus: chickpeas, tahini (pure ground sesame seed), water, lemon juice, canola oil, salt, garlic powder, cumin

Refried Beans: cooked pinto beans, water, canola oil, salt

Roasted Potatoes: potatoes, canola oil, salt, black pepper

Gluten Free 7- Grain Bread - Franz: water, brown rice flour, tapioca starch, tapioca syrup, whole grain sorghum flour, xanthan gum, whole grain millet seeds, contains 2% or less of each of the following: whole eggs, whole grain millet flour, whole grain amaranth seeds, whole grain teff seeds, red quinoa seeds, extra virgin olive oil, molasses, salt, cultured rice flour, yeast, enzymes

Tortilla Chips: Yellow corn masa flour, vegetable oil, salt

Whole Grain Garlic Bread: Water, whole wheat flour, enriched flour, soybean oil, whey, eggs, wheat starch, vital wheat gluten, yeast, salt, sugar, potassium chloride, maltodextrin, dextrose, datem, ascorbic acid, enzyme, citric acid, butter, garlic, salt, yellow corn flour, turmeric, annatto, onion, parsley

Whole Wheat Tortillas (6" and 10"): white whole grain wheat flour, water, bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), nteresterified soybean oil, hydrogenated soybean oil, monoand diglycerides, datem, natural flavors, sugar, sodium bicarbonate, sodium aluminum phosphate, corn starch, guar gum, to maintain freshness (potassium sorbate, calcium propionate, fumaric acid, sorbic acid), salt, sodium stearoyl lactylate, sodium metabisulfite, enzymes

Whole Wheat Hoagie – Franz: Whole Wheat Flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)

Whole Wheat Bread - Franz: Whole grain wheat flour, water, yeast, sugar, vital wheat gluten, wheat bran, molasses, salt, vegetable oil (canola and/or soy), yeast nutrient (ammonium sulfate), dough conditioners (sodium steroyl lactylate, ascorbic acid, mono-calcium phosphate), calcium propionate (mold inhibitor), calcium sulfate, enzymes, nonfat dry milk, soy flour

Whole Wheat Bun (Hamburger and Hot Dog - Franz): Whole grain wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), water, yeast, vital wheat gluten, sugar, vegetable oil (canola and/or soy), salt, guar and/or xanthan gum, yeast nutrient (ammonium sulfate), dough



conditioners (sodium steroyl lactylate, ascorbic acid, mono-calcium phosphate), calcium propionate (mold inhibitor), calcium sulfate, enzymes

Whole Wheat Hoagie – Franz: Whole Wheat Flour, water, sugar, vital wheat gluten, yeast, vegetable oil (canola and/or soy), contains 2% of less of each of the following: salt, wheat bran, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor)

Whole Wheat Roll 2 oz: Water, whole wheat flour, low-gluten flour, sugar, enriched wheat flour, wheat gluten, dry whey, dextrose, palm shortening, salt, soy flour, soybean oil, palm emulsifier, dough conditioners (wheat flour, ascorbic acid, enzymes), egg yolk, calcium sulfate, corn starch, wheat starch, yeast