

WEEK 3-WINTER CYCLE MENU 2020

MONDAY

Ingredients: **great northern beans**

Ingredients:Cured with: Water, Dextrose, Salt, Contains 2% or less of potassium lactate, sodium diacetate, sodium phosphates, sodium erythorbate, sodium nitrite **HAM**

Ingredients:Cabbage, Mayonnaise (Soybean Oil, Water, Egg Yolks, Vinegar, Salt), Sugar, Carrot, Vinegar, Citric Acid, Ascorbic Acid, Modified Corn Starch, Natural Buttermilk Type flavor (Whey Powder, Nonfat Dry Milk, Maltodextrin [Corn], Anhydrous Milkfat, Calcium Lactate, Soy Lecithin, Sodium Citrate, Culture), Salt, Sodium Erythorbate, Xanthan Gum, Potassium Sorbate (Preservative), Sodium Benzoate (Preservative), Gums (Cellulose Gum, Guar Gum, Xanthan Gum). **COLESLAW**

Ingredients:Corn, Carrots, Peas, Green Beans, Lima Beans **MIXED VEGETABLES**

Ingredients:Pineapple, Red Papaya, Guava, Yellow Papaya, Water, Sugar, Citric Acid **FRUIT SALAD**

Ingredients:INGREDIENTS: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Sugar, Degermed Yellow Cornmeal, Palm And Soybean Oil, Cornstarch, Food Starch-Modified, Dextrose, Less Than 2% Of: Baking Soda, Monocalcium Phosphate, Salt, Sodium Aluminum Phosphate, Wheat Protein Isolate, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake. CONTAINS: Wheat. May Contain Milk, Eggs, Soy. **CORN MUFFINS**

TUESDAY

Ingredients:SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID. **PENNE PASTA CHICKEN**

Ingredients:Tomato Concentrate (Water, Tomato Paste), Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor. **SPAGHETTI SAUCE**

Ingredients:Corn

Ingredients:Cut Green Beans, Cut Wax Beans, Water, Dark Red Kidney Beans, Sugar, Vinegar, Diced Onions, Diced Red Bell Peppers, Soybean oil, Salt, Natural Flavorings, Calcium Chloride, Disodium EDTA (to preserve color) Turmeric **GREEN BEAN SALAD**

Ingredients:100% **Grape juice**

WEDNESDAY

INGREDIENTS: BEEF CUBE STEAK

Ingredients:MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED SOY, CORN AND WHEAT PROTEIN, CORNSTARCH, BEEF FAT (BEEF FAT, BHT AND CITRIC ACID [PRESERVATIVES]), WHEY, ONION POWDER, 2% OR LESS OF YEAST EXTRACT, SUGAR, SOYBEAN OIL, SOY SAUCE (SOYBEAN, WHEAT, SALT), CARAMEL COLOR, XANTHAN GUM, GARLIC POWDER, SALT, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVORS, SPICE, CITRIC ACID, EXTRACTIVES OF PAPRIKA, DATEM, SOY LECITHIN, SULFITES. CONTAINS: WHEAT, MILK, SOY INGREDIENTS. MAY CONTAIN EGGS. **GRAVY**

Ingredients:POTATO (DRY), MALTODEXTRIN, SALT, CONTAINS 2% OR LESS OF: CANOLA OIL, NATURAL AND ARTIFICIAL FLAVOR (MILK), LACTOSE, SUNFLOWER OIL, SODIUM CASEINATE, MONO AND DIGLYCERIDES, ARTIFICIAL COLOR, SPICE, DIPOTASSIUM PHOSPHATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. CONTAINS MILK **MASHED POTATOES**

Ingredients:Broccoli, Cauliflower **WINTER BLEND**

Ingredients:**APRICOTS**, WATER, PEAR JUICE CONCENTRATE

Ingredients:INGREDIENTS: Sugar, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Palm And Soybean Oil, Cocoa (Processed With Alkali), Less Than 2% Of: Artificial Flavor, Baking Soda, Egg Whites, Salt. CONTAINS: Wheat, Eggs. May Contain Milk, Soy.

BROWNIE

THURSDAY

Ingredients:Fully Cooked Ingredients: Shredded Cooked **Chicken** (Dark Chicken Meat, Water, Tomatoes (Water, Tomato Paste), Seasoning (Salt, Sugar, Spices, Dehydrated Garlic, Xanthan Gum, Mustard, Dehydrated Onion, Corn Syrup Solids, Paprika, Canola Oil, Chili Pepper, Lemon Juice Solids, Natural Flavors, Garlic Powder), Chicken Fat, Sodium Phosphates, Rice Flour, Chicken Type Flavor (Autolyzed Yeast Extract, Flavors, Salt, Chicken Fat), Chili Powder (Chili Peppers, Flavoring), Curry Powder (Spices, Turmeric)), Barbecue Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains 2% or less of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate (Preservative), Molasses, Corn Syrup, Dried Garlic, Sugar, Tamarind, Natural Flavor), Water.

Ingredients: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. CONTAINS MILK **AUGRATIN POTATOES**

Ingredients:Carrots, Green Beans, Yellow Zucchini, Green Zucchini. **CAPRI BLEND VEGETABLES**

Ingredients:Apples, water **APPLESAUCE**

FRIDAY

Ingredients:RAVIOLI: Water, flour, soy oil, soy protein concentrate, flavoring, salt, egg white powder, modified food starch, sugar, cellulose gum, spices. **GRAVY:** Water, tomato paste (tomatoes, salt, citric acid), sugar, modified food starch, vinegar, salt, basil, oregano. **CHEESE RAVIOLI**

INGREDIENTS: LETTUCE CABBAGE TOMATOES

Ingredients:**PEAS**

Ingredients:**Apples**, ascorbic acid, salt, citric acid

Ingredients:Bread: enriched flour(bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of: palm oil, salt, sugar, yeast, soy flour, wheat gluten, malted barley flour, dextrose, enzymes, ascorbic acid, corn meal. Contains: wheat, soy, Spread: natural oil blend(soybean, palm fruit, extra virgin olive oil, and/or canola oil), water, garlic, contains 2% or less of: onion powder salt, sweet cream buttermilk, natural and artificial flavor, mono and diglycerides, spice, potassium sorbate and sodium benzoate to protect quality, soy lecithin, citric acid, lactic acid, vitamin A palmitate, beta carotene for color. Contains; milk, soy, wheat

BREADSTICK