

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, JULY 1, 2026

| Menu Items | Ingredients | Allergens |
|---------------|---|------------|
| Beef Stir Fry | BEEF ROAST (Coated with Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder, Spices. Ingredients: Beef, Water, Potassium Lactate, Isolated Soy Protein, Salt, Sodium Phosphates, Sugar, Sodium Diacetate, Flavoring.), JAPANESE VEGETABLES (Green Beans, Broccoli, Onions, Mushrooms, Red Peppers), WATER, SOYBEAN OIL (Soybean Oil), BEEF SOUP BASE (roasted beef and concentrated beef stock, maltodextrin, autolyzed yeast extract, hydrolyzed corn protein, corn starch, carrot purée, natural flavors, disodium inosinate and disodium guanylate, 2% or less of caramel color, corn oil, spices and coloring, potato starch, dextrose, salt, lactic acid), CORNSTARCH (Cornstarch), SOY SAUCE LIGHT (Water, Soybeans, Wheat, Salt) | Soy, Wheat |
| Rice Pilaf | WATER, RICE (Enriched Long Grain Parboiled Rice, Iron (ferric orthophosphate), Niacin, Thiamine (thiamine mononitrate), Folic Acid), ONIONS (Onions), CHICKEN SOUP BASE (chicken meat and natural chicken juices, maltodextrin, autolyzed yeast extract, flavors, salt, corn starch, 2% or less of corn oil, disodium inosinate and disodium guanylate, dried chicken, dried chicken broth, natural extractives of tumeric and annatto, potato starch, chicken fat, natural extractives of paprika, chicken skin, rosemary extract, citric acid, papain, lactic acid), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), BAY LEAF (Bay Leaves), WHITE PEPPER (White Pepper) | Milk, Soy |

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|-----------------------|--|------------|
| Kyoto Vegetable Blend | WATER, EDAMAME (Soybeans), BROCCOLI FLORETS, CARROTS, WHOLE KERNEL CORN (Corn), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid) | Soy |
| Japanese Vegetables | WATER, BROCCOLI CUTS (Broccoli), GREEN BEANS, ONIONS (Onions), MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid), SOY SAUCE LIGHT (Water, Soybeans, Wheat, Salt) | Soy, Wheat |
| Whole Wheat Bread | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Mandarin Oranges | MANDARIN ORANGES (Mandarin Orange Segments, Water, Sugar, Citric Acid) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, JULY 2, 2026

| Menu Items | Ingredients | Allergens |
|---------------|---|-----------|
| Baked Chicken | CHICKEN BREAST (Boneless, skinless chicken breasts with rib meat, water, seasoning [corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate, disodium guanylate), with not more than 2% safflower oil added], modified food starch, sodium phosphates.) | |
| BBQ Sauce | BARBECUE SAUCE (tomato puree (water, tomato paste), high fructose corn syrup, vinegar, corn syrup, salt, modified food starch, contains less than 2% of soybean oil, hydrolyzed soy protein, mustard flour, dried onions, dried garlic, natural flavor (contains celery seed), red 40, blue 1, potassium sorbate (to preserve freshness).), WATER | Soy |

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|-------------------|--|------------------|
| Macaroni & Cheese | <p>WATER, PASTA MACARONI (Semolina (Wheat), Durum Wheat Flour, Vitamin B3 (Niaci), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B12 (Riboflavin), Folic Acid), CHEESE SAUCE (water, vegetable oil (contains one or more of the following: high oleic canola oil, high oleic sunflower oil, soybean oil), modified food starch, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto extract [color]), whey, contains less than 2% of cornstarch, salt, cellulose gum, sodium hexametaphosphate, mono-and diglycerides, yeast extract, natural flavors, lactic acid, sodium hydroxide, annatto extract (color), sodium phosphate, yellow 6.), Shredded Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). potato starch and powdered cellulose added to prevent caking.), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), SOYBEAN OIL (Soybean Oil)</p> | Milk, Soy, Wheat |
| Green Beans | GREEN BEANS, WATER | |
| Collard Greens | COLLARD GREENS (Collard Greens), WATER, ONIONS (Onions), SUGAR (Sugar) | |
| Cornbread Muffin | <p>CORNBREAD MUFFIN (enriched flour (bleached flour, wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, water, soybean oil, eggs, yellow corn meal, corn syrup, contains 2% or less: wheat gluten, modified food starch, mono- & diglycerides , sodium acid pyrophosphate, baking soda, salt, potassium sorbate (to maintain freshness), monocalcium phosphate, enzymes, xanthan gum, guar gum)</p> | Egg, Wheat |
| Diced Peaches | PEACHES (Peaches, Water, Pear Juice from Concentrate) | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

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| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |
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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, JULY 6, 2026

| Menu Items | Ingredients | Allergens |
|---------------------------|--|------------|
| Hamburger Patty | BEEF PATTY (Ground Beef (Not more than 30% Fat), Water, Textured Vegetable Protein Product (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Salt, Sodium Phosphate, Caramel Color) | Soy |
| Potato Wedges | POTATO WEDGES (Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of cellulose gum, color (paprika oleoresin, turmeric oleoresin), degermed yellow corn meal, dextrose, food starch-modified, garlic powder, onion powder, rice flour, salt, spices, disodium dihydrogen pyrophosphate (to maintain natural color)) | Wheat |
| Baked Beans | VEGETARIAN BAKED BEANS (Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Salt, Mustard (water, vinegar, mustard seed, salt, paprika, tumeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor) | |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium proprionate (preservative), sodium stearoyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Applesauce | APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color) | |
| Milk | MILK | Milk |

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| Ketchup | KETCHUP | |
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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, JULY 7, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|---|---------------|
| Sliced Turkey Breast | TURKEY BREAST (Turkey Breast, Turkey Broth, Salt, Contains 2% or less of Dextrose, Sugar, Tapioca Starch, Modified Food Starch, Carrageenan, Sodium Phosphate) | |
| Poultry Gravy | WATER, POULTRY SAUCE CONCENTRATE (Chicken Fat, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Hydrolyzed Corn Protein, Canola Oil, Sugar, Whey, Potassium Chloride, Corn Syrup Solids, Yeast Extract, Onion Powder, Coconut Oil, Xanthan Gum, Dehydrated Chicken Broth, Natural Flavor, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides, Extractives of Annatto And Turmeric (Color)) | Milk |
| Cubed Sweet Potatoes | SWEET POTATOES (Sweet Potatoes) | |
| Green Beans | GREEN BEANS, WATER | |
| Whole Grain Roll | WHEAT DINNER ROLL (Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vital Wheat Gluten, Salt, Soybean Oil, Ethoxylated Mono and Diglycerides and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearyl Lactylate, Sesame Flour, Calcium Propionate, Ascorbic Acid, Enzymes (Wheat Flour), Corn Starch, Trical Calcim Phosphate) | Sesame, Wheat |
| Diced Pears | PEARS (Pears, water, pear juice concentrate) | |
| Milk | MILK | Milk |

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| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |
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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, JULY 8, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|---|------------------|
| Stuffed Shells | STUFFED PASTA SHELLS (Ricotta Cheese (Milk, Whey, Cream, Vinegar, Salt, Xanthan Gum, Locust Bean Gum, Guar Gum), Cooked Pasta Shells (Enriched Wheat Flour [Durham Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water), Modified Food Starch, Romano Cheese (Cow's and Sheep's Milk, Rennet, Salt, Cheese Cultures, Enzymes), Salt, Dried Whole Eggs, Mozzarella Cheese (Whole Milk, Cheese Cultures, Salt, Enzymes), Parsley, Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Black Pepper) | Egg, Milk, Wheat |
| Tomato Sauce | TOMATO SAUCE (Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), ONIONS (Onions) | |
| Mushrooms | MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid) | |
| Lima Beans | WATER, LIMA BEANS (Baby Lima Beans) | |
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Fresh Banana | BANANA (Banana) | |
| Milk | MILK | Milk |

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| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |
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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, JULY 9, 2026

| Menu Items | Ingredients | Allergens |
|---------------------------|---|-------------|
| Breaded Fish | BREADED POLLOCK (71.4% fish (pollock), 16% breading, 12.6% batter and water, fish (pollock), whole wheat flour, water, cracker meal (whole wheat flour, leavening (sodium bicarbonate), extractives of paprika), canola oil, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of modified cornstarch, whole grain yellow corn flour, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), spices, wheat gluten, yeast extract, garlic powder, onion powder, soybean oil (as processing aid), dextrose, spice extractive) | Fish, Wheat |
| Potato Wedges | POTATO WEDGES (Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of cellulose gum, color (paprika oleoresin, turmeric oleoresin), degermed yellow corn meal, dextrose, food starch-modified, garlic powder, onion powder, rice flour, salt, spices, disodium dihydrogen pyrophosphate (to maintain natural color)) | Wheat |
| Green Peas | GREEN PEAS, WATER | |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium propionate (preservative), sodium stearoyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Fresh Grapes | GRAPES | |
| Milk | MILK | Milk |
| Tartar Sauce | TARTAR SAUCE | Egg |

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| Ketchup | KETCHUP | |
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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, JULY 10, 2026

| Menu Items | Ingredients | Allergens |
|---------------|--|-----------|
| Baked Chicken | CHICKEN BREAST (Boneless, skinless chicken breasts with rib meat, water, seasoning [corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate, disodium guanylate), with not more than 2% safflower oil added], modified food starch, sodium phosphates.) | |
| Alfredo Sauce | WATER, ALFREDO SAUCE MIX (modified cornstarch, maltodextrin, soybean oil, whey, palm oil, canola oil, parmesan, cheddar, and romano cheese solids (pasteurized milk, cultures, salt, enzymes), nonfat dried milk, yeast extract, sodium caseinate (a milk derivative), whey protein concentrate, salt, 2% or less of cellulose gel, enzyme modified cheddar cheese, enzyme modified cream, sodium phosphate, sodium citrate, calcium lactate, enzyme modified milk fat, lactic acid, xanthan gum, dextrose, sodium alginate, enzyme modified nonfat milk, butter (cream, salt), natural flavors, annatto & turmeric (color), hydrolyzed casein, disodium inosinate, spices, calcium alginate, disodium guanylate.) | Milk |
| Penne Pasta | WATER, WHOLE WHEAT PENNE PASTA (Whole Grain Durum Wheat Flour), SOYBEAN OIL (Soybean Oil) | Wheat |
| Broccoli | WATER, BROCCOLI FLORETS, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |
| Cauliflower | CAULIFLOWER (Cauliflower), WATER | |

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| | | |
|-------------------|---|--------------------|
| Garlic Breadstick | GARLIC BREADSTICK (enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, liquid margarine (soybean oil, water, salt, hydrogenated soybean oil, mono and diglycerides, soybean lecithin (soy), sodium benzoate (preservatives), artificial butter flavor, colored with beta carotene, vitamin a palmitate added), water, liquid sugar, garlic, soybean oil, salt (salt, yellow prussiate of soda), monoglycerides (water, monoglycerides and 2% or less of each of the following: preservatives (propionic acid, phosphoric acid), dried oregano, calcium propionate, dough conditioner (wheat flour, ascorbic acid, enzymes), salt, dry yeast (inactive), vegetable oil blend (soybean oil, soy lecithin).) | Sesame, Soy, Wheat |
| Diced Pears | PEARS (Pears, water, pear juice concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, JULY 13, 2026

| Menu Items | Ingredients | Allergens |
|----------------------------|--|-----------------------|
| Stuffed Pepper | STUFFED BELL PEPPER (Tomato Puree (water, tomato paste), green peppers, beef, diced tomatoes in tomato juice, rice, reconstituted skim milk, contains less than 2% of: bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate), eggs, modified food starch, carrots, water, celery, salt, soy protein concentrate, onions, soy protein isolate, yeast extract, dehydrated onions, spice, caramel color, flavoring) | Egg, Milk, Soy, Wheat |
| Tomato Sauce | TOMATO SAUCE (Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), ONIONS (Onions) | |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk |
| California Vegetable Blend | WATER, BROCCOLI FLORETS, CARROTS, CAULIFLOWER (Cauliflower) | |

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| | | |
|----------------------|---|---------------|
| Whole Grain Roll (2) | WHEAT DINNER ROLL (Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vital Wheat Gluten, Salt, Soybean Oil, Ethoxylated Mono and Diglycerides and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearyl Lactylate, Sesame Flour, Calcium Propionate, Ascorbic Acid, Enzymes (Wheat Flour), Corn Starch, Trical Calcim Phosphate) | Sesame, Wheat |
| Peaches/Pears | PEACHES (Peaches, Water, Pear Juice from Concentrate), PEARS (Pears, water, pear juice concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, JULY 14, 2026

| Menu Items | Ingredients | Allergens |
|---------------------------|---|------------|
| Breaded Chicken Patty | BREADED CHICKEN PATTY WG (Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, vinegar), garlic powder, onion powder, natural* chicken broth flavor (chicken broth, natural flavor, salt, onion juice concentrate), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, salt, spice, garlic powder, paprika, leavening (cream of tartar, sodium bicarbonate), celery seed, natural flavors (including extractives of celery seed), extractives of turmeric. Breading set in vegetable oil.) | Soy, Wheat |
| Sliced Carrots | CARROTS, WATER | |
| Green Peas | GREEN PEAS, WATER, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium propionate (preservative), sodium stearoyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Pineapple Tidbits | PINEAPPLES (Pineapple, Pineapple Juice) | |
| Milk | MILK | Milk |
| Mayonnaise | MAYONNAISE PACKET | Egg |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, JULY 15, 2026

| Menu Items | Ingredients | Allergens |
|-----------------|---|------------------|
| Baked Meatballs | MEATBALLS (Beef, Mechanically Separated Chicken, Water, Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Textured 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), Cyanocobalamin (B12)], Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Seasoning (Dextrose, Tomato Powder, Disodium Inosinate And Disodium Guanylate, Spice Extractives, Nonfat Dry Milk), Onions, Salt, Sodium Phosphate, Caramel Color. Set In Vegetable Oil.) | Milk, Soy, Wheat |
| Marinara Sauce | MARINARA SAUCE (Tomato Puree (Water, Tomato Paste), Tomatoes, Onions, Less than 2% of: Brown Sugar, Extra Virgin Olive Oil, Salt, Calcium Chloride, Dried Basil, Garlic Powder, Dried Oregano, Onion Powder, Natural Flavor, Black Pepper, Dried Parsley, Ground Fennel, Ground Savory, Ground Thyme, Citric Acid*. *Naturally Derived) | |
| Broccoli | BROCCOLI FLORETS, WATER | |
| Green Beans | GREEN BEANS, WATER | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------------|---|---------------|
| Whole Grain Hot Dog Bun | HOT DOG BUN (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Salt, Emulsifier (Ethoxylated Mono and Diglycerides) and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid, Sesame, Calcium Propionate), Dough Conditioner (Sodium Stearoyl Lactylate, Ascorbic Acid, Enzymes (Wheat Flour)) Leavening agent (Tricalcium Phosphate) | Sesame, Wheat |
| Fresh Plum | PLUM | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, JULY 16, 2026

| Menu Items | Ingredients | Allergens |
|------------------|---|------------------|
| Hawaiian Chicken | CHICKEN BREAST (Boneless, skinless chicken breasts with rib meat, water, seasoning [corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate, disodium guanylate), with not more than 2% safflower oil added], modified food starch, sodium phosphates.), PINEAPPLE (Pineapple, Pineapple Juice), SOY SAUCE LIGHT (Water, Soybeans, Wheat, Salt), WORCESTERSHIRE SAUCE (Distilled Vinegar, Molasses, Water, Corn Syrup, Salt, Caramel Color, Sugar, Spices (including Celery Seed), Anchovy (Fish), Natural Flavor (Soy), Tamarind Extract, and Soy Lecithin), SOYBEAN OIL (Soybean Oil), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid), GARLIC POWDER (Garlic) | Fish, Soy, Wheat |
| Rice Pilaf | WATER, RICE (Enriched Long Grain Parboiled Rice, Iron (ferric orthophosphate), Niacin, Thiamine (thiamine mononitrate), Folic Acid), ONIONS (Onions), CHICKEN SOUP BASE (chicken meat and natural chicken juices, maltodextrin, autolyzed yeast extract, flavors, salt, corn starch, 2% or less of corn oil, disodium inosinate and disodium guanyate, dried chicken, dried chicken broth, natural extractives of tumeric and annatto, potato starch, chicken fat, natural extractives of paprika, chicken skin, rosemary extract, citric acid, papain, lactic acid), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), BAY LEAF (Bay Leaves), WHITE PEPPER (White Pepper) | Milk, Soy |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-----------------------|---|------------------|
| Japanese Vegetables | WATER, BROCCOLI CUTS (Broccoli), GREEN BEANS, ONIONS (Onions), MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid), SOY SAUCE LIGHT (Water, Soybeans, Wheat, Salt) | Soy, Wheat |
| Kyoto Vegetable Blend | WATER, EDAMAME (Soybeans), BROCCOLI FLORETS, CARROTS, WHOLE KERNEL CORN (Corn), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid) | Soy |
| Apple Cereal Bar | NUTRIGRAIN BAR (Crust: whole grain oats, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid}, soybean oil, whole wheat flour, dextrose, fructose, sugar, calcium carbonate, vegetable glycerin, invert sugar, whey, soluble corn fiber, cellulose, salt, natural flavor, potassium bicarbonate, cinnamon, vitamin blend (salt, niacinamide, vitamin B1 [thiamin hydrochloride], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin D3, vitamin B12), wheat bran, mono- and diglycerides, soy lecithin, wheat gluten, carrageenan, iron, guar gum, Filling: invert sugar, corn syrup, vegetable glycerin, apple puree concentrate, sugar, sodium alginate, modified food starch, sodium citrate, lemon juice concentrate, methylcellulose, citric acid, dicalcium phosphate, cinnamon.) | Milk, Soy, Wheat |
| Mandarin Oranges | MANDARIN ORANGES (Mandarin Orange Segments, Water, Sugar, Citric Acid) | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, JULY 17, 2026

| Menu Items | Ingredients | Allergens |
|---------------------------|---|------------|
| Sloppy Joe | GROUND BEEF (Beef), DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), TOMATO PASTE (Tomate Paste, less than 2% of: salt, Citric Acid*, *Naturally Derived), ONIONS (Onions), GREEN PEPPERS (Green Peppers), TACO SEASONING (Dextrose, Salt, Corn Flour, Chili Pepper, Cumin, Onion Powder, Garlic Powder, Oregano, Citric Acid, Silicon Dioxide (as anticaking agent), and Extractives of Paprika), WORCESTERSHIRE SAUCE (Distilled Vinegar, Molasses, Water, Corn Syrup, Salt, Caramel Color, Sugar, Spices (including Celery Seed), Anchovy (Fish), Natural Flavor (Soy), Tamarind Extract, and Soy Lecithin), GARLIC POWDER (Garlic), Chili Powder,Splits (Chili Pepper, Salt, Cumin, Garlic, and Oregano), BASIL LEAVES (Basil) | Fish, Soy |
| Cubed Sweet Potatoes | SWEET POTATOES (Sweet Potatoes) | |
| Brussels Sprouts | BRUSSEL SPROUTS (Brussel Sprouts), WATER | |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium proprionate (preservative), sodium stearoyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Diced Peaches | PEACHES (Peaches, Water, Pear Juice from Concentrate) | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, JULY 20, 2026

| Menu Items | Ingredients | Allergens |
|------------------|--|-----------------------|
| Cabbage Roll | BEEF CABBAGE ROLL (Tomato puree (water, tomato paste), cabbage, beef, diced tomatoes in tomato juice, rice, reconstituted skim milk, contains less than 2% of: modified food starch, carrots, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate), eggs, celery, salt, onions, sugar, soy protein concentrate, soy protein isolate, yeast extract, dehydrated onions, spice, caramel color, flavoring) | Egg, Milk, Soy, Wheat |
| Marinara Sauce | MARINARA SAUCE (Tomato Puree (Water, Tomato Paste), Tomatoes, Onions, Less than 2% of: Brown Sugar, Extra Virgin Olive Oil, Salt, Calcium Chloride, Dried Basil, Garlic Powder, Dried Oregano, Onion Powder, Natural Flavor, Black Pepper, Dried Parsley, Ground Fennel, Ground Savory, Ground Thyme, Citric Acid*. *Naturally Derived) | |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk |
| Sliced Carrots | CARROTS, WATER, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|----------------------|--|------------|
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Diced Peaches | PEACHES (Peaches, Water, Pear Juice from Concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, JULY 21, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|---|---------------|
| Glazed Ham | HAM (32% OF WEIGHT IS ADDED INGREDIENTS Cured With Water, Dextrose, Salt, Corn Syrup, Potassium Lactate, Modified Potato Starch, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Diacetate.), PINEAPPLE JUICE (Water, Pineapple Juice Concentrate, Contains 2% or less of Ascorbic Acid (Vitamin C), Natural Flavor), WATER, CORNSTARCH (Cornstarch) | |
| Cheesy Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), Shredded Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). potato starch and powdered cellulose added to prevent caking.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk |
| Mixed Vegetables | MIXED VEGETABLES (Carrots, Corn, Green Beans, Peas, Lima Beans), WATER, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |
| Whole Grain Roll (2) | WHEAT DINNER ROLL (Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vital Wheat Gluten, Salt, Soybean Oil, Ethoxylated Mono and Diglycerides and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearyl Lactylate, Sesame Flour, Calcium Propionate, Ascorbic Acid, Enzymes (Wheat Flour), Corn Starch, Trical Calcim Phosphate) | Sesame, Wheat |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------|--|------|
| Mixed Fruit | PEACHES (Peaches, Water, Pear Juice from Concentrate), MANDARIN ORANGES (Mandarin Orange Segments, Water, Sugar, Citric Acid), PINEAPPLES (Pineapple, Pineapple Juice), PEARS (Pears, water, pear juice concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, JULY 22, 2026

| Menu Items | Ingredients | Allergens |
|------------------|--|-----------------------|
| Meatloaf | BEEF MEATLOAF (Beef, Water, Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Tomato Ketchup (Tomato Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice, Garlic Powder), Onions, Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Seasoning (Dehydrated Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractive), Salt, Dried Whole Eggs, Sodium Phosphate) | Egg, Milk, Soy, Wheat |
| Brown Gravy | WATER, BROWN GRAVY (Canola Oil, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Whey, Yeast Extract, Hydrolyzed Soy Protein, Beef Fat, Caramel Color, Onion Powder, Garlic Powder, Natural Flavors, Xanthan Gum, Potassium Chloride, Salt, Beef Extract, Sodium Phosphate, Lactic Acid, Calcium Lactate.) | Milk, Soy |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk, Soy |
| Green Beans | GREEN BEANS, WATER | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|----------------------|--|------------|
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Fresh Orange | ORANGE | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, JULY 23, 2026

| Menu Items | Ingredients | Allergens |
|---------------------------|---|-------------|
| Breaded Fish | BREADED POLLOCK (71.4% fish (pollock), 16% breading, 12.6% batter and water, fish (pollock), whole wheat flour, water, cracker meal (whole wheat flour, leavening (sodium bicarbonate), extractives of paprika), canola oil, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of modified cornstarch, whole grain yellow corn flour, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), spices, wheat gluten, yeast extract, garlic powder, onion powder, soybean oil (as processing aid), dextrose, spice extractive) | Fish, Wheat |
| Potato Wedges | POTATO WEDGES (Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of cellulose gum, color (paprika oleoresin, turmeric oleoresin), degermed yellow corn meal, dextrose, food starch-modified, garlic powder, onion powder, rice flour, salt, spices, disodium dihydrogen pyrophosphate (to maintain natural color)) | Wheat |
| Spinach | SPINACH (Spinach), WATER, ONIONS (Onions), SUGAR (Sugar) | |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium propionate (preservative), sodium stearoyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Applesauce | APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color) | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|--------------|--------------|-----|
| Tartar Sauce | TARTAR SAUCE | Egg |
| Lemon Juice | LEMON JUICE | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, JULY 24, 2026

| Menu Items | Ingredients | Allergens |
|--------------------|--|------------------|
| Parmesan Chicken | <p>BREADED CHICKEN PATTY WG (Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, vinegar), garlic powder, onion powder, natural* chicken broth flavor (chicken broth, natural flavor, salt, onion juice concentrate), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, salt, spice, garlic powder, paprika, leavening (cream of tartar, sodium bicarbonate), celery seed, natural flavors (including extractives of celery seed), extractives of turmeric. Breading set in vegetable oil.), TOMATO SAUCE (Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), PARMESAN CHEESE (Parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), imitation cheese (modified food starch, partially hydrogenated soybean oil, water, cellulose, casein, salt, sodium phosphates), and powdered cellulose (anticaking agent))</p> | Milk, Soy, Wheat |
| Tomato Basil Sauce | <p>TOMATO SOUP (Tomato puree (water, tomato paste), wheat flour, sugar, water, contains less than 2% of: salt, citric acid, ascorbic acid (vitamin C), flavoring, celery extract, garlic oil), 2% MILK (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), WATER, PARMESAN CHEESE (Parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), imitation cheese (modified food starch, partially hydrogenated soybean oil, water, cellulose, casein, salt, sodium phosphates), and powdered cellulose (anticaking agent)), BASIL LEAVES (Basil), GARLIC POWDER (Garlic)</p> | Milk, Wheat |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
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| Antigua Vegetable Blend | WATER, BABY CARROTS, CAULIFLOWER (Cauliflower), BROCCOLI FLORETS, GREEN BEANS, RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid) | |
| Cape Cod Vegetable Blend | WATER, GREEN BEANS, BROCCOLI FLORETS, WAX BEANS, CARROTS, EDAMAME (Soybeans), DRIED CRANBERRIES (Sugar, cranberries. Refined sunflower oil is used as a processing aid.) | Soy |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium propionate (preservative), sodium stearoyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Fresh Banana | BANANA (Banana) | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, JULY 27, 2026

| Menu Items | Ingredients | Allergens |
|---------------------|---|-------------|
| Chicken Cordon Bleu | <p>CHICKEN CORDON BLEU (Chicken Breast With Rib Meat (Marinated Up To 8% with a Solution Of Water, Rice Starch, Roasted Chicken, Sodium Phosphates, Salt, Sugar, Natural Flavors), Pasteurized Process Swiss And American Cheese (Swiss Cheese [Cultured Milk And Skim Milk, Salt, Enzymes], American Cheese [Cultured Milk And Skim Milk, Salt, Enzymes], Cream, Sodium Phosphate, Salt), Cooked Ham-Water Added (Cured With Water, Salt, Dextrose, Sodium Phosphate, Sodium Ascorbate, Sodium Nitrite), Enriched Bleached Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil, Contains 2% Or Less Of: Yellow Corn Flour, Salt, Whey, Dextrose, Buttermilk Blend (Buttermilk, WheySolids), Natural Flavors, Spices, Romano And Parmesan Cheeses (Pasteurized Cow's Milk, Cheese Cultures, Salt, Sorbic Acid [Preservative], Enzymes), Yeast, Oleoresin Paprika And Annatto Extract (Color), Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Extractives OfTurmeric And Paprika. Prebrowned In Vegetable Oil.)</p> | Milk, Wheat |
| Whipped Potatoes | <p>WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper)</p> | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-----------------------------|---|------------|
| Poultry Gravy | WATER, POULTRY SAUCE CONCENTRATE (Chicken Fat, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Hydrolyzed Corn Protein, Canola Oil, Sugar, Whey, Potassium Chloride, Corn Syrup Solids, Yeast Extract, Onion Powder, Coconut Oil, Xanthan Gum, Dehydrated Chicken Broth, Natural Flavor, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides, Extractives of Annatto And Turmeric (Color)) | Milk |
| Whole Kernel Corn | WHOLE KERNEL CORN (Corn), WATER | |
| Whole Grain White Bread (2) | WHOLE GRAIN WHITE BREAD (Whole White Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Datem, L-Cysteine, Ammonium Sulfate, Monoglycerides, Enzymes, Ascorbic Acid, Soy Lecithin) | Soy, Wheat |
| Diced Peaches | PEACHES (Peaches, Water, Pear Juice from Concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, JULY 28, 2026

| Menu Items | Ingredients | Allergens |
|-------------------|---|-------------|
| Lasagna Casserole | WATER, GROUND BEEF (Beef), DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), LASAGNA NOODLES (Semolina,enriched with iron (ferrous sulfate) and B vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)), TOMATO PASTE (Tomato Paste, less than 2% of: salt, Citric Acid*, *Naturally Derived), COTTAGE CHEESE (Cultured Nonfat Milk, Milk, Cream, Contains less than 2% of: Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Carbon Dioxide (to preserve freshness), Enzyme), MOZZARELLA CHEESE (Pasteurized milk, cheese culture, salt, enzymes, Potato Starch, Powdered Cellulose added to preserve caking.), ONIONS (Onions), Shredded Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). potato starch and powdered cellulose added to prevent caking.), SUGAR (Sugar), PARMESAN CHEESE (Parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), imitation cheese (modified food starch, partially hydrogenated soybean oil, water, cellulose, casein, salt, sodium phosphates), and powdered cellulose (anticaking agent)), OREGANO (Oregano), BASIL LEAVES (Basil), GARLIC POWDER (Garlic) | Milk, Wheat |
| Spinach | SPINACH (Spinach), WATER, ONIONS (Onions), SUGAR (Sugar) | |
| Diced Beets | BEETS (Beets, Water, Salt), CORNSTARCH (Cornstarch) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|----------------------|---|---------------|
| Whole Grain Roll (2) | WHEAT DINNER ROLL (Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vital Wheat Gluten, Salt, Soybean Oil, Ethoxylated Mono and Diglycerides and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearyl Lactylate, Sesame Flour, Calcium Propionate, Ascorbic Acid, Enzymes (Wheat Flour), Corn Starch, Trical Calcim Phosphate) | Sesame, Wheat |
| Applesauce | APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, JULY 29, 2026

| Menu Items | Ingredients | Allergens |
|------------------|---|-------------|
| Baked Chicken | CHICKEN BREAST (Boneless, skinless chicken breasts with rib meat, water, seasoning [corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate, disodium guanylate), with not more than 2% safflower oil added], modified food starch, sodium phosphates.) | |
| Poultry Gravy | WATER, POULTRY SAUCE CONCENTRATE (Chicken Fat, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Hydrolyzed Corn Protein, Canola Oil, Sugar, Whey, Potassium Chloride, Corn Syrup Solids, Yeast Extract, Onion Powder, Coconut Oil, Xanthan Gum, Dehydrated Chicken Broth, Natural Flavor, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides, Extractives of Annatto And Turmeric (Color)) | Milk |
| Brussels Sprouts | BRUSSEL SPROUTS (Brussel Sprouts), WATER | |
| Sliced Carrots | CARROTS, WATER | |
| Biscuit | BAKED BISCUIT (enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), cultured buttermilk (skim and/or low fat milk, nonfat dry milk, cultures added), water, palm oil, contains less than 2%: modified wheat starch, dextrose, baking soda, salt, soybean oil, whey, sodium aluminum phosphate, sugar, sodium acid pyrophosphate, monocalcium phosphate, artificial flavor) | Milk, Wheat |
| Cranberry Juice | CRANBERRY JUICE | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
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| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |
|-----------|--|--|

TRIO COMMUNITY MEALS
WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, JULY 30, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|--|------------|
| Tuna Salad | TUNA FISH (Skipjack Tuna, Water, Vegetable Broth (Pea and Carrot), Salt), MAYONNAISE (Soybean oil, vinegar, eggs, water, salt, egg yolks, sugar, calcium disodium EDTA (to protect flavor), dried garlic, dried onions, natural flavor.), HARD BOILED EGG (Egg), SWEET PICKLE RELISH (Pickles, Fructose, Vinegar, Water, Salt, Natural Flavors, Xanthan Gum, Calcium Chloride (firming agent), Polysorbate 80, Sodium Benzoate (Preservative), FD and C Yellow #5 and Tumeric (for color)), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid), ONIONS (Onions) | Egg, Fish |
| Three Bean Salad | THREE BEAN SALAD (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 preserved color), Tumeric) | |
| Coleslaw | COLESLAW (Cabbage, Mayonnaise (Soybean Oil, Water, Egg Yolks, Vinegar, Salt), Sugar, Carrots, Vinegar, Green Bell Pepper, Onion, Ascorbic Acid, Salt, Modified Cornstarch, Xanthan Gum, Citric Acid, Sodium Benzoate (Preservative), Potassium Sorbate (Preservative), Celery Seed) | Egg |
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Fresh Grapes | GRAPES | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, JULY 31, 2026

| Menu Items | Ingredients | Allergens |
|------------------|---|------------------|
| Salisbury Beef | SALISBURY STEAK (mechanically separated chicken, water, beef, vegetable protein product [soyprotein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiaminemononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12)], bleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), seasoning [dehydrated onion, dextrose, autolyzed yeast extract, spice extractive], bread crumbs [bleached wheat flour, soybean oil, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, oleoresin paprika], bell peppers, salt, sodium phosphate, caramel color.) | Milk, Soy, Wheat |
| Brown Gravy | WATER, BROWN GRAVY (Canola Oil, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Whey, Yeast Extract, Hydrolyzed Soy Protein, Beef Fat, Caramel Color, Onion Powder, Garlic Powder, Natural Flavors, Xanthan Gum, Potassium Chloride, Salt, Beef Extract, Sodium Phosphate, Lactic Acid, Calcium Lactate.) | Milk, Soy |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk |
| Zucchini | ZUCCHINI (Zucchini), WATER | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------|---|-------------|
| Biscuit | BAKED BISCUIT (enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), cultured buttermilk (skim and/or low fat milk, nonfat dry milk, cultures added), water, palm oil, contains less than 2%: modified wheat starch, dextrose, baking soda, salt, soybean oil, whey, sodium aluminum phosphate, sugar, sodium acid pyrophosphate, monocalcium phosphate, artificial flavor) | Milk, Wheat |
| Diced Pears | PEARS (Pears, water, pear juice concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, AUGUST 3, 2026

| Menu Items | Ingredients | Allergens |
|-----------------|---|------------------|
| Baked Meatballs | MEATBALLS (Beef, Mechanically Separated Chicken, Water, Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Textured 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), Cyanocobalamin (B12)], Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Seasoning (Dextrose, Tomato Powder, Disodium Inosinate And Disodium Guanylate, Spice Extractives, Nonfat Dry Milk), Onions, Salt, Sodium Phosphate, Caramel Color. Set In Vegetable Oil.) | Milk, Soy, Wheat |
| Marinara Sauce | MARINARA SAUCE (Tomato Puree (Water, Tomato Paste), Tomatoes, Onions, Less than 2% of: Brown Sugar, Extra Virgin Olive Oil, Salt, Calcium Chloride, Dried Basil, Garlic Powder, Dried Oregano, Onion Powder, Natural Flavor, Black Pepper, Dried Parsley, Ground Fennel, Ground Savory, Ground Thyme, Citric Acid*. *Naturally Derived) | |
| Mushrooms | MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid) | |
| Spinach | SPINACH (Spinach), WATER, ONIONS (Onions), SUGAR (Sugar) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------------|--|---------------|
| Whole Grain Hot Dog Bun | HOT DOG BUN (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrated, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Salt, Emulsifier (Ethoxylated Mono and Diglycerides) and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid, Sesame, Calcium Propionate), Dough Conditioner (Sodium Stearoyl, Lactylate, Ascorbic Acid, Enzymes (Wheat Flour)) Leavening agent (Tricalcium Phosphate) | Sesame, Wheat |
| Fresh Fruit Salad | CANTALOUPE (Cantaloupe), WATERMELON | |
| Milk | MILK | Milk |
| Lemon Juice | LEMON JUICE | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, AUGUST 4, 2026

| Menu Items | Ingredients | Allergens |
|--------------------|---|-----------|
| BBQ Pork Rib Patty | BBQ PORK RIB PATTY (Pork, Barbecue Sauce [Tomato Ketchup (Tomato Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice, Garlic Powder), Brown Sugar, Sugar, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Garlic Powder), Dextrose, Vinegar, Clove], Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Smoke Flavor, Salt, Modified Food Starch, Sodium Phosphate), BARBECUE SAUCE (tomato puree (water, tomato paste), high fructose corn syrup, vinegar, corn syrup, salt, modified food starch, contains less than 2% of soybean oil, hydrolyzed soy protein, mustard flour, dried onions, dried garlic, natural flavor (contains celery seed), red 40, blue 1, potassium sorbate (to preserve freshness).), WATER | Soy |
| Cheesy Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), Shredded Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). potato starch and powdered cellulose added to prevent caking.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk |
| Mixed Vegetables | MIXED VEGETABLES (Carrots, Corn, Green Beans, Peas, Lima Beans), WATER | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|---------------------------|--|------------|
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium proprionate (preservative), sodium stearyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Mandarin Oranges | MANDARIN ORANGES (Mandarin Orange Segments, Water, Sugar, Citric Acid) | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, AUGUST 5, 2026

| Menu Items | Ingredients | Allergens |
|---------------------------|---|------------|
| Breaded Chicken Patty | BREADED CHICKEN PATTY WG (Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, vinegar), garlic powder, onion powder, natural* chicken broth flavor (chicken broth, natural flavor, salt, onion juice concentrate), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, salt, spice, garlic powder, paprika, leavening (cream of tartar, sodium bicarbonate), celery seed, natural flavors (including extractives of celery seed), extractives of turmeric. Breeding set in vegetable oil.) | Soy, Wheat |
| Sliced Carrots | CARROTS, WATER | |
| Green Peas | GREEN PEAS, WATER | |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium propionate (preservative), sodium stearoyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Diced Pears | PEARS (Pears, water, pear juice concentrate) | |
| Milk | MILK | Milk |
| Mayonnaise | MAYONNAISE PACKET | Egg |

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TRIO COMMUNITY MEALS
WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, AUGUST 6, 2026

| Menu Items | Ingredients | Allergens |
|----------------------------|--|------------------|
| Turkey Tetrazzini | <p>WATER, PULLED WHITE TURKEY, SPAGHETTI NOODLES (Semolina (wheat), durum wheat flour. vitamins/minerals: vitamin B3 (niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid), MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid), Shredded Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). potato starch and powdered cellulose added to prevent caking.), ONIONS (Onions), POULTRY SAUCE CONCENTRATE (Chicken Fat, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Hydrolyzed Corn Protein, Canola Oil, Sugar, Whey, Potassium Chloride, Corn Syrup Solids, Yeast Extract, Onion Powder, Coconut Oil, Xanthan Gum, Dehydrated Chicken Broth, Natural Flavor, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides, Extractives of Annatto And Turmeric (Color)), PIMIENTOS (Diced pimientos, water, sea salt, citric acid), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), GREEN PEPPERS (Green Peppers), PARSLEY</p> | Milk, Soy, Wheat |
| California Vegetable Blend | <p>WATER, BROCCOLI FLORETS, CARROTS, CAULIFLOWER (Cauliflower)</p> | |
| Zucchini | <p>ZUCCHINI (Zucchini), WATER, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.)</p> | Milk, Soy |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------|--|------------|
| Whole Wheat Bread | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, AUGUST 7, 2026

| Menu Items | Ingredients | Allergens |
|------------------|--|-----------------------|
| Meatloaf | BEEF MEATLOAF (Beef, Water, Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Tomato Ketchup (Tomato Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice, Garlic Powder), Onions, Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Seasoning (Dehydrated Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractive), Salt, Dried Whole Eggs, Sodium Phosphate) | Egg, Milk, Soy, Wheat |
| Brown Gravy | WATER, BROWN GRAVY (Canola Oil, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Whey, Yeast Extract, Hydrolyzed Soy Protein, Beef Fat, Caramel Color, Onion Powder, Garlic Powder, Natural Flavors, Xanthan Gum, Potassium Chloride, Salt, Beef Extract, Sodium Phosphate, Lactic Acid, Calcium Lactate.) | Milk, Soy |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk, Soy |
| Brussels Sprouts | BRUSSEL SPROUTS (Brussel Sprouts), WATER | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|----------------------|--|------------|
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Fresh Banana | BANANA (Banana) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, AUGUST 10, 2026

| Menu Items | Ingredients | Allergens |
|---------------------------|--|------------|
| Hamburger Patty | BEEF PATTY (Ground Beef (Not more than 30% Fat), Water, Textured Vegetable Protein Product (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Salt, Sodium Phosphate, Caramel Color) | Soy |
| Potato Wedges | POTATO WEDGES (Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of cellulose gum, color (paprika oleoresin, turmeric oleoresin), degermed yellow corn meal, dextrose, food starch-modified, garlic powder, onion powder, rice flour, salt, spices, disodium dihydrogen pyrophosphate (to maintain natural color)) | Wheat |
| Baked Beans | VEGETARIAN BAKED BEANS (Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Salt, Mustard (water, vinegar, mustard seed, salt, paprika, tumeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor) | |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium proprionate (preservative), sodium stearoyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Grape Juice | GRAPE JUICE (Filtered Water, Grape Juice Concentrate) | |
| Milk | MILK | Milk |
| Ketchup | KETCHUP | |

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TRIO COMMUNITY MEALS
 WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, AUGUST 11, 2026

| Menu Items | Ingredients | Allergens |
|---------------|--|-----------|
| Baked Chicken | CHICKEN BREAST (Boneless, skinless chicken breasts with rib meat, water, seasoning [corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate, disodium guanylate), with not more than 2% safflower oil added], modified food starch, sodium phosphates.) | |
| Alfredo Sauce | WATER, ALFREDO SAUCE MIX (modified cornstarch, maltodextrin, soybean oil, whey, palm oil, canola oil, parmesan, cheddar, and romano cheese solids (pasteurized milk, cultures, salt, enzymes), nonfat dried milk, yeast extract, sodium caseinate (a milk derivative), whey protein concentrate, salt, 2% or less of cellulose gel, enzyme modified cheddar cheese, enzyme modified cream, sodium phosphate, sodium citrate, calcium lactate, enzyme modified milk fat, lactic acid, xanthan gum, dextrose, sodium alginate, enzyme modified nonfat milk, butter (cream, salt), natural flavors, annatto & turmeric (color), hydrolyzed casein, disodium inosinate, spices, calcium alginate, disodium guanylate.) | Milk |
| Penne Pasta | WATER, WHOLE WHEAT PENNE PASTA (Whole Grain Durum Wheat Flour), SOYBEAN OIL (Soybean Oil) | Wheat |
| Broccoli | WATER, BROCCOLI FLORETS, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |
| Cauliflower | CAULIFLOWER (Cauliflower), WATER | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|------------------|---|---------------|
| Whole Grain Roll | WHEAT DINNER ROLL (Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vital Wheat Gluten, Salt, Soybean Oil, Ethoxylated Mono and Diglycerides and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearyl Lactylate, Sesame Flour, Calcium Propionate, Ascorbic Acid, Enzymes (Wheat Flour), Corn Starch, Trical Calcim Phosphate) | Sesame, Wheat |
| Applesauce | APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, AUGUST 12, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|--|------------|
| Tuna Salad | TUNA FISH (Skipjack Tuna, Water, Vegetable Broth (Pea and Carrot), Salt), MAYONNAISE (Soybean oil, vinegar, eggs, water, salt, egg yolks, sugar, calcium disodium EDTA (to protect flavor), dried garlic, dried onions, natural flavor.), HARD BOILED EGG (Egg), SWEET PICKLE RELISH (Pickles, Fructose, Vinegar, Water, Salt, Natural Flavors, Xanthan Gum, Calcium Chloride (firming agent), Polysorbate 80, Sodium Benzoate (Preservative), FD and C Yellow #5 and Tumeric (for color)), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid), ONIONS (Onions) | Egg, Fish |
| Three Bean Salad | THREE BEAN SALAD (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 preserved color), Tumeric) | |
| Cucmbr/Tomato Salad | CUCUMBERS, TOMATOES (Tomatoes), WHITE DISTILLED VINEGAR (diluted with water to 5% acidity), ONIONS (Onions), SUGAR (Sugar) | |
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, AUGUST 13, 2026

| Menu Items | Ingredients | Allergens |
|-------------------------|---|------------------|
| Cheese Ravioli | CHEESE RAVIOLI (Ricotta Cheese (Milk, Whey, Cream, Vinegar, Salt, Xanthum Gum, Locust Bean Gum, Guar Gum), Cooked Pasta (Enriched Durum Wheat Flour (Durum Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Water, Dried Whole Eggs, Tumeric), Water, Modified Corn Starch, Romano Cheese (Cow's and Sheep's Milk, Rennet, Salt, Cheese Cultures, Enzymes), Dried Whole Eggs, Salt, Mozzarella Cheese (Whole Milk, Cheese Cultures, Salt, Enzymes), Parsley, Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Black Pepper) | Egg, Milk, Wheat |
| Tomato Sauce | TOMATO SAUCE (Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), ONIONS (Onions) | |
| Antigua Vegetable Blend | WATER, BABY CARROTS, CAULIFLOWER (Cauliflower), BROCCOLI FLORETS, GREEN BEANS, RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid) | |
| Lima Beans | WATER, LIMA BEANS (Baby Lima Beans) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------|---|--------------------|
| Garlic Breadstick | GARLIC BREADSTICK (enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, liquid margarine (soybean oil, water, salt, hydrogenated soybean oil, mono and diglycerides, soybean lecithin (soy), sodium benzoate (preservatives), artificial butter flavor, colored with beta carotene, vitamin a palmitate added), water, liquid sugar, garlic, soybean oil, salt (salt, yellow prussiate of soda), monoglycerides (water, monoglycerides and 2% or less of each of the following: preservatives (propionic acid, phosphoric acid), dried oregano, calcium propionate, dough conditioner (wheat flour, ascorbic acid, enzymes), salt, dry yeast (inactive), vegetable oil blend (soybean oil, soy lecithin).) | Sesame, Soy, Wheat |
| Mandarin Oranges | MANDARIN ORANGES (Mandarin Orange Segments, Water, Sugar, Citric Acid) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, AUGUST 14, 2026

| Menu Items | Ingredients | Allergens |
|----------------------------|--|-----------------------|
| Cabbage Roll | BEEF CABBAGE ROLL (Tomato puree (water, tomato paste), cabbage, beef, diced tomatoes in tomato juice, rice, reconstituted skim milk, contains less than 2% of: modified food starch, carrots, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate), eggs, celery, salt, onions, sugar, soy protein concentrate, soy protein isolate, yeast extract, dehydrated onions, spice, caramel color, flavoring) | Egg, Milk, Soy, Wheat |
| Marinara Sauce | MARINARA SAUCE (Tomato Puree (Water, Tomato Paste), Tomatoes, Onions, Less than 2% of: Brown Sugar, Extra Virgin Olive Oil, Salt, Calcium Chloride, Dried Basil, Garlic Powder, Dried Oregano, Onion Powder, Natural Flavor, Black Pepper, Dried Parsley, Ground Fennel, Ground Savory, Ground Thyme, Citric Acid*. *Naturally Derived) | |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk, Soy |
| California Vegetable Blend | WATER, BROCCOLI FLORETS, CARROTS, CAULIFLOWER (Cauliflower) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|----------------------|--|------------|
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Fresh Plum | PLUM | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, AUGUST 17, 2026

| Menu Items | Ingredients | Allergens |
|-----------------|--|-----------------|
| Beef Stroganoff | WATER, CUBED BEEF (85% Lean Beef Stew Meat), BROWN GRAVY (Canola Oil, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Whey, Yeast Extract, Hydrolyzed Soy Protein, Beef Fat, Caramel Color, Onion Powder, Garlic Powder, Natural Flavors, Xanthan Gum, Potassium Chloride, Salt, Beef Extract, Sodium Phosphate, Lactic Acid, Calcium Lactate.), MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid), SOUR CREAM (Cultured Cream, Enzyme), ONIONS (Onions), WORCESTERSHIRE SAUCE (Distilled Vinegar, Molasses, Water, Corn Syrup, Salt, Caramel Color, Sugar, Spices (including Celery Seed), Anchovy (Fish), Natural Flavor (Soy), Tamarind Extract, and Soy Lecithin), GARLIC POWDER (Garlic), PARSLEY | Fish, Milk, Soy |
| Egg Noodles | WATER, EGG NOODLES (Durum Wheat Semolina, Durum Wheat Flour, Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid) | Egg, Wheat |
| Harvard Beets | BEETS (Beets, Water, Salt), WHITE DISTILLED VINEGAR (diluted with water to 5% acidity), SUGAR (Sugar), CORNSTARCH (Cornstarch), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |
| Spinach | SPINACH (Spinach), WATER, ONIONS (Onions), SUGAR (Sugar) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------|--|------------|
| Whole Wheat Bread | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Diced Pears | PEARS (Pears, water, pear juice concentrate) | |
| Milk | MILK | Milk |
| Lemon Juice | LEMON JUICE | |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, AUGUST 18, 2026

| Menu Items | Ingredients | Allergens |
|--------------------------|---|-------------|
| Broccoli Stuffed Chicken | BROCCOL STUFFED CHICKEN BREAST (Chicken Breast With Rib Meat (Marinated Up To 8% With A Solution Of Water, Rice Starch, Roasted Chicken, Sodium Phosphate, Salt, Sugar, Natural Flavors), Broccoli, Pasteurized Process Swiss And American Cheese (Swiss Cheese [Cultured Milk And Skim Milk, Salt, Enzymes], American Cheese [Cultured Milk And Skim Milk, Salt, Enzymes], Cream, Sodium Phosphate, Salt), Enriched Bleached Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil, Contains 2% Or Less Of: Yellow Corn Flour, Salt, Whey, Dextrose, Buttermilk Blend (Buttermilk, Whey Solids), Natural Flavors, Spices, Romano And Parmesan Cheeses (Pasteurized Cow's Milk, Cheese Cultures, Salt, Sorbic Acid [Preservative], Enzymes), Yeast, Oleoresin Paprika And Annatto Extract (Color), Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Extractives Of Turmeric And Paprika. Prebrowned In Vegetable Oil.) | Milk, Wheat |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk |
| Brown Gravy | WATER, BROWN GRAVY (Canola Oil, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Whey, Yeast Extract, Hydrolyzed Soy Protein, Beef Fat, Caramel Color, Onion Powder, Garlic Powder, Natural Flavors, Xanthan Gum, Potassium Chloride, Salt, Beef Extract, Sodium Phosphate, Lactic Acid, Calcium Lactate.) | Milk, Soy |
| Brussels Sprouts | BRUSSEL SPROUTS (Brussel Sprouts), WATER | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-----------------------------|---|------------|
| Whole Grain White Bread (2) | WHOLE GRAIN WHITE BREAD (Whole White Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Datem, L-Cysteine, Ammonium Sulfate, Monoglycerides, Enzymes, Ascorbic Acid, Soy Lecithin) | Soy, Wheat |
| Fresh Orange | ORANGE | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, AUGUST 19, 2026

| Menu Items | Ingredients | Allergens |
|------------------|--|-----------------------|
| Stuffed Pepper | STUFFED BELL PEPPER (Tomato Puree (water, tomato paste), green peppers, beef, diced tomatoes in tomato juice, rice, reconstituted skim milk, contains less than 2% of: bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate), eggs, modified food starch, carrots, water, celery, salt, soy protein concentrate, onions, soy protein isolate, yeast extract, dehydrated onions, spice, caramel color, flavoring) | Egg, Milk, Soy, Wheat |
| Tomato Sauce | TOMATO SAUCE (Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), ONIONS (Onions) | |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk, Soy |
| Zucchini | ZUCCHINI (Zucchini), WATER, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|----------------------|--|------------|
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Pineapple Tidbits | PINEAPPLES (Pineapple, Pineapple Juice) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, AUGUST 20, 2026

| Menu Items | Ingredients | Allergens |
|---------------|---|-----------|
| Baked Chicken | CHICKEN BREAST (Boneless, skinless chicken breasts with rib meat, water, seasoning [corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate, disodium guanylate), with not more than 2% safflower oil added], modified food starch, sodium phosphates.) | |
| BBQ Sauce | BARBECUE SAUCE (tomato puree (water, tomato paste), high fructose corn syrup, vinegar, corn syrup, salt, modified food starch, contains less than 2% of soybean oil, hydrolyzed soy protein, mustard flour, dried onions, dried garlic, natural flavor (contains celery seed), red 40, blue 1, potassium sorbate (to preserve freshness).), WATER | Soy |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------|---|------------------|
| Macaroni & Cheese | WATER, PASTA MACARONI (Semolina (Wheat), Durum Wheat Flour, Vitamin B3 (Niaci), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B12 (Riboflavin), Folic Acid), CHEESE SAUCE (water, vegetable oil (contains one or more of the following: high oleic canola oil, high oleic sunflower oil, soybean oil), modified food starch, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto extract [color]), whey, contains less than 2% of cornstarch, salt, cellulose gum, sodium hexametaphosphate, mono-and diglycerides, yeast extract, natural flavors, lactic acid, sodium hydroxide, annatto extract (color), sodium phosphate, yellow 6.), Shredded Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). potato starch and powdered cellulose added to prevent caking.), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), SOYBEAN OIL (Soybean Oil) | Milk, Soy, Wheat |
| Collard Greens | COLLARD GREENS (Collard Greens), WATER, ONIONS (Onions), SUGAR (Sugar) | |
| Green Beans | GREEN BEANS, WATER, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |
| Cornbread Muffin | CORNBREAD MUFFIN (enriched flour (bleached flour, wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, water, soybean oil, eggs, yellow corn meal, corn syrup, contains 2% or less: wheat gluten, modified food starch, mono- & diglycerides , sodium acid pyrophosphate, baking soda, salt, potassium sorbate (to maintain freshness), monocalcium phosphate, enzymes, xanthan gum, guar gum) | Egg, Wheat |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|---------------|--|------|
| Diced Peaches | PEACHES (Peaches, Water, Pear Juice from Concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, AUGUST 21, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|--|------------------|
| Sliced Turkey Breast | TURKEY BREAST (Turkey Breast, Turkey Broth, Salt, Contains 2% or less of Dextrose, Sugar, Tapioca Starch, Modified Food Starch, Carrageenan, Sodium Phosphate) | |
| Poultry Gravy | WATER, POULTRY SAUCE CONCENTRATE (Chicken Fat, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Hydrolyzed Corn Protein, Canola Oil, Sugar, Whey, Potassium Chloride, Corn Syrup Solids, Yeast Extract, Onion Powder, Coconut Oil, Xanthan Gum, Dehydrated Chicken Broth, Natural Flavor, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides, Extractives of Annatto And Turmeric (Color)) | Milk |
| Cornbread Stuffing | WATER, INSTANT CORNBREAD STUFFING MIX (cornbread crumbs (enriched wheat and semolina flour, cornmeal, sugar, salt, partially hydrogenated soybean oil, yeast, calcium propionate (for freshness), dried nonfat milk); dried vegetables (onion, celery, parsley); salt; sugar; dried chicken (fat, meat); yeast extract; spices; hydrolyzed soy/wheat protein; turmeric (color); natural flavors), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy, Wheat |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------|--|------------|
| Green Peas | GREEN PEAS, WATER | |
| Whole Wheat Bread | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Fresh Grapes | GRAPES | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, AUGUST 24, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|--|------------------|
| Parmesan Chicken | <p>BREADED CHICKEN PATTY WG (Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, vinegar), garlic powder, onion powder, natural* chicken broth flavor (chicken broth, natural flavor, salt, onion juice concentrate), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, salt, spice, garlic powder, paprika, leavening (cream of tartar, sodium bicarbonate), celery seed, natural flavors (including extractives of celery seed), extractives of turmeric. Breading set in vegetable oil.), TOMATO SAUCE (Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), PARMESAN CHEESE (Parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), imitation cheese (modified food starch, partially hydrogenated soybean oil, water, cellulose, casein, salt, sodium phosphates), and powdered cellulose (anticaking agent))</p> | Milk, Soy, Wheat |
| Marinara Sauce | <p>MARINARA SAUCE (Tomato Puree (Water, Tomato Paste), Tomatoes, Onions, Less than 2% of: Brown Sugar, Extra Virgin Olive Oil, Salt, Calcium Chloride, Dried Basil, Garlic Powder, Dried Oregano, Onion Powder, Natural Flavor, Black Pepper, Dried Parsley, Ground Fennel, Ground Savory, Ground Thyme, Citric Acid*. *Naturally Derived)</p> | |
| Rotini Noodles | <p>WATER, ROTINI PASTA (Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid)</p> | Wheat |
| Key Largo Vegetables | <p>KEY LARGO VEGETABLE BLEND (Yellow Carrots, Carrots, Green Beans, Red Pepper), WATER</p> | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------|--|------------|
| Spinach | SPINACH (Spinach), WATER, ONIONS (Onions), SUGAR (Sugar) | |
| Whole Wheat Bread | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Diced Pears | PEARS (Pears, water, pear juice concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |
| Lemon Juice | LEMON JUICE | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, AUGUST 25, 2026

| Menu Items | Ingredients | Allergens |
|-------------------------|--|------------|
| Glazed Ham | HAM (32% OF WEIGHT IS ADDED INGREDIENTS Cured With Water, Dextrose, Salt, Corn Syrup, Potassium Lactate, Modified Potato Starch, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Diacetate.), PINEAPPLE JUICE (Water, Pineapple Juice Concentrate, Contains 2% or less of Ascorbic Acid (Vitamin C), Natural Flavor), WATER, CORNSTARCH (Cornstarch) | |
| Cheese Whipped Potato | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), Shredded Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). potato starch and powdered cellulose added to prevent caking.), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk, Soy |
| Diced Beets | BEETS (Beets, Water, Salt), CORNSTARCH (Cornstarch) | |
| Whole Grain White Bread | WHOLE GRAIN WHITE BREAD (Whole White Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Datem, L-Cysteine, Ammonium Sulfate, Monoglycerides, Enzymes, Ascorbic Acid, Soy Lecithin) | Soy, Wheat |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------|--|------|
| Mixed Fruit | PEACHES (Peaches, Water, Pear Juice from Concentrate), MANDARIN ORANGES (Mandarin Orange Segments, Water, Sugar, Citric Acid), PINEAPPLES (Pineapple, Pineapple Juice), PEARS (Pears, water, pear juice concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, AUGUST 26, 2026

| Menu Items | Ingredients | Allergens |
|------------------|--|------------|
| Chicken Stir Fry | <p>PULLED CHICKEN (Cooked 80% Dark/20% White Chicken Meat, Pulled), JAPANESE VEGETABLES (Green Beans, Broccoli, Onions, Mushrooms, Red Peppers), WATER, SOY SAUCE (Water, Soybeans, Wheat, Salt, Sodium Benzoate), SOYBEAN OIL (Soybean Oil), CORNSTARCH (Cornstarch), CHICKEN SOUP BASE (chicken meat and natural chicken juices, maltodextrin, autolyzed yeast extract, flavors, salt, corn starch, 2% or less of corn oil, disodium inosinate and disodium guanyate, dried chicken, dried chicken broth, natural extractives of tumeric and annatto, potato starch, chicken fat, natural extractives of paprika, chicken skin, rosemary extract, citric acid, papain, lactic acid), GARLIC POWDER (Garlic), GROUND GINGER (Ginger, and Sulfur Dioxide (added to retain color).)</p> | Soy, Wheat |
| Rice Pilaf | <p>WATER, RICE (Enriched Long Grain Parboiled Rice, Iron (ferric orthophosphate), Niacin, Thiamine (thiamine mononitrate), Folic Acid), ONIONS (Onions), CHICKEN SOUP BASE (chicken meat and natural chicken juices, maltodextrin, autolyzed yeast extract, flavors, salt, corn starch, 2% or less of corn oil, disodium inosinate and disodium guanyate, dried chicken, dried chicken broth, natural extractives of tumeric and annatto, potato starch, chicken fat, natural extractives of paprika, chicken skin, rosemary extract, citric acid, papain, lactic acid), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), BAY LEAF (Bay Leaves), WHITE PEPPER (White Pepper)</p> | Milk, Soy |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-----------------------|--|------------|
| Kyoto Vegetable Blend | WATER, EDAMAME (Soybeans), BROCCOLI FLORETS, CARROTS, WHOLE KERNEL CORN (Corn), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid) | Soy |
| Japanese Vegetables | WATER, BROCCOLI CUTS (Broccoli), GREEN BEANS, ONIONS (Onions), MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid), SOY SAUCE LIGHT (Water, Soybeans, Wheat, Salt) | Soy, Wheat |
| Whole Wheat Bread | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Fresh Plum | PLUM | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS
 WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, AUGUST 27, 2026

| Menu Items | Ingredients | Allergens |
|---------------------|---|------------|
| Corned Beef | CORNED BEEF (Beef, Water, Potassium Lactate, Isolated Soy Protein, (contains Soy Lecithin), Salt, Sugar, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate, Flavoring) | Soy |
| Cabbage/Carrots | CABBAGE (Cabbage), WATER, SHREDDED CARROTS (Carrots) | |
| Ov Roasted Potatoes | RED POTATOES, SOYBEAN OIL (Soybean Oil), ITALIAN SEASONING (Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, and Basil), GARLIC POWDER (Garlic), BLACK PEPPER (Black Pepper) | |
| Rye Bread (2) | RYE BREAD (Water, unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat flour, white rye flour, rye flour, ground caraway seeds, wheat gluten and 2% or less of ground dill seeds, natural flavor, caraway seeds, dough conditioners (dextrose, palm oil, sodium stearoyl lactylate (SSL), calcium stearoyl lactylate (CSL), ascorbic acid, potassium iodate, enzymes, L-Cysteine Hydrochloride, soybean oil, yeast, sugar, palm shortening (palm oil), sour flavor (rye flour, cornstarch, acetic acid, lactic acid, silicon dioxide as flow aid, caramel color, ground caraway seed, ground fennel seed), calcium propionate as preservative, de-oiled soy lecithin.) | Soy, Wheat |
| Fresh Grapes | GRAPES | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-----------|--|--|
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |
|-----------|--|--|

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, AUGUST 28, 2026

| Menu Items | Ingredients | Allergens |
|---------------------------|---|-------------|
| Breaded Fish | BREADED POLLOCK (71.4% fish (pollock), 16% breading, 12.6% batter and water, fish (pollock), whole wheat flour, water, cracker meal (whole wheat flour, leavening (sodium bicarbonate), extractives of paprika), canola oil, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of modified cornstarch, whole grain yellow corn flour, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), spices, wheat gluten, yeast extract, garlic powder, onion powder, soybean oil (as processing aid), dextrose, spice extractive) | Fish, Wheat |
| Potato Wedges | POTATO WEDGES (Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of cellulose gum, color (paprika oleoresin, turmeric oleoresin), degermed yellow corn meal, dextrose, food starch-modified, garlic powder, onion powder, rice flour, salt, spices, disodium dihydrogen pyrophosphate (to maintain natural color)) | Wheat |
| Green Beans | GREEN BEANS, WATER | |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium proprionate (preservative), sodium stearyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Applesauce | APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color) | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|--------------|--------------|-----|
| Tartar Sauce | TARTAR SAUCE | Egg |
| Ketchup | KETCHUP | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, AUGUST 31, 2026

| Menu Items | Ingredients | Allergens |
|------------------|---|------------------|
| Salisbury Beef | SALISBURY STEAK (mechanically separated chicken, water, beef, vegetable protein product [soyprotein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiaminemononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12)], bleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), seasoning [dehydrated onion, dextrose, autolyzed yeast extract, spice extractive], bread crumbs [bleached wheat flour, soybean oil, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, oleoresin paprika], bell peppers, salt, sodium phosphate, caramel color.) | Milk, Soy, Wheat |
| Brown Gravy | WATER, BROWN GRAVY (Canola Oil, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Whey, Yeast Extract, Hydrolyzed Soy Protein, Beef Fat, Caramel Color, Onion Powder, Garlic Powder, Natural Flavors, Xanthan Gum, Potassium Chloride, Salt, Beef Extract, Sodium Phosphate, Lactic Acid, Calcium Lactate.) | Milk, Soy |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk |
| Broccoli | WATER, BROCCOLI FLORETS, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|----------------------|--|------------|
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Tropical Fruit | TROPICAL FRUIT (Pineapple, Papaya (Red And Yellow), Water, Guava, Sugar, Passion Fruit Juice From Concentrate (Water, Passion Fruit Juice Concentrate), And Citric Acid.) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, SEPTEMBER 1, 2026

| Menu Items | Ingredients | Allergens |
|---------------------------|---|------------|
| Breaded Chicken Patty | BREADED CHICKEN PATTY WG (Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, vinegar), garlic powder, onion powder, natural* chicken broth flavor (chicken broth, natural flavor, salt, onion juice concentrate), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, salt, spice, garlic powder, paprika, leavening (cream of tartar, sodium bicarbonate), celery seed, natural flavors (including extractives of celery seed), extractives of turmeric. Breeding set in vegetable oil.) | Soy, Wheat |
| Capri Vegetable Blend | WATER, ZUCCHINI (Zucchini), CARROTS, GREEN BEANS | |
| Green Beans | GREEN BEANS, WATER | |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium proprionate (preservative), sodium stearoyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Diced Peaches | PEACHES (Peaches, Water, Pear Juice from Concentrate) | |
| Milk | MILK | Milk |
| Mayonnaise | MAYONNAISE PACKET | Egg |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, SEPTEMBER 2, 2026

| Menu Items | Ingredients | Allergens |
|---------------------------|--|------------|
| Hamburger Patty | BEEF PATTY (Ground Beef (Not more than 30% Fat), Water, Textured Vegetable Protein Product (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Salt, Sodium Phosphate, Caramel Color) | Soy |
| Potato Wedges | POTATO WEDGES (Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of cellulose gum, color (paprika oleoresin, turmeric oleoresin), degermed yellow corn meal, dextrose, food starch-modified, garlic powder, onion powder, rice flour, salt, spices, disodium dihydrogen pyrophosphate (to maintain natural color)) | Wheat |
| Baked Beans | VEGETARIAN BAKED BEANS (Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Salt, Mustard (water, vinegar, mustard seed, salt, paprika, tumeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor) | |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium proprionate (preservative), sodium stearoyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |
| Pineapple Tidbits | PINEAPPLES (Pineapple, Pineapple Juice) | |
| Milk | MILK | Milk |
| Ketchup | KETCHUP | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, SEPTEMBER 3, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|--|------------------|
| Sliced Turkey Breast | TURKEY BREAST (Turkey Breast, Turkey Broth, Salt, Contains 2% or less of Dextrose, Sugar, Tapioca Starch, Modified Food Starch, Carrageenan, Sodium Phosphate) | |
| Poultry Gravy | WATER, POULTRY SAUCE CONCENTRATE (Chicken Fat, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Hydrolyzed Corn Protein, Canola Oil, Sugar, Whey, Potassium Chloride, Corn Syrup Solids, Yeast Extract, Onion Powder, Coconut Oil, Xanthan Gum, Dehydrated Chicken Broth, Natural Flavor, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides, Extractives of Annatto And Turmeric (Color)) | Milk |
| Cornbread Stuffing | WATER, INSTANT CORNBREAD STUFFING MIX (cornbread crumbs (enriched wheat and semolina flour, cornmeal, sugar, salt, partially hydrogenated soybean oil, yeast, calcium propionate (for freshness), dried nonfat milk); dried vegetables (onion, celery, parsley); salt; sugar; dried chicken (fat, meat); yeast extract; spices; hydrolyzed soy/wheat protein; turmeric (color); natural flavors), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy, Wheat |
| Cubed Sweet Potatoes | SWEET POTATOES (Sweet Potatoes) | |
| Green Peas | GREEN PEAS, WATER | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|------------------|---|---------------|
| Whole Grain Roll | WHEAT DINNER ROLL (Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vital Wheat Gluten, Salt, Soybean Oil, Ethoxylated Mono and Diglycerides and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearyl Lactylate, Sesame Flour, Calcium Propionate, Ascorbic Acid, Enzymes (Wheat Flour), Corn Starch, Trical Calcim Phosphate) | Sesame, Wheat |
| Cranberry Juice | CRANBERRY JUICE | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS
WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, SEPTEMBER 4, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|---|------------------|
| Stuffed Shells | STUFFED PASTA SHELLS (Ricotta Cheese (Milk, Whey, Cream, Vinegar, Salt, Xanthan Gum, Locust Bean Gum, Guar Gum), Cooked Pasta Shells (Enriched Wheat Flour [Durham Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water), Modified Food Starch, Romano Cheese (Cow's and Sheep's Milk, Rennet, Salt, Cheese Cultures, Enzymes), Salt, Dried Whole Eggs, Mozzarella Cheese (Whole Milk, Cheese Cultures, Salt, Enzymes), Parsley, Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Black Pepper) | Egg, Milk, Wheat |
| Tomato Sauce | TOMATO SAUCE (Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), ONIONS (Onions) | |
| Whole Kernel Corn | WHOLE KERNEL CORN (Corn), WATER | |
| Lima Beans | WATER, LIMA BEANS (Baby Lima Beans) | |
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Fresh Orange | ORANGE | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-----------|--|--|
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |
|-----------|--|--|

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, SEPTEMBER 8, 2026

| Menu Items | Ingredients | Allergens |
|----------------------------|---|-------------|
| Broccoli Stuffed Chicken | BROCCOL STUFFED CHICKEN BREAST (Chicken Breast With Rib Meat (Marinated Up To 8% With A Solution Of Water, Rice Starch, Roasted Chicken, Sodium Phosphate, Salt, Sugar, Natural Flavors), Broccoli, Pasteurized Process Swiss And American Cheese (Swiss Cheese [Cultured Milk And Skim Milk, Salt, Enzymes], American Cheese [Cultured Milk And Skim Milk, Salt, Enzymes], Cream, Sodium Phosphate, Salt), Enriched Bleached Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil, Contains 2% Or Less Of: Yellow Corn Flour, Salt, Whey, Dextrose, Buttermilk Blend (Buttermilk, Whey Solids), Natural Flavors, Spices, Romano And Parmesan Cheeses (Pasteurized Cow's Milk, Cheese Cultures, Salt, Sorbic Acid [Preservative], Enzymes), Yeast, Oleoresin Paprika And Annatto Extract (Color), Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Extractives Of Turmeric And Paprika. Prebrowned In Vegetable Oil.) | Milk, Wheat |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk |
| Brown Gravy | WATER, BROWN GRAVY (Canola Oil, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Whey, Yeast Extract, Hydrolyzed Soy Protein, Beef Fat, Caramel Color, Onion Powder, Garlic Powder, Natural Flavors, Xanthan Gum, Potassium Chloride, Salt, Beef Extract, Sodium Phosphate, Lactic Acid, Calcium Lactate.) | Milk, Soy |
| California Vegetable Blend | WATER, BROCCOLI FLORETS, CARROTS, CAULIFLOWER (Cauliflower) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-----------------------------|---|------------|
| Whole Grain White Bread (2) | WHOLE GRAIN WHITE BREAD (Whole White Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Datem, L-Cysteine, Ammonium Sulfate, Monoglycerides, Enzymes, Ascorbic Acid, Soy Lecithin) | Soy, Wheat |
| Apricot Halves | APRICOTS (Apricots, Water, Pear Juice Concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, SEPTEMBER 9, 2026

| Menu Items | Ingredients | Allergens |
|---------------------------|---|------------|
| Sloppy Joe | GROUND BEEF (Beef), DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), TOMATO PASTE (Tomate Paste, less than 2% of: salt, Citric Acid*, *Naturally Derived), ONIONS (Onions), GREEN PEPPERS (Green Peppers), TACO SEASONING (Dextrose, Salt, Corn Flour, Chili Pepper, Cumin, Onion Powder, Garlic Powder, Oregano, Citric Acid, Silicon Dioxide (as anticaking agent), and Extractives of Paprika), WORCESTERSHIRE SAUCE (Distilled Vinegar, Molasses, Water, Corn Syrup, Salt, Caramel Color, Sugar, Spices (including Celery Seed), Anchovy (Fish), Natural Flavor (Soy), Tamarind Extract, and Soy Lecithin), GARLIC POWDER (Garlic), Chili Powder,Splits (Chili Pepper, Salt, Cumin, Garlic, and Oregano), BASIL LEAVES (Basil) | Fish, Soy |
| Potato Wedges | POTATO WEDGES (Potatoes, vegetable oil (soybean, canola, cottonseed, and/or sunflower), enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of cellulose gum, color (paprika oleoresin, turmeric oleoresin), degermed yellow corn meal, dextrose, food starch-modified, garlic powder, onion powder, rice flour, salt, spices, disodium dihydrogen pyrophosphate (to maintain natural color)) | Wheat |
| Diced Beets | BEETS (Beets, Water, Salt), CORNSTARCH (Cornstarch) | |
| Whole Grain Hamburger Bun | WHOLE WHEAT HAMBURGER BUN (Whole white wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) water, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, salt, calcium proprionate (preservative), sodium stearoyl lactylate, calcium sulfate, ammonium sulfate, monoglycerides, enzymes, ascorbic acid.) | Soy, Wheat |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|--------------|--------|------|
| Fresh Grapes | GRAPES | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, SEPTEMBER 10, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|---|---------------|
| Glazed Ham | HAM (32% OF WEIGHT IS ADDED INGREDIENTS Cured With Water, Dextrose, Salt, Corn Syrup, Potassium Lactate, Modified Potato Starch, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Diacetate.), PINEAPPLE JUICE (Water, Pineapple Juice Concentrate, Contains 2% or less of Ascorbic Acid (Vitamin C), Natural Flavor), WATER, CORNSTARCH (Cornstarch) | |
| Cheesy Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), Shredded Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). potato starch and powdered cellulose added to prevent caking.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk |
| Mixed Vegetables | MIXED VEGETABLES (Carrots, Corn, Green Beans, Peas, Lima Beans), WATER, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |
| Whole Grain Roll (2) | WHEAT DINNER ROLL (Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vital Wheat Gluten, Salt, Soybean Oil, Ethoxylated Mono and Diglycerides and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearyl Lactylate, Sesame Flour, Calcium Propionate, Ascorbic Acid, Enzymes (Wheat Flour), Corn Starch, Trical Calcim Phosphate) | Sesame, Wheat |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-----------------|--|------|
| Man Org/P'apple | MANDARIN ORANGES (Mandarin Orange Segments, Water, Sugar, Citric Acid), PINEAPPLES (Pineapple, Pineapple Juice) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, SEPTEMBER 11, 2026

| Menu Items | Ingredients | Allergens |
|-----------------|---|------------------|
| Baked Meatballs | MEATBALLS (Beef, Mechanically Separated Chicken, Water, Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Textured 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), Cyanocobalamin (B12)], Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Seasoning (Dextrose, Tomato Powder, Disodium Inosinate And Disodium Guanylate, Spice Extractives, Nonfat Dry Milk), Onions, Salt, Sodium Phosphate, Caramel Color. Set In Vegetable Oil.) | Milk, Soy, Wheat |
| Marinara Sauce | MARINARA SAUCE (Tomato Puree (Water, Tomato Paste), Tomatoes, Onions, Less than 2% of: Brown Sugar, Extra Virgin Olive Oil, Salt, Calcium Chloride, Dried Basil, Garlic Powder, Dried Oregano, Onion Powder, Natural Flavor, Black Pepper, Dried Parsley, Ground Fennel, Ground Savory, Ground Thyme, Citric Acid*. *Naturally Derived) | |
| Green Beans | GREEN BEANS, WATER | |
| Mushrooms | MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------------|---|---------------|
| Whole Grain Hot Dog Bun | HOT DOG BUN (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Salt, Emulsifier (Ethoxylated Mono and Diglycerides) and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid, Sesame, Calcium Propionate), Dough Conditioner (Sodium Stearoyl Lactylate, Ascorbic Acid, Enzymes (Wheat Flour)) Leavening agent (Tricalcium Phosphate) | Sesame, Wheat |
| Fresh Banana | BANANA (Banana) | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS
 WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, SEPTEMBER 14, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|--|-----------------------|
| Cabbage Roll | BEEF CABBAGE ROLL (Tomato puree (water, tomato paste), cabbage, beef, diced tomatoes in tomato juice, rice, reconstituted skim milk, contains less than 2% of: modified food starch, carrots, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate), eggs, celery, salt, onions, sugar, soy protein concentrate, soy protein isolate, yeast extract, dehydrated onions, spice, caramel color, flavoring) | Egg, Milk, Soy, Wheat |
| Marinara Sauce | MARINARA SAUCE (Tomato Puree (Water, Tomato Paste), Tomatoes, Onions, Less than 2% of: Brown Sugar, Extra Virgin Olive Oil, Salt, Calcium Chloride, Dried Basil, Garlic Powder, Dried Oregano, Onion Powder, Natural Flavor, Black Pepper, Dried Parsley, Ground Fennel, Ground Savory, Ground Thyme, Citric Acid*. *Naturally Derived) | |
| Buttered Egg Noodles | WATER, EGG NOODLES (Durum Wheat Semolina, Durum Wheat Flour, Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), SOYBEAN OIL (Soybean Oil) | Egg, Milk, Soy, Wheat |
| Brown Gravy | WATER, BROWN GRAVY (Canola Oil, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Whey, Yeast Extract, Hydrolyzed Soy Protein, Beef Fat, Caramel Color, Onion Powder, Garlic Powder, Natural Flavors, Xanthan Gum, Potassium Chloride, Salt, Beef Extract, Sodium Phosphate, Lactic Acid, Calcium Lactate.) | Milk, Soy |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------|--|------------|
| Mixed Vegetables | MIXED VEGETABLES (Carrots, Corn, Green Beans, Peas, Lima Beans), WATER, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |
| Whole Wheat Bread | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Diced Pears | PEARS (Pears, water, pear juice concentrate) | |
| Grape Juice | GRAPE JUICE (Filtered Water, Grape Juice Concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS
WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, SEPTEMBER 15, 2026

| Menu Items | Ingredients | Allergens |
|------------------|---|------------------|
| Hawaiian Chicken | CHICKEN BREAST (Boneless, skinless chicken breasts with rib meat, water, seasoning [corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate, disodium guanylate), with not more than 2% safflower oil added], modified food starch, sodium phosphates.), PINEAPPLE (Pineapple, Pineapple Juice), SOY SAUCE LIGHT (Water, Soybeans, Wheat, Salt), WORCESTERSHIRE SAUCE (Distilled Vinegar, Molasses, Water, Corn Syrup, Salt, Caramel Color, Sugar, Spices (including Celery Seed), Anchovy (Fish), Natural Flavor (Soy), Tamarind Extract, and Soy Lecithin), SOYBEAN OIL (Soybean Oil), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid), GARLIC POWDER (Garlic) | Fish, Soy, Wheat |
| Brown Rice Pilaf | WATER, BROWN RICE (Long Grain Parboiled Brown Rice), ONIONS (Onions), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), CHICKEN SOUP BASE (chicken meat and natural chicken juices, maltodextrin, autolyzed yeast extract, flavors, salt, corn starch, 2% or less of corn oil, disodium inosinate and disodium guanyate, dried chicken, dried chicken broth, natural extractives of tumeric and annatto, potato starch, chicken fat, natural extractives of paprika, chicken skin, rosemary extract, citric acid, papain, lactic acid), BAY LEAF (Bay Leaves), WHITE PEPPER (White Pepper) | Milk, Soy |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-----------------------|---|------------------|
| Kyoto Vegetable Blend | WATER, EDAMAME (Soybeans), BROCCOLI FLORETS, CARROTS, WHOLE KERNEL CORN (Corn), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid) | Soy |
| Japanese Vegetables | JAPANESE VEGETABLES (Green Beans, Broccoli, Onions, Mushrooms, Red Peppers), WATER, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), SOY SAUCE (Water, Soybeans, Wheat, Salt, Sodium Benzoate) | Milk, Soy, Wheat |
| Mandarin Oranges | MANDARIN ORANGES (Mandarin Orange Segments, Water, Sugar, Citric Acid) | |
| Apple Cereal Bar | NUTRIGRAIN BAR (Crust: whole grain oats, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid}, soybean oil, whole wheat flour, dextrose, fructose, sugar, calcium carbonate, vegetable glycerin, invert sugar, whey, soluble corn fiber, cellulose, salt, natural flavor, potassium bicarbonate, cinnamon, vitamin blend (salt, niacinamide, vitamin B1 [thiamin hydrochloride], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin D3, vitamin B12), wheat bran, mono- and diglycerides, soy lecithin, wheat gluten, carrageenan, iron, guar gum, Filling: invert sugar, corn syrup, vegetable glycerin, apple puree concentrate, sugar, sodium alginate, modified food starch, sodium citrate, lemon juice concentrate, methylcellulose, citric acid, dicalcium phosphate, cinnamon.) | Milk, Soy, Wheat |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, SEPTEMBER 16, 2026

| Menu Items | Ingredients | Allergens |
|--------------------|--|-------------|
| Breaded Fish | BREADED POLLOCK (71.4% fish (pollock), 16% breading, 12.6% batter and water, fish (pollock), whole wheat flour, water, cracker meal (whole wheat flour, leavening (sodium bicarbonate), extractives of paprika), canola oil, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of modified cornstarch, whole grain yellow corn flour, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), spices, wheat gluten, yeast extract, garlic powder, onion powder, soybean oil (as processing aid), dextrose, spice extractive) | Fish, Wheat |
| Scalloped Potatoes | WATER, SCALLOPED POTATOES (potatoes, modified food starch, whey, lactose, contains 2% or less of: corn syrup solids, onion, sunflower oil, potassium chloride, salt, mono and diglycerides, color (annatto extract), cheddar cheese (pasteurized milk, cultures, salt, enzymes), cream cheese (pasteurized cream, cheese culture, salt, carob bean gum, guar gum), dipotassium phosphate, garlic, green onion, maltodextrin, natural flavor, nonfat milk, soybean oil, spice, yeast extract, freshness preserved with (sodium bisulfite)), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), GARLIC POWDER (Garlic), BLACK PEPPER (Black Pepper) | Milk, Soy |
| Spinach | SPINACH (Spinach), WATER, ONIONS (Onions), SUGAR (Sugar) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|----------------------|---|---------------|
| Whole Grain Roll (2) | WHEAT DINNER ROLL (Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vital Wheat Gluten, Salt, Soybean Oil, Ethoxylated Mono and Diglycerides and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearyl Lactylate, Sesame Flour, Calcium Propionate, Ascorbic Acid, Enzymes (Wheat Flour), Corn Starch, Trical Calcim Phosphate) | Sesame, Wheat |
| Diced Peaches | PEACHES (Peaches, Water, Pear Juice from Concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |
| Tartar Sauce | TARTAR SAUCE | Egg |
| Lemon Juice | LEMON JUICE | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, SEPTEMBER 17, 2026

| Menu Items | Ingredients | Allergens |
|------------------|---|-------------|
| Baked Chicken | CHICKEN BREAST (Boneless, skinless chicken breasts with rib meat, water, seasoning [corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate, disodium guanylate), with not more than 2% safflower oil added], modified food starch, sodium phosphates.) | |
| Poultry Gravy | WATER, POULTRY SAUCE CONCENTRATE (Chicken Fat, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Hydrolyzed Corn Protein, Canola Oil, Sugar, Whey, Potassium Chloride, Corn Syrup Solids, Yeast Extract, Onion Powder, Coconut Oil, Xanthan Gum, Dehydrated Chicken Broth, Natural Flavor, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides, Extractives of Annatto And Turmeric (Color)) | Milk |
| Brussels Sprouts | BRUSSEL SPROUTS (Brussel Sprouts), WATER | |
| Sliced Carrots | CARROTS, WATER | |
| Biscuit | BAKED BISCUIT (enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), cultured buttermilk (skim and/or low fat milk, nonfat dry milk, cultures added), water, palm oil, contains less than 2%: modified wheat starch, dextrose, baking soda, salt, soybean oil, whey, sodium aluminum phosphate, sugar, sodium acid pyrophosphate, monocalcium phosphate, artificial flavor) | Milk, Wheat |
| Cranberry Juice | CRANBERRY JUICE | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-----------|--|--|
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |
|-----------|--|--|

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, SEPTEMBER 18, 2026

| Menu Items | Ingredients | Allergens |
|-------------------|---|-------------|
| Lasagna Casserole | WATER, GROUND BEEF (Beef), DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), LASAGNA NOODLES (Semolina,enriched with iron (ferrous sulfate) and B vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)), TOMATO PASTE (Tomato Paste, less than 2% of: salt, Citric Acid*, *Naturally Derived), COTTAGE CHEESE (Cultured Nonfat Milk, Milk, Cream, Contains less than 2% of: Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Carbon Dioxide (to preserve freshness), Enzyme), MOZZARELLA CHEESE (Pasteurized milk, cheese culture, salt, enzymes, Potato Starch, Powdered Cellulose added to preserve caking.), ONIONS (Onions), Shredded Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). potato starch and powdered cellulose added to prevent caking.), SUGAR (Sugar), PARMESAN CHEESE (Parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), imitation cheese (modified food starch, partially hydrogenated soybean oil, water, cellulose, casein, salt, sodium phosphates), and powdered cellulose (anticaking agent)), OREGANO (Oregano), BASIL LEAVES (Basil), GARLIC POWDER (Garlic) | Milk, Wheat |
| Green Peas | GREEN PEAS, WATER | |
| Cauliflower | CAULIFLOWER (Cauliflower), WATER | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|--------------------|---|------------|
| Garlic Texas Bread | GARLIC TOAST (Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, wheat gluten, dough conditioner (enzymes, ascorbic acid (preservatives)). Spread ingredients: liquid margarine (soybean oil, water, salt, hydrogenated soybean oil, mono and diglycerides, soybean lecithin, sodium benzoate (preservatives), artificial butter flavor, beta carotene (color), vitamin A palmitate added), dehydrated garlic, dehydrated oregano.) | Soy, Wheat |
| Man Org/P'apple | MANDARIN ORANGES (Mandarin Orange Segments, Water, Sugar, Citric Acid), PINEAPPLES (Pineapple, Pineapple Juice) | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, SEPTEMBER 21, 2026

| Menu Items | Ingredients | Allergens |
|----------------|--|-----------|
| Baked Chicken | CHICKEN BREAST (Boneless, skinless chicken breasts with rib meat, water, seasoning [corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate, disodium guanylate), with not more than 2% safflower oil added], modified food starch, sodium phosphates.) | |
| Alfredo Sauce | WATER, ALFREDO SAUCE MIX (modified cornstarch, maltodextrin, soybean oil, whey, palm oil, canola oil, parmesan, cheddar, and romano cheese solids (pasteurized milk, cultures, salt, enzymes), nonfat dried milk, yeast extract, sodium caseinate (a milk derivative), whey protein concentrate, salt, 2% or less of cellulose gel, enzyme modified cheddar cheese, enzyme modified cream, sodium phosphate, sodium citrate, calcium lactate, enzyme modified milk fat, lactic acid, xanthan gum, dextrose, sodium alginate, enzyme modified nonfat milk, butter (cream, salt), natural flavors, annatto & turmeric (color), hydrolyzed casein, disodium inosinate, spices, calcium alginate, disodium guanylate.) | Milk |
| Penne Pasta | WATER, WHOLE WHEAT PENNE PASTA (Whole Grain Durum Wheat Flour), SOYBEAN OIL (Soybean Oil) | Wheat |
| Sliced Carrots | CARROTS, WATER | |
| Broccoli | WATER, BROCCOLI FLORETS, MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.) | Milk, Soy |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------------|---|------------|
| Whole Grain White Bread | WHOLE GRAIN WHITE BREAD (Whole White Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Datem, L-Cysteine, Ammonium Sulfate, Monoglycerides, Enzymes, Ascorbic Acid, Soy Lecithin) | Soy, Wheat |
| Diced Pears | PEARS (Pears, water, pear juice concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, SEPTEMBER 22, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|--|------------|
| Rosemary Pork Loin | PORK LOIN (Pork), OLIVE OIL (80% Soybean Oil, 20% Olive Pomace Oil), ROSEMARY (Rosemary) | |
| Cubed Sweet Potatoes | SWEET POTATOES (Sweet Potatoes) | |
| Brussels Sprouts | BRUSSEL SPROUTS (Brussel Sprouts), WATER | |
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Applesauce | APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, SEPTEMBER 23, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|--|-----------------------|
| Stuffed Pepper | STUFFED BELL PEPPER (Tomato Puree (water, tomato paste), green peppers, beef, diced tomatoes in tomato juice, rice, reconstituted skim milk, contains less than 2% of: bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate), eggs, modified food starch, carrots, water, celery, salt, soy protein concentrate, onions, soy protein isolate, yeast extract, dehydrated onions, spice, caramel color, flavoring) | Egg, Milk, Soy, Wheat |
| Tomato Sauce | TOMATO SAUCE (Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), ONIONS (Onions) | |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk |
| Zucchini | ZUCCHINI (Zucchini), WATER | |
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|----------------|--|------|
| Fruit Cocktail | FRUIT COCKTAIL (Peaches, Pears, Water, Grapes, Pear Juice Concentrate, Pineapple Sectors, Halved Cherries Artificially colored wtih carmine) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

THURSDAY, SEPTEMBER 24, 2026

| Menu Items | Ingredients | Allergens |
|-------------------|--|------------------|
| Chicken Dumplings | WATER, PULLED CHICKEN (Cooked 80% Dark/20% White Chicken Meat, Pulled), DUMPLINGS (Water, Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Eggs, Enriched Durum Wheat Flour (durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Salt, Oleoresin Turmeric.), ONIONS (Onions), POULTRY SAUCE CONCENTRATE (Chicken Fat, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Hydrolyzed Corn Protein, Canola Oil, Sugar, Whey, Potassium Chloride, Corn Syrup Solids, Yeast Extract, Onion Powder, Coconut Oil, Xanthan Gum, Dehydrated Chicken Broth, Natural Flavor, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides, Extractives of Annatto And Turmeric (Color)) | Egg, Milk, Wheat |
| Sliced Carrots | CARROTS, WATER | |
| Spinach | SPINACH (Spinach), WATER, ONIONS (Onions), SUGAR (Sugar) | |
| Whole Wheat Bread | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Fresh Grapes | GRAPES | |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------|--|--|
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |
| Lemon Juice | LEMON JUICE | |

TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

FRIDAY, SEPTEMBER 25, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|--|------------|
| Tuna Salad | TUNA FISH (Skipjack Tuna, Water, Vegetable Broth (Pea and Carrot), Salt), MAYONNAISE (Soybean oil, vinegar, eggs, water, salt, egg yolks, sugar, calcium disodium EDTA (to protect flavor), dried garlic, dried onions, natural flavor.), HARD BOILED EGG (Egg), SWEET PICKLE RELISH (Pickles, Fructose, Vinegar, Water, Salt, Natural Flavors, Xanthan Gum, Calcium Chloride (firming agent), Polysorbate 80, Sodium Benzoate (Preservative), FD and C Yellow #5 and Tumeric (for color)), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid), ONIONS (Onions) | Egg, Fish |
| Three Bean Salad | THREE BEAN SALAD (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 preserved color), Tumeric) | |
| Cucmbr/Tomato Salad | CUCUMBERS, TOMATOES (Tomatoes), WHITE DISTILLED VINEGAR (diluted with water to 5% acidity), ONIONS (Onions), SUGAR (Sugar) | |
| WholeWheat Bread (2) | WHOLE WHEAT BREAD (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Wheat Bran, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Molasses, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Enzymes, Soy Lecithin) | Soy, Wheat |
| Milk | MILK | Milk |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

MONDAY, SEPTEMBER 28, 2026

| Menu Items | Ingredients | Allergens |
|------------------|--|-----------------------|
| Meatloaf | BEEF MEATLOAF (Beef, Water, Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Tomato Ketchup (Tomato Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice, Garlic Powder), Onions, Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Seasoning (Dehydrated Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractive), Salt, Dried Whole Eggs, Sodium Phosphate) | Egg, Milk, Soy, Wheat |
| Brown Gravy | WATER, BROWN GRAVY (Canola Oil, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Whey, Yeast Extract, Hydrolyzed Soy Protein, Beef Fat, Caramel Color, Onion Powder, Garlic Powder, Natural Flavors, Xanthan Gum, Potassium Chloride, Salt, Beef Extract, Sodium Phosphate, Lactic Acid, Calcium Lactate.) | Milk, Soy |
| Whipped Potatoes | WATER, INSTANT MASHED POTATOES (potatoes, contains 2% or less of: ascorbic acid (vitamin c), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, bht), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper) | Milk, Soy |
| Green Peas | GREEN PEAS, WATER | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|----------------------|---|---------------|
| Whole Grain Roll (2) | WHEAT DINNER ROLL (Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vital Wheat Gluten, Salt, Soybean Oil, Ethoxylated Mono and Diglycerides and 2% or less of each of the following: Antioxidants (Tocopherols, Citric Acid), Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearyl Lactylate, Sesame Flour, Calcium Propionate, Ascorbic Acid, Enzymes (Wheat Flour), Corn Starch, Trical Calcim Phosphate) | Sesame, Wheat |
| Diced Pears | PEARS (Pears, water, pear juice concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

TUESDAY, SEPTEMBER 29, 2026

| Menu Items | Ingredients | Allergens |
|-------------------|---|------------------|
| Baked Chicken | CHICKEN BREAST (Boneless, skinless chicken breasts with rib meat, water, seasoning [corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate, disodium guanylate), with not more than 2% safflower oil added], modified food starch, sodium phosphates.) | |
| BBQ Sauce | BARBECUE SAUCE (tomato puree (water, tomato paste), high fructose corn syrup, vinegar, corn syrup, salt, modified food starch, contains less than 2% of soybean oil, hydrolyzed soy protein, mustard flour, dried onions, dried garlic, natural flavor (contains celery seed), red 40, blue 1, potassium sorbate (to preserve freshness).), WATER | Soy |
| Macaroni & Cheese | WATER, WHOLE WHEAT MACARONI (Whole Grain Durum Wheat Flour), CHEESE SAUCE (water, vegetable oil (contains one or more of the following: high oleic canola oil, high oleic sunflower oil, soybean oil), modified food starch, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto extract [color]), whey, contains less than 2% of cornstarch, salt, cellulose gum, sodium hexametaphosphate, mono-and diglycerides, yeast extract, natural flavors, lactic acid, sodium hydroxide, annatto extract (color), sodium phosphate, yellow 6.), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), SOYBEAN OIL (Soybean Oil) | Milk, Soy, Wheat |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|------------------|---|------------|
| Baked Beans | VEGETARIAN BAKED BEANS (Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Salt, Mustard (water, vinegar, mustard seed, salt, paprika, tumeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor) | |
| Collard Greens | COLLARD GREENS (Collard Greens), WATER, ONIONS (Onions), SUGAR (Sugar) | |
| Cornbread Muffin | CORNBREAD MUFFIN (enriched flour (bleached flour, wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, water, soybean oil, eggs, yellow corn meal, corn syrup, contains 2% or less: wheat gluten, modified food starch, mono- & diglycerides , sodium acid pyrophosphate, baking soda, salt, potassium sorbate (to maintain freshness), monocalcium phosphate, enzymes, xanthan gum, guar gum) | Egg, Wheat |
| Fresh Banana | BANANA (Banana) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

WEDNESDAY, SEPTEMBER 30, 2026

| Menu Items | Ingredients | Allergens |
|----------------------|---|-----------------------|
| Swedish Meatballs | <p>MEATBALLS (Beef, Mechanically Separated Chicken, Water, Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Textured 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), Cyanocobalamin (B12)], Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Seasoning (Dextrose, Tomato Powder, Disodium Inosinate And Disodium Guanylate, Spice Extractives, Nonfat Dry Milk), Onions, Salt, Sodium Phosphate, Caramel Color. Set In Vegetable Oil.), WATER, SOUR CREAM (Cultured Cream, Enzyme), BROWN GRAVY (Canola Oil, Food Starch - Modified, Brown Rice Flour (Rice Flour, Rice Bran), Whey, Yeast Extract, Hydrolyzed Soy Protein, Beef Fat, Caramel Color, Onion Powder, Garlic Powder, Natural Flavors, Xanthan Gum, Potassium Chloride, Salt, Beef Extract, Sodium Phosphate, Lactic Acid, Calcium Lactate.)</p> | Milk, Soy, Wheat |
| Buttered Egg Noodles | <p>WATER, EGG NOODLES (Durum Wheat Semolina, Durum Wheat Flour, Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid), MARGARINE (Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey.), SOYBEAN OIL (Soybean Oil)</p> | Egg, Milk, Soy, Wheat |

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TRIO COMMUNITY MEALS

WRAAA - Wed, Jul 1, 2026 - Wed, Sep 30, 2026 - ()

| | | |
|-------------------------|---|------------|
| Green Beans | GREEN BEANS, WATER | |
| Red Cabbage | RED CABBAGE, WATER | |
| Whole Grain White Bread | WHOLE GRAIN WHITE BREAD (Whole White Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Salt, Calcium Propionate (Preservative), Sodium Stearoyl, Lactylate, Calcium Sulfate, Datem, L-Cysteine, Ammonium Sulfate, Monoglycerides, Enzymes, Ascorbic Acid, Soy Lecithin) | Soy, Wheat |
| Diced Peaches | PEACHES (Peaches, Water, Pear Juice from Concentrate) | |
| Milk | MILK | Milk |
| Margarine | MARGARINE PC (Water, canola oil, palm oil, contains less than 2% of salt, vegetable mono & diglycerides, pectin, potassium sorbate (a preservative), polyglycerol polyricinoleate, citric acid, artificial flavors, dlalpha tocopherol acetate (vitamin e) as an antioxidant, calcium disodium edta added to protect flavor, vitamin a palmitate added, beta carotene (color), vitamin d2) | |

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