THURSDAY, OCTOBER 1, 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), 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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Japanese Vegetable Blend	JAPANESE VEGETABLES (Green Beans, Broccoli, Onions, Mushrooms, Red Peppers), WATER, SOY SAUCE (Water, Soybeans, Wheat, Salt, Sodium Benzoate)	Soy, Wheat
Onions and Peppers	WATER, GREEN PEPPERS (Green Peppers), ONIONS (Onions)	
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.)	
Vanilla Wafers	VANILLA WAFERS (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B 12}, Folic Acid), Sugar, Soybean and/or Canola Oil, Palm Oil, High Fructose Corn Syrup, Whey (From Milk), Eggs, Salt, Leavening (Baking Soda, Calcium Phosphate), Mono- and Diglycerides, Natural and Aritificial Flavor, Soy Lecithin.)	Egg, Milk, Soy, Wheat
Milk	MILK	Milk

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FRIDAY, OCTOBER 2, 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 (Chili Pepper, Salt, Cumin, Garlic, and Oregano), BASIL LEAVES (Basil)	Fish, Soy
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)	
Broccoli	BROCCOLI FLORETS, 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
Fresh Plum	PLUM	
Milk	MILK	Milk

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MONDAY, OCTOBER 5, 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
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
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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Diced Beets	BEETS (Beets, Water, Salt), CORNSTARCH (Cornstarch)	
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
Milk	MILK	Milk

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TUESDAY, OCTOBER 6, 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)	
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
Green Peas	GREEN PEAS, 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

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Applesauce	APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color)	
Milk	MILK	Milk

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WEDNESDAY, OCTOBER 7, 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
Lima Beans	WATER, LIMA BEANS (Baby Lima Beans)	
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
Fresh Banana	BANANA (Banana)	
Milk	MILK	Milk
Ketchup	KETCHUP	

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Tartar Sauce	TARTAR SAUCE	Egg

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THURSDAY, OCTOBER 8, 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)	
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
Sliced Carrots	CARROTS, WATER	

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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
Applesauce	APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color)	
Milk	MILK	Milk

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FRIDAY, OCTOBER 9, 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.)	
Cacciatore Sauce	WATER, DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid), ONIONS (Onions), GREEN PEPPERS (Green Peppers), 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)), GARLIC POWDER (Garlic), THYME (Thyme), OREGANO (Oregano)	Milk
Penne Pasta	WATER, WHOLE WHEAT PENNE PASTA (Whole Grain Durum Wheat Flour), SOYBEAN OIL (Soybean Oil)	Wheat
Onions and Peppers	WATER, GREEN PEPPERS (Green Peppers), ONIONS (Onions)	

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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 Orange	ORANGE	
Cranberry Juice	CRANBERRY JUICE	
Milk	MILK	Milk

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TUESDAY, OCTOBER 13, 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
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
Spinach	SPINACH (Spinach), WATER, ONIONS (Onions), SUGAR (Sugar)	

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Whole Wheat Biscuit	WHOLE WHEAT BISCUIT (whole wheat flour, enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, palm kernel oil, sugar, calcium acid pyrophosphate, buttermilk, salt, baking soda, potassium bicarbonate, sodium aluminum phosphate, pectin.)	Milk, Wheat
Mandarin Oranges	MANDARIN ORANGES (Mandarin Orange Segments, Water, Sugar, Citric Acid)	
Milk	MILK	Milk
Lemon Juice	LEMON JUICE	

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WEDNESDAY, OCTOBER 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
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
Penne Pasta	WATER, WHOLE WHEAT PENNE PASTA (Whole Grain Durum Wheat Flour), SOYBEAN OIL (Soybean Oil)	Wheat
Antigua Vegetable Blend	WATER, CAULIFLOWER (Cauliflower), BABY CARROTS, BROCCOLI FLORETS, GREEN BEANS, RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid)	
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
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.)	

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Cranberry Juice	CRANBERRY JUICE	
Milk	MILK	Milk

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THURSDAY, OCTOBER 15, 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), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper)	Milk
Green Beans	GREEN BEANS, WATER	

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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
Fresh Orange	ORANGE	
Milk	MILK	Milk

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FRIDAY, OCTOBER 16, 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
Cauliflower	CAULIFLOWER (Cauliflower), WATER	
Broccoli	BROCCOLI FLORETS, WATER	

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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
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

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MONDAY, OCTOBER 19, 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
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

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Key Largo Vegetables	KEY LARGO VEGETABLE BLEND (Yellow Carrots, Carrots, Green Beans, Red Pepper), WATER	
Whole Wheat Biscuit	WHOLE WHEAT BISCUIT (whole wheat flour, enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, palm kernel oil, sugar, calcium acid pyrophosphate, buttermilk, salt, baking soda, potassium bicarbonate, sodium aluminum phosphate, pectin.)	Milk, Wheat
Diced Pears	PEARS (Pears, water, pear juice concentrate)	
Milk	MILK	Milk

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TUESDAY, OCTOBER 20, 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
Fresh Orange	ORANGE	
Milk	MILK	Milk
Ketchup	KETCHUP	

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WEDNESDAY, OCTOBER 21, 2026

Menu Items	Ingredients	Allergens
Chicken Stir Fry	PULLED CHICKEN (Cooked 80% Dark/20% White Chicken Meat, Pulled), WATER, SOY SAUCE LIGHT (Water, Soybeans, Wheat, Salt), 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), GOUND GINGER (Ginger, and Sulfur Dioxide (added to retain color).)	Soy, Wheat
Brown Rice	WATER, BROWN RICE (Long Grain Parboiled Brown Rice), 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.), SALT (Salt, sodium silicoaluminate, dextrose, potassium iodine and sodium bicarbonate)	Milk, Soy
Kyoto Vegetable Blend	WATER, EDAMAME (Soybeans), BROCCOLI FLORETS, CARROTS, WHOLE KERNEL CORN (Corn), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid)	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

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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.)	
Grape Juice	GRAPE JUICE (Filtered Water, Grape Juice Concentrate)	
Milk	MILK	Milk

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THURSDAY, OCTOBER 22, 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
Mixed Vegetables	MIXED VEGETABLES (Carrots, Corn, Green Beans, Peas, Lima Beans), WATER	
Whole Wheat Biscuit	WHOLE WHEAT BISCUIT (whole wheat flour, enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, palm kernel oil, sugar, calcium acid pyrophosphate, buttermilk, salt, baking soda, potassium bicarbonate, sodium aluminum phosphate, pectin.)	Milk, Wheat
Fresh Grapes	GRAPES	

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Milk	MILK	Milk

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FRIDAY, OCTOBER 23, 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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Green Beans	GREEN BEANS, 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
Mandarin Oranges	MANDARIN ORANGES (Mandarin Orange Segments, Water, Sugar, Citric Acid)	
Milk	MILK	Milk

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MONDAY, OCTOBER 26, 2026

Menu Items	Ingredients	Allergens
Swedish 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.), 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.)	Milk, Soy, Wheat
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

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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
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

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TUESDAY, OCTOBER 27, 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)	
Lima Beans	WATER, LIMA BEANS (Baby Lima Beans)	
Whole Kernel Corn	WHOLE KERNEL CORN (Corn), 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
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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Applesauce	APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color)	
Milk	MILK	Milk

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WEDNESDAY, OCTOBER 28, 2026

Menu Items	Ingredients	Allergens
Beef Stew	WATER, CUBED BEEF (85% Lean Beef Stew Meat), DICED POTATOES (Potatoes, water, salt, and calcium chloride. Calcium disodium EDTA added to promote color retention.), GREEN PEAS, CARROTS, DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), 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.), ONIONS (Onions), DICED CELERY (Celery), 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), BASIL LEAVES (Basil), THYME (Thyme)	Fish, Milk, Soy
Brussels Sprouts	BRUSSEL SPROUTS (Brussel Sprouts), 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
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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Whole Wheat Biscuit	WHOLE WHEAT BISCUIT (whole wheat flour, enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, palm kernel oil, sugar, calcium acid pyrophosphate, buttermilk, salt, baking soda, potassium bicarbonate, sodium aluminum phosphate, pectin.)	Milk, Wheat
Apricot Halves	APRICOTS (Apricots, Water, Pear Juice Concentrate)	
Apple Juice	APPLE JUICE	
Milk	MILK	Milk

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THURSDAY, OCTOBER 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.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), 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

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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)	
Spinach	SPINACH (Spinach), 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
Diced Peaches	PEACHES (Peaches, Water, Pear Juice from Concentrate)	
Milk	MILK	Milk
Lemon Juice	LEMON JUICE	

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FRIDAY, OCTOBER 30, 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, maltedbarley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folicacid), seasoning [dehydrated onion, dextrose, autolyzed yeast extract, spiceextractive], 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
Cubed Sweet Potatoes	SWEET POTATOES (Sweet Potatoes)	
Mushrooms	MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid)	
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 Pears	PEARS (Pears, water, pear juice concentrate)	

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Milk	MILK	Milk

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MONDAY, NOVEMBER 2, 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)	
Egg Noodles	WATER, EGG NOODLES (Durum Wheat Semolina, Durum Wheat Flour, Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid)	Egg, Wheat
Diced Beets	BEETS (Beets, Water, Salt), 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.), CORNSTARCH (Cornstarch)	Milk, Soy

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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
Cranberry Juice	CRANBERRY JUICE	
Peach/Pear/P'app	PINEAPPLES (Pineapple, Pineapple Juice), PEACHES (Peaches, Water, Pear Juice from Concentrate), PEARS (Pears, water, pear juice concentrate)	
Milk	MILK	Milk

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TUESDAY, NOVEMBER 3, 2026

Menu Items	Ingredients	Allergens
Pork Roast	PORK LOIN (Pork)	
Sweet & Sour Sauce	WATER, KETCHUP (Tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spice, onion powder, natural flavors), SUGAR (Sugar), PINEAPPLE (Pineapple, Pineapple Juice), CORNSTARCH (Cornstarch)	
Rice Pilaf	WATER, RICE (Enriched Long Grain Parboiled Rice, Iron (ferric orthophosphate), Niacin, Thiamine (thiamine mononitrate), Folic Acid), 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
Red Cabbage	RED CABBAGE, WATER	
Green Peas	GREEN PEAS, WATER	
Diced Pears	PEARS (Pears, water, pear juice concentrate)	

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Vanilla Wafers	VANILLA WAFERS (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B 12}, Folic Acid), Sugar, Soybean and/or Canola Oil, Palm Oil, High Fructose Corn Syrup, Whey (From Milk), Eggs, Salt, Leavening (Baking Soda, Calcium Phosphate), Mono- and Diglycerides, Natural and Aritificial Flavor, Soy Lecithin.)	Egg, Milk, Soy, Wheat
Milk	MILK	Milk

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WEDNESDAY, NOVEMBER 4, 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 (Tomate 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.), Shredded Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes and annatto (if colored). potato starch and powdered cellulose added to prevent caking.), ONIONS (Onions), 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
Cauliflower	CAULIFLOWER (Cauliflower), WATER	
Green Peas	GREEN PEAS, WATER	

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WGGarlic Texas Bread	TEXAS BREAD (Water, Whole Wheat Flour, Wheat Flour, (Wheat Flour, Malted Barley Flour), Corn Syrup, Wheat Gluten, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Dough Conditioners (Sodium Stearoyl Lactylate, Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Ascorbic 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.), GARLIC POWDER (Garlic)	Milk, Soy, Wheat
Peaches/Pears	PEACHES (Peaches, Water, Pear Juice from Concentrate), PEARS (Pears, water, pear juice concentrate)	
Milk	MILK	Milk

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THURSDAY, NOVEMBER 5, 2026		
Menu Items	**Ingredients**	**Allergens**
Chicken Cordon Bleu	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.)	Milk, Wheat
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

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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
Mixed Vegetables	MIXED VEGETABLES (Carrots, Corn, Green Beans, Peas, Lima Beans), 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
Apricot Halves	APRICOTS (Apricots, Water, Pear Juice Concentrate)	
Milk	MILK	Milk

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FRIDAY, NOVEMBER 6, 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 (Chili Pepper, Salt, Cumin, Garlic, and Oregano), BASIL LEAVES (Basil)	Fish, Soy
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)	
Lima Beans	WATER, LIMA BEANS (Baby Lima Beans)	
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 Pears	PEARS (Pears, water, pear juice concentrate)	
Milk	MILK	Milk

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MONDAY, NOVEMBER 9, 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
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
Broccoli	BROCCOLI FLORETS, WATER	

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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 Pears	PEARS (Pears, water, pear juice concentrate)	
Milk	MILK	Milk
Mayonnaise	MAYONNAISE PACKET	Egg

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TUESDAY, NOVEMBER 10, 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
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
Antigua Vegetable Blend	WATER, CAULIFLOWER (Cauliflower), BABY CARROTS, BROCCOLI FLORETS, GREEN BEANS, RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid)	

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Cauliflower	CAULIFLOWER (Cauliflower), 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
Pineapple Tidbits	PINEAPPLES (Pineapple, Pineapple Juice)	
Milk	MILK	Milk

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THURSDAY, NOVEMBER 12, 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
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

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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
Tartar Sauce	TARTAR SAUCE	Egg

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FRIDAY, NOVEMBER 13, 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.)	
Marsala Sauce	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.), MARSALA COOKING WINE (White wine, sugar, salt, Malic Acid, Caramel Color, Potassium Metabisulfite (Preservative) Potassium Sorbate (Preservative), Contains Sulfites), GARLIC POWDER (Garlic), ONION POWDER (Onion Powder)	Milk, Soy
Brown Rice	WATER, BROWN RICE (Long Grain Parboiled Brown Rice), 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.), SALT (Salt, sodium silicoaluminate, dextrose, potassium iodine and sodium bicarbonate)	Milk, Soy
Mushrooms	MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid)	
Broccoli	BROCCOLI FLORETS, WATER	

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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
Scalloped Apples	SLICED APPLES (Apples and water), APPLE JUICE (Water, Apple Juice Concentrate, Contains 2% or less of Ascorbic Acid (Vitamin C)), BROWN SUGAR, 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.), CORNSTARCH (Cornstarch), LEMON JUICE (Ffiltered water, lemon juice concentrate, less than 2% of: sodium benzoate (preservative), sodium metabisulfite (preservative), lemon oil), NUTMEG, GROUND CINNAMON	Milk, Soy
Milk	MILK	Milk

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MONDAY, NOVEMBER 16, 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.)	
Lemon Herb Sauce	CREAM OF CHICKEN SOUP (chicken stock, water, vegetable oil, modified food starch, wheat flour, cream (milk), contains less than 2% of: salt, chicken*, soy protein concentrate, chicken fat, yeast extract, beta carotene (for color), chicken broth*, flavoring, cane sugar, onions*, cornstarch, celery extract, onion extract, xanthan gum. *dried), 2% MILK (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), WATER, Flour,All Purpose,Enriched, APPLE JUICE (Water, Apple Juice Concentrate, Contains 2% or less of Ascorbic Acid (Vitamin C)), BASIL LEAVES (Basil), THYME (Thyme)	Milk, Soy, Wheat

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Rice Pilaf	WATER, RICE (Enriched Long Grain Parboiled Rice, Iron (ferric orthophosphate), Niacin, Thiamine (thiamine mononitrate), Folic Acid), 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
Antigua Vegetable Blend	WATER, CAULIFLOWER (Cauliflower), BABY CARROTS, BROCCOLI FLORETS, GREEN BEANS, RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid)	
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
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.)	
Apple Juice	APPLE JUICE	
Milk	MILK	Milk

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TUESDAY, NOVEMBER 17, 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
California Vegetable Blend	WATER, BROCCOLI FLORETS, CARROTS, CAULIFLOWER (Cauliflower)	
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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Applesauce	APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color)	
Milk	MILK	Milk

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WEDNESDAY, NOVEMBER 18, 2026

Menu Items	Ingredients	Allergens
Beef Stew	WATER, CUBED BEEF (85% Lean Beef Stew Meat), DICED POTATOES (Potatoes, water, salt, and calcium chloride. Calcium disodium EDTA added to promote color retention.), GREEN PEAS, CARROTS, DICED TOMATOES (Vine-Ripened Tomatoes, Tomato Juice, less than 2% of:Calcium Chloride, Citric Acid*. *Naturally Derived), 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.), ONIONS (Onions), DICED CELERY (Celery), 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), BASIL LEAVES (Basil), THYME (Thyme)	Fish, Milk, Soy
Brussels Sprouts	BRUSSEL SPROUTS (Brussel Sprouts), 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
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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Whole Wheat Biscuit	WHOLE WHEAT BISCUIT (whole wheat flour, enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, palm kernel oil, sugar, calcium acid pyrophosphate, buttermilk, salt, baking soda, potassium bicarbonate, sodium aluminum phosphate, pectin.)	Milk, Wheat
Fresh Banana	BANANA (Banana)	
Milk	MILK	Milk

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THURSDAY, NOVEMBER 19, 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, maltedbarley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folicacid), seasoning [dehydrated onion, dextrose, autolyzed yeast extract, spiceextractive], 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
Egg Noodles	WATER, EGG NOODLES (Durum Wheat Semolina, Durum Wheat Flour, Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid)	Egg, Wheat
Red Cabbage	RED CABBAGE, WATER	
Green Beans	GREEN BEANS, WATER	

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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
Fresh Orange	ORANGE	
Milk	MILK	Milk

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FRIDAY, NOVEMBER 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
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.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), 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
Spinach	SPINACH (Spinach), WATER, ONIONS (Onions), SUGAR (Sugar)	

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Grape Juice	GRAPE JUICE (Filtered Water, Grape Juice Concentrate)	
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
Milk	MILK	Milk
Lemon Juice	LEMON JUICE	

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MONDAY, NOVEMBER 23, 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
Apricot Halves	APRICOTS (Apricots, Water, Pear Juice Concentrate)	
Milk	MILK	Milk
Ketchup	KETCHUP	

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TUESDAY, NOVEMBER 24, 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)	
Penne Pasta	WATER, WHOLE WHEAT PENNE PASTA (Whole Grain Durum Wheat Flour), SOYBEAN OIL (Soybean Oil)	Wheat
Mixed Vegetables	MIXED VEGETABLES (Carrots, Corn, Green Beans, Peas, Lima Beans), WATER	
Broccoli	BROCCOLI FLORETS, 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 Orange	ORANGE	
Milk	MILK	Milk

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WEDNESDAY, NOVEMBER 25, 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 Beans	GREEN BEANS, WATER	

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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

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FRIDAY, NOVEMBER 27, 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)	
Cauliflower	CAULIFLOWER (Cauliflower), WATER	
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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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 Pears	PEARS (Pears, water, pear juice concentrate)	
Milk	MILK	Milk

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MONDAY, NOVEMBER 30, 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), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper)	Milk
Green Beans	GREEN BEANS, WATER	

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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
Fresh Orange	ORANGE	
Milk	MILK	Milk

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TUESDAY, DECEMBER 1, 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
Rice Pilaf	WATER, RICE (Enriched Long Grain Parboiled Rice, Iron (ferric orthophosphate), Niacin, Thiamine (thiamine mononitrate), Folic Acid), 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
Brussels Sprouts	BRUSSEL SPROUTS (Brussel Sprouts), WATER	
Antigua Vegetable Blend	WATER, CAULIFLOWER (Cauliflower), BABY CARROTS, BROCCOLI FLORETS, GREEN BEANS, RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid)	

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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
Tartar Sauce	TARTAR SAUCE	Egg

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WEDNESDAY, DECEMBER 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.)	
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
Mixed Vegetables	MIXED VEGETABLES (Carrots, Corn, Green Beans, Peas, Lima Beans), WATER	
Broccoli	BROCCOLI FLORETS, WATER	

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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
Fresh Banana	BANANA (Banana)	
Milk	MILK	Milk

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THURSDAY, DECEMBER 3, 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 inosinateand disodium guanylate, 2% or less of caramel color, corn oil, spices and coloring, potatostarch, dextrose, salt, lactic acid), CORNSTARCH (Cornstarch), SOY SAUCE LIGHT (Water, Soybeans, Wheat, Salt)	Soy, Wheat
Brown Rice	WATER, BROWN RICE (Long Grain Parboiled Brown Rice), 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.), SALT (Salt, sodium silicoaluminate, dextrose, potassium iodine and sodium bicarbonate)	Milk, Soy
Kyoto Vegetable Blend	WATER, EDAMAME (Soybeans), BROCCOLI FLORETS, CARROTS, WHOLE KERNEL CORN (Corn), RED PEPPERS (Red Sweet Pepper, Water, and Citric Acid)	Soy
Mushrooms	MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid)	

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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
Fruited Yogurt	Yogurt,Straw/Banana,Original,4 oz, Yogurt,Raspberry,Original,4 oz	
Milk	MILK	Milk

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FRIDAY, DECEMBER 4, 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
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
Key Largo Vegetables	KEY LARGO VEGETABLE BLEND (Yellow Carrots, Carrots, Green Beans, Red Pepper), WATER	
Whole Wheat Biscuit	WHOLE WHEAT BISCUIT (whole wheat flour, enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, palm kernel oil, sugar, calcium acid pyrophosphate, buttermilk, salt, baking soda, potassium bicarbonate, sodium aluminum phosphate, pectin.)	Milk, Wheat

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Applesauce	APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color)	
Milk	MILK	Milk

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MONDAY, DECEMBER 7, 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
Lima Beans	WATER, LIMA BEANS (Baby Lima Beans)	
Whole Wheat Biscuit	WHOLE WHEAT BISCUIT (whole wheat flour, enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, palm oil, palm kernel oil, sugar, calcium acid pyrophosphate, buttermilk, salt, baking soda, potassium bicarbonate, sodium aluminum phosphate, pectin.)	Milk, 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.)	

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Milk	MILK	Milk

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TUESDAY, DECEMBER 8, 2026

Menu Items	Ingredients	Allergens
Beef Ravioli	BEEF RAVIOLI (Enriched wheat flour (durum flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, beef, eggs, contains 2% or less of the following: ricotta cheese (pasteurized milk, whey, cream, vinegar, salt, xanthan gum, locust bean gum, guar gum), romano cheese (pasteurized cow's and sheep's milk, rennet, salt, cheese cultures, enzymes), textured soy protein concentrate (soy protein concentrate, caramel color), modified corn starch, non-fat dry milk, bread crumbs (wheat flour), soy protein concentrate, corn syrup solids, dehydrated onion, textured soy flour, salt, natural flavor, garlic powder, sodium phosphate, parsley, sugar, spices, soybean oil, caramel color, disodium inosinate, disodium guanylate)	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)	
Green Beans	GREEN BEANS, WATER	
Whole Kernel Corn	WHOLE KERNEL CORN (Corn), 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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Vanilla Wafers	VANILLA WAFERS (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B 12}, Folic Acid), Sugar, Soybean and/or Canola Oil, Palm Oil, High Fructose Corn Syrup, Whey (From Milk), Eggs, Salt, Leavening (Baking Soda, Calcium Phosphate), Mono- and Diglycerides, Natural and Aritificial Flavor, Soy Lecithin.)	Egg, Milk, Soy, Wheat
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
Fruit Cocktail	FRUIT COCKTAIL (Peaches, Pears, Water, Grapes, Pear Juice Concentrate, Pineapple Sectors, Halved Cherries Artificially colored wtih carmine)	
Milk	MILK	Milk

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WEDNESDAY, DECEMBER 9, 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.)	
Tomato Basil Sauce	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)	Milk, Wheat
Penne Pasta	WATER, WHOLE WHEAT PENNE PASTA (Whole Grain Durum Wheat Flour), SOYBEAN OIL (Soybean Oil)	Wheat
Broccoli	BROCCOLI FLORETS, WATER	
Mixed Vegetables	MIXED VEGETABLES (Carrots, Corn, Green Beans, Peas, Lima Beans), WATER	

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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
Apricot Halves	APRICOTS (Apricots, Water, Pear Juice Concentrate)	
Milk	MILK	Milk

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THURSDAY, DECEMBER 10, 2026

Menu Items	Ingredients	Allergens
Swedish 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.), 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.)	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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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
Diced Beets	BEETS (Beets, Water, Salt), CORNSTARCH (Cornstarch)	
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

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FRIDAY, DECEMBER 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.)	
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.), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), 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

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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)	
Spinach	SPINACH (Spinach), 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
Milk	MILK	Milk
Vinegar	PC,Vinegar,Malt,9 gm	

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MONDAY, DECEMBER 14, 2026

Menu Items	Ingredients	Allergens
Turkey, Tetrazzini,	Unanalyzed Recipe	Milk, Soy
Spaghetti Noodles	WATER, SPAGHETTI NOODLES (Semolina (wheat), durum wheat flour. vitamins/minerals: vitamin B3 (niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid), PARSLEY	Wheat
Mixed Vegetables	MIXED VEGETABLES (Carrots, Corn, Green Beans, Peas, Lima Beans), WATER	
Cauliflower	CAULIFLOWER (Cauliflower), 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

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TUESDAY, DECEMBER 15, 2026

Menu Items	Ingredients	Allergens
Pork Roast	PORK LOIN (Pork)	
Sweet & Sour Sauce	WATER, KETCHUP (Tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spice, onion powder, natural flavors), SUGAR (Sugar), PINEAPPLE (Pineapple, Pineapple Juice), CORNSTARCH (Cornstarch)	
Brown Rice	WATER, BROWN RICE (Long Grain Parboiled Brown Rice), 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.), SALT (Salt, sodium silicoaluminate, dextrose, potassium iodine and sodium bicarbonate)	Milk, Soy
Mushrooms	MUSHROOMS (Mushrooms, water, salt, citric acid and ascorbic acid)	
Sliced Carrots	CARROTS, 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
Fresh Orange	ORANGE	
Milk	MILK	Milk

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WEDNESDAY, DECEMBER 16, 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
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)	
Penne Pasta	WATER, WHOLE WHEAT PENNE PASTA (Whole Grain Durum Wheat Flour), SOYBEAN OIL (Soybean Oil)	Wheat
Capri Vegetable Blend	WATER, ZUCCHINI (Zucchini), GREEN BEANS, CARROTS	
Spinach	SPINACH (Spinach), WATER, ONIONS (Onions), SUGAR (Sugar)	

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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
Applesauce	APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color)	
Milk	MILK	Milk
Vinegar	PC,Vinegar,Malt,9 gm	

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THURSDAY, DECEMBER 17, 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
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
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
Fresh Banana	BANANA (Banana)	

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Grape Juice	GRAPE JUICE (Filtered Water, Grape Juice Concentrate)	
Milk	MILK	Milk

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FRIDAY, DECEMBER 18, 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), 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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California Vegetable Blend	WATER, BROCCOLI FLORETS, CARROTS, CAULIFLOWER (Cauliflower)	
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
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

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MONDAY, DECEMBER 21, 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
Apricot Halves	APRICOTS (Apricots, Water, Pear Juice Concentrate)	
Milk	MILK	Milk
Ketchup	KETCHUP	

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TUESDAY, DECEMBER 22, 2026

Menu Items	Ingredients	Allergens
Chicken Cordon Bleu	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.)	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

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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
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
Milk	MILK	Milk

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WEDNESDAY, DECEMBER 23, 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
Butternut Squash	BUTTERNUT SQUASH (Butternut Squash)	
Green Beans	GREEN BEANS, WATER	

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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

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THURSDAY, DECEMBER 24, 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, maltedbarley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folicacid), seasoning [dehydrated onion, dextrose, autolyzed yeast extract, spiceextractive], 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	BROCCOLI FLORETS, WATER	

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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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MONDAY, DECEMBER 28, 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
Mixed Vegetables	MIXED VEGETABLES (Carrots, Corn, Green Beans, Peas, Lima Beans), WATER	
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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Cinnamon Applesauce	APPLESAUCE (Apples, water, and Ascorbic Acid (Vitamin C) to maintain color), SUGAR (Sugar), GROUND CINNAMON	
Milk	MILK	Milk

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TUESDAY, DECEMBER 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
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	BROCCOLI FLORETS, WATER	

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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
Diced Pears	PEARS (Pears, water, pear juice concentrate)	
Milk	MILK	Milk

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WEDNESDAY, DECEMBER 30, 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)	
Cauliflower	CAULIFLOWER (Cauliflower), WATER	
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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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 Grapes	GRAPES	
Milk	MILK	Milk

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THURSDAY, DECEMBER 31, 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), NONFAT DRY MILK (Nonfat dry milk, lactose, vitamin A palmitate and vitamin D3), WHITE PEPPER (White Pepper)	Milk
Green Beans	GREEN BEANS, WATER	

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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
Fresh Orange	ORANGE	
Milk	MILK	Milk

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