



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Outdoors.

In Community.

## CAMP CONNECTION

### Menu – Week 5

June 22- 27

**Menu subject to change based on product availability and staffing levels.**

**Sunday Dinner-** Sweet and Sour Chicken, Vegetable fried Rice, Dumplings.

**Monday Breakfast-** Donuts, Bacon, Scrambled eggs.

**Monday Lunch-** Penne Alfredo with Grilled chicken, broccoli, garlic bread sticks.

**Monday Dinner-** Beef Fajitas, Yellow rice, black bean and corn salad.

**Tuesday Breakfast-** French Toast, Sausage patty, fried egg, Hashbrown sticks.

**Tuesday Lunch-** - Chicken Tenders, Macaroni and cheese, Corn cob.

**Tuesday Dinner-** - Roast Beef, roasted potatoes, maple glazed carrots, brown gravy, rolls.

**Wednesday Breakfast-** Biscuits, Ham steak, Cheese omelet, skin on diced hashbrown.

**Wednesday Lunch-** Chili Mac, Garlic toast, Mixed vegetable.

**Wednesday Dinner-** HAMBURGERS BEACH

**Thursday Breakfast-** Cinnamon Rolls, Donuts, bacon,

**Thursday Lunch-** Burritos with Chili and cheese sauce, Spanish rice, Tortilla chips. Chicken Tenders, Macaroni and cheese, Green Beans.

**Thursday Dinner-** Chicken Fried Steaks w/ cream gravy, Mashed potatoes, green beans, rolls.

**Friday Breakfast-** Sausage egg and cheese Breakfast Tacos, Shredded hashbrowns.

**Friday Lunch-** Grilled ham/turkey and cheese, waffle fry.

**Friday Dinner-** American taco/nacho bar, Beans and rice. Corn and Flour tortillas.

## Ingredients:

### Sunday Dinner –

**Tempura chicken** - Tempura breast chunk- Contains Up To 10% Solution Of Water, Modified Food Starch, Salt And Sodium Phosphates. Battered With: Batter Mix [yellow Corn Flour, Bleached Wheat Flour, Modified Corn Starch, Salt, Leavening (sodium Aluminum Phosphate, Sodium Bicarbonate), Dried Whey, Spices, Garlic Powder, Onion Powder, Dried Whole Eggs], Water, Corn Oil. Predusted With: Bleached Wheat Flour, Leavening (sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Nonfat Dry Milk, Salt, Dried Whey, Flavor (maltodextrin, Salt, Sugar, Silicon Dioxide, Garlic Powder, Spices, Soybean Oil, Natural Flavor, Extractives Of Turmeric, Hydrolyzed Corn Gluten), Garlic Powder, Onion Powder, Torula Yeast. Battered With: Water, Yellow Corn Flour, Bleached Wheat Flour, Modified Corn Starch, Salt, Leavening (sodium Aluminum Phosphate, Sodium Bicarbonate), Dried Whey, Spices, Garlic Powder, Onion Powder, Flavor (maltodextrin, Salt, Sugar, Silicon Dioxide, Garlic Powder, Spices, Soybean Oil, Natural Flavor, Extractives Of Turmeric, Hydrolyzed Corn Gluten). Breading Set In Vegetable Oil. Contains: Milk, Eggs, Wheat

**Sweet and sour sauce**- Water, High Fructose Corn Syrup, Distilled Vinegar, Sugar, Tomato Paste, Modified Corn Starch, Pineapple Juice Concentrate, Contains Less Than 2% Of Salt, Fd&c Yellow 5, Fd&c Red 40, Citric Acid, Fd&c Yellow 6, Xanthan Gum, Natural Flavor, Sodium Benzoate Added As A Preservative.

**Vegetable fried rice**- Ingredients: Cooked White Rice, Onions, Carrots, Soy Sauce (water, Soybeans, Rice, Salt), Corn, Red Bell Peppers, Peas, Sugar, Green Onions, Soybean Oil, Toasted Sesame Oil.

**Minors Stir fry sauce**- Water, Soy Sauce (water, Soybeans, Wheat, Salt), Sugar, Modified Cornstarch, Soybean Oil, Worcestershire Sauce (distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Anchovies, Tamarind, Natural Flavor), Vinegar, 2% Or Less Of Sesame Oil, Oyster Sauce (water, Sugar, Salt, Modified Corn Starch, Caramel Color, Maltodextrin, Oyster Extract, Yeast Extract), Dried Garlic, Salt, Onion Powder, Citric Acid, Spices, Caramel Color, Natural Flavors.

**Appetizer Potsticker Chicken**- Enriched Bleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cabbage, Chicken, Water, Soy Sauce (water, Soybeans, Salt, And Wheat Flour), Celery, Contains Less Than 2% Of: Chicken Stock, Salt, Rice Flour, Green Onion, Modified Corn Starch, Sugar, Garlic, Onion, Sesame Seed Oil, Soybean Oil, Spice, Sodium Phosphate. contains: Wheat, Soy, Sesame

### Monday Breakfast-

#### **Donut Rings, Jumbo Yeast Raised-**

ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM AND/OR COTTONSEED AND/OR CANOLA OIL, WATER, SOYBEAN OIL, LEAVENING (YEAST, SODIUM ACID PYROPHOSPHATE, BAKING SODA), DEXTROSE, CONTAINS 2% OR LESS OF: BETA-CAROTENE (COLOR), DEFATTED SOY FLOUR, DOUGH CONDITIONER (ASCORBIC ACID), EGGS, MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, SALT, SODIUM STEAROYL LACTYLATE, WHEY.

**Donuts, Chocolate Cake Jumbo**- INGREDIENTS FOR U.S. MARKET: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), PALM OIL, WATER, SUGAR, COCOA ALKALI PROCESSED, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: EGG YOLKS, DEFATTED SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), WHEY (A MILK DERIVATIVE), SALT, POTATO FLOUR, NATURAL AND ARTIFICIAL FLAVOR, CALCIUM STEAROYL LACTYLATE.

**Bacon Precooked Thick Slice (sysco classic)**- Cured With: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

**Scrambled eggs** – Salt, pepper, Whole Egg, Citric Acid, 0.15% Water Added As Carrier For Citric Acid. Citric Acid Added To Preserve Color. contains: Eggs.

## **MONDAY LUNCH-**

**Penna Pasta-** Barilla Italian penne pasta - Semolina (wheat), Durum Wheat Flour, Vitamin B3 (niacin), Iron (ferrous Sulfate), Vitamin B1 (thiamine Mononitrate), Vitamin B2 (riboflavin), Folic Acid.

**Arrezzo Alfredo sauce-** Water, Soybean Oil, Cream, Parmesan Cheese (cow's Milk, Cheese Culture, Salt, Enzymes, Calcium Propionate), Romano Cheese (sheep's Milk, Cheese Culture, Salt, Enzymes, Calcium Propionate), Modified Food Starch, Contains Less Than 2% Of Butter Flavoring (whey Solids, Enzyme-modified Butter [butter, Buttermilk Powder, Enzymes], Maltodextrin, Salt, Dehydrated Butter [butter, Buttermilk Powder], Guar Gum, Annatto And Turmeric [for Color]), Salt, Sweet Whey, Spices, Citric Acid, Disodium Inosinate And Disodium Guanylate, Dehydrated Garlic. contains: Milk

**Chicken** - CONTAINING UP TO 15% OF A SOLUTION OF WATER, SEASONING YEAST EXTRACT, SALT, MALTODEXTRIN, POTASSIUM CHLORIDE, SPICE, NATURAL FLAVOR, CHICKEN FAT, GARLIC POWDER, SUGAR SYRUP, ONION POWDER, CITRIC ACID, PAPRIKA (COLOR), SODIUM DIACETATE, SILICON DIOXIDE (ANTICAKING AGENT), MOLASSES, TOMATO POWDER, SMOKE FLAVORI, MODIFIED FOOD STARCH.

**Broccoli-** Broccoli, salt pepper, liquid butter alternative(Liquid And Hydrogenated Soybean Oil, Soy Lecithin, Natural & Artificial Flavor, Beta Carotene (color), Tbhq And Citric Acid Added To Protect Flavor, Dimethylpolysiloxane (an Anti-foaming Agent). Contains: Soybean.

**Garlic bread sticks** - 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). Contains: Wheat, Soy,

## **MONDAY DINNER-**

**FAJITA BEEF-** Beef, Water, Seasoning (maltodextrin, Salt, Garlic Powder, Onion Powder, Spices, Hydrolyzed Corn Protein, Propylene Glycol, Papain, Calcium Silicate), And Sodium Phosphates.

**FLOUR TORTILLA-** Flour Tortilla- Enriched Unbleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Vegetable Shortening (contains One Or More Of The Following: Palm Oil And Or Olive Oil), Contains 2% Or Less Of The Following: Salt, Aluminum Free Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Wheat Protein, Preservatives

**PEPPER AND ONION BLEND-** Onion, Red Pepper, Green Pepper, Liquid butter alternative.

**YELLOW RICE-** Long Grain Parboiled Rice Enriched With Iron (ferric Phosphate), Niacin, Thiamine Mononitrate & Folic Acid, Dehydrated Onion, Bell Pepper, Garlic, Tomatoes; Salt, Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Powder, Yellow Lakes #5, Autolyzed Yeast, Disodium Guanylate, Inosinate, Ground Turmeric, Silicon Dioxide For Anticaking, & Saffron.

**BLACK BEAN AND CORN-** Sweet Corn, Cooked Black Beans, Onion, Tomato, Green Bell Pepper, Red Bell Pepper, Contains Less Than 2% Of Brown Sugar, Citric Acid, Dehydrated Vegetables (onion, Bell Pepper, Garlic), Lime Juice Powder (lime Juice Concentrate, Modified Food Starch, Maltodextrin, Citric Acid), Natural Flavors (including Grill And Smoke), Olive Oil, Salt, Spices, Sugar, Yeast Extract.

## **TUESDAY BREAKFAST-**

**French toast** - Bread (enriched Wheat Flour [wheat Flour, malted Barley Flour, Niacin, Reduced Iron, Thiamin mononitrate, Riboflavin, Folic Acid], Water, Yeast, Sugar, Less than 2% Of: Vital Wheat Gluten, Canola And/or Soybean Oil, salt, Cinnamon, Cocoa [processed With Alkali], Ammonium sulfate, Dough Conditioners [ascorbic Acid, Monocalcium phosphate, Enzymes], Yellow Corn Flour, Color [turmeric extract, Annatto Extract], Calcium Propionate [preservative], nonfat Dry Milk, Soy Flour),

Water, Eggs, Sugar, Nonfat milk, Less Than 2% Of: Buttermilk, Salt, Natural Flavors, cinnamon Extract, Soy Lecithin, Soybean And/or Canola Oil, anhydrous Milkfat. Contains: Egg, Milk, Soy, Wheat.

**SAUSAGE PATTY-** Pork, Water, Seasoning (Salt, Spices, Corn Syrup Solids, Sugar, Dextrose, BHA, BHT, Propyl Gallate, Citric Acid), Sodium Phosphate, Caramel Color.

**FRIED EGG- Fried egg patty** - Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% Or Less Of The Following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid.

**HASHBROWN STICKS- Hash Brown Stix** - Potatoes, Vegetable Oil (contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% Or Less Of Corn Starch - Modified, Dehydrated Onion, Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Color.

#### **TUESDAY LUNCH-**

**CHICKEN TENDER-** Breaded With: Bleached Wheat Flour, Salt, Spices, Soybean Oil, Dried Onion, Natural Flavor. battered With: Water, Enriched Bleached Wheat Flour, (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, 2% Or Less Of Spices, Onion Powder, Sodium Bicarbonate, Natural Flavor. predusted With: Enriched Bleached Wheat Flour, (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Onion Powder, Sodium Bicarbonate, Natural Flavor. breadding Set In Vegetable Oil. contains: Wheat

**MACARONI AND CHEESE-** Enriched Macaroni Product (water, Enriched Macaroni Product [semolina (wheat), Egg Whites, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Sharp Cheddar Cheese (cultured Milk, Cream, Salt, Enzymes, Annatto [color]), Nonfat Milk, Soybean Oil, Contains Less Than 2% Of: Enriched Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Cornstarch, Salt, Cheese Type Flavor (natural Flavor, Water, Heavy Cream (cream, Milk), Milk Fat, Citric Acid, Yeast Extract, Lactic Acid), Sodium Phosphate (sodium Polyphosphate, Sodium Orthophosphate), Cheese Flavor (natural Flavoring [contains Milk], Water, Citric Acid, Propylene Glycol, Lactic Acid, Disodium Phosphate, Yeast Extract, Xanthan Gum), Powdered Butter Blend (whey Solids, Enzyme Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto, Turmeric), Emulsifier (distilled Monoglycerides, Distilled Propylene Glycol Monoesters, Citric Acid, Ascorbic Acid), Beta Carotene (color), Annatto Extract. contains: Egg, Milk, Wheat.

**CORN COB-** Corn Cob, Liquid butter Alternative ((Liquid And Hydrogenated Soybean Oil, Soy Lecithin, Natural & Artificial Flavor, Beta Carotene (color), Tbhq And Citric Acid Added To Protect Flavor, Dimethylpolysiloxane (an Anti-foaming Agent). Contains: Soybean. Salt, Pepper.

#### **TUESDAY DINNER-**

**Roast beef-** Beef, salt, pepper, spices, tomato, onion, carrot, potato.

**ROASTED POTATOES-** russet potato, salt, pepper, garlic, onion, liquid butter alternative

**BROWN GRAVY-** Food Starch-modified, Maltodextrin, Palm Oil, Salt, Enriched Bleached Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whey, Hydrolyzed Vegetable Protein (corn, Soy), Autolyzed Yeast Extract, Contains Less Than 2%: Chicken Fat, Onion, Sugar, Gelatin, Natural Flavor, Dextrose, Color Added, Disodium Guanylate, Disodium Inosinate contains Allergens: Wheat, Milk, Soy produced In A Facility That Manufactures Products Containing Egg

**HAWAIIAN DINNER ROLL** - Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Butter (pasteurized Cream, Salt), Eggs, Contains Less Than 2% Of The Following: Sodium Silicoaluminate, Potato Flour, Yeast, Sorbitan Monostearate, Ascorbic Acid (added As A Dough Conditioner), Whey, Corn Flour, Monocalcium Phosphate, Soy Flour, Nonfat Milk, Salt, Wheat Gluten, Datem, Calcium Silicate (anti-caking), Sodium Stearoyl Lactylate, Calcium Sulfate, Ammonium Sulfate, Wheat Starch, Enzymes.

### **WEDNESDAY BREAKFAST-**

**BISCUITS-** Enriched Bleached Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Buttermilk, Water, Palm Oil, Contains Less Than 2% Of: Baking Soda, Sugar, Salt, Sodium Aluminum Phosphate, Soybean Oil, Whey, Sodium Acid Pyrophosphate, Modified Wheat Starch, Dextrose, Natural And Artificial Flavors. Contains Allergens: Wheat, Milk produced In A Facility That Manufactures Products Containing Egg And Soy

**HAM STEAK-** Water Added Cured With Water, Salt, Sugar, Dextrose, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

**CHEESE OMELET-** Egg Patty: Whole Eggs, Whey, Nonfat Milk, Pasteurized Cream Cheese (pasteurized Milk And Cream, Cheese Culture, Salt, Carob Bean Gum, Guar Gum And/or Xanthan Gum), Contains 2% Or Less Of The Following:vegetable Oil (corn And/or Soybean Oil), Modified Food Starch, Salt, Xanthan Gum, Guar Gum, Pepper, Natural Butter Flavor. filling: Cheddar Cheese (pasteurized Milk, Cheese Culture, Salt, Enzymes), Water, Milkfat, Whey, Enzyme Modified Cheese (pasteurized Milk, Water, Sodium Phosphate, Milkfat, Salt, Cheese Culture, Enzymes), Sodium Phosphate, Food Starch-modified, Salt, Lactic Acid, Sodium Alginate, Sorbic Acid (as A Preservative), Apocarotenal (color). contains: Eggs, Milk.

**SKIN ON DICED HASH BROWN-** Salt, pepper, liquid butter alternative, Potatoes, Vegetable Oil (soybean, Canola, Cottonseed, And/or Sunflower), Contains Less Than 2% Of Dextrose, Salt, Disodium Dihydrogen Pyrophosphate (to Maintain Natural Color).

### **WEDNESDAY LUNCH-**

**Chili-** Water, Ground Beef, Kidney Beans (cooked Kidney Beans, Water, Salt, Calcium Chloride, Disodium Edta [as A Preservative]), Tomato Paste, Contains Less Than 2% Of Chili Powder (spices, Garlic Powder, Salt), Modified Cornstarch, Yellow Corn Flour, Salt, Dehydrated Onion, Sugar, Monosodium Glutamate, Natural Flavorings.

**Macaroni** - Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin Mononitrate, riboflavin, Folic Acid. Contains: Wheat. Processed In A Facility That Uses Egg.

**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. contains: Milk.

**Garlic toast-** Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Salt, Soybean Oil, Wheat Gluten, Dough Conditioner (enzymes, Ascorbic Acid (preservatives)). spread Ingredients: Liquid Margarine (soybean Oil, Water, Salt, Hydrogenated Soybean Oil, Mono And Diglycerides, Soybean Lecithin, Sodium Benzoate (preservatives), Artificial Butter Flavor, Beta Carotene (color), Vitamin A Palmitate Added), Dehydrated Garlic, Dehydrated Oregano. contains: Wheat, Soy,

**California vegetable blend-** Salt, Pepper, Broccoli, Cauliflower, Carrots. Butter Alternative (Liquid And Hydrogenated Soybean Oil, Soy Lecithin, Natural & Artificial Flavor, Beta Carotene (color), Tbhq And Citric Acid Added To Protect Flavor, Dimethylpolysiloxane (an Anti-foaming Agent). Contains: Soybean.

### **Wednesday Dinner-**

**Beef patty 80/20 individual quick freeze** -Boneless Beef

**Lawry's seasoned salt** - Ingredients: Salt, Sugar, Spices (including Paprika, Celery Seed, Turmeric), Onion, Corn Starch, Garlic, Tricalcium Phosphate (to Make Free Flowing), Extractives of Paprika & Natural Flavor.

**Hamburger bun** - Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High fructose Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% Or less Of The Following: Salt, Calcium Propionate (preservative), Monocalcium phosphate, Wheat Starch, Sesame, Enzymes, Ascorbic Acid. allergens: contains: Wheat, Sesame. (not Made With Be Ingredients)

## **Assorted chips –**

**Lays original-** Lay's Classic Potato Chips are made with just three ingredients: potatoes, vegetable oil, and salt. The vegetable oil used is typically a blend of canola, corn, soybean, and/or sunflower oil. Some Lay's Classic chips also include additional ingredients like spices and condiments, depending on the specific flavor variations.

**Lays Sour cream and onion-** Lay's Sour Cream and Onion flavored potato chips are made with potatoes, vegetable oil, skim milk, salt, whey, onion powder, parsley, sour cream (cultured cream, skim milk), dextrose, maltodextrin, natural flavors, medium chain triglycerides, lactose, and citric acid. They also contain milk ingredients.

**Lays BBQ-**Lay's BBQ flavored potato chips are made with potatoes, vegetable oil (canola, corn, soybean, and/or sunflower oil), and a BBQ seasoning blend. The seasoning typically includes sugar, salt, dextrose, maltodextrin, molasses, torula yeast, onion powder, spices, tomato powder, paprika, and natural flavors

**Doritos nacho cheese-** Doritos Nacho Cheese flavored tortilla chips primarily consist of corn, vegetable oil, and a flavor blend containing ingredients like salt, cheddar cheese, whey, monosodium glutamate (MSG), buttermilk, and Romano cheese. Other ingredients include onion powder, corn flour, natural and artificial flavors, dextrose, tomato powder, lactose, spices, artificial color, and acids like lactic and citric acid

**Doritos Cool ranch-** Doritos Cool Ranch Tortilla Chips are primarily made from corn, vegetable oil, and various seasonings. The core ingredients include buttermilk, whey, cheddar cheese, onion powder, garlic powder, and natural and artificial flavors. Other ingredients like salt, corn starch, and spices are also included in the seasoning blend.

## **THURSDAY BREAKFAST-**

**Cinnamon rolls** - Enriched Flour Bleached (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil (palm, Soybean, Palm Kernel, And/or Hydrogenated Soybean Oil), Sugar. Contains 2% Or Less Of: Cinnamon, Baking Soda, Sodium Aluminum Phosphate, Salt, High Fructose Corn Syrup, Sodium Acid Pyrophosphate, Modified Tapioca Starch, Nonfat Milk, Buttermilk,

**Donut Rings, Jumbo Yeast Raised-** ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM AND/OR COTTONSEED AND/OR CANOLA OIL, WATER, SOYBEAN OIL, LEAVENING (YEAST, SODIUM ACID PYROPHOSPHATE, BAKING SODA), DEXTROSE, CONTAINS 2% OR LESS OF: BETA-CAROTENE (COLOR), DEFATTED SOY FLOUR, DOUGH CONDITIONER (ASCORBIC ACID), EGGS, MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, SALT, SODIUM STEAROYL LACTYLATE, WHEY.

**Donuts, Chocolate Cake Jumbo-** INGREDIENTS FOR U.S. MARKET: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), PALM OIL, WATER, SUGAR, COCOA ALKALI PROCESSED, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: EGG YOLKS, DEFATTED SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), WHEY (A MILK DERIVATIVE), SALT, POTATO FLOUR, NATURAL AND ARTIFICIAL FLAVOR, CALCIUM STEAROYL LACTYLATE.

**Apple Fritter** - ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM AND/OR COTTONSEED AND/OR CANOLA OIL, APPLES, WATER, SOYBEAN OIL, SUGAR, CONTAINS 2% OR LESS OF: ARTIFICIAL FLAVOR, BETA-CAROTENE (COLOR), CINNAMON, CORNSTARCH, DEFATTED SOY FLOUR, DEXTROSE, DOUGH CONDITIONER (ASCORBIC ACID), EGGS, ENZYMES, FOOD STARCH-MODIFIED, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, YEAST), MONO- AND DIGLYCERIDES, PRESERVATIVE (CALCIUM PROPIONATE), SALT, SODIUM STEAROYL LACTYLATE, WHEY.

**Bacon Pre-cooked Sliced Thick Extra-extra (Dailys Bacon)-** Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Flavoring, Sodium Nitrite

**Scrambled eggs** – Salt, pepper, Whole Egg, Citric Acid, 0.15% Water Added As Carrier For Citric Acid. Citric Acid Added To Preserve Color. contains: Eggs.

**Donut glaze** – INGREDIENTS FOR U.S MARKET: SUGAR, WATER, CORN SYRUP, CONTAINS LESS THAN 2% OF THE FOLLOWING: HONEY, TO PRESERVE FRESHNESS (SORBIC ACID, POTASSIUM SORBATE), CA RRAGEENAN, PECTIN, DEXTROSE, AGAR, CITRIC ACID, COLORED WITH CARAMEL COLOR.

**Cinnamon roll icing** - INGREDIENTS FOR U.S. MARKET: SUGAR, WATER, CORN SYRUP, PALM OIL, TO PRESERVE FRESHNESS (SORBIC ACID), COLORED WITH (TITANIUM DIOXIDE), ARTIFICIAL FLAVOR.

#### **THURSDAY LUNCH-**

**BURRITOS** - Water, Bleached Enriched Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Ground Beef, Pinto Beans. Contains Less Than 2% Of: Red Bell Peppers, Green Bell Peppers, Chili Powder (chili Pepper, Spices, Salt, Garlic, Oregano), Crushed Red Pepper, Paprika, Flavorings, Corn Flour, Textured Vegetable Protein (soy Flour, Caramel Color), Sodium Stearoyl Lactylate, Leavening (sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate). Modified Food Starch, Dough Conditioner (whey, L-cysteine Hydrochloride), Guar Gum, Salt, Caramel Color, Soybean Oil. Contains: Wheat, Soy, Milk

**CHILI** - Water, Beans, Beef, Tomato Paste, Food Starch - Modified, Spices, Salt, Onion Powder, Paprika, Wheat Flour, Corn Flour, Sugar, Flavor [torula Yeast, Maltodextrin, Flavoring (contains Canola Oil)], Garlic Powder, Natural Coloring And Flavoring. Contains: Wheat

**CHEDDAR 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. contains: Milk.

**SPANISH RICE**- Enriched Long Grain Parboiled Rice, (enriched With Ferric Phosphate, Niacin, Thiamine Mononitrate And Folic Acid), Maltodextrin, Dehydrated Vegetables (tomato, Green Bell Pepper, Garlic, Onion, Chili Pepper), Sea Salt, Potassium Chloride, Sugar, Paprika, Citric Acid, Soybean Oil, Cooked Chicken Meat (bha, Propyl Gallate And Citric Acid Added To Protect Flavor), Disodium Inosinate And Disodium Guanylate.

**TORTILLA CHIPS**- Whole Grain Corn, Water, Contains 2% Or Less Of The Following: Preservatives (propionic Acid, Sodium Hydroxide, Benzoic Acid), And Lime.

#### **THURSDAY DINNER-**

**CHICKEN FRIED STEAKS**-Beef, Salt, Sodium Phosphate. Breaded With: Enriched Bleached Wheat Flour (enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Spices, Salt, Leavening (sodium Aluminum Phosphate, Sodium Bicarbonate), Torula Yeast, Soybean Oil, Onion Powder. Battered With: Water, Enriched Wheat Flour (niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Starch, Wheat Flour, Salt, Buttermilk Blend (buttermilk, Whey), Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Spice. contains: Milk, Wheat

**WHITE GRAVY**- Maltodextrin, Enriched Bleached Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Food Starch-modified, Palm Oil, Corn Syrup Solids, Salt Contains Allergens: Milk, Soy, Wheat contains Less Than 2%: Black Pepper, Chicken Fat, Bacon Fat, Chicken, Garlic, Spice, Sugar, Nonfat Milk, Natural Flavors, Soy Flour, Sodium Caseinate, Whey, Whey Protein Concentrate, Hydrolyzed Vegetable Protein (corn, Soy, And/or Wheat), Autolyzed Yeast Extract, Mono & Diglycerides, Turmeric, Disodium Guanylate, Disodium Inosinate. Contains: Wheat, Soy, Milk

**MASHED POTATOES**- Potatoes, Water. Contains 2% Or Less Of Cane Sugar, Cream Cheese (pasteurized Milk And Cream, Cheese Culture, Salt, Locust Bean Gum), Garlic Powder, Modified Cellulose, Onion Powder, Roasted Garlic, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Vegetable Oil (soybean And/or Canola Oil), Whey, Whey Protein Concentrate, Whole Milk Powder. contains: Milk

**GREEN BEANS-** Extra fine whole green beans, Sat, pepper, liquid butter alternative.

**HAWAIIAN DINNER ROLL** - Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Butter (pasteurized Cream, Salt), Eggs, Contains Less Than 2% Of The Following: Sodium Silicoaluminate, Potato Flour, Yeast, Sorbitan Monostearate, Ascorbic Acid (added As A Dough Conditioner), Whey, Corn Flour, Monocalcium Phosphate, Soy Flour, Nonfat Milk, Salt, Wheat Gluten, Datem, Calcium Silicate (anti-caking), Sodium Stearoyl Lactylate, Calcium Sulfate, Ammonium Sulfate, Wheat Starch, Enzymes.

#### **FRIDAY BREAKFAST-**

**Sausage-** Pork, Water, Salt, Spices, Sugar, Monosodium Glutamate, Bha, Bht, Propyl Gallate And Citric Acid

**Egg-** Salt, pepper, Whole Egg, Citric Acid, 0.15% Water Added As Carrier For Citric Acid. Citric Acid Added To Preserve Color. contains: Eggs.

**CHEDDAR** Cheese- Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (color), Potato Starch, Corn Starch And Powdered Cellulose (added To Prevent Caking). contains: Milk

**Corn Tortilla-** Whole Grain Corn, Water, Contains 2% Or Less Of Each Of The Following: Preservatives (propionic Acid, Sodium Hydroxide, Benzoic Acid), Xanthan Gum And Traces Of Food Grade Lime.

**Flour Tortilla** - Enriched Unbleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Vegetable Shortening (contains One Or More Of The Following: Palm Oil And Or Olive Oil), Contains 2% Or Less Of The Following: Salt, Aluminum Free Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Wheat Protein, Preservatives

**Shredded hashbrown-** salt, pepper, liquid butter alternative, Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (to Maintain Natural Color).

#### **FRIDAY LUNCH-**

**White bread** – Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, sugar, Contains 2% Or Less Of The Following: Soybean Oil, Salt, Wheat Gluten, calcium Propionate (preservative), Potassium Sorbate (preservative), Wheat starch, Enzymes, Ascorbic Acid. allergens: Contains Wheat. (not Made With Be Ingredients)

**Ham-** Pork, Cured With: Water, Vinegar, Salt, Honey, Natural Flavorings, Sugar, Sodium Phosphate, Sodium Erythorbate, And Sodium Nitrite.

**Turkey-** Turkey Breast, Turkey Broth, Vinegar, Salt, Modified Food Starch, Natural Flavorings, Sugar, Potassium And Sodium Phosphates.

**American cheese-** Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (preservative), Citric Acid, Enzymes, Soy Lecithin, Apo Carotenal And Beta Carotene (color). contains: Milk, Soy

**Waffle fry-** Potatoes, Vegetable Oil (contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% Or Less Of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Color.

**Macaroni salad** - Pasta (semolina, Enriched With Iron [ferrous Sulfate] and B Vitamins [niacin, Thiamin, Mononitrate, Riboflavin, Folic Acid]), Salad Dressing (soybean Oil, Water, High Fructose Corn Syrup, distilled Vinegar, Egg Yolks, Modified Food Starch (corn), Salt, Spice (mustard), Xanthan Gum), Mayonnaise (soybean Oil, Corn Syrup, Egg yolk, Water, Distilled Vinegar, Salt, Sugar, Spice (mustard), Calcium disodium Edta (to Preserve Freshness)), Water, Carrots, Sugar, sweet Pickle Relish (cucumbers, High Fructose Corn Syrup, distilled Vinegar, Salt, Calcium Chloride, Xanthan Gum, Alum, Natural flavors, Turmeric, Polysorbate 80), Red Peppers (peppers, Water, citric Acid), Celery, Green Bell Pepper, Distilled White vinegar (distilled White Vinegar And Filtered Water), Mustard (water, vinegar, Mustard Seed, Salt, Turmeric And Spice), Salt, Potassium sorbate (preservative), Sodium Benzoate (preservative), xanthan Gum, White Pepper, Artificial Food Color (purified water, Fd&c Yellow #5, Sodium Benzoate, Citric Acid). Contains: Egg, Wheat.



## **FRIDAY DINNER-**

**Ground beef-** Beef, Water, Salt, Sodium Phosphate And Natural Flavorings

**Taco Seasoning** – Ingredients: Spices (including Paprika, Chili Pepper), Onion, Salt, Garlic, Potato Flour, Enriched Wheat Flour (flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cocoa Powder Processed With Alkali, Corn Syrup Solids, Citric Acid & Natural Flavor.

**Flour Tortilla-** Enriched Unbleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Vegetable Shortening (contains One Or More Of The Following: Palm Oil And Or Olive Oil), Contains 2% Or Less Of The Following: Salt, Aluminum Free Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Wheat Protein, Preservatives

**Mexican rice-** Enriched Long Grain Parboiled Rice, (enriched With Ferric Phosphate, Niacin, Thiamine Mononitrate And Folic Acid), Maltodextrin, Dehydrated Vegetables (tomato, Green Bell Pepper, Garlic, Onion, Chili Pepper), Sea Salt, Potassium Chloride, Sugar, Paprika, Citric Acid, Soybean Oil, Cooked Chicken Meat (bha, Propyl Gallate And Citric Acid Added To Protect Flavor), Disodium Inosinate And Disodium Guanylate.

**Refried beans-** Cooked Beans, Water, less than 2% of: Lard, Salt, Distilled Vinegar, Chili Pepper, Onion Powder, Spices, Natural Flavor, Garlic Powder.

**Tortilla chips-** TORTILLA CHIPS- Whole Grain Corn, Water, Contains 2% Or Less Of The Following: Preservatives (propionic Acid, Sodium Hydroxide, Benzoic Acid), And Lime.

**Nacho cheese-** Cultured Pasteurized Milk And Skim Milk, Buttermilk, Maltodextrin, Milkfat, Contains Less Than 2% Of Salt, Sodium Phosphate, Jalapeno Peppers, Red Bell Peppers, Vinegar, Sorbic Acid (preservative), Guar Gum, Xanthan Gum, Lactic Acid, Oleoresin Capsicum, Artificial Color, Enzymes.