



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Outdoors.

In Community.

## CAMP CONNECTION

Menu – Week 10

July 27-Aug 1

**Sunday Dinner-** BBQ grilled chicken, mashed potatoes, green beans, rolls.

**Monday Breakfast-** Pancakes, Sausage link, hash brown patties, scrambled eggs.

**Monday Lunch-** Chili/cheese dogs, potato wedges.

**Monday Dinner-** Spaghetti Marinara/meat sauce. Garlic toast.

**Tuesday Breakfast-** Waffles, scrambled eggs, bacon, Diced battered hash brown.

**Tuesday Lunch-** - Chicken fried rice, eggrolls, Stir fried vegetables.

**Tuesday Dinner-** Ground beef tacos, Mexican rice, red beans. LTO and sour cream.

**Wednesday Breakfast-**Biscuit, Ham steak, cheese omelet, shredded hashbrown.

**Wednesday Lunch-** Chicken Tenders, Macaroni and cheese, vegetable blend.

**Wednesday dinner-** Hamburgers BEACH

**Thursday Breakfast-** Mini pancakes, sausage patty, fried eggs, skin on diced hash brown.

**Thursday Lunch-** Penne Alfredo with grilled chicken, breadsticks and Italian vegetable blend.

**Thursday Dinner-** Lemon pepper chicken breast. Baked potato casserole, grilled zucchini.

**Friday Breakfast-** Cinnamon rolls, Bacon, hash brown sticks and scrambled eggs.

**Friday Lunch-** DAY- hamburgers waffle fries. RES - Fried chicken sandwiches, waffle fries.

**Friday Dinner-** BBQ sandwiches, baked beans, corn and potato salad.

Salad Bar items –

Granola, Yogurt, Assorted fresh fruit, dried cherries, dried cranberries, raisins.

Croutons (Cheese/Garlic), Lettuce, Tomato, Onion, Cucumber, pickled beets, olives, Cheddar/jack cheese. Cheddar squares, Mozzarella string cheese.

### **Sunday Dinner-**

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 FLAVOR, MODIFIED FOOD STARCH.

Sweet baby Rays barbeque sauce- High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Corn Starch, Contains Less Than 2% Of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spice, Caramel Color, Molasses, Sodium Benzoate (preservative), Garlic, \* Mustard Flour, Corn Syrup, Sugar, Tamarind, Natural Flavor, Celery Seed. \*dried

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, Salt, pepper, liquid butter alternative.

Kings Hawaiian dinner rolls - 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.

### **Monday Breakfast-**

Buttermilk pancakes - Ingredients: Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Vitamin B1 [thiamine Mononitrate], Vitamin B2 [riboflavin], Folic Acid), Water, Sugar, Vegetable Oil (soybean And/or Canola), Buttermilk, Contains 2% Or Less Of Leavening (baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Salt, Fructose, Soy Lecithin, Eggs. Vitamins And Minerals: Iron, Vitamin A Palmitate, Vitamin B6 (pyridoxine Hydrochloride), Vitamin B12.

Sausage link - Pork, Water, Sugar, Contains 2% Or Less: Salt, Brown Sugar, Maltodextrin, Natural And Artificial Flavors, Maple Sugar. Stuff In Beef Collagen Casings.

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

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-**

**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

**Cheese-** 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.

**Hot dogs** – Pork, Water, Contains 2% Or Less of Beef, Salt, Spices, Sorbitol, Sodium Phosphates, Paprika, Sodium Erythorbate, Flavorings, Sodium Nitrite.

**Hot dog 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), Wheat Starch, enzymes, Ascorbic Acid. allergens: contains Wheat. (not Made with Be Ingredients)

**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). contains: Wheat

### **Monday Dinner-**

Spaghetti- Semolina (wheat), Durum Wheat Flour, Vitamin B3 (niacin), Iron (ferrous Sulfate), Vitamin B1 (thiamine Mononitrate), Vitamin B2 (riboflavin), Folic Acid.

Marinara- Vine-ripened Fresh Tomatoes, Blend Of Extra Virgin Olive Oil And Sunflower Oil, Salt, Onions, Black Pepper, Basil, Oregano, Parsley, And Naturally Derived Citric Acid.

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

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,

### **Tuesday Breakfast-**

Waffles- Salt, pepper, Whole Egg, Citric Acid, 0.15% Water Added as Carrier For Citric Acid. Citric Acid Added to Preserve Color. contains: Eggs.

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.

Bacon – Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

Battered diced hash brown- Potatoes, Vegetable Oil (contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Bleached Enriched Wheat Flour (flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains 2% Or Less Of Caramel Color, Cocoa Powder (processed With Alkali), Degermed Yellow Corn Meal, Dextrin, Dextrose, Garlic Powder, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Garlic Flavor, Onion Powder, Paprika Extract (color), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Spices, Tapioca Starch, Tapioca Starch - Modified, Xanthan Gum. contains: Wheat ingredients

### **Tuesday Lunch-**

Chicken – Boneless, Skinless, Cubed, Dark Meat Chicken Containing: Up To 15% Of A Solution Of Water, Salt, Sodium Phosphates.battered With: Water, Bleached Wheat Flour, Modified Corn And Wheat Starch, Palm Oil, Salt, Garlic Powder, Onion Powder. Predusted With: Wheat Flour, Wheat Gluten, Salt. Breeding Set In Vegetable Oil.

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.

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.

Stir fry vegetable- Broccoli, Sugar Snap Peas, Water Chestnuts, Carrots, Baby Corn, Onions, Red Bell Pepper, Celery, Mushrooms, Bean Sprouts.

Egg rolls- Cabbage, Enriched Flour ([bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour), Celery, Water, Carrots, Bok Choy, Water Chestnuts, Enriched Durum Flour (wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Bamboo Shoots, Contains 2% Or Less Of: Salt, Vegetable Oil (cottonseed, Canola, And/or Soybean Oil), Sugar, Modified Food Starch, Spice, Roasted Garlic, Wheat Gluten, Toasted Sesame Oil, Dried Onion, Maltodextrin, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Dried Whole Eggs, Cornstarch. Fried In Vegetable Oil (cottonseed, Canola And/or Soybean Oil).

### **Tuesday 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.

Red beans- Prepared Red Beans, Water, Tomato Paste, Modified Corn Starch, Salt, Chili Pepper, Sugar, Paprika, Onion, Garlic, Calcium Chloride

Sour cream- Cultured Cream, Contains Less Than 2% Of: Whey, Food Starch-modified (corn), Sodium Tripolyphosphate, Carrageenan, Calcium Sulfate, Locust Bean Gum, Guar Gum, Potassium Sorbate (to Preserve Freshness). contains: Milk

Iceberg lettuce, Diced tomato ,Diced onion

### **Wednesday Breakfast-**

Croissant- Enriched Wheat Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Margarine (interesterified Soybean Oil, Water, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Artificial Flavor, Beta-carotene [color], Vitamin A Palmitate), Sugar, Yeast, Less Than 2% Of Nonfat Milk, Salt, Ascorbic Acid, Enzymes. Contains: Wheat, Milk, 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.

Shredded hashbrown- Salt, pepper, Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (to Maintain Natural Color).

### **Wednesday 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. breading 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.

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-**

Mini Dutch Pancakes – Enriched Wheat Flour (wheat flour, ferrous sulfate, thiamin, riboflavin, niacin, folic acid), Eggs, Canola Oil, Water, Sugar, Skim milk, Highly Refined Coconut Oil, Leavening (baking soda, sodium acid pyrophosphate), Sunflower Lecithin, Egg Whites, Salt, Citric Acid, Flavoring.

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

Fried Eggs- 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.

Hash brown diced Skin on - Potatoes, Vegetable Oil (soybean, Canola, Cottonseed, And/or Sunflower), Contains Less Than 2% Of Dextrose, Salt, Disodium Dihydrogen Pyrophosphate (to Maintain Natural Color).

#### **Thursday Lunch-**

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 FLAVOR, MODIFIED FOOD STARCH.

Peas – Green peas, salt, pepper, liquid butter alternative.

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,

#### **Thursday Dinner-**

Lemon Pepper grilled Chicken- Chicken Breast, Salt, Spices (including Black Pepper), Citric Acid, Onion, Sugar, Garlic, Calcium Stearate, Silicon Dioxide And Calcium Silicate (to Make Free Flowing), Lemon Oil & Riboflavin (color).

Baked potato casserole- POTATOES, WATER, SOUR CREAM (Cultured Pasteurized Grade A Cream, Whey, Non Fat Milk Solids, Modified Food Starch, Sodium Phosphate, Guar Gum, Carob Bean Gum, Carrageenan, Locust

Bean Gum, Rennet, Potassium Sorbate (to preserve freshness), enzyme), NON-DAIRY CREAMER (Partially hydrogenated soybean oil, corn syrup solids, sodium caseinate [a milk derivative], mono & diglycerides, sodium citrate, salt, dipotassium phosphate, sodium silico aluminate [anti-cake], carragennan, annatto color, and artificial flavor), BACON (Pork, Water, Contains 2% or less of Sugar, Salt, Smoke Flavoring, Sodium Phosphates, Natural Smoke Flavor with Natural Apple Flavor Added, Natural and Artificial Smoke Flavoring [Water, Natural Flavoring, Partially Hydrogenated Soybean Oil, Onion Juice, Dextrose, Gum Acacia, Xanthan Gum, Citric Acid, Sodium Benzoate, Caramel Color], Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate, may also contain honey, potassium chloride.), VEGETABLE OIL (100% soybean oil), MODIFIED CORNSTARCH (modified Waxy Maize Corn Starch), SALT, DEHYDRATED GARLIC, DEHYDRATED PARSLEY, SPICE, CITRIC ACID, CHEDDAR CHEESE (Cultured Pasteurized Milk, Salt, Enzymes, Powdered Cellulose Added to Prevent Caking, Annatto [color], Natamycin [a natural mold inhibitor]), DEHYDRATED CHIVES. CONTAINS: Milk.

Zucchini- Salt, Pepper, Zucchini, 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.

#### **Friday 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.

### **Friday Lunch-**

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

Fried Chicken Breast- Containing up to 12% of a Solution of Water, Salt, Sodium Phosphates

BATTERED AND BREADED WITH:

Enriched Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Spices, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Maltodextrin, Autolyzed Yeast Extract, Torula Yeast, Green Bell Pepper Powder, Calcium Carbonate, Modified Butter Oil, Guar Gum, Dehydrated Butter, Sodium Caseinate, Com Syrup Solids, Extractives of Arrato and Turmeric. PREDUSTED WITH: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, folic Acid), Modified Com Starch, Potato Flour, Salt, Spice, Spice Extractives, Breeding Set in Vegetable Oil. CONTAINS: WHEAT. MILK

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)

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.

Lettuce, Tomato, Onion

### **Friday Dinner-**

Beef- Seasoned Beef (beef, Water, Salt, Sodium Phosphates, Rice Starch, Paprika, Spices, Garlic Powder).

Chicken- Dark Meat Chicken, Water, Contains 2% Or Less Of: Salt, Sodium Phosphates. Rubbed With: Flavorings, Cane Sugar, Tomato Powder, Dehydrated Garlic, Salt, Maltodextrin, Yeast Extract, Paprika, Lemon Juice Solids, Chicken Fat, Turmeric, Natural Smoke Flavor.

Buns- 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)

Potato Salad- Potatoes, Salad Dressing (soybean Oil, Water, high Fructose Corn Syrup, Distilled Vinegar, Egg Yolks, Modified Food Starch (corn), Salt, Spice (mustard), Xanthan Gum), Dressing (water, Soybean Oil, High Fructose Corn Syrup, Distilled Vinegar, Modified Food Starch (corn), Sugar, Rice Flour, Egg Yolks, Salt, Spice (mustard), Xanthan Gum, Propylene Glycol Alginate), Sugar, Mustard (water, Vinegar, Mustard Seed, Salt, Turmeric And Spice), Sweet Pickle Relish (cucumbers, High Fructose Corn Syrup, Distilled Vinegar, Salt, Calcium Chloride, Xanthan Gum, Alum, Natural Flavors, Turmeric, Polysorbate 80), Celery, Water, Red Peppers (peppers, Water, Citric Acid), Onion, Salt, Potassium Sorbate (preservative), Sodium Benzoate (preservative), Artificial Food Color (purified Water, Fd&c Yellow #5, Sodium Benzoate, Citric Acid), Celery Seeds, Black Pepper, Xanthan Gum. Contains Egg.

Baked beans- Prepared Navy Beans, Water, Brown Sugar. Contains 2% Or Less Of: Salt, Mustard (water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor.

Corn- 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.