



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Outdoors.

In Community.

## CAMP CONNECTION

### Week 8

**June 13-18**

Sunday Dinner – Penne Alfredo with grilled chicken, peas, garlic toast.

Monday Breakfast – Waffles, Fried egg, bacon, hashbrown sticks

Monday Lunch- Chicken and cheese taquitos, Spanish rice, corn.

Monday Dinner- Generals chicken, stir-fry vegetable, eggrolls.

Tuesday Breakfast- French toast, scrambled eggs, sausage patty, battered hashbrown.

Tuesday Lunch- Chicken tenders, macaroni and cheese, rolls

Tuesday Dinner- BBQ chicken drumsticks, potato salad, corn on the cob.

Wednesday Breakfast- biscuits w/ country gravy, scrambled eggs, ham steak.

Wednesday Lunch - Burritos with Chili and cheese sauce, Spanish rice, Tortilla chips.

Wednesday Dinner- Chicken parmesan, spaghetti marinara, breadsticks.

Thursday Breakfast – pancakes, sausage link, scrambled eggs, hashbrown.

Thursday Lunch- BYO sandwiches, Cold pasta salad w/ grilled chicken, chips.

Thursday Dinner- beef tacos w/ flour tortillas, Mexican rice, black beans

Friday Breakfast-Cinnamon rolls, donuts, hashbrown.

Friday Lunch- Fried chicken sandwiches, waffle fries.

Friday Dinner- Beef fajita, rice, beans, tortilla. Chips and cheese.

## **Sunday Dinner-**

**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** – Boneless, skinless Chicken breast, salt, pepper.

**Peas-** green peas, salt, pepper.

**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,

## **Monday Breakfast -**

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

**Waffles -** Enriched Wheat Flour (bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, May Contain Malted Barley Flour), Water, Eggs, Sugar, Soybean And/or Canola Oil, Egg Whites, Less Than 2% Of: Leavening (sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate, Sodium Acid Pyrophosphate), Salt, Soy Lecithin, Emulsifier Blend (propylene Glycol Monoesters, Mono-diglycerides, Sodium Stearoyl Lactylate), Natural Flavors (including Milk). Contains: Egg, Milk, Soy, Wheat.

**Fried Egg-** 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-** Ingredients: 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.

## **Monday Lunch-**

**Chicken and cheese Crisпитos** - Chicken Filling: Cooked Chicken Pieces, Pasteurized Process Cheese Sauce With Jalapeno [cheddar And Monterey Jack Cheeses (pasteurized Milk, Cheese Culture, Salt, Enzymes), Whey, Canola Oil, Jalapeno Peppers (jalapeno Peppers, Vinegar, Salt), Modified Food Starch, Sodium Phosphate, Salt, Lactic Acid, Sodium Alginate, Sorbic Acid (preservative), Apocarotenal (color), Annatto (color)], Water, Modified Food Starch, Onion Powder, Salt, Spices, Chili Powder [spices (including Mustard), Salt, And Garlic Powder]]. Flour Tortilla: Enriched Wheat Flour (wheat Flour, Enzyme, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Contains 2% Or Less Of The Following: Salt, Sodium Stearoyl Lactylate, Potassium Sorbate (preservative), Fumaric Acid. Paste Ingredients: Water, Xanthan Gum. Blanched In Vegetable Oil.

**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.

**Corn-** Corn cob, butter alternative, salt.

## **Monday Dinner –**

**General Tso chicken-** Sugar, Water, Soy Sauce (water, Soybeans, Wheat, Salt), Red Wine Vinegar, Modified Cornstarch, 2% Or Less Of Ginger Puree (ginger, Water, Citric Acid), Garlic, Salt, Molasses, Spices, Xanthan Gum, Paprika Extract.

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.

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

Eggroll- Ingredients: 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 Breakfast-**

**French Toast-** Bread (enriched Wheat Flour [wheat Flour, malted Barley Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid], Water, Yeast, Sugar, Less than 2% Of: Vital Wheat Gluten, Canola And/or Soybean Oil, salt, 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, Less Than 2% Of: Nonfat Milk, Buttermilk, Salt, Natural flavors, Soy Lecithin, Soybean And/or Canola Oil, Anhydrous milkfat. Contains: Egg, Milk, Soy, Wheat.

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

**Sausage-** Pork, Water, Salt, Contains 2% Or Less Of Sugar, Spices, Chili Pepper, Flavoring.

**Battered hashbrown-** 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

### **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. 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.

**Hawaiian 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.

### **Tuesday Dinner-**

**BBQ Chicken-** Grilled Chicken, 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

**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.

**Corn on the cob-** Corn, butter, salt.

### **Wednesday Breakfast –**

**Biscuits-** Enriched Flour (wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner (enzymes).

**Country gravy-** Enriched Bleached Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Food Starch-modified, Palm Oil, Salt, Corn Syrup Solids contains Less Than 2%: Black Pepper, Sodium Caseinate, Whey Protein Concentrate, Color Added, Mono & Diglycerides. Contains: Milk, Wheat

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

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

### **Wednesday 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.

### **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-**

**Buttermilk pancakes** - Ingredients: Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Vitamin B1 [thiamin 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.

**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.

**Hashbrown**- 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.

### **Thursday Lunch-**

#### **Build Your Own Sandwich-**

**Hoagie roll**- Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Contains 2% Or Less Of Each Of The Following: Salt, Wheat Gluten, Soybean Oil, Fermented Wheat Flour, Dough Conditioners (contains One Or More Of The Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Monoglycerides, Mono- And Diglycerides, Distilled Monoglycerides, Calcium Peroxide, Calcium Iodate, Datem, Ethoxylated Mono- And Diglycerides, Enzymes, Ascorbic Acid), Sesame Flour, Calcium Propionate (to Retard Spoilage). contains: Wheat, Sesame.

**Ham- 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.

**Pasta 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.

Grilled Chicken, salt, pepper.

### **Thursday 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**

### **Friday Breakfast-**

**Cinnamon rolls** - Enriched Flour Bleached (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine 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), CARRAGEENAN, 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, Corn Syrup Solids, Extractives of Arrato and Turmeric. PREDUSTED WITH: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, folic Acid), Modified Corn Starch, Potato Flour, Salt, Spice, Spice Extractives, Breading 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-**

**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.