



# Immaculate Conception School

One Washington Street, Newburyport, Massachusetts 01950

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## Hot Lunch Program – Menu & Ingredient Overview

*2011 – 2012 School Year*

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A full hot lunch is available daily for \$3.50 and includes entrée, drink, fruit and dessert. The menu is posted on the website, [www.icsnewburyport.com](http://www.icsnewburyport.com). Overview of daily offerings is as follows and includes alphabetical ingredient and allergen statements from manufacturer's packaging for reference.

Any questions or concerns please contact us and we will forward to the cafeteria staff.

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# MENU

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**ENTREES:** A specified entrée will be served each day as well as hot dogs, pizza, and bagels.

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<b>BEEF TERIYAKI DIPPERS</b>	Flame broiled beef strips with teriyaki dipping sauce. Served with rice or mashed potatoes, side salad with choice of dressings, fruit and dessert.
<b>CHEESE BURGER</b>	Grilled 85% lean hamburger patty with American cheese served on a white hamburger roll. Served with chips, side salad with choice of dressings, fruit and dessert.
<b>CHICKEN POT PIE</b>	White meat chicken pot pie with carrots, peas and a pastry crust. Served with mashed potatoes, side salad with choice of dressings, fruit and dessert.
<b>CHICKEN QUESADILLA</b>	Chicken and cheese quesadilla served with rice, corn, fruit cup and dessert.
<b>CHICKEN NUGGETS</b>	Breaded chicken nuggets served with rice or mashed potatoes, corn, fruit and dessert.
<b>CHICKEN SANDWICH</b>	Breaded chicken patty served on a hamburger roll. Served with chips, side salad with choice of dressings, fruit and dessert.
<b>CHICKEN TERIYAKI DIPPERS</b>	Flame broiled chicken breast strips with teriyaki dipping sauce. Served with rice or mashed potatoes, side salad with choice of dressings, fruit and dessert.
<b>HOT DOGS – <i>Served Daily</i></b>	Boiled hot dog served on a hot dog roll. Served with chips, side salad with choice of dressings, fruit and dessert.
<b>MEATBALL SUB</b>	Italian style beef meatballs with marinara sauce in a 6ö sub roll. Served with fruit cup and dessert.
<b>NACHOS</b>	Ground turkey with nacho spices served over yellow triangular tortilla chips with salsa, cheddar cheese and lettuce. Served with fruit cup and dessert.
<b>PASTA</b>	Rotini pasta tossed with olive oil and served with choice of marinara or cheddar cheese sauce. Served with side salad with choice of dressings, fruit and dessert.
<b>PIZZA</b>	Rectangular 4x6ö thick crust cheese pizza served with side salad with choice of dressings, fruit and dessert.

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**PIZZA - IC ROUND**

Round 5ö cheese pizza with pastry-style crust served with side salad with choice of dressings, fruit and dessert.

**PIZZA FACTORY**

Slice of cheese pizza served with side salad with choice of dressings, fruit and dessert.

**POPCORN CHICKEN**

Breaded popcorn chicken served with rice or mashed potatoes, corn, fruit and dessert.

**WAFFLE & SAUSAGE**

Belgian waffle with pork sausage and maple syrup. Served with fruit cup and dessert.

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**BEVERAGES:** Choice of following each day

**WHOLE MILK – WHITE**

**WHOLE MILK – CHOCOLATE**

**SKIM MILK**

**WATER**

**APPLE JUICE**

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**DESSERTS:** A specified dessert will be served each day.

**COOKIE - Chocolate Chip**

**COOKIE - Oatmeal Raisin**

**COOKIE - Sugar**

**ICE CREAM CUP**

**JELLO** (*Served with Non-Dairy Dessert Topping, see separate ingredient listing*)

**OREO'S (2 Cookies)**

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**PUDDING - Chocolate** *(Served with Non-Dairy Dessert Topping, see separate ingredient listing)*

**PUDDING - Vanilla** *(Served with Non-Dairy Dessert Topping, see separate ingredient listing)*

**TEDDY GRAHAMS – Cinnamon**

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**OTHER SIDES** ó *Available daily for extra charge*

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**CHIPS :** **\$0.50 each**

Cheetos - Baked, Lays óBaked Barbecue, Lays Classic Chips, Fritos, Sunc

hips Original, Sunchips French Onion

**CEREAL:** **\$1.00 each**

Cheerios, Cinnamon Toast Crunch, Total Raisin Bran

**CREAMSICLE** **\$1.00 each**

**FUDGESICLE** **\$1.00 each**

**FRUIT ROLL UPS - Blastin Berry** **\$0.50 each**

**STRAWBERRY FRUIT SNACKS** **\$0.75 each**

**ICE CREAM - Chocolate Éclair** **\$1.00 each**

**ICE CREAM - Strawberry Shortcake** **\$1.00 each**

**ICE CREAM - Vanilla Sandwich** **\$1.00 each**

**ICE CREAM - Chocolate Chip Sandwich** **\$1.50 each**

**ICE CREAM - Cookies ‘n’ Crème Sandwich** **\$1.50 each**

**POPSICLE** **\$0.50 each**

**SMARTFOOD POPCORN** **\$0.75 each**

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## INGREDIENT LISTINGS

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### **AMERICAN CHEESE – Sliced**

See CHEESE

### **BARBECUE SAUCE**

**Ingredients:** Tomato paste, distilled vinegar, high fructose corn syrup, salt, natural smoke flavoring, paprika, soybean oil, spices, mustard flour, dehydrated soy sauce (soybeans, wheat, salt, maltodextrin), dehydrated garlic, guar gum, sodium benzoate as a preservative, dehydrated onion, turmeric, natural flavoring.

### **BEEF TERIYAKI DIPPERS**

**Ingredients:** Ground beef (not more than 20% fat), water, textured vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacin amide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), seasoning (molasses granules (refinery syrup, cane mill molasses, cane caramel color), sugar (brown and cane), dehydrated soy sauce (wheat, soybeans, salt), maltodextrin, salt, sodium phosphates, potassium chloride, spices, garlic powder, citric acid). Glazed with: teriyaki sauce (soy sauce, water, soybeans, wheat, salt, sodium benzoate), sugar, water, distilled vinegar, modified food starch, pineapple juice concentrate, soybean oil, caramel color, xanthan gum, garlic powder, sodium benzoate, spice and natural flavor). **CONTAINS WHEAT AND SOY**

### **BELGIUM WAFFLE**

See WAFFLE

### **CHEESE – AMERICAN Sliced**

**Ingredients:** Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, enzymes, soy lecithin, artificial color. **CONTAINS MILK AND SOY**

### **CHEESE BURGER**

See HAMBURGER PATTY

### **CHEDDAR CHEESE SAUCE**

**Ingredients:** Cheese whey, partially hydrogenated soybean oil, food starch modified (corn), cheddar cheese (cultured milk, salt and enzymes), salt, sodium phosphate, natural flavors, monosodium glutamate, vinegar, sodium stearoyl lactylate, color added (including Yellow 5 and Yellow 6) and caramel color. **CONTAINS MILK INGREDIENTS**

### **CHEDDAR CHEESE – Shredded**

**Ingredients:** Cultured pasteurized milk, salt, enzymes, potato starch and powdered cellulose added to prevent caking. **CONTAINS MILK**

### **CHEERIOS**

**Ingredients:** Whole Grain Oats, (includes oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch, Vitamin E to Preserve Freshness.

### **CHEETOS: BAKED**

**Ingredients:** Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Contains One or More of the Following: Corn, Soybean, or Sunflower Oil), Whey, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Salt, Sea Minerals (Calcium Carbonate and Magnesium Carbonate), Canola Oil, Maltodextrin, Whey Protein Concentrate, Disodium Phosphate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, and Artificial Color (Yellow 6, Yellow 5). **CONTAINS MILK**

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## **CHICKEN NUGGETS**

**Ingredients:** Chicken breast meat with rib meat, water, isolated soy protein, salt, sodium phosphates, seasoning (salt, garlic powder, spice, soybean oil). **BREADED WITH:** Enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yellow corn flour, food starch-modified, spices, dried onion, iodized salt, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, paprika extract (color), soy flour, sodium alginate, nonfat milk, natural flavor, egg. **CONTAINS EGGS, MILK, SOY, WHEAT**

## **CHICKEN PATTIES - Breaded**

**Ingredients:** Chicken, dried whole eggs, water, seasoning (salt, onion powder, modified corn starch, natural flavor) and sodium phosphates. **BREADED WITH:** Enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, modified corn starch, spices, dextrose, garlic powder, oleoresin of paprika and annatto, xanthan gum and natural flavors. Breeding set in vegetable oil. **CONTAINS EGGS, WHEAT**

## **CHICKEN POT PIE**

**Ingredients:** **CHICKEN FILLING:** (water, potatoes (with sodium acid pyrophosphate to maintain color), carrots, cooked mechanically separated chicken, modified food starch, seasoning blend (bleached enriched wheat flour malted barley flour, potassium bromate, niacin, reduced iron, thiamin mononitrate, riboflavin), salt, maltodextrin, whey powder, whey protein concentrate, garlic powder, soy lecithin, yeast extract, onion powder, spices, xanthan gum, turmeric extract and annatto), peas, chicken fat, natural and artificial chicken flavor (salt, chicken powder, chicken fat, autolyzed yeast extract, water, natural and artificial flavors, invert sugar, chicken broth, onion powder, partially hydrogenated soybean oil and cottonseed oil, grill flavor (from partially hydrogenated soybean oil and cottonseed oil), and tocopherols)), **CRUST** (enriched flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), shortening (lard, hydrogenated lard, partially hydrogenated soybean oil, BHT and citric acid to protect flavor), water, dextrose, salt, dough conditioner (sodium aluminosilicate, salt, enzymes, ammonium sulfate, fumaric acid), caramel color), **GROUND CHICKEN** (cooked chicken, water, salt, soy protein isolate (soy lecithin), carageenan, modified food starch, sodium phosphate, spice extract). **CONTAINS WHEAT, MILK, SOY**

## **CHICKEN QUESADILLA**

**Ingredients:** **TORTILLA** (Flour blend (enriched bleached wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole wheat flour, soy flour), water, soybean oil, baking powder (sodium bicarbonate, sodium aluminum sulfate, cornstarch monocalcium phosphate, calcium sulfate), salt, dextrose, dough conditioner (wheat flour, salt, soy oil, L. cysteine, ascorbic acid, enzyme), wheat gluten). **SAUCE** (Water, tomato paste, salsa spice (salt, sugar, dehydrated onion and garlic, dehydrated jalapeno pepper, citric acid, xanthan gum, spice, dehydrated cilantro, potassium sorbate), vinegar). **DICED CHICKEN** (Chicken breast with rib meat, water, seasoning (hydrolyzed corn gluten, onion powder, salt, spices, maltodextrin, garlic powder, citric acid, spice and coloring (contains paprika), natural and artificial flavoring, disodium guanylate, disodium inosinate), potato starch, sodium phosphates). **SHREDDED MILD CHEDDAR FLAVORED MOZZARELLA CHEESE SUBSTITUTE** (Water, soybean oil, casein, milk protein concentrate, modified food starch, contains 2% or less of: sodium aluminum phosphate, salt, cheddar cheese flavor (cheddar, blue and semisoft cheese (pasteurized milk, cultures, salt, enzymes), water, whey, salt, citric acid, lactic acid, mozzarella cheese type flavor (cheese, (milk, culture, rennet, salt)), milk solids, disodium phosphate, sorbic acid, paprika annatto blend (natural extractives of annatto seeds and paprika with mono-di-and-triglycerides, soybean and/or canola oil, other natural flavors, tocopherol, potassium hydroxide), nutrient blend magnesium oxide, zinc oxide, calcium pantothenate, riboflavin, vitamin B12), vitamin a palmitate). **SHREDDED LOW MOISTURE PART SKIM MOZZARELLA CHEESE** (Pasteurized part skim milk, cheese culture, salt, enzymes). **SHREDDED MOZZARELLA CHEESE SUBSTITUTE** (Water, soybean oil, casein,

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milk protein concentrate, modified food starch, contains 2% or less of: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor (cheese (milk, culture, rennet, salt), milk solids, disodium phosphate), sorbic acid, nutrient blend, vitamin A palmitate. **CONTAINS WHEAT, MILK, SOY**

**CHICKEN TERIYAKI DIPPERS**                      **Ingredients:** Chicken, water, teriyaki sauce (soy sauce (water, soybeans, wheat, salt, sodium benzoate), sugar, water, distilled vinegar, modified food starch, pineapple juice concentrate, soybean oil, xanthan gum, garlic powder, artificial flavor, sodium benzoate, spice), vegetable protein product (soy protein concentrate, zinc oxide, niacin amide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), and cyanocobalamin (B 12)). 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, partially hydrogenated soybean and cottonseed oil, thiamine hydrochloride, disodium inosinate, disodium guanylate)), sodium phosphates. **CONTAINS SOY, WHEAT**

**CINNAMON TOAST CRUNCH**                      **Ingredients:** Whole Grain Wheat, Sugar, Rice Flour, Canola and/or Rice Bran Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Soy Lecithin, Trisodium Phosphate, Color Added. BHT Added to Preserve Freshness. **CONTAIN WHEAT & SOY INGREDIENTS**

**COOKIES - Chocolate Chip**                      **Ingredients:** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla), palm oil, margarine (palm oil, soybean oil, water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene), eggs, water, high fructose corn syrup, molasses, baking soda, salt, natural and artificial flavor. **CONTAINS EGGS, WHEAT**

**COOKIES - Oatmeal Raisin**                      **Ingredients:** Sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), rolled oats, margarine (palm oil, soybean oil, water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene), raisins, coconut, eggs, molasses, whey, water, baking soda, salt, cinnamon. **CONTAINS EGGS, WHEAT**

**COOKIE - Sugar**                                      **Ingredients:** Enriched flour (wheat flour, corn starch, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), sugar, partially hydrogenated soybean oil, high fructose corn syrup, salt, baking soda, soy lecithin (emulsifier), and artificial flavor. **CONTAINS WHEAT INGREDIENTS**

**COCOA PUFFS**                                      **Ingredients:** Whole Grain Corn, Sugar, Corn Syrup, Corn Meal, Canola and/or Rice Bran Oil, Cocoa Processed with Alkali, Color Added, Salt, Tricalcium Phosphate, Fructose, Corn Starch, Natural and Artificial Flavor, Trisoldium Phosphate. BHT Added to Preserve Freshness. **MAY CONTAIN WHEAT INGREDIENTS**

**CREAMSICLE**                                      **Ingredients:** SHERBERT: Water, sugar, corn syrup, nonfat milk and milkfat, whey, citric acid, stabilizer (mono and diglycerides, guar gum, polysorbate 80, xanthan gum and carob bean gum), artificial color (yellow #6). LOWFAT ICE CREAM: Nonfat milk and milkfat, sugar, corn syrup, whey, stabilizer (cellulose gel, cellulose gum, mono and diglycerides, polysorbate 80, guar gum, carrageenan), artificial flavor, vitamin A palmitate. **CONTAINS MILK**

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**DINNER ROLL – Classic**

**Ingredients:** Enriched wheat flour, (niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid), malted barley, filtered water, grains (rye meal, rolled oats, wheat flakes, millet, sesame seeds, and flaxseeds), conditioner (dehydrated sourdough (contains wheat and rye) yeast, ascorbic acid, enzymes), honey, salt (salt contains quantities of prussiate yellow soda), yeast. **CONTAINS WHEAT & SESAME SEEDS. Made in a facility that handles eggs and nuts.**

**DINNER ROLL – White**

**Ingredients:** Enriched unbleached flour, (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid), water, may contain two percent or less of; yeast, salt, white rye flour, wheat gluten, high fructose corn syrup, soybean oil, dextrose, soy lecithin, dough conditioners (sodium stearoyl lactylate and/or DATEM, L-cysteine, ascorbic acid, azodicarbonamide (ADA), enzymes), organic acids, vinegar and/or calcium propionate (to retard spoilage), yeast nutrients (calcium sulfate, ammonium sulfate), corn starch, guar gum. **CONTAINS WHEAT**

**DRESSING - Balsamic**

**Ingredients:** Water, soybean oil, balsamic vinegar, sugar, red wine vinegar, salt, honey, xanthan gum, garlic, onion, red bell pepper, spice, natural flavor and vitamin E.

**DRESSING - Fat Free Italian**

**Ingredients:** Water, distilled vinegar, corn syrup, salt, xanthan gum, garlic, carrageenan potassium sorbate (preservative), red bell peppers, onion, carrots, spice, caramel color, yellow 5 and yellow 6 (colors), calcium disodium EDTA added to protect flavor.

**DRESSING - Greek**

**Ingredients:** Soybean oil, water, cider vinegar, corn syrup, distilled vinegar, lemon juice (from concentrate), salt, egg yolk, propylene glycol alginate, monosodium glutamate, garlic, potassium sorbate (preservative), spices, xanthan gum and onion. Calcium disodium ADTA added to protect flavor. **CONTAINS EGG INGREDIENTS**

**DRESSING - Italian**

**Ingredients:** Distilled vinegar, soybean oil, water, sugar, salt, garlic, onion, xanthan gum, lemon juice from concentrate, red bell pepper, vitamin E, spice, natural flavor and oleoresin paprika.

**DRESSING - Light Italian**

**Ingredients:** Water, distilled vinegar, soybean oil, sugar, olive oil, balsamic vinegar, salt, spice, xanthan gum, citric acid, red bell pepper, garlic, onion, natural flavor and vitamin E..

**DRESSING - Ranch**

**Ingredients:** Soybean oil, water, distilled vinegar, buttermilk (cultured low fat milk, guar gum, carrageenan, locust bean gum, salt), egg yolk, corn syrup, salt, sour cream (cream, nonfat milk, cultures), lactic acid, garlic, monosodium glutamate, xanthan gum, spices, onion, maltodextrin, potassium sorbate (preservative), disodium inosinate, disodium guanylate, natural flavors, citric acid and pectin, calcium disodium EDTA added to protect flavor. **CONTAINS EGG, MILK, SOY**

**FRITOS CORN CHIPS**

**Ingredients:** corn, corn oil, salt.

**FRUIT ROLL UPS – Blastin Berry**

**Ingredients:** Pears from concentrate, polydextrose, dried corn syrup, sugar, corn syrup, maltodextrin, partially hydrogenated cottonseed oil, contains 2% or less of: citric acid, sodium citrate, acetylated monoglycerides, fruit pectin, dextrose, amlic acid, vitamin C, natural flavor, acerola extract (a source of vitamin C), color (yellow 5, red 40, blue 1)

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**FUDGESICLE** **Ingredients:** Water, sugar, nonfat milk, corn syrup, whey, cocoa (processed with alkali), malt flour, guar gum, mono and diglycerides, xanthan gum, polysorbate 80, cellulose gum, carrageenan, salt, artificial flavor. **CONTAINS MILK, WHEAT**

**GROUND TURKEY** See TURKEY

**HAMBURGER PATTY** **Ingredients:** Beef, seasoning (salt, dextrose, natural flavors, spice).

**HAMBURG ROLL** **Ingredients:** Enriched unbleached flour, (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid), water, yeast, high fructose corn syrup, may contain two percent or less of each; salt, soybean oil, dextrose, dough conditioners (sodium stearoyl lactylate and/or DATEM, monoglycerides, L-cysteine, ascorbic acid, potassium bromated, azodicarbonamide (ADA), enzymes), corn starch, guar gum, yeast nutrients (calcium sulfate, ammonium sulfate), vinegar and/or calcium propionate (to retard spoilage), soy lecithin. **CONTAINS WHEAT & MAY CONTAIN SESAME SEEDS**

**HOT DOG** **Ingredients:** Beef and pork, water, salt, contains less than 2% of: nonfat dry milk, corn syrup, flavorings, dextrose, sodium phosphate, oleoresin of paprika, ascorbic acid (vitamin C), sodium nitrite. **CONTAINS MILK**

**HOT DOG ROLL** **Ingredients:** Enriched wheat flour, (flour, malted barley flour, reduced iron, niacin, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, high fructose corn syrup, yeast, soybean oil, salt, wheat gluten, calcium propionate (preservative), mono- and diglycerides, monocalcium phosphate, sodium stearoyl lactylate, grain vinegar, calcium sulfate, soy lecithin. **CONTAINS WHEAT**

**ICE CREAM - CUP** **Ingredients:** Milk, cream, skim milk, sugar, corn sweetener, whey, cocoa, vanilla extract, guar gum, xanthan gum, carrageenan. **CONTAINS MILK INGREDIENTS**

**ICE CREAM - Chocolate Éclair** **Ingredient information to follow**

**ICE CREAM - Strawberry Shortcake** **Ingredients:** FROZEN DIARY DESSERT: Nonfat milk and milkfat, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono and diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor. CENTER:Water, dextrose, adipic acid, artificial flavor, stabilizer (locust bean gum, guar gum, propylene glycol alginate), silicon dioxide (anticaking), artificial color (Red #40). COATING: Soybean oil, coconut oil, sugar, nonfat dry milk, soy lecithin, salt, vanillin (artificial flavor), TBHQ (antioxidant). CRUNCH: Bleached wheat flour, sugar, vegetable shortening (palm oil and/or partially hydrogenated oils: soybean, cottonseed), salt, baking soda, artificial flavor, soy lecithin, artificial color (Red #3). **CONTAINS MILK, WHEAT, SOY**

**ICE CREAM – Vanilla Sandwich** **Ingredients:** LIGHT ICE CREAM: Nonfat milk, sugar, corn syrup, milk fat, whey (milk), maltodextrin, propylene glycol monoesters, cellulose gel, mono-and-di-glycerides, cellulose gum, locust bean gum, guar gum, polysorbate 80, natural and artificial flavors, carrageenan, caramel color, vitamin A palmitate. WAFER: Bleached wheat flour, sugar, caramel color, dextrose, palm oil, corn flour, cocoa, high fructose corn syrup, corn syrup, modified corn starch, baking soda, and salt, mono-and-di-glycerides, and soy lecithin. **CONTAINS MILK INGREDIENTS**

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**ICE CREAM – Choc. Chip Sandwich**      **Ingredients: Frozen Dairy Dessert:** Nonfat milk, sugar, corn syrup, whey, milk fat, maltodextrin, propylene glycol monoesters, mono and diglycerides, cellulose gum, locust bean gum, guar gum, carrageenan, cellulose gel, polysorbate 80, natural and artificial flavors, annatto (for color). **Cookie:** Bleached wheat flour, sugar, palm oil, chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin, salt, vanilla), corn syrup, baking soda, salt, molasses, natural and artificial flavors, soy lecithin, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), **Chocolate Chips:** Sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin. **CONTAINS SOY, MILK, AND WHEAT INGREDIENTS**

**ICE CREAM - Cookies ‘n’ Crème Sandwich** **Ingredients: Ice Cream:** Milk fat and nonfat milk, corn syrup, sugar, high fructose corn syrup, whey, stabilized and emulsified by mono and diglycerides, guar gum, cellulose gum and carrageenan, artificial flavor and vegetable annatto color. **Cookie Wafers: Sugar,** wheat flour, vegetable shortening (partially hydrogenated oils, soybean, and cottonseed), alkalized cocoa, high fructose corn syrup, corn sugar, corn starch, baking soda, salt, caramel color, whey, ammonium bicarbonate, soy lecithin, natural and artificial flavor. **CONTAINS SOY, MILK, AND WHEAT INGREDIENTS**

**LAYS: Baked Barbecue Potato Chips**      **Ingredients:** Dehydrated potatoes, modified corn starch, corn oil, sugar, and less than 2% of the following: dextrose, salt, molasses, onion powder, soy lecithin, leavening (monocalcium phosphate and sodium bicarbonate), brown sugar, fructose, natural flavor (contains milk, barley, chicken), torula yeast, chili pepper, tomato powder, soybean oil, garlic powder, citric acid, spices, paprika extract and yeast extract. **CONTAINS SOY, MILK, AND WHEAT INGREDIENTS**

**LAYS: Classic Potato Chips**      **Ingredients:** Potatoes, Sunflower Oil and/or Corn Oil, and Salt.

**LUCKY CHARMS**      **Ingredients:** Whole Grain Oats, Marshmallows (sugar, modified corn starch, corn syrup, dextrose, gelatin, calcium carbonate, yellow 5 & 6, blue 1, red 40, artificial flavor), Sugar Oat Flour, Corn Syrup, Corn Starch, Salt, Trisodium Phosphate, Color Added, Natural and Artificial Flavor. Vitamin E Added to Preserve Freshness.

**OREO’S (2 Cookies)**      **Ingredients:** Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), High Oleic Canola Oil and/or Palm Oil and/or Canola Oil and/or Soybean Oil, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Cornstarch, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin, Vanillin ó an Artificial Flavor, Chocolate. **CONTAINS WHEAT & SOY INGREDIENTS**

**MARINARA SAUCE**      **Ingredients:** Vine-ripened fresh tomatoes, fresh sautéed onions in a blend of extra virgin olive oil and sunflower oil, carrot puree, garlic puree, salt, sugar, basil, seasonings and naturally derived citric acid.

**MASHED POTATOS**      **Ingredients:** Potatoes, canola oil, buttermilk powder, salt, whey, modified butter oil, disodium dihydrogen pyrophosphate, onion powder, garlic powder, maltodextrin, corn syrup solids, spice, natural flavor, dehydrated butter, turmeric extract, annatto extract. **CONTAINS MILK**

**MEATBALLS – Italian Style Beef**      **Ingredients:** Beef, water, vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacin amide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), seasoning (maltodextrin, whey, salt, onion, garlic powder, parsley, parmesan cheese flavor (partially hydrogenated

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vegetable oil (cottonseed / soybean), natural flavoring, BHA), beef flavor (maltodextrin, salt, beef flavor (contains maltodextrin, salt, beef extract)), celery, spices, Romano cheese flavor (with Romano cheese (cows milk, salt, cheese cultures, enzymes), disodium phosphate), flavoring), bread crumbs (bleached wheat flour, soybean oil, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, oleore, paprika). Contains 2% or less of the following: potassium lactate, tomato paste (whole ripe tomatoes), sodium phosphate, salt, sodium diacetate, beef stock, rosemary. Set in vegetable oil. **CONTAINS MILK, SOY, WHEAT**

**NON – DAIRY DESSERT TOPPING**      **Ingredients:** Water, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts.  
**CONTAINS MILK INGREDIENTS**

**PASTA - ROTINI**      **Ingredients:** Semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid. **CONTAINS WHEAT INGREDIENTS**

**PIZZA – IC *Served Daily***      **Ingredients:** CRUST: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, defatted soy flour, yeast, soybean oil, isolated soy protein, sugar, glucono-delta-lactone, datem, sodium bicarbonate, salt, dough conditioner (wheat starch, cysteine hydrochloride, ammonium sulfate); TOPPINGS: low moisture part skim mozzarella cheese substitute (water, vegetable oil (corn and or soy oil), cheese solids, modified food starch, rennet casein, sweet whey, nonfat dry milk, sodium aluminum phosphate, salt, carrageenan, magnesium oxide, pyridoxine hydrochloride. SAUCE: tomatoes (water, tomato paste, modified food starch, sugar, dextrose, salt, spice, Romano cheese (sheep's and cow's milk, cheese cultures), garlic powder, paprika, citric acid, beet powder. **CONTAINS MILK, WHEAT AND SOY INGREDIENTS**

**PIZZA - IC ROUND**      **Ingredients:** CRUST: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil, soy lecithin, butter flavor), soybean oil, yeast, contains 2% or less of: sugar, salt, dough conditioner (whey, ammonium sulfate, L-cysteine), glucono delta lactone, baking powder (sodium bicarbonate, mono diglycerides), wheat gluten, cornmeal, datem, dough conditioner (microcrystalline cellulose, corn starch, enzymes, dicalcium phosphate), ascorbic acid. TOPPING: low moisture part skim mozzarella cheese (pasteurized milk, cultures, salt, enzymes), mozzarella cheese substitute )water, vegetable oil, (corn and or soy oil), cheese solids, modified food starch, rennet casein, sweet whey, nonfat dry milk, sodium aluminum phosphate, salt, carrageenan, magnesium oxide, ferric orthophosphate, vitamin a palmitate, niacin amide, zinc oxide, pyridoxine hydrochloride (vitamin B6), cyanocobalamin). SAUCE: tomatoes (water, tomato paste), modified food starch, contains 2% or less of: sugar, salt, paprika, spices, amltodextrinm citric acid, onion, granular garlic.  
**CONTAINS MILK, WHEAT AND SOY INGREDIENTS**

**PIZZA – PIZZA FACTORY**      **Ingredients:** CRUST: Flour, olive oil, vegetable oil, eggs, wet yeast, salt, sugar. SAUCE: Plum tomatoes, basil, salt, sugar, parsley, oregano, parmesan, Romano, olive oil. CHEESE: Mozzarella, Wisconsin cheddar, **CONTAINS MILK, EGGS**

**PORK SAUSAGE**      See SAUSAGE

**POPCORN CHICKEN**      **Ingredients:** Chicken breast meat with rib meat, water, salt, sodium phosphates. BREADED WITH: Bleached wheat flour, salt, partially hydrogenated soybean oil, spices, onion powder, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), autolyzed yeast extract, dried yeast, sugar,

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paprika extract (color), annatto extract (color). Breaded with enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, spices, soybean oil, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), yellow corn flour, flavor (maltodextrin, malic acid, natural flavor), extractives of paprika, spice extractive. Battered with water, enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified food starch, yellow corn flour, salt, garlic powder, dextrose, spices, extractives of paprika, cellulose gum (sodium carboxymethylcellulose), soybean oil sodium alginate, natural flavors. Predusted with enriched bleached wheat and enriched durum flours (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), garlic powder, soybean oil, spices, salt, yellow corn flour, extractives of paprika, natural flavor. **CONTAINS WHEAT**

**POPSICLE** **Ingredients:** Water, sugar, high fructose corn syrup, corn syrup, contains less than 2% of guar gum, citric acid, natural and artificial flavors, Red #40, Blue #1, Yellow #5, Yellow #6.

**PUDDING - Chocolate** **Ingredients:** Water, sugar, skim milk, partially hydrogenated soybean oil, food starch ó modified (corn), dextrose, Dutch processed cocoa (processed with alkali), lactose, salt, sodium stearoyl lactylate and artificial flavor. Color added (including Yellow 5 and Yellow 6). **CONTAINS MILK INGREDIENTS**

**PUDDING - Vanilla** **Ingredients:** Water, sugar, skim milk, food starch ó modified (corn), lactose, partially hydrogenated soybean oil, salt, sodium stearoyl lactylate, artificial vanilla flavor, xanthan gum. Color added (including Yellow 5 and Yellow 6). **CONTAINS MILK INGREDIENTS**

**RICE** **Ingredients:** Parboiled long grain rice, orzo (macaroni product made from wheat flour), salt, autolyzed yeast extract, onions, garlic, and turmeric spice.

**RICE KRISPIE TREATS** **Ingredients:** Toasted rice cereal (rice, sugar, salt, high fructose corn syrup, malt flavoring, niacin amide, reduced iron, riboflavin (vitamin B2, folic acid), marshmallow (corn syrup, sugar, gelatin, natural and artificial flavor), fructose, margarine (vegetable oil,(soybean, palm, and palm kernel oil with BHQ for freshness), water, natural and artificial butter flavor (contains milk), datem, acetylated monoglycerides, BHT (preservative), vitamin A palmitate, vitamin D), corn syrup solids, contains two percent or less of dextrose, glycerin, salt, pyridoxine hydrochloride ò(vitamin B6), thiamin hydrochloride (vitamin B1), soy lecithin. **CONTAINS MILK AND SOY INGREDIENTS**

**ROTINI PASTA** See PASTA

**SALSA** **Ingredients:** Diced tomatoes in juice, tomato puree (water, tomato paste), bell peppers, diced onions, diced green chilies, less than 2% of: salt, distilled vinegar, diced jalapenos, spices, garlic puree, onion powder, natural flavor.

**SAUSAGE – PORK** **Ingredients:** Pork, water, salt, spices, dextrose, BHT, citric acid, propyl gallate.

**STRAWBERRY FRUIT SNACKS** **Ingredients:** Corn syrup, sugar, apple puree concentrate, water, modified corn starch, gelatin, contains two percent or less of citric acid, ascorbic acid (vitamin c), natural and artificial flavorings, color added, coconut oil, carnauba wax, yellow #5, red #40, sodium citrate, blue #1.

