

MEALS ON WHEELS INGREDIENT STATEMENT-JANUARY 2020

BRATWURST INGREDIENTS: PORK, WATER, CORN SYRUP AND LESS THAN 2% OF THE FOLLOWING: SALT, MODIFIED FOOD STARCH, ISOLATED OAT PRODUCT, SODIUM LACTATE, DEXTROSE, SODIUM PHOSPHATE, FLAVORINGS, SODIUM ACETATE, BHA, PROPYL GALLATE, CITRIC ACID, COLLAGEN CASING. **[SODIUM CONTENT: .5G]**

COUNTRY FRIED STEAK WITH GRAVY INGREDIENTS: BEEF, WATER, ENRICHED BLEACHED WHEAT FLOUR ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, TEXTURED VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE B1, PYRIDOXINE HYDROCHLORIDE B6, RIBOFLAVIN B2, CYANOCOBALAMIN B12, ENRICHED WHEAT FLOUR NIACIN, REDUCED IRON, DEHYDRATED RIBOFLAVIN, FOLIC ACID, CONTAINS 2 OR LESS OF: SALT, ONIONS, DEXTROSE, SOY SAUCE FERMENTED SOYBEANS, WHEAT, SALT, MALTODEXTRIN, WHEAT STARCH, WHEAT FLOUR, BUTTERMILK BLEND BUTTERMILK, WHEY, SODIUM PHOSPHATE, LEAVENING SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE, TORULA YEAST, YELLOW CORN FLOUR, SOYBEAN OIL, SPICES, YEAST, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, ONION POWDER, DISODIUM INOSINATE AND DISODIUM GUANYLATE, NATURAL FLAVORS. SET IN VEGETABLE OIL. **COUNTRY GRAVY:** MALTODEXTRIN, WHEY, BLEACHED ENRICHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, MODIFIED CORNSTARCH, SOYBEAN OIL, MODIFIED TAPIOCA STARCH, SKIM MILK, SALT, 2 OR LESS OF HYDROLYZED SOY, CORN AND WHEAT PROTEIN, PALM OIL, COLOR ADDED, XANTHAN GUM, SUGAR, YEAST EXTRACT, SPICE, SODIUM CASEINATE, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVORS, DEXTROSE. CONTAINS: WHEAT, MILK, SOY. MAY CONTAIN: EGGS. **[SODIUM CONTENT: .88G]**

SAUSAGE GRAVY INGREDIENTS: PORK, WATER, TEXTURED VEGETABLE PROTEIN SOY FLOUR, SALT, SPICES, SALT, SUGAR, FLAVORING. **COUNTRY GRAVY:** MALTODEXTRIN, WHEY, BLEACHED ENRICHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, MODIFIED CORNSTARCH, SOYBEAN OIL, MODIFIED TAPIOCA STARCH, SKIM MILK, SALT, 2 OR LESS OF HYDROLYZED SOY, CORN AND WHEAT PROTEIN, PALM OIL, COLOR ADDED, XANTHAN GUM, SUGAR, YEAST EXTRACT, SPICE, SODIUM CASEINATE, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVORS, DEXTROSE. CONTAINS: WHEAT, MILK, SOY. MAY CONTAIN: EGGS. **[SODIUM CONTENT: .91G]**

BEF & NOODLES: DICED BEF, EGG NOODLES-SEMOLINA, DURUM FLOUR, EGGS, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID). CONTAINS: WHEAT, EGGS. **TRIO LOW SODIUM BROWN GRAVY INGREDIENTS:** (WATER, MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED CORN GLUTEN, SOY, AND WHEAT GLUTEN PROTEIN, CORNSTARCH, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, WHEY (FROM MILK), ONION POWDER, YEAST EXTRACT, LESS THAN 2% OF SUGAR, SOYBEAN OIL, SALT, CARAMEL COLOR, XANTHAN GUM, SOY SAUCE (SOYBEANS, WHEAT, SALT), GARLIC POWDER, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE, SUNFLOWER OIL, CITRIC ACID, THIAMINE HYDROCHLORIDE, RED 40. CONTAINS MILK, WHEAT AND SOY INGREDIENTS. ADDS A TRIVIAL AMOUNT OF TRANS FAT.) **[SODIUM CONTENT: .21G]**

BREADED CHICKEN DRUMSTICKS: CHICKEN DRUMSTICKS, WATER, ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN, SALT, SODIUM PHOSPHATES. BREADED AND BATTERED WITH: ENRICHED BLEACHED WHEAT FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, SALT, SPICES, WHEAT GLUTEN, MONOSODIUM GLUTAMATE, GARLIC POWDER, EXTRACTIVES OF PAPRIKA. BREADING SET IN VEGETABLE OIL. **[SODIUM CONTENT: .43G]**

ROAST BEF & CHEDDAR SANDWICH INGREDIENTS: WATER, ISOLATED SOY PROTEIN AND LESS THAN 2% OF SALT, DEXTROSE, SODIUM PHOSPHATE, POTASSIUM ACETATE, POTASSIUM LACTATE, SODIUM DIACETATE AND NATURAL FLAVORINGS. COATED WITH: DEXTROSE, CARAMEL COLOR, SALT, CELLULOSE POWDER, FLAVORINGS, WORCESTERSHIRE FLAVOR BASE (WATER, VINEGAR, AUTOLYZED YEAST EXTRACT, SUGAR, CARAMEL COLOR, SALT, SPICE, RED AND GREEN BELL PEPPER POWDER, FLAVORINGS, PAPRIKA, SODIUM BENZOATE (AS A PRESERVATIVE)), AND SPICE. CONTAINS: SOY. CHEESE WHEY, WATER, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED CORN STARCH, MODIFIED TAPIOCA STARCH, CHEDDAR CHEESE MILK, CULTURES, SALT, AND ENZYMES. MALTODEXTRIN, SALT, SODIUM PHOSPHATE, SODIUM CITRATE, VINEGAR, SODIUM STEAROYL LACTYLATE, MONO DIGLYCERIDES, ANNATTO COLOR, DISODIUM INOSINATE, FDC YELLOW 6. **HAMBURGER BUNS INGREDIENTS:** WHEAT FLOUR, WATER, SUGAR, PALM OIL, RYE FLOUR, BREAD SHINE WATER, VEGETABLE PROTEIN, SUNFLOWER OIL, DEXTROSE, MALTODEXTRIN, WHEAT, YEAST, NATURAL BUTTER FLAVOR, WHEAT GLUTEN, RYE SOURDOUGH CULTURE, RYE FLOUR, WATER, SALT, STARTER CULTURES, DEXTROSE, GUAR GUM, FAVA BEAN FLOUR, MALTED BARLEY FLOUR, TURMERIC, ANNATTO EXTRACT, SUNFLOWER LECITHIN, MALT EXTRACT, ENZYMES, CALCIUM DIPHOSPHATE, XANTHAN GUM, ASCORBIC ACID. **NSBP:** CONTAINS: WHEAT, EGG. **[SODIUM CONTENT: 1.16G]**

CHICKEN TENDER INGREDIENTS: BATTERED AND BREADED WITH: WHEAT FLOUR, *WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: DEHYDRATED GREEN BELL PEPPER, DEXTROSE, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, HYDROLYZED WHEAT AND CORN GLUTEN, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, SOYBEAN OIL (AS A PROCESSING AID), WHEAT GLUTEN, YEAST EXTRACT. **[SODIUM CONTENT: .55G]**

MEATBALLS WITH MUSHROOM GRAVY OVER NOODLES: TURKEY MEATBALLS: GROUND TURKEY, WATER, BREAD CRUMBS WHEAT FLOUR, ENRICHED, MALTED [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, PALM OIL, SALT, SWEET WHEY, SUGAR, YEAST [NATURAL YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID], CALCIUM PROPIONATE, SODIUM METABISULFITE, TEXTURED VEGETABLE PROTEIN SOY PROTEIN CONCENTRATE, CARAMEL COLOR, CONTAINS LESS THAN 2% OF SEASONING POTASSIUM CHLORIDE, FLAVOR [CONTAINS MALTODEXTRIN, DEHYDRATED ONION, SUGAR, SALT, ROMANO CHEESE SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES, CALCIUM PROPIONATE, SPICES, CARAMEL COLOR, DEHYDRATED GARLIC, NATURAL FLAVOR]. **TRIO LOW SODIUM BROWN GRAVY INGREDIENTS:** (WATER, MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED CORN GLUTEN, SOY, AND WHEAT GLUTEN PROTEIN, CORNSTARCH, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, WHEY (FROM MILK), ONION POWDER, YEAST EXTRACT, LESS THAN 2% OF SUGAR, SOYBEAN OIL, SALT, CARAMEL COLOR, XANTHAN GUM, SOY SAUCE (SOYBEANS, WHEAT, SALT), GARLIC POWDER, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE, SUNFLOWER OIL, CITRIC ACID, THIAMINE HYDROCHLORIDE, RED 40. CONTAINS MILK, WHEAT AND SOY INGREDIENTS. ADDS A TRIVIAL AMOUNT OF TRANS FAT.) MUSHROOMS INGREDIENTS: MUSHROOMS, WATER, SALT, CITRIC ACID AND ASCORBIC ACID. **EGG NOODLES:** SEMOLINA, DURUM FLOUR, EGGS, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID). CONTAINS: WHEAT, EGGS. **[SODIUM CONTENT: .63G]**

COUNTRY FRIED PORK WITH GRAVY INGREDIENTS: PORK, GROUND NOT MORE THAN 20 FAT, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, WHOLE GRAIN YELLOW CORN FLOUR, CONTAINS 2 OR LESS OF ENRICHED WHEAT FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, SEASONING DEXTROSE, DEHYDRATED BEF STOCK, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, YEAST EXTRACT, SOYBEAN OIL, CITRIC ACID, FLAVORINGS, BROWN SUGAR, CORN STARCH, WHEAT GLUTEN, SALT, SODIUM PHOSPHATES, DRIED ONION, DRIED GARLIC, SOYBEAN OIL, SPICE, PAPRIKA EXTRACT COLOR, POTASSIUM CHLORIDE, DRIED YEAST, SUGAR, CITRIC ACID, TURMERIC EXTRACT COLOR. **COUNTRY GRAVY:** MALTODEXTRIN, WHEY, BLEACHED ENRICHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, MODIFIED CORNSTARCH, SOYBEAN OIL, MODIFIED TAPIOCA STARCH, SKIM MILK, SALT, 2 OR LESS OF HYDROLYZED SOY, CORN AND WHEAT PROTEIN, PALM OIL, COLOR ADDED, XANTHAN GUM, SUGAR, YEAST EXTRACT, SPICE, SODIUM CASEINATE, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVORS, DEXTROSE. CONTAINS: WHEAT, MILK, SOY. MAY CONTAIN: EGGS. **[SODIUM CONTENT: .51G]**

HOMEMADE HAM & BEANS INGREDIENTS: GREAT NORTHERN WHITE BEANS, WATER, SALT, AND CALCIUM CHLORIDE. WATER. **VEGETABLE SOUP BASE:** A BLEND OF VEGETABLES (POWDERS [TOMATO, ONION, CARROT, GARLIC], PUREES [CARROT, CELERY, ONION]), WATER, CANOLA OIL, SUGAR, POTASSIUM CHLORIDE, SALT, YEAST EXTRACT, CONTAINS 2 PERCENT OR LESS OF: DISODIUM INOSINATE, DISODIUM GUANYLATE, CITRIC ACID, SPICE EXTRACTIVE. CHILI POWDER, LEMON JUICE, MINCED GARLIC, CARROTS, ONIONS. **DICED TURKEY HAM INGREDIENTS:** TENDER CURED TIK DICED 1/4": INGREDIENTS: TURKEY, WATER, SALT, CONTAINS LESS THAN 2 SUGAR, SODIUM PHOSPHATE, SODIUM LACTATE, DEXTROSE, MODIFIED FOOD STARCH, SODIUM ERYTHORBATE, NATURAL SMOKE FLAVORING, SODIUM NITRITE. **FLAVORING. [SODIUM CONTENT: 1.04G]**

BAKED STEAK WITH GRAVY (BEF, WATER, TEXTURED VEGETABLE PROTEIN SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CONTAINS LESS THAN 2% OF SALT, VEGETABLE PROTEIN BLEND (HYDROLYZED SOY PROTEIN, SOY PROTEIN CONCENTRATE, CARRAGEENAN), DRY BEEF STOCK, CARAMEL COLOR, SPICES.) (TRIO LOW SODIUM BROWN GRAVY INGREDIENTS: (WATER, MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED CORN GLUTEN, SOY, AND WHEAT GLUTEN PROTEIN, CORNSTARCH, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, WHEY (FROM MILK), ONION POWDER, YEAST EXTRACT, LESS THAN 2% OF SUGAR, SOYBEAN OIL, SALT, CARAMEL COLOR, XANTHAN GUM, SOY SAUCE (SOYBEANS, WHEAT, SALT), GARLIC POWDER, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE, SUNFLOWER OIL, CITRIC ACID, THIAMINE HYDROCHLORIDE, RED 40. CONTAINS MILK, WHEAT AND SOY INGREDIENTS. ADDS A TRIVIAL AMOUNT OF TRANS FAT.) **[SODIUM CONTENT: .72G]**

CHICKEN ALFREDO INGREDIENTS: BONELESS, SKINLESS DICED DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, SEASONING MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS. **WHEAT PENNE PASTA INGREDIENTS:** 100% WHOLE WHEAT DURUM FLOUR, CONTAINS WHEAT. **ALFREDO SAUCE INGREDIENTS:** WATER, MODIFIED CORNSTARCH, MALTODEXTRIN, PALM OIL, WHEY, CANOLA OIL, PARTIALLY HYDROGENATED SOYBEAN OIL**, PARMESAN AND CHEDDAR AND ROMANO CHEESE SOLIDS (PASTEURIZED MILK, SALT, CHEESE CULTURES, SALT, ENZYMES), CORN SYRUP SOLIDS, YEAST EXTRACT, SODIUM CASEINATE. **[SODIUM CONTENT: .40G]**

MACARONI & CHEESE WITH BEF INGREDIENTS: DURUM WHEAT SEMOLINA, DURUM FLOUR, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID). CONTAINS WHEAT. **CHEESE SAUCE INGREDIENTS:** WHEY, FOOD STARCH-MODIFIED, MALTODEXTRIN, PALM OIL, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), NONFAT MILK, BUTTERMILK, SALT, CONTAINS LESS THAN 2%: AUTOLYZED YEAST EXTRACT, CHEESES (BLU, CHEDDAR [MILK, CHEESE CULTURE, SALT, ENZYMES]), DISODIUM PHOSPHATE, CORN SYRUP SOLIDS, AGED CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SODIUM CASEINATE (MILK), LACTIC ACID, NATURAL AND ARTIFICIAL FLAVORS, CITRIC ACID, SODIUM PHOSPHATE, FDC YELLOW #6, FDC YELLOW #5, DISODIUM GUANYLATE, DISODIUM INOSINATE, MONO AND DIGLYCERIDES, PAPRIKA EXTRACT, CONTAINS: MILK. PROCESSED IN A FACILITY THAT PROCESSES WHEAT, SOY, AND EGG PRODUCTS. **[SODIUM CONTENT: .425G]**

GLAZED HAM INGREDIENTS: CURED WITH: WATER, DEXTROSE. CONTAINS LESS THAN 2% OF: SALT, POTASSIUM CHLORIDE, POTASSIUM LACTATE, SODIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATES, SODIUM ERYTHORBATE, SODIUM NITRATE. **PINEAPPLE JUICE INGREDIENTS:** WATER, PINEAPPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C), CITRIC ACID, NATURAL FLAVOR. BROWN SUGAR INGREDIENTS: SUGAR, MOLLASSES. **[SODIUM CONTENT: .56G]**

BBQ BEF INGREDIENTS: BEEF, WATER, TEXTURED VEGETABLE PROTEIN SOY FLOUR, CARAMEL COLOR, SUGAR, VINEGAR, TOMATO PASTE, MUSTARD DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, SPICES, CONTAINS LESS THAN 2% OF SEASONING SALT, SUGAR, MODIFIED FOOD STARCH, DEXTROSE, ONION POWDER, GUAR GUM, PAPRIKA, DEHYDRATED GARLIC, BEEF POWDER, SPICES, CITRIC ACID, NATURAL FLAVOR, CORN SYRUP SOLIDS, DEHYDRATED ONION, SALT, DRY WORCESTERSHIRE SAUCE CORN SYRUP SOLIDS, SALT, CARAMEL COLOR, GARLIC, SUGAR, SPICES, SOY SAUCE SOLIDS (NATURALLY FERMENTED WHEAT AND SOYBEAN, SALT, MALTODEXTRIN, CARAMEL COLOR), TAMARIND, NATURAL FLAVOR, PAPRIKA EXTRACT, CARAMEL COLOR, XANTHAN AND GUAR GUM, MODIFIED FOOD STARCH, DEHYDRATED GARLIC, SPICES, NONFAT DRY MILK. **[SODIUM CONTENT: .30G]**

BROCCOLI SOUP-BORRICO, CARROTS, ONION, **CREAM SOUP BASE:** CORN SYRUP SOLIDS, FOOD STARCH, MALTODEXTRIN, COCONUT OIL, SALT, SUGAR, SODIUM CASEINATE (MILK), SOYBEAN OIL, DIPOTASSIUM PHOSPHATE, DEHYDRATED COOKED CHICKEN (CHICKEN, CHICKEN BROTH, NATURAL FLAVOR, CITRIC ACID), MONO AND DIGLYCERIDES, ONION POWDER, XANTHAN GUM, NATURAL FLAVOR (CREAM (MILK)), DISODIUM INOSINATE, DISODIUM GUANYLATE, DEHYDRATED GARLIC, TURMERIC (COLOR). CONTAINS: MILK. **[SODIUM CONTENT: .88G]**

SMOTHERED BREADED PORK PATTY INGREDIENTS: PORK, GROUND NOT MORE THAN 20 FAT, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY PROTEIN CONCENTRATE, WHOLE GRAIN YELLOW CORN FLOUR, CONTAINS 2 OR LESS OF ENRICHED WHEAT FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, SEASONING DEXTROSE, DEHYDRATED BEF STOCK, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, YEAST EXTRACT, SOYBEAN OIL, CITRIC ACID, FLAVORINGS, BROWN SUGAR, CORN STARCH, WHEAT GLUTEN, SALT, SODIUM PHOSPHATES, DRIED ONION, DRIED GARLIC, SOYBEAN OIL, SPICE, PAPRIKA EXTRACT COLOR, POTASSIUM CHLORIDE, DRIED YEAST, SUGAR, CITRIC ACID, TURMERIC EXTRACT COLOR. **PORK GRAVY INGREDIENTS:** FOOD STARCH-MODIFIED, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, MALTODEXTRIN, MONOSODIUM GLUTAMATE, AUTOLYZED YEAST EXTRACT, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, AND/OR WHEAT), ONION, CONTAINS LESS THAN 2% OF: SPICES, NATURAL FLAVORS, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, MIRAPOX POWDER, PORK STOCK, DEXTROSE, COLOR ADDED, LACTIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE. CONTAINS: WHEAT, SOY, MUSHROOMS, WATER, SALT, CITRIC ACID AND ASCORBIC ACID. **[SODIUM CONTENT: 1.09G]**

CHICKEN POT PIE INGREDIENTS: BONELESS, SKINLESS DICED DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, SEASONING MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS. **TRIO LOW SODIUM POULTRY GRAVY INGREDIENTS:** MALTODEXTRIN, CORNSTARCH, WHEY, CHICKEN POWDER, CORN SYRUP SOLIDS, MODIFIED CORNSTARCH, HYDROLYZED SOY, CORN AND WHEAT PROTEINS, CHICKEN FAT, SOYBEAN OIL, 2% OR LESS OF NONFAT MILK, VEGETABLE OIL (PARTIALLY HYDROGENATED COCONUT OR PALM KERNEL, HYDROGENATED, VEGETABLES, CRUST INGREDIENTS: LARD FLOUR UNENRICHED, UNBLEACHED SALT BAKING SODA DEXTROSE WATER. **[SODIUM CONTENT: .75G]**

MEATLOAF INGREDIENTS: GROUND BEEF, TOMATO PUREE, DICED TOMATOES IN TOMATO JUICE, JALAPENOS, DISTILLED VINEGAR, CONTAINS LESS THAN 2 OF: DEHYDRATED ONION, SALT, SEA SALT, POTASSIUM CHLORIDE, NATURAL FLAVORS, SUGAR, DEHYDRATED GARLIC, VITAMIN C ASCORBIC ACID, SPICES, VITAMIN E DL-ALPHA TOCOPHERYL ACETATE, VITAMIN A RETINOL PALMITATE. **BREAD CRUMBS:** (ENRICHED FLOUR [FLOUR, MALTED BARLEY, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, VEGETABLE OIL [SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA OILS], WATER, SALT, CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS (MONO- AND DIGLYCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE), YEAST NUTRIENTS [AMMONIUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SESAME SEEDS, SUNFLOWER SEEDS, EGGS), OAT FLOUR, CONTAINS EGG, MILK, WHEAT, SUNFLOWER, SOY AND SESAME INGREDIENTS. **EGGS, GRAVY-TRIO LOW SODIUM BROWN GRAVY INGREDIENTS:** WATER, MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED CORN GLUTEN, SOY, AND WHEAT GLUTEN PROTEIN, CORNSTARCH, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, WHEY (FROM MILK), ONION POWDER, YEAST EXTRACT, LESS THAN 2% OF SUGAR, SOYBEAN OIL, SALT, CARAMEL COLOR, XANTHAN GUM, SOY SAUCE (SOYBEANS, WHEAT, SALT), GARLIC POWDER, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE, SUNFLOWER OIL, CITRIC ACID, THIAMINE HYDROCHLORIDE, RED 40. CONTAINS MILK, WHEAT AND SOY INGREDIENTS. ADDS A TRIVIAL AMOUNT OF TRANS FAT. **[SODIUM CONTENT: .88G]**

KIELBASA SMOKED SAUSAGE: MEAT INGREDIENTS (PORK, BEEF), WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SORBITOL, SALT, POTASSIUM LACTATE, FLAVORINGS, POTASSIUM PHOSPHATE, SODIUM DIACETATE, VITAMIN C (SODIUM ASCORBATE), SODIUM NITRITE. **[SODIUM CONTENT: .75G]**

PIZZA BURGER INGREDIENTS: BEEF PATTY- (BEEF, WATER, TEXTURED VEGETABLE PROTEIN SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CONTAINS LESS THAN 2% OF SALT, VEGETABLE PROTEIN BLEND (HYDROLYZED SOY PROTEIN, SOY PROTEIN CONCENTRATE, CARRAGEENAN), DRY BEEF STOCK, CARAMEL COLOR, SPICES. **TOMATO SAUCE INGREDIENTS:** TOMATO PUREE, WATER, TOMATO PASTE, TOMATOES, ONIONS, LESS THAN 2 OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, MINCED GARLIC, POTASSIUM CHLORIDE, CALCIUM CHLORIDE, DRIED BASIL, BLACK PEPPER, GARLIC POWDER, CITRIC ACID, NATURALLY DERIVED. **MOZZARELLA CHEESE:** LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), POTATO STARCH, CORN STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (A NATURAL MOLD INHIBITOR). **[SODIUM CONTENT: .72G]**

LEMON PEPPER GRILLED CHICKEN: CHICKEN BREASTS WITH RIB MEAT, WATER, MODIFIED FOOD STARCH, SALT, NATURAL FLAVOR [MALTODEXTRIN, FLAVORING, YEAST EXTRACT, CHICKEN FAT, CONTAINS LESS THAN 2% (DRIED CHICKEN, DRIED CHICKEN BROTH, CHICKEN SKIN, HONEY, LACTIC ACID)], SODIUM PHOSPHATES. GLAZED WITH: WATER, MALTODEXTRIN, CORN STARCH, MODIFIED CORN STARCH, DEXTROSE, METHYLCCELLULOSE, XANTHAN GUM, GUAR GUM, NATURAL FLAVOR [MALTODEXTRIN, FLAVORING, YEAST EXTRACT, CHICKEN FAT, CONTAINS LESS THAN 2% (DRIED CHICKEN, DRIED CHICKEN BROTH, CHICKEN SKIN, HONEY, LACTIC ACID)] - LEMON PEPPER. **[SODIUM CONTENT: .60G]**

HOMEMADE CHILI INGREDIENTS: FRESH GROUND BEEF, TOMATO JUICE FROM CONCENTRATE, WATER, TOMATO CONCENTRATE, SALT, CITRIC ACID, VITAMIN C, ASCORBIC ACID, TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE, ONIONS, CHILI POWDER- CHILI PEPPER AND OTHER SPICES, SALT AND GARLIC POWDER. DARK RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, DISODIUM EDTA (TO PRESERVE COLOR). **[SODIUM CONTENT: .67G]**
PENNE PASTA WITH MEAT SAUCE: GROUND BEEF, TOMATO SAUCE INGREDIENTS: TOMATO PUREE WATER, TOMATO PASTE, TOMATOES, ONIONS, LESS THAN 2 OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, MINCED GARLIC, POTASSIUM CHLORIDE, CALCIUM CHLORIDE, DRIED BASIL, BLACK PEPPER, GARLIC POWDER, CITRIC ACID, NATURALLY DERIVED. **WHEAT PENNE PASTA INGREDIENTS:** 100% WHOLE WHEAT DURUM FLOUR. CONTAINS: WHEAT. **PARMESAN CHEESE:** PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES AND POWDERED CELLULOSE (ANTI-CAKING AGENT). **[SODIUM CONTENT: .15G]**

SAUERKRAUT: PREPARED CABBAGE, WATER, SALT **[SODIUM CONTENT: .20G]**

BLACKEYE PEAS INGREDIENTS: BLACKEYE PEAS, WATER, SALT, CALCIUM CHLORIDE, DISODIUM EDTA (TO PRESERVE COLOR). **[SODIUM CONTENT: .36G]**

BAKED POTATO: **[SODIUM CONTENT: .0025G]**

GREEN BEANS INGREDIENTS: GREEN BEANS, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. **[SODIUM CONTENT: .11G]**

HOME FRY INGREDIENTS: POTATOES, DEXTROSE, DISODIUM PYROPHOSPHATE ADDED TO MAINTAIN COLOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS. **LIQUID MARGARINE:** LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL AND/OR COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL FLAVOR, COLORED WITH BETA CAROTENE, VITAMIN A PALMITATE ADDED, SEASONING-DEHYDRATED ONION, DEHYDRATED GARLIC, DEHYDRATED RED AND GREEN BELL PEPPERS, PARSLEY. **[SODIUM CONTENT: .38G]**

INSTANT MASHED POTATOES: (POTATO (DRY), MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR AND ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. PRODUCED IN A FACILITY THAT HANDLES MILK, SOY, AND WHEAT. **LIQUID MARGARINE:** LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL FLAVOR, COLORED WITH BETA CAROTENE, VITAMIN A PALMITATE ADDED. **[SODIUM CONTENT: .13G]**

PARMESAN BRUSSEL SPROUTS: BRUSSEL SPROUTS, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL AND/OR COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL FLAVOR, COLORED WITH BETA CAROTENE, VITAMIN A PALMITATE ADDED, SEASONINGS. **PARMESAN CHEESE INGREDIENTS:** PARMESAN CHEESE (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE ADDED TO PREVENT CAKING. **[SODIUM CONTENT: .185G]**

SWEET POTATO FRIES: SWEET POTATOES, CANOLA OIL, MODIFIED FOOD STARCH (CORN, POTATO, TAPIOCA), SUGAR, RICE FLOUR, CORNSTARCH, DEXTRIN, SPICE, SALT, SPICE AND COLORING, XANTHAN GUM, LEAVENING (DISODIUM DIHYDROGEN PYROPHOSPHATE, SODIUM BICARBONATE). **[SODIUM CONTENT: .12G]**

CORN INGREDIENTS: CORN, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. **[SODIUM CONTENT: .11G]**

POTATO WEDGE INGREDIENTS: ROASTED POTATOES, CANOLA OIL, SALT, DEXTROSE, DISODIUM DIHYDROGEN PYROPHOSPHATE TO MAINTAIN NATURAL COLOR, ANNATTO COLOR **[SODIUM CONTENT: .23G]**

PEAS INGREDIENTS: PEAS, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. **[SODIUM CONTENT: .14G]**

AU GRATIN POTATOES INGREDIENTS: POTATO (DRY), SEASONING (MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, DRIED ONION, SUNFLOWER OIL, POTASSIUM CHLORIDE, SUGAR, SALT, NATURAL FLAVORS, CORN SYRUP SOLIDS, MONO AND DIGLYCERIDES, NONFAT MILK, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), AUTOLYZED YEAST EXTRACT, SPICES, DRIED GREEN ONION, TURMERIC EXTRACT (COLOR), ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL). FRESHNESS PRESERVED WITH SODIUM BISULFITE. CONTAINS MILK. **[SODIUM CONTENT: .24G]**

ITALIAN BLEND INGREDIENTS: (ZUCCHINI, CARROTS, CAULIFLOWER, LIMA BEANS, ROMANO BEANS), SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. **[SODIUM CONTENT: .13G]**

BROCCOLI INGREDIENTS: BROCCOLI, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. **[SODIUM CONTENT: .13G]**

MEALS ON WHEELS INGREDIENT STATEMENT-JANUARY 2020

SWEET POTATO CUBES INGREDIENTS: SEASONINGS, SWEET POTATOES **[SODIUM CONTENT-.02g]**

SEASONED SPINACH: SPINACH, **LIQUID MARGARINE:** LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY., SEASONINGS**[SODIUM CONTENT-.23g]**

MIX VEGETABLES INGREDIENTS: (DICED CARROTS, PEAS, CORN, CUT GREEN BEANS), SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. **[SODIUM CONTENT-.13g]**

STEWED TOMATO INGREDIENTS: TOMATOES, TOMATO JUICE, SUGAR, SALT, DRIED ONION, DRIED CELERY, DRIED BELL PEPPER, CITRIC ACID, CALCIUM CHLORIDE, NATURAL FLAVORS. **[SODIUM CONTENT-.27g]**

PARSLEY POTATOES: Potatoes, Dextrose, Disodium Pyrophosphate (Added to maintain color), Potassium Sorbate (Added to maintain freshness), **LIQUID MARGARINE:** LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. PARSLEY **[SODIUM CONTENT-.14g]**

CARROTS INGREDIENTS: CARROTS, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. **[SODIUM CONTENT-.16g]**

CALIFLOWER INGREDIENTS: CALIFLOWER, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. **[SODIUM CONTENT-.13g]**

BAKED BEANS INGREDIENTS: WHITE BEANS, WATER, HIGH FRUCTOSE CORN SYRUP, BROWN SUGAR, SALT, PORK, MUSTARD FLOUR. **[SODIUM CONTENT-.55g]**

TATER TOT INGREDIENTS: POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, PALM, SOYBEAN, SUNFLOWER), SALT, CORN FLOUR, DEHYDRATED POTATO, DISODIUM DIHYDROGEN PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), DEXTROSE. **[SODIUM CONTENT-.65g]**

CAPRI BLEND INGREDIENTS: CARROTS, GREEN BEANS, YELLOW SQUASH, ZUCCHINI, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. **[SODIUM CONTENT-.13g]**

CALIFORNIA BLEND INGREDIENTS:CARROTS, BROCCOLI, CALIFLOWER, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. **[SODIUM CONTENT-.14g]**

MIXED FRUIT INGREDIENTS: DICED PEACHES, WATER, DICED PEARS, GRAPES, PEAR JUICE CONCENTRATE **[SODIUM CONTENT-.005 g]**

PEACHES INGREDIENTS: PEACHES, WATER, PEAR JUICE CONCENTRATE **[SODIUM CONTENT-.005 g]**

CINNAMON APPLES INGREDIENTS: CINNAMON, SLICED APPLES, WATER **[SODIUM CONTENT-.02 g]**

TROPICAL FRUIT INGREDIENTS: PINEAPPLE, PAPAYA RED AND YELLOW, PINEAPPLE JUICE, WHITE GRAPE JUICE FROM CONCENTRATE WATER, WHITE GRAPE JUICE CONCENTRATE, GUAVA, AND CITRIC ACID **[SODIUM CONTENT- 0 g]**

PINEAPPLE INGREDIENTS: PINEAPPLES, PINEAPPLE JUICE **[SODIUM CONTENT-.01 g]**

MANDARIN ORANGES INGREDIENTS: MANDARIN ORANGE, WATER, PEAR JUICE CONCENTRATE **[SODIUM CONTENT-.01 g]**

APPLE SAUCE INGREDIENTS: APPLES, WATER **[SODIUM CONTENT-.01 g]**

APRICOT INGREDIENTS: Apricots, Water, Pear Juice Concentrate **[SODIUM CONTENT-.035 g]**

CHERRY CRISP INGREDIENTS: CHERRIES, WATER, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, FOOD STARCH-MODIFIED (CORN), SUGAR, POTASSIUM SORBATE (PRESERVATIVE), CITRIC ACID, CARRAGEENAN, ASCORBIC ACID ADDED TO PROTECT COLOR, RED 40 COLOR AND POTASSIUM CHLORIDE (PRESERVATIVE), OATS, **LIQUID MARGARINE:** LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. **[SODIUM CONTENT-.115g]**

GRAPE JUICE INGREDIENTS: 100% JUICE FROM CONCENTRATE **[SODIUM CONTENT-.015 g]**

ORANGE JUICE INGREDIENTS: 100% JUICE FROM CONCENTRATE **[SODIUM CONTENT-.015 g]**

LOW SODIUM V-JUICE INGREDIENTS: VEGETABLE JUICE WATER AND CONCENTRATED JUICES OF TOMATOES, CARROTS, CELERY, BEETS, PARSLEY, LETTUCE, WATERCRESS, SPINACH, POTASSIUM CHLORIDE, SALT, VITAMIN C ASCORBIC ACID, NATURAL FLAVORING, BETA CAROTENE, CITRIC ACID **[SODIUM CONTENT-.095 g]**

POTATO SALAD: POTATOES, MAYONNAISE (SOYBEAN OIL, WATER, EGG YOLKS, VINEGAR, SALT), SUGAR, CELERY, WATER, SWEET PICKLE RELISH (CUCUMBERS, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS LESS THAN 2% OF: MUSTARD SEED, XANTHAN GUM, CALCIUM CHLORIDE, CELERY SEED, DEHYDRATED RED BELL PEPPER, NATURAL FLAVORING, TURMERIC, MINCED ONION), MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, SUGAR, TURMERIC AND PAPRIKA, GARLIC POWDER, SPICES, XANTHAN GUM, ANNATTO COLOR, NATURAL FLAVOR, CITRIC ACID), ONION, VINEGAR, RED BELL PEPPER, SALT, MODIFIED CORN STARCH, BLACK PEPPER, SODIUM BENZOATE (PRESERVATIVE), POTASSIUM SORBATE (PRESERVATIVE), XANTHAN GUM, ANNATTO COLOR. **[SODIUM CONTENT-.35g]**

3 BEAN SALAD-INGREDIENTS: CUT GREEN BEANS, CUT WAX BEANS, WATER, DARK RED KIDNEY BEANS, SUGAR, VINEGAR, DICED ONIONS, DICED RED BELL PEPPERS, SOYBEAN OIL, SALT, NATURAL FLAVORING, CALCIUM CHLORIDE, DISODIUM EDTA (TO PRESERVE COLOR) AND TURMERIC. **[SODIUM CONTENT-.37g]**

GARDEN SALAD INGREDIENTS: FRESH LETTUCE, CARROTS, TOMATOES, CABBAGE & RANCH DRESSING. **[SODIUM CONTENT-.38g]**

BANANA PUDDING DESSERT INGREDIENTS: WATER, SUGAR, SKIM MILK, MODIFIED FOOD STARCH, MALTODEXTRIN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: MODIFIED PALM OIL, SOYBEAN OIL, CANOLA OIL, SUNFLOWER OIL), CONTAINS 2 PERCENT OR LESS OF THE FOLLOWING: NATURAL AND ARTIFICIAL FLAVOR, SALT, XANTHAN GUM, SODIUM STEAROYL LACTYLATE, COLOR ADDED (INCLUDING YELLOW 5 AND YELLOW 6). CONTAINS: MILK. **GRAHAM CRACKER CRUMBS:** WHOLE WHEAT FLOUR, ENRICHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID, SUGAR, CANOLA OIL, MOLASSES, HONEY, CORN SYRUP, CONTAINS 2 OR LESS OF LEAVENING BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SALT, SOY LECITHIN. **VANILLA WAFERS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, CONTAINS TWO PERCENT OR LESS OF SALT, HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), BUTTER (CREAM, SALT), SOY LECITHIN, NATURAL AND ARTIFICIAL VANILLA FLAVOR. CONTAINS: WHEAT, MILK, AND SOY. **[SODIUM CONTENT-.42g]**

HILLTOP HEARTH HAMBURGER BUNS INGREDIENTS: WATER, WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, HONEY, SOYBEAN OIL, SALT, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES, MONO- AND DIGLYCERIDES, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES, ASCORBIC ACID), CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), CONTAINS: WHEAT **[SODIUM CONTENT-.31 g]**

HLOSTERMAN BRAND 3 SIN HAMBURGER BUNS INGREDIENTS: ENRICHED FLOUR (FLOUR, BARLEY MALT, NIACIN, FERROUS SULFATE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN), WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SALT, DOUGH CONDITIONERS (MONO&DIGLYCERIDES, CALCIUM PEROXIDE), WHEAT GLUTEN YEAST NUTRIENTS (AMMONIUM SULFATE, CALCIUM SULFATE), CALCIUM PROPIONATE, (A PRESERVATIVE).

HLOSTERMAN BRAND WHEAT BREAD INGREDIENTS: (IN DESCENDING ORDER OF PREDOMINANCE BY WEIGHT): WHEAT FLOUR, WATER, WHOLE WHEAT FLOUR, CRACKED WHEAT, SWEETENERS (CORN SYRUP, DRY HONEY, DRY MOLASSES), SOYBEAN OIL, YEAST, CONTAINS 2 % OR LESS OF THE FOLLOWING: WHEAT GLUTEN, SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE), YEAST NUTRIENTS (AMMONIUM SULFATE, CALCIUM SULFATE), CALCIUM PROPIONATE (A PRESERVATIVE).

HILLTOP HEARTH WHEAT BREAD Ingredients: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP (WITH SULFUR DIOXIDE), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO- AND DIGLYCERIDES, MONOGLYCERIDES, CALCIUM SULFATE, CALCIUM PEROXIDE, SOY LECITHIN, ENZYMES, CALCIUM CARBONATE, AMMONIUM SULFATE, CALCIUM PROPIONATE (TO PRESERVE FRESHNESS). CONTAINS: WHEAT AND SOY. **[SODIUM CONTENT-.25 g]**

HILLTOP HEARTH BRAND HOT DOG BUNS-INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES AND/OR DIGLYCERIDES, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES), CALCIUM SULFATE, ASCORBIC ACID, AMMONIUM SULFATE, CALCIUM CARBONATE, SORBIC ACID, CALCIUM PROPIONATE (TO RETARD SPOILAGE) CONTAINS: WHEAT **[SODIUM CONTENT-.25g]**

GARLIC BREADSTICK: ENRICHED WHEAT FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, SOYBEAN OIL, SALT, YEAST, SUGAR, CALCIUM PROPIONATE PRESERVATIVE, DOUGH CONDITIONERS DATEM, L CYSTEINE, ENZYMES, ASCORBIC ACID, AZODICARBONAMIDE ADA, DEXTROSE, CORN MEAL. **LIQUID MARGARINE:** LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. GARLIC POWDER, PARSLEY **[SODIUM CONTENT-.23 g]**

CONTINENTAL MILLS CORNBREAD MIX INGREDIENTS: ENRICHED BLEACHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR, SUGAR, DEGERMED YELLOW CORN MEAL, PALM AND SOYBEAN OIL, LESS THAN 2 OF: BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SALT. **[SODIUM CONTENT-.31 g]**

WHEAT DINNER ROLL INGREDIENTS: ENRICHED UNBLEACHED WHEAT FLOUR WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID, WATER, YEAST, WHOLE WHEAT FLOUR, CRUSHED WHEAT, SUGAR, WHEAT GLUTEN, CONTAINS LESS THAN 2 OF THE FOLLOWING: SOYBEAN OIL, SALT, SOY LECITHIN, ENZYME, ASCORBIC ACID, CONTAINS: SOY, WHEAT MAY CONTAIN MILK, EGGS AND SESAME **[SODIUM CONTENT-.14 g]**

HILLTOP HEARTH WHOLE WHEAT BISCUITS INGREDIENTS: WHOLE WHEAT FLOUR, CULTURED BUTTERMILK (CULTURED NONFAT MILK, GUAR GUM, TAPIOCA STARCH, CARRAGEENAN, LOCUST BEAN GUM, MONO AND D DIGLYCERIDES, MODIFIED TAPIOCA STARCH, SALT, SODIUM CITRATE), ENRICHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PALM OIL), WATER, CONTAINS 2% OR LESS OF: SODIUM BICARBONATE, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, SOYBEAN OIL, SOY LECITHIN, DATEM, WHEAT PROTEIN ISOLATE (WHEAT GLUTEN, LACTIC ACID), MODIFIED CELLULOSE, MONOCALCIUM PHOSPHATE, NATURAL FLAVOR. CONTAINS: MILK, SOY, WHEAT **[SODIUM CONTENT-.46 G]**

YELLOW CAKE: ENRICHED BLEACHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR, SUGAR, PALM AND SOYBEAN OIL, DEXTROSE. LESS THAN 2 OF: BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE, SALT, PROPYLENE GLYCOL ESTER, MONOGLYCERIDES, POLYSORBATE 60, SOY LECITHIN, NONFAT MILK, FOOD STARCH-MODIFIED, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5, YELLOW 5 LAKE, YELLOW 6, YELLOW 6 LAKE. **[SODIUM CONTENT-.33 G]**

PINEAPPLE CAKE: **YELLOW CAKE:** ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR), SUGAR, PALM AND SOYBEAN OIL, DEXTROSE. LESS THAN 2% OF: BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE, SALT, PROPYLENE GLYCOL ESTER, MONOGLYCERIDES, POLYSORBATE 60, SOY LECITHIN, NONFAT MILK, FOOD STARCH-MODIFIED, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5, YELLOW 5 LAKE, YELLOW 6, YELLOW 6 LAKE.) PINEAPPLE TOPPING-PINEAPPLE, HIGH FRUCTOSE CORN SYRUP, WATER, SUGAR, LESS THAN 2 % OF: PROPYLENE GLYCOL, CITRIC ACID, XANTHAN GUM, SODIUM BENZOATE (PRESERVATIVE) **[SODIUM CONTENT-.33 g]**

WHITE CAKE INGREDIENTS: ENRICHED BLEACHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR, SUGAR, PALM AND SOYBEAN OIL, DEXTROSE. LESS THAN 2 OF: BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE, SALT, PROPYLENE GLYCOL ESTER, MONOGLYCERIDES, POLYSORBATE 60, SOY LECITHIN, NONFAT MILK, FOOD STARCH-MODIFIED, ARTIFICIAL FLAVOR, ASCORBIC ACID. **[SODIUM CONTENT-.32g]**

ANIMAL CRACKERS INGREDIENTS: ENRICHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID, SUGAR, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, CONTAINS 2 OR LESS OF SOY LECITHIN, LEAVENING BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SALT, NATURAL FLAVORS. **[SODIUM CONTENT-.08g]**

GRAHAM CRACKER INGREDIENTS: Graham Flour (Whole Grain Wheat Flour), Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Sugar, Soybean Oil, Honey, Leavening (Baking Soda And/Or Calcium Phosphate), Salt, Wheat Starch, Artificial Flour. Contains: Wheat. **[SODIUM CONTENT-.07g]**

CHOCOLATE CHIP COOKIE INGREDIENTS: ENRICHED BLEACHED FLOUR BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, SUGAR, PALM AND PALM KERNEL OIL, SEMI-SWEET CHOCOLATE CHIPS SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT, MILK, MARGARINE PALM OIL, WATER, SOYBEAN OIL, CONTAINS 2 OR LESS OF: SALT, MONO- AND DIGLYCERIDES, NATURAL FLAVORS (INCLUDES MILK), CITRIC ACID, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), WATER, EGGS, DEXTROSE, CONTAINS 2 OR LESS OF: MOLASSES, COCOA PROCESSED WITH ALKALI, WHEAT STARCH, BAKING SODA, SALT, NATURAL AND ARTIFICIAL FLAVOR, SORBITAN MONOSTEARATE, POLYSORBATE 60, SOY LECITHIN, MILK. CONTAINS: EGG, MILK, SOY, WHEAT. **[SODIUM CONTENT-.16g]**

MARGARINE CUP: WATER, CANOLA OIL, PALM OIL, CONTAINS LESS THAN 2 OF SALT, VEGETABLE MONO DIGLYCERIDES, PECTIN, POTASSIUM SORBATE A PRESERVATIVE, POLYGLYCEROL POLYRINOLEATE, CITRIC ACID, ARTIFICIAL FLAVORS, DL-ALPHA TOCOPHEROL ACETATE VITAMIN E, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE COLOR, VITAMIN D3. **[SODIUM CONTENT-.03g]**