

# Senior Nutrition Program Ingredient Statement

## April 2022

### Fruit & Juice Items

**Cinnamon Apples Ingredients:** Cinnamon, Sliced Apples, Water [Sodium Content-.02 G]

**Mixed Fruit Ingredients:** Diced Peaches, Water, Diced Pears, Grapes, Pear Juice Concentrate [Sodium Content-.005 G]

**Mixed Fruit Ingredients:** Diced Peaches, Water, Diced Pears, Grapes, Pear Juice Concentrate [Sodium Content-.005 G]

**Fruit in Jello Ingredients:** Diced Peaches, Water, Diced Pears, Grapes, Pear Juice Concentrate, Gelatin, Maltodextrin, Adipic Acid, Sodium Citrate, Citric Acid, Malic Acid, Natural And Artificial Flavor, Acesulfame Potassium, Sucralose, Yellow #5, Blue #1, Yellow #5 Lake, Blue #1 Lake. Lemon: Gelatin, Maltodextrin, Adipic Acid, Sodium Citrate, Citric Acid, Malic Acid, Natural And Artificial Flavor, Acesulfame Potassium, Sucralose, Yellow #5. Orange: Gelatin, Maltodextrin, Adipic Acid, Sodium Citrate, Natural And Artificial Flavor, Citric Acid, Malic Acid, Yellow #6, Acesulfame Potassium, Sucralose, Salt. [Sodium Content-.04 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]

**Applesauce Ingredients:** Apples, Water [Sodium Content-.01 G]

**Strawberry Applesauce Ingredients:** APPLES, WATER, STRAWBERRY PUREE, NATURAL FLAVOR, RED 40 COLOR AND SUCRALOSE A NON-NUTRITIVE SWEETENER. ASCORBIC ACID VITAMIN C ADDED TO MAINTAIN COLOR. [Sodium Content-.01 G]

**Pineapple Ingredients:** Pineapples, Pineapple Juice [Sodium Content-.01 G]

**Peaches Ingredients:** Peaches, Water, Pear Juice Concentrate [Sodium Content-.005 G]

**Apricot Ingredients:** Apricots, Water, Pear Juice Concentrate [Sodium Content-.035 G]

**Mandarin Oranges Ingredients:** Mandarin Orange, Water, Pear Juice Concentrate [Sodium Content-.01 G]

**Pear Ingredients:** Pears, Water, Pear Juice, Ascorbic Acid, And Citric Acid [Sodium Content-.005 G]

**Strawberry Pear Ingredients:** Pears, Water, Pear Juice, Ascorbic Acid, And Citric Acid, Strawberry Gelatin, Maltodextrin, Adipic Acid, Sodium Citrate, Malic Acid, Natural And Artificial Flavor, Citric Acid, Red #40, Acesulfame Potassium, Sucralose, Blue #1, Yellow #5 Lake, Blue #1 Lake. Lemon: Gelatin, Maltodextrin, Adipic Acid, Sodium Citrate, Citric Acid, Malic Acid, Natural And Artificial Flavor, Acesulfame Potassium, Sucralose, Yellow #5. Orange: Gelatin, Maltodextrin, Adipic Acid, Sodium Citrate, Natural And Artificial Flavor, Red #40, Acesulfame Potassium, Sucralose. [Sodium Content-.04 G]

**Red Gelatin Ingredients:** Cherry: Gelatin, Maltodextrin, Adipic Acid, Sodium Citrate, Malic Acid, Natural And Artificial Flavor, Citric Acid, Red #40, Acesulfame Potassium, Sucralose, Blue #1. Raspberry: Gelatin, Adipic Acid, Maltodextrin, Natural And Artificial Flavor, Sodium Citrate, Malic Acid, Citric Acid, Red #40, Acesulfame Potassium, Sucralose, Blue #1. Strawberry: Gelatin, Maltodextrin, Adipic Acid, Sodium Citrate, Fumaric Acid, Natural And Artificial Flavor, Red #40, Acesulfame Potassium, Sucralose. [Sodium Content-.035 G]

**Citrus Gelatin Ingredients:** Lime: Gelatin, Maltodextrin, Adipic Acid, Sodium Citrate, Citric Acid, Malic Acid, Natural And Artificial Flavor, Acesulfame Potassium, Sucralose, Yellow #5, Blue #1, Yellow #5 Lake, Blue #1 Lake. Lemon: Gelatin, Maltodextrin, Adipic Acid, Sodium Citrate, Citric Acid, Malic Acid, Natural And Artificial Flavor, Acesulfame Potassium, Sucralose, Yellow #5. Orange: Gelatin, Maltodextrin, Adipic Acid, Sodium Citrate, Natural And Artificial Flavor, Citric Acid, Malic Acid, Yellow #6, Acesulfame Potassium, Sucralose, Salt. [Sodium Content-.035 G]

**Low Sodium V-8 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]

**Orange Juice Ingredients:** Filtered Water, Orange Juice Concentrate, Ascorbic Acid (Vitamin C), Natural Flavors. Contains 100% Juice. [Sodium Content-.0 G]

**Apple Juice Ingredients:** Filtered Water, Apple Juice Concentrate, Natural Flavors, Ascorbic Acid (Vitamin C) [Sodium Content-.010 G]

**Grape Juice Ingredients:** Filtered Water, Grape Juice Concentrate, Natural Flavors, Ascorbic Acid (Vitamin C) [Sodium Content-.015 G]

**Fruit Punch Ingredients:** Filtered Water, Apple Juice From Concentrate, Natural Flavors, Grape Juice From Concentrate, Ascorbic Acid (Vitamin C). [Sodium Content-.015 G]

### Salad Items

**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:.55g]

**Egg Salad Ingredients:** Hard Cooked Eggs, Citric Acid, Sodium Benzoate, Nisin Preparation As Preservatives. **Yellow Mustard-** Distilled Vinegar, Water, No. 1 Mustard Seed, Salt, Turmeric, Oleoresin Paprika, Spices, **Relish:** Cucumbers, High Fructose Corn Syrup, Water, Vinegar, Salt, Contains Less Than 2% Of Spices (Contains Mustard And Celery Seed), Calcium Chloride, Xanthan Gum, Potassium Sorbate (Preservative), Dehydrated Red Bell Peppers, Polysorbate 80, Alum, Natural Flavor, Turmeric Extract (Color). **Mayo Ingredients:** Soybean Oil, Water, Eggs, Vinegar, Contains Less Than 2% Of Egg Yolks, Lemon Juice Concentrate, Salt, Sugar, Dried Onions, Dried Garlic, Paprika, Natural Flavor, Calcium Disodium Edta (To Protect Flavor) Contains: Egg, Diced Onion [Sodium Content:.38g]

**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]

**Pimento Cheese Spread Ingredients-(Homemade)** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) **Mayo Ingredients:** Soybean Oil, Water, Eggs, Vinegar, Contains Less Than 2% Of Egg Yolks, Lemon Juice Concentrate, Salt, Sugar, Dried Onions, Dried Garlic, Paprika, Natural Flavor, Calcium Disodium Edta (To Protect Flavor) Contains: Egg, Spices Red Pimientos, Water, Salt, Citric Acid. [Sodium Content:.46g]

**Cole Slaw Ingredients:** Cabbage, Carrots. **Dressing:** Soybean Oil, High Fructose Corn Syrup, Distilled Vinegar, Egg Yolk, Water, Cider Vinegar, Salt, Contains Less Than 2% Of: Spice, Xanthan Gum, Sodium Benzoate And Calcium Disodium Edta As Preservatives, Onion, Annatto And Turmeric. Contains: Eggs [Sodium Content:.27g]

**Cole Slaw Ingredients:** Cabbage, Sugar, Mayonnaise (Soybean Oil, Water, Egg Yolks, Vinegar, Salt), Carrots, Vinegar, Onion, Salt, Ascorbic Acid, Modified Corn Starch, Sodium Erythorbate, Citric Acid, Xanthan Gum, Sodium Benzoate (Preservative), Potassium Sorbate (Preservative), Celery Seed, White Pepper. Contains: Eggs [Sodium Content:.24g]

**Garden Salad Ingredients:** Fresh Lettuce, Carrots, Tomatoes, Cabbage & Ranch Dressing. [Sodium Content:.38g]

**Choice Meal Chef Salad Meal Ingredients:** Fresh Lettuce, Carrots, [Sodium Content:.07g] Tomatoes, [Sodium Content:.005g] Cucumbers, Cabbage, [Sodium Content:.03g] Egg: Hard Cooked Eggs, Water, Citric Acid, Sodium Benzoate, And Nisin Preparation As Preservatives. [Sodium Content:.19g] Diced Turkey: White Turkey, Water, Modified Food Starch, Salt, Dextrose, Sodium Phosphate [Sodium Content:.45g]. Diced Turkey Ham: Ingredients: Turkey, Water, Salt, Contains Less Than 2 Sugar, Sodium Phosphate, Sodium Lactate, Dextrose, Modified Food Starch, Sodium [Sodium Content:.55g] Shredded Cheddar Cheese: Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) Erythorbate, Natural Smoke Flavoring, Sodium Nitrite, Flavoring. [Sodium Content:.18g] Fruit, Juice, Crackers, [Sodium Content:.11g] Cookie. [Sodium Content:.11g] Imitation Bacon Bits. [Sodium Content:.06g] Salad Dressing [Sodium Content:.11g] Milk. [Sodium Content:.13g] [Total Sodium Content-1.97G]

**Choice Meal Vegetarian Salad Meal Ingredients:** Fresh Lettuce, Carrots, [Sodium Content:.07g] Tomatoes, [Sodium Content:.005g] Cucumbers, Cabbage, [Sodium Content:.03g] Black Beans: Black Beans, Water, Salt, Calcium Chloride [Sodium Content:.14g] Fruit, Juice, Crackers, [Sodium Content:.11g] Cookie, [Sodium Content:.11g] Imitation Bacon Bits, [Sodium Content:.06g] Salad Dressing [Sodium Content:.11g] Milk. [Sodium Content:.13g] [Total Sodium Content-1.14G]

**Chef Salad Meal Ingredients:** Fresh Lettuce, Carrots, [Sodium Content:.07g] Tomatoes, [Sodium Content:.005g] Cucumbers, Cabbage, [Sodium Content:.03g] Egg: Hard Cooked Eggs, Water, Citric Acid, Sodium Benzoate, And Nisin Preparation As Preservatives. [Sodium Content:.19g] Diced Turkey: White Turkey, Water, Modified Food Starch, Salt, Dextrose, Sodium Phosphate [Sodium Content:.45g]. Diced Turkey Ham: Ingredients: Turkey, Water, Salt, Contains Less Than 2 Sugar, Sodium Phosphate, Sodium Lactate, Dextrose, Modified Food Starch, Sodium [Sodium Content:.55g] Shredded Cheddar Cheese: Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) Erythorbate, Natural Smoke Flavoring, Sodium Nitrite, Flavoring. [Sodium Content:.18g] Fruit, Juice, Crackers, [Sodium Content:.11g] Cookie, [Sodium Content:.11g] Imitation Bacon Bits, [Sodium Content:.06g] Salad Dressing [Sodium Content:.11g] Milk. [Sodium Content:.13g] [Total Sodium Content-1.97G]

**Pasta Salad (Homemade):** Semolina, Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid). Contains: Wheat. Fresh Broccoli, Tomatoes, Onion. **Italian Dressing-** Ingredients: Vinegar, Water, Soybean Oil, High Fructose Corn Syrup, Canola Oil, Salt, Contains Less Than 2 Of Garlic, Garlic, Red Bell Peppers, Onions, Xanthan Gum, Spice, Lemon Juice Concentrate, Oleoresin Paprika, Potassium Sorbate And Calcium Disodium Edta To Protect Flavor Dried [Sodium Content-.32 G]

**Asiago Cheese-**Asiago Medium Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose Added To Prevent Caking. [Sodium Content-.23 G] {Total Sodium Content:.55 G}

**Spinach Salad-Fresh Spinach [ Sodium Content-.08 G], Boiled Egg-** Whole Eggs, Water, Citric Acid, Sodium Benzoate, Nisin Preparation (As Preservatives). [Sodium Content-.07 G] **Imitation Bacon Bits-**Soy Flour, Soybean Oil With Thbq Added To Protect Freshness, Salt, Less Than 2 Percent Of Hydrolyzed Soy Protein, Yeast Extract, Natural Smoke Flavor, Sunflower Oil, Sugar, Partially Hydrogenated Soybean Oil, Dextrose, Inactive Dried Yeast, Caramel Color, Red 3 And/Or Red 40, Hydrolyzed Vegetable Protein Hydrolyzed Soy And Corn Protein, Salt, Partially Hydrogenated Vegetable Oil Cottonseed, Soybean, Soy Lecithin, Natural Flavorcontains Soy Ingredients [Sodium Content-.06 G] **Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) [Sodium Content-.06 G] Ranch Dressing:** Soybean Oil, Water, Distilled Vinegar, Egg Yolk, Buttermilk Solids, Contains Less Than 2 Of Salt, Sugar, Lemon Juice Concentrate, Garlic, Onion, Xanthan Gum, Sorbic Acid Preservative, Natural Flavor, Cream, Spice, Maltodextrin, Whey, Vinegar Powder, Buttermilk, Autolyzed Yeast Extract, Milk, Sour Cream Powder, Lactic Acid, Calcium Disodium Edta To Protect Flavor, Citric Acid, Dried. Contains Egg, Milk [Sodium Content-.02 G] [Total Sodium Content:.5 G]

**Broccoli Salad-Fresh Broccoli [Sodium Content-.08 G] Diced Onion, Imitation Bacon Bits-**Soy Flour, Soybean Oil With Thbq Added To Protect Freshness, Salt, Less Than 2 Percent Of Hydrolyzed Soy Protein, Yeast Extract, Natural Smoke Flavor, Sunflower Oil, Sugar, Partially Hydrogenated Soybean Oil, Dextrose, Inactive Dried Yeast, Caramel Color, Red 3 And/Or Red 40, Hydrolyzed Vegetable Protein Hydrolyzed Soy And Corn Protein, Salt, Partially Hydrogenated Vegetable Oil Cottonseed, Soybean, Soy Lecithin, Natural Flavorcontains Soy Ingredients [Sodium Content-.06 G] **Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) [Sodium Content-.06 G] Ranch Dressing:** Soybean Oil, Water, Distilled Vinegar, Egg Yolk, Buttermilk Solids, Contains Less Than 2 Of Salt, Sugar, Lemon Juice Concentrate, Garlic, Onion, Xanthan Gum, Sorbic Acid Preservative, Natural Flavor, Cream, Spice, Maltodextrin, Whey, Vinegar Powder, Buttermilk, Autolyzed Yeast Extract, Milk, Sour Cream Powder, Lactic Acid, Calcium Disodium Edta To Protect Flavor, Citric Acid, Dried. Contains Egg, Milk [Sodium Content-.02 G] [Total Sodium Content:.5 G]

**Cucumber Tomato Salad With Poppyseed Dressing Ingredients:** Cucumber, Tomato, Onion. **Poppyseed Dressing Ingredients:** High Fructose Corn Syrup, Vegetable Oil Soybean And/Or Canola, Water, Distilled Vinegar, Egg Yolk, Contains Less Than 2 Of Salt, Lemon Juice Concentrate, Poppy Seeds, Mustard Flour, Spice, Garlic, Onion, Propylene Glycol Alginate, Xanthan Gum, Calcium Disodium Edta To Protect Flavor, Caramel Color. Dried. Contains Egg [Sodium Content-.23 G]

**Corn Salad Ingredients:** Corn, Water, Sugar, Salt [Sodium Content-.3 G] **Balsamic Vinegar Dressing:** Water, High Fructose Corn Syrup, Balsamic Vinegar, Red Wine Vinegar, Vegetable Oil Soybean And/Or Canola, Olive Oil, Contains Less Than 2 Of Salt, Garlic, Xanthan Gum, Spice, Sodium Alginate, Propylene Glycol Alginate, Calcium Disodium Edta To Protect Flavor. Dried. [Sodium Content-.2 G] **Diced Onion, Diced Tomato**

**Pickled Beets Ingredients:** Beets, Water, High Fructose Corn Syrup, Vinegar, Salt, Spice

**Pea & Cheese Salad Ingredients:** Peas, Diced Onion, **Imitation Bacon Bits**-Soy Flour, Soybean Oil With Thbq Added To Protect Freshness, Salt, Less Than 2 Percent Of Hydrolyzed Soy Protein, Yeast Extract, Natural Smoke Flavor, Sunflower Oil, Sugar, Partially Hydrogenated Soybean Oil, Dextrose, Inactive Dried Yeast, Caramel Color, Red 3 And/Or Red 40, Hydrolyzed Vegetable Protein Hydrolyzed Soy And Corn Protein, Salt, Partially Hydrogenated Vegetable Oil Cottonseed, Soybean, Soy Lecithin, Natural Flavor/contains Soy Ingredients **[Sodium Content-.06 G]** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) ). **Mayo Ingredients:** Soybean Oil, Water, Eggs, Vinegar, Contains Less Than 2% Of Egg Yolks, Lemon Juice Concentrate, Salt, Sugar, Dried Onions, Dried Garlic, Paprika, Natural Flavor, Calcium Disodium Edta (To Protect Flavor) Contains: Egg.

**Carrot Salad Ingredients:** Carrots, Pineapple (Pineapple, Pineapple Juice, Citric Acid), Mayonnaise (Soybean Oil, Water, Egg Yolk, Vinegar, Salt), Sugar, Raisins, Salt, Water, Xanthan Gum, Modified Corn Starch, Potassium Sorbate (Preservative), Sodium Benzoate (Preservative). Contains: Eggs **[Sodium Content-.27 G]**

**Cucumber Salad Ingredients:** Cucumber, Water, Onion, Sugar, Red Bell Pepper, Vinegar, Salt, Citric Acid, Sodium Benzoate (Preservative), Potassium Sorbate (Preservative), White Pepper **[Sodium Content-.49 G]**

**Chicken Salad**-(Pierce Brand) Chicken White, Salad Dressing Soybean Oil, Water, Sugar, Vinegar, Egg Yolk, Modified Food Starch, Contains Less Than 2 Salt, Spices, Paprika, Natural Flavors (Soy), Garlic Powder, Diced Celery, Sugar, Corn Syrup Solids, Salt, Citric Acid, Carrageenan, Mustard, Spice. **[Sodium Content-.48g]**

**Ham Salad Ingredients:** Cooked Ham With Natural Juices (Cured With Water, Salt, Dextrose, Sodium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Ascorbate, Sodium Nitrite), Dressing (Mayonnaise [Soybean Oil, Water, Egg Yolks, Vinegar, Salt], Water, Preservative Blend [Water, Maltodextrin, Cultured Dextrose, Potassium Sorbate, Sodium Benzoate, Sodium Diacetate, Xanthan Gum, Sodium Chloride, Egg White Lysozyme, Nisin Preparation], Sugar, Dehydrated Onion, Modified Corn Starch, Phosphoric Acid, Black Pepper, Xanthan Gum, Paprika, Salt, Beet Color [Red Beet Juice, Water, Citric Acid], Natural Smoke Flavor [Soybean Oil, Smoke Flavor]), Celery, 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), Breadcrumbs (Bleached Wheat Flour, Yeast, Sugar, Salt). Contains: Eggs, Wheat. **[Sodium Content-.77g]**

**Chef Salad Ingredients: White Turkey Diced 1/2":** Ingredients: White Turkey, Turkey Broth, Modified Food Starch, Contains 2 Or Less Sodium Lactate, Salt, Sugar, Sodium Phosphate, Carrageenan, Pepper, Rosemary Extract. **[Sodium Content-.61 G]** **Diced Ham:** Cured With: Water, Dextrose, Contains 2% Or Less Of Salt, Potassium Lactate, Sodium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite **[Sodium Content-.65 G]** **Boiled Egg:** Hard Cooked Eggs, Water, Citric Acid, Sodium Benzoate And Nisin Preparation As Preservatives. **[Sodium Content-.06 G]** **Shredded Cheese:** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) **[Sodium Content-.02 G]** **Lettuce, Tomato, Carrots, Cabbage****[Total Sodium Content: 1.34 G]**

**Grilled Chicken Salad Ingredients:** Boneless, Skinless Chicken Breast Meat With Rib Meat, Water, Seasoning [Maltodextrin, Salt, Sugar, Flavors, Vegetable Stock Carrot, Onion, Celery, Carrot Powder, Garlic Powder], Modified Food Starch, Sodium Phosphates, Soy Protein Concentrate, Sea Salt. **[Sodium Content-.32 G]** **Boiled Eggs:** Hard Cooked Eggs, Water, Citric Acid, Sodium Benzoate, And Nisin Preparation As Preservatives. **[Sodium Content-.06 G]** **Shredded Cheddar Cheese:** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) **[Sodium Content-.18 G]** **Lettuce, Tomato, Cucumber, Carrots, Cabbage. [Total Sodium Content: .56 G]**

## **Bread & Grain Items**

**English Muffin Ingredients:** Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiaminmononitrate Vitamin B1, Riboflavin Vitamin B2, Folic Acid], Water, Yeast, Cornmeal, Soybeanoil, Sugar, Salt, Calcium Sulfate, Calcium Propionate Preservative, Fumaric Acid, Monoglycerides, Guar Gum, Corn Syrup Solids, Wheat Gluten, Soy Flour. **[Sodium Content-.21 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 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]**

**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, Honet, Soybean Oil, Salt, 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), Calcium Sulfate, Calcium Propionate (To Retard Spoilage), Contains: Wheat **[Sodium Content-.31 G]**

**Klosterman Brand 3.5in 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).

**Klosterman 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 Peroxide, 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-.25 G]**

**Klosterman Brand Hot Dog Buns**-Ingredients: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% Or Less Of Each Of The Following: Soybean Oil, Wheat Gluten, Salt, Sodium Lactylate, Calcium Propionate (preservative), Xanthan gum, Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Citric Acid, Enzymes. Contains: Wheat. **[Sodium Content-.25 G]**

**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, Cornmeal. **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-.2 G]**

**Garlic Toast Ingredients:** Bread: Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% Or Less Of: Soybean Oil, Salt, Yeast, Wheat Gluten, Sugar, Soy Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Vegetable Protein, Corn Meal, Spread: Vegetable Oil Blend (Soybean, Palm), Water, Garlic, Contains 2% Or Less Of: Salt, Sweet Cream Buttermilk, Onion Powder, Natural Flavor, Mono Diglycerides, Spice, Soy Lecithin, Potassium Sorbate (To Protect Quality), Citric Acid, Beta Carotene (For Color), Vitamin A Palmitate. Contains: Wheat, Soy, Milk **[Sodium Content-.19 G]**

**Wheat Tortilla** Whole Wheat Flour, Enriched Unbleached Flour Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Vegetable Shortening Contains One Or More Of The Following: Palm Oil And/Or Corn Oil, Contains 2 Or Less Of The Following: Salt, Aluminum Free Levanning Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Wheat Protein, Preservatives calcium Propionate, Sorbic Acid, Fumaric Acid, Gum Blend, Dough Conditioner Lecithin, Mono And Diglycerides, Sodium Metabisulfite. **[Sodium Content-.02 G]**

**Crossant**-Ingredients: Enriched Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Margarine (Palm Oil, Water, Soybean Oil, Sugar, Soy Lecithin, Mono- And Diglycerides, Potassium Sorbate And Citric Acid (Preservatives), Artificial Flavor, Colored With Beta Carotene, Vitamin A Palmitate Added), Wheat Flour, Sugar, Contains 2% Or Less Of: Yeast, Eggs, Salt, Egg Whites, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid, Azodicarbonamide, L-Cysteine, Enzymes), Soy Flour, Dextrose. Contains: Wheat, Eggs, Soy **[Sodium Content-.16 G]**

**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]**

**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 Lake, 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 Lake, 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]**

**Spice Cake Ingredients:** Sugar, Enriched Bleached Flour Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour, Palm And Soybean Oil, Dextrose, Less Than 2 Of: Baking Soda, Sodium Aluminum Phosphate, Aluminum Sulfate, Monocalcium Phosphate, Propylene Glycol Ester, Polyglycerol Esters Of Fatty Acids And Mono-Diglycerides, Monoglycerides, Sodium Stearoyl Lactylate, Polysorbate 60, Soy Lecithin, Egg Whites, Corn Syrup Solids, Wheat Protein Isolate, Spices, Salt, Nonfat Milk, Food Starch-Modified, Whey Protein Isolate Milk Protein, Xanthan Gum, Artificial Flavor. **[Sodium Content-.30g]**

**Pancakes Ingredients:** Ingredients: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Buttermilk, High Fructose Corn Syrup, Corn Flour, Whole Eggs, Water, Soybean Oil, Soy Flour, Contains 2% Or Less Of: Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Salt. Contains: Wheat, Milk, Eggs, Soy **[Sodium Content-.47g]**

**French Toast Sticks** Bread [Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Salt, Calcium Propionate (Preservative), Datem, Corn Flour, Calcium Sulfate, Turmeric Color, Soy Lecithin, Potassium Iodate, Paprika Color, Natural Flavor], Water, Bleached Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean And/Or Canola Oil), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Contains 2% Or Less Of Dextrose, Dried Whole Egg, Dried Yeast, Ferric Orthophosphate, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Milk Protein Concentrate, Modified Corn Starch, Modified Wheat Starch, Natural Flavors, Salt, Wheat Starch, Whey (Milk), White Whole Wheat Flour. Contains: Milk, Egg, Soy, Wheat **[Sodium Content-.16g]**

**Waffles Ingredients:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Non Fat Milk, Soybean Oil, Dry Whey , Sugar, Leavening [ Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate], Whole Eggs, Soy Lecithin, Salt **[Sodium Content-.35g]**

**Bread Stuffing Ingredients:** Ingredients: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola And/Or Sunflower Oil, Whole Wheat Flour, Onion\*, Sugar, Salt, 2% Or Less Of Yeast, Hydrolyzed Soy Wheat Gluten Protein, Celery\*, Wheat Gluten, Spices, Parsley\*, Chicken Broth\*, Rendered Chicken Fat, Caramel Color, Calcium Sulfate, Calcium Peroxide, Honey, Calcium Propionate (Preservative), Turmeric (Color), Nonfat Milk, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Citric Acid, Yeast Extract, Thbq (To Preserve Freshness). \*Dehydrated Contains: Wheat, Soy, Milk. Packaged In A Facility That Also Packages Tree Nuts. **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-.6g]**

**Sugar Free Chocolate Pudding Ingredients: Milk Ingredients:** Lowfat Milk, Vitamins A Palmitate And D3 Added. Maltodextrin, Modified Food Starch, Polydextrose, Dutch Processed Cocoa (Soy Lecithin), Disodium Phosphate, Tetrasodium Pyrophosphate, Calcium Sulfate, Natural And Artificial Flavor, Salt, Titanium Dioxide, Mono And Diglycerides, Xanthan Gum, Silicon Dioxide, Acesulfame Potassium, Sucralose, Blue 1, Red 40, Yellow 6. Contains: Milk, Soy **[Sodium Content-.33g]**

**Sugar Free Vanilla Pudding Ingredients: Milk Ingredients:** Lowfat Milk, Vitamins A Palmitate And D3 Added. Maltodextrin, Modified Food Starch, Polydextrose, Disodium Phosphate, Tetrasodium Pyrophosphate, Calcium Sulfate, Natural And Artificial Flavor, Titanium Dioxide, Salt, Mono And Diglycerides, Acesulfame Potassium, Sucralose, Xanthan Gum, Yellow 5, Yellow 6. Contains: Milk **[Sodium Content-.37g]**

**Chocolate Pudding Parfait Ingredients:** Graham Cracker Crumbs-Whole Wheat Flour, Enriched Flour Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, 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. **Milk Ingredients:** Lowfat Milk, Vitamins A Palmitate And D3 Added. Maltodextrin, Modified Food Starch, Polydextrose, Dutch Processed Cocoa (Soy Lecithin), Disodium Phosphate, Tetrasodium Pyrophosphate, Calcium Sulfate, Natural And Artificial Flavor, Salt, Titanium Dioxide, Mono And Diglycerides, Xanthan Gum, Silicon Dioxide, Acesulfame Potassium, Sucralose, Blue 1, Red 40, Yellow 6. Contains: Milk, Soy **Whipped Topping Ingredients:** Water, Maltitol Syrup, Hydrogenated Vegetable Oil (Palm, Palm

Kernel, Coconut And/Or Cottonseed), Contains Less Than 2% Of The Following: \*Sodium Caseinate (A Milk Derivative), Artificial Flavor, Maltodextrin, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Colored With Turmeric And Annatto Extracts. Contains: Milk \* Not A Source Of Lactose Contains: Milk **[Sodium Content: .46g]**

**Corn Chips Ingredients:** Corn, Corn Oil, And Salt. **[Sodium Content: .17g]**

**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: .07g]**

**Salad Crackers Ingredients:** ENRICHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, VEGETABLE OIL CONTAINS ONE OR MORE OF THE FOLLOWING: CORN OIL, CORN OIL, PALM OIL, SOYBEAN OIL, SUGAR, CORN SYRUP, SALT, LEAVENING SODIUM BICARBONATE, AMMONIUM BICARBONATE, MONOCALCIUM PHOSPHATE. CONTAINS: WHEAT **[Sodium Content: .105g]**

**Saltine Crackers Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), soybean oil (with TBHQ for freshness), salt, corn syrup. Contains 2% or less of baking soda, yeast, soy lecithin. **[Sodium Content: .18g]**

**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 Flavor. 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: .1g]**

**Fortune Cookie Ingredients:** Bleached Wheat Flour, Sugar, Water, Soy Lecithin, Soybean Oil And Hydrogenated Soybean Oil, Sodium Bicarbonate, Natural And Artificial Vanilla Flavor, Yellow 5 And Yellow 6. Contains: Wheat, Soy **[Sodium Content: .001g]**

**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]**

**SF Brownie Ingredients:** Enriched flour, polydextrose, cocoa, gum Arabic, modified food starch, powdered egg white, baking powder, salt, natural and artificial flavors, sugar free chocolate chips, sucralose **[Sodium Content: .075g]**

**Bread Pudding Ingredients:** Bread Ingredients For U.S. Market: Enriched Unbleached Wheat Flour Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Contains Less Than 2 Of The Following: Salt, Soybean Oil, Distilled Monoglycerides, Yeast, Ascorbic Acid, Enzymes, Soy Lecithin. Contains: Soy, Wheat **[Sodium Content: .21g]** Liquid Margarine Ingredients: Liquid Soybean Oil, Water, Contains 2% Or Less Of: Salt, Hydrogenated Soybean 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]** Eggs Ingredients: Whole Egg, Citric Acid, 0.15% Water Added As Carrier For Citric Acid, Citric Acid Added To Preserve Color. Contains: Egg **[Sodium Content: .07g]** Milk Ingredients: Low Fat Milk, Vitamin A Palmitate, Vitamin D3. Contains: Milk. **[Sodium Content: .13g]** Splenda Ingredients: Sugar, Sucralose. Vanilla Ingredients: Water, Caramel Color, Artificial Flavor, Citric Acid, Sodium Benzoate (Preservative) [Total Sodium Content: .52g]

**White Rice Ingredients:** Long Grain Parboiled Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid. **Sodium Content: .0g]**

**Oatmeal Cookie Ingredients:** Enriched Wheat Flour Bleached Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Oatmeal, High Fructose Corn Syrup, Palm Oil, Sugar, Corn Syrup, Glycerin, Modified Corn Starch, Eggs, Cinnamon, Natural And Artificial Flavors, Sorbitol, Salt, Molasses, Baking Powder Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Soy Lecithin, Nonfat Dry Milk, Spices. **[Sodium Content: .105g]**

**Rye Bread Ingredients:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Yeast, High Fructose Corn Syrup, Contains 2% Or Less Of Each Of The Following: Salt, Ground Caraway, Whole Caraway Seeds, Soybean Oil, Wheat Gluten, Acetic Acid, Vinegar, Mono- And Diglycerides, Calcium Sulfate, Calcium Stearoyl Lactylate, Sodium Stearoyl Lactylate, Niacin, Iron (Ferrous Sulfate), Lactic Acid, Soy Lecithin, Monocalcium Phosphate, Phosphoric Acid, Xanthan Gum, Thiamine Hydrochloride, Enzymes, Riboflavin, Calcium Peroxide, Folic Acid, Calcium Propionate (To Retard Spoilage). 354-021114 Contains: Wheat And Soy. **[Sodium Content: .35g]**

**Croissant Ingredients:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Butter (Cream [Milk], Lactic Acid), Wheat Flour, Sugar, Yeast, Contains 2% Or Less Of: Eggs, Egg Whites, Salt, Canola And/Or Soybean Oil, Calcium Propionate (Preservative), Artificial Butter Flavor, Sodium Stearoyl Lactylate, Soy Flour, Dough Conditioners (L-Cysteine, Ascorbic Acid, Enzymes). Contains: Eggs, Milk, Soy, Wheat Made In A Facility That Also Processes Tree Nuts (Almonds). **[Sodium Content: .21g]**

**Pita Bread Ingredients:** Wheat Flour Enriched [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Soybean Oil, Yeast, Salt, Vital Wheat Gluten, Dough Conditioner Mono-Diglycerides, Calcium Sulfate, Guar Gum, Wheat Starch, Sodium Metabisulfite And Ascorbic Acid, Oat Fiber, Sugar, Preservatives Calcium Propionate, Fumaric Acid. **[Sodium Content: .32g]**

**Fruit Muffin Ingredients:** Mini Banana Walnut Muffins- Naturally Flavored With Other Natural Flavors Ingredients: Enriched Bleached Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Soybean Oil, Sugar, Eggs, Bananas, Water, Walnuts, Modified Corn Starch, Pregelatinized Yellow Corn Flour, Cultured Lowfat Buttermilk (Cultured Lowfat Milk, Salt, Vitamin A Palmitate, Vitamin D3), Contains 2% Or Less Of: Corn Syrup Solids, Baking Soda, Sodium Aluminum Phosphate, Maltodextrin, Sodium Stearoyl Lactylate, Cellulose Gum, Guar Gum, Polysorbate 60, Aluminum Sulfate, Xanthan Gum, Fractionated Palm Oil, Mono- And Diglycerides, Natural Banana Flavor With Other Natural Flavors, Gum Arabic, Preservatives (Citric Acid, Sodium Benzoate, Potassium Sorbate), Artificial Flavors, Propylene Glycol Mono- And Diesters Of Fats And Fatty Acids. Contains: Eggs, Milk, Tree Nut (Walnuts), Wheat. Produced In A Facility That Handles Soy And Tree Nuts (Almonds And Pecans). Mini Blueberry Muffins- Naturally Flavored Ingredients: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Water, Eggs, Blueberries, Modified Corn Starch, Pregelatinized Yellow Corn Flour, Cultured Lowfat Buttermilk (Cultured Lowfat Milk, Salt, Vitamin A Palmitate, Vitamin D3), Contains 2% Or Less Of: Preservatives (Potassium Sorbate, Citric Acid), Cellulose Gum, Leavening (Baking Soda, Sodium Aluminum Phosphate), Natural And Artificial Flavors, Mono- And Diglycerides, Corn Syrup Solids, Salt, Maltodextrin, Sodium Stearoyl Lactylate, Guar Gum, Polysorbate 60, Aluminum Sulfate, Xanthan Gum, Fractionated Palm Oil, Natural Blueberry Flavor, Propylene Glycol Mono- And Diesters Of Fats And Fatty Acids. Contains: Eggs, Milk, Wheat. Produced In A Facility That Handles Soy And Tree Nuts (Almonds, Pecans, Walnuts). Mini Lemon Poppy Seed Muffins- Naturally Flavored Ingredients: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Eggs, Water, Crushed Lemon, Poppy Seed, Modified Corn Starch, Pregelatinized Yellow Corn Flour, Cultured Lowfat Buttermilk (Cultured Lowfat Milk, Salt, Vitamin A Palmitate, Vitamin D3), Contains 2% Or Less Of: Corn Syrup Solids, Baking Soda, Sodium Aluminum Phosphate, Maltodextrin, Sodium Stearoyl Lactylate, Cellulose Gum, Guar Gum, Polysorbate 60, Aluminum Sulfate, Xanthan Gum, Fractionated Palm Oil, Mono- And Diglycerides, Natural Lemon Flavor, Preservatives (Citric Acid, Potassium Sorbate), Propylene Glycol Monoand Diesters Of Fats And Fatty Acids, Acacia Gum. Contains: Eggs, Milk, Wheat. Produced In A Facility That Handles Soy And Tree Nuts (Almonds, Pecans, Walnuts).

**Multigrain Bread Ingredients:** Unbleached Enriched Flour Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Coarse Cracked Wheat, Fully Refined Soybean Oil, Yeast, Honey, Wheat Gluten, Granulated Sugar, Salt, Caramel Color, Calcium Propionate To Retain Freshness, Tapioca, Malt, Dough Improver Malted Wheat Flour, Enzymes And 2 Or Less Of Ascorbic Acid, Enriched Wheat Flour Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Contains Less Than 2 Of Enzymes, Ascorbic Acid, 100 Whole Grain Oats **[Sodium Content: .28g]**

**Wheat Hamburger Bun Ingredients:** White Whole Wheat Flour, Water, Unbleached Flour (Wheat, Malted Barley), Brown Sugar, Wheat Gluten, Honey, Yeast, Greek Yogurt Powder (Cultured Nonfat Milk, Milk Protein Concentrate), Cultured Wheat, Butter (Milk), Contains Less Than 2% Of Each Of The Following: Salt, Sea Salt, Maltodextrin, Yeast Extract, Natural Flavor, Guar Gum, Enzymes, Ascorbic Acid, Topping: Rolled Wheat, Vegetable Proteins, Sunflower Oil, Dextrose, Maltodextrin And Starch. Contains: Wheat, Milk. Processed In A Facility That Produces Products That Contain Soy.

## Soup Items

**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]**

**Broccoli Soup:** Broccoli, Carrots, Onion, **Cream Soup Base:** Corn Syrup Solids, Food Starch -Modified, 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]**

**Potato Soup:** Potatoes, Dextrose, Disodium Pyrophosphate Added To Maintain Color, Potassium Sorbate Added To Maintain Freshness, Carrots, Onions, **Cream Soup Base:** Corn Syrup Solids, Food Starch - Modified, 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: .95g]**

**Tomato Soup:** Ingredients: Tomato Puree Water, Tomato Paste, Water, Diced Tomatoes In Tomato Juice, Wheat Flour, Sugar, Contains Less Than 2 Of: Butter Cream [Milk], Sauterne Wine, Yeast Extract, Vegetable Oil Corn, Canola, And/Or Soybean, Citric Acid, Flavoring, Ascorbic Acid Vitamin C, Celery Extract, Garlic Oil. **[Sodium Content: .35g]**

**Homemade Vegetable Soup:** Fresh Frozen Vegetables, 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. Tomato Juice From Concentrate, Water, Tomato Concentrate, Salt, Citric Acid, Vitamin C, Ascorbic Acid, **[Sodium Content: .17g]**

**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, Minceed Garlic, Carrots, Onions. **Diced Turkey Ham Ingredients:** Tndr Cured Tky 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]**

**3 Bean Vegetarian Chili Ingredients:** Tomato Juice From Concentrate, Water, Tomato Concentrate, Salt, Citric Acid, Vitamin C, Ascorbic Acid, Black Beans, Water, Salt, Calcium Chloride, And Ferrous Gluconate. Dark Red Kidney Beans, Water, Salt, Calcium Chloride, Disodium Edta (To Preserve Color), Cooked Dried Chick Peas, Water, Salt, Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride, Onions, Chili Powder- Chili Pepper And Other Spices, Salt And Garlic Powder. **[Sodium Content: .92 G]**

**Loaded Baked Potato Soup Ingredients:** Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness. **[Sodium Content: .09g]** **Cream Soup Base:** Corn Syrup Solids, Food Starch -Modified, 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: .86g]** **Shredded Cheese:** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent). **[Sodium Content: .18g]** **Sour Cream:** Cultured Cream (Milk), Enzyme. Contains Milk **[Sodium Content: .02g]** **Bacon Bits:** Bacon (Cured With Water, Salt, Sodium Nitrite), May Contain Sea Salt, Potassium Chloride, Sugar, Brown Sugar, Dextrose, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Sodium Ascorbate, Smoke Flavoring, Flavoring. **[Sodium Content: .2g]** **[Total Sodium Content: 1.35g]**

## Side Dish Items

**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]**

**Margarine Spread:** Vegetable Oil Blend (Soybean Oil, Palm Oil And Palm Kernel Oil), Water, Contains 2% Or Less Of: Salt, Mono and Diglycerides, Sodium Benzoate, Lactic Acid and Calcium Disodium EDTA (Preservatives), Soy Lecithin (Soy), Natural Flavor, Beta Carotene (Color), Vitamin A Palmitate Added. Contains: Soy **[Sodium Content: .004g]**



**Baked Potato:** [Sodium Content: .0025g]

**Baked Sweet Potato:** [Sodium Content: .06g]

**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]

**Lima Bean Ingredients:** Lima 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: .14g]

**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]

**Peas & Carrots Ingredients:** Peas & 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: .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]

**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]

**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]

**Cauliflower Ingredients:** Cauliflower, 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, Cauliflower, 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]

**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]

**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]

**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]

**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]

**Parmesan Brussels Sprouts:** Brussels 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]

**Oriental Vegetable Blend Ingredients:** Contains Approximately 40% Broccoli Cuts, 30% French Cut Green Beans, 20% Onion Strips, 5% Sliced Mushrooms, 5% Red Peppers. [Sodium Content: .116g]

**Stewed Tomato Ingredients:** Tomatoes, Tomato Juice, Sugar, Salt, Dried Onion, Dried Celery, Dried Bell Pepper, Citric Acid, Calcium Chloride, Natural Flavors. [Sodium Content: .27g]

**Scalloped Potatoes Ingredients:** Potato (Dry), Seasoning [Modified Food Starch, Whey, Lactose, Dried Onion, Corn Syrup Solids, Sunflower Oil, Salt, Potassium Chloride, Dried Garlic, Maltodextrin, Cream Cheese (Pasteurized Cream, Cheese Culture, Salt, Carb Bean Gum, Guar Gum), Natural Flavors, Dipotassium Phosphate, Dried Green Onion, Mono And Diglycerides, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Yeast Extract, Nonfat Milk, Spices, Annatto Extract (Color), And Soybean Oil], Freshness Preserved With Sodium Bisulfite. Contains Milk [Sodium Content: .20g]

**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, Torula Yeast, Turmeric Extract (Color), Annatto Extract (Color), And Soybean Oil], Freshness Preserved With Sodium Bisulfite. Contains Milk [Sodium Content: .24g]

**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 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 [Sodium Content: .13g]

**Cheesy Potatoes:** Potatoes, Dextrose, Disodium Pyrophosphate Added To Maintain Color, Potassium Sorbate Added To Maintain Freshness. **Cheese Sauce:** 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 (Blue, 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: .45g]

**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: .19g]

**Potato Wedge Ingredients:** Roasted Potatoes, Canola Oil, Salt, Dextrose, Disodium Dihydrogen Pyrophosphate To Maintain Natural Color, Annatto Color [Sodium Content: .23g]

**Hashbrown Pattly Ingredients:** Potatoes, Vegetable Oil Contains One Or More Of The Following: Canola Oil, Corn Oil, Cottonseed Oil, Palm Oil, Soybean Oil, Sunflower Oil, Salt, Dehydrated Potato, Onion Powder, Natural Flavor, Dextrose, Disodium Dihydrogen Pyrophosphate To Promote Color Retention [Sodium Content: .27g]

**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: .33g]

**Cheesy 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, PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO, POWDERED CELLULOSE (ANTI CAKING AGENT) [Sodium Content: .51g]

**Sweet Potato Cubes Ingredients:** Seasonings, Sweet Potatoes [Sodium Content: .02g]

**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]

**Apple Crisp Ingredients:** Sliced Apples, Water 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: .125g]

**Peach Crisp Ingredients:** Peaches, Water, Pear Juice Concentrate 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: .11g]

**Buttered Beets:** Beets, Water, Sugar, High Fructose Corn Syrup, Vinegar, Spice, Salt. **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: .155g]

**Harvard Beets:** Beets, Water, Sugar, High Fructose Corn Syrup, Vinegar, Spice, Salt. **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. Ground Cloves, Cidar Vinegar, Bay Leaf, Cornstarch, Splenda- Dextrose, Sucralose. [Sodium Content: .155g]

**Green Bean Casserole:** Green Beans, **Mushroom Soup Ingredients:** Water, Mushrooms, Modified Food Starch, Wheat Flour, Cream Milk, Contains Less Than 2 Of: Vegetable Oil Corn, Canola, And/Or Soybean, Sugar, Salt, Potassium Chloride, Soy Protein Concentrate, Yeast Extract, Flavoring, Calcium Carbonate, Dehydrated Mushrooms, Garlic Extract, Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower And/Or Safflower Oil, Salt. Contains: Wheat. [Sodium Content: .43g]

**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]

**Instant Mashed Sweet Potatoes Ingredients:** Sweet Potatoes, Potatoes, Sugar, Canola Oil, Contains 2 Or Less Of: Salt, Natural Flavors Milk, Paprika Oleoresin Color, Lactose, Sodium Caseinate, Mono And Diglycerides, Dipotassium Phosphate, Freshness Preserved With: Bht, Sodium Bisulfite, Citric Acid. Contains: Milk [Sodium Content: .24g]

**Sauerkraut:** Prepared Cabbage, Water, Salt [Sodium Content: .20g]

**Ranch Potatoes:** 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. Ranch Seasoning: Salt, Monosodium Glutamate, Maltodextrin, Dehydrated Parsley, Garlic Powder, Onion Powder, Canola Oil, Carrageenan, Buttermilk Product, Turmeric (Color), With Not More Than 2% Calcium Stearate Added As An Anti-Caking Agent. Contains Milk [Sodium Content: .22g]

**Roasted Potatoes:** RED POTATOES, SEASONINGS (SALT, MALTODEXTRIN, SPICE, ONION, GARLIC, ANNATTO AND TURMERIC EXTRACTIVES) [COLOR], SOYBEAN OIL. **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. Ranch Seasoning: Salt, Monosodium Glutamate, Maltodextrin, Dehydrated Parsley, Garlic Powder, Onion Powder, Canola Oil, Carrageenan, Buttermilk Product, Turmeric (Color), With Not More Than 2% Calcium Stearate Added As An Anti-Caking Agent. Contains Milk [Sodium Content: .22g]

**Baked Beans Ingredients:** White Beans, Water, High Fructose Corn Syrup, Brown Sugar, Salt, Pork, Mustard Flour. [Sodium Content: .55g]

**Vegetarian Baked Beans Ingredients:** Prepared White Beans, Water, Brown Sugar, Sugar, Salt, Mustard Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Modified Corn Starch, Onion Powder, Caramel Color, Spices, Garlic Powder, Natural Flavor. [Sodium Content: .55g]

**Butter & Herb Noodles Ingredients:** **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. **Egg Noodles:** Semolina, Durum Flour, Eggs, Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid). Contains: Wheat, Eggs, Herbs [Sodium Content: .12g]

**Blackeye Peas Ingredients:** Blackeye Peas, Water, Salt, Calcium Chloride, Disodium Edta (To Preserve Color). [Sodium Content: .36g]

**Peas & Carrots Ingredients:** Peas & 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: .12g]

**Peas & Onions Ingredients:** Peas, Pearl Onions, 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: .06g]

**Parsley Potatoes:** Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness), Parsley, **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**]

**Rosemary Potatoes:** Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness), Rosemary, **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**]

**Black Bean Ingredients:** Black Beans, Water, Salt, Calcium Chloride, And Ferrous Gluconate. [**Sodium Content: .36g**]

**Mexican Rice Ingredients:** **Rice, Tomato Sauce:** Tomato Concentrate (Water, Tomato Paste), Salt, Onion Powder, Garlic Powder, Citric Acid, Natural Flavors. Chili Powder, Cumin, Garlic Powder. [**Sodium Content: .28g**]

**French Fry Ingredients:** Potatoes, Vegetable Oil (Contains One Or More Of The Following: Soybean, Canola, Palm, Hydrogenated Cottonseed, Sunflower), Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose. [**Sodium Content: .25g**]

**Buttery Seasoned Rice Ingredients:** Rice, Onion Powder, Paprika, Thyme, Garlic Powder, **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.

**Hashbrown Casserole Ingredients:** Potatoes: Potatoes, Dextrose, Disodium Pyrophosphate Added To Maintain Color, Potassium Sorbate Added To Maintain Freshness [**Sodium Content: .04g**] Mushroom Soup: Ingredients: Water, Vegetable Oil Corn, Canola, And/Or Soybean, Mushrooms, Modified Food Starch, Wheat Flour, Contains Less Than 2 Of: Salt, Cream Milk, Soy Protein Concentrate, Yeast Extract, Dehydrated Whey, Dehydrated Garlic, Flavoring. Contains: Wheat, Milk, Soy [**Sodium Content: .79g**] Onions [**Sodium Content: .01g**] Shredded Cheese: Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) [**Sodium Content: .18g**] Sour Cream: Cultured Cream (milk), Enzyme. Contains Milk [**Sodium Content: .02g**] Parsley. [**Total Sodium Content: 1.04g**]

## **Beef Items**

**Baked Steak With Gravy** (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.) (**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**]

**Bhg Beef 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, Beet 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**]

**Beef Hot Dogs Ingredients:** Beef, Water, Sorbitol, Salt, Flavorings, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Extract Of Paprika. [**Sodium Content: 1.18g**]

**Beef Stew-Diced Beef, 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. Potatoes, (Sodium Acid Pyrophosphate To Maintain Natural Color), Carrots, Onions, Celery [**Sodium Content: .24g**]

**Beef & Noodles Ingredients: Diced Beef, 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. Potatoes, (Sodium Acid Pyrophosphate To Maintain Natural Color), Durum Wheat Semolina, Durum Wheat Flour, Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid. Contains: Wheat, Eggs. [**Sodium Content: .24g**]

**Cabbage Casserole Ingredients:** 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. **Rice Shredded Cheddar Cheese Ingredients:** Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Color), Potato Starch And Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor) [**Sodium Content: .22g**]

**Cheeseburger:** (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.) **Sliced American Cheese Ingredients:** Cultured Milk And Skim Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (Preservative), Citric Acid, Artificial Color, Acetic Acid, Enzymes, Soy Lecithin [**Sodium Content: .84g**]

**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 81, Pyridoxine Hydrochloride 86, Riboflavin 82, Cyanocobalamin 812, Enriched Wheat Flour Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Contains 2 Or Less Of: Salt, Onions, Dextrose, Sugar, Soy Sauce Fermented Soybeans, Wheat, Salt, Maltodextrin, Wheat Starch, Wheat Flour, Buttermilk Blend Buttermilk, Whey, Sodium Phosphates, Leavening Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Torula Yeast, Yellow Corn Flour, Soybean Oil, Spices, Yeast, Extracts 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, Thiamin 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**]

**Hamburger Gravy Ingredients:** Ground Beef, Country Gravy Ingredients: Maltodextrin, Whey, Bleached Enriched Flour Wheat Flour, Niacin, Reduced Iron, Thiamin 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: .23g**]

**Meatball Sub Ingredients:** Mechanically Separated Chicken, Mechanically Separated Turkey, Water, Beef, Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], 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)], Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Seasoning (Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate, Disodium Guanylate, Spice Extracts, Nonfat Dry Milk), Onions, Salt, Sodium Phosphate, Caramel Color. Set In Vegetable Oil. Contains: Milk, Soy, Wheat. **Tomato Sauce Ingredients:** Tomato Puree Water, 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). [Bun Ingredients: Unbleached Enriched Flour Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Yeast, Wheat Gluten, Fully Refined Soybean Oil, Granulated Sugar, Salt, Calcium Propionate To Retain Freshness, Dough Improver Malted Wheat Flour, Enzymes And 2 Or Less Of Ascorbic Acid, Enriched Wheat Flour Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Contains Less Than 2 Of Enzymes

**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 DI-Alpha Tocopheryl Acetate, Vitamin A Retinol Palmitate. **Bread Crumbs** (Enriched Flour [Flour, Malted Barley, Niacin, Ferrous Sulfate, Thiamin Mononitrate (Vitamin B1), Riboflavin (VitaminB2), 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, Molasses, Sugar, Wheat Gluten, Whey, Soy Flour, Whole Wheat Flour, Rye Flour, Corn Flour, 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: .58g**]

**Mushroom Steak With Gravy** (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.) (**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: 1.03g**]

**Pepper Casserole Ingredients:** Ground Beef, Green Peppers, **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. **Rice** [**Sodium Content: .30g**]

**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**]

**Roast Beef & Cheddar Sandwich Ingredients:** Rubbed With Salt, Dextrose, Sugar, Flavoring, Hydrolyzed Corn Protein, Caramel Color, Sodium Diacetate Ingredients: Beef, Water, Contains 2% Or Less Of : Isolated Soy Protein, Salt, Dextrose, Sodium Phosphate, Maltodextrin, Beef Flavor, Beef Stock. Contains Soy. **Cheese Sauce:** 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 Proteins, Sunflower Oil, Dextrose, Maltodextrins, Waxy Maize Starch, Potato Flour, Whole Egg Powder, Yeast, Salt, 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. Nbsp:Contains: Wheat, Egg, Milk [**Sodium Content: 1.16g**]

**Roast Beef With Gravy Ingredients:** Rubbed With Salt, Dextrose, Sugar, Flavoring, Hydrolyzed Corn Protein, Caramel Color, Sodium Diacetate Ingredients: Beef, Water, Contains 2% Or Less Of : Isolated Soy Protein, Salt, Dextrose, Sodium Phosphate, Maltodextrin, Beef Flavor, Beef Stock. Contains Soy. **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: .51g**]

**Sloppy Joe Ingredients:** Ground Beef, Tomato Puree Water, Tomato Paste, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Less Than 2 Of: Sugar, Dried Green And Red Bell Peppers, Salt, Chili Pepper, Tomato Fiber, Guar Gum, Spices, Xanthan Gum, Dried Garlic, Natural Flavors, Citric Acid. [**Sodium Content: .39g**]

**Stuffed Cabbage Rolls** (Cabbage Leaves, Cooked Beef, Cooked White Rice, Onions, Water, Eggs, Bread Crumbs [Wheat Flour (Enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Partially Hydrogenated Soybean Oil, Salt, Corn Syrup, Yeast], Green Bell Pepper, Textured Vegetable Protein (Soy Protein Concentrate, Caramel Color), Salt, Celery, Nonfat Dry Milk, Isolated Soy Protein, Hydrolyzed Plant Protein Blend [Hydrolyzed Corn Gluten, Soy Protein And Wheat Gluten, Partially Hydrogenated Soybean And Cottonseed Oil], Black Pepper, Caramel Color), Water, Diced Tomatoes (Tomatoes With Added Juice, Calcium Chloride And Citric Acid, Tomato Paste), Contains 2% Or Less Of: Margarine (Liquid And Partially Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono And Diglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid And Calcium Diacetic Acid

[Preservatives], Artificially Flavored, Colored With Beta Carotene, Vitamin A Palmitate), Sugar, Modified Food Starch, Dehydrated Onion, Wheat Flour, Salt, Granulated Garlic, Flavoring, Beef Flavor (Contains Autolyzed Yeast Extract, Mono And Diglycerides, Polysorbate 60, Disodium Inosinate And Disodium Guanylate, Xanthan Gum), Spice, Citric Acid. **[Sodium Content: .78g]**

**Swiss Steak Ingredients:** (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.) **[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.) **Tomato Sauce Ingredients:** Tomato Puree Water, Tomato Paste, Tomatoes, Onions, Less Than 2 Of: Brown Sugar, Extra Virgin Olive Oil, Mincing Garlic, Potassium Chloride, Calcium Chloride, Dried Basil, Black Pepper, Garlic Powder, Citric Acid. Naturally Derived **[Sodium Content: .58g]**

**Taco Beef Ingredients:** Beef, Water, Tomato Paste, Textured Vegetable Protein Soy Protein Concentrate, Caramel Color, Seasoning Dehydrated Onions, Chili Pepper And Other Spices, Dehydrated Garlic, Salt, Salt, Seasoning Potassium Chloride, Natural Flavor [Contains Maltodextrin], Caramel Color, Vinegar. **[Sodium Content: .22g]**

**Goulash Ingredients:** Elbow Macaroni: Durum Wheat Semolina, Durum Flour, Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains: Wheat, Diced Onion, Ground Beef. **[Sodium Content: .08g]** **Tomato Sauce Ingredients:** Tomato Puree Water, Tomato Paste, Tomatoes, Onions, Less Than 2 Of: Brown Sugar, Extra Virgin Olive Oil, Mincing Garlic, Potassium Chloride, Calcium Chloride, Dried Basil, Black Pepper, Garlic Powder, Citric Acid. Naturally Derived. **[Sodium Content: .03g]**, **Tomato Juice From Concentrate:** Water, Tomato Concentrate, Salt, Citric Acid, Vitamin C, Ascorbic Acid. **[Sodium Content: .03g]** Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride. **[Sodium Content: .18g]** **Garlic & Herb Seasoning Ingredients:** Dehydrated Garlic, Spices, Dehydrated Onion, Orange Peel, Paprika (As Color), Red Pepper. **[Total Sodium Content: .32 G.]**

**Shepherds Pie Ingredients:** Ground Beef. **[Sodium Content: .22g]**, **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: .14g]**, **[Total Sodium Content: .36 G.]**

**Marzetti Ingredients:** Durum Wheat Semolina, Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid Contains: Wheat Manufactured In A Facility That Uses Eggs. **Ground Beef** No More Than 20 Fat, Water, Textured Vegetable Protein Soy Protein Concentrate, Caramel Color, Contains Less Than 2 Of: Brown Sugar, Extra Virgin Olive Oil, Mincing Garlic, Potassium Chloride, Calcium Chloride, Dried Basil, **Tomato Sauce:** Tomato Puree Water, Tomato Paste, Tomatoes, Water, Sugar, Less Than 2 Of: Salt, Dried Onion, Extra Virgin Olive Oil, Calcium Chloride, Citric Acid, Dried Basil, Dried Oregano, Dried Parsley, Dried Cane Syrup, Natural Flavor. **[Sodium Content: .52g]**, **Asiago Medium Cheese** (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor). Contains: Milk. **[Sodium Content: .26g]** **[Total Sodium Content: .95 G.]**

**Corned Beef Ingredients:** Contains Up To 20% Of A Solution Of Water, Salt, Sugar, Sodium Phosphate, Flavorings, Sodium Erythorbate, Sodium Nitrite. **[Sodium Content: .57g]**

**Pepper Steak Over Rice:** Beef Cubes, Stir Fry Sauce Ingredients: Water, Soy Sauce (Water, Soybeans, Wheat, Salt, Sodium Benzoate [A Preservative]), High Fructose Corn Syrup, Sherry Wine, Modified Cornstarch, Soybean Oil, Worcestershire Sauce, Distilled Water, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Anchovies, Tamarind, Natural Flavor), 2% Or Less Of Vinegar, Sesame Oil, Oyster Sauce (Water, Beet Sugar, Salt, Modified Corn Starch, Caramel Color, Maltodextrin, Oyster Extract, Yeast Extract), Dried Garlic, Salt, Onion Powder, Citric Acid, Spices, Caramel Color, Natural Flavors, Sulfiting Agents. Contains: Anchovy, Wheat, Soy. **[Sodium Content: .32g]** **[Total Sodium Content: .79g]** Peppers, Onions, Rice

**Sloppy Joe Ingredients:** Ground Beef, Tomato Puree Water, Tomato Paste, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Less Than 2 Of: Sugar, Dried Green And Red Bell Peppers, Salt, Chili Pepper, Tomato Fiber, Guar Gum, Spices, Xanthan Gum, Dried Garlic, Natural Flavors, Citric Acid. **[Sodium Content: .39g]**

**Sloppy Joe Casserole Ingredients:** Beef, Water, Tomato Paste, Textured Vegetable Protein Soy Protein Concentrate, Caramel Color, Sugar, Vinegar, Green Bell Peppers, Salt, Dehydrated Onion, Sodium Phosphates, Dehydrated Red Bell Peppers, Chili Powder Chili Pepper, Spices, Salt, Garlic Powder, Dehydrated Garlic, Xanthan Gum, Paprika Extract, Spice, Caramel Color. **[Sodium Content: .44g]** **Shredded Potatoes:** Potatoes, Dextrose, Disodium Pyrophosphate Added To Maintain Color, Potassium Sorbate Added To Maintain Freshness **[Sodium Content: .04g]** **Cheese Sauce:** 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. **[Sodium Content: .05g]** **Shredded Cheese:** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) **[Sodium Content: .18g]** **[Total Sodium Content: .71g]**

**Spaghetti With Meatballs Ingredients:** Durum wheat semolina, Durum Wheat Flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid CONTAINS: WHEAT Manufactured in a facility that uses eggs. **Meatballs:** Mechanically Separated Chicken, Mechanically Separated Turkey, Water, Beef, Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], 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)], Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Seasoning (Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate, Disodium Guanylate, Spice Extractives, Nonfat Dry Milk), Onions, Salt, Sodium Phosphate, Caramel Color. Set In Vegetable Oil. Contains: Milk, Soy, Wheat. **[Sodium Content: .27g]**, **Tomato Sauce:** Tomato Puree Water, Tomato Paste, Tomatoes, Water, Sugar, Less Than 2 Of: Salt, Dried Onion, Extra Virgin Olive Oil, Calcium Chloride, Citric Acid, Dried Basil, Dried Oregano, Dried Parsley, Dried Cane Syrup, Natural Flavor. **[Sodium Content: .52g]**, **Asiago Medium Cheese** (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor). Contains: Milk. **[Sodium Content: .26g]** **[Total Sodium Content: .95 G.]**

**Teriyaki Beef Ingredients:** Beef Cubes, Teriyaki Glaze-High Fructose Corn Syrup, Soy Sauce Water, Wheat, Soybeans, Salt, Sugar, Water, Distilled Vinegar, Modified Corn Starch, Contains Less Than 2 Of: Sesame Seed, Vegetable Oil Soybean And/Or Canola, Pineapple Juice Concentrate, Rice Vinegar, Ginger, Salt, Spice, Sodium Bisulfate, Garlic, Xanthan Gum, Caramel Color, Sodium Benzoate And Potassium Sorbate Preservatives, Green Onion, Citric Acid. Dried. Contains Soy, Wheat. **[Total Sodium Content: .75 G.]**

**Swedish Meatball Ingredients:** Meatballs-Mechanically Separated Chicken, Mechanically Separated Turkey, Water, Beef, Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], 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)], Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Seasoning (Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate, Disodium Guanylate, Spice Extractives, Nonfat Dry Milk), Onions, Salt, Sodium Phosphate, Caramel Color. Set In Vegetable Oil. Contains: Milk, Soy, Wheat. **[Sodium Content: .27g]** Sour Cream Ingredients: Cultured Cream, Contains Less Than 2% Of: Whey, Food Starch- Modified (Corn), Gelatin, Sodium Tripolyphosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (To Preserve Freshness). Contains: Milk. **[Sodium Content: .03g]** Gravy-Maltodextrin, Modified Cornstarch, Bleached Enriched Flour Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Hydrolyzed Soy, Corn And Wheat Protein, Cornstarch, Beef Fat Beef Fat, Bht, Citric Acid, Whey, Onion Powder, 2 Or Less Of Yeast Extract, Sugar, Soybean Oil, Natural Flavors, Soy Sauce Soybean, Wheat, Salt, Caramel Color, Xanthan Gum, Garlic Powder, Salt, Dextrose, Disodium Guanylate, Disodium Inosinate, Spice, Citric Acid, Extractives Of Paprika, Datem, Soy Lecithin, Sulfiting Agents. **[Sodium Content: .13g]** Egg Noodles-Durum Wheat Semolina, Durum Wheat Flour, Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid Contains: Wheat, Eggs. **[Sodium Content: .01g]** Liquid Soybean Oil, Water, Contains 2% Or Less Of: Salt, Hydrogenated Soybean 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]** **[Total Sodium Content: .55G.]**

**Mushroom & Swiss Burger Ingredients:** Beef, Water, Textured Soy Protein Concentrate, Contains Less Than 2 Of Salt, Vegetable Protein Blend Hydrolyzed Soy Protein, Soy Protein Concentrate, Carrageenan, Dry Beef Stock, Spices. **[Sodium Content: .72g]** Mushrooms: Mushrooms, water, salt, citric acid and ascorbic acid **[Sodium Content: .4g]** Worcestershire Sauce: Ingredients: Water, Distilled Vinegar, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel Color, Potassium Sorbate (Preservative)), Sugar, Corn Syrup, Tamarind Extract, Caramel Color, Salt, Sugar, Garlic\*, Onion\*, Citric Acid, Xanthan Gum, Natural Flavors, Potassium Sorbate (A Preservative), Dehydrated Contains: Soy **[Sodium Content: .06g]** Liquid Margarine: Liquid soybean oil, Water, Contains 2% or Less of: Salt, Hydrogenated Soybean 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]** Swiss Cheese: Pasteurized part-skim milk, cheese culture, salt and enzymes **[Sodium Content: .05g]** **[Total Sodium Content: 1.14G.]**

## **Chicken & Poultry Items**

**Chicken Parmesan Ingredients:** Breaded Chicken Breast With Rib Meat, Water, Modified Corn Starch, Salt, Sodium Phosphates, Battered And Breaded Wheat Flour, Water, Modified Com 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), Spices, Wheat Gluten, Yeast Extract. **Tomato Sauce Ingredients:** Tomato Puree Water, Tomato Paste, Tomatoes, Onions, Less Than 2 Of: Brown Sugar, Extra Virgin Olive Oil, Mincing Garlic, Potassium Chloride, Calcium Chloride, Dried Basil, Black Pepper, Garlic Powder, Citric Acid. Naturally Derived. **parmesan Cheese:** Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes And Powdered Cellulose (Anti-Caking Agent). Pasta Ingredients: 100% Whole Wheat Durum Flour. Contains: Wheat **[Sodium Content: 1.13g]**

**Chicken Nuggets Ingredients:** White Meat Chicken, Water, Whole Wheat Flour, Textured Soy Protein Concentrate, Soy Protein Concentrate, Contains 2 Or Less Of The Following: Corn Starch, Dehydrated Garlic, Dehydrated Onion, Extractives Of Paprika And Turmeric, Garlic Powder, Maltodextrin, Natural Flavor, Salt, Spice Extractives Including Extractives Of Celery Seed, Spices Including Celery Seed, Yeast Extract, Breading Set In Vegetable Oil. **[Sodium Content: .540 G]**

**Breaded Chicken Patty Ingredients:** Chicken, Water, Isolated Soy Protein, Sugar, Reduced Sodium Sea Salt, Potassium Chloride, Rice Flour, Sodium Phosphates, White Pepper, Onion Powder, Garlic Powder, Breaded With: Whole Wheat Flour, Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Salt, Sugar, Leavening Sodium Acid Pyrophosphate, Sodium Bicarbonate, Spice, Ascorbic Acid Vitamin C, Dextrose, Garlic Powder, Soybean Oil As A Processing Aid, Extractives Of Paprika. Battered With: Water, Whole Wheat Flour, Modified Corn Starch, Sugar, Salt, Onion Powder, Leavening Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate, Garlic Powder, Chicken Broth, Maltodextrin, Dextrose, Yeast Extract, Enriched Wheat Flour Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Ascorbic Acid Vitamin C, Soybean Oil As A Processing Aid, Natural And Artificial Flavors, Lactic Acid, Extractives Of Paprika. Pre-dusted With: Whole Wheat Flour, Modified Corn Starch, Salt, Onion Powder, Garlic Powder, Maltodextrin, Ascorbic Acid Vitamin C, Soybean Oil As A Processing Aid, Natural And Artificial Flavors, Enriched Wheat Flour Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Dextrose, Leavening Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate, Lactic Acid, Extractives Of Paprika. Breading Set In Vegetable Oil. **[Sodium Content: .38 G.]**

**Grilled Chicken Patty Ingredients:** 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, Methylcellulose, 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)]. **[Sodium Content: .32g]**

**Italian Chicken Ingredients:** 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, Methylcellulose, 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)], VINEGAR, WATER, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, CANOLA OIL, SALT, CONTAINS LESS THAN 2 OF GARLIC, GARLIC, RED BELL PEPPERS, ONIONS, XANTHAN GUM, SPICE, LEMON JUICE CONCENTRATE, OLEORESIN PAPRIKA, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA TO PROTECT FLAVOR. DRIED. **[Sodium Content: .35g]**

**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]**

**Turkey Sausage Link Ingredients:** Boneless Turkey, Water, Contains 2 Or Less: Dextrose, Potassium Chloride, Salt, Spices, Sodium Phosphates, Sugar, Bht, Citric Acid, Caramel Color. **[Sodium Content: .29g]**

**Bbq Chicken Legs Ingredients:** *Chicken Drumsticks*, Tomato Puree Water, Tomato Paste, Sugar, Vinegar, Molasses, Salt, Contains Less Than 2 Of Modified Food Starch, Natural Hickory Smoke Flavor, Honey, Mustard Flour, Seasonings, Potassium Sorbate To Retain Freshness, Natural Flavor. **[Sodium Content: .40g]**

**Turkey & Gravy** Ingredients: Turkey Breast Meat, Turkey Broth, Contains 2 Or Less Vinegar, Salt, Potassium Phosphate, Carrageenan. **Poultry Gravy Ingredients:** Maltodextrin, Cornstarch, Whey, Chicken Powder, Modified Cornstarch, Hydrolyzed Soy, Corn And Wheat Proteins, Chicken Fat, Soybean Oil, 2 Or Less Of Nonfat Milk, Palm Oil, Onion Powder, Xanthan Gum, Color Added, Yeast Extract, Disodium Inosinate/Disodium Guanylate, Sodium Caseinate, Natural Flavors, Dipotassium Phosphate, Lactic Acid, Sugar, Spices, Turmeric, Thiamine Hydrochloride, Dehydrated Butter, Enzyme Modified Butter Oil, Salt, Citric Acid, Guar Gum. **[Sodium Content: .39g]**

**Bbq Chicken Patty** Grilled Chicken Patty (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, Methylcellulose, 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)]). **Bbq Sauce** - Tomato Puree Water, Tomato Paste, Sugar, Vinegar, Molasses, Salt, Honey, Contains Less Than 2 Of Modified Food Starch, Natural Smoke Flavor, Mustard Flour, Spice, Natural Flavor, Potassium Sorbate To Preserve Freshness **[Sodium Content: .62g]**

**Herbed Baked Chicken Over Noodles** - 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, Methylcellulose, 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)]. **Liquid Margarine Ingredients:** 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. **Egg Noodles** (Semolina, Durum Flour, Eggs, Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid). **Contains: Wheat, Eggs.**) Herbs And Spices **[Sodium Content: .55g]**

**Sweet & Sour Chicken** - Boneless, Skinless Diced Dark And White Chicken, Water, Rice Starch, Vinegar, Seasoning Maltodextrin, Yeast Extract, Chicken Stock, Salt And Flavors **Sweet & Sour Sauce Ingredients:** High Fructose Corn Syrup, Vinegar, Water, Pineapple Juice Concentrate, Modified Cornstarch, Contains Less Than 2 Of Salt, Soybean Oil, Dried Green Bell Peppers, Dried Red Bell Peppers, Spice, Oleoresin Paprika, Rice. **[Sodium Content: .24g]**

**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]**

**Chicken & Noodles 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, Hydrogenate, **Egg Noodles** (Semolina, Durum Flour, Eggs, Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid). **Contains: Wheat, Eggs.**) **[Sodium Content: .28g]**

**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, Methylcellulose, 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]**

**Creamed Chicken In Gravy:** 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, Hydrogenate, **[Sodium Content: .27g]**

**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, Hydrogenate, Vegetables, Crust Ingredients: Lard Flour Unenriched, Unbleached Salt Baking Soda Dextrose Water **[Sodium Content: .75g]**

**Country Fried Chicken Ingredients:** Chicken Breast With Rib Meat, Water, Modified Corn Starch, Salt, Sodium Phosphates, Battered And Breaded 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), Spices, Wheat Gluten, Yeast Extract. **[Sodium Content: 1.05g]** **Country Gravy Ingredients:** Country Gravy-Maltodextrin, Whey, Bleached Enriched Flour Wheat Flour, Niacin, Reduced Iron, Thiamin 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: .18g]** **[Total Sodium Content: 1.23g]**

**Chicken With Honey Mustard Bacon Sauce Ingredients:** 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, Methylcellulose, 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)]. **[Sodium Content: .32g]** **Honey Mustard Ingredients:** Soybean Oil, Water, Vinegar, Mustard (Water, Vinegar, Mustard Seed, Salt, Turmeric), High Fructose Corn Syrup, Honey, Egg Yolk, Contains Less Than 2% Of: Onion, Sugar, Potassium Sorbate, Sodium Benzoate And Calcium Disodium Eda As Preservatives, Salt, Xanthan Gum, Poppy Seeds, Natural Flavor, Spice, Contains: Eggs **[Sodium Content: .075g]** **Bacon Bits Ingredients:** Bacon (Cured With Water, Salt, Sodium Nitrite), May Contain Sea Salt, Potassium Chloride, Sugar, Brown Sugar, Dextrose, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Sodium Ascorbate, Smoke Flavoring, Flavoring. **[Sodium Content: .2g]** **[Total Sodium Content: .6g]**

**Chicken Stir Fry Ingredients:** Boneless, Skinless Chicken Breast Meat With Rib Meat, Water, Seasoning [Maltodextrin, Salt, Sugar, Flavors, Vegetable Stock Carrot, Onion, Celery, Carrot Powder, Garlic Powder], Modified Food Starch, Sodium Phosphates, Soy Protein Concentrate, Sea Salt **[Sodium Content: .32g]** **Stir Fry Sauce Ingredients:** Water, Soy Sauce (Water, Soybeans, Wheat, Salt, Sodium Benzoate [A Preservative]), High Fructose Corn Syrup, Sherry Wine, Modified Cornstarch, Soybean Oil, Worcestershire Sauce, Distilled Water, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Anchovies, Tamarind, Natural Flavor), 2% Or Less Of Vinegar, Sesame Oil, Oyster Sauce (Water, Beet Sugar, Salt, Modified Corn Starch, Caramel Color, Maltodextrin, Oyster Extract, Yeast Extract), Dried Garlic, Salt, Onion Powder, Citric Acid, Spices, Caramel Color, Natural Flavors, Sulfiting Agents. **Contains: Anchovy, Wheat, Soy.** **[Sodium Content: .32g]** **[Total Sodium Content: .79g]**

**Spaghetti With Turkey Meatballs; Pasta Ingredients:** Semolina, Durum Flour, Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Contains: Wheat Sauce Ingredients: Tomato Puree Water, Tomato Paste, Tomatoes, Onions, Less Than 2 Of: Brown Sugar, Extra Virgin Olive Oil, Minceed Garlic, Potassium Chloride, Calcium Chloride, Dried Basil, Black Pepper, Garlic Powder, Citric Acid, Naturally Derived. **[Sodium Content: .03g]** **Turkey Meatball Ingredients:** Ground Turkey, Water, Bread Crumbs Wheat Flour, Enriched, Malted, Bromated [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 Monosteate, Ascorbic Acid], Calcium Propionate, Sodium Metabisulfite, Textured Vegetable Protein Soy Protein Concentrate, Caramel Color, Contains Less Than 2 Of Seasoning Potassium Chloride, Honey [Contains Maltodextrin], Dehydrated Onion, Sugar, Salt, Romano Cheese Shreds Milk, Cheese Culture, Salt, Enzymes, Calcium Propionate, Spices, Caramel Color, Dehydrated Garlic, Natural Flavor. **[Sodium Content: .28g]** Parmesan Cheese (Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose Added To Prevent Caking. **[Sodium Content: .06g]** **[Total Sodium Content: .37g]**

**Chicken Fajitas; Diced Chicken** - Boneless, Skinless Diced Dark And White Chicken, Water, Rice Starch, Vinegar, Seasoning Maltodextrin, Yeast Extract, Chicken Stock, Salt And Flavors. **[Sodium Content: .14g]** **Seasoning:** Yellow Corn Flour, Salt, Maltodextrin, Paprika, Spices, Modified Cornstarch, Sugar, Garlic Powder, Citric Acid, Yeast Extract, Natural Flavors, Caramel Color. **[Sodium Content: .43g]** **[Total Sodium Content: .57g]**

**Hot Turkey & Cheese Sandwich Ingredients:** Cracked Black Pepper Turkey: Turkey Breast, Water, Modified Cornstarch, Contains Less Than 2 % Of Vinegar, Salt, Cultured Dextrose, Sugar, Sodium Phosphates, Carrageenan, Coated With Black Pepper. **[Sodium Content: .50g]** Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Contains: Milk **[Sodium Content: .24g]** Bun Ingredients: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Contains 2% Or Less Of Each Of The Following: Yeast, Salt, Yellow Corn Meal, Soybean Oil, 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), Malted Barley Flour, Dextrose, Calcium Sulfate, L-Cysteine, Potassium Iodate, Calcium Propionate (To Retard Spoilage) Contains: Wheat **[Sodium Content: .43g]** **[Total Sodium Content: 1.17g]**

**Chicken and Rice Casserole:** BONELESS, SKINLESS DICED DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, SEASONING MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS, RICE: Long Grain Parboiled Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid, Cream of chicken soup. INGREDIENTS: CHICKEN STOCK, MODIFIED FOOD STARCH, VEGETABLE OIL, WHEAT FLOUR, CREAM MILK, CONTAINS LESS THAN 2 OF: SALT, CHICKEN, CARROT JUICE CONCENTRATE, SOY PROTEIN CONCENTRATE, CHICKEN FAT, YEAST EXTRACT, FLAVORING, CHICKEN BROTH, CANE SUGAR, ONIONS, CELERY EXTRACT, ONION EXTRACT. DRIED **[Total Sodium Content: .885g]**

**Turkey and Cheddar Sandwich Ingredients:** SAVORY WHT TPKY PATTY 4 OZ. INGREDIENTS: WHITE TURKEY, TURKEY FAT, CONTAINS 2 OR LESS SALT, ROSEMARY EXTRACT, SAVORY SEASONING SPICES INCLUDING BLACK PEPPER, DEHYDRATED GARLIC, ONION POWDER, PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR. **[Total Sodium Content: .635g]**

**Teriyaki Chicken Ingredients:** Boneless, Skinless Chicken Breast Meat With Rib Meat, Water, Seasoning [Maltodextrin, Salt, Sugar, Flavors, Vegetable Stock Carrot, Onion, Celery, Carrot Powder, Garlic Powder], Modified Food Starch, Sodium Phosphates, Soy Protein Concentrate, Sea Salt **[Sodium Content: .32g]** **Teriyaki Sauce Ingredients:** High Fructose Corn Syrup, Soy Sauce Water, Wheat, Soybeans, Salt, Sugar, Water, Distilled Vinegar, Modified Corn Starch, Contains Less Than 2 Of Sesame Seed, Vegetable Oil Soybean And/Or Canola, Pineapple Juice Concentrate, Rice Vinegar, Ginger, Salt, Spice, Sodium Bisulfate, Garlic, Xanthan Gum, Caramel Color, Sodium Benzoate And Potassium Sorbate Preservatives, Green Onion, Citric Acid, Dried, Contains Soy, Wheat. **[Sodium Content: .32g]** **[Total Sodium Content: .79g]**

**Monterey Chicken Ingredients; Grilled Chicken Pattys Ingredients:** 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, Methylcellulose, 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)]. **[Sodium Content: .32g]** **Bbq Sauce Ingredients:** Tomato Puree Water, Tomato Paste, Sugar, Vinegar, Molasses, Salt, Contains Less Than 2 Of Modified Food Starch, Natural Hickory Smoke Flavor, Honey, Mustard Flour, Seasonings, Potassium Sorbate To Retain Freshness, Natural Flavor. **[Sodium Content: .3g]** **Bacon Bits Ingredients:** Bacon (Cured With Water, Salt, Sodium Nitrite), May Contain Sea Salt, Potassium Chloride, Sugar, Brown Sugar, Dextrose, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Sodium Ascorbate, Smoke Flavoring, Flavoring. **[Sodium Content: .2g]** **Monterey Jack Cheese** (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Potato Starch And Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor). **[Sodium Content: .17g]** **[Total Sodium Content: .99g]**

**Lemon Thyme Chicken Ingredients:** Chicken Drumsticks. **[Sodium Content: .05g]** Dried Thyme Leaves, **Lemon Juice Ingredients:** Lemon Juice From Concentrate Water, Concentrated Lemon Juice And Less Than 2 Of Sodium Benzoate, Sodium Metabisulfite And Sodium Sulfite Preservatives, Lemon Oil, Black Pepper, Garlic Powder. **Liquid Margarine Ingredients:** 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. **[Sodium Content: .1g]** **[Total Sodium Content: .15g]**

**Chicken With Lemon Pepper Sauce Ingredients:** 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, Methylcellulose, 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)]. **[Sodium Content: .32g]**, **Lemon Pepper Ingredients:** Salt, Black Pepper, Citric Acid, Dehydrated Onion, Dehydrated Garlic, Sugar, Yellow 5 Lake, Maltodextrin, Natural Flavor, And Less Than 2% Silicon Dioxide Added To Prevent Caking. **[Sodium Content: .28g]** **Garlic Powder, Parsley, Chicken Broth Ingredients:** Roasted Chicken, Sugar, Autolyzed Yeast Extract, Chicken Fat, Potassium Chloride, Whey (Milk), Corn Starch, Hydrolyzed Corn Protein, Chicken Broth, Onion Powder, Contains 2 Percent Or Less Of: Soybean Oil, Disodium Inosinate, Disodium Guanylate, Citric Acid, Natural Flavorings, Extractive Of Turmeric And Turmeric (Color), Xanthan Gum, Salt, Contains: Milk. **[Sodium Content: .14g]** **White Cream Sauce Ingredients:** Water, Cream Milk, Vegetable Oil Corn, Canola, And/Or Soybean, Wheat Flour, Modified Food Starch, Contains Less Than 2 Of: Salt, Soy Protein Concentrate, Yeast Extract, Flavoring, Onion Extract. **[Sodium Content: .27g]**

**Worcestershire Sauce** Ingredients: Water, Distilled Vinegar, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel Color, Potassium Sorbate (Preservative)), Sugar, Corn Syrup, Tamarind Extract, Caramel Color, Spices, Salt, Garlic\*, Onion\*, Citric Acid, Xanthan Gum, Natural Flavors, Potassium Sorbate (A Preservative). \*Dehydrated Contains: Soy. **[Sodium Content: .06g]** **Lemon Juice Ingredients:** Lemon Juice From Concentrate Water, Concentrated Lemon Juice And Less Than 2 Of Sodium Benzoate, Sodium Metabisulfite And Sodium Sulfite Preservatives, Lemon Oil, Black Pepper, Garlic Powder. **Liquid Margarine Ingredients:** 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. **[Sodium Content: .1g]** **[Total Sodium Content: 1.17g]**

**Oven Baked Breaded Chicken Ingredients:** Assorted Chicken Pieces (Chicken Breast Pieces With Ribs, Chicken Thighs Without Back Portion And Chicken Drumsticks), Enriched Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% Or Less Of The Following: Acetic Acid, Chicken Broth, Chicken Fat, Chicken Powder, Extractives Of Paprika And Turmeric, Flavors, Garlic Powder, Gum Arabic, Malted Barley Flour, Maltodextrin, Modified Food Starch, Monocalcium Phosphate, Onion Powder, Palm Oil, Salt, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Sodium Phosphates, Soy Flour, Spices, Sunflower Oil, Wheat Gluten, Yeast Extract, Yellow Corn Flour. Breading Set In Vegetable Oil. **[Sodium Content: .43g]**



**Chicken & Dumplings Ingredients:** Dumplings:Enriched Bleached Wheat Flour Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Enzymes, Water, Palm Oil, Salt, Buttermilk Solids, Whey Solids, Milk Protein, Lactic Acid,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, Hydrogenate. **[Sodium Content: .59g]**

**Mexican Chicken Bake Ingredients:** Boneless, Skinless Diced Dark And White Chicken, Water, Rice Starch, Vinegar, Seasoning Maltodextrin, Yeast Extract, Chicken Stock, Salt And Flavors. [Sodium Content: .13g]Yellow Corn Flour, Salt, Maltodextrin, Paprika, Spices, Modified Cornstarch, Sugar, Garlic Powder, Citric Acid, Yeast Extract, Natural Flavors, Caramel Color. [Sodium Content: .43g] 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 Di-Alpha Tocopheryl Acetate, Vitamin A Retinol Palmitate. [Sodium Content: .07g] Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) [Sodium Content: .18g] {Total Sodium Content: .82g}

**Herbed Baked Chicken Ingredients:** 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, Methylcellulose, 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)]. [Sodium Content: .32g] Liquid Margarine: Liquid Soybean Oil, Water, Contains 2% Or Less Of: Salt, Hydrogenated Soybean 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] Spice Blend. {Total Sodium Content: .43g}

**Bacon Ranch Chicken Ingredients:** 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, Methylcellulose, 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)]. [Sodium Content: .32g] Ranch Dressing: Soybean Oil, Water, Cultured Buttermilk, Egg Yolk, Distilled Vinegar, Contains Less Than 2 Of Salt, Monosodium Glutamate, Modified Corn Starch, Buttermilk Solids, Sugar, Garlic, Xanthan Gum, Spice, Citric Acid, Onion, Sorbic Acid Preservative, Calcium Disodium Edta To Protect Flavor, Milk, Natural Flavor, Egg Whites. Dried Contains Egg, Milk [Sodium Content: .25g] Bacon Bits: Bacon (Cured With Water, Salt, Sodium Nitrite), May Contain Sea Salt, Potassium Chloride, Sugar, Brown Sugar, Dextrose, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Sodium Ascorbate, Smoke Flavoring, Flavoring. [Sodium Content: .15g] Shredded Cheese: Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) [Sodium Content: .18g] {Total Sodium Content: .9g}

**Monterev Chicken Ingredients: Grilled Chicken Pattys Ingredients:** 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, Methylcellulose, 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)]. **[Sodium Content: .32g] Bbq Sauce Ingredients:** Tomato Puree Water, Tomato Paste, Sugar, Vinegar, Molasses, Salt, Contains Less Than 2 Of Modified Food Starch, Natural Hickory Smoke Flavor, Honey, Mustard Flour, Seasonings, Potassium Sorbate To Retain Freshness, Natural Flavor. **[Sodium Content: .3g] Bacon Bits Ingredients:** Bacon (Cured With Water, Salt, Sodium Nitrite), May Contain Sea Salt, Potassium Chloride, Sugar, Brown Sugar, Dextrose, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Sodium Ascorbate, Smoke Flavoring, Flavoring. **[Sodium Content: .2g] Monterev Jack Cheese** (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Potato Starch And Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor). **[Sodium Content: .17g] [Total Sodium Content: .99g]**

## **Pork Items**

**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]**

**Bbq Pork:** Ingredients: Smoked Cooked Pork Shoulder Boston Butt, Barbecue Sauce High Fructose Corn Syrup, Vinegar, Tomato Paste, Modified Food Starch, Contains 2 Or Less Of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate Preservative, Molasses, Corn Syrup, Garlic, Sugar, Tamarind, Natural Flavor. **[Sodium Content: .20g]**

**Sliced Roast Pork Ingredients:** Boneless Pork Loin. **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. **[Sodium Content: .42g]**

**Breaded Pork Patty Ingredients:** Pork, Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Nicotinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate B1, Pyridoxine Hydrochloride B6, Riboflavin B2, Cyanocobalamin B12], Salt, Seasoning Spice, Dehydrated Garlic. Breaded With: Enriched Bleached Wheat Flour Enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Dextrose, Salt, Sugar, Yellow Corn Flour, Soybean Oil, Spices, Yeast, Torula Yeast, Extractives Of Paprika. Battered With: Water, Enriched Wheat Flour Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Wheat Starch, Wheat Flour, Salt, Buttermilk Blend Buttermilk, Whey, Leavening Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Spice. Set In Vegetable Oil. **[Sodium Content: .50g]**

**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 Beef 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]**

**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]**

**Bbq Pork Ribette Patty Ingredients:** Pork, Barbecue Sauce [Tomato Ketchup Tomato Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice, Garlic Powder, Brown Sugar, Sugar, Mustard Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Garlic Powder, Dextrose, Vinegar,Clove], Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Nicotinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate B1, Pyridoxine Hydrochloride B6, Riboflavin B2, Cyanocobalamin B12], Smoke Flavor, Salt, Modified Food Starch, Sodium Phosphate. Contains Soy. Bbq Sauce: Tomato Puree Water, Tomato Paste, Sugar, Vinegar, Molasses, Salt, Contains Less Than 2 Of Modified Food Starch, Natural Hickory Smoke Flavor, Honey, Mustard Flour, Seasonings, Potassium Sorbate To Retain Freshness, Natural Flavor. **[Sodium Content: .77g]**

**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 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 Beef 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]**

**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, Molasses **[Sodium Content: .56g]**

**Farmers Skillet Breakfast Ingredients: Sausage Ingredients:** Pork, Water, Salt, Spices, Sugar. **[Sodium Content: .55g] Scrambled Egg Ingredients:** Whole Eggs, Whey, Skim Milk, Citric Acid, 0.12% Water Added As Carrier For Citric Acid, Xanthan Gum, Citric Acid Added To Preserve Color. **[Sodium Content: .14g] Shredded Cheese Ingredients:** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) **[Sodium Content: .18g] [Total Sodium Content: .87g]**

**Ham & Cheddar Sandwich 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. **[Sodium Content: .05g] Cheese Sauce:** 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, Fde Yellow 6. **[Sodium Content: .44g] Hamburger Buns Ingredients:** Wheat Flour, Water, Sugar, Palm Oil, Rye Flour, Bread Shine Water, Vegetable Proteins, Sunflower Oil, Dextrose, Maltodextrins, Waxly Malt Starch, Potato Flour, Whole Egg Powder, Yeast, Salt, 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. Nbsp:Contains: Wheat, Egg, Milk **[Sodium Content: .35g] [Total Sodium Content: 1.32g]**

**Italian Sub Ingredients:** Pepperoni: BHA, BHT WITH CITRIC ACID ADDED TO HELP PROTECT FLAVOR INGREDIENTS: PORK, BEEF, SALT, CONTAINS 2 OR LESS OF WATER, DEXTROSE, SPICES, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID, Salami: BHA, BHT WITH CITRIC ACID ADDED TO HELP PROTECT FLAVORINGREDIENTS: PORK, BEEF, SALT, CONTAINS 2 OR LESS OF DEXTROSE, WATER, NATURAL SPICES, SODIUM ASCORBATE, LACTIC ACID STARTER CULTURE, SODIUM NITRITE, GARLIC POWDER, BHA, BHT, CITRIC ACID. Ham: PORK, WATER, CANE SUGAR, SALT, NATURAL FLAVOR. Provolone: PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES **[Total Sodium Content: 2.18g]**

**Italian Pork Chop Ingredients:** Pork, Water, Salt, Sodium Phosphate, Bha, Bht, Citric Acid, Dextrose, Flavoring. Bha, Bht, Citric Acid Added To Help Protect Flavor. **[Sodium Content: .27g] Italian Dressing:** Vinegar, Water, Soybean Oil, High Fructose Corn Syrup, Canola Oil, Salt, Contains Less Than 2 Of Garlic, Garlic, Red Bell Peppers, Onions, Xanthan Gum, Spice, Lemon Juice Concentrate, Oleoresin Paprika, Potassium Sorbate And Calcium Disodium Edta To Protect Flavor.Dried. **[Sodium Content: .3g] [Total Sodium Content: .57g]**

**Ham & Noodle Casserole Ingredients: Diced Turkey Ham Ingredients:** Tndr Cured Tky 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. **Egg Noodles** (Semolina, Durum Flour, Eggs, Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Contains: Wheat, Eggs ) **Cream Of Chicken Soup Ingredients:** Chicken Stock, Modified Food Starch, Vegetable Oil, Wheat Flour, Cream Milk, Contains Less Than 2 Of: Salt, Chicken, Carrot Juice Concentrate, Soy Protein Concentrate, Chicken Fat, Yeast Extract, Flavoring, Chicken Broth, Cane Sugar, Onions, Celery Extract, Onion Extract. Dried. **Sour Cream Ingredients:** Cultured Cream (Milk), Enzyme. Contains Milk. **Shredded Cheese Ingredients:** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent),Garlic Powder, Black Pepper, Parsley.

**Teriyaki Glazed Pork Chop Ingredients:** Pork, Water, Salt, Sodium Phosphate, Bha, Bht, Citric Acid, Dextrose, Flavoring. Bha, Bht, Citric Acid Added To Help Protect Flavor. **Teriyaki Glaze:** Soy Sauce:water,Soybeans,Wheat,Salt,Sugar,Water,Modified Corn Starch,Onion Juice,Vinegar,Natural Flavour,Garlic Powder,Malic Acid,Spice,Sodium Benzoate: Less Than 1/10 Of 1 As A Preservative,Disodium Inosinate,Disodium Guanylate **[Sodium Content: .67g]**

**Penne Pasta With Sausage Crumbles Ingredients:** Durum Wheat Semolina, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid Contains: Wheat. Manufactured In A Facility That Uses Eggs. **Tomato Sauce:** Tomato Puree Water, Tomato Paste, Tomatoes, Water, Sugar, Less Than 2 Of: Salt, Dried Onion, Extra Virgin Olive Oil, Calcium Chloride, Citric Acid, Dried Basil, Dried Oregano, Dried Parsley, Dried Cane Syrup, Natural Flavor. **[Sodium Content: .52g]**, Corn Syrup Solids, Food Starch - Modified, 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: .86g] Asiago Medium Cheese** (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor). Contains: Milk. **[Sodium Content: .26g]**  
Pork, Water, Textured Vegetable Protein Soy Flour, Salt, Spices, Salt, Sugar, Flavoring. **[Sodium Content: .64g] [Total Sodium Content: 2.28g]**

**Pork Stew-Diced Pork, Gravy, 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, Potatoes Carrots, Onions, Celery **[Sodium Content: .42g]**

**Ham & Potato Casserole: Diced Turkey Ham Ingredients:** Tndr Cured Tky 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. Potatoes, Dextrose, Disodium Pyrophosphate Added To Maintain Color, Potassium Sorbate Added To Maintain Freshness. **Cream Of Chicken Soup Ingredients:** Chicken Stock, Modified Food Starch, Vegetable Oil, Wheat Flour, Cream Milk, Contains Less Than 2 Of: Salt, Chicken, Carrot Juice Concentrate, Soy Protein Concentrate, Chicken Fat, Yeast Extract, Flavoring, Chicken Broth, Cane Sugar, Onions, Celery Extract, Onion Extract. Dried. **Sour Cream Ingredients:** Cultured Cream (Milk), Enzyme. Contains Milk. **Shredded Cheese Ingredients:** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) Garlic Powder, Black Pepper, Parsley. **[Total Sodium Content: 1.53g]**

**Sausage Pattly Ingredients:** Pork, Water, Contains 2 Or Less Of: Salt, Potassium Chloride, Dextrose, Spices, Monosodium Glutamate, Sodium Phosphates, Bht, Citric Acid, Caramel Color.

**Italian Sausage Ingredients:** 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, Dressing Ingredients: Vinegar, Water, Soybean Oil, High Fructose Corn Syrup, Canola Oil, Salt, Contains Less Than 2 Of: Garlic, Garlic, Red Bell Peppers, Onions, Xanthan Gum, Spice, Lemon Juice Concentrate, Oleoresin Paprika, Potassium Sorbate And Calcium Disodium Edta To Protect Flavor. Dried. **[Sodium Content: 1.05g]**

**Pork Stir Fry Ingredients:** Pork. **[Sodium Content: .055g]** Broccoli, Carrots, Celery, Onion, Pea Pods, Mushrooms, **[Sodium Content: .030g]** Water, Soy Sauce Water, Soybeans, Wheat, Salt, Sodium Benzoate [A Preservative], High Fructose Corn Syrup, Sherry Wine, Modified Cornstarch, Soybean Oil, Worcestershire Sauce Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Anchovies, Tamarind, Natural Flavor, 2 Or Less Of: Vinegar, Sesame Oil, Oyster Sauce Water, Beet Sugar, Salt, Modified Corn Starch, Caramel Color, Maltodextrin, Oyster Extract, Yeast Extract, Dried Garlic, Salt, Onion Powder, Citric Acid, Spices, Caramel Color, Natural Flavors, Sulfiting Agents, **[Sodium Content: .470g]** Rice. **[Total Sodium Content: .56 g]**

**Pork Sausage Link:** Pork, Water, Contains 2 Or Less: Salt, Dextrose, Spices, Sodium Phosphates, Bht, Citric Acid. **[Sodium Content: .55 G]**

## Misc Items

**Macaroni & Cheese Ingredients:** Durum Wheat Semolina, Durum Flour, Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid). Contains: Wheat. **Milk Ingredients:** Lowfat Milk, Vitamins A Palmitate And D3 Added. **American Cheese** - (Milk, Cheese Cultures, Salt, Enzymes, Annatto [Vegetable Color]) Water, Sweet Whey, Sodium Phosphate, Non-Fat Dry Milk, Buttermilk Powder, Color Added, Cream, Salt, Guar And Xanthan Gums, Sorbic Acid (Added As A Preservative), Lactic Acid. **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: .995g]**

**Egg Pattly Ingredients:** Whole Eggs, Whole Milk, Soybean Oil, Modified Food Starch, Salt, Liquid Pepper Extract, Xanthan Gum, Citric Acid. Contains: Eggs, Milk, Soy. **[Sodium Content: .19g]**

**Sliced American Cheese Ingredients: 120ct:** Cultured Milk And Skim Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (Preservative), Citric Acid, Artificial Color, Acetic Acid, Enzymes, Soy Lecithin. **[Sodium Content: .34g]**

**Whipped Topping Ingredients:** Water, Maltitol Syrup, Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut And/Or Cottonseed), Contains Less Than 2% Of The Following: \*Sodium Caseinate (A Milk Derivative), Artificial Flavor, Maltodextrin, Polyisorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Colored With Turmeric And Annatto Extracts. Contains: Milk \* Not A Source Of Lactose. Contains: Milk **[Sodium Content: .0g]**

**Margarine Cup:** Water, Canola Oil, Palm Oil, Contains Less Than 2 Of Salt, Vegetable Mono Diglycerides, Pectin, Potassium Sorbate A Preservative, Polyglycerol Polyricinoleate, Citric Acid, Artificial Flavors, Di-Alpha Tocopherol Acetate Vitamin E, Calcium Disodium Edta Added To Protect Flavor, Vitamin A Palmitate Added, Beta Carotene Color, Vitamin D3. **[Sodium Content: .03g]**

**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]**

**Baked Potato Choice Meal Ingredients:** Baked Potato, **Bacon Bits:** Soy Flour, Soybean Oil With Tbhq Added To Protect Freshness, Salt, Less Than 2 Percent Of Hydrolyzed Soy Protein, Yeast Extract, Natural Smoke Flavor, Sunflower Oil, Sugar, Partially Hydrogenated Soybean Oil, Dextrose, Inactive Dried Yeast, Caramel Color, Red 3 And/Or Red 40, Hydrolyzed Vegetable Protein Hydrolyzed Soy And Corn Protein, Salt, Partially Hydrogenated Vegetable Oil Cottonseed, Soybean, Soy Lecithin, Natural Flavor Contains Soy Ingredients. **Diced Turkey Ham:** Tndr Cured Tky 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. **Cheddar Cheese:** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent), Broccoli, Fruit, **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, Polyisorbate 60, Soy Lecithin, Nonfat Milk, Food Starch-Modified, Natural And Artificial Flavors, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake. **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. **Margarine Cup:** Water, Canola Oil, Palm Oil, Contains Less Than 2 Of Salt, Vegetable Mono Diglycerides, Pectin, Potassium Sorbate A Preservative, Polyglycerol Polyricinoleate, Citric Acid, Artificial Flavors, Di-Alpha Tocopherol Acetate Vitamin E, Calcium Disodium Edta Added To Protect Flavor, Vitamin A Palmitate Added, Beta Carotene Color, Vitamin D3. **Sour Cream.** **[Sodium Content: .89g]**

**Grilled Cheese Sandwich White Bread:** Water, Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Contains 2% Or Less Of Each Of The Following: Soybean Oil, Salt, Dough Conditioners (Contains One Or More Of The Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Calcium Peroxide, Calcium Iodate, Datem, Ethoxylated Mono-And Diglycerides), Calcium Sulfate, Soy Lecithin, Calcium Propionate (To Retard Spoilage). Contains: Wheat And Soy. **[Sodium Content: .32g]** American Cheese (96 C): Cultured Milk And Skim Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (Preservative), Citric Acid, Artificial Color, Acetic Acid, Enzymes, Soy Lecithin (For Slice Separation). Contains: Milk, Soy. **[Sodium Content: .86g] [Total Sodium Content: 1.18]**

**Cottage Cheese Ingredients:** Cultured Skim Milk, Cream, Salt, Vitamin A Palmitate. **[Sodium Content: .36g]**

**Penne Pasta With Sauce & Cheese Ingredients:** Semolina, Durum Flour, Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid). Contains: Wheat. **Tomato Sauce Ingredients:** Tomato Puree Water, Tomato Paste, Tomatoes, Onions, Less Than 2 Of: Brown Sugar, Extra Virgin Olive Oil, Minceed Garlic, Potassium Chloride, Calcium Chloride, Dried Basil, Black Pepper, Garlic Powder, Citric Acid, Naturally Derived **Parmesan Cheese:** Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes And Powdered Cellulose (Anti-Caking Agent)

**Vegetable Lasagna Ingredients:** Cooked Lasagna Noodles (Wheat, Durum Flour (Durum Wheat Semolina, Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Dried Egg Whites), Water, Ricotta Cheese (Whey, Cream, Vinegar, Carrageenan), Carrots, Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Spinach, Cream, Broccoli, Parmesan Cheese (Part-Skim Milk, Cheese Culture, Salt, Enzymes), Low Moisture Part-Skim Mozzarella Cheese (Part-Skim Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes]), Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Romano Cheese (From Cow's Milk [Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Contains Less Than 2% Of The Following: Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono And Diglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid And Calcium Disodium Edta Added As Preservatives, Artificially Flavored, Colored With Beta Carotene, Vitamin A Palmitate Added), Modified Corn Starch, Parmesan Cheese (Part-Skim Milk, Cheese Culture, Salt, Enzymes), Wheat Flour, Salt, Sauteed Vegetable (Carrots, Celery, Onions), Sugar, Dried Egg Whites, Crushed Garlic, Mushroom Flavor (Sauteed Mushrooms, Salt, Natural Flavors, Butter [Cream, Salt], Sugar, Modified Corn Starch), Basil, Spices, Soybean Oil, Maltodextrin, Natural Flavoring, Citric Acid. Contains: Wheat, Milk, Egg, Soy **[Sodium Content: .85g]**

**Vegetarian Chili Macaroni Ingredients:** Tomato Juice From Concentrate, Water, Tomato Concentrate, Salt, Citric Acid, Vitamin C, Ascorbic Acid, Black Beans, Water, Salt, Calcium Chloride, And Ferrous Gluconate. Dark Red Kidney Beans, Water, Salt, Calcium Chloride, Disodium Edta (To Preserve Color), Cooked Dried Chick Peas, Water, Salt, Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride, Onions, Chili Powder - Chili Pepper And Other Spices, Salt And Garlic Powder. **[Sodium Content: .92 G]** **Cavatappi Pasta Ingredients:** Semolina Wheat, Durum Wheat Flour, Vitamin B3 Niacin, Iron Ferrous Sulfate, Vitamin B1 Thiamine Mononitrate, Vitamin B2 Riboflavin, Folic Acid.

**Cheese Ravioli With Marinara Sauce Ingredients:** Enriched Durum Wheat Flour Durum Wheat Flour, Niacin, Iron As Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Ricotta Cheese Whey, Milk, Vinegar, And Carrageenan [Stabilizer], Mozzarella Cheese Pasteurized Milk, Cultures, Salt, Enzymes, Nonfat Milk, Provolone Cheese Pasteurized Whole Milk, Cheese Culture, Salt, Enzymes And Natamycin, Whole Eggs, Grated Parmesan Cheese Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, And Powdered Cellulose [Anti-Caking Agent], Modified Food Starch, Salt, Granulated Garlic, Onion Powder, Parsley, Basil. **[Sodium Content: .46g]** **Marinara Sauce Ingredients:** Tomato Puree Water, Tomato Paste, Water, Less Than 2 Of: High Fructose Corn Syrup, Corn Syrup, Salt, Dried Onion, Sugar, Dried Garlic, Tomato Fiber, Spices, Parsley, Natural Flavors, Sorbitol, Citric Acid. Naturally Derived **[Sodium Content: .37g] [Total Sodium Content: .83g]**

**Grape Uncrustable Ingredients:** Peanut Butter: Peanuts, Sugar, Contains 2 Or Less Of: Molasses, Fully Hydrogenated Vegetable Oils Rapeseed And Soybean, Mono And Diglycerides, Salt. Bread: Unbleached Whole Wheat Flour, Enriched Unbleached Flour Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid, Water, Sugar, Yeast, Contains 2 Or Less Of: Wheat Gluten, Soybean Oil, Salt, Dough Conditioners Distilled Mono And Diglycerides, Sodium Stearoyl Lactylate, Datem, Enzymes [With Wheat Starch, Ascorbic Acid, Calcium Peroxide], Grape Jelly: Sugar, Grape Juice, Contains 2 Or Less Of: Pectin, Citric Acid, Potassium Sorbate Preservative. **[Sodium Content: .28g]**

**Strawberry Uncrustable Ingredients:** Peanut Butter: Peanuts, Sugar, Contains 2 Or Less Of: Molasses, Fully Hydrogenated Vegetable Oils Rapeseed And Soybean, Mono And Diglycerides, Salt. Bread: Unbleached Whole Wheat Flour, Enriched Unbleached Flour Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid, Water, Sugar, Yeast, Contains 2 Or Less Of: Wheat Gluten, Soybean Oil, Salt, Dough Conditioners Distilled Mono And Diglycerides, Sodium Stearoyl Lactylate, Datem, Enzymes [With Wheat Starch, Ascorbic Acid, Calcium Peroxide], Strawberry Jam: Sugar, Strawberries, Contains 2 Or Less Of: Pectin, Citric Acid, Potassium Sorbate Preservative. **[Sodium Content: .28g]**

**Three Cheese Pasta Bake Ingredients:** Durum Wheat Semolina, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid Contains: Wheat Manufactured In A Facility That Uses Eggs. Sauce: Tomato Puree Water, Tomato Paste, Water, Less Than 2 Of: High Fructose Corn Syrup, Corn Syrup, Salt, Dried Onion, Sugar, Dried Garlic, Tomato Fiber, Spices, Parsley, Natural Flavors, Sorbitol, Citric Acid. Naturally Derive **[Sodium Content: .37g]**. Asiago/Parmesan Cheese: Medium Asiago Cheese: (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Potato Starch And Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor) Contains: Milk. **[Sodium Content: .2g]** Mozzarella Cheese: Low Moisture Mozzarella Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Potato Starch, Corn Starch And Powdered Cellulose (To Prevent Caking), Natamycin (A Natural Mold Inhibitor). **[Sodium Content: .19g]** Cheddar Cheese: Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Powdered Cellulose (Anti Caking Agent) **[Sodium Content: .18g]** **[Total Sodium Content: .94g]**

**Boiled Eggs Ingredients:** Whole Hard Cooked Eggs, Water, Citric Acid, Sodium Benzoate, And Nisin Preparation (As Preservatives). **[Sodium Content: .07g]**

**Ham, Egg & Cheese On English Muffin:** Ham Cured With: Water, Dextrose, Salt, Contains 2% Or Less Of Potassium Lactate, Sodium Lactate, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite. Egg Pattly Ingredients: Whole Eggs, Whole Milk, Soybean Oil, Modified Food Starch, Salt, Liquid Pepper Extract, Xanthan Gum, Citric Acid. Contains: Eggs, Milk, Soy. Sliced American Cheese Ingredients: 120ct: Cultured Milk And Skim Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (Preservative), Citric Acid, Artificial Color, Acetic Acid, Enzymes, Soy Lecithin, English Muffin Ingredients: Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiaminmononitrate Vitamin B1, Riboflavin Vitamin B2, Folic Acid], Water, Yeast, Commeal, Soybeanoil, Sugar, Salt, Calcium Sulfate, Calcium Propionate Preservative, Fumaric Acid, Monoglycerides, Guar Gum, Corn Syrup Solids, Wheat Gluten, Soy Flour.

**[Sodium Content: 1.84g]**

**Egg Pattly Ingredients:** Whole Eggs, Whole Milk, Soybean Oil, Modified Food Starch, Salt, Liquid Pepper Extract, Xanthan Gum, Citric Acid. Contains: Eggs, Milk, Soy. **[Sodium Content: .19g]**

**French Toast Sticks:** Bread (Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Salt, Calcium Propionate (Preservative), Datem, Corn Flour, Calcium Sulfate, Turmeric Color, Soy Lecithin, Potassium Iodate, Paprika Color, Natural Flavor), Water, Bleached Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron,

Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean And/Or Canola Oil), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar. Contains 2% Or Less Of Dextrose, Dried Whole Egg, Dried Yeast, Ferric Orthophosphate, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Milk Protein Concentrate, Modified Corn Starch, Modified Wheat Starch, Natural Flavors, Salt, Wheat Starch, Whey (Milk), White Whole Wheat Flour. Contains: Milk, Egg, Soy, Wheat [Sodium Content- .16g]

**Turkey Sausage Links:** Boneless Turkey, Water, Contains 2 Or Less: Dextrose, Potassium Chloride, Salt, Spices, Sodium Phosphate, Sugar, Bht, Citric Acid, Caramel Color. [Sodium Content- .29g]

**Hashbrown Patty Ingredients:** Potatoes, Vegetable Oil Contains One Or More Of The Following: Canola Oil, Corn Oil, Cottonseed Oil, Palm Oil, Soybean Oil, Sunflower Oil, Salt, Dehydrated Potato, Onion Powder, Natural Flavor, Dextrose, Disodium Dihydrogen Pyrophosphate To Promote Color Retention [Sodium Content: .27g]

**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, Thiamin 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]

**Hilltop Hearth Whole Wheat Biscuits Ingredients:** Whole Wheat Flour, Cultured Buttermilk (Cultured Nonfat Milk, Guar Gum, Tapioca Starch, Carrageenan, Locust Bean Gum, Mono And 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, Date, Wheat Protein Isolate (Wheat Gluten, Lactic Acid), Modified Cellulose, Monocalcium Phosphate, Natural Flavor. Contains: Milk, Soy, Wheat [Sodium Content- .46 G]

**Turkey Bacon Ingredients:** White Turkey, Mechanically Separated Turkey, Turkey Fat, Salt, Sugar, Water, Contains 2 Or Less Natural Smoke Flavoring, Smoke Bacon Flavor Maltodextrin, Autolyzed Yeast Extract, Natural Flavor Contains Natural Smoke Flavor, Sugar, Salt, Sodium Erythorbate, Rosemary Extract, Sodium Nitrite, Vegetable Oil. [Sodium Content- .22 G]

**Waffle Ingredients:** Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Non Fat Milk, Soybean Oil, Dry Whey , Sugar, Leavening [ Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate], Whole Eggs, Soy Lecithin, Salt. [Sodium Content- .35 G]

**Sausage Patty Ingredients:** Pork, Water, Contains 2 Or Less Of: Salt, Potassium Chloride, Dextrose, Spices, Monosodium Glutamate, Sodium Phosphates, Bht, Citric Acid, Caramel Color. [Sodium Content- .3 G]

**Pork Sausage Link:** Pork, Water, Contains 2 Or Less: Salt, Dextrose, Spices, Sodium Phosphates, Bht, Citric Acid. [Sodium Content- .55 G]

**Sausage and Egg Breakfast Sandwich:** PORK, WATER, CONTAINS 2 OR LESS OF: SALT, POTASSIUM CHLORIDE, DEXTROSE, SPICES, MONOSODIUM GLUTAMATE, SODIUM PHOSPHATES, BHT, CITRIC ACID, CARAMEL COLOR. [SODIUM CONTENT- .3 G] EGG PATTY INGREDIENTS: WHOLE EGGS, WHOLE MILK, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, LIQUID PEPPER EXTRACT, XANTHAN GUM, CITRIC ACID. CONTAINS: EGGS, MILK, SOY. [SODIUM CONTENT: .19G] English Muffin Ingredients: Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiaminmononitrate Vitamin B1, Riboflavin Vitamin B2, Folic Acid], Water, Yeast, Cornmeal, Soybeanoil, Sugar, Salt, Calcium Sulfate, Calcium Propionate Preservative, Fumaric Acid, Monoglycerides, Guar Gum, Corn Syrup Solids, Wheat Gluten, Soy Flour. [Sodium Content- .22g]

**Ranch Cup:** SOYBEAN OIL, WATER, DISTILLED VINEGAR, CULTURED LOWFAT BUTTERMILK CULTURED LOWFAT MILK, NONFAT MILK, SALT, SODIUM CITRATE, VITAMIN A PALMITATE, CORN SYRUP, EGG YOLK, SALT. CONTAINS LESS THAN 2 OF: SUGAR, MODIFIED FOOD STARCH, MODIFIED TAPIOCA STARCH, LACTIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE PRESERVATIVES, DISODIUM INOSINATE AND DISODIUM GUANYLATE, XANTHAN GUM, GARLIC POWDER, LEMON JUICE CONCENTRATE, ONION POWDER, NATURAL FLAVORING, CULTURED CREAM, DEHYDRATED PARSLEY, BUTTERMILK, HEAVY CREAM FROM MILK, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YEAST EXTRACT. [Sodium Content- .18g]

**Ranch Dressing Packet:** SOYBEAN OIL, WATER, VINEGAR, BUTTERMILK, SUGAR, EGG YOLKS, SALT, CONTAINS LESS THAN 2 OF THE FOLLOWING: MODIFIED FOOD STARCH, WHEY, XANTHAN GUM, GARLIC, ONIONS, SPICE, DISODIUM GUANYLATE, DISODIUM INOSINATE, SORBIC ACID AND CALCIUM DISODIUM EDTA TO PROTECT FLAVOR. [Sodium Content- .105g]

**Golden Italian Dressing Packet:** WATER, VINEGAR, SOYBEAN OIL, SUGAR, SALT, CONTAINS LESS THAN 2 OF GARLIC, XANTHAN GUM, SPICE, ONIONS, RED BELL PEPPERS, PAPRIKA, BETA-CAROTENE COLOR, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA TO PROTECT FLAVORDRIED [Sodium Content- .13g]

**Creamy Italian Dressing Packet:** SOYBEAN OIL, WATER, VINEGAR, SUGAR, CONTAINS LESS THAN 2 OF SALT, GARLIC, XANTHAN GUM, ONIONS, POLYSORBATE 60, PROPYLENE GLYCOL ALGINATE, SPICE, RED BELL PEPPERS, GARLIC, PARSLEY, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA AND POTASSIUM SORBATE AS PRESERVATIVES, NATURAL FLAVOR DRIED [Sodium Content- .10g]

**French Dressing Packet:** SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, WATER, VINEGAR, SALT, CONTAINS LESS THAN 2 OF WHEY FROM MILK, MODIFIED FOOD STARCH, PAPRIKA, WITH SORBIC ACID AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, POLYSORBATE 60, DRIED GARLIC, XANTHAN GUM, GUAR GUM, YELLOW 6, YELLOW 5, NATURAL FLAVOR [Sodium Content- .105g]

**Balsamic Vinaigrette Dressing Packet:** WATER, BALSAMIC VINEGAR WINE VINEGAR, GRAPE JUICE, WATER, VEGETABLE OIL SOYBEAN OIL, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, SUGAR, SALT, CONTAINS LESS THAN 2 OF DRIED GARLIC, DIJON MUSTARD WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE, SPICE, XANTHAN GUM, MUSTARD FLOUR, DRIED PARSLEY, OLEORESIN PAPRIKA, ARTIFICIAL FLAVOR, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA TO PROTECT FLAVOR. [Sodium Content- .43g]

**Ketchup Packet:** TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING. [Sodium Content- .09g]

**Mustard Packet:** WATER, DISTILLED WHITE VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES. [Sodium Content- .065g]