



MEALS on WHEELS
BUTLER COUNTY

Ingredient Book

2026

**Questions? Please give us a call at
513-867-6222**

Dear Meals on Wheels recipient,

We are committed to enhancing the lives of older adults in our community. Whether you are receiving only meals from us, or a combination of meals, transportation and in-home support, you can count on us to provide the right amount of help that you need to support your independence.

This booklet provides you a listing of the ingredients that make up the meals that you receive.

As always if you have any questions, comments or concerns about our service, please give our office a call at 513-867-6222.

Sincerely,

Julie Koebel
Meals on Wheels Assistant

Recipe Name	Category	Ingredients	Allergen Statement
Applesauce	Fruit	APPLES, HIGH FRUCTOSE CORN SYRUP, AND WATER	
Au Gratin Potatoes	Vegetable	POTATOES, WATER, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]), CHEDDAR CLUB CHEESE (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], WATER, SALT, ANNATTO [COLOR]), ONION, MARGARINE (SOYBEAN OIL, PALM OIL, WATER, SALT, CONTAINS 2% OR LESS OF: MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], NATURAL FLAVOR, ANNATTO [COLOR], VITAMIN A PALMITATE ADDED), NONFAT DRY MILK, HALF & HALF (MILK, CREAM), RICE FLOUR, FOOD STARCH-MODIFIED, VEGETABLE BASE (SAUTEED VEGETABLES [CARROT, CELERY, ONION], SOYBEAN OIL, SALT, MALTODEXTRIN, CORN STARCH, NATURAL FLAVOR), CHEESE POWDER (WHEY, REDUCED LACTOSE WHEY, CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES], NATURAL FLAVORS, CREAM, MALTODEXTRIN, SALT, WHEY PROTEIN CONCENTRATE, SODIUM PHOSPHATE, BLUE CHEESE [CULTURED MILK, SALT, ENZYMES], CITRIC ACID, LACTIC ACID), SALT, LACTIC ACID (FOOD STARCH-MODIFIED AND LACTIC ACID), MONO- & DIGLYCERIDES, GROUND RED PEPPER	Contains: Milk, Soy
Baby Bakers	Vegetable	POTATOES, OLIVE OIL, CONTAINS LESS THAN 2% OF GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, SALT, SPICE, SUGAR, VINEGAR POWDER (MALTODEXTRIN, VINEGAR)	
Baked Beans	Vegetable	Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Cured Bacon, Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor	
Baked Chicken	Entrée	Chicken Breast Meat with Rib Meat, Water, Modified Food Starch, Salt, Chicken Flavor (Chicken Broth, Flavor, Salt), Sodium Phosphate, Water, Roasted Dark Chicken Meat and Chicken Broth, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Chicken Fat, Salt, Palm Oil, Maltodextrin, Sugar, Onion Powder, Hydrolyzed Corn Protein, Flavoring, Yeast Extract, Xanthan Gum, Torula Yeast, Disodium Inosinate, Disodium Guanylate, Gelatin, Polysorbate 60, Corn Syrup Solids, Turmeric, Tocopherols	Contains: Wheat
Beef Cabbage Roll	Entrée	Cabbage leaves, water, cooked beef, tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), cooked rice, tomato paste, onion, egg, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate [to protect freshness]), tomato ketchup (tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: onion powder, garlic powder, natural flavors), green bell pepper, salt, food starch-modified, textured vegetable protein (soy protein concentrate, caramel color), celery, nonfat dry milk, isolated soy protein, sugar, spices, dried beef stock, caramel color, canthaxanthin, dehydrated garlic. COMMON ALLERGENS PRESENT: Egg, Wheat, Soy, Milk	Contains: Milk, Egg, Wheat, Soy
Beef Stew	Entrée	Beef, Beef Stock, Potatoes, Carrots, Water, Green Peas, Food Starch - Modified, Celery, Contains less than 2% of Calcium Lactate, Caramel Color, Disodium Guanylate, Disodium Inosinate, Flavoring (Contains Canola Oil), Grill Flavor (Contains Sunflower Oil), Lactic Acid, Maltodextrin, Onion Powder, Paprika, Salt, Sugar, Yeast Extract	

Beef Stroganoff	Entrée	Water, seasoned cooked beef (beef strips, water, salt, sodium phosphates, sugar, caramel color, natural flavorings), sour cream (cultured milk, cream, whey, modified food starch, sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate [to protect flavor]), mushrooms (mushrooms, water, salt, citric acid, sodium benzoate, ascorbic acid, potassium sorbate, edta), onion, food starch-modified, beef base (beef stock, salt, flavor, yeast extract, beef fat, caramel color, onion powder, soy sauce [water, wheat, soybeans, salt], modified corn starch, garlic powder, corn syrup solids), tomato paste, red wine, butter, wheat flour, beef flavor (contains autolyzed yeast extract, mono- & diglycerides, polysorbate 60, disodium inosinate & disodium guanylate, xanthan gum), COOKED ENRICHED MACARONI PRODUCT (SEMOLINA [WHEAT], ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, CONTAINS LESS THAN 2% OF SALT caramel color, garlic powder, onion powder, black pepper	Contains: Milk, Wheat, Soy
Beets	Vegetable	Beets, water, salt	
Black Beans	Vegetable	Black Beans, Water, Salt	
Breakfast Scramble	Entrée	ROASTED RED POTATOES (POTATOES, SODIUM ACID PYROPHOSPHATE), PRECOOKED SCRAMBLED EGGS (WHOLE EGGS, NONFAT MILK, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, XANTHAN GUM, CITRIC ACID, BUTTER FLAVOR [MALTODEXTRIN, NATURAL BUTTER FLAVOR, ANNATTO AND TURMERIC {ADDED FOR COLOR}], PEPPER), WATER, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]), PRECOOKED BACON (CURED WITH: WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CLUB CHEESE (PASTEURIZED MILK, WATER, CONTAINS 2% OR LESS OF SALT, ANNATTO COLOR, CHEESE CULTURE, ENZYMES), HALF & HALF (MILK, CREAM), MARGARINE (SOYBEAN OIL, PALM OIL, WATER, SALT, CONTAINS 2% OR LESS OF: MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], NATURAL FLAVOR, ANNATTO [COLOR], VITAMIN A PALMITATE ADDED), ONION, NONFAT DRY MILK, FOOD STARCH-MODIFIED, GREEN ONION, CHEESE POWDER (WHEY, REDUCED LACTOSE WHEY, CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES], NATURAL FLAVORS, CREAM, MALTODEXTRIN, SALT, WHEY PROTEIN CONCENTRATE, SODIUM PHOSPHATE, BLUE CHEESE [CULTURED MILK, SALT, ENZYMES], CITRIC ACID, LACTIC ACID), RICE FLOUR, LACTIC ACID (FOOD STARCH-MODIFIED AND LACTIC ACID), GROUND WHITE PEPPER, MONO- & DIGLYCERIDES	Contains: Milk, Egg, Soy
Broccoli	Vegetable	Broccoli	
Brussels Sprouts	Vegetable	Brussels Sprouts	
Carrots	Vegetable	CARROTS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT)	
Cauliflower	Vegetable	Cauliflower	
Cheese Burger	Entrée	Choice chuck beef, contains 2% or less of: salt, maltodextrin, natural extractives of spice, dextrose, natural flavors, spice, citric acid, MILK, CREAM, WATER, SODIUM CITRATE, SALT, CHEESE CULTURE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ENZYMES, SOY LECITHIN, COLOR ADDED	Contains: Milk, Soy
Cheese Lasagna	Entrée	Ricotta Cheese (Pasteurized Whey, Pasteurized Milk, Vinegar and Carrageenan), Semolina Flour, Water, Heavy Whipping Cream (Cream, Carrageenan), Contains Less than 2% of: Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Unsalted Butter (Pasteurized Cream, Natural Flavorings), Eggs, Romano Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Dehydrated Garlic, Dehydrated Onion, Spice, Citric Acid, Modified Food Starch, Salt, Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Salt, Soybean Oil, Dried Onion, Citric Acid, Spices, Dried Garlic	Contains: Milk, Eggs, Wheat

Cheese Omelet	Entrée	EGG PATTY: WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, WHEY SOLIDS, NONFAT DRIED MILK AND CITRIC ACID. FILLING: PASTEURIZED PROCESS COLBY CHEESE (COLBY CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), PAPRIKA AND ANNATTO (FOR COLOR))	Contains: Egg, Milk
Chicken Alfredo	Entrée	Boneless, skinless chicken breasts with rib meat, water, modified food starch, vinegar, salt, sodium phosphates, seasoning [flavors, maltodextrin, sugar, salt, vegetable stock (carrot, onion, celery), garlic powder], SKIM MILK, WATER, CREAM, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), MARGARINE (SOYBEAN OIL, PALM OIL, PALM KERNEL OIL, WATER, VEGETABLE MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), FOOD STARCH-MODIFIED, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), CHEESE POWDER (WHEY, CHEESE [GRANULAR AND BLUE {CULTURED MILK, SALT, ENZYMES}], REDUCED LACTOSE WHEY, MALTODEXTRIN, CREAM, WHEY PROTEIN CONCENTRATE, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID), WHEAT FLOUR, ROMANO CHEESE (PASTEURIZED SHEEP MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, GARLIC, ONION POWDER, BLACK PEPPER FLAVOR (EXTRACTIVES OF BLACK PEPPER, BENZYL ALCOHOL, ACETYLATED MONOGLYCERIDES, MONO- & DIGLYCERIDES), SPICE, COOKED ENRICHED MACARONI PRODUCT (SEMOLINA [WHEAT], ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, CONTAINS LESS THAN 2% OF SALT	Contains: Milk, Wheat, Soy
Chicken and Dumplings	Entrée	Chicken Broth, Water, Cooked Chicken Meat, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Durum Wheat Flour (Durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains less than 2% of: Chicken Fat, Salt, Monoglyceride, Food Starch - Modified, Eggs, Flavorings, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Onion Powder, Disodium Inosinate, Disodium Guanylate, Annatto (color), Natural Coloring and Flavoring	Contains: Egg, Wheat

Chicken Florentine	Entrée	Boneless, skinless chicken breasts with rib meat, water, modified food starch, vinegar, salt, sodium phosphates, seasoning [flavors, maltodextrin, sugar, salt, vegetable stock (carrot, onion, celery), garlic powder], SKIM MILK, WATER, CREAM, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), MARGARINE (SOYBEAN OIL, PALM OIL, PALM KERNEL OIL, WATER, VEGETABLE MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), FOOD STARCH-MODIFIED, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), CHEESE POWDER (WHEY, CHEESE [GRANULAR AND BLUE {CULTURED MILK, SALT, ENZYMES}], REDUCED LACTOSE WHEY, MALTODEXTRIN, CREAM, WHEY PROTEIN CONCENTRATE, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID), WHEAT FLOUR, ROMANO CHEESE (PASTEURIZED SHEEP MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, GARLIC, ONION POWDER, BLACK PEPPER FLAVOR (EXTRACTIVES OF BLACK PEPPER, BENZYL ALCOHOL, ACETYLATED MONOGLYCERIDES, MONO- & DIGLYCERIDES), SPICE, Spinach, Water and Salt, COOKED ENRICHED MACARONI PRODUCT (SEMOLINA [WHEAT], ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, CONTAINS LESS THAN 2% OF SALT	Contains: Milk, Wheat, Soy
Chicken Parmesan	Entrée	Boneless, skinless chicken breast with rib meat, water, salt, sodium phosphates, seasoning [flavors, maltodextrin, sugar, salt, vegetable stock (carrot, onion, celery), garlic powder], modified food starch. BREADED WITH: Bleached wheat flour, water, wheat flour, contains 2% or less of: dextrose, disodium inosinate and disodium guanylate, extractives of paprika, annatto, and turmeric, garlic powder, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate), leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), onion powder, salt, spice, sugar, wheat gluten, yeast, yeast extract, yellow corn flour. Breeding set in vegetable oil. Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Salt, Soybean Oil, Dried Onion, Citric Acid, Spices, Dried Garlic. COOKED ENRICHED MACARONI PRODUCT (SEMOLINA [WHEAT], ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, CONTAINS LESS THAN 2% OF SALT, PASTEURIZED MILK, SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE (ADDED TO PREVENT CAKING), NATAMYCIN (ADDED AS A MOLD INHIBITOR)	Contains: Wheat, Milk
Chicken Strips	Entrée	Portioned chicken tenders with rib meat, water, salt, sodium phosphates, seasoning [flavors, maltodextrin, sugar, salt, vegetable stock (carrot, onion, celery), garlic powder], modified food starch. BREADED WITH: wheat flour, water, contains 2% or less of: extractives of paprika and turmeric, dextrose, disodium inosinate and disodium guanylate, garlic powder, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate), leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), onion powder, salt, spices, wheat gluten. Breeding set in vegetable oil	Contains: Wheat

Chipped Beef	Entrée	MILK (VITAMIN D3 ADDED), DRIED BEEF (BEEF, SALT, POTASSIUM CHLORIDE, SODIUM ERYTHORBATE, SODIUM NITRITE, BHT, TBHQ, CITRIC ACID), CHICKEN BROTH, CREAM, WATER, NONFAT DRY MILK, MODIFIED CORN STARCH, BUTTER, WHEAT FLOUR, RICE FLOUR, SUGAR, SALT, FLAVORINGS, MONO- & DIGLYCERIDES WITH CITRIC ACID TO HELP PROTECT FLAVOR, NATURAL BUTTER FLAVOR (WHEY SOLIDS, ENZYME-MODIFIED BUTTER, MALTODEXTRIN, SALT, DEHYDRATED BUTTER, GUAR GUM, ANNATTO AND TURMERIC [FOR COLOR]), NATURAL CREAM FLAVOR (MALTODEXTRIN, NATURAL CREAM FLAVOR), DEXTROSE, COLORED WITH ANNATTO (SOYBEAN OIL, MONO- & DIGLYCERIDES AND ANNATTO EXTRACT), CARAMEL COLOR	Contains: Milk, Wheat
Cincinnati Chili	Entrée	WATER, BEEF, TOMATO PASTE, SEASONING (chili pepper and other spices, garlic powder, spice extractives including paprika), DEHYDRATED ONION, MODIFIED FOOD STARCH, SALT, SPICES, CARAMEL COLOR, VINEGAR, DEHYDRATED GARLIC, XANTHAN GUM, COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA [WHEAT], NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, CONTAINS LESS THAN 2% OF SALT	Contains: Wheat
Corn	Vegetable	Corn, water, sugar, salt	
Country Apples	Fruit	Unpeeled apple slices, water, sugar, modified food starch (corn), cinnamon, xanthan gum, artificial flavor, potassium sorbate (preservative), and citric acid	
Country Fried Steak	Entrée	Beef, Salt, Sodium Phosphate. BATTERED WITH: Water, Enriched Bleached Wheat Flour, Enriched with Niacin, Ferrous Sulfate, Thiamine Monitrate, Riboflavin, Folic Acid, Modified Corn Starch, Yellow Corn Floour, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Dried Whey, Salt, Garlic Powder, Spice, Extractives, Spices. BREADED WITH: Enriched Bleached Wheat Flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Salt, Dextrose, Spice, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Water, Cooked Sausage [Pork, Water, Salt, Soy Flour (Caramel Color added), Spices, Hydrolyzed Wheat Gluten Protein, Caramel Color, Garlic Powder, Natural Flavoring], Food Starch - Modified, Rendered Pork Fat (BHA, Propyl Gallate and Citric Acid to protect flavor), Contains less than 2% of Palm Oil, Sugar, Salt, Bleached Wheat Flour, Maltodextrin, Xanthan Gum, Natural Flavorings, Spices, Titanium Dioxide, Disodium Inosinate, Disodium Guanylate, Whey Protein Concentrate	CONTAINS: Wheat, Milk
Creamed Corn	Vegetable	CORN, WATER, SUGAR, MODIFIED CORN STARCH, SALT	
Glazed Ham	Entrée	CURED WITH: WATER, CONTAINS 2% OR LESS OF: DEXTROSE, SALT, SODIUM PHOSPHATES, POTASSIUM ACETATE, POTASSIUM LACTATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE, HONEY	
Green Beans	Vegetable	Green Beans, Water, Salt	
Hash Browns	Vegetable	POTATOES, VEGETABLE OIL (SOYBEAN, CANOLA, AND/OR COTTONSEED OILS), CONTAINS LESS THAN 2% OF DEXTROSE, SALT, DISODIUM DIHYDROGEN PYROPHOSPHATE (TO MAINTAIN NATURAL COLOR)	
Hickory Smoke Pork	Entrée	PORK, WATER, DISTILLED VINEGAR, SUGAR, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, SPICES	

Hickory Smoked Chicken	Entrée	SEASONED CHICKEN (CHICKEN, WATER, SALT, SODIUM PHOSPHATE), SAUCE (WATER, KETCHUP [TOMATO CONCENTRATE, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVOR], BROWN SUGAR, TOMATO PASTE, WORCESTERSHIRE SAUCE CONCENTRATE [DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR], MUSTARD [DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, GARLIC POWDER], SALT, NATURAL SMOKE FLAVOR, DISTILLED VINEGAR, SPICES, CATSUP SEASONING [SALT, MALTODEXTRIN, SPICE EXTRACTIVES], GARLIC POWDER, ONION POWDER, CARAMEL COLOR)	
Kielbasa and Kraut	Entrée	PORK, WATER, CONTAINS 2% OR LESS OF: SALT, SUGAR, FLAVORINGS, SODIUM PHOSPHATES, BEEF, SODIUM ERYTHORBATE, SODIUM NITRITE, PREPARED CABBAGE, WATER, SALT	
Lima Beans	Vegetable	LIMA BEANS, WATER, SALT	
Mac and Cheese	Entrée	COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA [MILLED WHEAT, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, CHEDDAR CLUB CHEESE (CHEDDAR CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES], WATER, SALT, ANNATTO [COLOR]), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]), HALF & HALF (MILK, CREAM), MARGARINE (SOYBEAN OIL, PALM OIL, PALM KERNEL OIL, WATER, VEGETABLE MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), NONFAT DRY MILK, RICE FLOUR, FOOD STARCH-MODIFIED, SALT, CHEDDAR CHEESE POWDER (CHEDDAR CHEESE [MILK, CHEESE CULTURES, SALT, ENZYMES], DISODIUM PHOSPHATE, SALT, LACTIC ACID), LACTIC ACID (FOOD STARCH-MODIFIED AND LACTIC ACID), SPICE, MONO- & DIGLYCERIDES WITH CITRIC ACID	Contains: Milk, Wheat, Soy
Mashed Potatoes	Vegetable	POTATOES, WATER, MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, CONTAINS LESS THAN 2% OF VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN A PALMITATE ADDED), NONFAT MILK AND NONFAT MILK SOLIDS, SALT, POTASSIUM SORBATE (PRESERVATIVE), TITANIUM DIOXIDE (COLOR), DISODIUM PYROPHOSPHATE TO MAINTAIN COLOR, MODIFIED CORN STARCH, GLUCONO DELTA LACTONE, XANTHAN GUM	Contains: Milk
Meat Lasagna	Entrée	TOMATOES (TOMATOES, TOMATO JUICE, CALCIUM CHLORIDE, CITRIC ACID), COOKED ENRICHED PASTA (WATER, SEMOLINA [MILLED WHEAT, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), COOKED BEEF, COTTAGE CHEESE (FAT FREE MILK, MILK, CREAM, NONFAT DRY MILK, WHEY, SALT, GUAR GUM, MONO- & DIGLYCERIDES, CARRAGEENAN, LOCUST BEAN GUM, POLYSORBATE 80, POTASSIUM SORBATE [TO PROTECT FLAVOR], MICROBIAL ENZYMES), TOMATO PASTE, WATER, MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), ONION, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), ROMANO CHEESE (PASTEURIZED SHEEP MILK, CHEESE CULTURES, SALT, ENZYMES), SUGAR, MODIFIED FOOD STARCH, SALT, SPICES, GARLIC POWDER, MONO- & DIGLYCERIDES WITH CITRIC ACID	Contains: Milk, Wheat

Meatloaf	Entrée	Beef, Water, Tomato Ketchup (Tomato Concentrate, Sugar, Distilled Vinegar, Salt, less than 2% of: Onion Powder, Spice, Natural Flavor), Onions, Textured Soy Protein Concentrate [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Bell Peppers, Bleached Wheat Flour, Seasoning [Salt, Torula Yeast, Onion Powder, Turmeric, Garlic Powder, Spices (Including Celery Seed)], Yeast, Water, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid). CONTAINS LESS THAN 2% OF THE FOLLOWING: Soybean Oil, Salt, Sugar, Hydrolyzed Yeast Protein, Flavor [Hydrolyzed Soy, Corn and Wheat Protein, Yeast Extract, Dextrose, Maltodextrin, Corn Syrup Solids, Flavoring (Contains Canola Oil), Lactic Acid, Thiamine Hydrochloride, Calcium Lactate], Soy Lecithin, Onion Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Natural Flavoring and Coloring, Garlic Powder	Contains: Wheat, Soy
Mixed Vegetable	Vegetable	Carrots, Peas, Corn, Green Beans, Lima Beans	
Oven Potatoes	Vegetable	Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Modified Corn Starch, Spices, Corn Meal, Garlic Powder, Onion Powder, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dried Yeast, Oleoresin Paprika, Dextrose	Contains: Wheat
Pancakes and Sausage	Entrée	ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), WATER, SUGAR, VEGETABLE OIL (soybean and/or canola), BUTTERMILK, CONTAINS 2% OR LESS OF leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, fructose, soy lecithin, eggs. VITAMINS AND MINERALS: Iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12, Pork, water, salt, sugar, spices, chili pepper, natural flavors, BHA, BHT, citric acid, Caramel Color	Contains: Milk, Egg, Wheat, Soy
Peas	Vegetable	Green Peas, Water, Sugar, Salt	
Pork Roast	Entrée	Pork loin, water, salt, sodium phosphate, spice extractive, caramel color, Water, Roasted Pork and Natural Juices, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Contains less than 2% of Caramel Color, Dextrose, Disodium Guanylate, Disodium Inosinate, Flavoring, Garlic Powder, Hydrolyzed Corn, Soy, and Wheat Protein, Lactic Acid, Maltodextrin, Nonfat Dry Milk, Oleoresin Paprika, Onion Powder, Salt, Spices, Sugar, Thiamine Hydrochloride, Yeast Extract	Contains: Milk, Wheat, Soy
Pot Roast	Entrée	Beef, water, onions, contains 2% of less: dextrose, salt, sugar, natural flavor, sodium phosphates, yeast extract, hydrolyzed corn gluten, sunflower oil, caramel color	
Salisbury Steak	Entrée	WATER, COOKED BEEF, ONION, BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT, CALCIUM PROPIONATE [TO PROTECT FRESHNESS]), FOOD STARCH-MODIFIED, GREEN BELL PEPPER, SOYBEAN OIL, WORCESTERSHIRE SAUCE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVIES, NATURAL FLAVOR [CONTAINS SOY], TAMARIND), SALT, NONFAT DRY MILK, BEEF FLAVOR (NATURAL BEEF FLAVORINGS, SALT, LACTOSE, SUGAR), CARAMEL COLOR, ONION POWDER, MONO- & DIGLYCERIDES WITH CITRIC ACID, SPICES, GARLIC POWDER	Contains: Milk, Eggs, Wheat, Soy

Sausage Gravy and Biscuit	Entrée	Water, Cooked Sausage [Pork, Water, Salt, Soy Flour (Caramel Color added), Spices, Hydrolyzed Wheat Gluten Protein, Caramel Color, Garlic Powder, Natural Flavoring], Food Starch - Modified, Rendered Pork Fat (BHA, Propyl Gallate and Citric Acid to protect flavor), Contains less than 2% of Palm Oil, Sugar, Salt, Bleached Wheat Flour, Maltodextrin, Xanthan Gum, Natural Flavorings, Spices, Titanium Dioxide, Disodium Inosinate, Disodium Guanylate, Whey Protein Concentrate, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (PALM AND/OR PALM KERNEL OIL), SUGAR, BUTTERMILK, BAKING SODA, SALT, SODIUM ALUMINUM PHOSPHATE, MONOGLYCERIDES, SODIUM ACID PYROPHOSPHATE, MODIFIED CORN STARCH, PECTIN, WHEY PROTEIN	Contains: Milk, Wheat, Soy
Sloppy Joe	Entrée	BEEF, WATER, TOMATO PASTE, GREEN BELL PEPPERS, ONIONS, CORN SYRUP SOLIDS, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, SUGAR, SALT, BROWN SUGAR, SEASONING (potassium chloride, flavor [contains maltodextrin]), VINEGAR, DEHYDRATED GARLIC, 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), CITRUS FLOUR, SPICES, PAPRIKA EXTRACT, DEHYDRATED ONION, CARAMEL COLOR	Contains: Wheat, Soy
Soup Beans and Ham	Entrée	great northern white beans, water, salt, calcium chloride, CURED WITH: WATER, DEXTROSE, SALT, CONTAINS 2% OR LESS OF: POTASSIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE, Ham	
Spaghetti and Meatballs	Entrée	BEEF, WATER, TEXTURED SOY FLOUR, SOY PROTEIN CONCENTRATE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, WHEAT FLOUR, DEHYDRATED ONION, FLAVORINGS, SODIUM PHOSPHATE, HYDROLYZED SOY PROTEIN, PAPRIKA, GARLIC POWDER, EXTRACTIVES OF PAPRIKA, NONFAT DRY MILK, Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Salt, Soybean Oil, Dried Onion, Citric Acid, Spices, Dried Garlic, Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Salt, Soybean Oil, Dried Onion, Citric Acid, Spices, Dried Garlic, INGREDIENTS: COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA [WHEAT], NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, CONTAINS LESS THAN 2% OF SALT	Contains: Wheat, Soy
Spinach	Vegetable	Spinach, Water, Salt	
Stewed Tomatoes	Vegetable	Tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper, citric acid, calcium chloride, natural flavors	
Stuffed Pepper	Entrée	Green bell pepper, tomato puree (water, tomato paste), tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), cooked beef, cooked rice, water, onion, egg, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate [to protect freshness]), tomato ketchup (tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: onion powder, garlic powder, natural flavors), salt, food starch-modified, textured vegetable protein (soy protein concentrate, caramel color), celery, nonfat dry milk, isolated soy protein, sugar, spices, dried beef stock, caramel color, canthaxanthin, dehydrated garlic	Contains: Milk, Egg, Wheat, Soy
Sweet Potatoes	Vegetable	Sweet Potatoes, Water and Sugar	
Tater Tots	Vegetable	Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Color	

Turkey	Entrée	Turkey Breast, Water, Honey and 2% or Less of: Sea Salt, Brown Sugar, Yeast Extract, Natural Flavor, Water, Roasted Dark Turkey Meat, Food Starch - Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Fat, Contains less than 2% of Ascorbic Acid, Calcium Lactate, Caramel Color, Corn Starch, Dehydrated Turkey Broth, Disodium Guanylate, Disodium Inosinate, Dried Turkey Meat Powder, Flavoring (Contains Canola Oil), Garlic Powder, Lactic Acid, Lipolyzed Butter Oil, Maltodextrin, Natural Flavorings, Nonfat Dry Milk, Oleoresin Paprika, Onion Powder, Salt, Soy Flour, Soy Sauce Solids (Soybeans, Wheat, Salt), Sugar, Torula Yeast, Turkey Fat (contains Tocopherols), Turmeric, Yeast, Yeast Extract	Contains: Milk, Soy, Wheat
Vegetable Lasagna	Entrée	SKIM MILK, COOKED ENRICHED LASAGNA PASTA (WATER, SEMOLINA [MILLED WHEAT, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED CREAM, VINEGAR, SALT), MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), CARROTS, SPINACH, ONION, ZUCCHINI, BROCCOLI, MARGARINE (SOYBEAN OIL, PALM OIL, PALM KERNEL OIL, WATER, VEGETABLE MONO AND DIGLYCERIDES, SOYBEAN LECITHIN [SOY], SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT, CALCIUM PROPIONATE [TO PROTECT FRESHNESS]), MUSHROOM BASE (SAUTED MUSHROOMS [CONTAINS BUTTER], SALT, ONION AND GARLIC POWDER, SUGAR), FOOD STARCH-MODIFIED, RICE FLOUR, SUGAR, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, DEXTROSE, SPICE, GARLIC POWDER, NATURAL FLAVOR	Contains: Milk, Wheat, Soy
Western Omelet	Entrée	Whole Eggs, Pasteurized Process Cheddar Cheese [Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Phosphate, Milkfat, Sodium Hexametaphosphate, Salt, Paprika, and Annatto *color), Powdered Cellulose (to prevent caking)], Water, Pre-cooked Ham-Water added (Ham, Water, Salt, Dextrose, Sodium Phosphates, Smoke Flavoring, Sodium Erythorbate, Sodium Nitrite), Onions, Green Peppers, Red Peppers, Soybean Oil, Whole Milk, Modified Corn Starch, Salt, Xanthan Gum, Citric Acid	Contains: Milk, Egg
Wheat Bread	Bread	Whole grain wheat flour, water, sugar, yeast, wheat gluten, soybean oil, salt, caramel color, datem, sodium stearoyl lactylate, calcium propionate (a preservative), potassium chloride, sodium gluconate, wheat starch, calcium sulfate, citric acid, ascorbic acid, soy lecithin. COMMON ALLERGENS PRESENT: Wheat, Soy.	
Butter - Smart Balance	Dairy	Vegetable oil blend (canola, palm, and olive oils), water, contains less than 2% of salt, pea proteing, atural and artiicial flavors, suflower lecithin, vitamin A palmitate, beta-carotene (Ccolor), vitamin D, Monoglycerides of vegetables fatty acids (emulsifier); and potassium sorbate, lactic acid, calcium disodium edta (toprotect freshness)	
Pineapple Tidbits	Fruit	Pineapple, Pineapple Juice, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	
Mandarin Oranges	Fruit	Mandarin Oranges, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	
Diced Peaches	Fruit	Peaches, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	
Diced Pears	Fruit	Diced Pears Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, and Citric Acid.	

Mixed Fruit	Fruit	White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Pears, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	
Mott's Apple Sauce	Fruit	Active Ingredients: APPLES, HIGH FRUCTOSE CORN SYRUP, WATER, ASCORBIC ACID (VITAMIN C)Inactive Ingredients: Apples, High Fructose Corn Syrup, Water, Ascorbic Acid (Vitamin C)	
Oyster Crackers	Bread	Enriched Flour (wheat Flour, Niacin, Reduced Iron, Vitamin B1 [thiamin Mononitrate], Vitamin B2 [riboflavin], Folic Acid), Soybean Oil (with Tbhq For Freshness) , Leavening (baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate) .Contains 2% Or Less Of Sugar, Salt, Malt Extract, Soy Lecithin.	
Syrup - Maple Flavored		CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, CARAMEL COLOR, POTASSIUM SORBATE AS A PRESERVATIVE, CITRIC ACID, NATURAL AND ARTIFICIAL MAPLE FLAVOR.	
2% Milk	Dairy	Milk 2% (Reduced Fat Milk, Nonfat Milk, Vitamin A Palmitate, Vitamin D3)	Dairy