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| **May 2025** |
| **Arroz Con Pollo (GF)** Ingredients: **Chicken breasts, sour cream** (cultured milk and cream, enzymes), **green onions, mushrooms, tomatoes** (Vine ripened unpeeled tomatoes, tomato puree, less than 2% of: salt, citric acid), **enchilada sauce** (tomato puree (water, tomato paste) water, red chili puree, less than 2% of: salt, chili pepper, canola oil, onion powder, spices, garlic puree, colored with oleoresin paprika, pectin, cornstarch, natural flavor, lemon juice concentrate, citric acid, guar gum, xanthan gum, garlic powder, autolyzed yeast extract, locust bean gum), **rice, lemon juice** (Lemon Juice from concentrate (water, concentrated lemon juice) and less than 2% of sodium benzoate, sodium metabisulfite and sodium sulfite (preservatives) Lemon oil), **sherry** (sherry wine, salt, potassium sorbate (a preservative), potassium metabisulfite)), **Cumin, Tabasco** (distilled vinegar, red pepper, salt)Nutritional Info: Calories 327/Fat 6g/Saturated Fat 2g/Carbs 38g/Fiber 1/Sodium 411mg/Protein 30g/Sugar 5g |
| **Bacon Cheeseburger Empanadas** Ingredients**: Pie shell** ( unbleached enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), margarine (vegetable oil, water, salt, mono-and-diglycerides of fatty acid, citric acid, tocopherol-rich extract, flavor, beta carotene (color)), water, unbleached enriched wheat flour (ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes (added for improved baking)), milk substitute (soy, whey), salt, sea, dough relaxer (wheat flour, salt, soybean oil, L-cysteine, ascoric acid, enzymes), **ground beef, seasoning salt** (salt, sugar, paprika, garlic, spices, powdered cellulose (anti-caking)**, dill pickle, onion, bacon** (cured with: water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)**, ketchup** (tomato concentrate made from vine ripened tomatoes, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of onion powder, garlic powder, natural flavors) **, mayonnaise** ( soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice concentrate, calcium disodium edta (used to protect quality) natural flavors)**, cheddar cheese** (Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)Nutritional Info: Calories 374/Fat24.7g/sat Fat 11g/Carbs25.2g/Fiber .1g/Sodium 414mg/Protein 13.8g/Sugar 4.1g |
| **Baked Tortellini** Ingredients: **marinara sauce** (Vine ripened tomatoes, tomato puree, soybean oil, corn syrup, salt, modified dehydrated onion, dehydrated garlic, spices, dextrose, citric acid, natural flavors)**, alfredo sauce** (skim milk, water, cream, cream cheese (cream, nonfat dry milk, salt, enzymes), parmesan cheese (cultured milk, salt, enzymes), Romano cheese (cultured milk, salt, enzymes), butter (cream, salt), food starch-modified, contains less than 2% of maltodextrin, salt, natural flavor, sodium phosphate, sodium citrate, cellulose gel, cellulose gum, vegetable mono and diglycerides, spice)**, spinach, tortellini** (Enriched Durum Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, Ricotta Cheese (Pasteurized Whey, Pasteurized Milk, Distilled Vinegar, Salt), Imported Parmesan Cheese And Cheese Whey Blend (Imported Parmesan Cheese [Pasteurized Part Skim Cow's Milk, Cultures, Salt, Enzymes], Cheese Whey, Salt), Bread Crumbs (Wheat Flour, Dextrose, Salt, Yeast, Soybean Oil), Domestic And Imported Romano Cheese And Whey Blend (Domestic Romano Cheese [Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes], Imported Romano Cheese [Pasteurized Sheep's Milk, Cultures, Salt, Enzymes], Cheese Whey, Salt), Eggs, Contains Less Than 2% Of: Spices, Parmesan Cheese Flavor (Enzyme Modified Cheese [Parmesan Cheese {Pasteurized Part Skim Milk, Salt, Cheese Culture, Calcium Chloride, Enzymes}], Modified Corn Starch, Salt, Enzymes, Xanthan Gum, Modified Corn Starch, Corn Syrup, [Cheddar Cheese {Milk, Starter Cultures, Salt, Enzymes}], Water, Salt, Disodium Phosphate), Cheddar Cheese Flavor (Cheddar Cheese [Pasteurized Milk, Salt, Cheese Culture, Enzymes], Whey, Natural Flavor, Maltodextrin, Modified Food Starch, Salt, Citric Acid, Autolyzed Yeast Extract, Sodium Phosphate, Sunflower Oil), Salt, Beta Carotene (Color)).**, Italian seasoning, mozzarella cheese** (low moisture part skim mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes) potato starch, canola oil and cellulose added to prevent caking, natamycin (a natural mold inhibitor)) **, parmesan cheese** (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking)Nutritional Info: Calories 386/Fat 24g/Sat Fat 11g/Carbs 29g/Fiber 2g/Sodium 1036/Protein 14g/ Sugar 10 |
| **Brown Sugar BBQ Thighs (GF)****Ingredients: Chicken Thighs, ketchup** (tomato concentrate made from vine ripened tomatoes, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of onion powder, garlic powder, natural flavors), **brown sugar** (Sugar, molasses) , **Worcestershire** (distilled white vinegar, water, molasses, high fructose corn syrup, salt, caramel color, sugar, artificial flavor) , **vinegar** (distilled vinegar from corn (diluted with water to 5% acidity), **corn starch**Nutritional Info: Cal 260/Fat 12g/Sat Fat 3g/Carbs 24g/Fiber .4/Sodium 351mg/Protein 13g/Sugar 5g |
| **Cherry BBQ Chicken (GF)** Ingredients: **Chicken, dried cherries, olive oil** (Canola Oil, extra virgin olive oil), brown sugar (sugar, molasses) , **garlic** (garlic, water, citric acid) , **apple juice** ( apple juice from concentrate (water, concentrated apple juice)) , **balsamic vinegar** (Balsamic Vinegar of Modena (wine vinegar, cooked grape must, concentrated grape must, caramel color)Nutritional Info: Cal 252/Fat 4g/Sat Fat .7g/Carbs 26g/Fiber 0/Sodium 83mg/Protein 26g/Sugar 8g |
| **Coconut Lime Shrimp (GF)** Ingredients: **Shrimp, coconut milk** (coconut extract, water, citric acid (as antioxidant), sodium Metabisulfite (as preservative)), **garlic** (garlic, water, citric acid)**, lime juice, ginger** (ginger, phosphoric acid, sodium benzoate and potassium sorbate added as preservatives)**, soy sauce** (Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative)**, fish sauce** (anchovy extract, salt, sugar and water)**, brown sugar** (Sugar, molasses)**, rice**Nutritional Info: Calories 219/Fat 6g/Carbs 20g/Fiber 0/Sodium 434mg/Protein 21g |
| **Fiesta Burgers (GF w/o bun)** Ingredients: **Ground chuck, cheddar cheese** (Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), **sour cream** (cultured milk and cream, enzymes)(, **cilantro, taco seasoning** ( spices (including chili pepper paprika, oregano), onion, salt, potato starch, sugar, garlic & natural flavor) , **cumin, tortilla chips** (Ground corn treated with lime, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil) sea saltNutritional Info: Calories 726/ Fat 45g/Carbs 37g/Fiber 2g/Sodium 611mg/Protein 40g |
| **Grilled Chicken with Satay (GF)** Ingredients: **Chicken Breasts, chicken broth** (Roasted chicken, salt, msg, sugar autolyzed yeast extract, chicken fat, onion powder, maltodextrin, turmeric, and extractive of turmeric (color), spice extractives), **coconut milk** (coconut extract, water, citric acid (as antioxidant), sodium Metabisulfite (as preservative)) **peanut butter** (Peanuts, Dextrose, Fully Hydrogenated Vegetable Oil (Rapeseed, Cottonseed, Soybean), salt, corn syrup), **onion, soy sauce** (Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative),**red pepper flakes, lime juice, brown** sugar (Sugar, molasses)Nutritional Info: Calories 352/ Fat2g/ Carbs12g/ Fiber2g/ Sodium677mg/ Protein33g |
| **Mayan Pie (GF)** **Ingredients: Chicken** (boneless, skinless, diced white chicken with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt), **sour cream** (cultured milk and cream, enzymes), **powder milk, corn starch, bouillon powder** (salt, monosodium glutamate, corn starch, potassium chloride, powdered cooked chicken, sugar, natural flavor, chicken fat, palm oil, disodium guanylate, disodium inosinate, caramel color, maltodextrin, parsley, citric acid, turmeric, paprika oleoresin), **mushrooms, onion powder, basil, thyme, garlic powder, pepper**, **Milk,** **pepper jack cheese** (Pasteurized milk, cheese cultures, jalapeno peppers, salt, enzymes), **corn tortillas** (corn masa flour, water, contains 2% or less of: cellulose gum, guar gum, amylase, as propionic acid, benzoic acid and phosphoric acid (to maintain freshness)), **crushed tomatoes** (Vine ripened unpeeled tomatoes, tomato puree, less than 2% of: salt, citric acid), **taco seasoning** (spices (including chili pepper paprika, oregano), onion, salt, potato starch, sugar, garlic & natural flavor), **cheddar cheese** (Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor), **cilantro, lime juice**Nutritional: Calories 415/Fat 22g/Sat Fat 11.6g/Carbs 26g/Fiber4g/Sodium 1244mg/protein 28g/Sugar 6g |

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| **Roasted Chicken Breasts with Vegetables (GF)** Ingredients: **Chicken Breast, carrots, red onions, potatoes, garlic** (garlic, water, citric acid**), thyme, olive oil** (Canola Oil, extra virgin olive oil), **seasoning salt** (salt, sugar, paprika, garlic, spices, powdered cellulose (anti-caking))Nutritional Info: Calories 268/Fat 11g/Sat Fat3g/Carbs 15g/Fiber 4g/Sodium 497mg/Protein 28g/Sugar 4g |
| **Sage Roasted Pork Tenderloin (GF)**Ingredients: Pork **tenderloin, white wine** (Sauterne Wine, Salt, Potassium Metabisulfite (as a preservative)), **sage, thyme, pepper, salt**Nutritional Info: Calories 254/Fat8g/Sat Fat 3g/Carbs5.72g/Fiber.30/ Sodium 693mg/ Protein 34.6 g/Sugar 2g |
| **South of the Boarder Enchiladas (GF)** Ingredients: **Diced Chicken**(boneless, skinless, diced white chicken with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt), **Enchilada Sauce** (tomato puree (water, tomato paste) water, red chili puree, less than 2% of: salt, chili pepper, canola oil, onion powder, spices, garlic puree, colored with oleoresin paprika, pectin, cornstarch, natural flavor, lemon juice concentrate, citric acid, guar gum, xanthan gum, garlic powder, autolyzed yeast extract, locust bean gum), **sour cream** (cultured milk and cream, enzymes)**, cheddar cheese (**Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)**, green onions, green chilies**(green Chile peppers, water, contains less than 2% of calcium chloride, citric acid, salt)**, cilantro, cumin, garlic powder, tortillas (**enriched bleached flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (unesterified and hydrogenated soybean oils), contains 2% or less of: salt, sugar, baking soda, sodium acid pyrophosphate, distilled monoglycerides, enzymes, fumaric acid, and calcium propionate and sorbic acid (to maintain freshness) **Allergens: Wheat, milk**Nutritional Info: Calories 440/Fat 25g/Sat Fat 8g/Carbs 31.3 g/Fiber 1.7g/Sodium 573mg/Protein 30g/Sugar 4g |