June 2025

|  |
| --- |
| Andouille Sausage & Shrimp Foil Pouches  Ingredients: **Andouille Sausage** (pork, water, soy grits, salt, onion, spices, paprika, corn syrup, sugar, garlic, sodium erythrobate, parsley, sodium nitrite)**, corn, diced red potatoes, shrimp, olive oil (**Canola Oil, extra virgin olive oil)**, lemon juice, garlic, old bay seasoning**, (Celery salt (salt, celery seed) spices (including red pepper and black pepper), and paprika), **parsley**  Nutritional Info: Calories 184.2/Fat 8g/Sat Fat 3g/Carbs 16.3g/Fiber 1.9g/Sodium 839.9/Protein 12.3g/Sugar 2g  Gluten Free |
| Bahama Mama Pork Chops (GF)  Ingredients: Pork **Chops, pineapple** (pineapple, water, sugar)**, chili sauce** (tomatoes, corn syrup, vinegar, salt, dehydrated onions, **natural flavors, garlic powder, and citric acid),** raisins, brown sugar, cinnamon  Nutritional Info: Calories 284.3/ Fat: 9.1g/ Carbs: 17.2g/ Fiber: 0.8g/ Sodium: 188.2mg/ Protein: 43.9g  Gluten Free |
| Balsamic Pork Roast (GF)  Ingredients: **pork roast, chicken broth** (roasted chicken and chicken broth, salt, sugar, hydrolyzed corn protein, contains 2% or less of chicken fat, onion powder, disodium inosinate, disodium guanylate, extractive of turmeric (color), spice extractive.) **Balsamic vinegar** (Balsamic vinegar of Modena (wine vinegar, cooked grape must, concentrated grape must, caramel color), **Worcestershire sauce** ( distilled white vinegar, water, molasses, high fructose corn syrup, salt, caramel color, sugar, artificial flavor), **soy sauce** (water, hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), **honey, red pepper flakes, Italian seasoning, garlic**    Nutritional Info: Calories 378/Fat 10g/Carbs 21g/Fiber 1g/Sodium 619mg/Protein 48g |
| BBQ Meatballs  Ingredients: **beef meatballs** (ground beef, water, bread crumbs (enriched bleached wheat flour (bleached wheat flour, niacin, reduced iron thiamine mononitrate, riboflavin, folic acid), salt, durum flour, hydrogenated vegetable oil shortening (soybean), leavening), **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) , **garlic** (garlic, water, citric acid) **, brown sugar** (Sugar, molasses), **onions, liquid smoke**  Calories 1283/Fat 10g/Sat fat 8g/Carbs 7g/Fiber 0g/Sodium 275mg/Protein 156g/Sugar 4g |
| Chicken Bacon Empanadas  Ingredients: **Pie dough** (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, ascorbic acid, enzymes) , **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) , **ranch dressing**, **bacon**  (cured with: water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite,) **mozzarella** (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)) , garlic (garlic, water, citric acid), **parmesan (**imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking  Nutritional Info: Calories454/ Fat 21g/ Sat Fat 6g/ Carbs 17g/ Fiber 0g/ Sodium 1033mg/ Protein 24g/ Sugar 1g |
| Gorgonzola & Garlic Burgers (GF)  Ingredients: **Ground Beef, gorgonzola Cheese** (gorgonzola cheese (milk, cheese cultures, salt, enzymes, penicillium Roquefort) cellulose (to prevent caking), aged over 90 days, contains milk, no rBGH used), **basil, garlic** (garlic, water, citric acid), **buns** (enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid) water, high fructose corn syrup, yeast, vegetable oil, (canola and/or soy), contains 2%or less of each of the following: vital wheat gluten, salt, yeast nutrient (ammonium sulfate) dough conditioners (mono-and diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate), calcium sulfates, enzymes, calcium propionate (mold inhibitor), sesame seeds)  Nutritional: Cal 447/Fat 28g/Sat Fat 12g/Carbs 17g/Fiber 1g/Sodium 501mg /Protein 32g/ Sugar 4g |
| Grilled Asian Chicken (GF)  Ingredients: **Chicken, soy sauce** (Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), **sesame oil** (soybean oil, sesame oil) **ginger** (ginger, phosphoric acid, sodium benzoate and potassium sorbate added as preservatives), **honey, garlic**  Nutritional Info: Cal 194/Fat 7g/Sat Fat 2g/Carbs 7g/Fiber 0/Sodium 590mg/Protein 25g/Sugar 6g |
| Jerk Chicken  Ingredients: **Chicken, jerk seasoning**(Salt, spices (including red pepper), dextrose, caramel color, chives and sulfating agents), **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) ,**garlic** (garlic, water, citric acid), **beer,** (**Water, yeast, Malt and hops** )  **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), **hot sauce** (distilled vinegar, red pepper, salt)  Nutritional Info: Calories 391/ Fat 27g/Sat Fat 8g/Carbs 5g/Fiber 0/Sodium 76mg/Protein 30g/Sugar 10g |
| Korean Grilled Chicken  Ingredients: **Chicken, soy sauce** (Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), gochujang paste (corn syrup, rice, water, chili powder, salt, alcohol, garlic, yeast extract, onion, fermented soybean powder, thiamin (vitamin b1) koji seed. CONTAINS soy), **garlic (**garlic, water, citric acid), **brown sugar** (Sugar, molasses), **ginger** (ginger, phosphoric acid, sodium benzoate and potassium sorbate added as preservatives), **rice vinegar** (water, rice, sugar, salt), **sesame oil** (soybean oil, sesame oil)  Nutritional Info: Calories 240/Fat 11.6g/Sat Fat 4g/Carbs 9.8g/Fiber .1/Sodium 1200mg/Protein 23g/sugar 55g |
| Lemon Pepper Chicken & Pasta Toss  Ingredients **Diced chicken, mushrooms, onions, garlic, lemon pepper** (,Salt, black pepper, citric acid, dehydrated onion, dehydrated garlic, sugar, yellow 5 lake, maltodextrin, natural flavor and less than 2% silicon dioxide to prevent caking), **artichoke hearts**(Artichoke Hearts, water, salt, citric acid),, **red bell pepper, white wine** (Sauterne Wine, Salt, Potassium Metabisulfite (as a preservative) **cream, rosemary, pasta**(100% durum wheat semolina)  Nutritional Info: Calories 504/Fat 18g/Sat Fat 16g/Carbs 65g/Fiber 5g/ Sodium 594mg/ Protein 22g/ Sugar 2g |
| Shrimp Tacos with Mango Salsa  Ingredients: **Shrimp, lime juice, cilantro, onion, oregano, cumin, garlic**  (garlic, water, citric acid), **olive oil** (Canola Oil, extra virgin olive oil), **mangos, tortilla shells** (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, numeric acid, and calcium propionate and ascorbic acid (to maintain freshness))  Nutritional Info: Calories 715/Fat 37.3g/Carbs 58.4g/Fiber 3.9g/Sodium 700mg/Protein 33g |
| Taco Chicken Casserole  Ingredients: **Diced Chicken, onion, black beans** (black beans, water, salt, ferrous gluconate calcium chloride (to help maintain firmness)), **crushed tomatoes** (Vine ripened unpeeled tomatoes, tomato puree, less than 2% of: salt, citric acid), **corn, tomato sauce** (tomatoes, salt, onion powder, garlic powder and natural flavorings), **flour 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)), **cheddar cheese** (Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), **onions, green chilis** (green chili peppers, water, contains less than 2% of calcium chloride, citric acid, salt), **taco seasoning** (spices (including chili pepper paprika, oregano), onion, salt, potato starch, sugar, garlic & natural flavor)  Nutritional: Calories 446/Fat 24g/ Carbs 19.3g/ Fiber 1.4g/ Sodium 833mg/ Protein 34.6g/ Sugar 1.2 |