

# Chicken Tenders/Nuggets

## Tiras de pollo/Nuggets de pollo

Serving Size: 3 Tenders or 5 Nuggets. Keep item frozen until ready to cook. Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Place chicken tenders/nuggets on a microwave safe plate.
2. Cook for 1:20 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS: INGREDIENTS:



Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, spice, dextrose, dried yeast, turmeric extract (color), paprika extract (color). Breading set in vegetable oil.

# Buffalo Chicken Tenders

## Tiras de pollo picante

Serving Size: 3 Tenders. Keep item frozen until ready to cook. Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Place chicken tenders on a microwave safe plate.
2. Cook for 1:20 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS: INGREDIENTS:



Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified wheat starch, salt, spices, onion powder, sugar, modified corn starch, wheat gluten, yeast extract, garlic powder, extractives of paprika, maltodextrin, lactic acid, leavening (sodium acid pyrophosphate, sodium bicarbonate), natural flavors, dextrose, spice extractive. Breading set in vegetable oil.

# Popcorn Chicken

## Palomitas de pollo

Serving Size: 10 pieces. Keep item frozen until ready to cook. Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Place popcorn chicken on a microwave safe plate.
2. Cook for 1 minute on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS: INGREDIENTS:



Boneless, skinless portioned chicken breast chunks with rib meat, water, whole wheat flour, contains 2% or less of the following: brown sugar, corn starch, extractives of paprika, garlic powder, hot sauce (aged cayenne peppers, vinegar, salt, garlic powder), leavening (cream of tartar, sodium bicarbonate), maltodextrin, modified corn starch, natural flavors, onion powder, salt, smoked sugar, spice extractives, spices, sugar, vinegar solids, wheat gluten, whole grain yellow flour, xanthan gum, yeast, yeast extract. Breading set in vegetable oil.

# Buffalo Popcorn Chicken

## Palomitas de pollo picante

Serving Size: 10 pieces. Keep item frozen until ready to cook. Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Place popcorn chicken on a microwave safe plate.
2. Cook for 1 minute on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS: INGREDIENTS:



Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, maltodextrin, flavors, silicon dioxide, citric acid and spice], seasoning (potassium chloride, rice flour), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified wheat starch, salt, spices, onion powder, sugar, modified corn starch, wheat gluten, yeast extract, garlic powder, extractives of paprika, maltodextrin, lactic acid, leavening (sodium acid pyrophosphate, sodium bicarbonate), natural flavors, dextrose, spice extractive. Breading set in vegetable oil.

# Corn Dog

## Corn dog

Serving Size: 1 Corn Dog. Keep item frozen until ready to cook. Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Place corn dog on a microwave safe plate.
2. Cook for 1:40 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS: INGREDIENTS:



Ground dark chicken, water, isolated soy protein, corn syrup, mustard, sea salt, dextrose, natural flavoring (celery powder), hardwood smoked sugar, natural flavors (including extractives of celery seed), citric acid, ascorbic acid, extractives of paprika. BATTERED WITH: Water, whole wheat flour, sugar, whole grain yellow corn meal, leavening (sodium acid pyrophosphate, sodium bicarbonate), ascorbic acid, dextrose, egg yolks, honey, potassium chloride, salt, soy flour, wheat starch, corn starch, natural flavor, nonfat milk, soy lecithin. Fried in vegetable oil.

# Bosco Cheese Sticks

## Pan rellenos de queso

Serving Size: 2 Bread Sticks. Keep item frozen until ready to cook. Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Place Bosco Cheese Sticks in the paper packaging in the microwave.
2. Cook for 1:30 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS: INGREDIENTS:



Crust: Flour blend [Whole-wheat flour, Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], Water, Brown sugar, Corn oil, Dough conditioner (soybean oil, vegetable glycerides, soy flakes), Salt, vital wheat gluten, Yeast, L-cysteine. Cheeses: Mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes). Reduced fat/reduced sodium mozzarella cheese (pasteurized part skim milk, nonfat milk, modified CORN starch), cheese culture, salt, potassium chloride, natural flavors, annatto, vitamin A palmitate, enzymes). \*Ingredients not in regular mozzarella cheese.

# Teriyaki Chicken Bowl

## Bowl de teriyaki con pollo de res

Serving Size: 1 container. Keep item frozen until ready to cook. Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from container from one frozen Teriyaki Chicken Bowl container and place in the microwave.
2. Cook for 3:15 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS: INGREDIENTS:



Rice: Brown rice; Chicken: Chicken, water, rice starch, vinegar, seasoning (maltodextrin, yeast extract, chicken stock, salt and flavors); Teriyaki Sauce: Water, soy sauce (water, wheat, soy beans, salt, sodium benzoate, high fructose corn syrup, Sherry wine (Sherry wine, salt), brown sugar syrup, modified corn start, 2% or less of soybean oil, sesame oil, dried onions, citric acid, natural flavors.

# Teriyaki Beef Bowl

## Bowl de teriyaki con carne de res

Serving Size: 1 container. Keep item frozen until ready to cook. Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from container from one frozen Teriyaki Beef Bowl container and place in the microwave.
2. Cook for 3:15 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS: INGREDIENTS:



Rice: Brown rice; Chicken: Ground Beef (Not More Than 20% Fat), 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)), Seasoning (Molasses Granules (Refinery Syrup, Cane Mill Molasses, Cane Caramel Color), Sugar (Brown And Cane), Dehydrated Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Salt, Sodium Phosphates, Potassium Chloride, Spices, Garlic Powder, Citric Acid), Glazed With: Teriyaki Sauce (Soy Sauce (Water, Soybeans, Wheat, Salt, Sodium Benzoate), Sugar, Water, Distilled Vinegar, Modified Food Starch, Pineapple Juice Concentrate, Soybean Oil, Caramel Color, Xanthan Gum, Garlic Powder, Sodium Benzoate, Spice And Natural Flavor); Teriyaki Sauce: Water, soy sauce (water, wheat, soy beans, salt, sodium benzoate, high fructose corn syrup, Sherry wine (Sherry wine, salt), brown sugar syrup, modified corn start, 2% or less of soybean oil, sesame oil, dried onions, citric acid, natural flavors.

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# Macaroni & Cheese

## Fideo con queso

Serving Size: 1 container. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove frozen Macaroni & Cheese from the container and place in a larger bowl.
2. Microwave for 3 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Cooked Enriched Whole Grain Pasta (water, whole durum wheat flour, semolina, egg whites, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), Reduced Fat American Cheese (cultured pasteurized milk and skim milk, salt, sodium phosphate, contains less than 2% of lactic acid, annatto and oleoresin paprika (color), vitamin A palmitate, enzymes), Water, Maltodextrin, Contains Less Than 2% of Natural Flavor, Autolyzed Yeast Extract, Butter (cream, salt), Food Starch-Modified, Xanthan Gum.

# Pasta with Meat Sauce

## Pasta con salsa de carne

Serving Size: 1 container. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from frozen Pasta with Meat Sauce container.
2. Microwave for 3:30 minutes on high, stir, and cook 1 more minute, or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Meat Sauce: Ground beef (no more than 20% fat), water, tomato paste, onions, sugar, seasoning (potassium chloride, natural flavor (contains maltodextrin)), seasoning (sugar, onion, spice, garlic), salt, spice, dehydrated garlic, fully refined soybean oil, citric acid, dehydrated parsley; Pasta: Water, whole wheat durum flour, enriched durum semolina and durum wheat flour (Durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid).

# Chicken Alfredo Pasta

## Pasta alfredo de pollo

Serving Size: 1 container. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from frozen Chicken Alfredo Pasta.
2. Microwave for 4 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Chicken: Chicken, water, rice starch, vinegar, seasoning (maltodextrin, yeast extract, chicken stock, salt and flavors); Pasta: Water, whole wheat durum flour, enriched durum semolina and durum wheat flour (Durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid); Alfredo Sauce: Water, pasteurized process cheese (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, cream, sodium phosphates and potassium phosphates, seasoning [potassium chloride, flavor (contains maltodextrin)], salt), nonfat dry milk, cheese flavor (a dehydrated blend of whey, cheddar cheese [milk, cheese culture, salt, enzymes], butter, buttermilk solids, sodium phosphate, natural flavor), contains less than 2% of Romano cheese (sheep's milk, cheese culture, salt, enzymes, calcium propionate), butter flavoring (whey solids, enzyme -modified butter [butter, buttermilk powder, enzymes], maltodextrin, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto and turmeric [for color]), modified food starch, sodium phosphates and potassium phosphates, dehydrated garlic, spices, citric acid.

# Broccoli Alfredo Pasta

## Pasta alfredo de brócoli

Serving Size: 1 container. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from frozen Broccoli Alfredo Pasta.
2. Microwave for 4 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Broccoli: Broccoli; Pasta: Water, whole wheat durum flour, enriched durum semolina and durum wheat flour (Durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid); Alfredo Sauce: Water, pasteurized process cheese (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, cream, sodium phosphates and potassium phosphates, seasoning [potassium chloride, flavor (contains maltodextrin)], salt), nonfat dry milk, cheese flavor (a dehydrated blend of whey, cheddar cheese [milk, cheese culture, salt, enzymes], butter, buttermilk solids, sodium phosphate, natural flavor), contains less than 2% of Romano cheese (sheep's milk, cheese culture, salt, enzymes, calcium propionate), butter flavoring (whey solids, enzyme-modified butter [butter, buttermilk powder, enzymes], maltodextrin, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto and turmeric [for color]), modified food starch, sodium phosphates and potassium phosphates, dehydrated garlic, spices, citric acid.

# Lasagna Roll Ups

## Lasaña enrollada

Serving Size: 1 container. Keep frozen until ready eat, thaw prior to cooking.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from Lasagna Roll Up container
2. Microwave for 3 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Pasta: Whole wheat flour and enriched semolina blend (whole wheat flour, durum wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, ascorbic acid; Filling: Low fat ricotta cheese (skim milk, water, modified food starch, milkfat, milk protein concentrate, xanthan gum, carageenan gum, acetic acid), low moisture part skim mozzarella (cultured part skim milk, salt, enzymes), Romano cheese made from cow's milk (cultured milk, salt, enzymes), egg, Parmesan cheese (part skim milk, cheese cultures, salt, enzymes), Asiago cheese (cultured milk, salt, enzymes), water, whey protein isolate, sodium caseinate, sugar, salt, dehydrated garlic; Marinara Sauce: Tomato puree (water, tomato paste), tomatoes, onions, less than 2% of brown sugar, extra virgin olive oil, salt, citric acid, basil, garlic powder, dried oregano, onion powder, natural flavor, black pepper, dried parsley, ground fennel, ground savory, ground thyme, calcium chloride.

# Garlic Toast

## Pan tostado de ajo

Serving Size: 1 piece. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove bread from packaging and place on a plate.
2. Microwave on high for 30 seconds or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Water, whole wheat flour, enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of: soybean oil, soy lecithin, whey, egg, wheat starch, vital wheat gluten, yeast, salt, sugar, potassium chloride, maltodextrin, dextrose, date, ascorbic acid, enzyme, topping: soybean oil, margarine [soybean oil, water, vegetable mono & diglycerides, salt, whey, soy lecithin, sodium benzoate (preservative), citric acid, artificial flavor, beta carotene (color), vitamin A palmitate], butter (cream, salt), garlic, contains 2% or less of: yellow corn flour, turmeric and annatto extracts (color), onion, parsley, salt, natural flavors.

# Cheese Pizza Rippers

## Pizza de queso

Serving Size: 1 piece. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove pizza from packaging and place on a plate.
2. Microwave on high for 2 minutes or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Breadstick: Water, whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, ascorbic acid added as a dough conditioner, enzyme, thiamine mononitrate, riboflavin, folic acid), yeast, contains 2% or less of: canola oil, sugar, salt, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), calcium propionate preservative, potassium sorbate preservative, xylanase, lipase, ascorbic acid asses as a dough conditioner, amylase, May contain -wheat gluten, soybean oil, dough premix (glucono delta lactone), sodium bicarbonate, L-Cysteine, cellulose gum, sodium propionate, calcium silicate, processing aids, honey, inactive yeast; Cheese: Low-moisture part skim mozzarella cheese (pasteurized part-skim milk, cultures &/or cheese cultures, salt, enzymes), cellulose added to prevent caking; Sauce: Water, tomato paste, soy protein isolate, seasoning (sugar, salt, natural spices [white pepper, aniseed, black pepper, red pepper] and herbs [oregano, basil], dehydrated garlic, dehydrated onions, soybean oil), soy protein isolate, pasteurized dried egg yolks (less than 2% sodium silicoaluminate added).

# Pepperoni Pizza Rippers

## Pizza de peperoni

Serving Size: 1 piece. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove pizza from packaging and place on a plate.
2. Microwave on high for 2 minutes or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Breadstick: Water, whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, ascorbic acid added as a dough conditioner, enzyme, thiamine mononitrate, riboflavin, folic acid), yeast, contains 2% or less of: canola oil, sugar, salt, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), calcium propionate preservative, potassium sorbate preservative, xylanase, lipase, ascorbic acid asses as a dough conditioner, amylase, May contain -wheat gluten, soybean oil, dough premix (glucono delta lactone), sodium bicarbonate, L-Cysteine, cellulose gum, sodium propionate, calcium silicate, processing aids, honey, inactive yeast; Cheese: Low-moisture part skim mozzarella cheese (pasteurized part-skim milk, cultures &/or cheese cultures, salt, enzymes), cellulose added to prevent caking; Sauce: Water, tomato paste, soy protein isolate, seasoning (sugar, salt, natural spices [white pepper, aniseed, black pepper, red pepper] and herbs [oregano, basil], dehydrated garlic, dehydrated onions, soybean oil), soy protein isolate, pasteurized dried egg yolks (less than 2% sodium silicoaluminate added); Chicken Pepperoni: Ground chicken, salt, contains 2% or less of: spices, dextrose, lactic acid starter culture, flavoring, oleoresin of paprika, sodium ascorbate, sodium nitrate, natural smoke flavor.

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# Deli Sandwich

## Sándwich

Serving Size: 1 sandwich. Keep item refrigerated until ready to eat.  
Discard all uneaten refrigerated food after 7 days.



### Assembly directions based on single portion:

1. Lay out 2 pieces of bread on a plate.
2. For a turkey sandwich, add 4 slices of meat and 2 slices of cheese.
3. For a cheese sandwich, add 4 slices of cheese.
4. Place the 2 slices of bread together and enjoy!

### CONTAINS:



### INGREDIENTS:

Bread: Whole wheat flour, unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, liquid sugar, yeast, wheat gluten, soybean oil &/or canola oil, molasses, sea salt, contains 2% or less of vinegar, calcium propionate (to prevent spoilage), distilled monoglycerides, enzymes, ascorbic acid, sodium stearoyl lactylate; Turkey: Turkey breast, white turkey, turkey broth, contains 2% or less food starch, potassium chloride, sodium phosphate, salt, rosemary extract; American Cheese: Cultured pasteurized milk and skim milk, whey protein concentrate, salt, sodium citrate, contains less than 2% of lactic acid, sorbic acid (preservative), xanthan gum, locust bean gum, guar gum, beta-carotene and apo-carotenol (colors), vitamin A palmitate, enzymes, soy lecithin and soybean oil blend.

# Peas or Corn

## Chícharos or Maíz

Serving Size: 1 container. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove frozen vegetable from the container and place in a bowl.
2. Microwave for 1 minute on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Peas or corn.

# Chicken Nacho Bowl

## Bowl de nacho con pollo

Serving Size: 1 container. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from frozen Chicken Nacho Bowl.
2. Microwave for 3 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Rice: Brown rice; Chicken: Chicken, water, rice starch, vinegar, seasoning (maltodextrin, yeast extract, chicken stock, salt and flavors); Pasta: Water, whole wheat durum flour, enriched durum semolina and durum wheat flour (Durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid); Cheese Sauce: Water, cultured pasteurized milk and skim milk, food starch - modified, contains less than 2% of potassium phosphate, sodium phosphate, salt, sodium citrate, pasteurized cream, tricalcium phosphate, whey, buttermilk, maltodextrin, annatto and oleoresin paprika (color), natural flavors, autolyzed yeast extract, lactic acid, vegetable mono and diglycerides, spice, enzymes. Taco Seasoning: Dextrose, onion, salt, paprika, chili pepper, spices, garlic, red pepper, citric acid, and less than 2% silicon dioxide (to prevent caking).

# Bean & Cheese Nacho Bowl

## Bowl de nacho con frijoles y queso

Serving Size: 1 container. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from frozen Bean & Cheese Nacho Bowl.
2. Microwave for 3 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Rice: Brown rice; Refried Beans: Pinto beans (dry), salt, contains 2% or less onion, maltodextrin, garlic, natural flavor, (contains Torula yeast), yeast extract, spice, lactic acid, calcium lactate, palm oil; Cheese Sauce: Water, cultured pasteurized milk and skim milk, food starch - modified, contains less than 2% of potassium phosphate, sodium phosphate, salt, sodium citrate, pasteurized cream, tricalcium phosphate, whey, buttermilk, maltodextrin, annatto and oleoresin paprika (color), natural flavors, autolyzed yeast extract, lactic acid, vegetable mono and diglycerides, spice, enzymes.

# Fish Sticks

## Palitos de pescado

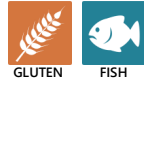
Serving Size: 4 pieces. Keep frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove fish sticks from the packaging and place on a plate.
2. Microwave for 1:30 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

65% Alaska pollock, 35% Batter & Breading: Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, tapioca starch, contains 2% or less of yellow corn flour, whole wheat flour, salt, pregelatinized rice flour, rice flour, yellow corn meal, sugar, canola oil, wheat gluten, yeast, corn starch, onion powder, tomatoes, dehydrated red & green bell peppers, garlic powder, natural flavor, spices, leavening (cream of tartar, baking soda), pan fried in soybean oil

# Breakfast Sandwich

## Sándwich de desayuno

Serving Size: 1 sandwich. Keep frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove sandwich from the packaging and place on a plate.
2. Microwave for 1:30 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Biscuit: Water, whole wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), palm oil, palm kernel oil, sugar, baking soda, calcium acid pyrophosphate, buttermilk, salt, sodium aluminum phosphate, nonfat milk, whey protein concentrate, whey, pectin; Egg Patty: Whole eggs, nonfat milk, modified corn starch, xanthan gum, citric acid, pepper, salt; Chicken Sausage Patty: Boneless dark chicken, seasoning [salt, dextrose, spices, beef flavor (contains salt, autolyzed yeast extract, beef extract), maltodextrin, beef fat, modified corn starch, water, sodium phosphates, caramel color, natural flavors, blanched in vegetable oil; American Cheese: Cultured pasteurized milk and skim milk, whey protein concentrate, salt, sodium citrate, contains less than 2% of lactic acid, sorbic acid (preservative), xanthan gum, locust bean gum, guar gum, beta-carotene and apo-carotenol (colors), vitamin A palmitate, enzymes, soy lecithin and soybean oil blend.

# Orange Chicken Bowl

## Bowl de pollo naranja

Serving Size: 1 container. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from frozen Orange Chicken Bowl container and place in the microwave.
2. Cook for 3:15 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Rice: Brown rice; Chicken: Boneless, skinless dark meat chicken chunks, water, isolated soy protein, seasoning (brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, flavors, maltodextrin, silicon dioxide and citric acid), seasoning (potassium chloride, rice flour), sodium phosphates, natural flavoring, breaded with whole wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), rice flour, modified corn starch, wheat starch, salt, leavening (sodium bicarbonate, sodium aluminum phosphate), dried garlic, dried onion, spice. Breading set in vegetable oil; Orange Sauce: Water, brown sugar, soy sauce (water, soybeans, wheat, salt), honey, vinegar, tangerine juice concentrate, rice starch, garlic, canola oil, spices, orange peel, lactic acid, xanthan gum, yeast, yeast extract.

# Sweet and Sour Chicken Bowl

## Bowl de pollo agridulce

Serving Size: 1 container. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from frozen Sweet & Sour Chicken Bowl container and place in the microwave.
2. Cook for 3:15 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



### INGREDIENTS:

Rice: Brown rice; Chicken: Boneless, dark meat chicken chunks, water, whole wheat flour, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, garlic powder, isolated soy protein, leavening (cream of tartar and baking soda), maltodextrin, natural flavors, onion powder, rice flour, salt, spices, tapioca starch, vegetable stock (carrot, onion, celery), yeast extract, breading set in vegetable oil; Sweet & Sour Sauce: Sugar, water, vinegar, pineapple juice concentrate, corn starch, tomato paste, salt, radish juice (color), extractives of paprika, onion powder, garlic powder.

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# Chicken Drumstick

## Muslo de pollo

Serving Size: 1 drumstick. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Assembly directions based on single portion:

1. Remove chicken from the packaging and place on a plate.
2. Microwave for 3:30 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



GLUTEN

### INGREDIENTS:

Chicken drumsticks, water, whole wheat flour, contains 2% or less of the following: citric acid, corn starch, extractives of paprika and turmeric, garlic powder, leavening (cream of tartar, baking soda), maltodextrin, natural flavor, onion powder, rice starch, salt, spices (including celery seed), wheat gluten, whole grain yellow corn flour, yeast extract. Breeding set in vegetable oil.

# Roasted Potatoes

## Patatas

Serving Size: 1 container. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from frozen potato container.
2. Microwave on high 30 seconds or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



VEGETARIAN

### INGREDIENTS:

Potatoes, oil.

# Green Chile, Bean & Cheese Tamale

## Chile, frijole y queso tamal

Serving Size: 1 tamale. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove Tamale from packaging, leaving in corn husk. Wrap tamale in a napkin and place a plate.
2. Microwave for 45 seconds on high, flip and cook 45 seconds more or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



DAIRY



VEGETARIAN

### INGREDIENTS:

Masa: water, ground white corn, masa flour (trace of lime), corn oil, salt, baking soda (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate); Filling: cheese (pasteurized milk, cheese culture, salt, enzymes/ may contain one or more of the following: powdered cellulose, potato starch, corn starch (added to prevent caking)), Pinto Beans (water, pinto beans, corn oil, salt, cumin, black pepper, garlic), Green chiles (green chiles, water, salt, citric acid, trace of calcium chloride).

# 3 Bean Chili Rice Bowl

## Bowl de arroz con 3 frijoles y chile

Serving Size: 1 container. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove the lid from frozen 3 Bean Chili Rice Bowl container.
2. Microwave on high for 3 minutes or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



DAIRY



VEGETARIAN

### INGREDIENTS:

Rice: Brown rice; 3 Bean Chili: Cooked red kidney beans, water, cooked black beans, cooked great northern beans, tomato strips in puree (with salt and citric acid), tomato past, celery, onions, soybean oil, green bell pepper, contains less than 2% of seasoning (potassium chloride, flavor [contains maltodextrin]), salt; masa harina (corn masa flour, trace of lime), sugar, dehydrated cilantro, dehydrated garlic, spices.

# Breakfast on a Stick

## Pancake y salchicha

Serving Size: 1 Breakfast on a Stick. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Place Breakfast on a Stick on a microwave safe plate.
2. Cook for 1:40 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



GLUTEN



DAIRY



SOY



EGG

### INGREDIENTS:

Batter: water, whole wheat flour, sugar, soybean oil, contains less than 2% of leavening (sodium acid phosphate, sodium bicarbonate), salt, egg yolk, artificial flavor, soy flour, fried in vegetable oil. Link: dark turkey and mechanically separated turkey, water, contains less than 2% of vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A, gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), dextrose, salt, sugar, potassium lactate, potassium acetate, spices, sodium phosphate, potassium chloride, flavorings, sodium diacetate, citric acid, sodium nitrite.

# Wild Mike's Cheese Pocket

## Pan rellenos de queso de Wild Mike

Serving Size: 1 pocket. Keep item frozen until ready to cook.  
Discard all uneaten refrigerated food after 7 days.



### Heating directions based on single portion:

1. Remove Cheese Pocket from packaging. Wrap pocket in a napkin and place a plate.
2. Microwave for 1:30 minutes on high or until internal temp. is 165°F.
3. Remove from microwave and let stand 2 minutes.
4. When consuming, use caution as item will be hot.

### CONTAINS:



GLUTEN



DAIRY



VEGETARIAN

### INGREDIENTS:

Mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes), Water, Whole grain whole wheat flour, enriched flour (Wheat flour, Malted barley flour, Niacin, Iron, Thiamine mononitrate, Riboflavin, Folic acid), Sugar, Gluten, Canola oil, Yeast, Salt.

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