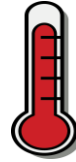




Crispy Chicken Patty



PREHEAT OVEN TO 400



Cook for 8-10 minutes OR Until food reaches 165 °F

Chicken breast with rib meat, whole wheat flour, water, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, isolated soy protein, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: WHEAT, SOY.

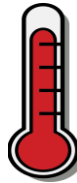


Bosco Stuffed Cheese Sticks



THAW FIRST

PREHEAT OVEN TO 350



Cook for 12-15 minutes OR Until food reaches 160 °F

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, mono and diglycerides, soy shortening flakes), Salt, vital wheat gluten, Yeast, L-cysteine. Cheeses: Mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, and enzymes). Reduced fat/reduced sodium mozzarella cheese (pasteurized part skim milk, nonfat milk, modified food starch*, cheese culture, salt, potassium chloride*, natural flavors*, annatto, vitamin A palmitate, enzymes), *Ingredients not in regular mozzarella cheese.

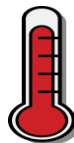
COMMON ALLERGENS PRESENT: MILK, WHEAT.



Chicken Tenders



PREHEAT OVEN TO 400



Cook for 8-10 minutes OR Until food reaches 165 °F

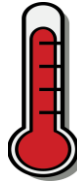
Boneless, skinless, chicken breast with rib meat, whole wheat flour, water, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, isolated soy protein, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: WHEAT, SOY.



Hamburger



PREHEAT OVEN TO 350



Cook for 12 minutes OR Until food reaches 165 °F

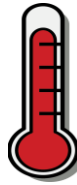
Ground Beef (Not More Than 30% Fat), Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Seasoning (Hydrolyzed Corn Protein, Dextrose, Salt, Onion Powder, Spices), Sodium Tripolyphosphates. CONTAINS: SOY.



Spicy Chicken Patty



PREHEAT OVEN TO 400



Cook for 13-17 minutes OR Until crust reaches 185 °F

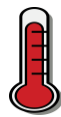
Boneless, skinless portioned chicken breast filets with rib meat, whole wheat flour, water, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, corn starch, extractives of paprika, garlic powder, isolated soy protein, leavening (cream of tartar, baking soda), maltodextrin, natural flavors, onion powder, salt, spices (including celery seed), sugar, vegetable stock (carrot, onion, celery), yeast extract. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: WHEAT, SOY.



Pizza



PREHEAT OVEN TO 350



Cook for 13-17 minutes OR Until crust reaches 185 °F

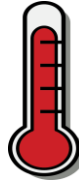
CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, HYDROGENATED SOYBEAN OIL, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, SALT, NATURAL FLAVOR, ASCORBIC ACID, WHEAT STARCH, ENZYMES. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, CITRIC ACID. COMMON ALLERGENS PRESENT: MILK, WHEAT, SOY.



French Fries



PREHEAT OVEN TO 375



Cook for 12-15 minutes OR Until food reaches 165 °F

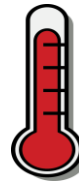
Potatoes, Vegetable Oil (Soybean, Canola, Cottonseed, and/or Sunflower), Enriched Flour Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains less than 2% of Cellulose Gum, Color (Paprika Oleoresin, Turmeric Oleoresin), Degermed Yellow Corn Meal, Dextrose, Food Starch-Modified, Garlic Powder, Onion Powder, Rice Flour, Salt, Spices, Disodium Dihydrogen Pyrophosphate (to maintain natural color).



Tater Tots



PREHEAT OVEN TO 450



Cook for 20-25 minutes OR Until food reaches 165 °F

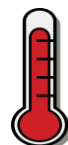
Potatoes, Vegetable Oil (Soybean, Canola, Cottonseed, and/or Sunflower), Contains less than 2% of Dextrose, Sea Salt, Disodium Dihydrogen Pyrophosphate (to maintain natural color).



Pizza Cheese Deep-Dish



PREHEAT OVEN TO 400



Cook for 20-25 minutes OR Until food reaches 165 °F

CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), DEFATTED SOY FLOUR, YEAST, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF: SUGAR, SOY LECITHIN, SALT, DISTILLED MONO-GLYCERIDES, ASCORBIC ACID (DOUGH CONDITIONER). TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF: DEXTROSE, SEA SALT, DRIED ONION, SPICE, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, DRIED GARLIC, CITRIC ACID. COMMON ALLERGENS PRESENT: MILK, WHEAT, SOY.



Beef Hot Dog

Thaw under refrigeration. Do not thaw at room temperature.

BOIL OR MICROWAVE HOT DOG FOR APPROXIMATELY 40 SECONDS OR UNTIL IT IS HOT.

COMMON ALLERGENS PRESENT: NONE

INGREDIENTS: BEEF, WATER, SALT, CONTAINS LESS THAN 2% OF THE FOLLOWING: FLAVORINGS, POTASSIUM LACTATE, SORBITOL, SODIUM DIACETATE, PAPRIKA, SODIUM ERYTHORBATE, SODIUM NITRITE, EXTRACT OF PAPRIKA. **Allergy Info: None**

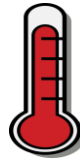


Bean & Cheese Burrito



Thaw Under Refrigeration. Do not thaw at room temperature.

PREHEAT OVEN TO 280



Cook for 25-30 minutes

TORTILLA (WHEAT FLOURS [WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR {WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}], WATER, SOY FLOUR, SOYBEAN OIL, WHOLE GRAIN CORN FLOUR [STONEGROUND WHOLE WHITE CORN, CELLULOSE GUM, TRACE OF LIME], SALT, GUAR GUM, ANNATTO, TURMERIC), WATER, PASTEURIZED PROCESSED AMERICAN CHEESE (AMERICAN CHEESES [MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, SODIUM CITRATE, MILKFAT, SALT, COLOR [ANNATTO, APOCAROTENAL]), PINTO BEANS, GREEN CHILIES (GREEN CHILIES, CITRIC ACID), CONTAINS 2% OR LESS OF ONION, SOY FLOUR, SOYBEAN OIL, ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN), SALT, CHILI POWDER (CHILI PEPPER, SPICES, SALT, GARLIC POWDER), PAPRIKA, SPICE, GARLIC POWDER, SODIUM ALGinate. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.



Grilled Cheese



THAW FIRST. PREHEAT OVEN TO 325



Cook in wrapper for 12 minutes OR Until reaches 160°F

Whole Grain Bread: Water, Ultragrain Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Bread Base (Sugar, Soy Oil, Dextrose, Salt, Wheat Flour, Mono & Diglycerides, Calcium Stearoyl Lactylate, Wheat Gluten, Calcium Sulfate, Diacetyl Tartaric Acid Esters of Mono & Diglycerides, Ammonium Sulfate, Ethoxylated Mono & Diglycerides, Guar Gum, Ascorbic Acid, Monocalcium Phosphate, Potassium Iodite, Enzyme, Calcium Peroxide), Sugar, Yeast, Wheat Gluten, Calcium Propionate (Preservative). Reduced Sodium, Reduced Fat American Cheese: Cultured Pasteurized Milk and Skim Milk, Milk Fat, Whey Protein Concentrate, Contains less than 2% of Salt, Sodium Citrate, Potassium Citrate, Guar Gum, Locust Bean Gum, Xanthan Gum, Lactic Acid, Sorbic Acid (Preservative), APO-Carotenal and Beta Carotene (Color-If Colored), Enzymes, Vitamin A Palmitate, Soy Lecithin and Soybean Oil Blend. Mozzarella Cheese: Pasteurized Part-Skim Milk, Cheese Cultures, Salt and Enzymes. Soybean Oil. COMMON ALLERGENS PRESENT: Wheat, Milk, Soy



Mac and Cheese Pasta Pouches

FROM REFRIGERATED/THAWED Use refrigerated pouches within 7 days after thawing. Instructions are based on heating a single pouch. Heating times may vary based on the number of servings being heated.

Microwave Heating Instructions (from thawed): 1. If frozen, thaw pouches of pasta in the refrigerator for 24 hours. 2. Cut 1/2" slit in bag and place slit side up in microwave. 3. Heat on high power for 60 seconds. 4. Allow bag to cool, carefully remove from microwave, pour into a bowl and serve. **Stove Top Heating Instructions (from thawed):** 1. Empty thawed pasta into an 8-inch sauté pan or small pot. 2. Heat over medium/low heat for 2-3 minutes or until product reaches desired temperature. 3. Remove from heat, stir and serve. **COMMON ALLERGENS PRESENT:** Wheat, Milk, Egg.

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, paprika extract, annatto extract), **COOKED MACARONI** (macaroni [whole durum wheat flour, enriched semolina (semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of egg white, glycerol monostearate, water), **CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, NONFAT DRY MILK, CHEESE FLAVOR** (whey, cheddar cheese [milk, cheese cultures, salt, enzymes] buttermilk solids, butter), **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]), **SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES**. The Three Cheese Mac Pouch has cooked cavatappi (cavatappi (whole durum wheat flour, semolina, egg white, glycerol monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water) **PARMESAN CHEESE** (cow's milk, cheese culture, salt, enzymes, calcium propionate), **ROMANO CHEESE** (sheep's milk, cheese culture, salt, enzymes, calcium propionate)

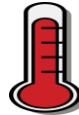


Egg Muffin With Cheese



THAW FIRST

PREHEAT OVEN TO 300



Cook for 15-17 minutes OR Until crust reaches 160 °F OR Microwave for 30-40 seconds.

WHOLE GRAIN MUFFIN: Water, whole grain wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yeast, contains less than 2% of: sugar, datem, citric acid, ascorbic acid, degermed yellow corn flour, degermed yellow cornmeal, fumaric acid, calcium propionate and potassium sorbate (preservatives), salt, soybean oil, vinegar, wheat gluten. **FULLY COOKED EGG:** Whole eggs, water, soybean oil, modified food starch, whey solids, salt, nonfat dried milk, and citric acid. **PASTEURIZED PROCESS AMERICAN CHEESE:** Milk, Cream, Water, Sodium Citrate, Salt, Contains 2% or Less of Cheese Culture, Citric Acid, Color Added, Enzymes, Sorbic Acid (Preservative), Soy Lecithin, Tetrasodium Pyrophosphate. **COMMON ALLERGENS PRESENT:** Egg, Milk, Wheat, Soy.



Breaded Chicken Leg



PREHEAT OVEN TO 350

Prepare from frozen state. Heat for 25-30 minutes. Appliances may vary, adjust accordingly. Microwave oven: Put on microwave plate. Microwave for 2 minutes, **FLIP**, microwave for an additional 2 minutes or until internal temperature reaches 135 F.

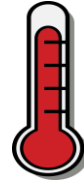
Chicken drumsticks, water, whole wheat flour, contains 2% or less of the following: citric acid, corn starch, extractives of paprika and turmeric, garlic powder, leavening (cream of tartar, baking soda), maltodextrin, natural flavor, onion powder, rice starch, salt, spices (including celery seed), wheat gluten, whole grain yellow corn flour, yeast extract. Breading set in vegetable oil. **COMMON ALLERGENS PRESENT:** Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and **NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.** **COMMON ALLERGENS PRESENT:** WHEAT



Pork Rib



PREHEAT OVEN TO 350



From frozen bake on sheet pan for 15 minutes.

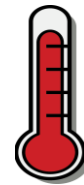
INGREDIENTS: Ground Pork (Not More than 20% Fat), Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Seasoning [Tomato Powder (Dehydrated Tomato), Dextrose, Brown Sugar, Artificial Vinegar (Malic Acid, Sodium Acetates, Lactose, Fumaric Acid, Artificial Flavorings), Powdered Worcestershire Sauce (Corn Syrup Solids, Salt, Garlic Powder, Sugar, Spices, Soy Sauce Solids (Wheat, Soybeans, Salt, Maltodextrin, Caramel Color), Tamarind, Natural Flavor), Spices, Spice Extractive, Onion Powder, Natural Smoke Flavor, Garlic Powder, Salt, Sodium Phosphates. **CONTAINS:** Soy, Milk, Wheat



Pancakes, Maple Mini



PREHEAT OVEN TO 350



Cook for 13-15 minutes if frozen; 7-8 minutes if thawed.

Water, Whole Wheat Flour, Enriched Flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), Sugar, Canola Oil, Leavening (potassium bicarbonate, sodium aluminum phosphate, baking soda, monocalcium phosphate). Contains less than 2% of: Nonfat Milk, Rice Syrup, Grape Juice, Modified Corn Starch, Salt, Egg White, Natural Flavor, Maple Syrup, Molasses. **COMMON ALLERGENS PRESENT:** Egg, Milk, Wheat.



Meatballs

Thaw meatballs in refrigerator.

MEATBALLS WITHOUT SAUCE:

(1) 400 F OVEN FOR 5 MINUTES

(2) MICROWAVE 50 SECONDS FOR EACH 6 MEATBALLS

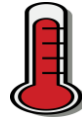
Beef, Water, Textured Soy Flour, Soy Protein Concentrate, Contains Less Than 2% Of The Following: Salt, Wheat Flour, Dehydrated Onion, Flavorings, Sodium Phosphate, Hydrolyzed Soy Protein, Paprika, Garlic Powder, Extractives Of Paprika, Nonfat Dry Milk. **COMMON ALLERGENS PRESENT:** Soy, Wheat, Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and **NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.** **COMMON ALLEGERGENS PRESENT:** Soy, Wheat, Milk



Mini Cinnis



PREHEAT OVEN TO 350



Thaw and serve OR for optimal experience heat accordingly. Cook for 10-12 minutes if frozen OR 7-8 minutes if thawed.

Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Vegetable Oil (soybean, palm, canola), Whey. Contain 2% or less of: Yeast, Cinnamon, Salt, Modified Corn Starch.

COMMON ALLERGENS PRESENT: Milk, Wheat.



French Toast Sticks

Remove from packaging and put on microwaveable plate. Microwave: Thawed product 20 to 25 seconds. Frozen product 40-45 seconds.

Whole Wheat Bread [Whole Wheat Flour, Water, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folate), Sugar, Wheat Gluten, Yeast, Soybean Oil, Salt, Calcium Propionate (to retard spoilage), Dough Improver: (Malted Wheat Flour, Enzymes, and 2% or less of Ascorbic Acid)]. French Toast Batter (Whole Egg, Sugar, Salt). Cinnamon Sugar Glaze [Sugar, Vegetable Shortening (Soybean Oil and Fully Hydrogenated Soybean Oil) Soybean Oil, Ground Cinnamon, Sunflower Lecithin, Salt, Natural Flavor, Citric Acid].

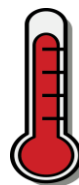
COMMON ALLERGENS PRESENT: Egg, Wheat.



Frudel Strudel Pastry



PREHEAT OVEN TO 350



Place on baking sheet. Cook 11-13 minutes.

Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Cherry Strudel Filling (water, sugar, corn syrup, modified corn starch, cherries, citric acid, sodium citrate, black carrot and black currant juice concentrate added for color, malic acid, salt, invert sugar, sodium benzoate [preservative], natural flavor, gellan gum, xanthan gum, locust bean gum, carrageenan), Sugar, Soybean Oil. Contains 2% or less of: Yeast, Whey, Salt. COMMON ALLERGENS PRESENT: Milk, Wheat.

THAW INSTRUCTIONS



Smuckers Peanut Butter & Jelly Uncrustable

Thaw 60 minutes. Serve within
8-10 hours for optimal
freshness. Do not microwave.

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, Yeast, Sugar, Soybean Oil, Contains 2% or Less of: Wheat Gluten, 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). **COMMON ALLERGENS PRESENT: Peanut and Wheat.**



Bagel, Cinnamon Raisin

Thaw at room temperature for
1 hour. 3-day ambient shelf life,
8 day refrigerated shelf life. No
prep required. Toast in toaster
if desired.

WHOLE WHEAT FLOUR, WATER, SUGAR, VITAL WHEAT GLUTEN, RAISINS, CINNAMON BITS (SUGAR, WHEAT FLOUR, CINNAMON, DEXTROSE, SOYBEAN OIL, WHEAT STARCH), YEAST. CONTAINS 2% OR LESS OF: SPICE, SALT, CANE SYRUP, CARAMEL COLOR, SORBIC ACID (PRESERVATIVE), DISTILLED MONOGLYCERIDES, SOYBEAN OIL, PRESERVATIVES (CALCIUM PROPIONATE), DOUGH CONDITIONERS (CALCIUM SULFATE, L-CYSTEINE), ENZYMES (WHEAT FLOUR, ENZYMES), XANTHAN GUM, YELLOW CORN MEAL. **COMMON ALLERGENS PRESENT: Wheat.**

THAW INSTRUCTIONS



Yeast Raised Donut

Thaw in refrigerator overnight
or at room temperature same
day. Serve at room
temperature.

100% WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (PALM OIL AND SOYBEAN OIL WITH CITRIC ACID ADDED AS A PRESERVATIVE), SUGAR, SOYBEAN OIL. CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, CORN SYRUP SOLIDS, DEXTROSE, VITAL WHEAT GLUTEN, VEGETABLE SHORTENING (PALM OIL W/ LECITHIN), CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEFATTED SOY FLOUR, SWEET WHEY SOLIDS, MONO-DIGLYCERIDES, CALCIUM SULFATE, WHEAT STARCH, NATURAL & ARTIFICIAL FLAVOR, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, AMMONIUM SULFATE, GUAR GUM, XANTHAN GUM, CELLULOSE GUM, AGAR, LOCUST BEAN GUM, WHOLE EGG SOLIDS, SODIUM HEXAMETAPHOSPHATE. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.



IW Cinnamon Bun

Thaw and Serve

WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, GRANULATED SUGAR, WATER, PALM OIL, DEFATTED SOY FLOUR, DEXTROSE, SOYBEAN OIL, NONFAT DRY MILK, SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, SALT, CINNAMON, DRY HONEY SOLIDS, SOY LECITHIN, SODIUM ALUMINUM PHOSPHATE, CORN STARCH, MONO- AND DIGLYCERIDES, GLUCONO DELTA-LACTONE, MODIFIED WHEAT STARCH, CALCIUM CARBONATE, AGAR, NATURAL FLAVOR, EGGS. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.

THAW INSTRUCTIONS



IW Muffin

Thaw and Serve

INGREDIENTS: Flour blend (whole grain wheat flour, enriched bleached flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid]), water, sugar, egg, soybean/canola oil, blueberries, invert sugar, egg extender (wheat flour, egg yolk, egg solids, soybean oil, guar gum, soy lecithin, salt, sodium bicarbonate, annatto & turmeric oleoresin, enzymes) modified food starch, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), natural & artificial flavors, milk whey, wheat gluten, soy flour, salt, emulsifiers (sodium stearoyl lactylate, propylene glycol monoesters, monoglycerides), soy lecithin, softener (powder fruit juice, grain dextrin, vegetable fiber) CONTAINS: WHEAT, EGG, MILK, SOY.



Benefit Bar

Thaw and Serve

WHOLE WHEAT FLOUR, SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), OATS, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLA FLAVOR), EGGS, SOYBEAN OIL, INVERT SUGAR, CANOLA OIL, MOLASSES, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEY, NATURAL FLAVOR, BAKING SODA, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), XANTHAN GUM, INULIN, SALT.

COMMON ALLERGENS PRESENT: EGG, MILK, WHEAT, SOY.