



Chicken Parmesan Dinner

Nutrition Facts	
1 serving per container	
Serving size 1 pc Chicken Parm, 6oz pasta, 4oz sauce, 5oz veggies + 1 Breadstick (610g)	
Amount Per Serving	
Calories	980
% Daily Value*	
Total Fat 31g	40%
Saturated Fat 12g	60%
<i>Trans</i> Fat 0g	
Cholesterol 200mg	67%
Sodium 2210mg	96%
Total Carbohydrate 113g	41%
Dietary Fiber 9g	32%
Total Sugars 15g	
Includes 4g Added Sugars	8%
Protein 60g	
Vitamin D 0.8mcg	4%
Calcium 460mg	35%
Iron 6.8mg	40%
Potassium 1430mg	30%

INGREDIENTS: ROASTED SQUASH, MEDLEY SQUASH, RED PEPPERS, ZUCCHINI, FRESH YELLOW SQUASH, ITALIAN ONION, OLIVE OIL, KOSHER SALT, SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL), GARLIC, BLACK PEPPER), MARINARA SAUCE (TOMATO PUREE, WATER, TOMATO PASTE), DICED TOMATOES IN TOMATO JELLY, CANOLA OIL, CONTAINS LESS THAN 1% OF: SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, SPICES, CITRIC ACID), CHICKEN, SEMOLINAR, WHEAT, DURUM WHEAT, VITAMIN B3 (NACIN), IRON, VITAMIN B1 (THIAMINE), FERROUS SULFATE, VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, MONONITRATE, VITAMIN B6 (PYRIDOXINE), MONONITRATE, REDUCED IRON, THIAMINE MONONITRATE, IRON, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, SUGAR, SALT, CONTAINS 2% OR LESS OF SALT, YEAST, WHEAT, GLUTEN, DEXTROSE, GUAR GUM, ETHOXYLATED MONO AND DIGLYCERIDES, WHEAT STARCH, DATEM, MONO AND DIGLYCERIDES, WHEAT STARCH, DATEM, DEHYDRATED SOY FLOUR, ENZYMES, MONOGLYCERIDE, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM PEROXIDE, SPREAD, NATURAL OIL BLEND (SOYBEAN OIL, PALM OIL, PALM STEARINE, PALM KERNEL AND ORAN, WATER, SWEET CREAM, BUTTERMILK, SALT, CONTAINS 2% OR LESS OF BUTTER, SOY LECITHIN, MONO AND DIGLYCERIDES, POTASSIUM SORBATE, AND SODIUM BENZOATE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE, LACTIC ACID, PARMESAN MILK, CHEESE CULTURES, SALT, ENZYMES), MOZZARELLA (CULTURED MILK, VINEGAR, MICROBIAL RENNET), SALT, EGGS, PANKO CRUMBS (WHEAT FLOUR, $\frac{1}{2}$ % OF SUGAR, YEAST, SOYBEAN OIL), BASIL, KOSHER SALT, GARLIC, PEPPER.

DISTRIBUTED BY CANTEEN
2400 YORKMONT RD
CHARLOTTE, NC. 28217



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INGREDIENTS: ROASTED SQUASH, MED. PEPPERS, ZUCCHINI, FRESH YELLOW SQUASH, RED PEPPERS, ONION, OLIVE OIL, KOSHER SALT, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL), GARLIC, BLACK PEPPER, MARINARA SAUCE (TOMATO PUREE, WATER, TOMATO PASTE), DICED TOMATOES IN TOMATO JUICE, CANOLA OIL, CONTAINS LESS THAN 1% OF: SALT, DEHYDRATED ONIONS, DEHYDRATED SPICES, CITRIC ACID, CHICKEN, SEMOLINI, FLOUR, WHEAT (WHEAT) DURUM WHEAT FLOUR, IRON, VITAMINS: VITAMIN B3 (NIAIN), VITAMIN B1 (THIAMINE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, MONONITRATE, ENRICHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, SUGAR, CONTAINS 2% OR LESS OF SALT, YEAST, WHEAT GLUTEN, DEXTROSE, GUAR GUM, ETHOXYLATED MONO AND DIGLYCERIDES, WHEAT STARCH, DATEM, ASCORBIC ACID, MONOGLYCERIDE, DEFAECATED SOY FLOUR, ENZYMES, MONOPEROXIDE, SPREAD: NATURAL OIL BLEND (SOYBEAN OIL, PALM STEARINE, PALM KERNEL OIL AND BUTTERMILK, SALT, CONTAINS 2% OR LESS OF SALT, YEAST, MONO AND DIGLYCERIDES, SPOICE, SOY LECITHIN, MONO AND DIGLYCERIDES, ONION POWDER, POTASSIUM SORBATE, AND SODIUM BENZOATE, CITRIC ACID, NATURAL, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE, LACTIC ACID, PARMESAN, K-CHEESE CULTURED MILK, ENZYMES), MOZZARELLA (CULTURED MILK, VINEGAR, MICROBIAL RENNIN, SALT), EGGS, PANCO CRUMBS (WHEAT FLOUR, $\geq 2\%$ OF SUGAR, YEAST, SOYBEAN OIL, SALT), BASIL, KOSHER SALT, GARLIC, THYME, BLACK PEPPER

CONTAINS: MILK, EGG, WHEAT, SOY

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CONTAINS: MILK, EGG, WHEAT, SOY
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INGREDIENTS: ROASTED SQUASH MED PEPPER
F ZUCCHINI, FRESH YELLOW SQUASH, RED PEPPER
ONION, OLIVE OIL, KOSHER SALT, ITALIAN
SEASONING (MARJORAM, THYME, ROSEMARY,
SAVORY, SAGE, OREGANO, BASIL), TOMATO PASTE,
PEPPER), MARINARA SAUCE (TOMATO, PARSLEY,
(WATER, TOMATO PASTE), DICED TOMATOES
TOMATO JUICE, CANOLA OIL, CONTAINS LESS THAN
1% OF: SALT, DEHYDRATED ONIONS, DEHYDRATED
GARLIC, SPICES, CITRIC ACID, CHICKEN, SEMOLINA
(WHEAT), DURUM WHEAT FLOUR
VITAMINS/MINERALS: VITAMIN B3 (NIAICIN), IRON
(FERROUS SULFATE), VITAMIN B1 (THIAMINE)
MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC
ACID, ENRICHED FLOUR (BLEACHED WHEAT FLOUR,
NIAICIN, REDUCED IRON, THIAMINE MONONITRATE,
RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, SUGAR,
CONTAINS 2% OR LESS OF SALT, YEAST,
GLUTEN, DEXTROSE, GUAR GUM, ETHOXYLATED
MONO AND DIGLYCERIDES, WHEAT STARCH, DATE
DEFFATED SOY FLOUR, ENZYMES, MONOGLYCERIDE
ASCORBIC ACID, AZODICARBONAMIDE, CALCIC
PEROXIDE, SPREAD, NATURAL OIL BLEND (SOYBEAN
PALM FRUIT, PALM STEARINE, PALM KERNEL OIL,
CANOLA), GARLIC, WATER, SWEET CREAM,
BUTTERMILK, SALT, CONTAINS 2% OR LESS C
SPICE, SOY LECITHIN, MONO AND DIGLYCERIDE
ONION POWDER, POTASSIUM SORBATE, AND SODIUM
BENZOATE, CITRIC ACID, NATURAL AND ARTIFICIAL
FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE
LACTIC ACID, PARMESAN (MILK, CHEESE CULTURED
SALT, ENZYMES), MOZZARELLA (CULTURED MILK,
VINAGRA, MICROBIAL RENNIN, SALT), EGGS, YEAST
CRUMBS (WHEAT FLOUR, <2% OF SUGAR, YEAST,
SOYBEAN OIL SALT), BASIL, KOSHER SALT, GARL
THYME, BLACK PEPPER

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