



Visit Our Website:
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GLUTEN FREE MENU

CODE #	ITEM DESCRIPTION	NET WEIGHT	APPROX. SERVINGS
MEATLESS ENTREES			
10101	Mountain Chili (GF) A savory chili blend of pinto beans, corn, mushrooms & spices	6 oz.	2 – 1 ¼ cups
10112	Santa Fe Black Beans & Rice (GF) with a zesty southwest flavor	6 ½ oz.	2 – 1 cups
CHICKEN ENTREES			
10406	Texas BBQ Chicken (GF) Hickory smoked BBQ sauce mixes sweetly with white meat chicken & rice	7 oz.	2 – 1 ¼ cups
10309	Chicken Gumbo (GF) Corn, bell peppers, okra, onion, celery & chicken in a spicy, high protein/low fat dish	5 ½ oz.	2 – 1 ¼ cups
BEEF ENTREES			
10407	Pepper Steak (GF) Chunks of spicy beef with peppers over seasoned rice in a rich steak sauce	6 oz.	2 – 1 ½ cups
10407	Black Bart Chili (GF) Black beans, kidney beans & beef with a spirited classic chili taste	6 oz.	2 – 1 ¼ cups
10405	Western Tamale Pie with Beans (GF) Beef with pinto & black beans, blue corn meal, cheddar cheese, brown rice & vegetables including corn, onion, spinach & carrots with Tex-Mex seasoning	6 oz.	2 – 1 ¼ cups
TURKEY ENTREES			
11402	Mashed Potatoes & Gravy with Turkey (GF) Creamy gravy highlights this classic turkey & potato entrée	5 ¾ oz.	2 – 1 ¼ cups
VEGETABLES			
12302	French Cut Green Beans Almondine (GF) Toasted onions, dried tomatoes & sliced almonds	1 ½ oz.	2 - 1 cup
10502	Garden Vegetables (GF) A classic combination of carrots, peas & corn	1 ½ oz.	2 – ½ cup
10501	Vegetable Mix A medley of carrots, peas, onions, celery, red & green peppers	1 ½ oz.	2 – ½ cup
1110	Corn, Sweet, FD (GF)	1 ½ oz.	2 – ½ cup
11101	Peas, FD (GF)	1 ½ oz.	2 – ½ cup
SIDE DISHES			
10107	Garlic Mashed Potatoes (GF) Savory instant mashed potatoes with a hint of garlic	2 oz.	2 – ¾ cup
10503	Potato Cheddar & Chives (GF) A satisfying side dish of potatoes, cheddar cheese & chives	4 oz.	2 – 1 cup
11105	Mashed Potatoes (GF) Made from whole potatoes, instant	2 oz.	2 – ¾ cup
13001	Refried Mixed Beans with Cheese (GF) Four different beans & our exclusive seasoning blend	4 oz.	2 – 1 cup
13004	Mexican Rice with Cheese Spiced just right, a complement to any fine meal	4 oz.	2 – 1 cup
HEARTY SOUPS			
10702	Cream of Broccoli Soup (GF) A creamy blend of broccoli, cheddar cheese & milk	2 ½ oz.	2 – 1 cup
10701	Creamy Potato Cheddar (GF) A hearty soup with potatoes, cheddar cheese, red bell peppers & green onions	2 ½ oz.	2 – 1 ½ cups
10706	“Kernel’s” Corn Chowder (GF) A flavorful combination of yellow peas, corn, carrots, and spices make up this nutritious chowder	4 oz.	2 – 1 cup

CODE #	ITEM DESCRIPTION	NET WEIGHT	APPROX. SERVINGS
BREAKFAST			
10802*	Bandito Scramble (GF) Eggs, potatoes, our special cheese blend, mild chilies & other treats will liven up your morning. Some cooking required	3 ½ oz.	2 – 1 ¼ cups
10408	All American Roast Beef Hash (GF) Beef & potatoes and classic seasonings - you'll remember growing up again	4 oz.	2 – 1 ½ cups
10803*	Scrambling & Omelet Egg Mix (GF)	4 oz.	8 eggs

10810	Convenient and versatile, just add water stir & cook Scrambled Eggs – freeze dried (GF) Just add water to these cooked eggs & enjoy	2 oz.	4 eggs
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FRUITS & DESSERTS

All fruits are freeze dried, so the fresh picked flavor, nutrients & enzymes remain. Nothing is added. Ready to eat or add to your favorite dish. ¼ cup equals 1 fresh fruit serving

10912	Bananas Foster (GF) Sliced bananas, cinnamon, and brown sugar in a vanilla & orange syrup	4 oz.	2 – ½ cup
11001	Strawberries, whole (GF)	1 oz.	
11002	Blueberries, whole (GF)	¾ oz.	
11003	Peaches, sliced (GF)	¾ oz.	
11004	Pineapple, chunks (GF)	¾ oz.	

INDIVIDUAL & BULK ITEMS

INDIVIDUAL ITEMS

11108	Beef, diced, freeze dried (GF)	1 oz.	2 – 1/3 cups
11106	Chicken, diced, freeze dried (GF)	1 oz.	2 – 1/3 cups
11110	Turkey, diced, freeze dried (GF)	1 oz.	2 – 1/3 cups
11303	Cheddar Cheese Powder (GF)	2 oz.	2 – 1/3 cups
52161	White Rice, instant (GF)	16 oz.	16 – ½ cups

BULK ITEMS

MEAT & EGGS

52109	Beef, diced, freeze dried (GF)	8 oz.	16 – 1/3 cups
52108	Chicken, diced, freeze dried (GF)	8 oz.	16 – 1/3 cups
52156	Turkey, diced, freeze dried (GF)	8 oz.	16 – 1/3 cups
52101*	Scrambling & Omelet Egg Mix (GF)	12 oz.	24 eggs
52183	Scrambled Eggs – freeze dried (GF)	5 oz.	10 eggs

VEGETABLES

52184	Broccoli, chopped, freeze dried (GF)	2 oz.	8 – ½ cups
52124	Cabbage, diced, dehydrated (GF)	6.5 oz.	6 cups
52104	Carrots, diced, dehydrated (GF)	12 oz.	21 – ½ cups
52152	Celery, crosscut, dehydrated (GF)	4 oz.	7 cups
52105	Corn, sweet, freeze dried (GF)	8 oz.	11 – ½ cups
52146	Mashed Potatoes, instant (GF)	7 oz.	6 cups
52155	Onions, chopped, dehydrated (GF)	4 oz.	6 cups
52107	Peas, freeze dried (GF)	8 oz.	11 – ½ cups
10501	Vegetable Mix (GF) A medley of carrots, peas, onions, celery, red & green peppers	8 oz.	12 – ½ cups
52153	Garden Vegetables (GF) A classic combination of carrots, peas & corn	8 oz.	11 – ½ cups

DAIRY

52111	Cheddar Cheese Powder (GF)	8 oz.	4 – ½ cups
52186	Non Fat Milk Powder (GF)	12 oz.	12 cups
52131	Sour Cream Powder (GF)	8 oz.	4 – ½ cups

*some cooking required