

FAMFARE KITCHEN INGREDIENT LIST:

Entree:	Main Ingredients:	Nutrition Facts:
APPLE CIDER VINAIGRETTE	Apple cider vinegar, canola oil, celery salt, granulated onion, sugar	Per Serving: Kcals: 56, Fat: 5g, CHO: 4g, Pro: 0g
APPLE SPINACH SALAD:	Spinach (may contain other leafy greens), apple and other accompaniments as available. May contain feta cheese and/or sunflower seeds as available. GSF	Per Serving: Kcals: 60, Fat: 3.5g, CHO: 4g, Pro: 2g **without dressing**
ASIA BOWL:	Ground turkey, garlic, green onions, ginger, hoisin sauce, soy sauce. (Fresh vegetables/fruits as seasonally available as well as white rice to build bowl.) GSF. Hoisin contains sesame seeds.	Per Serving: Kcals: 200, Fat: 7g, CHO: 17g, Pro: 17g ***Meat + 1/2 cup Rice **
ASIAN COLESLAW:	Apple cider vinegar, vegetable oil, soy sauce, brown sugar, ginger root, garlic, salt, green cabbage, red cabbage, mandarin oranges, craisins, carrots, green onions. GSF	Per Serving: Kcals: 136, Fat: 5g, CHO: 22g, Pro: 3g
ASIAN PEANUT PASTA SALAD:	Apple cider vinegar, vegetable oil, peanut butter, soy sauce, brown sugar, ginger root, garlic, salt, green cabbage, red cabbage, mandarin oranges, craisins, carrots, green onions, penne pasta, chicken breast	Per Serving: Kcals: 568, Fat: 46, CHO: 29g, Pro: 16g
BABY RED POTATOES	Potatoes, butter, salt GSF. Contains Dairy	Per Serving: Kcals: 202, Fat: 12g, CHO: 22g, Pro: 3g
BECKY'S BAKED BEANS:	Great northern beans, bacon, onion, ketchup, mustard, soy sauce, brown sugar, salt & pepper. GSF	Per Serving: Kcals: 120, Fat: 1.5g, CHO: 26g, Pro: 22g
BEEF STROGANOFF:	Ball tip beef, worcestershire sauce, soy sauce, cornstarch, salt, pepper, dry mustard, beef broth, sour cream, parsley. Contains Dairy.	Per Serving: Kcals: 190, Fat: 8g, CHO: 5g, Pro: 4g **without noodles or sour cream**
BEEF VEGETABLE SOUP:	Shredded beef, vegetables, beef broth, salt and pepper.GSF:	Per Serving: Kcals: 344, Fat: 11g, CHO: 30g, Pro: 24g
BREAKFAST BISCUITS & GRAVY	Pork sausage, flour, salt, pepper, milk, biscuits	Per Serving: Kcals: 410, Fat: 23g, CHO: 50g, Pro: 9g
BUFFALO CHICKEN BAKE:	Chicken, garlic, butter, salt and pepper, hot sauce, celery, pasta, cream cheese, chicken broth. Contains Dairy.	Per Serving: Kcals: 416, Fat: 29g, CHO: 29g, Pro: 17g
CAESAR DRESSING:	Red wine vinegar, oil, minced garlic, worcestershire sauce, dry mustard, salt. GSF	Per Serving: Kcals: 60, Fat: 3g, CHO: 7g, Pro: 2g
CAESAR SALAD:	Romaine lettuce, croutons, shaved parmesan. Contains Dairy.	Per Serving: Kcals: 40, Fat: 4g, CHO: 0g, Pro: 0g
CHEESY HAM & HASHBROWN BAKE:	Hashbrown potatoes, cream of chicken soup, cheddar cheese, salt and pepper. Contains Dairy.	Per Serving: Kcals: 290, Fat: 12g, CHO: 33g, Pro: 13g
CHICKEN ALFREDO BAKE:	Chicken breast, salt, pepper, paprika, garlic powder, onion powder, cream cheese, butter, garlic, milk, parmesan cheese. Contains Dairy.	Per Serving: Kcals: 530, Fat: 23g, CHO: 41g, Pro: 20g
CHICKEN AND DUMPLINGS:	Canola oil, onion, carrots, celery, chicken broth, chicken breast, potatoes, butter flour, milk peas, salt, pepper. Dumplings: baking mix, water. Contains Dairy.	Per Serving: Kcals: 300, Fat: 18g, CHO: 23g, Pro: 9g
CHICKEN BACON RANCH BAKE:	Chicken breast, cream cheese, chicken broth, hidden valley ranch spice mixture, bacon, pasta, cheddar cheese. Contains Dairy.	Per Serving: Kcals: 470, Fat: 29g, CHO: 28g, Pro: 25g
CHICKEN ENCHILADAS:	Chicken breast, enchilada sauce, cheddar cheese, tortillas. Contains Dairy.	Per Serving: Kcals: 480, Fat: 15g, CHO: 43g, Pro: 43g
CHICKEN ENCHILADAS QUESO VERDE	Chicken breast, cream cheese, chicken broth, garlic, butter, salt, pepper, salsa verde, mozzarella & cheddar cheeses, flour tortillas. Contains Dairy.	Per Serving: Kcals: 550, Fat: 27g, CHO: 43g, Pro: 43g
CHICKEN FRICASSEE:	Chicken breast, butter, flour, olive oil, lemon juice, heavy whipping cream, minced garlic, brown sugar, salt, pepper. Served smashed baby reds. Contains Dairy.	Per Serving: Kcals: 538, Fat: 39g, CHO: 9g, Pro: 30g
CHICKEN FRIED RICE:	Chicken breast, peas, carrots, onions, garlic, eggs, rice, soy sauce, teriyaki sauce, sweet chili sauce, canola oil, sesame oil. Soy sauce does contain gluten. Contains sesame.	Per Serving: Kcals: 442, Fat: 15g, CHO: 38g, Pro: 33g
CHICKEN GRAMY AND BISCUITS:	Chicken breast, chicken base, thyme, salt, pepper, garlic powder, butter. flour. Contains Dairy.	Per Serving: Kcals: 304, Fat: 3g, CHO: 38g, Pro: 26g. **does not include biscuit **
CHICKEN PESTO PARM BOWL:	Chicken breast, garlic, basil, oregano, salt, pepper, parmesan cheese, pesto (containing pine nuts, parmesan cheese and olive oil), pilaf (rice + orzo + garlic), cannellini beans, lemon, spinach, cherry tomatoes	Per Serving: Kcals: 522, Fat: 25g, CHO: 42g, Pro: 35g **based on construction of the bowl**
CHICKEN PESTO STUFFING BAKE:	Chicken breast, garlic, onion, cream cheese, chicken broth, bread crumbs, herb seasoning, pesto. Contains Dairy.	Per Serving: Kcals: 280, Fat: 7g, CHO: 26g, Pro: 27g
CHICKEN SALSA VERDE:	Chicken breast, garlic, onion, cream cheese, salsa verde, cheddar jack cheese, rice, chicken broth. Contains Dairy.	Per Serving: Kcals: 430, Fat: 15g, CHO: 43g, Pro: 28g
CHICKEN STUFFING BAKE:	Chicken breast, garlic, onion, cream cheese, chicken broth, bread crumbs, herb seasoning. Contains Dairy.	Per Serving: Kcals: 280, Fat: 7g, CHO: 26g, Pro: 27g
CHICKEN TINGA BOWL	Chicken breast, garlic, onion, cumin, oregano, smoked paprika, salt, pepper, green chilis, tomato, adobo sauce. GSF	Per Serving: Kcals: 500, Fat: 9g, CHO: 58g, Pro: 53g ** based on construction of bowl**
CHICKEN TACOS:	Chicken breast, garlic, onion, salt, pepper, cumin, chili powder, oregano, corn tortillas. GSF	Per Serving: Kcals: 460, Fat: 27g, CHO: 26g, Pro: 26g **Based on 2 tacos**
CINNAMON FRENCH TOAST BAKE:	Eggs, milk, sugar, french bread, flour, brown sugar, cinnamon, salt, butter, breakfast sausage. Contains Dairy & Eggs.	Per Serving: Kcals: 370, Fat: 21g, CHO: 30g, Pro: 13g
CLASSIC BUTTER CHICKEN:	Chicken breast, vegetable oil, butter, garlic, ginger, cumin, garam masala, chili powder, paprika, turmeric, salt, tomato sauce, cream, parsley/mint/cilantro. Contains dairy, GSF:	Per Serving: Kcals: 491, Fat: 33g, CHO: 33g, Pro: 39g **Based on chicken and sauce alone, no rice.**
CLASSIC CHICKEN RICE CASSEROLE	Chicken breast, rice, cream of chicken soup, onion powder, pepper, cheddar cheese. Contains dairy	Per Serving: Kcals: 441, Fat: 25g, CHO: 37g, Pro: 17g
COLESLAW:	Shredded cabbage, shredded onion, salad dressing, white vinegar, celery salt, onion powder, salt & pepper. Contains Egg, GSF:	Per Serving: Kcals: 210, Fat: 18g, CHO: 10g, Pro: 1g
CORNCAKE:	Corn, milk, egg, cornmeal, sugar, cornbread mix. Contains Egg.	Per Serving: Kcals: 290, Fat: 11g, CHO: 43g, Pro: 6g
CUCUMBER SAUCE:	Sour cream, plain yogurt, whole milk, white vinegar, lemon juice, cucumber, green onions, feta cheese, oregano, lemon zest, salt & pepper. Contains Dairy, GSF:	Per Serving: Kcals: 50, Fat: 3.5g, CHO: 2g, Pro: 2g
CURRIED CARROT GINGER SOUP:	Oil/butter, onion, carrots, salt, garlic, ginger, honey, curry powder, chick peas, vegetable stock, coconut milk. Vegetarian, GSF	Per Serving: Kcals: 280, Fat: 19g, CHO: 25g, Pro: 6g
DILLY CHICKEN SALAD	Chicken, celery, onion, dill pickles, mayonnaise, lemon juice, pickle juice, garlic powder, salt, pepper, fresh dill. VEGAN	Per Serving: Kcals: 472, Fat: 34g, CHO: 20g, Pro: 18g
ENCHILADA SAUCE:	Flour, canola oil, oregano, salt, pepper, garlic, onion, cumin, paprika, chili powder, chicken broth, distilled white vinegar, brown sugar, tomato sauce	**nutrition varies based on the amount used.
EGG ROLL IN A BOWL:	Rice, ground pork, cabbage, green onions, garlic, soy sauce, ginger, siracha, sesame oil, green onions, wonton strips GSF without the wontons. Contains Sesame, **trace amounts of gluten in soy sauce	Per Serving: Kcals: 390, Fat: 24g, CHO: 30g, Pro: 12g
FARMERS MARKET SUMMER SUPPER	Potatoes, corn, carrots, onion, sausage, chicken breast, lemon, parsley, old bay, butter, garlic. GSF. Contains Dairy.	Per Serving: Kcals: 400, Fat: 14g, CHO: 37g, Pro: 33g
FIELD GREEN SALAD:	Fresh field greens with a vinaigrette. GSF	Per Serving: Kcals: 5, Fat: 0g, CHO: 1g, Pro: 0g
GREEK DRESSING:	Red wine vinegar, oil, mustard, lemon juice, honey, pepper, garlic powder, oregano, basil, salt	Per Serving: Kcals: 123, Fat: 13g, CHO: 6g, Pro: 1g
GRILLED CHICKEN GREEK SALAD:	Fresh greens, pepperoncini, black olives, red onion, cucumber, feta cheese, tomato, chickpeas, couscous, lemon, vinaigrette. GSF without the couscous	Per Serving: Kcals: 306, Fat: 20g, CHO: 15g, Pro: 22g
GRILLED CHICKEN PITAS:	Grilled chicken breast, marinated in an oregano/garlic/lemon vinaigrette. GSF without the pita.	Per Serving: Kcals: 170, Fat: 1.5g, CHO: 17g, Pro: 22g ** Includes 1/2 of a Pita **
HARVEST SALAD (ENTREE SALAD)	Grilled chicken breast, sweet potatoes, beets, craisins, field greens, sunflower seeds, sharp cheddar, cauliflower, kale. GSF. Contains Dairy	Per Serving: Kcals: 420, Fat: 32g, CHO: 16g, Pro: 16g
INA GARTEN PENNE ALLA VODKA:	Italian sausage, olive oil, onion, garlic, oregano, red pepper flakes, vodka, plum tomatoes, salt, pepper, penne, heavy cream, parmesan cheese. Contains Dairy.	Per Serving: Kcals: 612, Fat: 40g, CHO: 35g, Pro: 20g.
ITALIAN SALAD:	Fresh greens, pepperoncini, black olives, red onion, croutons.GSF without the croutons .	Per Serving: Kcals: 50, Fat: 2g, CHO: 7g, Pro: 1g ** without dressing **
ITALIAN VINAIGRETTE:	Italian seasoning, oil, mayonnaise, vinegar, water, sugar, salt, pepper, garlic powder, lemon juice. Contains eggs (mayo).	Per Serving: Kcals:90, Fat: 10g, CHO: 0g, Pro: 0g
LASAGNA:	Ricotta cheese, mozzarella cheese, parmesan cheese, parsley, garlic, crushed tomato, basil, ground beef, Italian sausage, salt, pepper, pasta noodles. Contains Dairy.	Per Serving: Kcals: 710, Fat: 37g, CHO: 48g, Pro: 40g
LEMON CAVATAPPI:	Chicken, butter, garlic, lemon zest, lemon juice, cream cheese, milk, water, chicken base, salt, pepper, cavatappi, tomato/arugula/ basil. Contains Dairy.	Per Serving: Kcals: 530, Fat: 23g, CHO: 41g, Pro: 20g
LEMON CHICKEN:	Chicken breast, butter, olive oil, lemon juice, minced garlic, brown sugar, salt, pepper. Served smashed baby reds. Contains Dairy, GSF	Per Serving: Kcals: 237, Fat: 3g, CHO: 40g, Pro: 4g
LOW COUNTRY BOIL:	Potatoes, corn, carrots, onion, sausage, chicken breast, lemon, parsley, old bay, butter, garlic. GSF. Contains Dairy.	Per Serving: Kcals: 400, Fat: 14g, CHO: 37g, Pro: 33g
MAC N CHEESE:	Cavatappi macaroni, Velveeta cheese, milk, hot sauce, salt and pepper, butter. Contains Dairy.	Per Serving: Kcals: 460, Fat: 19g, CHO: 52g, Pro: 18g
MARTHA'S MEATLOAF:	Ground beef, ground pork, bread crumbs, carrots, eggs, onions, parsley, ketchup, mustard, worcestershire sauce, salt, pepper. Contains Eggs.	Per Serving: Kcals: 510, Fat: 32g, CHO: 24g, Pro: 28g
MEATBALLS & RED SAUCE:	Ground beef, ground pork, eggs, bread crumbs, garlic, onion powder, pepper, oregano, salt, crushed tomatoes, diced tomatoes, garlic, oregano, salt, onion powder. Contains Eggs.	Per Serving: Kcals: 510, Fat: 34g, CHO: 17g, Pro: 31g
MEATBALL HOAGIES:	Ground beef, ground pork, eggs, bread crumbs, garlic, onion powder, pepper, oregano, salt, crushed tomatoes, diced tomatoes, garlic, oregano, salt, onion powder. Contains Eggs.	Per Serving: Kcals: 510, Fat: 34g, CHO: 17g, Pro: 31g
MEDITERRANEAN BEEF BOWL:	Ground beef, onions, garlic, parsley, dill, oregano, salt, pepper. GSF	Per Serving: Kcals: 472, Fat: 20g, CHO: 36g, Pro: 24g
MEXICAN MAC N CHEESE:	Elbow macaroni, ground beef, cream cheese, processed cheese food, hot sauce, taco seasoning, paprika, pepper, milk, salt and pepper, butter. Contains Dairy.	Per Serving: Kcals: 490, Fat: 25g, CHO: 42g, Pro: 23g
MEXICAN LASAGNA:	Shredded pork loin, flour tortillas, cheddar cheese, black beans, rice, corn, vegetable oil, flour, tomato sauce, chicken broth, oregano, cumin, paprika, garlic powder, onion powder, brown sugar, white vinegar, chili powder. Contains Dairy.	Per Serving: Kcals: 381, Fat: 12g, CHO: 52g, Pro: 19g
NEW POTATOES:	New potatoes boiled and tossed with butter, salt and pepper. Contains Dairy.	Per Serving: Kcals: 490, Fat: 25g, CHO: 42g, Pro: 23g
PASTA ROSA:	Penne (or other shaped pasta), cream cheese, chicken broth, milk, parmesan cheese, garlic, salt, pepper, parsley, marinara (or red sauce) Contains Dairy.	Per Serving: Kcals: 460, Fat: 19g, CHO: 52g, Pro: 18g
PIEROGI BAKE WITH KIELBASA:	Potato and cheddar filled pierogi, cream cheese, chicken broth, shredded cheddar cheese, garlic, green onions, diced tomato and salt & pepper. Contains Dairy.	Per Serving: Kcals: 480, Fat: 35g, CHO: 26g, Pro: 16g
POPPYSEED DRESSING:	Mayonnaise, sugar, cider vinegar, poppy seeds, mustard powder, onion powder. Contains Eggs (mayo).	Per Serving: Kcals: 120g, Fat: 11g, CHO: 6g, Pro: 0g
POPCUPINE MEATBALLS:	Minute rice, celery salt, ground beef, garlic, onion, tomato juice, green bell pepper, oregano, Worcestershire sauce. GSF	Per Serving: Kcals: 340g, Fat: 15g, CHO: 32g, Pro: 16g Per 2 2oz balls.
PORK CARNITAS RICE BAKE:	Rice, pork, black beans, sweet corn, cheddar cheese, taco seasoning. GSF	Per Serving: Kcals: 400, Fat: 9g, CHO: 48g, Pro: 29g
PORK ENCHILADAS:	Pork loin, cumin, garlic, onion, salt, pepper, chili powder, lime juice, flour tortillas, cheddar cheese, red enchilada sauce.	Per Serving: Kcals: 480, Fat: 15g, CHO: 43g, Pro: 43g
PULLED PORK CARNITAS TACO BOWLS:	Shredded pork seasoned with cumin, garlic powder, onion powder, chili powder, salt, pepper. Accompanied by rice, black beans, sour cream, salsa (tomatoes, green chilis, garlic, salt and pepper), shredded cheddar cheese. Tortilla chips.	Per Serving: Kcals: 650, Fat: 22 g, CHO: 72g, Pro: 42g. ** Includes all ingredients in bowl **
PULLED PORK SANDWICHES:	Mildly seasoned pork loin.GSF	Per Serving: Kcals: 190, Fat: 3.5g, CHO: 19g, Pro: 21g
RAMEN CRUNCH CHICKEN SALAD:	Chicken breast, silvered almonds, mandarin oranges, napa cabbage, shredded carrots. GSF, tree nuts.	Per Serving: Kcals: 300, Fat: 9g, CHO: 40g, Pro: 17g **excludes dressing**
RANCH DRESSING:	Classic ranch seasoning, mayonnaise, milk, dill weed. Contains Dairy.	Per Serving: Kcals: 140, Fat: 14g, CHO: 2g, Pro: 1g
RAVIOLI BOLOGNESE BAKE:	Cheese ravioli, Bolognese sauce (ground beef, tomato sauce, carrot, celery, onions, parsley, garlic, salt & pepper), mozzarella cheese. Contains Dairy.	Per Serving: Kcals: 570, Fat: 27g, CHO: 41g, Pro: 38g
RED WINE VINAIGRETTE:	Vinaigrette: white vinegar, red wine vinegar, sugar, granulated onion, salt, canola oil, celery salt, Dijon mustard. GSF	Per Serving: Kcals: 90, Fat: 9g, CHO: 2g, Pro: 0g
RICE PILAF:	Orzo, rice, butter, diced onion, garlic, chicken broth. Contains Dairy.	Per Serving: Kcals: 170, Fat: 5g, CHO: 28g, Pro: 4g
ROLLS:	** Rolls are brought in from a bakery **	Per Serving: Kcals 130, Fat: 1g, CHO: 24g, Pro: 5g
SALSA:	Tomatoes, jalapeno pepper, salt, garlic, black pepper, lime juice, granulated onion, green bell peppers, chilis. GSF	Per Serving: Kcals: 40, Fat: 0g, CHO: 9g, Pro: 1g
SAUSAGE TORTELLINI SOUP:	Italian mild sausage, cheese tortellini, carrots, onion, celery, heavy cream, tomato. Contains Dairy.	Per Serving: Kcals: 300, Fat: 17, CHO: 25g, Pro: 12g
SAVORY TURKEY MEATBALLS:	Ground turkey, bread crumbs, egg, garlic, lemon zest, parsley, yellow onion, black pepper, salt, cayenne, coriander and cumin. Contains Eggs.	Per Serving: Kcals: 140, Fat: 6g, CHO: 10g, Pro: 13g
SCALLOPED POTATOES WITH HAM:	Butter, onion, garlic, cream cheese, chicken broth, milk, cheddar cheese, thyme, salt, pepper, potatoes, ham GSF	Per Serving: Kcals: 600, Fat: 41, CHO: 11g, Pro: 42g
SESAME GREEN BEANS:	Fresh green beans, sesame oil, sesame seeds, garlic, soy sauce, salt. Contains sesame, soy sauce does contain gluten.	Per Serving: Kcals: 97, Fat: 7g, CHO: 9g, Pro: 3g
SESAME PEANUT CHICKEN:	Chicken breasts, pasta, peanut butter, sesame oil, soy sauce, brown sugar, apple cider vinegar, salt, pepper, onion, garlic, lime juice. Contains peanuts & sesame	Per Serving: Kcals: 564, Fat: 19g, CHO: 64g, Pro: 34g
SKINNY ORANGE CHICKEN:	Chicken breast, canola oil, garlic, orange juice, honey, soy sauce, rice wine vinegar, cornstarch, ground ginger, pepper, orange zest, red pepper flakes, green onions, sesame seeds. GSF. Contains sesame	Per Serving: Kcals: 288, Fat: 9g, CHO: 18g, Pro: 33g **Does not include rice**
SLOPPY JOE'S:	Ground beef, onion, ketchup, mustard, brown sugar, Worcestershire, salt and pepper. GSF minus rolls.	Per Serving: Kcals: 430, Fat: 15g, CHO: 45g, Pro: 28g ** Includes roll **
SPINACH APPLE SALAD (ENTREE SALAD)	Spinach, Apple, Feta, Craisins, Candied Walnuts, Quinoa & Grilled Chicken. GSF. Contains dairy (cheese), tree nuts	Per Serving: Kcals: 453, Fat: 18g, CHO: 49g, Pro: 29g
SPINACH & BERRY SALAD:	Spinach, berries. GSF	Per Serving: Kcals: 50, Fat: 0g, CHO: 12g, Pro: 1g
SPRING ARUGULA SALAD:	Chicken breast, lentils, arugula, feta, cherry tomatoes, sunflower seeds. Vinaigrette: white wine vinegar, dijon mustard, onion powder, salt, olive oil, pepper. GSF:	Per Serving: Kcals: 355, Fat: 12g, CHO: 48g, Pro: 17g **Includes all ingredients and dressing per serving**
SPRING MINISTRONE SOUP:	Aparagus, leeks, shell pasta, red potatoes, thyme, snap peas, white beans, chicken broth, salt, pepper.	Per Serving: Kcals: 366, Fat: 12g, CHO: 55g, Pro: 16g

