

S.E.A.L.S. Participant Menu

Breakfast Saturday-Sunday		Lunch Saturday		Dinner Saturday	
Glenview Farm Egg, Shell Large Grade A White Fresh Ref Allergen Info: Contains egg ingredients Ingredients: Eggs	Dinty Moore Beef Stew Allergens: Soy Ingredients present Ingredients: Beef Stock, Beef, Potatoes, Carrots, Contains 2% or less of Beef Fat, Corn Flour, Textured Vegetable Protein (Soy Flour, Caramel Color), Salt, Tomato Paste, Modified Cornstarch, Potato Starch, Mushroom Extract (Mushrooms, Maltodextrin), Caramel Color, Disodium Inosinate and Disodium Guanylate, Sugar, Flavoring.	Patuxent Farms Soz Boneless/Skinless Chicken Breast Ingredients: Raw single lobe chicken breast with rib meat. May contain up to 4% retained water.			
Patuxent Farms Bacon Fully Cooked Applewood Smoked Ingredients: Bacon, No Nitrate or Nitrite added except as natural occurring in sea salt and celery juice powder, Cured with water, sea salt, cane sugar, natural flavorings. No artificial ingredients, minimally processed.	Harvest Value Enriched Egg Noodles Allergen Info: Contains wheat and egg ingredients Ingredients: Enriched durum wheat flour (wheat flour, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), whole eggs	Uncle Bens Boil-In-Bag White Rice Ingredients: Rice Long Grain Parboiled, Iron, Niacin, Thiamine (Thiamin), Folate			
Mission Flour Tortilla 10" Allergen Information: Contains Wheat Ingredients: Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of: Salt, Sugar, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Antioxidants (Tocopherols, Ascorbic Acid, Citric Acid), Cellulose Gum, Guar Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite and/or Mono- and Diglycerides), Calcium Propionate and Sorbic Acid (to preserve freshness).	Hilltop Hearth Assorted Cookies Allergen Information: CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND TREE NUTS OATMEAL COOKIE INGREDIENTS: OATS, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, RAISIN PASTE, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF SALT, BAKING SODA, CINNAMON, NUTMEG, SOY LECITHIN CHOCOLATE CHIP COOKIE INGREDIENTS: WHEAT FLOUR, SEMISWEET CHOCOLATE (CHOCOLATE, SUGAR, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT), SUGAR, BUTTER (CREAM, SALT), CANOLA OIL, CONTAINS TWO PERCENT OR LESS OF NATURAL FLAVOR, BAKING SODA, SALT, VANILLA EXTRACT, EGGS.	Campbell Condensed Cream of Chicken Soup Allergen Information: CONTAINS WHEAT, MILK, EGG, AND SOY INGREDIENTS INGREDIENTS: CHICKEN STOCK, WATER, VEGETABLE OIL, MODIFIED FOOD STARCH, WHEAT FLOUR, CREAM (MILK), CONTAINS LESS THAN 2% OF: SALT, DEHYDRATED MECHANICALLY SEPARATED CHICKEN, SOY PROTEIN CONCENTRATE, MONOSODIUM GLUTAMATE, CHICKEN FAT, YEAST EXTRACT, FLAVORING, BETA CAROTENE FOR COLOR, CHICKEN FLAVOR, BUTTER (CREAM [MILK]).			
Rituals Brand Hot Cocoa Allergen Information: CONTAINS MILK AND SOY INGREDIENTS Ingredients: Sugar, Dairy Product Solids, Corn Syrup Solids, Vegetable(s) Oil (, Coconut Oil Partially Hydrogenated Or, Palm Kernel Oil Partially Hydrogenated and, Canola Oil Partially Hydrogenated, Palm Oil Hydrogenated, Soybean(s) Oil Hydrogenated, Cottonseed Oil Hydrogenated and/or, Safflower Oil Hydrogenated), Cocoa Processed With Alkali, Milk Non-Fat, Cellulose Gum, Salt, Sodium Caseinate, Potassium Phosphate, Sodium Aluminosilicate, Mono and Diglycerides, Guar Gum, Flavor(s) Artificial, Sucralose	Thirster Drink Mix Fruit Punch Allergen Information: Contains Phenylalanine Ingredients: Corn Sugar, Sugar, Citric Acid, Natural and Artificial Flavors, Red 40, Aspartame, Ascorbic Acid (vitamin C), Blue1.	Hunts Snack Pack Chocolate Pudding Allergen Information: CONTAINS MILK AND SOY INGREDIENTS INGREDIENTS: Non-fat milk, water, sugar, partially hydrogenated soybean oil, modified corn starch, cocoa (processed with alkali), less than 2% of: salt, sodium stearoyl lactylate, artificial flavors.			
RYKOFF SEXTON Orange Juice Ingredients: Florida Valencia Orange Juice, pasteurized all natural not from concentrate		Thirster Drink Mix Fruit Punch Allergen Information: Contains Phenylalanine Ingredients: Corn Sugar, Sugar, Citric Acid, Natural and Artificial Flavors, Red 40, Aspartame, Ascorbic Acid (vitamin C), Blue1.			
Cracker Barrel Friday Night		Cracker Barrel Saturday Night			
Carrots Ingredients: carrots	Passado Yellow Corn Tortilla Chips Ingredients: Whole grain corn, corn oil and or sunflower oil, salt				
Monarch Ranch Dressing Allergen Information: CONTAINS MILK AND EGG INGREDIENTS INGREDIENTS: BUTTERMILK, SOYBEAN OIL, VINEGAR, CORN SYRUP, EGG YOLK, CONTAINS LESS THAN 2% OF: SALT, MALTODEXTRIN, MODIFIED FOOD STARCH, GARLIC, ONION, SPICE, NATURAL FLAVOR, LACTIC ACID, SORBIC ACID, TITANIUM DIOXIDE, YEAST EXTRACT, XANTHAN GUM, PROPYLENE GLYCOL, ALGINATE, CALCIUM DISODIUM EDTA AS A PRESERVATIVE, SUNFLOWER OIL.	Passado Refried Beans INGREDIENTS: COOKED BEANS, WATER, SALT, VEGETABLE OIL (COTTONSEED), GARLIC.				
Glenview Farms Cheese Cubes-Swiss, Pepperjack, Cheddar Allergen Information: CONTAINS MILK Ingredients: Milk, Water, Whey, Whey Protein Concentrate, Sodium Citrate, Salt, Skim Milk, Milkfat, Sodium Phosphate, Sorbic Acid as a Preservative, Oleoresin Paprika (Color)Annatto (Color)Enzymes, Cheese Culture, with Starch Added for Slice Separation	Passado Salsa Ingredients: Crushed Tomatoes, (Water, Crushed Tomato Concentrate), Fresh Jalapeno Peppers, Diced Tomatoes in Tomato Juice, Fresh Onions, Dehydrated Onions, Distilled Vinegar, Salt, Water, Garlic, Natural Flavoring.				
Cattlemans Select Meatballs Allergen Information: CONTAINS WHEAT, EGG, AND SOY INGREDIENTS Mechanically Separated Chicken, Mechanically Separated Turkey, Water, Beef Textured Vegetable Protein Product, [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Panthotenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)].Vegetable Protein Product [Soy Protein Concentrate Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Panthotenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Bread Crumbs, [Bleached White Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Bell Peppers, Seasoning (Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate, Disodium Guanylate, Spice Extractives, Nonfat Dry Milk), Onions, Salt, Sodium Phosphate, Carmel Color, Set in Vegetable Oil.	Harvest Value Cheddar Cheese Sauce Allergen Information: CONTAINS MILK INGREDIENTS: CHEESE WHEY, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED FOOD STARCH, CHEESE (CHEDDAR CHEESE AND BLUE CHEESE [CULTURED MILK, SALT, ENZYMES]), SALT, SODIUM PHOSPHATE, NATURAL FLAVORS, MONOSODIUM GLUTAMATE, SODIUM STEAROYL LACTYLATE, MONO AND DIGLYCERIDES, VINEGAR, COLOR ADDED (INCLUDING FD&C YELLOW #5 AND FD&C YELLOW #6), LACTIC AND CITRIC ACIDS.				
Ragu Traditional Spaghetti Sauce Allergen Information: CONTAINS MILK INGREDIENTS: TOMATO PUREE (WATER, TOMATO PASTE), SOYBEAN OIL, SALT, SUGAR, DEHYDRATED ONIONS, EXTRA VIRGIN OLIVE OIL, SPICES, ROMANO CHEESE (PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), NATURAL FLAVOR.	Cattlemans Select Beef, 6 1/19 Ground Angus Ingredients: 100% Black Angus Trim				
Thirster Drink Mix Fruit Punch Allergen Information: Contains Phenylalanine Ingredients: Corn Sugar, Sugar, Citric Acid, Natural and Artificial Flavors, Red 40, Aspartame, Ascorbic Acid (vitamin C), Blue1.	Thirster Drink Mix Fruit Punch Allergen Information: Contains Phenylalanine Ingredients: Corn Sugar, Sugar, Citric Acid, Natural and Artificial Flavors, Red 40, Aspartame, Ascorbic Acid (vitamin C), Blue1.				
Hilltop Hearth Assorted Cookies Allergen Information: CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND TREE NUTS OATMEAL COOKIE INGREDIENTS: OATS, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, RAISIN PASTE, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF SALT, BAKING SODA, CINNAMON, NUTMEG, SOY LECITHIN CHOCOLATE CHIP COOKIE INGREDIENTS: WHEAT FLOUR, SEMISWEET CHOCOLATE (CHOCOLATE, SUGAR, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT), SUGAR, BUTTER (CREAM, SALT), CANOLA OIL, CONTAINS TWO PERCENT OR LESS OF NATURAL FLAVOR, BAKING SODA, SALT, VANILLA EXTRACT, EGGS.	Taco Seasoning Allergen Information: Contains Wheat Ingredients: Chili Pepper and Other Spices, Wheat Flour, Salt, Dextrose, Maltodextrin, Onion Powder, Garlic Powder, Disodium Inosinate, Extractive of Paprika (As Color), Spice Extractives, Onion Extractives, and Less Than 2% Silicon Dioxide to Prevent Caking.				