



## Snack Ingredients List

The information contained in this list is reported by each of the manufacturers or vendors. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. This information is effective as of August 9, 2017.

Single ingredient items, such as fruit, milk, vegetables, and 100% juice are not listed below. **Fresh fruit and vegetables along with other single ingredient items are offered daily.** For more information about these items, please contact the Dining Services Department.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. We encourage anyone with food sensitivities, allergies or special dietary needs to check with <http://diningservices.scps.us/> on a regular basis to obtain the most current information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:

Seminole County Public Schools  
Dining Services Department  
400 East Lake Mary Blvd.  
Sanford, FL 32773  
407-320-0226

## **SNACK INGREDIENTS LIST**

### **Applesauce, Cup (Mott's® Original)**

Ingredients: Apples, high fructose corn syrup, water, ascorbic acid (Vitamin C).

### **Bread, Sliced, Whole Grain (CEM®)**

Ingredients: Whole grain flour, unbleached enriched wheat flour (malted barley flour, niacin, iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), water, soybean oil, sugar, yeast, wheat gluten, salt, enzyme (wheat flour, enzyme).

### **Cereal, Apple Cinnamon (General Mills®)**

Ingredients: Whole grain oats, sugar, corn starch, oat bran, corn syrup, canola oil, apple puree concentrate, salt, refiner's syrup, cinnamon, trisodium phosphate, sodium citrate. vitamin e (mixed tocopherols) added to preserve freshness. vitamins and minerals: calcium carbonate, zinc and iron (mineral nutrients), vitamin c (sodium ascorbate), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), a b vitamin (folic acid), vitamin b12, vitamin d3. Gluten-free.

### **Cereal, Cinnamon Toast Crunch (General Mills®)**

Ingredients: Whole grain wheat, sugar, rice flour, rice bran and/or canola oil, fructose, maltodextrin, dextrose, salt, cinnamon, soy lecithin, trisodium phosphate, color added. bht added to preserve freshness. vitamins and minerals: calcium carbonate, zinc and iron (mineral nutrients), vitamin c (sodium ascorbate), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), a b vitamin (folic acid), vitamin b12, vitamin d3. Contains wheat and soy ingredients.

### **Cereal, Froot Loops (General Mills®)**

Ingredients: Sugar, corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), wheat flour, whole grain oat flour, oat fiber, soluble corn fiber, contains 2% or less of partially hydrogenated vegetable oil (coconut, soybean and/or cottonseed), salt, red 40, natural flavor, blue 2, turmeric color, yellow 6, annatto color, blue 1, bht for freshness. vitamins and minerals: vitamin c (sodium ascorbate and ascorbic acid), niacinamide, reduced iron, zinc oxide, vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin hydrochloride), vitamin a palmitate, folic acid, vitamin d, vitamin b12.

### **Cereal, Golden Grahams (General Mills®)**

Ingredients: Whole grain wheat, sugar, corn meal, brown sugar syrup, canola and/or rice bran oil, dextrose, baking soda, salt, trisodium phosphate, artificial flavor. BHT added to preserve freshness. vitamins and minerals: calcium carbonate, zinc and iron (mineral nutrients), vitamin c (sodium ascorbate), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), a b vitamin (folic acid), vitamin b12, vitamin d3. Contains: wheat.

**Cereal, Honey Nut Cheerios (General Mills®)**

Ingredients: Whole grain oats, sugar, oat bran, corn starch, honey, brown sugar syrup, salt, tripotassium phosphate, rice bran oil and/or canola oil, natural almond flavor. vitamin e (mixed tocopherols) added to preserve freshness. vitamins and minerals: calcium carbonate, zinc and iron (mineral nutrients), vitamin c (sodium ascorbate), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), a b vitamin (folic acid), vitamin b12, vitamin d3. Contains almond ingredients. Gluten-free

**Cereal, Trix (General Mills®)**

Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Canola Oil, Salt, Color (vegetable and fruit juice, turmeric extract and annatto extract), Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

**Cheese, Low-fat American, Sliced (Bongards®)**

Ingredients: Cultured skim milk and milk water sodium citrate salt potassium citrate artificial color (if colored) cream sorbic acid (added as a preservative), enzymes, soy lecithin (non-sticking agent).

**Cheese Stick, Mozzarella (Bongards®)**

Ingredients: Pasteurized part skim milk, cheese cultures, salt, enzymes.

**Cheese Stick, Colby Jack (Bongards®)**

Ingredients: Pasteurized milk, cheese culture, salt, enzymes, annatto color.

**Chips, Baked! Lay's BBQ Potato Crisps (Frito Lay®)**

Ingredients: Dried potatoes, corn starch, corn oil, sugar, salt, dextrose, soy lecithin, molasses (wheat starch, soy flour), onion powder, brown sugar, fructose, natural flavors (contains milk, barley, and chicken) torula yeast, chili pepper, tomato powder, soybean oil, garlic powder, citric acid, spices, paprika extract, yeast extract, and annatto extract (color). Contains Wheat, Soy, and Milk ingredients.

**Chips, Baked Sour Cream and Onions (Frito Lay®)**

Ingredients: dried potatoes, corn starch, corn oil, sugar, maltodextrin (made from corn), salt, soy lecithin, dextrose, whey, whey protein concentrate, onion powder, cheddar cheese (milk, cheese cultures, salt, enzymes), monosodium glutamate, blue cheese (milk, cheese cultures, salt, enzymes), citric acid, artificial color (yellow 6 lake, yellow 5 lake, yellow 5, yellow 6), skim milk, natural and artificial flavors, garlic powder, lactic acid, disodium inosinate, and disodium guanylate. contains milk and soy ingredients.

**Chips, Harvest Cheddar Snack Mix (SunChips®)**

Ingredients: Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Maltodextrin (Made from Corn), Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Natural Flavors, Whey, Whey Protein Concentrate, Onion Powder, Romano Cheese (Cow's Milk, Cheese Cultures, Salt, Enzymes), Buttermilk, Yeast Extract, Citric Acid, Paprika Extracts, Lactic Acid, Garlic Powder, Parmesan Cheese (Milk, Cheese Cultures, Salt, Enzymes), and Skim Milk. Contains Wheat and Milk ingredients.

**Chips, Oven Baked Crunchy Cheese Cheetos (Frito Lay®)**

Ingredients: Whole Corn Meal, Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Whey, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Salt, Maltodextrin (Made from Corn), Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid and Artificial Color (Yellow 6). Contains milk ingredients.

**Chips, Reduced Fat Cheetos Puffs (Frito Lay®)**

Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Whey, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Salt, Sea Minerals (Calcium Carbonate and Magnesium Carbonate), Maltodextrin (Made from Corn), Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, and Artificial Color (Yellow 6, Yellow 5). Contains milk ingredients.

**Chips, Reduced Fat Doritos, Cool Ranch (Frito Lay®):**

Ingredients: Whole corn, vegetable oil (corn, canola, soybean and/or sunflower oil), buttermilk, salt, corn dextrin, tomato powder, corn starch, whey, corn syrup solids, onion powder, garlic powder, monosodium glutamate, cheddar cheese (milk, cheese cultures, salt, enzymes), skim milk, sugar, dextrose, malic acid, sodium acetate, artificial color (including red 40, blue 1, yellow 5), sodium caseinate, disodium phosphate, spice, natural and artificial flavors, disodium

**Chips, Reduced Fat Doritos Nacho Cheese (Frito Lay®)**

Ingredients: Whole corn, corn, vegetable oil (corn, canola, and/or sunflower oil), corn dextrin, salt, cheddar cheese (milk, cheese cultures, salt, enzymes), whey, monosodium glutamate, buttermilk, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, corn flour, natural and artificial flavor, dextrose, tomato powder, lactose, spices, artificial color (including yellow 6, yellow 5, red 40), lactic acid, citric acid, sugar, garlic powder, skim milk, red and green bell pepper powder, disodium inosinate, and disodium guanylate. Contains Milk ingredients.

**Cookie, Chocolate Brownie (David's Cookies®)**

Ingredients: Whole wheat flour blend (whole wheat flour, enriched wheat flour (wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil blend (palm fruit, soybean and olive oils, water, salt, mono and diglycerides, soy lecithin, potassium sorbate as a preservative, natural flavor, vitamin A palmitate, beta carotene color), brown sugar, sugar, corn syrup, eggs, cocoa processed with alkali, prune paste, water, whey, baking powder (corn starch, sodium aluminum phosphate, baking soda, monocalcium phosphate), baking soda, natural vanilla flavor, salt. Contains egg, milk, soy, wheat.

**Cookie, Chocolate Chip (David's Cookies®)**

Ingredients: Whole wheat flour blend (whole wheat flour, enriched wheat flour (wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, brown sugar, vegetable oil blend (palm fruit, soybean and olive oils, water, salt, mono and diglycerides, soy lecithin, potassium sorbate as a preservative, natural flavor, vitamin A palmitate, beta carotene color), chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), eggs, corn syrup, prune paste, water, molasses, dextrose, whey, baking soda, salt, natural vanilla flavor, baking powder (sodium acid pyrophosphate, corn starch, baking soda, monocalcium phosphate). Contains: Egg, Milk, Soy, Wheat.

**Cookie, Oatmeal Raisin (David's Cookies®)**

Ingredients: whole grain flour blend (rolled oats, enriched wheat flour (wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole wheat flour), raisins, vegetable oil blend (palm fruit, soybean and olive oils, water, salt, mono and diglycerides, soy lecithin, potassium sorbate as a preservative, natural flavor, vitamin A palmitate, beta carotene color), brown sugar, sugar, prune paste, eggs, corn syrup, water, molasses, whey, modified corn starch, baking soda, natural vanilla flavor, baking powder (sodium acid pyrophosphate, corn starch, baking soda, monocalcium phosphate), cinnamon, salt. Contains: egg, milk, soy, wheat.

**Cookie, Sugar (David's Cookies®)**

Ingredients: wheat flour blend (whole wheat flour, enriched wheat flour (wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, vegetable oil blend (palm fruit, soybean and olive oils, water, salt, mono and diglycerides, soy lecithin, potassium sorbate as a preservative, natural flavor, vitamin A palmitate, beta carotene color), corn syrup, eggs, water, dextrose, whey, natural vanilla flavor, baking powder (sodium acid pyrophosphate, corn starch, baking soda, mono calcium phosphate), baking soda, salt. Contains egg, milk, soy, wheat.

**Cookie, States and Capital (Dick and Jane®)**

Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Sugar, Palm Oil, Canola Oil, Natural Flavors (contains milk), Honey, Baking Soda, Salt, Soy Lecithin.

**Cracker, Animal (Bake Crafters®)**

Ingredients: Whole Wheat Flour, Sugar, Sunflower Oil, Invert Syrup, Salt, Soy Lecithin (An Emulsifier), Leavenings (Monocalcium Phosphate, Ammonium Bicarbonate, Sodium Bicarbonate), Natural Flavors, Whole Egg Solids, Corn Syrup Solids.

**Cracker, Cheez-it (Sunshine®)**

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), white cheddar cheese (milk, cheese cultures, salt, enzymes), soybean oil (with TBHQ for freshness).

**Cracker, Elf Graham Original (Keebler®)**

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), sugar, vegetable oil (soybean and palm oil with TBHQ for freshness), honey, contains two percent or less of calcium carbonate, molasses, salt, baking soda, soy lecithin, vitamin A palmitate, bht for freshness. Contains: Wheat and Soy.

**Cracker, Goldfish Cheddar (Pepperidge Farm®)**

Ingredients: Whole grain wheat flour, unbleached enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], cheddar cheese [(pasteurized cultured milk, salt, enzymes), annatto], vegetable oils (canola, sunflower and/or soybean), salt, contains 2 percent or less of: autolyzed yeast, yeast, onion powder, leavening (baking soda, monocalcium phosphate) and spices.

**Cracker, Goldfish Colors Cheddar (Pepperidge Farm®)**

Ingredients: whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), canola and/or sunflower oils, cheddar cheese ([cultured milk, salt, enzymes], annatto), salt, contains 2% or less of: yeast, natural flavors, yeast extract, spices, celery, sugar, monocalcium phosphate, baking soda, onion powder, colors (beet, huito, and watermelon juice concentrates; paprika, turmeric, and annatto extracts). Contains: wheat, milk

**Cracker, Goldfish Pretzels (Pepperidge Farm®)**

Ingredients: Made with smiles and whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oils (canola and/or sunflower), salt, contains 2 percent or less of: baking powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), malted barley flour, nonfat milk. contains: wheat, milk.

**Craisins, Blueberry (Ocean Spray®)**

Ingredients: Cranberries, Sugar, Grape Juice Concentrate, Blueberry Juice Concentrate, Sunflower Oil.

**Craisins, Cherry (Ocean Spray®)**

Ingredients: cranberries, sugar, cherry juice concentrate, natural flavors, citric acid, sunflower oil.

**Dressing, Light Ranch, Dip Cup (Ken's)**

Ingredients: Buttermilk, Water, Vegetable Oil (Soybean And/Or Canola), Vinegar, Egg Yolk, Contains Less Than 2% Of: Salt, Cornstarch, Sugar, Disodium Inosinate And Disodium Guanylate, Nonfat Dry Milk, Xanthan Gum, Onion, Natural Buttermilk Flavor (Milk), Spice, Sorbic Acid As A Preservative, Cream, Lactic Acid, Corn Syrup Solids, Garlic, Guar Gum, Dipotassium Phosphate.

**Granola, Homemade**

Ingredients: Oatmeal (quick oats), Syrup, Sugar, Light Brown, Vanilla flavoring, Butter, Unsalted

**Granola Bar, Oats 'n Honey (Nature Valley®)**

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor. Contains soy; may contain peanut, almond and pecan ingredients

**Ham, Turkey Sliced (Jennie-O®)**

Ingredients: Turkey thigh meat with a portion of ground turkey thigh trim added, vinegar, sugar, contains 2% or less salt, natural flavor (celery juice powder), baking soda, natural smoke flavor

**Juice (Ardmore Farms®)**

**Apple Juice-** Ingredients: filtered water, 100% apple juice from concentrate

**Fruit Blend-** Ingredients: 100% fruit juice (filtered) water sufficient to reconstitute organic apple, organic strawberry and organic cherry juice concentrates) natural flavors, citric acid, ascorbic acid (vitamin c)

**Orange Juice-** Ingredients: 100% orange juice from concentrate

**Juice Box (Apple & Eve®)****Apple Juice**

Ingredients: 100% apple juice (filtered water sufficient to reconstitute apple juice concentrate), ascorbic acid (Vitamin C), calcium lactate, calcium gluconate, Vitamin A palmitate, Vitamin E acetate. Kosher

**Fruit Punch**

Ingredients: 100% fruit juice (filtered water sufficient to reconstitute apple, pear, jujube fruit, cherry, orange & pineapple juice concentrates), ascorbic acid, (Vitamin C), calcium lactate, calcium gluconate, natural flavors, citric acid, vegetable color. Vitamin A palmitate, Vitamin E acetate. Kosher

**Berry**

Ingredients: 100% fruit juice (filtered water sufficient to reconstitute apple, pear, jujube fruit, raspberry and strawberry juice concentrates), natural flavors, citric acid, ascorbic acid (Vitamin C), calcium lactate, calcium gluconate, vegetable color, Vitamin A palmitate, Vitamin E acetate

**Strawberry-Kiwi**

Ingredients: 100% juice (filtered water sufficient to reconstitute apple, pear, jujube fruit, strawberry and kiwi juice concentrates) natural flavors, citric acid, ascorbic acid, (vitamin C), calcium lactate, calcium gluconate, vegetable color, vitamin A palmitate, vitamin E acetate.

**Mayonnaise, Packet (Heinz®)**

Ingredients: Soybean oil, water, egg yolks, distilled vinegar, corn syrup, high fructose corn syrup, salt, spices, calcium disodium edta added to protect flavor, natural flavor.  
Contains: egg

**Milk, Chocolate (TrooMoo®)**

Ingredients: nonfat milk, sugar, contains less than 1% of: cocoa (processed with alkali), corn starch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3.

**Mustard, Packet (Heinz®)**

Ingredients: distilled vinegar, ground mustard seed, salt, turmeric, spices.

**Peach Cup**

Ingredients: Peaches; may be packed in sugar, syrup, ascorbic acid and citric acid or juice.

**Pear Cup (Advance Pierre®)**

Ingredients: Pears (diced pears, water, light syrup, sugar), potassium sorbate.

**Pineapple Cup (Advance Pierre®)**

Ingredients: Crushed pineapple (pineapple, pineapple juice, citric acid), pineapple tidbits (pineapple, pineapple juice, citric acid) potassium sorbate

**Popcorn, Kettle (Vic's®)**

Ingredients: Popcorn, sugar, corn syrup, sunflower and/or corn oil, soy lecithin, salt, baking soda.

**Popcorn, Sea Salted Caramel (Smartfood®)**

Ingredients: Popcorn, Expeller-Pressed Sunflower Oil, Sugar, Brown Sugar, Sea Salt, Organic Maltodextrin (Made from Corn), Organic Butter (Cream, Salt), Organic Skim Milk, Sunflower Oil, Organic Cream, Natural Flavors, and Purified Stevia Leaf Extract.

**Snack Mix, Munchies (Quaker®)**

**Ingredients: Quaker® squares** - Whole oat flour, whole wheat flour, brown sugar, sugar, maltodextrin (made from corn), malted barley extract, molasses, salt, calcium carbonate, sodium bicarbonate, natural flavor, ascorbic acid, corn syrup, artificial color (yellow 5, yellow 6), sodium ascorbate, reduced iron, tocopherol (vitamin e, antioxidant), bht (preservative), niacinamide (vitamin b3), zinc oxide, modified food starch, thiamin mononitrate (vitamin b1), folic acid, pyridoxine hydrochloride (vitamin b6), vitamin a palmitate, riboflavin (vitamin b2), and coconut oil. Contains a wheat ingredient.

**Rold Gold® brand Heartzels** - whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn syrup, corn oil, salt, yeast, ammonium bicarbonate. Contains wheat ingredients.

**Sunchips® Harvest Cheddar Minis** - whole corn, sunflower and/or canola oil, whole wheat, brown rice flour, whole oat flour, sugar, maltodextrin (made from corn), salt, cheddar cheese (milk, cheese cultures, salt, enzymes), natural flavors, whey, whey protein concentrate, onion powder, romano cheese (cow's milk, cheese cultures, salt, enzymes), buttermilk, yeast extract, citric acid, paprika extracts, lactic acid, garlic powder, parmesan cheese (milk, cheese cultures, salt, enzymes), and skim milk. Contains wheat and milk ingredients.

**Smartfood® brand Delight White Cheddar Cheese Popcorn** - popcorn, vegetable oil (corn, canola and/or sunflower oil), maltodextrin (made from corn), cheddar cheese (milk, cheese cultures, salt, enzymes), reduced lactose whey, salt, whey, whey protein concentrate, buttermilk, potassium chloride, natural flavors, yeast extract, lactic acid, and citric acid. Contains milk ingredients.

**Cheetos® brand Asteroids® Cheese Flavored Snacks** - enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, and folic acid), vegetable oil (corn, canola, and/or sunflower oil), cheese seasoning (whey, cheddar cheese [milk, cheese cultures, salt, enzymes], canola oil, maltodextrin [made from corn], salt, whey protein concentrate, monosodium

**Strawberry Cup** – Cut strawberries, strawberry puree, sugar.

**Turkey, Sliced (Jennie-O®)**

Ingredients: Turkey Breast Meat, Turkey Broth, Contains 2% or less Salt, Sugar, Rosemary Extract, Baking Soda

**Yogurt, Danimals, Strawberry Banana (Dannon®)**

Ingredients: Cultured grade a nonfat milk, sugar, water, modified corn starch, contains less than 1% of modified corn starch, kosher gelatin, beta carotene and vegetable juice (for color), natural flavors, agar agar, potassium sorbate (to maintain freshness), malic acid, vitamin d3, sodium citrate. contains active yogurt cultures. Contains milk.