



# Breakfast and Lunch Ingredients List

## Middle and High School

The information contained in this list is reported by each of the manufacturers or vendor. 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 February 28, 2018.

Single ingredient items, such as fruit, milk, vegetables, 100% juice and rice, 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 Department  
400 East Lake Mary Blvd.  
Sanford, FL 32773  
407-320-0226

## BREAKFAST INGREDIENTS

### **Bacon (Hormel®)**

Ingredients: Pork cured with water, salt, smoke flavoring, sugar, sodium diacetate, dextrose, sodium erythorbate, sodium nitrite.

### **Bagel-ful®, Apple Cinnamon**

Ingredients: Water, whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), apple cinnamon filling (water, sugar, evaporated apples, modified food starch, cellulose gel or gum, malic acid, cinnamon, natural flavors, salt, potassium sorbate [preservative], gellan gum, benzoate of soda [preservative], citric acid, nutmeg, sodium citrate), brown sugar, dough conditioners (wheat flour, sugar, corn flour, soybean oil, calcium sulfate, l-cysteine, ascorbic acid, calcium iodate, calcium peroxide, enzymes), vital wheat gluten, extract of malted barley and corn, bagel premix (dimagnesium phosphate, dicalcium phosphate, calcium carbonate, niacinamide, zinc oxide, thiamin mononitrate, pyridoxine hydrochloride, riboflavin), yeast (yeast, sorbitan monostearate, ascorbic acid), salt, ammonium sulfate. Contains milk, wheat, soy.

### **Bagel-ful®, Cinnamon Cream Cheese**

Ingredients: Water, Whole Wheat Flour, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Carob Bean Gum), Cinnamon Filling (Water, Sugar, Brown Sugar, Modified Food Starch, Cellulose Gel and Gum, Salt, Cinnamon, Natural Flavors, Fumaric Acid, Benzoate of Soda and Potassium Sorbate [preservatives], Gellan Gum, Sodium Citrate), Brown Sugar, Dough Conditioners (Wheat Flour, Sugar, Corn Flour, Soybean Oil, Calcium Sulfate, L-Cysteine, Ascorbic Acid, Calcium Iodate, Calcium Peroxide, Enzymes), Vital Wheat Gluten, Extract of Malted Barley and Corn, Bagel Premix (Dimagnesium Phosphate, Dicalcium Phosphate, Calcium Carbonate, Niacinamide, Zinc Oxide, Thiamin Mononitrate, Pyridoxine Hydrochloride, Riboflavin), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt, Ammonium Sulfate. Contains Milk, Wheat, Soy.

### **Biscuit, Honey Corn (Rich's®)**

Ingredients: Water, whole wheat flour and whole grain cornmeal/cornmeal flour blend (whole wheat flour, whole grain yellow corn meal, whole grain yellow corn flour), enriched unbleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), palm oil, sugar, leavening (sodium aluminum phosphate, baking soda), soybean oil, contains less than 2% of the following: natural flavors (contains milk ingredients), modified cornstarch, potassium chloride, artificial flavor, datem, salt, soy lecithin, honey. Contains: wheat, milk, soy. May contain egg and sesame

**Breakfast BeneFIT Bar, Apple Blueberry (J & J Snack Foods®)**

Ingredients: Whole wheat and enriched flour blend (whole wheat flour, wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, oats, interesterified soybean oil, eggs, invert syrup, dried apples, dried blueberries (blueberries, sugar, sunflower oil), white chocolate (sugar, cocoa butter, whole milk powder, skim milk powder, butteroil, soy lecithin [an emulsifier], vanilla extract), canola oil, whey, baking soda, natural flavors, inulin, xanthan gum, salt

**Breakfast BeneFIT Bar, Apple Cinnamon (J & J Snack Foods®)**

Ingredients: Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dried apples, oats, interesterified soybean oil, eggs, invert syrup, canola oil, molasses, leavening (baking soda, sodium acid pyrophosphate, corn starch), whey, natural flavors, inulin, xanthan gum, cinnamon, salt, soy lecithin.

**Breakfast BeneFIT Bar, Banana Chocolate (J & J Snack Foods®)**

Ingredients: Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin [an emulsifier], salt, vanilla), oats, eggs, interesterified soybean oil, invert syrup, banana puree (with added citric acid and/or ascorbic acid), canola oil, molasses, leavening (baking soda, sodium acid pyrophosphate, corn starch), whey, natural flavors, xanthan gum, inulin, salt, spice.

**Breakfast BeneFIT Bar, French Toast (J & J Snack Foods®)**

Ingredients: Whole wheat and enriched flour blend (whole wheat flour, wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, oat flour, eggs, interesterified soybean oil, invert syrup, maple syrup, canola oil, whey, natural flavors, xanthan gum, spice, salt, inulin, baking soda, soy lecithin.

**Breakfast BeneFIT Bar, Oatmeal Chocolate Chip (J & J Snack Foods®)**

Ingredients: Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), oats, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin [an emulsifier], vanilla), eggs, interesterified soybean oil, invert syrup, canola oil, molasses, whey, leavening (baking soda, sodium acid pyrophosphate, corn starch), natural flavors, inulin, xanthan gum, salt.

**Breakfast Bowl, Italian Sausage**

Ingredients: Biscuit, honey corn (Rich's®); cheese, low-fat Mozzarella, shredded (Bongards®); Eggs (Cargill®); milk, low-fat; tomato; bell peppers; sausage, Italian crumbles (Hormel®)

**Cereal, Apple Jacks (General Mills®)**

Ingredients: Corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), sugar, wheat flour, whole grain oat flour, oat fiber, contains 2% or less of partially hydrogenated vegetable oil (coconut, soybean and/or cottonseed), soluble corn fiber, salt, milled corn, dried apples, apple juice concentrate, cornstarch, cinnamon, modified corn starch, yellow 6, baking soda, turmeric color, natural flavor, blue 1, red 40. 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, Cinnamon Toast Crunch (General Mills®)**

Ingredients: Whole grain wheat, sugar, rice flour, canola oil, fructose, maltodextrin, dextrose, salt, cinnamon, trisodium phosphate, soy lecithin, caramel color. 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: : Corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), sugar, wheat flour, whole grain oat flour, contains 2% or less of oat fiber, hydrogenated vegetable oil (coconut, soybean and/or cottonseed), salt, soluble corn fiber, natural flavor, red 40, turmeric extract color, blue 1, yellow 6, annatto extract color. 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 b12, vitamin d3.

**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 ingredients.

**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.

**Cheese, Low-fat Mozzarella, Shredded (Bongards®)**

Ingredients: Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (to prevent caking), Natamycin (a natural mold inhibitor).

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

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

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

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

**Chicken Patty, 1.6 oz (Rich Chicks®)**

Ingredients: Antibiotic Free Chicken Breast with Rib Meat, Soy Protein Concentrate, Chicken Protein, Water, Salt, Isolated Oat Product. Seasoning Ingredients: Salt, Hydrolyzed Corn Gluten, Onion Powder, Spices, Wheat Flour, not more than 2% Silicon Dioxide added to prevent caking. Pre-dusted and Breaded With: Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Soybean Oil (As a Processing Aid), Spices, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Hydrolyzed Wheat Gluten, Garlic Powder, Soy Flour, Extractives of Paprika, Natural Flavors. Battered with: Water, Whole Wheat Flour, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Egg Whites, Spice Extractive, Cellulose Gum. Breeding Set in Soy Bean Oil.

**Eggs (Cargill®)**

Ingredients: Eggs (frozen, pasteurized, homogenized whole eggs with color stabilizer: citric acid)

**French Toast Sticks (Bake Crafters®)**

Ingredients: Whole wheat bread (whole wheat flour, water, enriched wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, salt, soybean oil, mono and diglycerides, calcium propionate (preservative), datem, calcium sulfate, citric acid, soy lecithin, grain vinegar, potassium iodate), water, whole wheat batter (whole wheat flour, sugar, enriched wheat flour [enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], dextrose, eggs, yellow corn flour, corn syrup solids, natural flavor, modified corn starch, salt, leavening (sodium aluminum phosphate, sodium bicarbonate), nonfat milk, spice, artificial flavor, modified cellulose gum, spice extractive), coating (enriched wheat flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], yellow corn flour, sugar, soy flour, salt, dextrose, leavening [sodium bicarbonate, monocalcium phosphate], yeast), soybean oil, cinnamon sugar (sugar, spices, natural flavor, silicon dioxide [added to prevent caking]).

**Jelly, Grape (Monarch®)**

Ingredients: grape juice, corn syrup, high fructose corn syrup, pectin, citric acid.

**Juice (Ardmore Farms®)**

**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.

**Fruit Blend**- Ingredients: 100% juice blend of orange, apple, pineapple and grape from concentrate

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

**Pancakes, Mini Maple (Bake Crafters®)**

Ingredients: Water, Whole Wheat Flour, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Maple Chips (Sugar, Wheat Flour, Soybean Oil, Soy Flour, Whey, Buttermilk, Invert Sugar Syrup, Eggs, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt, Mono & Diglyceride, Sorbic Acid, Potassium Sorbate, Enzyme.

**Quesadilla, Breakfast (Bacon, Egg, and Cheese)**

Ingredients: Tortilla 6", Cheese, Shredded Mozzarella (Bongards®), Cheese, Shredded Cheddar (Bongards®), Bacon (Hormel®), Salsa.

**Sausage Patty (Advanced Pierre®)**

Ingredients: Ground Pork, not more than 20% fat, seasoning (dextrose flavorings, hydrolyzed corn protien, carmel color), salt

**Scone, Apple-Cinnamon (FatCat®)**

Ingredients: FatCat Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, naicin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), cane sugar, apple sauce (apples, water, asocrbic acid), apples, nonfat milk, butter, vegetable oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), Kortinji cinnamon and salt. Glaze: Powdered cane sugar (sugar, corn starch), filtered water, Korintji cinnamon

**Scone, Cranberry Orange (FatCat®)**

Ingredients: FatCat Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, naicin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), cane sugar, apple sauce (apples, water, asocrbic acid), cranberries, nonfat milk, butter, vegetable oil, orange peel (orange peel, sugar, orange oil), baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), orange extract and salt. Glaze: Powdered cane sugar (sugar, corn starch), mandarin oranges

### **Scone, Lemon (FatCat®)**

Ingredients: FatCat Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), cane sugar, apple sauce (apples, water, ascorbic acid), nonfat milk, butter, lemon peel (lemon peel, sugar, lemon oil), vegetable oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), lemon extract and salt. Glaze: Powdered cane sugar (sugar, corn starch), filtered water, lemon peel (lemon peel, sugar, lemon oil) and lemon extract.

### **Scone, Pumpkin (FatCat®)**

Ingredients: FatCat Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), cane sugar, apple sauce (apples, water, ascorbic acid), pumpkin, nonfat milk, butter, vegetable oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), spices and salt. Glaze: Powdered cane sugar (sugar, corn starch), filtered water, Korintji cinnamon.

### **Scone, Strawberry (FatCat®)**

Ingredients: FatCat Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), cane sugar, apple sauce (apples, water, ascorbic acid), strawberries, nonfat milk, butter, vegetable oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), orange peel (orange peel, sugar, orange oil), strawberry extract, orange extract, and salt. Glaze: Powdered cane sugar (sugar, corn starch), strawberries, natural strawberry extract.

### **Smoothie, Peach-Mango**

Ingredients: Water, Yogurt (Yoplait®): Cultured pasteurized grade a low fat milk, sugar, modified corn starch, kosher gelatin, natural flavor, potassium sorbate added to maintain freshness, vitamin a acetate, vitamin D3. Peach Mango mix: reconstituted fruit and vegetable juice blend (water, mango puree concentrate, sweet potato juice concentrate, pineapple juice concentrate, carrot juice concentrate), peach puree, contains less than 2% of the following: natural flavors, pectin, citric acid, ascorbic acid (vitamin C), erythritol, alpha tocopherol acetate (vitamin E), calcium lactate, stevia leaf extract, beta carotene

### **Smoothie, Strawberry-Banana**

Ingredients: Water, Yogurt (Yoplait®), Strawberry Banana mix: Strawberry puree, banana puree, reconstituted fruit and vegetable juice blend (water, sweet potato juice concentrate, pear juice concentrate, carrot juice concentrate, deionized pineapple juice concentrate), contains less than 2% of the following: natural flavors, pectin, citric acid, ascorbic acid (vitamin c), erythritol, alpha tocopheryl acetate (vitamin e), stevia leaf extract; colored with vegetable juice. PLUS homemade granola if desired.

**Syrup (Heinz®)**

Ingredients: Sugar, water, corn syrup, corn starch, contains 2% or less of natural flavor, salt, citric acid, maple syrup

**Yogurt, Vanilla (Yoplait®)**

Ingredients: cultured pasteurized grade a low fat milk, sugar, modified corn starch, kosher gelatin, natural flavor, potassium sorbate added to maintain freshness, vitamin A acetate, vitamin D3.



## LUNCH INGREDIENTS LIST

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

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

### **Apple Topping**

Ingredients: Apple slices, sugar, cinnamon

### **Bacon (Hormel®)**

Ingredients: Pork, cured with water, salt, smoke flavoring, sugar, sodium diacetate, dextrose, sodium erythorbate, sodium nitrite.

### **Baked Ziti**

Ingredients: Pasta, penne (Roseli®) Spaghetti sauce (BELL O'ERTO®), Mozzarella cheese (Bongard's®), Italian Seasoning: oregano, thyme, basil, rosemary, sage

### **Beans, Baked**

Ingredients: Beans, vegetarian (Furmano's®), BBQ Sauce (Sweet Baby Ray's®)

### **Beans, Vegetarian (Furmanos®)**

Ingredients: White Beans, Water, Sugar, Tomato Paste, Salt, Onion Powder, Garlic Powder, Spice

### **Beans, Black, Seasoned**

Ingredients: Black beans (black beans, water, salt, calcium chloride), onion, green pepper, chili powder, garlic powder, cumin, oregano, vinegar, black pepper, cilantro

### **Beans, Refried**

Ingredients: Cooked beans (Santiago®): refried pinto beans, salt; enchilada sauce (Foothill farms®); topped with cheddar cheese (Bongards®)

### **Beef Crumbles (Pierre®)**

Ingredients: Ground Beef (No More Than 20% Fat), Water, Textured Vegetable Protein Product (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate [B1], Pyridoxine Hydrochloride [B6], Riboflavin [B2], Cyanocobalamin [B12], Salt, Flavorings, Sodium Phosphate.

**Beef Crumbles (Pierre®) Seasoned for Tacos**

Ingredients: ground beef (no more than 20% fat), water, textured vegetable protein product [soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)], salt, flavorings, sodium phosphate. Seasoned with dextrose, salt, corn flour, chili pepper, cumin, onion powder, garlic powder, oregano, citric acid, silicon dioxide (anticaking agent), extractives of paprika.

**Beef Patty, Flamed Grilled (Advance Pierre®)**

Ingredients: Beef, seasoning (salt, dextrose, natural flavors, spice), natural flavoring

**Beef Steak, Philly (Advance Pierre®)**

Ingredients: ground beef (not more than 20% fat), water, seasoning (brown sugar, corn syrup solids, dextrose, garlic powder, modified corn starch, tomato powder, lemon powder (lemon juice, maltodextrin), spices, hydrolyzed corn protein, onion powder, citric acid, tricalcium phosphate, grill flavor (in vegetable oil)), sugar, salt, sodium, phosphate.

**Black Bean Burger (Morning Star®)**

Ingredients: Water, black beans, brown rice, onions, corn oil, whole kernel corn, sodium caseinate, soy protein concentrate, egg whites, diced tomatoes, wheat gluten, bulgur wheat, green chiles, onion powder, contains two percent or less of calcium caseinate, cornstarch, tomato juice, yeast extract, spices, dextrose, salt, tomato powder, hydrolyzed vegetable protein (corn gluten, wheat gluten, soy protein), garlic powder, jalapeno pepper, citric acid, paprika (color), modified corn starch, soy sauce (soybeans, wheat, salt), xanthan gum, disodium inosinate, natural flavors, disodium guanylate, vitamin B1 (thiamin hydrochloride), caramel color.

**Bread, Flat (Father's Table®)**

Ingredients: White Whole Wheat Flour, Wheat Flour Enriched (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Vital Wheat Gluten, Sugar, Salt, Dough Conditioner (Mono & Diglycerides, Guar Gum, L-Cysteine (Vegetable Source), Enzymes), Calcium Propionate As a Mold Inhibitor, Oat Fiber.

Contains: Wheat, Soy

**Bread, Flat Rounds (Rich's®)**

Ingredients: Whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, soybean oil, contains less than 2% of the following: sugar, nonfat dry milk, salt, wheat gluten, sodium stearoyl lactylate, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), guar gum, enzymes.

**Bread, Hamburger Bun, Whole Grain (Baked Crafters®)**

Ingredients: Whole Wheat Flour, Enriched Wheat Flour, Sugar, Wheat Gluten, Soybean Oil, Yeast, Salt, Contains Less Than 2% Of Each Of The Following: Mono And Diglycerides, Sodium Stearoyl Lactylate, Calcium Propionate, Yeast Food, Monocalcium Phosphate.

**Bread, Hot Dog Bun, Whole Grain (Baked Crafters®)**

Ingredients: Wheat Flour, Unbleached Enriched Wheat Flour (Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate (Vitamin B-1), Riboflavin (Vitamin B-2), Folic Acid (A-B Vitamin), Water, Yeast Sugar, Soybean Oil, Salt, Dough Conditioners (Monocalcium Phosphate, Cornstarch, Calcium Sulfate, Corn Flour, Ammonium Sulfate, Sodium Stearoyl Lactylate, Ascorbic Acid), Azodicarbonamide, Calcium Peroxide, L-Cysteine, HCL, Enzymes, Calcium Propionate (Preservative). Contains: wheat

**Breadsticks, Garlic (Bake Crafters®)**

Ingredients: Breadstick: Whole Wheat Flour, Enriched Flour ({Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Malted Barley Flour), Water, Soybean Oil, Sugar, Contains Less Than 1%: Salt, Potassium Chloride, Yeast, Vegetable Protein, Ascorbic Acid, Enzymes. Spread: Vegetable Oil Blend (Soybean, Palm), Water, Garlic, Contains 2% Or Less: Salt, Sweet Cream Buttermilk, Spice, Mono And Diglycerides, Onion Powder, Soy Lecithin, Natural Flavor, Potassium Sorbate (Used To Protect Quality), Citric Acid, Beta Carotene (For Color), Vitamin A Palmitate.

**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).

**Butter Mist Spray (Butter Buds®)**

Ingredients: Canola oil, sunflower lecithin, concentrated natural butter flavor, salt, beta carotene (natural color), propellant. this product is not a significant source of vitamins & minerals

**Burrito, Stuffed**

Ingredients: Flour tortillas 10", Mexican rice, enchilada sauce (Foothill Farms®), beef crumbles for tacos (Pierre®) *or* chicken, fajita strips mozzarella cheese (Bongards®), cheddar cheese (Bongards®)

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

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

**Cheese, Cheddar, Shredded (Bongards®)**

Ingredients: Mild cheddar cheese(pasteurized milk, cheese culture, salt, enzymes, annatto (vegetable color) powder cellulose (to prevent caking) potassium sorbate natamycin (a preservative)

**Cheese, Low-fat Mozzarella, Shredded (Bongards®)**

Ingredients: Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (to prevent caking), Natamycin (a natural mold inhibitor).

**Cheese, Parmesan (Mosaic®)**

Ingredients: Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose added to prevent caking, salt, potassium sorbate (preservative).

**Cheese, Provolone (Bongards®)**

Ingredients: Pasteurized milk, cheese cultures, salt, enzymes, sorbic acid (preservative), color added, soy lecithin (for slice separation)

**Cheese Sauce for Nachos**

Ingredients: Low-fat american cheese (bongards®), low-fat cheddar cheese (bongards®), low-fat milk, water

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

Ingredients: pasteurized milk, cheese culture, salt, enzymes, annatto color

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

Ingredients: pasteurized part skim milk, cheese cultures, salt, enzymes

**Cheesy Eggs**

Ingredients: Eggs (frozen, pasteurized, homogenized whole eggs with color stabilizer), cheddar cheese (Bongards®)

**Chicken, BBQ**

Ingredients: Chicken, BBQ sauce (Sweet Baby Ray's®)

**Chicken, Diced**

Ingredients: White Meat Chicken, Dark Meat Chicken, Water, Potato Starch, Carrageenan, Xanthan Gum, Potassium Phosphate, and Sodium Phosphate.

**Chicken, Fajita Strips**

Ingredients: Dark meat chicken, water, seasoning (salt, spices, onion powder, garlic powder, dextrose, chili powder [spices, salt, garlic] modified food starch, grill flavor [maltodextrin, flavor {from vegetable oil}, modified food starch, corn syrup solids], lemon powder [corn syrup solids, and lemon juice solids], sugar, brown sugar, lime juice powder [corn syrup solids, lime juice solids, natural flavors], vinegar powder [maltodextrin, modified food starch, and vinegar solids], spice extractives, natural hickory smoke flavor, modified potato starch, sodium phosphates

**Chicken Fajitas**

Ingredients: Tortillas (Azteca® Flour 6"), Chicken, fajita strips. OPTIONAL TOPPINGS: cheddar cheese, fresh green peppers, red peppers, onions, lettuce, salsa

### **Chicken Nuggets, Breaded (Rich Chicks®)**

Ingredients: White Meat/Trim, Soy Protein Concentrate, Chicken Protein, Water, Seasoning (Salt, Hydrolyzed Corn Gluten, Onion Powder, Garlic Powder, Spices, Wheat Flour, not more than 2% Silicon Dioxide added to prevent caking), Salt, Isolated Oat Product. Pre-dusted and Breaded With: Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Soybean Oil (As a Processing Aid), Spices, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Hydrolyzed Wheat Gluten, Garlic Powder, Soy Flour, Extractives of Paprika, Natural Flavors. Battered with: Water, Whole Wheat Flour, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Egg Whites, Spice Extractive, Cellulose Gum. Breeding Set in Vegetable Oil. Allergens: Wheat, Egg, Soy

### **Chicken, Orange (Yang's®)**

Ingredients: Chicken: Dark meat chicken chunks, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, garlic, ginger, and green onion. Sauce: Sugar, vinegar, water, soy sauce (water, soybean, salt, sugar, wheat flour, extract of mushroom) modified starch, mandarin orange juice and peel, ginger, garlic, green onion and chili powder. Allergens: Egg products, soy, wheat, and citrus

### **Chicken Patty, Breaded 3 oz (Rich Chicks®)**

Ingredients: Antibiotic Free Chicken Breast with Rib Meat, Soy Protein Concentrate, Chicken Protein, Water, Salt, Isolated Oat Product. Pre-dusted and Breaded With: Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Soybean Oil (As a Processing Aid), Spices, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Hydrolyzed Wheat Gluten, Garlic Powder, Soy Flour, Extractives of Paprika, Natural Flavors. Battered with: Water, Whole Wheat Flour, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Egg Whites, Spice Extractive, Cellulose Gum. Breeding Set in Soy Bean Oil. Allergens: Wheat, Egg, and Soy

### **Chicken Patty, Grilled (Rich Chick's®)**

Ingredients: Antibiotic Free Chicken Breast with Rib Meat, Soy Protein Concentrate, Antibiotic Free Chicken Protein, Water, Salt, Isolated Oat Product. Seasoning  
Ingredients: Salt, Hydrolyzed Corn Protein, Onion Powder, Garlic Powder, Ascorbic Acid, Spices and not more than 2% Silicon Dioxide added to prevent caking.

### **Chicken, Popcorn, Breaded (Rich Chicks®)**

Ingredients: Antibiotic Free Chicken Breast with Rib Meat, Soy Protein Concentrate, Antibiotic Free Chicken Protein, Water, Seasoning (Salt, Hydrolyzed Corn Gluten, Onion Powder, Spices, Wheat Flour, not more than 2% Silicon Dioxide added to prevent caking), Salt, Isolated Oat Product. Pre-dusted and Breaded With: Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Soybean Oil (As a Processing Aid), Spices, Leavening (Sodium Aluminum

Phosphate, Sodium Bicarbonate), Hydrolyzed Wheat Gluten, Garlic Powder, Soy Flour, Extractives of Paprika, Natural Flavors. Battered with: Water, Whole Wheat Flour, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Egg Whites, Spice Extractive, Cellulose Gum. Breeding Set in Soy Bean Oil. Allergens: Wheat, Egg and Soy

#### **Chicken, Sriracha (Asian Solutions®)**

Ingredients: Diced Chicken Leg Meat, Water, Sodium Phosphates. BATTERED AND BREADED WITH: Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives. PREDUSTED WITH: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives of Paprika. SRIRACHA HONEY SAUCE: Water, Sugar, Chili Peppers, Maltodextrin, Garlic, Distilled Vinegar, Contains Less Than 2% Of Honey, Orange Juice Concentrate, Salt, Modified Corn Starch, Xanthan Gum, Citric Acid, Natural Flavor. Contains: wheat and eggs

#### **Chicken, Szechuan (Yang's®)**

Ingredients: Chicken: Chicken leg meat, water, sugar, soy sauce (water, soybeans, salt, sugar, wheat flour, extract of mushroom,), salt, lime juice 100%, garlic, ginger and green onion. Sauce: Sugar, water, vinegar, soy sauce (water, soybeans, salt, sugar, wheat flour, extract of mushroom), modified starch, hoisin sauce (sugar, water, sweet potato, salt, modified corn starch, soybeans, spices, sesame seeds, wheat flour, garlic, chili pepper and acetic acid), chili pepper, Sichuan peppercorn, garlic, ginger, and green onion Allergens: Soy, wheat, and citrus

#### **Chicken, Tenders (Rich Chicks®)**

Ingredients: Antibiotic Free Chicken Breast with Rib Meat, Soy Protein Concentrate, Chicken Protein, Water, Salt, Isolated Oat Product. Pre-dusted and Breaded With: Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Soybean Oil (As a Processing Aid), Spices, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Hydrolyzed Wheat Gluten, Garlic Powder, Soy Flour, Extractives of Paprika, Natural Flavors. Battered with: Water, Whole Wheat Flour, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Egg Whites, Spice Extractive, Cellulose Gum. Breeding Set in Soy Bean Oil.

**Chicken, Teriyaki (Yang's®)**

Ingredients: Chicken: Chicken leg meat, water, sugar, soy sauce (water, soy bean, salt, sugar, wheat flour, extract of mushroom) lime juice 100%, salt, garlic, ginger and green onion. Sauce: Water, sugar, soy sauce (water, soy beans, salt, sugar, wheat flour and extract of mushroom) modified starch, salt, garlic, lime juice, ginger and green onion. Allergens: Soy, wheat, and citrus

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

Ingredients: Dried Potatoes, Corn Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Onion Powder, Maltodextrin (Made from Corn), Dextrose, Brown Sugar, Molasses, Spices, Fructose, Tomato Powder, Garlic Powder, Yeast, Soybean Oil, Natural Flavors (Contains Milk), Sunflower Oil, Paprika, Acacia Gum, Paprika Extracts, Annatto Extracts and Caramel Color. Contains milk and soy ingredients.

**Chips, Baked Ruffles Cheddar and Sour Cream (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, Cheetos Puffs (Frito Lay®)**

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

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

Ingredients: whole corn, corn, vegetable oil (corn, canola, and/or sunflower oil), maltodextrin (made from corn), and less than 2% of the following: corn bran, salt, corn dextrin, tomato powder, corn starch, lactose, whey, skim milk, corn syrup solids, onion powder, sugar, garlic powder, monosodium glutamate, cheddar cheese (milk, cheese cultures, salt, enzymes), dextrose, malic acid, buttermilk, natural and artificial flavors, sodium acetate, artificial color (red 40, blue 1, yellow 5), sodium caseinate, spice, citric acid, disodium inosinate, and disodium guanylate. Contains milk ingredients.

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

Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Corn Dextrin, Maltodextrin (Made from Corn) and Less than 2% of the Following: Corn Bran, 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 Flavors, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (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.

**Chips, Tortilla for Nachos (Azteca®)**

Ingredients: whole ground corn (treated with lime), corn oil, salt

**Cole Slaw with Ken's Dressing®**

Ingredients: Fresh cabbage, red cabbage, carrots, soybean oil, sugar, water, vinegar, egg yolk, salt, contains less than 2% of: spices, polysorbate 60, xanthan gum, calcium disodium edta as a preservative.

**Cookie, 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, Rainbow (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, chocolate candies (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin, vanillin, corn syrup, gum arabic, artificial colors [ red 40 lake, yellow 6 lake, yellow 6, yellow 5 lake, blue 2 lake, blue 1 lake, yellow 5, blue 1], confectioner's glaze), sugar, eggs, water, corn syrup, prune paste, whey, molasses, baking soda, natural vanilla flavor, salt, baking powder (cornstarch, sodium aluminum phosphate, baking soda, monocalcium phosphate).

Contains: egg, milk, soy, wheat.

**Cookie, Red Velvet WG (David's Cookies®)**

Ingredients: Whole wheat flour blend (whole wheat flour, enriched wheat flour (wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, margarine (vegetable oil blend (palm fruit oil, soybean and olive oils), water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene color), brown sugar, white chocolate chips (sugar, cocoa butter, milk powder, soy lecithin, vanilla), water, eggs, corn syrup, prune paste, cocoa processed with alkali, whey, dextrose, artificial color (FD&C red #40 & #3, blue #1, yellow #6), molasses, baking soda, salt, natural vanilla flavor, baking powder (sodium acid pyrophosphate, corn starch, baking soda, mono calcium phosphate).

Contains: egg, milk, soy, wheat.

**Cookie, Sugar (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

**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).

**Dressing, Classic Caesar (Naturally Fresh®)**

Ingredients: Soybean oil, water, Parmesan & Romano Cheese (Pasteurized part-skim cow's milk, cheese culture, salt, and enzymes), vinegar, egg yolk, granulated garlic, anchovy paste (cured anchovies, salt, de-fatted soy flour, and water), salt, spices, olive oil, molasses, xanthan gum (food fiber), mustard seed, corn syrup, white wine, caramel color, sugar, tartaric acid, citric acid, tamarind, natural flavor. Contains milk, fish, egg, and soy

**Dressing, Golden Italian (Ken's®)**

Ingredients: soybean oil, vinegar, water, high fructose corn syrup, salt, contains less than 2% of: garlic, xanthan gum, onion, red bell pepper, spices, lemon juice concentrate, dextrose, beta carotene, paprika.

**Dressing, Honey Mustard (Ken's®)**

Ingredients: Soybean Oil, Prepared Mustard (Water, Vinegar, Mustard Seed, Salt, Turmeric, Spices), Vinegar, Sugar, Water, Egg Yolk, Honey, Corn Syrup, Contains less than 2% of: Salt, Xanthan Gum, Spices, Paprika, Turmeric. Contains: egg.

**Dressing, Honey Mustard (Naturally Fresh®)**

Ingredients: Soybean Oil, Vinegar, Water, Honey, Corn Syrup, Ground Mustard Seed, Apple Cider Vinegar, Sugar, Egg, Salt, Egg Yolk, Cinnamon, Turmeric & Paprika Color, Xanthan Gum (Food Fiber).

**Dressing, Italian (Heinz®)**

Ingredients: water, distilled vinegar, high fructose corn syrup, soybean oil, salt, modified food starch, dehydrated garlic, dehydrated bell peppers, propylene glycol alginate, dehydrated onion, xanthan gum, sodium benzoate and potassium sorbate as preservatives, dehydrated lemon peel, lemon juice concentrate, spices, artificial coloring.

**Dressing, Ranch (Ken's®)**

Ingredients: Soybean oil, water, buttermilk, egg yolk, distilled vinegar, contains less than 2% of: salt, monosodium glutamate, modified food starch, buttermilk solids, sugar, garlic, spices, xanthan gum, egg whites, onion, citric acid, sorbic acid, calcium disodium edta to protect flavor, natural flavor (milk).

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

Ingredients: Water, buttermilk, soybean oil, corn syrup, buttermilk solids, egg yolk, salt, contains less than 2% of: lemon juice concentrate, garlic, onion, potassium sorbate as a preservative, propylene glycol alginate, xanthum gum, spices, polysorbate 60, maltodextrin, yeast extract, sunflower oil

**Eggs (Glenview Farms<sup>®</sup>)**

Ingredients: Whole eggs, citric acid, .15% water added as a carrier for citric acid. Citric acid added to preserve color.

**Envy<sup>®</sup> Beverage**

**Acai Berry Ingredients:** 100% juice (filtered sparkling water sufficient to reconstitute juice concentrates, pear, apple, grape, lemon and acerola juice concentrates), natural flavors, calcium lactate, vegetable juice (color), acai puree, ascorbic acid (Vitamin C), vitamin A palmitate and Vitamin D3.

**Fruit Punch Ingredients:** 100% juice (filtered sparkling water sufficient to reconstitute juice concentrates, apple, pear and acerola juice concentrates), calcium lactate, natural flavor, ascorbic acid (Vitamin C), fruit and vegetable juice (color), vitamin A palmitate and Vitamin D3.

**Fuji Apple Ingredients:** 100% juice (filtered sparkling water sufficient to reconstitute juice concentrates, apple, pear and acerola juice concentrates), calcium lactate, ascorbic acid (Vitamin C), natural flavor, vitamin A palmitate and Vitamin D3.

**Fruit, Mixed (Anne Elise<sup>®</sup>)**

Ingredients: Diced peaches, diced pears, pineapple segments, water, sugar, citric acid

**Fruit Snack, Berries 'n Cherries (Welch's<sup>®</sup>)**

Ingredients: Fruit puree (pear, peach, strawberry, raspberry, blackberry, blueberry and cherry), corn syrup, sugar, modified corn starch, gelatin, citric acid, lactic acid, ascorbic acid (vitamin c), alpha tocopherol acetate (vitamin e), vitamin a palmitate, sodium citrate, coconut oil, carnauba wax, red 40, and blue 1.

**Fruit Snack, Mixed Fruit (Welch's<sup>®</sup>)**

Ingredients: Fruit puree (grape, peach, orange, strawberry and raspberry), corn syrup, sugar, modified corn starch, gelatin, concord grape juice from concentrate, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin c), alpha tocopherol acetate (vitamin e), vitamin a palmitate, sodium citrate, coconut oil, carnauba wax,) annatto (color) red 40, and blue 1.

**Gravy, Kentucky Style (Midas<sup>®</sup>)**

Ingredients: Modified food starch(CORN), bleached wheat flour, salt, chicken flavor (yeast extract, flavoring, salt), dextrose, chicken fat with extracts of rosemary, dipotassium phosphate, onion powder, caramel color, xanthan gum, spice and natural flavor.

**Ham, Turkey Sliced (Jennie-O<sup>®</sup>)**

Ingredients: Turkey Thigh Meat with a Portion of Ground Turkey Thigh Trim Added, Vinegar, Sugar, Contains 2% Or Less Sea Salt, Cultured Celery Powder, Salt, Potassium Chloride, Baking Soda, Natural Smoke Flavor.

**Ham, Turkey Diced (Jennie-O®)**

Ingredients: Turkey Thigh Meat with a Portion of Ground Turkey Thigh Trim Added, Vinegar, Sugar, Contains 2% or less Salt, Cultured Celery Powder, Potassium Chloride, Baking Soda, Natural Smoke Flavor

**Hot Dog, Turkey/Beef (Berk's®)**

Ingredients: mechanically separated turkey, beef, water, dextrose, spices, contains 2% or less: salt, potassium lactate, corn syrup solids, sodium phosphate, sodium erythorbate, flavorings, extractives of paprika, spice extractives, sodium nitrite.

**Ice Cream, Birthday Cake Yogurt Twister Cup (Hershey's®)**

Ingredients: Milk, nonfat milk, sugar, corn syrup, grade a nonfat dry milk, grade a whey protein concentrate, grade a dairy solids (whey protein concentrate, skim milk, and yogurt), yellow cake base flavor (corn syrup, water, propylene glycol, artificial flavoring, potassium sorbate, sodium benzoate, sulfites), mono & diglycerides, natural and artificial flavors, locust bean gum, guar gum, sodium citrate, calcium sulfate, carrageenan, sodium silicoaluminate, artificial colors fd & c, yellow #5 & #6, red #40, and blue #1. Live cultures added. Contains: milk.

**Ice Cream, Chocolate and Vanilla Twist Cone (Hershey's®)**

Ingredients: Ice cream (nonfat milk, sugar, high fructose corn syrup, whey cocoa, cream maltodextrin, mono & diglycerides, locust bean gum, cellulose gum, guar gum, food starch, polysorbate 80, carrageenan, calcium carbonate, vitamin A palmitate, artificial flavor), cone (bleached white flour, sugar, contains 2% or less of vegetable shortening [soybean and/or palm oil, soy lecithin, salt, caramel color and artificial flavor), chocolate sprinkles (sugar, cornstarch, palm oil, palm kernel oil, cocoa, cocoa [processed with alkali] soy lecithin, confectioners glaze, natural and artificial flavor, carnauba wax. Contains: Milk, soy, wheat

**Ice Cream, Chocolate Scooter Bar (Hershey's®)**

Ingredients: : Ice cream (nonfat milk, sugar, corn syrup, whey, cream, cellulose gel, mono & diglycerides, cellulose gum, polysorbate 80, carrageenan, artificial flavor and vitamin a palmitate), flavored center (water, sugar, cocoa [processed with alkali], whey, dextrose, caramel color, salt, locust bean & guar gums, carrageenan, artificial colors fd & c blue #1 & red #40, artificial flavoring), cake crunch (bleached wheat flour, sugar, vegetable shortening [partially hydrogenated oils-may contain soybean and/or cottonseed oil], caramel color, salt, cocoa, corn syrup, baking soda, artificial flavor and soy lecithin), dip coating (soybean oil, coconut oil, sugar, partially hydrogenated vegetable oil [palm kernel or cottonseed], nonfat milk powder, lecithin, salt, and vanillin. contains: wheat, soy, milk.

**Ice Cream, Cookies & Cream Cone (Hershey's®)**

Ingredients: Ice cream: nonfat milk, sugar, chocolate cookie crumb (enriched flour [wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid], sugar, cocoa processed with alkali, soybean and/or palm oils, high fructose corn syrup, chocolate liquor, salt, corn flour, dextrose, sodium bicarbonate, soy lecithin), corn syrup, whey, chocolate crunch (bleached wheat flour, sugar, caramel color, palm oil, contains 2% or less of: cocoa, baking soda, salt, soy lecithin), cream, cellulose gel, mono & diglycerides,

cellulose gum, polysorbate 80, carrageenan, calcium bicarbonate, natural & artificial flavor. Cone ingredients: bleached wheat flour, sugar, cocoa (processed with alkali), contains 2% or less of: vegetable shortening (soybean and/or palm oil, soy lecithin), salt, artificial flavor. Contains: milk, wheat, soy.

**Ice cream, Cotton Candy Twister Cup (Hershey's®)**

Ingredients: Milk, nonfat milk, sugar, corn syrup, grade a nonfat dry milk, grade a whey protein concentrate, grade a cultured dairy solids (whey protein concentrate, skim milk and yogurt), mono & diglycerides, artificial flavor, locust bean gum, guar gum, sodium citrate, calcium sulfate, carrageenan, sodium silicoaluminate, artificial colors fd & c red #40 & blue #1. Contains: milk.

**Ice cream, Crazy cone (Hershey's®)**

Ingredients: Ice cream (nonfat milk, sugar, corn syrup, whey, cream, cellulose gel, mono & diglycerides, cellulose gum, polysorbate 80, carrageenan, artificial flavor, artificial color fd & c blue #1 & yellow #5), cone (blended flour, sugar, partially hydrogenated shortening [contains soybean and/or cottonseed oil], lecithin, salt, caramel color and artificial flavoring. Contains: milk, wheat and soy.

**Ice Cream, Fudge bar (Hershey's®)**

Ingredients: nonfat milk, high fructose corn syrup, corn syrup, whey, cocoa (processed with alkali), mono & diglycerides, guar gum, polysorbate 80, carrageenan and vanillin. Contains: milk.

**Ice Cream, Minty Mint Sandwich (Hershey's®)**

Ingredients: Ice cream (nonfat milk, sugar, corn syrup, whey, cream, cellulose gel, mono & diglycerides, cellulose gum, polysorbate 80, carrageenan, natural mint flavor, artificial colors fd & c yellow #5 & 6, blue 1 and vitamin a palmitate), wafers (bleached wheat flour, sugar, caramel color, dextrose, palm oil, corn flour, contains 2% or less of: high fructose corn syrup, corn syrup, baking soda, modified cornstarch, salt, mono & diglycerides, soy lecithin, cocoa). Contains: milk, wheat and soy.

**Ice cream, Orange Blossom Bar**

Ingredients: Ice cream (nonfat milk, sugar, cream, cellulose gel, mono & diglycerides, cellulose gum, polysorbate 80, maltodextrin, carrageenan, sodium chloride, calcium carbonate, artificial flavor and vitamin a palmitate), orange sherbet (sugar, high fructose corn syrup, corn syrup, whey, orange puree [concentrated orange juice, water, natural flavor, pulp cells, gum tragacanth, artificial color fd & c yellow #6, citric acid], mono & diglycerides, guar gum, polysorbate 80, carrageenan and citric acid. Contains: milk.

**Ice Cream, Polar Blast Fruit Punch Bar (Hershey's®)**

Ingredients: apple juice from concentrate (water and concentrated apple juice), sugar, corn syrup, citric acid, natural and artificial flavors, ascorbic acid, guar gum, carrageenan and artificial color fd & c red #40.

**Ice Cream, Salted Caramel Brownie Crunch Bar (Hershey's®)**

Ingredients: Nonfat milk, sugar, corn syrup, whey, high fructose corn syrup, sea salt base (water, sea salt, natural & artificial flavor, caramel color, potassium sorbate), maltodextrin, mono & diglycerides, cellulose gum, guar gum, food starch, polysorbate 80, carrageenan, artificial flavor, calcium carbonate, vitamin a palmitate. flavored center: sugar, nonfat milk, corn syrup, milk protein concentrate, maltodextrin, whey, cocoa (processed with alkali), mono & diglycerides, guar gum, locust bean gum, carrageenan. cake crunch: bleached wheat flour, sugar, caramel color, palm oil, contains 2% or less of: cocoa, baking soda, salt, soy lecithin. dip coating: soybean oil, sugar, corn starch, coconut oil, palm oil, nonfat milk powder, soy lecithin, salt, vanillin, tbhq.

**Ice cream, Sour Blue Raspberry Twister Cup (Hershey's®)**

Ingredients: Apple juice (water and concentrated apple juice), sugar, corn syrup, citric acid, natural and artificial flavors, ascorbic acid, guar carob gums, carrageenan and artificial flavor and artificial color fd & c blue 1.

**Ice cream, Sour Apple Twister Cup (Hershey's®)**

Ingredients: Apple juice (water, concentrated apple juice), sugar, corn syrup, citric acid, natural & artificial flavors, ascorbic acid, guar & carob gums, mono & diglycerides, polysorbate 80, carrageenan, artificial flavor and artificial color fd & c blue #1

**Ice Cream, Strawberry Scooter Bar (Hershey's®)**

Ingredients: Ice cream (nonfat milk, sugar, corn syrup, whey, cream, cellulose gel, mono & diglycerides, cellulose gum, polysorbate 80, carrageenan, artificial flavor and vitamin a palmitate), flavored center (water, sugar, dextrose, adipic acid, artificial flavoring, locust bean gum, guar gum, propylene glycol alginate and fd & c red #40), cake crunch (bleached wheat flour, sugar, vegetable shortening [partially hydrogenated oils-soybean or cottonseed), salt, baking soda, artificial flavoring, soy lecithin, artificial color fd & c red #3), dip coating (soybean oil, coconut oil, sugar, partially hydrogenated vegetable oil [palm kernel or cottonseed], nonfat milk powder, lecithin, salt, and vanillin). Contains: wheat, soy, milk.

**Ice Cream, Vanilla Sandwich (Hershey's®)**

Ingredients: Ice cream: nonfat milk, sugar, corn syrup, whey, cream, cellulose gel, mono & diglycerides, cellulose gum, polysorbate 80, carrageenan, artificial flavor and vitamin a palmitate. wafers: bleached wheat flour, sugar, caramel color, dextrose, palm oil, corn flour. Contains 2% or less of: high fructose corn syrup, corn syrup, baking soda, modified corn starch, salt, mono and diglycerides, soy, lecithin and cocoa. Contains: milk, wheat, soy.

**Jalapeno Peppers (Vlassic®)**

Ingredients: fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate preservative, natural flavors, yellow 5, sodium metabisulfite

**Juice Box (Apple & Eve®)**

**Apple** -Ingredients: 100% apple juice (filtered water sufficient to reconstitute apple juice concentrate), calcium gluconate, calcium lactate, ascorbic acid (vitamin c) vitamin a palmitate.

**Fruit Punch**- Ingredients: 100% fruit juice (filtered water sufficient to reconstitute apple, pear, cherry and pineapple concentrates), natural flavors, calcium gluconate, calcium lactate, citric acid, ascorbic acid (vitamin c), vegetable color, vitamin a palmitate.

**Mixed Berry** -Ingredients: 100% 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.

**Juice Rush, Lemon Orange (Hershey®)**

Ingredients: Fruit juice (water, apple juice concentrate), natural flavoring, citric acid, artificial coloring: fd & c red #40, yellow #6, less than 2% of: xanthan, cellulose gum and guar gum

**Juice Rush, Strawberry Mango (Hershey®)**

Ingredients: Fruit juice (water, apple juice concentrate), natural flavoring, natural coloring, beta carotene and citric acid, less than 2% of: xanthan gum, cellulose gum, gum tragacanth and guar gum

**Ketchup, Packet (Heinz®)**

Ingredients: tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, potassium chloride, salt, spice, onion powder, natural flavoring.

**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

**Mayonnaise, Chipotle (Heinz®)**

Ingredients: Distilled white vinegar, corn syrup, soybean oil, water, egg yolks, modified cornstarch, high fructose corn syrup, salt, chipotle chili peppers, smoke flavor, vinegar, onion powder, mustard flour, sodium benzoate and potassium sorbate as preservatives, citric acid, calcium disodium edta add to protect flavor, natural flavor. Contains: egg

**Mayonnaise (Kraft®)**

Ingredients: Water, soybean oil, vinegar, modified food starch\*, egg yolks, contains less than 2% of salt, eggs, natural flavor, mustard flour, potassium sorbate\* and calcium disodium edta (as preservatives), phosphoric acid\*, oleoresin paprika\*\*ingredient not normally found in mayonnaise

**Meatballs, Pork (JTM®)**

Ingredients: Ground pork (no more than 20% fat), water, textured vegetable protein (soy protein concentrate, caramel color), bread crumbs (wheat flour, enriched, malted, bromated [wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid], water, palm oil, salt, sweet whey, sugar, yeast [natural yeast, sorbitan monostearate, ascorbic acid], calcium propionate, sodium metabisulfite), nonfat dry milk, seasoning (potassium chloride, natural flavor [contains maltodextrin]), dehydrated onion, sugar, salt, grated romano cheese (sheep's milk, cheese culture, salt, enzymes, calcium propionate), spice, caramel color, dehydrated garlic.

**Mustard, Packet (Heinz®)**

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

**Noodles, Lo Mein**

Ingredients: pasta, spaghetti, sweet chili sauce, vegetable oil, ponzu sauce

**Pasta, Penne (Roseli®)**

Ingredients: Whole Wheat Durum Flour, Durum Wheat Semolina And Durum Wheat Flour {Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)}.

**Pasta, Spaghetti (Roseli®)**

Ingredients: whole wheat durum flour, durum wheat semolina and durum wheat flour(enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)

**Pepperoni (Hormel®)**

Ingredients: pork and beef, salt, contains 2% or less of water, dextrose, natural spices, oleoresin of paprika, lactic acid starter culture, garlic powder, sodium nitrite, BHA, BHT, citric acid.

**Pineapple Tidbits (Dole®)**

Ingredients: Pineapple, sugar water, citric acid

**Pizza Crust, 16" (Tubito's Pizza®)**

Ingredients: water, whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), defatted soy flour, soybean oil, sugar, salt, dough conditioner (sodium bicarbonate, monocalcium, phosphate, l-cysteine, enzymes), yeast.



## Pizza

### **BBQ Chicken Pizza**

Ingredients: pizza crust (Tubito's pizza®), low-fat mozzarella cheese, shredded (Bongards®), cheddar cheese, shredded (Bongards®), diced chicken, barb-b-que sauce (sweet baby ray's®), red onions

### **Buffalo Chicken Ranch Pizza**

Ingredients: Pizza crust (Tubito's Pizza®), pizza sauce (Heinz Bell' Orto®), low-fat mozzarella cheese, shredded (Bongards®), cheddar cheese, shredded (Bongards®), diced chicken, sauce, Xtra Hot buffalo (Frank's Redhot®), ranch dressing (Ken's®)

### **Cheese Pizza**

Ingredients: Pizza crust (Tubito's Pizza®), pizza sauce (Heinz Bell' Orto®), low-fat mozzarella cheese, shredded (Bongards®)

### **Chicken Fajita**

Ingredients: Pizza crust (Tubito's Pizza®), Salsa (Pace®), chicken, diced; cheese, mozzarella (Bongards®), cheese, cheddar (Bongards®) onions, yellow peppers, red peppers, green peppers

### **Hawaiian**

Ingredients: Pizza crust (Tubito's Pizza®), pizza sauce (Heinz Bell' Orto®), low-fat mozzarella cheese, shredded (Bongards®), pineapple tidbits (Dole®), turkey-ham

### **Pepperoni**

Ingredients: Pizza crust (Tubito's Pizza®), pizza sauce (Heinz Bell' Orto®), low-fat mozzarella cheese, shredded (Bongards®), pepperoni (Hormel®)

### **Personal, Cheese**

Ingredients: Pizza crust (Tubito's Pizza®), pizza sauce (Heinz Bell' Orto®), low-fat mozzarella cheese, shredded (Bongards®)

### **Supreme:**

Ingredients: Pizza crust (Tubito's Pizza®), pizza sauce (Heinz Bell' Orto®), low-fat mozzarella cheese shredded, (Bongards®) Italian sausage, mushroom, red onion, green bell pepper

### **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.

**Potato, Baked Fries (McCain®)**

Ingredients: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Annatto (color), Corn Starch, Corn Starch - Modified, Dextrin, Dextrose, Extractives of Capsicum, Extractives of Paprika (color), Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Onion Powder, Paprika (color), Potassium Chloride, Potato Starch - Modified, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Spices, Tapioca Starch - Modified, Xanthan Gum.

**Potato, French Fries (Lamb Weston®)**

Ingredients: Potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), modified food starch (potato, corn, tapioca), rice flour, dextrin, salt, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dextrose, xanthum gum.

**Potato, Home Fries(Ore-Ida®)**

Ingredients: potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn). contains 2% or less of dextrose, sodium acid pyrophosphate added to maintain natural color

**Potato, Mashed (Basic American®)**

Ingredients: Potato, Canola Oil, Contains 2% or Less of: Salt, Mono and Diglycerides, Ascorbic Acid (Vitamin C), Natural and Artificial Flavor and Artificial Color. Freshness Preserved with Sodium Bisulfite, Sodium Acid Pyrophosphate, Citric Acid and BHT. Contains: Milk

**Potato, Sweet, Waffle Fries (Harvest Splendor®)**

Ingredients: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified, Potato Starch - Modified. Contains 2% or less of Baking Soda, Dextrin, Extractives of Paprika and Turmeric (color), Fiber (Pea, Oat, Corn), Molasses Powder (Refiners Syrup, Molasses), Rice Flour, Sat, Sodium Acid Pyrophosphate (Maintains Natural Color & Leavening), Sugar, Xanthan Gum.

**Pulled Pork Sandwich**

Ingredients: Pork Roast: Pork, vinegar, salt, chili, garlic, black pepper, brown sugar; Sauce, Barbeque (Sweet Baby Ray's®); Hamburger Bun, Whole Grain (Baked Crafters®)

**Queso Sauce for Nachos**

Ingredients: Chili with beans - red beans (dry), tomato, chili pepper, onion, sugar, salt, modified corn starch, spice, green bell pepper, garlic, citric acid, calcium chloride, natural flavor, American cheese (Bongards®), cheddar cheese (Bongards®), beef crumbles, milk

**Quesadilla, Chicken**

Ingredients: Mozzarella cheese (Bongards®), shredded, cheddar cheese, shredded (Bongards®), Butter Mist Spray, Tortillas, Flour, 10" (Azteca®), chicken fajita strips

**Quesadilla, BBQ Pork**

Ingredients: BBQ pulled pork (pork roast, light brown sugar, salt, garlic powder, cumin, cinnamon, mustard, Sweet Chili (Sweet Baby Ray's®) Sauce, Barbeque Sauce (Sweet Baby Ray's®); tortilla, flour 10" (El Mirasol®), cheddar cheese, shredded (Bongards®), scallions, Butter Mist Spray (Butter Buds®)

**Pork Patty, Rib-B-Que (Advance-Pierre®)**

Ingredients: ground pork (not more than 20% fat), water, seasoning (tomato powder (dehydrated tomato), dextrose, brown sugar, artificial vinegar (malic acid, sodium acetates, lactose, fumaric acid, artificial flavorings), powdered Worcestershire sauce (corn syrup solids, salt, garlic powder, sugar, spices, soy sauce solids (wheat, soybeans, salt, maltodextrin, caramel color), tamarind, natural flavor), spices, spice extractive, onion powder, natural smoke flavor, garlic powder), textured vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), Riboflavin (B2), Cyanocobalamin (B12)), Salt, Sodium Phosphates. CONTAINS: MILK, WHEAT, SOY

**Rice Krispies Treats (Kellogg's®)**

Ingredients: Whole grain brown rice, corn syrup, fructose, soybean and palm oil with tbhq for freshness, sugar, corn syrup solids, contains 2% or less of glycerin, dextrose, salt, gelatin, natural and artificial butter flavor (contains milk), datem, natural and artificial marshmallow flavor, acetylated monoglycerides, iron, bht (preservative), niacinamide, vitamin b1 (thiamin hydrochloride), vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), soy lecithin. Contains: milk and soy), Vitamin B6. Contains: milk and soy

**Rice, Mexican with seasoning (McCormick®)**

Ingredients: brown rice, maltodextrin, onion, salt, spices (including paprika and parsley), green and red bell peppers, autolyzed yeast extract, garlic powder, sugar, beet powder (for color), citric acid, silicon dioxide (prevents caking), natural flavors, and butter

**Roll, Wheat Dinner (Bake Crafters®)**

Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Sugar, Contains 2% or less of the Following Ingredients: Salt, Cracked Wheat, Wheat Gluten, Sodium Stearoyl Lactylate, Datem, Calcium Sulfate, Soybean Oil, Enzymes, L-Cysteine, Calcium Peroxide, Potassium Iodate, Corn Meal, Calcium Propionate

**Roll, Sub (Bake Crafters®)**

Ingredients: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid [as a dough conditioner], Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yeast, Contains 2% or less of the Following Ingredients; Salt, Sugar, Sodium Stearoyl Lactylate, Datem, Calcium Sulfate, Wheat Gluten, Soybean Oil, Enzymes, Vegetable Protein (Corn Based), Calcium Peroxide, Potassium Iodate, Corn Meal, Calcium Propionate (as a mold inhibitor)

### **Salad, Chef**

Ingredients: Lettuce, romaine, spinach, tomato, cucumber and carrots with choice of turkey (Jennie-O®), turkey ham (Jennie-O®), tuna salad mix, egg or cheese (Bongards) with specialty crackers on side. Ranch or other dressing upon request.

### **Salad, Side**

Ingredients: lettuce, romaine, spinach, tomato, cucumber and carrots.

### **Salami, Turkey (Jennie-0)**

Ingredients: Turkey, Water, Seasoning (Sugar, Spices, Garlic Powder), Contains 2% or less Sea Salt, Cultured Celery Powder, Salt, Natural Smoke Flavoring.

### **Salsa (Pace®)**

Ingredients: crushed tomatoes water, concentrated crushed tomatoes), fresh onions, fresh jalapeno peppers, diced tomatoes in tomato juice, distilled vinegar, salt, dehydrated onions, garlic and natural flavoring.

### **Sandwiches**

#### **BBQ Pork Stacker**

Ingredients: Pork (Pork Roast, brown sugar, salt, garlic powder, cumin, cinnamon, mustard), Bread, Hamburger Bun, Whole Grain (Baked Crafters®), BBQ Sauce (Sweet Baby Ray's®), Coleslaw, Jalapeno peppers (Vlassic®) *optional*

### **Flatbreads**

#### **Buffalo Chicken Flatbread**

Ingredients: Flatbread (Father's table ®), chicken, diced, Buffalo wing mild sauce (Frank's®), ranch dressing (Ken's), shredded mozzarella cheese (Bongards®), cheddar cheese (Bongards®)

#### **Turkey Bacon Flatbread**

Ingredients: Flatbread (Father's table ®), turkey, sliced (Jennie-O®), dressing, honey mustard (Naturally Fresh®), bacon (Hormel®), shredded mozzarella cheese (Bongards®), cheddar cheese (Bongards®)

#### **Sausage, Italian Crumbles (Hormel®)**

Ingredients: pork, water, textured vegetable protein (soy flour, soy protein concentrate, isolated soy protein, caramel color), seasoning (sugar, spices), salt, sodium phosphates

#### **Sauce, Barbeque (Sweet Baby Ray's ®)**

Ingredients: high fructose corn syrup, distilled vinegar, tomato paste, modified food starch, contains less than 2% of: salt, pineapple juice concentrate, natural smoke flavor, spices, caramel color, sodium benzoate as a preservative, molasses, corn syrup, garlic, sugar, tamarind, natural flavor.

**Sauce, Barbeque, Dip Cup (Taste Pleasers®)**

Ingredients: Water, high fructose corn syrup, corn syrup, tomato paste, distilled vinegar, salt, modified food starch, natural flavors, spices, caramel color, potassium sorbate and sodium benzoate as preservatives

**Sauce, Boom Boom (Ken's®)**

Ingredients: Soybean oil, water, distilled vinegar, sugar, egg yolk, aged cayenne pepper, salt, contains less than 2% of: garlic, red bell pepper, chili, chili de arbol pepper, spice, plum, rice vinegar, potassium sorbate, sodium benzoate and calcium disodium edta as preservatives, paprika, shallots, modified food starch, annatto/turmeric, white wine, xanthan gum, sodium metabisulfite, citric acid, tartaric acid, natural flavor. Contains eggs

**Sauce, Buffalo Wing Mild (Frank's®)**

Ingredients: Distilled vinegar, aged cayenne red peppers, salt, water, modified food starch, canola oil, paprika, carrot fiber, xanthan gum, natural butter type flavor and garlic powder

**Sauce, Enchilada (Foothill Farms®)**

Ingredients: Modified Food Starch, Tomato Powder, Spice (includes Guajillo Chile Pepper), Maltodextrin, Salt, Soybean Oil, Onion Powder, Garlic Powder, White Distilled Vinegar, Paprika, Xanthan Gum, Disodium Inosinate & Disodium Guanylate, Contains 2% Or Less Silicon Dioxide (Anticaking).

**Sauce, Honey Mustard, Dip Cup (Taste Pleasers®)**

Ingredients: Water, soybean oil, high fructose corn syrup, distilled vinegar, modified food starch, sugar, egg yolk, mustard seed, salt, honey, turmeric, mustard bran, caramel color, apo-carotenal, xanthan gum, sodium benzoate as a preservative, corn syrup, paprika, calcium disodium edta to protect flavor, yellow #5, natural flavor. Contains: egg

**Sauce, Hot (Heinz®)**

Ingredients: peppers, vinegar, salt, xanthan gum, and benzoate of soda (to preserve freshness and flavor).

**Sauce, Orange-Chipotle (Midas®)**

Ingredients: Brown sugar, corn syrup solids, sugar, fructose, modified food starch (CORN), soybean oil, ascorbic acid, molasses powder [molasses, soy flour, wheat starch, soybean oil, silicon dioxide (anti-caking agent) and hydroxylated lecithin (processing aid)], sodium diacetate, spice, natural flavors (including orange juice solids) with BHT, maltodextrin, dehydrated garlic, dehydrated ginger, citric acid, dehydrated onion, tetra sodium pyrophosphate, xanthan gum, artificial color (yellow #6) and less than 2% silicon dioxide added to reduce caking.

**Sauce, Pizza (Heinz Bell' Orto®)**

Ingredients: Tomato Puree (from vine ripe fresh tomatoes), Salt, Sugar, Extra Virgin Olive Oil, Spices, and Garlic Powder.

**Sauce, Ponzu, Lime (Kikoman®)**

Ingredients: Water, soy sauce (water, soybeans, wheat, salt, alcohol), vinegar, sugar, salt, lime juice concentrate, natural flavor, yeast extract, sodium benzoate: less than 1/10 of 1% as a preservative

**Sauce, Spaghetti (Heinz Bell O'rto®)**

Ingredients: Peeled ground tomatoes, tomato purée, extra virgin olive oil, garlic, salt, carrot purée, dehydrated onions, sugar, basil, spices

**Sauce, Sweet Chili (Sweet Baby Ray's®)**

Ingredients: High Fructose Corn Syrup, Sugar, Water, Vinegar, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Chili Puree (Water, aged cayenne pepper, red bell pepper, salt, chili de arbol; pepper, vinegar, potassium sorbate [preservative], sodium metabisulfite, xanthan gum), Cayenne Pepper Sauce (Aged Red Peppers, Vinegar, Salt, Xanthan Gum, Garlic Powder), Chili Sauce (Red Chili, Vinegar, Sugar, Salt, Garlic, Acetic Acid, Lactic Acid, Red Chili Powder, Xanthan Gum, Potassium Sorbate and Sodium Bisulfite [preservatives]), Modified Food Starch, Contains less than 2% of Chicken Base (Chicken Meat with Natural Juices, Salt, Sugar, Chicken Fat, Hydrolyzed [Corn, Wheat, Soy] Protein, Dried Whey, Maltodextrin, Natural Flavors, Cottonseed Oil, Corn Oil, Disodium Inosinate and Disodium Guanylate, Autolyzed Yeast Extract, Dextrose, Turmeric and Annatto extracts), Dehydrated Garlic, Dehydrated Red Bell Pepper, Paprika, Potassium Sorbate (preservative), Salt, Sodium Benzoate (preservative), Spice, Vegetable Oil (Soybean and/or Canola), Xanthan Gum. Contains: Milk, Wheat, Soy

**Sauce, XTRA Hot Buffalo (Frank's Redhot®)**

Ingredients: Distilled Vinegar, Aged Cayenne Red Peppers, Salt, Water, Canola Oil, Paprika, Natural Flavor, Xanthan Gum, Natural Butter Type Flavor and Garlic Powder.

**Sausage Patty (Advanced Pierre®)**

Ingredients: Ground Pork, not more than 20% fat, seasoning (dextrose flavorings, hydrolyzed corn protein, carmel color), salt

**Shrimp Poppers (Sea Pak®)**

Ingredients: Minced shrimp, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B-12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), food starch-modified, salt, contains 2% or less of each of the following: bleached wheat flour, citric acid, dehydrated garlic, dextrose, disodium guanylate, disodium inosinate, distilled vinegar, egg, enriched yellow corn flour (corn flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), hydrolyzed soy protein, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), maltodextrin, methylcellulose, natural flavors, natural shrimp flavor, nonfat milk, oleoresin paprika, polysorbate 80, powdered cellulose, sodium alginate, sodium bisulfite (as a preservative), sodium tripolyphosphate (to retain moisture), sugar, textured soy flour, water, whey, yeast, yellow corn flour, yellow corn meal. Contains: shrimp, wheat, soy, milk, egg

**Smoothie, Peach-Mango**

Ingredients: Water, Yogurt (Yoplait®): Cultured pasteurized grade a low fat milk, sugar, modified corn starch, kosher gelatin, natural flavor, potassium sorbate added to maintain freshness, vitamin a acetate, vitamin D3. Peach Mango mix: reconstituted fruit and vegetable juice blend (water, mango puree concentrate, sweet potato juice concentrate, pineapple juice concentrate, carrot juice concentrate), peach puree, contains less than 2% of the following: natural flavors, pectin, citric acid, ascorbic acid (vitamin C), erythritol, alpha tocopherol acetate (vitamin E), calcium lactate, stevia leaf extract, beta carotene

**Smoothie, Strawberry-Banana**

Ingredients: Water, Yogurt (Yoplait®): Cultured pasteurized grade a low fat milk, sugar, modified corn starch, kosher gelatin, natural flavor, potassium sorbate added to maintain freshness, vitamin a acetate, vitamin D3. Strawberry Banana mix: strawberry puree, banana puree, reconstituted fruit and vegetable juice blend (water, sweet potato juice concentrate, pear juice concentrate, carrot juice concentrate, deionized pineapple juice concentrate), contains less than 2% of the following: natural flavors, pectin, citric acid, ascorbic acid (vitamin c), erythritol, alpha tocopheryl acetate (vitamin e), stevia leaf extract; colored with vegetable juice. PLUS homemade granola if desired.

**Snack Mix, Harvest Cheddar (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.

**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 Topping**

Ingredients: Sliced strawberries, sugar, vanilla extract, cornstarch

## **Subs**

### **Chicken Parmesan Sub**

Ingredients: Roll, Sub (Bake Crafters®), Popcorn Chicken (Rich Chicks®), Pizza Sauce (Heinz Bell' Orto®), Mozzarella Cheese (Bongards®)

### **Deli Trio Sub**

Ingredients: Roll, Sub (Bake Crafters®), American Cheese (Bongards®), Turkey Breast, Turkey Ham (Jennie-O®), Pepperoni (Hormel®), Turkey Salami (Jennie-O®),

### **Ham and Cheese Sub**

Ingredients: Roll, Sub (Bake Crafters®), American Cheese (Bongards®), Turkey Ham (Jennie-O®), shredded iceberg and romaine lettuce, tomatoes

### **Hot Italian Sub**

Ingredients: Roll, Sub (Bake Crafters®), Golden Italian Dressing (Ken's®), Turkey Ham, Sliced (Jennie-O®), Turkey Salami (Jennie-O®), Pepperoni (Hormel®), Mozzarella Cheese (Bongards®)

### **Meatball Sub**

Ingredients: Roll, Sub (Bake Crafters®), Meatballs, Pork (JTM®), Marinara Sauce (Heinz Bell O'rto®), Mozzarella Cheese (Bongards®)

### **Philly Cheesesteak**

Ingredients: Roll, Sub (Bake Crafters®), Beef Steak, Philly (Advance Pierre®), onions, Provolone Cheese (Bongards®)

### **Sweet Chili Sub**

Ingredients: Roll, Sub (Bake Crafters®), Sweet Chili Sauce (Sweet Baby Ray's), Mayonnaise (Kraft®) Popcorn Chicken (Rich Chicks®), Mozzarella Cheese (Bongards®), Cheddar Cheese (Bongards®)



**Turkey Bacon Melt Sub**

Ingredients: Roll, Sub (Bake Crafters®), Honey Mustard Dressing (Naturally Fresh®), Turkey Breast, Sliced (Jennie-O®), Bacon (Fast 'N Easy®), Mozzarella Cheese (Bongards®), Cheddar Cheese (Bongards®)

**Turkey and Cheese Sub**

Ingredients: Roll, Sub (Bake Crafters®), American Cheese (Bongards®), Turkey, Sliced (Jennie-O®), shredded iceberg and romaine lettuce, tomatoes

**Sunflower Seeds, Honey Roasted (Sunrich Naturals®)**

Ingredients: Sunflower Kernels, Sugar, Sunflower Oil, Honey, Salt, Maltodextrin, Xanthan Gum.

**Syrup (Heinz®)**

Ingredients: Corn syrup, water, sugar, propylene glycol alginate, potassium sorbate and potassium benzoate as preservatives, caramel color, citric acid, prune juice concentrate, potassium chloride, natural and artificial flavor, dextrose.

**Taco, Beef**

Ingredients: Taco shell, corn (Mission®) or Tortillas, Flour, 6" (Azteca®); beef crumbles (Pierre®) seasoned for tacos; cheese, cheddar, shredded (Bongards®), lettuce, salsa (Pace®) *optional*

**Taco Shell, Corn (Mission®)**

Ingredients: Whole Grain Corn, Water, Vegetable Oil (contains one or more of the following: Cottonseed Oil, Corn Oil, Palm Oil), contains 2% or less of: Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin.

**Taco, Shrimp**

Ingredients: Shrimp poppers (Sea Pak®), Bread, Flat Rounds (Rich's®), Cheese, Cheddar, Shredded (Bongards®), Lettuce, Chipotle-Orange sauce (Midas®)

**Tortillas, Flour, 6" (Azteca®)**

Ingredients: Whole wheat flour, water, unbleached enriched Flour (unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite).

**Tortillas, Flour, 8" (Azteca®)**

Ingredients: Whole Wheat Flour, Water, Bleached Enriched Flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Vegetable Shortening (palm oil with monoglycerides), Sugar, Honey, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Mono and Diglycerides, Fumaric Acid, Calcium Propionate (a preservative), Salt, Dough Conditioner (sodium metabisulfite).

**Tortilla, Flour 10" (El Mirasol®)**

Ultragrain Flour, Enriched White Flour (Flour Niacin, Iron, Thiamine, Mononitrate, Riboflavin) Water, Palm Oil and Cottonseed Oil, Salt, Calcium Propionate, Mono and Dicyclerics, Sodium Carbomate, Sugar, Sodium Acid Pyrophosphate, Fumaric Acid, Sodium.

**Tuna Salad Mix (Chicken of the Sea®)**

Ingredients: Tuna (Chunk light tuna, water, vegetable broth (contains soy), salt); Mayonnaise (Kraft®), celery, relish, onion, black pepper, lemon juice

**Turkey, Diced (Jennie-O®)**

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

**Turkey, Sliced (Jennie-O®)**

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

**Yogurt Parfait**

Ingredients: Yogurt (Yoplait®): Cultured pasteurized grade a low fat milk, sugar, modified corn starch, kosher gelatin, natural flavor, potassium sorbate added to maintain freshness, vitamin a acetate, vitamin D3. PLUS assorted fruits and cereals.

**Waffle, Maple (Bake Crafters®)**

Ingredients: Water, Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Maplebit (Sugar, Wheat Flour, Dextrose, Soybean Oil, Natural and Artificial Flavors and Caramel Color), Sugar, Contains 2% or Less of the Following: Soy Lecithin, Eggs, Wheat Bran, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Natural and Artificial Flavors, Nonfat Dry Milk, Salt, Corn Starch, Mono Calcium Phosphate.