



Summer Breakfast and Lunch Ingredients List Community Programs

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 May 25, 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 your child has a special diet need due to a medical condition, please contact Von Nguyen, MS, RD at von_nguyen@scps.k12.fl.us for more 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

BREAKFAST INGREDIENTS

Applesauce, Cup (Mott's® Natural)

Ingredients: Apples, water, ascorbic acid (vitamin c)

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.

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.

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, Iron and Zinc (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.

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.

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.

Craisins, Cherry (Ocean Spray®)

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

Granola, Homemade

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

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.

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.

Muffin, Blueberry (Chef Pierre®)

Ingredients: Wheat flour (whole wheat flour, enriched bleached flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid)), sugar, water, vegetable oil (soybean, canola), blueberries, eggs, contains 2% or less: maltodextrin, baking powder (corn starch, sodium aluminum phosphate, sodium bicarbonate and monocalcium phosphate), modified corn starch, salt, potassium sorbate (preservative), baking soda, mono- and diglycerides, xanthan gum, malic acid, sodium stearoyl lactylate, natural and artificial flavors.
Contains: wheat, eggs.

Sunflower Seeds, Honey Roasted (Sunrich Naturals®)

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

Syrup (Heinz®)

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

LUNCH INGREDIENTS

Applesauce, Cup (Mott's® Natural)

Ingredients: Apples, water, ascorbic acid (vitamin c)

Bacon (Hormel®)

Ingredients: Smoke Flavoring Added Cured with water, salt, smoke flavoring, sugar, sodium diacetate, dextrose, sodium erythorbate, sodium nitrate

Bacon, Canadian (Jennie-O®)

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

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. Contains: Milk, wheat may contain soy

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).

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.

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. Allergens: Contain egg, soy, and wheat

Cracker, Cheez-it (Sunshine®)

Ingredients: 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 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.

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

Ham, Turkey Sliced (Jennie-O®)

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.

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.

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.

Juice (Ardmore Farms®)

Apple Juice- Ingredients: Filtered water, apple juice concentrate, malic acid, sodium benzoate and potassium sorbate (To assure freshness).

Orange Juice- Ingredients: Filtered water, orange juice concentrate.

Mayonnaise, Dispenser (Heinz®)

Ingredients: Soybean oil, distilled white vinegar, water, egg yolks, salt, sugar, mustard flour, onion powder, lemon juice concentrate, calcium disodium edta added to protect flavor, natural flavor.

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 (Hershey®)

Ingredients: Skim Milk, Sugar, Contains less than 1% of Cocoa, Cocoa (Processed with Alkali), Cellulose Gel, Natural Flavor, Carrageenan, Salt, Pectin, Vanillin, Artificial Flavor, Dextrose, Vitamin A Palmitate and Vitamin D3.

Milk, Chocolate (Troomoo®)

Ingredients: Nonfat milk, liquid sugar (sugar, water), contains less than 1% of: cocoa (processed with alkali), cocoa, cornstarch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3.

Mustard, Dispenser (Heinz®)

Ingredients: Distilled white vinegar, mustard seed, water, salt, turmeric, natural flavor and spices.

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.

Raisins (Sunmaid®)

Ingredients: California seedless raisins

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)

Sandwiches**Turkey Bacon and Cheese Flatbread**

Ingredients: Round flatbread (Rich's®), turkey breast, sliced (Jennie-O®), bacon (Hormel®), shredded mozzarella cheese (Bongards®), shredded cheddar cheese (Bongards®)

Strawberry Cup

Ingredients: Cut strawberries, sugar.

Subs**Deli Trio Sub**

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

Ham and Cheese Sub

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

Sunflower Seeds, Honey Roasted (Sunrich Naturals®)

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

Syrup (Heinz®)

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

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).

Turkey, Sliced (Jennie-O®)

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

Uncrustables, Grape (Smucker's®)

Ingredients: peanut butter: peanuts, sugar, contains 2% or less of: molasses, fully Hydrogenated vegetable oils (rapeseed and soybean), mono and diglycerides, salt. Bread: unbleached whole wheat flour, enriched unbleached flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, sugar, yeast, contains 2% or less of: wheat gluten, soybean oil, salt, dough conditioners (distilled mono and diglycerides, sodium stearoyl lactylate, datem, enzymes [with wheat starch, ascorbic acid, calcium peroxide]). Grape jelly: Sugar, grape juice, contains 2% or less of: pectin, citric acid, potassium sorbate (preservative).

Wrap, Chicken

Ingredients: Tortilla, Flour 8" (Azteca®), Chicken, Tenders (Rich Chicks®), Cheese, Mozzarella Shredded (Bongards®), Cheese, Cheddar Shredded (Bongards®).