



# Summer 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 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](mailto: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)

### **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), contains less than 2% of the following: natural flavor (contains milk ingredients), modified cornstarch, potassium chloride, soybean oil, artificial flavor, datem, salt, soy lecithin, honey.

### **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.

**Butter Mist Spray (Butter Buds®)**

Ingredients: Canola oil, sunflower lecithin, salt, beta carotene (natural color), silicon dioxide, concentrated natural butter flavor, beta carotene (color), propellant. Contains Milk.

**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.

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

Ingredients: Cultured Pasteurized Reduced-Fat Milk, Salt, Enzymes, Annatto Color, Vitamin A Palmitate.

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

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

**Chicken, Breakfast Patty (Rich Chicks®)**

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 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.

**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.

**French Toast (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]).

**Granola, Homemade**

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

**Jelly, Grape (Heinz®)**

Ingredients: Cane sugar, water, red grape juice concentrate, concord grape juice concentrate, citric acid, pectin, potassium sorbate (preservative).

**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.

**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.

**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.

**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.

**Sausage Patty (Advanced Pierre®)**

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

**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® Original)**

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

### **Bacon (Hormel®)**

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

### **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.

### **Beef Steak Burger (Advance Pierre®)**

Ingredients: Beef, Seasoning [Salt, Dextrose, Natural Flavors, Spice], Natural Flavoring

### **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.

### **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

**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

**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 Stick, Colby Jack (Bongards®)**

Ingredients: Cultured Pasteurized Reduced-Fat Milk, Salt, Enzymes, Annatto Color, Vitamin A Palmitate.

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

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

**Chicken Patty, Breaded (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, 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.

**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, Baked 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), Corn Bran, Salt, 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®)**

Ingredients: Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Maltodextrin (Made from Corn), 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.

**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 (corn starch, 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, 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

**Envy® 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.

**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.

**Hot Dog, Turkey and 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.

**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.

**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.

**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, 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 (Dole®)**

ingredients: peaches, white grape juice from concentrate (water, white grape juice concentrate), lemon juice from concentrate (water, lemon juice concentrate), natural flavors, ascorbic acid (to promote color retention), and citric acid.

**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)

## **Flatbreads**

### **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, strawberry puree, 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: 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.

## **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).

**Water, Flavored (Nestle®)****Acai Grape**

Ingredients: Purified water, natural flavors, citric acid, sodium polyphosphate, potassium sorbate (preserve freshness), potassium benzoate (preserve freshness), sucralose, acesulfame potassium, calcium disodium EDTA, magnesium sulfate.

**Lemon**

Ingredients: Purified water, natural flavors, citric acid, sodium polyphosphate, potassium sorbate (preserve freshness), potassium benzoate (preserve freshness), sucralose, acesulfame potassium, calcium disodium EDTA, magnesium sulfate.

**Mandarin Orange**

Ingredients: Purified water, natural flavors, citric acid, sodium polyphosphate, potassium sorbate (preserve freshness), potassium benzoate (preserve freshness), sucralose, acesulfame potassium, calcium disodium EDTA, magnesium sulfate.

**Wrap, Chicken**

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