



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 January 28, 2019.

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

Apple Topping for Oatmeal

Ingredients: Apple slices, canned (Harvest Value®), Sugar, Light Brown (Domino®).

Bacon (Hormel®)

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

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. Manufactured in a facility that also processes Tree Nuts.

Biscuit (Rich's®)

Ingredients: Enriched bleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), skim milk, palm oil, water, leavening (sodium aluminum phosphate, baking soda, sodium acid pyrophosphate, monocalcium phosphate), buttermilk, contains less than 2% of the following: sugar, salt, modified cornstarch, soybean oil, artificial flavor, soy lecithin.

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, nonfat dry milk, milkfat, 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, baking powder (baking soda, sodium acid pyrophosphate, corn starch, monocalcium phosphate), 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.

Butter (Glenview Farms®)

Ingredients: Pasturized Cream, Natural Flavorings

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.

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: 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 Tenderloins, Containing up to 13% solution of Water, Isolated Oat Product, Salt, Antibiotic Free Chicken Protein. 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, Ascorbic Acid, 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, Ascorbic Acid, Spice Extractive, Cellulose Gum. Breading Set in Soy Bean Oil.

Craisins, Blueberry (Ocean Spray®)

Ingredients: Cranberries, Sugar, Grape Juice Concentrate, Blueberry Juice Concentrate, Natural Flavor.

Craisins, Cherry (Ocean Spray®)

Ingredients: Cranberries, Sugar, Cherry Juice Concentrate, Natural Flavor

Eggs (Glenview Farmsl®)

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

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]). Contains egg, milk, soy, and wheat ingredients.

Granola, Homemade

Ingredients: Oatmeal (quick oats), Syrup (Harvest Value®), 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 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.

Tangerine- Ingredients: 100% fruit juice (filtered water sufficient to reconstitute apple, pear, jujube fruit, orange, tangerine, & passionfruit juice concentrates), natural flavors, ascorbic acid (Vitamin C), calcium lactate calcium gluconate, beta carotene (for color), citric acid, 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).

Fruit Blend - Ingredients: Filtered water, apple, pineapple, orange and grape juice concentrates, natural flavors, malic acid.

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

Oatmeal

Ingredients: Oatmeal (Malt O Meal®), Light Brown Sugar (Domino Foods®), Cinnamon, Salt, Butter (Glenview Farms®). Optional Toppings: Craisins (Ocean Spray®), Homemade Granola, or Apple Topping.

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, Italian (Hormel®)

Ingredients: Pork, Water, Textured Vegetable Protein (Soy Flour, Soy Protein Concentrate, Isolated Soy Protein, Caramel Color), Seasoning (Sugar, Spices), Salt, Sodium Phosphates.

Sausage Patty (Advanced Pierre®)

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

Scone, Apple-Cinnamon (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)), sugar, apple sauce (apples, water, ascorbic acid), apples, milk, butter, vegetable oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), Kortinji cinnamon and salt. Glaze: Powdered sugar (sugar, corn starch), water, Korintji cinnamon.

Scone, Blueberry 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)), sugar, apple sauce (apples, water, asocrbic acid), wild blueberries, milk, butter, vegetable oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, mono calcium phosphate), blueberry extract and salt. Glaze: Powdered sugar, water, lemon peel (lemon peel, sugar, lemon oil) and lemon extract. Contains Wheat, Milk (Butter).

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)), sugar, apple sauce (apples, water, asocrbic acid), 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 sugar (sugar, corn starch), filtered water, lemon peel (lemon peel, sugar, lemon oil) and lemon extract.

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)), sugar, apple sauce (apples, water, ascorbic acid), strawberries, 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, and salt. Glaze: Powdered sugar (sugar, corn starch), strawberries, natural strawberry extract.

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), calcium lactate, stevia leaf extract; colored with vegetable juice. PLUS homemade granola if desired.

Syrup (Madeira Farms®)

Ingredients: Corn syrup, high fructose corn syrup, water, potassium sorbate as preservative, caramel color, natural and artificial maple flavor, citric acid.

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 Slices (Harvest Value®)

Ingredients: apples, water

Apple Topping for Waffles

Ingredients: Apple slices, canned (Harvest Value®), 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, Black (Bush's®)

Ingredients: Prepared black beans, water, salt, and calcium chloride

Beans, Black, Seasoned

Ingredients: Black beans (Bush's®), 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®)

Beans, Vegetarian (Furmanos®)

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

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 Patty, Flamed Grilled (Advance Pierre®)

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

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 in 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 (Bake 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: Whole Grain Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Honey, Wheat Starch, Calcium Stearate (Caking Agent), Soybean Oil, Salt, Monoglycerides, Calcium Propionate, Diacetyl Tartaric Acid Esters of Mono-Diglycerides, Enzymes (Contains Wheat), Ascorbic Acid (Vitamin C), and 2% or Less of each of the Following: Malted Wheat Flour, Calcium Sulfate, Preservatives (Propionic Acid, Phosphoric Acid).

Contains: Soy and Wheat.

Bread, Sliced, Whole Grain (Bake Crafters®)

Ingredients: Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Salt, Soybean Oil, Monoglycerides, Calcium Propionate, Diacetyl Tartaric Acid Esters of Mono-Diglycerides, Enzymes, Ascorbic Acid (Vitamin C), and 2% or Less of each of the Following: Preservatives (Propionic Acid, Phosphoric Acid), Malted Wheat Flour.

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.

Burrito, Stuffed

Ingredients: Flour tortillas 10" (El Mirasol®), Mexican rice, Enchilada Sauce (Foothill Farms®), Taco Seasoning (Del Pasado®), Beef Crumbles (Advanced Pierre®) **or** Chicken Fajita Strips, Mozzarella Cheese (Bongards®), Cheddar Cheese (Bongards®). OPTIONAL TOPPING: Salsa (Pace®)

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, 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 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, 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 Sauce for Nachos

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

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

Cheesy Eggs

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

Chicken Alfredo

Ingredients: Penne pasta (Roseli®), diced chicken (Goldkist Farms®), alfredo sauce (Midas®), vegetable oil (Monarch®), Italian seasoning, garlic powder, black pepper

Chicken Fajitas

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

Chicken Parmesan – for Middle School

Ingredients: Chicken Patty, breaded (Rich Chicks®), Cheese, Mozzarella, shredded (Bongards®), Spaghetti (Roselli®), Marinara Sauce (Heinz Bell O'rto®), Pizza Sauce (Heinz Bell O'rto®). Italian Seasoning, Garlic Powder, Black Pepper. *Optional:* Parmesan Cheese, grated (Mosaic®), Red Pepper, crushed.

Chicken Parmesan – for High School

Ingredients: Chicken Fillet, breaded (Rich Chicks®), Cheese, Mozzarella, shredded (Bongards®), Spaghetti (Roselli®), Marinara Sauce (Heinz Bell O'rto®), Pizza Sauce (Heinz Bell O'rto®), Italian Seasoning, Garlic Powder, Black Pepper. *Optional:* Parmesan Cheese, grated (Mosaic®), Red Pepper, crushed.

Chicken, BBQ

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

Chicken, Boneless Wings (Rich Chicks®)

Ingredients: Antibiotic Free Chicken Breast with Rib Meat, Chicken Protein Solution (Water, Chicken Protein), Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Oat Isolate, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Spices, Garlic Powder, Hydrolyzed Wheat Gluten Protein, Soybean Oil (as a Processing Aid), Wheat Starch, Ascorbic Acid, Soy Flour, Extractives of Paprika, Natural Flavors. Breaded and Battered with: Whole

Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yellow Corn Flour, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Soybean Oil (As a Processing Aid), Spices, Garlic Powder, Hydrolyzed Wheat Gluten Protein, Wheat Starch, Egg Whites, Ascorbic Acid, Soy Flour, Extractives of Paprika, Natural Flavors, Spice Extractive, Cellulose Gum. Breeding Set in Vegetable Oil.

Chicken, Diced (Goldkist Farms®)

Ingredients: White and dark chicken meat, water, modified food starch, salt, sodium phosphates

Chicken, Fajita Strips (Tyson®)

Ingredients: Dark chicken strips, water, seasoning [spices, sugar, dehydrated garlic, dehydrated onion, modified cornstarch, chili powder (chili pepper, salt, cumin, oregano, dehydrated garlic), lemon juice powder (corn syrup solids, concentrated lemon juice, lemon oil), natural mesquite smoke flavor (maltodextrin, natural smoke flavor), grill flavor (from sunflower oil), modified food starch, salt, sodium phosphates.

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, 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®) NEW

Ingredients: Chicken Breast Tenders, Chicken Protein Solution (Water, Chicken Protein), Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Oat Isolate, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Spices, Garlic Powder, Hydrolyzed Wheat Gluten Protein, Soybean Oil (as a Processing Aid), Ascorbic Acid, Soy Flour, Extractives of Paprika, Natural Flavors. Breaded and Battered with: Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Soybean Oil (As a Processing Aid), Garlic Powder, Hydrolyzed Wheat Gluten Protein, Black Pepper, Yellow Corn Flour, Ascorbic Acid, Soy Flour, Extractives of Paprika, Egg Whites, Natural Flavors, Spice Extractive, Cellulose Gum. Breeding Set in Vegetable 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

Chicken Fillet, Breaded (Rich Chicks®) for High School

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

Chicken Fillet, Grilled (Rich Chick's®)

Ingredients: Chicken Breast Meat, Water, Salt, Sodium Phosphate. Savory Glaze (Water, Sugar, Distilled Vinegar, Modified Corn Starch, Salt, Soybean Oil, Garlic Powder, Spices, Citric Acid, Xanthan Gum, Sodium Benzoate).

Chicken Patty, Breaded (Rich Chicks®) for Middle School

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, 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

Chips, Baked BBQ (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), 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, Flamas (Frito Lay®)

Ingredients: Whole corn, corn, vegetable oil corn, canola, and/or sunflower oil, maltodextrin made from corn, salt, citric acid, sugar, monosodium glutamate, artificial color red 40 lake, yellow 6 lake, hydrolyzed corn protein, yeast extract, sodium diacetate, cheddar cheese milk, cheese cultures, salt, enzymes, modified corn starch, natural flavor, onion powder, whey, corn syrup solids, garlic powder, romano cheese part-skim cow's milk, cheese cultures, salt, enzymes, buttermilk, whey protein concentrate, 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.

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, Fortune (Asian Food Solutions®)

Ingredients: Whole wheat flour (51%), enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid], sugar, water, soy lecithin, soybean oil and hydrogenated soybean oil, natural orange flavor, sodium bicarbonate. Contains: Wheat and Soy

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, Cheez-it (Sunshine®)

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

Crouton cup (Fresh Gourmet®)

Ingredients: White whole wheat flour, canola and/or sunflower oil, spelt flour, whey, amaranth flour, quinoa flour, wheat gluten, salt, 2% or less of yeast, sugar, ascorbic acid, dehydrated parsley, garlic powder, vinegar, natural and artificial flavor, parmesan cheese and enzyme modified cheese (pasteurized milk, cheese cultures, salt, enzymes), cultured nonfat milk, annatto (color), extractives of turmeric and paprika (color), tbhq (to preserve 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 fat-free (Naturally Fresh)

Ingredients: Water, Vinegar, Garlic, Sugar, Salt, Garlic, Natural Flavors, Xanthan Gum (Food Fiber), Onion, Dehydrated Red Bell Pepper, Spices, Oleoresin Turmeric Color, Annatto Turmeric Color.

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

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).

Eggs (Glenview Farmsl®)

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

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.

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®)

Fruit, Mixed (Del Monte®)

Ingredients: Fruit (peaches, pears, grapes), water, high fructose corn syrup, corn syrup, sugar

Fruit Snack, Berries 'n Cherries (Welch's®)

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®)

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.

Granola Bar, Chewy Granola Cookies n Cream (Quaker®)

Ingredients: granola (whole grain rolled oats, brown sugar, brown rice crisp [whole grain brown rice flour, sugar, salt], whole grain rolled wheat, soybean oil, whole wheat flour, sodium bicarbonate, soy lecithin, nonfat dry milk), brown rice crisp (whole grain brown rice flour, sugar, salt), corn syrup, chocolate flavored cookie pieces (whole wheat flour, sugar, palm oil, cocoa [processed with alkali], salt, dextrose, sodium bicarbonate, soy lecithin), confectionary chips (sugar, palm kernel and palm oil, nonfat dry milk, artificial color, soy lecithin), corn syrup solids, inulin, polydextrose, sunflower oil, glycerin. contains 2% or less of calcium carbonate, invert sugar, salt, fructose, soy lecithin, natural and artificial flavor, caramel color, molasses, sucralose, soybean oil, bht (preservative), citric acid.

Granola, Homemade

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

Gravy, Kentucky Style (Midas®)

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®)

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 Chocolate (Rituals®)

Ingredients: Whey, nonfat dry milk, dutch processed cocoa (with soy lecithin), corn syrup solids, coconut oil, sodium caseinate, dipotassium phosphate, mono and diglycerides, salt, silicon dioxide, artificial flavor, cellulose gum, sucralose, acesulfame potassium; whole milk added

Hot Dog, Beef (Patuxent Farms®)

Ingredients: Beef, water, contains 2% or less of sea salt, flavorings, sugar, spices, cherry powder, cultured celery juice, extractives of paprika.

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 cultured 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, Brownie Batter Sandwich (Hershey's®)

Ingredients: Ice cream: nonfat milk, sugar, corn syrup, whey, cream, cocoa (processed with alkali), cellulose gel, mono & diglycerides, cellulose gum, polysorbate 80, carrageen, artificial and natural 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, cocoa. Contains: milk, wheat, soy.

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, high fructose corn syrup, cream, maltodextrin, mono & diglycerides, cellulose gum, guar gum, food starch, polysorbate 80, carrageenan, artificial flavor, calcium carbonate and vitamin a palmitate, flavored center: water, sugar, natural processed cocoa, whey powder, dextrose, cocoa (processed with alkali),

caramel color, salt, locust bean gum, guar gum, carrageenan, artificial flavor, fd & c red #40 and blue #1, cake crunch: bleached wheat flour, sugar, palm oil, caramel color, contains 2% or less of: salt, baking soda, cocoa, artificial flavor, soy lecithin, dip coating: soybean oil, coconut oil, sugar, corn starch, palm oil, nonfat milk powder, soy lecithin, salt, and vanillin, tbhq. 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) salt, artificial flavor. Contains: milk, wheat, soy

Ice Cream, Cookies and Cream Sandwich (Hershey's®)

Ingredients: Ice cream: nonfat milk, sugar, corn syrup, 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), whey, cream, cellulose gel, mono & diglycerides, cellulose gum, polysorbate 80, carrageen, natural and artificial flavors 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, corn syrup, baking soda, modified corn starch, salt, mono and diglycerides, soy lecithin and cocoa. 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, live cultures added. 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-O 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: Ice cream: 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.
Contains Milk, Wheat, Soy.

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, 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, Strawberry Scooter Bar (Hershey's®)

Ingredients: Ice cream: (nonfat milk, sugar, corn syrup, whey, high fructose corn syrup, maltodextrin, mono & diglycerides, cellulose gum, guar gum, food starch, polysorbate 80, carrageenan, artificial flavor, calcium carbonate and vitamin a palmitate), flavored center: (water, sugar, dextrose, malic acid, artificial flavor, locust bean gum, guar gum, propylene glycol alginate, fd & c red #40 and adipic acid), cake crunch: (bleached wheat flour, sugar, palm oil, contains 2% or less of: salt, baking soda, artificial flavors, soy lecithin, artificial color red #3), dip coating (soybean oil, coconut oil, sugar, corn starch, palm oil, nonfat milk powder, soy lecithin, salt, and vanillin, tbhq). 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, carrageen, 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, Cherry Blue Raspberry (Hershey's®)

Ingredients: Fruit juice (water, apple juice concentrate), artificial flavoring, citric acid, artificial color: FD & C Red #40, blue #1, less than 2% of: xantham gum, cellulose gum and guar gum.

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: xantham gum, 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 (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

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, 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

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 (Roseli®), Sauce, Sweet Chili (Sweet Baby Ray's®), vegetable oil (Monarch®), Ponzu sauce (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) 100% apple juice from concentrate, oil (soybean oil with citric acid added as a preservative)

Oil, Vegetable (Monarch®)

Ingredients: Soybean oil

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, water, sugar, 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**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®)

Pepperoni

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

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, Original Butter (Basic American®)

Ingredients: Potato, Canola Oil, Contains 2% or Less of: Salt, Potassium Chloride, Sodium Gluconate, Mono and Diglycerides, Artificial Color, Natural and Artificial Flavor. 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.

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

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)

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

Salad, 3-Bean

Ingredients: Light Red Kidney Beans (Monarch®): Red kidney beans, water, salt, calcium chloride, disodium edta to preserve color; Pinto Beans (Bush's®): Prepared pinto beans, water, salt, calcium chloride, and calcium disodium edta; Garbanzo beans (Bush's®): Prepared chick peas, water, salt, mustard calcium chloride, and disodium edta; Apple Cider Vinegar (Heinz®), Black Pepper and Sugar.

Salad, Caesar

Ingredients: Lettuce, romaine, parmesan cheese (Mosaic®) and chicken breast, grilled (Rich Chick's®). Served with croutons (Fresh Gourmet®). Caesar dressing upon request.

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). Served with croutons (Fresh Gourmet®). Ranch or other dressing upon request.

Salad, Corn

Ingredients: Corn, Red Peppers, Black Beans (Bush's®), Apple Cider Vinegar (Heinz®), Black Pepper and Sugar.

Salad, Side

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

Salami, Turkey (Jennie-O®)

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.

Salsa, Corn

Ingredients: Corn, Tomatoes, Lime juice, Cilantro, Onions, Salt, Black Pepper

Sauce, Alfredo (Midas®)

Ingredients: Whole Milk Powder, Dehydrated Parmesan Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), Dehydrated Romano Cheese (part-skim milk, cheese culture, salt, enzymes), Modified Food Starch (Corn), Buttermilk Solids [whey protein concentrate, buttermilk powder, whey powder, and dried cream (nonfat milk solids, sodium caseinate)], Coconut Oil, Salt, and Contains Less than 2% of: Lactic Acid, Spice, Garlic Powder, Xanthan Gum, Lecithin(SOY), Maltodextrin, Sodium Phosphate, Sodium Caseinate, Dipotassium Phosphate, Mono- and Diglycerides, Autolyzed Yeast Extract, Artificial Colors (yellow 5, yellow 6), and Silicon Dioxide (anti-caking agent), butter, unsalted

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, 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, apocarotenal, 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), Chili Sauce (Red Chili, vinegar, sugar, salt, garlic, acetic acid, lactic acid, red chili powder, xanthan gum), aged cayenne pepper, modified food starch, contains less than 2% of vegetable oil (soybean and/or canola), salt, garlic, red bell pepper, chicken base (chicken meat with natural juices, salt, sugar, chicken fat, hydrolyzed (corn, wheat and soy) protein, whey, maltodextrin, natural flavors, cottonseed oil and corn oil, disodium inosinate and disodium guanylate, autolyzed yeast extract, dextrose, turmeric and annatto extract), spice, red bell pepper, chili de arbol pepper, potassium sorbate and sodium benzoate (preservatives), xanthan gum, garlic powder, paprika. Contains sulfites. Dried. Contains: Milk, Soy, Wheat.

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, 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

Sausage Patty (Advanced Pierre®)

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

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 a 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

Subs

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®), Pizza Sauce (Heinz Bell O'rto®), Mozzarella Cheese, shredded (Bongards®), Italian Seasoning, Garlic Powder, Black Pepper. *Optional:* Parmesan Cheese, grated (Mosaic®), Red Pepper, crushed.

Sunflower Seeds, Honey Roasted (Sunrich Naturals®)

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

Syrup (Harvest Value®)

Ingredients: Corn syrup, water, salt, preservatives (potassium sorbate, sodium benzoate and benzoic acid), cellulose gum, caramel color, sodium hexametaphosphate, natural and artificial flavor, phosphoric acid.

Syrup (Madeira Farms®)

Ingredients: Ingredients: Corn syrup, high fructose corn syrup, water, potassium sorbate as preservative, caramel color, natural and artificial maple flavor, citric acid.

Taco, Beef

Ingredients: Taco shell, corn (Mission®) or Tortillas, flour, 6" (Azteca®); Beef crumbles (Advanced Pierre®); Taco Seasoning (Del Pasado®); *optional* cheese, cheddar, shredded (Bongards®), lettuce, salsa (Pace®)

Taco, Fish

Ingredients: Tortilla 6", flour (Azteca); Catfish Strips, breaded (Contains: Catfish, Water, Whole Wheat Flour, Whole Corn Meal, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Sodium Alginate, Spices, Paprika, Soybean Oil); Cajun seasoning (dehydrated garlic, spices, salt, paprika (color), dehydrated onion, red pepper); Corn Salsa; *optional* Salsa (Pace®)

Taco Seasoning (Del Pasado®)

Ingredients: Seasoned with dextrose, salt, corn flour, chili pepper, cumin, onion powder, garlic powder, oregano, citric acid, silicon dioxide (anticaking agent), extractives of paprika.

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.

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®)

Ingredients: 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

Vinegar, Apple Cider (Heinz®)

Ingredients: Distilled vinegar from grain, natural flavor with carmel color, diluted with water to a uniform pickling and table strength of 5% (50 grains) acidity.

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.

Water - Acai Grape, Lemon, or Mandarin Orange (Nestle Pure Life®)

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

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.