



## Summer Breakfast and Lunch Ingredients List Elementary Schools

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

### **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, Whole Grain (Rich's®)**

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

### **Cereal, Apple Jacks (Kellogg's®)**

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 vegetable oil (hydrogenated coconut, soybean and/or cottonseed, canola), oat fiber, salt, soluble corn fiber, degerminated yellow corn flour, apple juice concentrate, modified corn starch, dried apples, cornstarch, cinnamon, yellow 6, natural flavor, baking soda, turmeric extract color, red 40, blue 1. 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, Cinnamon Toast Crunch (General Mills®)**

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

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

Ingredients: Corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), sugar, wheat flour, whole grain oat flour, contains 2% or less of oat fiber, hydrogenated vegetable oil (coconut, soybean and/or cottonseed), salt, soluble corn fiber, natural flavor, red 40, turmeric extract color, blue 1, yellow 6, annatto extract color. Vitamins and minerals: vitamin c (sodium ascorbate and ascorbic acid), niacinamide, reduced iron, zinc oxide, vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin hydrochloride), vitamin a palmitate, folic acid, vitamin b12, vitamin d3.

**Cereal, 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 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, 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. Allergens: Wheat, Egg 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.

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

Ingredients: Whole Wheat Bread (Whole Wheat Flour, Water, Enriched Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Salt, Soybean Oil, Mono And Diglycerides, Calcium Propionate (Preservative), DATEM, Calcium Sulfate, Citric Acid, Soy Lecithin, Grain Vinegar, Potassium Iodate), Water, Whole Wheat Batter (Whole Wheat Flour, Sugar, Enriched Wheat Flour [Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Dextrose, Eggs, Yellow Corn Flour, Corn Syrup Solids, Natural Flavor, Modified Corn Starch, Salt, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Nonfat Milk, Spice, Artificial Flavor, Modified Cellulose Gum, Spice Extractive), Coating (Enriched Wheat Flour [Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Yellow Corn Flour, Sugar, Soy Flour, Salt, Dextrose, Leavening [Sodium Bicarbonate, Monocalcium Phosphate], Yeast), Soybean Oil, Cinnamon Sugar (Sugar, Spices, Natural Flavor, Silicon Dioxide [Added To Prevent Caking]). Contains egg, milk, soy, and wheat ingredients.

**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.

**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 (TruMoo®)**

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

**Sausage Patty (Advanced Pierre®)**

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

**Syrup (Madeira Farms®)**

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

**LUNCH INGREDIENTS**

**Applesauce, Cup (Mott's® Natural)**

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

**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: Whole Grain Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted BarleyFlour, 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.

**Burger, Beef (Advanced Pierre®)**

Ingredients: Ground Beef (Not More Than 20% Fat), Salt, Caramel Color.

**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.

**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 Stick, Mozzarella (Bongards®)**

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

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

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

**Cracker, Animal (Bake Crafters®)**

Ingredients: Whole Wheat Flour, Sugar, Sunflower Oil, Invert Syrup, Salt, Leavening (Sodium Bicarbonate, Ammonium Bicarbonate, Monocalcium Phosphate), Soy Lecithin, Natural Flavors, Whole Egg Solids, Corn Syrup Solids, Milk. Contains egg, milk, soy, and wheat ingredients.

**Cracker, Cheez-it (Sunshine®)**

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

**Cracker, 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.

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

Ingredients: Made with smiles and whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, vegetable oils (canola and/or sunflower, palm kernel, palm), honey, brown sugar (sugar, invert sugar, molasses), contains 2% or less of: molasses, baking soda, salt, nonfat milk, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), corn syrup solids, corn maltodextrin, spices, caramelized sugar, natural flavors, whey powder, modified cornstarch, soy lecithin. contains: wheat, milk, soy.

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

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

**Ham, Turkey Sliced (Jennie-O®)**

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

**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.

**Juice Box (Apple & Eve®)****Berry**

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

**Fruit Punch**

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

**Ketchup, Dispenser (Heinz®)**

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

**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.

**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 (TruMoo®)**

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

**Mixed Berry Cup**

Ingredients: Strawberries, Blueberries, and Sugar

**Mustard, Dispenser (Heinz®)**

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

**Mustard, Packet (Heinz®)**

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

**Peach Cup**

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

**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)

**Sub****Ham & Cheese Sub**

Ingredients: Roll, Sub (Bake Crafters®), American Cheese (Bongards®), Turkey Ham (Jennie-O®), Butter Mist Spray (Butter Buds®); Optional Lettuce and Tomato Cup

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

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



**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).