



Breakfast and Lunch Ingredients List for Meal Distribution Locations

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 March 24, 2020.

Single ingredient items, such as fruit, white milk, vegetables, 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 Red Apple Dining.

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://redappledining.com> 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
Red Apple Dining
400 East Lake Mary Blvd.
Sanford, FL 32773
407-320-0226

BREAKFAST INGREDIENTS

Applesauce, Cup (Mott's® Natural)

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

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.

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, vitamin c (sodium ascorbate), iron and zinc (mineral nutrients), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), vitamin b2 (riboflavin), a b vitamin (folic acid), vitamin b12, vitamin d3. Contains soy and wheat 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. Contains wheat ingredients.

Cracker, Goldfish Cheddar (Pepperidge Farm®)

Ingredients: Made with smiles and whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cheddar cheese ([cultured milk, salt, enzymes], annatto), canola and/or sunflower oil, salt, contains 2% or less of: yeast, autolyzed yeast extract, paprika, spices, celery, baking soda, monocalcium phosphate, onion powder. contains: wheat, milk.

Granola, Homemade

Ingredients: Oatmeal (quick oats), Syrup (Harvest Value®): Corn Syrup, Water, Artificial Maple Flavor, Sodium Benzoate, CMC gum, Potassium Sorbate (Preservative), Caramel Color; Sugar, Light Brown (Domino®), Vanilla flavoring (Monarch®), Butter, Unsalted (Glenview Farms®); Oil, Vegetable - Soybean (Monarch®)

Juice Box (Apple & Eve®)**Apple Juice**

Ingredients: 100% apple juice (filtered water sufficient to reconstitute apple juice concentrate), ascorbic acid (Vitamin C), calcium lactate, calcium gluconate, Vitamin A palmitate, Vitamin E acetate. Kosher. Gluten-free

Berry Juice

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. Gluten-free

Peach Cup

Ingredients: Freestone Peaches, Sugar, Ascorbic Acid and Citric Acids

Sunflower Kernels, Honey Roasted (Sunrich Naturals®)

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

Yogurt, Danimals Strawberry

Ingredients: Cultured grade A nonfat milk, cane sugar, water, corn starch, strawberry puree, contains less than 1% of agar agar, natural flavors, fruit and vegetable juice (for color), carob bean gum, lemon juice concentrate, vitamin d3.

LUNCH INGREDIENTS**Applesauce, Cup (Mott's® Natural)**

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

Bacon (Hormel®)

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

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, soybean oil, yeast, 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, enzyme. Contains: milk, wheat may contain soy

Cheese, Cheddar, Shredded (Bongards®)

Ingredients: Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto (color), Corn Starch (anti-caking agent). Contains: Milk. Gluten-free

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

Ingredients: Pasteurized Part Skim-Milk, Cheese Cultures, Salt, Enzymes, Corn Starch (anti-caking agent). Contains: Milk. Gluten-free

Cheese, Reduced Fat & Reduced Sodium American, Sliced (Bongards®)

Ingredients: Cultured Skim Milk and Milk, Water, Sodium Citrate, Salt, Potassium Citrate, Annatto and Paprika (color), Cream, Sorbic Acid (preservative), Enzymes, Soy Lecithin (non-sticking agent). Contains: Milk, Soy. Gluten-free

Chicken, Strips Grilled

Ingredients: Chicken Meat, Water, Potato Starch, Sodium Phosphates, Salt

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). Contains 2% or less of salt, paprika, yeast, paprika extract color, turmeric extract color, annatto extract color, soy lecithin. Contains wheat, milk and soy ingredients.

Cracker, Goldfish Cheddar (Pepperidge Farm®)

Ingredients: Made with smiles and whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cheddar cheese ([cultured milk, salt, enzymes], annatto), canola and/or sunflower oil, salt, contains 2% or less of: yeast, autolyzed yeast extract, paprika, spices, celery, baking soda, monocalcium phosphate, onion powder. contains: wheat, milk.

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, Golden Italian (Ken's®)

Ingredients: Soybean Oil, Vinegar, Water, Sugar, Salt, Contains Less Than 2% Of Garlic*, Xanthan Gum, Onion*, Red Bell Pepper*, Spice, Garlic Powder, Lemon Juice Concentrate, Natural Flavor, Beta Carotene And Oleoresin Paprika (Color). *Dried. Gluten-free

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

Ingredients: Buttermilk, Water, Vegetable Oil (Soybean And/or Canola), Vinegar, Egg Yolk, Contains Less Than 2% Of: Salt, Cornstarch, Sugar, Disodium Inosinate And Disodium Guanylate, Nonfat Dry Milk, Xanthan Gum, Onion, Natural Buttermilk Flavor (Milk), Spice, Sorbic Acid As A Preservative, Cream, Lactic Acid, Corn Syrup Solids, Garlic, Guar Gum, Dipotassium Phosphate. Contains Eggs and Milk. Gluten-free

Ham, Turkey Sliced (Jennie-O®)

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

Juice Box (Apple & Eve®)**Apple Juice**

Ingredients: 100% apple juice (filtered water sufficient to reconstitute apple juice concentrate), ascorbic acid (Vitamin C), calcium lactate, calcium gluconate, Vitamin A palmitate, Vitamin E acetate. Kosher. Gluten-free

Strawberry Kiwi - Ingredients: 100% fruit juice (filtered water sufficient to reconstitute apple, pear, jujube fruit, strawberry & kiwi juice concentrates), natural flavors, citric acid, ascorbic acid (Vitamin C), calcium lactate, calcium gluconate, vegetable color, Vitamin A palmitate, Vitamin E acetate. Kosher. Gluten-free

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. Gluten-free

Mayonnaise, Packet (Heinz®)

Ingredients: Soybean Oil, White Distilled Vinegar, Corn Syrup, Water, Egg Yolks, Salt, Lemon Juice Concentrate, Calcium Disodium Edta Added To Protect Flavor.

Milk, Chocolate (TruMoo®)

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

Mustard, Packet (Heinz®)

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

Oil, Vegetable - Soybean (Monarch®)

Ingredients: Soybean oil

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.

Roll, Sub (Bake Crafters®)

Ingredients: 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), Water, 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). Contains wheat ingredients

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.

Salt (Morton®)

Ingredients: Salt, Calcium Silicate (anti-caking agent), Dextrose, Potassium Iodide

Sauce, Barbeque (Sweet Baby Ray's®)

Ingredients: High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Corn Starch, Contains Less Than 2% Of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spice, Caramel Color, Molasses, Sodium Benzoate (Preservative), Dried Garlic, Mustard Flour, Corn Syrup, Sugar, Tamarind, Natural Flavor, Celery Seed. Gluten-free.

Strawberry Cup – Strawberries, sugar

Subs, Flatbread, Wrap**Flatbread, Turkey Bacon**

Ingredients: Turkey, Sliced (Jennie-O®); Reduced Fat & Reduced Sodium American Cheese, Sliced (Bongards®); Bacon (Hormel®); Bread, Flat Rounds (Rich's®); Mayonnaise, Packet (Heinz®); Dressing, Light Ranch, Dip Cup (Ken's)

Sub, Italian

Ingredients: Salami, Turkey (Jennie-O®); Ham, Turkey, Sliced (Jennie-O®); Pepperoni (Hormel®); Roll, Sub (Bake Crafters®); Mozzarella cheese; Dressing, Golden Italian (Ken's®); Mayonnaise, Packet (Heinz®); Mustard, Packet (Heinz®); Lettuce and Tomato

Sub, Turkey-Ham

Ingredients: Ham, Turkey Sliced (Jennie-O®); Reduced Fat & Reduced Sodium American, Sliced (Bongards®); Roll, Sub (Bake Crafters®); Mayonnaise, Packet (Heinz®); Mustard, Packet (Heinz®); Lettuce and Tomato

Wrap, Grilled BBQ Chicken

Ingredients: Grilled Chicken Strips; Tortilla, Flour, 8" (Azteca®); Seasoning, Poultry (Monarch®); Sauce, Barbeque (Sweet Baby Ray's®); Oil, Vegetable - Soybean (Monarch®); Salt; Cheese, Shredded Mozzarella; Cheese Shredded Cheddar; Mayonnaise, Packet (Heinz®); Mustard, Packet (Heinz®); Dressing, Light Ranch, Dip Cup (Ken's); Lettuce and Tomato

Sunflower Kernels, Honey Roasted (Sunrich Naturals®)

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

Tortilla, Flour, 8" (Azteca®)

Ingredients: Whole Wheat Flour, Water, Bleached Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Vegetable Shortening (Contains one or more of the following oils: Soybean Oil and/or Corn Oil and/or Canola Oil), Sugar, Honey, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Mono and Diglycerides, Fumaric Acid, Calcium Propionate (a preservative), Salt, may contain Sodium Metabisulfite (dough conditioner).

Turkey, Sliced (Jennie-O®)

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

Uncrustables, Grape (Smucker's®)

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

Uncrustables, Strawberry (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]). Strawberry Jam: sugar, strawberries, contains 2% or less of: pectin, citric acid, potassium sorbate (preservative).

Yogurt, Danimals Strawberry

Ingredients: Cultured grade A nonfat milk, cane sugar, water, corn starch, strawberry puree, contains less than 1% of agar agar, natural flavors, fruit and vegetable juice (for color), carob bean gum, lemon juice concentrate, vitamin d3.