



## 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 October 7, 2020.

Single ingredient items, such as fruit, 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](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  
Red Apple Dining  
400 East Lake Mary Blvd.  
Sanford, FL 32773  
407-320-0226

## **BREAKFAST INGREDIENTS**

### **Applesauce (Monarch®)**

Ingredients: Apples, water, ascorbic acid

### **Applesauce, Cup (Mott's® Natural)**

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

### **Bagels, Mini, Cinnamon Cream Cheese (Pillsbury®)**

Ingredients: Whole Wheat Flour, Water, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Neufchatel Cheese (milk, cream, cheese culture, salt, carob bean gum), Sugar, Maltodextrin, Soybean Oil. Contains 2 % or less of: Whey, Yeast, Salt, Cinnamon, Modified Corn Starch, Corn Starch, Cream of Tartar, Methylcellulose. CONTAINS WHEAT AND MILK INGREDIENTS.

### **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.

### **Butter, Unsalted (Glenview Farms®)**

Ingredients: Pasturized Cream, Natural Flavorings

### **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. Contains wheat ingredients. Corn used in this product may contain traces of soybeans.

### **Cereal, Cheerios (General Mills®) - for pre-K**

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) 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 A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Gluten-free.

**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, Cinnamon Toast Crunch – Reduced Sugar (General Mills®) – for pre K**

Ingredients: Whole grain wheat, rice flour, sugar, polydextrose, canola oil, maltodextrin, fructose, 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.

**Cereal, Honey Nut Cheerios (General Mills®)**

Ingredients: Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) 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 almond ingredients. Gluten-free

**Cereal, Rice Chex (General Mills®)**

Ingredients: Whole grain rice, rice, sugar, salt, molasses. vitamin e (mixed tocopherols) 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 b1 (thiamin mononitrate), vitamin a (palmitate), vitamin b2 (riboflavin), a b vitamin (folic acid), vitamin b12, vitamin d3. Gluten-free

**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, Parmesan (Roseli®)**

Ingredients: Parmesan cheese pasteurized part-skim milk, salt, cheese culture, enzymes, powdered cellulose added to prevent caking, salt, potassium sorbate preservative. Contains: milk

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

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

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

Ingredients: Pasteurized part skim milk, cheese cultures, salt, enzymes. Contains: milk. Gluten-free

**Chicken Slider, Breaded (Rich Chicks®)**

Ingredients: Chicken Breast with Rib Meat, Chicken Protein Solution (Water, Chicken Protein), Water, Oat Isolate, Salt, Seasoning (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)), Potassium Chloride, Salt, Spices, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Hydrolyzed Wheat Gluten Protein, Garlic Powder, Soybean Oil (as a processing aid), Ascorbic acid, soy flour, extractives of Paprika, Natural Flavors). Breaded with: Whole Wheat Flour, Enriched Wheat Flour (Wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic acid), Salt, Contains less than 2% of soybean oil (As a processing aid)], Spices, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Hydrolyzed Wheat Gluten Protein, Garlic Powder, Ascorbic acid soy flour, Natural Extractives of Paprika, Natural Flavors, Battered with: Water, Whole Wheat Flour (Wheat Flour, 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. Breeding Set in Soy Bean Oil. Contains Wheat, Egg and Soy

**Craisins, Blueberry (Ocean Spray®)**

Ingredients: Cranberries, Cane Sugar, Grape Juice Concentrate, Blueberry Juice Concentrate, Natural Flavor. Refined sunflower oil is used as a processing aid. Gluten-Free

**Craisins, Cherry (Ocean Spray®)**

Ingredients: Cranberries, Cane Sugar, Cherry Juice Concentrate, Natural Flavor. Refined sunflower oil is used as a processing aid. Gluten-Free

**Craisins, Orange (Ocean Spray®)**

Ingredients: Cranberries, Sugar, Citric Acid, Natural Flavors. Refined Sunflower oil is used as a processing aid. Gluten-Free

**Craisins, Strawberry (Ocean Spray®)**

Ingredients: Cranberries, Sugar, Natural Flavors. Refined sunflower oil is used as a processing aid. Gluten-Free

**Croissant (Hadley Farms®)**

Ingredients: White Whole Wheat Flour, Enriched Wheat Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Margarine (Palm Oil, Water, Soybean Oil, Sugar, Soybean Lecithin [Soy], Monoglycerides, Natural Butter Flavor, Beta Carotene [Color], Vitamin A Palmitate added), Sugar, Contains 2% or less of: Salt, Non Fat Dry Milk Powder (Non Fat Dry Milk, Whey), Yeast and Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate) for Leavening, Dough Conditioner (Calcium Sulfate, Ascorbic Acid, Enzymes), Vital Wheat Gluten, Eggs, Malt Powder (Malted Barley, Dextrose), Soy Flour, Calcium Propionate, Potassium Sorbate and Citric Acid (Preservatives). CONTAINS: EGG, MILK, SOY, WHEAT

**Eggs (Glenview Farms®)**

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

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

Ingredients: Whole Wheat Bread (Whole Wheat Flour, Water, Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Sugar, Wheat Gluten, Yeast. Contains 2% Or Less Of Each Of The Following: Soybean Oil, Salt, Calcium Propionate (Preservative), Datem, Soy Lecithin), Water, Whole Wheat Batter (Whole Wheat Flour, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid], Dextrose, Yellow Corn Flour, Modified Cornstarch. Contains 2% Or Less Of Each Of The Following: Cinnamon, Nutmeg, Egg, Skim Milk, Salt, Soybean Oil, Natural And Artificial Flavor, Leavening [Sodium Bicarbonate], Corn Syrup Solids, Modified Cellulose, Soy Lecithin), 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, Cinnamon). Contains egg, milk, soy, and wheat ingredients.

**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®).

**Jelly, Grape (Heinz®)**

Ingredients: Sugar, Red Grape Juice (Water, Red Grape Juice Concentrate), Concord Grape Juice (Water, Concord Grape Juice Concentrate), Citric Acid, Pectin, Potassium Sorbate (Preservative).

**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

**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

**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

**Milk, Chocolate (TruMoo®)**

Ingredients: Low Fat Milk, Sugar, Contains Less Than 1% of: Cocoa (Processed with Alkali), Corn Starch, Salt, Carrageenan, Natural Flavor, Vitamin A Palmitate, Vitamin D3 Allergy Information Contains: milk

**Muffin, Blueberry (Chef Pierre®)**

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

**Oatmeal**

Ingredients: Oatmeal (quick oats), Sugar, Light Brown (Domino®), Cinnamon, Salt, Butter, Unsalted (Glenview Farms®). *Optional Toppings: Raisins (Sun Maid®), Homemade Granola,*

**Apple Topping:** Apple Slices, Canned (Harvest Value®): Apples, Water; Sugar, Light Brown (Domino®) or **Blueberry Topping:** Blueberries, Corn Starch (Argo®), Sugar (Monarch®), Fresh Lemons, Vanilla Flavoring (Monarch®)

**Pancake, Maple Mini (Bake Crafters®)**

Ingredients: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Maple Chips (Sugar, Wheat Flour, Soybean Oil, Cellulose Gum, Natural Flavor), Egg, Buttermilk Solids, Dextrose, Soybean Oil, Whey Powder, Natural Maple Flavor (Water, Propylene Glycol, Natural Flavors), Lecithin, Baking Soda, Salt, Sodium Aluminum Phosphate, Mono Calcium Phosphate. Contains egg, milk, soy, and wheat ingredients

**Pizza Crust, 14" (Tubito's Pizza®)**

Ingredients: Water, whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy protein, soybean oil, sugar, salt, dough conditioner (sodium bicarbonate, monocalcium, phosphate, l-cysteine, enzymes), yeast.

**Quesadilla (Bacon, Egg and Cheese)**

Ingredients: Tortilla, Flour, 6" (Azteca®), Cheese, Shredded Mozzarella (Bongards®), Cheese, Shredded Cheddar (Bongards®), Eggs (Glenview Farms®), Low-Fat Milk, Bacon (Hormel®): Pork cured with water, salt, smoke flavoring, sugar, sodium diacetate, dextrose, sodium erythorbate, sodium nitrite; *Optional Topping:* Salsa (Pace®).

**Salsa (Pace®)**

Ingredients: Crushed tomatoes (water, crushed tomato concentrate), jalapeno peppers, diced tomatoes in tomato juice, onions, distilled vinegar, salt, dehydrated onions, garlic, natural flavoring. Gluten-free

**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. Contains Wheat, Milk (Butter).

**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, ascorbic 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, ascorbic 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. Contains Wheat, Milk (Butter).

**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. Contains Wheat, Milk (Butter).

**Sugar, Light Brown (Domino®)**

Ingredients: Sugar, Molasses

**Syrup (Smucker's®)**

Ingredients: Invert sugar, water, contains 2% or less of molasses, natural flavors, sea salt

**Vanilla Flavoring (Monarch®)**

Ingredients: Water, caramel color, artificial flavor, citric acid, sodium benzoate (preservative).

**Waffle, Maple (Bake Crafters®)**

Ingredients: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Lecithin, Maple Chips (Sugar, Wheat Flour, Soybean Oil, Cellulose Gum, Natural Flavor), Milk Solids, Sugar, Egg, Natural Maple Flavor (Water, Propylene Glycol, Natural Flavors), Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Mono Calcium Phosphate), Salt, Wheat Bran. Contains egg, milk, soy, and wheat ingredients.



**Yogurt, Danimals Strawberry (Dannon®)**

Ingredients: Cultured grade A nonfat milk, cane sugar, water, food starch, strawberry puree, contains less than 1% of natural flavors, fruit and vegetable juice (for color), lemon juice concentrate, agar agar, carob bean gum, vitamin D3. Contains live & active cultures. Gelatin Free and Gluten-Free. Contains: Milk

**Yogurt, Strawberry Banana (Upstate Farms®)**

Ingredients: Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Strawberries, Bananas, Modified Corn Starch, Whey, Natural Flavors, Purple Carrot Juice Concentrate, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (For Freshness), Citric Acid, Carob Bean Gum, Vitamin D3. Gluten-Free

**Yogurt, Vanilla (Yoplait®)**

Ingredients: Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Modified Tapioca Starch, Potassium Sorbate Added to Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3

**LUNCH INGREDIENTS****Apple Slices (Peterson Farms®)**

Ingredients: Apples, calcium ascorbate (to maintain freshness and color)

**Apple Slices, canned (Harvest Value®)**

Ingredients: apples, water

**Apple Topping for Waffles**

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

**Applesauce (Monarch®)**

Ingredients: apples, water, ascorbic acid

**Applesauce, Cup (Mott's® Natural)**

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

**Apricot Cup**

Ingredients: Apricots, Sugar, Ascorbic & Citric Acid

**Beans, Baked**

Ingredients: Beans, vegetarian (Furmano's®), BBQ Sauce (Sweet Baby Ray's®)

**Beans, Vegetarian (Furmanos®)**

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

**Beans, Black, Seasoned**

Ingredients: Black beans (Bush's®): Prepared black beans, water, salt, and calcium chloride; onion, green pepper, chili powder, garlic powder, cumin, oregano, vinegar, black pepper, cilantro, Oil, Vegetable - Soybean (Monarch®).

**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.

**Blueberry Topping for Waffles**

Ingredients: Blueberries, Corn Starch (Argo®), Sugar (Monarch®), Fresh Lemons, Vanilla Flavoring (Monarch®).

**Burger, Beef (Advanced Pierre®)**

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

**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.

**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. allergens Contains: milk, wheat may contain soy

**Bread, Hamburger Bun, Whole Grain (Crafters®)**

Ingredients: Whole White Wheat Flour, Water, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Wheat Gluten, Soybean Oil. Contains 2% Or Less Of The Following: Salt, Calcium Sulfate, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Wheat Starch, Ascorbic Acid, Enzymes. Contains wheat ingredients.

**Bread, Hot Dog Bun, Whole Grain (Baked Crafters®)**

Ingredients: Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Thiamine Mononitrate, Niacin, Reduced Iron, Riboflavin, Folic Acid, Malted Barley Flour), Water, Sugar, Soybean Oil, Wheat Gluten, Salt, Yeast, Enzymes, Lecithin (soybean), Wheat Starch,

Calcium Propionate, Calcium Sulfate, Ammonium Sulfate, Monocalcium Phosphate, Ascorbic Acid. Contains soy and wheat ingredients.

**Bread, Sliced, Whole Grain (Flowers Foods®)**

Ingredients: Water, whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, contains 2% or less of each of the following: soybean oil, salt, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides and/or diglycerides, calcium peroxide, calcium iodate, datem, ethoxylated mono- and diglycerides), calcium sulfate, soy lecithin, calcium propionate (to retard spoilage). Contains: wheat and soy

**Breadstick, Garlic (Bake Crafters®)**

Ingredients: Breadstick: Whole Wheat Flour, Enriched Flour (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, Natural Flavors, Monoglycerides, Spice, Onion Powder, Soy Lecithin, Lactic Acid, Citric Acid, Beta-Carotene (for color). Contains milk, soy, and wheat ingredients

**Butter Cooking Spray (Vegalene®)**

Ingredients: A blend of Canola Oil, Caprylic/ Capric Triglycerides, Natural and Artificial Butter Flavor, Salt, Phosphated Mono & Diglycerides, Beta Carotene (color) and Propellant

**Butter, Unsalted (Glenview Farms®)**

Ingredients: Pasturized Cream, Natural Flavorings

**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, Parmesan (Roseli®)**

Ingredients: Parmesan cheese pasteurized part-skim milk, salt, cheese culture, enzymes, powdered cellulose added to prevent caking, salt, potassium sorbate preservative. Contains: milk

**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

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

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

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

Ingredients: Pasteurized part skim milk, cheese cultures, salt, enzymes. Contains: milk. Gluten-free

**Cheesy Eggs, for Waffles**

Ingredients: Eggs (Golden Nature®): whole egg, citric acid; cheese, shredded cheddar (Bongards®), low-fat white milk

**Chicken, Boneless Wings (Rich Chicks®)**

Ingredients: 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), 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, Egg Whites, Ascorbic Acid, Soy Flour, Extractives of Paprika, Natural Flavors, Spice Extractive, Cellulose Gum. Breeding Set in Vegetable Oil.

Contains: Wheat, Egg and Soy

**Chicken, for Chicken Alfredo**

Ingredients: Chicken, Diced, Italian seasoning, garlic powder, black pepper, Oil, Vegetable - Soybean (Monarch®).

**Chicken, Diced (Tyson®)**

Ingredients: Boneless, skinless diced white chicken, water, rice starch, vinegar, seasoning (maltodextrin, yeast extract, chicken stock, salt and flavors).

**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 Tenders (Rich Chicks®)**

Ingredients: Chicken Tenderloins, Chicken Protein Solution (Water, Chicken Protein), Water, Seasoning (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potassium Chloride, Salt, Spices, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Hydrolyzed Wheat Gluten Protein, Garlic Powder, Wheat Starch, Ascorbic Acid, Extractives of Paprika, soy flour, Natural Flavors), Oat Isolate, Salt. Breaded with: Whole wheat flour, Enriched wheat flour (wheat flour, 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 protein, garlic powder, ascorbic acid, soy flour, natural extractives of Paprika, natural flavors. Battered with: Water, whole wheat flour, enriched wheat flour (wheat flour, 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. Breeding set in in Vegetable Oil. Contains: Wheat, Egg and Soy

### **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. Contains: Soy, wheat, and citrus

### **Chicken Nuggets, Breaded (Rich Chicks®)**

Ingredients: Antibiotic Free Chicken Breast with Rib Meat, Soy Protein Concentrate, Antibiotic Free Chicken Protein Solution (Water, Chicken Protein), Water, Seasoning (Salt, Hydrolyzed Corn Gluten, Onion Powder, Garlic Powder, Spices, Wheat Flour with not more than 2% Silicon Dioxide added to prevent caking), Salt, Oat Isolate Breaded and Battered with: Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Contains Less Than 2% of Yellow Corn Flour, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Soybean Oil (As a Processing Aid), Garlic Powder, Hydrolyzed Wheat Gluten Protein, Spices, Egg Whites, Ascorbic Acid, Soy Flour, Natural Extractives of Paprika, Natural Flavors, Spice Extractive, Cellulose Gum, Wheat Starch. Breeding Set In Vegetable Oil. Contains: Wheat, Egg, Soy

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

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

**Chips, Baked! Lay's BBQ Potato Crisps (Frito Lay®)**

Ingredients: Dried Potatoes, Corn Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Onion Powder, Maltodextrin (Made from Corn), Dextrose, Brown Sugar, Molasses, Spices, Fructose, Tomato Powder, Garlic Powder, Yeast, Soybean Oil, Natural Flavors (Contains Milk), Sunflower Oil, Paprika, Acacia Gum, Paprika Extracts, Annatto Extracts and Caramel Color. Contains milk and soy ingredients.

**Chips, Baked Ruffles Cheddar and Sour Cream (Frito Lay®)**

Ingredients: Dried Potatoes, Corn Starch, Corn Oil, Sugar, Maltodextrin (made from corn), Salt, Soy Lecithin, Dextrose, Whey, Whey Protein Concentrate, Onion Powder, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Monosodium Glutamate, Blue Cheese (Milk, Cheese Cultures, Salt, Enzymes), Citric Acid, Artificial Color (Yellow 6 Lake, Yellow 5 Lake, Yellow 5, Yellow 6), Skim Milk, Natural and Artificial Flavors, Garlic Powder, Lactic Acid, Disodium Inosinate, and Disodium Guanylate. Contains milk and soy ingredients.

**Chips, 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 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, Reduced Fat Doritos, Cool Ranch (Frito Lay®)**

Ingredients: Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Corn Bran, Salt, Corn Starch, Tomato Powder, Lactose, Whey, Skim Milk, Onion Powder, Sugar, Garlic Powder, Monosodium Glutamate, Maltodextrin (Made from Corn), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Dextrose, Malic Acid, Corn Syrup Solids, Buttermilk, Natural and Artificial Flavors, Sodium Acetate, Artificial Color (Red 40, Blue 1, Yellow 5), 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), 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, 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, Reduced Fat Doritos Sweet Chili (Frito Lay®)**

Ingredients: Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Corn Bran, Sugar, Maltodextrin (Made from Corn), Monosodium Glutamate, Fructose, Salt, Sodium Diacetate, Soy Sauce (Soybeans, Wheat, Salt), Onion Powder, Hydrolyzed Soy Protein, Hydrolyzed Corn Protein, Garlic Powder, Torula Yeast, Malic Acid, Paprika Extracts, Spices, Caramel Color, Disodium Inosinate, Disodium Guanylate, and Natural Flavor. Contains wheat and soy ingredients.

**Chips, Tortilla (Del Pasado®)**

Ingredients: Whole white corn, vegetable oil (cottonseed oil and/or soybean oil) salt

**Cole Slaw with Ken's Dressing®**

Ingredients: Fresh Cabbage, Carrot, Red Onion, Soybean Oil, Sugar, Water, Apple Cider Vinegar, Distilled Vinegar, Egg Yolk, Salt, Contains Less Than 2% Of Mustard Flour, Polysorbate 60, Xanthan Gum, Natural Flavor, Calcium Disodium Edta (To Protect Flavor). Contains: Egg. Gluten-free

**Cookie, Chocolate Brownie (David's Cookies®)**

Ingredients: Wheat flour blend (whole wheat flour, enriched wheat flour [wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]), margarine (vegetable oil blend [palm fruit oil, soybean & olive oils] water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene color), brown sugar, sugar, corn syrup, eggs, cocoa processed with alkali, prune paste, water, natural vanilla flavor, baking powder (sodium acid

pyrophosphate, corn starch, baking soda, mono calcium phosphate), baking soda, salt.  
Contains: Egg, Soy, Wheat

**Cookie, Chocolate Chip (David's Cookies®)**

Ingredients: Wheat flour blend (whole wheat flour, enriched wheat flour [wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]), sugar, brown sugar, margarine (vegetable oil blend [palm fruit oil, soybean & olive oils] water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene color), chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla), eggs, corn syrup, water, prune paste, dextrose, molasses, baking soda, salt, natural vanilla flavor, baking powder (sodium acid pyrophosphate, corn starch, baking soda, mono calcium phosphate).

Contains: EGG, SOY, WHEAT

**Cookie, Farmer's Market (Dick and Jane®)**

Ingredients: Whole grain wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sunflower oil, sunflower lecithin, salt, honey, leavening (baking soda), natural flavors, whole eggs, milk. Contains wheat, egg and milk

**Cookie, Food & Nutrition (Dick and Jane®)**

Ingredients: Whole grain wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sunflower oil, sunflower lecithin, salt, honey, leavening (baking soda), natural flavors, whole eggs, milk. Contains wheat, egg and milk

**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, Fun & Fitness (Dick and Jane®)**

Ingredients: Whole grain wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sunflower oil, sunflower lecithin, salt, honey, leavening (baking soda), natural flavors, whole eggs, milk. Contains wheat, egg and milk

**Cookie, Presidents (Dick and Jane®)**

Ingredients: Whole grain wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sunflower oil, sunflower lecithin, salt, honey, leavening (baking soda), natural flavors, whole eggs, milk. Contains wheat, egg and milk



**Cookie, Rainbow (David's Cookies®)**

Ingredients: Whole wheat flour, enriched wheat flour (wheat, barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), margarine (vegetable oil blend [palm fruit oil, soybean & olive oils] water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene color), brown sugar, rainbow chocolate candies (semisweet chocolate [sugar, cocoa mass, cocoa butter, cocoa solids, soy lecithin, vanillin], candy coating [artificial colors: FD&C yellow #5, yellow #6, red #40, blue #1, titanium dioxide, potato starch, acacia gum, propylene glycol, citric acid, maltodextrin, carnauba wax]), sugar, eggs, water, corn syrup, prune paste, dextrose, molasses, baking soda, natural vanilla flavor, salt, baking powder (sodium acid pyrophosphate, corn starch, baking soda, mono calcium phosphate).

**Cookie, Red Velvet WG (David's Cookies®)**

Ingredients: 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 & olive oils] water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene color), brown sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), water, eggs, corn syrup, prune paste, cocoa processed with alkali, dextrose, artificial color (FD&C red #40 & #3, blue #1, yellow #6), baking powder (sodium acid pyrophosphate, corn starch, baking soda, mono calcium phosphate), baking soda, molasses, natural vanilla flavor, salt. Contains: egg, soy, wheat.

**Cookie, States and Capital (Dick and Jane®)**

Ingredients: Whole grain wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sunflower oil, sunflower lecithin, salt, honey, leavening (baking soda), natural flavors, whole eggs, milk. Contains wheat, egg and milk

**Cookie, Sugar (David's Cookies®)**

Ingredients: 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 & olive oils] water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene color), corn syrup, eggs, water, dextrose, natural vanilla flavor, baking soda, baking powder (sodium acid pyrophosphate, corn starch, baking soda, mono calcium phosphate), salt. CONTAINS: EGG, SOY, WHEAT.

**Corn, Roasted**

Ingredients: Corn, canned (Lakeside®): corn, water; butter cooking spray (Vegalene®)

**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®)**

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), white cheddar cheese (milk, cheese cultures, salt, enzymes), soybean oil (with TBHQ for freshness). Contains 2% or less of salt, paprika, yeast, paprika extract color, turmeric extract color, annatto extract color, soy lecithin. Contains milk or milk derivatives, soybeans or soybean derivatives, wheat or wheat derivatives

**Cracker, Elf Graham Original (Keebler®)**

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), sugar, vegetable oil (soybean and palm oil with TBHQ for freshness), honey, contains two percent or less of calcium carbonate, molasses, salt, baking soda, soy lecithin, vitamin A palmitate, bht for freshness. Contains: Wheat and Soy.

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

Ingredients: 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.

**Craisins, Blueberry (Ocean Spray®)**

Ingredients: Cranberries, Cane Sugar, Grape Juice Concentrate, Blueberry Juice Concentrate, Natural Flavor. Refined sunflower oil is used as a processing aid. Gluten-Free

**Craisins, Cherry (Ocean Spray®)**

Ingredients: Cranberries, Cane Sugar, Cherry Juice Concentrate, Natural Flavor. Refined sunflower oil is used as a processing aid. Gluten-Free

**Craisins, Orange (Ocean Spray®)**

Ingredients: Cranberries, Sugar, Citric Acid, Natural Flavors. Refined Sunflower oil is used as a processing aid. Gluten-Free

**Craisins, Strawberry (Ocean Spray®)**

Ingredients: Cranberries, Sugar, Natural Flavors. Refined sunflower oil is used as a processing aid. Gluten-Free

**Dressing, Italian fat-free (Naturally Fresh)**

Ingredients: Water, distilled vinegar, sugar, salt, contains less than 2% of dried garlic, garlic juice, xanthan gum, dried onion, dehydrated bell pepper, spice, turmeric oleoresin, turmeric and annatto extracts (colors).

**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

**Fruit, Mixed (Del Monte®)**

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

**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 kris 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. May contain traces of peanut and tree nut.

**Gravy, Kentucky Style (Midas®)**

Ingredients: Modified Corn Starch, Bleached Wheat Flour, Salt, Dextrose, Chicken Fat with extract of rosemary, Yeast Extract, Dipotassium Phosphate, Natural Flavors, Onion Powder, Caramel Color (contains sulfites), Xanthan Gum, Spice. Contains: wheat, egg

**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-0®)**

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, Natural Smoke Flavor, Baking Soda.

**Potato, Home Fries**

Ingredients: Potato, hashbrown cubes (Ore-Ida®): 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; unsalted butter (Glenview Farms®), butter cooking spray (Vegalene®), pepper, salt.

**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 Dessert Cup (Hershey's®)**

Ingredients: Nonfat milk, sugar, corn syrup, whey protein concentrate, cultured dairy solids, mono & diglycerides, natural flavors, locust bean gum, guar gum, sodium citrate, calcium sulfate, carrageenan, cream, spirulina extract (color), annatto extract (color). Live cultures added. Contains: milk. Made with gluten-free ingredients

**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, maltodextrin, natural and artificial flavor, polysorbate 80, carrageenan, vitamin a palmitate), wafer (bleached wheat flour, sugar, caramel color, dextrose, palm oil, corn flour, cocoa, high fructose corn syrup, baking soda, modified corn starch, salt, mono & diglycerides, soy lecithin). Contains: milk, soy, wheat.

**Ice Cream, Chocolate and Vanilla Twist Cone (Hershey's®)**

Ingredients: Low fat ice cream (nonfat milk, sugar, corn syrup, whey, cream, cellulose gel, cocoa [processed with alkali], mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, artificial vanilla flavor, carrageenan, vitamin a palmitate), sugar cone (bleached wheat flour, sugar, vegetable shortening [soybean oil, palm oil, soy lecithin], salt, caramel color, artificial flavor), chocolate sprinkles (sugar, corn starch, palm oil, palm kernel oil, cocoa [processed with alkali], sunflower lecithin, dextrin, confectioner's glaze, natural and artificial flavor, carnauba wax). Contains: milk, soy, wheat

**Ice Cream, Chocolate Scooter Bar (Hershey's®)**

Ingredients: Nonfat ice cream (nonfat milk, sugar, corn syrup, whey, high fructose corn syrup, maltodextrin, mono & diglycerides, locust bean gum, cellulose gum, guar gum, food starch, polysorbate 80, carrageenan, water, vitamin a palmitate), flavored center (water, sugar, cocoa [processed with alkali], whey, dextrose, caramel color, locust bean gum, carrageenan, artificial flavor, red 40, blue 1), crunch coating (cake crunches [bleached wheat flour, sugar, palm oil, caramel color, cocoa, salt, baking soda, artificial

flavor], nonfat milk powder, soybean oil, coconut oil, soy lecithin, vanillin). Contains: milk, soy, wheat.

**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, soylecithin), corn syrup, whey, chocolate crunch (bleached wheat flour, sugar, caramel color, palm oil, contains 2% or less of: cocoa, baking soda, salt, soylecithin), 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, whey, cream, chocolate cookie crumb (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, cocoa [processed with alkali], palm oil, high fructose corn syrup, chocolate liquor, salt, corn flour, dextrose, baking soda, soy lecithin), cellulose gel, mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, carrageenan, natural and artificial flavor, vitamin a palmitate), wafer (bleached wheat flour, sugar, caramel color, dextrose, palm oil, corn flour, cocoa, high fructose corn syrup, baking soda, modified corn starch, salt, mono & diglycerides, soy lecithin). Contains: milk, soy, wheat.

**Ice cream, Cotton Candy Twister Cup (Hershey's®)**

Ingredients: Nonfat milk, sugar, corn syrup, natural flavor, whey protein concentrate, cultured dairy solids, mono & diglycerides, locust bean gum, guar gum, sodium citrate, calcium sulfate, carrageenan, cream, red beet concentrate (color), spirulina (color). live cultures added. Contains: milk. Made with gluten-free ingredients

**Ice Cream, Crazy Cone (Hershey's®)**

Ingredients: Low fat ice cream (nonfat milk, sugar, corn syrup, whey, cream, cellulose gel, artificial flavor, mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, carrageenan, vitamin a palmitate, yellow 5, blue 1), sugar cone (bleached wheat flour, sugar, vegetable shortening [soybean oil, palm oil, soy lecithin], salt, caramel color, artificial flavor). Contains: milk, soy, wheat.

**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, artificial vanilla flavor. Contains: milk. Made with gluten-free ingredients

**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: Orange sherbet (sugar, whey, high fructose corn syrup, corn syrup, orange puree [water, orange juice concentrate, natural flavor, orange pulp, gum tragacanth, yellow 6, citric acid], mono & diglycerides, guar gum, polysorbate 80, carrageen), low fat ice cream (nonfat milk, sugar, corn syrup, whey, cream, artificial flavor, cellulose gel, mono- & diglycerides, cellulose gum, maltodextrin, polysorbate 80, sodium chloride, citric acid, carrageenan, vitamin a palmitate). Contains: milk. Made with gluten-free ingredients

**Ice Cream, Polar Blast Fruit Punch Bar (Hershey's®)**

Ingredients: Apple juice (water, apple juice concentrate), sugar, corn syrup, citric acid, natural & artificial flavor, ascorbic acid, locust bean gum, guar gum, carrageenan, red 40. Made with gluten-free ingredients

**Ice Cream, Salted Caramel Brownie Crunch Bar (Hershey's®)**

Ingredients: Ice cream (nonfat milk, sugar, corn syrup, whey, high fructose corn syrup, salty caramel flavor (water, sea salt, natural and artificial flavor, caramel color), maltodextrin, mono & diglycerides, locust bean gum, cellulose gum, guar gum, food starch, polysorbate 80, carrageenan, water, vitamin a palmitate), flavor core (nonfat milk, sugar, corn syrup, whey, maltodextrin, cocoa [processed with alkali], mono & diglycerides, guar gum, locust bean gum, carrageenan), crunch coating (cookie coating [bleached wheat flour, sugar, caramel color, palm oil, cocoa, baking soda, salt, soy lecithin], soybean oil, coconut oil, vanillin). Contains: milk, soy, wheat.

**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, apple juice concentrate), sugar, corn syrup, carob bean gum, modified cellulose, guar gum, dextrose, citric acid, artificial flavor, blue 1, ascorbic acid. Made with gluten-free ingredients

**Ice Cream, Strawberry Scooter Bar (Hershey's®)**

Ingredients: Nonfat ice cream (nonfat milk, sugar, corn syrup, whey, artificial flavor, high fructose corn syrup, maltodextrin, mono & diglycerides, locust bean gum, cellulose gum, guar gum, food starch, polysorbate 80, carrageenan, water, vitamin a palmitate), flavored center (water, sugar, dextrose, malic acid, artificial flavor, locust bean gum, carob bean gum, guar gum, modified cellulose, propylene glycol alginate, red 40, adipic acid), crunch coating (cake crunches [bleaches wheat flour, sugar, palm oil, salt, baking soda, artificial flavor, soy lecithin, red 3], nonfat milk powder, soybean oil, coconut oil, soy lecithin, vanillin). Contains: milk, soy, wheat.

**Ice Cream, Vanilla Sandwich (Hershey's®)**

Ingredients: Ice cream (nonfat milk, sugar, corn syrup, whey, cream, artificial flavor, cellulose gel, mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, carrageenan, vitamin a palmitate), wafer (bleached wheat flour, sugar, caramel color, dextrose, palm oil, corn flour, cocoa, high fructose corn syrup, baking soda, modified corn starch, salt, mono & diglycerides, soy lecithin). Contains: milk, soy, wheat.

**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**

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. Gluten-free

**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

**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

**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. Made with gluten-free ingredients

**Juice Rush, Lemon Orange (Hershey's®)**

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's®)**

Ingredients: Fruit juice (water, apple juice concentrate), natural flavoring, natural coloring, beta carotene and citric acid, less than 2% of: xantham gum, cellulose gum, gum tragacanth and guar gum. Made with gluten-free ingredients

**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.

**Lettuce and Cheese Cup**

Ingredients: Cheddar Cheese, Shredded (Bongards®), Lettuce, Shredded

**Lunchedible, Pizza**

Ingredients: Bread, Rounds (Father's Table®), Mozzarella Cheese, Shredded (Bongard's®), Pizza Sauce (Heinz Bell' Orto®)

**Macaroni and Cheese**

Ingredients: Pasta, Macaroni (Roseli®), Cheese Sauce (Midas Foods®) Cheddar Cheese (Bongards®), milk; *Optional*: with turkey ham (Jennie-O®)

**Mashed Potatoes, Original Butter (Basic American®)**

Ingredients: Potatoes, canola oil, contains 2% or less of: salt, potassium chloride, mono and diglycerides, artificial color, natural and artificial flavors (milk), freshness preserved with: sodium bisulfite, sodium acid pyrophosphate, citric acid, BHT. Contains milk or milk derivatives, sulphites or sulphite derivatives. Gluten-Free

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

**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.

Contains: Soy, Milk, Wheat

**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, Dispenser (Heinz®)**

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

**Mustard, Packet (KraftHeinz®)**

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

**Noodles, Lo Mein**

Ingredients: **Pasta, spaghetti (Roseli®); Stir fry sauce (Nestle®):** water, soy sauce (water, soybeans, wheat, salt, sodium benzoate [a preservative]), high fructose corn syrup, sherry wine, modified cornstarch, soybean oil, worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, anchovies, tamarind, natural flavor), 2% or less of vinegar, sesame oil, oyster sauce (water, beet sugar, salt, modified corn starch, caramel color, maltodextrin, oyster extract, yeast extract), dried garlic, salt, onion powder, citric acid, spices, caramel color, natural flavors, sulfiting agents. Contains: anchovy, wheat, soy.; **Ponzu sauce (Kikkoman®):** 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, Vegetable - Soybean (Monarch®).

**Oil, Vegetable - Soybean (Monarch®)**

Ingredients: Soybean oil

**Pasta, Baked**

Ingredients: Pasta, penne (Roseli®), Pasta sauce (Bell O'rto®), Mozzarella cheese (Bongard's®), Italian Seasoning: oregano, thyme, basil, rosemary, sage.

**Pasta, Elbow (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)]. contains: wheat.

**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, Penne, for Chicken Alfredo**

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)}; Oil, Vegetable - Soybean (Monarch®).

**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)).

**Peach Cup**

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

**Pears, in Juice (Monarch®)**

Ingredients: Bartlett pears, water, pear juice from concentrate

**Peanut Butter Cup (Market Street®)**

Ingredients: Roasted peanuts, sugar, hydrogenated vegetable oil (rapeseed, cottonseed, and/or soybean oils), salt.

**Pepperoni (Hormel®)**

Ingredients: Pork and Beef, Salt, Contains 2% or less of Water, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, Citric Acid, BHA, BHT

**Pineapple Cup (Advance Pierre®)**

Ingredients: Crushed pineapple (pineapple, pineapple juice, citric acid), pineapple tidbits (pineapple, pineapple juice, citric acid) potassium sorbate

**Pineapple Tidbits (Dole®)**

Ingredients: Pineapple, sugar, water, citric acid

## **Pizza**

### **Cheese**

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

### **Ham**

Ingredients: Pizza crust (Tubito's Pizza®), pizza sauce (Heinz Bell' Orto®), low-fat mozzarella cheese, shredded (Bongard's®), Ham, Turkey Diced (Jennie-O®)

### **Pepperoni**

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

### **Sausage**

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

### **White**

Ingredients: Pizza crust (Tubito's Pizza®), Sauce, Alfredo (Midas®), low-fat mozzarella cheese, shredded (Bongard's®), chicken, diced.

### **Pizza Crust, 14" (Tubito's Pizza®)**

Ingredients: Water, whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy protein, soybean oil, sugar, salt, dough conditioner (sodium bicarbonate, monocalcium phosphate, l-cysteine, enzymes), yeast. Contains: Wheat, Soy

### **Popcorn, Sweet & Salty Kettle (The Whole Earth®)**

Ingredients: Popcorn, sugar, vegetable oil (sunflower, rice and/or safflower oil), sea salt. Gluten-Free

### **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

**Quesadilla, Cheese**

Ingredients: Mozzarella Cheese (Bongards®), Butter Cooking Spray (Vegalane®), Tortilla, Flour, 8" (Azteca®), Shredded Cheddar Cheese (Bongards®)

**Rice Krispies Treats, Mini (Kellogg's®)**

Ingredients: Whole grain brown rice, corn syrup, fructose, vegetable oil (soybean and palm oil with TBHQ for freshness), sugar, corn syrup solids. Contains 2% or less of vegetable glycerin, dextrose, salt, gelatin, natural and artificial flavors (contains milk), DATEM, acetylated monoglycerides, reduced iron, vitamin B1 (thiamin hydrochloride), niacinamide, vitamin B6 (pyridoxine hydrochloride), folic acid, calcium pantothenate, soy lecithin, BHT for freshness. Contains: milk or milk derivatives, soybeans or soybean derivatives.

**Rips Juice Slush, Blue Raspberry (Cool Tropics®)**

Ingredients: Water, pear juice concentrate, apple juice concentrate, maltodextrin, artificial flavor, citric acid, ascorbic acid (vitamin C), cellulose gum, gum Arabic, vitamin A palmitate, vitamin D 3. Gluten-free

**Rips Juice Slush, Kiwi Strawberry (Cool Tropics®)**

Ingredients: Water, pear juice concentrate, apple juice concentrate, maltodextrin, natural flavor, citric acid, ascorbic acid (vitamin C), cellulose gum, vitamin A palmitate, vitamin D 3. Gluten-free

**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

**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, Vegetable Protein (Corn Based), Calcium Peroxide, Potassium Iodate, Corn Meal, Calcium Propionate (as a mold inhibitor). Contains wheat ingredients.

**Salad, Chef**

Ingredients: Lettuce (iceberg, romaine), spinach, tomato, cucumber and carrots with choice of Turkey (Jennie-O®) and Cheese (Bongards), Turkey Ham (Jennie-O®) and Cheese (Bongards), Egg and Cheese (Bongards) or Cheese (Bongards). Served with an assorted cracker of the week. Ranch or Italian dressing available.

### **Salad, Side**

Ingredients: Lettuce (iceberg, romaine), spinach, tomato, carrots, cucumber.

### **Salsa (Pace®)**

Ingredients: Crushed tomatoes (water, crushed tomato concentrate), jalapeno peppers, diced tomatoes in tomato juice, onions, distilled vinegar, salt, dehydrated onions, garlic, natural flavoring. Gluten-free

### **Sandwiches**

#### **Grilled Cheese**

Ingredients: Bread, Sliced, Whole Grain (Flowers Foods®), Cheese, American Sliced (Bongards®), Butter Cooking Spray (Vegalene®).

#### **Grilled Turkey & Cheese**

Ingredients: Roll, Sub (Bake Crafters®), Turkey, Sliced (Jennie-O®) Cheese, American Sliced (Bongards®), Butter Cooking Spray (Vegalene®).

#### **Rib-b-que Sandwich**

Ingredients: Bun, Hamburger (Bake Crafters®), Sauce, Barbeque (Sweet Baby Ray's), Ketchup (Heinz®), Rib-B-Que Patty (Advanced Pierre®).

### **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), Garlic,\* Mustard Flour, Corn Syrup, Sugar, Tamarind, Natural Flavor, Celery Seed. \*Dried. Gluten-free

### **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, Cheese (Midas®)**

Ingredients: Dehydrated cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), maltodextrin, modified food starch (corn), whey, nonfat dry milk, buttermilk solids, salt, natural flavors, sodium phosphate, lactic acid, lecithin(soy), cellulose gum, titanium dioxide, sodium citrate and artificial colors (yellow 5, yellow 6).

### **Sauce, Chicken Alfredo**

Ingredients: Alfredo sauce (Midas®): 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 (Glenview Farms®).

**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, apo-carotenal, xanthan gum, sodium benzoate as a preservative, corn syrup, paprika, calcium disodium edta to protect flavor, yellow #5, natural flavor. Contains: egg.

**Sauce, Pizza (Heinz Bell' Orto®)**

Ingredients: Tomato Puree (from vine ripe fresh tomatoes), salt, sugar, extra virgin olive oil, spices, and garlic powder.

**Sauce, Pasta (Heinz Bell O'rto®)**

Ingredients: Peeled ground tomatoes, tomato purée, extra virgin olive oil, garlic, salt, carrot purée, dehydrated onions, sugar, basil, spices.

**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, caramel color), salt.

**Snack Mix, Harvest Cheddar (SunChips®)**

Ingredients: **SunChips® HARVEST CHEDDAR® Flavored Whole Grain Snacks** - 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.

**Rold Gold® Hartzels® Pretzels** - Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Corn Oil, Salt, Yeast, and Ammonium Bicarbonate. 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 coconut oil. Contains a wheat ingredient.

**Rold Gold® brand Pretzels** - 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

### **Soup, Tomato (Campbell's®)**

Ingredients: Tomato puree (water, tomato paste), water, wheat flour, sugar, contains less than 2% of: salt, vegetable oil (corn, canola, and/or soybean), citric acid, ascorbic acid (vitamin c), flavoring, celery extract, garlic oil

### **Strawberries & Blueberries Cup**

Ingredients: Strawberries, Blueberries, and Sugar

**Strawberry Cup** – Strawberries, sugar

### **Strawberry Topping for Waffles**

Ingredients: Strawberries, Sugar (Monarch®), Corn Starch (Argo®), Vanilla Flavoring (Monarch®)

### **Sub, Ham and Cheese**

Ingredients: Bread, Hamburger Bun, Whole Grain (Baked Crafters®), American Cheese, sliced (Bongards®), Ham: pork cured with water, contains 2% or less of: modified food starch, salt, potassium lactate, dextrose, sodium phosphate, sodium diacetate, sodium nitrite. *Optional:* Mustard, Packet (Heinz®).

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

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

**Sweet Potato 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 Corn Fiber, Dextrin, Extractive of Paprika (color), Extractive of Turmeric (color), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Molasses Powder (Refiners Syrup, Molasses), Pea Fiber, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Sugar, Xanthan Gum

**Syrup (Smucker's®)**

Ingredients: Invert sugar, water, contains 2% or less of molasses, natural flavors, sea salt

**Taco, Beef**

Ingredients: Taco Crunchy Shell, Corn (Mission®); Beef Crumbles (Advanced Pierre®); Taco Seasoning (Del Pasado®); *optional* Lettuce and Cheese Cup, Salsa (Pace®)

**Taco Crunchy Shell, Corn (Mission®)**

Ingredients: Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, and/or Sunflower).

**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.

**Tortilla, Flour, 6" (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).

**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, Diced (Jennie-O®)**

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



**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).

**Vanilla Flavoring (Monarch®)**

Ingredients: Water, caramel color, artificial flavor, citric acid, sodium benzoate (preservative)

**Vegetable, California Blend (Monarch®)**

Ingredients: Broccoli, cauliflower, carrots

**Waffle, Maple (Bake Crafters®)**

Ingredients: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Lecithin, Maple Chips (Sugar, Wheat Flour, Soybean Oil, Cellulose Gum, Natural Flavor), Milk Solids, Sugar, Egg, Natural Maple Flavor (Water, Propylene Glycol, Natural Flavors), Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Mono Calcium Phosphate), Salt, Wheat Bran. Contains egg, milk, soy, and wheat ingredients.