



Breakfast and Lunch Ingredients List

Middle and High School

The information contained in this list is reported by each of the manufacturers or vendor. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. This information is effective as of November 18, 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 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
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Sanford, FL 32773
407-320-0226

BREAKFAST 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.

Bagel-ful®, Cinnamon Cream Cheese

Ingredients: Water, Whole Wheat Flour, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Carob Bean Gum), Cinnamon Filling (Water, Sugar, Brown Sugar, Modified Food Starch, Cellulose Gel and Gum, Salt, Cinnamon, Natural Flavors, Fumaric Acid, Benzoate of Soda and Potassium Sorbate [preservatives], Gellan Gum, Sodium Citrate), Brown Sugar, Dough Conditioners (Wheat Flour, Sugar, Corn Flour, Soybean Oil, Calcium Sulfate, L-Cysteine, Ascorbic Acid, Calcium Iodate, Calcium Peroxide, Enzymes), Vital Wheat Gluten, Extract of Malted Barley and Corn, Bagel Premix (Dimagnesium Phosphate, Dicalcium Phosphate, Calcium Carbonate, Niacinamide, Zinc Oxide, Thiamin Mononitrate, Pyridoxine Hydrochloride, Riboflavin), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt, Ammonium Sulfate. Contains Milk, Wheat, Soy. Manufactured in a facility that also processes Tree Nuts.

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 (Rich's®)

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

Breakfast Benefit Bar, French Toast (J & J Snack Foods®)

Ingredients: Whole wheat and enriched flour blend (whole wheat flour, wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, oat flour, eggs, interesterified soybean oil, invert syrup, maple syrup, canola oil, whey, natural flavors, xanthan gum, spice, salt, inulin, baking soda, soy lecithin.

Breakfast BeneFIT Bar, Oatmeal Chocolate Chip (J & J Snack Foods®)

Ingredients: Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), oats, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin [an emulsifier], vanilla), eggs, interesterified soybean oil, invert syrup, canola oil, molasses, whey, leavening (baking soda, sodium acid pyrophosphate, corn starch), natural flavors, inulin, xanthan gum, salt.

Butter, 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, 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.

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

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 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 (Bacon, Egg and Cheese)

Ingredients: Croissant (Hadley Farms®): 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; Bacon (Hormel®), Eggs (Glenview Farms®); American cheese, sliced (Bongards®), sliced: Milk and skim milk, water, dairy product solids, modified food starch, cream, contains 2% or less of cheese culture, citric acid, color added, enzymes, milk protein concentrate, potassium citrate, salt, sodium citrate, sorbic acid (preservative), soy lecithin, vitamin A palmitate. Ingredient not in regular pasteurized process American cheese. Contains: Milk, Soy.

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

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 (Ardmore Farms®) – High Schools

Apple Juice - Ingredients: Filtered water, apple juice concentrate, malic acid, sodium benzoate and potassium sorbate (To assure freshness). Gluten-free

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

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

Milk, Lowfat White (TruMoo®)

Ingredients: Lowfat Milk, Vitamin A Palmitate, Vitamin D3.

Oatmeal

Ingredients: Oatmeal (quick oats), Sugar, Light Brown (Domino®), Cinnamon, Salt, Butter, Unsalted (Glenview Farms®). *Optional Toppings: Craisins (Ocean Spray®), 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, 16" (Tubito's Pizza®)

Ingredients: 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

Quesadilla, Breakfast (Bacon, Egg, and Cheese)

Ingredients: Tortilla, Flour, 6" (Azteca®), Cheese, Shredded Mozzarella (Bongards®), Cheese, Shredded Cheddar (Bongards®), Eggs, Low-Fat Milk, Bacon (Hormel®); 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.

Sausage, Italian (Hormel®)

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

Sausage Patty (Advanced Pierre®)

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

Scone, Apple-Cinnamon (FatCat®)

Ingredients: FatCat Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), sugar, apple sauce (apples, water, ascorbic acid), apples, milk, butter, vegetable oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), Kortinji cinnamon and salt. Glaze: Powdered sugar (sugar, corn starch), water, Korintji cinnamon.

Scone, Blueberry Lemon (FatCat®)

Ingredients: FatCat Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), sugar, apple sauce (apples, water, 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.

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).

Smoothie, Strawberry-Banana

Ingredients: Water, Yogurt (Yoplait®), Strawberry-Banana mix (Kerry-V8 Fusion®): Strawberry puree, banana puree, reconstituted fruit and vegetable juice blend (water, sweet potato juice concentrate, pear juice concentrate, carrot juice concentrate, deionized pineapple juice concentrate), contains less than 2% of the following: natural flavors, pectin, citric acid, ascorbic acid (vitamin c), erythritol, alpha tocopheryl acetate (vitamin e), calcium lactate, stevia leaf extract; colored with vegetable juice. PLUS homemade granola if desired.

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, 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

FILTERED AT LAKE BRANTLEY HIGH (COLD BEVERAGES)**Cold Brew**

Ingredients: Water, coffee (Barnie's®)

Iced Fruit Infusion Mango Tea

Ingredients: Water, tea, mango fruit puree (Monin®): water, mango puree concentrate, sugar, natural flavors, citric acid, beta carotene (color), acacia gum, xanthan gum, carrageenan, maltodextrin, green tea extract

Iced Fruit Infusion Wildberry Tea

Ingredients: Water, tea, wildberry fruit puree (Monin®): water, sugar, blackberry puree concentrate, raspberry puree concentrate, blackberry juice concentrate, natural flavors, citric acid, vegetable juice (color), acacia gum, strawberry seeds, xanthan gum, green tea extract

Iced Holiday Latte

Ingredients: 1% white milk (T.G. Lee®), water, coffee (Barnie's®), syrup, sugar-free Santa's White Christmas (Monin®): water, cellulose gum, sucralose, sodium benzoate (preservative), citric acid, natural and artificial flavor. Contains tree nuts (coconut)

FILTERED AT LAKE BRANTLEY HIGH (HOT BEVERAGES)**Café Latte**

Ingredients: Water, coffee (Barnie's®), 1% white milk (T.G. Lee®)

Freshly Brewed Coffee

Ingredients: Water, coffee (Barnie's®)

OPTIONAL

Milk, Whole, White (T.G. Lee®)

Stevia Sweetener (Pure Via®)

Ingredients: Dextrose, reb A (stevia extract), natural flavors

Syrup, Sugar-free Caramel (Monin®)

Ingredients: Water, erythritol, natural and artificial flavors, cellulose gum, sucralose, citric acid, potassium sorbate (preservative)

Syrup, Sugar-free Vanilla (Monin®)

Ingredients: Water, erythritol, natural and artificial flavors, cellulose gum, natural vanilla flavor, sucralose, citric acid, potassium sorbate (preservative)

LUNCH INGREDIENTS LIST

Applesauce, Cup (Mott's® Original)

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

Apple Slices (Harvest Value®)

Ingredients: apples, water

Apple Topping for Waffles

Ingredients: Apple slices, canned (Harvest Value®), sugar, cinnamon

Bacon (Hormel®)

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

Baked Ziti – Lake Brantley High School

Ingredients: Pasta, penne (Roseli®), pizza sauce (Heinz Bell O'rto®), mozzarella cheese (Bongard's®), ricotta cheese (Roseli®), fresh basil, italian seasoning (Monarch®): oregano, thyme, basil, rosemary, sage; garlic powder (Monarch®), pepper (Spice Clasic®). *Optional:* extra sauce, parmesan cheese, packet (Roseli®), crushed red pepper, packet (Roseli®).

Baked Ziti

Ingredients: Pasta, penne (Roseli®) sauce, pasta (Heinz BELL O'ERTO®), mozzarella cheese (Bongard's®), Italian seasoning: oregano, thyme, basil, rosemary, sage. *Optional:* extra sauce and parmesan cheese, packet (Roseli®)

Beans, Baked

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

Beans, Black (Bush's®)

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

Beans, Black, Seasoned

Ingredients: Black beans (Bush's®), onion, green pepper, chili powder, garlic powder, cumin, oregano, vinegar, black pepper, cilantro, oil, vegetable - soybean (Monarch®)

Beans, Pinto

Ingredients: Pinto Beans (Bush's Brothers®): Prepared pinto beans, water, salt, calcium chloride, and calcium disodium edta; Chicken Broth (Swanson Broth®): Chicken Stock, contains less than 2% of salt, yeast extract, water, corn syrup solids, flavoring, chicken fat and dehydrated chicken broth; Red Onions, Red Peppers, Vegetable Oil - Soybean (Monarch®), Cumin, Garlic Powder, Cilantro, Pizza Sauce (Heinz Bell O'rto®), Sazon (American Spice®)

Beans, Refried

Ingredients: Beans (Santiago®): pinto beans (dry), salt; sazón (American Spice®); cheddar cheese (Bongards®)

Beans, Vegetarian (Furmanos®)

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

Beef Crumbles (Pierre®)

Ingredients: Ground Beef (No More Than 20% Fat), Water, Textured Vegetable Protein Product (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate [B1], Pyridoxine Hydrochloride [B6], Riboflavin [B2], Cyanocobalamin [B12], Salt, Flavorings, Sodium Phosphate.

Biscuit (Rich's®)

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

Black Bean Burger (Morning Star®)

Ingredients: Water, cooked black beans (black beans, water), cooked brown rice (water, brown rice), onions, vegetable oil (corn, canola and/or sunflower oil), whole kernel corn, soy flour, sodium caseinate (milk), egg whites, tomatoes, wheat gluten, onion powder, bulgur wheat, green chiles. Contains 2% or less of calcium caseinate (milk), cornstarch, spices, tomato powder, tomato juice, salt, cooked onion and carrot juice concentrate, garlic powder, natural flavor, paprika, soy sauce powder (soybeans, wheat, salt), jalapeno peppers, gum arabic, citric acid, turmeric, xanthan gum. Contains eggs, milk, soy and wheat

Blueberry Topping for Waffles

Ingredients: Blueberries, corn starch (Argo®), sugar, fresh lemons, water, vanilla flavoring (Monarch®)

Bread, Flat (Father's Table®)

Ingredients: White Whole Wheat Flour, Wheat Flour Enriched (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Vital Wheat Gluten, Sugar, Salt, Dough Conditioner (Mono & Diglycerides, Guar Gum, L-Cysteine (Vegetable Source), Enzymes), Calcium Propionate As a Mold Inhibitor, Oat Fiber.

Contains: Wheat, Soy

Bread, Flat Rounds (Rich's®)

Ingredients: whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, soybean oil, contains less than 2% of the following: sugar, nonfat dry milk, salt, wheat gluten, sodium stearoyl lactylate, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), guar gum, enzymes.

allergens Contains: milk, wheat may contain soy

Bread, Hamburger Bun, Whole Grain (Baked 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; *Optional at Lake Brantley High School: Sauce, Pasta (Marinara) (Heinz Bell O'rto®)*

Burger, Beef (Advance Pierre®)

Ingredients: Beef, Seasoning (Salt, Dextrose, Natural Flavors, Spice), Natural Flavoring.

Burrito Bowl – Build Your Own

Ingredients: Chicken, Grilled or Beef Crumbles Seasoned with Fajita Spice [(McCormick®) Corn maltodextrin, salt, spice (including paprika and chili pepper), modified corn starch, sugar, soy sauce (soybean, wheat, salt), citric acid, caramel color, yeast extract, natural flavor, garlic, beef extract, and beef fat.] **or Fajita Vegetables:** fresh green peppers, red peppers, onions, Butter Cooking Spray (Vegalene®); *Optional Toppings: Rice, Lime Cilantro; Black Beans, Seasoned; Pico de Gallo; Corn Salsa; Lettuce and Cheese Cup*

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

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, cheese cultures, salt, enzymes), powdered cellulose (anti-caking agent), potassium sorbate (preservative), titanium dioxide. 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 Sauce for Nachos

Ingredients: American cheese, sliced (Bongards®), cheddar cheese (Bongards®), low-fat milk, water

Cheese Stick, Colby Jack (Bongards®)

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

Cheese Stick, Mozzarella (Bongards®)

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

Cheesy Eggs

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

Chicken Fajitas

Ingredients: Tortillas (Azteca® Flour 6”), Chicken, fajita strips (Tyson®). OPTIONAL TOPPING: lettuce and cheese cup, fresh green peppers, red peppers, onions, salsa

Chicken Parmesan

Ingredients: Chicken Fillet, breaded (Rich Chicks®), Cheese, Mozzarella, shredded (Bongards®), Spaghetti (Roselli®), Sauce, Pasta (Heinz Bell O’rto®), Pizza Sauce (Heinz Bell O’rto®). *Optional:* grated Parmesan Cheese (Roseli®), crushed Red Pepper and extra sauce

Chicken Base, Low-Sodium (Monarch)

Ingredients: Roasted Chicken, Sugar, Autolyzed Yeast Extract, Chicken Fat, Potassium Chloride, Whey (Milk), Corn Starch, Hydrolyzed Corn Protein, Chicken Broth, Onion Powder, Contains 2 Percent Or Less Of: Soybean Oil, Disodium Inosinate, Disodium Guanylate, Citric Acid, Natural Flavorings, Extractive Of Turmeric And Turmeric (Color), Xanthan Gum, Salt. Contains: Milk. Gluten-Free

Chicken, BBQ

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

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. Breading Set in Vegetable Oil. Contains: Wheat, Egg and Soy

Chicken, Diced (Tyson®)

Ingredients: Chicken, water, contains 2% or less of the following: maltodextrin, natural flavors, rice starch, vinegar, yeast extract.

Chicken, for Chicken Alfredo

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

Chicken, Fajita Strips (Tyson®)

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

Chicken, General Tso (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, water, vinegar, soy sauce (water, soybeans, salt, sugar, wheat flour, extract of mushroom) modified starch, chili pepper, garlic, chili powder, orange peel powder, ginger and green onion. Contains: egg products, soy, wheat, and citrus

Chicken, Grilled

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

Chicken, Mojo

Ingredients: Dark and/or Light Chicken (Breast, Thigh, Wing and/or Drumsticks); Marinade, Mojo Criollo (American Spice®): Orange juice, vinegar, monosodium glutamate, salt, garlic powder, onion powder, spices, bitter orange concentrate, xanthan gum, sodium benzoate, sodium metabisulfite, potassium sorbate as preservatives.

Chicken, Orange (Yang's®)

Ingredients: *Chicken*: Dark meat chicken chunks, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, garlic, ginger, and green onion. *Sauce*: Sugar, vinegar, water, soy sauce (water, soybean, salt, sugar, wheat flour, extract of mushroom) modified starch, mandarin orange juice and peel, ginger, garlic, green onion and chili powder. Allergens: Egg products, soy, wheat, and citrus

Chicken, Sriracha (Asian Solutions®)

Ingredients: Diced Chicken Leg Meat, Water, Sodium Phosphates. BATTERED AND BREADED WITH: Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives. PREDUSTED WITH: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening

(Sodium Bicarbonate), Extractives of Paprika. SRIRACHA HONEY SAUCE: Water, Sugar, Chili Peppers, Maltodextrin, Garlic, Distilled Vinegar, Contains Less Than 2% Of Honey, Orange Juice concentrate, Salt, Modified Corn Starch, Xanthan Gum, Citric Acid, Natural Flavor. Contains: wheat and eggs

Chicken, Szechuan (Yang's®)

Ingredients: Chicken: Chicken leg meat, water, sugar, soy sauce (water, soybeans, salt, sugar, wheat flour, extract of mushroom, salt, lime juice 100%, garlic, ginger and green onion. Sauce: Sugar, water, vinegar, soy sauce (water, soybeans, salt, sugar, wheat flour, extract of mushroom), modified starch, hoisin sauce (sugar, water, sweet potato, salt, modified corn starch, soybeans, spices, sesame seeds, wheat flour, garlic, chili pepper and acetic acid), chili pepper, Sichuan peppercorn, garlic, ginger, and green onion. Contains: 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. Allergens: Soy, wheat, and citrus

Chicken Fillet, Breaded (Rich Chicks®)

Ingredients: Chicken breast with rib meat, 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. breading set in vegetable oil. Contains: wheat, egg and soy

Chicken Fillet, Grilled (Rich Chick's®)

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

Chips, Baked BBQ (Frito Lay®)

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

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

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

Chips, Cheetos Puffs (Frito Lay®)

Ingredients: Whole Cornmeal, Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Sea Minerals [Calcium Carbonate, Magnesium Carbonate], Canola Oil, Maltodextrin [Made From Corn], Salt, Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, Artificial Color [Yellow 6, Yellow 5]), Artificial Color (Yellow 6), and Salt. Contains milk ingredients

Chips, Oven Baked Crunchy Cheese Cheetos (Frito Lay®)

Ingredients: Whole Corn Meal, Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Whey, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Salt, Maltodextrin (Made from Corn), Natural and Artificial Flavors, Whey Protein Concentrate, Monosodium Glutamate, Lactic Acid, Citric Acid, and Artificial Color (Yellow 6). Contains milk ingredients.

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

Ingredients: Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), 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, 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, 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, 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, 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

Craisins, Blueberry (Ocean Spray®)

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

Crouton cup (Fresh Gourmet®)

Ingredients: White whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil (with rosemary extract and ascorbic acid [to preserve freshness]), spelt flour, whey, wheat gluten, yeast, salt, 2% or less of amaranth flour, quinoa flour, sugar, dehydrated parsley, garlic powder, natural and artificial flavor, parmesan cheese and enzyme modified cheese (pasteurized milk, cheese cultures, salt, enzymes), cultured nonfat milk, annatto (color), extractives of turmeric and paprika (color), Contains: wheat, milk.

Dressing, Classic Caesar (Naturally Fresh®)

Ingredient: Soybean oil, water, vinegar, parmesan cheese (part-skim milk, cheese cultures, salt, enzymes), egg yolks, contains less than 2% of salt, anchovies (fish), soy flour, xanthan and guar gums, molasses, spices, garlic powder, corn syrup, soy lecithin, spice extract, natural flavor, sugar, tamarind, tartaric acid, citric acid, mustard seed, white wine. Contains: anchovy, eggs, 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, Honey Mustard (Ken's®)

Ingredients: Soybean Oil, Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice), Distilled Vinegar, Sugar, Water, Egg Yolk, Honey, Contains Less Than 2% Of Salt, Xanthan Gum, Spice, Oleoresin Paprika (Color), Oleoresin Turmeric (Color). Contains Egg. Gluten-free

Dressing, Honey Mustard (Naturally Fresh®)

Ingredients: Soybean Oil, Vinegar, Water, Honey, Corn Syrup, Ground Mustard Seed, Apple Cider Vinegar, Sugar, Egg, Salt, Egg Yolk, Cinnamon, Turmeric & Paprika Color, Xanthan Gum (Food Fiber).

Dressing, Italian fat-free (Naturally Fresh)

Ingredients: Water, 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

Dressing, Ranch (Ken's®)

Ingredients: Soybean Oil, Water, Cultured Buttermilk, Egg Yolk, Distilled Vinegar, Contains Less Than 2% Of Salt, Monosodium Glutamate, Modified Corn Starch, Buttermilk Solids, Sugar, Garlic,* Xanthan Gum, Spice, Citric Acid, Onion,* Sorbic Acid (Preservative), Calcium Disodium Edta (To Protect Flavor), Milk, Natural Flavor, Egg Whites. *Dried Contains Egg, Milk. Gluten-free

Eggs (Glenview Farms®)

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

Envy[®] Beverage

Acai Berry Ingredients: 100% juice (filtered sparkling water sufficient to reconstitute juice concentrates, pear, apple, grape, lemon and acerola juice concentrates), natural flavors, calcium lactate, vegetable juice (color), acai puree, ascorbic acid (Vitamin C), vitamin A palmitate and Vitamin D3. Gluten-free

Fruit Punch Ingredients: 100% juice (filtered sparkling water sufficient to reconstitute juice concentrates, apple, pear and acerola juice concentrates), calcium lactate, natural flavor, ascorbic acid (Vitamin C), fruit and vegetable juice (color), vitamin A palmitate and Vitamin D3. Gluten-free

Fuji Apple Ingredients: 100% juice (filtered sparkling water sufficient to reconstitute juice concentrates, apple, pear and acerola juice concentrates), calcium lactate, ascorbic acid (Vitamin C), natural flavor, vitamin A palmitate and Vitamin D3. Gluten-free

Flatbreads

Buffalo Chicken Flatbread

Ingredients: Flatbread (Father's table[®]), chicken, diced, Buffalo wing mild sauce (Frank's[®]), ranch dressing (Ken's), shredded mozzarella cheese (Bongards[®]), cheddar cheese (Bongards[®])

Turkey Bacon Flatbread

Ingredients: Flatbread (Father's table[®]), turkey, sliced (Jennie-O[®]), dressing, honey mustard (Naturally Fresh[®]), bacon (Hormel[®]), shredded mozzarella cheese (Bongards[®]), cheddar cheese (Bongards[®])

Fruit, Mixed (Del Monte[®])

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

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

ingredients: fruit puree (pear, peach, strawberry, raspberry, blackberry, blueberry and cherry), water, corn syrup, sugar, chicory root extract, modified corn starch, gelatin, citric acid, lactic acid, ascorbic acid (vitamin c), natural and artificial flavors, alpha tocopherol acetate (vitamin e), vitamin A palmitate, sodium citrate, coconut oil, carnauba wax, red 40, and blue 1. Gluten-Free.

Fruit Snack, Mixed Fruit (Welch's[®])

Ingredients: Fruit puree (grape, peach, orange, strawberry and raspberry), corn syrup, sugar, chicory root fiber, modified corn starch, gelatin, maltitol syrup, gelatin, concord grape juice from concentrate, citric acid, lactic acid, ascorbic acid (vitamin C), natural and artificial flavors, alpha tocopherol acetate (vitamin e), vitamin A palmitate, sodium citrate, coconut oil, carnauba wax,) annatto (color) turmeric (color), and fruit and vegetable juice (color).

Fruit Snack, Mixed Fruit – Reduced Sugar (Welch’s®)

Ingredients: Fruit puree (grape, peach, orange, strawberry and raspberry), corn syrup, chicory root extract, sugar, modified corn starch, gelatin, concord grape juice from concentrate, citric acid, lactic acid, ascorbic acid (vitamin C), natural and artificial flavors, alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnauba wax, annatto (color), turmeric (color), and fruit and vegetable juice (color).

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.

Granola, Homemade

Ingredients: Oatmeal (quick oats), Syrup (Harvest Value®), Sugar, Light Brown (Domino®): Sugar, Molasses; Vanilla flavoring (Monarch®), Butter, Unsalted (Glenview Farms®), Oil, Vegetable - Soybean (Monarch®).

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, Sliced

Ingredients: Pork cured with water, contains 2% or less of: modified food starch, salt, potassium lactate, dextrose, sodium phosphate, sodium diacetate, sodium nitrite

Ham, Turkey Sliced (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, 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.

Hot Chocolate

Ingredients: Low-Fat Chocolate Milk (TruMoo®): Lowfat milk, liquid sugar (sugar, water), contains less than 1% of cocoa (processed with alkali), cocoa, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3; Syrup, Chocolate Sugar-Free (Hershey's®): Water, cocoa processed with alkali, glycerin, erythritol, contains 2% or less of: sodium acid sulfate, natural flavor, artificial flavor, xanthan gum, salt, potassium sorbate (to maintain freshness), sodium benzoate (to maintain freshness), sucralose, acesulfame potassium, zinc sulfate, vitamin E acetate, niacinamide, biotin.

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.

Jalapeno Peppers (Vlassic®)

Ingredients: fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate preservative, natural flavors, yellow 5, sodium metabisulfite

Juice Box (Apple & Eve®)

Apple -Ingredients: 100% apple juice (filtered water sufficient to reconstitute apple juice concentrate), calcium gluconate, calcium lactate, ascorbic acid (vitamin c) vitamin a palmitate. Gluten-free

Fruit Punch- Ingredients: 100% fruit juice (filtered water sufficient to reconstitute apple, pear, cherry and pineapple concentrates), natural flavors, calcium gluconate, calcium lactate, citric acid, ascorbic acid (vitamin c), vegetable color, vitamin a palmitate. Gluten-free

Mixed Berry -Ingredients: 100% juice (filtered water sufficient to reconstitute apple, pear, jujube fruit, raspberry and strawberry juice concentrates) natural flavors, citric acid, ascorbic acid (vitamin C), calcium lactate, calcium gluconate, vegetable color, vitamin A palmitate, vitamin E acetate. 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: xanthan gum, cellulose gum and guar gum. Made with gluten-free ingredients

Juice Rush, Lemon Orange (Hershey®)

Ingredients: Fruit juice (water, apple juice concentrate), natural flavoring, citric acid, artificial coloring: fd & c red #40, yellow #6, less than 2% of: xanthan gum, cellulose gum and guar gum

Juice Rush, Strawberry Mango (Hershey®)

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

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

Lime Juice (RealLime®)

Ingredients: Lime juice from concentrate water, concentrated lime juice, and less than 2 of lime oil, sodium benzoate preservative, sodium metabisulfite preservative.

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 (Kraft®)

Ingredients: Water, soybean oil, vinegar, modified food starch*, egg yolks, contains less than 2% of salt, eggs, natural flavor, mustard flour, potassium sorbate* and calcium disodium edta (as preservatives), phosphoric acid*, oleoresin paprika**ingredient not normally found in mayonnaise

Mayonnaise, Chipotle (Heinz®)

Ingredients: Distilled white vinegar, corn syrup, soybean oil, water, egg yolks, modified cornstarch, high fructose corn syrup, salt, chipotle chili peppers, smoke flavor, vinegar, onion powder, mustard flour, sodium benzoate and potassium sorbate as preservatives, citric acid, calcium disodium edta add to protect flavor, natural flavor. Contains: egg

Mayonnaise, Packet (Heinz®)

Ingredients: Soybean Oil, 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

Meat Sauce for Spaghetti

Ingredients: Beef Crumbles (Advanced Pierre®), pizza sauce (Heinz Bell' Orto®), italian seasoning, garlic powder, black pepper, beef broth [(beef base, low sodium (Monarch®)): Roasted Beef And Beef Broth, Maltodextrin, Sugar, Potassium Chloride, Autolyzed Yeast Extract, Beef Fat, Dextrose, Onion Powder, Hydrolyzed Soy Corn Protein, Hydrolyzed Soy Protein, Torula Yeast, Whey (Milk), Caramel Color (Contains Sulfites), Corn Starch, Natural Flavor, Canola Oil, Garlic Powder, Citric Acid, Salt, Disodium Inosinate, Disodium Guanylate, Lactic Acid, Spice Extractive, Calcium Lactate, Grill Flavor (From Soybean Oil)].

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 (KraftHeinz®)

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

Noodles, Lo Mein

Ingredients: Pasta, spaghetti (Roseli®), **Sauce, Sweet Chili** (Sweet Baby Ray's®), oil, vegetable – soybean (Monarch®), **Ponzu sauce** (Kikkoman®), 100% apple juice from concentrate, oil, Vegetable – Soybean (Monarch®).

Oil, Vegetable - Soybean (Monarch®)

Ingredients: Soybean oil

Pasta, Penne (Roseli®)

Ingredients: Whole Wheat Durum Flour, Durum Wheat Semolina And Durum Wheat Flour {Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)}.

Pasta, 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))

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 Tidbits (Dole®)

Ingredients: Pineapple, sugar, water, citric acid

Pizza Crust, 16" (Tubito's Pizza®)

Ingredients: 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

Pizza**Buffalo Chicken Ranch Pizza**

Ingredients: Pizza crust (Tubito's Pizza®), low-fat mozzarella cheese, shredded (Bongards®), cheddar cheese, shredded (Bongards®), chicken, diced (Tyson®), sauce, Xtra Hot buffalo (Frank's Redhot®), ranch dressing (Ken's®)

Cheese Pizza

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

Mega Meat Pizza

Ingredients: Pizza crust (Tubito's Pizza®), pizza sauce (Heinz Bell' Orto®), low-fat mozzarella cheese, shredded (Bongards®), pepperoni (Hormel®), sausage, italian crumbles (Hormel®), ham, turkey diced (Jennie-O®)

Pepperoni Pizza

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

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

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

Potato, Baked Fries (McCain®)

Ingredients: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Annatto (color), Corn Starch, Corn Starch - Modified, Dextrin, Dextrose, Extractives of

Capsicum, Extractives of Paprika (color), Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Onion Powder, Paprika (color), Potassium Chloride, Potato Starch - Modified, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Spices, Tapioca Starch - Modified, Xanthan Gum.

Potato, French Fries (Lamb Weston®)

Ingredients: Potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), modified food starch (potato, corn, tapioca), rice flour, dextrin, salt, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dextrose, xanthum gum.

Potato, Home Fries

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.

Pico de Gallo

Ingredients: Tomatoes, Red Onions, Cilantro, Salt, Black Pepper, Lime Juice (ReaLime®)

Potato, Sweet, Waffle Fries (Harvest Splendor®)

Ingredients: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified, Potato Starch - Modified. Contains 2% or less of 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.

Queso Sauce for Nachos

Ingredients: American cheese, sliced (Bongards®), cheddar cheese, shredded (Bongards®), low-fat milk, beef crumbles; Chili with beans (Basic American®): red beans (dry), tomato, chili pepper, onion, sugar, salt, modified corn starch, spice, green bell pepper, garlic, citric acid, calcium chloride, natural flavor.

Quesadilla, Chicken

Ingredients: Mozzarella cheese (Bongards®), shredded, cheddar cheese, shredded (Bongards®), Butter Cooking Spray (Vegalene®), Tortillas, Flour, 10" (Azteca®), chicken fajita strips

Quesadilla, BBQ Pork

Ingredients: BBQ pulled pork (pork roast, light brown sugar, salt, garlic powder, cumin, cinnamon, mustard, Sweet Chili (Sweet Baby Ray's®) Sauce, Barbeque Sauce (Sweet Baby Ray's®); tortilla, flour 10" (El Mirasol®), cheddar cheese, shredded (Bongards®), scallions, Butter Cooking Spray (Vegalene®).

Pork Patty, Rib-B-Que (Advance-Pierre®)

Ingredients: ground pork (not more than 20% fat), water, seasoning (tomato powder (dehydrated tomato), dextrose, brown sugar, artificial vinegar (malic acid, sodium acetates, lactose, fumaric acid, artificial flavorings), powdered Worcestershire sauce (corn syrup solids, salt, garlic powder, sugar, spices, soy sauce solids (wheat, soybeans, salt, maltodextrin, caramel color), tamarind, natural flavor), spices, spice extractive, onion powder, natural smoke flavor, garlic powder), textured vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), Riboflavin (B2), Cyanocobalamin (B12)), Salt, Sodium Phosphates. CONTAINS: MILK, WHEAT, SOY

Rice, Lime Cilantro

Ingredients: Brown rice (Uncle Ben's®), cilantro, lime juice (ReaLime®)

Rice Krispies Treats (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.

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, 3-Bean

Ingredients: Light Red Kidney Beans (Bush's®): Prepared kidney beans, water, sugar, dextrose, salt, calcium chloride, and disodium edta; Pinto Beans (Bush's®): Prepared pinto beans, water, salt, calcium chloride, and calcium disodium edta; Garbanzo Beans (Bush's®): Prepared chick peas, water, salt, mustard calcium chloride, and disodium edta; Green and Red Peppers, Italian Seasoning (Monarch®), Dressing, Golden Italian (Ken's®).

Salad, Caesar

Ingredients: Lettuce, romaine, parmesan cheese (Mosaic®) and chicken, grilled. Served with croutons (Fresh Gourmet®). Caesar dressing available.

Salad, Chef

Ingredients: Lettuce, romaine, spinach, tomato, cucumber and carrots with choice of Turkey (Jennie-O®) and Cheese (Bongards), Turkey Ham (Jennie-O®) and Cheese (Bongards), Tuna Salad, Egg and Cheese or Cheese (Bongards). Served with croutons (Fresh Gourmet®). Ranch or Italian dressing available.

Salad, Corn

Ingredients: Corn (Monarch®), Tomatoes, Limes, Cilantro, Salt, Black Pepper and Red Onions.

Salad, Grilled Chicken & Berry

Ingredients: Romaine Lettuce, Strawberries, Blueberries, Chicken, Grilled, Oil, Vegetable - Soybean (Monarch®), Seasoning, Cajun (Monarch®); *Optional Toppings: Mandarin Dressing* (Ken's®): Soybean Oil, High Fructose Corn Syrup, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [preservative]), Mandarin Orange, Orange Juice Concentrate, Distilled Vinegar, Orange Marmalade (Sugar, Water, Orange Peel, Pectin, Citric Acid), Water, Sesame Oil, Honey, Sugar, Contains Less Than 2% Of Garlic, Ground Ginger, Spice, Xanthan Gum, Natural Flavor, Citric Acid, Ascorbic Acid, Orange Peel, * Salt, Oleoresin Paprika (Color), Caramel Color. *Dried. Contains Soy, Wheat; **Sunflower Kernels, Honey Roasted** (Sunrich Naturals®), **Croutons** (Fresh Gourmet®).

Salad, Side

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

Salad, Chef, Vegan

Ingredients: Lettuce, iceberg and romaine, spinach, tomatoes, cucumber, carrots, salad, 3-bean

Salami, Turkey (Jennie-0®)

Ingredients: Turkey, Water, Seasoning (Sugar, Spices, Garlic Powder), Contains 2% or less Sea Salt, Cultured Celery Powder, Salt, Natural Smoke Flavoring.

Salsa (Pace®)

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

Salsa, Corn

Ingredients: Corn, Tomatoes, Lime juice (ReaLime®), Cilantro, Onions, Salt, Black Pepper

Sandwich

BBQ Cheddar Chicken Sandwich

Ingredients: Chicken Fillet, unbreaded: White meat chicken, water, contains 2% or less of the following: modified food starch, salt, sodium phosphates. Blanched in vegetable oil; Hamburger Bun (Bake Crafters®), Sauce, Barbeque (Sweet Baby Ray's®), Cheese, Cheddar, Shredded (Bongards®), Chicken Base, Low Sodium (Monarch®), *Optional:* Lettuce and Tomato Cup, Ketchup, Packet (Heinz®), Mustard, Packet (Heinz®), Mayonnaise, Packet (Heinz®), Sauce, Hot (Heinz®)

Turkey, Salami and Cheese Sandwich – for Drive Thru

Ingredients: Roll, Sub (Bake Crafters®), Turkey, Sliced (Jennie-O®), Turkey Salami (Jennie-O®), Cheese, American Sliced (Bongards®)

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, 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, Cranberry (Ocean Spray®)

Ingredients: Cranberries, High Fructose Corn Syrup, Water, Corn Syrup

Sauce, Enchilada (Foothill Farms®)

Ingredients: Modified Food Starch, Tomato Powder, Spice (includes Guajillo Chile Pepper), Maltodextrin, Salt, Soybean Oil, Onion Powder, Garlic Powder, White Distilled Vinegar, Paprika, Xanthan Gum, Disodium Inosinate & Disodium Guanylate, Contains 2% Or Less Silicon Dioxide (Anticaking).

Sauce, Honey Mustard, Dip Cup (Taste Pleasers®)

Ingredients: Water, soybean oil, high fructose corn syrup, distilled vinegar, modified food starch, sugar, egg yolk, mustard seed, salt, honey, turmeric, mustard bran, caramel color, apocarotenal, xanthan gum, sodium benzoate as a preservative, corn syrup, paprika, calcium disodium edta to protect flavor, yellow #5, natural flavor. Contains: egg

Sauce, Hot (Heinz®)

Ingredients: Peppers, vinegar, salt, xanthan gum, and benzoate of soda (to preserve freshness and flavor).

Sauce, Orange-Chipotle (Midas®)

Ingredients: Brown sugar, corn syrup solids, sugar, fructose, modified food starch (CORN), soybean oil, ascorbic acid, molasses powder [molasses, soy flour, wheat starch, soybean oil, silicon dioxide (anti-caking agent) and hydroxylated lecithin (processing aid)], sodium diacetate, spice, natural flavors (including orange juice solids) with BHT, maltodextrin, dehydrated garlic, dehydrated ginger, citric acid, dehydrated onion, tetra sodium pyrophosphate, xanthan gum, artificial color (yellow #6) and less than 2% silicon dioxide added to reduce caking.

Sauce, Pasta (Heinz Bell O'rto®)

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

Sauce, Pizza (Heinz Bell' Orto®)

Ingredients: Tomato Puree (from vine ripe fresh tomatoes), Salt, Sugar, Extra Virgin Olive Oil, Spices, and Garlic Powder.

Sauce, Ponzu, Lime (Kikkoman®)

Ingredients: Water, soy sauce (water, soybeans, wheat, salt, alcohol), vinegar, sugar, salt, lime juice concentrate, natural flavor, yeast extract, sodium benzoate: less than 1/10 of 1% as a preservative

Sauce, Sweet Chili (Sweet Baby Ray's®)

Ingredients: High Fructose Corn Syrup, Sugar, Water, Distilled Vinegar, Soy Sauce (Water, Wheat, Soybeans, Salt), Aged Cayenne Red Pepper, Sriracha Chili Sauce (Red Chili, Distilled Vinegar, Sugar, Salt, Garlic, Acetic Acid, Lactic Acid, Red Chili Powder, Xanthan Gum), Modified Corn Starch, Contains Less Than 2% Of Salt, Vegetable Oil (Soybean And/or Canola), Garlic, * Red Bell Pepper, Spice, Red Bell Pepper, * Chili De Arbol Pepper, * Chicken Meat With Natural Juices, Potassium Sorbate And Sodium Benzoate (Preservatives), Xanthan Gum, Organic Cane Sugar, Maltodextrin, Yeast Extract, Chicken Fat, Paprika, Onion Powder, Turmeric, Natural Flavor, Spice Extractives, Sulfiting Agents. *Dried. Contains Soy, Wheat

Sauce, XTRA Hot Buffalo (Frank's Redhot®)

Ingredients: Distilled vinegar, aged cayenne red peppers, salt, canola oil, paprika, water, xanthan gum, natural flavor & garlic powder. Gluten-Free

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.

Sazon (American Spice®): Monosodium glutamate, salt, garlic powder, onion powder and spices.

Seasoning, Cajun (Monarch®)

Ingredients: Dehydrated garlic, spices, salt, paprika (color), dehydrated onion, red pepper.

Seasoning, Italian (Monarch®)

Ingredients: Oregano, thyme, basil, rosemary, sage

Smoothie, Strawberry-Banana

Ingredients: Water, Yogurt (Yoplait®): Cultured pasteurized grade a low fat milk, sugar, modified corn starch, kosher gelatin, natural flavor, potassium sorbate added to maintain freshness, vitamin a acetate, vitamin D3. Strawberry-Banana mix (Kerry-V8 Fusion®): Strawberry Puree, Reconstituted Fruit and Vegetable Juice Blend (Water, Sweet Potato Juice Concentrate, Deionized Pineapple Juice Concentrate, Grape Juice Concentrate, Strawberry Juice Concentrate, Carrot Juice Concentrate, Banana Puree, Natural Flavors, Citric Acid, Ascorbic Acid (Vitamin C), Erythritol, Alpha Tocopheryl Acetate (Vitamin E), Stevia Leaf Extract. PLUS homemade granola if desired.

Snack Mix, Harvest Cheddar (SunChips®)

Ingredients: **SunChips® HARVEST CHEDDAR® Flavored Mini Whole Grain Snacks** - Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Maltodextrin (Made from Corn), Salt, Whey, Natural Flavors, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Buttermilk, Potassium Chloride, Romano Cheese (Cow's Milk, Cheese Cultures, Salt, Enzymes), Yeast Extract, Lactose, Paprika Extracts, Sodium Caseinate, Citric Acid, Skim Milk, Garlic Powder, Lactic Acid, and Parmesan Cheese (Milk, Cheese Cultures, Salt, Enzymes).

ROLD GOLD® Heartzels® 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 milk and wheat ingredients.

Strawberry Topping for Waffles

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

Subs

Ham and Cheese Sub

Ingredients: Roll, Sub (Bake Crafters®), American Cheese, sliced (Bongards®), Turkey Ham, Sliced (Jennie-O®); *Optional*: Mayonnaise, Packet (Heinz®), Mustard, Packet (Heinz®).

Ham and Cheese Sub, for Drive Thru

Ingredients: Bread, Hamburger Bun, Whole Grain (Baked Crafters®), American Cheese, sliced (Bongards®), Ham, Sliced; *Optional*: Mustard, Packet (Heinz®).

Ham and Cheese Sub – Lake Brantley High School

Ingredients: Roll, Sub (Bake Crafters®), American Cheese, sliced (Bongards®), Turkey Ham, sliced (Jennie-O®), Fresh Shredded Lettuce and Tomatoes, sliced; *Optional*: Mayonnaise, Packet (Heinz®), Mustard, Packet (Heinz®).

Cold Italian Sub - Lake Brantley High School

Ingredients: Roll, Sub (Bake Crafters®), Golden Italian Dressing (Ken's®), Turkey Breast, sliced (Jennie-O®), Turkey Salami (Jennie-O®), Pepperoni (Hormel®), Mozzarella Cheese (Bongards®), Fresh Shredded Lettuce and Tomatoes, sliced; *Optional*: Mayonnaise, Packet (Heinz®), Mustard, Packet (Heinz®).

Hot Italian Sub

Ingredients: Roll, Sub (Bake Crafters®), Golden Italian Dressing (Ken's®), Ham, Turkey Salami (Jennie-O®), Pepperoni (Hormel®), Mozzarella Cheese (Bongards®), Butter Cooking Spray (Vegalene®).

Meatball Sub

Ingredients: Roll, Sub (Bake Crafters®), Meatballs, Pork (JTM®), Sauce, Pasta (Heinz Bell O'rto®), Pizza Sauce (Heinz Bell O'rto®), Mozzarella Cheese, shredded (Bongards®), Italian Seasoning, Garlic Powder, Black Pepper. *Optional*: Parmesan Cheese, grated (Roseli®), Red Pepper, crushed.

Turkey and Cheese Sub

Ingredients: Roll, Sub (Bake Crafters®), American Cheese, sliced (Bongards®), Turkey Breast, sliced (Jennie-O®). *Optional*: Mayonnaise, Packet (Heinz®), Mustard, Packet (Heinz®).

Turkey and Cheese Sub – Lake Brantley High School

Ingredients: Roll, Sub (Bake Crafters®), American Cheese, sliced (Bongards®), Turkey Breast, sliced (Jennie-O®), Fresh Shredded Lettuce and Tomatoes, sliced; *Optional*: Mayonnaise, Packet (Heinz®), Mustard, Packet (Heinz®).

Sunflower Kernels, Honey Roasted (Sunrich Naturals®)

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

Syrup (Harvest Value®)

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

Syrup (Smucker's®)

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

Taco, Beef

Ingredients: Taco Crunchy Shell, Corn (Mission®) or Tortillas, Flour, 6" (Azteca®); 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, Fish

Ingredients: Tortilla 6", flour (Azteca); Catfish Strips, Breaded: Catfish, Water, Whole Wheat Flour, Whole Corn Meal, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Sodium Alginate, Spices, Paprika, fried in soybean Oil; Cajun seasoning (Monarch®); Corn Salsa; *optional* Salsa (Pace®)

Taco Seasoning (Del Pasado®)

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

Tortillas, 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).

Tortilla, Flour 10" (El Mirasol®)

Ingredients: Ultragrain Flour, Enriched White Flour (Flour Niacin, Iron, Thiamine, Mononitrate, Riboflavin) Water, Palm Oil and Cottonseed Oil, Salt, Calcium Propionate, Mono and Dicyclerics, Sodium Carbomate, Sugar, Sodium Acid Pyrophosphate, Fumaric Acid, Sodium.

Tuna Salad (Chicken of the Sea®)

Ingredients: Tuna (Chunk light tuna, water, vegetable broth (contains soy), salt); Mayonnaise (Kraft®), celery, relish, onion, black pepper, lemon juice

Turkey, Diced (Jennie-O®)

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

Turkey, Roast

Ingredients: Turkey, water, salt, sodium phosphates. After roasting, chicken broth [(chicken base, low sodium (Monarch®))] added to maintain moisture, water; butter cooking spray (Vegalene®)

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).

Vinegar, Apple Cider (Heinz®)

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

Waffle, Maple (Bake Crafters®)

Ingredients: Water, Whole Wheat Flour, Enriched 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.

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

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

Yogurt Parfait

Ingredients: **Vanilla Yogurt** (Yoplait®): 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.; or **Strawberry Yogurt** (Yoplait®): Cultured pasteurized grade A low fat milk, sugar, modified corn starch. Contains less than 1% of: modified tapioca starch, natural flavor, citric acid, vegetable juice (for color), potassium sorbate added to maintain freshness, vitamin A acetate, vitamin D3. *PLUS* assorted fruits and choice of **Homemade Granola** or **Cereal, Cinnamon Toast Crunch (General Mills®)**

FILTERED AT LAKE BRANTLEY HIGH (COLD BEVERAGES)**Cold Brew**

Ingredients: Water, coffee (Barnie's®)

Iced Fruit Infusion Mango Tea

Ingredients: Water, tea, mango fruit puree (Monin®): water, mango puree concentrate, sugar, natural flavors, citric acid, beta carotene (color), acacia gum, xanthan gum, carrageenan, maltodextrin, green tea extract

Iced Fruit Infusion Wildberry Tea

Ingredients: Water, tea, wildberry fruit puree (Monin®): water, sugar, blackberry puree concentrate, raspberry puree concentrate, blackberry juice concentrate, natural flavos, citric acid, vegetable juice (color), acacia gum, strawberry seeds, xanthan gum, green tea extract

Iced Holiday Latte

Ingredients: 1% white milk (T.G. Lee®), water, coffee (Barnie's®), syrup, sugar-free Santa's White Christmas (Monin®): water, cellulose gum, sucralose, sodium benzoate (preservative), citric acid, natural and artificial flavor. Contains tree nuts (coconut)

FILTERED AT LAKE BRANTLEY HIGH (HOT BEVERAGES)**Café Latte**

Ingredients: Water, coffee (Barnie's®), 1% white milk (T.G. Lee®)

Freshly Brewed Coffee

Ingredients: Water, coffee (Barnie's®)

OPTIONAL**Milk, Whole, White (T.G. Lee®)****Stevia Sweetner (Pure Via®)**

Ingredients: Dextrose, reb A (stevia extract), natural flavors

Syrup, Sugar-free Caramel (Monin®)

Ingredients: Water, erythritol, natural and artificial flavors, cellulose gum, sucralose, citric acid, potassium sorbate (preservative)

Syrup, Sugar-free Vanilla (Monin®)

Ingredients: Water, erythritol, natural and artificial flavors, cellulose gum, natural vanilla flavor, sucralose, citric acid, potassium sorbate (preservative).