



## Breakfast and Lunch Ingredients List

### Middle and High School

The information contained in this list is reported by each of the manufacturers or vendor. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. This information is effective as of January 10, 2023.

Single ingredient items, such as fruit, milk, vegetables and rice are not listed below. **Fresh fruit and vegetables along with other single ingredient items are offered daily.** For more information about these items, please contact Red Apple Dining.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. We encourage anyone with food sensitivities, allergies or special dietary needs to check with <http://redappledining.com> on a regular basis to obtain the most current information. If your child has a special diet need due to a medical condition, please contact Von Nguyen, MS, RD at [von\\_nguyen@scps.k12.fl.us](mailto:von_nguyen@scps.k12.fl.us) for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:

Seminole County Public Schools  
Red Apple Dining  
400 East Lake Mary Blvd.  
Sanford, FL 32773  
407-320-0226

**When searching for a specific item, use the CTRL + F keys on your keyboard and enter the item to expedite your search.**

## 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.

### **BeneFIT Bar, Banana Chocolate Chunk (J & J Snack Foods®)**

Ingredients: Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin [an emulsifier], salt, vanilla), oats, eggs, interesterified soybean oil, invert syrup, banana puree (with added citric and/or ascorbic acid), canola oil, molasses, baking powder (baking soda, sodium acid pyrophosphate, corn starch, monocalcium phosphate), whey, natural flavors, xanthan gum, inulin, salt, spice. Contains milk, egg, soy, gluten, wheat

### **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. Contains milk, egg, soy, gluten, wheat

### **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. Contains milk, egg, soy, gluten, wheat

### **Biscuit**

Ingredients: Biscuit (Rich's®): 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: Soy, milk, wheat. May contain eggs. Contains a bioengineered food ingredient; Butter Cooking Spray (Vegalene®)

### **Butter Cooking Spray (Vegalene®)**

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

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

Ingredients: Pasteurized Cream, Natural Flavorings. Contains: Milk

**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 (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 oat fiber, salt, soluble corn fiber, natural flavor, red 40, yellow 5, blue 1, yellow 6. Vitamins and Minerals: Vitamin C (ascorbic acid), reduced iron, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12. Contains wheat ingredients.

**Cereal, Golden Grahams (General Mills®)**

Ingredients: Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola and/or Sunflower Oil, Honey, Baking Soda, Salt, Dextrose, Trisodium Phosphate, Natural Flavor. 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 Wheat Ingredients.

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

Ingredients: Whole grain oats, sugar, corn starch, honey, brown sugar syrup, salt, tripotassium phosphate, canola oil, natural almond flavor. Vitamin E (mixed tocopherols) added to preserve freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Contains almond ingredients. Gluten-free

**Cereal, Trix (General Mills) (General Mills®)**

Ingredients: Whole Grain Corn, Corn Meal, Sugar, Corn Syrup, Canola Oil, Salt, Color (vegetable and fruit juice, turmeric extract, annatto extract), Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Does Not Contain Obligatory Allergens

**Cheese, Cheddar, Shredded (Bongards®)**

Ingredients Pasteurized milk, cheese cultures, salt, enzymes, annatto (color), powdered cellulose (anti-caking agent), natamycin (mold inhibitor). Contains: Milk.

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

Ingredients: Pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose (anti-caking agent), natamycin (mold inhibitor). Contains: milk.

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

Ingredients: Reduced fat Colby Cheese [Cultured pasteurized reduced-fat milk, salt, enzymes, annatto (color), Vitamin A Palmitate], reduced fat Monterey Jack Cheese (cultured pasteurized reduced-fat milk, salt, enzymes, 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 Biscuit**

Ingredients: Biscuit (Rich's®), chicken slider, breaded (Rich Chicks®), butter cooking spray (Vegalene®). *Optional:* jelly, grape (Heinz®)

**Chicken Slider, 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, Sodium Bicarbonate, Garlic Powder, Yeast Extract, Ascorbic Acid, Citric Acid, Natural Flavors), Isolated Oat Product, Salt. **Breaded with:** Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Rice Flour (Rice, Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Rice Starch, Salt, Sodium Bicarbonate, Chicken Protein Solution (Water, Chicken Protein), Contains less than 2% of: Yellow Corn Flour, Corn Starch, Spices, Garlic Powder, Onion Powder, Green Bell Peppers, Green Bell Pepper Powder, Natural Flavor, Yeast Extract, Extractives of Paprika, Ascorbic Acid, Potassium Chloride, Cream of Tartar, Wheat Gluten, Cellulose Gum, Breeding Set in Vegetable Oil. Contains: Wheat

**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, Strawberry (Ocean Spray®)**

Ingredients: Cranberries, sugar, natural flavors. refined sunflower oil is used as a processing aid. Gluten-Free

**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.

**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 Carton (Ardmore Farms®) - 100% Fruit Juice**

**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 flavor, malic acid. Gluten-free

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

**Juice Carton (Juicy Juice®) – 100% Fruit Juice**

**Apple Juice** – Ingredients: Apple juice from concentrate (water, juice concentrate), ascorbic acid (vitamin C), citric acid

**Berry Juice** – Ingredients: apple juice from concentrate (water, juice concentrate), pear juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), raspberry juice from concentrate (water, juice concentrate), ascorbic acid (vitamin c), citric acid, natural flavors

**Orange Tangerine Juice** - Ingredients: apple juice from concentrate (water, juice concentrate), pear juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), orange juice from concentrate (water, juice concentrate), tangerine juice from concentrate (water, juice concentrate), ascorbic acid (vitamin c), natural flavors, citric acid

**Milk, Chocolate Fat-Free (TruMoo®)**

Ingredients: Nonfat milk, sugar, cocoa (processed with alkali), cornstarch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D<sub>3</sub>. Allergens: Milk.

**Milk, Lowfat White (TruMoo®)**

Ingredients: Lowfat milk, Vitamin A Palmitate, Vitamin D<sub>3</sub>.

**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. Contains bioengineered food ingredients. This product is produced in a nut-free facility.

**Peach Cup**

Ingredients: Freestone Peaches, Sugar, Ascorbic Acid and Citric Added to Retard Oxidation

**Peaches, canned, in light syrup (Monarch®)**

Ingredients: Peaches, water, sugar and citric acid

**Peaches, canned, in Juice (Monarch®)**

Ingredients: Peaches, water, pear juice concentrate. Gluten Free

**Salsa (Pace®)**

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

**Sausage Patty (Advanced Pierre®)**

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

**Scone**

Ingredients: Scone, apple-cinnamon or lemon (FatCat®), *Optional*: Yogurt, Vanilla (Yoplait®)

**Scone, Apple-Cinnamon (FatCat®)**

Ingredients: 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), Korinji cinnamon and salt. Glaze: powdered sugar (sugar, corn starch), water, Korinji cinnamon. Contains wheat, milk (butter) Fat Cat Bakery is a nut-free facility.

**Scone, Lemon (FatCat®)**

Ingredients: 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), water, lemon peel (lemon peel, sugar, lemon oil) and lemon extract. Contains wheat, milk (butter). Fat Cat Bakery is a nut-free facility.

**Strawberries & Blueberries Cup**

Ingredients: Strawberries, Blueberries, Sugar

**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: Whole Wheat Flour Blend (Whole Wheat Flour & Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil, Sugar, Nonfat Milk, Eggs, Less than 2%: Soy Lecithin, Maple Bits (Sugar, Whole Wheat Flour, Soybean Oil, Natural Flavor, Cellulose Gum, Yeast Extract), Natural Maple Flavor, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Corn Starch, Mono Calcium Phosphate), Salt, Wheat Bran. Contains egg, milk, soy, and wheat ingredients. Contains bioengineered food ingredients. This product is produced in a nut-free facility.

**Yogurt, Vanilla (Yoplait®)**

Ingredients: Cultured Grade A low fat milk, sugar, modified corn starch. Contains less than 1% of: corn starch, potassium sorbate added to maintain freshness, natural flavor, Vitamin A acetate, Vitamin D3. Gluten-free

**FILTERED AT LAKE BRANTLEY & OVIEDO HIGH (COLD BEVERAGE)****Nitro Cold Brew**

Ingredients: Water, coffee (Barnie's®)

**Iced Holiday Latte**

Ingredients: **1% Low-Fat White Milk (T.G. Lee®)**, **Cold Brew Concentrate (Barnie's®)**: 100% Arabica coffee; **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 & OVIEDO HIGH (HOT BEVERAGES)

### **Café Latte**

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

### **Freshly Brewed Coffee**

Ingredients: Water, coffee (Barnie's®)

### **Hot Chocolate**

Ingredients: **1% 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, Sugar-Free Chocolate (Hershey's®)**.

## *OPTIONAL*

### **Milk, Whole, White (T.G. Lee®)**

### **Stevia Sweetener (Sweet Life)**

Ingredients: Dextrose, stevia extract, natural flavor

### **Syrup, Sugar-free Caramel (Monin®)**

Ingredients: Water, erythritol, natural and artificial caramel flavor, cellulose gum, sucralose, citric acid, potassium sorbate (preservative). \*Erythritol is a natural sugar substitute derived from plant sources. Manufactured on same line as Peanuts or Peanut Products, Tree Nuts, and Milk or Milk Products.

### **Syrup, Sugar-free Chocolate (Hershey's®)**

Ingredients: 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), acesulfame potassium, sucralose, zinc sulfate, vitamin E acetate, niacinamide, biotin. Gluten free

### **Syrup, Sugar-free Vanilla (Monin®)**

Ingredients: Water, erythritol, natural and artificial flavors, cellulose gum, citric acid, sucralose, potassium sorbate (Preservative). \*Erythritol is a natural sugar substitute derived from plant sources.

## LUNCH INGREDIENTS LIST

### **Apple Slices (Harvest Value®)**

Ingredients: Sliced apples, water

### **Warm Apple Topping for Waffles**

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



**Applesauce, Cup (Mott's® Natural)**

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

**Baked Ziti**

Ingredients: Pasta, penne (Roseli®) sauce, pasta (Monarch®), mozzarella cheese (Bongard's®), Italian seasoning (Monarch®). *Optional:* extra pasta sauce and parmesan cheese, packet (Roseli®).

**Baked Ziti – Lake Brantley & Oviedo High School**

Ingredients: Pasta, Penne (Roseli®), Sauce, Pizza (Heinz Bell O'rto®), Mozzarella Cheese (Bongard's®), Ricotta Cheese (Grande Cheese Company®): Sweet Whey, Whole Milk, Sweet Cream, Culture, Vinegar, Salt; Fresh Basil, Italian Seasoning (Monarch®), Garlic Powder (Monarch®), Black Pepper (Spice Classic®). *Optional:* parmesan cheese, packet (Roseli®), crushed red pepper, packet (Roseli®).

**Beans, Baked**

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

**Beans, Black, Seasoned**

Ingredients: Black Beans (Bush's®): Prepared black beans, water, salt, and calcium chloride (firming agent); fresh onions, fresh green peppers, chili powder, garlic powder, cumin, oregano, vinegar, black pepper, fresh cilantro, oil, vegetable - Soybean (Monarch®).

**Beans, Pinto (Bush's®)**

Ingredients: Prepared pinto beans, water, salt, calcium chloride, and calcium disodium edta

**Beans, Pinto**

Ingredients: Pinto beans (Bush's®), chicken base, low sodium (Monarch®), fresh red onions, fresh red peppers, vegetable oil - soybean (Monarch®), cumin, garlic powder, fresh cilantro, sauce, pizza (Heinz Bell O'rto®), sazón (American Spice®)

**Beans, Vegetarian (Furmanos®)**

Ingredients: White beans, water, sugar, tomato paste, salt, onion powder, garlic powder, spice

**Beef Crumbles**

Ingredients: Ground beef (no more than 20% fat, water, textured vegetable protein (soy protein concentrate, caramel color), potassium chloride, sugar, natural flavorings, salt, sodium phosphate, spice. Contains: Soy

**Biscuit**

Ingredients: Biscuit (Rich's®): 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, soybean oil, salt, modified cornstarch, artificial flavor, soy lecithin. Contains: milk, soy, wheat. May contain eggs and sesame; butter cooking spray (Vegalene®).

**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. Contains: Milk, Wheat. May contain soy and sesame derived from bioengineering.

**Bread, Brioche Hamburger Bun (Alpha Baking Company®)**

Ingredients: Whole white wheat flour, unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, yeast, wheat gluten, soybean oil, natural & artificial flavors, Contains 2% or less of the following: salt, wheat flour, spices (turmeric and paprika), calcium propionate (preservative), wheat starch, sunflower and/or canola oil, pea protein, potato protein, fava bean protein, dextrose, maltodextrins, corn starch, enzymes, ascorbic acid. Contains wheat

**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. Contains bioengineered food ingredients. This product is produced in a nut-free facility.

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

Ingredients: Water, whole wheat flour, unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, contains 2% or less of each of the following: soybean oil, salt, yeast, cultured wheat flour, calcium sulfate, enzymes, ascorbic acid, soy flour, soy lecithin, monocalcium phosphate. 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 2%: Salt, Potassium Chloride, Yeast, Ascorbic Acid (dough conditioner), Microbial Enzymes, Vegetable Protein. Spread: Vegetable Oil Blend (Soybean, Palm), Water, Crushed Garlic, Dried Garlic, Salt, Contains 2% Or Less: Sweet Cream Buttermilk, Monoglycerides, Natural Flavors, Onion Powder, Sunflower Lecithin, Spice, Garlic Extract, Lactic Acid, Beta-Carotene (for color). Contains milk and wheat ingredients. This product is processed in on a line that produces products with soy. This product is processed in a facility that produces products with eggs. This product is produced in a nut-free facility.

*Optional at Lake Brantley and Oviedo High Schools: Sauce, Pasta (Marinara) (Monarch®).*

**Burger, Beef (Tyson®)**

Ingredients: Beef, Seasoning [Salt, Dextrose, Natural Flavors, Spice], Maltodextrin, Natural Extractives of Spice, Citric Acid.

**Burger, Black Bean (Morning Star®)**

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

**Burrito Bowl – Build Your Own**

**Ingredients: Chicken, Diced 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 Grilled Fajita Vegetables:** fresh green and red peppers, onions, Oil, Vegetable - Soybean (Monarch®); **Optional Toppings: Rice, Lime Cilantro; Black Beans (Bush's®), Seasoned; Pico de Gallo; Corn Salsa; Lettuce and Cheese Cup**

**Butter Cooking Spray (Vegalene®)**

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

**Carrots, Honey Glazed**

Ingredients: Fresh, baby whole carrots, honey, salt.

**Cheese, American (Bongards®)**

Ingredients: Cultured milk, water, cream, dairy product solids\*, sodium citrate, salt, potassium citrate, annatto and paprika (color), enzymes, sorbic acid (preservative), sunflower lecithin (anti-sticking agent). \*ingredient not in regular pasteurized process American cheese. Contains: milk. Gluten-Free.

**Cheese, Cheddar, Shredded (Bongards®)**

Ingredients: Pasteurized milk, cheese cultures, salt, enzymes, annatto (color), powdered cellulose (anti-caking agent), natamycin (mold inhibitor). Contains: milk.

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

Ingredients: Pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose (anti-caking agent), natamycin (mold inhibitor). Contains: milk

**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 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, 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), Wheat Starch, Ascorbic Acid, Soy Flour, Extractives of Paprika, Natural Flavors. **Breaded and Battered with:** Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Contains less than 2% of 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, Wheat Starch. Breeding Set in Vegetable Oil. Contains: Wheat, Egg and Soy

**Chicken, for Chicken Alfredo**

Ingredients: Chicken, diced, Italian seasoning (Monarch®), garlic powder, black pepper, oil, vegetable - soybean (Monarch®).

**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, Diced**

Ingredients: White meat chicken, water, potato starch, carrageenan, xanthan gum, potassium phosphate, and sodium phosphate.

**Chicken, Orange (Yang's®)**

Ingredients: *Chicken:* Boneless, skinless chicken leg meat, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, ground ginger, garlic, green onion. **Sauce:** Water, sugar, vinegar, soy sauce (soybeans, wheat flour, water, salt, straw mushroom extractives), modified starch, mandarin orange juice and peel, chili powder, garlic, ginger, green onion. Allergens: Egg products, soy, wheat, and citrus.

### **Chicken, Sweet BBQ Tender Bites (Jack Links®)**

Ingredients: White meat chicken, water, brown sugar, sugar, contains 2% or less of glycerin, salt, fructose, flavors, dehydrated tomato, citric acid, cultured celery extract, natural smoke flavor, maltodextrin. Treated with a solution of fermented oregano, flaxseed and plum to ensure freshness.

### **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, Tangerine (Asian Food 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. **TANGERINE SAUCE:** Water, Brown Sugar, Distilled White Vinegar, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), Contains Less Than 2% Of Tangerine Juice Concentrate, Spices, Garlic, Crushed Chili Peppers, Yeast Extract, Citric Acid, Modified Com Starch, Cultured Dextrose, Maltodextrin, Xanthan Gum. Allergens: Wheat, Eggs, and Soy.

### **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 vegetable oil. Contains: wheat, egg and soy

### **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. Breeding set in vegetable oil. Contains: wheat, egg and soy

### **Chicken Fillet, Breaded Spicy (Rich Chicks®)**

Ingredients: Chicken breast with rib meat, chicken protein solution (water, chicken protein), water, contains less than 2% of: spices, maltodextrin, potassium chloride, salt, sodium bicarbonate, dextrose, onion powder, garlic powder, natural flavors, malic acid, oat isolate. Predusted, breaded, and battered with: whole wheat flour, bleached enriched wheat flour, (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, wheat flour, rice flour, potassium chloride, corn starch, salt, contains less than 2% of: yellow corn flour, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate) gum arabic, yeast extract, extractives of paprika, wheat gluten, dextrose, yeast, wheat protein isolate, spices, spice extractives, breeding set in vegetable oil. Contains: wheat

### **Chicken, Grilled Strips**

Ingredients: Chicken white and dark meat, water, modified food starch, salt and sodium phosphate.

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

Ingredients: Dried potatoes, corn starch, corn oil, sugar, salt, soy lecithin, onion powder, maltodextrin (made from corn), dextrose, brown sugar, molasses, spices, fructose, tomato powder, garlic powder, yeast, soybean oil, natural flavors (contains milk), sunflower oil, paprika, acacia gum, paprika extracts, annatto extracts and caramel color. Contains milk and soy ingredients. Gluten free

### **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. Gluten free.

**Chips, Oven Baked Cheese Puffs Cheetos (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. Gluten free.

**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, disodium guanylate. Contains milk.

**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, Citric Acid, Sugar, Monosodium Glutamate, Artificial Color (Red 40 Lake, Yellow 6 Lake), Hydrolyzed Corn Protein, Yeast Extract, Sodium Diacetate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Modified Corn Starch, Natural Flavor, Onion Powder, Whey, Corn Syrup Solids, Garlic Powder, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Buttermilk, Whey Protein Concentrate, Disodium Inosinate, and Disodium Guanylate. Contains: milk ingredients.

**Chips, Reduced Fat Doritos, Nacho Cheese (Frito Lay®)**

Ingredients: Whole corn, corn, vegetable oil (corn, canola, and/or sunflower oil), maltodextrin (made from corn), corn bran, salt, cheddar cheese (milk, cheese cultures, salt, enzymes), whey, monosodium glutamate, buttermilk, Romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, corn flour, natural and artificial flavors, dextrose, tomato powder, lactose, spices, artificial color (yellow 6, yellow 5, red 40), lactic acid, citric acid, sugar, garlic powder, skim milk, red and green bell pepper powder, disodium inosinate, and disodium guanylate. Contains milk ingredients.

**Chips, 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 Rounds (Tostitos®)**

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

Allergens: 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). Allergens: 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, 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**

Ingredients: Frozen corn, salt, sugar, butter cooking spray (Vegalene®), white low-fat milk (T.G Lee®).

**Corn, Roasted**

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



**Cracker, Blueberry Lemon Crispy Bites (Darlington®)**

Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Dextrose, Blueberry Flavored Bits (Sugar, Vegetable Oil [Palm, Palm Kernel], Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Natural Flavor, Malic Acid, Fruit and Vegetable Juice for Color, Soy Lecithin, Sodium Citrate), Soy Lecithin, Natural Flavor (Contains Milk), Soluble Corn Fiber, Applesauce (Apples, Ascorbic Acid), Salt, Baking Soda. Contains: Wheat, Soy & Milk. Produced in a Nut-Free bakery.

**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: wheat, milk, and soy ingredients.

**Crackers, Graham (Keebler®)**

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, canola oil, molasses, honey, corn syrup. Contains 2% or less of leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), salt, soy lecithin. Contains: wheat and soy ingredients.

**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, Strawberry (Ocean Spray®)**

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

**Crouton Packet (Monarch®)**

Ingredients: 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), whey (milk), salt, sugar, yeast, 2% or less of spices, dehydrated parsley, onion powder, paprika (color), turmeric (color), extractive of paprika (color), spice extractive, enzymes. Contains: wheat, milk; Packaged in a facility that also packages tree nuts.

**Crouton Cup (Monarch®)**

Ingredients: 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]), whey (milk), salt, sugar, yeast, 2% or less of spices, dehydrated parsley, onion powder, paprika (color), turmeric (color), extractive or paprika (color), spice extractive, enzymes, ascorbic acid. Contains: wheat, milk. Packaged in a facility that also packages tree nuts.

**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

**Sauce, Honey Mustard, Dip Cup (Heinz®)**

Ingredients: Mustard (Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric, Spices), Distilled White Vinegar, High Fructose Corn Syrup, Sugar, Honey, Modified Corn Starch, Mustard Flour, Water, Molasses, Corn Syrup, Xanthan Gum, Invert Sugar, Apple Juice Concentrate, Caramel Color, Lactic Acid, Spice, Natural Flavor, Salt, Sodium Benzoate As A Preservative. Derived from bioengineered ingredients.

**Sauce, Honey Mustard, Dip Cup (Monarch®)**

Ingredients: Soybean Oil, High Fructose Corn Syrup, Water, Honey, Distilled and Cider Vinegar, Sugar, Prepared Horseradish(Horseradish, Water, Vinegar, Soybean Oil, Salt, Artificial Flavoring), Egg Yolks, Salt, Mustard Seed, Spices, Paprika, Oleoresin Paprika, Natural Flavor, Turmeric, Xanthan Gum, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (Preservatives), Calcium Disodium EDTA added to protect flavor. Contains: Eggs

**Dressing, Light Italian Dipping Cup (Ken's®)**

Ingredients: Water, distilled vinegar, vegetable oil (soybean and/or canola), high fructose corn syrup, apple cider vinegar, contains less than 2% of salt, xanthan gum, garlic,\* onion,\* natural flavor, maltodextrin, propylene glycol alginate, disodium inosinate and disodium guanylate, sodium benzoate and sorbic acid (preservatives), red bell pepper,\* spice, autolyzed yeast extract, calcium disodium edta (to protect flavor), caramel color, yellow 5, yellow 6. \*Dried. Gluten-free

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

Ingredients: Buttermilk, water, vegetable oil (soybean and/or canola), vinegar, egg yolk, contains less than 2% of: salt, cornstarch, sugar, disodium inosinate and disodium guanylate, nonfat dry milk, xanthan gum, onion, natural buttermilk flavor (milk), spice, sorbic acid as a preservative, cream, lactic acid, corn syrup solids, garlic, guar gum, dipotassium phosphate. Contains eggs and milk. Gluten-free

**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

## **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

## **Fruit, Mixed (Monarch®)**

Ingredients: Diced peaches, diced pears, water, grapes, sugar

## **Fruit Snack, Mixed Fruit (Welch's®)**

Ingredients: Fruit puree (grape, peach, orange, strawberry, and raspberry), water, corn syrup, sugar, chicory root extract, 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), red 40, and blue 1.

## **Granola, Homemade**

Ingredients: Oatmeal (quick oats), syrup (Harvest Value®): corn syrup, water, natural & artificial maple flavor, salt, carboxymethyl cellulose, sodium benzoate and potassium sorbate (as preservatives), caramel color; sugar, light brown (Dixie Crystal®), vanilla flavoring (Monarch®), butter, unsalted (Glenview farms®), oil, vegetable - soybean (Monarch®).

## **Granola Bar, Chewy Cookies & Cream (Quaker®)**

Ingredients: Granola (whole grain oats, brown sugar, brown rice crisp [whole grain brown rice flour, sugar, salt], whole grain wheat, soybean oil, whole wheat flour, baking soda, soy lecithin, nonfat dry milk), brown rice crisp (whole grain brown rice flour, sugar, salt), corn syrup, chocolate flavored cookie pieces (whole wheat flour, sugar, palm oil, cocoa (processed with alkali), salt, dextrose, baking soda, soy lecithin), confectionary chips (sugar, palm kernel and palm oil, whey, nonfat dry milk, dextrose, soy lecithin, salt, natural flavor), corn syrup solids, inulin, polydextrose, sunflower oil, glycerin. contains 2% or less of: calcium carbonate, invert sugar, fructose, salt, natural flavor, soy lecithin, molasses, tocopherols (to preserve freshness), soybean oil. Contains milk, soy and wheat ingredients. May contain traces of peanut and tree nuts.

**Gravy, Kentucky Style (Midas®)**

Ingredients: Modified corn starch, wheat flour, salt, chicken fat with extract of rosemary, yeast extract, dipotassium phosphate, natural flavors, onion powder, caramel color (contains sulfites), xanthan gum, spice, natural extractives of black pepper. Contains: wheat

**Ham, Turkey Sliced (Jennie-O®)**

Ingredients: Turkey thigh meat with a portion of ground turkey thigh trim added, vinegar, sugar, contains 2% or less sea salt, cultured celery powder, salt, potassium chloride, baking soda, natural smoke flavor. Contains no allergens or gluten.

**Hot Dog, Beef (Cloverdale®)**

Ingredients: Beef, water, contains 2% or less of turbinado, sugar, sea salt, natural flavorings (mustard powder, garlic powder), vinegar, celery powder, cherry powder, paprika, extractives of paprika, Gluten-free

**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, Carnival Cotton Candy Frozen Yogurt Bar (Hershey's®)**

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

**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 Dessert Cup (Hershey's®)**

Ingredients: Low fat ice cream (fat free milk, sugar, corn syrup solids, corn syrup, cream, whey, water, cocoa [processed with alkali], chocolate liquor, amylase enzyme, locust bean gum, guar gum, carrageenan, mono & diglycerides, polysorbate 80, vitamin a palmitate). Contains: milk. Made with gluten-free ingredients

**Ice Cream, Vanilla Dessert Cup (Hershey's®)**

Ingredients: Low fat ice cream (fat free milk, sugar, corn syrup solids, cream, whey, locust bean gum, natural vanilla flavor, guar gum, carrageenan, mono & diglycerides, polysorbate 80, vitamin a palmitate). Contains: milk. Made with gluten-free ingredients

**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, soy lecithin), corn syrup, whey, chocolate crunch (bleached wheat flour, sugar, caramel color, palm oil, contains 2% or less of: cocoa, baking soda, salt, soy lecithin), cream, cellulose gel, mono & diglycerides, cellulose gum, polysorbate 80, carrageenan, calcium bicarbonate, natural & artificial flavor. Cone ingredients: bleached wheat flour, sugar, cocoa (processed with alkali), contains 2% or less of: vegetable shortening (soybean and/or palm oil) salt, artificial flavor. Contains: milk, wheat, soy

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

Ingredients: Ice cream (nonfat milk, sugar, corn syrup, 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, Llama Party Sandwich (Hershey's®)**

Ingredients: Cupcake ice cream (nonfat milk, sugar, corn syrup, whey, cream, cupcake flavor (sugar, water, tapioca syrup, natural flavor, corn starch, salt, turmeric [color], cellulose gel, mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, carrageenan, spirulina [color], annatto [color], vitamin a palmitate), wafer (wheat flour, sugar, palm oil, salt, brown rice syrup, baking soda, soy lecithin, natural flavor), rainbow sprinkles (sugar, corn starch, palm oil, palm kernel oil, sunflower lecithin, natural flavor, spirulina [color], riboflavin [color], vegetable juices [color], annatto [color], carnauba wax). Contains: milk, soy, wheat.

**Ice Cream, Low Fat Strawberry Sundae Cup (Hershey's®)**

Ingredients: Low fat ice cream (fat free milk, sugar, corn syrup solids, cream, whey, locust bean gum, guar gum, carrageenan, mono & diglycerides, polysorbate 80, vitamin A palmitate), strawberry sauce (sugar, corn syrup, water, strawberry, carrageenan, corn starch, citric acid, dextrose, locust bean gum, pectin, natural flavors, fruit and vegetable juice [color]). 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, carrageenan), 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, 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 Artic Apple Polar Blast Juice Bar (Hershey's®)**

Ingredients: Apple juice (water, apple juice concentrate), sugar, corn syrup, citric acid, ascorbic acid, spirulina extract (color), annatto (color), locust bean gum, guar gum, carrageenan. Made with gluten-free ingredients

**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 Carton (Ardmore Farms®) - 100% Fruit Juice**

**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 flavor, malic acid. Gluten-free

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

**Juice Carton (Juicy Juice®) – 100% Fruit Juice**

**Apple Juice** – Ingredients: Apple juice from concentrate (water, juice concentrate), ascorbic acid (vitamin C), citric acid

**Berry Juice** – Ingredients: apple juice from concentrate (water, juice concentrate), pear juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), raspberry juice from concentrate (water, juice concentrate), ascorbic acid (vitamin c), citric acid, natural flavors

**Orange Tangerine Juice** - Ingredients: apple juice from concentrate (water, juice concentrate), pear juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), orange juice from concentrate (water, juice concentrate), tangerine juice from concentrate (water, juice concentrate), ascorbic acid (vitamin c), natural flavors, citric acid

**Juice Rush, Cherry Blue Raspberry (Hershey's®)**

Ingredients: Fruit juice (water, apple juice concentrate), artificial flavoring, citric acid, artificial color: fd & c red #40, blue #1, less than 2% of: xantham gum, cellulose gum and guar gum. Made with gluten-free ingredients

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

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

**Juice Rush, Strawberry Mango (Hershey®)**

Ingredients: Fruit juice (water, apple juice concentrate), natural flavoring, natural coloring, beta carotene and citric acid, less than 2% of: xantham 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. Derived from bioengineered ingredients.

**Kidney Beans, Light Red (Bush's®)**

Ingredients: Prepared kidney beans, water, sugar, dextrose, salt, calcium chloride, and disodium edta

**Lettuce and Cheese Cup**

Ingredients: Cheddar cheese, shredded (Bongards®), lettuce, shredded

**Lime Juice (Natalie's®)**

Ingredients: Water, lime juice from concentrate.



**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, Packet (Heinz®)**

Ingredients: Soybean oil, white distilled vinegar, corn syrup, water, egg yolks, salt, lemon juice concentrate, calcium disodium edta added to protect flavor.

**Milk, Chocolate Fat-Free (TruMoo®)**

Ingredients: Nonfat milk, sugar, cocoa (processed with alkali), cornstarch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D<sub>3</sub>. Allergens: Milk.

**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®), Less Sodium Soy Sodium (Kikkoman®): water, wheat, soybeans, salt, lactic acid, sodium benzoate; less than 1/10 of 1% as a preservative, 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)}. Manufactured in a facility that uses eggs.

**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). Manufactured in a facility that uses eggs.

**Peach Cup**

Ingredients: Freestone Peaches, Sugar, Ascorbic Acid and Citric Added to Retard Oxidation

**Peaches, canned, in extra light syrup (Monarch®)**

Ingredients: Peaches, water, sugar and citric acid

**Peaches, canned, in Juice (Monarch®)**

Ingredients: Peaches, water, pear juice concentrate. Gluten Free

**Pears, canned, in Juice (Monarch®)**

Ingredients: Bartlett pears, water, pear juice from concentrate

**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

**Pico de Gallo**

Ingredients: Tomatoes, red onions, fresh cilantro, salt, black pepper, lime juice (Natalie's®)

**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, sauce, Xtra Hot buffalo (Frank's Redhot®), ranch dressing (Ken's®).

**Cheese Pizza**

Ingredients: Pizza crust (Tubito's Pizza®), sauce, pizza (7/11®), low-fat mozzarella cheese, shredded (Bongards®), garlic powder, oregano.

**Pepperoni Pizza**

Ingredients: Pizza crust (Tubito's Pizza®), sauce, pizza (7/11®), low-fat mozzarella cheese, shredded (Bongards®), pepperoni (Hormel®), garlic powder, oregano.

**Potato, Oven 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, Waffle Fries (Simplot®)**

Ingredients: Potatoes, Vegetable Oil (Soybean, Canola, and/or Cottonseed Oils), Contains less than 2% of Dextrose, Disodium Dihydrogen Pyrophosphate.

**Rice, Lime Cilantro**

Ingredients: Brown rice (Monarch®), fresh cilantro, lime juice (Natalie's®).

**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, Dinner (Bake Crafters®)**

Ingredients: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid [As A Dough Conditioner] Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yeast, Sugar, Contains Less Than 2% Of Each Of The Following: 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. This product is processed in a facility that produces products with milk, sesame, soy. This product is produced in a nut-free facility.

**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. This product is processed in a facility that produces products with milk, sesame and soy. This product is produced in a nut-free facility.

### **Salad, Chef**

Ingredients: Lettuce, romaine, spinach, tomato, cucumber and carrots with turkey (Jennie-O®) and cheese (Bongards®) or cheese (Bongards®), or chicken tenders. Served with croutons (Monarch®). Ranch or Italian dressing available. *Cheese chef salad available at Lake Brantley and Oviedo High Schools. Crispy Chicken chef salad available at Endeavor Center.*

### **Salad, Chicken Caesar**

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

### **Salad, Corn**

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

### **Salad, Side**

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

### **Salad, 3-Bean**

Ingredients: light red kidney beans (Bush's®), pinto beans (Bush's®), 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®).

### **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 (Natalie's®), Cilantro, Red Onions, Salt, Black Pepper.

### **Sandwich, Pulled Pork**

Ingredients: **Pulled pork:** pork, water, soybean oil, dextrose, natural flavors, sea salt, sodium phosphates; **Sauce, Barbeque** (Sweet Baby Ray's®), Bun, Brioche Hamburger (Alpha Baking Company®). *Optional:* Sauce, Barbeque, Dip Cup (Taste Pleasers®), Jalapeno Peppers (Vlassic®), Sauce, Barbeque (Sweet Baby Ray's®) - available at select sites.

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

Ingredients: **Rib-b-que Patty** (Tyson®): Ground pork (not more than 30% fat), honey barbecue sauce: (high fructose corn syrup, distilled vinegar, tomato paste, corn syrup, honey, molasses, water, salt, natural flavor, modified corn starch, natural hickory smoke flavor, spices, onion powder, garlic powder, sodium benzoate (preservative), caramel color, sugar), 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), seasoning: (tomato powder, dextrose, brown sugar, artificial vinegar (malic acid, sodium acetate, 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), tamarinds, flavor), spices, spice extractive, onion powder, smoke flavor, garlic powder), honey, salt, and sodium phosphates. Contains: Milk, Soy, Wheat.; **Brioche Hamburger Bun (Alpha Baking Company®)**. *Optional:* Shredded Lettuce, Sauce, Barbeque, Dip Cup (Taste Pleasers®), Jalapeno Peppers (Vlassic®), Sauce, Barbeque (Sweet Baby Ray's®) - available at select sites.

#### **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: Distilled white vinegar, tomato puree (tomato paste, water), high fructose corn syrup, corn syrup, salt, modified food starch, natural flavors, spices (contains mustard, celery), caramel color, potassium sorbate and sodium benzoate (as preservatives). Derived from bioengineered ingredients.

#### **Sauce, Chicken Alfredo**

Ingredients: **Alfredo sauce (Midas®)**: Ingredients: Milk, Parmesan Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), Romano Cheese (part-skim milk, cheese culture, salt, enzymes), Food Starch – Modified, Coconut Oil, Buttermilk, Salt. Less than 2% Garlic Powder, Spice, Yeast Extract, Maltodextrin, Soy Lecithin, Sodium Caseinate (milk derivative), Sodium Phosphate, Lactic Acid, Mono and Diglycerides, Xanthan Gum, FD&C Yellow #5, FD&C Yellow #6. Contains milk, soy, gluten (barley), FD&C yellow #5, FD&C yellow #6; **butter, unsalted (Glenview Farms®)**.

#### **Sauce, Honey Mustard, Dip Cup (Heinz®)**

Ingredients: Mustard (Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric, Spices), Distilled White Vinegar, High Fructose Corn Syrup, Sugar, Honey, Modified Corn Starch, Mustard Flour, Water, Molasses, Corn Syrup, Xanthan Gum, Invert Sugar, Apple Juice Concentrate, Caramel Color, Lactic Acid, Spice, Natural Flavor, Salt, Sodium Benzoate As A Preservative.

#### **Sauce, Honey Mustard, Dip Cup (Monarch®)**

Ingredients: Soybean Oil, High Fructose Corn Syrup, Water, Honey, Distilled and Cider Vinegar, Sugar, Prepared Horseradish(Horseradish, Water, Vinegar, Soybean Oil, Salt, Artificial Flavoring), Egg Yolks, Salt, Mustard Seed, Spices, Paprika, Oleoresin Paprika, Natural Flavor, Turmeric, Xanthan Gum, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (Preservatives), Calcium Disodium EDTA added to protect flavor. Contain: Eggs

**Sauce, Meat, for Spaghetti**

Ingredients: Beef crumbles, pizza sauce (Heinz Bell' Orto®), Italian seasoning (Monarch®), 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). Contains: Soy, Milk, Gluten

**Sauce, Pasta (Monarch®)**

Ingredients: Tomato Puree (water, tomato paste), diced tomatoes, less than 2% of soybean oil, salt, sugar, spice, dried garlic, dried onion, natural flavor, olive oil, citric acid.

**Sauce, Pasta, for Spaghetti and Extra Sauce, for Baked Pasta**

Ingredients: Sauce, pasta (Monarch®), Italian seasoning (Monarch®), garlic powder, black pepper.

**Sauce, Pizza (Heinz Bell' Orto®)**

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

**Sauce, Pizza (7/11®)**

Ingredients: Vine-ripened fresh tomatoes, salt and naturally derived citric acid. Gluten free.

**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, water, canola oil, paprika, natural flavor, xanthan gum, natural butter type flavor and garlic powder. Gluten-free.

**Sausage Patty (Advanced Pierre®)**

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

**Seasoning, Italian (Monarch®)**

Ingredients: Oregano, thyme, basil, rosemary, sage.

### **Snack Mix, Munchies Munch Mix (Frito Lay)**

Ingredients:

QUAKER® Oatmeal Squares - Brown Sugar: Whole oat flour, whole wheat flour, brown sugar, sugar, maltodextrin (made from corn), malted barley extract, molasses, salt, baking soda, mixed tocopherols (to preserve freshness), natural flavor, reduced iron, and folic acid.

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.

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, cheddar cheese (milk, cheese cultures, salt, enzymes), natural flavors, whey, whey protein concentrate, onion powder, Romano cheese (cow's milk, cheese cultures, salt, enzymes), buttermilk, yeast extract, citric acid, paprika extracts, lactic acid, garlic powder, parmesan cheese (milk, cheese cultures, salt, enzymes), and skim milk.

SMARTFOOD DELIGHT® White Cheddar Cheese Popcorn: Popcorn, vegetable oil (corn, canola, and/or sunflower oil), maltodextrin (made from corn), reduced lactose whey, cheddar cheese (milk, cheese cultures, salt, enzymes), salt, whey protein concentrate, whey, natural flavors, buttermilk, potassium chloride, lactic acid, and citric acid.

CHEETOS® Asteroids Cheese Flavored Snacks: 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], canola oil, maltodextrin [made from corn], natural and artificial flavors, salt, whey protein concentrate, monosodium glutamate, lactic acid, citric acid, artificial color [yellow 6]), and salt. Contains milk and wheat ingredients.

### **Spice, Fajita (McCormick®)**

Ingredients: 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.

### **Strawberries & Blueberries Cup**

Ingredients: Strawberries, Blueberries, Sugar.

### **Strawberry Topping for Waffles**

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

### **Subs**

#### **Cold Italian Sub - Lake Brantley and Oviedo High Schools**

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

**Hot Italian Sub - Lake Brantley and Oviedo High Schools**

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

**Turkey and Cheese Sub – Lake Brantley and Oviedo High Schools**

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

**Sugar, Light Brown (Dixie Crystal®)**

Ingredients: Sugar, cane syrup

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

Ingredients: Sunflower kernels, sugar, sunflower oil, honey, salt, maltodextrin, xanthan gum.

**Syrup (Harvest Value®)**

Ingredients: Corn syrup, water, natural & artificial maple flavor, salt, carboxymethyl cellulose, sodium benzoate and potassium sorbate (as preservatives), caramel color.

**Syrup (Smucker's®)**

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

**Taco, Beef**

Ingredients: Tortillas, Flour, 6" (Tacomex®); Beef Crumbles (Advanced Pierre®); Taco Seasoning (Del Pasado®); *Optional* Lettuce and Cheese Cup, 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

**Tortilla, Flour, 6" (Tacomex®)**

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, contains less than 2% of each of the following: mono- and diglycerides, salt, wheat gluten, calcium propionate preservative, fumaric acid, sodium aluminum phosphate, potassium sorbate preservative, baking soda, guar gum, sunflower oil, enzymes, sodium metabisulfite added as a dough conditioner, microcrystalline cellulose, corn starch, dicalcium phosphate, magnesium stearate. Contains: Wheat.

**Turkey, Sliced (Jennie-O®)**

Ingredients: Turkey Breast Meat, Turkey Broth, Contains 2% or less Salt, Sugar, Rosemary Extract, Baking Soda. Contains no allergens or gluten



### **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). Contains: wheat and their derivatives and peanuts.

### **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 caramel color, diluted with water to a uniform pickling and table strength of 5% (50 grains) acidity.

### **Waffle, Maple (Bake Crafters®)**

Ingredients: Whole Wheat Flour Blend (Whole Wheat Flour & Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil, Sugar, Nonfat Milk, Eggs, Less than 2%: Soy Lecithin, Maple Bits (Sugar, Whole Wheat Flour, Soybean Oil, Natural Flavor, Cellulose Gum, Yeast Extract), Natural Maple Flavor, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Corn Starch, Mono Calcium Phosphate), Salt, Wheat Bran. Contains egg, milk, soy, and wheat ingredients. Contains bioengineered food ingredients. This product is produced in a nut-free facility.

### **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 and OVIEDO HIGH (COLD BEVERAGE)

### **Nitro Cold Brew**

Ingredients: Water, coffee (Barnie's®)

### **Iced Holiday Latte**

Ingredients: **1% Low-Fat White Milk (T.G. Lee®)**, **Cold Brew Concentrate (Barnie's®)**: 100% Arabica coffee; **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 and OVIEDO HIGH (HOT BEVERAGES)

### **Café Latte**

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

### **Freshly Brewed Coffee**

Ingredients: Water, coffee (Barnie's®)

### **Hot Chocolate**

Ingredients: **1% 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, Sugar-Free Chocolate (Hershey's®)**.

## *OPTIONAL*

### **Milk, Whole, White (T.G. Lee®)**

### **Stevia Sweetener (Sweet Life)**

Ingredients: Dextrose, stevia extract, natural flavor

### **Syrup, Sugar-free Caramel (Monin®)**

Ingredients: Water, erythritol, natural and artificial flavors, cellulose gum, sucralose, citric acid, potassium sorbate (preservative). \*Erythritol is a natural sugar substitute derived from plant sources. Gluten-free.

### **Syrup, Sugar-free Chocolate (Hershey's®)**

Ingredients: 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), acesulfame potassium, sucralose, zinc sulfate, vitamin E acetate, niacinamide, biotin. Gluten-free.

**Syrup, Sugar-free Vanilla (Monin®)**

Ingredients: Water, erythritol, natural and artificial flavors, cellulose gum, citric acid, sucralose, potassium sorbate (Preservative). \*Erythritol is a natural sugar substitute derived from plant sources. Gluten-free.