Breakfast and Lunch Ingredients List

The information contained in this list is reported by each of the manufacturers. 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 2012.

Single ingredient items, such as fruit, vegetables, 100% juice and rice, are not listed below. Fresh fruit and vegetables along with other single ingredient items are offered daily. For more information about these items, please contact the Food Service Department.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. We encourage anyone with food sensitivities, allergies or special dietary needs to check with http://foodservice.scps.k12.fl.us/ on a regular basis to obtain the most current 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
Food Service Department
400 East Lake Mary Blvd.
Sanford, FL 32773
407-320-0226
BREAKFAST INGREDIENTS LIST

Applesauce, Cup Original (Mott’s®)
Ingredients: apples, high fructose corn syrup, water, ascorbic acid (Vitamin C).

Bagel, Sausage and Cheese (Tony’s®)
Ingredients: crust: enriched wheat flour (wheat flour, malted barley flour, ascorbic acid [dough conditioner], niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of: yeast, sugar, dry malt (malted barley, wheat flour, dextrose), salt, calcium propionate. topping: cheese blend (low moisture part skim mozzarella cheese [pasteurized milk, cultures, salt, enzymes], mozzarella cheese substitute [water, vegetable oil (corn oil and/or soy oil), cheese solids, modified food starch, nonfat dry milk, sweet whey, salt, magnesium oxide, ferric orthophosphate, vitamin a palmitate, niacinamide, zinc oxide, pyridoxine hydrochloride (vitamin b6), cyanocobalamin]), cooked turkey pizza topping (mechanically separated turkey, seasoning {salt, natural flavor, dextrose, sugar, citric acid, bha, bht}, water), textured vegetable protein [soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin], water). sauce: water, nonfat dry milk, modified food starch, contains 2% or less of: sweet cream powder (cream, nonfat milk, lecithin), salt, spice

Bagel-ful®, Cinnamon
Ingredients: enriched wheat flour (wheat flour, niacin, reduced iron, thiamin monononrate, riboflavin, folic acid), water, cinnamon filling (water, sugar, brown sugar, modified food starch, cellulose gel and gum, san, cinnamon, natural flavors, fumaric acid, benzoate of soda and potassium sorbate (preservatives), gellan gum, sodium citrate), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), whole wheat flour, contains less than 2% of: brown sugar, sugar, matt, wheat gluten, yeast (yeast, sorbain monostearate, ascorbic acid), san, wheat flour, calcium carbonate, dough conditioner (wheat flour, calcium su–ate, l-cysteine, asoorblc acid, azodcarbonamide, calcium iodate, calcium peroxide, enzymes), wheat fiber, com flour, soybean oil, dough improver (ammonium su–ate, calcium sulfate, azodlcarnoamlde). Contains milk and wheat.

Biscuit, Whole Grain (Mary B’s®)
Ingredients: water, whole wheat flour, enriched bleached wheat flour (flour, malted barley flour, niacin reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening flakes pyrophosphate, sodium aluminum phosphate, aluminum sulphate, palm oil, contains 2% or less of sugar, salt, whey, and sodium caseinate (a milk product), wheat starch, datem, corn, syrue solids, cellulose gum, enzymes, silicon dioxide, honey, malt dextrin, natural butter flavor, nonfat milk, soy lecithin, annatto and turmeric. Contains: milk, wheat, and soy.

[Egg & Cheese Biscuit includes whole grain biscuit, low-fat American cheese and eggs]
Bread, Banana Loaf (Super Bakery®)
Ingredients: enriched bleached flour (bleached flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, eggs, invert sugar, brown rice flour, soybean oil, water, banana puree, food starch—modified. contains 2% or less of the following: corn starch, maltodextrin, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), whey protein concentrate, natural flavor, salt, potassium sorbate as a preservative, propylene glycol monostearate, monoglycerides, sodium stearoyl lactylate, xanthan gum, lecithin. nutrient blend: ascorbic acid (vitamin c), vitamin e acetate, vitamin a palmitate, zinc oxide, calcium sulfate, reduced iron, niacin, vitamin d-3, calcium pantothenate, pyridoxine hydrochloride, folic acid, riboflavin, thiamin mononitrate, biotin, vitamin b-12.
contains: milk, wheat, eggs

Bread, Whole Grain, Sandwich (Flowers®)
Ingredients: water, whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), high fructose corn syrup, wheat gluten, yeast contains 2% or less of each of the following: 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, azodicarbonamide, enzymes), soybean oil, soy flour, calcium sulfate, ammonium sulfate, leavening (monocalcium phosphate), wheat starch, soy lecithin, calcium propionate (to retard spoilage)

Cereal, Apple Jacks (Kellogg’s®)
Ingredients: corn flour, sugar, wheat flour, whole oat flour, apple cinnamon granules (sugar, milled corn, apple juice concentrate, dried apples, cinnamon, modified corn starch, calcium phosphate, salt, baking soda, red # 40), salt, high fructose corn syrup, sodium ascorbate and ascorbic acid (vitamin c), yellow # 6, niacinamide, reduced iron, zinc oxide, turmeric color, pyridoxine hydrochloride (vitamin b6), riboflavin (vitamin b2), thiamin hydrochloride (vitamin b1), vitamin a palmitate, bht (preservative), blue # 1, folic acid, vitamin b12 and vitamin d.

Cereal, Berry Berry Kix (General Mills®)
Ingredients: whole grain corn, corn meal, sugar, canola oil, salt, brown sugar syrup, tricalcium phosphate, vegetable and fruit juice color, trisodium phosphate, citric acid, natural flavor. vitamin e (mixed tocopherols) added to preserve freshness. vitamins and minerals:calcium carbonate, iron and zinc (mineral nutrients), vitamin c (sodium ascorbate), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), vitamin b2 (riboflavin), a b vitamin (folic acid), vitamin b12, vitamin d3.
Cereal, Cheerios (General Mills®)
Ingredients: whole grain oats (includes the oat bran), modified corn starch, sugar, salt, oat fiber, tripotassium phosphate, wheat starch, vitamin E (mixed tocopherols) added to preserve freshness. Vitamins and Minerals: Calcium carbonate, iron and zinc (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), a B vitamin (folic acid), vitamin B12, vitamin D3.

Cereal, Cinnamon Toast Crunch (General Mills®)
Ingredients: whole grain wheat, sugar, rice flour, canola and/or rice bran oil, fructose, maltodextrin, dextrose, salt, cinnamon, soy lecithin, trisodium phosphate, color added. bht added to preserve freshness. vitamins and minerals: calcium carbonate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), a B vitamin (folic acid), vitamin B12, vitamin D3. contains wheat and soy ingredients.

Cereal, Froot Loops (Kellogg’s®)
Ingredients: corn flour; sugar; wheat flour; whole grain oat flour; partially hydrogenated vegetable oil (one or more of: coconut, cottonseed, and soybean) salt, sodium ascorbate and ascorbic acid (vitamin C) niacinamide, red no. 40, reduced iron, natural orange, lemon, cherry, raspberry, blueberry, lime, and other natural flavors, blue no. 2, yellow no. 6, zinc oxide, turmeric color; blue no. 1, pyridoxine hydrochloride (vitamin B6) riboflavin (vitamin B2) annatto color; thiamin hydrochloride (vitamin B1) vitamin a palmitate, bht (preservative) folic acid, vitamin B12, vitamin D.

Cereal, Golden Grahams (General Mills®)
Ingredients: whole grain wheat, sugar, corn meal, brown sugar syrup, canola and/or rice bran oil, dextrose, baking soda, salt, trisodium phosphate, artificial flavor. bht added to preserve freshness. vitamins and minerals: calcium carbonate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), a B vitamin (folic acid), vitamin B12, vitamin D3. contains wheat ingredients.

Cereal, Honey Nut Cheerios (General Mills®)
Ingredients: whole grain oats (includes the oat bran), sugar, modified corn starch, honey, brown sugar syrup, salt, tripotassium phosphate, canola and/or rice bran oil, natural almond flavor. vitamin e (mixed tocopherols) added to preserve freshness, vitamins and minerals: calcium carbonate, zinc
Cereal, Honey Nut Chex (General Mills®)
Ingredients: whole grain corn, corn meal, sugar, honey, salt, molasses, brown sugar syrup, canola and/or rice bran oil, yellow corn flour, natural flavor, natural almond flavor. bht added to preserve freshness. vitamins and minerals: calcium carbonate, zinc and iron (mineral nutrients), vitamin c (sodium ascorbate), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), a b vitamin (folic acid), vitamin b12, vitamin d3. contains almond ingredients. gluten-free

Cereal, Trix (General Mills®)
Ingredients: corn (whole grain corn, meal), corn syrup, modified corn starch, canola and/or rice bran oil, sugar, glycerin, salt, calcium carbonate, tricalcium phosphate, taisodium phosphate, natural and artificial flavor, red 40, yellow 6, blue 1 and other color added, sucralose, sodium citrate, iron and zinc (mineral nutrients), citric acid, malicacid, vitamin c (sodium ascorbate), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), sulfiting agents, a b vitamin (folic acid), vitamin b12, â® vitamin d, vitamin e (mixed tocopherols) and bht added to preserve freshness.

Chicken Patty, 1.65 oz (Pilgrim’s Pride®)
Ingredients: white chicken, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, Vitamin B12, copper gluconate, Vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and riboflavin), dried whole egg, lite salt (salt, potassium chloride), sugar, sodium phosphate, white pepper, onion powder, garlic powder. Breaded with: enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphates), monoglycerides, partially hydrogenated soybean oil, oleoresin paprika. Battered with: water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, whey, leavening (sodium aluminum phosphate, sodium bicarbonate), spice, garlic powder, oleoresin paprika. Breading set in vegetable oil. Contains: Egg, Milk, Soy and Wheat

Cracker, Graham (Honey Maid®)
Ingredients: enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), sugar, graham flour (whole grain wheat flour), canola and/or palm and/or palm kernel oil, high fructose corn syrup, molasses, honey, salt, baking soda
French Toast Sticks (Mrs. Buttersworth’s®)
Ingredients: bread (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, yeast, salt, soybean oil, color [turmeric and paprika extracts], calcium propionate [preservative]), yeast nutrients [ammonium chloride, calcium sulfate, ascorbic acid], mono-and di-glycerides), water, flour predust (wheat flour [enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], salt, soybean oil), cottonseed oil and/or canola oil and/or sunflower oil, and/or soybean oil, and/or partially hydrogenated soybean oil, batter (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], dextrose, gelatinized wheat starch, salt, whey, sugar, leavening [sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate], soybean oil, artificial flavor, oleoresin paprika), batter (enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sucrose, dextrose, modified corn starch, salt and spice extracts), soy lecithin. contains: wheat, milk and soy

Granola, homemade
Ingredients: rolled oats, syrup, margarine, brown sugar, vanilla extract.

Milk, Chocolate (TruMoo®)
Ingredients: non-fat milk, sugar, cocoa (processed with alkali), corn starch, salt, vitamin A palmitate, vitamin D3, natural and artificial flavors.

Pancakes (Mrs. Butterworth’s®)
Ingredients: enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, corn flour, eggs, partially hydrogenated soybean oil, soy flour. contains 2% or less of: buttermilk, leavening, (sodium aluminum pyrophosphate, sodium bicarbonate), salt, artificial flavor. contains: wheat, eggs, milk and soy.

Sausage, Patty, Breakfast (Jennie-O®)
Ingredients: turkey, contains 2% or less salt, flavorings, sugar, dextrose, BHA, propyl gallate, citric acid

Sausage, Link Breakfast (Jennie-O®)
Ingredients: turkey, seasoning (salt, spices, sugar, dextrose, spice extract, bha, propyl gallate, citric acid), caramel color.

Waffles, Original (Aunt Jemima®)
Ingredients: enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean oil, sugar, whey. contains 2% or less of: leavening (sodium acid pyrophosphate, sodium bicarbonate), eggs, calcium carbonate, calcium chloride, salt, corn syrup solids, colored with (yellow 5, yellow 6), fortified with (reduced iron, niacinamide, pyridoxine hydrochloride [vitamin b6], riboflavin [vitamin b2], cyanocobalamin [vitamin b12], thiamin mononitrate [vitamin b1], dextrose, corn starch, natural and artificial flavor, soy lecithin. contains: wheat, eggs, milk and soy.
Yogurt, Strawberry Banana (Upstate Farms®)
Ingredients: cultured pasteurized grade a nonfat milk, sugar, water, strawberries, bananas, modified corn starch, whey, natural flavors, purple carrot concentrate, tricalcium phosphate, gellan gum, potassium sorbate (for freshness), citric acid, carob bean gum, vitamin D3

LUNCH INGREDIENTS LIST

Apple Topping (homemade)
Ingredients: apples, brown sugar, cinnamon

Applesauce, Cup (Mott’s Original)
Ingredients: apples, high fructose corn syrup, water, ascorbic acid (Vitamin C).

Baked Beans (Furmano’s)
Ingredients: white beans, water, sugar, corn syrup, tomato paste, salt, pork, oleoresin paprika, dextrose, onion powder, garlic powder, natural flavors.

Beans, Fiesta
Ingredients: pinto beans, partially hydrogenated corn oil (freshness preserved with tbhq), salt, and calcium chloride contains no FDA defined allergens. Topped with cheddar cheese

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.

Beef Crumbles for Tacos
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. Seasoned with dextrose, salt, corn flour, chilli pepper, cumin, onion powder, garlic powder, oregano, citric acid, silicon dioxide (anticaking agent), extractives of paprika.
**Beef Patty, Rib-b-que (Smokie Grill®)**
Ingredients: ground beef (no more than 18% 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)), seasoning (tomato powder, dextrose, brown sugar, artificial vinegar (malic acid, sodium acetates, lactose, fumaric acid, artificial flavourings), powdered worcestershire sauce (corn syrup solids, salt, garlic powder, sugar, spices, soy sauce solids [wheat, soybeans, salt, maltodextrin, caramel color], tamarinds, flavour), spices, spice extractive, onion powder, smoke flavour, garlic powder), honey, potassium chloride, salt, sodium phosphate, flavoring, autolyzed yeast extract, potato maltodextrin, maltodextrin. 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]. contains: soy, milk, wheat

**Beef Patty, 2.5 oz - Elementary (Pierre®)**
Ingredients: ground beef (not 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, pyridoxine hydrochloride, riboflavin, cyanocobalamin), seasoning (hydrolyzed corn protein, dextrose, salt, onion powder, spices), sodium phosphates, caramel color. Contains: Soy

**Beef Patty, 3 oz – Secondary (Pierre®)**
Ingredients: Ground Beef (not more than 24% fat), salt, partially hydrogenated soybean and cottonseed oil, sodium phosphates, spice.

**Black Bean Burger (Morning Star®)**
Ingredients: textured vegetable protein (water, soy protein concentrate, wheat gluten, caramel color), cooked black beans (black beans, water), cooked brown rice (water, brown rice), onion, corn oil, water, sodium caseinate, diced tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), egg whites, roasted corn, whole kernel corn, bulgur wheat, green chiles (green chile peppers, water, salt, citric acid, calcium chloride), contains two percent or less of calcium caseinate, cornstarch, onion powder, spices, yeast extract, dried tomatoes, dextrose, garlic powder, salt, hydrolyzed vegetable protein (corn gluten, wheat gluten, soy protein), soy sauce (soybeans, wheat, salt), natural and artificial flavors, paprika (for color), jalapeno pepper, xanthan gum, disodium inosinate, lemon oil, lactic acid
Bread, Hamburger Bun, Whole Grain (Flowers®)
Ingredients: water, whole wheat flour, enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid (a B Vitamin)], high fructose corn syrup, wheat gluten, yeast, contains 2% or less of each of the following: dough conditioners (sodium stearoyl lactylate, calcium stearoyl-2-lactylate, monoglycerides, calcium peroxide, datem), soybean oil, salt, soy flour, leavening agent (monocalcium phosphate), ammonium sulfate, wheat starch, calcium propionate (to retard spoilage).

Bread, Hot Dog Bun, Whole Grain (Flowers®)
Ingredients: water, whole wheat flour, unbleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid (a B Vitamin)], high fructose corn syrup, wheat gluten, yeast, contains 2% or less of each of the following: dough conditioners (sodium stearoyl lactylate, calcium stearoyl-2-lactylate, monoglycerides, calcium peroxide, datem), soybean oil, salt, soy flour, leavening agent (monocalcium phosphate), ammonium sulfate, wheat starch, calcium propionate (to retard spoilage).

Bread, Sandwich, Whole Grain (Flowers®)
Ingredients: water, whole wheat flour, enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid (a B Vitamin)], high fructose corn syrup, wheat gluten, yeast, contains 2% or less of each of the following: dough conditioners (sodium stearoyl lactylate, calcium stearoyl-2-lactylate, monoglycerides, calcium peroxide, datem), soybean oil, salt, soy flour, leavening agent (monocalcium phosphate), ammonium sulfate, wheat starch, calcium propionate (to retard spoilage).

Breadsticks (Harlan® 6” Garlic)
Ingredients: white whole wheat flour, water, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), yeast, soybean oil, sugar. contains 2% or less of the following: salt, garlic, partially hydrogenated soybean oil, dough conditioners (diacetyl tartaric acid esters of mono and diglycerides <datem>, ethoxylated mono-diglycerides, ascorbic acid, l-cysteine, azodicarbonamide <ada>), calcium propionate (preservative), monoglycerides, dairy whey (from milk), vinegar, corn flour, turmeric and paprika (color), natural and artificial flavor, soy lecithin.

Contains: milk, soy, and wheat

Brownie, Whole Grain (Dessert Innovations®)
Ingredients: water, sugar, whole wheat, soybean oil, cocoa (processed with alkali), whole eggs, not-fat dry milk, palm oil, sodium bicarbonate, salt, monoglycerides, natural and artificial flavors, sodium propionate (added to retard spoilage).
Contains: wheat, soy, milk and eggs

Cheese Sauce for Nachos
Ingredients: low-fat American cheese, low-fat milk, water, low-fat cheddar cheese.
**Chicken, Asian (Green Dragon® New Orleans/Mandarin Chicken)**
Ingredients: seasoned chicken leg meat strips (chicken leg meat, water, isolated soy protein, seasoning (water, soy sauce, salt, wheat flour), sugar, salt, caramel color, contains less than 2% molasses, yeast extract, xanthan gum, lactic acid, and natural flavor, seasoning, sugar pepper, mustard seed, celery seed, garlic, wheat flour, fructose, xanthan gum, thyme, basil, maltodextrin, autolyzed yeast extract, soybean oil, salt, autolyzed yeast and potassium chloride, potassium and sodium phosphate, sauce (brown sugar, water, sugar, oyster extractives (oyster, water, salt), modified corn starch, contains less than 2% of modified potato starch, salt, caramel color, sherry cooking wine (wine, salt), cultured dextrose, maltodextrin). Allergens: soy, wheat, dairy

**Chicken, Patty, Breaded (Pierce®)**
Ingredients: chicken breasts with rib meat, water, dried whole egg solids, seasoning (salt, flavor, modified corn starch), sodium phosphates. battered and predusted with: water, enriched bleached wheat flour(enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, spices, dextrose, dried garlic, paprika and annatto, xanthan gum, natural flavor. breaded with: enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour, (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, spices, soybean oil, dextrose, dried garlic, paprika and annatto, extracts of paprika,. breading set in vegetable oil.

**Chicken, Patty, Grilled (Proview®)**
Ingredients: chicken breast with rib meat, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin b12, copper gluconate, vitamin a palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), seasoning (salt, sodium phosphates, spices, onion and garlic powder, grill flavor from vegetable oil, smoke flavoring.

**Chicken, Teriyaki (Green Dragon®)**
Ingredients: seasoned chicken leg meat strips [chicken leg meat, water isolated soy protein, seasoning (water, soy sauce ( water, soybeans, salt, wheat flour), sugar, salt, caramel color, contains less than 2% molasses, yeast extract, xanthan gum, lactic acid, and natural flavor), seasoning (sugar, pepper, mustard seed, celery seed, garlic, wheat flour, fructose, xanthan gum, thyme, basil, maltodextrin, autolyzed yeast extract, soybean oil, salt), autolyzed yeast and potassium chloride, potassium and sodium phosphate], sauce [sugar, water, brown sugar, soy sauce( water, soybeans, salt, wheat flour), contains less than 2% of modified corn starch, salt, yeast extract, caramel color, sesame oil, sesame seeds, xanthan gum, lactic acid, natural flavor].
**Chicken (Pilgrim’s Pride® Breaded Chicken Nuggets 0.68 oz)**
Ingredients: Chicken Breast with rib meat, dried whole egg, water, seasoning (salt, flavor, modified cornstarch), sodium phosphate. Battered and Predusted with: Water, enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, spices, dextrose, dried garlic, paprika and annatto, xanthan gum, natural flavor. Breaded with: enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, spices, soybean oil, dextrose, dried garlic, paprika and annatto, extractives of paprika. Breading set in vegetable oil. Contains: Egg and Wheat

**Chicken (Pilgrim’s Pride® Breaded Chicken Patty 3.53 oz)**
Ingredients: Chicken breast with rib meat, water, dried whole egg, seasoning (salt, flavor, modified corn starch), sodium phosphate. Battered and predusted with: water, enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, spices, dextrose, dried garlic, paprika and annatto, xanthan gum, natural flavor. Breaded with: enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, spices, soybean oil, dextrose, dried garlic, paprika and annatto, extractives of paprika. Breading set in vegetable oil. Contains: Egg and Wheat

**Chicken (Pilgrim’s Pride® Breaded Tender 0.85 oz)**
Ingredients: Chicken meat, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, Vitamin B12, copper gluconate, Vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), dried whole egg, salt, sugar, sodium phosphates, white pepper and onion powder. Breaded with: enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate, monoglycerides, partially hydrogenated soybean oil, oleoresin paprika). Battered with: water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, whey, leavening (sodium aluminum phosphate, sodium bicarbonate), spice, garlic powder, oleoresin paprika, guar gum. Breading set in vegetable oil. Contains: Egg, Milk, Soy and Wheat

**Chili, Homestyle (Basic American Foods®)**
Ingredients: Red beans, tomato, chili pepper, onion, salt, sugar, modified corn starch, spice, bell pepper, garlic, citric acid, soy bean oil, calcium chloride
Chips, Baked Doritos Nacho Cheesier Tortilla Chips (Frito Lay®)
Ingredients: Corn, corn oil, salt, cheddar cheese (cultured milk, salt, enzymes), buttermilk solids, whey protein concentrate, romano cheese from cow’s milk (cultured pasteurized milk, salt, enzymes), tomato powder, monosodium glutamate, onion powder, partially hydrogenated soybean and cottonseed oil, whey, wheat flour, garlic powder, artificial colors (including Yellow6 Lake, Yellow 5 Lake, Yellow 6, Red 40, Red 40 Lake), dextrose, sugar, disodium phosphate, lactic acid, natural and artificial flavor, spice, citric acid, parmesan cheese (cultured milk, salt, enzymes), disodium inosinate, and disodium guanylate. Contains milk and wheat

Chips, Baked Cheetos Crunchy Snacks (Frito Lay®)
Ingredients: Enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, and folic acid), vegetable oils (contains one or more of the following: corn, soybean or sunflower oil), whey, cheddar cheese (milk cheese cultures, salt, enzymes), salt, sea minerals (calcium carbonate and magnesium carbonate), canola oil, maltodextrin, whey protein concentrate, disodium phosphate, monosodium glutamate, natural and artificial flavors, lactic acid, citric acid and artificial color (yellow 6, yellow 5). Contains milk

Chips, White Corn Tortilla Nacho Chip (Pasado®)
Ingredients: Ground corn treated with lime, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil), salt.

Chip, Multigrain Garden Salsa (Sunchips®)
Ingredients: Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, salt, tomato powder, cheddar cheese (milk, cheese cultures, salt, enzymes), dextrose, onion powder, buttermilk solids, whey, romano cheese (part-skim cow's and cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, maltodextrin, modified corn starch, autolyzed yeast extract, corn oil, hydrolyzed wheat protein, spice, disodium phosphate, natural flavor, malic acid, artificial color (yellow 5 lake, yellow 6 lake, red 40 lake), citric acid, lactic acid, and nonfat milk solids. contains wheat and milk ingredients.

Chip, Multigrain Harvest Cheddar (Sunchips®)
Ingredients: Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, maltodextrin, salt, cheddar cheese (milk, cheese cultures, salt, enzymes), whey, buttermilk solids, romano cheese (cow's milk and part skim milk, cheese cultures, salt, enzymes), whey protein concentrate, corn oil, onion powder, disodium phosphate, natural flavor, autolyzed yeast extract, hydrolyzed wheat protein, citric acid, artificial color (including yellow 6, yellow 5), lactic acid, garlic powder.

Chow Mein (Asian Food Solutions®)
Ingredients: wheat flour (bleached wheat flour, malted barley flour, Niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid), water, salt, corn starch, yellow food coloring(FD&C yellow #5 & Red #40, citric acid, sodium benzoate), soybean oil.
Cole Slaw with Ken’s Dressing®
Ingredients: fresh cabbage, red cabbage, carrots soybean oil, sugar, water, vinegar, egg yolk, salt, contains less than 2% of: spices, polysorbate 60, xanthan gum, calcium disodium edta as a preservative.

Cookie, Chocolate Chip 1.6 oz- Elementary (Readi-Bake®)
Ingredients: enriched unleached wheat flour (unbleached flour, niacin, reduced iron, thiamine mononitrate [Vitamin B1], riboflavin [Vitamin B2], folic acid), semisweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, salt, artificial flavor), shortening (partially hydrogenated soybean and cottonseed oils), sugar, brown sugar, water, eggs. Contains 2% or less of whey and sodium caseinate (milk products), leavening (sodium bicarbonate, sodium aluminum phosphate), salt, nonfat milk, soy lecithin, natural and artificial flavor. Contains: Milk, Egg, Wheat and Soybean Products

Cookie, Chocolate Chip 2.5 oz- Secondary (Readi-Bake®)
Ingredients: enriched unleached wheat flour (unbleached flour, niacin, reduced iron, thiamine mononitrate [Vitamin B1], riboflavin [Vitamin B2], folic acid), semisweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, salt, artificial flavor), shortening (partially hydrogenated soybean and cottonseed oils), sugar, brown sugar, water, eggs. Contains 2% or less of whey and sodium caseinate (milk products), leavening (sodium bicarbonate, sodium aluminum phosphate), salt, nonfat milk, soy lecithin, natural and artificial flavor. Contains: Milk, Egg, Wheat and Soybean Products

Cookie, Gingerbread (Fieldstone Foods®)
Ingredients: enriched bleached flour (wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin 82), folic acid, molasses, sugar, partial hydrogenated soybean and cottonseed oil with TBHQ preserve flavor, water, invert sugar, eggs, egg whites, baking soda. corn syrup, ginger, salt, soy lecithin (emulsifier), dextrose, colors (caramel color, titanium dioxide, red 40), corn starch, cinnamon. allspice, sodium tripolyphosphate, vegetable gums (ammoniumalginate, gumarabic), natural and artificial flavors (contains lemon),whey (milk),citric acid, sorbic acid (to retain freshness).

Cookie, Oatmeal (Hilltop Hearth®)
Ingredients: enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), vegetable margarine (palm oil, water, soybean oil, salt, mono- and diglycerides, annatto extract color, calcium disodium edta preservative, artificial butter flavor, vitamin a palmitate), sugar, raisins (coated with vegetable oil, sulfur dioxide preservative), rolled oats, eggs, water. contains 2% or less of molasses, invert sugar, leavening (sodium bicarbonate, sodium aluminum phosphate), salt, soy flour and cinnamon.
Cornbread (Gilster-Mary Lee®)
Ingredients: enriched bleached flour (bleached flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), enriched degermed yellow corn meal (degermed yellow corn meal, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, whole egg, dairy product solids, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), whey, dextrose, salt, wheat starch, nonfat dry milk, sodium caseinate, artificial flavor.

Cracker, Animal (Austin®)
Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, partially hydrogenated soybean and/or cottonseed oil, cornstarch, high fructose corn syrup, contains two percent or less of salt, baking soda, soy lecithin, natural flavor, whey, spice.

Cracker, Pretzels (Goldfish®)
Ingredients: Unbleached enriched flour [flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], salt, partially hydrogenated vegetable shortening (canola, soybean, cottonseed and/or sunflower oils), contains 2% or less of the following: leavening (baking powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate, calcium sulfate)), malted barley, bicarbonates and carbonates of sodium and nonfat milk.

Cracker, Graham (Honey Maid®)
Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2} , Folic Acid), Sugar, Graham Flour (Whole Grain Wheat Flour), Canola and/or Palm and/or Palm Kernel Oil, High Fructose Corn Syrup, Molasses, Honey, Salt, Baking Soda

Dressing, Creamy Caesar (Ken’s®)
Ingredients: water, distilled vinegar, soybean oil, romano cheese (pasteurized cultured milk, salt, enzymes), egg yolk, sugar, maltodextrin, food starch-modified, contains less than 2% of: salt, anchovy paste (from fish), garlic, spices, potassium sorbate and calcium disodium edta as preservatives, polysorbate 60, xanthan gum, dextrose, glucono delta lactone, lactic acid, caramel, natural flavor, onion.

Dressing, Golden Italian (Ken’s®)
Ingredients: soybean oil, vinegar, water, corn syrup, salt, contains less than 2% of: garlic, xanthan gum, onion, red bell pepper, spices, lemon juice concentrate, dextrose, beta carotene, paprika.

Dressing, Italian (Heinz®)
Ingredients: water, distilled vinegar, high fructose corn syrup, soybean oil, salt, modified food starch, dehydrated garlic, dehydrated bell peppers, propylene glycol alginate, dehydrated onion, xanthan gum, sodium benzoate and potassium sorbate as preservatives, dehydrated lemon peel, lemon juice concentrate, spices, artificial coloring.
Dressing, Ranch, Dip Cup (Monarch®)
Ingredients: water, corn syrup, distilled vinegar, maltodextrin, salt, modified food starch, sugar, buttermilk solids, sour cream solids, onion, garlic, natural flavors, spice, herbs, parsley, xanthan gum, propylene glycol alginate, phosphoric acid, titanium dioxide, sodium benzoate and potassium sorbate (preservatives), spice, parsley and calcium disodium EDTA to protect flavor.

Fruit 66® Beverage
Mixed Berry Ingredients: Pure juice from grape, apple, pear, raspberry, cranberry, black currant and strawberry juice from concentrates, filtered water, natural flavors, natural color, vitamin c, calcium, vitamin d, vitamin a.

Tropical Punch Ingredients: Pure juice from grape, apple, pear, pineapple and lime juice concentrates, filtered water, natural flavors, natural color, vitamin c, calcium, vitamin d, vitamin a.

Fruit Bar, Strawberry (Blue Bell®)
Ingredients: strawberries, water, sugar, guar gum, citric acid, ascorbic acid.

Fruit Slushy, Sidekick® (Ridgefield®)
Blue Raspberry/Lemon: Fruit Juice (White Grape Juice from Concentrate), Citric Acid, Natural and Artificial Flavors, Stabilizer (Xanthan Gum, Guar and/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Ascorbic Acid (Vitamin C), Salt, Vitamin A Palmitate, Yellow 5, Blue 1, Vitamin D.

Strawberry/Mango: Fruit Juice (White Grape Juice from Concentrate), Citric Acid, Natural and Artificial Flavors, Stabilizer (Xanthan Gum, Guar and/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Salt, Ascorbic Acid (Vitamin C), Yellow 5, Red 40, Vitamin A Palmitate, Yellow 6, Vitamin D, Blue 1.

Kiwi/Strawberry: Fruit Juice (White Grape Juice from Concentrate), Natural and Artificial Flavors, Citric Acid, Stabilizer (Xanthan Gum, Guar and/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Salt, Ascorbic Acid (Vitamin C), Red 40, Vitamin A Palmitate, Yellow 5, Vitamin D, Blue 1.

Fruit Snack, Strawberry (Florida Natural’s Au’Some®)
Ingredients: 90% Fruit Juice (pear puree from concentrate, pear juice from concentrate, strawberry juice from concentrate, blueberry juice from concentrate)(natural source of vitamin C), sugar, tapioca starch, corn syrup, citric acid, natural strawberry flavor, ascorbic acid (vitamin C), sodium citrate, pectin, purple carrot extract.

Gelatin, Orange (Monarch®)
Ingredients: Sugar, corn sugar, gelatin, adipic acid, sodium p phosphate, sodium citrate, natural flavor, ascorbic acid (vitmain C), yellow #6, yellow #6 lake.

Gelatin, Strawberry (Monarch®)
Ingredients: Sugar, corn sugar, gelatin, adipic acid, sodium phosphate, sodium citrate, artificial flavor, ascorbic acid (vitamin C), red #40, red #40 lake.
Grahams, Presidents (Smart Cookies®)
Ingredients: enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, palm and canola oil, natural vanilla and butter flavor, tricalcium phosphate, molasses, salt, baking soda, soy leci-thin, ammonium bicarbonate, added vitamins and iron (ascorbic acid, vita-min a palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin, mononi-trate, maltodextrin as carrier), non-fat dry milk. contains: wheat, soy, milk

Gravy, Homestyle (Monarch®)
Ingredients: modified food starch, bleached wheat flour, salt, monosodium glutamate, autolyzed yeast extract, dextrose, rendered chicken fat, dipotassium phosphate, caramel, dehydrated onion, spices, xanthan gum, natural flavoring and sunflower oil (anti-dusting agent).

Ham (Jennie-O® Turkey Ham)
Ingredients: turkey thigh meat, water, salt, sugar, sodium phosphates, sodium erythorbate, natural smoke flavoring, sodium nitrite.

Hot Dog – All Beef (Kent’s®)
Ingredients: beef, water, salt, less than 2% of the following: dextrose, flavoring, potassium lactate, corn syrup solids, sodium phosphate, sodium diacetate, sodium erythrobate, sodium nitrate, oleoresin of paprika

Hot Sauce (Texas Pete’s®)
Ingredients: peppers, vinegar, salt, xanthan gum, and benzoate of soda (to preserve freshness and flavor).

Ice Cream, Dream Bar (Blue Bell®)
Ingredients: Frozen Dessert: Skim milk, chocolate cookies [enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, cocoa (processed with alkali), partially hydrogenated soybean oil, corn syrup, high fructose corn syrup, soy flour, baking soda, modified food starch, salt, artificial flavor, skim milk powder, soy lecithin, caramel color, artificial color (red 40, blue 1)], coconut oil, sugar, corn syrup, high fructose corn syrup, whey, buttermilk, soy mono-and diglycerides, cellulose gum, vegetable gums, (guar, carrageenan, carob bean), polysorbate 60, sodium citrate, xanthan gum, artificial flavor, annatto color. Cone: Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, cocoa (processed with alkali), invert sugar, soybean oil, soy lecithin, oat fiber, artificial flavor, salt. Chocolate coating: Sugar, partially hydrogenated palm kernel oil, coconut oil, cocoa (processed with alkali), soybean oil, buttermilk powder, whole milk powder, chocolate liquor, soy lecithin, artificial flavor.

Ice Cream, Dream Bar (Blue Bell®)
Ingredients: Skim milk, water, sugar, high fructose corn syrup, corn syrup, coconut oil, whey, buttermilk, ascorbic acid, citric acid, vegetable gums (guar, carrageenan, carob bean), cellulose gum, artificial flavors and colors (yellow 6), soy mono- and diglycerides, polysorbate 60, sodium citrate, xanthan gum, annatto color.
Ice Cream, Fudgy Bar (Blue Bell®)
Ingredients: Skim milk, corn syrup, sugar, high fructose corn syrup, lowfat cocoa (processed with alkali)*, whey, cellulose gel, cellulose gum, vegetable gums (guar, carrageenan, carob bean), xanthan gum, vitamin A palmitate.

Ice Cream, Mini Sandwiches (Blue Bell®)
Ingredients: skim milk, coconut oil, sugar, corn syrup, high fructose corn syrup, whey, buttermilk, soy mono- and diglycerides, cellulose gum, vegetable gums (guar, carrageenan, carob bean), polysorbate 60, sodium citrate, artificial flavor, xanthan gum, annatto color. Wafer: enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, cocoa (processed with alkali), corn syrup, caramel color, soy flour, baking soda, modified food starch, salt, soy lecithin, artificial color (red 40, blue 1), natural and artificial flavor.

Ice Cream, Sandwich, Low Fat (Blue Bell®)
Ingredients: Milk, cream, skim milk, sugar, corn syrup, coconut oil, high fructose corn syrup, chocolate liquor, whole milk powder, cocoa (processed with alkali), cocoa, whey, hydrogenated palm kernel oil, soybean oil, soy mono- and diglycerides, artificial flavor, polyglycerol polyricinoleate, soy lecithin, polysorbate 80, annatto color.

Ice Cream, Sandwich, Low Fat (Blue Bell®)
Ingredients: Milk, cream, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, corn syrup, skim milk, high fructose corn syrup, soybean oil, whey, buttermilk, calcium carbonate, cocoa (processed with alkali), caramel color, soy flour, baking soda, modified food starch, salt, natural and artificial flavor, soy lecithin, soy mono and diglycerides, cellulose gum, vegetable gums (guar, carrageenan, carob bean), artificial color (red 40, blue 1), polysorbate 60, xanthan gum, annatto color.

Italian Submarine Sandwich Meats

Turkey Pepperoni (Jennie-O®)
Ingredients: Turkey, seasoning (corn syrup, mustard, paprika, dextrose, soy, flavoring (including some flavor), paprika oleoresin, garlic powder, salt, water, citric acid, carrageenan, natural flavoring, sodium nitrate.

Turkey Ham (Jennie-O®)
Turkey, water, lite salt (potassium chloride, sodium chloride), sugar, salt sodium phosphate, sodium erythrobate, natural smoke flavoring, sodium nitrite.

Juice Bar, Mini Rainbow (Blue Bell®)
Ingredients: Pear juice concentrate (water, pear juice concentrate), sugar, high fructose corn syrup, corn syrup, ascorbic acid, citric acid, guar gum, artificial flavors, artificial colors (yellow 5, yellow 6, red 40, blue 1).
**Juice Box (Apple & Eve®)**  
**Apple Juice Ingredients:** 100% apple juice (filtered water sufficient to reconstitute apple juice concentrate), calcium gluconate, calcium lactate, ascorbic acid (vitamin c) vitamin a palmitate.

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

**Ketchup, Packet (Red Gold®)**  
Ingredients: tomato concentrate (water, tomato paste), high fructose corn syrup, corn syrup, vinegar, salt, onion powder, spice, natural flavors.

**Ketchup, Dispenser (Heinz®)**  
Ingredients: tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring.

**Lemonade (Minute Maid®)**  
Ingredients: pure filtered water, high fructose corn syrup, lemon juice from concentrate, less than 0.5% of: natural flavors, citric acid (provides tartness), modified cornstarch, glycerol ester of rosin, sodium benzoate and potassium sorbate and calcium disodium edta (to protect taste), yellow #5.

**Lo Mein Noodles (Asian Solutions®)**  
Ingredients: durum wheat semolina, durum wheat flour [enriched with iron (ferrous sulfate) and b vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)]. brown sugar, soy sauce (wheat, soybeans, salt), maltodextrin, vegetables (red bell pepper, carrot, onion, cabbage), natural flavor (includes sesame oil), hydrolyzed corn protein, xanthan gum, salt, spice (includes ginger), disodium inosinate & guanylate, garlic extract, contains 2% or less silicon dioxide (anticaking).

**Macaroni and Cheese (ES Foods®)**  
Ingredients: cooked enriched macaroni (water, durum semolina [niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid]), water, reduced fat pasteurized processed american cheese (reduced fat american cheese [cultured milk, salt, enzymes], water, nonfat dry milk

**Mayonnaise, Dispenser (Hienz®)**  
Ingredients: soybean oil, distilled white vinegar, water, egg yolks, salt, sugar, mustard flour, onion powder, lemon juice concentrate, calcium disodium edta added to protect flavor, natural flavor.
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, rennet, powdered cellulose, calcium propionate), spice, caramel color, dehydrated garlic.

Mustard, Dispenser (Heinz®)
Ingredients: distilled white vinegar, water, mustard seed, salt, mustard bran, turmeric, paprika, spices.

Pasta, Mini Shells
Ingredients: durum wheat semolina, [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)]. Contains: Wheat

Pasta, Penne
Ingredients: durum wheat semolina, durum wheat flour (enriched with iron [ferrous sulfate] and B vitamins [niacin, thiamin mononitrate, riboflavin, folic acid]). Contains: Wheat

Pasta, Spaghetti (Dakota®)
Ingredients: whole wheat durum flour, semolina, durum wheat flour, oat fiber.

Pepperoni (Hormel®)
Ingredients: pork and beef, salt, contains 2% or less of water, dextrose, natural spices, oleoresin of paprika, lactic acid starter culture, garlic powder, sodium nitrite, BHA, BHT, citric acid.

Pickle, Chips (Patriot Pickles®)
Ingredients: cucumbers, water, salt, vinegar, natural flavor, spices, garlic, turmeric, 1/10 of 1% sodium benzoate, calcium chloride, EDTA.

Pizza Crust, 16” (Tubito’s Pizza®)
Ingredients: water, whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), defatted soy flour, soybean oil, sugar, salt, dough conditioner (sodium bicarbonate, monocalcium phosphate, l-cysteine, enzymes), yeast.

Pizza Sauce (Heinz Bell’ Orto®)
Ingredients: Tomato Puree (from vine ripe fresh tomatoes), Salt, Sugar, Extra Virgin Olive Oil, Spices, and Garlic Powder.
**Potato, French Fries - Secondary (Lamb Weston Stealth Fries®)**
Ingredients: potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil), modified food starch, rice flour, dextrin, salt, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dextrose, xanthan gum.

**Potato, Mashed (Simplot®)**
Ingredients: Idaho potatoes, salt, nonfat dry milk, partially hydrogenated oil (contains one or more of the following: soybean, cottonseed, sunflower), monoglycerides, calcium stearoyl lactylate, spice, artificial color, natural and artificial flavors, sodium acid pyrophosphate, Vitamin C, sodium bisulfate, citric acid and mixed tocopherols.

**Potato, Oven Fries - Elementary (McCain®)**
Ingredients: potatoes, vegetable oil (contains one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, hydrogenated soybean and/or cotton seed oil), disodium dihydrogen pyrophosphate (to promote color retention), dextrose.

**Potato, Tater Puffs® (Lamb Weston®)**
Ingredients: Potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), salt, corn flour, dehydrated potato, disodium dihydrogen pyrophosphate (to promote color retention), dextrose.

**Pretzels, Brand Honey Wheat Braided (Rold Gold®)**
Ingredients: enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), whole wheat flour, honey, sugar, corn oil, salt, ammonium bicarbonate, sodium bicarbonate, and malted barley flour. Contains Wheat

**Pork Patty, Rib-B-Que (Smokie Grill®)**
Ingredients: 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), and 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: wheat, soy, milk

**Rice, Mexican with seasoning (McCormick®)**
Ingredients: brown rice, maltodextrin, onion, salt, spices (including paprika and parsley), green and red bell peppers, autolyzed yeast extract, garlic powder, sugar, beet powder (for color), citric acid, silicon dioxide (prevents caking), natural flavors.
**Rice Krispies Treat, Mini (Kellogg’s®)**
Ingredients: toasted rice cereal (rice, sugar, salt, high fructose corn syrup, malt flavoring, niacinamide, reduced iron, riboflavin [Vitamin B2], folic acid), marshmallow (corn syrup), sugar, gelatin, natural and artificial flavor), fructose, margarine (vegetable oil [soybean, palm, and palm kernel oil with TBHQ for freshness], water, natural and artificial butter flavor [contains milk], datem, acetylated monoglycerides, BHT [preservative], Vitamin A palmitate, Vitamin D), corn syrup solids, contains two percent or less of dextrose, glycerin, salt, pyridoxine hydrochloride (Vitamin B6), thiamin hydrochloride (Vitamin B1), soy lecithin. Contains Milk and Soy

**Roll, Wheat Dinner (Rich’s®)**
Ingredients: unbleached wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, crushed wheat, degermed whole wheat flour, high fructose corn syrup, wheat gluten, contains less than 2% of the following: soybean oil, salt, datem, sodium stearoyl lactylate, ascorbic acid.

**Roll, Hoagie/Sub 6” (Morabito®)**
Ingredients: enriched flour (wheat flour, barley flour, niacin, reduced iron, thiamine, riboflavin, folic acid), water, salt, yeast, natural yeast culture, calcium propionate (a preservative). May contain sesame or poppy seeds.

**Salad, Chef**
Ingredients: lettuce, romaine, spinach, tomato, cucumber and carrots with choice of turkey, ham, egg or cheese and crackers.

**Salsa (Pace®)**
Ingredients: crushed tomatoes water, concentrated crushed tomatoes), fresh onions, fresh jalapeno peppers, diced tomatoes in tomato juice, distilled vinegar, salt, dehydrated onions, garlic and natural flavoring.

**Sandwich Round, 100% Wheat (Nature’s Own)**
Ingrients: whole wheat flour, water, wheat gluten, yeast, brown sugar, sugar, contains 2% or less of each of the following: flax seed, raisin juice concentrate, whole rye flour, rolled oats, salt, soybean oil, barley flakes, whole triticale flour, cultured wheat flour, sunflower seed, vinegar, 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, azodicarbonamide, enzymes), hulled whole millet, whole amaranth, whole brown rice flour, whole buckwheat flour, whole kamut flour, whole milled yellow corn, whole spelt flour, ammonium sulfate, monocalcium phosphate, wheat starch, soy lecithin.
Sandwich Round, Multigrain (Nature’s Own®)
Ingredients: water, whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, wheat gluten, oat fiber, contains 2% or less of each of the following: rolled wheat, modified wheat starch, rye nuggets, soybean oil, salt, corn grits, rolled oats, cultured wheat starch, vinegar, wheat bran, distilled monoglycerides, whole rye flakes, triticale flakes, parboiled brown rice flour, citric acid, sodium citrate, 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, azodicarbonamide, enzymes), monocalcium phosphate, barley flakes, hulled millet, whole flax seed, calcium sulfate, guar gum, sucralose (non-nutritive sweetener), preserved with calcium propionate and natamycin (to retard spoilage)

Sausage Patty (Jennie-O®)
Ingredients: turkey, salt, flavorings, sugar, dextrose, BHA, propyl gallate, citric acid.

Spaghetti Sauce (Heinz®)
Ingredients: tomato puree (water, tomato paste), onions, sugar, salt, high fructose corn syrup, spices, soybean oil, citric acid, garlic, dehydrated parsley, modified corn starch, yeast, autolyzed yeast extract, natural flavor, partially hydrogenated soybean oil.
Contains: Soybeans

Soup, Chicken (Campbell’s®)
Ingredients: chicken stock, cooked enriched egg noodles with added calcium (wheat flour, calcium carbonate, eggs, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, cooked chicken meat, contains less than 2% of: salt, vegetable oil, potato starch, chicken fat, monosodium glutamate, dehydrated cooked chicken, onion powder, modified food starch, yeast extract, spice extract, soy protein isolate, sodium phosphates, chicken flavor (contains chicken stock, chicken powder, chicken fat), dehydrated garlic, beta carotene for color.

Soup, Tomato (Campbell’s®)
Ingredients: tomato puree (water, tomato paste), water high fructose corn syrup, wheat flour, salt, vegetable oil (corn, cottonseed, canola and/or soybean), flavoring, ascorbic acid (added to help retain color) and citric acid.

Tortillas (Mission® 6” Stretched Style Flour®)
Ingredients: whole wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified soybean oil, hydrogenated soybean oil and/or palm oil), contains 2% or less of each of the following: salt, leavening (sodium bicarbonate, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), distilled monoglycerides, enzymes, wheat starch, calcium carbonate, antioxidants (tocopherols, ascorbic acid), cellulose gum, dough conditioners (fumaric acid, sodium metabisulfite), preservatives (calcium propionate, sorbic acid and/or citric acid).
**Tortillas (El Pasado® Flour 10”)**
Ingredients: enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fumaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness).

**Turkey Ham, Deli Sliced (Jennie-O®)**
Ingredients: turkey thigh meat, water, contains 2% or less lite salt (potassium chloride, sodium chloride), sugar, salt, sodium phosphate, sodium erythorbate, natural smoke flavoring, sodium nitrite.

**Turkey, Deli Sliced (Jennie-O®)**
Ingredients: turkey breast, white turkey, turkey broth, modified food starch, contains 2% or less lite salt (potassium chloride, sodium chloride), salt, sodium phosphate.

**Yogurt Parfait**
Yogurt Ingredients (General Mills®): 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. *plus assorted fruits and cereals.*