Ingredients List
Middle and High Schools

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 June 2015.

Single ingredient items, such as fruit, milk, vegetables, and rice, are not listed below. Fresh fruit or vegetables along with other single ingredient items are offered daily. For more information about these items, please contact the Dining Services 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/](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
Dining Department
400 East Lake Mary Blvd.
Sanford, FL 32773
407-320-0226
BREAKFAST INGREDIENTS LIST

Bagel-ful®, Cinnamon
Ingredients: enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, 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, sorban monostearate, ascorbic acid), san, wheat flour, calcium carbonate, dough conditioner (wheat flour, calcium sulfate, L-cysteine, ascorbic acid, azodicarbonamide, calcium iodate, calcium peroxide, enzymes), wheat fiber, corn flour, soybean 011, dough improver (ammonium sulfate, calcium sulfate, azodicarbonamide). Contains milk and wheat.

BeneFIT Bar, Apple Cinnamon (J&J ®)
Ingredients: (whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dried apples, oats, interesterified soybean oil, eggs, invert syrup, canola oil, molasses, leavening (baking soda, sodium acid pyrophosphate, corn starch), whey, natural flavors, inulin, xanthan gum, cinnamon, salt, soy lecithin.

BeneFIT Bar, Banana Chocolate Chunk (J&J ®)
Ingredients: Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), chocolate chunks (sugar, unsweetened chocolate, cocoa butter, soy lecithin [an emulsifier], vanilla), oats, eggs, interesterified soybean oil, invert syrup, banana puree (with added citric acid and/or ascorbic acid), canola oil, molasses, leavening (baking soda, sodium acid pyrophosphate, corn starch), whey, natural flavors, xanthan gum, inulin, salt, spice.

Biscuit, Whole Grain (Pillsbury®)
Ingredients: water, whole wheat flour, enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), soybean oil, hydrogenated soybean oil, sugar, buttermilk, sodium aluminum phosphate, sodium caseinate, datem, baking soda, partially hydrogenated soybean and cottonseed oil, nonfat milk, whey protein concentrate, calcium acid pyrophosphate, salt, potassium bicarbonate, whey, potassium chloride, wheat protein isolate, cream, natural flavor. Allergens: contains wheat and milk ingredients.
Cereal, Apple Jacks (General Mills®)
Ingredients: corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), sugar, wheat flour, whole grain oat flour, oat fiber, contains 2% or less of partially hydrogenated vegetable oil (coconut, soybean and/or cottonseed), soluble corn fiber, salt, milled corn, dried apples, apple juice concentrate, cornstarch, cinnamon, modified corn starch, yellow 6, baking soda, turmeric color, natural flavor, blue 1, red 40. vitamins and minerals: vitamin c (sodium ascorbate and ascorbic acid), niacinamide, reduced iron, zinc oxide, vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin hydrochloride), vitamin a palmitate, folic acid, vitamin d, vitamin b12.

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 blend (whole grain yellow corn flour, degerminated yellow corn flour), sugar, wheat flour, whole grain oat flour, oat fiber, contains 2% or less of soluble corn fiber, hydrogenated vegetable oil (coconut, soybean and/or cottonseed), salt, natural flavor, red 40, turmeric extract color, yellow 6, blue 1, annatto extract

Cheese Stick, Mozzarella (Bongards®)
Ingredients: pasteurized part skim milk, cheese cultures, salt, enzymes

Chicken Patty, 1.6 oz (Rich Chicks®)
Ingredients: Chicken Breast with Rib Meat, Soy Protein Concentrate, Chicken Protein, Water, Salt, Isolated Oat Product, Seasoning ingredients: Salt, Hydrolyzed Corn gluten, Onion Powder, Spices, Wheat Flour, not more than 2% Silicon Dioxide added to prevent caking, Pre dusted and Breaded with, Whole Wheat Flour, Enriched Wheat flour with 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, Garlic Powder, Soy Flour, Extractives of paprika, Natural Flavors, Battered with: Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, reduced iron, Thiamine Mononitrate, Riboflavin, folic Acid), Yellow corn flour, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate) Egg whites, Spice Extractive, cellulose gum, Breading set in Soy Bean Oil  Allergens: Wheat, Egg and Soy
Cracker, Animal (Baked Crafters®)
Ingredients: whole wheat flour, bleached enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), sugar, vegetable shortening (palm oil, soybean oil, canola oil, vitamin e [added as an antioxidant]), invert sugar, salt, leavening (sodium bicarbonate, ammonium bicarbonate, monocalcium phosphate anhydrous), natural and artificial flavor, soy lecithin.

Cracker, Cheddar Goldfish (Goldfish®)
Ingredients: whole grain wheat flour, unbleached enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], cheddar cheese [(pasteurized cultured milk, salt, enzymes), annatto], vegetable oils (canola, sunflower, soybean, coconut and/or palm kernel oil), salt, contains 2 percent or less of: autolyzed yeast, yeast, onion powder, leavening (baking soda, monocalcium phosphate) and spices.

Cracker, Ranch Goldfish (Goldfish®)
Ingredients: whole wheat flour, unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), cheddar cheese ([cultured milk, salt, enzymes], annatto), vegetable oils (canola, sunflower, soybean, coconut and/or palm kernel oil), salt, contains 2 percent or less of: dehydrated whey, autolyzed yeast, dehydrated buttermilk, yeast, dehydrated onions, dehydrated garlic, sour cream (cream, nonfat milk, cultures), spices, maltodextrin, natural flavors, leavening (baking soda, monocalcium phosphate, tricalcium phosphate), paprika, calcium lactate, cheddar cheese (milk, cultures, salt, enzymes), citric acid, dehydrated tomatoes, malic acid, sodium citrate, sodium diacetate, nonfat dry milk, corn syrup, disodium guanylate, disodium inosinate, gum arabic, sodium phosphate.

Craisins, Cherry (Ocean Spray®)
Ingredients: Cranberries, Sugar, Cherry Juice Concentrate, Natural Flavors, Citric Acid, Sunflower Oil

Fiesta Egg and Cheese Sandwich (Advance Pierre®)
Jelly, Grape (Monarch®)
Ingredients: grape juice, grape juice concentrate, water, corn syrup, high fructose corn syrup, pectin, citric acid

Juice (Ardmore Farms®)
Apple Juice
Ingredients: filtered water, 100% apple juice from concentrate
Orange Juice
Ingredients: 100% orange juice from concentrate

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.

Milk, chocolate (TrooMoo®)
Ingredients: Nonfat milk, sugar, contains less than 1% of: cocoa (processed with alkali), corn starch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3

Milk, chocolate (Hershey's®)
Ingredients: Skim Milk, Sugar, Contains less than 1% of Cocoa, Cocoa (Processed with Alkali), Cellulose Gel, Natural Flavor, Carrageenan, Salt, Pectin, Vanillin, Artificial Flavor, Dextrose, Vitamin A Palmitate and Vitamin D3.

Muffin Loaf, Blueberry (Super Bakery®)
Ingredients: whole wheat flour (whole grain), water, sugar, soybean oil (non-hydrogenated), blueberries, modified food starch, whole egg, whey, sodium aluminum phosphate, salt, sodium bicarbonate, polysorbate 60, mono & diglycerides, natural and artificial flavors, caramel color, sodium stearoyl lactylate, wheat gluten, dextrose.
Contains: wheat, eggs and milk.

Sausage Sandwich (Advanced Pierre®)
LUNCH and SNACK INGREDIENTS LIST

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

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

Bread, Goldfish (Goldfish®)
Ingredients: Whole wheat flour, water, yeast, wheat gluten, honey, sugar, sugar cane fiber, contains 2 percent or less of: modified food starch, monoglycerides, soybean oil, salt, calcium propionate to retard spoilage, enzymes, cellulose gum, maltodextrin, carrageenan. May contain sesame seeds.

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

Bread, Pita, 6” (Hilltop Hearth®)

Bread, Hot Dog Bun, Whole Grain (Baked Crafters®)
Ingredients: Whole Grain Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Honey, Wheat Starch, Calcium Stearate (Caking Agent), Soybean Oil, Salt, Monoglycerides, Calcium Propionate, Diacetyl Tartaric Acid Esters of Mono-Diglycerides, Enzymes (Contains Wheat), Ascorbic Acid (Vitamin C), and 2% or Less of each of the Following: Malted Wheat Flour, Calcium Sulfate, Preservatives (Propionic Acid, Phosphoric Acid). Allergens: Soy and Wheat

Bread, Sandwich, Whole Grain (CEM®)
Ingredients: whole grain wheat flour, white all-purpose enriched unbleached wheat flour (malted barley flour, niacin, iron, thiamine mononitrate (vitamin b-1), riboflavin (vitamin b-2), folic acid (a-b vitamin), soybean oil, granulated sugar, yeast, vital wheat gluten, salt, stay soft, calcium propionate (preservative). contains: wheat
Cheese, Low-fat American, Sliced (Bongards)
Ingredients: Cultured skim milk and milk water sodium citrate salt potassium citrate artificial color (if colored) cream sorbic acid (added as a preservative), enzymes, soy lecithin (non-sticking agent)

Cheese, Low-fat Cheddar, Shredded (Bongards)
Ingredients: Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Vegetable Color), Powdered Cellulose (to prevent caking), Potassium Sorbate, Natamycin (a preservative)

Cheese Stick, Mozzarella (Bongards®)
Ingredients: pasteurized part skim milk, cheese cultures, salt, enzymes

Chicken Salad:
Chicken, Diced (Pilgrim’s Pride®): White and Dark Chicken Meat, Water, Modified Food Starch, Salt, Sodium Phosphates, Mayonnaise (Heinz®) : 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. Honey Mustard (Naturally Fresh®): Soybean Oil, Vinegar, Water, Honey, Corn Syrup, Ground Mustard Seed, Apple Cider Vinegar, Sugar, Egg, Salt, Egg Yolk, Cinnamon, Turmeric & Paprika Color, Xanthan Gum (Food Fiber); Celery, Onion, Garlic Powder, Pepper.

Chicken, Patty, Breaded 3 oz (Rich Chicks®)
Chicken Wrap
Ingredients: Tortillas (Azteca® Flour 8"), Chicken Patty, Breaded 3 oz (Rich Chicks®), Cheddar Cheese (Bongards®), Mozzarella Cheese (Bongards®)

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

Cookie, Chocolate Chip 1.0oz (David’s Cookies®)
Ingredients: Wheat flour blend, whole wheat flour, enriched wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, sugar brown sugar vegetable oil blend, palm fruit, soybean and olive oil, water, salt, non-fat milk, mono and diglycerides, soy lecithin, potassium sorbate, natural and artificial flavor, vitamin A palmitate, beta carotene color, chocolate chips, sugar unsweetened chocolate, cocoa butter, soy lecithin, vanilla, eggs, corn syrup, prune paste, water, molasses, dextrose whey, baking soda, salt, artificial vanilla flavor, baking powder, sodium acid pyrophosphate, corn starch, baking soda, monocalcium phosphate, contains: Egg, Milk, Soy, Wheat.

Cookie, Sugar 1.0oz (David’s Cookies®)
Ingredients: wheat flour blend (whole wheat flour, enriched wheat flour (wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, vegetable oil blend (palm fruit, soybean and olive oils, water, salt, non-fat milk, mono and diglycerides, soy lecithin, potassium sorbate as a preservative, natural and artificial flavor, vitamin A palmitate, beta carotene color), corn syrup, eggs, water, dextrose, whey, natural vanilla flavor, baking powder (sodium acid pyrophosphate, corn starch, baking soda, monocalcium phosphate), baking soda, salt, non-fat milk. Contains: egg, milk, soy, wheat.

Cookie, Brownie 1.0 oz (David’s Cookies®)
Ingredients: Whole wheat flour blend (whole wheat flour, enriched wheat flour (wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil blend (palm fruit, soybean and olive oils, water, salt, non-fat milk, mono and diglycerides, soy lecithin, potassium sorbate as a preservative, natural and artificial flavor, vitamin A palmitate, beta carotene color), brown sugar, sugar, corn syrup, eggs, cocoa processed with alkali, prune paste, water, whey, baking powder (corn starch, sodium aluminum phosphate, baking soda, monocalcium phosphate), baking soda, natural vanilla flavor, salt. Contains: egg, milk, soy, wheat.
Chips, Reduced Fat Doritos, Cool Ranch Tortilla Chips (Frito Lay®):
Ingredients: Whole corn, vegetable oil (corn, canola, soybean and/or sunflower oil), buttermilk, salt, corn dextrin, tomato powder, corn starch, whey, corn syrup solids, onion powder, garlic powder, monosodium glutamate, cheddar cheese (milk, cheese cultures, salt, enzymes), skim milk, sugar, dextrose, malic acid, sodium acetate, artificial color (including red 40, blue 1, yellow 5), sodium caseinate, disodium phosphate, spice, natural and artificial flavors, disodium

Chips, Sour Cream and Cheddar (Ruffles®)
Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn, and/or Canola Oil), Cheddar & Sour Cream Seasoning (Salt, Whey Protein Concentrate, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Maltodextrin [Made From Corn], Whey, Onion Powder, Corn Oil, Natural Flavor, Canola Oil, Buttermilk, Sour Cream [Cultured Cream, Skim Milk], Lactose, Butter [Cream, Salt], Yeast Extract, Citric Acid, Lactic Acid, Blue Cheese [Milk, Cheese Cultures, Salt, Enzymes], Skim Milk, Paprika Extracts, Garlic Powder, Sunflower Oil, Milk Protein Concentrate, and Annatto Extracts).

Cracker, Animal (Baked Crafters®)
Ingredients: whole wheat flour, bleached enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), sugar, vegetable shortening (palm oil, soybean oil, canola oil, vitamin e [added as an antioxidant]), invert sugar, salt, leavening (sodium bicarbonate, ammonium bicarbonate, monocalcium phosphate anhydrous), natural and artificial flavor, soy lecithin.

Cracker, Cheddar Goldfish (Goldfish®)
Ingredients: whole grain wheat flour, unbleached enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], cheddar cheese [(pasteurized cultured milk, salt, enzymes), annatto], vegetable oils (canola, sunflower and/or soybean), salt, contains 2 percent or less of: autolyzed yeast, yeast, onion powder, leavening (baking soda, monocalcium phosphate) and spices.

Cracker, Cheez-it (Kellogg’s)
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 two percent or less of salt, calcium carbonate, paprika, yeast, paprika oleoresin for color, turmeric extract for color, annatto extract for color, vitamin a palmitate, soy lecithin.
**Cracker, Ranch Goldfish (Goldfish®)**
Ingredients: whole wheat flour, unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), cheddar cheese ([cultured milk, salt, enzymes], annatto), vegetable oils (canola, sunflower, soybean, coconut and/or palm kernel oil), salt, contains 2 percent or less of: dehydrated whey, autolyzed yeast, dehydrated buttermilk, yeast, dehydrated onions, dehydrated garlic, sour cream (cream, nonfat milk, cultures), spices, maltodextrin, natural flavors, leavening (baking soda, monocalcium phosphate, tricalcium phosphate), paprika, calcium lactate, cheddar cheese (milk, cultures, salt, enzymes), citric acid, dehydrated tomatoes, malic acid, sodium citrate, sodium diacetate, nonfat dry milk, corn syrup, disodium guanylate, disodium inosinate, gum arabic, sodium phosphate.

**Cracker, Pretzels Goldfish (Goldfish®)**
Ingredients: whole wheat flour, unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), vegetable oils (canola, sunflower and/or soybean), contains 2 percent or less of: salt, baking powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), malted barley flour, enzymes, nonfat dry milk*. *adds a trivial amount of cholesterol.

**Craisins, Blueberry (Ocean Spray®)**
Ingredients: Cranberries, Sugar, Grape Juice Concentrate, Blueberry Juice Concentrate, Sunflower Oil

**Dressing, Honey Mustard (Naturally Fresh®)**

**Dressing, Ranch Dip Cup Cup (Ken’s®)**
Ingredients: Soybean oil, water, buttermilk, egg yolk, distilled vinegar, contains less than 2% of: salt, monosodium glutamate, modified food starch, buttermilk solids, sugar, garlic, spices, xanthan gum, egg whites, onion, citric acid, sorbic acid, calcium disodium edta to protect flavor, natural flavor (milk).

**Hot Dog, Turkey/Beef (Berk’s®)**
Ingredients: mechanically separated turkey, water. beef, dextrose, vegetable protein product(isolated soy protein, magnesium oxide, zinc oxide, nacinamide, ferrous sulfate, vitamin b, copper gluconate, vitamin a palmitate, calcium pantothenate, pyridoxine, hydrochloride, thiamine mononitrate, riboflavin), salt, mustard, potassium lactate, corn syrup solids, sodium phosphate, spices, garlic powder. sodium erythorbate, hydrolyzed soy protein, spice extractives, garlic, sodium nitrite, onion , extractives of paprika.
Juice (Ardmore Farms®)

**Apple Juice**
Ingredients: filtered water, 100% apple juice from concentrate

**Orange Juice**
Ingredients: 100% orange juice from concentrate

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.

**Berry Ingredients:** 100% fruit juice (filtered water sufficient to reconstitute apple, pear, jujube fruit, raspberry & strawberry juice concentrates), natural flavors, ascorbic acid (Vitamin C), citric acid, calcium lactate, calcium gluconate, vegetable color, Vitamin A palmitate, Vitamin E acetate.

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

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.

Mayonnaise, Packet (Heinz®)
Ingredients: soybean oil, distilled white vinegar, water, egg yolks, salt, sugar, mustard flour, onion powder, lemon juice concentrate, calcium disodium edta added to protect flavor, natural flavor.

Milk, chocolate (TrooMoo®)
Ingredients: Nonfat milk, sugar, contains less than 1% of: cocoa (processed with alkali), corn starch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3

Milk, chocolate (Hershey’s®)
Ingredients: Skim Milk, Sugar, Contains less than 1% of Cocoa, Cocoa (Processed with Alkali), Cellulose Gel, Natural Flavor, Carrageenan, Salt, Pectin, Vanillin, Artificial Flavor, Dextrose, Vitamin A Palmitate and Vitamin D3.

Mustard, Packet (Heinz®)
Ingredients: distilled vinegar, ground mustard seed, salt, turmeric, spices.
Peach Cup
Ingredients: Peaches; may be packed in sugar, syrup, ascorbic acid and citric acid or juice.

Pear Cup
Ingredients: Pears (Diced Pears, Water, Sugar), Pear Juice Concentrate, White Grape Concentrate, Potassium Sorbate

Pita bread (Hilltop Hearth®):
Ingredients: Whole wheat flour (whole wheat flour, ascorbic acid as dough conditioner, amylase), water, wheat bran, brown sugar, cultured wheat flour, wheat gluten, sea salt, wheat germ, soybean and/or canola oil, yeast, blackstrap molasses, dextrose, guar gum, tapioca starch, carrot fiber, mono and diglycerides, cellulose gum.

Ham, Turkey, Sliced (Cargill®)
Ingredients: Turkey thighs cured with water, contains 2% or less of salt, potassium chloride, dextrose, potassium lactate, smokeflavoring, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrate.

Popcorn, (Vic’s®)
Ingredients: Popcorn, Sugar, Corn Syrup, Corn Oil and/or Sunflower Oil, Salt, Soy Lecithin, Baking Soda

Roll, Hoagie/Sub (Bake Crafters®)
Ingredients: Whole Wheat Flour, Enriched Bromated Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Potassium Bromate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Brown Sugar, Contains Less Than 2% Of Each Of The Following:, Palm Oil, Soybean Oil, Salt, Crushed Wheat, Dried Honey, Maltodextrin, Sodium Stearoyl Lactylate, Dextrose, Soy Flour, Calcium Propionate, Vinegar, (Preservative), Monocalcium Phosphate, Datem, Enzymes, Ascorbic Acid Added As A Dough Conditioner, L-Cysteine, Calcium Sulfate, Potassium Bromate.(Contains White Whole Wheat)

SunButter® Sunflower Spread
Ingredients: Roasted Sunflower Seed, Palm Oil, Evaporated Cane Syrup, Salt, And Natural Mixed Tocopherols To Preserve Freshness

Sunflower Seeds (Dakota Gourmet®):
Ingredients: Sunflower Kernels, Sugar, Sunflower Oil, Wheat Starch, Maltodextrin, Honey, Salt, And Xanthan Gum.
Tortillas, Flour, 8” (Azteca®)
Ingredients: Whole Wheat Flour, Water, Bleached Enriched Flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Vegetable Shortening (palm oil with monoglycerides), Sugar, Honey, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Mono and Diglycerides, Fumaric Acid, Calcium Propionate (a preservative), Salt, Dough Conditioner (sodium metabisulfite).
Allergen Statement: Contains Wheat

Turkey, Sliced (Harvest provisions®)
Ingredients: turkey breast, turkey broth, contains less than 2% dextrose, modified food starch, potassium lactate, salt, potassium phosphate, carrageenan, sodium diacetate.

Uncrustables, Grape (Smucker’s®)
Ingredients: Peanut butter: Peanuts, dextrose, sugar, mono and diglycerides. Contains 2% or less of fully hydrogenated vegetable oils (soybean and/or cottonseed and/or rapeseed), salt, molasses Bread: Unbleached whole wheat flour, enriched unbleached flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less of wheat gluten, salt, yeast, dough conditioners (mono and diglycerides, sodium stearoyl lactylate, datem. enzymes with amylase, lipase, ascorbic acid, calcium peroxide, azodicarbonamide. wheat starch). Grape jelly: Grape juice, high fructose corn syrup. Contains 2% or less of pectin. citric acid. potassium sorbate (preservative).

Uncrustables, Strawberry (Smucker’s®)
Ingredients: Peanut butter: Peanuts, dextrose, sugar, mono and diglycerides. Contains 2% or less of fully hydrogenated vegetable oils (soybean and/or cottonseed and/or rapeseed), salt, molasses. Bread: unbleached whole wheat flour, enriched unbleached flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less of wheat gluten, salt, yeast, dough conditioners (mono and diglycerides. Sodium stearoyl lactylate, datem. enzymes [with amylase, lipase, ascorbic acid. calcium peroxide, azodicarbonamide. wheat starch]). Strawberry jam: Strawberries. corn syrup, high fructose corn syrup, contains 2% or less of pectin, citric acid. Potassium sorbate (preservative).