

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|---------|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options. | | | | | | | | |
| BREAKFAST | | | | | | | | |
| Apple, 100% Juice (Shelf Stable) | FILTERED WATER, APPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C). | | | | | | | |
| Apple Juice, 100% (Ardmore) | FILTERED WATER, APPLE JUICE CONCENTRATE, MALIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (TO ASSURE FRESHNESS) | | | | | | | |
| Bagel, Whole Grain | WHOLE WHEAT FLOUR, WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST. CONTAINS 2% OR LESS OF: SALT, SORBIC ACID, (PRESERVATIVE), DISTILLED MONO AND DIGLYCERIDES, SOYBEAN OIL, CALCIUM PROPIONATE (PRESERVATIVE), DOUGH CONDITIONERS (CALCIUM SULFATE, L-CYSTEINE), ENZYMES, WHEAT FLOUR, XANTHAN GUM, YELLOW CORN MEAL. | | | | Soy Oil | X | | |
| Bagel, breakfast | BAGEL: WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HONEY, SUGAR, CONTAINS 2% OR LESS OF: WHEAT GLUTEN, SALT, YEAST, CALCIUM PROPIONATE AND SORBIC ACID (FOR FRESHNESS), MONO AND DIGLYCERIDES, GUAR GUM, ASCORBIC ACID, CITRIC ACID, ENZYMES. TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SCRAMBLED EGGS (WHOLE EGGS, SKIM MILK, SOYBEAN OIL, CORN STARCH, SALT, XANTHAN GUM, CITRIC ACID), COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING (SALT, SPICES, DEXTROSE, SUGAR, CITRIC ACID, NATURAL FLAVOR, SOYBEAN OIL, BHA, BHT), WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR], WATER). SAUCE: WATER, SAUCE MIX (NONFAT DRY MILK, MODIFIED CORN STARCH, SWEET CREAM SOLIDS, SALT, SPICE). | X | | X | X | X | | |
| Banana Bread | WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, BANANAS, EGG WHITES, DEFATTED SOY FLOUR, SODIUM ACID PYROPHOSPHATE, WHEAT GLUTEN, SODIUM BICARBONATE, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, DEXTROSE, MONOAND DIGLYCERIDES, DRY HONEY SOLIDS, CORN STARCH, NATURAL FLAVOR, SALT, GUAR GUM, XANTHAN GUM, CINNAMON, MONOCALCIUM PHOSPHATE, SOY LECITHIN, WHEY. | X | | X | X | X | | |
| Biscuit, Homestyle - Whole Grain | WHOLE WHEAT FLOUR, BUTTERMILK, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), PALM OIL, SKIM MILK, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA), MALTODEXTRIN, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, POTASSIUM CHLORIDE, MODIFIED CORNSTARCH, WATER, SOYBEAN OIL, ARTIFICIAL FLAVOR, SALT, SOY LECITHIN. | MC | | X | X | X | | |

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| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
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| Breakfast Calzone | CRUST: WATER, WHOLE WHEAT FLOUR, WHEAT FLOUR ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR), SOYBEAN OIL, (CITRIC ACID), SUGAR, YEAST (SORBITAN MONOSTEARATE, ASCORBIC ACID), SALT (YELLOW PRUSSATE OF SODA), CORN MEAL. FILLING: EGG (WHOLE EGGS, NON FAT MILK, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, XANTHAN GUM, CITRIC ACID, BUTTER FLAVOR [MALTODEXTRIN, NATURAL BUTTER FLAVOR, ANNATTO AND TURMERIC (ADDED FOR COLOR)], PEPPER), MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES) MAY CONTAIN: PASTEURIZED MILK AND SKIM MILK, MODIFIED CORN STARCH, NONFAT MILK, MODIFIED FOOD STARCH, POWDERED CELLULOSE, POTASSIUM CHLORIDE, NATURAL FLAVORS, ASCORBIC ACID (TO PROTECT FLAVOR), TURKEY SAUSAGE (TURKEY, SEASONING (SALT, SUGAR, NATURAL FLAVOR, ROSEMARY EXTRACT, CITRIC ACID), ROSEMARY EXTRACT), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]. MAY CONTAIN: POTATO STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (A NATURAL MOLD INHIBITOR), GRAVY (WATER, DRY WHOLE MILK, MODIFIED CORN STARCH, CORN STARCH, YEAST EXTRACT. LESS THAN 2% SPICES, SUGAR, NATURAL FLAVOR, ONION POWDER, XANTHAN GUM, DISODIUM INOSINATE AND DISODIUM GUANYLATE, SALT, FULLY REFINED SOYBEAN OIL [ANTI-CAKING AGENT]) SPICES (BLACK PEPPER, SAGE, SALT [YELLOW PRUSSATE OF SODA]). | X | | X | X | X | | |
| Breakfast Rounds, Original | WHOLE WHEAT FLOUR, OATS, SUGAR, WATER, CINNAMON DROPS (SUGAR, PALM OIL OR PALM KERNEL OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN (AN EMULSIFIER)), MOLASSES, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, MALTODEXTRIN, SOYBEAN OIL, EGGS, CONTAINS LESS THAN 2% OF THE FOLLOWING: INULIN, LEAVENING (BAKING SODA), CINNAMON, MODIFIED CORNSTARCH, CITRUS FIBER, NATURAL AND ARTIFICIAL FLAVOR, SALT. | X | | X | X | X | MC - Peanuts/ Tree Nuts | |
| Breakfast Rounds, Chocolate Chip | WHOLE WHEAT FLOUR, OATS, SUGAR, WATER, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, MILKFAT, SOY LECITHIN (AN EMULSIFIER), VANILLIN (AN ARTIFICIAL FLAVOR), NATURAL FLAVOR), MOLASSES, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, MALTODEXTRIN, SOYBEAN OIL, EGGS, CONTAINS LESS THAN 2% OF THE FOLLOWING: INULIN, LEAVENING (BAKING SODA), MODIFIED CORNSTARCH, NATURAL AND ARTIFICIAL FLAVOR, CITRUS FIBER, SALT. | X | | X | X | X | MC - Peanuts/ Tree Nuts | |
| Cereal, Cheerios Honey | WHOLE GRAIN OATS, SUGAR, CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, TRIPOTASSIUM PHOSPHATE, CANOLA AND/OR SUNFLOWER OIL, NATURAL FLAVOR. VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.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. | | | | | | | |

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| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
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| Cereal, Lucky Charms | WHOLE GRAIN OATS, SUGAR, CORN STARCH, MODIFIED CORN STARCH, CORN SYRUP, DEXTROSE. CONTAINS 2% OR LESS OF: SALT, GELATIN, TRISODIUM PHOSPHATE, RED 40, YELLOW 5 & 6, BLUE 1, NATURAL AND ARTIFICIAL 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. | | | | | | | |
| Cereal, Rice Chex (Cinnamon) | WHOLE GRAIN RICE, RICE, SUGAR, CANOLA AND/OR SUNFLOWER OIL, SALT, CINNAMON, MOLASSES, 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 B2 (RIBOFLAVIN), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3. | | | | | | | |
| Cheddar Cheese Omelet | EGG PATTY: WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, WHEY SOLIDS, NONFAT DRIED MILK AND CITRIC ACID. FILLING: PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM PHOSPHATE, MILKFAT, SALT, SODIUM HEXAMETAPHOSPHATE, APOCAROTENAL (COLOR)). | X | | X | Soy Oil | | | |
| Cinnamon Roll - Whole Grain | WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: MALTODEXTRIN, EGGS, MODIFIED CORNSTARCH, CINNAMON, CITRUS FIBER, NATURAL AND ARTIFICIAL FLAVOR, SALT, MOLASSES, DISTILLED MONOGLYCERIDES, POTASSIUM CHLORIDE, DATEM, SODIUM STEAROYL LACTYLATE, COLORED WITH (CARMEL COLOR, BETA CAROTENE), PECTIN, MODIFIED TAPIOCA STARCH, ASCORBIC ACID, ENZYME. GLAZE: POWDERED SUGAR, MILK. | X | | X | MC | X | | MC - Sesame |
| Egg, Scramble | PRE-COOKED SCRAMBLED EGGS (WHOLE EGGS, SKIM MILK, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, XANTHAN GUM, LIQUID PEPPER EXTRACT, CITRIC ACID), PASTEURIZED PROCESS SHARP CHEDDAR CHEESE [CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]), WATER, CREAM, SODIUM PHOSPHATE, SALT, APO-CAROTENAL (COLOR), ENZYMES], FULLY COOKED BACON BITS [CURED WITH WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE]. | X | | X | | | | |

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| French Toast Sticks | EGG MIX: WHOLE EGGS, WHEY (MILK), SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, NATURAL VANILLA FLAVOR (PROPYLENE GLYCOL, WATER, ALCOHOL, INVERT SYRUP, NATURAL FLAVORS, VANILLA EXTRACT), XANTHAN GUM, CITRIC ACID. BREAD: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR, (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WHEAT GLUTEN, SUGAR, YEAST, SOYBEAN OIL, SALT, ETHOXYLATED MONO-AND DIGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, SOY LECITHIN, POTASSIUM IODATE. CINNAMON GLAZE: SOYBEAN OIL, SUGAR, CINNAMON, VEGETABLE MONO-AND DIGLYCERIDES, SALT, NATURAL FLAVORS, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. | X | | X | X | X | | |
| Milk, Low Fat 1% | REDUCED FAT MILK, VITAMIN A PALMITATE, AND VITAMIN D3. | | | X | | | | |
| Milk, Non Fat | FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3. | | | X | | | | |
| Milk, Low-Fat Chocolate | LOWFAT MILK, LIQUID SUGAR (SUGAR, WATER), CONTAINS LESS THAN 1% OF: COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, CARRAGEENAN, NATURAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3. | | | X | | | | |
| Granola, Oat & Honey Bulk | WHOLE GRAIN OATS, CANE SUGAR, RICE, SUNFLOWER OIL, HONEY, MOLASSES, SEA SALT, VANILLA FLAVOR. VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. ORGANIC | | | | | MC | | |
| Muffin, Apple Cinnamon Reduce Fat Whole Grain | WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), INVERT SUGAR, APPLES, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, PROPYLENE GLYCOL MONOSTEARATE, WHEAT GLUTEN, OAT FIBER, LEAVENING (BAKING SODA), MONOCALCIUM PHOSPHATE, SODIUM ALUMINUM PHOSPHATE), MON-AND DIGLYCERIDES, MODIFIED CORN STARCH, CINNAMON, POTATSSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE SALT, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, NATURAL FLAVOR, CARAMEL COLOR, ENZYMES. | X | | | X | X | | |
| Muffin, Banana - Reduced Fat Whole Grain | WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, BANANAS, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, OAT FIBER, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, WHEAT GLUTEN, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, NATURAL FLAVOR, ENZYMES. | X | | | X | X | | |

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| Muffin, Blueberry - Reduced Fat Whole Grain | WHOLE WHEAT FLOUR, SUGAR, EGGS, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BLUEBERRIES, INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, PROPYLENE GLYCOL MONOSTEARATE, OAT FIBER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, NATURAL BLUEBERRY FLAVOR, NATURAL AND ARTIFICIAL FLAVOR, BLUEBERRY JUICE CONCENTRATE, BLACKBERRY JUICE CONCENTRATE, ENZYMES. | X | | | X | X | | |
| Muffin, Chocolate - Reduced Fat Whole Grain | WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, INVERT SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT, MILK), CONTAINS 2% OR LESS OF: COCOA (PROCESSED WITH ALKALI), SOYBEAN OIL, PALM OIL, CANOLA OIL, CARAMEL COLOR (CONTAINS SULFITES), WHEAT GLUTEN, MODIFIED CORN STARCH, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, OAT FIBER, POTASSIUM SORBATE (PRESERVATIVE), SALT, SODIUM ALGINATE, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, ENZYMES. | X | | X | X | X | | |
| Muffin, Corn Whole Grain | WHOLE GRAINS (WHOLE YELLOW CORN MEAL, WHOLE WHEAT FLOUR), SUGAR, EGGS, WATER, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACHIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, GLYCERINE, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHEAT GLUTEN, WHEY (MILK). LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), PALM OIL, CANOLA OIL, POTASSIUM SORBATE (PRESERVATIVE), SALT, MONO- AND DIGYCEERIDES, PROPYLENE GLYCOL MONO-AND DIESTERS OF FATS AND FATTY ACIDS, SODIUM ALGINATE, XANTHAN GUM, CALCIUM SULFATE, LACTYLIC ESTERS OF FATTY ACIDS, SOY LECITHIN, CANOLA LECITHIN, ENZYMES. | X | | X | X | X | | |
| Mini Cinnis | WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, SUGAR, VEGETABLE OIL SOYBEAN, PALM, CANOLA, WHEY. CONTAINS 2 OR LESS OF: YEAST, CINNAMON, SALT, MODIFIED CORN STARCH. | | | X | Soy Oil | X | | |
| Oatmeal Round - Apple and Cinnamon | WHOLE GRAIN ROLLED OATS, WHOLE WHEAT FLOUR, SUGAR, PALM OIL, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, NONFAT MILK, SOY LECITHIN), TAPIOCA SYRUP, APPLE PUREE CONCENTRATE, CANOLA OIL, WATER. CONTAINS 2% OR LESS OF: MOLASSES, DRIED EGG, SALT, BAKING SODA, CINNAMON, SODIUM ALUMINUM PHOSPHATE, NATURAL FLAVOR. | X | | X | X | X | | |
| Oatmeal Round - Banana Chocolate Chip | WHOLE GRAIN ROLLED OATS, WHOLE WHEAT FLOUR, SUGAR, PALM OIL, BANANA PUREE, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, NATURL FLAVOR), TAPIOCA SYRUP, CANOLA OIL, MOLASSES. CONTAINS 2% OR LESS OF: DRIED EGG, WATER, SALT, BAKING SODA, SODIUM ALUMINUM PHOSPHATE, CINNAMON, NONFAT MILK, NATURAL FLAVOR. | X | | X | X | X | | |

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| Orange Juice, 100% (Ardmore) | FILTERED WATER, ORANGE JUICE CONCENTRATE | | | | | | | | |
| Orange Juice, 100% (shelf stable) | FILTERED WATER, ORANGE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C) | | | | | | | | |
| Pancakes, Mini - Maple Cinnamon | 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), EGGS, BUTTERMILK SOLIDS, DEXTROSE, SOYBEAN OIL, WHEY POWDER, NATURAL MAPLE FLAVOR (WATER, PROPYLENE GLYCOL, NATURAL FLAVORS), SOY LECITHIN, SALT, 100% GROUND CINNAMON, BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE | X | | X | X | X | | | |
| Pizza, Breakfast Sausage | CRUST: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: WHEAT GLUTEN, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE), SEA SALT, CORN STARCH, DEFATTED SOY FLOUR, WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, ENZYMES (CONTAINS WHEAT). TOPPINGS: COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING (SALT, SPICES, DEXTROSE, SUGAR, CITRIC ACID, NATURAL FLAVOR, SOYBEAN OIL, BHA, BHT), WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR], WATER), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE]). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MALTODEXTRIN, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF: SPICE, SUGAR, SEA SALT, HYDROLYZED SOY AND CORN PROTEIN, SALT, PAPRIKA, DRIED GARLIC, POWDERED CELLULOSE. | | | | | | X | X | X |

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|-----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|-----|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Pancake & Sausage Wrap | PANCAKE BATTER: WATER, WHOLE GRAIN WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, CONTAINS 2% OR LESS OF: SOYBEAN OIL, SALT, DEXTROSE, LEAVINING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DRIED EGG YOLK, ARTIFICIAL FLAVOR, SOY LECITHIN, NONFAT DRY MILK. COOKED IN VEGETABLE OIL. PRECOOKED GROUND PORK, TURKEY & VEGETABLE PROTEIN PRODUCT SKINLESS LINK, BHA, BHT & CITRIC ACID ADDED TO HELP PROTECT FLAVOR: GROUND PORK (NO MORE THAN 30% FAT), MECHANICALLY SEPARATED TURKEY, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE [B1], PYRIDOXINE HYDROCHLORIDE [B6], RIBOFLAVIN [B2], CYANOCOBALAMIN [B12]), CONTAINS 2% OR LESS: SALT, SPICES, SODIUM PHOSPHATE, SODIUM LACTATE, BHA, BHT, CITRIC ACID, SODIUM DIACETATE. | X | | X | X | X | | |
| Pancake & Sausage Wrap (Individually Wrapped) | PRECOOKED TURKEY AND VEGETABLE PROTEIN PRODUCT LINK, BHA, BHT AND CITRIC ACID ADDED TO HELP PROTECT FLAVOR: TURKEY, MECHANICALLY SEPARATED TURKEY, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE [B1], PYRIDOXINE HYDROCHLORIDE [B6], RIBOFLAVIN [B2], AND CYANOCOBALAMIN [B12]), CONTAINS 2% OR LESS: SALT, POTASSIUM LACTATE, SPICES, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM LACTATE, BHA, BHT, CITRIC ACID. PANCAKE BATTER: WATER, WHOLE GRAIN WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, CONTAINS 2% OR LESS: SOYBEAN OIL, SALT, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), ARTIFICIAL FLAVOR, DRIED EGG YOLK, SOY LECITHIN, NONFAT DRY MILK. COOKED IN VEGETABLE OIL. | X | | X | X | X | | |
| Pumpkin Bread | WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRANULATED SUGAR, SOYBEAN OIL, PUMPKIN, EGGS WHITES, DEFATTED SOY FLOUR, SODIUM ACID PYROPHOSPHATE, WHEAT GLUTEN, SODIUM BICARBONATE, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, DEXTROSE, MONO-DIGLYCERIDES, DRY HONEY SOLIDS, CORN STARCH, CINNAMON, SALT, GROUND GINGER, GUAR GUM, XANTHAN GUM, MONOCALCIUM PHOSPHATE, GROUND CLOVES, WHEY | X | | X | X | X | | |
| Sausage, Patty | GROUND PORK (not more than 20% fat), CONTAINS LESS THAN 2% OF SEASONING (potassium chloride, flavor [contains malodextrin]), SALT, SUGAR, SPICES, WATER | | | | | | | |
| Smoothie, Strawberry Banana | NONFAT YOGURT (SKIM MILK, WATER, NONFAT DRY MILK, CULTURES), PEAR JUICE FROM CONCENTRATE, ALLULOSE, STRAWBERRY PUREE FROM CONCENTRATE, BANANA PUREE (BANANAS, CITRIC ACID, ASCORBIC ACID), TAPIOCA STARCH, NATURAL FLAVORS, PECTIN, XANTHAN GUM, MONK FRUIT EXTRACT, CITRIC ACID, RED BEET JUICE CONCENTRATE (COLOR). CULTURE: B.LACTIS, L. ACIDOPHILUS, L. BULGARICUS, L. LACTIS, S. THERMOPHILUS. | | | X | | | | |
| Syrup, Maple (Heinz) | SUGAR, WATER, CORNSTARCH, CONTAINS 2% OR LESS OF NATURAL FLAVOR, SALT, CITRIC ACID, MAPLE SYRUP. | | | | | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|-----|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Syrup, Maple (Kraft) | CORN SYRUP, WATER, SUGAR, CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVOR | | | | | | | |
| Waffles - Whole grain (Maple) | WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES, ASCORBIC ACID), SUGAR, MARGARINE (CANOLA OIL, PALM OIL, MODIFIED MILK INGREDIENTS, MONO AND DIGLYCERIDES OF FATTY ACIDS (EMULSIFIER), NATURAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3), WATER, WHOLE EGGS, YEAST, INVERT SUGAR, SOY FLOUR, MALTODEXTRIN, PURE MAPLE SYRUP, SALT, NATURAL MAPLE FLAVOR WITH OTHER NATURAL FLAVORS, SOY LECITHIN. MANUFACTURED IN A FACILITY THAT PROCESSED TREE NUTS (COCONUT), LINE THEY RUN ON DOES NOT HANDLE TREE NUTS. | X | | X | X | X | MC- Tree Nuts | |
| Waffles - Whole Grain (Chocolate Chip) | WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES, ASCORBIC ACID), SUGAR, MARGARINE (CANOLA OIL, PALM OIL, MODIFIED MILK INGREDIENTS, MONO AND DIGLYCERIDES OF FATTY ACIDS (EMULSIFIER), NATURAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3), WATER, CHOCOLATE CHIPS (CANE SUGAR, UNSWEETENED CHOCOALTE, COCOA BUTTER), WHOLE EGGS, YEAST, INVERT SUGAR, SOY FLOUR, SALT, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, SOY LECITHIN. MANUFACTURED IN A FACILITY THAT PROCESSED TREE NUTS (COCONUT), LINE THEY RUN ON DOES NOT HANDLE TREE NUTS. | X | | X | X | X | MC- Tree Nuts | |
| LUNCH | | | | | | | | |
| Applesauce | APPLES, WATER, ASCORBIC ACID (TO MAINTAIN COLOR) | | | | | | | |
| Applesauce Cup, Cinnamon | APPLES, WATER, CINNAMON, ASCORBIC ACID VITAMIN C, AND NATURAL FLAVOR | | | | | | | |
| Applesauce Cup, Unsweetened | APPLES, WATER, ASCORBIC ACID (VITAMIN C) | | | | | | | |
| Avocado Blend | HASS AVOCADO CONTAINS 2% OR LESS OF SALT, SUGAR, CITRIC ACID (TO ACIDIFY), ERYTHORBIC ACID (TO MAINTAIN COLOR) | | | | | | | |
| Bacon, Canadian | PORK SIRLOIN HIPS, CURED WITH WATER, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATE, SMOKE FLAVORING, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE | | | | | | | |
| Bacon, Crumbles | PORK, WATER, MAY CONTAIN SALT, SEA SALT, SUGAR, BROWN SUGAR, SMOKED SUGAR, HONEY, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM ASCORBATE, CULTURED CELERY JUICE, LACTIC ACID STARTER CULTURE, FLAVORING, CHERRY POWDER, ASCORBIC ACID, SODIUM NITRITE | | | | | | | |
| Bacon, Pork | PORK CURED WITH WATER, SALT, SUGAR, NATURAL SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRATE. | | | | | | | |
| Beans, Black | PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT). | | | | | | | |
| Beans, Green Cut | GREEN BEANS, WATER, SALT. | | | | | | | |
| Beans, Kidney Dark Red | PREPARED DARK RED KIDNEY BEANS, WATER, SUGAR, DEXTROSE, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT), DISODIUM EDTA ADDED TO PRESERVE COLOR. | | | | | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|-----|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Beans, Refried Dehydrated | PINTO BEANS (DRY), SALT, CONTAINS 2% OR LESS OF: ONION, MALTODEXTRIN, GARLIC, NATURAL FLAVOR, (CONTAINS TORULA YEAST). YEAST EXTRACT, SPICE, LACTIC ACID, CALCIUM LACTATE, PALM OIL. | | | | | | | |
| Beans, Refried Dehydrated (low sodium) | PINTO BEANS , SALT | | | | | | | |
| Beef, Crumbles | GROUND BEEF (NOT MORE THAN 20% FAT), AND LESS THAN 1% OF THE FOLLOWING: SPICE, SALT, POTASSIUM CHLORIDE, NATURAL FLAVORS | | | | | | | |
| Beef, Meatballs | GROUND BEEF (NO MORE THAN 20% FAT), WATER, CONTAINS LESS THAN 2% OF SEASONING (POTASSIUM CHLORIDE, FLAVORS [CONTAINS MALTODEXTRIN]), CITRUS FLOUR, SALT, SUGAR, DEHYDRATED GARLIC, SPICES, ONION POWDER. | | | | | | | |
| Beef, Patties | GROUND BEEF (NO MORE THAN 20% FAT), SALT, CARAMEL COLOR | | | | | | | |
| Beef, Philly Steak | GROUND BEEF (NO MORE THAN 20% FAT), WATER, SEASONING (BROWN SUGAR, CORN SYRUP SOLIDS, DEXTROSE, GARLIC POWDER, MODIFIED CORN STARCH, TOMATO POWDER, LEMON POWDER (MALTODEXTRIN, LEMON JUICE SOLIDS), SPICES (INCLUDING CELERY SEED), HYDROLYZED CORN PROTEIN, ONION POWDER, CITRIC ACID, TRICALCIUM PHOSPHATE, GRILL FLAVOR (FROM SUNFLOWER OIL), SALT, SODIUM PHOSPHATE, COATED WITH: WATER, CARAMELIZED SUGAR SYRUP | | | | | | | |
| Beets, Canned | BEETS, WATER, SALT | | | | | | | |
| Blueberries | BLUEBERRIES | | | | | | | |
| Broccoli, Frozen | PETITE BROCCOLI FLORETS | | | | | | | |
| Cheese Calzone | BREAD: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYME), CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: DEXTROSE, SOYBEAN/PALM OIL, SALT, DRIED YEAST, NONFAT MILK, WHEAT FLOUR, MALTED BARLEY FLOUR, ENZYMES, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, SOYBEAN OIL, SORBITAN MONOSTEARATE. FILLING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), REDUCED FAT LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, VITAMIN A PALMITATE). TOPPING: SOYBEAN/PALM OIL, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: WATER, PARMESAN CHEESE (PASTEURIZED PART SKIM MILK, SALT, CHEESE CULTURES, ENZYMES, POWDERED CELLULOSE, SORBIC ACID PRESERVATIVE), PEPPER BLEND (BLACK PEPPER, SALT, BROWN SUGAR, DEHYDRATED ONION, PARSLEY, DEHYDRATED BELL PEPPER, NATURAL FLAVORS, SILICON DIOXIDE), SALT, ONION POWDER, BUTTER (SALT), NATURAL FLAVOR, SOYBEAN OIL, ANNATTO EXTRACT COLOR. | | | X | X | X | | |
| Cheese, American Sliced | CULTURED PASTEURIZED MILK AND SKIM MILK, WHEY PROTEIN CONCENTRATE, SALT, SODIUM CITRATE, CONTAIN LESS THAN 2% OF LACTIC ACID, SORBIC ACID (PRESERVATIVE), XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM, BETA-CAROTENE AND APO-CAROTENAL (COLOR), VITAMIN-A PALMITATE, ENZYMES, SOY LECITHIN AND SOYBEAN OIL BLEND. | | | X | X | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|-----|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Cheese, Cheddar Shred | CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO [COLOR]). ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL MOLD INHIBITOR)). | | | X | | | | |
| Cheese, Feta Crumble | FETA CHEESE WITH HERBS (PASTEURIZED MILK, SALT, CHEESE CULTURE, TOMATO (DRIED), BASIL, ORAGANO, GARLIC, SPICES, LEMON JUICE POWDER, NATURAL FLAVOR, ENZYMES) POTATO STARCH ADDED TO PREVENT CAKING. | | | X | | | | |
| Cheese, Mozzarella Shred | CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES, ANTICAKING BLEND (POTATO STARCH, CELLULOSE), NATAMYCIN (NATURAL MOLD INHIBITOR). | | | X | | | | |
| Cheese, Parmesan Grated | PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES AND POWDERED CELLULOSE (ANTI-CAKING AGENT), POTASSIUM SORBATE TO PROTECT FLAVOR | | | X | | | | |
| Cheese, Pepper Jack | CULTURED PASTEURIZED MILK, RED AND GREEN JALAPENO PEPPERS, SALT, ENZYMES. | | | X | | | | |
| Cheese, String | PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES. | | | X | | | | |
| Cheese, Swiss Sliced | CULTURED PASTEURIZED REDUCED FAT MILK, SALT, ENZYMES, VITAMIN A PALMITATE. | | | X | | | | |
| Chicken Diced | CHICKEN, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: MALTODEXTRIN, NATURAL FLAVOR, RICE STARCH, VINEGAR, YEAST EXTRACT | | | | | | | |
| Chicken Drumstick | CHICKEN DRUMSTICKS, WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF THE FOLLOWING: EXTRACTIVES OF PAPRIKA AND TURMERIC, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MALTODEXTRIN, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, CHICKEN TYPE FLAVOR [BROWN SUGAR, YEAST EXTRACT, ONION POWDER, MALTODEXTRIN, CANOLA OIL, CARROT POWDER, GARLIC POWDER, SILICON DIOXIDE (ANTI-CAKING AGENT), CITRIC ACID, SPICE, SALT, VEGETABLE STOCK (CARROT, ONION, CELERY), NATURAL FLAVOR], NATURAL FLAVOR, ONION POWDER, SALT, SODIUM PHOSPHATES, SPICES (INCLUDING CELERY SEED), WHEAT GLUTEN, WHOLE GRAIN YELLOW CORN FLOUR. BREADING SET IN VEGETABLE OIL. | | | | | X | | |
| Chicken, Breaded Tenders | BONELESS, SKINLESS, PORTIONED CHICKEN BREAST STRIPS WITH RIB MEAT, WHOLE WHEAT FLOUR, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, COCOA POWDER, DRIED YEAST, GARLIC POWDER, ISOLATED SOY PROTEIN, LEAVENING (CREAM OF TARTAR, BAKING SODA), MALTODEXTRIN, NATURAL FLAVORS, ONION POWDER, PAPRIKA EXTRACT, SALT, SOYBEAN OIL, SPICES, SUGAR, TAPIOCA STARCH, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (CARROT, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT, YELLOW CORN FLOUR. BREADING SET IN VEGETABLE OIL. | | | | X | X | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|-----|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Chicken, Honey Sriracha Boneless Wings | BONELESS, SKINLESS CHICKEN BREAST CHUNKS WITH RIB MEAT, WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: ANNATTO EXTRACT, CARAMEL COLOR, CITRIC ACID, CORN STARCH, DRIED GARLIC, DRIED RED PEPPER SAUCE (AGED RED PEPPERS, VINEGAR, SALT, GARLIC), EXTRACTIVE OF TURMERIC, GARLIC POWDER, HONEY, HONEY SOLIDS, HOT SAUCE FLAVOR (RED PEPPERS, VINEGAR, SALT, GARLIC POWDER), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), LEAVENING (SODIUM BICARBONATE), MALTODEXTRIN, MODIFIED FOOD STARCH, MODIFIED WHEAT STARCH, NATURAL FLAVORS, ONION POWDER, PAPRIKA EXTRACT, SALT, SODIUM PHOSPHATES, SPICES, STEVIA LEAF EXTRACT, VINEGAR, WHEAT GLUTEN, WHOLE GRAIN YELLOW CORN FLOUR, XANTHAN GUM, YEAST, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL. | | | | | X | | |
| Chicken, Nuggets - Whole Grain | CHICKEN, WATER, WHOLE WHEAT FLOUR, TEXTURED SOY FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN, CONTAINS 2% OR LESS OF THE FOLLOWING: CHICKEN TYPE FLAVOR [BROWN SUGAR, YEAST EXTRACT, ONION POWDER, MALTODEXTRIN, CANOLA OIL, CARROT POWDER, GARLIC POWDER, SILICON DIOXIDE (ANTI-CAKING AGENT), CITRIC ACID, SPICE, SALT, VEGETABLE STOCK (CARROT, ONION, CELERY), NATURAL FLAVOR], DEXTROSE, DRIED GARLIC, DRIED ONION, DRIED YEAST, PAPRIKA EXTRACT (COLOR), SALT, SPICE, SUGAR, TEXTURED SOY PROTEIN CONCENTRATE, TORULA YEAST, TURMERIC EXTRACT (COLOR), WHEAT GLUTEN. BREADING SET IN VEGETABLE OIL. | | | | X | X | | |
| Chicken, Patty | CHICKEN BREAST WITH RIB MEAT, WHOLE WHEAT FLOUR, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, DRIED GARLIC, DRIED ONION, DRIED YEAST, GARLIC POWDER, ISOLATED SOY PROTEIN, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, PAPRIKA EXTRACT (COLOR), ROSEMARY EXTRACT (TO PROTECT FLAVOR), SALT, SPICE, SUGAR, TORULA YEAST, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (CARROTS, ONION, CELERY), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL | | | | X | X | | |
| Chicken, Patty Spicy | BONELESS, SKINLESS PORTIONED CHICKEN BREAST FILETS WITH RIB MEAT, WHOLE WHEAT FLOUR, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, CORN STARCH, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, ISOLATED SOY PROTEIN, LEAVENING (CREAM OF TARTAR, BAKING SODA), MALTODEXTRIN, NATURAL FLAVORS, ONION POWDER, SALT, SPICES (INCLUDING CELERY SEED), SUGAR, VEGETABLE STOCK (CARROT, ONION, CELERY), YEAST EXTRACT, BREADING SET IN VEGETABLE OIL | | | | X | X | | |
| Chicken, Shredded | BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: MALTODEXTRIN, NATURAL FLAVORS, RICE STARCH, YEAST EXTRACT | | | | | | | |
| Cinnamon | CINNAMON | | | | | | | |
| Corn, Kernel | GOLDEN WHOLE KERNAL CORN, WATER, SUGAR, SALT. | | | | | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|---------|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Cottage Cheese | CULTURED NONFAT MILK, MILK, NONFAT MILK, CONTAINS LESS THAN 2% OF: WHEY (MILK), SALT, MALTODEXTRIN, GUAR GUM, CITRIC ACID, CARRAGEENAN, MONO AND DIGLYCERIDES, LOCUST BEAN GUM, NATURAL FLAVOR, POTASSIUM SORBATE AND CARBON DIOXIDE (TO PROTECT FRESHNESS), VITAMIN A PALMITATE, ENZYME. | | | X | | | | |
| Crackers, Grahamz (original) | WHOLE GRAIN WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, PALM OIL, SALT, MALTED BARLEY FLOUR, SPICES, SOY LECITHIN, BAKING SODA. | | | | X | X | | |
| Crackers, Grahamz (Birthday Cake Flavor) | WHOLE GRAIN WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, PALM OIL, NON PAREILS (SUGAR, CORN STARCH, COLOR ADDED [SPIRULINA EXTRACT, ANNATTO EXTRACT, VEGETABLE JUICE, TUMERIC], CONFECTIONERS GLAZE, CARNAUBA WAX), NATURAL FLAVOR, SALT, MALTED BARLEY FLOUR, SOY LECITHIN, BAKING SODA. | | | | X | X | | |
| Crackers, Grahamz (French Toast Flavor) | WHOLE GRAIN WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, PALM OIL, SOY LECITHIN, NATURAL FLAVOR, BAKING SODA, SALT, SPICES | | | | X | X | | |
| Cranberry, Dried | CRANBERRIES, SUGAR, REFINED SUNFLOWER OIL IS USED AS A PROCESSING AID | | | | | | | |
| Cream Cheese Cup | PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, WHEY, SALT, CAROB BEAN GUM, XANTHAN GUM, GUAR GUM, NATAMYCIN (A NATURAL MOLD INHIBITOR), VITAMIN A PALMITATE, CHEESE CULTURE. | | | X | | | | |
| Dressing, Balsamic Vinaigrette | WATER, SOYBEAN OIL, BALSAMIC VINEGAR [WINE VINEGAR, CONCENTRATED GRAPE MUST, CARAMEL COLOR (SULFITES)], SUGAR, RED WINE VINEGAR, SALT, EXTRA VIRGIN OLIVE OIL, GARLIC*, ONION*, RED BELL PEPPERS*, SPICE, XANTHAN GUM, LEMON JUICE CONCENTRATE, SORBIC ACID AND CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), PROPYLENE GLYCOL ALGINATE, YEAST EXTRACT, NATURAL FLAVOR. *DEHYDRATED | | | | Soy Oil | | | |
| Dressing Packets, Caesar | WATER, SOYBEANS OIL, RICE WINE VINEGAR, PARMESAN CHEESE (PASTEURIZED MILK, CULTURE, SALT, ENZYMES), SUGAR, DISTILLED VINEGAR, SALT, ROMANO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), DEHYDRATED GARLIC, EGG YOLK, ANCHOVY, SPICES (MUSTARD), MODIFIED CORN STARCH, XANTHAN GUM, PHOSPHORIC ACID, SORBIC ACID AND CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), CORN SYRUP, NATURAL FLAVORS, YEAST EXTRACT, LEMON JUICE CONCENTRATE, DEFATTED SOY FLAVOR, GARLIC POWDER, TAMARIND EXTRACT. | X | X | X | X | | | |
| Dressing, Caesar | WATER, SOYBEAN OIL, RICE WINE VINEGAR, PARMESAN CHEESE (PASTEURIZED MILK, CULTURE, SALT, ENZYMES), SUGAR, DISTILLED VINEGAR, SALT, ROMANO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), DEHYDRATED GARLIC, EGG YOLK, ANCHOVY, SPICES (MUSTARD), MODIFIED CORN STARCH, XANTHAN GUM, PHOSPHORIC ACID, SORBIC ACID AND CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), CORN SYRUP, NATURAL FLAVORS, YEAST EXTRACT, LEMON JUICE CONCENTRATE, DEFATTED SOY FLOUR, GARLIC POWDER, TAMARIND EXTRACT. | X | X | X | X | | | |
| Dressing, Italian Zesty | VINEGAR, WATER, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, CANOLA OIL, SALT, CONTAINS LESS THAN 2% OF GARLIC, RED BELL PEPPERS, ONIONS, XANTHAN GUM, SPICE, LEMON JUICE CONCENTRATE, OLEORESIN PAPRIKA, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). | | | | Soy Oil | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|---------|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Dressing, Italian Golden (packet) | WATEM VINEGAR, SOYBEAN OIL, SUGAR, SALT, CONTAINS LES THAN 2% OF GARLIC, XANTHAN GUM, SPICE, ONION, RED BELL PEPPERS, PAPRIKA, BETA-CARTOENE (COLOR), POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). | | | | Soy Oil | | | |
| Dressing, Italian Fat Free (packet) | WATER, VINEGAR, SUGAR, CORN SYRUP, SALT, PARMESANCHEESE PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES CONTAINSLESS THAN 2 OF GARLIC, ONION JUICE, WHEY, PHOSPHORIC ACID,XANTHAN GUM, YEAST EXTRACT, SPICE, RED BELL PEPPERS, LEMON JUICECONCENTRATE, GARLIC, BUTTERMILK, CARAMEL COLOR, SODIUM PHOSPATE, ENZYMES, OLEORESIN PAPRIKA, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA TO PROTECT FRESHNESS | | | X | | | | |
| Dressing, Ranch Kraft | SOYBEAN OIL, WATER, VINEGAR, SUGAR, EGG YOLKS, SALT, CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, BUTTERMILK, WHEY, XANTHAN GUM, GARLIC, SPICE, PHOSPHORIC ACID, ONIONS, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVOR, SORBIC ACID AND CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR) | X | | X | Soy Oil | | | |
| Dressing, Ranch Packet | SOYBEAN OIL, WATER, VINEGAR, BUTTERMILK, SUGAR, EGG YOLKS, SALT, CONTAINS LESS THAN 2 OF THE FOLLOWING: MODIFIED FOOD STARCH, WHEY, XANTHAN GUM, GARLIC, ONIONS, SPICE, DISODIUM GUANYLATE, DISODIUM INOSINATE, SORBIC ACID AND CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, DRIED | X | | X | Soy Oil | | | |
| Edamame | EDAMAME (SHELLED SOYBEANS). CONTAINS: SOYBEANS | | | | X | | | |
| Egg, Hard Boiled | HARD COOKED EGGS | X | | | | | | |
| Fish Sticks | 64.2% FISH (ALASKA POLLOCK), 35.8% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, SALT, SUGAR, IODIZED SALT, YEAST, WHOLE GRAIN YELLOW CORN FLOUR, SOY FLOUR, DEXTROSE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, EXTRACTIVES OF PAPRIKA [COLOR], SPICE [INCLUDING CELERY SEED], SPICE EXTRACT). | | X | | X | X | | |
| Fruit, Mixed | PEACHES, PEARS, WATER, GRAPES, PEAR JUICE CONCENTRATE, PINEAPPLE SECTORS, HALVED CHERRIES ARTIFICIALLY COLORED RED WITH CARMINE. | | | | | | | |
| Gluten Free Bread, Canyon Bakehouse | WATER, BROWN RICE FLOUR, TAPIOCA FLOUR, POTATO STARCH, HONEY, WHOLE GRAIN SORGHUM FLOUR, SUNFLOWER SEEDS, CANE SUGAR, CONTAINS LESS THAN 2% EXPELLER PRESSED CANOLA OIL, XANTHAN GUM, EGGS, EGG WHITES, YEAST, WHOLE GRAIN MILLET, GROUND FLAX, SEA SALT, CULTURED BROWN RICE FLOUR, MOLASSES, WHOLE GRAIN TEFF, WHOLE GRAIN QUINOA, WHOLE GRAIN AMARANTH, VINEGAR (ORGANIC CANE SUGAR VINEGAR), ENZYMES, WHOLE GRAIN BUCKWHEAT FLOUR. | X | | | | | | |
| Gluten Free Bread, Udi's | WATER, MODIFIED TAPIOCA STARCH, RICE STARCH, CANOLA OIL, BROWN RICE FLOUR RICE FLOUR, RICE BRAN, SORGHUM FLOUR, CANE SUGAR, TAPIOCA STARCH, SUGAR CANE SYRUP, EGG WHITES, FLAX SEED, AMARANTH FLOUR, MODIFIED CELLULOSE, TEFF FLOUR, CULTURED BROWN RICE, BROWN RICE, SALT, YEAST, GUAR GUM, XANTHAN GUM, ENZYMES. NON-GMO | X | | | | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|-----|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Gravy Mix, Poultry | FOOD STARCH-MODIFIED, PALM OIL, MALTODEXTRIN, WHEY, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, BUTTERMILK, CHICKEN FAT, CHICKEN, CORN SYRUP SOLIDS, YEAST EXTRACT CONTAINS LESS THAN 2%: CHICKEN STOCK, CHICKEN BROTH, ONION, NATURAL FLAVORS, NONFAT MILK, DEXTROSE, HYDROLYZED VEGETABLE PROTEIN (CORN), SODIUM CASEINATE, SPICE, MONO & DIGLYCERIDES, BEEF STOCK, POTASSIUM CHLORIDE, DISODIUM GUANYLATE, DISODIUM INSOSINATE, GUM ARABIC, COLOR ADDED, CITRIC ACID, GLUTAMIC ACID | MC | | X | MC | X | | |
| Green Chili | TOMATOES (TOMATOES, SALT, CALCIUM CHLORIDE, CITRIC ACID), WATER, DICED GREEN CHILES (CHILES, SALT, CALCIUM CHLORIDE, CITRIC ACID), PEA SOUP (WATER, GREEN PEAS, CANOLA OIL, SALT, GARLIC, NATURAL SPICES, SUGAR, FLAVOR (DEXTROSE, SALT, AUTOLYZED YEAST EXTRACT, SILICON DIOXIDE, AND FOOD STARCH MODIFIED)), HOT PEPPERS (JALAPENOS, WATER, SALT, CITRIC ACID, CALCIUM CHLORIDE), ONION, MODIFIED FOOD STARCH FROM CORN, SEASONING MIX (SALT, SUGAR, GARLIC, MSG REPLACER (DEXTROSE, SALT, NATURAL FLAVORS AND MODIFIED FOOD STARCH)), SPRAY DRIED WHEY, VEGETARIAN SOUP BASE (VEGETABLE PUREES (CARROT, CELERY, ONION), SALT, MALTODEXTRIN, ONION POWDER, CANOLA OIL, CORN STARCH, CARROT POWDER, CONTAINS 2% OR LESS OF THE FOLLOWING: EXTRACT OF CARROT, XANTHAN GUM, SPICE EXTRACTIVES), NATURAL SEASONING. | | | X | | | | |
| Ham, Turkey Sliced | TURKEY THIGH MEAT, WATER, CONTAINS 2% OR LESS LITE SALT (POTASSIUM CHLORIDE, SODIUM CHLORIDE), SUGAR, SODIUM PHOSPHATE, SALT, CARRAGEENAN, SODIUM ERYTHORBATE, NATURAL SMOKE FLAVORING, SODIUM NITRITE. | | | | | | | |
| Hamburger Buns - Whole Grain | WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], SUGAR, WHEAT GLUTEN, YEAST, VEGETABLE OIL (SOYBEAN), SALT, CALCIUM SULFATE, CALCIUM PROPIONATE (PRESERVATIVE), GRAIN VINEGAR, DATEM, CELLULOSE GUM, MONOGLYCERIDES, CITRIC ACID, MONOCALCIUM PHOSPHATE, CORN FLOUR, CALCIUM CARBONATE, SPICE & COLORING, POTASSIUM IODATE, VITAMIN D3, SOY LECITHIN, SESAME SEEDS. | | | MC | X | X | | X |
| Hot Dog Buns - Whole Grain | WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], SUGAR, WHEAT GLUTEN, YEAST, VEGETABLE OIL (SOYBEAN), SALT, CALCIUM SULFATE, CALCIUM PROPIONATE (PRESERVATIVE), GRAIN VINEGAR, DATEM, CELLULOSE GUM, MONOGLYCERIDES, CITRIC ACID, MONOCALCIUM PHOSPHATE, CORN FLOUR, CALCIUM CARBONATE, SPICE & COLORING, POTASSIUM IODATE, VITAMIN D3, SOYLECITHIN, SESAME SEEDS. | | | MC | X | X | | X |
| Hot Dog, Turkey | MECHANICALLY SEPARATED TURKEY, WATER, SALT, CONTAINS 2% OR LESS SEASONING (CORN SYRUP SOLIDS, DEXTROSE, SUGAR, PAPRIKA, SODIUM ERYTHORBATE, SPICE EXTRACTIVES), SODIUM PHOSPHATE, NATURAL SMOKE FLAVORING, SODIUM NITRITE. | | | | | | | |
| Hummus, Red Pepper | GARBANZO BEANS, WATER, RED BELL PEPPER, PEAR JUICE CONCENTRATE, CONTAINS 2% OR LESS OF THE FOLLOWING: OLIVE OIL, CITRIC ACID, SALT, LEMON JUICE CONCENTRATE, GARLIC, SPICES. | | | | | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|---------|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Hummus, Taco | GARBANZO BEANS, WATER, OLIVE OIL, SPICES, MINCED GARLIC, CITRIC ACID, LIME JUICE, SALT, BLACK PEPPER, GARLIC POWDER, ONION POWDER. | | | | | | | |
| Impossible Veggie Burgers | WATER , SOY PROTEIN CONCENTRATE, SUNFLOWER OIL, COCONUT OIL, NATURAL FLAVORS, 2% OR LESS OF: METHYLLCELLULOSE, CULTURED DEXTROSE, FOOD STARCH MODIFIED, YEAST EXTRACT, SOY LEGHEMOGLOBIN, SALT, MIXED TOCOPHEROLS (ANTIOXIDANT), L-TRYPTOPHAN, SOY PROTEIN ISOLATE, VITAMINS AND MINERALS: ZINC GLUCONATE, NIACIN (VITAMIN B3), THIAMINE HYDROCHLORIDE (VITAMIN B1), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), VITAMIN B12 | | | | X | | | |
| Ketchup | TOMATO CONCENTRATE, SUGAR, DISTILLED VINEGAR, LESS THAN 2% OF SALT, POTASSIUM CHLORIDE, CITRIC ACID, ONION POWDER, GARLIC POWDER, SPICES, NATURAL FLAVOR | | | | | | | |
| Lasagna Rollups | FILLING INGREDIENTS: LOW FAT RICOTTA CHEESE (SKIM MILK, WATER, MODIFIED FOOD STARCH, MILKFAT, MILK PROTEIN CONCENTRATE, XANTHAN GUM, CARRAGEENAN GUM, ACETIC ACID), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PART SKIM MILK, SALT, ENZYMES), PARMESAN CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), ASIAGO CHEESE (CULTURED MILK, SALT, ENZYMES), WATER, WHOLE WHEAT CRACKER MEAL (WHOLE WHEAT FLOUR, DEXTROSE), WHEY PROTEIN ISOLATE, SODIUM CASEINATE, FOOD STRACH-MODIFIED, SUGAR, SALT, DEHYDRATED GARLIC. PASTA INGREDIENTS: WHOLE WHEAT FLOUR AND ENRICHED SEMOLINA BLEND (WHOLE WHEAT FLOUR, DURUM WHEAT, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASCORBIC ACID (TO PROMOTE COLOR RETENTION). | | | X | | X | | |
| Lime Juice | LIME JUICE FROM CONCENTRATE (WATER, CONCENTRATED LIME JUICE), AND LESS THAN 2% OF LIME OIL, SODIUM BENZOATE (PRESERVATIVE), SODIUM METABISULFITE (PRESERVATIVE). | | | | | | | |
| Macaroni & Cheese | COOKED ENRICHED PASTA (WATER, SEMOLINA, EGG WHITES, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), REDUCED FAT AMERICAN CHEESE [CULTURED PASTEURIZED MILK AND SKIM MILK, SALT, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF LACTIC ACID, ANNATTO AND OLEORESIN PAPRIKA (COLOR), VITAMIN A PALMITATE, ENZYMES], WATER, MALTODEXTRIN, CONTAINS LESS THAN 2% OF NATURAL FLAVOR, AUTOLYZED YEAST EXTRACT, BUTTER (CREAM, SALT), FOOD STARCH-MODIFIED, XANTHAN GUM. | X | | X | | X | | |
| Mango, Diced | FROZEN MANGO CUBE | | | | | | | |
| Margarine | VEGETABLE OIL BLEND (PALM OIL, SOYBEAN OIL), WATER, CONTAINS 2% OR LESS OF: SALT, SOYBEAN LECITHIN (SOY), VEGETABLE MONOGLYCERIDES, CITRIC ACID (PRESERVATIVE), BETA CAROTENE (COLOR), NATURAL FLAVOR AND VITAMIN A PALMITATE ADDED. CONTAINS: SOY. | | | | X | | | |
| Mayo, Light | 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. | X | | | Soy Oil | | | |
| Milk, Low Fat 1% | REDUCED FAT MILK, VITAMIN A PALMITATE, AND VITAMIN D3. | | | X | | | | |
| Milk, Non Fat | FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3. | | | X | | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|---------|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Milk, Low-Fat Chocolate | LOWFAT MILK, LIQUID SUGAR (SUGAR, WATER), CONTAINS LESS THAN 1% OF: COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, CARRAGEENAN, NATURAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3. | | | X | | | | |
| Milk, Shelf Stable 1% Chocolate Yay! Brand | REDUCED FAT MILK, COCOA PROCESSED WITH ALKALI, SALT, CARRAGEENAN, SODIUM PHOSPHATE (SODIUM HEXAMETAPHOSPHATE, TETRASODIUM PYROPHOSPHATE, SODIUM PHOSPHATE), SODIUM CITRATE, MAGNESIUM OXIDE, VITAMIN A, PALMITATE AND VITAMIN D3. PRODUCED AT A FACILITY THAT PROCESSES WHEAT, SOY, AND TREE NUTS | | | X | MC | MC | MC- Tree Nuts | |
| Milk, Shelf Stable White 1% Yay! Brand | REDUCED FAT MILK, VITAMIN A PALMITATE, AND VITAMIN D3. PRODUCED AT A FACILITY THAT PROCESSES WHEAT, SOY, AND TREE NUTS | | | X | MC | MC | MC- Tree Nuts | |
| Milk, shelf Stable Chocolate Non Fat Yay! Brand | SKIM MILK, SUGAR, NONFAT DRY MILK, COCOA PROCESSED WITH ALKALI, SALT, CARRAGEENAN, VITAMIN A PALMITATE AND VITAMIN D3. PRODUCED AT A FACILITY THAT PROCESSES WHEAT, SOY, AND TREE NUTS | | | X | MC | MC | MC- Tree Nuts | |
| Milk, Soy | FILTERED WATER, WHOLE ORGANIC SOYBEANS, ORGANIC CANE SUGAR, TRICALCIUM PHOSPHATE, SEA SALT, POTASSIUM PHOSPHATE, CARRAGEENAN, ORGANIC NATURAL VANILLA FLAVOR, VITAMIN A PALITATE, VITAMIN D2, RIBOFLAVIN (VITAMIN B2), VITAMIN B12 | | | | X | | | |
| Mixed Fruit Cup | WHITE GRAPE JUICE FROM CONCENTRATE WATER, WHITE GRAPE JUICE CONCENTRATE, PINEAPPLE, PEACHES, PEARS, LEMON JUICE FROM CONCENTRATE WATER, LEMON JUICE CONCENTRATE, NATURAL FLAVORS, ASCORBIC ACID VITAMIN C TO PROMOTE COLOR RETENTION, AND CITRIC ACID | | | | | | | |
| Mustard (bottle) | DISTILLED WHITE VINEGAR, WATER, MUSTARD SEED, MUSTARD BRAN, SALT, TUMERIC, PAPIKA | | | | | | | |
| Mustard, Prepared (Packets) | DISTILLED WHITE VINEGAR, NO 1 MUSTARD SEED, WATER, SALT, TUMERIC, OLEORESIN PAPIKA, AND SPICES. | | | | | | | |
| Noodles, Yakisoba - Whole Grain | WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT GLUTEN,100% FULLY REFINED SOYBEAN OIL, SALT, POTASSIUM CARBONATE, SODIUM CARBONATE} | | | | Soy Oil | X | | |
| Oil, Soybean | SOYBEAN OIL. | | | | Soy Oil | | | |
| Olives, Black Sliced | RIPE OLIVES, WATER, SALT, FERROUS GLUCONATE. | | | | | | | |
| Onion, Dehydrated | ONION | | | | | | | |
| Oranges, Mandarin | MANDARIN ORANGE SEGMENTS, WATER, PEAR JUICE CONCENTRATE, CITRIC ACID | | | | | | | |
| Pan Spray | HIGH OLEIC CANOLA OIL, SOY LECITHIN, PROPELLANT. | | | | X | | | |
| Pasta -White (Includes spaghetti & penne) | SEMOLINA WHEAT, DURUM WHEAT FLOUR, VITAMIN B3 NIACIN, IRON FERROUS SULFATE, VITAMIN B1 THIAMINE MONONITRATE, VITAMIN B2 RIBOFLAVIN, FOLIC ACID | MC | | | | X | | |
| Pasta - Whole Grain (Includes Penne, Spaghetti, and Rotini) | WHOLE GRAIN DURUM WHEAT FLOUR, SEMOLINA (WHEAT), DURUM WHAT FLOUR, OAT FIBER, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. | MC | | | | X | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|---------|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Pasta, Lasagna - Whole Wheat | WHOLE DURUM WHEAT FLOUR | MC | | | | X | | |
| PB&J, Grape - Whole Grain | PEANUT BUTTER: PEANUTS, SUGAR, CONTAINS LESS THAN 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). | | | | Soy Oil | X | X - Peanuts | |
| PB&J, Strawberry - Whole Grain | PEANUT BUTTER: PEANUTS, SUGAR, CONTAINS LESS THAN 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). | | | | Soy Oil | X | X - Peanuts | |
| Peaches, Diced | PEACHES, WATER, PEAR JUICE CONCENTRATE. | | | | | | | |
| Pears, Diced | PEARS, WATER, PEAR JUICE CONCENTRATE | | | | | | | |
| Peas, Frozen | PEAS | | | | | | | |
| Pepper, Black | GROUND BLACK PEPPER | | | | | | | |
| Pepper, Crushed Red | CRUSHED RED PEPPER | | | | | | | |
| Pepperoni | PORK, BEEF, SALT, SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, FLAVORING, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID. | | | | | | | |
| Peppers, Banana Sliced | FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE, YELLOW #5, SODIUM METABISULFITE (PRESERVATIVE). | | | | | | | |
| Peppers, Jalapenos | JALAPENO PEPPERS, WATER, DISTILLED VINEGAR, SALT, CALCIUM CHLORIDE. | | | | | | | |
| Pickles, Dill Chips | CUCUMBERS, WATER, VINEGAR, SALT, CONTAINS LESS THAN 2% OF CALCIUM CHLORIDE, POTASSIUM SORBATE (PRESERVATIVE), NATURAL FLAVORS, YELLOW 5, POLYSORBATE 80. | | | | | | | |
| Pineapple Tidbits | PINEAPPLE, PINEAPPLE JUICE, CLARIFIED PINEAPPLE JUICE CONCENTRATE (WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE AND CITRIC ACID | | | | | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|---------|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Pizza, Bites | REDUCED FAT MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, NONFAT MILK, MODIFIED FOOD STARCH, CULTURES, SALT, VITAMIN A PALMITATE, ENZYMES), WATER, WHOLE GRAIN WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PIZZA SAUCE (TOMATO PASTE, TOMATOES [DICED TOMATOES, TOMATO JUICE, CITRIC ACID], EXTRA VIRGIN OLIVE OIL, SUGAR, SALT, GARLIC POWDER, SPICES), SOYBEAN OIL, YEAST, SUGAR, NON FAT DRY MILK, PARMESAN CHEESE [(PASTEURIZED PART SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE ADDED TO PREVENT CAKING], SPICES, SALT, NATURAL FLAVOR, GARLIC | | | X | soy oil | X | | |
| Pizza, Cheese | CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHITE CORNMEAL, WHOLE GRAIN OAT FLOUR), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: DOUGH CONDITIONER (ENZYMES, CONTAINS ONE OR MORE OF THE FOLLOWING: DATEM, CALCIUM CARBONATE, WHEAT GLUTEN, GUAR GUM, ASCORBIC ACID, CHERRY POWDER), SUGAR, HYDROGENATED SOYBEAN OIL, SEA SALT, DEXTROSE, SOY LECITHIN, SALT, NATURAL FLAVOR, WHEAT STARCH. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, NATAMYCIN [A NATURAL MOLD INHIBITOR]). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (SHEEP'S AND COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), PAPRIKA, CITRIC ACID. | | | X | X | X | | |
| Potatoes, Dehydrated | IDAHO® POTATOES, SUNFLOWER OIL, MONOGLYCERIDES, CALCIUM STEAROYL LACTYLATE, SPICE, ARTIFICIAL COLOR, ARTIFICIAL FLAVOR. FRESHNESS PRESERVED BY SODIUM ACID PYROPHOSPHATE, SODIUM BISULFITE, CITRIC ACID, AND MIXED TOCOPHEROLS. | | | | | | | |
| Ravioli, Mini | RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED MILK , PASTEURIZED CREAM, VINEGAR, CARRAGEENAN, XANTHAN GUM), WATER, ULTRA GRAIN FLOUR (WHOLE WHEAT FLOUR), ENRICHED SEMOLINA FLOUR (SEMOLINA, NIACIN, IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, ENRICHED CRACKER MEAL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, SALT), SODIUM CASEINATE, WHEY PROTEIN CONCENTRATE, MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, AND ENZYMES), SALT, ROMANO CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, AND ENZYMES), AND GARLIC | X | | X | | X | | |
| Rice, Brown | LONG GRAIN PARBOILED BROWN RICE | | | | | | | |
| Roll, Dinner - Whole Grain Wheat | WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, YEAST, SUGAR, BROWN SUGAR, VEGETABLE OIL (SOYBEAN), SALT, GRAIN VINEGAR, CALCIUM PROPIONATE (PRESERVATIVE), MOLASSES, ETHOXYLATED MONO-AND DIGLYCERIDES, MONOGLYCERIDES, DATEM, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, POTASSIUM IODATE, SOY LECITHIN, SESAME SEEDS. | | | | X | X | | X |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|---------|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Salsa, Mild | TOMATO PUREE (WATER, TOMATO PASTE), JALAPENO PEPPERS, ONIONS, WATER, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, DEHYDRATED GARLIC, NATURAL FLAVOR. | | | | | | | |
| Sandwich Bread, Sliced - Whole Grain Wheat | WHOLE WHITE WHEAT FLOUR, WATER, WHEAT GLUTEN, SUGAR, SOYBEAN OIL, YEAST, SALT, CALCIUM PROPIONATE (PRESERVATIVE), ETHOXYLATED MONO- AND DIGLYCERIDES, GRAIN VINEGAR, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, SOY LECITHIN, POTASSIUM IODATE, DATEM. | | | MC | X | X | | |
| Sauce, Alfredo | CHEESE BLEND [WHEY, PARMESAN CHEESE (MILK, SALT, CHEESE CULTURES, ENZYMES), NATURAL FLAVOR, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), MALTODEXTRIN, REDUCED LACTOSE WHEY, CANOLA OIL, A:J DISODIUM PHOSPHATE, SALT, LACTIC ACID, NONFAT DRY MILK, CITRIC ACID], WHEY, MODIFIED FOOD STARCH, COCONUT OIL, CORN SYRUP SOLIDS, SALT, BUTTERMILK, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SODIUM CASEINATE, POTASSIUM & SODIUM PHOSPHATE, BUTTER POWDER BLEND [BUTTER (CREAM, SALT), MALTODEXTRIN, NONFAT DRY MILK, SOUR CREAM (CULTURED CREAM, NONFAT DRY MILK), BUTTERMILK, SALT, CANOLA OIL, DISODIUM PHOSPHATE, ARTIFICIAL & NATURAL FLAVORS, LACTIC ACID, CITRIC ACID], XANTHAN GUM, TITANIUM DIOXIDE (COLOR), SOYBEAN OIL, SUGAR, MONO & DIGLYCERIDES, SOY LECITHIN, YEAST EXTRACT, SODIUM INOSINATE, SILICON DIOXIDE (ANTICAKING) | | | X | X | | | |
| Sauce, Barbeque | TOMATO PUREE (WATER, TOMATO PASTE), SUGAR, VINEGAR, MOLASSES, CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, SALT, NATURAL SMOKE FLAVOR, MUSTARD FLOUR, DRIED ONIONS, SPICE, DRIED GARLIC, POTASSIUM SORBATE (TO PRESERVE FRESHNESS). | | | | | | | |
| Sauce, General Tso | SUGAR, WATER, TAMARI SOY SAUCE (WATER, SOYBEANS, SALT, SUGAR), BROWN SUGAR, MODIFIED FOOD STARCH, VINEGAR, CONTAINS LESS THAN 2% OF SOYBEAN OIL, MIREPOIX BASE (SAUTEED VEGETABLES [CARROTS, CELERY, ONIONS], SUGAR, SOYBEAN OIL, SALT, MALTODEXTRIN, MODIFIED CORN STARCH, NATURAL FLAVORINGS), DEHYDRATED GARLIC, ONION POWDER, SPICES, TOASTED SESAME OIL, SALT, PAPRIKA EXTRACT, BLACK COCOA POWDER. | | | | X | | | X |
| Sauce, Hot | AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT AND GARLIC POWDER. | | | | | | | |
| Sauce Cup, Marinara | TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES, SUGAR, LESS THAN 2% OF: SOYBEAN OIL, SALT, DRIED GARLIC, DRIED ONION, SPICES, PARSLEY, CITRIC ACID. | | | | Soy Oil | | | |
| Sauce, Marinara | TOMATO CONCENTRATE (WATER, TOMATO PASTE), DICED TOMATOES IN JUICE, LESS THAN 2% OF: SUGAR, SOYBEAN OIL, NATURAL FLAVOR, ONION POWDER, GARLIC POWDER, SPICE, SALT, OLIVE OIL, CITRIC ACID. | | | | Soy Oil | | | |
| Sauce, Orange | WATER, ORANGE JUICE CONCENTRATE, SUGAR, TAMARI SOY SAUCE (water, soybeans, salt, sugar), MODIFIED FOOD STARCH, VINEGAR, CONCENTRATED PINEAPPLE JUICE, CONTAINS LESS THAN 2% OF DEHYDRATED GARLIC, ONION POWDER, SPICES, BLACK COCOA POWDER. | | | | X | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|---------|-------|------------------|-------------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Sauce, Queso | CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, TOMATILLOS (with citric acid), GREEN CHILES (with citric acid), CONTAINS LESS THAN 2% OF SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, MODIFIED FOOD STARCH, CREAM, JALAPENO PEPPERS (with salt, acetic acid, water, calcium chloride), SEASONING (potassium chloride, flavor [contains maltodextrin]), ONIONS, SALT, DEHYDRATED GARLIC, DEHYDRATED CILANTRO, CITRIC ACID. | | | X | | | | |
| Sauce, Sweet & Sour | WATER, SUGAR, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), VINEGAR, MODIFIED FOOD STARCH, TOMATOES PINEAPPLE CONCENTRATE, ONION POWDER, DEHYDRATED GREEN BELL PEPPER, SODIUM BENZOATE; LESS THAN 1/10 OF 1%, EXTRACTIVES OF PAPRIKA, CITRIC ACID, GARLIC POWDER, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE. | | | | X | X | | |
| Sauce, Teriyaki | WATER, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, ALCOHOL, VINEGAR, LACTIC ACID), SUGAR, BROWN SUGAR, CANE REFINERY SYRUPS, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF: TOASTED SESAME OIL, CANE MOLASSES, XANTHAN GUM, SPICE, SALT, DRIED ONION, DRIED GARLIC. | | | | X | X | | X |
| Sauce, Thai | WATER, SWEET CHILI SEASONING (fructose, sugar, dehydrated garlic, salt, modified food starch, rice vinegar powder [maltodextrin, rice vinegar], dehydrated bell pepper, contains 2% or less of spice, xanthan gum, paprika extract, soybean oil), SUGAR, VINEGAR, DEHYDRATED ONION. | | | | soy oil | | | |
| Seasoning, Chili | CHILI PEPPER AND OTHER SPICES, WHEAT FLOUR, ONION, SALT, AND GARLIC | | | | | X | | |
| Seasoning, Taco | MALTODEXTRIN, SALT (INCLUDES SEA SALT), MODIFIED FOOD STARCH, SPICES (INCLUDES CHILI PEPPER), ONION POWDER, PAPRIKA, GARLIC POWDER, PAPRIKA EXTRACT, SOYBEAN OIL, CITRIC ACID, CONTAINS 2% OR LESS SILICON DIOXIDE (ANTICAKING). | | | | soy oil | | | |
| Soup, Tomato Basil | TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES IN TOMATO JUICE, SUGAR, WHEAT FLOUR, CONTAINS LESS THAN 2% OF: BASIL, SALT, POTASSIUM CHLORIDE, FLAVORING, GARLIC, YEAST EXTRACT, LACTIC ACID, CELERY EXTRACT, GARLIC OIL | | | | | X | | |
| Sour Cream | CULTURED CREAM (MILK), ENZYME | | | X | | | | |
| Spice, Garlic Powder | DEHYDRATED GARLIC | | | | | | | |
| Spice, Italian Blend | OREGANO, MARJORAM, THYME, BASIL, ROSEMARY AND SAGE. | | | | | | | |
| Sub Roll Dough - Whole Grain | WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, SALT, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), HONEY, STEVIOL GLYCOSIDES, ENZYME (CONTAINS WHEAT), ASCORBIC ACID. | MC | | MC | Soy Oil | X | | MC - Sesame |
| Sugar Snap Peas | SUGAR SNAP PEAS | | | | | | | |
| Sugar, Powdered | SUGAR, CORNSTARCH. | | | | | | | |
| Sunflower Seeds (Honey Roasted) | SUNFLOWER SEEDS, SUGAR, SUNFLOWER OIL, HONEY POWDER (SUGAR, HONEY), WATER, SALT, MALTODEXTRIN, XANTHAN GUM | | | | | | | X |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|-----|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Taco Shells, Corn (Mission) | WHOLE GRAIN CORN, WATER, VEGETABLE OIL (COTTONSEED, CORN, AND/OR SUNFLOWER). | | | | | | | |
| Taco Shells, Corn (Pancho Villa) | ENRICHED LIMED WHOLE GRAIN CORN (LIMED WHOLE GRAIN CORN, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL. | | | | | | | |
| Tomato Paste | TOMATOES, CITRIC ACID. | | | | | | | |
| Tomato, Diced in Juice | VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID. | | | | | | | |
| Tortilla, White 8" | ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, CONTAINS 2% OR LESS OF: TORTILLA MIX (SALT, VITAL WHEAT GLUTEN, LEAVENING [SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE], PRESERVATIVE [CALCIUM PROPIONATE], DEXTROSE, DOUGH CONDITIONERS [MONOGLYCERIDES, MONO- AND DIGLYCERIDES, ENZYMES AND SODIUM METABISULFITE], FUMARIC ACID, GUAR GUM AND SORBIC ACID) | | | | | X | | |
| Tortilla, White 10" | ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, CONTAINS 2% OR LESS OF: TORTILLA MIX (SALT, VITAL WHEAT GLUTEN, LEAVENING [SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE], PRESERVATIVE [CALCIUM PROPIONATE], DEXTROSE, DOUGH CONDITIONERS [MONOGLYCERIDES, MONO- AND DIGLYCERIDES, ENZYMES AND SODIUM METABISULFITE], FUMARIC ACID, GUAR GUM AND SORBIC ACID). | | | | | X | | |
| Turkey & Gravy | TURKEY, WATER, CONTAINS 2% OR LESS MODIFIED FOOD STARCH, SALT, CHICKEN BASE (CHICKEN MEAT INCLUDING CHICKEN JUICES, SALT, HYDROLYZED SOY AND CORN PROTEIN, SUGAR, NATURAL FLAVORINGS, POTATO FLOUR, AUTOLYZED YEAST EXTRACT, CARROT POWDER, TURMERIC), SODIUM PHOSPHATE, CELERY SALT, ONION SALT, FLAVORING. | | | | X | | | |
| Turkey Breast, Sliced | TURKEY BREAST, WHITE TURKEY, TURKEY BROTH, CONTAINS 2% OR LESS MODIFIED FOOD STARCH, LITE SALT (POTASSIUM CHLORIDE, SODIUM PHOSPHATE), SALT, ROSEMARY EXTRACT | | | | | | | |
| Vinegar, White | WHITE DISTILLED VINEGAR (DILUTED WITH WATER TO 5% ACIDITY) | | | | | | | |
| Yogurt, Cherry Vanilla | CULTURED PASTEURIZED GRADE A NONFAT MILK, SUGAR, WATER, MODIFIED CORN STARCH, WHEY, NATURAL FLAVORS, PURPLE CARROT CONCENTRATE, TRICALCIUM PHOSPHATE, GELLAN GUM, POTASSIUM SORBATE(FOR FRESHNESS), CITRIC ACID, ANNATTO, CAROB BEAN GUM, VITAMIN D 3. | | | X | | | | |
| Yogurt, Peach | CULTURED PASTEURIZED GRADE A NONFAT MILK, SUGAR, WATER, PEACHES, MODIFIED CORN STARCH, WHEY, NATURAL FLAVORS, TRICALCIUM PHOSPHATE, GELLAN GUM, POTASSIUM SORBATE (FOR FRESHNESS), CITRIC ACID, ANNATTO, CAROB BEAN GUM, VITAMIN D3. | | | X | | | | |
| Yogurt, Strawberry/Banana | CULTURED PASTEURIZED GRADE A NONFAT MILK, SUGAR, WATER, STRAWBERRIES, BANANAS, MODIFIED CORN STARCH, WHEY, PURPLE CARROT JUICE CONCENTRATE, TRICALCIUM PHOSPHATE, GELLAN GUM, POTASSIUM SORBATE (FOR FRESHNESS), CITRIC ACID, CAROB BEAN GUM, VITAMIN D3. | | | X | | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|---------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|-----|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Yogurt, Vanilla | CULTURED GRADE A REDUCED FAT MILK, SUGAR, NATURAL VANILLA FLAVOR, PECTIN. CONTAINS ACTIVE YOGURT CULTURES INCLUDING L.ACIDOPHILUS. | | | X | | | | |
| ALA CARTE - ITEMS AVAILABLE VARY BY SCHOOL | | | | | | | | |
| Bar, Cocoa Cherry | FLOUR BLEND (WHOLE GRAIN OAT FLOUR, ENRICHED WHEAT FLOUR {WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}), SUGAR, CORN SYRUP, CHERRIES, SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), PALM OIL, RAISIN PASTE, ICING (SUGAR, PALM KERNEL OIL, SOY LECITHIN, CORN STARCH), BAKING SODA, NATURAL FLAVORS, SALT | | | | X | X | | |
| Cheetos, Baked (Flamin Hot) | WHOLE CORN MEAL, ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), SALT, SEA MINERALS (CALCIUM CARBONATE, MAGNESIUM CARBONATE), SUGAR, MONOSODIUM GLUTAMATE, YEAST EXTRACT, CITRIC ACID, ARTIFICIAL COLOR (RED 40 LAKE, YELLOW 6 LAKE, YELLOW 6, YELLOW 5), HYDROLYZED CORN PROTEIN, ONION POWDER, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, MALTODEXTRIN (MADE FROM CORN), WHEY PROTEIN CONCENTRATE, GARLIC POWDER, BUTTERMILK, NATURAL FLAVORS, SODIUM DIACETATE, LACTIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, AND SKIM MILK. | | | X | | | | |
| Cheetos, Baked (Flamin Hot Limon) | WHOLE CORN MEAL, ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), SALT, SUGAR, MALTODEXTRIN (MADE FROM CORN), MONOSODIUM GLUTAMATE, POTASSIUM CHLORIDE, YEAST EXTRACT, CITRIC ACID, MEDIUM CHAIN TRIGLYCERIDES, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), ARTIFICIAL COLOR (RED 40 LAKE, YELLOW 6 LAKE, YELLOW 6, YELLOW 5), ONION POWDER, HYDROLYZED CORN PROTEIN, CORN SYRUP SOLIDS, WHEY, SKIM MILK, NATURAL AND ARTIFICIAL FLAVORS, WHEY PROTEIN CONCENTRATE, GARLIC POWDER, BUTTERMILK, SODIUM DIACETATE, DISODIUM INOSINATE AND DISODIUM GUANYLATE. | | | X | | | | |
| Chips, Baked Lays Regular | DRIED POTATOES, CORN STARCH, CORN OIL, SUGAR, SEA SALT, SOY LECITHIN, DEXTROSE, AND ANNATTO EXTRACTS. | | | | X | | | |
| Chips, Baked Ruffles Sour Cream and Cheddar | DRIED POTATOES, CORN STARCH, CORN OIL, SUGAR, MALTODEXTRIN (MADE FROM CORN), SALT, SOY LECITHIN, DEXTROSE, WHEY, WHEY PROTEIN CONCENTRATE, ONION POWDER, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), MONOSODIUM GLUTAMATE, BLUE CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), CITRIC ACID, ARTIFICIAL COLOR (YELLOW 6 LAKE, YELLOW 5 LAKE, YELLOW 5, YELLOW 6), SKIM MILK, NATURAL AND ARTIFICIAL FLAVORS, GARLIC POWDER, LACTIC ACID, DISODIUM INOSINATE, AND DISODIUM GUANYLATE. | | | X | X | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|-----|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Chips, Doritos Reduced Fat Cool Ranch | WHOLE CORN, CORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), MALTODEXTRIN (MADE FROM CORN), CORN BRAN, SALT, TOMATO POWDER, CORN STARCH, LACTOSE, WHEY, SKIM MILK, CORN SYRUP SOLIDS, ONION POWDER, SUGAR, GARLIC POWDER, MONOSODIUM GLUTAMATE, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), DEXTROSE, MALIC ACID, BUTTERMILK, NATURAL AND ARTIFICIAL FLAVORS, SODIUM ACETATE, ARTIFICIAL COLOR (RED 40, BLUE 1, YELLOW 5), SODIUM CASEINATE, SPICE, CITRIC ACID, DISODIUM INOSINATE, AND DISODIUM GUANYLATE. | | | X | | | | |
| Chips, Doritos Reduced Fat Flamas | 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 | | | X | | | | |
| Chips, Reduced Fat Doritos | WHOLE CORN, CORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), CORN DEXTRIN, MALTODEXTRIN (MADE FROM CORN) CORN BRAN, SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, MONOSODIUM GLUTAMATE, BUTTERMILK, ROMANO CHEESE (PART-SKIM COWS 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. | | | X | | | | |
| Chips, Reduced Fat Doritos (Spicy Sweet Chili) | 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 | | | | X | X | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|---------|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| Cookies, Triple Chocolate Fudge Filling w/ Hershey's Chocolate | WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, HERSHEY'S SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, COCOA BUTTER, MILKFAT, SOY LECITHIN (AN EMULSIFIER), NATURAL FLAVOR, MILK) LIQUID BROWN SUGAR (CANE SUGAR, INVERT SUGAR), SKIM MILK, SOYBEAN OIL, DEXTROSE, SORBITOL, SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, COCOA ALKALI PROCESSED, SOY LECITHIN, NATURAL FLAVOR), MALTODEXTRIN, MOLASSES, COCOA ALKALI PROCESSED, CONTAINS LESS THAN 2% OF THE FOLLOWING: WHOLE GRAIN YELLOW CORN FLOUR, CORN SYRUP, SWEETENED CONDENSED MILK (MILK, SKIM MILK, SUGAR), EGGS, NATURAL FLAVOR, SALT, MODIFIED CORNSTARCH, CELLULOSE GUM, LEAVENING (BAKING SODA), CELLULOSE GEL, SODIM ALGINATE, TARTARIC ACID, GLYCERIN, SOY LECITHIN, FILTERED WATER, POTASSIUM SORBATE (PRESERVE FRESHNESS), POLYSORBATE 60 Manufactured on shared equipment with peanuts and tree nuts (almonds, coconut, macadamia nuts, hazelnuts, pecans and walnuts) | X | | X | X | X | MC | |
| Cookies, Confetti Cake - Whole Grain | WHOLE WHEAT FLOUR AND WHOLE GRAIN CORN FLOUR (WHOLE WHEAT FLOUR, WHOLE GRAIN YELLOW CORN FLOUR), SUGAR, ENRICHED UNBLEACHED WHEAT FLOUR, INVERT SUGAR, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, SOYBEAN OIL, SKIM MILK, CORN SYRUP, CREAM CHEESE (PASTERIZED CULTURED MILK AND CREAM, SALT, XANTHAM GUM, LOCUS BEAN GUM, GUAR GUM), EGGS, MALTODEXTRINS, CONTAINS LESS THAN 2% OF THE FOLLOWING: RICE FLOUR, PALM AND PALM KERNEL OILS, NATURAL FLAVOR, SALT, MODIFIED CORNSTARCH, BAKING SODA, LACTIC ACID, GELLAN GUM, MONO AND DIGLYCERIDES, CELLULOSE GUM, CELLULOSE GEL, SOY LECITHIN, GLYCERIN, WATER, COLORED WITH (TITANIUM DIOXIDE, FRUIT AND VEGETABLE EXTRACT, SPIRULINA EXTRACT POWDER, PAPRIKA EXTRACT, TURMERIC), TO PRESERVE FRESHNESS (BENZOIC ACID, SORBIC ACID), CARRAGEENAN Manufactured on shared equipment with peanuts and tree nuts (almonds, coconut, macadamia nuts, hazelnuts, pecans and walnuts) | X | | X | X | X | MC | |
| Crackers, Cheez-IT - Whole Grain | 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. | | | X | X | X | | |
| Crackers, Goldfish Cheddar - Whole Grain | MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: YEAST, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, BAKING SODA, MONOCALCIUM PHOSPHATE, ONION POWDER. | | | X | Soy Oil | X | | |
| Gatorade G2, Grape | WATER, SUGAR, CITRIC ACID, SALT, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, MONOPOTASSIUM PHOSPHATE, SUCRALOSE, ACESULFAME POTASSIUM, RED 40, BLUE 1. | | | | | | | |
| Gatorade G2, Raspberry | WATER, SUGAR, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, SUCRALOSE, ACESULFAME POTASSIUM, BLUE 1. | | | | | | | |

| Ingredient | Ingredient Statement (as listed per supplier) | Allergens (MC=may contain) | | | | | | |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|------|-----|-------|------------------|--------|
| | | Egg | Fish | Milk | Soy | Wheat | Peanut/ Tree Nut | Sesame |
| | <u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u> | | | | | | | |
| IZZE, Apple | SPARKLING WATER, APPLE JUICE CONCENTRATE, WHITE GRAPE JUICE CONCENTRATE, NATURAL FLAVOR, CITRIC ACID, ACEROLA JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6). | | | | | | | |
| IZZE, Blackberry | SPARKLING WATER, APPLE JUICE CONCENTRATE, WHITE GRAPE JUICE CONCENTRATE, NATURAL FLAVOR, BLACKBERRY JUICE CONCENTRATE, RASPBERRY JUICE CONCENTRATE, CITRIC ACID, RED GRAPE JUICE CONCENTRATE (COLOR), ACEROLA JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6). | | | | | | | |
| IZZE, Clementine | SPARKLING WATER, APPLE JUICE CONCENTRATE, WHITE GRAPE JUICE CONCENTRATE, CLARIFIED ORANGE JUICE CONCENTRATE, CITRIC ACID, NATURAL FLAVOR, CLARIFIED CLEMENTINE JUICE CONCENTRATE, GUM ARABIC, ACEROLA JUICE CONCENTRATE, BETA CAROTENE (COLOR), ASCORBIC ACID (VITAMIN C), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6). | | | | | | | |
| IZZE, Peach | SPARKLING WATER, APPLE JUICE CONCENTRATE, WHITE GRAPE JUICE CONCENTRATE, CLARIFIED PEACH JUICE CONCENTRATE, NATURAL FLAVOR, CITRIC ACID, GUM ARABIC, BETA CAROTENE (COLOR), RED RADISH JUICE CONCENTRATE (COLOR). | | | | | | | |
| Pretzel, Heart | WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN SYRUP, CORN OIL, SALT, YEAST, AND AMMONIUM BICARBONATE. CONTAINS WHEAT INGREDIENTS. | | | | | X | | |
| Propel - Berry | WATER, CITRIC ACID, SODIUM HEXAMETAPHOSPHATE (TO PROTECT FLAVOR), NATURAL FLAVOR, SALT, POTASSIUM SORBATE (PRESERVES FRESHNESS), POTASSIUM CITRATE, SODIUM CITRATE, ASCORBIC ACID (VITAMIN C), SUCRALOSE, ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CALCIUM PANTOTHENATE (VITAMIN B5), NIACINAMIDE (VITAMIN B3), VITAMIN E ACETATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6). | | | | | | | |
| Propel - Lemon | WATER, CITRIC ACID, SODIUM HEXAMETAPHOSPHATE (TO PROTECT FLAVOR), SALT, NATURAL FLAVOR, POTASSIUM SORBATE (PRESERVES FRESHNESS), POTASSIUM CITRATE, SODIUM CITRATE, ASCORBIC ACID (VITAMIN C), SUCRALOSE, ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CALCIUM PANTOTHENATE (VITAMIN B5), NIACINAMIDE (VITAMIN B3), VITAMIN E ACETATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6). | | | | | | | |
| Water, Bottled | WATER | | | | | | | |

Allergy Disclaimer: Always work with your school’s nurse and the Nutrition Coordinator from the Child Nutrition Department (970) 490-3557 for specific allergen concerns. The purpose of the allergen list is to provide Customers with tools they can use to identify the “major 8” allergens: wheat, milk, soy, egg, fish, shellfish (not currently in any of our items), peanuts, and tree nuts. The allergen list is not inclusive and is limited to the eight (8) FALCPA Allergens. The allergen list does not identify food sensitivities, intolerances to foods or dietary restrictions followed for medical conditions of anyone served food at a school site. Identification of the FALCPA Allergens is dependent on the manufacturer of each product or ingredient in a menu or recipe correctly identifying the attributes of the ingredients in their product or ingredient. Many times our recipes will feature last minute substitutions or changes from our suppliers that we will try to reflect here but don’t always have the ability to change because of site-specific situations. This allergen list does not account for substitutions, alterations, change in supplier, cross-contact in the kitchen, mislabeling by a manufacturer, and failure to update the database with changes right away. Also, the allergen list does not account for student sharing of meals, work with building principal to ensure no sharing of meals in the cafeteria.