

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
BREAKFAST								
Apple Juice	WATER, APPLE JUICE							
Bagel, Whole Grain	WHOLE WHEAT FLOUR, WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST. CONTAINS 2% OR LESS OF: SALT, SORBIC ACID, (PRESERVATIVE), 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		
Banana Bread	WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRANULATED SUGAR, SOYBEAN OIL, BANANAS, EGGS WHITES, DEFFATTED SOY FLOUR, SODIUM ACID PYROPHOSPHATE, WHEAT GLUTEN, SODIUM BICARBONATE, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, DEXTROSE, MONO-AND DIGLYCERIDES, DRY HONEY SOLID, CORN STARCH, NATURAL FLAVOR, SALT, GUAR GUM, XANTHAN GUM, CINNAMON, 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, MALTODEXTRIN, CONTAINS LESS THAN 2% OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA), WATER, POTASSIUM CHLORIDE, SUGAR, MODIFIED CORNSTARCH, SOYBEAN OIL, ARTIFICIAL FLAVOR, SALT, DATEM, SOY LECITHIN.	MC		X	X	X		MC - Sesame
Blueberry Bread	WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRANULATED SUGAR, SOYBEAN OIL, BLUEBERRIES, EGG WHITES, DEFATTED SOY FLOUR, SODIUM ACUD PYROPHOSPHATE, WHEAT GLUTEN, SODIUM BICARBONATE, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, DEXTROSE, NATURAL FLAVOR, MONO-AND DIGLYCERIDES, DRY HONEY SOLIDS, CORN STARCH, SALT, GUAR GUM, XANTHAN GUM, CINNAMON, MONOCALCIUM PHOSPHATE, WHEY.	X		X	X	X		
Breakfast Rounds, Original	WHOLE WHEAT FLOUR, OATS, SUGAR, WATER, CINNAMON DROPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN (AN EMULSIFIER)), MOLASSES, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, MALTODEXTRIN, EGGS, CONTAINS LESS THAN 2% OF THE FOLLOWING: INULIN, SOYBEAN OIL, LEAVENING (BAKING SODA), CINNAMON, MODIFIED CORNSTARCH, CITRUS FIBER, NATURAL AND ARTIFICIAL FLAVOR, SALT, RICE FLOUR, DATEM, MONO AND DIGLYCERIDES.	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 Nut	WHOLE GRAIN OATS, SUGAR, OAT BRAN, CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, TRIPOTASSIUM PHOSPHATE, RICE BRAN OIL AND/OR CANOLA OIL, NATURAL ALMOND FLAVOR. VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.						X - Almonds	

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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>							
Cereal, Cheerios Multi Grain	WHOLE GRAIN OATS, WHOLE GRAIN CORN, SUGAR, CORN STARCH, CORN BRAN, WHOLE GRAIN RICE, WHOLE GRAIN SORGHUM, WHOLE GRAIN MILLET, BROWN SUGAR SYRUP, SALT, TRIPOTASSIUM PHOSPHATE, COLOR (CARMEL COLOR AND ANNATTO EXTRACT). VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), A B VITAMIN (CALCIUM PANTOTHENATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN A (PALMITATE), VITAMIN B12, VITAMIN D3.							
Cereal, Cheerios Fruity	WHOLE GRAIN OATS, SUGAR, OAT BRAN, CORN STARCH, CORN SYRUP, SALT, PEAR PUREE CONCENTRATE, COLOR (VEGETABLE JUICE, FRUIT JUICE, ANDANNATTO EXTRACT), TRIPOTASSIUM PHOSPHATE, NATURAL FLAVOR, SODIUM CITRATE, CITRIC ACID. VITAMIN E (MIXED TOCOPHEROLS) AND ASCORBIC ACID ADDED TO PRESERVE FRESHNESS.VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.							
Cereal, Rice Chex (Cinnamon)	WHOLE GRAIN RICE, RICE, SUGAR, CANOLA OIL, SALT, RICE FIBER, 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 B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), VITAMINB2 (RIBOFLAVIN), 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: SUGAR, CORNSTARCH.	X		MC	MC	X		MC - Sesame

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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>							
Egg & Cheese Sandwich on a Whole Grain Bun (BIC)	FULLY BAKED WHOLE GRAIN BUN; WATER, WHOLE WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), SUGAR, INSTANT DRY YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID). CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, SALT, MONOGLYCERIDES WITH ASCORBIC ACID AND CITRIC ACID (ANITOXIDANTS), CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, ENZYME, WHEAT STARCH, ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE. EGG PATTY: WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, WHEY SOLIDS, SALT, NONFAT DRIED MILK, CITRIC ACID. SHARP PASTEURIZED PROCESS AMERICAN CHEESE: MILK, WATER, CHEESE CULTURE, SALT SODIUM CITRATE, CREAM, SODIUM PYROPHOSPHATE, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ENZYMES, COLOR ADDED, SOY LECITHIN.	X		X	X	X		
Egg Patty	WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, WHEY SOLIDS, SALT, NONFAT DRIED MILK, CITRIC ACID.	X		X	Soy Oil			
Eggs, Scrambled	WHOLE EGGS, SKIM MILK, SOYBEAN OIL, MODIFIED CORN STARCH, SALT, XANTHAM GUM, LIQUID PEPPER EXTRACT, CITRIC ACID, NATURAL AND ARTIFICIAL BUTTER FLAVOR (BUTTER [CREAM], LIPOLYZED BUTTER OIL, MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, SOYBEAL OIL AND ANNATTO EXTRACT).	X		X	Soy Oil			
French Toast Sticks	EGG MIX: WHOLE EGGS, WHEY (MILK), SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, NATURAL VANILLA FLAVOR (WATER, ALCOHOL, PROPYLENE GLYCOL, 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 SALFATE, MONOCALCIUM PHOSPHATE, SOY LECITHIN, POTASSIUM IODATE.	X		X	X	X		Barley, Malt
Milk, Low Fat 1%	REDUCED FAT MILK, VITAMIN A PALMITATE, AND VITAMIN D3.			X				
Milk, Non Fat	MILK, VITAMIN A PALMITATE, VITAMIN D3.			X				
Milk, Non Fat Chocolate	NONFAT MILK, SUGAR CONTAINS LESS THAN 15 OF: COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, CARRAGEENAN, NATURAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3.			X				
Mini French Toast - Breakfast in the Classroom only	WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL. CONTAINS 2% OR LESS OF: DEXTROSE, CINNAMON, NONFAT MILK, MOLASSES, SODIUM ALUMINUM PHOSPHATE, BAKING SODA, POTASSIUM BICARBONATE, MONOCALCIUM PHOSPHATE, SALT, HYDROGENATED COTTONSEED OIL, EGGS, NATURAL FLAVOR, MONO AND DIGLYCERIDES, SOY LECITHIN.	X		X	X	X		
Granola, Oat & Honey Bulk	WHOLE GRAIN OATS, CANE SUGAR, RICE, SUNFLOWER OIL, HONEY, MOLASSES, SALT, VANILLA FLAVOR. VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.					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, POTATSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE SALT, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, NATURAL FLAVOR, CAMEL COLOR, ENZYMES.	X			X	X		

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
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		Barley, Malt
Muffin, Blueberry - Reduced Fat Whole Grain	WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLUEBERRIES, INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, 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, NATURAL BLUEBERRY FLAVOR, NATURAL AND ARTIFICIAL FLAVOR, BLUEBERRY JUICE CONCENTRATE, MALIC ACID, BLACKBERRY JUICE CONCENTRATE, ENZYMES.	X			X	X		Barley, Malt
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		Barley, Malt
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, NONFAT MILK. CONTAINS 2 OR LESS OF: YEAST, CINNAMON, SALT, MODIFIED CORN STARCH.			X	Soy Oil	X		Barley, Malt
Orange Juice	WATER, ORANGE JUICE CONCENTRATE							
Pancakes, Mini - Maple Blast	WATER, WHOLE WHEAT FLOUR, SUGAR, BROWN RICE FLOUR, CANOLA OIL. CONTAINS LESS THAN 2% OF: FRUCTOSE, GLYCERIN, LEAVENING (POTASSIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MALTODEXTRIN, EGG WHITE, SALT, HYDROGENATED COTTONSEED OIL, CELLULOSE GUM, NATURAL FLAVOR, BUTTER ACIDS.	X		X		X		
Pancakes, Mini - Strawberry Blast	WATER, WHOLE WHEAT FLOUR, SUGAR, BROWN RICE FLOUR, CANOLA OIL. CONTAINS LESS THAN 2 OF: FRUCTOSE, GLYCERIN, LEAVENING POTASSIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, WHOLE GRAIN CORN FLOUR, MODIFIED POTATO STARCH, EGG WHITE, SALT, CELLULOSE GUM, BEET JUICE CONCENTRATE AND PAPRIKA EXTRACT ADDED COLOR, HYDROGENATED COTTONSEED OIL, CITRIC ACID, NATURALFLAVOR, NONFAT MILK.	X		X		X		

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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, 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). TOPPING: 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		Barley
Pancake & Sausage Wrap	PANCAKE BATTER: WATER, WHOLE GRAIN WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, 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, GROUND PORK (NO MORE THAN 30% FAT), MECHANICALLY SEPARATED TURKEY, WATER, SUGAR, 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		
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), SEASONING (potassium chloride, natural flavor [contains malodextrin]), SALT, SUGAR, SPICES, CARAMEL COLOR, WATER							
Syrup, Maple	SUGAR, WATER, CORN SYRUP, CORNSTARCH, CONTAINS 2% OF 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	Other Allergens
	<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>							
Waffles - Whole Grain	WHOLE WHEAT FLOUR, WATER, NON FAT MILK, WHEY SOLIDS, SOYBEAN OIL, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONCALCIUM PHOSPHATE), WHOLE EGGS, SOY LECITHIN, SALT.	X		X	X	X		
Yogurt Chips	SUGAR, PALM KERNEL OIL, WHEY POWDER, YOGURT POWDER (WHOLE MILK POWDER, LACTIC ACID, CITRIC ACID, BACTERIAL CULTURE), POWDERED WHEY PROTEIN CONCENTRATE, SOYA LECITHIN, TITANIUM DIOXIDE, NATURAL FLAVOR, SORBITAN TRISTEARATE.			X	X		MC - Tree Nuts	
LUNCH								
Applesauce	APPLES, WATER							
Applesauce Cup, Unsweetened	APPLES, WATER, UNSWEETENED APPLE JUICE, ASCORBIC ACID (VITAMIN C), TO MAINTAIN COLOR.							
Avocado Blend	HASS AVOCADO, SUGAR, SALT, SODIUM ACID PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), SODIUM ALGINATE, XANTHAN GUM, CITRIC ACID, ASCORBIC ACID (VITAMIN C), GARLIC.							
Bacon, Canadian	PORK CURED WITH WATER, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRATE.							
Bacon, Crumbles	PORK CURED WITH: WATER, SALT, SUGAR, MAY CONTAIN: NATURAL SMOKE FLAVORING, NATURAL FLAVORS, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE.							
Bacon, Pork	PORK CURED WITH WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRATE.							
Base, Chicken	ROASTED CHICKEN, SUGAR, TAPIOCA DEXTRIN, CHICKEN FAT, HYDROLYZED SOY PROTEIN, POTASSIUM CHLORIDE, ONION POWDER, AUTOLYZED YEAST EXTRACT, MALTODEXTRIN, SALT, NATURAL FLAVORS, DISODIUM INOSINATE, DISODIUM GUANYLATE, GARLIC POWDER, TURMERIC (COLOR), GELATIN, LACTIC ACID, CALCIUM LACTATE, CORN SYRUP SOLIDS.				X			
Beans, Black	PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT).							
Beans, Garbanzo	PREPARED CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), AND DISODIUM EDTA (PROMOTES COLOR RETENTION).							
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.							
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.							
Beef, Crumbles	GROUND BEEF (NO MORE THAN 20% FAT), AND LESS THAN 1% OF THE FOLLOWING: SPICE, SALT, POTASSIUM CHLORIDE, NATURAL FLAVOR							
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, CARAMEL COLOR, SPICES, ONION POWDER.							
Beef, Patties	GROUND BEEF (NO MORE THAN 20% FAT), SEASONING (HYDROLYZED CORN PROTEIN, DEXTROSE, SALT, FLAVORINGS), SODIUM PHOSPHATES, CARAMEL COLOR.							

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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>							
Beef, Philly Steak	GROUND BEEF (NO MORE THAN 20% FAT), WATER, DEXTROSE, HYDROLYZED SOY PROTEIN, SUGAR, MODIFIED FOOD STARCH, SALT, SODIUM TRIPOLYPHOSPHATE, TOMATO POWDER, CARAMEL COLOR, ONION AND GARLIC POWDER, AUTOLYZED YEAST, CITRIC ACID, SPICES, WORCESTERSHIRE SAUCE BASE (WATER, VINEGAR, AUTOLYZED YEAST EXTRACT, SUGAR, SALT, NATURAL FLAVORING), SPICE EXTRACTIVES, SILICON DIOXIDE.				X			
Beef, Roast Sliced	ROAST BEEF CONTAINS UP TO 10% OF A SOLUTION CARMEL COLORED (SOLUTION INGREDIENTS: WATER, SODIUM, LACTATE, SALT, DEXTROSE SODIUM, PHOSPHATE, ROAST BEEF FLAVOR, BEEF STOCK, MALTODEXTRIN, SODIUM DIACETATE FLAVORINGS).							
Blueberries	BLUEBERRIES							
Buttermilk, Lowfat	CULTURED LOWFAT MILK, CONTAINS LESS THAN 2% OF: NONFAT DRY MILK, MODIFIED FOOD STARCH, LOCUST BEAN GUM, SALT, SODIUM CITRATE, CARRAGEENAN, VITAMIN A PALMITATE, VITAMIN D3.			X				
Cheese Calzone	BREAD: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONOITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: DEXTROSE, INTERESTERIFIED SOYBEAN OIL, SALT, DRIED YEAST, NONFAT MILK, WHEAT FLOUR, MALTED BARLEY FLOUR WITH SULFITES, ENYMES, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, SOYBEAN OIL, SORBITAN MONOSTEARATE. FILLING: LITE MOZZARELLA CHEESE (MOZZARELLA CHEESE (PASTEURIZED SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), NONFAT MILK, FOOD STARCH-MODIFIED, CORN OIL, POTASSIUM CHLORIDE, SODIUM CITRATE, SODIUM PROPIONATE PRESERVATIVE, VITAMIN A PALMITATE). COATING: INTERESTERIFIED SOYBEAN OIL, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: WATER, BUTTER (CREAM, SALT), PARMESAN CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURE, ENZYMES, POWDERED CELLULOSE, SORBIC ACID PRESERVATIVE), PEPPER BLEND (BLACK PEPPER, SALT, BROWN SUGAR, DEHYDRATED ONION, PARSLEY, DEHYDRATED BELL PEPPER, NATURAL FLAVOR, SILICAN DIOXIDE), SALT, DEHYDRATED ONION, MONO- AND DIGLYCERDIES, NATURAL FLAVOR, SOYBEAN OIL, CITRIC ACID PRESERVATIVE, ANNATTO, EXTRACT COLOR.			X	X	X		Barley
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, LOCUST BEAN GUM, GUAR GUM, BETA-CAROTENE AND APO-CAROTENAL (COLOR), VITAMIN-A, PALMITATE, SOY LECITHIN AND SOYBEAN OIL BLEND.			X	X			
Cheese, Cheddar Cubes	CULTURED PASTEURIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR), VITAMIN A PALMITIATE.			X				
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, POWDERED CELLULOSE, ADDED TO PREVENT CAKING.			X				
Cheese, Parmesan Grated	PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES AND POWDERED CELLULOSE (ANTI-CAKING AGENT).			X				

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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, Pepper Jack	CULTURED PASTEURIZED MILK, RED AND GREEN JALAPENO PEPPERS, SALT, ENZYMES.			X				
Cheese, String	PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, VITAMIN A PALMITATE.			X				
Cheese, Swiss Sliced	CULTURED REDUCED FAT, SALT, ENZYMES, VITAMIN A PALMITATE.			X				
Chicken Bite, Unbreaded	PORTIONED BONELESS, SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, AND 2% OR LESS OF CORNSTARCH, DEXTROSE, ISOLATED SOY PROTEIN, MODIFIED CORNSTARCH, SALT, SODIUM PHOSPHATE, TAPIOCA DEXTRIN.				X			
Chicken Drumstick	CHICKEN DRUMSTICKS, WATER, WHOLE WHEAT FLOUR, AND 2% OR LESS OF AUTOLYZED YEAST EXTRACT, CHICKEN FAT, CITRIC ACID, DISODIUM INOSINATE AND DISODIUM GUANYLATE, DRIED CHICKEN, DRIED CHICKEN BROTH, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EXTRACTIVES OF PAPRIKA AND TURMERIC, FLAVORING, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MALTODEXTRIN, MODIFIED FOOD STARCH, ONION POWDER, SALT, SODIUM PHOSPHATE, SPICES, WHEAT GLUTEN, YELLOW CORN FLOUR. BREADING SET IN VEGETABLE OIL.					X		
Chicken, Breaded Tenders	BONELESS, SKINLESS, PORTIONED CHICKEN BREAST STRIPS WITH RIB MEAT, WATER, SEASONING (BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, FLAVORS, MALTODEXTRIN, SILICON DIOXIDE AND CITRIC ACID), ISOLATED SOY PORTEIN, SODIUM PHOSPHATES, SEASONING (POTASSIUM CHLORIDE, RICE FLOUR). BREADED WITH: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID) YELLOW CORN FLOUR, SALT, TAPIOCA STARCH, SOYBEAN OIL, LEAVENING (CREAM OF TARTAR, SODIUM BICARBONATE), SUGAR, DRIED GARLIC, DRIED ONION, TORULA YEAST, SPICES, WHEAT GLUTEN, DRIED YEAST, COCOA POWDER, PAPRIKA EXTRACT (COLOR), NATURAL FLAVOR, BREADING SET IN VEGETABLE OIL .				X	X		
Chicken, Breast Grilled	BONELESS, SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN, SEASONING [BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, FLAVORS, MALTODEXTRIN, SILICON DIOXIDE, AND CITRIC ACID], SODIUM PHOSPHATES, SEASONING (POTASSIUM, CHLORIDE, RICE FLOUR). GLAZED WITH: WATER, SEASONING [MALTODEXTRIN, MODIFIED CORN STARCH, SALT, CHICKEN STOCK, YEAST EXTRACT, CANOLA OIL, SUGAR, DEXTRIN, POTASSIUM CHLORIDE, XANTHAM GUM, TARTARIC ACID, SILICON DIOXIDE, FLAVORS, VEGETABLE STOCK (CARROT, ONION, CELERY), GARLIC POWDER, CARROT POWDER, ONION POWDER], SOYBEAN OIL.				X			

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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 RICE FLOUR (ENRICHED WITH FERRIC ORTHOPHOSPHATE, NIACIN, THIAMINE MONONITRATE, FOLIC ACID), ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF THE FOLLOWING: CHICKEN FAT, CITRIC ACID, CORN STARCH, DRIED CANE SYRUP, DRIED CHICKEN BROTH, DRIED GARLIC, DRIED HONEY, DRIED RED PEPPER SAUCE (AGED RED PEPPER, VINEGAR, SALT, GARLIC), DRIED VINEGAR, EXTRACTIVES OF TURMERIC, GARLIC POWDER, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), MALIC ACID, MALTODEXTRIN, MODIFIED FOOD STARCH, MODIFIED WHEAT STARCH, NATURAL FLAVOR, ONION POWDER, PAPRIKA AND ANNATTO EXTRACTS (COLOR), PROPYLENE GLYCOL, SALT, SEA SALT, SODIUM PHOSPHATES, SPICES, SUCRALOSE, SUGAR, WHOLE GRAIN YELLOW CORN FLOUR, XANTHAN GUM, YEAST, YELLOW CORN FLOUR. BREADING SET IN VEGETABLE OIL.					X		
Chicken, Nuggets - Whole Grain	CHICKEN, WATER, TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN, SEASONING (BROWN SUGAR, SALT, ONION POWDER, CHICKEN STOCK, CANOLA OIL, YEAST EXTRACT, CARROT POWDER, VEGETABLE STOCK [CARROT, ONION, CELERY], GARLIC POWDER, MALTODEXTRIN, FLAVORS, SILICON DIOXIDE, CITRIC ACID AND SPICE), SEASONING (POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, SUGAR, DRIED ONION, DRIED GARLIC, TORULA YEAST, SPICE, DEXTROSE, DRIED YEAST, TURMERIC EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR). BREADING SET IN VEGETABLE OIL.				X	X		
Chicken, Patty	CHICKEN, CHICKEN BROTH, SODIUM PHOSPHATES, SALT, FLAVORINGS. BREADED WITH: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, MODIFIED CORN STARCH, SPICES, DEXTROSE, GARLIC POWDER, OLEORESIN PAPRIKA AND ANNATTO, XANTHAN GUM, NATURAL FLAVORS. BREADING SET IN VEGETABLE OIL.					X		

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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, Patty Spicy	CHICKEN, WATER, VEGETABLE PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, VITAMIN B12, COPPER GLUCONATE, VITAMIN A PAMITATE, CALCIUM PATOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, AND RIBOFLAVIN), DRIED WHOLE EGGS, CHICKEN SEASONING (SALT, YEAST EXTRACT, MALTODEXTRIN, SUGAR, CORN SYRUP SOLIDS, WHEAT FLOUR, CITRIC ACID, SODIUM DIACETATE, DEXTROSE, LACTOSE, CORN STARCH, DISODIUM INOSINATE, AND DISODIUM GUANYLATE, DRIED CHICKEN, NATURAL FLAVOR, SPICE EXTRACTIVES, DRIED CHICKEN BROTH, LACTIC ACID, ARTIFICIAL FLAVOR) SODIUM PHOSPHATES. BREADED WITH: ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, DRIED YEAST, SALT, AND PAPRIKA EXTRACT (COLOR). BATTERED WITH: WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, SALT, SPICES, VITAL WHEAT GLUTEN, MODIFIED CORN STARCH, ONION POWDER, GARLIC POWDER, SPICE EXTRACT, AND LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIU PHOSPHATE). PREDUSTED WITH: ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES, ONION POWDER, GARLIC POWDER, NATURAL BUTTER FLAVOR (WHEY, MODIFIED BUTTER OIL AND DEHYDRATED BUTTER, CORN SYRUP SOLIDS, SALT, GUAR GUM, ANNATTO AND TUMERIC {COLOR}), SOYBEAN OIL, DRIED WHEY, DEXTROSE, AND SPICE EXTRACT. BREADING SET IN VEGETABLE OIL.	X		X	X	X		Gluten
Chicken, Shredded	BONELESS, SKINLESS DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, SEASONING (MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS).							
Cinnamon	CINNAMON							
Corn, Kernel	GOLDEN WHOLE KERNAL CORN, WATER, SUGAR, SALT.							
Cottage Cheese	CULTURED SKIM MILK, CREAM, SALT, GRADE A WHEY, NONFAT DRY MILK, MALTODEXTRIN, POTASSIUM SORBATE (TO HELP PRESERVE FRESHNESS), GUAR GUM, CITRIC ACID, CARRAGEENAN, LOCUST BEAN GUM, VITAMIN A PALMITATE AND ENZYMES..			X				
Crackers, Grahamz	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		Malted Barley
Cranberry, Dried	CRANBERRIES, SUGAR							
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				
Cream Cheese Cup, Strawberry	PASTEURIZED MILK AND CREAM, SUGAR, STRAWBERRY PUREE, WHEY PROTEIN CONCENTRATE, WHEY, WATER, SALT, MODIFIED FOOD STARCH, CAROB BEAN GUM, COLOR ADDED, XANTHAN GUM, GUAR GUM, NATURAL FLAVOR, NATAMYCIN (A NATURAL MOLD INHIBITOR), VITAMIN A PALMITATE, CHEESE CULTURE.			X				
Dressing, Balsamic Vinaigrette	WATER, HIGH FRUCTOSE CORN SYRUP, RED WINE VINEGAR, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), BALSALMIC VINEGAR, CONTAINS LESS THAN 2% OF: SALT, GARLIC, XANTHAN GUM, SPICE, SODIUM ALGINATE, PROPYLENE GLYCOL ALIGINATE, CARAMEL COLOR, 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	Other Allergens
	<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, Caesar	SOYBEAN OIL, VINEGAR, WATER, ROMANO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), EGG YOLK, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF: SALT SUGAR, MODIFIED FOOD STARCH, GARLIC, SPICES, NATURAL FLAVOR, XANTHAN GUM, ANCHOVY (FISH), LACTIC ACID, POLYSORBATE 60, ONION, SODIUM BENZOATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, MOLASSES, MALTODEXTRIN, CORN SYRUP, CARAMEL COLOR, HYDROLYZED SOY PROTEIN, TAMARIND, YEAST EXTRACT, SUNFLOWER OIL.	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			
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 Dry Seasoning (made with Buttermilk and Mayo)	SALT, WHEY (FROM MILK), GARLIC, MATLODEXTRIN, ONION, DEXTROSE, CELLULOSE GUM, SPICE, PARSLEY, NATURAL FLAVOR.			X				
Edamame	EDAMAME (SHELLED SOYBEANS). CONTAINS: SOYBEANS				X			
Egg Rolls, Veggie	FILLING: CABBAGE, CARROTS, CELERY, SUGAR, CONTAINS 2% OR LESS OF: DEHYDRATED ONIONS, POTATOES, VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL), MODIFIED FOOD STARCH, SALT, SPICE, GUAR GUM; WRAPPER: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), ENRICHED DURUM FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL), FLAVOR (AUTOLYZED YEAST EXTRACT, SALT, DEXTROSE, NATURAL FLAVOR), DRIED WHOLE EGG, SALT, RICE EXTRACT, ASCORBIC ACID, CORNSTARCH; WATER. FRIED IN VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL).	X			Soy Oil	X		Barley, Malt, Durum
Fish Sticks	67.2% FISH (ALASKA POLLOCK), 35.8% BATTER AND BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL (SOYBEAN AND/OR CANOLAR), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID) WATER, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, IODIZED SALT, SUGAR, YEAST, WHOLE YELLOW CORN FLOUR, SOY FLOUR, DEXTROSE, LEAVENING (BAKING SODA, SODIUM ALUMINI PHOSPHATE), MONO AND DISLYCERIDES. EXTRACTIVES OF PAPRIKA, SPICE EXTRACT, SPICE		X		X	X		
Fortune Cookie	WHEAT FLOUR, WATER, SUGAR, LIQUID SHORTENING, NATURAL AND ARTIFICIAL FLAVORING, FD&C #5 & #6, SALT, SODIUM BICARBONATE				X	X		
Fruit, Mixed	PEACHES, WATER, PEARS, GRAPES, PINEAPPLE, CHERRIES ARTIFICIALLY COLORED RED WITH CARMINE.							

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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, Peppered	FOOD STARCH-MODIFIED, PALM OIL, MALTODEXTRIN, CORN SYRUP SOLIDS, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, SALT CONTAINS LESS THAN 2%: GUAR GUM, COLOR ADDED, SODIUM CASEINATE (A MILK DERIVATIVE), BLACK PEPPER, DIPOTASSIUM PHOSPHATE, MONO & DIGLYCERIDES, SODIUM CITRATE, POTASSIUM CHLORIDE, CARRAGEENAN, ARTIFICIAL FLAVOR.	MC		X	MC	X		
Gravy Mix, Poultry	FOOD STARCH-MODIFIED, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, CORN SYRUP SOLIDS, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEY, CHICKEN MEAT (PRESERVED WITH BHA, PROPYL GALLATE, AND CITRIC ACID), SALT, BUTTERMILK, CHICKEN FAT (PRESERVED WITH BHA, PROPYL GALLATE, AND CITRIC ACID), YEAST EXTRACT CONTAINS LESS THAN 2%: DEHYDRATED CHICKEN STOCK, CHICKEN, CHICKEN BROTH, ONION, NATURAL AND ARTIFICIAL FLAVORS, NONFAT MILK, SUNFLOWER OIL, DEXTROSE, HYDROLYZED VEGETABLE PROTEIN (CORN), SODIUM CASEINATE (A MILK DERIVATIVE), SPICE, MONO & DIGLYCERIDES, DEHYDRATED BEEF STOCK, POTASSIUM CHLORIDE, SUGAR, MALTODEXTRIN, DISODIUM GUANYLATE, DISODIUM INOSINATE, SODIUM CITRATE, CARRAGEENAN, GUM ARABIC, DIPOTASSIUM PHOSPHATE, SPICE AND HERB, SUCCINIC ACID, COLOR ADDED.	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, WHEAT GLUTEN, SUGAR, SOYBEAN OIL, YEAST, SALT, WHEAT BRAN, CALCIUM PROPIONATE (PRESERVATIVE), MONOGLYCERIDES, DATEM, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, CITRIC ACID, POTASSIUM IODATE, SOY LECITHIN.	MC		MC	X	X	MC - Tree Nuts	
Hot Dog Buns - Whole Grain	WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, SUGAR, SOYBEAN OIL, SALT, YEAST, CALCIUM PROPIONATE (PRESERVATIVE), MONOGLYCERIDES, DATEM, CALCIUM SULFATE, CITRIC ACID, POTASSIUM IODATE, SOY LECITHIN.			MC	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	GARBANZO BEANS, WATER, ROASTED RED BELL PEPPERS, PEAR JUICE CONCENTRATE, CONTAIN 2% OR LESS OF THE FOLLOWING: OLIVE OIL, LEMON JUICE CONCENTRATE, LEMON JUICE, CITRIC ACID, SALT, SPICES, GARLIC.							

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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>							
Ketchup, Canned	TOMATO CONCENTRATE, SUGAR, DISTILLED VINEGAR, LESS THAN 2% OF SALT, NATURAL FLAVORS, POTASSIUM CHLORIDE, ONION POWDER, CITRIC ACID, GARLIC POWDER, SPICES.							
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 WHOLE GRAIN PASTA (WATER, WHOLE DURUM WHEAT FLOUR, SEMOLINA, EGG WHITE, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), REDUCED FAT AMERICAN CHEESE (CULTURED PASTEURIZED MILK AND SKIM MILK, SALT, SODIUM PHOSPHATE, AND LESS THAN 2% OF LACTIC ACID, ANNATTO AND OLEORESIN PAPRIKA (COLOR), VITAMIN A PALMITATE, ENZYMES), WATER, MALTODEXTRIN, AND LESS THAN 2% OF NATURAL FLAVOR, AUTOLYZED YEAST EXTRACT, BUTTER (CREAM, SALT), MODIFIED FOOD STARCH, XANTHAN GUM.	X		X		X		Durum, Semolina
Mango, Diced	FROZEN MANGO CUBE							
Margarine	VEGETABLE OIL BLEND (SOYBEAN OIL, PALM OIL, PALM KERNEL OIL), WATER, SALT, SOYBEAN LECITHIN (SOY) AND VEGETABLE MONO AND DIGLYCERIDES. POTASSIUM SORBATE AND CITRIC ACID ADDED AS PRESERVATIVES. COLORED WITH BETA CAROTENE. ARTIFICIAL BUTTER FLAVOR. VITAMIN A PALMITATE ADDED.				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	MILK, VITAMIN A PALMITATE, VITAMIN D3.			X				
Milk, Non Fat Chocolate	NONFAT MILK, SUGAR CONTAINS LESS THAN 15 OF: COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, CARRAGEENAN, NATURAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3.			X				
Mustard, Prepared	DISTILLED WHITE VINEGAR, MUSTARD SEED, WATER, SALT, TUMERIC, NATURAL FLAVOR AND SPICES.							
Noodles, Yakisoba - Whole Grain	YAKISOBA NOODLES {WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SALT, POTASSIUM CARBONATE, SODIUM CARBONATE}	MC			Soy Oil	X		
Oil, Soybean Salad	FULLY REFINED SOYBEAN OIL.				Oil			
Olives, Black Sliced	RIPE OLIVES, WATER, SALT, FERROUS GLUCONATE.							
Onion, Dehydrated	ONION							
Oranges, Mandarin	MANDARIN ORANGE SEGMENTS AND PEAR JUICE.							
Pan Spray	HIGH OLEIC CANOLA OIL, SOY LECITHIN, PROPELLANT.				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		Durum
Pasta, Lasagna - Whole Wheat	WHOLE DURUM WHEAT FLOUR	MC				X		Durum

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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>							
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	Malted Barley
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	Malted Barley
Peaches, Diced	PEACHES, WATER, PEAR JUICE CONCENTRATE.							
Pears, Diced	PEARS, PEAR JUICE.							
Peas, Frozen	PEAS, SALT							
Pepper, Black	GROUND BLACK PEPPER							
Pepper, Crushed Red	CRUSHED RED PEPPER							
Pepperoni	PORK, BEEF, SALT, SPICE, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, SODIUM ASCORBATE, FLAVORING, 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, CALCIUM CHLORIDE, POTASSIUM SORBATE (PRESERVATIVE), SPICES, YELLOW 5, POLYSORBATE 80.							
Pineapple Tidbits	PINEAPPLE, PINEAPPLE JUICE, WATER AND CLARIFIED PINEAPPLE JUICE CONCENTRATE (WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE.							

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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, 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: SUGAR, WHEAT GLUTEN, HYDROGENATED SOYBEAN OIL, SEA SALT, DATEM, DEXTROSE, GUAR GUM, SOY LECITHIN, SALT, NATURAL FLAVOR, ASCORBIC ACID, WHEAT STARCH, ENZYMES. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, CITRIC ACID.			X	X	X		Barley, Malt
Pork, Shredded	BONELESS PORK STEW MEAT (1/4" TRIM)							
Potatoes, Dehydrated	IDAHO POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLOWING: CANOLA, SOYBEAN, COTTONSEED, SUNFLOWER), MONOGLYCERIDES, CALCIUM STEAROYL LACTYLATE, SPICE, ARTIFICIAL COLOR, SODIUM ACID PYROPHOSPHATE (PRESERVATIVE), SODIUM BISULFITE (PRESERVATIVE), ARTIFICIAL FLAVOR, CITRIC ACID (PRESERVATIVE) AND MIXED TOCOPHEROLS (PRESERVATIVE).				Soy Oil			
Ravioli, Mini	FILLING: FAT FREE RICOTTA CHEESE (WHEY, SKIM MILK [MADE FROM NONFAT DRY MILK POWDER], VINEGAR, XANTHANGUM, CARRAGEENAN), WATER, EGG, LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED SKIM MILK, SALT, ENZYMES), WHEY PROTEIN ISOLATE, SODIUM CASEINATE, ROMANO CHEESE MADE FROM COW'S MILK (CULTURED MILK, SALT, ENZYMES), BLEACHED WHEAT FLOUR, GARLIC SALT (SALT, DEHYDRATED GARLIC), SALT, CORN STARCH-MODIFIED, SUGAR, DEHYDRATED GARLIC. PASTA: WHOLE WHEAT FLOUR AND ENRICHED FLOUR BLEND (WHOLE WHEAT FLOUR, ENRICHED DURUM WHEAT FLOUR [WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, EGG.	X		X		X		Durum
Rice, Brown	LONG GRAIN PARBOILED BROWN RICE							
Roll, Dinner - Whole Grain Wheat	WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, YEAST, SUGAR, BROWN SUGAR, SOYBEAN OIL, SALT, GRAIN VINEGAR, CALCIUM PROPIONATE (PRESERVATIVE), MOLASSES, ETHOXYLATED MONO AND DIGLYCERIDES, MONOGLYCERIDES, CALCIUM SULFATE, DATEM, MONOCALCIUM PHOSPHATE, CORNSTARCH, POTASSIUM IODATE, SOY LECITHIN.			MC	X	X		
Salsa, Mild	TOMATO PUREE (WATER, TOMATO PASTE), JALAPENO PEPPERS, ONIONS, WATER, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, DEHYDRATED GARLIC, NATURAL FLAVOR.							
Salt, Granulated	SALT, CALCIUM SILICATE, DEXTROSE, POTASSIUM IODIDE							
Sandwich Bread, Sliced - Whole Grain Wheat	WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, SUGAR, YEAST, SOYBEAN OIL, SALT, MOLASSES, WHEAT BRAN, CALCIUM PROPIONATE (PRESERVATIVE), DATEM, MONOGLYCERIDES, CALCIUM SULFATE, CELLULOSE GUM, MONOCALCIUM PHOSPHATE, CORNSTARCH, SOY LECITHIN, CITRIC ACID, GRAIN VINEGAR, POTASSIUM IODATE.			MC	X	X	MC (tree nuts)	
Sauce, Alfredo	PARMESAN CHEESE POWDER (MILK, SALT, CULTURES, AND ENZYMES), DISODIUM PHOSPHATE, MALTODEXTIN, MODIFIED FOOD STARCH, NON FAT MILK POWDER, SALT, NATURAL FLAVOR, YEAST EXTRACT, XANTHAN GUM, SPICES, AND LESS THAN 2 % CALCIUM SILICATE TO PREVENT CAKING.			X				

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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, Barbeque	TOMATO PUREE (WATER, TOMATO PASTE), SUGAR, VINEGAR, MOLASSES, CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, SALT, NATURAL SMOKE FLAVOR, DRIED ONIONS, SPICE, DRIED GARLIC, POTASSIUM SORBATE (TO PRESERVE FRESHNESS).							
Sauce, General Tso	SUGAR, WATER, SOY SAUCE POWDER (SOY SAUCE [SOYBEANS, WHEAT, SALT], MALTODEXTRIN), BROWN SUGAR, MODIFIED FOOD STARCH, VINEGAR, VEGETABLE OIL (SOYBEAN AND SESAME OILS), DEHYDRATED GARLIC, ONION POWDER, SPICES, CHICKEN BASE (ROASTED MECHANICALLY SEPARATED CHICKEN, SALT, SUGAR, HYDROLYZED WHEAT GLUTEN, CHICKEN FAT, ONION POWDER, DISODIUM INOSINATE, DISODIUM GUANYLATE, EXTRACTIVE OF TURMERIC, SPICE EXTRACTIVE), PAPRIKA EXTRACT.				X	X		Sesame
Sauce, Hot	AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT AND GARLIC POWDER.							
Sauce, Marinara	VINE-RIPENED FRESH TOMATOES, BLEND OF EXTRA VIRGIN OLIVE OIL AND SUNFLOWER OIL, SALT, ONIONS, SUGAR, BLACK PEPPER, BASIL, OREGANO, PARSLEY, AND NATURALLY DERIVED CITRIC ACID.							
Sauce, Orange	WATER, SUGAR, ORANGE JUICE CONCENTRATE, SOY SAUCE POWDER (SOY SAUCE [SOYBEANS, WHEAT, SALT], MALTODEXTRIN), VINEGAR, BROWN SUGAR, MODIFIED FOOD STARCH, CONCENTRATED PINEAPPLE JUICE, DEHYDRATED GARLIC, ONION POWDER, SPICES.				X	X		
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, CREAM SAUCE BASE (COCONUT OIL, CORN SYRUP SOLIDS, CREAM POWDER [PASTEURIZED SWEET CREAM, SKIM MILK SOLIDS, SODIUM CASEINATE, LECITHIN AND BHT], MODIFIED FOOD STARCH, SODIUM CASEINATE, SOY LECITHIN, DIPOTASSIUM PHOSPHATE, MONO- AND DIGLYCERIDES, XANTHAN GUM, TITANIUM DIOXIDE), MODIFIED FOOD STARCH, JALAPENO PEPPERS (WITH SALT, ACETIC ACID AND CALCIUM CHLORIDE), SEASONING (POTASSIUM CHLORIDE, FLAVOR [CONTAINS MALTODEXTRIN]), ONIONS, SALT, DEHYDRATED GARLIC, DEHYDRATED CILANTRO, CITRIC ACID.			X	X			
Sauce, Soy Light	WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, AND LESS THAN 0.10% SODIUM BENZOATE AS A PRESERVATIVE.				X	X		
Sauce, Sweet & Sour	WATER SUGAR NATURALLY BREWED SOY SAUCE (WATER WHEAT SOYBEANS SALT) VINEGAR MODIFIED FOOD STARCH TOMATOES PINEAPPLE CONCENTRATE ONION POWDER CARMINE (COLOR) GREEN BELL PEPPER FLAKES CITRIC ACID GARLIC POWDER DISODIUM INOSINATE DISODIUM GUANYLATE RED PEPPER SODIUM BENZOATE: LESS THAN 1/10 OF 1% AS A PRESERVATIVE.				X	X		
Sauce, Tartar	SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, WATER DISTILLED and CIDER VINEGAR, PICKLE RELISH (PICKLES, DISTILLED VINEGAR, SALT, XANTHAN GUM, SODIUM BENZOATE, ALUM, NATURAL SPICE FLAVORS), EGG YOLK, MODIFIED FOOD STARCH, SALT, ONION, XANTHAN GUM, CARAMEL COLOR, SODIUM BENZOATE (PRESERVATIVE), OLEORESIN TURMERIC, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.	X			Soy Oil			
Sauce, Teriyaki	WATER, SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, AND LESS THAN 0.10% SODIUM BENZOATE AS A PRESERVATIVE), BROWN SUGAR, MOLASSES POWDER (CANE REFINERY SYRUPS, CANE MOLASSES), MODIFIED FOOD STARCH, TOASTED SESAME OIL, CARAMEL COLOR, SPICE, XANTHAN GUM, SALT, GARLIC POWDER, ONION POWDER.				X	X		Sesame

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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, Thai	WATER, SWEET CHILI SEASONING (FRUCTISEM SUGAR, DEHYDRATED GARLICM SALT, MODIFFIED FOODS STARCH, RICE VINEGAR POWDER (MALTODEXTRIN, RICE VINEGAR), DEHYDRATED BELL PEPPER, CONTAIN 2% OR LESS OF SPICE, XANTHAN GUM, PAPRIKA EXTRACT, SOYBEAN OIL, SUGAR, DEHYDRATED ONION.							
Seasoning, Chili	ONION, SPICES, CHILI POWDER (CHILI PEPPER AND SPICE, SALT, GARLIC), GARLIC.			MC	MC	MC	MC - Tree Nuts	
Seasoning, Taco	MALTODEXTRIN, SALT (INCLUDES SEA SALT), MODIFIED FOOD STARCH, SPICES (INCLUDES CHILI PEPPER), DEHYDRATED ONION, PAPRIKA, DEHYDRATED GARLIC, PAPRIKA EXTRACT, NATURAL FLAVOR, CITRIC ACID, LESS THAN 2% SILICON DIOXIDE ADDED (ANTICAKING).							
Soup, Cheesy Tortilla Mix	FOOD STARCH- MODIFIED, MALTODEXTRIN, WHEY, CORN SYRUP SOLIDS, DEHYDRATED VEGETABLES (CORN, BELL PEPPERS, TOMATOES, ONIONS, CHILI PEPPERS, GARLIC, PARSLEY), COCONUT OIL, CHEESES (GRANULAR AND BLUE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES)), SUNFLOWER OIL, CORN OIL, SALT, HYDROLYZED CORN PROTEIN, SPICES, SODIUM CASINATE, DIPOTASSIUM PHOSPHATE, CITRIC ACID, MONO & DIGLYCERIDES (AS EMULSIFIERS), LACTIC ACID, SODIUM PHOSPHATE, SUGAR, FLAVORS, LIME JUICE SOLIDS, DISODIUM INOSINATE, DISODIUM GUANYLATE, EXTRACTIVE OF ANNATTO (COLOR), BUTTER FLAVOR [WITH ANNATTO AND TUMERIC(FOR COLOR)].			X				
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, CITRIC ACID, YEAST EXTRACT, LOWER SODIUM NATURAL SEA SALT, CELERY EXTRACT.					X		
Sour Cream	CULTURED GRADE A MILK, CREAM, NONFAT DRY MILK, GRADE A WHEY, MODIFIED FOOD STARCH, SODIUM PHOSPHATE, GUAR GUM, CARRAGEENAN, CALCIUM SULFATE, AND LOCUST BEAN GUM.			X				
Spice, Garlic Powder	GARLIC			MC	MC	MC	MC - Tree Nuts	
Spice, Ginger	GINGER			MC	MC	MC	MC - Tree Nuts	
Spice, Italian Blend	OREGANO, 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. MAY CONTAIN: SOY	MC		MC	Soy Oil	X		MC - Sesame
Sugar Snap Peas	SUGAR SNAP PEAS							
Sugar, Brown	BROWN SUGAR							
Sugar, Powdered	SUGAR, CORNSTARCH.							
Sunflower Seeds	SUNFLOWER SEEDS							
Taco Shells, Corn	WHOLE GRAIN CORN, WATER, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: COTTONSEED OIL, CORN OIL, SUNFLOWER), CONTAINS 2% OR LESS OF: NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, LIME.							

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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>							
Tomato Paste	TOMATOES, CITRIC ACID.							
Tomato, Diced in Juice	VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID.							
Tortillas, Whole Grain 10"	WATER, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), SUGAR, CONTAINS 2% OR LESS OF: VITAL WHEAT GLUTEN, SALT, BAKING SODA, SODIUM ACID PYROPHOSPHATE, DISTILLED MONOGLYCERIDES, ENZYMES, CELLULOSE GUM, GUAR GUM, FUMARIC ACID, AND CALCIUM PROPIONATE AND SORBIC ACID (TO MAINTAIN FRESHNESS).				Soy Oil	X		
Tortillas, Whole Grain 8"	WATER, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), SUGAR, CONTAINS 2% OR LESS OF: VITAL WHEAT GLUTEN, SALT, BAKING SODA, SODIUM ACID PYROPHOSPHATE, DISTILLED MONOGLYCERIDES, ENZYMES, CELLULOSE GUM, GUAR GUM, FUMARIC ACID, AND CALCIUM PROPIONATE AND SORBIC ACID (TO MAINTAIN FRESHNESS).				Soy Oil	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 CORN STARCH, LITE SALT (POTASSIUM CHLORIDE, SODIUM CHLORIDE), SALT, SODIUM PHOSPHATE.							
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, Plain	CULTURED PASTEURIZED LOWFAT MILK, NONFAT DRY MILK, TAPIOCA STARCH, GELATIN, PECTIN. CONTAINS LIVE ACTIVE CULTURES: STREPTOCOCCUS THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDOBACTERIUM, L. CASEI.			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				
Yogurt, Vanilla	CULTURED PASTEURIZED MILK, CRYSTALLINE FRUCTOSE, NONFAT MILK, CONTAINS LESS THAN 2% OF: VANILLA, NATURAL FLAVORS, PECTIN. CONTAINS ACTIVE CULTURES (L. bulgaricus, S. thermophilus, L. acidophilus, Bifidobacterium, L. casei).			X				

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
<p>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.</p>								
ALA CARTE - ITEMS AVAILABLE VARY BY SCHOOL								
Bar, Cocoa Cherry	WHOLE GRAIN OAT FLOUR, ENRICHED BLEACHED BROMATED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SAUGAR, CHERRIES, CORN SYRUP, VEGETABLE SHORTENING (INTERESTERIFIED SOYBEAN OIL HYDROGENATED COTTONSEED OIL), COCOA (PROCESSED WITH ALKALI), DEXTROSE, CELLULOSE FIBER, SALT, NATURAL AND ARTIFICIAL FLAVORS, BAKING SODA, LECITHIN. ICING: FONDANT (SUGAR, CORN SYRUP, WATER, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL WITH PROPYLENE GLYCOL, MONOESTER, MONO- & DI-GLYCERIDES, SOY, LECITHIN).				X	X	MC - Tree Nuts (Peanut Free Facility)	
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			
Chips, Doritos 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, MONOSDIUM GLUTAMATE, CHEDDAR CHEESE (MILK, CHEESE CLUTURES, 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 INSOSINATE, AND DISOSIUM GUANYLATE.			X				
Chips, Reduced Fat Doritos	WHOLE CORN, CORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), CORN DEXTRIN, MALTODEXTRIN (MADE FROM CORN) AND LESS THAN 2% OF THE FOLLOWING: 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				
Cookies, Chocolate Chip - Whole Grain	WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT, MILK), WATER, SOYBEAN OIL, INVERT SUGAR, EGGS, MALTODEXTRIN, CANOLA OIL, CONTAINS 2% OR LESS OF: MOLASSES, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), PALM AND PALM KERNEL OIL, SALT, SOY LECITHIN, DATEM, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVORS, LACTIC ACID, MODIFIED CORN STARCH. Made in a facility that processes peanuts and tree nuts (almonds, coconut, macadamia nuts, pecans and walnuts).	X		X	X	X	MC	

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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, Sugar - Whole Grain	WHOLE WHEAT FLOUR, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, INVERT SUGAR, WATER, MARGARINE (PALM OIL, WATER, CONTAINS 2% OR LESS OF: SALT, MONO- AND DIGLYCERIDES, NATURAL FLAVOR, CITRIC ACID, VITAMIN A PALMITATE ADDED, BETA CAROTENE [COLOR]), SOYBEAN OIL, ROLLED OATS, CONTAINS 2% OR LESS OF: BUTTER (CREAM [MILK], SALT), MONO- AND DIGLYCERIDES, BAKING SODA, MODIFIED CORN STARCH, SALT, SOY LECITHIN, NATURAL FLAVORS (CONTAINS MILK), POTASSIUM CHLORIDE, TURMERIC AND ANNATTO (COLOR). Made in a facility that processes peanuts and tree nuts (almonds, coconut, macadamia nuts, pecans and walnuts).	X		X	X	X	MC	
Crackers, Goldfish Cheddar - Whole Grain	MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA AND/OR SUNFLOWER), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), SALT, CONTAINS 2 PERCENT OR LESS OF: YEAST EXTRACT, NATURAL FLAVOR, PAPRIKA, SPICES (CELERY), BAKING SODA, MONOCALCIUMP HOSPDATE, DEHYDRATED ONIONS, ANNATTO EXTRACT FOR COLOR.			X		X		
Flat Fruit, Apple variety	ORGANIC APPLES, ORGANIC APPLE JUICE CONCENTRATE, ORGANIC APPLE FLAVORING.							
Gatorade G2, Grape	WATER, SUCROSE, CITRIC ACID, SALT, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, MONOPOTASSIUM PHOSPHATE, SUCRALOSE, ACESULFAME POTASSIUM, RED 40, BLUE 1.							
Gatorade G2, Orange	WATER, SUCROSE, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, SUCRALOSE, ACESULFAME POTASSIUM, YELLOW 5, RED 40.							
Gatorade G2, Raspberry	WATER, SUGAR, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, SUCRALOSE, ACESULFAME POTASSIUM, BLUE 1.							
Granola Bar, Chocolate Chip & Oatmeal	WHOLE GRAIN OATS,HIGH MALTOSE CORN SYRUP, RICE FLOUR, CORN SYRUP, SEMISWEET CHOCOLATE CHUNKS (SUGAR, CHOLCOATE LIQUOR, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR), FRUCTOSE, CANOLA OIL, GLYCERIN, SUGAR. CONTAINS 2% OR LESS OF: HONEY, CALCIUM CARBONATE, MALTODEXTRIN, SALT, BARLEY MALT EXTRACT, SOY LECITHIN, COCOA, NATURAL FLAVOR, BAKING SODA.			MC	X	X		Barley, Malt
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, ORANGE JUICE CONCENTRATE, CITRIC ACID, NATURAL FLAVOR, CLEMENTINE JUICE CONCENTRATE, GUM ARABIC, ACEROLA JUICE CONCENTRATE, BETA CAROTENE (COLOR), ASCORBIC ACID (VITAMIN C), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6).							

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Other Allergens
	<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, Pomegranate	SPARKLING WATER, APPLE JUICE CONCENTRATE, WHITE GRAPE JUICE CONCENTRATE, CLARIFIED PINEAPPLE JUICE CONCENTRATE, CRANBERRY JUICE CONCENTRATE, POMEGRANATE JUICE CONCENTRATE, NATURAL FLAVOR, CITRIC ACID, FRUIT AND VEGETABLE JUICE (COLOR), ACEROLA JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6).							
Naked Juice, Blast Berry	APPLE JUICE, BANANA PUREE, STRAWBERRY PUREE, BLACKBERRY PUREE, RASPBERRY PUREE, NATURAL FLAVORS.							
Naked Juice, Mighty Mango	MANGO PUREE, APPLE JUICE, ORANGE JUICE, BANANA PUREE, LEMON JUICE, NATURAL FLAVORS, BETA CAROTENE (VITAMIN A).							
Naked Juice, Green Machine	APPLE JUICE, MANGO PUREE, PINEAPPLE JUICE, BANANA PUREE, KIWI PUREE, SPIRULINA, NATURAL FLAVORS, ALFALFA, BROCCOLI, SPINACH, BARLEY GRASS, WHEATGRASS, PARSLEY, GINGER ROOT, KALE, ODORLESS GARLIC.							
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.