Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
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		MC
Bagel, Strawberry Mini	WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, NEUFCHATEL CHEESE (MILK, CREAM, CULTURES, SALT, CAROB BEAN GUM), SUGAR, MALTODEXTRIN, SOYBEAN OIL. CONTAINS 2% OR LESS OF: WHEY, YEAST, MODIFIED FOOD STARCH, SALT, CORN STARCH, METHYLCELLULOSE, STRAWBERRY POWDER, BEET POWDER (FOR COLOR), GUAR GUM, MONK FRUIT EXTRACT, NATURAL FLAVOR.			X	Soy Oil	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, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CULTURED BUTTERMILK (SKIM MILK, NONFAT MILK SOLIDS, CULTURES ADDED), WATER, PALM OIL, SUGAR, Contains less than 2%: BAKING SODA, SODIUM ALUMINUM PHOSPHATE, DEXTROSE, SALT, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, MONOCALCIUM PHOSPHATE.	MC		X	MC	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	

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	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
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.							
Cereal, Rice Chex (Blueberry)	WHOLE GRAIN RICE, RICE, SUGAR, CANOLA AND/OR SUNFLOWER OIL, SALT, BLUEBERRY POWDER, MOLASSES, NATURAL FLAVOR, ROSEMARY EXTRACT. VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: TRICALCIUM PHOSPHATE, 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.							
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.							
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				
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, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WHEAT GLUTEN, SUGAR, YEAST, SOYBEAN OIL, SALT, CALCIUM PROPIONATE (PRESERVATIVE), ETHOXYLATED MONO- AND DIGLYCERIDES, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, SOY LECITHIN, DATEM, 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				

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Granola, Cinnamon	WHOLE GRAIN ROLLED OATS,SUGAR, RICE, WHOLE GRAIN WHEAT, CANOLA OIL, RICE SYRUP, MOLASSES, HONEY, CINNAMON, SALT, BHT ADDED TO PRESERVE FRESHNESS. MINERALS: REDUCED IRON					X		
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		
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	WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, WHOLE GRAIN YELLOW CORN MEAL, EGG WHITES, DEFATTED SOY FLOUR, WHEAT GLUTEN, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, DEXTROSE, SODIUM ACID PYROPHOSPHATE, MONO- AND DIGLYCERIDES, DRY HONEY SOLIDS, SODIUM BICARBONATE, NATURAL FLAVOR, SALT, XANTHAN GUM, GUAR GUM, CINNAMON, SOY LECITHIN, WHEY.	X		X	X	X		

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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		
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		

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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		
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 PHOSPATE, SODIUM LACTATE, BHA, BHT, CIRIC ACID, SODIUM DIACETATE.	X		X	X	X		

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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 PRYOPHOSPHATE, 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		
Syrup, Maple (Heinz)	SUGAR, WATER, CORNSTARCH, CONTAINS 2% OF LESS OF NATURAL FLAVOR, SALT, CITRIC ACID, MAPLE SYRUP.							
Syrup, Maple (Kraft)	CORN SYRUP, WATER, SUGAR, CARAMEL COLOR, NATURAL AND ARTIFICAL FLAVOR							
Waffles - Whole grain (Blueberry)	ORGANIC WHOLE WHEAT FLOUR, ORGANIC ENRICHED WHEAT FLOUR (ORGANIC WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BEET SUGAR, BUTTER, WHOLE EGGS, BLUEBERRY PIECES (SUGAR, WHEAT FLOUR, CANOLA OIL, WHEAT STARCH, DEXTROSE, COLORED WITH FRUIT JUICE, NATURAL FLAVOR, BLUEBERRY SOLIDS, SODIUM BICARBONATE), PALM FRUIT OIL, YEAST, NON-FAT MILK, SALT, NATURAL FLAVORS, DISTILLED MONOGLYCERIDES, ENZYMES. CONTAINS: MILK, EGG, AND WHEAT.	X		X		X		
Waffles- Buttery Maple	ORGANIC WHOLE WHEAT FLOUR, ORGANIC ENRICHED WHEAT FLOUR (ORGANIC WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BEET SUGAR, BUTTER, WHOLE EGGS, PALM FRUIT OIL, YEAST, NON-FAT MILK, SALT, NATURAL FLAVORS, DISTILLED MONOGLYCERIDES, ENZYMES.	X		X		X		
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)							
Applesauce Cup, Watermelon	APPLES, NATURAL FLAVORS, VEGETABLE JUICE (FOR COLOR), ASCORBIC ACID (VITAMIN C)							

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	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
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, Green Breaded	GREEN BEANS, WHEAT FLOUR, SOYBEAN OIL, WATER CONTAINS LESS THAN 2% OF: RICE FLOUR, SALT, MODIFIED CORN STARCH, FLAXSEED, SUGAR LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONARE, MONOCALCIUM PHOSPHATE), YEAST EXTRACT, DEXTROSE, GARLIC POWDER, ONION POWDER, PAPRIKA EXTRACT (COLOR), SPICE, YEAST					x		FLAX SEED
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.							
Beans, Refried Dehydrated (low sodium)	PINTO BEANS , SALT							
Beef, Crumbles Hillshire Farm	GROUND BEEF (NO MORE THAN 20% FAT), WATER, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1),PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12), SALT AND POTASSIUM CHLORIDE, FLAVORINGS, SUGAR, SODIUM PHOSPHATES.				X			
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, Meatballs (sub)	GROUND BEEF (NOT MORE THAN 20% FAT), WATER, 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), (MAY CONTAIN CARAMEL COLOR), (MAY CONTAIN SOY LECITHIN)], MEATBALL SEASONING [DEXTROSE, TOMATO POWDER, SOYBEAN OIL, DISODIUM INOSINATE AND DISODIUM GUANYLATE, SPICE EXTRACTIVES, NONFAT DRY MILK], BELL PEPPERS, DEHYDRATED MINCED ONION, BREAD CRUMBS (BLEACHED WHEAT FLOUR, SOYBEAN OIL, DEXTROSE, LEAVENING {SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE}, WHEY, OLEORESIN PAPRIKA), SALT, SODIUM PHOSPHATE.			X	X	X		

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	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
Beef, Patties	GROUND BEEF (NO MORE THAN 20% FAT), SALT, CARAMEL COLOR							
Beef, Seasoned Philly Steak	GROUND BEEF (NOT MORE THAN 20% FAT), BEEF STOCK, CONTAINS 2% OR LESS OF: SALT, SODIUM PHOSPHATE, BEEF FLAVOR, MODIFIED FOOD STARCH, BROWN SUGAR, DEXTROSE, TOMATO POWDER, NATURAL FLAVORS, SPICES, CITRIC ACID, GRILL FLAVOR (FROM SUNFLOWER OIL)							
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	MILK AND SKIM MILK, MILK PROTEIN CONCENTRATE*, MODIFIED FOOD STARCH*, SODIUM CITRATE, CONTAINS 2% OR LESS OF CHEESE CULTURE, CITRIC ACID, COLOR ADDED, ENZYMES, SALT, SORBIC ACID (PRESERVATIVE), SOY LECITHIN. *INGREDIENT NOT IN REGULAR PASTEURIZED PROCESS AMERICAN CHEESE CONTAINS: MILK, SOY			X	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, 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							

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	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
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: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, EXTRACTIVES OF PAPRIKA AND TURMERIC, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MALTODEXTRIN, MODIFIED FOOD STARCH, MODIFIED WHEAT STARCH, NATURAL FLAVOR, ONION POWDER, SALT, SODIUM PHOSPHATES, SPICES (INCLUDING CELERY SEED), VEGETABLE STOCK (ONION, CELERY, CARROT), WHEAT GLUTEN, WHOLE GRAIN YELLOW CORN FLOUR, YEAST EXTRACT. 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		
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		

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	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
Chicken, Patty	BONELESS, SKINLESS CHICKEN BREAST WITH RIB MEAT, WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA, OIL, CARROT POWDER, CITRIC ACID, DEXTROSE, DRIED GARLIC, DRIED ONION, DRIED YEAST, GARLIC POWDER, ISOLATED SOY PROTEIN, NATURAL FLAVOR, ONION POWDER, PAPRIKA EXTRACT (COLOR), SALT, SODIUM PHOSPHATES, SPICE, SUGAR, TORULA YEAST, TURMERIC EXTRACT (COLOR), VEGETABLE STOCK (ONION CELERY, CARROT), WHEAT GLUTEN, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL				X	X		
Chicken, Spicy Patty	BONELESS, SKINLESS PORTIONED CHICKEN BREAST FILETS WITH RIB MEAT, WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, ISOLATED SOY PROTEIN, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MALTODEXTRIN, MODIFIED CORN STARCH, NATURAL FLAVORS, ONION POWDER, SALT, SEA SALT BLEND (POTASSIUM CHLORIDE, SEA SALT), SODIUM PHOSPHATES, SPICE (INCLUDING CELERY SEED), STARTER DISTILLATE, SUGAR, VEGETABLE STOCK (ONION, CELERY, CARROT), VINEGAR, YEAST EXTRACT. BREADING SET IN VEGETABLE OIL				X	X		
Cinnamon	CINNAMON							
Corn, Kernel	GOLDEN WHOLE KERNAL CORN, WATER, SUGAR, SALT.							
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, Goldfish Whole Grain Giant Grahams Cinnamon Pepperidge Farm	WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN AND PALM OILS, FRUCTOSE, CONTAINS 2% OR LESS OF CINNAMON, SALT, CALCIUM CAROBNATE, BAKING SODA, CORNSTARCH, FERRIC ORTHOPHOSPHATE, VITAMIN A PALMITATE. CONTAINS: WHEAT.				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			

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	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
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, Caesar	WATER, VINEGAR, SOYBEAN OIL, SUGAR, SALT, CONTAINS LESS THAN 2% OF GARLIC*, XANTHAN GUM, SPICE, ONIONS*, RED BELL PEPPERS*, PAPRIKA, BETA-CAROTENE (COLOR), POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED				Soy Oil			
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 PHOSPHATE, ENZYMES, OLEORESIN PAPRIKA, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA TO PROTECT FRESHNESS			X				
Dressing, Liquid Ranch Dressing Kraft	SOYBEAN OIL, WATER, VINEGAR, BUTTERMILK, SUGAR, EGG YOLKS, SALT, CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED FOOD STARCH, WHEY*, XANTHAM GUM, GARLIC*, ONIONS*, SPICE, PHOSPHORIC ACID, DISODIUM GUANYLATE, DISODIUM INSOSINATE, SORBIC ACID AND CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED	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						

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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, Little Northern Bakehouse	GLUTEN-FREE FLOUR BLEND (POTATO STARCH, MODIFIED TAPIOCA STARCH, CORN STARCH, BROWN RICE FLOUR), WATER, SUNFLOWER OIL, DEXTROSE, CANE SUGAR, PSYLLIUM HUSK, YEAST, MODIFIED CELLULOSE, PEA FIBRE, VINEGAR, SALT, RICE BRAN, CULTURED CANE SUGAR, CELLULOSE GUM							
Gluten Free Bread, Udi's	WATER, PEA STARCH, MODIFIED TAPIOCA STARCH, RICE STARCH, CANOLA OIL, BROWN RICE FLOUR (RICE FLOUR, RICE BRAN WITH GERM), SORGHUM FLOUR, TAPIOCA STARCH, INVERT CANE SYRUP, CANE SUGAR, DRIED EGG WHITES, LESS THAN 2% OF: FLAX SEED MEAL, AMARANTH FLOUR, MODIFIED CELLULOSE, TEFF FLOUR, CULTURED BROWN RICE, BROWN RICE, SALT, YEAST, GUAR GUM, BROWN RICE FLOUR, XANTHAN GUM, ENZYMES. NON-GMO	X						
Gravy Mix, Poultry	INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTODEXTRIN, FOOD STARCH-MODIFIED, PALM OIL, SALT, AUTOLYZED YEAST EXTRACT, ONION POWDER, CORN SYRUP SOLIDS, HYDROLIZED VEGETABLE PROTEIN (CORN, SOY), Contains less than 2%: CHICKEN, CHICKEN FAT, CHICKEN BROTH, CHICKEN SKIN, SPICES, GARLIC POWDER, SODIUM CASEINATE (MILK), DEXTROSE, SUGAR, NATURAL AND ARTIFICIAL FLAVORS, MONO- AND DIGLYCERIDES, POTASSIUM CHLORIDE, SUCCINIC ACID, COLOR ADDED, TURMERIC, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, GLUTAMIC ACID.CONTAINS: WHEAT, MILK, SOY Processed in a facility that processes egg products.	MC		X	X	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.							

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
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.							
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: METHYYLCELLULOSE, 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).							

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	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
Macaroni & Cheese	MILK AND SKIM MILK, MILK PROTEIN CONCENTRATE*, MODIFIED FOOD STARCH*, SODIUM CITRATE, CONTAINS 2% OR LESS OF CHEESE CULTURE, CITRIC ACID, COLOR ADDED, ENZYMES, SALT, SORBIC ACID (PRESERVATIVE), SOY LECITHIN. *INGREDIENT NOT IN REGULAR PASTEURIZED PROCESS AMERICAN CHEESE CONTAINS: MILK, SOY	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				
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 White 1%	LOWFAT MILK, VITAMIN A PALMITATE, AND VITAMIN D3.			X				
Milk, shelf Stable Chocolate Non Fat	SKIM MILK, SUGAR, COCOA (PROCESSED WITH ALKALI), CARRAGEENAN, SALT, VITAMIN A PALMITATE AND VITAMIN D3.			X				
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	PEACHES, PEARS, GRAPES, WATER, WHITE GRAPE JUICE CONCENTRATE, ASCORBIC ACID (100% VITAMIN C), CITRIC ACID.							
Mustard (bottle)	DISTILLED VINEGAR, WATER, #1 GRADE MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, NATURAL FLAVOR & GARLIC POWDER.							
Mustard, Prepared (Packets)	DISTILLED WHITE VINEGAR, NO 1 MUSTARD SEED, WATER, SALT, TUMERIC, OLEORESIN PAPRIKA, 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			

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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		
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							

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	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
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. TOPPINGS: 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		
Pork, Shredded Carolina Vinegar Semi-Dry	PORK, VINEGAR, WATER, SUGAR, SALT, WORCESTERSHIRE SAUCE (WATER, DISTILLED VINEGAR, SALT, SUGAR, HYDROLYED SOY PROTEIN, CORN SYRUP SOLIDS, CITRIC ACID, CARMAEL COLOR, GARLIC POWDER, ONION POWDER, BLACK PEPPER, SPICES, SPICE EXTRACTIVES, SILICON DIOXIDE, RED PEPPER, BLACK PEPPERS, PAPRIKA				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

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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, 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, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), DATEM, MONOGLYCERIDES, CALCIUM SULFATE, SOY LECITHIN, GRAIN VINEGAR.			MC	X	X		MC
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, DOSODIUM 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			
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				

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
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			
Seasoning, Taco (sub)	DEXTROSE, SALT, CORN FLOUR, CHILI PEPPER, CUMIN, ONION POWDER, GARLIC POWDER, OREGANO, CITRIC ACID, SILICON DIOXIDE (AS ANTICAKING AGENT), AND EXTRACTIVES OF PAPRIKA.							
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	GARLIC POWDER							
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
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.							

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	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
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				
Yogurt, Vanilla	CULTURED GRADE A REDUCED FAT MILK, SUGAR, NATURAL VANILLA FLAVOR, PECTIN. CONTAINS ACTIVE YOGURT CULTURES INCLUDING L.ACIDOPHILUS.			X				
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		

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	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.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
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		
Pretzel, Goldfish Made With Whole Grain Snack Crackers Pepperidge Farm	WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, SOYBEAN, AND/OR SUNFLOWER), SALT, CONTAINS 2% OR LESS OF: BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MALTED BARLEY FLOUR, NONFAT MILK. CONTAINS: WHEAT, MILK.			X		X		
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.