



## Snack Ingredients List

The information contained in this list is reported by each of the manufacturers or vendors. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. This information is effective as of August 9, 2022.

Single ingredient items, such as fruit and vegetables are not listed below. **Fresh fruit and vegetables along with other single ingredient items are offered daily.** For more information about these items, please contact Red Apple Dining.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. We encourage anyone with food sensitivities, allergies or special dietary needs to check with <http://redappledining.com> on a regular basis to obtain the most current information. If your child has a special diet need due to a medical condition, please contact Von Nguyen, MS, RD at [von\\_nguyen@scps.k12.fl.us](mailto:von_nguyen@scps.k12.fl.us) for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:

Seminole County Public Schools  
Red Apple Dining  
400 East Lake Mary Blvd.  
Sanford, FL 32773  
407-320-0226

**When searching for a specific item, use the CTRL + F keys on your keyboard and enter the item to expedite your search.**

## **SNACK INGREDIENTS LIST**

### **Applesauce, Cup (Mott's® Natural)**

Ingredients: Apples, water, ascorbic acid (vitamin c)

### **Apple Slices (Peterson Farms®)**

Ingredients: Apples, calcium ascorbate (to maintain freshness and color)

### **Apricot Cup**

Ingredients: Apricots, Sugar, Ascorbic & Citric Acid

### **Cereal, Cinnamon Toast Crunch (General Mills®)**

Ingredients: Whole grain wheat, sugar, rice flour, canola oil, fructose, maltodextrin, dextrose, salt, cinnamon, trisodium phosphate, soy lecithin, caramel color. BHT added to preserve freshness. Vitamins and minerals: calcium carbonate, vitamin c (sodium ascorbate), iron and zinc (mineral nutrients), a B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), vitamin B2 (riboflavin), a B vitamin (folic acid), vitamin B12, vitamin D3. Contains soy and wheat ingredients.

### **Cereal, Froot Loops (Kellogg's®)**

Ingredients: Corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), sugar, wheat flour, whole grain oat flour, contains 2% or less of oat fiber, salt, soluble corn fiber, natural flavor, red 40, yellow 5, blue 1, yellow 6. Vitamins and Minerals: Vitamin C (ascorbic acid), reduced iron, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12. Contains wheat ingredients.

### **Cereal, Golden Grahams (General Mills®)**

Ingredients: Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola and/or Sunflower Oil, Honey, Baking Soda, Salt, Dextrose, Trisodium Phosphate, Natural Flavor. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Contains Wheat Ingredients.

### **Cereal, Honey Nut Cheerios (General Mills®)**

Ingredients: Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Contains almond ingredients. Gluten-free

**Cereal, Trix (General Mills) (General Mills®)**

Ingredients: Whole Grain Corn, Corn Meal, Sugar, Corn Syrup, Canola Oil, Salt, Color (vegetable and fruit juice, turmeric extract, annatto extract), Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Does Not Contain Obligatory Allergens

**Cheese Stick, Colby Jack (Bongards®)**

Ingredients: Cultured Pasteurized Reduced-Fat Milk, Salt, Enzymes, Annatto Color, Vitamin A Palmitate. Contains: milk. Gluten-free

**Cheese Stick, Mozzarella (Bongards®)**

Ingredients: Pasteurized part skim milk, cheese cultures, salt, enzymes. Contains: milk. Gluten-free

**Chips, Baked! Lay's BBQ Potato Crisps (Frito Lay®)**

Ingredients: Dried Potatoes, Corn Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Onion Powder, Maltodextrin (Made from Corn), Dextrose, Brown Sugar, Molasses, Spices, Fructose, Tomato Powder, Garlic Powder, Yeast, Soybean Oil, Natural Flavors (Contains Milk), Sunflower Oil, Paprika, Acacia Gum, Paprika Extracts, Annatto Extracts and Caramel Color. Contains milk and soy ingredients. Gluten free

**Chips, Oven Baked Crunchy Cheese Cheetos (Frito Lay®)**

Ingredients: Whole corn meal, enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, folic acid), vegetable oil (corn, canola, and/or sunflower oil), whey, cheddar cheese (milk, cheese cultures, salt, enzymes), salt, maltodextrin (made from corn), natural and artificial flavors, whey protein concentrate, monosodium glutamate, lactic acid, citric acid, and artificial color (yellow 6). Contains milk ingredients. Gluten free

**Chips, Reduced Fat Doritos, Cool Ranch (Frito Lay®)**

Ingredients: Whole corn, corn, vegetable oil (corn, canola, and/or sunflower oil), corn bran, salt, corn starch, tomato powder, lactose, whey, skim milk, onion powder, sugar, garlic powder, monosodium glutamate, maltodextrin (made from corn), cheddar cheese (milk, cheese cultures, salt, enzymes), dextrose, malic acid, corn syrup solids, buttermilk, natural and artificial flavors, sodium acetate, artificial color (red 40, blue 1, yellow 5), spice, citric acid, disodium inosinate, and disodium guanylate. Contains milk ingredients.

**Chips, Reduced Fat Doritos Nacho Cheese (Frito Lay®)**

Ingredients: Whole corn, corn, vegetable oil (corn, canola, and/or sunflower oil), maltodextrin (made from corn), corn bran, salt, cheddar cheese (milk, cheese cultures, salt, enzymes), whey, monosodium glutamate, buttermilk, romano cheese (part-skim cow's 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. Contains milk ingredients.

**Chips, Reduced Fat Doritos Sweet Chili (Frito Lay®)**

Ingredients: Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Corn Bran, Sugar, Maltodextrin (Made from Corn), Monosodium Glutamate, Fructose, Salt, Sodium Diacetate, Soy Sauce (Soybeans, Wheat, Salt), Onion Powder, Hydrolyzed Soy Protein, Hydrolyzed Corn Protein, Garlic Powder, Torula Yeast, Malic Acid, Paprika Extracts, Spices, Caramel Color, Disodium Inosinate, Disodium Guanylate, and Natural Flavor. Contains wheat and soy ingredients.

**Cookie, Chocolate Brownie (David's Cookies®)**

Ingredients: Wheat flour blend (whole wheat flour, enriched wheat flour [wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]), margarine (vegetable oil blend [palm fruit oil, soybean & olive oils] water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene color), , brown sugar, sugar, corn syrup, eggs, cocoa processed with alkali, prune paste, water, natural vanilla flavor, baking powder (sodium acid pyrophosphate, corn starch, baking soda, mono calcium phosphate), baking soda, salt. Allergens: egg, soy, wheat

**Cookie, Chocolate Chip (David's Cookies®)**

Ingredients: Wheat flour blend (whole wheat flour, enriched wheat flour [wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]), sugar, brown sugar, margarine (vegetable oil blend [palm fruit oil, soybean & olive oils] water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene color), chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla), eggs, corn syrup, water, prune paste, dextrose, molasses, baking soda, salt, natural vanilla flavor, baking powder (sodium acid pyrophosphate, corn starch, baking soda, mono calcium phosphate). Allergens: Egg, soy, wheat

**Cookie, Sugar (David's Cookies®)**

Ingredients: Wheat flour blend (whole wheat flour, enriched wheat flour [wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]), sugar, margarine (vegetable oil blend [palm fruit oil, soybean & olive oils] water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene color), corn syrup, eggs, water, dextrose, natural vanilla flavor, baking soda, baking powder (sodium acid pyrophosphate, corn starch, baking soda, mono calcium phosphate), salt. Contains egg, soy, wheat.

**Cracker, Animal (Bake Crafters®)**

Ingredients: Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Sugar, Canola Oil, Natural Flavor, Salt, Baking Soda, Sunflower Lecithin. Contains wheat ingredients. This product is processed in a facility that produces products with coconut.

**Cracker, Blueberry Lemon Crispy Bites (Darlington®)**

Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Dextrose, Blueberry Flavored Bits (Sugar, Vegetable Oil [Palm, Palm Kernel], Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Natural Flavor, Malic Acid, Fruit and Vegetable Juice for Color, Soy Lecithin, Sodium Citrate), Soy Lecithin, Natural Flavor (Contains Milk), Soluble Corn Fiber, Applesauce (Apples, Ascorbic Acid), Salt, Baking Soda. Contains: Wheat, Soy & Milk. Produced in a Nut-Free bakery.

**Cracker, Cheez-it (Keebler®)**

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), white cheddar cheese (milk, cheese cultures, salt, enzymes), soybean oil (with TBHQ for freshness). Contains 2% or less of salt, paprika, yeast, paprika extract color, turmeric extract color, annatto extract color, soy lecithin. Contains wheat, milk and soy ingredients.

**Cracker, Educational Snack (Dick & Jane®)**

Ingredients: Whole grain wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sunflower oil, sunflower lecithin, salt, honey, leavening (baking soda), natural flavors, whole eggs, milk. Contains wheat, egg and milk. Processed in a facility that manufactures products containing soy.

**Cracker, Goldfish Cheddar (Pepperidge Farm®)**

Ingredients: 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), canola and/or sunflower oil, salt, contains 2% or less of: yeast, autolyzed yeast extract, paprika, spices, celery, baking soda, monocalcium phosphate, onion powder. Contains: wheat, milk.

**Cracker, Goldfish Pretzel (Pepperidge Farm®)**

Ingredients: Made with smiles and whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), canola and/or sunflower oil, salt, contains 2% or less of: baking powder (sodium acid pyrophosphate, baking soda, monocalcium phosphate), malted barley flour, nonfat milk. Contains: wheat, milk.

**Crackers, Graham (Keebler®)**

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, canola oil, molasses, honey, corn syrup. Contains 2% or less of leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), salt, soy lecithin. Contains: wheat and soy ingredients.

**Craisins, Cherry (Ocean Spray®)**

Ingredients: Cranberries, Cane Sugar, Cherry Juice Concentrate, Natural Flavor. Refined sunflower oil is used as a processing aid. Gluten-Free

**Craisins, Strawberry (Ocean Spray®)**

Ingredients: Cranberries, sugar, natural flavors. Refined sunflower oil is used as a processing aid. Gluten-Free

**Dressing, Light Ranch, Dip Cup (Ken's)**

Ingredients: Cultured buttermilk, water, vegetable oil (soybean and/or canola), distilled vinegar, egg yolk, contains less than 2% of salt, corn starch, sugar, disodium inosinate and disodium guanylate, nonfat milk powder, onion,\* xanthan gum, nonfat milk solids, sorbic acid (preservative), lactic acid, spice, cream, garlic,\* whey, vinegar powder, mustard flour, guar gum, sour cream powder, milk, dipotassium phosphate, natural flavor, citric acid.

\*Dried. Contains egg, milk

**Granola, Homemade**

Ingredients: Oatmeal (quick oats), Syrup (Harvest Value®): Corn Syrup, Water, Natural & Artificial Maple Flavor, Salt, Carboxymethyl Cellulose, Sodium Benzoate and Potassium Sorbate (as preservatives), Caramel Color; Sugar, Light Brown (Dixie Crystal®): Sugar, Cane Syrup; Vanilla flavoring (Monarch®): Water, Caramel Color, Artificial Flavor, Citric Acid, Sodium Benzoate (Preservative); Butter, Unsalted (Glenview Farms®): Pasteurized Cream, Natural Flavorings; Oil, Vegetable - Soybean (Monarch®).

**Granola Bar, Chewy Cookies & Cream (Quaker®)**

Ingredients: Granola (whole grain oats, brown sugar, brown rice crisp [whole grain brown rice flour, sugar, salt], whole grain wheat, soybean oil, whole wheat flour, baking soda, soy lecithin, nonfat dry milk), brown rice crisp (whole grain brown rice flour, sugar, salt), corn syrup, chocolate flavored cookie pieces (whole wheat flour, sugar, palm oil, cocoa (processed with alkali), salt, dextrose, baking soda, soy lecithin), confectionary chips (sugar, palm kernel and palm oil, whey, nonfat dry milk, dextrose, soy lecithin, salt, natural flavor), corn syrup solids, inulin, polydextrose, sunflower oil, glycerin. Contains 2% or less of: calcium carbonate, invert sugar, fructose, salt, natural flavor, soy lecithin, molasses, tocopherols (to preserve freshness), soybean oil. Contains milk, soy and wheat ingredients. May contain traces of peanut and tree nuts.

**Juice Carton (Ardmore Farms®) – 100% Fruit Juice**

**Apple Juice** - Ingredients: Filtered water, apple juice concentrate, malic acid, sodium benzoate and potassium sorbate (To assure freshness). Gluten-free

**Fruit Blend** - Ingredients: Filtered water, apple, pineapple, orange and grape juice concentrates, natural flavors, malic acid. Gluten-free

**Orange Juice** - Ingredients: Filtered water, orange juice concentrate. Gluten-free

**Milk, Chocolate Fat-Free (TruMoo®)**

Ingredients: Nonfat milk, liquid sugar (sugar, water), contains less than 1% of: cocoa (processed with alkali), cocoa, cornstarch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3.

### **Peach Cup**

Ingredients: Freestone peaches, sugar, ascorbic acid and citric added to retard oxidation

### **Rice Krispies Treats (Kellogg's®)**

Ingredients: Whole grain brown rice, corn syrup, fructose, vegetable oil (soybean and palm oil with TBHQ for freshness), sugar, corn syrup solids. Contains 2% or less of vegetable glycerin, dextrose, salt, gelatin, natural and artificial flavors (contains milk), DATEM, acetylated monoglycerides, reduced iron, vitamin B1 (thiamin hydrochloride), niacinamide, vitamin B6 (pyridoxine hydrochloride), folic acid, calcium pantothenate, soy lecithin, BHT for freshness. Contains: milk or milk derivatives, soybeans or soybean derivatives.

### **Snack Mix, Munchies Munch Mix (Frito Lay)**

Ingredients:

QUAKER® Oatmeal Squares - Brown Sugar: Whole oat flour, whole wheat flour, brown sugar, sugar, maltodextrin (made from corn), malted barley extract, molasses, salt, baking soda, mixed tocopherols (to preserve freshness), natural flavor, reduced iron, and folic acid.

ROLD GOLD® Heartzels® Pretzels: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn syrup, corn oil, salt, yeast, and ammonium bicarbonate.

SUNCHIPS® Harvest Cheddar® Flavored Mini Whole Grain Snacks: Whole corn, sunflower and/or canola oil, whole wheat, brown rice flour, whole oat flour, sugar, maltodextrin (made from corn), salt, cheddar cheese (milk, cheese cultures, salt, enzymes), natural flavors, whey, whey protein concentrate, onion powder, Romano cheese (cow's milk, cheese cultures, salt, enzymes), buttermilk, yeast extract, citric acid, paprika extracts, lactic acid, garlic powder, parmesan cheese (milk, cheese cultures, salt, enzymes), and skim milk.

SMARTFOOD DELIGHT® White Cheddar Cheese Popcorn: Popcorn, vegetable oil (corn, canola, and/or sunflower oil), maltodextrin (made from corn), reduced lactose whey, cheddar cheese (milk, cheese cultures, salt, enzymes), salt, whey protein concentrate, whey, natural flavors, buttermilk, potassium chloride, lactic acid, and citric acid.

CHEETOS® Asteroids Cheese Flavored Snacks: Enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, folic acid), vegetable oil (corn, canola, and/or sunflower oil), cheese seasoning (whey, cheddar cheese [milk, cheese cultures, salt, enzymes], canola oil, maltodextrin [made from corn], natural and artificial flavors, salt, whey protein concentrate, monosodium glutamate, lactic acid, citric acid, artificial color [yellow 6]), and salt. Contains milk and wheat ingredients.

### **Strawberries & Blueberries Cup**

Ingredients: Strawberries, Blueberries, and Sugar

**Strawberry Cup** – Strawberries, sugar

**Yogurt, Strawberry Banana (Upstate Farms®)**

Ingredients: Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Strawberries, Bananas, Modified Corn Starch, Whey, Natural Flavors, Purple Carrot Juice Concentrate, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (For Freshness), Citric Acid, Carob Bean Gum, Vitamin D3. Gluten-Free

**Yogurt Parfait**

Ingredients: **Vanilla Yogurt** (Yoplait®): Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Modified Tapioca Starch, Potassium Sorbate Added to Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3.; *PLUS* frozen, unsweetened **strawberries** and **Homemade Granola**.