



Breakfast and Lunch Ingredients List

Middle and High School

The information contained in this list is reported by each of the manufacturers or vendor. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. This information is effective as of March 28, 2024.

Single ingredient items, such as fruit, milk, vegetables and rice 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 Kymberli Dawson, MHA, RDN at dawsonkd@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 or ingredients, use the CTRL + F keys on your keyboard and enter the item to expedite your search.

BREAKFAST INGREDIENTS

Applesauce, Cup (Mott's® Natural)

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

Apricot Cup

Ingredients: Apricots, sugar, ascorbic & citric acid.

Bagel, Egg & Cheese

Ingredients: Bagel, sliced whole grain (Bake Crafter's®), Egg patty, grilled (Sunny Fresh®), Cheese, American, sliced (Bongards®), Butter cooking spray (Vegalene®).

Bagel, Sausage, Egg & Cheese

Ingredients: Bagel, sliced whole grain (Bake Crafter's®), Sausage patty (Advanced Pierre®), Egg patty, grilled (Sunny Fresh®), Cheese, American, sliced (Bongards®), Butter cooking spray (Vegalene®).

Bagel, Sliced Whole Grain (Bake Crafter's®)

Ingredients: Water, White Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid [As A Dough Conditioner], Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Granulated Sugar. Contains 2% Or Less Of The Following Ingredients: Yeast, Salt, Wheat Gluten, Honey, Soybean Oil, Molasses, Mono and Diglycerides, Corn Meal, Calcium Propionate (as a mold inhibitor), L-Cysteine, Enzymes. Contains wheat ingredients. This product is processed in a facility that produces products with milk, sesame, and soy. This product is produced in a nut-free facility.

Bagels, Mini, Strawberry (Pillsbury®)

Ingredients: Whole wheat flour, water, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Neufchatel cheese (milk, cream, cheese culture, salt, carob bean gum), sugar, maltodextrin, soybean oil. contains less than 2% of: whey, yeast, salt, modified corn starch, corn starch, cream of tartar, methylcellulose, strawberry powder, beet powder color, natural flavor. Contains: Wheat and milk ingredients. No gelatin.

BeneFIT Bar, Banana Chocolate Chip (J & J Snack Foods®)

Ingredients: Whole wheat flour, sugar, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), oats, chocolate chunks (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin, vanilla), eggs, water, soybean oil, invert sugar, banana puree (bananas, citric acid, ascorbic acid), canola oil, molasses, contains 2% or less of the following: natural flavor, whey, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), inulin, salt, xanthan gum, spice. Contains: Egg, milk, soy, wheat. Contains bioengineered food ingredients.

BeneFIT Bar, French Toast (J & J Snack Foods®)

Ingredients: Whole wheat and enriched flour blend (whole wheat flour, wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, oat flour, eggs, interesterified soybean oil, invert syrup, maple syrup, canola oil, whey, natural flavors, xanthan gum, spice, salt, inulin, baking soda, soy lecithin. Contains milk, egg, soy, gluten, wheat.

BeneFIT Bar, Oatmeal Chocolate Chip (J & J Snack Foods®)

Ingredients: Whole wheat flour, sugar, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), oats, chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin, vanilla flavor), eggs, soybean oil, invert sugar, canola oil, molasses, contains 2% or less of the following: whey, natural flavor, baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), xanthan gum, inulin, salt. Contains egg, milk, soy, wheat. Contains bioengineered food ingredients.

Biscuit

Ingredients: **Biscuit (Rich's®)**: Ingredients: Enriched bleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), skim milk, palm oil, water, leavening (sodium aluminum phosphate, potassium bicarbonate, baking soda, sodium acid pyrophosphate, monocalcium phosphate), buttermilk, contains less than 2% of the following: sugar, soybean oil, modified cornstarch, salt, artificial flavor, potassium chloride, soy lecithin. Contains: wheat, milk, soy. May contain eggs. **Butter Cooking Spray (Vegalene®)**.

Butter Cooking Spray (Vegalene®)

Ingredients: Canola Oil, Caprylic/Capric Triglycerides, Natural and Artificial Butter Flavor, Salt, Phosphated Mono & Diglycerides, Beta Carotene (color), and Propellant. Kosher.

Butter, Unsalted (Glenview Farms®)

Ingredients: Pasteurized Cream, Natural Flavorings. Contains: Milk. Kosher.

Cereal, Cinnamon Toast Crunch – Reduced Sugar (General Mills®)

Ingredients: Whole Grain Wheat, Sugar, Rice Flour, Polydextrose, Canola and/or Sunflower Oil, 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 wheat and soy ingredients. Kosher. No Gelatin.

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. Kosher

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. Kosher. No Gelatin.

Cheese, American, Sliced (Bongards®)

Ingredients: Cultured milk, water, cream, dairy product solids*, sodium citrate, salt, potassium citrate, annatto and paprika (color), enzymes, sorbic acid (preservative), sunflower lecithin (anti-sticking agent). *ingredient not in regular pasteurized process American cheese. Contains: milk. Gluten-Free.

Cheese Stick, Colby Jack (Bongards®)

Ingredients: Reduced fat Colby Cheese [Cultured pasteurized reduced-fat milk, salt, enzymes, annatto (color), Vitamin A Palmitate], reduced fat Monterey Jack Cheese (cultured pasteurized reduced-fat milk, salt, enzymes, vitamin A palmitate. Contains: Milk. Gluten-free

Cheese Stick, Mozzarella (Bongards®)

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

Chicken Biscuit

Ingredients: Biscuit (Rich's®), Chicken slider, breaded (Rich Chicks®), Butter cooking spray (Vegalene®). *Optional:* Jelly, grape (Smucker's®).

Chicken Slider, Breaded (Rich Chicks®)

Ingredients: Chicken Breast with Rib Meat, Chicken Protein Solution (Water, Chicken Protein), Water, Seasoning (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potassium Chloride, Salt, Spices, Sodium Bicarbonate, Garlic Powder, Yeast Extract, Ascorbic Acid, Citric Acid, Natural Flavors), Isolated Oat Product, Salt. **Breaded with:** Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Rice Flour (Rice, Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Rice Starch, Salt, Sodium Bicarbonate, Chicken Protein Solution (Water, Chicken Protein), Contains less than 2% of: Yellow Corn Flour, Corn Starch, Spices, Garlic Powder, Onion Powder, Green Bell Peppers, Green Bell Pepper Powder, Natural Flavor, Yeast Extract, Extractives of Paprika, Ascorbic Acid, Potassium Chloride, Cream of Tartar, Wheat Gluten, Cellulose Gum, Breeding Set in Vegetable Oil. Contains: Wheat

Chicken Tender (Rich Chicks®)

Ingredients: Chicken Breast with Rib Meat, Chicken Protein Solution (Water, Chicken Protein), Water, Seasoning (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potassium Chloride, Salt, Spices, Sodium Bicarbonate, Garlic Powder, Yeast Extract, Ascorbic Acid, Citric Acid, Natural Flavors), Isolated Oat Product, Salt. **Breaded with:** Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Rice Flour (Rice, Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Rice Starch, Salt, Sodium Bicarbonate, Chicken Protein Solution (Water, Chicken Protein), Contains less than 2% of: Yellow Corn Flour, Corn Starch, Spices, Garlic Powder, Onion Powder, Green Bell Peppers, Green Bell Pepper Powder, Natural Flavor, Yeast Extract, Extractives of Paprika, Ascorbic Acid, Potassium Chloride, Cream of Tartar, Wheat Gluten, Cellulose Gum, Breeding Set in Vegetable Oil. Contains: Wheat

Cookies, BelVita Snack Packs (Mondelez®)

Ingredients: Whole grain wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [Vitamin B1], riboflavin [Vitamin B2], folic acid), sugar, canola oil, whole grain rye flour, brown sugar, whole grain rolled oats, invert sugar, malt syrup (from corn and barley), soy lecithin, baking soda, cinnamon, salt, disodium pyrophosphate, natural flavor, ferric orthophosphate (iron), niacinamide, molasses, pyridoxine hydrochloride (Vitamin B6), riboflavin (Vitamin B2), thiamin mononitrate (Vitamin B1). Contains: Wheat, soy. Contains a bioengineered food ingredient.

Craisins, Cherry (Ocean Spray®)

Ingredients: Dried Cranberries (sugar, cranberries, cherry juice concentrate, natural flavor). Refined sunflower oil is used as a processing aid. Kosher. Gluten-Free

Craisins, Strawberry (Ocean Spray®)

Ingredients: Dried Cranberries (sugar, cranberries, natural flavor). Refined sunflower oil is used as a processing aid. Kosher. Gluten-Free

Egg Patty, Grilled (Sunny Fresh®)

Ingredients: Whole eggs, water, dry whole milk, soybean oil, salt, xanthan gum, citric acid. Contains: Egg, Milk.

French Toast Sticks (Bake Crafters®)

Ingredients: Whole wheat bread (whole wheat flour, water, enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], sugar, wheat gluten, yeast. contains 2% or less of each of the following: soybean oil, salt, calcium propionate (preservative), datem, soy lecithin), water, whole wheat batter (whole wheat flour, sugar, enriched wheat flour [wheat flour, niacin, iron, thiamine, riboflavin, folic acid], dextrose, yellow corn flour, modified cornstarch. contains 2% or less of each of the following: cinnamon, nutmeg, egg, skim milk, salt, soybean oil, natural and artificial flavor, leavening [sodium bicarbonate], corn syrup solids, modified cellulose, soy lecithin), coating (enriched wheat flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], yellow corn flour, sugar, soy flour, salt, dextrose, leavening [sodium bicarbonate, monocalcium

phosphate], yeast), soybean oil, cinnamon sugar (sugar, cinnamon). Contains egg, milk, soy, and wheat ingredients.

Jelly, Grape (Smucker's®)

Ingredients: Concord Grape Juice, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid, Sodium Citrate. Kosher Pareve.

Juice Carton (Juicy Juice®) – 100% Fruit Juice

Apple Juice – Ingredients: Apple juice from concentrate (water, juice concentrate), ascorbic acid (vitamin C), citric acid.

Berry Juice – Ingredients: apple juice from concentrate (water, juice concentrate), pear juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), raspberry juice from concentrate (water, juice concentrate), ascorbic acid (vitamin c), citric acid, natural flavors.

Fruit Punch Juice - Ingredients: apple juice from concentrate (water, juice concentrate), pear juice from concentrate (water, juice concentrate), tangerine juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), ascorbic acid (Vitamin C), citric acid, natural flavors.

Grape Juice – Ingredients: Apple juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), ascorbic acid (vitamin C), natural flavors, citric acid.

Orange Tangerine Juice - Ingredients: apple juice from concentrate (water, juice concentrate), pear juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), orange juice from concentrate (water, juice concentrate), tangerine juice from concentrate (water, juice concentrate), ascorbic acid (vitamin c), natural flavors, citric acid.

Milk, Chocolate Fat-Free (TruMoo®)

Ingredients: Nonfat milk, sugar, cocoa (processed with alkali), cornstarch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D₃. Allergens: Milk.

Peach Cup

Ingredients: Freestone peaches, sugar, ascorbic and citric acids.

Peaches, canned, diced in extra light syrup

Ingredients: Peaches, water, sugar. Gluten free.

Sausage Patty (Advanced Pierre®)

Ingredients: Ground pork (not more than 20% fat), seasoning (dextrose, flavorings, hydrolyzed corn protein, caramel color), water, salt, caramel color.

Scone

Ingredients: Scone, apple-cinnamon, lemon or mixed berry (FatCat®), *Optional*: Yogurt, Vanilla (Yoplait®).

Scone, Apple-Cinnamon (FatCat®)

Ingredients: FatCat Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), sugar, apple sauce (apples, water, ascorbic acid), apples, milk, butter, vegetable oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), Kortinji cinnamon and salt. **Glaze:** Powdered sugar (sugar, corn starch), water, Korintji cinnamon. Contains Wheat, Milk (Butter). This product DOES NOT CONTAIN Nuts, Sesame Seeds, Trans Fat, or Preservatives. Fat Cat Bakery is a NUT-FREE FACILITY (peanut and tree-nut free) and Sesame-Free.

Scone, Lemon (FatCat®)

Ingredients: FatCat Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), sugar, apple sauce (apples, water, ascorbic acid), milk, butter, lemon peel (lemon peel, sugar, lemon oil), vegetable oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), lemon extract and salt. **Glaze:** Powdered sugar (sugar, corn starch), water, lemon peel (lemon peel, sugar, lemon oil) and lemon extract. Contains Wheat, Milk (Butter). This product DOES NOT CONTAIN Nuts, Sesame Seeds, Trans Fat, or Preservatives. Fat Cat Bakery is a NUT-FREE FACILITY (peanut and tree-nut free) and Sesame-Free.

Scone, Mixed Berry (FatCat®)

Ingredients: FatCat Whole Wheat Flour Blend (52% whole wheat pastry flour, 48% unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)), sugar, milk, butter, strawberries, blueberries, apple sauce (apples, water, ascorbic acid), cranberries, vegetable oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono calcium phosphate), orange peel (orange peel, sugar, orange oil), strawberry extract, and salt. **Glaze:** Powdered sugar (sugar, corn starch), strawberries, natural strawberry extract. Contains Wheat, Milk (Butter). This product DOES NOT CONTAIN Nuts, Sesame Seeds, Trans Fat, or Preservatives. Fat Cat Bakery is a NUT-FREE FACILITY (peanut and tree-nut free) and Sesame-Free.

Strawberries & Blueberries Cup

Ingredients: Blueberries, Strawberries, syrup (water & sugar).

Syrup, Cup (KraftHeinz®)

Ingredients: Corn syrup, high fructose corn syrup, water, contains less than 2% of natural and artificial maple flavor, potassium sorbate as preservative, caramel color, citric acid.

Syrup, Cup (Smucker's®)

Ingredients: Invert sugar, water, contains 2% or less of molasses, natural flavors, sea salt.

Vanilla Flavoring (Monarch®)

Ingredients: Water, caramel color, artificial flavor, citric acid, sodium benzoate (preservative). Kosher.

Waffle, Maple (Bake Crafters®)

Ingredients: Whole Wheat Flour Blend (Whole Wheat Flour & Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil, Sugar, Nonfat Milk, Eggs, Less than 2%: Soy Lecithin, Maple Bits (Sugar, Whole Wheat Flour, Soybean Oil, Natural Flavor, Cellulose Gum, Yeast Extract), Natural Maple Flavor, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Corn Starch, Mono Calcium Phosphate), Salt, Wheat Bran. Contains egg, milk, soy, and wheat ingredients. Contains bioengineered food ingredients. Contains bioengineered food ingredients. This product is produced in a nut-free facility.

Yogurt, Vanilla (Yoplait®)

Ingredients: Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1 % or less of: Natural Flavor, Corn Starch, Citric Acid, Vegetable Juice (for color), Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3. Contains Milk Ingredients. Gluten-free. Kosher.

FILTERED AT HAGERTY, LAKE BRANTLEY, LAKE MARY & OVIEDO HIGH SCHOOLS (COLD BEVERAGE)

Half-and-Half Iced Tea & Lemonade

Ingredients: Black Tea (Barnie's®), Lemonade Powered Drink Mix (Country Time®), Water.

Iced Tea

Ingredients: Black Tea (Barnie's®), Water. Sugar-free syrup flavors available: blackberry, strawberry, peach (Monin®) upon request.

Lemonade

Ingredients: **Lemonade Powdered Drink Mix** (Country Time®), **Water**. Sugar-free syrup flavors available: blackberry, strawberry, peach (Monin®) upon request.

Lemonade Powdered Drink Mix (Country Time®)

Ingredients: Sugar, citric acid, contains less than 2% of: ascorbic acid vitamin c, potassium sorbate and sodium benzoate preservatives, sodium and potassium bicarbonate, magnesium oxide, natural flavor, acesulfame potassium, calcium carbonate, sodium citrate, artificial color, neotame, yellow 5.

Nitro Cold Brew

Ingredients: Water, coffee (Barnie's®). Sugar-free syrup flavors available: vanilla, caramel (Monin®) upon request.

FILTERED AT HAGERTY, LAKE BRANTLEY, LAKE MARY & OVIEDO HIGH SCHOOLS (HOT BEVERAGES)

Café Latte

Ingredients: Water, coffee (Barnie's®), 1% white milk (T.G. Lee®). Sugar-free syrup flavors available upon request.

Freshly Brewed Hot Coffee

Ingredients: Water, coffee (Barnie's®). Sugar-free syrup flavors available upon request.

Hot Chocolate

Ingredients: **1% Low-Fat Chocolate Milk (T.G. Lee®)**: Low fat milk, high fructose corn syrup, contains less than 1% of cocoa (processed with alkali), corn starch, salt, carrageenan, artificial flavor, vitamin A palmitate, vitamin D3; **Syrup, Chocolate Zero Sugar (Hershey's®)**: Water, cocoa processed with alkali*, glycerin, erythritol, contains 2% or less of: sodium acid sulfate, natural flavor & artificial flavor, xanthan gum, salt, potassium sorbate (to maintain freshness), sodium benzoate (to maintain freshness), acesulfame potassium, sucralose, zinc sulfate, vitamin E acetate, niacinamide, biotin. *adds a negligible amount of fat. Gluten Free. *Syrup, Peppermint Natural Zero (Monin®) available upon request.*

OPTIONAL

Milk, Whole, White (T.G. Lee®)

Stevia Sweetener (Sweet Life)

Ingredients: Dextrose, stevia extract, natural flavor.

Syrup, Blackberry Sugar-Free (Monin®)

Ingredients: Water, Erythritol, Natural and Artificial Flavors, Concentrated Lemon Juice, Cellulose Gum, Sucralose, Potassium Sorbate (Preservative). Manufactured on the same line as tree nut allergen. Kosher. Gluten Free

Syrup, Caramel Sugar-Free (Monin®)

Ingredients: Water, erythritol, natural and artificial flavors, cellulose gum, citric acid, sucralose, potassium sorbate (preservative). Manufactured on same line as Tree Nuts. Kosher. Contains no gluten.

Syrup, Peach Sugar-Free (Monin®)

Ingredients: Water, erythritol, natural and artificial flavors, citric acid, cellulose gum, sucralose, potassium sorbate preservative, FD&C yellow #5, FD&C red #40. Kosher. Halal. Manufactured on the same line as tree nuts.

Syrup, Peppermint Natural Zero (Monin®)

Ingredients: Water, Erythritol, Natural Flavors, Stevia Sweetener, Xanthan Gum, Natural Mint Flavor, Lactic Acid. Kosher, Halal, Gluten-Free. Manufactured on same line as Tree Nuts.

Syrup, Santa's White Christmas Sugar-Free (Monin®)

Ingredients: Water, cellulose gum, sucralose, sodium benzoate (preservative), citric acid, natural and artificial flavor. Contains tree nuts (coconut).

Syrup, Strawberry Sugar-Free (Monin®)

Ingredients: Water, erythritol, natural and artificial flavors, cellulose gum, sucralose, potassium sorbate preservative, fdc red 40. Manufactured on the same line as tree nuts.

Syrup, Sweetener Sugar-Free (Monin®)

Ingredients: Water, Erythritol, Cellulose Gum, Citric Acid, Sucralose, Potassium Sorbate (Preservative). Kosher. Gluten Free. Manufactured on the same line as tree nut allergen.

Syrup, Vanilla Sugar-Free (Monin®)

Ingredients: Water, Erythritol, Natural Vanilla Flavor, Cellulose Gum, Artificial Vanilla Flavor, Sucralose, Citric Acid, Potassium Sorbate (Preservative). Manufactured on same line as Tree Nuts. Gluten Free. Kosher. Halal.

LUNCH INGREDIENTS LIST

Apple Slices (Harvest Value®)

Ingredients: Sliced apples, water. Kosher.

Applesauce, Cup (Mott's® Natural)

Ingredients: Apples, water, ascorbic acid (vitamin C).

Apricot Cup

Ingredients: Apricots, sugar, ascorbic & citric acid.

Baked Ziti

Ingredients: Pasta, Penne (Roseli®) Tomatoes, Ground (7/11®), Mozzarella Cheese, Shredded (Bongard's®), Italian Seasoning (Monarch), Garlic Powder (Monarch®), Black Pepper (Monarch®), Sugar. *Optional:* Extra Marinara Sauce and Parmesan Cheese, Packet (Roseli®).

Baked Ziti – Lake Brantley, Lake Mary, & Oviedo High Schools

Ingredients: **Pasta, Penne (Roseli®), Tomatoes, Ground (7/11®), Mozzarella Cheese, Shredded (Bongard's®), Ricotta Cheese (Grande Cheese Company®):** Sweet Whey, Whole Milk, Sweet Cream, Culture, Vinegar, Salt; Kosher; **Italian Seasoning (Monarch®), Garlic Powder (Monarch®), Black Pepper (Monarch®), Sugar.** *Optional:* parmesan cheese, packet (Roseli®), crushed red pepper, packet (Roseli®).

Beans, Baked

Ingredients: **Beans, Vegetarian (Furmano's®):** white beans, water, sugar, tomato paste, salt, onion powder, garlic powder, spice; **BBQ Sauce (Sweet Baby Ray's®).** Kosher. Gluten Free.

Beans, Black, Seasoned

Ingredients: **Black Beans (Bush's®)**: Prepared black beans, water, salt, and calcium chloride (firming agent); **fresh onions, fresh green peppers, chili powder (Monarch®)**: chili pepper and other spices, salt, garlic powder; **garlic powder, cumin, oregano, vinegar (Monarch®)**: white distilled vinegar, diluted with water to 5% acidity; **black pepper, fresh cilantro, oil, vegetable - Soybean (Monarch®)**.

Beans, Green Fresh

Ingredients: Fresh green beans, butter, unsalted (Glenview Farms®), salt (Monarch®).

Beans, Pinto

Ingredients: **Beans, pinto**: Prepared pinto beans, water, salt, and calcium chloride (firming agent). Calcium disodium edta added to promote water retention; **Chicken base (Monarch®)**: roasted chicken, sugar, autolyzed yeast extract, chicken fat, potassium chloride, whey (milk), corn starch, hydrolyzed corn protein, chicken broth, onion powder, contains 2% or less of: soybean oil, disodium inosinate, disodium guanylate, citric acid, natural flavorings, extractive of turmeric and turmeric (color), xanthan gum, salt. Contains milk; **Oil, vegetable - Soybean (Monarch®), Tomatoes, ground (7/11®), Fresh red onions, Fresh red peppers, Cumin, Garlic powder, Fresh cilantro, Sazon (American Spice®)**: seasalt, oregano, onion powder, garlic powder, pepper, achote and spices.

Beef Crumbles

Ingredients: Ground beef (no more than 20% fat, water, textured vegetable protein (soy protein concentrate, caramel color), potassium chloride, sugar, natural flavorings, salt, sodium phosphate, spice. Contains: Soy

Biscuit

Ingredients: **Biscuit (Rich's®)**: Ingredients: Enriched bleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), skim milk, palm oil, water, leavening (sodium aluminum phosphate, potassium bicarbonate, baking soda, sodium acid pyrophosphate, monocalcium phosphate), buttermilk, contains less than 2% of the following: sugar, soybean oil, modified cornstarch, salt, artificial flavor, potassium chloride, soy lecithin. Contains: wheat, milk, soy. May contain eggs. **Butter cooking spray (Vegalene®)**.

Bread, Brioche Hamburger Bun (Alpha Baking Company®)

Ingredients: Whole White Wheat Flour, Water, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Natural & Artificial Flavors, Contains 2% or less of the following: Salt, Corn Flour, Spices (Turmeric and Paprika), Mono & Diglycerides, Calcium Sulfate, Sodium Stearoyl Lactylate, Calcium Propionate (Preservative), Monocalcium Phosphate, Ammonium Sulfate, Pea Protein, Potato Protein, Sunflower and/or Canola Oil, Dextrose, Maltodextrins, Cornstarch, Ascorbic Acid, Calcium Peroxide, Enzymes. Contains: Wheat.

Bread, Flat Rounds (Rich's®)

Ingredients: Whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, soybean oil, contains less than 2% of the following: sugar, nonfat dry milk, salt, wheat gluten, sodium stearoyl lactylate, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), guar gum, enzymes. Contains: Milk, Wheat. May contain soy and sesame derived from bioengineering.

Bread, Hot Dog Bun, Whole Grain (Baked Crafters®)

Ingredients: Water, Whole Wheat Flour, Wheat Flour Enriched With [Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Yeast, Potassium Chloride, Vital Wheat Gluten, Salt, Sodium Stearoyl Lactylate, Calcium Propionate, Datem, Vegetable Shortening, Ammonium Sulfate, Natural Flavor, Asorbic Acid, Calcium Sulfate, Potassium Iodate, L-Cysteine, Enzymes. Contains wheat ingredients. This product is processed on a line that produces products with milk and soy. This product is processed in a facility that produces products with sesame. Contains bioengineered food ingredients. This product is produced in a nut-free facility.

Bread, Sliced, Whole Grain (Flowers Foods®)

Ingredients: Water, whole wheat flour, unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, contains 2% or less of each of the following: yeast, soybean oil, salt, cultured wheat flour, monocalcium phosphate, enzymes, ascorbic acid, soy lecithin. Contains: Wheat, Soy. Manufactured on shared equipment that also processes products containing sesame. May contain sesame.

Breadstick, Garlic (Bake Crafters®)

Ingredients: Breadstick: Whole Wheat Flour, Enriched Flour ({Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Malted Barley Flour), Water, Soybean Oil, Sugar, Contains Less Than 2%: Salt, Potassium Chloride, Yeast, Ascorbic Acid (dough conditioner), Microbial Enzymes, Vegetable Protein. Spread: Vegetable Oil Blend (Soybean, Palm), Water, Crushed Garlic, Dried Garlic, Salt, Contains 2% Or Less: Sweet Cream Buttermilk, Monoglycerides, Natural Flavors, Onion Powder, Sunflower Lecithin, Spice, Garlic Extract, Lactic Acid, Beta-Carotene (for color). Contains milk and wheat ingredients. This product is processed in on a line that produces products with soy. This product is processed in a facility that produces products with eggs. This product is produced in a nut-free facility.

*Optional at Lake Brantley, Lake Mary, and Oviedo High Schools: **Sauce, Marinara for dipping:***

Ingredients: Tomatoes, ground (7/11®), Italian seasoning (Monarch®), garlic powder, black pepper, sugar.

Burger, Cheeseburger, 100% All Beef

Ingredients: **Burger, Beef (Tyson®):** Beef, seasoning [Salt, Dextrose, Natural Flavors, Spice], Maltodextrin, Natural Extractives of Spice, Citric Acid; **Cheese, American, Sliced (Bongards®), Bun, Brioche Hamburger (Alpha Baking®).** *Optional:* Lettuce & Tomato, Ketchup (RedGold®), Mustard (KraftHeinz®), Mayonnaise (KraftHeinz®).

Burger, Beef, 100% All Beef

Ingredients: **Burger, Beef (Tyson®)**: Beef, Seasoning [Salt, Dextrose, Natural Flavors, Spice], Maltodextrin, Natural Extractives of Spice, Citric Acid; **Bun, Brioche Hamburger (Alpha Baking®)**. *Optional*: Lettuce & Tomato, Ketchup (RedGold®), Mustard (KraftHeinz®), Mayonnaise (KraftHeinz®).

Burrito Bowl – Build Your Own

Ingredients: **New Orleans Chicken (Asian Food Solutions®): CHICKEN STRIPS**: Chicken Leg Meat, Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Water, Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Sugar, Molasses, Salt, Contains Less Than 2% Of Yeast Extract, Maltodextrin, Natural Flavor, Lactic Acid, And Xanthan Gum], Seasoning (Sugar, Black Pepper, Ground Mustard Seeds, Ground Celery Seeds, Garlic Powder, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract; **or Beef Crumbles both Seasoned with Fajita Spice (McCormick®) or Grilled Fajita Vegetables**: fresh green and red peppers, onions, Oil, Vegetable - Soybean (Monarch®); *Optional Toppings*: **Rice, Lime Cilantro; Black Beans (Bush's®), Seasoned; Pico de Gallo; Corn Salsa; Lettuce and Cheese Cup.**

Butter Cooking Spray (Vegalene®)

Ingredients: Canola Oil, Caprylic/Capric Triglycerides, Natural and Artificial Butter Flavor, Salt, Phosphated Mono & Diglycerides, Beta Carotene (color), and Propellant. Kosher.

Carrots, Fresh Cooked, Honey Glazed

Ingredients: Fresh, baby whole carrots, honey, salt.

Cereal, Cinnamon Toast Crunch – Reduced Sugar (General Mills®)

Ingredients: Whole Grain Wheat, Sugar, Rice Flour, Polydextrose, Canola and/or Sunflower Oil, 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 wheat and soy ingredients. Kosher. No Gelatin.

Cheese, American, Sliced (Bongards®)

Ingredients: Cultured milk, water, cream, dairy product solids*, sodium citrate, salt, potassium citrate, annatto and paprika (color), enzymes, sorbic acid (preservative), sunflower lecithin (anti-sticking agent). *ingredient not in regular pasteurized process American cheese. Contains: milk. Gluten-Free.

Cheese, Cheddar, Shredded, Reduced Fat (Bongards®)

Ingredients: Pasteurized milk, salt, cheese cultures, enzymes, annatto (color), Vitamin A palmitate, powdered cellulose (anti-caking agent), natamycin (mold inhibitor). Contains: Milk. Gluten-free.

Cheese, Cheddar, Shredded (Glenview Farms®)

Ingredients Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Color Added), Potato Starch and Powdered Cellulose Added To Prevent Caking, Natamycin Added To Maintain Freshness. Contains: Milk

Cheese, Low-fat Mozzarella, Shredded (Bongards®)

Ingredients: Pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose (anti-caking agent), natamycin (mold inhibitor). Contains: milk

Cheese, Parmesan, Packet (Roseli®)

Ingredients: Parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), powdered cellulose (anti-caking agent), potassium sorbate (preservative), titanium dioxide. Contains: milk

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

Chicken, Asian Glazed

Ingredients: **New Orleans Chicken** (Asian Food Solutions®): **CHICKEN STRIPS:** Chicken Leg Meat, Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Water, Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Sugar, Molasses, Salt, Contains Less Than 2% Of Yeast Extract, Maltodextrin, Natural Flavor, Lactic Acid, And Xanthan Gum], Seasoning (Sugar, Black Pepper, Ground Mustard Seeds, Ground Celery Seeds, Garlic Powder, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract. **NEW ORLEANS SAUCE:** Sugar, Water, Brown Sugar, Salt, (Salt, Sea Salt), Contains Less Than 2% Of Molasses, Soybeans, Wheat Flour, Modified Corn Starch, Potassium Chloride, Yeast Extract, Sesame Paste, Garlic, Xanthan Gum, Chili Peppers, Spices, Cultured Dextrose, Maltodextrin. CONTAINS: WHEAT, SOY, AND SESAME. Allergen information: Contains: Wheat and Their Derivatives; Soybean and its Derivatives; Sesame Seeds and Their Derivatives.

Chicken, Boneless Wings

Ingredients: **Chicken, Boneless Wings (Rich Chicks®)**. *Dipping Sauces Available:* Sauce, Honey Mustard, Dip Cup (KraftHeinz® or Monarch®), Sauce, Barbeque, Dip Cup (Taste Pleasers®), Ketchup Packets (RedGold®).

Chicken, Boneless Wings (Rich Chicks®)

Ingredients: Chicken Breast with Rib Meat, Chicken Protein Solution (Water, Chicken Protein), Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Oat Isolate, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Spices, Garlic Powder, Hydrolyzed Wheat Gluten Protein, Soybean Oil (as a Processing Aid), Wheat Starch, Ascorbic Acid, Soy Flour, Extractives of Paprika, Natural Flavors. **Breaded and Battered with:** Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Contains less than 2% of Yellow Corn Flour, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Soybean Oil (As a Processing Aid), Spices, Garlic Powder, Hydrolyzed Wheat Gluten Protein, Egg Whites, Ascorbic Acid, Soy Flour, Extractives of Paprika, Natural Flavors, Spice Extractive, Cellulose Gum, Wheat Starch. Breeding Set in Vegetable Oil. Contains: Wheat, Egg and Soy.

Chicken, Citrus Honey

Ingredients: **Chicken, Sriracha Honey** (Asian Food Solutions®): Ingredients: Diced Chicken Leg Meat, Water, Sodium Phosphates. Battered And Breaded With: Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), garlic powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives. Predusted With: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives Of Paprika. **Honey Sriracha Glaze:** Water, Sugar, Chili Peppers, Maltodextrin, Garlic, Distilled Vinegar, Contains Less Than 2% Of Honey, Orange Juice Concentrate, Salt, Modified Corn Starch, Xanthan Gum, Citric Acid, Natural Flavor. Breeding Set In Vegetable Oil. CONTAINS: EGG AND WHEAT; **Sauce, Orange** (Kikkoman®): Ingredients: sugar, water, vinegar, soy sauce (water, soybeans, salt, sugar), modified corn starch, orange juice concentrate, dehydrated onion, natural flavor, citric acid, xanthan gum, spices, garlic powder. CONTAINS: Soy, Corn

Chicken, Diced

Ingredients: White meat chicken, water, potato starch, carrageenan, xanthan gum, potassium phosphate, and sodium phosphate.

Chicken, for Chicken Alfredo

Ingredients: **New Orleans Chicken (Asian Food Solutions®): CHICKEN STRIPS:** Chicken Leg Meat, Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Water, Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Sugar, Molasses, Salt, Contains Less Than 2% Of Yeast Extract, Maltodextrin, Natural Flavor, Lactic Acid, And Xanthan Gum], Seasoning (Sugar, Black Pepper, Ground Mustard Seeds, Ground Celery Seeds, Garlic Powder, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract; **Italian seasoning** (Monarch®), **garlic powder, black pepper, oil, vegetable - soybean** (Monarch®).

Chicken, Grilled Strips

Ingredients: White chicken meat, water, less than 2% of modified food starch, potassium chloride, carrageenan, sodium phosphate, salt.

Chicken, Orange (Yang's®)

Ingredients: **Chicken:** Boneless, skinless chicken leg meat, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, ground ginger, garlic, green onion. **Sauce:** Water, sugar, vinegar, soy sauce (soybeans, wheat flour, water, salt, straw mushroom extractives), modified starch, mandarin orange juice and peel, chili powder, garlic, ginger, green onion. Allergens: Egg products, soy, wheat, and citrus.

Chicken, Spicy Thai

Ingredients: **New Orleans Chicken (Asian Food Solutions®): CHICKEN STRIPS:** Chicken Leg Meat, Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Water, Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Sugar, Molasses, Salt, Contains Less Than 2% Of Yeast Extract, Maltodextrin, Natural Flavor, Lactic Acid, And Xanthan Gum], Seasoning (Sugar, Black Pepper, Ground Mustard Seeds, Ground Celery Seeds, Garlic Powder, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract. **NEW ORLEANS SAUCE:** Sugar, Water, Brown Sugar, Salt, (Salt, Sea Salt), Contains Less Than 2% Of Molasses, Soybeans, Wheat Flour, Modified Corn Starch, Potassium Chloride, Yeast Extract, Sesame Paste, Garlic, Xanthan Gum, Chili Peppers, Spices, Cultured Dextrose, Maltodextrin. **CONTAINS: WHEAT, SOY, AND SESAME; Juice, Orange tangerine (Juicy Juice®), Spice, Chipotle chili pepper (Monarch®), Garlic powder, Red pepper, crushed, Fresh red peppers, Green onions, Fresh cilantro.**

Chicken, Sriracha Honey (Asian Food Solutions®)

Ingredients: Diced Chicken Leg Meat, Water, Sodium Phosphates. **Battered And Breaded With:** Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), garlic powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives. **Predusted With:** Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives Of Paprika. **Honey Sriracha Glaze:** Water, Sugar, Chili Peppers, Maltodextrin, Garlic, Distilled Vinegar, Contains Less Than 2% Of Honey, Orange Juice Concentrate, Salt, Modified Corn Starch, Xanthan Gum, Citric Acid, Natural Flavor. Breeding Set In Vegetable Oil. **CONTAINS: EGG AND WHEAT.**

Chicken, Sweet BBQ Tender Bites (Jack Links®)

Ingredients: White meat chicken, water, brown sugar, sugar, contains 2% or less of glycerin, salt, fructose, flavors, dehydrated tomato, citric acid, cultured celery extract, natural smoke flavor, maltodextrin. Treated with a solution of fermented oregano, flaxseed and plum to ensure freshness.

Chicken Tenders (Rich Chicks®)

Ingredients: Chicken tenderloins, chicken protein solution (water, chicken protein), water, seasoning (whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), potassium chloride, salt, spices, leavening (sodium bicarbonate, sodium aluminum phosphate), hydrolyzed wheat gluten protein, garlic powder, wheat starch, ascorbic acid, extractives of paprika, soy flour, natural flavors), oat isolate, salt. **Breaded with:** Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, soybean oil (as a processing aid), spices, leavening (sodium aluminum phosphate, sodium bicarbonate), hydrolyzed wheat gluten protein, garlic powder, ascorbic acid, soy flour, natural extractives of paprika, natural flavors. **Battered with:** Water, whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, salt, leavening (sodium bicarbonate, sodium aluminum phosphate), egg whites, ascorbic acid, spice extractive, cellulose gum. Breeding set in vegetable oil. Contains: wheat, egg and soy

Chicken, Teriyaki (Yang's®)

Ingredients: **Chicken:** Chicken leg meat, water, sugar, soy sauce (water, soybean, salt, sugar, wheat flour, extract of mushroom) salt, lime juice 100%, salt, garlic, ginger, and green onion. **Sauce:** Water, sugar, soy sauce (water, soybeans, salt, sugar, wheat flour, extract of mushroom), modified starch, salt, garlic, lime juice, ginger, and green onion. Allergens: Soy, wheat, and citrus.

Chips, 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, Baked Reduced Fat Cheetos Puffs (Frito Lay®)

Ingredients: Whole Cornmeal, 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], Sea Minerals [Calcium Carbonate, Magnesium Carbonate], Canola Oil, Maltodextrin [Made From Corn], Salt, Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, Artificial Color [Yellow 6, Yellow 5]), Artificial Color (Yellow 6), and Salt. Contains milk ingredients. Gluten-free.

Chips, Oven 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 Lay's Original Potato Crisps (Frito Lay®)

Ingredients: Dried potatoes, corn starch, corn oil, sugar, sea salt, soy lecithin, dextrose, and annatto extracts. Contains soy ingredients. Gluten-free

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

Ingredients: Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Maltodextrin (Made from Corn), Corn Bran, Salt, Citric Acid, Sugar, Monosodium Glutamate, Artificial Color (Red 40 Lake, Yellow 6 Lake), Hydrolyzed Corn Protein, Yeast Extract, Sodium Diacetate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Modified Corn Starch, Natural Flavor, Onion Powder, Whey, Corn Syrup Solids, Garlic Powder, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Buttermilk, Whey Protein Concentrate, Disodium Inosinate, and Disodium Guanylate. Contains: milk ingredients.

Chips, Reduced Fat Doritos, Nacho Cheese Tortilla Chips (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 Tortilla Chips (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. Kosher.

Allergens: EGG, SOY, WHEAT. Kosher.

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. Kosher.

Cookie, Fortune (Asian Food Solutions®)

Ingredients: Whole wheat flour (51%), enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid], sugar, water, soy lecithin, soybean oil and hydrogenated soybean oil, natural orange flavor, sodium bicarbonate.
Contains: wheat and soy

Cookie, Red Velvet (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), brown sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), water, eggs, corn syrup, prune paste, cocoa processed with alkali, dextrose, artificial color (FD&C red #40 & #3, blue #1, yellow #6), baking powder (sodium acid pyrophosphate, corn starch, baking soda, mono calcium phosphate), baking soda, molasses, natural vanilla flavor, salt. Allergens: EGG, SOY, WHEAT. Kosher.

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. Kosher.

Cookies, BelVita Snack Packs (Mondelez®)

Ingredients: Whole grain wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [Vitamin B1], riboflavin [Vitamin B2], folic acid), sugar, canola oil, whole grain rye flour, brown sugar, whole grain rolled oats, invert sugar, malt syrup (from corn and barley), soy lecithin, baking soda, cinnamon, salt, disodium pyrophosphate, natural flavor, ferric orthophosphate (iron), niacinamide, molasses, pyridoxine hydrochloride (Vitamin B6), riboflavin (Vitamin B2), thiamin mononitrate (Vitamin B1). Contains: Wheat, soy. Contains a bioengineered food ingredient.

Corn, Roasted

Ingredients: Corn, canned (Monarch®): corn, water, sugar, salt; Butter cooking spray (Vegalene®).

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. Kosher.

Cracker, Cheez-it (Sunshine®)

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. Kosher.

Cracker, Goldfish Pretzel (Pepperidge Farm®)

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

Craisins, Cherry (Ocean Spray®)

Ingredients: Dried Cranberries (sugar, cranberries, cherry juice concentrate, natural flavor). Refined sunflower oil is used as a processing aid. Kosher. Gluten-Free

Craisins, Strawberry (Ocean Spray®)

Ingredients: Dried Cranberries (sugar, cranberries, natural flavor). Refined sunflower oil is used as a processing aid. Kosher. Gluten-Free

Croutons, Seasoned (Monarch®)

Ingredients: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil (with rosemary extract and ascorbic acid [to preserve freshness]), whey (milk), salt, sugar, yeast, 2% or less of spices, dehydrated parsley, onion powder, paprika (color), turmeric (color), extractive of paprika (color), spice extractive, enzymes, ascorbic acid. Contains: wheat, milk. Packaged in a facility that also packages tree nuts.

Dressing, Classic Caesar (Ken's®)

Ingredient: Soybean oil, distilled vinegar, water, apple cider vinegar, Romano cheese (pasteurized part-skim, cheese cultures, salt, enzymes), salt, contains less than 2% of: garlic, *sugar, tabasco brand pepper sauce (distilled vinegar, red pepper, salt), spice, mustard flour, anchovies, maltodextrin, carrageenan, xanthan gum, beta carotene (color) *dried. Contains: fish (anchovy), milk. Gluten Free.

Dressing, Golden Italian (Ken's®)

Ingredients: Soybean oil, vinegar, water, sugar, salt, contains less than 2% of garlic*, xanthan gum, onion*, red bell pepper*, spice, garlic powder, lemon juice concentrate, natural flavor, beta carotene and oleoresin paprika (color). *Dried. Kosher. Gluten-free

Dressing, Honey Mustard, Dip Cup (KraftHeinz®)

Ingredients: Mustard (Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric, Spices), Distilled White Vinegar, High Fructose Corn Syrup, Sugar, Honey, Modified Corn Starch, Mustard Flour, Water, Molasses, Corn Syrup, Xanthan Gum, Invert Sugar, Apple Juice Concentrate, Caramel Color, Lactic Acid, Spice, Natural Flavor, Salt, Sodium Benzoate As A Preservative. Derived from bioengineered ingredients.

Dressing, Honey Mustard, Dip Cup (Monarch®)

Ingredients: Soybean Oil, High Fructose Corn Syrup, Water, Honey, Distilled and Cider Vinegar, Sugar, Prepared Horse radish (Horseradish, Water, Vinegar, Soybean Oil, Salt, Artificial Flavoring), Egg Yolks, Salt, Mustard Seed, Spices, Paprika, Oleoresin Paprika, Natural Flavor, Turmeric, Xanthan Gum, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (Preservatives), Calcium Disodium EDTA added to protect flavor. Contains: Eggs

Dressing, Light Italian Dip Cup (Ken's®)

Ingredients: Water, Distilled Vinegar, Vegetable Oil (Soybean And/or Canola), Sugar, apple Cider Vinegar, Contains Less Than 2% Of Salt, Xanthan Gum, garlic*, Onion*, Natural Flavor, Maltodextrin, propylene Glycol Alginate, Disodium Inosinate And Disodium Guanylate, Sodium Benzoate And Sorbic Acid (Preservatives), Red Bell Pepper*, Spice, autolyzed Yeast Extract, Calcium Disodium Edta (to Protect Flavor), Caramel Color, yellow 5, yellow 6. *Dried. Kosher. 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 and milk. Kosher. Gluten-free

Dressing, Ranch (Ken's®)

Ingredients: Soybean oil, water, cultured buttermilk, egg yolk, distilled vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic,* xanthan gum, spice, citric acid, onion,* sorbic acid (preservative), calcium disodium edta (to protect flavor), milk, natural flavor, egg whites *dried. Contains egg, milk. Kosher. Gluten-free

Envy® Beverage

Acai Berry Ingredients: 100% juice (filtered sparkling water sufficient to reconstitute juice concentrates, pear, apple, grape, lemon and acerola juice concentrates), natural flavors, calcium lactate, vegetable juice (color), acai puree, ascorbic acid (Vitamin C), vitamin A palmitate and Vitamin D3. Gluten-free

Fruit Punch Ingredients: 100% juice (filtered sparkling water sufficient to reconstitute juice concentrates, apple, pear and acerola juice concentrates), calcium lactate, natural flavor, ascorbic acid (Vitamin C), fruit and vegetable juice (color), vitamin A palmitate and Vitamin D3. Gluten-free

Fuji Apple Ingredients: 100% juice (filtered sparkling water sufficient to reconstitute juice concentrates, apple, pear and acerola juice concentrates), calcium lactate, ascorbic acid (Vitamin C), natural flavor, vitamin A palmitate and Vitamin D3. Gluten-free

Fruit, Mixed (Monarch®)

Ingredients: Diced peaches, diced pears, water, grapes, sugar

Fruit Snack, Berries n Cherries (Welch's®)

Ingredients: Fruit puree (pear, peach, strawberry, raspberry, blackberry, blueberry and cherry), water, corn syrup, sugar, inulin (from chicory root), modified corn starch, gelatin, citric acid, lactic acid, ascorbic acid (vitamin c), natural and artificial flavors, alpha tocopherol acetate (vitamin E), vitamin a palmitate, sodium citrate, coconut oil, carnauba wax, red 40, and blue 1. Gluten Free.

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 (Monarch®), Vanilla flavoring (Monarch®), Butter, unsalted (Glenview farms®), Oil, vegetable - soybean (Monarch®).**

Granola Bar, Chewy Cookies & Cream (Quaker®)

Ingredients: Granola (whole grain rolled oats, brown sugar, brown rice crisp [whole grain brown rice flour, sugar, salt], whole grain rolled 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, salt, fructose, soy lecithin, molasses, tocopherols (to preserve freshness), soybean oil. Contains milk, soy, and wheat ingredients. May contain traces of peanut and tree nuts. OU Kosher Dairy.

Gravy, Brown (Custom Culinary®)

Ingredients: Food Starch - Modified, Rice Flour, Whey, Hydrolyzed Soy Protein, Beef Tallow, Hydrolyzed Soy Corn Protein, Caramel Color, Contains 2% or Less of the Following: Onion Powder, Xanthan Gum, Tomato Powder, Dextrose, Disodium Inosinate, Disodium Guanylate, Natural and Artificial Flavors, Carrot Powder, Celery Powder, Garlic Powder, Corn Syrup Solids, Silicon Dioxide (As An Anti-Caking Agent). Contains: Milk, Soy. Gluten Free.

Hot Dog, Beef 100% All Beef (Cloverdale®)

Ingredients: Beef, water, contains 2% or less of turbinado, sugar, sea salt, natural flavorings (mustard powder, garlic powder), vinegar, celery powder, cherry powder, paprika, extractives of paprika. Gluten-free

Hummus Box

Ingredients: **Bread, flat rounds (Rich's®), fresh grapes (or other available fresh fruit), fresh peppers (or other available fresh veggies), Homemade Hummus:** garbanzo beans (Bush's®): prepared chickpeas, water, salt, mustard calcium chloride, and disodium edta; lemon juice (Natalie's®); fresh garlic, cumin, oil, olive (Veneto®), oil, vegetable - soybean (Monarch®), salt. *Optional:* Cheese Stick (Bongards®).

Hummus Dip for Vegetables

Ingredients: **Homemade Hummus:** Garbanzo beans (Bush's®): prepared chickpeas, water, salt, mustard calcium chloride, and disodium edta; lemon juice (Natalie's®); fresh garlic, cumin, oil, olive (Veneto®), oil, vegetable - soybean (Monarch®), salt.

Ice Cream Bar, Chocolate Scooter Crunch (Hershey's®)

Ingredients: Nonfat ice cream (nonfat milk, sugar, corn syrup, whey, high fructose corn syrup, maltodextrin, mono & diglycerides, locust bean gum, cellulose gum, guar gum, food starch, polysorbate 80, carrageenan, water, vitamin a palmitate), flavored center (water, sugar, cocoa [processed with alkali], whey, dextrose, caramel color, locust bean gum, carrageenan, artificial flavor, red 40, blue 1), crunch coating (cake crunches [bleached wheat flour, sugar, palm oil, caramel color, cocoa, salt, baking soda, artificial flavor], nonfat milk powder, soybean oil, coconut oil, soy lecithin). Contains: Milk, soy, wheat. Kosher.

Ice Cream Bar, Low Fat Orange Blossom (Hershey's®)

Ingredients: Orange sherbet (sugar, whey, high fructose corn syrup, corn syrup, orange puree [water, orange juice concentrate, natural flavor, orange pulp, gum tragacanth, yellow 6, citric acid], mono & diglycerides, guar gum, polysorbate 80, carrageen), low fat ice cream (nonfat milk, sugar, corn syrup, whey, cream, artificial flavor, cellulose gel, mono- & diglycerides, cellulose gum, maltodextrin, polysorbate 80, sodium chloride, citric acid, carrageenan, vitamin a palmitate). Contains: milk. Made with gluten-free ingredients. Kosher.

Ice Cream Bar, Polar Blast Fruit Punch Juice (Hershey's®)

Ingredients: Apple juice (water, apple juice concentrate), sugar, corn syrup, citric acid, natural & artificial flavor, ascorbic acid, locust bean gum, guar gum, carrageenan, red 40. Made with gluten-free ingredients. Kosher.

Ice Cream Bar, Sour Artic Apple Polar Blast Juice (Hershey's®)

Ingredients: Apple juice (water, apple juice concentrate), sugar, corn syrup, citric acid, ascorbic acid, spirulina extract (color), annatto (color), locust bean gum, guar gum, carrageenan. Made with gluten-free ingredients.

Ice Cream Bar, Strawberry Scooter Crunch (Hershey's®)

Ingredients: Nonfat ice cream (nonfat milk, sugar, corn syrup, whey, artificial flavor, high fructose corn syrup, maltodextrin, mono & diglycerides, locust bean gum, cellulose gum, guar gum, food starch, polysorbate 80, carrageenan, water, vitamin a palmitate), flavored center (water, sugar, dextrose, malic acid, artificial flavor, locust bean gum, carob bean gum, guar gum, modified cellulose, propylene glycol alginate, red 40, adipic acid), crunch coating (cake crunches [bleaches wheat flour, sugar, palm oil, salt, baking soda, artificial flavor, soy lecithin, red 3], nonfat milk powder, soybean oil, coconut oil, soy lecithin, vanillin). Contains: milk, soy, wheat. Kosher.

Ice Cream Cone, Low Fat Chocolate and Vanilla Twist (Hershey's®)

Ingredients: Low fat ice cream (nonfat milk, sugar, corn syrup, whey, cream, maltitol syrup, glycerin, cocoa [processed with alkali], chocolate liquor, amylase enzyme, cellulose gel, mono & diglycerides, cellulose gum, modified corn starch, salt, guar gum, citric acid, natural and artificial vanilla flavor, maltodextrin, polysorbate 80, carrageenan, vitamin a palmitate), sugar cone (bleached wheat flour, sugar, vegetable shortening [soybean oil, palm oil, soy lecithin], salt, caramel color, artificial flavor), chocolate sprinkles (sugar, corn starch, palm oil, palm kernel oil, cocoa [processed with alkali], sunflower lecithin, dextrin, confectioner's glaze, natural and artificial flavor, carnauba wax). Contains: milk, soy, wheat.

Ice Cream Cone, Low Fat Cookies & Cream (Hershey's®)

Ingredients: Low fat ice cream (nonfat milk, sugar, corn syrup, whey, cream, cellulose gel, mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, carrageenan, natural and artificial flavor, vitamin a palmitate), chocolate cone (bleached wheat flour, sugar, cocoa [processed with alkali], vegetable shortening [soybean oil, palm oil, soy lecithin], salt, artificial flavor), chocolate cookie topping (bleached wheat flour, sugar, caramel color, palm oil, cocoa, baking soda, salt, soy lecithin). Contains: milk, soy, wheat. Kosher.

Ice Cream Cone, Low Fat Crazy (Hershey's®)

Ingredients: Low fat ice cream (nonfat milk, sugar, corn syrup, whey, cream, cellulose gel, artificial flavor, mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, sodium chloride, citric acid, carrageenan, vitamin a palmitate, yellow 5, blue 1), sugar cone (bleached wheat flour, sugar, vegetable shortening [soybean oil, palm oil, soy lecithin], salt, caramel color, artificial flavor). Contains: milk, soy, wheat. Kosher.

Ice Cream Cup, Low Fat Chocolate Sundae (Hershey's®)

Ingredients: Ice cream (nonfat milk, sugar, corn syrup, whey, cream, natural vanilla flavor, cellulose gel, mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, carrageenan, vitamin a palmitate), chocolate swirl (corn syrup, water, cocoa [processed with alkali], modified corn starch, salt, citric acid, natural vanilla flavor). Contains: Milk. Made with gluten free ingredients. Kosher.

Ice Cream Cup, Low Fat Strawberry Sundae (Hershey's®)

Ingredients: Ice cream (nonfat milk, sugar, corn syrup, whey, cream, natural vanilla flavor, cellulose gel, mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, carrageenan, vitamin a palmitate), strawberry sauce (sugar, corn syrup, water, strawberry, carrageenan, corn starch, citric acid, dextrose, locust bean gum, pectin, natural flavors, fruit and vegetable juice [color]). Contains: milk. Made with gluten-free ingredients. Kosher.

Ice Cream Cup, Low Fat Vanilla (Hershey's®)

Ingredients: Nonfat milk, sugar, corn syrup, whey, cream, natural vanilla flavor, cellulose gel, mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, carrageenan, vitamin a palmitate. Contains: milk. Made with gluten-free ingredients. Kosher.

Ice Cream Cup, No Fat Cotton Candy Twister Frozen Yogurt (Hershey's®)

Ingredients: Nonfat milk, sugar, corn syrup, whey protein concentrate, cultured dairy solids, mono & diglycerides, natural and artificial flavors, locust bean gum, guar gum, sodium citrate, calcium sulfate, carrageenan, cream, red 40, blue 1. Live cultures added. Contains: milk. Made with gluten-free ingredients. Kosher.

Ice Cream Cup, Orange Sherbet (Hershey's®)

Ingredients: Nonfat milk, high fructose corn syrup, sugar, water, corn syrup, whey, cream, orange puree (water, orange juice concentrate, natural flavor, orange pulp, gum tragacanth, yellow 6, citric acid), carob bean gum, modified cellulose, guar gum, natural flavor, yellow 5 & 6, red 40. Contains: Milk. Made with gluten free ingredients. Kosher.

Ice Cream Cup, Raspberry Sherbet (Hershey's®)

Ingredients: Nonfat milk, high fructose corn syrup, sugar, corn syrup, raspberry puree, whey, cream, carob bean gum, modified cellulose, natural flavor, locust bean gum, guar gum, dextrose, red 40, blue 1, citric acid. Contains: milk. Made with gluten free ingredients. Kosher.

Ice Cream Push-Up Tube, Wild Monster Watermelon Fruit Juice (Hershey's®)

Ingredients: Apple juice (water, apple juice concentrate), sugar, corn syrup, carob bean gum, modified cellulose, guar gum, dextrose, citric acid, natural flavor, ascorbic acid, spirulina extract (color), annatto (color), red beet concentrate (color). Made with gluten-free ingredients. Kosher.

Ice Cream Sandwich, Low Fat Cookies and Cream (Hershey's®)

Ingredients: Ice cream (nonfat milk, sugar, corn syrup, whey, cream, chocolate cookie crumb (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, cocoa [processed with alkali], palm oil, high fructose corn syrup, chocolate liquor, salt, corn flour, dextrose, baking soda, soy lecithin), cellulose gel, mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, carrageenan, natural and artificial flavor, vitamin a palmitate), wafer (bleached wheat flour, sugar, caramel color, dextrose, palm oil, corn flour, cocoa, high fructose corn syrup, baking soda, modified corn starch, salt, mono & diglycerides, soy lecithin). Contains: milk, soy, wheat. Kosher.

Ice Cream Sandwich, Low Fat Vanilla (Hershey's®)

Ingredients: Ice cream (nonfat milk, sugar, corn syrup, whey, cream, artificial flavor, cellulose gel, mono & diglycerides, cellulose gum, maltodextrin, polysorbate 80, carrageenan, vitamin a palmitate), wafer (bleached wheat flour, sugar, caramel color, dextrose, palm oil, corn flour, cocoa, high fructose corn syrup, baking soda, modified corn starch, salt, mono & diglycerides, soy lecithin). Contains: milk, soy, wheat. Kosher.

Jalapeno Peppers (Vlassic®)

Ingredients: Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate preservative, natural flavors, yellow 5, sodium metabisulfite.

Juice Carton (Juicy Juice®) – 100% Fruit Juice

Apple Juice – Ingredients: Apple juice from concentrate (water, juice concentrate), ascorbic acid (vitamin C), citric acid.

Berry Juice – Ingredients: apple juice from concentrate (water, juice concentrate), pear juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), raspberry juice from concentrate (water, juice concentrate), ascorbic acid (vitamin c), citric acid, natural flavors.

Fruit Punch - Ingredients: apple juice from concentrate (water, juice concentrate), pear juice from concentrate (water, juice concentrate), tangerine juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), ascorbic acid (Vitamin C), citric acid, natural flavors.

Grape Juice – Ingredients: Apple juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), ascorbic acid (vitamin C), natural flavors, citric acid.

Orange Tangerine Juice - Ingredients: apple juice from concentrate (water, juice concentrate), pear juice from concentrate (water, juice concentrate), grape juice from concentrate (water, juice concentrate), orange juice from concentrate (water, juice concentrate), tangerine juice from concentrate (water, juice concentrate), ascorbic acid (vitamin c), natural flavors, citric acid.

Ketchup, Packet (Red Gold®)

Ingredients: Tomato Concentrate, Sugar, Distilled Vinegar, Less Than 2% Of: Salt, *Potassium Chloride, *Citric Acid, Onion Powder, Garlic Powder, Spices, Natural Flavors. *Not in Regular Ketchup. Kosher – Orthodox Union. Gluten Free.

Kidney Beans, Light Red (Bush's®)

Ingredients: Prepared kidney beans, water, sugar, dextrose, salt, calcium chloride, and disodium edta

Lettuce and Cheese Cup

Ingredients: Cheddar cheese, reduced fat shredded (Bongards®), Lettuce, shredded.

Lime Juice (Natalie's®)

Ingredients: Water, lime juice from concentrate. Contains 100% Juice.

Mashed Potatoes, Original Butter (Basic American®)

Ingredients: Potatoes, canola oil, contains 2% or less of: salt, potassium chloride, mono and diglycerides, artificial color, natural and artificial flavors (milk), freshness preserved with: sodium bisulfite, sodium acid pyrophosphate, citric acid, BHT. Contains milk or milk derivatives, sulphites or sulphite derivatives. Gluten-free. Kosher Dairy Orthodox Union.

Mayonnaise (Kraft®)

Ingredients: 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**ingredient not normally found in mayonnaise. Contains: Egg.

Mayonnaise, Packet (KraftHeinz®)

Ingredients: Soybean oil, white distilled vinegar, corn syrup, water, egg yolks, salt, lemon juice concentrate, calcium disodium edta added to protect flavor. Contains: Egg. Kosher.

Milk, Chocolate Fat-Free (TruMoo®)

Ingredients: Nonfat milk, sugar, cocoa (processed with alkali), cornstarch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D₃. Allergens: Milk.

Mustard, Packet (KraftHeinz®)

Ingredients: Water, distilled vinegar, mustard seed, salt, turmeric, spices. Kosher.

Nachos with Toppings

Ingredients: **Chips, tortilla (Del Pasado®)**: whole white corn (treated with hydrated lime), vegetable oil (corn, cottonseed and/or soybean oil), sea salt. Manufactured in a facility that processes wheat; **Cheese sauce**: white milk (T.G Lee), cheese, cheddar reduced fat (Bongards), cheese, American with Jalapeno (Bongards®): milk, skim milk, cheese culture, water, jalapeno peppers, cream, sodium citrate, salt, red bell peppers, natural flavor, lactic acid, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent). Contains Milk, Soy; cheese, American sliced (Bongards®), garlic powder, corn starch, onion powder; **AND/OR Beef crumbles seasoned with Fajita Spice (McCormick®)**. *Optional*: Pico de Gallo.

Noodles, Lo Mein

Ingredients: **Pasta, Spaghetti (Roseli®), Sauce, Sweet Chili (Sweet Baby Ray's®), Sauce, Ponzu (Kikkoman®)**: Water, soy sauce (water, soybeans, wheat, salt, alcohol), vinegar, sugar, salt, lime juice concentrate, natural flavor, yeast extract, sodium benzoate: less than 1/10 of 1% as a preservative; **oil; Vegetable – Soybean (Monarch®)**.

Oil, Vegetable - Soybean (Monarch®)

Ingredients: Soybean oil. Kosher

Pasta, Macaroni Elbow (Roseli®)

Ingredients: Whole Durum Wheat Flour, durum wheat semolina, durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid. Contains wheat. Manufactured in a facility that uses eggs.

Pasta, Penne (Roseli®)

Ingredients: Whole Durum Wheat Flour, durum wheat semolina, durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid. Contains: Wheat. Manufactured in a facility that uses eggs.

Pasta, Spaghetti (Roseli®)

Ingredients: Whole Durum Wheat Flour, durum wheat semolina, durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid. Contains: Wheat. Manufactured in a facility that uses eggs.

Peach Cup

Ingredients: Freestone peaches, sugar, ascorbic and citric acids.

Peaches, canned, diced in extra light syrup

Ingredients: Peaches, water, sugar. Gluten free.

Pears, canned, in Juice (Monarch®)

Ingredients: Bartlett pears, water, pear juice from concentrate. Kosher.

Pepperoni (Hormel®)

Ingredients: Pork and beef, salt, contains 2% or less of water, dextrose, spices, lactic acid starter culture, oleoresin of paprika, garlic powder, sodium nitrite, citric acid, BHA, BHT.

Pico de Gallo

Ingredients: Tomatoes, chopped fresh, red onions, diced, fresh cilantro, salt (Monarch®), black pepper, lime juice (Natalie's®).

Pineapple Tidbits (Dole®)

Ingredients: Pineapple, sugar, water, citric acid.

Pizza Crust, 16" (Tubito's Pizza®)

Ingredients: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy protein, soybean oil, sugar, salt, dough conditioner (sodium bicarbonate, monocalcium, phosphate, l-cysteine, enzymes), yeast.

Contains: wheat, soy

Pizza

Buffalo Chicken Ranch Pizza

Ingredients: **Pizza crust** (Tubito's Pizza®), **low-fat mozzarella cheese, shredded** (Bongards®), **cheddar cheese, shredded, reduced fat** (Glenview Farms®), **New Orleans Chicken (Asian Food Solutions®):** CHICKEN STRIPS: Chicken Leg Meat, Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Water, Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Sugar, Molasses, Salt, Contains Less Than 2% Of Yeast Extract, Maltodextrin, Natural Flavor, Lactic Acid, And Xanthan Gum], Seasoning (Sugar, Black Pepper, Ground Mustard Seeds, Ground Celery Seeds, Garlic Powder, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract; **Buffalo Sauce:** Xtra Hot buffalo sauce (Frank's Redhot®), ranch dressing (Ken's®). *Optional:* Cheese, Parmesan (Roseli®).

Cheese Pizza

Ingredients: Pizza crust (Tubito's Pizza®), tomatoes, ground (7/11®), low-fat mozzarella cheese, shredded (Bongards®), garlic powder, oregano. *Optional:* Cheese, Parmesan (Roseli®).

Pepperoni Pizza

Ingredients: Pizza crust (Tubito's Pizza®), tomatoes, ground (7/11®), low-fat mozzarella cheese, shredded (Bongards®), pepperoni (Hormel®), garlic powder, oregano. *Optional:* Cheese, Parmesan (Roseli®).

Potato, Oven Fries (McCain®)

Ingredients: Potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn). Contains 2% or less of annatto (color), corn starch, corn starch - modified, dextrin, dextrose, extractives of capsicum, extractives of paprika (color), garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, paprika (color), potassium chloride, potato starch - modified, rice flour, salt, sodium acid pyrophosphate added to maintain natural color, spices, tapioca starch - modified, xanthan gum.

Potato, Roasted Wedges

Ingredients: Roasted Russet Potatoes, Dressing, Ranch (Ken's®), Garlic Powder, Black Pepper, Sauce, XTRA Hot Buffalo (Frank's Redhot®), Salt, Fresh Green Onions, Butter Cooking Spray (Vegalene®).

Potato, Waffle Fries (Simplot®)

Ingredients: Potatoes, Vegetable Oil (Soybean, Canola, and/or Cottonseed Oils), Contains less than 2% of Dextrose, Disodium Dihydrogen Pyrophosphate.

Quesadilla, Carnitas

Ingredients: **Tortilla, flour 10" (El Mirasol®), Pulled pork:** Pork, Water, Oat Fiber, Less than 2% each of salt, natural flavors; **Adobo seasoning (American Spice®):** salt, oregano, onion powder, garlic powder, pepper, annatto and spices; **Spice, Chipotle chili pepper (Monarch®), Cumin, Oregano, Garlic powder, Black pepper, Cheese, cheddar, reduced fat shredded (Bongards®), Plum tomatoes, Lime juice (Natalie's®), Red onions, Fresh cilantro, Butter cooking spray (Vegalene®).** *Optional:* Pico de Gallo.

Quesadilla, Cheese

Ingredients: Tortilla, Flour 10" (El Mirasol®), Cheese, cheddar, reduced fat shredded (Bongards®), Butter cooking spray (Vegalene®). *Optional:* Pico de Gallo.

Rice, Lime Cilantro

Ingredients: Brown rice (Uncle Ben's®), fresh cilantro, lime juice (Natalie's®).

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.

Roll, Dinner

Ingredients: **Roll (Bake Crafters®):** Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Potassium Chloride, Vital Wheat Gluten, Salt, Sodium Stearoyl Lactylate, Calcium Propionate, Datem, Vegetable Shortening, Ammonium Sulfate, Natural Flavor, Ascorbic Acid, Calcium Sulfate, Potassium Iodate, L-Cysteine, Enzymes. Contains wheat ingredients. This product is processed on a line that produces products with milk and soy. This product is processed in a facility that produces products with sesame. Contains bioengineered food ingredients. This product is produced in a nut-free facility. **Butter Cooking Spray (Vegalene®).**

Roll, Sub (Bake Crafters®)

Ingredients: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Potassium Chloride, Vital Wheat Gluten, Salt, Sodium Stearoyl Lactylate, Calcium Propionate, Datem, Vegetable Shortening, Ammonium Sulfate, Natural Flavor, Ascorbic Acid, Calcium Sulfate, Potassium Iodate, L-Cysteine, Enzymes. Contains wheat ingredients. This product is processed on a line that produces products with milk and soy. This product is processed in a facility that produces products with sesame. Contains bioengineered food ingredients. This product is produced in a nut-free facility.

Salad, Chef

Ingredients: Lettuce (romaine, iceberg), Grape Tomatoes, Cucumber and Carrots with Turkey (Jennie-O®) or Turkey-Ham (Jennie-O®) and Cheese, Cheddar, Shredded, Reduced Fat (Bongards®) OR *Chicken Tenders (Rich Chicks®). Offered with Croutons (Monarch®) and/or Cheez-it crackers (Sunshine®). Ranch or Italian dressing available. *Crispy Chicken chef salad available at Endeavor Center.

Salad, Chicken Caesar

Ingredients: Romaine lettuce, Parmesan cheese (Roseli®) and Chicken, grilled strips. Offered with Croutons (Monarch®) and/or Cheez-it crackers (Sunshine®). Caesar dressing available.

Salad, Corn

Ingredients: Corn (Monarch®), Tomatoes, Limes, Cilantro, Salt (Monarch®), Black pepper and Red onions.

Salad, Chicken Berry

Ingredients: **Romaine lettuce, Fresh strawberries, Fresh blueberries, New Orleans Chicken (Asian Food Solutions®): CHICKEN STRIPS:** Chicken Leg Meat, Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Water, Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Sugar, Molasses, Salt, Contains Less Than 2% Of Yeast Extract, Maltodextrin, Natural Flavor, Lactic Acid, And Xanthan Gum], Seasoning (Sugar, Black Pepper, Ground Mustard Seeds, Ground Celery Seeds, Garlic Powder, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract; **Vegetable oil - Soybean** (Monarch®), **Seasoning, Cajun** (Monarch®): Dehydrated garlic, spices, salt, paprika (color), dehydrated onion, red pepper. Offered with Croutons (Monarch®) and/or Cheez-it crackers (Sunshine®). **Mandarin Orange Sesame Ginger Dressing Cup (Ken's®) available:** Soybean oil, high fructose corn syrup, soy sauce (water, wheat, soybeans, salt, sodium benzoate [preservative]), mandarin orange, orange juice concentrate, distilled vinegar, orange marmalade (sugar, water, orange peel, pectin, citric acid), water, sesame oil, honey, sugar, contains less than 2% of garlic, ground ginger, spice, xanthan gum, natural flavor, citric acid, ascorbic acid, orange peel,* salt, oleoresin paprika (color), caramel color. *dried. Contains: Soy, wheat, sesame.

Salad, Side

Ingredients: Lettuce (Romaine, Iceberg), Grape Tomatoes, Cucumber and Carrots.

Salami (Hormel®)

Ingredients: Pork, Beef, Salt, Contains 2% or less of Dextrose, Water, Spices, Lactic Acid Starter Culture, Sodium Ascorbate, Sodium Nitrite, Garlic Powder, BHA, BHT, Citric Acid. BHA, BHT with citric acid added to help protect flavor.

Salsa, Corn

Ingredients: Corn, Tomatoes, Lime juice (Natalie's®), Cilantro, Red Onions, Salt (Monarch®), Black Pepper.

Salt (Monarch®)

Ingredients: Salt, calcium silicate, dextrose, potassium iodide. Kosher

Sandwich, Crispy Chicken

Ingredients: **Chicken Fillet, Breaded (Rich Chicks®)**: Chicken Breast with Rib Meat, Chicken Protein Solution (Water, Chicken Protein), Water, Seasoning (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potassium Chloride, Salt, Spices, Sodium Bicarbonate, Garlic Powder, Yeast Extract, Ascorbic Acid, Citric Acid, Natural Flavor), Isolated Oat Product, Salt. **Breaded with**: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched rice flour (rice flour, niacin, reduced iron thiamin mononitrate, riboflavin folic acid), water, rice starch, salt, sodium bicarbonate, chicken protein solution (water, chicken protein), contains less than 2% of: yellow corn flour, corn starch, spices, garlic powder, onion powder, green bell pepper, green bell pepper powder, natural flavor, yeast extract, extractives of paprika, ascorbic acid, potassium chloride, cream of tartar, wheat gluten, cellulose gum, breading set in vegetable oil. Contains: Wheat; **Bun, Brioche Hamburger (Alpha Baking®)**. *Optional*: Lettuce & Tomato, Ketchup (RedGold®), Mustard (KraftHeinz®), Mayonnaise (KraftHeinz®).

Sandwich, Spicy Chicken

Ingredients: **Chicken Fillet, Breaded Spicy (Rich Chicks®)**: Chicken Breast with Rib Meat, Chicken Protein Solution (Water, Chicken Protein), Water, Seasoning (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potassium Chloride, Salt, Spices, Sodium Bicarbonate, Garlic Powder, Yeast Extract, Ascorbic Acid, Citric Acid, Natural Flavors), Isolated Oat Product, Salt. **Breaded with**: Whole Wheat Flour, Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Enriched Rice Flour (Rice, Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Potassium Chloride, Chicken Protein Solution (Water, Chicken Protein), Cornstarch, Contains less than 2% of Leavening, (Cream of Tartar, Sodium Bicarbonate), Extractives of Paprika, Spices, Dextrose, Yeast, Yellow Corn Flour, Gum Arabic, Yeast Extract, Spice Extractives. Breading Set in Vegetable Oil. Contains: Wheat; **Bun, Brioche Hamburger (Alpha Baking®)**. *Optional*: Lettuce & Tomato, Ketchup (RedGold®), Mustard (KraftHeinz®), Mayonnaise (KraftHeinz®).

Sandwich, Grilled Cheese

Ingredients: Bread, Sliced, Whole Grain (Flowers Foods®), Cheese, Cheddar, Shredded, Reduced Fat (Bongards®), Garlic Powder, Butter Cooking Spray (Vegalene®).

Sandwich, Grilled Turkey Ham & Cheese

Ingredients: Bread, Sliced, Whole Grain (Flowers Foods®), Cheese, Cheddar, Shredded, Reduced Fat (Bongards®), Garlic Powder, Turkey Ham Sliced (Jennie-O®), Butter Cooking Spray (Vegalene®).

Sandwich, Rib-b-que

Ingredients: **Rib-b-que Patty** (Tyson®): Ground pork (not more than 30% fat), honey barbecue sauce: (high fructose corn syrup, distilled vinegar, tomato paste, corn syrup, honey, molasses, water, salt, natural flavor, modified corn starch, natural hickory smoke flavor, spices, onion powder, garlic powder, sodium benzoate (preservative), caramel color, sugar), 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), seasoning: (tomato powder, dextrose, brown sugar, artificial vinegar (malic acid, sodium acetate, lactose, fumaric acid, artificial flavorings), powdered worcestershire sauce (corn syrup solids, salt, garlic powder, sugar, spices, soy sauce solids (wheat, soybeans, salt, maltodextrin, caramel color), tamarinds, flavor), spices, spice extractive, onion powder, smoke flavor, garlic powder), honey, salt, and sodium phosphates. Contains: Milk, Soy, Wheat.; **Brioche Hamburger Bun** (Alpha Baking Company®).

Sandwich, Vegetarian Chick' n

Ingredients: **Vegetarian Chick'n Patty (Rebellyous®)**: Rehydrated Soy Protein (Water, Soy Protein Concentrate, Soy Protein Isolate), Canola Oil, Breading (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Vinegar, Vegetable Oil [Canola and/or Sunflower], Salt, Baking Soda, Yeast, Spice Extractives), Methylcellulose, Seasoning (Maltodextrin, Sugar, Salt, Yeast Extract, Onion Powder, Dehydrated Garlic, Natural Flavor, Spices, Torula Yeast, Citric Acid, Extractives of Turmeric [Color], Corn Starch, Salt. Contains: Wheat, Soy; **Bun, Brioche Hamburger (Alpha Baking®)**. *Optional*: Lettuce & Tomato, Ketchup (RedGold®), Mustard (KraftHeinz®), Mayonnaise (KraftHeinz®).

Sauce, Barbeque (Sweet Baby Ray's ®)

Ingredients: High fructose corn syrup, distilled vinegar, tomato paste, modified corn starch, contains less than 2% of salt, pineapple juice concentrate, natural smoke flavor, spice, caramel color, molasses, sodium benzoate (preservative), garlic,* mustard flour, corn syrup, sugar, tamarind, natural flavor, celery seed. *Dried. Kosher. Gluten-free

Sauce, Barbeque, Dip Cup (Taste Pleasers ®)

Ingredients: Distilled white vinegar, tomato puree (tomato paste, water), high fructose corn syrup, corn syrup, salt, modified food starch, natural flavors, spices (contains mustard, celery), caramel color, potassium sorbate and sodium benzoate (as preservatives). Derived from bioengineered ingredients.

Sauce, Alfredo, for Chicken Alfredo

Ingredients: **Alfredo sauce (Midas®)**: Ingredients: Milk, Parmesan Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), Romano Cheese (part-skim milk, cheese culture, salt, enzymes), Food Starch – Modified, Coconut Oil, Buttermilk, Salt. Less than 2% Garlic Powder, Spice, Yeast Extract, Maltodextrin, Soy Lecithin, Sodium Caseinate (milk derivative), Sodium Phosphate, Lactic Acid, Mono and Diglycerides, Xanthan Gum, FD&C Yellow #5, FD&C Yellow #6. Contains: Milk, Soy, Gluten (barley), FD&C yellow #5, FD&C yellow #6; **Butter, unsalted** (Glenview Farms®).

Sauce, Honey Mustard, Dip Cup (KraftHeinz®)

Ingredients: Mustard (Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric, Spices), Distilled White Vinegar, High Fructose Corn Syrup, Sugar, Honey, Modified Corn Starch, Mustard Flour, Water, Molasses, Corn Syrup, Xanthan Gum, Invert Sugar, Apple Juice Concentrate, Caramel Color, Lactic Acid, Spice, Natural Flavor, Salt, Sodium Benzoate As A Preservative. Derived from bioengineered ingredients. Kosher.

Sauce, Honey Mustard, Dip Cup (Monarch®)

Ingredients: Soybean Oil, High Fructose Corn Syrup, Water, Honey, Distilled and Cider Vinegar, Sugar, Prepared Horseradish (Horseradish, Water, Vinegar, Soybean Oil, Salt, Artificial Flavoring), Egg Yolks, Salt, Mustard Seed, Spices, Paprika, Oleoresin Paprika, Natural Flavor, Turmeric, Xanthan Gum, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (Preservatives), Calcium Disodium EDTA added to protect flavor. Contain: Eggs

Sauce, Meat, for Spaghetti

Ingredients: **Beef crumbles, Tomatoes, ground (7/11®), Italian seasoning (Monarch®), Garlic powder, Black pepper, Sugar, Beef base (Monarch®)**]: Roasted Beef And Beef Broth, Maltodextrin, Sugar, Potassium Chloride, Autolyzed Yeast Extract, Beef Fat, Dextrose, Onion Powder, Hydrolyzed Soy Corn Protein, Hydrolyzed Soy Protein, Torula Yeast , Whey (Milk), Caramel Color (Contains Sulfites), Corn Starch, Natural Flavor, Canola Oil, Garlic Powder, Citric Acid, Salt, Disodium Inosinate, Disodium Guanylate, Lactic Acid, Spice Extractive, Calcium Lactate, Grill Flavor (From Soybean Oil). Contains: Soy, Milk.

Sauce, Marinara, for Spaghetti and Extra Sauce, for Baked Pasta

Ingredients: Tomatoes, ground (7/11®), Italian seasoning (Monarch®), garlic powder, black pepper, sugar.

Sauce, Sweet Chili (Sweet Baby Ray's®)

Ingredients: High fructose corn syrup, sugar, water, distilled vinegar, soy sauce (water, wheat, soybeans, salt), aged cayenne red pepper, sriracha chili sauce (red chili, distilled vinegar, sugar, salt, garlic, acetic acid, lactic acid, red chili powder, xanthan gum), modified corn starch, contains less than 2% of salt, vegetable oil (soybean and/or canola), garlic,* red bell pepper, spice, red bell pepper,* chili de arbol pepper,* chicken meat with natural juices, potassium sorbate and sodium benzoate (preservatives), xanthan gum, organic cane sugar, maltodextrin, yeast extract, chicken fat, paprika, onion powder, turmeric, natural flavor, spice extractives, sulfiting agents. *Dried. Contains Soy, Wheat

Sauce, XTRA Hot Buffalo (Frank's Redhot®)

Ingredients: Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, natural flavor, xanthan gum, natural butter type flavor and garlic powder. Dairy free. Does not have any gluten containing ingredients. Kosher, Halal.

Sausage Patty (Advanced Pierre®)

Ingredients: Ground pork (not more than 20% fat), seasoning (dextrose, flavorings, hydrolyzed corn protein, caramel color), water, salt, caramel color.

Seasoning, Italian (Monarch®)

Ingredients: A blend of classic whole Italian herbs such as oregano, thyme, basil, rosemary and sage. Kosher.

Soup, Tomato (Campbell's Healthy Request®)

Ingredients: Tomato puree (water, tomato paste), water, wheat flour, sugar, contains less than 2% of: salt, citric acid, ascorbic acid (vitamin c), natural flavoring, celery extract, garlic oil. Contains: Gluten, Wheat.

Spice, Chipotle Chili Pepper (Monarch®)

Ingredients: Chipotle chile pepper, less than 2% silicon dioxide to prevent caking. Kosher

Spice, Fajita (McCormick®)

Ingredients: Corn maltodextrin, salt, spice (including paprika and chili pepper), modified corn starch, sugar, soy sauce (soybean, wheat, salt), citric acid, caramel color, yeast extract, natural flavor, garlic, beef extract, and beef fat. Contains: Wheat, Soybean.

Strawberries & Blueberries Cup

Ingredients: Blueberries, Strawberries, syrup (water & sugar).

Subs**Hot Italian Sub – Hagerty, Lake Brantley, Lake Mary and Oviedo High Schools**

Ingredients: Roll, Sub (Bake Crafters®), Golden Italian Dressing (Ken's®), Turkey-ham, sliced (Jennie-O®), Salami (Hormel®), Pepperoni (Hormel®), Mozzarella Cheese (Bongards®).

Turkey and Cheese Sub – Hagerty, Lake Brantley, Lake Mary and Oviedo High Schools

Ingredients: Roll, Sub (Bake Crafters®), American Cheese, sliced (Bongards®), Turkey Breast, slices (Jennie-O®), Romaine Lettuce and Sliced Tomatoes; *Optional*: Mayonnaise, Packet (KraftHeinz®), Mustard, Packet (KraftHeinz®).

Turkey and Cheese Sub, for Charter Schools

Ingredients: Roll, Sub (Bake Crafters®), Turkey Ham, sliced (Jennie-O®), American Cheese, sliced (Bongards®). *Optional*: Mayonnaise, Packet (KraftHeinz®), Mustard, Packet (KraftHeinz®).

Sugar, Light Brown (Monarch®)

Ingredients: Sugar, Molasses. Kosher.

Sunflower Kernels, Honey Roasted (Sunrich Naturals®)

Ingredients: Sunflower kernels, sugar, sunflower oil, honey, maltodextrin, xanthan gum.

Syrup (Harvest Value®)

Ingredients: Corn syrup, water, natural & artificial maple flavor, salt, carboxymethyl cellulose, sodium benzoate and potassium sorbate (as preservatives), caramel color. Kosher.

Syrup, Cup (KraftHeinz®)

Ingredients: Corn syrup, high fructose corn syrup, water, contains less than 2% of natural and artificial maple flavor, potassium sorbate as preservative, caramel color, citric acid.

Syrup, Cup (Smucker's®)

Ingredients: Invert sugar, water, contains 2% or less of molasses, natural flavors, sea salt.

Tomatoes, Ground (7/11®)

Ingredients: Vine-ripened fresh unpeeled tomatoes, salt and naturally derived citric acid.
Gluten free.

Tortilla, Flour, 10" (El Mirasol®)

Ingredients: Ultragrain Flour, Enriched White Flour (Flour Niacin, Iron, Thiamine, Mononitrate, Riboflavin) Water, Palm Oil and Cottonseed Oil, Salt, Calcium Propionate, Mono and Dicyclerics, Sodium Carbomate, Sugar, Sodium Acid Pyrophosphate, Fumaric Acid, Sodium.
Allergen: Wheat.

Turkey Breast, Sliced (Jennie-O®)

Ingredients: Turkey Breast Meat, Turkey Broth, Contains 2% or less Salt, Sugar, Rosemary Extract, Baking Soda. Contains: no allergens or gluten.

Turkey Ham, Sliced (Jennie-O®)

Ingredients: Turkey thigh meat with a portion of ground turkey thigh trim added, vinegar, sugar, contains 2% or less sea salt, cultured celery powder, salt, potassium chloride, baking soda, natural smoke flavor. Contains: no allergens or gluten.

Uncrustables, Grape (Smucker's®)

Ingredients: **Peanut butter:** peanuts, sugar, contains 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). Contains: peanuts or peanut derivatives, wheat or wheat derivatives. Non-GMO.

Uncrustables, Strawberry (Smucker's®)

Ingredients: **Peanut Butter:** Peanuts, Sugar, Contains 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). Contains: Wheat and their derivatives and peanuts. Non-GMO.

Vanilla Flavoring (Monarch®)

Ingredients: Water, caramel color, artificial flavor, citric acid, sodium benzoate (preservative). Kosher.

Vegetables, Mixed

Ingredients: **Mixed Vegetables:** diced carrots, corn, green beans, and peas, with no added salt; **Garlic Powder, Butter Cooking Spray (Vegalene®).**

Waffle, Maple (Bake Crafters®)

Ingredients: Whole Wheat Flour Blend (Whole Wheat Flour & Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil, Sugar, Nonfat Milk, Eggs, Less than 2%: Soy Lecithin, Maple Bits (Sugar, Whole Wheat Flour, Soybean Oil, Natural Flavor, Cellulose Gum, Yeast Extract), Natural Maple Flavor, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Corn Starch, Mono Calcium Phosphate), Salt, Wheat Bran. Contains egg, milk, soy, and wheat ingredients. Contains bioengineered food ingredients. This product is produced in a nut-free facility.

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.; or **Strawberry Yogurt (Yoplait®):** Cultured pasteurized grade A low fat milk, sugar, modified corn starch. Contains less than 1% of: modified tapioca starch, natural flavor, citric acid, vegetable juice (for color), potassium sorbate added to maintain freshness, vitamin A acetate, vitamin D3. *PLUS* assorted fruits and choice of **Homemade Granola** or **Cereal, Cinnamon Toast Crunch (General Mills®)**

FILTERED AT HAGERTY, LAKE BRANTLEY, LAKE MARY and OVIEDO HIGH SCHOOLS (COLD BEVERAGE)

Half-and-Half Iced Tea & Lemonade

Ingredients: Black Tea (Barnie's®), Lemonade Powered Drink Mix (Country Time®), Water.

Iced Tea

Ingredients: Black Tea (Barnie's®), Water. Sugar-free syrup flavors available: blackberry, strawberry, peach (Monin®) upon request.

Lemonade

Ingredients: **Lemonade Powdered Drink Mix** (Country Time®), **Water**. Sugar-free syrup flavors available: blackberry, strawberry, peach (Monin®) upon request.

Lemonade Powdered Drink Mix (Country Time®)

Ingredients: Sugar, citric acid, contains less than 2% of: ascorbic acid vitamin c, potassium sorbate and sodium benzoate preservatives, sodium and potassium bicarbonate, magnesium oxide, natural flavor, acesulfame potassium, calcium carbonate, sodium citrate, artificial color, neotame, yellow 5.

Nitro Cold Brew

Ingredients: Water, coffee (Barnie's®). Sugar-free syrup flavors available: vanilla, caramel (Monin®) upon request.

FILTERED AT HAGERTY, LAKE BRANTLEY, LAKE MARY and OVIEDO HIGH SCHOOLS (HOT BEVERAGES)

Café Latte

Ingredients: Water, coffee (Barnie's®), 1% white milk (T.G. Lee®). Sugar-free syrup flavors available upon request.

Freshly Brewed Hot Coffee

Ingredients: Water, coffee (Barnie's®). Sugar-free syrup flavors available upon request.

Hot Chocolate

Ingredients: **1% Low-Fat Chocolate Milk (T.G. Lee®)**: Low fat milk, high fructose corn syrup, contains less than 1% of: cocoa (processed with alkali), corn starch, salt, carrageenan, artificial flavor, vitamin A palmitate, vitamin D3; **Syrup, Chocolate Zero Sugar (Hershey's®)**: Water, cocoa processed with alkali*, glycerin, erythritol, contains 2% or less of: sodium acid sulfate, natural flavor & artificial flavor, xanthan gum, salt, potassium sorbate (to maintain freshness), sodium benzoate (to maintain freshness), acesulfame potassium, sucralose, zinc sulfate, vitamin E acetate, niacinamide, biotin. *adds a negligible amount of fat. Gluten Free. *Syrup, Peppermint Natural Zero (Monin®) available upon request.*

OPTIONAL

Milk, Whole, White (T.G. Lee®)

Stevia Sweetener (Sweet Life)

Ingredients: Dextrose, stevia extract, natural flavor

Syrup, Blackberry Sugar-Free (Monin®)

Ingredients: Water, Erythritol, Natural and Artificial Flavors, Concentrated Lemon Juice, Cellulose Gum, Sucralose, Potassium Sorbate (Preservative). Manufactured on the same line as tree nut allergen. Kosher. Gluten Free.

Syrup, Caramel Sugar-Free (Monin®)

Ingredients: Water, erythritol, natural and artificial flavors, cellulose gum, citric acid, sucralose, potassium sorbate (preservative). Manufactured on same line as Tree Nuts. Kosher. Contains no gluten.

Syrup, Peach Sugar-Free (Monin®)

Ingredients: Water, erythritol, natural and artificial flavors, citric acid, cellulose gum, sucralose, potassium sorbate preservative, FD&C yellow #5, FD&C red #40. Kosher, Halal. Manufactured on the same line as tree nuts.

Syrup, Peppermint Natural Zero (Monin®)

Ingredients: Water, Erythritol, Natural Flavors, Stevia Sweetener, Xanthan Gum, Natural Mint Flavor, Lactic Acid. Kosher, Halal, Gluten-Free. Manufactured on same line as Tree Nuts.

Syrup, Santa's White Christmas Sugar-Free (Monin®)

Ingredients: Water, cellulose gum, sucralose, sodium benzoate (preservative), citric acid, natural and artificial flavor. Contains tree nuts (coconut).

Syrup, Strawberry Sugar-Free (Monin®)

Ingredients: Water, erythritol, natural and artificial flavors, cellulose gum, sucralose, potassium sorbate preservative, fdc red 40. Manufactured on the same line as tree nuts.

Syrup, Sweetener Sugar-Free (Monin®)

Ingredients: Water, Erythritol, Cellulose Gum, Citric Acid, Sucralose, Potassium Sorbate (Preservative). Kosher. Gluten Free. Manufactured on the same line as tree nut allergen.

Syrup, Vanilla Sugar-Free (Monin®)

Ingredients: Water, Erythritol, Natural Vanilla Flavor, Cellulose Gum, Artificial Vanilla Flavor, Sucralose, Citric Acid, Potassium Sorbate (Preservative). Manufactured on same line as Tree Nuts. Gluten Free. Kosher. Halal.