



## Snack Ingredients List

The information contained in this list is reported by each of the manufacturers or vendors. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. This information is effective as of October 27, 2023.

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

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. We encourage anyone with food sensitivities, allergies or special dietary needs to check with <http://redappledining.com> on a regular basis to obtain the most current information. If your child has a special diet need due to a medical condition, please contact Kymberli Dawson, MHA, RDN at [dawsonkd@scps.k12.fl.us](mailto: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, use the CTRL + F keys on your keyboard and enter the item to expedite your search.**

## **SNACK INGREDIENTS LIST**

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

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

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

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

### **Apricot Cup**

Ingredients: Apricots, Sugar, Ascorbic & Citric Acid

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

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

### **Cereal, 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 and/or sunflower 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. Gelatin 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

**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, 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.

**Cookies, Alphabet (Bake Crafters®)**

Ingredients: Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Sugar, Canola Oil, Natural Flavor, Salt, Baking Soda, Sunflower Lecithin. Contains wheat ingredients. This product is processed in a facility that produces products with soy. Contains bioengineered food ingredients. This product is produced in a nut-free facility. Kosher: OU-D.

**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, 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.

**Cracker, Animal (Bake Crafters®)**

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

**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 (Keebler®)**

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

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

Ingredients: Whole grain wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sunflower oil, sunflower lecithin, salt, honey, leavening (baking soda), natural flavors, whole eggs, milk. Contains wheat, egg and milk. Processed in a facility that manufactures products containing soy. Baked and packed in a nut-free facility. Made with 100% NON-GMO ingredients. Kosher.

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

Ingredients: Made with smiles and whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cheddar cheese ([cultured milk, salt, enzymes], annatto), vegetable oils (canola sunflower oil, and/or soybean), salt, contains 2% or less of: yeast, autolyzed yeast extract, paprika, spices, celery, baking soda, monocalcium phosphate, onion powder. Contains: wheat, milk.

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

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

**Crackers, Graham (Keebler®)**

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

### **Granola, Homemade**

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

### **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.

**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 (water, juice concentrate), ascorbic acid (Vitamin C), natural flavors, citric acid.

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

Ingredients: Nonfat milk, liquid sugar, less than 1% of cocoa (processed with alkali), cornstarch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D<sub>3</sub>. Allergens: Milk.

**Peach Cup**

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

**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 soy ingredients.

**Strawberries & Blueberries Cup**

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

**Strawberry Cup – Strawberries, sugar****Yogurt, Strawberry Banana (Upstate Farms®)**

Ingredients: Cultured pasteurized grade a nonfat milk, sugar, modified food starch, strawberries, banana puree, whey, tricalcium phosphate, natural flavors, citric acid, gellan gum, purple carrot juice concentrate (for color), potassium sorbate (for freshness), locust bean gum, vitamin D<sub>3</sub>. Gluten Free.

**Yogurt Parfait**

Ingredients: **Vanilla Yogurt (Yoplait®)**: Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1% or less than 1% of: Corn Starch, Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D<sub>3</sub>.

**Homemade Granola or Cereal, Cinnamon Toast Crunch (General Mills®).**