

NORTHVILLE PUBLIC SCHOOLS

FOOD SERVICE

Elementary Lunch Ingredients

The Northville Public Schools Food Service Program is providing a listing of ingredients at the beginning of the school year for items offered.

Manufacturers can change the ingredients at any time and are not responsible for alerting distributors, retailers or food service programs. Northville Public Schools has petitioned State and Federal legislators to force manufacturers to notify consumers of ingredient changes. This initiative was not accepted by legislators; therefore, ingredients can change during the school year without notice.

INGREDIENT LIST

Baked Chicken	Make Your Own Taco
BBQ Sauce	Mashers (incl. chicken, mashed potatoes/gravy)
Bosco Sticks (with Marinara Sauce)	Mexican Rice
Burritos	Mini Blueberry Muffin
Cereal (ala carte snack)	Mini Corn Dogs
Cheddar Cheese	Nacho Cheese
Cheese Breadstick (Max Stix)	Nacho Chips
Cheese Pierogies	Nacho Meat/Taco Meat
Cheese Ravioli	Oodles of Noodles
Cheeseburgers	Oodles Chix
Cheeseburger Bun	Pancakes
Chicken Nuggets	Pita & Hummus
Chicken Patty Sandwich	Pizza Marvelous
Chicken Pot Pie	Popcorn Chicken
Chicken Tenders	Potato Criss-Cut Fries
Choc Chip Cookie (ala carte snack)	Potato Rounds
Curious George Fruit Snack (ala carte snack)	Potato Smiles
French Toast Sticks	Potato Spudsters
Frito's	Rainbow Sherbet (ala carte snack)
Fruit Juice	Ranch Dressing
Hot Dogs	Refried Beans/Nacho Beans
Hot Dog Bun	Rice Krispie Treat (ala carte snack)
Italian Dressing	Roll
Italian Sub	Sausage
Jet's Pizza	Scrabble Cheez-Its (ala carte snack)
Ketchup	Soft Pretzel
Little Caesar's Pizza	Spaghetti (with Marinara or Meat Sauce)
Lunchable	Sun Chips
Macaroni & Cheese	

Syrup
Taco Salad
Taco Sauce
Tortillas
Turkey & Cheese Bagel
Turkey & Cheese Roll-Up
Veg Burg
Veg Chix Nug

Veg Chix Patty
Veg Dogs
Veg Sub
Waffles
Wheat Cracker
Yogurt

Baked Chicken

Description: AP Boneless Chix Brst Fillet, 4

Ingredients: 100% USDA Inspected Chicken. COMMON ALLERGENS
PRESENT: None.

BBQ Sauce (packet)

Ingredients -

Water, tomato paste, high fructose corn syrup, sugar, vinegar, molasses, salt, modified food starch, partially hydrogenated vegetable oil (cottonseed and/or soybean), natural smoke flavors, spices, caramel color, garlic, sodium benzoate, potassium sorbate, and EDTA (as preservatives).

Bosco Sticks (with Marinara Sauce)

Ingredients -

Crust: Flour blend (whole-wheat flour, enriched flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme]), water, brown sugar, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), salt, yeast, enzyme.

Cheeses: Reduced fat, reduced sodium Mozzarella cheese (pasteurized part skim milk, non-fat milk, modified food starch*, cheese culture, salt, potassium chloride*, natural flavors*, annatto, vitamin A palmitate, enzymes), Mozzarella cheese (pasteurized part skim milk, cheese culture, salt, enzymes). *Ingredients not in regular Mozzarella cheese.

Garlic spray (canola oil, sunflower lecithin, soy lecithin, natural flavor, garlic oil, annatto and propellant) garlic salt, grated Parmesan cheese, butter used in preparation.

Marinara Sauce Cup

Ingredients-

Tomato puree (water, tomato paste), high fructose corn syrup, salt, dried onion, spices, citric acid, potassium sorbate (preservative), sodium benzoate (preservative), natural flavor.

Burritos (Tortilla, Meat or Beans, Sauce, Shredded Cheddar)

Ingredients

Tortilla - Bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides, contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate and potassium sorbate).

Meat - Ground beef (no more than 20% fat). Water, tomato paste, textured vegetable protein (soy protein concentrate, caramel color), seasoning (dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), salt, caramel color, vinegar, paprika extract.

Beans - pinto beans [dry], salt, contains one or more of the following [canola, corn, palm oil (preserved with citric acid and TBHQ)], caramel color, carmine color.

Taco Sauce - tomato puree [water, tomato paste], water, salt, distilled vinegar, modified food starch, sugar, spice, citric acid, garlic powder, green chile pepper, onion powder.

Cheddar cheese - cultured pasteurized milk, salt, enzymes, annatto (color), powdered cellulose (anti-caking agent).

Cereal Ingredients-

Apple Cinnamon Cheerios -

Whole grain oats, sugar, brown sugar, corn meal, corn starch, corn syrup, canola and/or rice bran oil, apple puree concentrate, salt, cinnamon, trisodium phosphate, sodium citrate, vanillin, wheat starch, vitamin E (mixed tocopherols) added to preserve freshness.

Vitamins & Minerals: Calcium carbonate, zinc & iron (mineral nutrients), vitamin C (sodium ascorbate), A B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B12, vitamin D3.

Apple Jacks -

Whole grain corn flour, sugar, wheat flour, whole oat flour, oat fiber, soluble corn fiber, salt, milled corn, dried apples, apple juice concentrate, cornstarch, cinnamon, natural and artificial flavor, sodium ascorbate and ascorbic acid (vitamin C), modified corn starch, yellow #6, niacinamide, reduced iron, zinc oxide, turmeric color, baking soda, pyridoxine hydrochloride (vitamin B6), blue #1, riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), tricalcium phosphate, vitamin A palmitate, red # 40, BHT (preservative), folic acid, vitamin D, vitamin B12. Contains wheat ingredients. CORN CONTAINS TRACES OF SOYBEANS.

Cheerio's Ingredients-

Whole grain oats, modified corn starch, sugar, oat bran, salt, calcium carbonate, oat fiber, tripotassium phosphate, corn starch, wheat starch, vitamin E (mixed tocopherols) added to preserve freshness.

Vitamins & Minerals: Iron and zinc (mineral nutrients), vitamin C (sodium ascorbate), A B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B12, vitamin D.

Cinnamon Toast Crunch Ingredients-

Whole grain wheat, sugar, rice flour, canola and/or rice bran oil, polydextrose, maltodextrin, fructose, dextrose, salt, cinnamon, soy lecithin, trisodium phosphate, color added. BHT added to preserve freshness.

Vitamins & Minerals: Calcium carbonate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), A B vitamin (niacinamide), vitamin B6

(pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B12, vitamin D3. **CONTAINS WHEAT AND SOY INGREDIENTS.**

Frosted Flakes Ingredients-

Whole grain wheat, rice, sugar, milled corn, wheat bran, contains 2% or less of soluble wheat fiber, salt, malt flavoring, BHT for freshness.

Vitamins and minerals: vitamin C (ascorbic acid) reduced iron, niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B12. **CONTAINS WHEAT INGREDIENTS, CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.**

Golden Grahams Ingredients-

Whole grain wheat, sugar, corn meal, brown sugar syrup, canola and/or rice bran oil, dextrose, baking soda, salt, trisodium phosphate, artificial flavor, BHT added to preserve freshness. Vitamins and minerals: calcium carbonate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), A B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B12, vitamin D. Contains wheat ingredients.

Rice Krispies Ingredients-

Rice, sugar, salt, malt flavoring, iron, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), niacinamide, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid, vitamin D, and vitamin B12. To maintain quality, BHT has been added to the packaging.

Trix Ingredients-

Whole grain corn, corn meal, sugar, corn syrup, corn bran, rice bran and/or canola oil, salt, tricalcium phosphate, natural and artificial flavor, red 40, yellow 6, blue 1, and other color added, sodium citrate, citric acid, malic acid. Vitamin E (mixed tocopherols) and BHT added to preserve freshness. Vitamins & Minerals: Calcium carbonate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), A B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B12, vitamin D3.

Cheddar Cheese (Burritos, Make Your Own Taco)

Ingredients-

Cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto (color), powdered cellulose (anti-caking agent)).

CONTAINS: MILK

Cheese Breadstick (Max Stix)

Description: AP Pizza Stix, Cheese Filled, 1stick=1.9

Ingredients: For ingredient or allergen information please contact: Conagra Culinary Fro...

Nutritional Information			
Serving Size: 1 each (55 g)			
Amount Per Serving:			
Calories	150	Calories From Fat:	54
			% Daily Value
Total Fat	6 g		9%
Saturated Fat	2 g		10%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	5 mg		2%
Sodium	370 mg		15%
Potassium	n/a		n/a
Total Carbs	17 g		6%
Dietary Fiber	2 g		8%
Sugars	0 g		n/a
Protein	7 g		14%
Vitamin A -	2%	Vitamin C -	0%
Calcium -	13%	Iron -	7%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients-

Crust: (Enriched wheat flour [bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], water, soybean oil, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten, soy flour).

Shredded Mozzarella Cheese:

(Pasteurized part skim milk, cheese cultures, salt, enzymes).

Shredded Mozzarella Cheese Substitute:

(Water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid,

nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin, and vitamin B-12], vitamin A palmitate).

CONTAINS: MILK, WHEAT, AND SOY

Cheese Pierogies-

Water, enriched wheat flour and durum flour (wheat flour, durum flour, niacin, iron, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), potato flakes (potatoes, mono- and diglycerides, sodium acid pyrophosphate, citric acid), Cheddar cheese blend [cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), whey, corn syrup solids, palm oil, salt, butter (cream, salt), buttermilk, natural flavor, disodium phosphate, sodium caseinate, autolyzed yeast extract, annatto extract (color), turmeric extract (color), disodium inosinate, disodium guanylate and less than 2% silicon dioxide (anticaking agent)], dextrose, salt, canola oil, and dried onion.

Cheese Ravioli-

Cheese filling: part skim ricotta cheese (whey [milk], cream, vinegar, carrageenan), whole egg, Parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), water, dried whole egg, Romano cheese made from cow's milk (pasteurized cultured milk, salt, enzymes), bread crumb (enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid], sugar, soybean oil, yeast), onion powder, garlic powder, spice, dehydrated parsley flakes.

Pasta: enriched durum flour [durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid], water, whole egg.

Marinara Sauce: Tomato Puree (water, tomato paste), diced tomatoes, soybean oil, high fructose corn syrup, salt, spices, dried garlic, dried parsley, citric acid, natural flavors.

Cheeseburgers

Ingredients (#105880--commodity)-

Ground beef (not more than 20% fat), water, textured vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin), seasoning (hydrolyzed corn protein, dextrose, salt, onion powder, spices), sodium phosphates, caramel color.

Ingredients (#100650)-

Ground beef (not more than 30% fat), water, vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), (may contain caramel color), (may contain soy lecithin)], salt, sodium phosphate, caramel color.

CONTAINS: SOY

Cheese (for Burgers)

Description: AP American Cheese, Past., Proc., 120 ct

Nutritional Information			
Serving Size: 1 each (19 g)			
Amount Per Serving:			
Calories	70	Calories From Fat:	45
			% Daily Value
Total Fat	5 g		8%
Saturated Fat	4 g		18%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	15 mg		5%
Sodium	300 mg		13%
Potassium	n/a		n/a
Total Carbs	2 g		1%
Dietary Fiber	0 g		0%
Sugars	n/a		n/a
Protein	3 g		6%
Vitamin A -	6%	Vitamin C -	0%
Calcium -	10%	Iron -	0%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients -

American cheese (milk, cheese cultures, salt, enzymes, annatto vegetable color), water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent).

CONTAINS MILK & SOY INGREDIENTS.

Burger Buns

Ingredients (GFS) -

Enriched flour [wheat flour, malted barley flour, wheat starch, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid], water, high fructose corn syrup, soybean oil, wheat gluten, salt, yeast, monoglycerides, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a preservative), sodium stearoyl lactylate, citric acid, azodicarbonamide, ascorbic acid, calcium peroxide.

CONTAINS: WHEAT

Ingredients (Aunt Millie's) –

Enriched bleached flour [wheat flour, malted barley flour, wheat starch, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid], water, high fructose corn syrup, soybean oil, wheat gluten, salt, yeast, monoglycerides, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor), sodium stearoyl lactylate, citric acid, azodicarbonamide, ascorbic acid, calcium peroxide.

CONTAINS: WHEAT

Chicken Nuggets

Ingredients -

Marinated with: 8% of a solution of water, salt, and sodium phosphates. Battered with: Water, bleached wheat flour, modified corn starch, salt, spices, garlic powder, onion powder, autolyzed yeast extract, soybean oil, disodium guanylate, disodium inosinate. Breaded with: Bleached wheat flour, salt, dextrose, leavening (sodium aluminum phosphate, sodium bicarbonate), spices, soybean oil, dried yeast, autolyzed yeast extract, disodium inosinate and disodium guanylate, and spice extractive. Predusted with: Wheat flour, wheat gluten, and salt. Breading set in vegetable oil.

CONTAINS: WHEAT

Chicken Patty Sandwich

Ingredients-

Chicken, chicken broth, sodium phosphates, salt, flavorings.
BREADED WITH: Enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, enriched bleached wheat flour (enriched with niacin ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, modified corn starch, spices, dextrose, garlic powder, oleoresin paprika and annatto, xanthan gum, natural flavors. Breeding set in vegetable oil. **CONTAINS: WHEAT**

Burger Buns

Ingredients (GFS) -

Enriched flour [wheat flour, malted barley flour, wheat starch , reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid], water, high fructose corn syrup, soybean oil, wheat gluten, salt, yeast, monoglycerides, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor), sodium stearoyl lactylate, citric acid, azodicarbonamide, ascorbic acid, calcium peroxide.

Ingredients (Aunt Millie's) –

Enriched bleached flour [wheat flour, malted barley flour, wheat starch, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid], water, high fructose corn syrup, soybean oil, wheat gluten, salt, yeast, monoglycerides, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor), sodium stearoyl, lactylate, citric acid, azodicarbonamide, ascorbic acid, calcium peroxide.

CONTAINS: WHEAT

Chicken Pot Pie

Description: AP Pot Pie, Chicken, Banquet, 8oz

Ingredients: For ingredient or allergen information please contact: Conagra Food Sales I...

Nutritional Information			
Serving Size: 1 each (198 g)			
Amount Per Serving:			
Calories	480	Calories From Fat:	270
			% Daily Value
Total Fat	30 g		46%
Saturated Fat	12 g		60%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	65 mg		22%
Sodium	1050 mg		44%
Potassium	n/a		n/a
Total Carbs	36 g		12%
Dietary Fiber	2 g		8%
Sugars	4 g		n/a
Protein	16 g		32%
Vitamin A -	10%	Vitamin C -	0%
Calcium -	4%	Iron -	10%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients -

Filling: chicken broth (water, chicken flavor [chicken stock, salt, hydrolyzed soy protein, flavors, autolyzed yeast extract, chicken fat, cooked chicken powder, whey protein concentrate and citric acid]), cooked chicken (chicken meat, chicken, water, salt, sodium tripolyphosphate), carrots, potatoes (calcium chloride), mechanically separated chicken, sodium tripolyphosphate, natural flavoring, citric acid) contains 2% or less of the following: modified food starch, peas, chicken fat, flavorings, soybean oil, emulsifier (sodium stearoyl lactylate), sugar, natural flavoring, paprika, beta carotene (corn oil, beta carotene), dextrose, oleoresin turmeric.

Crust: Wheat flour, shortening (BHT), water, dextrose, salt.

Chicken Tenders

Description: AP Chicken, Breaded, Tender Shaped

Ingredients: For ingredient or allergen information please contact: Tyson, 1-800-643-341...

Nutritional Information		
Serving Size: 4 each (126.56 g)		
Amount Per Serving:		
Calories	320	Calories From Fat: 169
		% Daily Value
Total Fat	19 g	29%
Saturated Fat	4 g	21%
<i>Trans</i> Fat	0 g	
PolyUnSat	7 g	n/a
MonoUnSat	7 g	n/a
Cholesterol	56 mg	19%
Sodium	861 mg	36%
Potassium	n/a	n/a
Total Carbs	20 g	7%
Dietary Fiber	3 g	8%
Sugars	0 g	n/a
Protein	19 g	36%
Vitamin A -	1%	Vitamin C - n/a
Calcium -	2%	Iron - 11%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 12	Carbohydrates 5 Protein 5

Ingredients -

Chicken, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and riboflavin), dried whole eggs, salt, sodium phosphates.

Breaded with: Enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), dextrose, salt, spice, garlic powder, extractives of paprika and annatto, spice extractives.

Battered with: Water, enriched bleached wheat flour (with malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, whey, garlic powder, soybean oil. Breading set in vegetable oil. Contains egg, milk, soy, wheat.

Chocolate Chip Cookie (ala carte snack)

Ingredients-

Enriched wheat flour, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin and artificial flavoring added), margarine (partially hydrogenated soybean and cottonseed oils, soybean oil, water, salt, cultured buttermilk, mono and diglycerides and soy lecithin added, sorbic acid and sodium benzoate added to help preserve freshness, natural and artificial flavor, colored with beta carotene, vitamin A palmitate added), white sugar, brown sugar, whole eggs, shortening (partially hydrogenated soybean and cottonseed oils), invert sugar, Bettur (partially hydrogenated soybean oil, sweet cream buttermilk, salt, mono and diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamin A palmitate, colored with carotene), baking powder, vanilla (water, ethyl alcohol, caramel color), soda bicarbonate, buttermilk powder, salt, caramel color.

CONTAINS: WHEAT, EGGS, MILK, SOY

**MADE ON EQUIPMENT THAT ALSO MAKES PRODUCT CONTAINING
MACADAMIA NUTS AND PEANUTS.**

Curious George (ala carte snack)

Ingredients-

Corn syrup, sugar, fruit juice concentrate (apple, grape, strawberry, orange, raspberry), modified corn starch, partially hydrogenated vegetable oil (cottonseed and soybean), malic acid, ascorbic acid (vitamin C), natural and artificial flavors, mineral oil, blue 1, red 40, yellow 5, yellow 6, carnauba wax.

French Toast Sticks

Ingredients -

Bread: Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, contains less than 2% of each of the following: yeast, soybean oil, salt, wheat gluten, dough conditioners (may contain one or more of the following: monoglycerides, diglycerides, calcium sulfate, calcium peroxide, L-cysteine, sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, enzymes), calcium propionate (preservative), corn starch, sunflower oil, yellow corn flour, colored with turmeric, annatto. Egg batter mixture: whole eggs, sugar, whey (milk). Contains 2% or less of: salt, natural vanilla flavor (water, alcohol, propylene glycol, invert syrup, natural flavors, vanilla extract, caramel color), xanthan gum, citric acid.

Fritos

Ingredients – whole corn, corn oil, and salt.

Fruit Juice (apple)

Ingredients-

Water, apple juice concentrate, ascorbic acid (vitamin C).

Description:

AP Apple Juice Carton, 100% Juice

Nutritional Information			
Serving Size: 1 each (113.4 g)			
Amount Per Serving:			
Calories	60	Calories From Fat:	n/a
			% Daily Value
Total Fat	n/a		n/a
Saturated Fat	n/a		n/a
<i>Trans</i> Fat	n/a		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	n/a		n/a
Sodium	10 mg		0%
Potassium	150 mg		4%
Total Carbs	13 g		4%
Dietary Fiber	n/a		n/a
Sugars	n/a		n/a
Protein	0 g		0%
Vitamin A -	n/a	Vitamin C -	100%
Calcium -	1%	Iron -	1%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Fruit Juice (grape)

Ingredients-

Water and grape juice concentrate, grapeskin extract (color) ascorbic acid (vitamin C).

Description:

AP Grape Juice Carton, 100% Juice

Nutritional Information			
Serving Size: 1 each (113.4 g)			
Amount Per Serving:			
Calories	60	Calories From Fat: 1	
		% Daily Value	
Total Fat	0 g	0%	
Saturated Fat	n/a	n/a	
<i>Trans</i> Fat	n/a		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	n/a	n/a	
Sodium	0 mg	0%	
Potassium	46 mg	1%	
Total Carbs	16 g	5%	
Dietary Fiber	n/a	n/a	
Sugars	n/a	n/a	
Protein	1 g	1%	
Vitamin A -	0%	Vitamin C -	100%
Calcium -	1%	Iron -	3%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Fruit Juice (orange)

Ingredients-

Water and orange juice from concentrate.

Description:

AP Juice, Orange, Suncup, 4oz

Nutritional Information			
Serving Size: 1 each (113 g)			
Amount Per Serving:			
Calories	60	Calories From Fat:	1
			% Daily Value
Total Fat	0 g		0%
Saturated Fat	0 g		0%
<i>Trans</i> Fat	0 g		
PolyUnSat	0 g		n/a
MonoUnSat	0 g		n/a
Cholesterol	0 mg		0%
Sodium	0 mg		0%
Potassium	240 mg		7%
Total Carbs	13 g		4%
Dietary Fiber	n/a		n/a
Sugars	n/a		n/a
Protein	0 g		0%
Vitamin A -	4%	Vitamin C -	103%
Calcium -	1%	Iron -	1%

Hot Dog

Description: AP Franks, All Beef, Ckd, 8/1, 6", GFS

Nutritional Information			
Serving Size: 1 each (56.75 g)			
Amount Per Serving:			
Calories	180	Calories From Fat:	153
			% Daily Value
Total Fat	17 g		26%
Saturated Fat	7 g		35%
<i>Trans</i> Fat	1 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	40 mg		13%
Sodium	500 mg		21%
Potassium	280 mg		8%
Total Carbs	1 g		0%
Dietary Fiber	0 g		0%
Sugars	0 g		n/a
Protein	6 g		12%
Vitamin A -	0%	Vitamin C -	0%
Calcium -	1%	Iron -	4%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients	Beef, water, salt, less than 2% of the following: flavoring, potassium lactate, sodium diacetate, sodium phosphate, sugar, sodium erythorbate, sodium nitrite, oleoresin of paprika.
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Hot Dog Bun (GFS)

Ingredients -

Enriched bleached flour [wheat flour, malted barley flour, wheat starch, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid], water, high fructose corn syrup, soybean oil, wheat gluten, salt, yeast, monoglycerides, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor) citric acid, azodicarbonamide, ascorbic acid, calcium peroxide.

Hot Dog Bun (Aunt Millie's)

Ingredients-

Water, whole grain wheat flour, enriched bleached flour [wheat flour, malted barley flour, wheat starch, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid], sugar, wheat gluten, soybean oil, wheat bran, whole grain oatmeal, salt, yeast, rye flour, barley flakes, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor), monoglycerides, sodium stearoyl lactylate, ethoxylated mono- and diglycerides, modified corn starch, citric acid, azodicarbonamide, ascorbic acid, calcium peroxide, sodium alginate, polysorbate 60.

Italian Dressing

Ingredients-

Soybean oil, water, high fructose corn syrup, distilled vinegar, salt, dehydrated onion and garlic, lemon juice concentrate, xanthan gum, dehydrated red bell peppers, spices, natural flavor, tamarind extract, beta-8-APO-carotenal and beta carotene (colors), calcium disodium EDTA added to protect flavor.

Italian Sub

Ingredients-

Ham, turkey, American cheese, lettuce

Mini Sub Bun (Aunt Millie's)-

Whole grain wheat flour, water, enriched bleached flour [wheat flour, malted barley flour, wheat starch, reduced iron, thiamine hydrochloride [vitamin B1], riboflavin [vitamin B2], niacin [vitamin B3], folic acid), high fructose corn syrup, wheat gluten, wheat bran soybean oil, whole grain oatmeal, salt, yeast, rye flour, barley flakes, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor), sodium stearyl lactylate, ethoxylated mono- and diglycerides, azodicarbonamide, ascorbic acid, calcium peroxide.

Mini Sub Bun (GFS) - Enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin & folic acid), water, yeast, sugar, salt, soybean oil, **sesame seeds**, dough conditioner (mono-diglycerides, tbhq, citric acid), cornmeal, dough conditioner [wheat flour, sodium stearyl lactylate (ssl), guar gum, diacetyl tartaric acid esters of mono-diglycerides (datem), contains 2% or less of: ascorbic acid, azodicarbonamide (ada), enzymes, calcium peroxide, soya lecithin], calcium propionate (a preservative), encapsulated sorbic acid (sorbic acid, hydrogenated cottonseed oil & monoglycerides), enzymes. **COMMON ALLERGENS PRESENT: Soy and wheat. May contain milk.**

Jet's Pizza

Ingredients – dough (bleached wheat flour, malted barley flour, water, salt, sugar, oil, yeast), part skim mozzarella cheese (pasteurized milk, cheese culture, salt, rennet), pizza sauce (vine-ripened fresh tomatoes, salt and naturally derived citric acid), pizza seasoning, pepperoni (pork, beef, salt, spices, dextrose, lactic acid starter culture, oleoresin of paprika, flavoring, sodium nitrite, BHA, BHT, citric acid).

Nutrition Facts		
Serving size: 5.0 oz. (139g)		
Servings Per Container 8		
Amount Per Serving		
Total Calories 415		Cal. from Fat 123
% Daily Value*		
Total Fat	14g	20%
Saturated Fat	6g	30%
Trans Fats	0g	
Cholesterol	35mg	10%
Sodium	1069mg	46%
Total Carbohydrate	49g	15%
Dietary Fiber	2g	6%
Sugars	4g	
Protein	23g	
Vitamin A	0%	Vitamin C 0%
Calcium	30%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat	9	Carbohydrate 4 Protein 4

Ketchup

Ingredients –

Tomato concentrate, high fructose corn syrup, vinegar, corn syrup, salt, onion powder, spices, natural flavors.

Little Caesar's Pizza

Ingredients-

Crust: Flour (unbleached wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme), water, soybean oil, granulated sugar, salt, yeast, sodium bicarbonate, sodium aluminum phosphate, cornmeal. May contain soy from cornmeal.

Sauce: Crushed tomatoes (may contain citric acid), pice blend (sugar, salt, spices and herbs, dehydrated onion and garlic, soybean oil).

Cheese: Pasteurized reduced fat milk, pasteurized milk, cheese culture, salt, enzymes, powdered cellulose added to prevent caking.

Pepperoni: Pork and beef, salt, water, spice, dextrose, dehydrated garlic, lactic acid starter culture, sodium erythorbate, sodium nitrite, BHA, BHT, citric acid.

Lunchable (Turkey or Yogurt, String Cheese, Ritz Crackers, Carrots, Ranch Dressing, Raisins, Goldfish Grahams)

Ingredients

Yogurt - Cultured grade A reduced fat milk, sugar, water, modified food starch, contains less than 1% of modified corn starch, kosher gelatin, vegetable juice and beta carotene (for color), natural flavor, agar agar, sodium citrate, vitamin D3, malic acid. Contains active yogurt cultures.

String Cheese - Pasteurized part-skim milk, cheese cultures, salt, enzymes.

Ritz Crackers - Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, [vitamin B1], riboflavin [vitamin B2], folic acid), soybean oil, sugar, partially hydrogenated cottonseed oil, salt, leavening (baking soda and/or monocalcium phosphate), high fructose corn syrup, soy lecithin (emulsifier), natural and artificial flavor.

Ranch Dressing - Soybean oil, water, distilled vinegar, buttermilk powder (buttermilk solids, whey protein), salt, egg yolks, high fructose corn syrup, monosodium glutamate, lactic acid, spices, dehydrated onion and garlic, propylene glycol alginate, xanthan gum, potassium sorbate and sodium benzoate (preservatives), disodium inosinate and disodium guanylate, parsley, beta carotene, calcium disodium EDTA added to protect flavor.
CONTAINS: MILK AND EGGS

Goldfish Grahams - Whole wheat flour, unbleached enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], sugar, partially hydrogenated vegetable shortening (soybean and/or cottonseed oils), crystalline fructose, contains 2% or less of: cinnamon, calcium carbonate, salt, baking soda, ascorbic acid, iron, vitamin A palmitate, niacin, riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), and maltodextrin.

Macaroni & Cheese

Ingredients –

Cooked enriched pasta [water, enriched pasta (semolina, egg whites, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)], pasteurized process American cheese [(cultured milk, salt, enzymes), cream, sodium phosphate, salt, APO-carotenal and annatto extract (color)], water, contains less than 2% of butter (cream, salt), whey, buttermilk, food starch – modified, natural flavor, autolyzed yeast extract, sugar, spice, xanthan gum, APO-carotenal (color).

Contains: egg, milk, wheat.

Make Your Own Soft Taco

Ingredients

Tortillas, Taco meat, Cheddar, shredded lettuce (*each item is listed separately*)

Mashers-

Popcorn chicken, corn, chicken gravy, Cheddar cheese, mashed potatoes.

Popcorn Chicken-

Chicken, water, (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine, thiamine mononitrate, and riboflavin), seasoning (hydrolyzed soy and corn gluten protein, salt, maltodextrin, sugar, corn syrup solids, wheat flour, citric acid, sodium diacetate, dextrose, lactose, chicken flavor, autolyzed yeast extract, corn starch, natural and artificial flavors, disodium guanylate, lactic acid and **sesame** oil), sodium phosphates, salt.

BREADED WITH: Enriched unbleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, enriched yellow corn flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, dextrose, spices, soybean oil, yeast, leavening (sodium bicarbonate, sodium aluminum phosphate), guar gum, garlic powder, onion powder, extractives of paprika. Breeding set in vegetable oil.

CONTAINS: MILK, SOY, WHEAT

Chicken Gravy

Ingredients

Modified food starch, enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), maltodextrin, salt, partially hydrogenated soybean oil, hydrolyzed soy protein, chicken fat, natural flavors (natural flavors, yeast extract, sodium phosphate, lactic acid, calcium lactate), monosodium glutamate, cooked chicken, onion powder, sugar, corn syrup solids, sodium caseinate, disodium inosinate & disodium guanylate, spices, parsley, beta carotene, mono & diglycerides, extractive of turmeric, caramel color.

Mashed Potatoes

Ingredients – potatoes (dry), canola oil (preserved with citric acid and BHT), salt, natural & artificial color, mono and diglycerides, natural and artificial

flavor, freshness preserved with sodium bisulfite and BHT. Contains milk & sulfite ingredients.

Mexican Rice

Ingredients-

Long grain parboiled rice (enriched with iron [ferric orthophosphate], thiamine [thiamine mononitrate], and folic acid), maltodextrin, tomato powder, salt, dehydrated red and green bell peppers, dextrose, dehydrated celery, paprika, spices, onion powder, garlic powder, citric acid, partially hydrogenated soybean oil (with BHA to protect flavor), natural & artificial flavors, parsley, disodium inosinate and disodium guanylate, and less than 2% silicon dioxide added to prevent caking.

Mini Blueberry Muffin

Ingredients -

Sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, blueberries, vegetable oil (soybean and/or cottonseed oils), eggs, egg whites. Contains 2% or less of each of the following: isolated soy protein, baking powder (corn starch, sodium aluminum phosphate, baking soda, monocalcium phosphate), modified corn starch, whey, salt, potassium sorbate (preservative), natural and artificial flavors, propylene glycol mono- and diesters of fats and fatty acids, mono- and diglycerides, xanthan gum, molasses, caramel color, lactic esters of fatty acids, soy flour.

Contains wheat, eggs, soy and milk.

Mini Chicken Corn Dogs

3 each when served with Macaroni & Cheese

6 as an entree

Description:		AP Corn Dog, Mini, Chicken, 0.67z GFS	
Nutritional Information			
Serving Size: 3 each (76 g)			
Amount Per Serving:			
Calories	156	Calories From Fat:	82.85
			% Daily Value
Total Fat	9.21 g		14%
Saturated Fat	2.74 g		14%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	28.78 mg		10%
Sodium	370.5 mg		15%
Potassium	n/a		n/a
Total Carbs	13.42 g		4%
Dietary Fiber	.57 g		2%
Sugars	5.13 g		n/a
Protein	5.67 g		15%
Vitamin A -	0%	Vitamin C -	0%
Calcium -	0%	Iron -	9%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Batter ingredients – water, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, yellow corn flour, enriched degermed yellow corn meal (yellow corn meal, niacin, iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of soy flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), soybean oil, salt, egg yolk, potato flour, dried honey, egg white, artificial flavor. Fried in vegetable oil.

Mini Corn Dogs continued

Chicken frankfurter ingredients — Mechanically separated chicken, water, salt, contains 2% or less of corn syrup solids, potassium lactate, sodium lactate, spices, sodium phosphate, sodium diacetate, flavorings, sodium erythorbate, sodium nitrite.

Breading ingredients — Enriched wheat flour and enriched degermed yellow corn meal (both enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, modified corn starch, contains 2% or less of leavening (sodium acid pyrophosphate, sodium bicarbonate), soy flour, nonfat milk, salt, egg yolk, sodium caseinate.

CONTAINS: WHEAT, SOY, MILK, EGGS, AND GLUTEN.

Nacho Chips

Description: AP Chip Yel Rnd Tortilla, Barrel O' Fun
Ingredients: For ingredient or allergen information, please contact: Barrel O' Fun Snack...

Nutritional Information			
Serving Size: 1 Pkg (43 g)			
Amount Per Serving:			
Calories	220	Calories From Fat:	99
			% Daily Value
Total Fat	11 g		17%
Saturated Fat	1 g		5%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	0 mg		0%
Sodium	160 mg		7%
Potassium	n/a		n/a
Total Carbs	28 g		9%
Dietary Fiber	3 g		12%
Sugars	0 g		n/a
Protein	3 g		6%
Vitamin A -	0%	Vitamin C -	4%
Calcium -	4%	Iron -	4%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients – whole grain corn, corn oil and/or sunflower oil, salt.

Nacho Cheese

Ingredients-

Water, partially hydrogenated soybean oil, corn starch-modified, aged Cheddar cheese (cultured milk, salt, enzymes, annatto color), whey, contains 2% or less of vinegar, sodium phosphate, salt, xanthan gum, yeast extract, cream, annatto color, sodium stearyl lactylate, carotenal color, lactic acid, citric acid.

CONTAINS: MILK

Nacho/Taco Meat

Ingredients-

Ground beef (no more than 20% fat). Water, tomato paste, textured vegetable protein (soy protein concentrate, caramel color), seasoning (dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), seasoning (potassium chloride, natural flavor [contains maltodextrin]), salt, caramel color, vinegar, paprika extract.

Oodles of Noodles with optional Chicken

Noodle Ingredients -

Durum wheat semolina, durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], eggs.

Noodles tossed with Parmesan Italian Dressing -

Soybean oil, water, distilled vinegar, seasoning (sugar, salt, dehydrated vegetables [garlic, red bell peppers, onion], spices, calcium carageenan, carboxymethyl cellulose, Parmesan cheese [pasteurized milk, cheese cultures, salt, enzymes], natural and artificial flavor), xanthan gum, potassium sorbate (preservative).

Nutrition Information		
Serving Size: 1 each		
Servings Per Batch: 34		
Amount Per Serving		
Calories	389.27	Calories from Fat 158.72
		% Daily Value
Total Fat	17.64 g	27%
Saturated	2.72 g	14%
PolyUnSat	1.72 g	n/a
MonoUnSat	5.53 g	n/a
Cholesterol	62.35 mg	21%
Sodium	1724.98 mg	72%
Potassium	156.09 mg	4%
Total Carbs	49.10 g	16%
Dietary Fiber	1.47 g	6%
Sugars	3.26 g	n/a
Protein	9.47 g	

Oodles without Chicken

Nutrition Information		
Serving Size: 1 each		
Servings Per Batch: 34		
Amount Per Serving		
Calories	569.39	Calories from Fat 242.31
		% Daily Value
Total Fat	26.92 g	41%
Saturated	5.44 g	27%
PolyUnSat	1.72 g	n/a
MonoUnSat	5.53 g	n/a
Cholesterol	167.25 mg	56%
Sodium	2168.37 mg	90%
Potassium	156.09 mg	4%
Total Carbs	51.39 g	17%
Dietary Fiber	3.17 g	13%
Sugars	3.85 g	n/a
Protein	31.32 g	

This Area allows you to change information about the entire Recipe.

Oodles with Chicken
(see chicken ingredients on next page)

Optional Chicken for Oodles

Ingredients-

Chicken meat, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion, soybean oil), sodium phosphates, natural flavor.

Pancakes

Ingredients-

Enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), buttermilk, high fructose corn syrup, corn flour, whole eggs, water, soybean oil, soy flour.

Contains 2% or less of: leavening (sodium aluminum phosphate, sodium bicarbonate), salt, artificial flavor.

CONTAINS: EGGS, MILK, SOY, WHEAT

Pita & Hummus

Ingredients –

Pita – enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, soybean oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), sugar, salt, vegetable gums (guar and/or Arabic gum), mono & diglycerides, enzymes, L-cysteine, monocalcium phosphate, calcium propionate.

CONTAINS: WHEAT, SOY

Hummus – garbanzo beans, sesame tahini, lemon juice, water, soybean oil, contains 2% or less of garlic puree with citric acid, salt, sugar, lecithin, cellulose, modified food starch, olive oil flavor (olive oil, natural flavors), natural flavors and spices.

CONTAINS: SOYBEAN

Pizza Marvelous

Ingredients-

Dough – high gluten bleached flour, water, pure cane sugar, vegetable oil, salt, yeast.

Sauce – tomato paste, water, salt, sugar, spices, dehydrated powdered onion, dehydrated powdered garlic, parsley, oregano, crushed red pepper.

Crust topping – garlic butter sauce.

Cheese – Mozzarella & Provolone.

Popcorn Chicken-

Chicken, water, (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and riboflavin), chicken seasoning (salt, yeast extract maltodextrin, sugar, corn syrup solids, wheat flour, citric acid, sodium diacetate, dextrose, lactose, corn starch, disodium inosinate and disodium guanylate, dried chicken, natural flavor, spice extractives, dried chicken broth, lactic acid, artificial flavor), sodium phosphates, salt.

BREADED WITH: Enriched unbleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, enriched yellow corn flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, dextrose, spices, soybean oil, yeast, leavening (sodium bicarbonate, sodium aluminum phosphate), guar gum, garlic powder, onion powder, extractives of paprika. Breading set in vegetable oil.

CONTAINS: MILK, SOY, WHEAT

Potato Criss Cut Fries

Potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil), enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, modified food starch, spices, corn meal, garlic powder, onion powder, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dried yeast, colored with oleoresin paprika, dextrose.

Contains: wheat

Potato Rounds

Ingredients -

Potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil) salt, corn flour, dehydrated potato, disodium dihydrogen pyrophosphate (to promote color retention), dextrose.

Potato Smiles

Ingredients -

Potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), dehydrated potato flakes (potatoes, mono- & diglycerides, sodium acid pyrophosphate & citric acid added to preserve natural color).

Contains 2% or less of dextrose, natural flavors, potassium chloride, potato starch – modified, salt, sodium acid pyrophosphate added to preserve natural color.

Potato Spudsters

Description: AP Potato, Spudster, Frzn

Ingredients: For ingredient or allergen information please contact: Simplot Food Group, ...

Nutritional Information			
Serving Size: 5 each (85 g)			
Amount Per Serving:			
Calories	150	Calories From Fat:	54
			% Daily Value
Total Fat	6 g		9%
Saturated Fat	2 g		7%
<i>Trans</i> Fat	3 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	0 mg		0%
Sodium	380 mg		16%
Potassium	n/a		n/a
Total Carbs	23 g		8%
Dietary Fiber	2 g		8%
Sugars	0 g		n/a
Protein	2 g		4%
Vitamin A -	0%	Vitamin C -	0%
Calcium -	2%	Iron -	2%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients-

Potatoes, partially hydrogenated vegetable oil (soybean and/or cottonseed oils), and/or vegetable oil (canola, soybean, and/or sunflower oils), potato starch, potato flakes, emulsifier (milk, soy lecithin, potato starch, carbohydrate gum), salt, hydroxypropyl methylcellulose, natural and artificial butter flavor, dextrose, disodium dihydrogen pyrophosphate (to maintain natural color).

CONTAINS: MILK, SOYBEAN

Rainbow Sherbet

Ingredients-

Clarified pineapple juice from concentrate (micron filtered water and concentrated clarified pineapple juice), sugar, corn syrup, milk, cream, less than 2% of: guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan, tetrasodiumpyrophosphate, citric acid, natural flavors, sweet whey, raspberry juice concentrate, lemon juice concentrate, nonfat dry milk, ascorbic acid (vitamin C), FD&C yellow #5, and FD&C Red #40. CONTAINS MILK INGREDIENTS.

Ranch Dressing

Ingredients-

Soybean oil, water, distilled vinegar, buttermilk powder (buttermilk solids, whey protein), salt, egg yolks, high fructose corn syrup, monosodium glutamate, lactic acid, spices, dehydrated onion and garlic, propylene glycol alginate, xanthan gum, disodium inosinate & disodium guanylate, sodium benzoate as a preservative, parsley, beta carotene, calcium disodium EDTA added to protect flavor.

Refried Beans - pinto beans [dry], salt, contains one or more of the following [canola, corn, palm oil (preserved with citric acid and TBHQ)], caramel color, carmine color.

Description: AP Beans, Refried, Dehydrated, No Chol

Ingredients: For ingredient or allergen information please contact: Basic American Foods...

Nutritional Information		
Serving Size: 1.19 cup (100 g)		
Amount Per Serving:		
Calories	394	Calories From Fat: 81
% Daily Value		
Total Fat	9 g	13%
Saturated Fat	3 g	12%
<i>Trans</i> Fat	4 g	
PolyUnSat	0 g	n/a
MonoUnSat	3 g	n/a
Cholesterol	0 mg	0%
Sodium	1256 mg	52%
Potassium	1361 mg	38%
Total Carbs	60 g	20%
Dietary Fiber	14 g	55%
Sugars	2 g	n/a
Protein	19 g	37%
Vitamin A -	0%	Vitamin C - 9%
Calcium -	12%	Iron - 26%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4 Protein 4

Rice Krispie Treat (ala carte snack)

Description: AP Rice Krispies Treats, .78z each

Ingredients: For ingredient or allergen information, please contact: Kelloggs, phone: 87...

Nutritional Information			
Serving Size: 1 each (22 g)			
Amount Per Serving:			
Calories	90	Calories From Fat:	23
			% Daily Value
Total Fat	3 g		4%
Saturated Fat	1 g		5%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	0 mg		0%
Sodium	105 mg		4%
Potassium	n/a		n/a
Total Carbs	17 g		6%
Dietary Fiber	0 g		0%
Sugars	8 g		n/a
Protein	n/a		n/a
Vitamin A -	4%	Vitamin C -	0%
Calcium -	0%	Iron -	2%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients -

Toasted rice cereal (rice, sugar, salt, high fructose corn syrup, malt flavoring, niacinamide, reduced iron, riboflavin [vitamin B2], folic acid), marshmallow (corn syrup, sugar, gelatin, natural and artificial flavor), fructose, margarine (vegetable oil [soybean, palm, and palm kernel oil with TBHQ for freshness], water, natural and artificial butter flavor [contains milk], datem, acetylated monoglycerides, BHT [preservative], vitamin A palmitate, vitamin D), corn syrup solids, contains 2% or less of dextrose, glycerin, salt, pyridoxine hydrochloride (vitamin b6), thiamin hydrochloride (vitamin b1), soy lecithin.

Rolls, Wheat (GFS)

Ingredients-

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, CRACKED WHEAT, HIGH FRUCTOSE CORN SYRUP, YEAST, MOLASSES, SOYBEAN OIL, BRAN, SALT, MONO & DIGLYCERIDES, WHEAT GLUTEN, ARTIFICIAL COLOR, CALCIUM PROPIONATE (PRESERVATIVE), ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, AZODICARBONAMIDE, CALCIUM IODATE, CALCIUM PEROXIDE, ENZYMES. COMMON ALLERGENS PRESENT: WHEAT.

Rolls, Whole Grain (Aunt Millie's)

Ingredients-

Whole grain wheat flour, water, enriched bleached flour [wheat flour, malted barley flour, wheat starch, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid], high fructose corn syrup, wheat gluten, wheat bran, soybean oil, whole grain rolled oats, yeast, salt, rye flour, barley flakes, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor), monoglycerides, sodium stearoyl lactylate, natural and artificial flavor, citric acid, azocarbonamide, ascorbic acid, calcium peroxide.

Sausage Links

Description:	AP Sausage Link, Ckd, .8 oz
Ingredients:	For ingredient or allergen information, please contact: Jones Dairy Farms, ...

Nutritional Information		
Serving Size: 2 each (45 g)		
Amount Per Serving:		
Calories	157	Calories From Fat: 126
		% Daily Value
Total Fat	14 g	21%
Saturated Fat	5 g	24%
<i>Trans</i> Fat	n/a	
PolyUnSat	1 g	n/a
MonoUnSat	6 g	n/a
Cholesterol	30 mg	10%
Sodium	307 mg	13%
Potassium	125 mg	4%
Total Carbs	1 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	n/a
Protein	7 g	13%
Vitamin A -	0%	Vitamin C - n/a
Calcium -	2%	Iron - 2%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4 Protein 4

Ingredients – pork, water, salt, spices, dextrose, sugar in a collagen casing.

Scrabble Cheez-Its (ala carte snack)

Ingredients-

Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), soybean oil with TBHQ for freshness, white Cheddar cheese (milk, cheese cultures, salt, enzymes), contains 2% of less of salt, paprika, leavening (yeast, baking soda), paprika oleoresin, turmeric extract for color, annatto color, soy lecithin.

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS

Soft Pretzel with (Nacho) Cheese

Pretzel Ingredients-

Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, corn syrup, yeast, salt, bicarbonates of soda.

CONTAINS: WHEAT

Cheese Ingredients-

Water, partially hydrogenated soybean oil, corn starch-modified, aged Cheddar cheese (cultured milk, salt, enzymes, annatto color), whey, contains 2% or less of vinegar, sodium phosphate, salt, xanthan gum, yeast extract, cream, annatto color, sodium stearoyl lactylate, carotenal color, lactic acid, citric acid.

Spaghetti (with Marinara or Meat Sauce, optional Parmesan Cheese)

Noodles — semolina (wheat), niacin, iron, (ferrous sulfate), thiamine mononitrate, riboflavin and folic acid.

CONTAINS: WHEAT

Manufactured in a facility that uses eggs.

Noodles tossed with Parmesan Italian Dressing -

Soybean oil, water, distilled vinegar, seasoning (sugar, salt, dehydrated vegetables [garlic, red bell peppers, onion], spices, calcium carageenan, carboxymethyl cellulose, Parmesan cheese [pasteurized milk, cheese cultures, salt, enzymes], natural and artificial flavor), xanthan gum, potassium sorbate (preservative).

Marinara Sauce - Tomato Puree (water, tomato paste), diced tomatoes, soybean oil, high fructose corn syrup, salt, spices, dried garlic, dried parsley, citric acid, natural flavors.

Meat Sauce - Ground beef, dehydrated onion, spaghetti sauce [tomato concentrate (water, tomato paste), high fructose corn syrup, salt, soybean oil, dried onion, modified food starch, spices, dried garlic, citric acid], crushed tomatoes [tomato concentrate (water, tomato paste), salt, citric acid], tomato sauce [tomato concentrate (water, tomato paste), salt, onion powder, garlic powder, citric acid, natural flavors], basil, garlic powder, oregano, parsley, garlic salt, sugar, Italian seasoning, water.

Parmesan Cheese (optional with Spaghetti)

Ingredients-

Water, casein and/or caseinate, food starch, partially hydrogenated soybean oil, cellulose powder, salt, sodium phosphates, stabilizers (mono and diglycerides, guar gum, carrageenan), natural flavor, lactic acid, sorbic acid (as a preservative).

Description:	AP Parmesan Cheese, Grtd, Substitute, Sc
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Nutritional Information			
Serving Size: 1 tbsp (5 g)			
Amount Per Serving:			
Calories	15	Calories From Fat:	9
			% Daily Value
Total Fat	1 g		2%
Saturated Fat	0 g		0%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	0 mg		0%
Sodium	120 mg		5%
Potassium	n/a		n/a
Total Carbs	0 g		0%
Dietary Fiber	0 g		0%
Sugars	0 g		n/a
Protein	1 g		2%
Vitamin A -	0%	Vitamin C -	0%
Calcium -	0%	Iron -	0%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Sun Chips

Ingredients -

Whole corn, sunflower oil, whole wheat, whole oat flour, rice flour, sugar, corn bran, maltodextrin (made from corn), salt, Cheddar cheese (milk, cheese cultures, salt, enzymes), natural flavors, whey, whey protein concentrate, onion powder, Romano cheese (cow's milk, cheese cultures, salt, enzymes), buttermilk, yeast extract, citric acid, paprika extracts, lactic acid, garlic powder, Parmesan cheese (milk, cheese cultures, salt, enzymes), and skim milk.

CONTAINS WHEAT & MILK INGREDIENTS.

Syrup

Ingredients-

Corn syrup, high fructose corn syrup, water, caramel color, potassium sorbate as a preservative, citric acid, natural and artificial maple flavor.

Taco Salad

Ingredients-

Lettuce, Cheddar cheese (ingredients listed separately), taco meat (ingredients listed separately), or refried beans (ingredients listed separately).

Taco Sauce

Ingredients-

Water, tomato paste, distilled vinegar, high fructose corn syrup, salt, modified food starch, spices, sugar, onion powder, garlic powder, potassium sorbate and sodium benzoate (as preservatives), caramel color, extractive of paprika.

Tortilla (Burritos and Make Your Own Taco)

Description:	AP Tortilla, Flour, Heat Pressed
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Nutritional Information			
Serving Size: 2 each (64.96 g)			
Amount Per Serving:			
Calories	194	Calories From Fat:	49
			% Daily Value
Total Fat	6 g		8%
Saturated Fat	1 g		6%
<i>Trans</i> Fat	1 g		
PolyUnSat	1 g		n/a
MonoUnSat	1 g		n/a
Cholesterol	0 mg		0%
Sodium	383 mg		16%
Potassium	n/a		n/a
Total Carbs	31 g		10%
Dietary Fiber	2 g		7%
Sugars	1 g		n/a
Protein	5 g		10%
Vitamin A -	n/a	Vitamin C -	n/a
Calcium -	2%	Iron -	6%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Ingredients -

Bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides, contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate and potassium sorbate).

CONTAINS: WHEAT

Turkey & Cheese Bagel

Ingredients-

Turkey, American Cheese (milk, cheese cultures, salt, enzymes, annatto vegetable color, water, cream, sodium citrate, color added, ascorbic acid added as a preservative, and soy lecithin [non-sticking agent]), bagel (unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, brown sugar, salt, defatted soy flour, calcium propionate, malted barley extract, enzymes, yeast, soybean oil, DRT EM, dextrose, canola oil, ascorbic acid, wheat starch, azodicarbonamide, L-cysteine.

CONTAINS: WHEAT, SOY

Turkey & Cheese Roll-Up

Ingredients-

Turkey, American Cheese (milk, cheese cultures, salt, enzymes, annatto vegetable color, water, cream, sodium citrate, color added, ascorbic acid added as a preservative, and soy lecithin [non-sticking agent]), tortilla (Bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides, contains 2% or less of the following: salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), preservative (sodium propionate and potassium sorbate).

CONTAINS: WHEAT

Vegetarian Burger

Ingredients -

Soy protein concentrate with water for hydration, canola oil, contains 2% or less of modified vegetable gum, wheat gluten, salt, autolyzed yeast extract, natural flavor, caramel color, sesame oil, onion powder, soy sauce (water, soybeans, wheat, salt), instant coffee, grill flavor from partially hydrogenated soybean and cottonseed oil, garlic powder, malic acid, succinic acid, citric acid, dried yeast, spices, soy lecithin, ascorbic acid.

CONTAINS: SOY & WHEAT INGREDIENTS

Vegetarian Chicken Nuggets

Ingredients -

Textured vegetable protein (soy protein concentrate, soy protein isolate, wheat gluten, water for hydration), water, enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin folic acid), bleached wheat flour, corn oil, cornstarch. Contains 2% or less of wheat starch, salt, methylcellulose, modified corn starch, dextrose, autolyzed yeast extract, potassium chloride, natural and artificial flavors from non-meat sources, sugar, maltodextrin, disodium inosinate, soybean oil, hydrolyzed soy protein, onion, paprika, dried yeast, inulin from chicory root, caramel color, tapioca, dextrin, xanthum gum, sodium alginate, spices, yellow corn flour, paprika extract for color, annatto extract for color, baking soda, garlic, tomato powder, celery extract, wheat fiber, lactic acid, safflower oil, barley extract, citric acid, niacinamide, egg whites, nonfat dry milk, succinic acid, disodium guanylate, iron (ferrous sulfate) thiamine mononitrate (vitamin B1) pyridoxine hydrochloride, (vitamin B6), riboflavin (vitamin B2), vitamin B12.

Contains: soy, wheat, egg and milk ingredients.

Vegetarian Chicken Patty

Ingredients -

Textured vegetable protein (soy protein concentrate, protein isolate, wheat gluten, water for hydration), water, bleached wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn oil, corn starch, yellow corn flour, contains 2% or less of wheat starch, salt, wheat gluten, dextrose, methylcellulose, modified corn starch, hydrolyzed corn and soy protein, potassium chloride, sugar, natural and artificial flavors from non-meat sources, autolyzed yeast extract, yeast extract, soybean oil, maltodextrin, soy protein isolate, leavening (sodium acid pyrophosphate, baking soda), disodium inosinate, onion, dried yeast, caramel color, inulin from chicory root, spices, xanthan gum, tapioca dextrin, sodium alginate, guar gum, paprika extract for color, cellulose gum, citric acid, lactic acid, annatto extract for color, garlic, paprika, disodium guanylate, celery extract, wheat fiber, turmeric for color, barley extract, niacinamide, nonfat dry milk, egg whites, succinic acid, iron (ferrous sulfate), thiamin mononitrate (vitamin B1), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), vitamin B12.

Contains: soy, wheat, milk and egg ingredients.

Vegetarian Hot Dogs

Ingredients- egg whites, textured vegetable protein (soy protein concentrate, wheat gluten, water for hydration), soybean oil, sodium caseinate, salt ,soy protein isolate, contains 2% or less of corn syrup solids, modified corn starch, dextrose, monosodium glutamate, onion powder, spices, natural smoke flavor, garlic powder, sodium phosphates (tripolyphosphate, pyrophosphate, hexametaphosphate, monophosphate), caramel color, hydrolyzed torula and brewer's yeast protein, calcium chloride, disodium inosinate, disodium guanylate, vitamins and minerals (niacinamide, iron [ferrous sulfate], vitamin B1 [thiamine mononitrate], vitamin B6, [pyridoxine hydrochloride], vitamin B2, [riboflavin], vitamin B12 [cyanocobalmin]), carrageenan, red #3 for color. Contains wheat, soy, milk and egg ingredients.

Veggie Sub

Ingredients-

Tomatoes, cucumbers, American cheese, lettuce

Mini Sub Bun (Aunt Millie's)-

Whole grain wheat flour, water, enriched bleached flour [wheat flour, malted barley flour, wheat starch, reduced iron, thiamine hydrochloride [vitamin B1], riboflavin [vitamin B2], niacin [vitamin B3], folic acid), high fructose corn syrup, wheat gluten, wheat bran soybean oil, whole grain oatmeal, salt, yeast, rye flour, barley flakes, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate (a mold inhibitor), sodium stearyl lactylate, ethoxylated mono- and diglycerides, azodicarbonamide, ascorbic acid, calcium peroxide.

Mini Sub Bun (GFS) - Enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin & folic acid), water, yeast, sugar, salt, soybean oil, sesame seeds, dough conditioner (mono-diglycerides, tbhq, citric acid), cornmeal, dough conditioner [wheat flour, sodium stearyl lactylate (ssl), guar gum, diacetyl tartaric acid esters of mono-diglycerides (datem), contains 2% or less of: ascorbic acid, azodicarbonamide (ada), enzymes, calcium peroxide, soya lecithin], calcium propionate (a preservative), encapsulated sorbic acid (sorbic acid, hydrogenated cottonseed oil & monoglycerides), enzymes. **COMMON ALLERGENS PRESENT: Soy and wheat. May contain milk.**

Waffles

Ingredients-

Enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, sugar, whey, leavening (sodium acid pyrophosphate, sodium bicarbonate). Contains 2% or less of: whole eggs, calcium carbonate, calcium chloride, salt, corn syrup solids, corn starch, colored with (yellow 5, yellow 6), fortified with (reduced iron, niacinamide, pyridoxine hydrochloride [vitamin B6], riboflavin [vitamin B2], thiamine mononitrate [vitamin B1], cyanocobalamin [vitamin B12], natural and artificial flavor (dextrose, corn starch, natural and artificial flavors), soy lecithin.

CONTAINS: EGGS, MILK, WHEAT, SOY

Wheat Crackers (offered as alternate to rolls)

Ingredients -

Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable oil (canola, corn, palm and/or soybean oil), whole wheat flour, sugar, salt, leavening (baking soda, monocalcium phosphate), sesame seeds, caramel color, soy lecithin.

CONTAINS WHEAT & SOY INGREDIENTS

Yogurt

Ingredients-

Cultured grade A reduced fat milk, sugar, water, modified food starch, contains less than 1% of modified corn starch, kosher gelatin, vegetable juice and beta carotene (for color), natural flavor, agar agar, sodium citrate, vitamin D3, malic acid. Contains active yogurt cultures.