

Ingredient

Ingredient Statement (as listed per supplier)

The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.

Egg Fish Milk Soy Wheat Peanut/ Tree Nut Sesame

Apple, 100% Juice
(Shelf Stable)

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Egg Fish Milk Soy

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		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
	<u>The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.</u>							
Muffin, Chocolate - Reduced Fat Whole Grain	WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, INVERT SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT, MILK), CONTAINS 2% OR LESS OF: COCOA (PROCESSED WITH ALKALI), SOYBEAN OIL, PALM OIL, CANOLA OIL, CARAMEL COLOR (CONTAINS SULFITES), WHEAT GLUTEN, MODIFIED CORN STARCH, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, OAT FIBER, POTASSIUM SORBATE (PRESERVATIVE), SALT, SODIUM ALGINATE, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, ENZYMES.	X		X	X	X		
Muffin, Corn Whole Grain	WHOLE GRAINS (WHOLE YELLOW CORN MEAL, WHOLE WHEAT FLOUR), SUGAR, EGGS, WATER, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACHIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, GLYCERINE, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHEAT GLUTEN, WHEY (MILK). LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), PALM OIL, CANOLA OIL, POTASSIUM SORBATE (PRESERVATIVE), SALT, MONO- AND DIGYCKERIDES, PROPYLENE GLYCOL MONO-AND DIESTERS OF FATS AND FATTY ACIDS, SODIUM ALGINATE, XANTHAN GUM, CALCIUM SULFATE, LACTYLIC ESTERS OF FATTY ACIDS, SOY LECITHIN, CANOLA LECITHIN, ENZYMES.	X		X	X	X		
Mini Cinnis	WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, SUGAR, VEGETABLE OIL SOYBEAN, PALM, CANOLA, WHEY. CONTAINS 2 OR LESS OF: YEAST, CINNAMON, SALT, MODIFIED CORN STARCH.			X	Soy Oil	X		
Oatmeal Round - Apple and Cinnamon	WHOLE GRAIN ROLLED OATS, WHOLE WHEAT FLOUR, SUGAR, PALM OIL, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, NONFAT MILK, SOY LECITHIN), TAPIOCA SYRUP, APPLE PUREE CONCENTRATE, CANOLA OIL, WATER. CONTAINS 2% OR LESS OF: MOLASSES, DRIED EGG, SALT, BAKING SODA, CINNAMON, SODIUM ALUMINUM PHOSPHATE, NATURAL FLAVOR.	X		X	X	X		
Oatmeal Round - Banana Chocolate Chip	WHOLE GRAIN ROLLED OATS, WHOLE WHEAT FLOUR, SUGAR, PALM OIL, BANANA PUREE, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, NATURL FLAVOR), TAPIOCA SYRUP, CANOLA OIL, MOLASSES. CONTAINS 2% OR LESS OF: DRIED EGG, WATER, SALT, BAKING SODA, SODIUM ALUMINUM PHOSPHATE, CINNAMON, NONFAT MILK, NATURAL FLAVOR.	X		X	X	X		
Orange Juice, 100% (Ardmore)	FILTERED WATER, ORANGE JUICE CONCENTRATE							
Orange Juice, 100% (shelf stable)	FILTERED WATER, ORANGE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C)							

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Pancake & Sausage Wrap (Individually Wrapped)	PRECOOKED TURKEY AND VEGETABLE PROTEIN PRODUCT LINK, BHA, BHT AND CITRIC ACID ADDED TO HELP PROTECT FLAVOR: TURKEY, MECHANICALLY SEPARATED TURKEY, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE,							

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Beef, Meatballs (sub)	GROUND BEEF (NOT MORE THAN 20% FAT), WATER, VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12), (MAY CONTAIN CARAMEL COLOR), (MAY CONTAIN SOY LECITHIN)], MEATBALL SEASONING [DEXTROSE, TOMATO POWDER, SOYBEAN OIL, DISODIUM INOSINATE AND DISODIUM GUANYLATE, SPICE EXTRACTIVES, NONFAT DRY MILK], BELL PEPPERS, DEHYDRATED MINCED ONION, BREAD CRUMBS (BLEACHED WHEAT FLOUR, SOYBEAN OIL, DEXTROSE, LEAVENING {SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE}, WHEY, OLEORESIN PAPRIKA), SALT, SODIUM PHOSPHATE.			X	X	X		
Beef, Patties	GROUND BEEF (NO MORE THAN 20% FAT), SALT, CARAMEL COLOR							
Beef, Philly Steak	GROUND BEEF (NO MORE THAN 20% FAT), WATER, SEASONING (BROWN SUGAR, CORN SYRUP SOLIDS, DEXTROSE, GARLIC POWDER, MODIFIED CORN STARCH, TOMATO POWDER, LEMON POWDER (MALTODEXTRIN, LEMON JUICE SOLIDS), SPICES (INCLUDING CELERY SEED), HYDROLYZED CORN PROTEIN, ONION POWDER, CITRIC ACID, TRICALCIUM PHOSPHATE, GRILL FLAVOR (FROM SUNFLOWER OIL), SALT, SODIUM PHOSPHATE, COATED WITH: WATER, CARAMELIZED SUGAR SYRUP							
Beets, Canned	BEETS, WATER, SALT							
Blueberries	BLUEBERRIES							
Broccoli, Frozen	PETITE BROCCOLI FLORETS							
Cheese Calzone	BREAD: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYME), CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: DEXTROSE, SOYBEAN/PALM OIL, SALT, DRIED YEAST, NONFAT MILK, WHEAT FLOUR, MALTED BARLEY FLOUR, ENZYMES, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, SOYBEAN OIL, SORBITAN MONOSTEARATE. FILLING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), REDUCED FAT LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, VITAMIN A PALMITATE). TOPPING: SOYBEAN/PALM OIL, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: WATER, PARMESAN CHEESE (PASTEURIZED PART SKIM MILK, SALT, CHEESE CULTURES, ENZYMES, POWDERED CELLULOSE, SORBIC ACID PRESERVATIVE), PEPPER BLEND (BLACK PEPPER, SALT, BROWN SUGAR, DEHYDRATED ONION, PARSLEY, DEHYDRATED BELL PEPPER, NATURAL FLAVORS, SILICON DIOXIDE), SALT, ONION POWDER, BUTTER (SALT), NATURAL FLAVOR, SOYBEAN OIL, ANNATTO EXTRACT COLOR.			X	X	X		
Cheese, American Sliced	MILK AND SKIM MILK, MILK PROTEIN CONCENTRATE*, MODIFIED FOOD STARCH*, SODIUM CITRATE, CONTAINS 2% OR LESS OF CHEESE CULTURE, CITRIC ACID, COLOR ADDED, ENZYMES, SALT, SORBIC ACID (PRESERVATIVE), SOY LECITHIN. *INGREDIENT NOT IN REGULAR PASTEURIZED PROCESS AMERICAN CHEESE CONTAINS: MILK, SOY			X	X			

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	The following is a cur

Cheese, Cheddar Shred	CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO [COLOR]). ANTICAKING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL MOLD INHIBITOR)).	X
Cheese, Feta Crumble	FETA CHEESE WITH HERBS (PASTEURIZED MILK, SALT, CHEESE CULTURE, TOMATO (DRIED), BASIL, ORAGANO, GARLIC, SPICES, LEMON JUICE POWDER, NATURAL FLAVOR, ENZYMES) POTATO STARCH ADDED TO PREVENT CAKING.	X
Cheese, Mozzarella Shred	CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES, ANTICAKING BLEND (POTATO STARCH, CELLULOSE), NATAMYCIN (NATURAL MOLD INHIBITOR).	X
Cheese, Parmesan Grated	PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES AND POWDERED CELLULOSE (ANTI-CAKING AGENT), POTASSIUM SORBATE TO PROTECT FLAVOR	X
Cheese, Pepper Jack	CULTURED PASTEURIZED MILK, RED AND GREEN JALAP-4 Tm0 G[(G)-4(D A)(N)Y 3854DnBURIZER ANTT, ENZYMES ANETQ EMC /P A/CID 20-BDC q40.224 533.26 71.58 22.	

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Chicken, Breaded Tenders	BONELESS, SKINLESS, PORTIONED CHICKEN BREAST STRIPS WITH RIB MEAT, WHOLE WHEAT FLOUR, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: BROWN SUGAR, CANOLA OIL, CARROT POWDER, CITRIC ACID, COCOA POWDER, DRIED YEAST, GARLIC POWDER, ISOLATED SOY PROTEIN, LEAVENING (CREAM OF TARTAR, BAKING SODA), MALTODEXTRIN, NATURAL FLAVORS, ONION POWDER, PAPRIKA EXTRACT, SALT, SOYBEAN OIL, SPICES, SUGAR, TAPIOCA STARCH, TURMERIC EXTRACT (COLOR), VEGETAB-2(CA)5(R)-EN BRTOT PONION POOCO6(.)--4(A)6(V)--4(T)A							

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Chicken, Patty
(secondary)

CHICKEN BREAST WITH RIB MEAT, WHOLE WHEAT FLOUR, WATER, CONTAINS 2% OR LESS 53f62THE

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		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
Dressing Packets, Caesar	WATER, SOYBEANS OIL, RICE WINE VINEGAR, PARMESAN CHEESE (PASTEURIZED MILK, CULTURE, SALT, ENZYMES), SUGAR, DISTILLED VINEGAR, SALT, ROMANO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), DEHYDRATED GARLIC, EGG YOLK, ANCHOVY, SPICES (MUSTARD), MODIFIED CORN STARCH, XANTHAN GUM, PHOSPHORIC ACID, SORBIC ACID AND CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), CORN SYRUP, NATURAL FLAVORS, YEAST EXTRACT, LEMON JUICE CONCENTRATE, DEFATTED SOY FLAVOR, GARLIC POWDER, TAMARIND EXTRACT.	X	X	X	X			
Dressing, Caesar	WATER, SOYBEAN OIL, RICE WINE VINEGAR, PARMESAN CHEESE (PASTEURIZED MILK, CULTURE, SALT, ENZYMES), SUGAR, DISTILLED VINEGAR, SALT, ROMANO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), DEHYDRATED GARLIC, EGG YOLK, ANCHOVY, SPICES (MUSTARD), MODIFIED CORN STARCH, XANTHAN GUM, PHOSPHORIC ACID, SORBIC ACID AND CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), CORN SYRUP, NATURAL FLAVORS, YEAST EXTRACT, LEMON JUICE CONCENTRATE, DEFATTED SOY FLOUR, GARLIC POWDER, TAMARIND EXTRACT.	X	X	X	X			
Dressing, Italian Zesty	VINEGAR, WATER, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, CANOLA OIL, SALT, CONTAINS LESS THAN 2% OF GARLIC, RED BELL PEPPERS, ONIONS, XANTHAN GUM, SPICE, LEMON JUICE CONCENTRATE, OLEORESIN PAPRIKA, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR).						Soy Oil	
Dressing, Italian Golden (packet)	WATEM VINEGAR, SOYBEAN OIL, SUGAR, SALT, CONTAINS LES THAN 2% OF GARLIC, XANTHAN GUM, SPICE, ONION, RED BELL PEPPERS, PAPRIKA, BETA-CARTOENE (COLOR), POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR).							

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Hamburger Buns - Whole Grain	WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], SUGAR, WHEAT GLUTEN, YEAST, VEGETABLE OIL (SOYBEAN), SALT, CALCIUM SULFATE, CALCIUM PROPIONATE (PRESERVATIVE), GRAIN VINEGAR, DATEM, CELLULOSE GUM, MONOGLYCERIDES, CITRIC ACID, MONOCALCIUM PHOSPHATE, CORN FLOUR, CALCIUM CARBONATE, SPICE & COLORING, POTASSIUM IODATE, VITAMIN D3, SOY LECITHIN, SESAME SEEDS.			MC	X	X		X
Hot Dog Buns - Whole Grain	WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], SUGAR, WHEAT GLUTEN, YEAST, VEGETABLE OIL (SOYBEAN), SALT, CALCIUM SULFATE, CALCIUM PROPIONATE (PRESERVATIVE), GRAIN VINEGAR, DATEM, CELLULOSE GUM, MONOGLYCERIDES, CITRIC ACID, MONOCALCIUM PHOSPHATE, CORN FLOUR, CALCIUM CARBONATE, SPICE & COLORING, POTASSIUM IODATE, VITAMIN D3, SOYLECITHIN, SESAME SEEDS.			MC	X	X		X
Hot Dog, Turkey	MECHANICALLY SEPARATED TURKEY, WATER, SALT, CONTAINS 2% OR LESS SEASONING (CORN SYRUP SOLIDS, DEXTROSE, SUGAR, PAPRIKA, SODIUM ERYTHORBATE, SPICE EXTRACTIVES), SODIUM PHOSPHATE, NATURAL SMOKE FLAVORING, SODIUM NITRITE.							
Hummus, Red Pepper	GARBANZO BEANS, WATER, RED BELL PEPPER, PEAR JUICE CONCENTRATE, CONTAINS 2% OR LESS OF							

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Lime Juice	LIME JUICE FROM CONCENTRATE (WATER, CONCENTRATED LIME JUICE), AND LESS THAN 2% OF LIME OIL, SODIUM BENZOATE (PRESERVATIVE), SODIUM METABISULFITE (PRESERVATIVE).							
Macaroni & Cheese	MILK AND SKIM MILK, MILK PROTEIN CONCENTRATE*, MODIFIED FOOD STARCH*, SODIUM CITRATE, CONTAINS 2% OR LESS OF CHEESE CULTURE, CITRIC ACID, COLOR ADDED, ENZYMES, SALT, SORBIC ACID (PRESERVATIVE), SOY LECITHIN. *INNANCID, ECITHIN. *INN. *IHAT /P K(T)-5(A)6Q EMC /P KMCID 10-BDC c							

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Mustard (bottle) DISTILLED VINEGAR, WATER, #1 GRADE MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE,
NATURAL FLAVOR & GARLIC POWDER.

Mustard, Prepared DISTILLED WHITE VINEGAR, NO 1 MUSTARD SEED, WATER, SALT, TUMERIC, OLEORESIN PAPRIKA, AND
(Packets) SPICES.

Noodles, Yaki \$1.00 1 41.

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PB&J, Strawberry - Whole Grain	PEANUT BUTTER: PEANUTS, SUGAR, CONTAINS LESS THAN 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT. BREAD: UNBLEACHED WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, YEAST, CONTAINS 2% OR LESS OF: WHEAT GLUTEN, SOYBEAN OIL, SALT, DOUGH CONDITIONERS (DISTILLED MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DATEM, ENZYMES [WITH WHEAT STARCH, ASCORBIC ACID, CALCIUM PEROXIDE]). STRAWBERRY JAM: SUGAR, STRAWBERRIES, CONTAINS 2% OR LESS OF: PECTIN, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE).				Soy Oil	X	X - Peanuts	
Peaches, Diced	PEACHES, WATER, PEAR JUICE CONCENTRATE.							
Pears, Diced	PEARS, WATER, PEAR JUICE CONCENTRATE							
Peas, Frozen	PEAS							
Pepper, Black	GROUND BLACK PEPPER							
Pepper, Crushed Red	CRUSHED RED PEPPER							
Pepperoni	PORK, BEEF, SALT, SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, FLAVORING, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID.							
Peppers, Banana Sliced	FRESH BANANA PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE, YELLOW #5, SODIUM METABISULFITE (PRESERVATIVE).							
Peppers, Jalapenos	JALAPENO PEPPERS, WATER, DISTILLED VINEGAR, SALT, CALCIUM CHLORIDE.							
Pickles, Dill Chips	CUCUMBERS, WATER, VINEGAR, SALT, CONTAINS LESS THAN 2% OF CALCIUM CHLORIDE, POTASSIUM SORBATE (PRESERVATIVE), NATURAL FLAVORS, YELLOW 5, POLYSORBATE 80.							
Pineapple Tidbits	PINEAPPLE, PINEAPPLE JUICE, CLARIFIED PINEAPPLE JUICE CONCENTRATE (WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE AND CITRIC ACID							
Pizza, Bites	REDUCED FAT MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, NONFAT MILK, MODIFIED FOOD STARCH, CULTURES, SALT, VITAMIN A PALMITATE, ENZYMES), WATER, WHOLE GRAIN WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PIZZA SAUCE (TOMATO PASTE, TOMATOES [DICED TOMATOES, TOMATO JUICE, CITRIC ACID], EXTRA VIRGIN OLIVE OIL, SUGAR, SALT, GARLIC POWDER, SPICES), SOYBEAN OIL, YEAST, SUGAR, NON FAT DRY MILK, PARMESAN CHEESE [(PASTEURIZED PART SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE ADDED TO PREVENT CAKING], SPICES, SALT, NATURAL FLAVOR, GARLIC				X soy oil	X		

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Sauce, Queso

CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes), WATER, TOMATILLOS (with citric acid), GREEN CHILES (with citric acid), CONTAINS LESS THAN 2% OF SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, MODIFIED FOOD STARCH, CREAM, JALAPENO PEPPERS (with salt, acetic acid, water, calcium chloride), SEASONING (potassium chloride, flavor [contains

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Sugar, Powdered	SUGAR, CORNSTARCH.							
Sunflower Seeds (Honey Roasted)	SUNFLOWER SEEDS, SUGAR, SUNFLOWER OIL, HONEY POWDER (SUGAR, HONEY), WATER, SALT, MALTODEXTRIN, XANTHAN GUM							X
Taco Shells, Corn (Mission)	WHOLE GRAIN CORN, WATER, VEGETABLE OIL (COTTONSEED, CORN, AND/OR SUNFLOWER).							
Taco Shells, Corn (Pancho Villa)	ENRICHED LIMED WHOLE GRAIN CORN (LIMED WHOLE GRAIN CORN, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL.							
Tomato Paste	TOMATOES, CITRIC ACID.							
Tomato, Diced in Juice	VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID.							
Tortilla, White 8"								

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		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
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Chips, Doritos Reduced Fat Cool Ranch	WHOLE CORN, CORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), MALTODEXTRIN (MADE FROM CORN), CORN BRAN, SALT, TOMATO POWDER, CORN STARCH, LACTOSE, WHEY, SKIM MILK, CORN SYRUP SOLIDS, ONION POWDER, SUGAR, GARLIC POWDER, MONOSODIUM GLUTAMATE, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), DEXTROSE, MALIC ACID, BUTTERMILK, NATURAL AND ARTIFICIAL FLAVORS, SODIUM ACETATE, ARTIFICIAL COLOR (RED 40, BLUE 1, YELLOW 5), SODIUM CASEINATE, SPICE, CITRIC ACID, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.			X				
Chips, Doritos Reduced Fat Flamas	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			X				
Chips, Reduced Fat Doritos	WHOLE CORN, CORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), CORN DEXTRIN, MALTODEXTRIN (MADE FROM CORN) CORN BRAN, SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, MONOSODIUM GLUTAMATE, BUTTERMILK, ROMANO CHEESE (PART-SKIM COWS 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.			X				
Chips, Reduced Fat Doritos (Spicy Sweet Chili)	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				X	X		

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
		Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
Cookies, Triple Chocolate Fudge Filling w/ Hershey's Chocolate	WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, HERSHEY'S SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, COCOA BUTTER, MILKFAT, SOY LECITHIN (AN EMULSIFIER), NATURAL FLAVOR, MILK) LIQUID BROWN SUGAR (CANE SUGAR, INVERT SUGAR), SKIM MILK, SOYBEAN OIL, DEXTROSE, SORBITOL, SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, COCOA ALKALI PROCESSED, SOY LECITHIN, NATURAL FLAVOR), MALTODEXTRIN, MOLASSES, COCOA ALKALI PROCESSED, CONTAINS LESS THAN 2% OF THE FOLLOWING: WHOLE GRAIN YELLOW CORN FLOUR, CORN SYRUP, SWEETENED CONDENSED MILK (MILK, SKIM MILK, SUGAR), EGGS, NATURAL FLAVOR, SALT, MODIFIED CORNSTARCH, CELLULOSE GUM, LEAVENING (BAKING SODA), CELLULOSE GEL, SODIM ALGINATE, TARTARIC ACID, GLYCERIN, SOY LECITHIN, FILTERED WATER, POTASSIUM SORBATE (PRESERVE FRESHNESS), POLYSORBATE 60	X		X	X	X	MC	
Cookies, Confetti Cake - Whole Grain	WHOLE WHEAT FLOUR AND WHOLE GRAIN CORN FLOUR (WHOLE WHEAT FLOUR, WHOLE GRAIN YELLOW CORN FLOUR), SUGAR, ENRICHED UNBLEACHED WHEAT FLOUR, INVERT SUGAR, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, SOYBEAN OIL, SKIM MILK, CORN SYRUP, CREAM CHEESE (PASTERIZED CULTURED MILK AND CREAM, SALT, XANTHAN GUM, LOCUS BEAN GUM, GUAR GUM), EGGS, MALTODEXTRINS, CONTAINS LESS THAN 2% OF THE FOLLOWING: RICE FLOUR, PALM AND PALM KERNEL OILS, NATURAL FLAVOR, SALT, MODIFIED CORNSTARCH, BAKING SODA, LACTIC ACID, GELLAN GUM, MONO AND DIGLYCERIDES, CELLULOSE GUM, CELLULOSE GEL, SOY LECITHIN, GLYCERIN, WATER, COLORED WITH (TITANIUM DIOXIDE, FRUIT AND VEGETABLE EXTRACT, SPIRULINA EXTRACT POWDER, PAPRIKA EXTRACT, TURMERIC), TO PRESERVE FRESHNESS (BENZOIC ACID, SORBIC ACID), CARRAGEENAN	X		X	X	X	MC	
Crackers, Cheez-IT - Whole Grain	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 TWO PERCENT OR LESS OF SALT, CALCIUM CARBONATE, PAPRIKA, YEAST, PAPRIKA OLEORESIN FOR COLOR, TURMERIC EXTRACT FOR COLOR, ANNATTO EXTRACT FOR COLOR, VITAMIN A PALMITATE, SOY LECITHIN.			X	X	X		
Crackers, Goldfish Cheddar - Whole Grain	MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: YEAST, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, BAKING SODA, MONOCALCIUM PHOSPHATE, ONION POWDER.			X	Soy Oil	X		
Gatorade G2, Grape	WATER, SUGAR, CITRIC ACID, SALT, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, MONOPOTASSIUM PHOSPHATE, SUCRALOSE, ACESULFAME POTASSIUM, RED 40, BLUE 1.							

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
	The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame
Gatorade G2, Raspberry	WATER, SUGAR, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, SUCRALOSE, ACESULFAME POTASSIUM, BLUE 1.							
IZZE, Apple	SPARKLING WATER, APPLE JUICE CONCENTRATE, WHITE GRAPE JUICE CONCENTRATE, NATURAL FLAVOR, CITRIC ACID, ACEROLA JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6).							
IZZE, Blackberry	SPARKLING WATER, APPLE JUICE CONCENTRATE, WHITE GRAPE JUICE CONCENTRATE, NATURAL FLAVOR, BLACKBERRY JUICE CONCENTRATE, RASPBERRY JUICE CONCENTRATE, CITRIC ACID, RED GRAPE JUICE CONCENTRATE (COLOR), ACEROLA JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6).							
IZZE, Clementine	SPARKLING WATER, APPLE JUICE CONCENTRATE, WHITE GRAPE JUICE CONCENTRATE, CLARIFIED ORANGE JUICE CONCENTRATE, CITRIC ACID, NATURAL FLAVOR, CLARIFIED CLEMENTINE JUICE CONCENTRATE, GUM ARABIC, ACEROLA JUICE CONCENTRATE, BETA CAROTENE (COLOR), ASCORBIC ACID (VITAMIN C), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6).							
IZZE, Peach	SPARKLING WATER, APPLE JUICE CONCENTRATE, WHITE GRAPE JUICE CONCENTRATE, CLARIFIED PEACH JUICE CONCENTRATE, NATURAL FLAVOR, CITRIC ACID, GUM ARABIC, BETA CAROTENE (COLOR), RED RADISH JUICE CONCENTRATE (COLOR).							
Pretzel, Heart	WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN SYRUP, CORN OIL, SALT, YEAST, AND AMMONIUM BICARBONATE. CONTAINS WHEAT INGREDIENTS.							X
Propel - Berry	WATER, CITRIC ACID, SODIUM HEXAMETAPHOSPHATE (TO PROTECT FLAVOR), NATURAL FLAVOR, SALT, POTASSIUM SORBATE (PRESERVES FRESHNESS), POTASSIUM CITRATE, SODIUM CITRATE, ASCORBIC ACID (VITAMIN C), SUCRALOSE, ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CALCIUM PANTOTHENATE (VITAMIN B5), NIACINAMIDE (VITAMIN B3), VITAMIN E ACETATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6).							
Propel - Lemon	WATER, CITRIC ACID, SODIUM HEXAMETAPHOSPHATE (TO PROTECT FLAVOR), SALT, NATURAL FLAVOR, POTASSIUM SORBATE (PRESERVES FRESHNESS), POTASSIUM CITRATE, SODIUM CITRATE, ASCORBIC ACID (VITAMIN C), SUCRALOSE, ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CALCIUM PANTOTHENATE (VITAMIN B5), NIACINAMIDE (VITAMIN B3), VITAMIN E ACETATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6).							

Ingredient	Ingredient Statement (as listed per supplier)	Allergens (MC=may contain)						
	The following is a current list of ingredients used in meal recipes. Use the meal details on the website (click here), to find the ingredients in meal options.	Egg	Fish	Milk	Soy	Wheat	Peanut/ Tree Nut	Sesame

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