

THE  
SEVEN  
HILLS  
SCHOOL

## **INGREDIENTS GUIDE**

# TABLE OF CONTENTS

<b>HILLSDALE CAMPUS LIST OF INGREDIENTS</b> .....	1
ENTRÉES .....	1
ENTRÉE SIDES .....	12
SNACKS.....	15
SAUCES.....	19
DRINKS .....	21
TAGLIO ITEMS.....	23
<b>DOHERTY CAMPUS LIST OF INGREDIENTS</b> .....	24

*Parents are welcome to contact the Hillsdale Kitchen (728-2421) or the Doherty Kitchen (728-2353) with questions or for more information.*

## HILLSDALE CAMPUS LIST OF INGREDIENTS

### ENTRÉES

**APPLES, SCALLOPED:** Apples, Sugar, Wheat Flour, Butter, Cinnamon

**BUN, HAMBURGER, WHOLE GRAIN (CONTAINS WHEAT INGREDIENTS):** Whole Grain Wheat Flour, Enriched Flour [Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Water, Sugar, Yeast, Wheat Bran, Wheat Gluten, Soybean Oil, Whole Grain Rolled Oats, Salt, Rye Flour, Barley Flakes, Monoglycerides, Calcium Propionate (A Preservative), Vinegar, Potassium Chloride, Calcium Sulfate, Citric Acid, Modified Corn Starch, Ascorbic Acid, Sodium Alginate, Diglycerides, Polysorbate 60.

**BUN, HOT DOG:** Whole Grain Wheat Flour, Enriched Flour [Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Water, Yeast, Sugar, Wheat Gluten, Soybean Oil, Wheat Bran, Whole Grain Rolled Oats, Salt, Rye Flour, Barley Flakes, Calcium Propionate (A Preservative), Vinegar, Monoglycerides, Cellulose Gum, Potassium Chloride, Calcium Sulfate, Maltodextrin, Carrageenan, Citric Acid, Ascorbic Acid, Modified Corn Starch, Sodium Alginate, Diglycerides, Polysorbate 60.

**BUN, SUB:** Enriched Flour [Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Water, Yeast, Sugar, Soybean Oil, Wheat Gluten, Salt, Monoglycerides, Calcium Propionate (A Preservative), Vinegar, Cellulose Gum, Potassium Chloride, Maltodextrin, Carrageenan, Calcium Sulfate, Citric Acid, Ascorbic Acid. **Contains:** Wheat

**CALZONE, BEEF PEPPERONI AND CHEESE:** Mozzarella Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [Prevent Caking], Natamycin), Water, Whole Wheat Flour, Pepperoni (Beef, Salt, Dextrose, Lactic Acid Starter Culture, Natural Flavorings, Oleoresin Of Paprika, Natural Smoke Flavoring, Dehydrated Garlic, Sodium Nitrite, Bha, Bht, Citric Acid), Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Paste, Sugar, Contains Less Than 2% Of Soybean Oil, Parmesan Cheese ([Pasteurized Cow's Milk, Cheese Culture, Salt, Enzymes] And Powdered Cellulose [Anti-Caking]), Yeast, Seasoning (Sugar, Sea Salt, Dehydrated Garlic, Dehydrated Onion, Oregano Leaf, Basil Leaf, Anise, White Pepper, Black Pepper, Parsley Leaf, Red Pepper Seed, Turmeric, Canola Oil), Modified Cellulose, Cellulose (Anti-Caking), Spice (Oregano, Basil, Red Pepper, And Parsley), Garlic Powder, Sea Salt. **Contains:** Milk, Soy, Wheat

**CALZONE, CHEESE:** Low Fat Mozzarella Cheese ([Pasteurized Part-Skim Milk, Cultures, Salt, Enzymes], Nonfat Milk, Modified Food Starch\*, Potassium Chloride\*). \*Ingredients Not In Regular Mozzarella Cheese, Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Tomato Paste (Not less than 31% NTSS), Soy Flour, Contains less than 2% of: Parmesan Cheese (Cultured, Pasteurized Part-Skim Milk, Salt, Enzymes), Romano Cheese from Cow's Milk (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Pizza Seasoning (Sugar, Spices, Garlic Powder, Citric Acid), Dextrose, Soybean Oil, Yeast Blend (Yeast, Sorbitan Monostearate, May Contain Ascorbic Acid), Salt, Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Wheat Gluten, Modified Corn Starch, Dough Conditioner (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate,

Riboflavin, Folic Acid], Enzymes), Yeast, Paprika Annatto Blend (Natural Extractives Of Annatto Seeds And Paprika With Mono-, Di-, And Triglycerides, Soybean and/or Canola Oil, Other Natural Flavors, Tocopherol And Potassium Hydroxide), Ascorbic Acid, Soy Lecithin. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: [https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/658591\\_SLE.pdf](https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/658591_SLE.pdf) (4,2019)

**CALZONE, HAM AND SWISS CHEESE: Crust:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains 2% Or Less Each Of The Following: Palm Oil, Natural Butter Flavor, Salt, Sugar, Soybean Oil, Datem, Wheat Gluten, Dextrose, Malted Wheat Flour, Guar Gum, Sodium Acid Pyrophosphate, Soy Lecithin, Ascorbic Acid, Bakery Enzyme (Amylase, Wheat Starch, Salt), Cellulose Gum, Xanthan Gum, Degermed Yellow Cornmeal, Whey Solids. **Hormel Natural Choice Ham:** After Cooking, Contains Up To 11% Of A Solution++ ++Solution Ingredients: Water, Natural Salt Blend (Potassium Chloride, Sea Salt), Turbinado Sugar, Salt, Cultured Celery Powder, Cherry Powder. **Swiss Cheese:**Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes. **Contains:** Milk. **Allergens:** Milk

**CHICKEN BREAST, BRUSCHETTA WITH MOZZARELLA CHEESE, TOMATO SLICES AND ITALIAN SEASONING:** Chicken Breast, Mozzarella Cheese, Tomatoes, Dry Italian Seasoning, Balsamic Drizzle

**CHICKEN BREAST CUTLET, BAKED BREADED:** Chicken Breast with Rib Meat, Water, Sodium Phosphate, Salt. Breaded aBattered With: Bleached Wheat Flour, Water, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% Or Less Of: Salt, Canola Oil, Sugar, Dextrose, Yeast, Yellow Corn Flour, Torula Yeast, Extractives Of Paprika And Annatto, Natural Flavor, Wheat Starch, Wheat Flour, Salt, Buttermilk Blend (Buttermilk, Whey), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Spice. Set In Vegetable Oil. CONTAINS: Wheat, Milk. **Allergens:** Milk, Wheat

**CHICKEN NUGGETS, BAKED BREADED:** Chicken Breast With Rib Meat, Water, Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Food Starch, Contains 2% Or Less Of Wheat Flour, Salt, Yellow Corn Flour, Cornstarch, Sodium Phosphate, Dextrose, Extractives Of Paprika, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Wheat Gluten, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Xanthan Gum, Malted Barley Flour. **Contains:** Wheat. **Allergens:** Wheat

**CHICKEN TENDERS, BAKED BREADED BELL & EVANS:** Chicken Breast Meat Tenders, Unbleached Wheat Flour, Water, Cane Sugar, Dried Yeast, Sea Salt, Black Pepper, Paprika, Organic Expeller Pressed Soybean Oil

**CHICK-fil-A SANDWICH:** Chicken (Boneless, Skinless Chicken Breast With Rib Meat, Salt, Monosodium Glutamate, Sugar, Spices, Paprika, Enriched Bleached Flour [With Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Salt, Monosodium Glutamate, Nonfat

Milk, Leavening [Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate], Spice, Soybean Oil, Color [Paprika], Pasteurized Nonfat Milk, Pasteurized Egg, Fully Refined Peanut Oil [With Dimethylpolysiloxane {An Anti-Foam Agent} Added]), Bun (Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Yeast, Wheat Gluten, Contains 2% Or Less Of Each Of The Following: Soybean Oil, Salt, Cultured Wheat Flour, Vinegar, Calcium Sulfate, Ascorbic Acid, Enzymes, Wheat Starch, Monoglycerides, Monocalcium Phosphate, DATEM, Soy Lecithin, Potassium Iodate), Butter Oil (Soybean Oil, Palm Kernel Oil, Soy Lecithin, Natural Flavor And Beta Carotene), Pickle (Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Alum, Potassium Sorbate [Preservative], Natural Flavors [Dill Emulsion], Polysorbate 80, Yellow 5, Blue 1). **FRIED IN PEANUT OIL**

**CROISSANT, HAM and CHEESE BAKED:** Enriched Flour (Unbleached Wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Unsalted Butter (Cream, Natural Flavorings), Cream cheese (Pasteurized cultured milk and cream, Salt, Xanthan and/or Carob bean and/or Guar gums), Uncured Ham (Pork, Water, Brown Sugar, Vinegar, Salt, Celery powder, Natural Flavorings, Seasoning (sugar, dehydrated Bell Peppers, Natural Flavors, Extractives of Paprika)), Water, Milk (Milk, Vitamin C, Vitamin D3), Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Anticake (powdered cellulose)), Sugar, Yeast, Whole Egg (Whole Eggs, Citric Acid), Dough Conditioner (Enriched wheat flour, guar gum, deactivated yeast, xanthan gum, DATEM, ascorbic acid, enzymes), Wheat Gluten, Salt, Mustard (Distilled Vinegar, Water, #1Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors and Garlic Powder)

**CROISSANT, SPINACH and CHEESE BAKED:** Enriched Flour (Unbleached Wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Ricotta Cheese (Whole milk, Starter, Salt), Unsalted Butter (Cream, Natural Flavorings), Spinach, Water, Milk (Milk, Vitamin C, Vitamin D3), Sugar, Yeast, Whole Egg (Whole Eggs, Citric Acid), Dough Conditioner (Enriched wheat flour, guar gum, deactivated yeast, xanthan gum, DATEM, enzymes, ascorbic acid), Gluten (Wheat), Salt (Salt, Yellow Prussiate of Soda), Pasteurized Lemon Juice, Nutmeg, Ground White Pepper. **Allergens:** Eggs, Milk, Wheat

**EGGPLANT, BRUSCHETTA WITH MOZZARELLA CHEESE, TOMATO SLICES AND ITALIAN SEASONING:** Eggplant, Mozzarella Cheese, Tomatoes, Dry Italian Seasoning, Balsamic Drizzle

**EGGROLLS, CHICKEN, WHOLE GRAIN: Filling:** Cabbage, Ground Chicken, Carrots, Textured Soy Protein (Textured Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate [Vitamin B1], Pyridoxine Hydrochloride [Vitamin B6], Riboflavin [Vitamin B2], Cyanocobalamin [Vitamin B12]), Celery, Water, Onion, Contains 2% Or Less Of: Dried Whole Eggs, Whey Protein Concentrate, Flavor (Salt, Yeast Extract, Dextrose, Natural Flavor), Sugar, Soy Sauce Powder (Soy Sauce [Wheat, Soybeans, Salt], Maltodextrin, Salt), Modified Food Starch, Dried Onion, Sea Salt, Dried Garlic, Spice; **Wrapper:** White Whole Wheat Flour, Water, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Durum Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% Or Less Of: Wheat Gluten, Vegetable Oil (Cottonseed And/Or Canola Oil), Flavor (Salt, Yeast Extract, Dextrose, Natural Flavor), Dried Whole Eggs, Salt, Rice Extract, Ascorbic Acid, Cornstarch; **Sealer:** Water. Fried In Vegetable Oil (Cottonseed And/Or Canola Oil). **Common Allergens Present:** Egg, Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for

informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. For K12 spec sheet: Email Schwan's @ sfsibids@schwans.com

**EGGROLLS, VEGGIE:** Cabbage, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Carrots, Celery, Water, Onion, Parboiled Long Grain Rice, Soybean Oil, Broccoli, Contains Less Than 2% Of: Dehydrated Soy Sauce (Soy Sauce [Wheat, Soybeans, Salt], Maltodextrin, Salt), Vermicelli (Green Mung Beans, Water), Soy Sauce (Water, Soybeans, Salt, and Wheat Flour), Dried Shiitake Mushroom Powder, Sugar, Modified Corn Starch, Dried Whole Eggs, Sesame Seed Oil, Vital Wheat Gluten, Flavor Enhancer (Yeast Extract, Natural Flavor), Spice, Garlic Powder, Cottonseed Oil, Salt. **Contains:** Wheat, Soy, Egg. **Allergens:** Eggs, Soy, Wheat

**FISH NUGGETS, BAKED BREADED:** 67.04% Fish (Alaska Pollock And Cod), 32.96% Batter & Breading (Whole Wheat Flour, Vegetable Oil [Soybean and/or Canola], Enriched Wheat Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Contains 2% Or Less Of: Yellow Corn Flour, Wheat Gluten, Iodized Salt, Salt, Sugar, Yeast, Whole Grain Yellow Corn Flour, Soy Flour, Dextrose, Leavening [Baking Soda, Sodium Aluminum Phosphate], Mono And Diglycerides, Extractives Of Paprika (Color), Spice Extract, Spice, Water). Contains Fish (Alaska Pollock And Cod), Wheat, Soy. **Allergens:** Fish, Soy, Wheat

**HOT DOG, APPLGATE ORGANIC ALL BEEF:** Organic Grass-Fed Beef, Water. Contains Less Than 2% of the Following: Sea Salt, Organic Spices (Cayenne Pepper, Coriander, Ginger, Mace, Paprika, White Pepper), Organic Dehydrated Garlic, Organic Dehydrated Onion, Organic Paprika, Celery Powder.

**MARINARA SAUCE:** Tomato Puree, Diced Tomatoes, Sugar, Soybean Oil, Salt, Dried Garlic, Dried Onions, Spices, Parsley, Citric Acid. COMMON ALLERGENS PRESENT: NONE. Prior To Consuming the Product, Individuals with Severe Food Allergies Should Confirm the Ingredient Information on The Actual Label of The Product. Nutrition and Ingredient Statement Updated September 2020. This Ingredient and Nutrition Information Was Provided by The Third-Party Product Manufacturer and/or Supplier and Was Not in Any Way Created or Verified By GFS. The Information Is Being Passed on As A Courtesy and For Informational Purposes Only. Gfs in No Way Guarantees the Accuracy or Completeness of This Information and No Warranties Are Made Or Implied; All Implied Warranties Of Merchantability And Fitness For A Particular Purpose Are Expressly Excluded. Click Here for K12 Spec Sheet:

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**MEATBALLS, TURKEY:** GROUND TURKEY, WATER, CONTAINS LESS THAN 2% OF SUGAR, SALT, SEASONING (Potassium Chloride, Flavor [Contains Maltodextrin]), DEHYDRATED GARLIC, SPICES, NATURAL FLAVOR.

**PASTA:** Cooked Penne Pasta (Semolina [Wheat], Enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Olive Oil, Contains Less Than 2% Of Salt. Common Allergens Present: Wheat. Prior To Consuming the Product, Individuals with Severe Food Allergies Should Confirm the Ingredient Information on The Actual Label of The Product. Nutrition and Ingredient Statement Updated May 2019. This Ingredient and Nutrition Information Was Provided by The Third-Party Product Manufacturer and/or Supplier and Was Not in Any Way Created or Verified by Gfs. The Information Is Being Passed on As A Courtesy and For Informational Purposes Only. Gfs in No Way Guarantees the Accuracy or Completeness of

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**PIZZA, CHEESE, WHOLE GRAIN:** Crust: Flour Blend (White Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Defatted Soy Flour, Yeast, Soy Protein Concentrate, Contains 2% Or Less Of: Vegetable Oil (Soybean, Cottonseed, Corn, and/or Canola Oil), Sugar, Glucono-Delta-Lactone, Ditem, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Salt, Corn Starch, Wheat Starch, L-Cysteine Hydrochloride, Ammonium Sulfate. Toppings: Low Moisture Part Skim Mozzarella Cheese (Cultured Pasteurized Part Skim Milk, Salt, Enzymes). Sauce: Tomatoes (Water, Tomato Paste [Not Less Than 28% Soluble Solids]), Modified Food Starch, Sugar, Contains 2% Or Less Of: Dextrose, Sea Salt, Dried Onion, Spice, Dehydrated Romano Cheese (Cultured Pasteurized Sheep's and Cow's Milk, Salt, Enzymes), Paprika, Dried Garlic, Citric Acid. **Allergens:** Milk, Soy, Wheat

**PIZZA, TURKEY PEPPERONI AND CHEESE SICILIAN BAKERY: Applegate Turkey**

**Pepperoni:** Turkey, Sea Salt. Contains Less Than 2% Of The Following: Turbinado Sugar, Water, Spices, Cultured Celery Powder, Granulated Garlic, Cherry Powder, Lactic Acid Starter Culture (Not From Milk), Rosemary Extract, Oleoresin Of Paprika, Lime Juice Concentrate. Spices White Pepper, Black Pepper, Cayenne Pepper, Anise Seed Powder, Allspice, Fennel Seed.

**Crust:** Unbleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced iron, Ascorbit acid added as a dough conditioner, Enzyme, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains Less Than 2% of each of the following: Canola Oil, Sugar, Wheat Flour, Salt, Ascorbic Acid added as a dough conditioner, Calcium Propionate, Potassium Sorbate, Xylanase, Lipase, Amylase. **Mozzarella Cheese:** Pasteurized milk, cheese culture, salt, enzymes.

COMMON ALLERGENS PRESENT: MILK. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

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**Pecorino Romano Cheese:** Sheep's Milk, Rennet, Salt. **Contains:** Sheep's Milk. **Allergens:** Milk. **Tomato Sauce:** Vine Ripened Crushed Tomatoes, Organic Tomato Paste, Sea Salt, Organic Olive Oil, Soybean Oil, Organic Basil, Organic Oregano, Organic Bay Leaf, Romano Cheese (Pasteurized Cows Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose (Anticaking Agent), Calcium Propionate (Preservative)), Spices, Garlic Powder, Citric Acid. **Common Allergens Present:** Milk, Soy

**PIZZA, CHEESE SICILIAN BAKERY: Crust:** Unbleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced iron, Ascorbit acid added as a dough conditioner, Enzyme, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains Less Than 2% of each of the following: Canola Oil, Sugar, Wheat Flour, Salt, Ascorbic Acid added as a dough conditioner, Calcium Propionate, Potassium Sorbate, Xylanase, Lipase, Amylase. **Mozzarella Cheese:** Pasteurized milk, cheese culture, salt, enzymes. COMMON ALLERGENS PRESENT: MILK. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated July 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE

OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. **Pecorino Romano Cheese:** Sheep's Milk, Rennet, Salt. **Contains:** Sheep's Milk. **Allergens:** Milk. **Tomato Sauce:** Vine Ripened Crushed Tomatoes, Organic Tomato Paste, Sea Salt, Organic Olive Oil, Soybean Oil, Organic Basil, Organic Oregano, Organic Bay Leaf, Romano Cheese (Pasteurized Cows Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose (Anticaking Agent), Calcium Propionate (Preservative)), Spices, Garlic Powder, Citric Acid. **Common Allergens Present:** Milk, Soy

**PIZZA, TURKEY AND BEEF PEPPERONI, WHOLE GRAIN: Crust:** Flour Blend (White Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Vegetable Oil (Soybean And/Or Canola Oil), Defatted Soy Flour, Yeast, Isolated Soy Protein, Contains 2% Or Less Of: Sugar, Soy Lecithin, Salt, Distilled Mono-Glycerides, Ascorbic Acid (Dough Conditioner). **Toppings:** Low Moisture Part Skim Mozzarella Cheese (Cultured Pasteurized Part Skim Milk, Salt, Enzymes), Turkey And Beef Pepperoni (Turkey, Beef, Salt, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin Of Paprika, Flavoring, Sodium Nitrite, Natural Smoke Flavor, Bha, Bht, Citric Acid). **Sauce:** Tomatoes (Water, Tomato Paste [Not Less Than 28% Soluble Solids]), Modified Food Starch, Sugar, Contains 2% Or Less Of: Dextrose, Sea Salt, Dried Onion, Spice, Dehydrated Romano Cheese (Cultured Pasteurized Sheep's And Cow's Milk, Salt, Enzymes), Paprika, Dried Garlic, Citric Acid. **Common Allergens Present:** Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. For K12 spec sheet: Email Schwan's @ sfsibids@schwans.com

**QUESADILLA, WHOLE GRAIN CHEESE WITH CHIPOTLE SALSA:** Water, Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Tomato Paste (Not less than 31% NTSS), Corn Oil and/or Soybean Oil, Soy Flour, Casein, Contains less than 2% of: Modified Potato Starch, Whey, Salsa Seasoning (Salt, Sugar, Dehydrated Onion and Garlic, Dehydrated Jalapeno Pepper, Citric Acid, Xanthan Gum, Spice, Dehydrated Cilantro, Potassium Sorbate), Nonfat Dry Milk, Soybean Oil, Salt, Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Natural Flavor, Sodium Aluminum Phosphate, Dextrose, Dough Conditioner (Wheat Flour, Salt, Soy Oil, L. Cysteine, Ascorbic Acid, Enzyme), Apple Cider Vinegar, Wheat Gluten, Lactic Acid, Sodium Phosphate, Citric Acid, Tricalcium Phosphate, Sorbic Acid, Xanthan Gum, Vitamin and Mineral Supplement (Magnesium Oxide, Dicalcium Phosphate, Zinc Oxide, Iron, Riboflavin [Vitamin B2], Pyridoxine Hydrochloride [Vitamin B6], Cyanocobalamin [Vitamin B12], Niacinamide [Vitamin B3], Thiamine Mononitrate [Vitamin B1], Vitamin A Palmitate), Annatto and Paprika (color), Soy Lecithin. **COMMON ALLERGENS PRESENT:** Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec



sheet: [https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/231771\\_SLE.pdf](https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/231771_SLE.pdf) (4,2019)

**QUESADILLA, WHOLE GRAIN CHICKEN AND CHEESE:** Crust: Flour Blend (White Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Isolated Soy Protein, Vegetable Oil (Soybean And/Or Canola Oil), Contains 2% Or Less Of: Wheat Gluten, Potatoes, Dried Whole Egg, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Dried Garlic, Modified Food Starch; Filling: Low Moisture Part Skim Mozzarella Cheese (Cultured Pasteurized Part Skim Milk, Salt, Enzymes), Fully Cooked Seasoned Chicken Breast, With Rib Meat (Chicken Breast With Rib Meat, Water, Salt, Sugar, Modified Food Starch, Sodium Phosphate, Rosemary), Water, Tomato Paste [Not Less Than 28% Soluble Solids], Contains 2% Or Less Of: Modified Food Starch, Dried Whole Egg, Maltodextrin, Whey Protein Concentrate, Spice, Sugar, Dried Onion, Salt, Citric Acid, Natural Flavoring (Potassium Chloride, Maltodextrin, Autolyzed Yeast Extract, Modified Food Starch, Water, Yeast Extract, Dextrose, Natural Flavor), Dried Garlic. Common Allergens Present: Egg, Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. For K12 spec sheet: Email Schwan's @ [sfsibids@schwans.com](mailto:sfsibids@schwans.com)

**SALAD, BEEF TACO: Beef Taco Meat:** Beef, Water, Tomato Paste, Textured Vegetable Protein (soy protein concentrate, caramel color), Organic Olive Oil, Seasoning (dehydrated onions, chili pepper and other spices, dehydrated garlic, salt), Salt, Seasoning (potassium chloride, natural flavor [contains maltodextrin]), Caramel Color, Vinegar, Paprika Extract. **Corn Chips:** Whole Grain Corn, Corn Oil, Water, Salt, Hydrated Lime. **Chipotle Salsa:** Tomato Puree, Diced Tomatoes, Jalapeno Peppers, Distilled Vinegar, Water, Dried Onion, Sea Salt, Salt, Sugar, Dried Garlic, Natural Flavors, Spices, Citric Acid, Potassium Chloride

**SALAD, CURRY CHATT (Chick Pea):** Dried Organic Chick Peas, Water, Onions, Tomato Paste, Canola Oil, Garlic, Ginger, Spices, Jalapeno Peppers, Salt, Turmeric, Black Salt, Dried Fenugreek Leaves, Soybean Oil, Water, Whole Eggs And Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium Edta (Used To Protect Quality), Natural Flavors. **Allergens:** Eggs

**SALAD, CURRY CHICKEN BREAST:** INGREDIENTS Chicken Breast, Water, Onions, Tomato Paste, Canola Oil, Garlic, Ginger, Spices, Jalapeno Peppers, Salt, Turmeric, Black Salt, Dried Fenugreek Leaves, Soybean Oil, Water, Whole Eggs And Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium Edta (Used To Protect Quality), Natural Flavors. **Allergens:** Eggs

**SALAD, THREE CHEESE TORTELLINI: Tortellini:** Enriched Flour (Durum Wheatflour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Ricotta Cheese (Pasteurized Whey, Milk-Fat, Milk), Parmesan cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [Anti-Caking Agent]), Romano Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [Anti-Caking Agent]), Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soy Bean Oil, Yeast, Eggs, Provolone Cheese (Pasteurized Wholemilk, Cheese Culture, Salt, Enzymes), Salt, Black Pepper. **Allergens:** Eggs, Milk, Wheat. **TOMATO DRESSING:** Organic Olive Oil, White Balsamic Vinegar, Vine Ripened Crushed Tomatoes, Organic Tomato Paste, Sea

Salt, Soybean Oil, Organic Basil, Organic Oregano, Organic Bay Leaf, Romano Cheese (Pasteurized Cows Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose (Anticaking Agent), Calcium Propionate (Preservative), Spices, Garlic Powder, Citric Acid. **Common Allergens Present:** White Balsamic Vinegar (Naturally Occurring Sulfites), Milk, Soy. **IMPORTED (Italy) PECORINO ROMANO CHEESE:Ingredients:** Sheep's Milk, Rennet, Salt. **Contains:** Sheep's Milk. **Allergens:** Milk

**SANDWICH, ROAST BEEF AND CHEDDAR with RED ONION JAM: Roast Beef:** Caramel Color Added, A Natural Coloring Ingredient **Ingredients:** Beef, Water, Salt, Turbinado Sugar, Baking Soda, Natural Flavoring. Allergen Info No Big 8 Allergens Present. **Cheddar Cheese:** Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Color Added. **Contains:** Milk. **Allergens:** Milk. **Whole Grain Bun: Contains Wheat Ingredients.** Whole Grain Wheat Flour, Enriched Flour [Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Water, Sugar, Yeast, Wheat Bran, Wheat Gluten, Soybean Oil, Whole Grain Rolled Oats, Salt, Rye Flour, Barley Flakes, Monoglycerides, Calcium Propionate (A Preservative), Vinegar, Potassium Chloride, Calcium Sulfate, Citric Acid, Modified Corn Starch, Ascorbic Acid, Sodium Alginate, Diglycerides, Polysorbate 60. **RED ONION JAM:** Red Onions, Organic Olive Oil, Organic Garlic Powder, Organic Dried Basil, Organic Dried Thyme, Organic Evaporated Cane Juice, Sea Salt, Organic Black Pepper, White Balsamic Vinegar

**SANDWICH, ROASTED PORTOBELLO MUSHROOM AND CHEDDAR with RED ONION JAM: Roasted Portobello Mushroom:** Portobello Mushroom, Olive Oil, Sea Salt, Organic Seasoning. **Cheddar Cheese:** Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Color Added. **Contains:** Milk. **Allergens:** Milk. **Whole Grain Bun: Contains Wheat Ingredients.** **Ingredients:** Whole Grain Wheat Flour, Enriched Flour [Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Water, Sugar, Yeast, Wheat Bran, Wheat Gluten, Soybean Oil, Whole Grain Rolled Oats, Salt, Rye Flour, Barley Flakes, Monoglycerides, Calcium Propionate (A Preservative), Vinegar, Potassium Chloride, Calcium Sulfate, Citric Acid, Modified Corn Starch, Ascorbic Acid, Sodium Alginate, Diglycerides, Polysorbate 60. **Red Onion Jam:** Red Onions, Organic Olive Oil, Organic Garlic Powder, Organic Dried Basil, Organic Dried Thyme, Organic Evaporated Cane Juice, Sea Salt, Organic Black Pepper, White Balsamic Vinegar

**TURKEY BLT RANCH SALAD WITH TURKEY BREAST: Turkey Bacon:** Chopped and Formed Turkey Thighs, Water, Sea Salt, Raw Sugar, Vinegar, Celery Powder, Rosemary Extract. **Hormel Healthy Choice Roasted Turkey Breast:** Turkey Breast Meat, Water, Salt, Turbinado Sugar, Carrageenan (From Seaweed), Baking Soda. Lettuce, Tomato. **Croutons:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola Oil, Whey, Yeast, Salt, 2% Or Less Of High Fructose Corn Syrup, Wheat Gluten, Corn Syrup Solids, Calcium Propionate (Preservative), Calcium Peroxide, Calcium Sulfate, Ascorbic Acid, Azodicarbonamide, Sodium Stearoyl Lactylate, Onion Powder, Garlic Powder, Parsley\*, Autolyzed Yeast Extract, Tbhq (To Preserve Freshness). \*Dehydrated, **Common Allergens Present:** Wheat, Milk. **May Contain:** Tree Nuts. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

**STEAK BURGER, BEEF, FIRE RIVER FARMS:** Beef, Seasoning (Salt, Dextrose, Natural Flavors, Spice), Salt.

**STEAK BURGER with CHEESE, FIRE RIVER FARMS: Steak Burger:** Beef, Seasoning (Salt, Dextrose, Natural Flavors, Spice), Salt. **Cheese:** Cultured Pasteurized Milk and Skim Milk, Cream, Milkfat, Sodium Citrate, Salt, Contains Less Than 2% of Sorbic Acid (preservative), Lactic Acid, beta-Carotene and apo-Carotenal (colors), Enzymes, Soy Lecithin and Soybean Oil Blend

**TOMATO SAUCE:** Vine Ripened Crushed Tomatoes, Sea Salt, Soybean Oil, Olive Oil, Romano Cheese (Pasteurized Cows Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose (Anticaking Agent), Calcium Propionate (Preservative)), Spices, Garlic Powder, Citric Acid.

**TORTELLINI, THREE CHEESE:** Enriched Flour (Durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Ricotta Cheese (Pasteurized Whey, Milk-Fat, Milk), Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [Anti-Caking Agent]), Romano Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [Anti-Caking Agent]), Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soy Bean Oil, Yeast, Eggs, Provolone Cheese (Pasteurized Whole Milk, Cheese Culture, Salt, Enzymes), Salt, Black Pepper. **Allergens:** Eggs, Milk, Wheat

**TURKEY CORN DOG, BAKED: Turkey Frank:** Ground Turkey, Water, Dextrose. Contains 2% or less of: Corn Syrup, Spice, Sea Salt with Potassium Chloride, Calcium Lactate, Salt, Flavorings, Sodium Phosphate, Paprika & Paprika Oleoresin, Sodium Erythorbate, Sodium Nitrite. Casing made from Calcium Alginate. **Batter:** Water, Whole Wheat Flour, Sugar, Enriched Degermed Yellow Corn Meal (Yellow Corn Meal, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% or less of Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Soybean Oil, Corn Starch, Modified Corn Starch, Dried Honey, Ascorbic Acid, Salt, Wheat Starch, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Soy Flour, Onion Powder, Soy Lecithin, Nonfat Milk, Eggs. Cooked in Vegetable Oil (Contains one or more of: Corn Oil, Cottonseed Oil, Soybean Oil). **PREDUST INGREDIENTS:** Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Whey, Salt. **Allergens:** Eggs, Milk, Soy, Wheat

**VEGETABLE BLEND, STEAMED:** Steamed Whole Green Beans, Corn, Carrots , Salted Butter, Pepper

**VEGETARIAN BLT RANCH SALAD: Vegetarian "Bacon":** Water, Vital Wheat Gluten, Canola Oil<sup>3</sup>, Natural Flavor, Adzuki Beans<sup>1</sup> Buckwheat Groats<sup>1</sup>, Natural Hickory Smoke Flavor, Cane Sugar<sup>1</sup>, Smoked Paprika, Annatto, Maple Syrup<sup>1</sup>, Tomato Powder, Garlic, Onion Powder, Spices, Tomato Paste, Soy Sauce<sup>2</sup> (Water, Soybeans<sup>2</sup>, Wheat, Salt, Alcohol<sup>1</sup>), Nutritional Yeast<sup>1</sup>, Apple Cider Vinegar<sup>1</sup>, Refined Coconut Oil, Sea Salt And Caramel Color<sup>1.1</sup>organic, <sup>2</sup>non-Gmo, <sup>3</sup>non-Gmo Expeller Pressed Allergens Contains Soy (Soy Sauce<sup>2</sup>), Tree Nuts (Refined Coconut Oil), Wheat (Vital Wheat Gluten, Wheat) Produced In A Facility That Also Processes Eggs, Milk And Dairy. Lettuce, Tomato. **Croutons:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola Oil, Whey, Yeast, Salt, 2% Or Less of High Fructose Corn Syrup, Wheat Gluten, Corn Syrup Solids, Calcium Propionate (Preservative), Calcium Peroxide, Calcium Sulfate, Ascorbic Acid, Azodicarbonamide, Sodium Stearoyl Lactylate, Onion Powder, Garlic Powder, Parsley\*, Autolyzed Yeast Extract, Tbhq (To Preserve Freshness). \*Dehydrated, COMMON ALLERGENS PRESENT: Wheat, Milk. MAY

CONTAIN: Tree Nuts. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

**VEGETARIAN TACO SALAD: Vegetarian Bean Taco:** Organic White Kidney Beans, Tomato Puree, Diced Tomatoes, Jalapeno Peppers, Organic Olive Oil, Distilled Vinegar, Water, Dried Onion, Sea Salt, Salt, Sugar, Dried Garlic, Natural Flavors, Spices, Citric Acid, Potassium Chloride, Dried Oregano, Bay Leaf. **Corn Chips:** Whole Grain Corn, Corn Oil, Water, Salt, Hydrated Lime. **Chipotle Salsa:** Tomato Puree, Diced Tomatoes, Jalapeno Peppers, Distilled Vinegar, Water, Dried Onion, Sea Salt, Salt, Sugar, Dried Garlic, Natural Flavors, Spices, Citric Acid, Potassium Chloride

**VEGGIE BURGER:** Cooked Brown Rice (Long Grain Brown Rice, Water), Water, Mushrooms, Onions, Rolled Oats, Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Annatto For Color, Enzymes), Hydrated Bulgur Wheat (Water, Bulgur Wheat), Cheddar Cheese (Pasteurized Milk, Salt, Enzymes, Cultures, Annatto), Soy Protein Concentrate, Contains Two Percent Or Less Of Salt, Parsley, Modified Vegetable Gum, Wheat Gluten, Garlic Powder, Yeast Extract, Autolyzed Yeast Extract, Spices, Citric Acid, Malted Barley, Natural Flavors, Annatto Color, Whey, Maltodextrin, Malted Barley Flour, Dehydrated Onion, Dehydrated Mushrooms, Guar Gum, Turmeric Color. **Allergens:** Milk, Soy, Wheat

**VEGGIE BURGER WITH CHEESE: Veggie Burger:** Cooked Brown Rice (Long Grain Brown Rice, Water), Water, Mushrooms, Onions, Rolled Oats, Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Annatto For Color, Enzymes), Hydrated Bulgur Wheat (Water, Bulgur Wheat), Cheddar Cheese (Pasteurized Milk, Salt, Enzymes, Cultures, Annatto), Soy Protein Concentrate, Contains Two Percent Or Less Of Salt, Parsley, Modified Vegetable Gum, Wheat Gluten, Garlic Powder, Yeast Extract, Autolyzed Yeast Extract, Spices, Citric Acid, Malted Barley, Natural Flavors, Annatto Color, Whey, Maltodextrin, Malted Barley Flour, Dehydrated Onion, Dehydrated Mushrooms, Guar Gum, Turmeric Color. **Cheese:** Cultured Pasteurized Milk and Skim Milk, Cream, Milkfat, Sodium Citrate, Salt, Contains Less Than 2% of Sorbic Acid (preservative), Lactic Acid, beta-Carotene and apo-Carotenal (colors), Enzymes, Soy Lecithin and Soybean Oil Blend. **Allergens:** Milk, Soy, Wheat

**VEGGIE "CHICKEN" NUGGETS: Nugget:** Water, Soy Protein Concentrate, Soy Protein Isolate, Textured Wheat Protein (Wheat Gluten, Wheat Flour), Contain Less Than 2% Of Yeast Extract, Methylcellulose, Salt, Spice (Contains Black Pepper), Natural Flavor (Non-Meat), Hydrolyzed Soybean and Corn Protein, Hydrolyzed Corn Gluten, Onion Powder, Sugar, Succinic Acid, Thiamin Hydrochloride (Vitamin B1). **Batter:** Water, Wheat Flour, Yellow Corn Flour, Salt. **Breading:** Wheat Flour, Dextrose, Salt, Dried Yeast, Caramel Color, Yellow Corn Flour, Extractives of Paprika and Annatto For Color. Browned in Corn Oil. **Contains:** Soy, Wheat. **Ingredients Updated:** 5/29/2017

**VEGGIE CHICK'N PATTY:** Water, Soy Protein Concentrate, Expeller Pressed/Canola Oil, Vital Wheat Gluten\*, Soy Protein Isolate\*, Textured Wheat Protein (Wheat Gluten, Wheat Starch), Modified Vegetable Gum, Yeast Extract, Sea Salt, Natural Flavors (From Plant Sources), Organic Ancient Grain Flour (Kamut® Khorasan Wheat, Amaranth, Millet, Quinoa), Potato Starch, Onion Powder, Organic Cane Sugar, Garlic Powder, Vinegar, Pea Protein, Carrot Fiber, Beetroot Fiber,

Extractives Of Paprika And Turmeric. Breeding: Enriched Wheat Flour (Enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Leavening (Sodium Bicarbonate, Cream Of Tartar), Sugar, Yeast, Salt, Extractives Of Turmeric, Extractives Of Paprika, Annatto. Ingredients Updated: 12/5/2017

**VEGGIE CORN DOG, BAKED WHOLE GRAIN:** Frankfurter (Filtered Water, Vital Wheat Gluten, Expeller Pressed Safflower Oil, Organic Expeller Pressed Palm Fruit Oil, Naturally Flavored Yeast Extract, Barley Malt, Tomato Paste, Apple Cider Vinegar, Paprika, Sea Salt, Onions, Spices, Whole Wheat Flour, Garlic, Natural Liquid Smoke, Caraway, Celery Seed, Ground Mustard Seed And Paprika Oleoresin), Battered And Predusted With [Wheat Flour, Degerminated Yellow Cornmeal, Corn Starch, Fructose, Sugar, Non-Aluminum Baking Powder (Sodium Acid Pyrophosphate, Baking Soda), Sea Salt, Xanthan Gum]. Partially Fried In Expeller Pressed Canola Oil.

**VEGGIE DOG:** Water, Soy Protein Isolate, Wheat Gluten, Evaporated Cane Juice, Less Than 2% Of: Natural Flavor (From Vegetable Sources), Natural Smoke Flavor, Garlic Powder, Paprika Oleoresin (Color And Flavor), Yeast Extract, Xanthan Gum, Guar Gum, Carrageenan, Fermented Rice Flour, Salt, Potassium Chloride. **Contains:** Soy, Wheat. Ingredients Updated: 10/22/2020

**VEGGIE FRIED RICE BOWL: Whole Grain Edible Bowl:** Whole Grain Flour (Whole Wheat Flour, Whole Grain Corn Flour), Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Water, Sea Salt, Monoglycerides And Diglycerides, Calcium Propionate, Double Acting Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Sodium Metabisulfite, And Plant-Derived Bromelain. **Contains:** Soy, Wheat. Processed In A Facility That Also Produces Products Containing Milk. **Vegetable Fried Rice:** Cooked Brown Rice, Carrots, Peas, Corn, Seasoning (Maltodextrin, Soy Sauce Powder [Soy Sauce {Wheat, Soybeans, Salt}, Maltodextrin, Salt], Salt, Garlic Powder, Powdered Cellulose, Caramel Color, Onion Powder, Sugar, Vinegar Powder [Maltodextrin, Modified Food Starch, Vinegar], Yeast Extract, Modified Food Starch, Spice, Lactic Acid, Canola Oil, Toasted Sesame Oil), Soybean Oil. **Common Allergens Present:** Wheat, Soy. Prior To Consuming The Product, Individuals With severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

**VEGGIE MEATBALLS:** Water, Soy Protein Concentrate, Vital Wheat Gluten\*, Soy Protein Isolate\*, Expeller Pressed/Canola Oil, Enriched Wheat Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Vegetable Gum, Spices, Dehydrated Onion, Yeast Extract, Malted Barley Extract, Sea Salt, Organic Cane Sugar, Dehydrated Garlic, Natural Flavors (From Plant Sources), Vinegar, Molasses, Pea Protein, Carrot Fiber, Wheat Starch, Soy Lecithin, Beetroot Fiber, Extractives Of Paprika And Turmeric, Extractives Of Annatto. Ingredients Updated: 6/30/2020

## ENTRÉE SIDES

**APPLES, CINNAMON ROASTED FUJI:** Fuji Apples, Contains Less Than 2% Of Ascorbic Acid, Brown Sugar, Cinnamon, Citric Acid, Cocoa Powder (Processed With Alkali), Modified Food Starch, Natural Flavor, Salt, Spice, Sugar

**BISCUIT, FRESH BAKED CHEDDAR:** Enriched Flour Bleached (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Imitation Cheddar Cheese (Cheddar Cheese [Milk, Cheese Culture, Salt, Enzymes, Color Added], Water, Palm Oil, Corn Starch, Modified Potato Starch, Sodium Phosphate, Whey, Salt, Natural Flavor, Lactic Acid, Sorbic Acid [Preservative], Color Added), Sugar, Hydrogenated Soybean Oil, Buttermilk, Baking Soda, Salt, Sodium Aluminum Phosphate, Datem, Sodium Acid Pyrophosphate, Sodium Caseinate, Modified Corn Starch, Wheat Protein Isolate, Dried Parsley, Natural And Artificial Flavor, Yeast Extract, Milkfat, Monosodium Glutamate, Ascorbic Acid, Natural Flavor, Hydrolyzed Soy Protein, Artificial Color. Contains Wheat, Milk and Soy Ingredients. **Allergens:** Milk, Soy, Wheat

**BREAD, HERB FOCACCIA:** Flour (Wheat, Malted Barley), Water, Durum Flour, Olive Oil, Milk Powder, Yeast, Potato Flour (Potatoes, Mono and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Wheat Gluten, Cultured Wheat, Salt, Contains less than 2% of each of the following: Ascorbic Acid, Enzymes and Vinegar. Topping: Olive Oil, Oregano, Basil. **COMMON ALLERGENS PRESENT:** Milk, Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated January 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and **NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.**

**CARROTS, HERBED:** Carrots, Dried Thyme, Dried Sage, Salt, and Pepper

**GARLIC BREAD:** Bread: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% Or Less Of: Salt, Yeast, Soybean Oil, Dextrose, Dough Conditioners( Datem, Mono And Diglycerides, Calcium Sulfate, Ascorbic Acid), Cornmeal. Spread: Soybean Oil, Water, Salt, Palm And/Or Hydrogenated Cottonseed Oil, Dehydrated Garlic, Mono And Di-Glycerides, Natural Flavor, Dehydrated Parsley, Citric Acid, Calcium Propionate Added As Preservative, Whey ( A Milk Ingredient), Autolyzed Yeast Extract, Beta Carotene Added For Color. **Allergens:** Milk, Wheat

**GREEN BEANS, BALSAMIC:** Green Beans, Olive Oil, White Balsamic Vinegar, Organic Spices, Sea Salt, Black Pepper

**NAAN:** Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Ascorbic Acid Added As Dough Conditioner, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Buttermilk (Skim Milk, Dry Buttermilk, Bacterial Culture), Soybean And/Or Canola Oil, Modified Wheat Starch, Cultured Wheat Flour, Sugar, Salt, Ghee (Clarified Butter), Acacia, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Inactive Yeast, Yeast, Vegetable Mono- And Diglycerides, Enzymes. **Common Allergens Present:** Wheat, Milk. **May Contain:** Egg, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2019. This ingredient and nutrition information was provided by the third-party

product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

**SALAD, MACARONI AND CHEESE: Macaroni:** Cooked Enriched Macaroni Product (Water, Semolina [Wheat], Enriched With Niacin, Iron [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Contains Less Than 2% Of Salt. **Common Allergens Present:** Wheat. **Dressing:** Organic Olive Oil, White Balsamic Vinegar, Organic Dried Basil, Organic Dried Oregano, Organic Garlic Powder, Organic Onion Powder, Organic Black Pepper, Sea Salt. **Cheddar Cheese:** Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Potato Starch, Powdered Cellulose). **Common Allergens Present:** Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**SALAD, QUINOA AND LEGUME:** Cooked Quinoa (Water, Quinoa), Chopped Tomatoes, Lentils (Water, Lentils), Water, Cooked Split Peas, Expeller Pressed Canola Oil, Lemon Juice, Spices, Sugar, Contains Less Than 2% Of Extra Virgin Olive Oil With Lemon Oil, Salt. **Common Allergens Present:** None. May Contain: Egg, Milk, Peanuts, Wheat, Tree Nuts, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**SALAD, WHITE BEAN AND TOMATO:** Water Organic Dried Cannellini Beans, Organic Diced Tomatoes (Organic Tomatoes, Organic Tomato Juice, Sea Salt, Citric Acid and Calcium Chloride.), Organic Olive Oil, White Balsamic Vinegar, Organic Garlic Powder, Organic Onion Powder, Sea Salt, Organic Black Pepper, Organic Dried Basil, Organic Dried Oregano, Organic Bay Leaf

**SALAD, ROASTED SUPER SWEET CORN:** Roasted Super Sweet Corn, Bell Pepper, Organic Olive Oil, White Balsamic Vinegar, Onions, Organic Garlic Powder, Organic Basil, Sea Salt, Black Pepper

**VEGETARIAN BAKED BEANS:** Prepared Navy Beans, Water, Brown Sugar, Tomato Puree (Tomato Paste, Water), Salt, Mustard, (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Spice, Extractive of Paprika, Garlic Powder, Natural Flavor.

**VEGETABLE FRIED RICE:** Cooked Brown Rice, Carrots, Peas, Corn, Seasoning (Maltodextrin, Soy Sauce Powder [Soy Sauce {Wheat, Soybeans, Salt}, Maltodextrin, Salt], Salt, Garlic Powder, Powdered Cellulose, Caramel Color, Onion Powder, Sugar, Vinegar Powder

[Maltodextrin, Modified Food Starch, Vinegar], Yeast Extract, Modified Food Starch, Spice, Lactic Acid, Canola Oil, Toasted Sesame Oil), Soybean Oil. **Common Allergens Present:** Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

**VEGGIE SPANISH RICE:** Enriched Long Grain Parboiled Rice, (Enriched With Ferric Phosphate, Niacin, Thiamine Mononitrate And Folic Acid), Maltodextrin, Dehydrated Vegetables (Tomato, Green Bell Pepper, Garlic, Onion, Chili Pepper), Sea Salt, Potassium Chloride, Sugar, Paprika, Citric Acid, Soybean Oil, Cooked Chicken Meat (BHA, Propyl Gallate And Citric Acid Added To Protect Flavor), Disodium Inosinate And Disodium Guanylate. Also contains: Mixed Vegetables, Organic Olive Oil, and Organic Oregano



## SNACKS

**BROWNIE, HOMEMADE:** Granulated Sugar, Eggs, Salt, **All Purpose Flour:** Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. **Allergens:** Wheat. **Unsalted Butter:** Pasteurized Cream, Natural Flavoring. **Contains:** Milk. **Allergens:** Milk. **All Purpose Cocoa Powder:** Cocoa. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. **Milk:** Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3. **Vanilla Extract:** Water, Alcohol, Sugar vanilla Bean Extractives

**CARROT CAKE, HOMEMADE:** Granulated Sugar, Eggs, Salt, Canola Oil, Fresh Carrots, Ground Cinnamon, **All Purpose Flour:** Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. **Allergens:** Wheat. **Unsalted Butter:** Pasteurized Cream, Natural Flavoring. **Contains:** Milk. **Allergens:** Milk. **All Purpose Cocoa Powder:** Cocoa. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. **Milk:** Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3. **Vanilla Extract:** Water, Alcohol, Sugar vanilla Bean Extractives. **Baking Powder:** Sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate, silicon dioxide. **Baking Soda:** Sodium Bicarbonate.

**CHEESE CURLS (PUFFS):** Whole Corn Meal, Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Canola Oil, Maltodextrin [Made from Corn], Natural and Artificial Flavors, Salt, Whey Protein Concentrate, Monosodium Glutamate, Lactic Acid, Citric Acid, Artificial Color [Yellow 6]), Artificial Color (Yellow 6), and Salt. **Common Allergens Present:** Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: [https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/537871\\_SLE.pdf](https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/537871_SLE.pdf) (4,2019)

**CHEX MIX (TRADITIONAL):** Whole Wheat, Degermed Yellow Corn Meal, Enriched Flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Vegetable Oil (soybean, rice bran and/or canola), Sugar, Rye Flour. Contains 2 % or less of: Salt, Maltodextrin, Yeast, Spices,

Color Added, Dextrose, Distilled Monoglycerides, Baking Soda, Yellow Corn Flour, Trisodium Phosphate, Calcium Carbonate, Autolyzed Yeast, Dried Onion, Dried Garlic, Hydrolyzed Soy Protein, Barley Malt Syrup, Fumaric Acid, Citric Acid, Caraway, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Sodium Diacetate. Freshness Preserved by BHT. **Common Allergens Present:** Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**COOKIE, CHOCOLATE CHIP:** Whole Wheat Flour, Bleached Wheat Flour, Sugar, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Artificial Flavor), Eggs, Invert Sugar, Margarine (Soybean Oil, Water, Vegetable Mono And Diglycerides, Salt, Contains Less Than 2% Of Whey Solids, Soy Lecithin, Sodium Benzoate [A Preservative], Citric Acid, Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added), Brown Sugar (Sugar, Molasses), Contains 2% Or Less Of: Molasses, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Natural And Artificial Flavors, Baking Soda, Soy Lecithin, Water, Salt, Iron. **Common Allergens Present:** Wheat, Egg, Milk, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated September 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**COOKIE, CHOCOLATE CHIP HOMEMADE:** Granulated Sugar, Eggs, Salt, **All Purpose Flour:** Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. **Allergens:** Wheat. **Unsalted Butter:** Pasteurized Cream, Natural Flavoring. **Contains:** Milk. **Allergens:** Milk. **Baking Powder:** Sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate, silicon dioxide. **Baking Soda:** Sodium Bicarbonate. **Vanilla Extract:** Water, Alcohol, Sugar vanilla Bean Extractives. **Brown Sugar:** Brown Sugar (when produced at Baltimore, Chalmette or Crockett facilities) Sugar, Molasses (when produced at South Bay facility). **Shortening:** Palm Oil

**COOKIE, FORTUNE:** Bleached Wheat Flour, Water, Sugar, Partially Hydrogenated Soybean Oil, Sodium Bicarbonate, Lecithin, Artificial Flavor (Vanilla) and Artificial Color (FD&C Yellow #5 and #6). Allergen: Flour, Soybean Oil. **Allergens:** Soy, Wheat

**COOKIE, SUGAR HOMEMADE:** Granulated Sugar, Eggs, Salt, **All Purpose Flour:** Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. **Allergens:** Wheat. **Unsalted Butter:** Pasteurized Cream, Natural Flavoring. **Contains:** Milk. **Allergens:** Milk. **Baking Powder:** Sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate, silicon dioxide. **Baking Soda:** Sodium Bicarbonate. **Vanilla Extract:** Water, Alcohol, Sugar vanilla Bean Extractives. **Milk:** Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3

**GUACAMOLE:** Haas Avocado, Onion, Tomato, Jalapeno Pepper, Salt, Garlic, Lime Juice Concentrate, Dehydrated Onion, Cilantro, Ascorbic Acid (added to maintain freshness)

**HUMMUS:** Cooked Chickpeas, Water, Tahini (Ground Sesame), Non GMO Soybean Oil, Garlic, Salt, Non GMO Citric Acid, Potassium Sorbate Added To Maintain Freshness. **Allergens:** Soy, Wheat

**PITA CHIPS:** Wheat Flour, Sunflower Oil, Whole Wheat Flour, Yeast, Sugar, Salt, Oat Fiber, Sea Salt, Natural Flavor, Ascorbic Acid. **Contains:** Wheat. **Allergens:** Soy, Wheat

**POTATO CHIPS, BAKED:** Dried Potatoes, Corn Starch, Corn Oil, Sugar, Sea Salt, Soy Lecithin, Dextrose, And Annatto Extracts. **Common Allergens Present:** Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**POTATO CHIPS, BBQ BAKED:** 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. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**PRETZELS:** Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Corn Oil, Malt Syrup. Contains Wheat Ingredients. **Allergens:** Soy, Wheat

**PRETZELS (TINY TWIST):** Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Corn Oil, Corn Syrup, Ammonium Bicarbonate, Malt Extract, and Yeast. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**SALSA, CHIPOTLE:** Tomato Puree, Diced Tomatoes, Jalapeno Peppers, Distilled Vinegar, Water, Dried Onion, Sea Salt, Salt, Sugar, Dried Garlic, Natural Flavors, Spices, Citric Acid, Potassium Chloride

**SMARTFOOD POPCORN:** Popcorn, Vegetable Oil (Corn, Canola, And/Or Sunflower Oil), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, Natural Flavor, And Salt. **Common Allergens Present:** Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED

**SUNCHIPS ORIGINAL:** Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Salt, Natural Flavor, and Maltodextrin (Made from Corn). **Common Allergens Present:** Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: [https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/712431\\_SLE.pdf](https://apps.gfs.com/experience/resources/great-for-schools/files/child-nutrition-labels/pdfs/712431_SLE.pdf) (4,2019)

**TORTILLA CHIPS, ROLLED:** Corn, Vegetable Oil (Corn, Canola, And Or Sunflower Oil), Salt

## SAUCES

**BARBECUE SAUCE:** Distilled White Vinegar, Tomato Puree (Tomato Paste, Water), High Fructose Corn Syrup, Corn Syrup, Salt, Modified Food Starch, Natural Flavors, Spices (Contains Mustard, Celery), Caramel Color, Potassium Sorbate And Sodium Benzoate (As Preservatives).

**CHIPOTLE SALSA:** Tomato Puree, Diced Tomatoes, Jalapeno Peppers, Distilled Vinegar, Water, Dried Onion, Sea Salt, Salt, Sugar, Dried Garlic, Natural Flavors, Spices, Citric Acid, Potassium Chloride

**CUCUMBER RAITA (YOGURT SAUCE):** Ingredients Cucumbers, Greek Honey Yogurt (Ingredients Cultured Pasteurized Grade A Milk, Cane Sugar, Cream, Brown Cane Sugar, Honey, Pectin. Contains: Milk) Ground Cumin, Ground Ginger, Lemon Juice, Sea Salt, Black Pepper

**DRESSING, NEWMAN'S RANCH:** Soybean Oil, Cultured Lowfat Buttermilk, Water, Distilled Vinegar, Sugar, Egg Yolk, Salt, Garlic Juice, Contains 2% Or Less of Onion\*, Garlic\*, Natural Flavors, Lactic Acid, Xanthan Gum, Lemon Juice Concentrate, Chives, Spice, Onion Juice, Green Onion\*. \*Dried Contains: Milk, Egg. **Allergens:** Eggs, Milk

**HONEY MUSTARD DIPPING SAUCE:** Water, High Fructose Corn Syrup, Distilled Vinegar, Soybean Oil, Modified Food Starch, Egg Yolk, Contains Less Than 2% Of Mustard Seed, Salt, Honey, Mustard Bran, Caramel Color, Xanthan Gum, Sodium Benzoate as a Preservative, Paprika, Calcium Disodium Edta To Protect Flavor, Yellow #5, Natural Flavor. **Allergens:** Eggs

**KETCHUP PACKET:** Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

**MARINARA SAUCE:** Tomato Puree, Diced Tomatoes, Sugar, Soybean Oil, Salt, Dried Garlic, Dried Onions, Spices, Parsley, Citric Acid. COMMON ALLERGENS PRESENT: NONE. Prior To Consuming the Product, Individuals with Severe Food Allergies Should Confirm the Ingredient Information on The Actual Label of The Product. Nutrition and Ingredient Statement Updated September 2020. This Ingredient and Nutrition Information Was Provided by The Third-Party Product Manufacturer and/or Supplier and Was Not in Any Way Created or Verified By GFS. The Information Is Being Passed on As A Courtesy and For Informational Purposes Only. Gfs in No Way Guarantees the Accuracy or Completeness of This Information and No Warranties Are Made Or Implied; All Implied Warranties Of Merchantability And Fitness For A Particular Purpose Are Expressly Excluded. Click Here for K12 Spec Sheet:

[https://Apps.Gfs.Com/Experience/Resources/Great-For-Schools/Files/Child-Nutrition-Labels/Pdfs/677721\\_Sle.Pdf](https://Apps.Gfs.Com/Experience/Resources/Great-For-Schools/Files/Child-Nutrition-Labels/Pdfs/677721_Sle.Pdf) (1,2020)

**MAYONNAISE PACKET:** Soybean Oil, White Distilled Vinegar, Corn Syrup, Water, Egg Yolks, Salt, Whole Eggs, Lemon Juice Concentrate, Egg Yolk Solids, Calcium Disodium Edta (Added To Protect Flavor), Natural Flavors. **Allergens:** Eggs

**MUSTARD PACKET:** Water, Distilled White Vinegar, Mustard Seed, Salt, Turmeric, Spices.

**RED ONION JAM:** Red Onions, Organic Olive Oil, Organic Garlic Powder, Organic Dried Basil, Organic Dried Thyme, Organic Evaporated Cane Juice, Sea Salt, Organic Black Pepper, White Balsamic Vinegar

**SWEET and SOUR DIPPING SAUCE:** High Fructose Corn Syrup, Brown Sugar, Vinegar, Modified Food Starch, Pineapple Juice Concentrate, Salt, Dehydrated Bell Peppers, Natural

Flavors, Spices, Citric Acid, Sodium Benzoate As Preservative, Xanthan Gum, Dehydrated Garlic, Aqauresin Paprika.

**TOMATO SAUCE:** Vine Ripened Crushed Tomatoes, Sea Salt, Soybean Oil, Olive Oil, Romano Cheese (Pasteurized Cows Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose (Anticaking Agent), Calcium Propionate (Preservative)), Spices, Garlic Powder, Citric Acid.

**TOMATO SAUCE:** Vine Ripened Crushed Tomatoes, Organic Tomato Paste, Sea Salt, Organic Olive Oil, Soybean Oil, Organic Basil, Organic Oregano, Organic Bay Leaf, Romano Cheese (Pasteurized Cows Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose (Anticaking Agent), Calcium Propionate (Preservative)), Spices, Garlic Powder, Citric Acid. **Common Allergens Present:** Milk, Soy

## DRINKS

**CORE POWER, CHOCOLATE:** Filtered Lowfat Grade A Milk, Cane Sugar, Honey, Alkalized Cocoa, Contains Less Than 1% Of Natural Flavors, Sodium Polyphosphate, Lactase Enzyme, Carrageenan, Vitamin A Palmitate, Vitamin D3

**CORE POWER, VANILLA:** Filtered Lowfat Grade A Milk, Cane Sugar, Honey, Contains Less Than 1% Of Vanilla Extract, Lactase Enzyme, Sodium Polyphosphate, Carrageenan, Vitamin A Palmitate, Vitamin D3

**IZZE SPARKLING 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). Prior To Consuming the Product, Individuals with Severe Food Allergies Should Confirm the Ingredient Information on The Actual Label of The Product. Nutrition and Ingredient Statement Updated August 2020. This Ingredient and Nutrition Information Was Provided by The Third-Party Product Manufacturer and/or Supplier and Was Not in Any Way Created or Verified By GFS. The Information Is Being Passed on As A Courtesy and For Informational Purposes Only. GFS in No Way Guarantees the Accuracy or Completeness of This Information and No Warranties Are Made or Implied; All Implied Warranties of Merchantability and Fitness for A Particular Purpose Are Expressly Excluded.

**IZZE SPARKLING 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). Prior To Consuming the Product, Individuals with Severe Food Allergies Should Confirm the Ingredient Information on The Actual Label of The Product. Nutrition and Ingredient Statement Updated October 2020. This Ingredient and Nutrition Information Was Provided by The Third-Party Product Manufacturer and/or Supplier and Was Not in Any Way Created or Verified By GFS. The Information Is Being Passed on As A Courtesy and For Informational Purposes Only. GFS in No Way Guarantees the Accuracy or Completeness of This Information and No Warranties Are Made or Implied; All Implied Warranties of Merchantability And Fitness For A Particular Purpose Are Expressly Excluded.

**IZZE SPARKLING CLEMENTINE:** Fruit Juice Blend (Filtered Water, Apple, White Grape, Orange, Clementine and Acerola Juice Concentrates), Sparkling Water, Citric Acid, Gum Arabic, Natural Flavor, Beta Carotene (Color), Ascorbic Acid (Vitamin C), Niacinamide, Pyridoxine Hydrochloride (Vitamin B6). Prior To Consuming the Product, Individuals with Severe Food Allergies Should Confirm the Ingredient Information on The Actual Label of the Product. Nutrition and Ingredient Statement Updated October 2020. This Ingredient and Nutrition Information Was Provided by The Third-Party Product Manufacturer and/or Supplier and Was Not In Any Way Created Or Verified By GFS. The Information Is Being Passed on As A Courtesy and For Informational Purposes Only. GFS In No Way Guarantees the Accuracy or Completeness Of This Information And NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**JUICE:** 100% Apple Juice

**MILK, 1% CHOCOLATE:** Lowfat Milk, Sugar, Nonfat Milk, Contains less than 1% of: Cocoa (Processed with Alkali), Corn Starch, Salt, Carrageenan, Guar Gum, Natural Flavor, Vitamin A Palmitate, Vitamin D3. CONTAINS: MILK. CONTAINS: MILK.

**Allergens:** Milk

**MILK, 2% WHITE:** Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3

**POWERADE FRUIT PUNCH:** Water, High Fructose Corn Syrup, Less Than 0.5% Of: Citric Acid, Natural Flavors, Salt And Magnesium Chloride And Calcium Chloride And Mono-Potassium Phosphate (Electrolyte Sources), Modified Food Starch, Glycerol Ester Of Rosin, Calcium Disodium Edta (To Protect Color), Medium Chain Triglycerides, Vitamin B3 (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12 (Cyanocobalamin), Red 40, Ascorbic Acid (To Protect Taste).

**POWERADE LEMON LIME:** Water, High Fructose Corn Syrup, Less Than 0.5% Of: Citric Acid, Salt And Mono-Potassium Phosphate And Magnesium Chloride And Calcium Chloride (Electrolyte Sources), Gum Acacia, Natural Flavors, Glycerol Ester Of Rosin, Vitamin B3 (Niacinamide), Yellow 5, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12 (Cyanocobalamin), Ascorbic Acid (To Protect Taste), Calcium Disodium Edta (To Protect Color).

**POWERADE ORANGE:** Water, High Fructose Corn Syrup, Less Than 0.5% Of: Citric Acid, Electrolytes (Salt, Mono-Potassium Phosphate, Magnesium And Calcium Chlorides), Gum Acacia, Natural Flavors, Glycerol Ester Of Rosin, Yellow 5 And 6, Vitamins B3, B6, B12 (Niacinamide, Pyridoxine Hydrochloride, Cyanocobalamin), Ascorbic Acid (To Protect Taste), Calcium Disodium Edta (To Protect Color).

**WATER, DASANI:** Purified Water, Magnesium Sulfate, Potassium Chloride, Salt. \*Adds A Negligible Amount of Sodium. \*Adds Negligible Amount of Sodium. Non-Carbonated. Purified by Reverse Osmosis. †Minerals Added for Taste.



## TAGLIO ITEMS

**ANCHOVY:** Anchovies, Sunflower Oil, Salt

**BLT SALAD:** Romaine Lettuce, Grape Tomato, **Applewood Smoked Bacon:** Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite; Crouton, Ranch Dressing

**CIABATTA BREAD:** Flour, Water, Salt, Yeast, Olive Oil

**CAESAR SALAD:** Romaine Lettuce, **Parmigiano Reggiano:** Cow's Milk, Salt, Rennet;  
**Croutons:** Ciabatta Bread, Extra Virgin Olive Oil, Garlic, Kosher Salt, Caesar Dressing

**RANCH DRESSING:** Sour Cream, Buttermilk, Mayonnaise, Garlic, Kosher Salt, Black Pepper, Dill, Chives, Lemon, Cayenne

**CAESAR DRESSING:** Eggs, Agave, Mustard, Anchovy, Garlic, Kosher Salt, Black Pepper, Red Wine Vinegar, Mayonnaise, Lemon, **Parmigiano Reggiano:** Cow's Milk, Salt, Rennet; Cayenne, Canola/Olive Oil

**CHICKEN, BAKED:** Amish Chicken Seasoned With Kosher Salt, Black Pepper, Garlic Powder, Cayenne, Paprika, Extra Virgin Olive Oil

**EGGS:** Whole Eggs In Shell

**PIZZA, CHEESE: Pizza Dough:** Whole Wheat Flour, Dry Active Yeast, Granulated Sugar, Kosher Salt, Water; **Tomato Sauce:** Crushed Tomatoes, Basil, White Onion, Garlic, Extra Virgin Olive Oil, Kosher Salt; **Whole Milk Mozzarella:** Pasteurized Milk, Cheese Culture, Salt, Enzymes

**PIZZA, PEPPERONI: Pizza Dough:** Whole Wheat Flour, Dry Active Yeast, Granulated Sugar, Kosher Salt, Water; **Tomato Sauce:** Crushed Tomatoes, Basil, White Onion, Garlic, Extra Virgin Olive Oil, Kosher Salt; **Whole Milk Mozzarella:** Pasteurized Milk, Cheese Culture, Salt, Enzymes; **Pepperoni:** (Per Ezzo Sausage Co.) Pork, Beef, Salt, Spices, Sugar, Water, Paprika, Natural Smoke, Lactic Acid, Garlic Powder, Sodium Nitrate, Ascorbic Acid, Citric Acid

**SOUR CREAM:** Cultured Cream, Corn Starch, Sodium Phosphate, Carrageenan, Calcium Sulfate, Carob Bean Gum, Guar Gum, Potassium Sorbate

**BUTTERMILK:** Cultured Milk, Salt, Corn Starch, Tapioca, Sodium Citrate, Locust Bean Gum, Carrageenan

**MAYONNAISE:** Soybean Oil, Water, Whole Eggs And Egg Yolks, Distilled Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium, Natural Flavors

**TOMATOES, CRUSHED:** Organic Tomatoes, Organic Tomato Puree, Sea Salt, Organic Whole Leaf Basil, Citric Acid

## DOHERTY CAMPUS LIST OF INGREDIENTS

**APPLES, CINNAMON BAKED:** Apples, Cinnamon, Brown Sugar

**APPLE SAUCE:** Apples, Water, Sugar

**BANANA BREAD:** Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Water, Sextrose, Sugar, Palm Oil, Modified Corn Starch, Soy Flour, Hydrogenated Vegetable Shortening (Soybean And/Or Cottonseed Oil), Soybean Oil, Nonfat Dry Milk Sodium Bicarbonate, Sodium Acid Pyrophosphate, Cinnamon, Titanium Dioxide, Dry Honey Solids, Soy Lecithin, Sodium Aluminum Phosphate, Mono Diglycerides, Calcium Propionate, Salt

**BBQ, PULLED PORK:** Pork Shoulder, Vinegar, Oil, Honey BBQ Sauce

**BEEF CHILI:** Ground Beef, Beans, Tomato Paste, Chili Powder, Garlic Powder, Onions, Oil

**BEEF STEW, HEARTY HOMEMADE:** Sirloin Beef Tips, Tomato Sauce, Carrots, Onions, Celery, Red Potatoes, Green Peas, Flour, Whole Butter, Fresh Herbs, Salt,

**BISCUIT:** Oil, Flour, Butter

**BROCCOLI:** Fresh Broccoli, Butter, Salt

**BUN, HOT DOG:** 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, Yeast, Soybean Oil, Wheat Gluten, Salt, Monoglycerides, Calcium Propionate (A Preservative), Calcium Sulfate, Citric Acid Ascorbic Acid, Azodicarbonamide, Calcium Peroxide. **Common Allergens Present:** Wheat

**BUN, PRETZEL:** Flour, Egg, Yeast, Salt, Butter

**BUN, SOURDOUGH:** Flour, Yeast, Salt, Butter

**BURRITO, BLACK BEAN AND CHEESE:** Flour Tortilla, Black Beans, Cheddar Cheese, Mild Tomato Salsa, Corn, Oil

**CARROTS, MAPLE GLAZED:** Carrots, Maple Syrup

**CHEEZ-ITS:** Flour, oil, and cheese. They add a bit of yeast, salt, and paprika (as well as soy lecithin and annatto extract color). The oil used is a combination of soybean and palm oil

**CHICKEN, CHEEZE-IT:** Egg Yolks, Cheeze-Its (Flour, oil, and cheese. They add a bit of yeast, salt, and paprika, as well as soy lecithin and annatto extract color. The oil used is a combination of soybean and palm oil), Olive Oil

**CHICKEN, FAJITA:** Chicken Breast, Olive Oil, Cumin

**CHICKEN, PARMESAN:** Chicken Breast, Egg, Flour, Bread Crumbs, Marinara, Fresh Mozzarella

**CHICKEN, PINAPPLE TERIYAKI:** Chicken Thigh, Teriyaki Sauce (No Sesame), Soy Sauce

**CHILI, CINCY:** Ground Beef, Tomato Sauce, Chili Powder, Garlic Powder, Cinnamon, Dark Chocolate, Salt

**COBLER, PEACH:** Peaches, Granola (No Nuts), Cranberries, Brown Sugar, Orange Juice

**COOKIE, SUGAR:** Flour, Sugar, Egg, Baking Soda, Baking Powder, Fruit (Strawberries, Blueberries or Pineapples)

**COOKIE, FRUIT:** Flour, Sugar, Egg, Baking Soda, Baking Powder, Fruit (strawberries, Blueberries or Pineapples)

**CORN CASSEROLE:** Flour, Butter, Corn

**DORITOS:** Corn, Vegetable Oil (Corn, Canola, And/or Sunflower Oil), Maltodextrin (Made From Corn), 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 Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Yellow 6, Yellow 5, And Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder

**FRIED RICE:** White Rice, Carrots, Onions, Celery, Egg

**GARLIC BREAD:** Flour, Yeast, Salt, Butter, Parmesan Cheese, Garlic

**GARLIC BREADSTICK:** Flour, Yeast, Salt, Butter, Parmesan Cheese, Garlic

**GREEN BEANS:** Frozen Green Beans, Salt, Butter

**GRAVY:** Flour, Beef Base, Carrots, Onions, Celery

**GRILLED CHEESE:** Texas Toast (Flour, Yeast, Salt), American Cheese, Butter

**GUACAMOLE & CHIPS:** **Guacamole:** Hass Avocado, Onion, Tomato, Jalapeño Pepper, Salt, Garlic, Lime Juice Concentrate, Dehydrated Onion, Cilantro, Ascorbic Acid [To Maintain Freshness], **Tostitos® Chips:** Corn, Vegetable Oil [Corn, Canola And/Or Sunflower Oil], Salt

**HASH BROWNS:** Potato

**HONEY BBQ SAUCE:** Corn Syrup, Vinegar, Tomato Paste, Corn Starch,, Pineapple Juice, Natural Molasses, Corn Syrup, Dried Garlic, Sugar

**HOT DOG, ALL BEEF:** Beef, Water, Contains 2% or Less of: Sorbitol, Modified Corn Starch, Salt, Potassium Lactate, Corn Syrup, Hydrolyzed Beef Stock, Sodium Phosphates, Flavorings, Sodium Diacetate, Ascorbic Acid (Vitamin C), Sodium Nitrite, Extractives of Paprika

**HUMMUS & PITA CHIPS, SABRE:** **Hummus:** Cooked Chickpeas, [Water, Chickpeas] Water, Tahini [Ground Sesame], Soybean Oil, Garlic, Salt, Citric Acid, Potassium Sorbate To Maintain Freshness); **Pita Chips:** Wheat Flour, Sunflower Oil, Whole Wheat Flour, Yeast, Sugar, Salt, Oat Fiber, Sea Salt, Natural Flavor, Ascorbic Acid

**KETCHUP:** Tomato Concentrate, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring

**MAC n CHEESE BAR:** Elbow Macaroni, Velveeta/Cheddar Cheese, Heavy Cream, Milk, Chili Beef/Bean, Grilled Chicken Breast

**MASHED POTATOES:** Potato, Butter, Milk

**MAYONNAISE:** Water, Soybean Oil, Modified Food Starch\* Sugar, Maltodextrin\*, Vinegar, Contains Less Than 2% Of Salt, Natural Flavor, Egg, Lactic Acid\*, Mustard Flour, Phosphoric Acid\*, Dried Onion, Dried Garlic, Beta-Carotene\* Color), Potassium Sorbate\* And Calcium Disodium Edta

**MEATLOAF, TURKEY:** Ground Turkey, Eggs, Onions, Garlic, Ketchup, Breadcrumbs

**MUSTARD:** Soybean Oil, Vinegar, Water, Sugar, Honey, Dijon Mustard (Vinegar, Mustard Seed, Water, Salt, White Wine, Citric And Tartaric Acids, Spices), Modified Food Starch, Contains Less Than 2% Of Salt, Egg Yolks, Mustard Seed, Sorbic Acid And Calcium Disodium Edta As Preservatives, Natural Flavor, Caramel Color, Dried Onion, Spice, Beta Carotene

**OMELET, CHEESE:** Egg, American Cheese

**OMELET, WESTERN:** Whole Egg, American Cheese, Milk, Bell Peppers, Onions, Butter

**PEAS & CARROTS:** Frozen Diced Peas/Carrots, Butter, Salt, Sugar

**PIZZA, DOMINO'S:** Pizza produced at Dominoes ( Please See Allergy link below courtesy of Dominoes Pizza, Blue Ash, Ohio)  
<https://www.dominos.com/en/pages/content/nutritional/allergen-info>

**POT PIE, TURKEY:** Turkey Breast, Carrots, Onions, Celery, Potato, Flour, Butter, Cornstarch

**POT ROAST, OPEN FACED OVER TEXAS TOAST:** Roast Beef Round, Texas White Toast (Flour, Yeast, Salt)

**POTATOES, ROASTED:** Potato, Olive Oil, Seasonings

**PRETZELS:** Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Oil, Salt, Salt, Corn Syrup, Ammonium Bicarbonate, and Malt Extract.

**RANCH DRESSING, LITE:** Corn Syrup, Vinegar, Egg Yolks, Whey (From Milk), Garlic Juice, Buttermilk, Monosodium Glutamate, Phosphoric Acid, Spice, Artificial Color, Tartaric Acid, Artificial Flavor

**RAVIOLI, CHEESEY:** Pasta: Enriched Durum Wheat Flour (Durum Wheat Flour, Niacin, Iron [Ferrous Sulfate], Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Filling: Ricotta Cheese (Whey, Milk, Cream, Vinegar, Salt, Carrageenan), Water, Cheese (Romano And Parmesan Cheese Blend [Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes], Water, Cultured Whey, Salt, Citric Acid, Lactic Acid), Salt, Modified Corn Starch, Dried Whole Eggs, Parsley, Garlic

**RICE, CREAMY:** White Rice, Heavy Cream, Parmesan Cheese

**RISOTTO, WHITE CHEDDAR:** Cheddar Cheese, Arborio Rice, Heavy Cream, Parmesan Cheese

**RISOTTO, CAULIFLOWER:** Cauliflower, Arborio Rice, Parmesan, Heavy Cream

**RED TOMATO BASIL SAUCE:** Marinara, Cream, Basil, Onions, Oil

**SALAD:** Fresh Chopped Lettuce, Fat Free Ranch Dressing

**SALAD, CAESAR:** Romaine Lettuce, Texas Toast (Flour, yeast, Oil), Grated Parmesan Cheese;  
**Caesar Dressing:** Canola Oil, Parmesan Cheese, Skim Milk, Vinegar, Egg Yolk, Mustard Seed, Garlic, Anchovy Paste, Xanthan Gum

**SALAD, FRESH FRUIT:** Oranges, pineapple, grapefruit, grapes, water, sugar, citric acid (used to lower pH)

**SALAD, TOSSED:** Iceberg Lettuce, Cucumber, Grape Tomato, Carrots

**SALSA:** Diced Tomatoes in Juice, Tomato Puree (Water, Tomato Paste), Jalapeno Peppers, Onions, Salt, Distilled Vinegar, Dehydrated Onion, Garlic Powder, Dehydrated Cilantro, Citric Acid, Natural Flavoring

**SANDWICH, SALAMI: Whole Grain Croissant:** Wheat Flour, Butter, Yeast, Sugar; OR  
**Wheat Bread:** Wheat Flour, Bread Flour, Canola Oil, Molasses, Yeast, Sugar; **Salami:** Pork, Dry Milk, Corn Syrup, Garlic Powder, Gelatin, Wine

**SANDWICH, SUNFLOWER BUTTER & JELLY: Whole Grain Croissant:** Wheat Flour, Butter, Yeast, Sugar; OR **Wheat Bread:** Wheat Flour, Bread Flour, Canola Oil, Molasses, Yeast, Sugar;  
**Sunflower Butter:** Sunflower Seeds, Powdered Sugar (Cane Sugar†, Tapioca Starch), Cocoa Butter, Sea Salt; **Jelly:** Concord Grape Juice, Sugar, Water, Fruit Pectin, Citric Acid, Locust Bean Gum, Potassium Sorbate Added As A Preservative, Calcium Chloride

**SANDWICH, TURKEY: Whole Grain Croissant:** Wheat Flour, Butter, Yeast, Sugar; OR  
**Wheat Bread:** Wheat Flour, Bread Flour, Canola Oil, Molasses, Yeast, Sugar; **Deli Turkey Breast:** Turkey, Vinegar, Salt, Brown Sugar, Corn Starch, Sodium Nitrite

**SLOPPY JOES, BEEF, W/ WHITE CHEDDAR:** Ground Beef, Tomato Sauce, Brown Sugar, Peppers, Onions, Cider Vinegar, Cheddar Cheese, Mayonnaise, Ketchup

**SLOPPY JOES, LENTIL: Black Lentil,** Tomato Sauce, Brown Sugar, Peppers, Onions, Cider Vinegar, Cheddar Cheese, Mayonnaise, Ketchup

**SMARTFOOD POPCORN:** Popcorn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, Natural Flavor, and Salt.  
**Contains Milk**

**SMOOTHIE, FRUIT/VEGETABLE:** Orange Juice, Kale, Blueberries, Sunflower Butter, Ice Cubes

**SOY SAUCE:** Soybeans, Wheat, Salt, Water

**STUFFING:** Egg, Stuffing Bread, Carrots, Onions, Celery

**SWEET POTATOES, ROASTED MAPLE-SCENTED:** Maple Syrup, Sweet Potatoes

**SWEET TATER TOTS:** Sweet Potatoes, Sugar, Corn Starch, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola), Modified Food Starch (Corn, Tapioca, Potato), Rice Flour, Salt, Dextrin, Natural Flavor, Color (Turmeric, Oleoresin Paprika), Dextrose, Xanthan Gum, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate)

**SYRUP:** Corn Syrup, High Fructose Corn Syrup, Water, Potassium Sorbate As Preservative, Caramel Color, Natural And Artificial Maple Flavor, Citric Acid

**TERIYAKI SAUCE (No Sesame):** Soy Sauce, Mirin, Rice Wine Vinegar, Granulated And Brown Sugar, Garlic Powder, Ground Ginger, Cornstarch

**TOMATO BASIL SAUCE:** Marinara, Cream, Basil, Onions, Oil

**TOMATO SOUP, CREAMY:** Tomato, Onion Powder, Heavy Cream

**TURKEY CUTLETS:** Turkey Breast, Flour, Egg, Olive oil

**TURKEY ROAST, SMOKED:** Whole Turkey, Olive Oil, Herbs, Seasonings

**VEGETABLE MEDLEY, SEASONAL:** Carrots, Cauliflower, Broccoli, Green Beans, Olive Oil

**VEGETARIAN BAKED BEANS:** Can Baked Beans, Brown Sugar, Tomato Ketchup

**WAFFLE FRIES, SWEET:** Sweet Potato

**YEAST DINNER ROLL:** Flour, Yeast, Salt, Butter