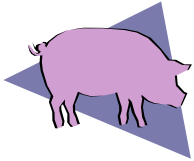




## Special Needs/Allergies

- Pork Restricted Diet
- Vegetarianism
- Gluten Free
- Food Allergies



### Pork Restricted Diet

There are a few products on our Breakfast & Lunch Menu that contain pork. Please refer to the section titled "Ingredient Analysis 2009-2010."

Breakfast items noted: Pork Sausage Patties, Pancake Sausage on a Stick & Breakfast Pizza.

Lunch items noted: Pepperoni Pizza, Ham & Cheese Sandwich, Diced Ham, Hot Dogs, Loaded Potato w/ Ham and Cheese, Red Beans & Sausage, Stromboli, Spinach Salad (bacon).

### Vegetarianism

Vegetarianism is becoming popular, Lamar County cannot offer menus that meet all the different kinds of vegetarianism; however, we offer the following vegetarian options.

- Chef Salad with Mixed Cheeses-(Monday – Friday)
- Veggie Cheese Wrap w/sun chips (Tuesday)
- Fruit & Yogurt Salad w/Cheese (Wednesday)
- Peanut Butter & Jelly Sandwich; choice of 2 fruits and vegetables and/ or Juice & Milk (Thursday)
- Offer vs. Serve allows students to refuse meat entrée. (Everyday)



## Gluten Free

- To assist parents, students, school administrators, and school nurses, a detailed ingredient list for all items served in the school is updated annually. This document is listed on our web site.
- Parents may request a meeting with the CN Director (601-794-8994) to select menus that meet their needs.

## Food Allergies

### Students with Food Allergies –

- The most common food allergens are milk, eggs, peanuts, tree nuts (such as walnuts), soy, wheat, fish, and shellfish. However, students may be allergic to more than one food.
- Names of students with severe food allergens need to be shared with food service manager assigned to the school and the CN Director (601-794-8994).
- Students with milk allergies require a statement from a recognized medical authority. It is necessary for new statement to be secured each year. In these cases, fruit juice will be offered as a substitute.
- If a school has a student with severe food allergies such as peanuts or seafood, special plans may need to be made.

## Ingredient List

- To assist parents, students, school administrators, and school nurses, a detailed ingredient list for all items served in the school is updated annually. This document is listed on our web site.

## Food Preparation, Service, and Clean Up

- All Food Service Personnel are trained to clean and sanitize all equipment, to preclude cross contamination in the preparation and service areas. They wash their hands often and wear sanitary gloves during prep and service.
- Our Cleaning supplies are pre measured and developed to reduce and kill all bacteria on all contact surfaces and cafeteria tables.

## Dining Area

- Students should be encouraged to wash their hands before and after eating.
- Principals may create food allergen-free tables such as peanut or milk free tables.
- Dining room tables are cleaned and sanitized daily by Food & Nutrition Services.
- Students should not trade food and sharing tables with leftovers from students' lunches are prohibited.

Note: Acknowledgement goes to the Fairfax, County Public Schools for the information and format of their web page. The idea and style of providing information for Special Needs/Allergy students was in line with our expectations and goals.

# FOOD AND NUTRITION SERVICES

Lamar County Public Schools

## INGREDIENT ANALYSIS 2009-2010

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## FOOD AND NUTRITION SERVICES

### Lamar County Public Schools

## INGREDIENT ANALYSIS 2009-2010

### BREAD/GRAINS

1. **Bagel- Whole Wheat, Sliced by Tony Roberts-** Unbleached Enriched Wheat 49%, White Whole Wheat Flour 51%. **CONTAINS WHEAT.**
2. **Biscuits, Unbaked, Frozen-** Enriched bleached flour (bleach flour, niacin, reduced iron, thiamin, riboflavin, and folic acid), cultured skim milk (cultured skim milk, sodium citrate, locust bean gum, food starch-modified, carrageenan, mono- and diglycerides, salty water, vegetable shortening (partially dehydrogenated soybean oil and/or cottonseed oil), powdered dry milk, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium pyrophosphate), salt, sugar, sodium carbonate, DATEM, natural and artificial flavor. **CONTAINS WHEAT, MILK, AND SOYBEAN.**
3. **Bread, Whole Grain White by Sara Lee-** Enriched bleached flour [wheat flour, malted barley flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole grain [whole wheat flour, brown rice flour (rice flour, rice bran), wheat gluten, skim milk, high fructose corn syrup, sugar, yeast, butter (cream, salt). Contains 2% or less of each of the following: calcium sulfate, salt, dough conditioners (may contain one or more of the following: mono- and diglycerides, ethoxylated mono- and diglycerides, sodium stearoyl lactylate, calcium peroxide, datem, ascorbic acid, azodicarbonamide, enzymes), guar gum, calcium propionate (preservative), distilled vinegar, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate and/or calcium carbonate), corn starch, vitamin D3, soy lecithin, soy flour. **CONTAINS WHEAT, MILK, AND SOY.**
4. **Bread, Whole Grain White by Wonder-** Enriched bleached flour [wheat flour, malted barley flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole grain [whole wheat flour, brown rice flour (rice flour, rice bran), wheat gluten, skim milk, high fructose corn syrup, sugar, yeast, butter (cream, salt). Contains 2% or less of each of the following: calcium sulfate, salt, dough conditioners (may contain one or more of the following: mono- and diglycerides, ethoxylated mono- and diglycerides, sodium stearoyl lactylate, calcium peroxide, datem, ascorbic acid, azodicarbonamide, enzymes), guar gum, calcium propionate (preservative), distilled vinegar, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate and/or calcium carbonate), corn starch, vitamin D3, soy lecithin, soy flour. **CONTAINS WHEAT, MILK, AND SOY.**
5. **Bread, Whole Wheat by Autumn Grain-** Whole wheat flour, water, wheat gluten, yeast, high fructose corn syrup, contains 2% or less of: soybean oil, wheat bran, salt, honey, corn syrup, molasses, calcium sulfate, dough conditioners (ethoxylated mono and diglycerides, datem, sodium stearoyl lactylate, calcium dioxide), whey, soy flour, maltodextrin, enzymes, calcium propionate (to retain freshness), soy lecithin. **CONTAINS WHEAT, MILK, AND SOYBEANS.**
6. **Buns, Hamburger/Whole Wheat by Cotton's Holsum Lite-** Enriched wheat flour [flour, barley malt, ferrous sulfate (iron), "8" vitamins (niacin, thiamine mononitrate (B1), riboflavin (B2), folic acid)], water, cottonseed fiber, sweetener (high fructose corn syrup or sugar), yeast, wheat gluten, contains 2% or less of: whole wheat flour, wheat bran, honey, molasses, soybean oil, salt, brown sugar, dough conditioners (may contain: sodium stearoyl, lactylate, calcium dioxide, datem, ethoxylated mono and diglycerides,

tricalcium phosphate and/or mono and diglycerides), calcium sulfate, yeast nutrients (may contain ammonium sulfate and/or diammonium phosphate), cornstarch, caramel color (sulfites), guar gum, corn meal, rye flour, rolled oats, triticale flour, soy fiber, flaxseed hulls, whey, soy flour, enzymes, calcium propionate (to retain freshness), soy lecithin. **CONTAINS WHEAT, MILK, AND SOYBEANS.**

7. **Buns, Hot Dog/Whole Wheat-** Whole wheat flour, wheat gluten, high fructose corn syrup, yeast, contains 2% or less of each of the following: wheat bran, soybean oil, salt, molasses, soy fiber, diacetyl tartaric acid, esters of mono and diglycerides, calcium propionate (a preservative), sodium stearoyl lactylate, guar gum, caramel coloring, enzyme monocalcium phosphate, calcium sulfate, ascorbic acid, azodicarbonyl diisobutyrate. **CONTAINS WHEAT AND SOY.**
8. **Flat Out Harvest Wheat-** Enriched stone ground wheat flour, water, vital wheat gluten, liquid brown sugar, oat fiber, soy flour, contains less than 2% of each of the following: soybean oil, prune juice concentrate, sodium acid pyrophosphate, baking soda, oats, sunflower seeds, yeast. Potassium sorbate & sodium propionate (preservatives), caramel color, cellulose gum, millet, fumaric acid, flax seed, salt, guar gum, sea salt, cracked wheat, xanthan gum, lactic acid, carrageenan, calcium sulfate, culture wheat starch, annatto color, enzymes, L-cysteine. **CONTAINS WHEAT, SOYBEAN.**
9. **Grab and Go Cereal Packets, One Bread by Kellogg's-** Corn flour, sugar, wheat flour, whole oat flour, apple cinnamon granules (sugar, milled corn, apple juice concentrate, dried apples, cinnamon, modified corn starch, calcium phosphate, salt, baking soda, red #40), salt, yellow #6, sodium ascorbate and ascorbic acid (vitamin C), niacinamide, reduced iron, zinc oxide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), turmeric color, vitamin A, BHT (preservative), blue #1, folic acid, vitamin D, vitamin B12. **Contains wheat ingredients. Corn used in this product contains traces of soybeans.**
10. **Mini Pretzels- Fat Free, All Natural by Snyder's-** Unbleached wheat flour, water, salt, malt, dextrose, canola oil, yeast, soda. **Produced in a facility that handles peanut butter.**
11. **Pasta, Egg Noodle, Medium-** Durum flour (wheat), egg yolks, or eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid. **CONTAINS WHEAT AND EGG INGREDIENTS.**
12. **Pasta, Macaroni, Elbow-** Semolina (wheat), niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid. **CONTAINS WHEAT INGREDIENTS AND IS MANUFACTURED IN A FACILITY THAT USES EGGS.**
13. **Rice, Parboiled, White-** Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamine mononitrate, and folic acid.
14. **Toaster Pastry, Blueberry, Frosted by Kellogg's-** Enriched wheat flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), corn syrup, high fructose corn syrup, dextrose, vegetable oil (canola, cottonseed, palm, palm kernel, soybean, partially hydrogenated soybean and/or cottonseed, hydrogenated cottonseed oil, TBHQ for freshness), sugar, cracker meal, contains two percent or less of wheat starch, salt, dried blueberries, dried apples, dried grapes, cornstarch, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), citric acid, milled corn, modified wheat starch, gelatin, caramel color, red #40, calcium phosphate, modified corn starch, xanthan gum, soy lecithin, color added, blue #1, blue #2, niacinamide, reduced iron, vitamin A

palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid, turmeric color. **CONTAINS WHEAT AND SOY INGREDIENTS.**

15. **Toaster Pastry, Strawberry, Frosted by Kellogg's-** Enriched wheat flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), corn syrup, high fructose corn syrup, dextrose, vegetable oil (canola, cottonseed, palm, palm kernel, soybean, partially hydrogenated soybean and/or cottonseed, hydrogenated cottonseed oil, TBHQ for freshness), sugar, cracker meal, contains two percent or less of wheat starch, salt, dried strawberries, dried apples, dried pears, cornstarch, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), citric acid, milled corn, modified wheat starch, gelatin, caramel color, modified corn starch, xanthan gum, soy lecithin, color added, niacinamide, reduced iron, red #40, yellow #6, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid, turmeric color, blue #1. **CONTAINS WHEAT AND SOY INGREDIENTS.**
  
16. **Toaster Pastry, Unfrosted by Kellogg's-** Enriched wheat flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), corn syrup, high fructose corn syrup, dextrose, vegetable oil (canola, cottonseed, palm, palm kernel, soybean, partially hydrogenated soybean and/or cottonseed, hydrogenated cottonseed oil, TBHQ for freshness), cracker meal, contains two percent or less of wheat starch, salt, dried strawberries, dried apples, dried pears, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), citric acid, modified wheat starch, cornstarch, caramel color, xanthan gum, soy lecithin, niacinamide, reduced iron, red #40, yellow #6, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid. **CONTAINS WHEAT AND SOY.**
  
17. **Tostaco Shells, Bowl Shape-** Enriched limed corn (limed corn, niacin, iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean oil. **CONTAINS SOYBEAN.**
  
18. **Whole Grain Cracker by Pepperidge Farms, Giant Gold Fish-** Whole wheat flour, unbleached enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], sugar, partially hydrogenated vegetable shortening (soybean and/or cottonseed oils), high fructose corn syrup, contains 2 percent or less of: cinnamon, calcium carbonate, salt, baking soda, ascorbic acid, iron, vitamin A palmitate, niacin, riboflavin (vitamin B2), thiamin mononitrate (vitamin B1) and maltodextrin. **CONTAINS WHEAT AND SOYBEAN.**

## **ENTRÉE ITEMS**

19. **Beef Steak Burger, Broiled by Circle Z-** Ground beef (no more than 30% fat), salt, seasoning [maltodextrin, grill flavor [(from vegetable oil, modified food starch, corn syrup solids], torula yeast, disodium inosinate, and disodium guanylate], sodium phosphate. **BUN LISTED UNDER BREAD SECTION.**
  
20. **Burritos, Beef & Bean, Whole Wheat by Los Cabos-** Ingredients: Filling: Water, pinto beans, cheddar cheese (pasteurized milk, salt, culture, enzymes, may contain Annatto color), green chile puree (green chile peppers, water, citric acid), textured vegetable protein product [soy flour, caramel color, zinc oxide, ferrous sulfate, niacinamide, calcium pantothenate, pyridoxine hydrochloride (B6), Riboflavin (B2), thiamine mononitrate (B1), vitamin A Palmitate, and vitamin B12], flavorings and salt, modified food starch (refined from corn). Flour Tortilla: Enriched Wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, salt, guar gum, baking powder (corn starch, sodium

bicarbonate, sodium aluminum sulfate, monocalcium phosphate), L-cysteine. **CONTAINS WHEAT, MILK AND SOY.**

21. **Chicken Breast Tenders by Top Chik-** Breaded with: Enriched wheat flour (Niacin, Reduced Iron, Thiamine Mononitrate, riboflavin, and folic acid), salt, spice, dextrose, soybean oil, leavening, (sodium aluminum phosphate, sodium bicarbonate), whey, oleoresin paprika. Battered with: Water, enriched wheat flour (niacin, reduced iron, thiamine mononitrite, riboflavin, and folic acid), dried buttermilk, salt, leavening (monocalcium phosphate, sodium bicarbonate), spice, garlic powder, oleoresin paprika. Predusted with: enriched wheat flour (niacin, reduced iron, thiamine mononitrite, riboflavin, and folic acid), wheat gluten, dried egg white, salt, soybean oil, leavening, (sodium acid pyrophosphate, sodium bicarbonate), onion powder, garlic powder, dried whey, oleoresin, black pepper, oleoresin paprika. **CONTAINS WHEAT, MILK, WHEY, AND SOY.**
22. **Chicken Nuggets, Breaded by Tyson-** Chicken breast with rib meat, water, dried whole egg, seasoning (salt, onion powder, modified corn starch, natural flavor), and sodium phosphates. **BREADED WITH:** Enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, modified corn starch, spices, dextrose, garlic powder, oleoresin paprika and annatto, xanthan gum, and natural flavors. Breeding set in vegetable oil. **Contains egg, wheat.**
23. **Corn Dog Nuggets by House of Raeford-** Mechanically separated turkey, water, corn syrup solids, flavorings, dextrose, ascorbic acid (Vitamin C), garlic powder, natural smoke flavoring, extractives of paprika, sodium nitrite. Battered with: water, enriched wheat flour and enriched corn meal (both enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, modified corn starch, soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), soy flour, egg yolks, nonfat milk, dextrose, salt, sodium caseinate, lecithin. Breaded with: enriched wheat flour and corn flour (both enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, modified corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate), soy flour, egg yolks, nonfat milk, salt, sodium caseinate. **CONTAINS SOY, EGG, AND MILK.**
24. **Egg Roll, Chicken Flavored-** Filling: cabbage, chicken breast meat, carrots, onion, celery, textured soy protein (textured soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2) and cyanocobalamin (B12)), Contains 2% or less of: whey protein concentrate, dried whole egg, flavor (autolyzed yeast extract, salt, dextrose, natural flavor), toasted sesame seed oil, modified food starch, sea salt, sugar, granulated garlic, soy sauce powder (soy sace(wheat, soybeans, salt), maltodextrin and salt), spice. Skin: enriched bleached flour([wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], calcium propionate [Preservative], malted barley flour), water, enriched durum flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of: salt, dried whole egg, cottonseed oil, wheat gluten, cornstarch. Fried in cottonseed oil. **CONTAINS SOY, EGG, AND WHEAT.**
25. **Pizza, Pepperoni and Cheese, W.G. Crust by The Max-** Crust: (Flour blend [whole wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, yeast [yeast, starch, sorbitan monostearate,

ascorbic acid], soybean oil, dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten, calcium propionate). Sauce: (water, tomato paste [31% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate {prevent caking}, soybean oil], modified food starch). Shredded Mozzarella Cheese: (Pasteurized part skim milk, cheese cultures, salt, enzymes). Shredded Mozzarella Cheese Substitute: (Water, oil (soybean oil, partially hydrogenated soybean oil with citric acid), casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor (cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate), disodium phosphate, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin and vitamin B12], vitamin A palmitate). Fat Reduced Pepperoni: (Pork mix [pork, mechanically separated pork], beef, water, textured 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}, and cyanocobalamin {B12}], salt, contains less than 2% of the following: spice, seasoning [natural spice extractives with soybean oil, mono- and diglycerides, lecithin, natural smoke flavor, ascorbic acid, BHA, BHT and citric acid] dextrose, citric acid anhydrous, cure [salt, sodium nitrite, propylene glycol {anti-caking}, FD&C red #3], lactic acid starter culture. May contain oleoresin paprika and flavorings. \*Ingredients not in regular pepperoni). Releasing Agent: (Water, mono and diglycerides, polysorbate 60 and soy lecithin, acetic acid, citric acid, potassium sorbate, propyl gallate, sodium benzoate and polydimethylsiloxane. Cellulose gum. **CONTAINS MILK, WHEAT, AND SOY.**

- 26. Pizza, Sausage and Cheese, W.G. Crust- The Max-** Crust: (Flour blend [whole wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], soybean oil, dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten, calcium propionate). Sauce: (water, tomato paste [31% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate {prevent caking}, soybean oil], modified food starch). Shredded Mozzarella Cheese: (Pasteurized part skim milk, cheese cultures, salt, enzymes). Shredded Mozzarella Cheese Substitute: (Water, oil (soybean oil, partially hydrogenated soybean oil with citric acid), casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor (cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate), disodium phosphate, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin and vitamin B12], vitamin A palmitate). Pork pizza topping: (Sausage [ground pork {less than 24% fat}, water, textured soy protein {soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), and cyanocobalamin (B12)}, seasoning (spices, monosodium glutamate, hydrolyzed soy protein, milk protein hydrolysate, garlic powder, paprika, TBHQ, BHT and citric acid as antioxidants, silicon dioxide (to prevent caking)), salt, spices]). Releasing Agent: (Water, mono and diglycerides, polysorbate 60 and soy lecithin, acetic acid, citric acid, potassium sorbate, propyl gallate, sodium benzoate and polydimethylsiloxane). Cellulose gum. **5.96% SAUSAGE. CONTAINS MILK, WHEAT, AND SOY.**

- 27. Pork Patty, Rib Shaped for BBQ on Bun-** Ground pork (not more than 24% fat), water, textured vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride,

riboflavin, cyanocobalamin, seasoning (tomato powder {dehydrated tomato}, dextrose, brown sugar, artificial vinegar (malic acid, sodium acetates, lactose, fumaric acid, artificial flavorings), powdered Worcestershire sauce (corn syrup solids, salt, garlic powder, sugar, spices, soy sauce solids {wheat, soybeans, salt, maltodextrin, caramel color}, tamarind, natural flavor), spices, spice extractive, onion powder, natural smoke flavor, garlic powder}, salt, sodium phosphates. **HAMBURGER BUN LISTED UNDER BREADS. CONTAINS SOY.**

**28. Ravioli, Beef- Chef Boyardee-** Tomatoes (water, tomatoe puree), water, enriched wheat macaroni product with fortified protein made with casein (enriched wheat flour [Wheat flour, malted barley flour, niacin, iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid], casein, wheat gluten, nicotinic acid, thiamine hydrochloride, riboflavin, reduced iron), ground beef (no more than 15% fat), ground beef (no more than 24% fat), contains less than 2% of: high fructose corn syrup, carrots, textured vegetable protein (soy protein concentrate and caramel coloring), crackermeal (wheat flour, niacin, iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), salt, onions, citric acid, flavorings, caramel coloring and soybean oil. **Contains milk, soy, wheat.**

**29. Stuffed Crust Pepperoni Pizza by The Max-** Crust: (Enriched wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, dextrose, baking powder (sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate), yeast (yeast, starch, sorbitan monostearate, ascorbic acid), salt, dough conditioners (wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme), wheat gluten, calcium propionate, soy flour). Shredded Mozzarella Cheese: (Pasteurized part skim milk, cheese cultures, salt, enzymes). Shredded Mozzarella Cheese Substitute: (Water, oil (soybean oil, partially hydrogenated soybean oil with citric acid), casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor (cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate), disodium phosphate, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin and vitamin B12], vitamin A palmitate). Sauce: (water, tomato paste [31% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate {prevent caking}, soybean oil], modified food starch). Fat Reduced Pepperoni: (Pork mix [pork, mechanically separated pork], beef, water, textured 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}, and cyanocobalamin {B12}], salt, contains less than 2% of the following: spice, seasoning [natural spice extractives with soybean oil, mono- and diglycerides, lecithin, natural smoke flavor, ascorbic acid, BHA, BHT and citric acid] dextrose, citric acid anhydrous, cure [salt, sodium nitrite, propylene glycol {anti-caking}, FD&C red #3], lactic acid starter culture. May contain oleoresin paprika and flavorings. \*Ingredients not in regular pepperoni]. Releasing Agent: (Water, mono and diglycerides, polysorbate 60 and soy lecithin, acetic acid, citric acid, potassium sorbate, propyl gallate, sodium benzoate and polydimethylsiloxane). Cellulose gum. **2.61% FAT REDUCED PEPPERONI. CONTAINS MILK, WHEAT, AND SOY.**

**30. Shrimp, Popcorn-** Minced shrimp, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil (contains one or more of the following: soybean, corn or cottonseed oil), water, enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), modified corn starch, modified wheat starch, textured soy flour, isolated soy protein, contains 2% or less of: methylcellulose, gelatinized wheat starch, bleached wheat flour, iodized salt, salt, partially hydrogenated soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, sodium caseinate, yeast, dough conditioners (ascorbic acid, L-cysteine monohydrochloride, azodicarbonamide), natrual flavors, garlic powder, sodium alginate, corn starch, disodium inosinate and disodium guanylate, whey, colored with oleoresin paprika, calcium chloride, spice, eggs, sodium

tripolyphosphate (to retain moisture), sodium bisulfite (as a preservative). **Contains shrimp, wheat, milk, soy, egg.**

31. **Uncrustable, PB&J Sandwich- E.Z. Jammers-** Bread: wheat flour (enriched with barley, malt, iron (ferrous sulfate) and the following B vitamins: niacin, vitamin B (thiamin mononitrate), vitamin B2 (riboflavin), folic acid), water, corn syrup, fresh yeast, non fat dry milk, buttermilk, soybean oil, salt, vinegar, dough conditioners (vegetable mono and diglycerides, sodium stearoyl lactylate), calcium propionate. Peanut butter: peanuts, sugar, and/or dextrose, hydrogenated vegetable oils (soybean, cottonseed and/or rapeseed) molasses and salt. Grape jelly: concord grapes, corn syrup, high fructose corn syrup, fruit pectin, citric acid, sodium citrate (used as needed). **CONTAINS WHEAT, MILK, AND SOY.**

## **MEAT/POULTRY**

32. **Bacon, sliced, pre-cooked by Armour-** Pork. Cured with water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, and sodium nitrite.
33. **Beef, ground-** 100% ground beef.
34. **Chicken Breast by Tyson-** Minimally processed, no artificial ingredients, no preservatives.
35. **Chicken Drumsticks by Tyson-** Minimally processed, no artificial ingredients, no preservatives.
36. **Chicken Filets, Grilled by Pierre-** Chicken breast with rib meat, water, seasoning (corn syrup solids, brown sugar, salt, dextrose, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, thiamine hydrochloride, disodium inosinate, disodium guanylate), sodium phosphates.
37. **Chicken Patties, Breaded by Tyson-** Chicken breast with rib meat, water, dried whole egg, seasoning (salt, onion powder, modified corn starch, natural flavor), and sodium phosphates. Breaded with: enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, modified corn starch, spices, dextrose, garlic powder, oleoresin paprika and annatto, xanthan gum, and natural flavors. Breeding set in vegetable oil. **CONTAINS EGG, WHEAT.**
38. **Chicken, Spicy Breaded Breast Patty by Goldkist Farms-** White chicken, water, vegetable protein product (isolated soy protein, magnesium oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and riboflavin), dried whole egg, salt, sugar, sodium phosphate, white pepper, onion powder, garlic powder, breaded with enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate), dextrose, garlic powder, fumaric acid, gum arabic, extractive of paprika, spice extractive, less than 2% of silicon dioxide added to prevent caking. Battered with enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, modified corn starch, spices, yellow corn flour, leavening (sodium bicarbonate, monocalcium phosphate, sodium acid mononitrate, riboflavin, folic acid), salt, modified corn starch, spices, yellow corn flour, leavening (sodium bicarbonate, monocalcium phosphate, sodium acid pyrophosphate), garlic powder, onion powder, gum arabic,

extractives of paprika, spice extractives, FD&C Yellow #6. Breeding set in vegetable oil. **CONTAINS WHEAT, EGG.**

- 39. **Chicken Wings by Tyson**- Minimally processed, no artificial ingredients, no preservatives.
- 40. **Eggs, Fresh**- Eggs.
- 41. **Egg Product, Scramble Mix by Papetti's**- Whole eggs, whey, skim milk, xanthan gum, citric acid, 0.12% water added as a carrier for citric acid. **CONTAINS EGG, WHEY, AND MILK.**
- 42. **Frying Chicken Thighs by Tyson**- Minimally processed, no artificial ingredients, no preservatives.
- 43. **Ham sliced for Biscuit by Polk's Chef's Choice**- Pork. Water, salt, sugar, sodium phosphates, hydrolyzed soy, protein, monosodium, glutamate, sodium erythorbate, sodium nitrite. **CONTAINS SOY.**
- 44. **Sausage Patty, fully cooked by Southern Quality**- BHA, BHT, and Propyl Gallate added to help protect flavor. Whole boned hog, water, salt, sugar, spices, monosodium glutamate.
- 45. **Sausage, sliced, pork and beef by Kent**- Pork and beef, water, less than 2% of the following: salt, sorbitol, flavorings, potassium lactate, sugar, corn syrup solids, sodium diacetate, monosodium glutamate, sodium phosphate, dextrose, oleoresin of paprika, sodium nitrite, lemon powder.
- 46. **Tuna, Chunk Light by Product Line**- Tuna, water, vegetable broth, salt. **CONTAINS FISH AND SOY.**

## **VEGETABLE**

- 47. **Beans, Cut Green by Del Monte**- Green beans, water, salt (for flavor).
- 48. **Beans, Baby Limas**- Lima Beans.
- 49. **Beans, Sauce & Pork**- Prepared white beans, water, sugar, corn syrup, tomato paste, pork, salt, paprika, onion powder and natural flavorings.
- 50. **Broccoli, Cuts**- Broccoli.
- 51. **Broccoli, Spears**- Broccoli.
- 52. **Carrots, Sliced by Allens**- Carrots, water, salt, calcium chloride to help maintain firmness.
- 53. **Carrots, Whole Baby**- Baby carrots.
- 54. **Corn, Cob**- Corn.

55. **Corn, Whole Kernel**- Corn.
56. **Corn, Yellow, Whole Kernel by Nugget Brand**- Corn, water, sugar, salt.
57. **Greens, Mustard**- Mustard Greens.
58. **Greens, Turnip w/roots**- Turnip Greens.
59. **Hash Browns, Prefried Patties by Simplot 101's**- Potatoes, vegetable shortening (contains one or more of the following: partially hydrogenated soybean oil and/or canola oil), salt, dextrose, disodium dihydrogen pyrophosphate (to maintain natural color). **CONTAINS SOY.**
60. **Okra, Cut**- Okra.
61. **Onions, diced, frozen**- Onions.
62. **Peas, Green**- Sweet peas, water, sugar, salt.
63. **Pickles, Dill, Slices**- Pickles, water, vinegar, salt, natural flavors, calcium chloride, polysorbate 80, sodium benzoate, FD&C Yellow #5 and FD&C Blue #1.
64. **Pickles, Dill, Spears**- Pickles, water, vinegar, salt, natural flavors, calcium chloride, polysorbate 80, sodium benzoate, FD&C yellow #5 and FD&C Blue #1.
65. **Pickles, Relish, Sweet**- Pickles, fructose, vinegar, water, salt, natural flavors, xanthan gum, calcium chloride, polysorbate 80, sodium benzoate, FD&C yellow #5 and turmeric.
66. **Pimentos, Red, Unpeeled, Diced**- Pimentos, water and citric acid.
67. **Potatoes, Diced, White by Allens**- White potatoes, water, salt, calcium chloride added to help maintain firmness, calcium disodium EDTA added to help promote color retention.
68. **Potatoes, FF, Bakeable, 0-trans fat by Simplot's Infinity**- Potatoes, vegetable oil (canola, soybean and/or sunflower oils), modified food starch, rice flour, dextrin, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), corn starch, xanthan gum, beta carotene, dextrose, tetrasodium pyrophosphate, and disodium dihydrogen pyrophosphate (to maintain natural color). **CONTAINS SOY.**
69. **Potatoes, FF, Crinkle Cut by Simplot**- Potatoes, partially hydrogenated soybean and/or canola oil, dextrose, disodium dihydrogen pyrophosphate (to maintain natural color). **CONTAINS SOY.**
70. **Potatoes, FF, Straight Cut by Simplot**- Potatoes, partially hydrogenated soybean and/or canola oil, dextrose, disodium dihydrogen pyrophosphate (to maintain color). **CONTAINS SOY.**
71. **Potatoes, Instant- Idahoan**- Idaho potatoes, salt, nonfat dry milk, partially hydrogenated oil (contains one or more of the following: soybean, cottonseed, sunflower), monoglycerides, calcium stearoyl lactylate, spice, artificial color, natural and artificial flavor, sodium acid pyrophosphate, vitamin C (ascorbic acid), sodium bisulfate, citric acid, and mixed tocopherols added to protect freshness. **CONTAINS MILK AND SOY.**

72. **Potatoes, Nugget Shaped by Simplot Tater Gems-** Potatoes, vegetable shortening (contains one or more of the following: partially hydrogenated soybean oil and/or canola oil), salt, dextrose, disodium dihydrogen pyrophosphate (to maintain natural color). **CONTAINS SOY.**
73. **Potatoes, Straight Cut, Seasoned by Simplot-** Potatoes, batter mix (bleached wheat flour, salt, corn starch, modified food starch, rice flour, tapioca dextrin, spices, onion powder, garlic powder, leavening [sodium acid pyrophosphate, sodium bicarbonate], yellow corn flour, colored with oleoresin paprika, guar gum, spice extractive, colored with oleoresin turmeric), partially hydrogenated guar gum, spice extractive, colored with oleoresin turmeric), partially hydrogenated soybean and/or canola oil, dextrose, sodium acid pyrophosphate (to maintain natural color). **CONTAINS WHEAT AND SOY.**
74. **Potatoes, Wedge Cut, Seasoned by Simplot-** Potatoes, batter mix (bleached wheat flour, salt, corn starch, modified food starch, rice flour, tapioca dextrin, spices, onion powder, garlic powder, leavening [sodium acid pyrophosphate, sodium bicarbonate], yellow corn flour, colored with oleoresin paprika, guar gum, spice extractive, colored with oleoresin turmeric), partially hydrogenated guar gum, spice extractive, colored with oleoresin turmeric), partially hydrogenated soybean and/or canola oil, dextrose, sodium acid pyrophosphate (to maintain natural color). **CONTAINS SOY.**
75. **Tomatoes, Diced in Juice by Nugget Brand-** Tomatoes, tomato juice, salt, calcium chloride, and citric acid.
76. **Yam Patty by Allens-** Yams (sweet potatoes), sugar, cornstarch, buttermilk, salt, yellow 6, Red 40, natural and artificial flavoring, disodium dihydrogen pyrophosphate (to retain natural color). **Contains milk.**

## **FRUIT**

77. **Apple Juice, 4 oz by Vita Fresh-** Water, concentrated apple juice, contains concentrate from USA-Germany, Poland, Turkey, Mexico, Chile, China.
78. **Apple Juice, 6 oz by Vita Fresh-** Water, concentrated apple juice.
79. **Apple Sauce by Nugget-** Apples, water, erythorbic acid (to maintain color).
80. **Apples, Sliced by Nugget-** Apples, water, salt, ascorbic acid, citric acid.
81. **Cherries, Maraschino Halves-** Cherries, water, corn syrup, high fructose corn syrup, citric acid, natural and artificial flavor, potassium sorbate and sodium benzoate added as preservative, FD&C Red #40, and sulfur dioxide (preservatives).
82. **Fruit Cocktail in light syrup-** Diced peaches, diced pears, water, grapes, corn syrup, sugar.
83. **Grape Juice, 4 oz by Vita Fresh-** Water, concentrated grape juice. Contains concentrate from USA-Argentina.
84. **Grape Juice, 6 oz by Vita Fresh-** Water, concentrated grape juice.

- 85. **Orange Juice, 4 oz by Vita Fresh-** Water, concentrated orange juice.
- 86. **Orange-Pineapple Juice, 4 oz by Vita Fresh-** Water, concentrated pineapple juice, concentrated orange juice.
- 87. **Oranges, Mandarin by World Horizons-** Mandarin orange segments, water, and sugar.
- 88. **Peaches, Sliced by Nugget-** Peaches, water, corn, syrup, sugar.
- 89. **Pear, Halves by Nugget-** Pears, water, high fructose corn syrup, and corn syrup.
- 90. **Pineapple Tidbits by Delmonte-** Pineapple, clarified pineapple juice.
- 91. **Raisins, Seedless, Dark-** California sun dried raisins.

## DESSERT

- 92. **Cookies, Chocolate Chips, Bulk by Keebler-** Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), semisweet chocolate chips (sugar, chocolate, cocoa butter, dextrose, soy lecithin, artificial flavor, nonfat milk), vegetable oil (soybean, palm and palm kernel oil with TBHQ for freshness), sugar, high fructose corn syrup, contains two percent or less of salt, leavening (baking soda, monocalcium phosphate), artificial flavor. **Contains wheat, soy, and milk ingredients. May contain traces of peanuts and tree nuts.**
- 93. **Cookie, Chocolate Chip (single) by Austin-** Enriched flour (bleached and unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, anhydrous dextrose, butteroil [milk], soy lecithin, natural flavor and artificial flavors), expeller pressed sunflower oil, high fructose corn syrup, sugar, chicory root (fiber), whey, propylene glycol mono- and diesters of fats and fatty acids, crystalline fructose, polydextrose, molasses, eggs, modified corn starch, leavening (sodium bicarbonate and ammonium bicarbonate), salt, natural and artificial vanilla flavor, and caramel color. **Contains wheat, milk, egg, and soy ingredients. THIS PRODUCT MADE ON EQUIPMENT THAT PROCESSES PEANUTS.**
- 94. **Cookies, Chocolate Chip by Otis Spunkmeyer-** Sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin, folic acid), margarine (palm oil, soybean oil, water, salt, mono- and diglycerides, natural flavor, vitamin A, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), cocoa processed with alkali, baking soda, artificial flavor. **Contains soybeans, milk, and eggs.**
- 95. **Cookies, Oatmeal/Raisin, Frozen by Otis Spunkmeyer-** Sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, rolled oats, margarine (palm oil, soybean oil, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate), raisins,

coconut, eggs, molasses, whey, water, baking soda, salt, cinnamon. **Contains soybeans, milk, and coconut and eggs.**

96. **Cookies, Peanut Butter, Frozen by Otis Spunkmeyer-** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, peanut butter (blanched peanuts, sugar, partially hydrogenated vegetable oil [Cottonseed and rapeseed], soybean oil, peanut oil, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), high fructose corn syrup, baking soda, salt. **Contains peanuts, soybeans, and eggs.**
97. **Cookies, White Chocolate Macadamia Frozen Gourmet by Otis Spunkmeyer-** Sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin, folic acid), margarine (palm oil, soybean oil, water, salt, mono- and diglycerides, natural flavor, vitamin A, white chocolate chips (sugar, cocoa butter, whole milk powder, dextrose, soy lecithin, artificial flavor), chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), cocoa processed with alkali, baking soda, artificial flavor. **Contains soybeans, milk, and eggs.**
98. **Fruity Snacks, Mixed Berry by Kellogg's-** Corn syrup, sugar, apple puree concentrate, water, modified corn starch, gelatin, contains two percent or less of citric acid, ascorbic acid (vitamin C), natural and artificial flavor, color added, coconut oil, carnauba wax, yellow #5, Red #40, sodium citrate, blue #1.
99. **Marshmallow Crispy Squares-** Rice, corn syrup, sugar, margarine (palm oil, water, salt, whey, monoglycerides, soy lecithin, sodium benzoate & citric acid [preservatives], artificial flavor, beta carotene color, vitamin A palmitate), crystalline fructose, water, high fructose corn syrup, contains less than 2% of each of the following: glycerine, gelatin, corn syrup solids, salt, malt syrup, soybean oil, propylene glycol, soy lecithin, monoglycerides, artificial flavors, preservatives (ascorbic acid, BHT, citric acid), vitamin A palmitate, reduced iron, vitamin D3, thiamine hydrochloride, riboflavin, pyridoxine hydrochloride, niacinamide, folic acid, capric/caprylic triglycerides, baking soda. **Contains: soy, milk.**
100. **Pudding, Chocolate, Fat Free, Ready to Serve by Bay Valley-** Skim milk, water, sugar, corn starch-modified, contains 2 % or less of cocoa (processed with alkali), corn starch, titanium dioxide (for color), salt, artificial flavor. **Formula is Kosher. Formula Contains food allergens: milk and milk products.**
101. **Pudding, Vanilla, Fat Free, Ready to Serve by Bay Valley-** Skim milk, water, sugar, corn starch-modified, contains 2% or less of corn starch, titanium dioxide (for color), salt, sodium phosphate, artificial flavor, FD&C yellow no. 5, FD&C yellow no. 6. **CONTAINS MILK.**
102. **Pudding, Vanilla, Instant Mix-** Sugar, dextrose, modified food starch, sodium phosphate, partially hydrogenated cottonseed and soybean oils, sodium pyrophosphate, salt, calcium sulfate, artificial and natural vanilla flavors, yellow 5 and 6.

## **SNACKS/CRACKERS**

103. **Baked Cheese Stick by Cheetos-** Enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, and folic acid), vegetable oil (contains one or more of the following: corn soybean, or sunflower oil), whey, cheddar cheese (milk, cheese cultures, salt, enzymes), salt, sea

minerals (calcium carbonate and magnesium carbonate), canola oil, maltodextrin, whey protein concentrate, disodium phosphate, monosodium glutamate, natural and artificial flavors, lactic acid, citric acid, and artificial color (Yellow 6, Yellow 5). **Contains milk ingredients.**

104. **Baked Corn Stick, Hot Flavored- by Cheetos-** Enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, and folic acid), vegetable oil (contains one or more of the following: corn, soybean or sunflower oil), corn maltodextrin, salt, autolyzed yeast extract, sugar, monosodium glutamate, citric acid, artificial color (Red 40 Lake, Yellow 6 Lake, Yellow 5), hydrolyzed corn protein, cheddar cheese (milk, cheese cultures, salt, enzymes), whey, onion powder, whey protein concentrate, beta carotene, ascorbic acid, corn syrup solids, buttermilk, natural flavor, garlic powder, sodium diacetate, lactic acid, sodium caseinate, disodium inosinate, disodium guanylate, and nonfat milk. **CONTAINS SOYBEAN, WHEY, AND MILK.**
105. **Chips, Corn, Bulk by Tops-** Select corn cooked in one or more of the following pure vegetable oils: corn, cottonseed, canola, palm or soybean, salt. **CONTAINS SOYBEAN.**
106. **Chips, Tortilla, Bulk-** Contains whole corn cooked in one or more of the following vegetable oils: corn, cottonseed, canola, palm, or soybean, salt. **CONTAINS SOYBEAN.**
107. **Citrus-flavored Whole Grain Snack Crackers by Pepperidge Farms-** Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, natural and artificial flavors, tricalcium phosphate, salt, sodium bicarbonate, monocalcium phosphate, soy lecithin, added vitamins and iron (ascorbic acid, vitamin A palmitate, Niacinamide, iron/electrolyte, thiamin mononitrate, riboflavin, maltodextrin as carrier). **CONTAINS WHEAT, SOYBEAN.**
108. **Crackers, Animal Shaped Cookies by Austin-** Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid, sugar, soybean oil with TBHQ for freshness, cornstarch, high fructose corn syrup, contains little salt, baking soda, soy lecithin, whey, natural flavor, spice. **Contains wheat, soy, and milk ingredients.**
109. **Flamin' Hot Fantastix by Cheetos-** Enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, and folic acid), potato flakes, vegetable oil (contains one or more of the following: corn, soybean, or sunflower oil), cheddar cheese (milk, cheese cultures, salt, enzymes), and less than 2% of the following: salt, whey, buttermilk, monosodium glutamate, tomato powder, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, artificial color (including red 40 lake, yellow 6 lake, yellow 6), disodium phosphate, natural flavor, garlic powder, lactic acid, sugar, citric acid, disodium inosinate, disodium guanylate, and vitamin A acetate. **CONTAINS WHEY AND MILK.**
110. **Sun Chips, French Onion Flavored by Frito Lay-** Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, harvest cheddar seasoning (maltodextrin, salt, cheddar cheese [milk, cheese cultures, salt, enzymes], whey, buttermilk, romano cheese [part skim cow's milk, cheese cultures, salt, enzymes], whey protein concentrate, corn oil, onion powder, disodium phosphate, natural flavor, autolyzed yeast extract, hydrolyzed wheat protein, citric acid, artificial color [including yellow 6, yellow 5], lactic acid, and garlic powder). **Contains wheat and milk ingredients.**
111. **Sun Chips, Garden Salsa by Frito Lay-** Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, garden salsa seasoning (salt, tomato powder, cheddar cheese [milk, cheese

cultures, salt, enzymes], dextrose, onion powder, sugar, buttermilk, whey, romano cheese [part skim cow's milk, cheese cultures, salt, enzymes], whey protein concentrate, modified corn starch, autolyzed yeast extract, corn oil, hydrolyzed wheat protein, spice, disodium phosphate, natural flavor [including green bell pepper], malic acid, artificial color [yellow 5 lake, yellow 6 lake, red 40 lake], citric acid, lactic acid, and nonfat milk). **CONTAINS WHEAT AND MILK INGREDIENTS.**

112. **Sun Chips, Harvest Cheddar by Frito Lay-** Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, harvest cheddar seasoning (maltodextrin, salt, cheddar cheese [milk, cheese cultures, salt, enzymes], whey, buttermilk, romano cheese [part skim cow's milk, cheese cultures, salt, enzymes], whey protein concentrate, corn oil, onion powder, disodium phosphate, natural flavor, autolyzed yeast extract, hydrolyzed wheat protein, citric acid, artificial color [including yellow 6, yellow 5], lactic acid, and garlic powder). **CONTAINS WHEAT AND MILK INGREDIENTS.**
113. **Tortilla Chip, Reduced Fat, Cool Ranch Flavor by Doritos-** Whole corn, vegetable oil (contains one or more of the following: corn, soybean and/or sunflower oil), buttermilk, salt, corn dextrin, tomato powder, corn starch, whey, corn, syrup solids, onion powder, garlic powder, monosodium glutamate, cheddar cheese (milk, cheese cultures, salt, enzymes), nonfat milk, sugar, dextrose, malic acid, sodium acetate, artificial color (including Red 40 , Yellow 5, Blue 1), sodium caseinate, disodium phosphate, spice, natural and artificial flavors, disodium inosinate, and disodium guanylate. **Contains milk ingredients.**

#### **DRESSINGS FOR SALADS**

114. **Dressing, Ranch, Dry Mix- Major-** Maltodextrin (from corn), salt, monosodium glutamate, garlic powder, silicon (as an anticaking agent) vegetable gum, spices, onion powder, malic acid, parsley, chives.
115. **Dressing, Fat Free Ranch 12 gram packets by PPI-** Water, high fructose corn syrup, distilled vinegar, cultured non fat buttermilk, modified food starch, salt, cellulose gel & cellulose gum, maltodextrin, natural flavor, garlic powder, propylene glycol alginate, titanium dioxide added for color, skim milk, sodium benzoate and potassium sorbate as preservatives, spices, citric acid, phosphoric acid, onion powder, xanthan gum, extractives of turmeric. **CONTAINS MILK.**
116. **Dressing, Fat Free Ranch 12 gram packets by PPI-** Water, corn syrup, sugar, distilled vinegar, pickle relish (cucumbers, corn syrup, vinegar, salt, xanthan gum, sodium benzoate as preservative, alum, peppers, spices, natural flavors, calcium chloride, polysorbate 80), modified food starch, tomato paste, egg whites, salt, spices including paprika, dehydrated onion, artificial color, xanthan gum, lemon juice concentrate, phosphoric acid, potassium sorbate and sodium benzoate as preservatives, extractives of paprika. **CONTAINS EGG.**
117. **Fat Free Italian, PC by Taste Pleasers-** Water, distilled vinegar, high fructose corn syrup, salt, modified food starch, propylene glycol alginate, dehydrated garlic, dehydrated onion, dehydrated red bell peppers, xanthan gum, potassium sorbate and sodium benzoate as preservatives, dehydrated lemon peel, spices, lemon juice concentrate and artificial color.
118. **Fat Free Ranch, PC by Taste Pleasers-** Water, high fructose corn syrup, distilled vinegar, cultured non fat buttermilk, modified food starch, salt, cellulose gel & cellulose gum, maltodextrin, natural

flavor, garlic powder, propylene glycol alginate, titanium dioxide added for color, skim milk, sodium benzoate and potassium sorbate as preservatives, spices, citric acid, phosphoric acid, onion powder, xanthan gum, extractives of turmeric. **CONTAINS MILK.**

119. **Fat Free Thousand Island, PC by Taste Pleasers-** Water, corn syrup, sugar, distilled vinegar, pickle relish (cucumbers, corn syrup, vinegar, salt, xanthan gum, sodium benzoate as preservative, alum, peppers, spices, natural flavors, calcium chloride, polysorbate 80), modified food starch, tomato paste, egg whites, salt, spices including paprika, dehydrated onion, artificial color, xanthan gum, lemon juice concentrate, phosphoric acid, potassium sorbate and sodium benzoate as preservatives and extractives of paprika. **CONTAINS EGG.**

## **SAUCES/GRAVIES/CONDIMENTS/SEASONING**

120. **Catsup, Tomato by Hunt's-** Tomato concentrate made from Vine Ripened Tomatoes, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: onion powder, garlic powder, natural flavors.
121. **Catsup, Tomato, Foil Pack by Hunt's-** tomato puree (water, tomato paste), high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: onion powder, natural flavors, garlic powder.
122. **Cheese, Cream (Lite/Neufchatel)-** Pasteurized milk and cream, skim milk, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums). **CONTAINS MILK.**
123. **Cheese Sauce, Regular Flavor by Trenton Farms-** Water, soybean oil, modified food starch, maltodextrin, cornstarch, vinegar, salt, cheddar cheese (milk, cheese culture, salt, enzymes), natural flavor, sodium caseinate (from milk), sodium phosphate, datem, mono and diglycerides, cultured whey (from milk), yellow 5, yellow 6. 7% cheese. **CONTAINS SOY AND MILK.**
124. **Chili Powder by C.F. Sauer Co-** Chili peppers, spices, garlic, silicon dioxide (to prevent caking).
125. **Cranberry Sauce by Marquis-** Cranberries, high fructose corn syrup, water, corn syrup, and citric acid.
126. **Cream Cheese, PC Strawberry-** Pasteurized milk and cream, sugar, corn syrup, strawberries, water, cheese culture, natural flavor, salt, stabilizers (carob bean and/or xanthan and/or guar gums), modified food starch, caramel color, sodium benzoate (preservative in strawberries), Red 40 (color). **CONTAINS MILK.**
127. **Cumin, Ground-** Ground Cumin.
128. **Garlic Powder by C.F. Sauer Co-** Garlic powder.

129. **Glaze, Strawberry by Marquis-** Water, high fructose corn syrup, food starch-modified, salt, artificial flavor, citric acid, sodium benzoate & potassium sorbate (preservatives), artificial color (red 40), sodium citrate.
130. **Gravy Mix, Brown by Major-** Modified food starch, flour, lactose, hydrolyzed soy protein, rendered beef fat, salt, artificial beef flavor (meat fat, hydrolyzed soy protein, salt, dextrose, artificial flavor, disodium inosinate, disodium guanylate, gum arabic), monosodium glutamate, caramel color, onion powder. **CONTAINS SOY.**
131. **Gravy Mix, Country Style by Major-** Powdered Dairy Shortening (Soybean oil, corn syrup solids, buttermilk, sodium caseinate, mono & diglycerides, silicon dioxide), modified corn starch, buttermilk powder, enriched wheat flour (niacin reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, black pepper, maltodextrin (from corn), disodium phosphate. **CONTAINS SOY AND MILK.**
132. **Hot Sauce, PC by Portion Pac-** Water, tomato paste, vinegar, salt, red pepper, garlic powder, xanthan gum, sodium benzoate (as a preservative).
133. **Lemon Pepper, C.F. Sauer-** Spice, salt, citric acid, lemon peel, sugar, garlic, cornstarch, onion, partially hydrogenated soybean oil, natural flavor, and riboflavin (color). **CONTAINS SOY.**
134. **Syrup, Maple Imitation, PC by C.F. Sauer Company-** Corn syrup, high fructose corn syrup, water, sugar, natural and artificial flavor, caramel color, salt, cellulose, gum, potassium sorbate and sodium benzoate (preservatives).
135. **Margarine, lb by Restaurant Pride-** Liquid and partially hydrogenated soybean oil, water, salt, soy lecithin, vegetable mono & diglycerides, sodium benzoate (A preservative), citric acid, natural and artificial flavor, beta carotene (color), vitamin A palmitate added, whey. **Contains soybean, milk.**
136. **Margarine, Tub, PC by Churn Spread-** Liquid and partially hydrogenated soybean oil, water, salt, buttermilk solids, vegetable mono & diglycerides, soy lecithin, sodium benzoate and potassium sorbate (as preservatives), citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. **Contains milk and soybean.**
137. **Marinara Sauce by PPI Taste Pleasers-** Water, tomato paste, high fructose corn syrup, modified food starch, salt, phosphoric acid, dehydrated garlic, citric acid, spices, dehydrated onion, xanthan gum, sodium benzoate and potassium sorbate as preservatives, natural flavor.
138. **Mayonnaise, Heavy Duty- Gold Medal-** Soybean oil, corn syrup, water, egg yolks, distilled and cider vinegar, salt, spice, and calcium disodium EDTA added to protect flavor. **CONTAINS SOY AND EGG.**
139. **Mayonnaise, PC by Dukes-** Soybean oil, eggs, water, distilled and cider vinegar, salt, oleoresin paprika, natural flavors and calcium disodium EDTA added to protect flavor. **Contains eggs and soy.**
140. **Mayonnaise, Reduced Calorie-** Water, soybean oil, modified food starch, egg yolks, distilled and cider vinegar, high fructose corn syrup, salt, sugar, lemon juice, spice, xanthan gum, potassium

sorbate (preservative), D.L. Alpha tocopherol acetate (vitamin E), Beta Carotene (color), natural flavors. **CONTAINS EGG AND SOY.**

141. **Mustard, Prepared, PC by PPI-** Distilled vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika, garlic powder, spices, extractives of paprika, mustard oil.
142. **Onion Powder by C.F. Sauer Co-** Onion.
143. **Parsley Flakes-** Parsley.
144. **Paste, Tomato by Contanida-** Tomatoes.
145. **Poultry Seasoning by C.F. Sauer Co-** Spices.
146. **Salsa, Mild by B&G-** Tomatoes, water, fresh jalapeno peppers, tomato paste, fresh onions, vinegar, dehydrated onions, salt, dehydrated garlic, natural flavor.
147. **Salsa, Mild by Ortega-** Diced tomatoes, water, fresh jalapeno peppers, tomato paste, fresh onions, distilled vinegar, dehydrated onions, salt, dehydrated garlic, natural flavor.
148. **Sauce, BBQ, PC by PPI-** Water, high fructose corn syrup, tomato paste, distilled vinegar, corn syrup, salt, molasses, modified food starch, natural flavor, garlic powder, onion powder, spices, potassium sorbate and sodium benzoate added as preservatives.
149. **Sauce, BBQ, Smoke Flavored by Ken's Foods-** Water, vinegar, corn syrup, tomato paste, sugar, salt, contains less than 2% of: modified food starch, natural smoke flavor, spices, caramel, garlic, sodium benzoate as a preservative, onion, paprika.
150. **Sauce, Browning/Seasoning-** Caramel, vegetable base (water, carrots, onion, celery, parsnips, turnips, salt, parsley, spices), sodium benzoate (less than 0.1% of 1% to preserve freshness). **Contains no meat.**
151. **Sauce, Cheese, Nacho Flavoring by Trenton Farms-** Water, soybean oil, modified food starch, jalapeno peppers, cornstarch, salt, vinegar, cheddar cheese (milk, cheese cultures, salt, enzyme), green chili peppers, maltodextrin, natural flavor, sodium caseinate (from milk), sodium phosphate, tomato paste, datem, mono and diglycerides, yellow 5, yellow 6. 7% cheese. **Contains soy.**
152. **Sauce, Spaghetti, Meatless by Contanida-** Tomato puree (water, tomato paste), corn syrup, soybean oil, salt, onion powder, spices, citric acid, garlic powder, natural flavors. **CONTAINS SOY.**
153. **Sauce, Soy, Light Reduced Sodium by Piknik-** Water, hydrolyzed vegetable protein, salt, corn syrup, vinegar, caramel color and 1/10 of 1% sodium benzoate and potassium sorbate.
154. **Sauce, Worcestershire by Piknik-** Water, corn syrup, vinegar, soy sauce (salt, dextrose, caramel color), salt, garlic powder, potassium sorbate and sodium benzoate (1/10 of 1%), natural flavors and spices. **CONTAINS SOY.**

155. **Sauce, Taco, PC by PPI-** Water, tomato paste, distilled vinegar, corn syrup, modified food starch, salt, spices including paprika, citric acid, potassium sorbate and sodium benzoate as preservatives.
156. **Sauce, Tartar, PC by PPI-** Soybean oil, pickle relish (cucumbers, distilled vinegar, salt, xanthan gum, natural flavor, water, sodium benzoate as preservative), water, distilled vinegar, high fructose corn syrup, corn syrup, egg yolk, modified corn starch, salt, spice, xanthan gum, sodium benzoate as preservative, natural flavors, dehydrated onion, calcium disodium EDTA to protect flavor. **CONTAINS SOY AND EGG.**
157. **Sauce, Tomato by Pomodoro-** Water, tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices and natural flavorings.
158. **Sauce Mix, Cheese by Major Products-** Cheese powder [cheddar cheese solids] (pasteurized milk, cheese cultures, salt, enzymes), whey, butter, buttermilk, salt, natural flavoring, artificial color (including yellow #5), food starch modified, maltodextrin (from corn), salt, corn syrup solids, partially hydrogenated soybean oil, dehydrated butter, nonfat dry milk, sodium caseinate, silica gel (a free flow agent), lactose, autolyzed yeast, emulsifier, mono & diglycerides, corn syrup solids, sodium caseinate, sodium phosphate, natural flavor, lactic acid, yellow 6. **CONTAINS MILK, WHEY, AND SOY.**
159. **Seasoning, Baked Bean Mix-** Turbinade sugar, red bean seasoning, nat molasses powder, color, caramel PC 600, D.D. Williamson.
160. **Seasoning, Chili Mix by Lawry's-** Enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], spices (chili pepper, cumin, oregano), salt, dehydrated onion, garlic powder, cocoa, citric acid, onion powder. **CONTAINS WHEAT.**
161. **Seasoning, Creole by Nutrition and Food Associates-** Salt, dextrose, staleydex 333, A.E. staley, garlic, dehydrated, american dehydrated onion/garlic assn., chili powder, pepper, red or cayenne, sugars, beet or cane, granulated paprika, black pepper, dehydrated onion, cumin seed, oleoresin paprika, natural flavors, perosil-200, disodium 5- inosinate and disodium 5'-guanylate.
162. **Seasoning, Sloppy Joe Mix by Lawry's-** Sugar, dehydrated onion, salt, cornstarch, brown sugar, paprika, maltodextrin, spices, citric acid, hydrolyzed soy protein, dextrose, natural flavor. This product contains no added monosodium glutamate beyond the small amounts naturally occurring in hydrolyzed protein.
163. **Seasoning, Spaghetti Sauce Mix by Lawry's-** Modified food starch, sugar, salt, garlic powder, enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], onion powder, spices, autolyzed yeast extract, citric acid, maltodextrin, tricalcium phosphate (prevents caking).
164. **Seasoning, Taco Mix by Lawry's-** Spices (paprika, cumin, oregano, chili pepper), dehydrated onion, salt, garlic powder, potato flour, enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], cocoa, corn syrup solids, citric acid, natural flavor. **CONTAINS WHEAT.**

165. **Seasoning Mix, Fajita-** Maltodextrin, salt, modified food starch, spices, sugar, soy sauce (soybeans, wheat, salt), paprika, autolyzed yeast extract, citric acid, caramel color, garlic powder, natural flavors, beef extract, beef fat. This product contains no added monosodium glutamate beyond the small amounts naturally occurring in hydrolyzed protein. **CONTAINS SOY AND WHEAT.**
166. **Sugar, Substitute Packet by Sweet Thing-** Dextrose, calcium saccharin & maltodextrin.

## **BREAKFAST**

167. **Bagel, Breakfast by Tony's-** Crust: wheat flour enriched (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour, ascorbic acid), water, sugar, malt syrup (barley malt extract, corn syrup), yeast, salt, dough conditioner (vegetable gum, L-cysteine, enzymes), calcium propionate (to maintain freshness); Toppings: low moisture part-skim mozzarella cheese (pasteurized milk, cultures, salt, enzymes), mozzarella cheese substitute (water, corn oil, nonfat dry milk, modified food starch, potassium chloride, sodium citrate, sodium aluminum phosphate, sodium tripolyphosphate, tri-calcium phosphate, magnesium oxide, ferric orthophosphate, vitamin A palmitate, niacinamide, zinc oxide, cyanocobalamin, pyridoxine hydrochloride [vitamin B6]), cooked pizza topping (breakfast sausage [ground pork {not more than 24% fat}, seasoning {salt, spices, dextrose, sugar, natural flavors}, water], water, textured vegetable protein product [soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin]), cream gravy (skim milk, modified food starch, dehydrated sweet cream product (sweet cream, nonfat milk, and lecithin), salt, spice. **Contains wheat, soy, milk.**
168. **Cereal, Cinnamon Toasters-** Whole grain wheat, sugar, rice flour, partially hydrogenated soybean oil, fructose, maltodextrin, dextrose, salt, tricalcium phosphate, cinnamon, soy lecithin, trisodium phosphate, annatto (for color), caramel color, natural flavor, vitamin C (sodium ascorbate), niacin (niacinamide), reduced iron, zinc (zinc oxide), vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin D, vitamin B1 (thiamin mononitrate), vitamin B12, folate (folic acid), nonfat milk, BHT (to preserve freshness). **CONTAINS WHEAT, MILK, AND SOYBEAN INGREDIENTS.**
169. **Cereal, Crisped Rice by Malt-O-Meal-** Rice, sugar, salt, malt extract, iron (ferric orthophosphate), vitamin C (sodium ascorbate), vitamin A (palmitate), preservative (tocopherols), niacinamide, zinc (zinc oxide), vitamin B1 (thiamine mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin D (cholecalciferol), vitamin B2 (riboflavin), folic acid, vitamin B12 (cyanocobalamin). BHT added to packaging to help preserve freshness.
170. **Cereal, Coco Roos by Malt-O-Meal-** Sugar, corn meal, corn flour, corn syrup, cocoa (processed with alkali), partially hydrogenated soybean oil, wheat starch, modified corn starch, fructose, salt, calcium carbonate, caramel color, natural and artificial flavor, trisodium phosphate, vitamin C (sodium ascorbate), zinc (zinc oxide), niacin (niacinamide), reduced iron, beet powder, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin D, vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin B12, folate (folic acid). **CONTAINS WHEAT INGREDIENTS. GRAINS USED IN THIS PRODUCT CONTAIN TRACES OF SOYBEANS.**
171. **Cereal, Corn Flakes by Malt-O-Meal-** Degermed yellow corn meal, sugar, salt, malt extract, iron (ferric orthophosphate), vitamin C (sodium ascorbate), vitamin A (palmitate), niacinimide, vitamin

B2 (riboflavin), vitamin B1 (thiamine mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin D (cholecalciferol), folic acid). BHT added to packaging to help preserve freshness.

172. **Cereal, Frosted Corn Flakes by Malt-O-Meal-** Milled corn, sugar, salt, malt extract, corn syrup, vitamin C (ascorbic acid), niacin (niacinamide), reduced iron, vitamin A palmitate, vitamin B12, vitamin B6 (pyridoxine hydrochloride), folate (folic acid), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin D, wheat starch. **CONTAINS WHEAT STARCH.**
173. **Cereal, Grits, Quick Preparation-** White corn grits, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid.
174. **Cereal, Honey Nut Scooters by Malt-O-Meal-** Whole grain oat flour (includes the oat bran), sugar, oat bran, wheat starch, honey, brown sugar, syrup, salt, calcium carbonate, tripotassium phosphate, caramel color, vitamin C (sodium ascorbate), citric acid, niacin (niacinamide), reduced iron, zinc (zinc oxide), vitamin A palmitate, vitamin B12, sodium acetate, almond extract, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin D, folate (folic acid), vitamin E (mixed tocopherols added to preserve freshness). **CONTAINS WHEAT INGREDIENTS. GRAINS USED IN THIS PRODUCT CONTAIN TRACES OF SOYBEANS.**
175. **Cereal, Oatmeal, Quick Preparation-** 100% whole grain rolled oats.
176. **Cereal, Tootie Fruities by Malt-O-Meal-** Corn, wheat and whole grain oat flour, sugar, salt, calcium carbonate, partially hydrogenated vegetable oil (soybean and cottonseed), natural orange, lemon, cherry, blueberry, raspberry, lime and other natural flavors, vitamin C (sodium ascorbate and ascorbic acid), yellow 6, niacin (niacinimide), vitamin A palmitate, reduced iron, zinc (zinc oxide), red 40, blue 1, vitamin B12, yellow 5, folate (folic acid), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin B2 (riboflavin), vitamin D, BHT (to preserve freshness). **CONTAINS WHEAT INGREDIENTS. GRAINS USED IN THIS PRODUCT CONTAIN TRACES OF SOYBEANS.**
177. **Pancakes-** Enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), buttermilk, high fructose corn syrup, corn flour, whole eggs, water, soybean oil, soy flour. Contains 2% or less of: leavening (sodium aluminum phosphate, sodium bicarbonate), salt. **Contains: egg, milk, soy, wheat.**
178. **Pizza, Breakfast by Tony's-** Crust: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil, soy lecithin, butter flavor), yeast, soybean oil, contains 2% or less of: sugar, salt, margarine (liquid and hydrogenated soybean oil, water, salt, vegetable mono & diglycerides, soy lecithin, natural & artificial flavors, beta carotene [color], vitamin A palmitate), dough conditioner (whey, ammonium sulfate, L-cysteine), relecithinated soy flour (defatted soy flour, soybean oil, soy lecithin), glucono deltalactone, baking powder (sodium bicarbonate, mono diglycerides), wheat gluten, cornmeal, datem. Sauce: tomatoes (water, tomato paste [not less than 28% soluble solids]), modified food starch, contains 2% or less of: salt, spices, sugar, maltodextrin, hydrolyzed soy and corn protein, paprika, garlic powder, powdered cellulose. Topping blend: low moisture part skim mozzarella cheese (pasteurized milk, cultures, salt, enzymes), mozzarella cheese substitute (water, vegetable oil [corn and/or soy oil], cheese solids, modified food starch, rennet casein, sweet whey, nonfat dry milk, sodium aluminum phosphate, salt, carageenan, magnesium oxide, ferric orthophosphate, vitamin A palmitate, niacinamide, zinc oxide, pyridoxine hydrochloride [vitamin

B6], cyanocobalamin). Breakfast Sausage and textured vegetable protein product: breakfast sausage (ground pork [no more than 24% fat], seasoning [salt, spices, dextrose, sugar, natural flavors], water), water, textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate [B1], pyridoxine hydrochloride [B6], riboflavin [B2], cyanocobalamin [B12]). **Contains milk, wheat, and soy.**

179. **Whole Wheat Bagel, Sliced**- White whole wheat flour, enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, honey, sugar, may contain 2% or less of: Wheat gluten, salt, yeast, hydrated monoglyceride, mono-diglycerides, calcium propionate, propionic acid (preservatives), enzymes. **Contains wheat.**
180. **Whole Grain Biscuit**- Water, whole wheat flour, enriched bleached wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), shortening flakes (palm oil), leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate, aluminum sulphate), palm oil. Contains 2% or less of sugar, salt, whey and sodium caseinate (A milk product), wheat starch, dextrose, corn syrup solids, cellulose gum, enzymes, silicon dioxide, honey, malt dextrin, natural butter flavor, nonfat milk, soy lecithin, annatto and turmeric. **CONTAINS MILK, WHEAT AND SOY.**
181. **Sausage Pancake on Stick by Foster Farms**- Batter ingredients: water, bleached enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, soy flour, contains 2% or less of partially hydrogenated soybean and/or cottonseed oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, egg yolk, natural and artificial sweet maple flavor (modified corn starch, acesulfame potassium, natural flavoring, maple syrup, caramel color). Artificial flavor. Fried in vegetable oil. Ground pork and vegetable protein link ingredients: ground pork (no more than 20% fat), water, contains 2% or less of textured vegetable protein product (soy protein concentrate, caramel color), zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin, salt, potassium lactate, sodium lactate, spices, sodium phosphate, sugar, caramel color, sodium diacetate. **Contains wheat, soy, eggs, and gluten.**

## **MISCELLANEOUS INGREDIENTS**

182. **Bacon Bits, PC, Imitation by Diamond Crystal Brands**- Soy flour, partially hydrogenated soybean oil, salt, natural and artificial flavorings, caramel color, FD&C Red 3. **CONTAINS SOY.**
183. **Base, Beef by Major**- Oven roasted beef with natural juices, salt, hydrolyzed soy protein, maltodextrin (from corn), sugar, corn oil, natural flavoring, whey powder (derived from milk), rice flour, onion powder, disodium inosinate & disodium guanylate. **CONTAINS WHEY AND SOY.**
184. **Base, Chicken by Major**- Oven roasted chicken with natural juices, salt, sugar, hydrolyzed soy protein, rendered chicken fat, yeast extract, modified corn starch, onion powder, maltodextrin

(from corn), natural flavoring, turmeric, disodium inosinate and disodium guanylate. **CONTAINS SOY.**

185. **Base, Onion Soup by Major-** Dehydrated toasted onions, salt, modified corn starch, hydrolyzed soy protein, hydrogenated soybean and/or cottonseed oil, onion powder, sugar, monosodium glutamate, maltodextrin (from corn), soy lecithin (emulsifier), natural flavoring. **CONTAINS SOY.**
186. **Breading Mix by One Step Breading-** Enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), salt, spices, paprika, disodium inosinate and disodium guanylate, sodium bicarbonate, sodium acid pyrophosphate, defatted soy flour, eggs, soybean oil, nonfat milk, monocalcium phosphate, paprika extract. **Contains wheat, soy, egg, and milk ingredients.**
187. **Broth, Chicken by Hanover-** Chicken broth, chicken fat, salt, hydrolyzed wheat protein, autolyzed yeast extract, maltodextrin [from tapioca and corn], chicken meat, sugar, cornstarch, natural flavors, onion powder, partially hydrogenated cottonseed and soy oils, turmeric, garlic powder, spices. **Contains wheat.**
188. **Cornmeal, White, Plain-** 100% Whole grain stone ground yellow corn meal.
189. **Cornmeal, Yellow, Plain-** 100% Whole grain stone ground yellow corn meal.
190. **Food Release, Vegetable Oil Only by Vegalene-** A blend of partially hydrogenated soybean oil, canola oil, sunflower oil, soy lecithin, natural flavor, beta-carotene and propellant. **CONTAINS SOY.**
191. **Garlic Flavored Butter Spray-** Canola oil, soy lecithin, natural butter flavor, natural garlic flavor, salt, beta carotene (natural color) and propellant. **Contains soy.**
192. **Lemon Juice, Reconstituted by Piknik-** Water, concentrated lemon juice, citric acid, salt, ester of wood rosin, glycerin, xanthan gum, sodium benzoate, potassium sorbate, (preservatives), sodium insulfate, yellow 5 (Tartrazine).
193. **Pan Spray, Butter Flavored-** Canola oil, soy lecithin, artificial butter flavor, salt, beta carotene and propellant. **CONTAINS SOY.**
194. **Shortening, vegetable by Richtex-** Partially hydrogenated soybean and cottonseed oil with mono- and diglycerides. **CONTAINS SOY.**
195. **Soup, Cream of Celery-** Water, celery, wheat flour, soybean oil, modified corn starch, dried dairy blend (whey, calcium and sodium caseinate, dicalcium phosphate), salt, sugar, artificial color, natural flavoring, monosodium glutamate, cream, beta carotene added for color, spice. **CONTAINS WHEAT AND SOY.**
196. **Soup, Cream of Mushroom-** Water, mushrooms, wheat flour, soybean oil, salt, corn starch, modified corn starch, monosodium glutamate, whey powder, isolated soy protein, cream, disodium phosphate, autolyzed yeast extract, spice, citric acid, maltodextrin, garlic powder, onion powder. **CONTAINS WHEAT AND SOY.**

- 197. **Sugar, granulated-** Sugar.
- 198. **Sugar, Brown, Light by Pure Cane Dixie Crystals-** Brown sugar (sugar, cane syrups).
- 199. **Sugar, Confectioners by Pure Cane Dixie Crystals-** Sugar and cornstarch.