

# HIGH SCHOOL ENTREES

**BBQ Pork Rib Patty** (Pierre #3817)- Ground pork (not more than 30% fat), honey bbq sauce (high fructose corn syrup, distilled vinegar, tomato paste, corn syrup, honey molasses, water, salt, natural flavor, modified corn starch, natural hickory smoke flavor, spices, onion powder, garlic powder, sodium benzoate (preservative), caramel color, sugar) water, textured vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper, gluconate, Vitamin A Palmitate, calcium pantothenate, thiamin mononitrate (B1), pyridoxine hydrochloride (B6), , riboflavin (B2), cyanocobalamin (B12), seasoning: (tomato powder, dextrose, brown sugar, artificial vinegar, powdered Worcester sauce (corn Syrup solids, salt, garlic powder, sugar, spices, soy sauce solids (wheat, soybeans, salt, maltodextrin, caramel color), tamarinds, natural flavor), spices extractive, onion powder, natural smoke flavor, garlic powder), honey salt, and sodium phosphates.  
CONTAINS WHEAT, SOY & MILK

**BBQ, Vinegar Based** (Chandler #20500)- Pork boston butt/shoulder, sauce (water, vinegar, sugar, salt, mustard (water, distilled vinegar, mustard seed, salt, turmeric), spices, sauce base (water, salt, caramel color, molasses, vinegar, dextrose, sugar, natural flavors, mustard, natural smoke flavor, malic acid, spices, hydrolyzed (corn, wheat, soy) proteins, texture vegetable protein (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamin mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)  
CONTAINS WHEAT & SOY

**Bosco Sticks** (#2110)- **Crust:** Enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid, enzyme), whole wheat flour, water, sugar, corn oil, salt, whey, yeast, L-cysteine. **Cheese:** part skim mozzarella cheese (part skim milk, cheese cultures, salt, enzymes, smoke flavor). **Marinara Sauce** (Angela Mia): See other.  
CONTAINS MILK & WHEAT

**Cheese, American Light** (Schreiber #2416)- Cultured milk and skim milk, water, whey, salt, salt, potassium citrate, modified food starch, sodium citrate, cream, sorbic acid (preservative), lactic acid, artificial color, enzymes, soy lecithin.  
CONTAINS MILK & SOY

**Cheese, Cheddar** (Great Lakes #18340)- Water, partially hydrogenated soybean oil, casein and or caseinate, modified food starch, sodium aluminum phosphate, salt, corn starch, lactic acid, sodium citrate, sodium phosphate, sorbic acid as a preservative, annatto (color) and oleoresin paprika (color), potato starch and powdered cellulose added to prevent caking.

**Cheesy Garlic Flatbread** (Schwann's #73341)- **Crust:** enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, defatted soy flour, yeast, soybean oil, isolated soy protein, sugar, glucono-delta-lactone, datem, sodium bicarbonate, salt, dough conditioners (wheat starch, L-cysteine, hydrochloride, ammonium sulfate). **Toppings:** Low moisture part skim mozzarella cheese, (pasteurized milk cultures, enzymes), mozzarella cheese substitute (water, vegetable corn oil and/or soy oil), cheese solids, modified food starch, rennet casein, sweet whey, nonfat dry milk, sodium aluminum phosphate, salt, carrageenan, magnesium oxide, ferric orthophosphate, vitamin A palmitate, niacinamide, zinc oxide, pyridoxine hydrochloride (Vit B6), cyanocobalamin. **Sauce:** Water, garlic sauce mix (maltodextrin, nonfat dry milk, partially hydrogenated soybean oil, modified food starch, natural butter flavor (maltodextrin, natural butter flavor), garlic, salt, hydrogenated corn protein, sodium, caseinate). **Garlic Topping:** Garlic spice  
CONTAINS WHEAT, SOY & MILK

**Cheesy Garlic French Bread** (Nardone's #60GUM):- **Crust:** water, whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), contains 2% or less of wheat gluten, sugar, soybean oil, salt, yeast, calcium propionate (A preservative), dextrose, wheat flour, datem, corn starch, calcium sulfate, ammonium sulfate, malted barley flour, ascorbic acid (dough conditioner), azodicarbonamide, potassium iodate, enzymes, L-cysteine. **Cheese:** low moisture part skim mozzarella cheese [cultured pasteurized part skim milk, salt and enzymes] **Sauce:** soybean oil, water, garlic juice, salt, natural flavors (contain milk), garlic, sodium, acid sulfate, potassium sorbate (preservative), xanthan gum, guar gum, sodium alginate, citric acid, oleoresin, turmeric, calcium disodium EDTA (to protect flavor), oleoresin paprika.  
CONTAINS MILK, WHEAT and SOY.

**Chicken, Asian New Orleans** ( Asian Food Solutions # 73002)- Chicken thigh strips (with water, salt, soybeans, sugar, wheat flour, caramel color, lactic acid, sodium benzoate) isolated soy protein product, mushroom flavored soy sauce (water, salt, soybeans, sugar, wheat flour), caramel color, sugar, natural and artificial flavor, disodium 5-inodinate and disodium 6-guanylate, sodium benzoate), seasoning (sugar, pepper, mustard seed, garlic, wheat flour, fructose, thyme, celery seed, xanthan gum, basil, maltodextrin autolyzed yeast extract, soybean oil, salt), autolyzed yeast and potassium chloride, potassium phosphate), brown sugar, oyster flavored sauce [oyster extractives (oyster, water, salt), sugar, water, salt, modified corn starch, caramel color], water modified food starch, sherry wine reduction, modified potato starch. CONTAINS DAIRY, SOY & WHEAT

**Chicken, Asian Spicy** ( Asian Food Solutions # 73003)- Chicken thigh strips [with water, soy sauce (water, salt, soybeans, sugar, wheat flour, caramel color, lactic acid, sodium benzoate), isolated soy protein product, mushroom flavored soy sauce (water, salt soybeans, sugar, wheat flour), caramel color, sugar, natural and artificial flavor, disodium 5-inodinate and disodium 6-guanylate, sodium benzoate), seasoning (sugar, pepper, mustard seed, garlic, wheat flour, fructose, thyme, celery seed, xanthan gum, basil, maltodextrin autolyzed yeast extract, soybean oil, salt), autolyzed yeast and potassium chloride, potassium phosphate), water, oyster flavored sauce [oyster extractives (oyster, water, salt), sugar, water, modified corn starch, caramel color], soy sauce (water, salt, soybeans, sugar, wheat flour, caramel color, lactic acid sodium benzoate) **Sauce:** Brown sugar, modified food starch, garlic powder, spices, mushroom flavored soy sauce (water, salt, soybeans, sugar, wheat flour), caramel color, sugar, natural and artificial flavor, disodium 5-inodinate and disodium 6-guanylate, sodium benzoate), crushed chili peppers, modified potato starch, sherry wine reduction, chicken flavor (maltodextrin, chicken broth, salt, disodium inosinate and disodium guanylate), soybean oil. CONTAINS DAIRY, SOY & WHEAT

**Chicken Fritters**( Pilgrim's Pride #13937)- Chicken containing up to 17% solution of water, salt and sodium phosphates. Breeding: Water, bleached enriched wheat flour (enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) , modified corn starch, salt, yellow corn flour, spices, leavening (sodium bicarbonate, sodium aluminum phosphate, , monocalcium phosphate), flavor (maltodextrin, autolyzed yeast extract, flavor, hydrolyzed corn gluten), soybean oil, dried garlic, dried onion. Silicon dioxide added as an anticaking agent. Breeding set in vegetable oil.

CONTAINS WHEAT

**Chicken Nuggets** ( Tyson #2155)- Chicken, water, textured soy protein, isolated soy protein with less than 2% soy lecithin, seasoning (corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, modified corn starch, dried vinegar), garlic powder, onion powder, chicken type flavor (hydrolyzed corn gluten, autolyzed yeast extract, sunflower oil, disodium inosinate, disodium guanylate), sodium acid pyrophosphate. Breaded with: Whole wheat flour, enriched bleached wheat flour (enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, modified wheat starch, salt, soybean oil, spice, yellow corn flour, paprika, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), garlic powder, natural flavor, extractives of turmeric, fumaric acid. Breeding set in vegetable oil. CONTAINS SOY AND WHEAT

**Chicken Patty** (Pilgrim's Pride #110113)- Chicken breast with rib meat, water, dried whole egg, seasoning (salt, flavor, Modified corn starch), sodium phosphate. Battered and predusted with: water, enriched bleached wheat flour (enriched with niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), modified corn starch, salt, spices, dextrose, dried garlic, paprika, and annatto, xanthan gum, natural flavor. Breaded with: Enriched bleached wheat flour (Enriched with niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), enriched wheat flour (Enriched with niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), salt, spices, soybean oil, dextrose, dried garlic, paprika and annatto, extracts of paprika, Breeding set in vegetable oil.  
CONTAINS WHEAT AND EGG

**Chicken Patty, Grilled** (Pilgrim's Pride #6646)- Boneless skinless Chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, Vitamin B12, copper pantothenate, pyridoxine hydrochloride, thiamin mononitrate, riboflavin), seasoning (salt, maltodextrin, dextrose, modified corn starch, torula yeast, grill flavor (from sunflower oil), corn syrup solids, disodium inosinate and disodium guanylate, sulfites up to 16 PPM), salt, sodium phosphates, sugar, white pepper, onion powder and citric acid.  
CONTAINS SOY

**Chicken Patty, Spicy** (Proview #50025): Chicken Breast with Rib meat, vegetable protein product (isolated soy protein, magnesium oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A Palmitate, Calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, Riboflavin), water, seasoning, salt, sugar, hydrolyzed corn gluten, modified food starch, wheat gluten, soy protein concentrate, yeast extract, natural flavors, disodium inosinate and disodium guanylate, canola oil, sodium phosphate. Battered with: water, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified food starch, gum Arabic, wheat gluten, egg whites, yellow corn flour, natural flavor, salt, sugar, spices soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), extractives of paprika, corn starch. Breaded with: Enriched bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), spice, salt, enriched corn flour (yellow corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spice, soybean oil, sugar, natural flavor, yeast, partially hydrogenated soybean oil, extractives of paprika, iodized salt, dextrose, caramel color, calcium propionate, whey, yellow 5, yellow 6. Breeding is set in vegetable oil.  
CONTAINS WHEAT, SOY, EGG, MILK

**Chicken Salad**- (Reisers)- Cooked Chicken (dark meat chicken, white meat chicken, water, whey protein concentrate [milk], salt), celery, mayonnaise (soybean oil, water, egg yolks, vinegar, corn syrup, salt, spices, calcium disodium EDTA to protect flavor), chicken broth ( water, chicken including chicken juices, salt, chicken fat, sugar, yeast extract, maltodextrin, dried whey, flavor, turmeric), sweet pickles (cured cucumber, high fructose corn syrup, water, vinegar, salt, modified tapioca starch, xanthan gum, sodium benzoate, natural flavor, calcium chloride), sugar, bread crumbs (wheat flour, yeast, sugar, salt), dehydrated onion, phosphoric acid, modified corn starch, dried yeast, spice, maltodextrin, cultured dextrose, salt, xanthan gum, potassium sorbate and sodium benzoate to protect flavor, sodium diacetate, dried dill, egg white lysozymes, nisin preparation.  
CONTAINS MILK, EGG, WHEAT & SOY.

**Chicken Smackers** (Goldkist #110453)- Chicken, water, modified food starch, salt, sodium phosphate. Breaded with: Bleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), salt, rice flour, spices, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, yeast, extracts or paprika. Battered with: water, bleached enriched wheat flour (enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), food starch modified, salt, rice flour, sugar, dried cultured milk, milk whey, seasonings (dried onion, dried garlic), powdered cellulose, natural flavor (polysorbate and lactic acid), disodium inosinate, disodium guanylate. Predusted with: Enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), modified corn starch, yellow corn flour, salt, tapioca maltodextrin, xanthan gum, natural flavor, dextrose, propyl gallate, citric acid. Breeding set in vegetable oil.  
CONTAINS MILK AND WHEAT

**Chicken Tenders** (Goldkist #6241)- White Chicken meat, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, Vitamin B-12, copper gluconate, vitamin A palmitate, calcium panthothenate, pyridoxine hydrochloride, thiamin mononitrate, riboflavin), Dried whole egg, salt, sugar, sodium phosphate, white pepper, onion powder, garlic powder. Breaded with: Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), yellow corn flour, salt, spices, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), soybean oil, dried whey, sugar, yeast, dehydrated bell pepper, dried garlic, dried onion. Battered and predusted with: water, bleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), yellow corn flour, salt, spices, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose dried whey, hydrolyzed corn protein, caramel color, yeast extract, soybean oil, extractives of paprika, annatto and lactic acid. Breeding set in vegetable oil.  
CONTAINS EGG, MILK, SOY & WHEAT

**Chicken Teriyaki** ( Pierre #9829)- Chicken, water, teriyaki sauce (soy sauce [water, soybeans, wheat, salt, sodium benzoate], sugar, water, distilled vinegar, modified corn starch, pineapple juice concentrate, soybean oil, caramel color, xanthan gum, garlic powder, sodium benzoate, spice and natural flavor), vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamin mononitrate (B-1), pyridoxine hydrochloride (B-6), riboflavin (B-2) and cyanocobalamin (B-12), 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, thiamin hydrochloride, disodium inosinate, disodium guanylate), sodium phosphates.  
CONTAINS WHEAT & SOY

**Corn Dogs, Whole Wheat** (Foster Farm #95150)- **Batter:** water, whole wheat wheat flour (enriched with yellow corn meal, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), sugar, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, soy flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), soybean oil, salt, egg yolks, potato flour, dried honey, egg whites, artificial flavor. Fried in vegetable oil **Frank:** Mechanically separated chicken, water, corn syrup solids, contains 2% or less of salt, spices, potassium lactate, sodium phosphate, flavorings, sodium erythorbate, sodium diacetate, sodium nitrate.  
CONTAINS EGG, SOY, and WHEAT

**Corn Dog Bites, Whole Grain** ( House of Raeford #20420)- **Turkey frankfurter:** *separated* Turkey, water, salt, corn syrup solids, flavorings, dextrose, ascorbic acid (vitamin C), garlic powder, natural smoke flavoring, extractives of paprika, sodium nitrate. **Battered and Breaded with:** water, enriched whole grain wheat flour and corn meal (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soy flour, leavening (sodium acid pyrophosphate, sodium bicarbonate) dextrose, egg yolks, non fat milk, salt, sodium caseinate.  
CONTAINS EGG, MILK, WHEAT and SOY

**Fish Wedges** (Trident #476854)- 64.5% Alaska Pollack. **Batter/Breading** :35.5%- Enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, enriched bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), less than 2% of each of the following: corn starch, defatted soy flour, dried whey, egg white, food starch modified, salt, , leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, sugar, vegetable oil shortening (soybean and cottonseed), yellow corn flour, parfried in vegetable oil (soybean or canola) CONTAINS FISH, WHEAT, SOY, EGG AND MILK

**Grilled Cheese:** **Bread** (see bread section). **American Cheese** (See entrée section) , **Buttermist** (canola oil, lecithin, concentrated natural butter flavor, salt, beta carotene, propellant.

**Ham** - (Carl Budding #53105) Ham, water, salt, contains less than 2% of sugar, potassium lactate, sodium phosphate, carrageenan, sodium diacetate, sodium erythorbate, sodium nitrate.

**Hamburger** (Proview #Cn2624OLK)- ground beef (not more than 20% fat), water, textured vegetable protein, [soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A, palmitate, calcium panthothenate, thiamin mononitrate (B-1), pyridoxine hydrochloride (B-6), riboflavin (B-2), cyanocobalamin (B-12)), seasoning (hydrolyzed soy protein (caramel color), dehydrated onion and garlic, potassium chloride, salt, maltodextrin, spice, sugar, torula yeast, yeast extract, disodium inosinate, natural flavoring) CONTAINS: SOY

**Hot Dog** (Perdue #65669)- Mechanically separated turkey, water, salt, corn syrup, flavorings, sodium phosphate, paprika, sodium erythorbate, sodium nitrate.

**Hummus Meal:** **Hummus:** Chick peas, sesame Tahini, Lemon Juice, Canola Oil, Roasted Garlic, Spices, Sea Salt, Natural Flavor, sodium benzoate and potassium sorbate. **Vegetables:** Grape tomatoes, Cucumber, Carrots. **Pita Bread:** enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, less than 2% of yeast, salt, sugar, dough conditioner (distilled monoglycerides, calcium salts, guar gum, wheat starch, sodium metabisulfite, ascorbic acid), preservatives (calcium propionate, fumaric acid), vinegar. CONTAINS WHEAT & SOY

**Macaroni & Cheese:** (Land-o-Lakes #43284) Cooked enriched pasta (water, semolina, egg whites, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), Reduced Fat American Cheese (cultured pasteurized milk and skim milk, salt, sodium phosphate, contains less than 2% of lactic acid, artificial color, Vitamin A palmitate enzymes) water, maltodextrin, contains less than 2% of natural flavor, water disodium phosphate, nonfat dry milk, autolyzed yeast extract, xanthan gum, potassium sorbate (preservative), butter (cream, salt), food starch-modified, xanthan gum. CONTAINS: WHEAT, MILK & EGGS

**Nachos:** **Chili** : ground beef (no more than 20% fat), KIDNEY BEANS (prepared dark red kidney beans, water, corn syrup, salt, calcium chloride, calcium disodium EDTA), TOMATO PASTE, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), DEHYDRATED ONION, CHILI POWDER (chili pepper, spices, salt, garlic powder, SEASONING (potassium chloride, natural flavoring [contains maltodextrin]), SUGAR, SALT, SPICES, PAPRIKA EXTRACT, CAMEL COLOR. **Tortilla Chips** (Tostitos- Thick cut)- Whole Yellow Corn, vegetable oil (contains one or more of the following: corn, sunflower, or soybean oil), salt.. **Cheese Sauce** (Lucky Leaf #37049 & 37072)- Cheese whey, modified food starch (corn), partially hydrogenated soybean and/or cottonseed oil, salt, maltodextrins, cheeses (cheddar cheese and blue cheese [cultured milk, salt, and enzymes]), monosodium glutamate, sodium phosphate, natural flavors, vinegar (in cheddar cheese sauce only), autolyzed yeast extract, sodium stearoyl-2-lactylate, color added (yellow 5 & 6) lactic acid, citric acid. {Nacho cheese also contains tomato paste, jalapeno peppers, and onions). CONTAINS MILK & SOY

**Penne Pasta w/Marinara & Meatballs** (Proview #2805VS)-**Penne:** Semolina, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid. **Marinara:** See other **Meatballs:** Ground beef (not more than 30% fat), 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), onion, whole dried eggs, seasoning (salt, hydrolyzed soy protein (caramel color), dehydrated onion and garlic, maltodextrin, spice, sugar, torula yeast, autolyzed yeast extract, disodium inosinate, natural flavoring), vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin). CONTAINS SOY, EGGS.

**Pizza** (Big Daddy #78944 cheese & 78945pepperoni)- **Crust:** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, white whole wheat flour, whey protein concentrate, cornmeal, yeast, isolated soy protein, soybean oil, butter flavored oil with garlic (partially hydrogenated soybean oil, natural garlic flavor, salt, artificial flavor, soy lecithin, beta carotene [color], Vitamin A palmitate), contains 2% or less: sugar, salt, wheat gluten, parmesan cheese, (pasteurized cultured part-skim milk, salt, enzymes), flavorings (wheat flour, modified food starch, artificial flavors), dough conditioners (whey, ammonium sulfate, L-cysteine), Datem, dextrose, malted barley flour, guar gum, soy lecithin, ascorbic acid, enzymes (enzymes, salt, wheat starch, dextrin) **Mozzerella Cheese:** Cultured pasteurized part skim milk, salt, enzymes. **Sauce:** Tomatoes (water, tomato paste [not less than 28% soluble solids], contains 2% or less : modified food starch, Parmesan cheese(pasteurized cultured part skim milk, salt, enzymes), salt, maltodextrin, spices, natural flavor (potassium chloride, maltodextrin, autolyzed yeast extract, modified food starch, dextrose, natural flavor, silicon dioxide and citric acid), paprika, granulated garlic, citric acid, onion powder, garlic powder. **Pepperoni:** 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, thiamin mononitrate (B-1), pyridoxine hydrochloride (B-6), riboflavin (B-2), cyanocobalamin (B-12)), salt , less than 2% of spices, dextrose, lactic acid starter culture, oleoresin of paprika, flavoring, sodium nitrite, BHA, BHT, with citric acid added to help protect flavor. \*Ingredient not in regular pepperoni. CONTAINS MILK, SOY & WHEAT.

**Pizza, French Bread, Cheesy Garlic** : Nardone's (#60GUM)- ***Crust***:: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, contains 2% or less of soybean oil, salt, sugar, yeast, calcium propionate, and sodium propionate (preservative). Mono and diglycerides, dextrose, wheat flour, Datem, Ethoxylated mono and diglycerides, corn starch, calcium sulfate, malted barley flour, ammonium sulfate, ascorbic acid (dough conditioner), azodicarbonamide, polysorbate 60, Potassium iodate, propanoic acid, enzymes, L-cysteine, phosphoric acid. ***Cheese***: Low moisture part skim mozzarella cheese [culture pasteurized part skim milk, salt and enzymes]. ***Sauce***: Soybean oil, water, garlic juice, salt, natural flavors (contain milk), garlic, sodium acid sulfate, potassium sorbate (preservative) xanthan gum, guar gum, sodium alginate, citric acid, oleoresin turmeric, calcium disodium EDTA (to protect flavor), oleoresin paprika.,  
CONTAINS MILK, WHEAT and SOY.

**Pizza Dippers** (Gilardi #77387-12685)- ***Crust*** (Flour blend [enriched wheat flour {bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid}, whole wheat flour, soy flour], water, soybean oil, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten). ***Shredded Mozzarella Cheese*** (Pasteurized part skim milk, cheese cultures, salt, enzymes). ***Shredded Mozzarella Cheese Substitute*** (Water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin and vitamin B-12], vitamin A palmitate). CONTAINS: WHEAT, MILK, AND SOY.

**Quesadilla, cheese** (Tasty Brands #25101)-***Cheese Filling***: Pasteurized Process white cheddar cheese (cheddar cheese [cultured milk, salt, enzymes], water, enzyme-modified cheese [cultured milk water, salt, sodium phosphate, cream, sodium citrate, enzymes, sorbic acid (preservative), artificial color], sodium phosphate, salt sorbic acid (preservative), sodium pyrophosphate, lactic acid), red sauce (water, tomato paste [tomatoes], vinegar, chili powder [chili peppers, spices, salt], paprika, salt, modified food starch, cumin, garlic powder, onion powder). ***Tortilla***: enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), and contains less than 2% of the following: leavening (sodium bicarbonate, sodium aluminum sulfate, corn starch, monocalcium phosphate, and/or sodium acid pyrophosphate, calcium sulfate), salt, sugar, calcium propionate, and sorbic acid and or potassium sorbate (preservative), dough conditioners (fumaric acid, sodium metabisulfate, and/or mono and diglycerides), Sealant: Guar gum. CONTAINS MILK, WHEAT and SOY

**Salads- Base Mix**- Salad mix with romaine, carrots and red cabbage, cucumber, and tomato. Served with crackers (see breads) \*\* All Salads include saltine crackers (see crackers under bread)

**Apple/Cranberry Salad- Salad Mix** (see salad mix), fresh apples, cranberries, dried (Cranberries, sugar & sunflower oil.

**Breaded Chicken-Salad Mix** (see salad mix), Chicken (see Chicken patty) CONTAINS WHEAT AND EGG

**Caesar Salad-Romaine Lettuce, Chicken**: see Chicken Patty, ***Parmesan Cheese***: Pasteurized part skim milk, cheese cultures, salt, enzymes, powdered cellulose (to prevent caking), natamycin (to protect flavor). ***Croutons***: Wheat Flour, canola and/or olive oil, salt, whey, yeast, sugar, romano cheese (milk, cheese culture, salt, enzymes), parsley, spices, dehydrated onion, dehydrated garlic, citric acid, disodium inosinate and disodium guanylate, beta carotene (for color), niacin, ascorbic acid, reduced iron, thiamin mononitrate, riboflavin, folic acid  
CONTAINS WHEAT & MILK

## Salads-(cont)

**Caesar Salad, Spicy -Romaine Lettuce, Spicy Chicken:** see Spicy Chicken Patty, **Parmesan Cheese:** Pasteurized part skim milk, cheese cultures, salt, enzymes, powdered cellulose (to prevent caking), natamycin (to protect flavor). **Croutons:** Wheat Flour, canola and/or olive oil, salt, whey, yeast, sugar, romano cheese (milk, cheese culture, salt, enzymes), parsley, spices, dehydrated onion, dehydrated garlic, citric acid, disodium inosinate and disodium guanylate, beta carotene (for color), niacin, ascorbic acid, reduced iron, thiamin mononitrate, riboflavin, folic acid

CONTAINS WHEAT & MILK

**Chef's Salad w/ Turkey & Ham- Salad mix, Julienne turkey:** turkey, corn syrup solids, nonfat dry milk powder, salt, sodium tripolyphosphate, water. **Ham:** See Ham **Cheese:** See Cheese

**Cheese Salad-** Salad mix, American cheese (see Cheese)

**Chicken Fajita Salad- Salad mix, Fajita Strips:** Boneless, skinless dark and white chicken meat, water, seasoning (salt, maltodextrin, isolated soy protein, modified tapioca starch, sodium tripolyphosphate, spices, torula yeast, dehydrated garlic, dehydrated onion, mesquite smoke flavor, spice extractives, disodium inosinate, disodium guanylate, starch (starch, non-fat dry milk), sodium phosphate and citric acid.

**Chicken Popper or Fritters-** Salad Mix, Chicken Poppers– see Chicken Smackers, Chicken Fritters- See Chicken Fritters

CONTAINS WHEAT & MILK

**Grilled Chicken Salad- Salad Mix** (see salad mix), **Grilled Chicken:** Chicken, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate. Vitamin B -12, copper gluconate, vitamin A palmitate, calcium pantothenic, pyridine, hydrochloride, thiamine mononitrate, riboflavin), grill flavor (Yeast, modified food starch, disodium inosinate and disodium guanylate), salt, dextrose, sodium phosphate, white pepper, onion powder and citric acid.

**Teriyaki Chicken Salad- Salad Mix** (see salad mix) **Teriyaki Chicken:** See Chicken, Teriyaki

CONTAINS WHEAT AND SOY

**Sausage Patty** (Jones #018745)- Pork, water, salt, spices, dextrose, sugar.

**Sliders(mini cheeseburgers w/mini bun:** (Advance #10712) **Burger:** Beef (not more than 20% fat), salt, caramel color. **Bun:** Enriched flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, vital wheat gluten, yeast, salt, soybean oil, contains 2% or less of the following: mono & diglycerides (as crumb softeners), calcium propionate (mold inhibitor) amyloytic enzymes (to prevent staling), dough conditioners (sodium stearoyl, lacylate, azodicarbonamide, ascorbic acid).

CONTAINS WHEAT & SOY

**Spaghetti** (JTM )- **Sauce:** ground beef (not more than 20% fat), water, tomato paste, sugar, seasoning(sugar, onion, spice, garlic) salt, dehydrated garlic, maltodextrin. May contains dehydrated parsley or potassium chloride. **Spaghetti Noodles:** semolina (with niacin, iron, [ferrous sulfate], thiamin, mononitrate, riboflavin, folic acid.

**Steak Nuggets** (Pierre #3811)- ground beef (not more than 20% fat), enriched wheat flour, (niacin, ferrous sulfate, thiamin, mononitrate, riboflavin, folic acid), water, modified food starch, salt, sodium phosphates, buttermilk powder (sweet cream and whey cream)spices, dried egg whites, flavor (lactic acid, buttermilk powder, citric acid, modified food starch, natural flavor, maltodextrin), wheat gluten, yellow corn flour, dextrose, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate), yeast, onion powder, oleoresin, paprika, monoglycerides, spice extractive, citric acid, dried whey, soybean oil.

CONTAINS WHEAT, SOY & MILK

**Subs (Deli)**- See below for ingredients in various Subs.

**Ham & Cheese Sub**- Ham, turkey (see Ham), Cheese (see cheese, American) , sub Roll (see bread)

**Turkey & Cheese Sub**- turkey (see turkey), Cheese (see cheese, American) , sub Roll (see bread)

**Turkey, Ham & Cheese Sub**- Ham, turkey (see Ham ), turkey (see turkey), Cheese (see cheese, American) , sub Roll (see bread)

**Tuna Fish** - Canned Tuna, mayonnaise (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 FISH, SOY & EGG

**Turkey, deli** (Carl Budding #53103)- Turkey breast, water, salt, contains less than 2% of dextrose, modified corn starch, potassium lactate, sodium phosphate, carrageenan, sodium diacetate, sodium erythorbate, natural flavoring, honey, sodium nitrate.

**Veggie Spicy Black Bean Burger** (Morningstar #49938)-, Textured vegetable protein (water, soy protein concentrate, wheat gluten, caramel color), cooked black beans (black beans, water), cooked brown rice (water, brown rice), onion, corn oil, water, sodium caseinate, diced tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride) egg whites, roasted corn, whole kernel corn, bulgar wheat, green chilies (green chile peppers, water, salt, citric acid calcium chloride), contains 2% or less of calcium caseinate, cornstarch, onion powder, spices, yeast extract, dried tomatoes, dextrose, garlic powder, salt, hydrolyzed vegetable protein (corn gluten, wheat gluten, soy protein), soy sauce (soybeans, wheat, salt), natural and artificial flavors, paprika (for color), jalapeno pepper, xanthan gum, disodium inosinate, lemon oil, Lactic acid.

CONTAINS SOY, WHEAT, MILK AND EGG INGREDIENTS.

**Wings, Buffalo Boneless:** Boneless, skinless chicken breast chunks with rib meat, seasoning (water, distilled vinegar, aged cayenne peppers, salt, natural and artificial flavors and color, sodium phosphate, partially hydrogenated soybean oil, spices, extractives of paprika, soy lecithin, garlic powder), water, wheat flour, isolated soy protein, with less than 2% soy lecithin, modified food starch, salt. BREADED WITH: enriched bleached wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin folic acid), water, modified corn starch, yellow corn flour, maltodextrin, cayenne pepper, distilled vinegar, salt, wheat gluten, spices, yeast, dextrose, sugar, extractives of paprika, leavening (sodium bicarbonate, sodium aluminum phosphate), natural flavors cellulose gum, xanthan gum, guar gum. Breeding set in vegetable oil.

CONTAINS SOY, WHEAT.

**Wraps:** All Tortilla wraps (Whole wheat, spinach or tomato): See Wraps under breads.

**Chicken Popper Wrap:** *Chicken Poppers:* See Chicken Smackers or Fritters (under entrees), lettuce & tomato

**Chicken Caesar Wrap:** See Chicken Patty (under entrees), parmesan cheese (under Caesar Salad), lettuce.

**Chicken Teriyaki Wrap:** *Chicken:* See Teriyaki Chicken (under entrees), lettuce & tomato.

**Spicy Chicken Caesar Wrap:** See spicy Chicken Patty (under entrees), parmesan cheese (under Caesar Salad), lettuce.

**Ham & Cheese Wrap:** See Ham, Turkey (under entrees), Cheese (under lite Am. Cheese) lettuce & tomato.

**Turkey Bacon & Cheese Wrap:** *Turkey:* see Turkey (under entrees), *Bacon* (#27110) –dark turkey, white turkey, water, sugar, contains 2% or less natural smoke flavor, sodium erythorbate, natural flavor, sodium nitrate, vegetable oil. *Cheese* (see lite cheese under entrees), lettuce & tomato.

**Turkey, Ham & Cheese Wrap:** See turkey, Ham and Cheese (Under entrees), lettuce & tomato.

**Chicken Salad Wrap:** See Chicken salad (under entrees), lettuce & tomato. Tuna Salad Wrap: See Tuna fish (under entrees), lettuce & tomato.

**Yogurt Parfait:** **Yogurt:** Cultured pasteurized grade A milk, sugar, water, modified corn starch, whey, natural flavors, tricalcium phosphate, gellan gum, potassium sorbate, citric acid, Vitamin D-3. **Fruit:** May be peaches, mixed fruit, pears, pineapple, strawberries. **Gripz:** Whole Wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B-1), riboflavin (vitamin B-2), folic acid), sugar, vegetable oil (soybean and palm oil with TBHQ for freshness), polydextrose, fructose, contains 2% or less of cinnamon, calcium carbonate, molasses, salt, soy lecithin, artificial flavor, baking soda, datem, whey, vitamin A palmitate.  
CONTAINS MILK Gripz: CONTAIN WHEAT & SOY

## BREADS

**Biscuits** (Bakery Chef #121031)- Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate (B-1), riboflavin (B-2), folic acid), water, palm oil. Contains less than 2%: buttermilk, sugar, salt, sodium bicarbonate, soybean oil, whey, sodium acid pyrophosphate, food starch-modified, sodium aluminum phosphate, monocalcium phosphate, datem, soy lecithin, maltodextrin, dextrose, natural and artificial flavor.  
CONTAINS ALLERGENS: WHEAT, MILK

**Crackers** (Sunshine 13058)- enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (B-1), riboflavin (B-2), folic acid), hydrogenated soybean and/or cottonseed oil, salt, contains 2% or less of corn syrup, leavening (baking soda, yeast), malt extract, dextrose, soy lecithin. CONTAINS WHEAT AND SOY.

**Croissants** (Hadley Farm #139)- Whole wheat flour, Enriched wheat flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), water, , vegetable shortening (palm oil, soybean oil, soybean lecithin with mono and diglycerides, Vitamin A palmitate), sugar, contains 2% or less of the leavening (yeast, baking powder [sodium bicarbonate, cornstarch. Sodium aluminum phosphate, calcium sulfate, monocalcium phosphate], nonfat drymilk, salt, dough conditioners (datem, dextrose, ascorbic acid, L-cysteine, azodicarbonamide (ADA), enzymes, calcium stearoyl-2-lactylate ), eggs, wheat gluten, artificial flavor, preservatives (calcium propionate, potassium sorbate, citric acid).  
CONTAINS EGGS, MILK, WHEAT AND SOY

**Dinner Roll**- unbleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (B-1), riboflavin (B-2), folic acid (A B Vitamin), water, high fructose corn syrup, yeast, contains 2% or less of the following: wheat gluten, vegetable oil (soybean or canola oil), salt, dough conditioners (sodium stearoyl, lactylate, calcium stearoyl-2-lactylate, monoglycerides, calcium peroxide, datem), soy flour, calcium sulfate, calcium propionate, monocalcium phosphate.

**English Muffin** (#802) Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Wheat Gluten, Contains Less Than 2% Of Each Of The Following: Soybean Oil, Sugar, Salt, Calcium Propionate, Fumaric Acid, Baking Soda, Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate.0g Trans Fat. CONTAINS WHEAT & SOY

**Hamburger Bun, Whitewheat**- Unbleached enriched wheat flour [flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid (a b vitamin), water, sugar, fiber (soy fiber and/or cottonseed fiber), wheat gluten, yeast, contains 2% or less of each of the following: calcium sulfate, vegetable oil (soybean oil or canola oil), salt, soy flour, dough conditioners (sodium stearoyl lactylate, calcium stearoyl-2-lactylate, monoglycerides, calcium iodate, ethoxylated mono and diglycerides, calcium peroxide,datem, azodicarbonamide) cultured wheat flour, guar gum, vinegar, ferrous sulfate, thiamin hydrochloride, monocalcium phosphate, yeast food (ammonium sulfate), soy lecithin

**Hamburger Bun**- unbleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (B-1), riboflavin (B-2), folic acid (A B Vitamin), water, high fructose corn syrup, yeast, contains 2% or less of the following: wheat gluten, vegetable oil (soybean or canola oil), salt, dough conditioners (sodium stearoyl, lacylate, calcium stearoyl-2-lactylate, monoglycerides, calcium peroxide, datem), soy flour, calcium sulfate, calcium propionate, monocalcium phosphate.

**Hot dog Bun, Whitewheat**- Unbleached enriched wheat flour [flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid (a b vitamin), water, sugar, fiber (soy fiber and/or cottonseed fiber), wheat gluten, yeast, contains 2% or less of each of the following: calcium sulfate, vegetable oil (soybean oil or canola oil), salt, soy flour, dough conditioners (sodium stearoyl lactylate, calcium stearoyl-2-lactylate, monoglycerides, calcium iodate, ethoxylated mono and diglycerides, calcium peroxide,datem, azodicarbonamide) cultured wheat flour, guar gum, vinegar, ferrous sulfate, thiamin hydrochloride, monocalcium phosphate, yeast food (ammonium sulfate), soy lecithin

**Hot dog Bun**- unbleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (B-1), riboflavin (B-2), folic acid (A B Vitamin), water, high fructose corn syrup, yeast, contains 2% or less of the following: wheat gluten, vegetable oil (soybean or canola oil), salt, dough conditioners (sodium stearoyl, lacylate, calcium stearoyl-2-lactylate, monoglycerides, calcium peroxide, datem), soy flour, calcium sulfate, calcium propionate, monocalcium phosphate.

**Sub Roll**- unbleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (B-1), riboflavin (B-2), folic acid (A B Vitamin), water, high fructose corn syrup, yeast, contains 2% Or less of the following: wheat gluten, vegetable oil (soybean or canola oil), salt, dough conditioners (sodium stearoyl, lacylate, calcium stearoyl-2-lactylate, monoglycerides, calcium iodate, calcium peroxide, datem), soy flour, calcium sulfate, calcium propionate, monocalcium phosphate. Yeast food if sesame seeds are added.

**Tortilla Wrap- Whole Wheat (Mission #10425)**- Whole wheat flour, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate, and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fumaric acid, sodium metabisulfate), calcium propionate and sorbic acid (to preserve freshness). CONTAINS WHEAT

**Tortilla Wrap- Spinach** (Mission # 20119)- Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil and or palm oil), contains less than 2% of each of the following: seasoning (spinach powder, dehydrated onions, spices, garlic, soybean oil, artificial colors [FD&C Yellow #5 and FD&C Blue # 1], salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate, and/or sodium acid pyrophosphate, calcium sulfate), distilled monoglycerides, wheat starch, alpha amylase, tricalcium phosphaste, BHT, cellulose gum, dough conditioners (fumaric acid, sodium metabisulfate), calcium propionate and sorbic acid and/or citric acid(to preserve freshness).  
CONTAINS WHEAT

**Tortilla Wrap- Sun Dried (Mission #20116)**- Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), seasoning (tomato powder, spices, salt, sugar, red bell pepper, autolyzed yeast, sundried tomatoes, dehydrated garlic, dehydrated onion, citric acid, natural and artificial flavor, extractives of paprika, less than 40ppm sulfating agents, and not more than 2% of calcium silicate and silicon dioxide (anticaking agent), contains less than 2% of yellow prussiate of soda, sodium silicoaluminate, colorant (dextrose, FD&C Red #40 lake, caramel color, FD&C Red#40, FD&C Yellow #5, FD&C Yellow #6), leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate, and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fumaric acid, sodium metabisulfate, corn starch, microcrystalline cellulose, dicalcium phosphate), calcium propionate and sorbic acid (to preserve freshness).  
CONTAINS WHEAT

**Twister Roll** (Hadley Farm #159)- Whole wheat flour, Enriched wheat flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil, soybean oil, soybean lecithin with mono and diglycerides, VitaminA palmitate), sugar, contains 2% or less of the leavening (yeast, baking powder [sodium bicarbonate, cornstarch. Sodium aluminum phosphate, calcium sulfate, monocalcium phosphate. Non-fat dry milk, salt, dough conditioner (DATEM, dextrose, ascorbic acid, l-cysteine, azodicarbonamide (ADA) enzyme, calcium stearoyl-2 lactylate), eggs, wheat gluten, artificial flavor, preservatives (calcium propionate, potassium sorbate, citric acid)  
CONTAINS EGGS, MILK, SOY & WHEAT.

**White Bread (Whitewheat)** - Unbleached enriched wheat flour [flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid (a b vitamin), water, sugar, fiber (soy fiber and/or cottonseed fiber), wheat gluten, yeast, contains 2% or less of each of the following: calcium sulfate, calcium carbonate, vegetable oil (soybean oil or canola oil), salt, soy flour, dough conditioners (sodium stearoyl lactylate, calcium stearoyl-2-lactylate, monoglycerides, calcium iodate, ethoxylated mono and diglycerides, calcium peroxide, datem, azodicarbonamide) cultured wheat flour, guar gum, vinegar, ferrous sulfate, thiamin hydrochloride, monocalcium phosphate, yeast food (ammonium sulfate), soy lecithin

**White Bread** - unbleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (B-1), riboflavin (B-2), folic acid (A B Vitamin), water, high fructose corn syrup, yeast, contains 2% Or less of the following: yeast, vegetable oil (soybean or canola oil), salt, dough conditioners (sodium stearoyl, lacylate, calcium stearoyl-2-lactylate, monoglycerides, calcium iodate, calcium peroxide), soy flour, calcium sulfate, calcium propionate, monocalcium phosphate.

# FRUITS/VEGETABLES

**Apples, Spiced**- Canned, sliced apples (apples, corn syrup, high fructose corn syrup, water, erythorbic acid), brown sugar, sugar, butter, cinnamon, salt.

**Beans, Green (canned)**: Beans, water and salt.

**Carrots, Baby**: Carrots

**Coleslaw**- ***Coleslaw mix***- Cabbage, Carrots, red cabbage. ***Coleslaw dressing***: soybean oil, water, sugar, high fructose corn syrup, distilled vinegar, eggs, ,modified food starch, salt, spice dehydrated onion, oleoresin parika.  
CONTAINS: EGGS

**Corn (Canned)**: Corn, water, sugar and salt.

**French Fries** (Natural crisp #10071179475125)- Potatoes, vegetable oil (canola, soybean, and/or sunflower oils), bleached wheat flour, rice flour, tapioca dextrin, food starch modified, salt, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), guar gum, dextrose, natural and artificial flavor, disodium dihydrogen phosphate.  
CONTAINS: WHEAT

**Juices, Orange or Apple, Fruit blend** (Pet)- Orange: Orange, pineapple, pear, apple, orange and apple juice (water, juice concentrates),calcium lactate, calcium gluconate, tricalcium phosphate, natural and artificial flavor, ascorbic acid (Vitamin C), citric acid, yellow 6, , Vitamin A palmitate, Vitamin D. **Apple**: Concentrated pear juice, concentrated apple juice and pineapple juice concentrate, calcium lactate gluconate ( calcium lactate and calcium gluconate), natural flavor, citric acid, tricalcium phosphate, ascorbic acid (Vitamin C), sodium benzoate (preservative), vitamin A palmitate, Vitamin D-3. **Fruit Juice**- Pineapple, pear, orange and apple juice (water, juice concentrates),calcium gluconate, tricalcium phosphate, natural and artificial flavor, ascorbic acid (Vitamin C), citric acid, red 40, Vitamin A palmitate, Vitamin D.

**Peas (Canned)**: Peas, water, sugar and salt.

**Potatoes, Mashed** (Idahon #204657)- 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 flavors, sodium acid pyrophosphate, Vitamin C, sodium bisulfate, citric acid, and mixed tocopherols.  
CONTAINS MILK & SOY

**Sweet potato Fries** (MCCain #MCF04965)- Sweet Potatoes, Vegetable Oil (contains one or more of the following: Canola Oil, Soybean Oil, Cottonseed Oil, Sunflower Oil, Corn Oil), Potato Starch - Modified, Rice Flour, Dextrin, Sugar, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Malt Powder (Malted Barley, Wheat Flour, Dextrose), Natural Flavor, Dehydrated Sweet Potatoes, Maltodextrin, Molasses, Spice and Coloring, Xanthan Gum, Corn Starch - Modified, Triglycerides, Annatto (Color), Sodium Acid Pyrophosphate Added to Preserve Natural Color.  
CONTAINS WHEAT

**Sweet potato, glazed**- Sweet Potatoes, brown sugar (sugar, molasses), honey, salt, margarine (liquid and partially hydrogenated soybean oil, water, salt, vegetable mono & diglycerides, non-fat dry milk solids, soy lecithin, natural & artificial flavor, beta carotene (color), vitamin a palmitate added. Contains: milk, soybean

**Soup, Vegetable**- (Homemade)- Water; Tomatoes, whole canned; tomato paste; carrots, canned; lima beans, canned; green beans, canned; corn, canned; peas, canned; kidney beans, canned, celery, canned; onions, dehydrated, chicken base, dry; sugar; salt; pepper.

## **Soups**

**Broccoli & Cheese:** water, broccoli, vegetable oil (corn, cottonseed, and/or canola), modified food starch, cheddar cheese (milk, cheese culture, salt, enzyme), cream (milk), contains less than 2 % of the following ingredients: salt, skim milk, cheese flavor base (cheddar cheese [cream, nonfat milk, lowfat milk, milk, salt, enzymes, cheese cultures, calcium chloride], whey, water, whey protein concentrate, salt, lowfat milk, disodium phosphate, enzymes, cultures), yeast extract, sugar, soy protein concentrate, onion powder, parmesan cheese (part-skim milk, cheese cultures, salt, enzymes), sodium phosphate, parmesan cheese flavor base (granular and parmesan cheese [pasteurized milk, cheese cultures, salt, enzymes], water, salt, lactic acid, citric acid), cheese flavor (cheddar cheese [pasteurized milk, cheese culture, salt, rennet, calcium chloride], flavoring [including cream], sodium phosphate, salt), spice, beta carotene for color. **Chicken w/ Egg Noodles:** Chicken stock, roasted natural white meat chicken, carrots, noodles (wheat flour, eggs, egg whites), celery, cornstarch, contains less than 2% of potassium chloride, salt, maltodextrin, natural flavoring chicken fat, sugar, carrot juice concentrate, onions, carrageenan, potato starch, chicken, spice, yeast extract, sea salt, garlic (dried)

**Potato, creamy:** water, potatoes, skim milk, vegetable oil (corn, cottonseed, and/or canola), carrots, modified food starch, celery, cream (milk), onions, contains less than 2 % of the following ingredients: salt, dehydrated potatoes, bleached enriched flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), soy protein concentrate, yeast extract, milk flavor (milk, flavoring), disodium inosinate, disodium guanylate, onion powder, dairy flavor (flavoring, butter [cream, salt], buttermilk powder, maltodextrin, nonfat dry milk, modified food starch, corn syrup solids), flavoring (contains soy), flavoring, natural flavoring (contains milk), spice, dehydrated parsley, butter (milk), cream powder (cream [milk], soy lecithin), lipolyzed butter oil (milk). **Tomato florentine:** tomato puree (water, tomato paste), diced tomatoes, water, spinach, enriched pasta (wheat flour, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), beef stock, contains less than 2 % of the following ingredients: parmesan cheese (part-skim milk, cheese cultures, salt, enzymes), sugar, salt, dehydrated onions, tomato flavor, modified food starch, beef flavor base (beef broth, salt, autolyzed yeast extract, maltodextrin, lactic acid), disodium inosinate, disodium guanylate, beef flavor (contains beef stock, salt), onion powder, tabasco sauce (red pepper, vinegar, salt), spice, dehydrated garlic, dehydrated parsley, spice extract.

**Mediterranean Vegetable:** Tangerine tomato puree (tangerine tomato paste, water), carrots, diced tomatoes in tomato juice, cooked garbanzo beans, cooked red beans, zucchini, spinach, great northern beans, peas, contains less than 2% of leeks, onions, roasted red peppers, cornstarch, butternut squash, salt, sugar, potassium chloride, spice, yeast extract, natural flavoring, extra virgin olive oil, garlic, cheddar cheese (milk, cultures, salt, enzymes, parmesan cheese (milk, cultures, salt enzymes), cabbage, celery, celery leaves, sea salt, parsley.

**Vegetable Snack Pack:** Carrots, Celery, Cucumbers, Grape Tomatoes, Ranch Dressing (see Other)

# OTHER

**BBQ Sauce** (#Sauers #06368)-, High fructose corn syrup, corn syrup, distilled vinegar, water, tomato paste, molasses, modified food starch, salt, caramel color, spices, smoke flavoring (liquid smoke flavoring, maltodextrin), garlic juice, chili powder (chili peppers, cumin, salt, garlic, silicon dioxide) onion juice, cider vinegar, natural flavors, garlic powder, potassium sorbate, sodium benzoate (as preservative). NO ALLERGENS

**Dressing, Italian, FF, Naturally Fresh** Water, vinegar, garlic, sugar, salt, Garlic, natural flavors, Xanthan gum (food fiber), onion, dehydrated red bell pepper, spices, Oleoresin tumeric color, annatto turmeric color.

**Dressing, Lite Ranch, Naturally Fresh** Water, soybean oil, corn syrup, lemon juice from concentrate, salt, egg, sugar, vinegar, food starch-modified, egg yolk, cultured dextrose, Xanthan and guar gums (fiber foods), lactic acid, monosodium glutamate, sodium benzoate and potassium sorbate (as preservatives), citric acid, onion powder, garlic powder, mustard flour, maltodextrin, parsley, spices, calcium disodium EDTA (to protect freshness), annatto color. CONTAINS EGG & SOY

**Dressing, Honey Mustard, Naturally Fresh** - Soybean oil, water, corn syrup, high fructose corn syrup, vinegar, honey, egg, ground mustard seed, sugar, apple cider vinegar, lemon juice from concentrate, egg yolk, salt, food starch-modified, mustard flour, sodium benzoate (as a preservative), spice, xanthan gum (food fiber), onion powder, extractives of turmeric & paprika. CONTAINS EGG

**Dressing, Caesar's, Naturally Fresh** soybean oil, water, vinegar, egg yolk, parmesan cheese, (pasteurized milk, cheese cultures, salt, enzymes), salt, anchovy paste (anchovies, salt, water, defatted soy flour), spice, potassium sorbate & sodium benzoate, (as preservative), xanthan gum (food fiber), calcium disodium EDTA (to protect freshness). CONTAINS FISH, MILK & SOY

**Gravy, Brown** (Trio #38272)- Cornstarch, maltodextrin, hydrolyzed corn gluten, soy protein and wheat gluten, soybean oil, salt, less than 2% of vegetable oil (partially hydrogenated coconut oil, soybean oil and cottonseed oils), corn syrup solids, sodium caseinate (from milk), dipotassium phosphate, mono- and diglycerides, silicon dioxide, soy lecithin, xanthan gum, caramel color, disodium inosinate and disodium guanylate, natural and artificial flavors, citric acid, onion powder, titanium dioxide, red 40. CONTAINS MILK, SOY & WHEAT

**Gravy, Chicken** (Trio #38282) -maltodextrin, cornstarch, hydrolyzed corn and wheat gluten, partially hydrogenated soybean and cottonseed oils, soybean oil, salt, less than 2% of thiamin hydrochloride, sugar yeast extract, xanthan gum, disodium inosinate and disodium guanylate, parsley, natural and artificial flavors. CONTAINS WHEAT may contain SOY & MILK.

**Hot Sauce** (Sauers #06317)- Aged cayenne peppers, vinegar, salt, xanthan gum.

**Margarine Cups** (Country Premium #83340)- Liquid and partially hydrogenated soybean oil, water, salt, vegetable mono & diglycerides, soy lecithin, potassium sorbate and citric acid (preservative), artificial flavor, colored with beta carotene, Vitamin A palmitate. CONTAINS SOY

**Marinara Sauce** (Angelia Mia) Tomato puree (water, tomato paste), tomatoes, high fructose corn syrup, less than 2% or extra virgin olive oil, garlic powder, salt, corn syrup, dried onions) lemon juice, spices, citric acid, xanthan gum, natural flavor.

**Mayonnaise Packet** (Duke's #05499)- Soybean oil, Eggs, water, vinegar, salt, oleoresin paprika, and natural flavors. CONTAINS SOY & EGGS

**Pancake Syrup-** (Sauer's #06383) Corn Syrup, high fructose corn syrup, water, sugar, Natural and artificial flavor, caramel color, salt, cellulose gum, potassium sorbate, sodium benzoate

**Salsa-** tomatoes, tomato puree, onions, fresh green chili peppers, jalapeno peppers, salt, vinegar, green peppers, cilantro, cumin, coriander, xanthan gum, flavorings or modified starch

**Sweet & Sour Sauce** (Sauers # 06385)- High fructose corn syrup, water, distilled and cider vinegar, pineapple juice concentrate, modified food starch, salt, spices, red and green bell peppers, soy sauce (water, salt, hydrolyzed soy protein, corn syrup, caramel color, potassium sorbate (preservative), xanthan gum, soybean oil, garlic, onion, sugar, turmeric, beta carotene, citric acid, potassium sorbate and potassium benzoate (preservative), FD&C yellow #6, oleoresin paprika. CONTAINS SOY may contain WHEAT.

**Taco Sauce** (Sauers #06508)- Water, distilled vinegar, tomato Paste, modified food starch, salt, spices, soy sauce (water, salt, hydrolyzed soy protein, corn syrup, caramel color, potassium sorbate (preservative)), onion, garlic, corn flour, modified food starch, hydrolyzed soy and corn protein, caramel color, monosodium glutamate, paprika, sodium benzoate (preservative). CONTAINS SOY may contain WHEAT

**Tartar Sauce** (#43810)- 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 food starch, salt, spice, xanthan gum, sodium benzoate as preservative, natural flavors, dehydrated onion, calcium disodium edta to protect flavor.

# BREAKFAST

**Biscuits- Biscuits** (see biscuits under breads)

**Biscuit, Chicken** - Biscuit (see biscuits under breads) Chicken Patty: (Zartic #63115) chicken breast with ribmeat, bleached wheat flour (enriched with: niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, dried whole eggs, wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified food starch, wheat flour, salt, flavor, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose, sodium phosphate, wheat gluten, egg whites.

CONTAINS WHEAT, EGGS.

**Biscuit, Egg & Cheese (or w/Bacon)- Biscuit:** see biscuit under breads . **Egg:** (Michaels #15551) Whole eggs, vegetable oil (corn and/or soybean oil), whey solids, nonfat dried milk, salt, xanthan gum, citric acid, white pepper, artificial butter flavor (partially hydrogenated soy and cotton seed oils, medium chain triglycerides, flavors). **Cheese:** see cheese **Bacon** (#27110) –dark turkey, white turkey, water, sugar, contains 2% or less natural smoke flavor, sodium erythorbate, natural flavor, sodium nitrate, vegetable oil.

CONTAINS EGGS, WHEAT, SOY & MILK

**Biscuit, Sausage or Egg & Sausage:** **Biscuit:** see biscuit under Breads **Egg:** See Egg (above)  
**Sausage:** (Jones Farm)18745 see Sausage under entrees

**Cereal, General Mills Rice Chex**(#47595) – Rice, whole grain rice, sugar, salt, molasses, vitamin E (mixed tocopherols) and bht added to preserve freshness. Vitamins and minerals: calcium carbonate, iron and zinc (mineral nutrients), vitamin C (sodium ascorbate),AB Vitamin (niacinamide), pyridoxine hydrochloride (vitamin B6) riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), vitamin A palmitate, AB Vitamin (folic acid), vitamin B12, Vitamin D.

**Cereal, Kellogg's, Apple Jacks, Reduced Sugar**(#05019) – 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 palmitate, BHT (preservative), blue #1, folic acid, vitamin D, vitamin B12. Contains wheat ingredients. Corn used in this product contains traces of soybeans.

**Cereal, Kellogg's, Multi Grain Frosted Flakes**, (#54998) – whole grain wheat, rice, sugar, milled corn, wheat bran, contains 2% or less of soluble wheat fiber, salt, malt flavoring, bht for freshness.

**Vitamins and minerals:** vitamin c (ascorbic acid), reduced iron, niacinamide, vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin hydrochloride), vitamin a palmitate, folic acid, vitamin d, vitamin b12

CONTAINS WHEAT & traces of SOY

**Cereal, Cheerios, General Mills,** – Whole grain oats (includes the oat bran) modified food starch, sugar, salt, tripotassium phosphate, oat fiber, wheat starch, vitamin E (mixed tocopherols) (For freshness), Vitamins and minerals: calcium carbonate, iron, zinc, vitamin C (sodium ascorbate), niacinamide, pyridoxine hydrochloride (vitamin B6), vitamin A palmitate, riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), folic acid, vitamin B12, and vitamin D. CONTAINS WHEAT

**Cereal, Kellogg's, Eggo, Maple Syrup,** (#04640) – Whole wheat flour, sugar, whole oat flour, corn meal, high fructose corn syrup, palm oil, salt, dicalcium phosphate, partially hydrogenated soybean oil with TBHQ and citric acid to preserve quality, molasses, ascorbic acid (vitamin C) natural and artificial flavors, yellow #5, niacinamide, reduced iron, zinc oxide, pyridoxine hydrochloride (vitamin B6), BHT (preservative), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), vitamin A palmitate, folic acid, vitamin D, vitamin B12. Less than 0.5g transfat per serving. Contains wheat ingredients. Corn used in this product contains traces of soybeans.

**Cereal, Kellogg's, Froot Loop's, Reduced Sugar** – (#04917) corn flour, sugar, wheat flour, whole grain flour, partially hydrogenated vegetable oil (one or more of coconut cottonseed and soybean), salt, sodium ascorbate and ascorbic acid (vitamin C), niacinamide, red #40, reduced iron, natural orange, lemon, cherry, raspberry, blueberry, lime and other natural flavors, blue #2, yellow #5, zinc oxide, turmeric color, blue #1, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), annatto color, thiamin hydrochloride (vitamin B1) vitamin A, palmitate, BHT (preservative) folic acid, vitamin B12, vitamin D. contains wheat ingredients, corn contains traces of soybeans.

**Cereal, Kellogg's, Whole Grain Rice Krispies** – (#55005) whole grain brown rice, sugar, contains 2% or less of salt. **Vitamins and minerals:** iron, vitamin c (ascorbic acid), vitamin e (alpha tocopherol acetate), niacinamide, vitamin a palmitate, vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin hydrochloride), folic acid, vitamin d, vitamin b12.

**Donut, Glazed**(Super Bakery #9302)- Enriched flour (flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, sugar, partially hydrogenated vegetable oil, soybean oil, cottonseed and /or palm oil, wheat protein, nonfat milk, soy flour, dextrose, leavening (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate, glucono delta lactone), cornstarch, milk protein, soybean oil, calcium carbonate, contains 2% or less of the following: soy lecithin, salt, whey, calcium carbonate, magnesium phosphate, lecithin, egg whites, wheat starch, mono & diglycerides, cornstarch, buttermilk solids, natural flavor, vitamin C ascorbic acid, calcium phosphate, extracts of annatto and turmeric, ferrous sulphate, vitamin E alpha tocopheryl acetate, niacinamide, agar, calcium pantothenate, titanium dioxide, vitamin A palmitate, vitamin B6 pyridoxine hydrochloride, vitamin B1 thiamine mononitrate, vitamin B2 riboflavin, folic acid, Vitamin B12 cyanocobalamin, vitamin D. CONTAINS WHEAT & MILK & SOY AND EGGS

**Donut, Powdered** (Super Bakery #9028)- Enriched flour (flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, sugar, partially hydrogenated vegetable oil, (soybean oil, cottonseed and /or palm oil), nonfat milk, soy flour, dextrose, leavening (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate, glucono delta lactone), salt, whey, natural flavor, lecithin, egg whites, wheat starch, mono & diglycerides, colored extracts of annatto and turmeric flavor, sodium propionate CONTAINS WHEAT & MILK & SOY AND EGGS

**French Toast Sticks , whole grain** (Michael's #37717)- Bread (Whole wheat flour, water, enriched bleach flour ( wheat flour, malted barley flour, niacin, iron, thiamine mononitrate[Vitamin B1], riboflavin [Vitamin B2], folic acid), high fructose corn syrup, yeast, wheat gluten, vegetable oil (soybean and/or cottonseed oils), contains 2% or less of each of the following: calcium sulfate, salt, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), dough conditioners (may contain one or more of the following: mono- and diglycerides, ethoxylated mono- and diglycerides, ascorbic acid, enzymes, azodicarbonamide), corn starch, calcium propionate (preservative), guar gum, niacin (Vitamin 3), pyridoxine hydrochloride (Vitamin B6), riboflavin (Vitamin B2), thiamine mononitrate (Vitamin B1), vitamin A palmitate, calcium, reduced iron, Vitamin D3, soy lecithin, soy flour), water, soybean oil, enriched wheat flour[flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], enriched bleached wheat flour [flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], sugar, contains 2% or less of each of the following: artificial flavor, dextrose, dried egg, dried whey, gelatinized wheat starch, , leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate),modified wheat starch, nonfat dry milk, oleoresin paprika, salt, soy lecithin, soy flour. CONTAINS WHEAT, SOY, MILK AND EGGS

**Pancakes, mini** -(Eggo #49770) Whole wheat flour, water, sugar, vegetable oil (soybean, palm, and palm kernel oil), buttermilk, eggs, contains two percent or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), fructose, salt, corn cereal, rice flour, yellow corn flour, cornstarch, natural and artificial flavors, corn syrup, caramel color, malt extract, corn syrup solids, soy lecithin, vitamin a palmitate, reduced iron, niacinamide, vitamin b12, pyridoxine hydrochloride (vitamin b6), thiamin hydrochloride (vitamin b1), riboflavin (vitamin b2). CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.

**Veggie Sausage Patty** (Morningstar #97152) Textured vegetable protein (wheat gluten, soy protein concentrate, soy protein isolate, water for hydration), egg whites, corn oil, sodium caseinate, modified tapioca starch, contains two percent or less of lactose, soybean oil, hydrolyzed vegetable protein (wheat gluten, corn gluten, soy protein), autolyzed yeast extract, spices, natural and artificial flavors, sodium phosphates (tripolyphosphate, tetrapyrophosphate, hexametaphosphate, monophosphate), salt, disodium inosinate, caramel color, cellulose gum, whey powder, modified corn starch, maltodextrin, potassium chloride, dextrose, onion powder, disodium guanylate, vitamins and minerals (niacinamide, iron [ferrous sulfate], thiamin mononitrate [vitamin b1], pyridoxine hydrochloride [vitamin b6], riboflavin [vitamin b2], vitamin b12), succinic acid, ascorbic acid, lactic acid, brewers yeast, torula yeast, soy lecithin. CONTAINS WHEAT, SOY, EGG AND MILK