



Snacks & Bread Items Ingredient List

Apple Juice Box: Water, Apple Juice Concentrate, Ascorbic Acid

Applesauce: Apples, water

Apple Chunk Muffin: Whole wheat flour, enriched wheat flour, bleached, sugar, dextrose, modified food starch, soybean oil, whey, baking powder, baking soda, emulsifier, wheat gluten, salt, diced apple, water, brown sugar, corn starch, lemon juice, granulated sugar, ground cinnamon, nutmeg, eggs (pasteurized whole egg), salad oil (fully refined soybean oil).

Animal Crackers: Tapioca Flour, Rice Flour, Cane Sugar, Palm Oil, Tapioca Syrup, Water, Cassava Flour, Egg Whites, Potato Flour, Xanthan Gum, Salt, Molasses, Caramelized Sugar, Soy Lecithin, Sodium Bicarbonate, Natural Flavor, Cinnamon.

Banana Muffin: Whole wheat flour, enriched wheat flour, bleached, sugar, dextrose, modified food starch, soybean oil, whey, baking powder, baking soda, emulsifier, wheat gluten, salt and banana puree, eggs (pasteurized whole egg), salad oil (fully refined soybean oil).

Breadsticks: Water, enriched white flour, olive oil, sugar, garlic, salt, basil, yeast, butter

Caesar Dressing: Soybean Oil, Water, Egg Yolk, Lemon Juice Concentrate, Salt, White Wine and Distilled Vinegars, Spices, Mustard Seed, Parmesan Cheese, garlic, sodium benzoate, potassium sorbate, onion, extra virgin olive oil, xanthan gum, natural flavors, propylene glycol alginate, molasses, sugar, tamarind, calcium disodium

Caesar Dressing Packet: Vegetable Oil (Soybean Oil and/or Canola Oil), Water, Distilled Vinegar, Romano Cheese (Pasteurized Cultured Milk, Salt, Enzymes), Apple Cider Vinegar, Extra Virgin Olive Oil, Salt, Sugar, Garlic, Anchovy Paste, Spices, Red Pepper, Xanthan Gum, Oleoresin Paprika and Annatto Extract (For Color)

Cheerios Cereal: Whole grain oats, modified corn starch, sugar, salt, tripotassium phosphate, wheat starch, vitamin E

Cornbread Muffin: Wheat flour bleached and enriched, sugar, corn meal, modified wheat starch, soybean and/or cottonseed oil, whey (from milk), baking powder, baking soda, salt, emulsifier, wheat gluten, eggs (pasteurized whole egg), salad oil (fully refined soybean oil), water

Corn Tortilla: Stone ground corn masa flour, trace of lime, water

Crispix Cereal: Milled corn, rice, sugar, salt, molasses, malt, baking soda, turmeric

Croutons: Organic wheat flour, organic sunflower and/or organic safflower oil, organic cracked rye, organic cracked wheat, salt, organic sugar, organic wheat gluten, organic garlic, organic onion, organic parsley, yeast.

Dipperdoodle Snack Bar: Organic whole wheat flour, rolled oats, brown sugar, whole eggs, flax seed flour, canola oil, invert sugar, granulated sugar, vanilla extract, sea salt, baking soda, cinnamon



Dried Fruit: contains any of the following: Black mission figs, pitted dates, banana chips, pineapple, mango, kiwi

Fiesta Chili Lime Dippers (cups): Navy Beans, Greek Yogurt (Cultured Pasteurized Milk, Cream, Nonfat Milk), Canola Oil, Spices, Lemon Juice Concentrate, Sugar, Salt, Lactic Acid, Buttermilk Powder, Natural Flavors, Garlic Powder.

French Toast: Enriched white flour, milk, yeast, egg, salt, water, sugar, cinnamon, nutmeg

Fruit Spread: Fruit (apples, peaches, strawberries, blueberries, blackberries, and/or raspberries), water, sugar, citric acid, xanthan gum

Garlic Bread: Water, whole wheat flour, enriched flour, soybean oil, whey, eggs, wheat starch, vital wheat gluten, yeast, salt, sugar, potassium chloride, maltodextrin, dextrose, datem, ascorbic acid, enzyme, citric acid, butter, garlic, salt, yellow corn flour, turmeric, annatto, onion, parsley

Goldfish Crackers: Unbleached enriched wheat flour, cheddar cheese, vegetable oil, yeast, salt, sugar, spices, baking soda, baking powder, onion powder

Graham Crackers: Graham flower (whole grain wheat flour), whole grain rolled oats, evaporated cane juice, safflower oil, honey, raisin paste, brown rice syrup, baking soda, monocalcium phosphate, sea salt, cinnamon, vitamin E

Granola (Blueberry Flax): Whole rolled oats, milled cane sugar, canola oil, rice flour, cornstarch, flax seed, honey, freeze dried blueberries, salt, barley malt syrup

Granola (Strawberry / Raspberry): Whole rolled oats, milled cane sugar, molasses, cornstarch, fruit juice concentrate (pear & peach juice), honey, natural flavor, freeze dried raspberries and strawberries, herb blend (sugar, cardamom, fennel seed, fenugreek, nutmeg).

House-made Hummus (FnL): Garbanzo beans, tahini paste (sesame seeds), vegetable oil, garlic, lemon juice, salt

Hummus (cups): Garbanzo Beans, Water, Tahini, Garlic, Lemon Juice Concentrate, Lime Juice Concentrate, Salt, Sugar, Spice.

Mayonnaise packet: Soybeans Oil, Water, Eggs, Vinegar, Eggs Yolks, Lemons Juice Concentrate, Salt, Sugar, Onions Dried, Garlic Dried, Paprika, Flavors Natural, Calcium Disodium EDTA.

Mustard packet: Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors and Garlic Powder.

Oatmeal: Bob's Red Mill whole grain oats

Pita Bread: Enriched wheat flour, water, vegetable oil, yeast, salt, vinegar, sugar

Pretzels: Enriched flour, water, salt, malt, dextrose, canola oil, yeast, baking soda



Pumpkin Muffin: Whole wheat flour, enriched wheat flour, bleached, sugar, dextrose, modified food starch, soybean oil, whey, baking powder, baking soda, emulsifier, wheat gluten, salt and eggs (pasteurized whole egg), water, sugar, salad oil (fully refined soybean oil), pumpkin, ground cinnamon, nutmeg, allspice

Ranch Dressing/Veggie Dip: Water, soybean oil, cultured buttermilk (cultured lowfat milk, salt), egg yolk, distilled vinegar, salt, sugar, garlic, spices, mustard seed, xanthan gum, onion, phosphoric acid, maltodextrin, sodium benzoate and potassium sorbate, lactic acid, propylene glycol alginate, natural flavor

Ranch Dressing Packet: Vegetable Oil (Soybean Oil And/Or Canola Oil), Water, Buttermilk (Milk), Distilled Vinegar, Sugar, Egg Yolk, Garlic Juice, Salt, Buttermilk Solids (Milk), Onion, Garlic, Natural Flavor, Lactic Acid, Xanthan Gum, Lemon Juice Concentrate, Chives, Spice

Rice Cakes: Eco-Farmed whole grain brown rice, sea salt.

Rice Krispies Cereal: Rice, sugar, salt, malt flavoring, iron, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), niacinamide, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid, vitamin B12, vitamin D.

Salsa: Tomatoes, chiles, onions, garlic, cilantro

Sunflower Butter: Sunflower seeds, sugar, mono-diglycerides to prevent separation, salt, and natural mixed tocopherols to preserve freshness

Tortilla Chips: Yellow corn masa flour, vegetable oil, salt

Waffles: Enriched white flour, salt, baking powder, baking soda, sugar, milk, butter, eggs, vanilla

Whole Grain Apple Bar: Oats, whole wheat flour, raisin paste, granulated sugar, water, applesauce, salad oil, molasses, vegetarian egg replacer (roasted soy flour, wheat gluten, corn syrup solids, sodium alginate), cultured wheat starch, vanilla, salt, baking soda, baking powder, cornstarch, calcium sulfate, ground cinnamon

Whole Grain Strawberry Bar: Oats, whole wheat flour, strawberries, corn syrup, corn starch, granulated sugar, water, salad oil, molasses, vegan egg replacer (water, roasted soy flour, wheat gluten, corn syrup solids, sodium alginate), molasses, cultured wheat starch, vanilla, salt, baking soda, baking powder, cornstarch, calcium sulfate, ground cinnamon

Whole Wheat Bagel: High gluten wheat flower, whole wheat flour, salt, sugar, honey, molasses, milk, yeast, oats

Whole Wheat Bread: Water, whole grain flour, hard wheat flour, enriched malted barley flour, sugar, enriched wheat flour, wheat gluten, dry whey, dextrose, palm shortening, salt, soy flour, soybean oil, palm emulsifier, dough conditioners (wheat flour, ascorbic acid, enzymes), egg yolk, calcium sulfate, corn starch, wheat starch, dry yeast

Whole Wheat Bun: Water, whole wheat flour, low-gluten flour, sugar, enriched wheat flour, wheat gluten, dry whey, dextrose, palm shortening, salt, soy flour, soybean oil, palm emulsifier, dough conditioners (wheat flour, ascorbic acid, enzymes), egg yolk, calcium sulfate, corn starch, wheat starch, yeast



Whole Wheat Crackers: Whole grain wheat flour, vegetable oil, sugar, cornstarch, malt syrup, salt, sugar, baking soda, baking powder, annatto, turmeric

Whole Wheat Roll: Water, whole wheat flour, low-gluten flour, sugar, enriched wheat flour, wheat gluten, dry whey, dextrose, palm shortening, salt, soy flour, soybean oil, palm emulsifier, dough conditioners (wheat flour, ascorbic acid, enzymes), egg yolk, calcium sulfate, corn starch, wheat starch, yeast

Whole Wheat Flour Tortilla, 6" & 10": Whole grain wheat flour, enriched wheat flour, water, vegetable oil shortening, datem (emulsifier), sugar, baking powder, baking soda, corn starch, guar gum (maintain freshness), salt

Whole Wheat Pancakes: Enriched white flour, whole wheat flour, baking soda, baking powder, sugar, vegetable oil, salt

Zac Attack Bar – Apple: Rolled oats, whole wheat flour, brown sugar, egg whites, granulated sugar, flax seed flour, canola oil, honey, molasses, water, apple puree, cinnamon, natural cornstarch, natural apple spice flavoring, nutmeg, sea salt, baking soda

Zac Attack Bar – Strawberry: Rolled oats, whole wheat flour, brown sugar, egg whites, granulated sugar, flax seed flour, canola oil, honey, molasses, water, strawberry puree, cinnamon, natural cornstarch, natural strawberry flavoring, sea salt, baking soda