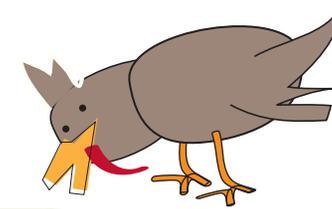
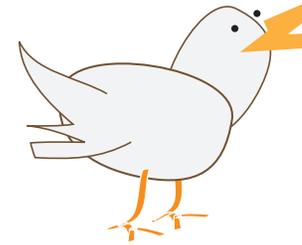


# breakfast menu

DECEMBER 2018



monday	tuesday	wednesday	thursday	friday
<b>December 3, 2018</b> Apple Bread Fruit Milk	<b>December 4, 2018</b> Whole Wheat Bagel w/ Cream Cheese Fruit Milk	<b>December 5, 2018</b> Granola Bar Fruit Milk	<b>December 6, 2018</b> Scrambled Eggs Whole Grain Bread Fruit Milk	<b>December 7, 2018</b> Cereal Fruit Milk
<b>December 10, 2018</b> Whole Grain Waffle w/ Strawberry Compote Fruit Milk	<b>December 11, 2018</b> Whole Wheat Bagel w/ Cream Cheese Fruit Milk	<b>December 12, 2018</b> Breakfast Sandwich Fruit Milk	<b>December 13, 2018</b> Blueberry Bread Fruit Milk	<b>December 14, 2018</b> Cereal Fruit Milk
<b>December 17, 2018</b> Pumpkin Muffin Fruit Milk	<b>December 18, 2018</b> Whole Wheat Bagel w/ Cream Cheese Fruit Milk	<b>December 19, 2018</b> French Toast Casserole Fruit Milk	<b>December 20, 2018</b> Cheesy Omelet Fruit Milk	<b>December 21, 2018</b> Cereal Fruit Milk
<b>December 24, 2018</b> Granola Bar Fruit Milk	<b>December 25, 2018</b> Happy Holidays!	<b>December 26, 2018</b> Cinnamon Brown Sugar Oatmeal Fruit Milk	<b>December 27, 2018</b> Whole Grain Pancake Strawberry Compote Fruit Milk	<b>December 28, 2018</b> Cereal Fruit Milk
<b>December 31, 2018</b> Apple Bread Fruit Milk				

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Apple Bar</b>	Whole wheat flour, rolled oats, egg, butter (Cream, Natural Flavorings), brown sugar, unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), vanilla, baking powder, salt, cinnamon, nutmeg		X	X	X			
<b>Apple Bread</b>	Whole Wheat Flour, Enriched All Purpose Flour, Unsalted Butter (Cream, Natural Flavorings), White Sugar, Dark Brown Sugar, Liquid Eggs, Plain Fat Free Yogurt Cultured pasteurized Grade A skim milk and skim milk solids, modified corn starch, carboxymethyl cellulose, polydextrose, Vitamin A palmitate and Vitamin D, Baking Soda, Sea Salt, Ground Cinnamon, Baking Powder, Unsweetened Applesauce (apples, water, erythorbic acid (to maintain color))		X	X	X			
<b>Apple Oat Granola Bar</b>	Gluten free oats, pure honey, dark brown sugar, dried apples, sunflower oil, ground cinnamon							
<b>Apple Granola Bar</b>	Rolled oats (may contain gluten), Honey, Unsalted butter (Cream, Natural Flavorings), Vanilla Extract, Ground Cinnamon, Sea Salt, Dried Apples, Dark Brown Sugar			X	X			
<b>Appleberry Muffin</b>	Whole Wheat Flour, Enriched All Purpose Flour, Unsalted Butter (Cream, Natural Flavorings), White Sugar, Eggs, Baking Soda, Salt, Sour Cream (Cultured Milk, Cream, Whey, Four Starch-Modified (corn), Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (a preservative), Baking Powder, Vanilla Extract, Cranberries, Unsweetened Applesauce (Apples, Water, Ascorbic Acid to Maintain Color)		X	X	X			
<b>Banana Bread/Muffin</b>	Whole wheat flour, enriched all purpose flour, bananas, yogurt (cultured lowfat milk, food starch, Modified Gelatin, Potassium Sorbate (preservative), evaporated cane sugar, eggs, butter, baking soda, salt		X	X	X			
<b>Blueberry Muffin/Bread</b>	Whole wheat flour, enriched all purpose flour, sour cream (cultured milk, cream, why, modified corn starch, sodium phosphate, guar gum, carob bean gum, potassium sorbate (maintains freshness)), blueberries, butter, sugar, baking soda, baking powder, salt, eggs, water		X	X	X			
<b>Breakfast Burrito</b>	Tortilla (see bread ingredients), eggs, mild shredded cheddar cheese (pasteurized milk cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent), salsa (diced tomatoes, onion, cilantro, lime juice, sea salt)		X	X (tortilla)	X			
<b>Carrot Muffin/Bread</b>	Whole Wheat Flour, Enriched All Purpose Flour, Quick Rolled Oats, Carrots, Vanilla Extract, Liquid Eggs, Dark Brown Sugar, Canola Oil, Sea Salt, Nutmeg, Cinnamon, Baking Soda, White Sugar		X	X				
<b>Cereal, Cheerios, Apple Cinnamon</b>	Whole Grain Oats, Sugar, Corn Starch, Oat Bran, Corn Syrup, Canola Oil, Apple Puree Concentrate, Salt, Refiner's Syrup, Cinnamon, Trisodium Phosphate, Sodium Citrate, Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3							
<b>Cereal, Koala Crisps</b>	Organic brown rice flour, cane sugar, organic cocoa, natural chocolate flavor, sea salt, organic molasses. Warning Label: Produced in a facility that uses peanuts, tree nuts, and soy.	X						
<b>Cereal, Heart - to - Heart, Kashi</b>	Organic Whole Oat Flour, Organic Degerminated Yellow Cornmeal, Organic Invert Cane Syrup, Organic Oat Fiber, Organic Honey, Salt, Organic Expeller Pressed Canola Oil, Natural Flavor, Mixed Tocopherols (Vitamin E) for Freshness.			X				
<b>Cheerios Cereal</b>	Whole grain oats, corn starch, sugar, salt, tripotassium phosphate, vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins & Minerals: calcium carbonate, iron and zinc, vitamin c (sodium ascorbate), AB Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3							
<b>Cinnamon Brown Sugar Oatmeal</b>	Quick oats (may contain gluten), cinnamon, brown sugar, cane sugar			X				
<b>Cheesy Omelet</b>	Cage free eggs, cheddar cheese, salt, pan spray (soybean oil, soy lecithin, sand propellant)	X	X		X			
<b>Cream Cheese</b>	Pasteurized milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums)				X			
<b>Scrambled Eggs</b>	Cage free eggs, pan spray (soybean oil, soy lecithin, sand propellant)	X	X					
<b>English Muffins</b>	Unbleached enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (B1), riboflavin (B2), folic acid, water, whole wheat flour, modified food starch, farina, wheat gluten, polydextrose, honey, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid) soybean oil, malt, monoglycerides, natural & artificial flavor, xanthan gum, acesulfame potassium sucralose, whey, soy flour, nonfat milk	X		X	X			

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>French Toast Casserole</b>	Whole grain bread (Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch), liquid eggs, whole milk, white sugar, vanilla extract, ground cinnamon, dark brown sugar	X	X	X	X			
<b>Fruit Compote</b>	Water, sugar, and one of the following: Strawberries, pineapple, apple							
<b>Granola Bar</b>	Rolled oats (may contain gluten), brown sugar, raisins, cranberries, honey, butter, vanilla, salt			X	X			
<b>Turkey Ham &amp; Cheese Breakfast Sandwich</b>	Biscuit: whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as reffours sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), palm oil, skim milk, leavening (sodium aluminum phosphate, baking soda), matodextrin, contains less than 2% of water, potassium chloride, sugar, modified conr starch, soybean oil, artifical flavor, salt datem, soy lecithin, michigan turkey, sharp cheddar cheese	X		X	X			
<b>Pumpkin Muffin</b>	Whole wheat flour, enriched all purpose flour, dark brown sugar, baking soda, baking powder, egg, canola oil, vanilla extract, pumpkin pie paste, salt, cinnamon		X	X				
<b>Whole Grain Pancake</b>	Whole wheat flour, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and or canola oil, salt, soy lecithin	X	X	X	X			
<b>Whole Grain Waffle</b>	Whole wheat flour, buttermilk, egg whites, sugar, whey. Contains 2% or less of: leavening (sodium acid pyrphosphate, sodium bicarbonate), soy lecithin, salt, natural and artificial flavors	X	X	X	X			
<b>Whole Wheat Bagel</b>	White Whole Wheat Flour, water, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), brown sugar, contains 2% or less of each of the following: vital wheat gluten, salt, yeast, malted wheat flour, white vinegar, hydrolyzed wheat gluten, canola oil, ascorbic acid (vitamin C), enzymes, calcium sulfate	X		X				
<b>Yogurt - Strawberry</b>	Cultured pasteurized Grade A lowfat milk and nonfat dry milk, sugar, strawberries, water, modified corn starch, pectin, polydextrose (fiber), natural flavor, red #40, vitamin A palmitate and vitamin D3				X			
<b>Yogurt- Vanilla</b>	Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (for freshness), Citric Acid, Vitamin D				X			

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Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
<b>Baby Carrots</b>	Carrots							
<b>Baja Salad</b>	Black Beans, Corn, Granny Smith Apples, Raw Onion, Cherry Tomatoes, Lime Juice, Sriracha (Red Gold® Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Sugar, Distilled Vinegar, Salt, Less Than 2% Of: Onion Powder, Spices, Natural Flavors), Huy Fong Foods Sriracha Hot Chili Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite as Preservatives, and Xanthan Gum))							
<b>Black Bean Dip</b>	Black Beans, raw garlic, canola oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin							
<b>Black Bean Dip with Salsa</b>	Black Beans, raw garlic, canola oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin, Salsa (Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt)							
<b>Broccoli</b>	Broccoli							
<b>Celery</b>	Celery							
<b>Cherry Tomatoes</b>	Cherry Tomato							
<b>Coined Carrots</b>	Carrots, Sea Salt, Canola Oil							
<b>Cold Peas</b>	Peas							
<b>Corn</b>	Corn							
<b>Cucumbers</b>	Cucumbers							
<b>Edamame</b>	Edamame (shelled soybeans)	X						
<b>Green Beans</b>	Green Beans							
<b>Green Pepper Strips</b>	Green Pepper							
<b>Mashed Potatoes</b>	Potatoes, Milk, Butter, Sea Salt				X			
<b>Mashed Sweet Potatoes</b>	Sweet potatoes, sea salt, dark brown sugar, unsalted butter, whole milk				X			
<b>Pickles</b>	Cucumbers, distilled vinegar, salt, calcium chloride, polysorbate 80, natural spice, turmeric oleoresin							
<b>Snap Peas</b>	Sugar snap peas							
<b>GF/DF/EF Mashed Potatoes</b>	Potatoes, Soy Milk, Sea Salt	X						
<b>GF/DF/EF Mashed Sweet Potatoes</b>	Sweet potatoes, soy milk, brown sugar, salt	X						
<b>Peas</b>	Peas							
<b>Peas &amp; Carrots</b>	Peas & Carrots							
<b>Peppers &amp; Onions</b>	Green Bell Pepper, Onions, Red Bell Peppers, Yellow Peppers							
<b>Potato Fries</b>	Potatoes, Vegetable Oil (soybean, canola, corn, cottonseed, and/or sunflower), contains 2% or less of: dextrose, disodium dihydrogen pyrophosphate (to maintain natural color).	X						
<b>Glazed Carrots</b>	Carrots, Canola Oil, Brown Sugar.							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
<b>Refried Beans</b>	Cooked beans, water, less than 2% of canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor							
<b>Roasted Butternut Squash</b>	Butternut Squash, Canola Oil, Salt							
<b>Roasted Potatoes</b>	Potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), dextrose	X						
<b>Roasted Root Vegetables</b>	Red beets, golden beets, parsnips, canola oil, salt, & pepper							
<b>Roasted Sweet Potatoes</b>	Sweet Potato, Vegetable Oil (Soybean Oil), Olive Oil, Brown Sugar, Sea Salt, Black Pepper	X						
<b>Squash Medley</b>	Yellow Squash, Zucchini Squash, canola oil, salt							
<b>Sweet Potato Fries</b>	Sweet potatoes, vegetable oil (soybean, canola, cottonseed, sunflower), food starch modified, rice flour, dextrin, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, xanthan gum, corn syrup solids, color (annatto powder, oleoresin paprika), disodium dihydrogen pyrophosphate	X						
<b>Three Bean Salad</b>	Garbanzo beans, kidney beans, great northern beans, apple cider vinegar, canola oil, sugar, black pepper, parsley flakes, dried rosemary, onion							
	<b>Ingredients</b>	<b>Soy</b>	<b>Egg</b>	<b>Wheat</b>	<b>Dairy</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Sesame</b>
<b>Apple Slices</b>	Apples, Calcium Ascorbate							
<b>Appleberry Sauce</b>	Applesauce (Apples, Water, Erythorbic Acid (to maintain color), Blackberries, Blueberries, Raspberries, Strawberries, Water, .							
<b>Applesauce</b>	Apples, Water, Erythorbic Acid (to maintain color) *May contain Pears							
<b>Banana</b>	Banana							
<b>Cantaloupe</b>	Cantaloupe							
<b>Fruit Salad</b>	2 or more: Watermelon, Cantaloupe, Honeydew, Pineapple, Strawberries, Blueberries							
<b>Honeydew</b>	Honeydew melon							
<b>Orange Slices</b>	Oranges							
<b>Pear Slices</b>	Pears, Calcium Ascorbate							
<b>Pearsauce</b>	Raw pears, water, sugar							
<b>Pineapple</b>	Pineapple							
<b>Watermelon</b>	Watermelon							
	<b>Ingredients</b>	<b>Soy</b>	<b>Egg</b>	<b>Wheat</b>	<b>Dairy</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Sesame</b>
<b>Brown Rice</b>	Whole grain parboiled brown rice							
<b>Hummus</b>	Garbanzo beans, tahini (pure ground sesame seeds), raw garlic, lemon juice, canola oil, ground cumin, sea salt, water							X
<b>Ketchup</b>	Tomato concentrate from red ripe tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
<b>Marinara sauce</b>	Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce( organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion							
<b>Mayonnaise</b>	Water, Soybean Oil, Corn Syrup, modified food starch, distilled vinegar, egg white, sugar, salt, contains less than 1% of xanthan gum, lemon juice concentrate, cellulose gel and cellulose gum, spice mustard seed, phosphoric acid, sorbic acid and calcium disodium, EDTA (preservative), polysorbate 60, beta-Apo-8-carotenol and extractives of tumeric (color)	X	X					
<b>Mustard</b>	Distilled White Vinegar, Water, Mustard Seed, water, salt, tumeric, natural flavor & spices							
<b>Ranch Dressing</b>	Non fat greek yogurt (cultured skim milk, milk protein concentrate, corn starch, tapioca starch, locust bean gum), canola oil, water, salt, cider vinegar, distilled vinegar, egg yolk, natural flavors, dried garlic, lactic acid, gluconic acid spices, dried onion, acacia gum, xanthan gum, dried chive		X		X			
<b>Salsa</b>	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt							
<b>Sour Cream</b>	Grade A cultured milk and cream, enzymes				X			
<b>Sumac Sauce</b>	sour cream (cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carob bean gum, potassium sorbate (maintains freshness)), fat free plain yogurt (cultures pasteurized Grade A skim milk and skim milk solids, modified corn starch, polydextrose (fiber), natural flavor, Vitamin A palmitate and Vitamin D3), lemon juice, garlic, olive oil, sea salt, ground black pepper, ground sumac.				X			
<b>Sunbutter</b>	Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salst and Natural Mixed Tocopherols to preserve freshness							

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Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Brioche Bun</b>	Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, yeast, palm oil, buttermilk powder (whey solids, enzyme-modified butter, maltodextrin, salt, dehydrated butter, guar gum, annatto and turmeric), salt, dough conditioner (wheat flour, datem, contains 2% or less of: soybean oil, enzymes, ascorbic acid, L-cysteine, azodicarbonamide), dry malt, dough extender (wheat flour, monoglycerides, guar gum, corn syrup solids, silicon dioxide, soybean oil, enzymes, calcium sulfate, salt), calcium propionate, dough conditioner (yellow corn flour, colors, natural and artificial flavors), egg wash	X	X	X	X			
<b>Cornbread</b>	Whole grain cornmeal, whole wheat flour, sugar, baking powder, salt, organic whole milk, canola oil, eggs, Unsweetened Applesauce		X	X	X			
<b>Corn Tortilla</b>	Corn, water and lime (calcium hydroxide)							
<b>English Muffin</b>	Whole wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor sodium stearoyl lactylate, mono - and diglycerides, ethoxylated mono- and diglycerides, sucralose, soy lecithin, soy, whey	X		X	X			
<b>Flour tortilla</b>	Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil with monoglycerides), sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate, fumaric acid, mono and diglycerides, calcium propionate			X				
<b>Garlic Bread</b>	Whole Wheat Bread (Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch), Unsalted Butter (cream, natural flavorings), Oregano, Thyme, Garlic, Salt, Pepper	X		X	X			
<b>Gluten Free Bread</b>	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
<b>Gluten Free Bun</b>	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder. Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
<b>Hot Dog Bun</b>	Whole wheat flour, water, enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, yeast, contains 2% or less of the following: salt, dough conditioners (monoglycerides, sodium stearoyl lactylate, ascorbic acid, calcium peroxide, enzymes), yeast nutrients (monocalciumphosphate, calcium sulfate, ammonium sulfate).	X		X				
<b>Pita</b>	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate	X		X				

Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Whole Wheat Pita</b>	Whole wheat flour, water, unbleached unbromated enriched flour (Niacin, thiamin, reduced iron, riboflavin, folic acid), soybean oil. Contains 2% or less of: Calcium propionate, caramel color, dextrose, fumaric acid, guar gum, lactic acid, maltodextrin, monocalcium phosphate, natural flavors, salt, sesame flour, sodium bicarbonate, sorbic acid, soy flour, soy protein, concentrate sugar, vegetable l-cysteine, vegetable mono diglycerides, wheat enzymes), wheat gluten, yeast	X		X				X
<b>Whole Grain Pita</b>	Whole grain pita: (whole grain wheat flour, water, canola oil, yeast, cultured wheat flour, salt, wheat gluten, wheat starch, ascorbic acid).							
<b>Pizza Dough</b>	Whole wheat flour, yeast, water, salt			X				
<b>Whole Grain Biscuit</b>	Whole Wheat Flour, Buttermilk, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid), Palm Oil, Skim Milk, Leavening (Sodium Aluminum Phosphate, Baking Soda), Maltodextrin, Contains Less than 2% of the following: Potassium Chloride, Sugar, Water, Modified Cornstarch, Rice Flour, Soybean Oil, Artificial Flavor, Salt, Datem, Mono & Diglycerides, Soy Lecithin	X		X	X			
<b>Whole Grain Bread</b>	Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch	X		X				
<b>Whole Grain Hamburger Bun</b>	Water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, soybean oil, contains 2% or less of the following: salt, dough conditioners (sodium stearyl lactylate, monoglycerides, ascorbic acid, calcium peroxide, enzymes), potassium sorbate, calcium propionate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate)	X		X				
<b>Whole Grain Roll</b>	Water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: salt, dough conditioners (calcium stearyl lactylate, mono & diglycerides, datem, ascorbic acid, l-cysteine hydrochloride, calcium peroxide, enzymes), yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate	X		X				
<b>Whole Wheat Tortilla</b>	Ingredients: Whole wheat flour, water, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite)			X				

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