



Ingredient List January, 2020 – September, 2020 Breakfast & Snack

Efforts have been made to ensure the accuracy of this list, however manufacturers may change their formulations without notice, or distributors may make substitutions to Good Food Company's food order without notice. Manufacturers may produce items with allergens on the same line as other products. It is suggested that children with life-threatening allergies not participate in Good Food Company's meal program.

Good Food Company does not menu anything with tree nuts or peanuts. We do not process any peanut/nut products. No other known tree nut/peanut products are on our menu. We do not purchase foods that state that equipment that processes nuts is shared with any of the items that we purchase.

| | |
|------------------|---|
| Rice Chex | Whole grain rice, rice, sugar, salt, molasses, Vitamin E, BHT |
|------------------|---|

| | |
|------------------------|--|
| Graham Crackers | Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), graham flour (whole grain wheat flour), sugar, soybean oil and/or partially hydrogenated cottonseed oil, honey, leavening (baking soda and/or calcium phosphate), salt, artificial flavor, soy lecithin, cornstarch |
|------------------------|--|

| | |
|----------------------|--|
| Diced Peaches | Peaches, water, pear juice concentrate |
|----------------------|--|

| | |
|------------------------|--|
| Blueberry Bagel | Whole wheat flour, water, sugar, vital wheat gluten, Contains 2% or less of: yeast, wheat flour, salt, distilled monoglycerides, diglycerides, soybean oil, natural flavors, dried blueberries, sorbic acid and calcium propionate as preservatives, dough conditioners(calcium sulfate, l-cysteine), sunflower oil, wheat starch, dextrose, colored with elderberry juice concentrate, xanthan gum, sodium bicarbonate, enzymes, yellow corn meal |
|------------------------|--|

| | |
|---------------|-------------------------|
| Butter | Pasteurized cream, salt |
|---------------|-------------------------|

| | |
|-----------------|---|
| Saltines | Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, partially hydrogenated cottonseed oil, sea salt, salt, malted barley flour, baking soda |
|-----------------|---|

| | |
|---------------------------------|---|
| Strawberry banana yogurt | Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Strawberries, Bananas, Modified Corn Starch, Whey, Natural Flavors, Purple Carrot Concentrate, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate(For freshness), Citric Acid, Carob Bean Gum, Vitamin D 3 |
|---------------------------------|---|

| | |
|------------------------------|---|
| Cherry vanilla yogurt | Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Purple Carrot Concentrate, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate(For freshness), Citric Acid, Annatto, Carob Bean Gum, Vitamin D 3 |
|------------------------------|---|

| | |
|---------------------|---|
| Peach yogurt | Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Peaches, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate(For freshness), Citric Acid, Annatto, Carob Bean Gum, Vitamin D 3 |
|---------------------|---|

| | |
|-------------------------|---|
| Raspberry yogurt | Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Raspberries, Modified Corn Starch, Whey, Natural Flavors, Purple Carrot Concentrate, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate(For freshness), Citric Acid, Carob Bean Gum, Vitamin D 3 |
|-------------------------|---|

| | |
|----------------------|--|
| Apple oatmeal | Apples, rolled oats, brown sugar, canola/olive oil, cinnamon, salt |
|----------------------|--|

| | |
|--------------------|---|
| Pita Bread: | Whole wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, yeast, sugar, salt, calcium propionate |
|--------------------|---|

| | |
|--------------------|--|
| Bran muffin | Enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, water, vegetable oil (soybean and canola oils), eggs, apples, molasses, wheat starch, vanillin (artificial flavor), leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), corn starch, potassium sorbate, salt, high fructose syrup, brown sugar, mono and diglycerides, sodium stearoyl lactylate, xanthan gum, soy lecithin, soy flour |
|--------------------|--|

| | |
|--------------------|--|
| Diced pears | Bartlett pears, pear juice from concentrate, water |
|--------------------|--|

| | |
|------------------------------|--|
| Cereal snack mix | |
| Goldfish | Unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cheddar cheese (pasteurized cultured milk, salt, enzymes, annatto), vegetable oils (sunflower, canola and/or soybean) salt, yeast, sugar, spices, autolyzed yeast, leavening (monocalcium phosphate, ammonium bicarbonate, baking soda), onion powder |
| Corn Chex: | Whole grain corn, corn meal, sugar, corn starch, salt, baking soda, brown sugar syrup, yellow corn flour |
| Apple Cinnamon Toasted Oats: | Whole oat flour, sugar, modified food starch, dehydrated apples, corn syrup, oat fiber, calcium carbonate, salt, trisodium phosphate, cinnamon, tricalcium phosphate, preservative |

| | |
|------------|--|
| Kix | Whole grain corn, corn meal, sugar, corn bran, salt, brown sugar syrup, trisodium phosphate, Vitamin E (mixed tocopherols) |
|------------|--|

| | |
|------------------|---|
| Flatbread | Enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, yeast, less than 2% of nonfat dry milk, salt, spices, sugar, calcium propionate, sodium stearoyl lactylate, guar gum |
|------------------|---|

| | |
|-----------------------|---|
| Sliced Cheddar | Cheddar cheese (milk, cheese culture, salt, enzymes), milkfat, water, sodium citrate, salt, sodium phosphate, sorbic acid as a preservative, with sunflower lecithin added for slice separation |
|-----------------------|---|

| | |
|---------------------------|--|
| Whole wheat flakes | Whole wheat, sugar, contains 2% or less of: salt, corn syrup, calcium carbonate, iron (ferric orthophosphate), vitamin C (sodium ascorbate), natural flavor, vitamin A (palmitate), trisodium phosphate, vitamin E (acetate), niacinamide, zinc (zinc oxide), molasses, vitamin B1 (thiamine mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin D (cholecalciferol), vitamin B2 (riboflavin), folic acid, vitamin B12 (cyanocobalamin) |
|---------------------------|--|

| | |
|--------------------|---|
| Wheat thins | Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil (cottonseed and partially hydrogenated soybean oil with tbhq for freshness), wholewheat flour, sugar, whole grain oats, defatted wheat germ, salt, high fructose corn syrup, malted barley flour, turmeric color, annatto extract, soy lecithin |
|--------------------|---|

| | |
|----------------------|---|
| String Cheese | Pasteurized part-skim milk, cheese culture, salt, enzymes |
|----------------------|---|

| | |
|--------------------|---|
| Wheat bagel | Whole wheat flour, water, high fructose corn syrup, vital wheat gluten, yeast, salt, mono and diglycerides soybean oil, caramel color, dough conditioners (calcium sulfate, L-cysteine) xanthan gum, yellow corn meal |
|--------------------|---|

| | |
|----------------------|--|
| Cream cheese: | Pasteurized nonfat milk and milkfat, whey protein concentrate, whey, cheese culture, salt, carob bean gum, xanthan gum, sorbic acid, Vitamin A palmitate |
|----------------------|--|

| | |
|-----------------------------|---|
| Granola | |
| Apple cinnamon toasted oats | Apple cinnamon toasted oats (whole oat flour, sugar, modified corn starch, dehydrated apples, corn syrup, oat fiber, calcium carbonate, salt, trisodium phosphate, cinnamon, tricalcium phosphate, preservative |
| Bran Flakes: | Whole wheat, wheat bran, sugar, brown sugar syrup, salt, malt extract, iron, Vitamin C, Vitamin A, niacinamide, Vitamin B1, Vitamin B6, Vitamin D, Vitamin B2, folic acid |
| Oatmeal | Rolled oats |

| | |
|-----------------------|--|
| Vanilla Yogurt | Cultured pasteurized grade A rBST free lowfat milk, sugar, corn starch, tapioca starch, natural flavoring (vanilla, pectin). |
|-----------------------|--|

| | |
|----------------------------------|--|
| Blueberry – peach oatmeal | Blueberries, peaches, rolled oats, brown sugar, canola/olive oil, cinnamon, salt |
|----------------------------------|--|

| | |
|-------------------------|---|
| Soft breadsticks | Whole wheat flour, water, sugar, wheat bran, corn flour, bulgar wheat, oat flakes, barley flakes, rye chops, wheat flakes, vital wheat gluten, yeast (yeast, sorbitan monostearate, ascorbic acid), soybean oil, salt, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), monoglycerides with ascorbic acid, citric acid, calcium propionate, calcium sulfate, ascorbic acid, microcrystalline cellulose, modified food starch, wheat starch, enzymes |
|-------------------------|---|

| | |
|---------------------|--|
| Cheese cubes | Pasteurized milk, cheese culture, salt, enzymes, color added |
|---------------------|--|

| | |
|----------------------|---|
| Rice Crispies | Rice, sugar, salt, malt extract, preservative (tocopherols) |
|----------------------|---|

| | |
|---|--|
| Whole wheat pita pizza w/ cheese | |
| Pita Bread: | Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil, oat fiber, soybean oil, yeast, sugar, salt, fermented wheat, calcium propionate, mono and di-glycerides, potassium chloride, enzymes |
| Sauce: | Vine-ripened fresh tomatoes, extra virgin olive oil, sunflower oil, salt, oregano, black pepper, granulated garlic, naturally derived citric acid |
| Cheese: | Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes), provolone cheese (cultured pasteurized milk, enzymes), anti-caking agent |

| | |
|---------------------|---|
| Toasted oats | Whole oat fiber, modified corn starch, wheat starch, sugar, salt, calcium carbonate oat fiber |
|---------------------|---|

| | |
|---------------------|---|
| Soft pretzel | Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, corn syrup, yeast, bicarbonates, carbonates of soda |
|---------------------|---|

| | |
|-------------------|---|
| Applesauce | Apples, water and ascorbic acid (vitamin C) |
|-------------------|---|

| | |
|-----------------|---|
| Triscuit | Whole grain wheat, canola oil, sea salt |
|-----------------|---|

| | |
|---------------------|---|
| Ranch | |
| 2% reduced fat milk | Reduced fat milk, vitamin A palmitate, vitamin D3 |
| Mayonnaise | Vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, less than 2% of: water, salt, spices, calcium, disodium EDTA, paprika |
| Buttermilk | Cultured milk, salt, vitamin D3 |
| Garlic powder | |
| Basil | |
| Light sour cream | Grade A cultured cream, skim milk, Vitamin A Palmitate |