

UM Breakfast Ingredient List

***Food safety is our top priority. This sheet should not be used for medical purposes. This is not a medical document.**

Common question about allergy meals:

Why do I need to submit a medical document for my child's allergies?

- For the safety of all children, if a child has a food allergy they need to submit medical documentation to their school site for an allergen free meal kit. This alerts the staff and kitchen to provide the correct meal for your child's safety.
- Medical documentation is required by the state.
- All meals on the general school menu are prepared in a central kitchen. Allergen free meals are prepared in a separate location to reduce cross contamination. This improves food safety.
- Please discuss options with your school site director if you need further assistance.

All menu items are subject to change based on availability. Not all menu items, such as specials, are listed since they are altered closer to the production date.

FRUITS & VEGETABLES

- **Refried Beans, Vegetarian** Ingredients: Pinto beans, water, canola oil, salt, distilled vinegar, chili pepper, onion powder, spices, and garlic powder. Allergen Statement: None.
- **Broccoli** Ingredients: Broccoli. Allergen Statement: None.
- **Tater Tots** Ingredients: Potatoes, vegetable oil, dextrose, sodium acid pyrophosphate. Allergen Statement: None.
- **Potato Wedges** Ingredients: Grade A potatoes, vegetable oil (contains one or more of the following: canola, soybean, cottonseed, sunflower, or corn oil). Contains 2% or less of: dextrose, sodium acid pyrophosphate (added to maintain natural color). Allergen Statement: Trace amounts of soy and wheat
- **Cooked Carrots** Ingredients: Carrots. Allergen Statement: None.
- **Cucumber Rounds** Ingredients: Fresh cucumbers. Allergen Statement: None.
- **Apple / Sliced Apple** Ingredients: Fresh apples. Allergen Statement: None.
- **Banana** Ingredients: Fresh bananas. Allergen Statement: None.
- **Tangerines** Ingredients: Fresh tangerines. Allergen Statement: None.
- **Flame Roasted Corn** Ingredients: Whole kernel corn. Allergen Statement: None
- **Green Beans** Ingredients: Green beans Allergen Statement: None identified.
- **Baby Carrots** Ingredients: Carrots. Allergen Statement: None
- **Celery Sticks** Ingredients: Celery. Allergen Statement: None
- **Pear, Fresh** Ingredients: Pear. Allergen Statement: None

MILK

- **White Milk (1% Low-Fat)** Ingredients: Low-fat milk, vitamin A palmitate, vitamin D3. Allergen Statement: Contains Milk.
- **Chocolate Fat-Free Milk** Ingredients: Fat-free milk, sugar, cocoa processed with alkali, stabilizers, vitamins A and D. Allergen Statement: Contains Milk.

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Apple Muffin Top Ingredients: Whole grain wheat flour, enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, eggs, apple cubes, sugar, vegetable oil (soybean), whey (milk), cinnamon, baking powder, salt.

Allergen Statement: Dairy, Egg, Milk, Soy, Wheat

Blueberry Crumble Muffin Ingredients: Water, Whole Wheat Flour, Brown Sugar, Sugar, Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Canola Oil, Blueberries, Isolated Milk Protein, Corn Syrup, Resistant Maltodextrin, Nonfat Dry Milk, Food Starch-Modified, Baking Powder (Baking Soda, Sodium Aluminum Phosphate, Cornstarch, Monocalcium Phosphate), Salt, Soybean Oil, Vitamin Mix (Calcium Carbonate, Wheat Starch, Ascorbic Acid (Vitamin C), dl-alpha-tocopherol acetate (vitamin E), Reduced Iron, Niacin (Vitamin B3), Retinol Palmitate (Vitamin A), Cholecalciferol (Vitamin D), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Vitamin B9), Cyanocobalamin (Vitamin B12), White Vinegar, Natural Flavor. Allergen Statement: Dairy, Egg, Milk, Soy, Wheat

Double Chocolate Chip Muffin

Ingredients: Whole wheat flour, enriched flour, sugar, brown sugar, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin [emulsifier], vanilla), canola oil, egg, cocoa powder, non-fat milk, wheat starch, baking powder, sodium bicarbonate, vegetable shortening, salt, vanilla flavor. Allergen Statement: Wheat, Milk, Egg, Soy

Chocolate Chip Muffin

Ingredients: Whole wheat flour, enriched flour, water, granulated sugar, brown sugar, eggs, chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin [emulsifier], vanilla), canola oil, non-fat dairy milk, wheat starch, baking powder, soybean oil, vanilla, salt.

Allergen Statement: Dairy, Egg, Milk, Soy, Wheat

Sunrise Muffin

Ingredients: WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (wheat flour, malted barley flour, rice flour enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ORGANIC SWEET POTATO, BROWN SUGAR, GRANULATED SUGAR, CANOLA OIL, EGGS, NATURAL VANILLA FLAVOR, SWEET WHEY, MODIFIED FOOD STARCH, BAKING POWDER, SPICE, VITAMIN BLEND (calcium carbonate, wheat starch, ascorbic acid [vitamin C], dl-alpha-tocopherol acetate [vitamin E], reduced iron, niacin [vitamin B3], retinol palmitate [vitamin A], cholecalciferol [vitamin D], pyridoxine hydrochloride [vitamin B6], thiamin hydrochloride [vitamin B1], riboflavin [vitamin B2], folic acid [vitamin B9], cyanocobalamin [vitamin B12]), sodium bicarbonate, soy lecithin. Allergen Statement: Dairy, Egg, Milk, Soy, Wheat

Sweet Potato Chocolate Chip Muffin Top

Ingredients: Water, Whole Wheat Flour, Sugar, Enriched unbleached flour (wheat flour enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), Sweet Potatoes, Canola oil, chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin [as an emulsifier])

Allergen Statement: Dairy, Egg, Milk, Soy, Wheat

Mantecada Muffin Ingredients: Whole Wheat Flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), WATER, EGGS, CANOLA OIL, NON-FAT DRY MILK, BROWN SUGAR, WHEAT STARCH, BAKING POWDER, SALT, NATURAL VANILLA FLAVOR (water, alcohol, invert syrup), natural orange flavor (medium chain triglycerides, natural flavors), VITAMIN BLEND (calcium carbonate, wheat starch, ascorbic acid [vitamin C], dl-alpha-tocopherol acetate [vitamin E], reduced iron, niacin [vitamin B3], retinol palmitate [vitamin A], cholecalciferol [vitamin D], pyridoxine hydrochloride [vitamin B6], thiamin hydrochloride [vitamin B1], riboflavin [vitamin B2], folic acid [vitamin B9], cyanocobalamin [vitamin B12]), soy lecithin.

Allergen Statement: Dairy, Egg, Milk, Soy, Wheat

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Cinnamon Toast Crunch Ingredients: Whole Grain Wheat, Sugar, Rice Flour, Canola and/or Sunflower Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color, Rosemary Extract. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Allergen Statement: Soy, Wheat

Cocoa Puffs Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Cocoa Processed with Alkali, Canola Oil, Fructose, Salt, Caramel Color Refiner's Syrup, Baking Soda, Natural Flavor. Vitamins and Minerals: Tricalcium Phosphate, 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. Allergen Statement: Soy, Wheat

Corn Flakes Ingredients: Milled Corn, Sugar, Malt Flavor, Contains 2% or Less of Salt. Vitamins and Minerals: Iron (Ferric Phosphate), Niacinamide, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Folic Acid, Vitamin D3, Vitamin B12. Allergen Statement: None

Fruit Loops Ingredients: Corn Flour Blend (whole Grain Yellow Corn Flour, Degeminated Yellow Corn Flour), Sugar, Wheat Flour, Whole Grain Oat Flour, Modified Food Starch, Contains 2% Or Less Of Vegetable Oil (hydrogenated Coconut, Soybean And/or Cottonseed), Oat Fiber, Maltodextrin, Salt, Soluble Corn Fiber, Natural Flavor, Red 40, Yellow 5, Blue 1, Yellow 6. Vitamins And Minerals: Vitamin C (ascorbic Acid), Reduced Iron, Niacinamide, Vitamin B6 (pyridoxine Hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin Hydrochloride), Folic Acid, Vitamin D3, Vitamin B12. Allergen Statement: Wheat

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Cheerios Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tri potassium Phosphate. Vitamin E (mixed Tocopherols) Added To Preserve Freshness. Vitamins And Minerals: Calcium Carbonate, Iron And Zinc (mineral Nutrients), Vitamin C (sodium Ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine Hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin Mononitrate), A B Vitamin (folic Acid), Vitamin B12, Vitamin D3. Allergen Statement: Soy, Wheat

TRIX Ingredients: Whole Grain Corn, Rice Flour, Sugar, Corn Syrup, Canola And/or Sunflower Oil, Color (vegetable And Fruit Juice, Annatto Extract, Turmeric Extract), Salt, Trisodium Phosphate, Natural Flavor, Citric Acid, Malic Acid, Rosemary Extract. Vitamins And Minerals: Calcium Carbonate, Tricalcium Phosphate, Vitamin C (sodium Ascorbate), Iron And Zinc (mineral Nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine Hydrochloride), Vitamin B1 (thiamin Mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic Acid), Vitamin B12, Vitamin D3. Allergen Statement: Soy, Wheat

Cereal Bar Ingredients: Whole Grain Oats, Corn Syrup, Whole Wheat, Sugar, Fructose, Rice Flour, Canola And/or Sunflower Oil, Whole Wheat Flour, Brown Rice Flour. Contains 2% Or Less Of: Vegetable Glycerin, Calcium Carbonate, Whole Corn Flour, Wheat Starch, Chicory Root Extract, Salt, Maltodextrin, Dextrose, Color (caramel Color, Annatto Extract), Soy Lecithin, Cinnamon, Trisodium Phosphate, Baking Soda, Iron And Zinc (mineral Nutrients), Natural Flavor, A B Vitamin (niacinamide), Vitamin B6 (pyridoxine Hydrochloride), Vitamin B2 (riboflavin), A B Vitamin (folic Acid). Allergen Statement: Soy, Wheat.

Fun and Fruity Waffles Ingredients: Whole Wheat Flour, enriched wheat flour(malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Fruity blend (sugar, rice syrup, degermed corn grits, corn starch, palm oil, natural flavor, fruit and vegetable juice, paprika, turmeric, Beta carotene), shortening (soybean oil, mono and diglycerides, tocopherols and ascorbyl palmitate as antioxidants)), Cane Sugar, water, eggs (whole egg, citric acid), applesauce (unsweetened), Pearl sugar, invert syrup, natural vanilla flavor, yeast, nonfat dry milk powder, salt, natural butter flavor. Allergen Statement: Dairy, Egg, Milk, Wheat, soy.

Chocolate Waffles (Choc-o-crisp) Ingredients: Whole Wheat Flour, enriched wheat flour(malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), cocoa blend (sugar, rice syrup, degermed corn grits, corn starch, palm oil, natural flavor, cocoa powder, tricalcium phosphate), shortening (soybean oil, mono and diglycerides, tocopherols and ascorbyl palmitate as antioxidants)), Cane Sugar, water, eggs (whole egg, citric acid), applesauce (unsweetened), Pearl sugar, invert syrup, natural vanilla flavor, yeast, nonfat dry milk powder, salt, natural butter flavor. Allergen Statement: Dairy, Egg, Milk, Wheat, soy.

Maple Seasoned Beef Sausage and Pancake Breakfast Sandwich

Ingredients: White Wheat Mini Maple Pancakes White Wheat Mini Maple Pancakes White Wheat Mini Maple Pancakes White Wheat Mini Maple Pancakes: Whole Wheat Flour, Water, Buttermilk, Sugar, Dextrose, Soybean Oil. Baking Powder, Whole Eggs, Natural Maple Flavor (WONF) [Natural Flavors, Molasses, Malt Extract, Natural Alcohol, Natural Glycerin and Pure Maple Syrup], Salt. Fully Cooked Breakfast Maple Seasoned Beef Patty: Fully Cooked Breakfast Maple Seasoned Beef Patty: Fully Cooked Breakfast Maple Seasoned Beef Patty: Fully Cooked Breakfast Maple Seasoned Beef Patty: Beef, Water, Seasoning (Salt, Sugar, Spices), Pure Maple Extract (Alcohol, Glycerin, Maple Concentrate, Caramel Coloring, Water), Sugar, Salt, Sodium Phosphate. Allergen Statement: Wheat, Milk, Egg, Soy

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Mocha Crumble Ingredients: Water, Whole Wheat Flour, Brown Sugar, Sugar, Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Canola Oil, Chocolate Drops (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), Nonfat Dry Milk, Cocoa Powder, Food Starch-Modified, Baking Powder (Baking Soda, Sodium Aluminum Phosphate, Cornstarch, Monocalcium Phosphate), Natural Coffee Type Flavor (Corn Maltodextrin, Modified Corn Starch, Instant Coffee, Natural Alcohol Extract, Natural Flavoring), Salt, Soybean Oil, Cinnamon, Nutmeg Allergen Statement: Egg, Milk, Soy, Wheat

Cinnamon Crumble Ingredients: Water, Whole Wheat Flour, Brown Sugar, Sugar, Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Canola Oil, Nonfat Dry Milk, Food Starch-Modified, Vinegar, Baking Powder (Baking Soda, Sodium Aluminum Phosphate, Cornstarch, Monocalcium Phosphate), Salt, Soybean Oil, Cinnamon, Nutmeg. Allergen Statement: Milk, Wheat, Egg, Soy

Pan Dulce, Concha Ingredient Summary: Whole grain wheat flour, enriched flour, water, soybean oil, sugar, dry eggs, yeast, cinnamon, salt; topping of bread flour, soybean oil and sugars. Allergen Statement: Wheat, Egg, Soy

Pancake cup WATER, WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (wheat flour, malted barely flour enriched with reduced niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), STRAWBERRIES, EGGS, GRANULATED SUGAR, NATURAL MAPLE FLAVOR, CORN SYRUP, BUTTERMILK, SALTED BUTTER (cream [milk], salt), BAKING POWDER, NATURAL VANILLA FLAVOR, CONTAINS LESS THAN 2% MODIFIED FOOD STARCH, CITRIC ACID, NATURAL COLORS (fruit and vegetable extracts), CARRAGEENAN, POTASSIUM SORBATE, ERYTHORBIC ACID, SOY LECITHIN. Allergen Statement: Egg, Milk, Soy, Wheat

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Bagel and Cream Cheese Ingredients: Whole wheat flour, Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains 2% Or Less Of: Wheat Gluten, Salt, Yeast, Calcium Propionate And Sorbic Acid (preservatives), Mon diglycerides, Guar Gum, Ascorbic Acid, Citric Acid, Enzymes. Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Citric Acid, Carob Bean Gum, Xanthan Gum, Natamycin (a Natural Mold Inhibitor). Allergen Statement: Dairy, Milk, Wheat

Bagel Dots Ingredients: Dough (Water, Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Contains Less Than 2% Of: Wheat Gluten, Salt, Yeast, Corn Syrup, Malted Barley Extract, Mono- And Diglycerides, Guar Gum, Xanthan Gum), Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum). Allergen Statement: Dairy, Milk, Wheat, Sesame, Egg, Soy.

Breakfast Sandwich (Egg and Cheese) Ingredients: Whole Wheat Flour, Water, Wheat Gluten, Farina, Yeast, Salt, Calcium Propionate And Sorbic Acid (to Preserve Freshness), Sugar, Grain Vinegar, Sodium Stearoyl Lactylate, Natural Butter Flavor, Mono- And Diglycerides, Ethoxylated Mono- And Diglycerides, Sucralose, Soy Lecithin, Soy, Whey. Egg. Cheese ((pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [vegetable Color])). Anti-caking Blend (potato Starch, Powdered Cellulose). Allergen Statement: Dairy, Egg, Milk, Soy, Wheat

Egg and Cheese Scrambler Ingredients: Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Scrambled Eggs (eggs, nonfat milk, soybean oil, corn starch, salt, xanthan gum, citric acid), Eggs, Pasteurized Process Cheddar Cheese (Cheddar cheese [cultured milk, salt, enzymes], water, cream, sodium phosphate, salt, sorbic acid, vegetable color [annatto and paprika extract], cellulose powder [to prevent caking], natamycin [preservative]), Palm Oil, Sugar. Contains 2% or less of: Cream Cheese (milk, cream, salt, stabilizers [guar, locust bean and xanthan gum], cheese cultures, potassium sorbate [to maintain freshness]), Nonfat Milk, Modified Food Starch, Yeast (dried yeast, sorbitan monostearate, ascorbic acid), Salt, Methylcellulose. Allergen Statement: Egg, Milk, Wheat

French Toast Sticks Ingredients: Whole Wheat Bread (Whole Wheat Flour, Water, Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Sugar, Wheat Gluten, Yeast. Contains 2% Or Less Of Each Of The Following: Soybean Oil, Salt, Calcium Propionate [Preservative], Datem, Grain Vinegar, Citric Acid, Soy Lecithin), Water, Whole Wheat Batter (Whole Wheat Flour, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid], Modified Cornstarch. Contains 2% Or Less Of Each Of The Following: Cinnamon, Nutmeg, Egg, Skim Milk, Salt, Soybean Oil, Natural And Artificial Vanilla, Leavening [Sodium Bicarbonate], Corn Syrup Solids, Modified Cellulose, Soy Lecithin), Coating (Unbleached Enriched Wheat Flour [Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Leavening [Monocalcium Phosphate, Sodium Bicarbonate], Salt, Yeast), Soybean Oil, Cinnamon Sugar (Sugar, Cinnamon). Allergen Statement: Soy, Wheat, Egg, Milk

Zucchini Bread Ingredients: Whole grain wheat flour, enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, eggs, zucchini, sugar, vegetable oil (soybean), whey (milk), baking powder, salt. Allergen Statement: Dairy, Egg, Milk, Soy, Wheat

WOWButter & Jelly Sandwich Ingredients: Bread: whole grain wheat flour, enriched flour, water, sugar, yeast, wheat gluten, soybean oil, resistant wheat starch, monoglycerides, salt, modified whey, dextrose, natural flavor, vitamin D2, calcium propionate, sodium stearoyl lactylate, calcium sulfate, citric acid, ascorbic acid, sesame. WOWButter: whole toasted soy, pressed soy oil, cane sugar, palm oil, sea salt. Jelly: sugar, grape juice concentrate/strawberry concentrate, pectin, citric acid, potassium sorbate. Allergen Statement: Milk, Sesame Seeds, Soy, Wheat

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Yoplait Trix Strawberry Banana Bash Yogurt Ingredients: Cultured pasteurized grade A low fat milk, sugar, corn starch; less than 1% natural flavor, vegetable juice (color), potassium sorbate, vitamin A acetate, vitamin D3. Allergen Statement: Dairy, Milk

Cheese Stick Ingredients: Low Moisture Part Skim Mozzarella Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes). **Allergen Statement:** Milk.

Cheddar Cheese Ingredients: Cheddar Cheese ((pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Color])). Anti-caking Blend (potato Starch, Powdered Cellulose). Allergen Statement: Milk.

Rock'n Ola Granola (nut-free) Ingredients: whole grain rolled oats, sugar, corn syrup, canola oil, natural flavor, cinnamon, vitamin E (mixed tocopherols) added to protect flavor. Allergen Statement: None

Graham Crackers Ingredients: Graham flour (Whole grain wheat flour), unbleached enriched flour (Wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean, canola oil, molasses, palm oil, leavening (Baking soda, calcium phosphate, salt. Allergen Statement: wheat.

Quesadilla Ingredients: Whole Wheat Flour Tortilla: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, leavening (sodium bicarbonate, sodium aluminum sulfate, calcium carbonate), sugar, calcium propionate and fumaric acid and sodium acid pyrophosphate (preservatives), mono- and diglycerides, soy shortening, wheat fiber. Three Cheese Filling Blend: Reduced fat/sodium American pasteurized process cheese (cultured skim milk and milk, water, natural flavor, nonfat dry milk, maltodextrin, modified food starch, sodium citrate, potassium citrate, salt, annatto and paprika [color], enzymes, vitamin A palmitate, sorbic acid), Monterey Jack cheese with Jalapeno peppers (pasteurized milk, jalapeno peppers, cheese cultures, salt, enzymes), low-moisture part-skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes). Allergen Statement: Contains Wheat, Milk, and Soy.

Cheese Tamale Ingredients: Masa: Water, whole ground white corn masa flour, canola oil, salt, seasoning (modified tapioca and corn starch, apple pectin & fiber, xanthan gum, guar gum, methyl cellulose), baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), trace of lime. Filling: Monterey Jack Cheese (cultured milk, water, cream, skim milk, sodium phosphates, salt, enzymes), green chilies (green chilies, citric acid). Allergen Statement: Contains Milk / Dairy.

Waffles, Maple Mini Madness Ingredients: Whole wheat flour, brown rice flour, water, sugar, egg, milk, soy protein concentrate, canola and/or soybean oil, leavening agents, natural maple flavor syrup system. Allergen Statement: Contains Wheat, Egg, Milk, and Soy