

The 2010 Story Land

Menu Ingredient Guide

The information in this guide is provided as a service to our guests who take an interest in the ingredients of various foods we serve at Story Land. This information is derived primarily from the packaging of the products we receive from our suppliers, and it is representative of the types of items found on our menus. While we endeavor to keep this guide current, product substitutions and menu changes may occur at any time without notice.

Guests are permitted to bring picnic lunches into the park.

For more information:

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Color Codes

Green

Red

Blue

Aqua

Purple

Orange

Yellow

Pink

Teal

Milk Products

Fish Products

Soy Products

Wheat Products

Natural/Artificial Flavorings

MSG (monosodium glutamate)

Egg Products

Peanuts

Tree Nuts

*The information in this book may not be complete in its ingredients; these are based on the ingredients given to us by the manufacturer of the following products. We have attempted to list all ingredients to the best of our knowledge. Many manufacturers may change listed ingredients without any notification!

*For easier reference, we do not use peanut oil in the fryers in any food areas. We use Mel Fry – Soybean Oil

*Natural/Artificial Flavorings, spices, and seasonings can sometimes contain MSG (monosodium glutamate). Also any item which lists Natural/Artificial Flavorings as an ingredient, it is unknown exactly what those ingredients may be.

*Tree nuts may be found in the chocolate ice cream, chocolate cookies, hazelnut coffee, and popcorn.

CIRCUS TRAILER

Dry/Canned:

Blue Raspberry Sno Cone Mix (Flavor Magic Gourmet Concentrate-Super 12):

Water, **natural and artificial flavors**, natural and artificial colors (may contain FD&C, Yellow #5 and/or Yellow #6), citric acid, sugar, vegetable gum, sodium benzoate and/or potassium sorbate (0.1% in finished product).

Caramel Corn:

Allergy Alert: Contains soy.

Popcorn, coating (sugar, corn syrup solids, partially hydrogenated vegetable shortening (palm kernel, **soybean**, cottonseed with lecithin) **salt**, **natural and artificial flavors**, artificial color, syloid-silica as anticaking agent), water, oil (hydrogenated coconut and cottonseed oils, partially hydrogenated **soybean oil**, beta carotene (color), **natural and artificial flavor**), free'n'easy (**soybean oil**, **soy lecithin**), flavacol (**salt**, **artificial butter flavor**, yellow #5 lake, yellow #6 lake).

Cherry Sno Cone Mix (Flavor Magic Gourmet Concentrate-Super 12):

Water, **natural and artificial flavors**, natural and artificial colors (may contain FD&C, Yellow 5 and/or Yellow 6), citric acid, sugar, vegetable gum, sodium benzoate and/or potassium sorbate (0.1% in finished product).

Cotton Candy:

Sugar, **artificial flavors**, artificial colors (blue #1, red #40).

Popcorn Flavacol:

Salt, **artificial butter flavor**, yellow #5 lake, yellow #6 lake.

Strawberry Sno Cone Mix (Flavor Magic Gourmet Concentrate-Super 12):

Water, **natural and artificial flavors**, natural and artificial colors (may contain FD&C, Yellow 5 and/or Yellow 6), citric acid, sugar,

vegetable gum, sodium benzoate and/or potassium sorbate (0.1% in finished product).

Fruits:

Granny Smith Apples:

may be treated to retard spoilage with one or more of the following diphenylamine, thiabendazole, 1-methylcyclopropene.

DIPPIN' DOTS

Ice Cream:

Chocolate:

Pasteurized/Homogenized whole milk, cream, nonfat milk solids, sugar, guar gum, carrageenan, chocolate syrup (high fructose corn syrup, water, cocoa [processed with alkali] xanthan gum, sugar, **salt**) **artificial flavors**.

Cookie Dough:

Ice cream (**whole milk, cream, nonfat milk solids**, sugar, guar gum, carrageenan, **natural flavors**, vanilla), cookie dough (**unenriched wheat flour**, sugar, margarine [**liquid soybean oil, partially hydrogenated soybean oil**, water, **salt, whey, soy lecithin, soy mono and diglycerides**, sodium benzoate [preservative], **artificial butter flavor**, beta carotene, vitamin A palmitate], chocolate chips [sugar, chocolate liquor, **cocoa butter, soy lecithin** [emulsifier], vanilla], brown sugar, powdered sugar [sugar, corn starch], water, **butter** [**cream, salt**], **natural & artificial flavors, salt**.)

Cookies n' Cream:

Ice cream (**whole milk, cream, nonfat milk solids**, sugar, guar gum, carrageenan, **natural and artificial flavors**, vanilla), cookie (enriched flour (**wheat flour**, niacin, reduced iron, thiamine mononitrate B1, riboflavin B2, folic acid), **partially hydrogenated soybean oil**, cocoa (processed w/ alkali), high fructose corn syrup, **whey** (**from**

milk), cornstarch, baking soda, **salt**, **soy lecithin**, **vanillin**, chocolate).

Fudgesicle:

Chocolate ice cream (**Pasteurized/Homogenized whole milk, cream, nonfat milk solids**, sugar, guar gum, carrageenan, chocolate syrup (high fructose corn syrup, water, cocoa [processed with alkali] xanthan gum, sugar, **salt**) **artificial flavors**), vanilla ice cream(**Pasteurized/Homogenized**) **whole milk, cream, nonfat milk solids**, sugar, guar gum, carrageenan, **natural flavors [vanilla]**).

Moose Tracks:

Whole milk, cream, nonfat milk solids, sugar, guar gum, carrageenan, **natural flavors**, chocolate flavored chips [sugar, chocolate liquor, coconut oil, cocoa, [processed with alkali] **soybean oil, whey, soy lecithin**, partially hydrogenated coconut oil, **salt, artificial flavor**]. Chocolate coated **peanut butter cups** [sugar, **peanut butter (peanuts, salt)** coconut oil, cocoa [processed with alkali] palm kernel oil, **whole milk, peanut oil, soy lecithin, natural flavors**].

Rainbow Ice:

Water, corn syrup, sucrose, Blue 1, Red 40, Yellow 6, Yellow 5, **artificial flavor**, citric acid.

Vanilla:

(**Pasteurized/Homogenized**) **whole milk, cream, nonfat milk solids**, sugar, guar gum, carrageenan, **natural flavors [vanilla]**.

ELECTRIC BLUE

Dry/Canned:

Blue Raspberry (Flavor Magic Gourmet Concentrate-Super 12):

Water, **natural and artificial flavors**, natural and artificial colors (may contain FD&C, Yellow 5 and/or Yellow 6), citric acid, sugar,

vegetable gum, sodium benzoate and/or potassium sorbate (0.1% in finished product).

Lime (Flavor Magic Gourmet Concentrate-Super 12):

Water, **natural and artificial flavors**, natural and artificial colors (may contain F.D&C yellow 5 and/or yellow 6), citric acid, sugar, vegetable gum, sodium benzoate and/or potassium sorbate (0.1% in finished product)

Strawberry (Flavor Magic Gourmet Concentrate-Super 12):

Water, **natural and artificial flavors**, natural and artificial colors (may contain FD&C, Yellow 5 and/or Yellow 6), citric acid, sugar, vegetable gum, sodium benzoate and/or potassium sorbate (0.1% in finished product).

Sugar Water:

Water, sugar, bleach.

Fruit:

Lemons:

Fresh cut lemons treated to maintain freshness in transport with one or more of the following: pyrimethanil, fludioxinil, thiabendazole, imazalil, and coated with food grade natural resins and/or vegetable wax.

Limes:

Fresh cut limes certified free of pesticides.

FARMSTAND

Bread:

Pretzels:

Bread flour, **salt**, water, **butter oil** for topping with **salt**.

Dairy:

Whipped cream:

Allergy Alert: Contains milk.

Cream, **milk**, sugar, dextrose, contains less than 1% of each of the following: sorbitan, monostearate, **artificial flavor**, carrageenan, mixed tocopherols (vitamin E) to protect flavor, propellant (nitrous oxide).

Dry/Canned:

Caramel Corn:

Allergy Alert: Contains soy.

Popcorn, coating (sugar, corn syrup solids, partially hydrogenated vegetable shortening (palm kernel, **soybean**, cottonseed with lecithin) **salt**, **natural and artificial flavors**, artificial color, syloid-silica as anticaking agent), water, oil (hydrogenated coconut and cottonseed oils, partially hydrogenated **soybean oil**, beta carotene (color), **natural and artificial flavor**), free'n'easy (**soybean oil**, **soy lecithin**), flavacol (**salt**, **artificial butter flavor**, yellow #5 lake, yellow #6 lake).

Caramel Plate Scrapers (Smucker's):

Corn syrup, high fructose corn syrup, **nonfat milk**, fructose, modified corn starch, contains 2% or less of: **whey protein concentrate (from milk)**, **natural and artificial flavors (from milk and soybean)**, **salt**, potassium sorbate and sodium benzoate (preservatives), sodium citrate, sodium phosphate, xanthan gum, caramel color, **vanillin (an artificial flavor)**, yellow #6, and red #40.

Caramel Sauce:

Corn syrup, high fructose corn syrup, **nonfat milk**, fructose, corn starch-modified, contains 2% or less of: **whey protein concentrate (from milk)**, **natural and artificial flavors (from milk and soybean)**, **salt**, potassium sorbate and sodium benzoate (preservatives), sodium citrate, sodium phosphate, xanthan gum, caramel color, **vanillin (artificial flavor)**, yellow #6, and red #40.

Chocolate Plate Scrapers (Smucker's):

Corn Syrup, water, glycerin, cocoa processed with alkali, fructose, modified corn starch, contains 2% or less of chocolate liquor, **whey protein concentrate (from milk)**, **natural flavor** (with **soybean** and **milk**), **salt**, sodium benzoate and potassium sorbate (preservatives), **soy lecithin**, polysorbate 60.

Chocolate Jimmies (Top-it toppings):

Allergy Alert: Contains soy.

Sugar, corn starch, partially hydrogenated vegetable oil (soybean, cottonseed), cocoa, cocoa processed with alkali, soya lecithin, confectioner's glaze, **natural and/or artificial flavors**, carnauba wax.

Ice Cream Cones (Keebler)

Allergy Alert: Contains wheat and soy ingredients.

Enriched flour (**wheat flour**, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), contains 2% or less of corn starch, **partially hydrogenated soybean oil**, **soy lecithin**, baking soda, **salt**, annatto (for color), vanilla.

Naks Pop Premeasured Popcorn Oil & Seasoning (Gold Medal):

Allergy Alert: Contains soy.

Hydrogenated coconut and cottonseed oils, partially hydrogenated **soybean oil**, beta carotene (color), **natural and artificial flavor**.

Popcorn Flavacol:

Salt, **artificial butter flavor**, yellow #5 lake, yellow #6 lake.

Pretzels:

Bread flour, **salt**, water, **butter oil** for topping with **salt**.

Rainbow Sprinkles (Kerry Sprinkle King):

Allergy Alert: Contains soy.

Sugar, corn starch, partially hydrogenated vegetable oil (**soybean**, cottonseed), **soy lecithin**, dextrin, confectioner's glaze, **natural**

and/or artificial flavors, red #40 lake, yellow #6 lake, carnauba wax, yellow #5 lake, blue #1 lake, red #3, red #40.

Frozen:

Apple Crisp:

Allergy Alert: Contains soy.

Apple Filling: Apples, sugar, water, enriched flour (**wheat flour**, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified food starch, cinnamon, sodium benzoate, nutmeg.

Crisp Topping: Brown sugar, rolled oats, enriched flour (**wheat**, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), palm oil, **butter**, **soybean oil**, sodium benzoate.

Blueberry Crisp:

Allergy Alert: Contains soy.

Blueberry Filling: Blueberries, sugar, water, modified food starch, lemon puree, nutmeg. Crisp Topping: Brown sugar, rolled oats, enriched flour (**wheat flour**, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), palm oil, **butter**, **soybean oil**, sodium benzoate.

Fruit:

Granny Smith Apples:

May be treated to retard spoilage with one or more of the following diphenylamine, thiabendazole, 1-methylcyclopropene.

Ice Cream:

Chocolate (Breyers):

Allergy Alert: Contains soy.

Milk, cream, sugar, cocoa (processed with alkali), corn syrup, **whey**, natural tara gum, **natural flavor**.

French Vanilla (Breyers):

Allergy Alert: Contains soy.

Milk, cream, sugar, egg yolks, **natural flavors**, carob bean gum, guar gum.

Reese's Peanut Butter Cup (Breyers):

Ice cream: **milk**, cream, sugar, **peanut butter** (**peanuts**, sugar, **peanut oil**, dextrose, **salt**, TBHQ and citric acid (preserves freshness), corn syrup, caramel color, mono- and diglycerides, guar gum, carob gum, carrageenan). Fudge swirl: corn syrup, high fructose corn syrup, water, sugar, low fat cocoa, tapioca starch, **natural flavors**, **salt**, lactic acid. Reese's Peanut Butter Cup Pieces: **milk**, chocolate (sugar, cocoa butter, chocolate, **nonfat milk**, **milk fat**, lactose, **soy lecithin**, PGPR {polyglycerol, polyricinoleate}), **peanuts**, sugar, dextrose, **salt**, TBHQ, citric acid (preserves freshness).

Strawberry (Breyers):

Allergy Alert: Contains soy.

Milk, strawberries, sugar, cream, corn syrup, dextrose, **whey**, natural tara gum.

FOOD FAIR

Bread:

Burger Rolls (Country Kitchen):

Allergy Alert: Processed in facility that uses milk and egg products.

Wheat flour (enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains 2% or less of each of the following: **soybean oil**, **salt**, **wheat gluten**, calcium peroxide, calcium sulfate, calcium propionate (to retard spoilage) corn starch, dough conditioners (mono diglycerides, sodium stearoyl lactylate), corn flour, **spice** and coloring, **soy lecithin**, **natural flavors**, cornmeal.

Hot Dog Buns (Country Kitchen):

Allergy Alert: Contains wheat, soybean. Produced in a facility that uses milk products.

Wheat flour (enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast. Contains 2% or less of each of the following: **soybean oil**, maltodextrin, dextrose, corn starch, **salt**, dough conditioners (ethoxylated mono- and diglycerides, sodium stearyl lactylate), **soy oil**, calcium phosphate, calcium sulfate, calcium iodate, calcium propionate (to retard spoilage), calcium peroxide, **soy flour**.

10" Sundried Tomato Basil Wraps:

Bleached enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, **soybean oil**, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, **soybean oil**), mono and diglycerides, sundried tomato basil [tomato, onion, **salt**, garlic, maltodextrin, dextrose, **spices**, **natural flavors**, artificial colors (red 40, yellow 5, blue 1), autolyzed yeast extract, citric acid, parsley, sugar, **hydrolyzed soy protein**, sodium citrate, disodium inosinate and guanylate.] Contains 2% or less of **salt**, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), fumaric acid, sodium bicarbonate, dough conditioner (**wheat flour**, calcium sulfate and sorbic acid), preservative (sodium propionate and potassium sorbate), cellulose gum.

Dairy:

American Cheese (Block & Barrel):

Allergy Alert: Contains milk, soy.

Cultured milk and **skim milk**, water, **cream**, sodium citrate, **salt**, sodium phosphate, sorbic acid (preservative), citric acid, acetic acid, enzymes, **soy lecithin**, titanium dioxide (color).

Dry/Canned:

Fryer Oil (Wesson):

Cottonseed oil, canola oil, TBHQ (preservative), methylsilicone.

Corn Meal (Aunt Jemima):

Degerminated yellow corn meal, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid.

Potatoe Chips (Ruffles):

Potatoes, sunflower oil and/or corn oil, **salt**.

Frozen:

French Fries (Lamb Weston):

Allergy Alert: Contains milk, wheat.

Potatoes, vegetable oil (may contain one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, **soybean oil**, sunflower oil), disodium dihydrogen pyrophosphate (to promote color retention) dextrose, **natural flavoring** (derived from **milk** and **wheat**).

Macaroni and Cheese:

Water, **skim milk**, macaroni (semolina [enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid] and **egg whites**), **cheddar cheese** (**cultured pasteurized milk** and **cream**, **salt**, enzymes, annatto [color]), **pasteurized processed cheddar cheese** (**cheddar cheese** (**pasteurized milk**, **cheese culture**, **salt**, enzymes), water, sodium phosphate, **milkfat**, **salt**, apocarotenal), margarine (liquid and partially hydrogenated **soybean oil**, water, **salt**, **whey**, mono and diglycerides, **soy lecithin**, vitamin A palmitate, beta carotene [color], **artificial flavor**), enriched flour (**wheat flour**, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), **soybean oil**, **salt**, modified food starch, disodium phosphate, annatto extract (color), beta carotene.

Peanut Butter and Grape Jelly Sandwich (Smucker's):

Bread: enriched unbleached flour (**wheat flour**, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) water, **unbleached whole wheat flour**, high fructose corn syrup, yeast, **partially hydrogenated soybean oil and/or soybean oil**, contains 2% or less of the following: **wheat gluten**, **salt**, dough conditioners (may contain one or more of the following: diacetyl

tartaric acid esters of mono and diglycerides (datem), mono and diglycerides ethoxylated mono and diglycerides, sodium stearoyl lacytlate, calcium peroxide, ascorbic acid, azodicarbonamide, L-cysteine), yeast nutrients (may contain one or more of the following: monocalcium phosphate, calcium sulfate, ammonium sulfate), calcium propionate (maintain freshness), cornstarch, **enzymes (with wheat)**. Peanut Butter: **peanuts**, dextrose, sugar, 2% or less of: partially and fully hydrogenated vegetable oil (**soybean** and/or cottonseed and/or rapeseed) **salt**, molasses, mono and diglycerides, (palm and/or **soybean oil**). Grape Jelly: grape juice, high fructose corn syrup, corn syrup, contains 2% or less of: pectin, citric acid, potassium sorbate (preservative), sodium citrate.

Pizza (Frescetta):

Enriched flour (**wheat flour**, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), **low moisture part skim mozzarella cheese (cultured pasteurized part skim milk, salt, enzymes)**, tomatoes (water, tomato paste), yeast, **soybean oil**, contains 2% or less of cornmeal, sugar, **salt**, **Romano cheese (pasteurized cultured part-skim cow's milk, salt, enzymes)**, **parmesan cheese (pasteurized cultures part-skim milk, salt, enzymes)**, **wheat gluten, spices**, garlic, datem, dextrose, **flavoring (wheat flour, modified starch, artificial flavors)**, dough conditioner (**whey**, ammonium sulfate, L-cysteine), malted barley flour, guar gum, **soy lecithin**, ascorbic acid, enzymes.

Meat:

Grilled Chicken Breast (Tyson):

Chicken breast meat with rib meat, water, vegetable oil, **seasoning (salt, roast chicken flavor [maltodextrin, autolyzed yeast extract, soy sauce {soybean, wheat, salt}] tapioca maltodextrin, chicken fat, dextrose, flavor]** sugar, citric acid) modified potato starch, **salt**, sodium phosphates, modified vegetable gum, **flavoring**.

Ham:

Pork cured with water, **salt**, sugar, dextrose, sodium phosphate, sodium erythorbate and sodium nitrate.

Hamburgers:

Allergy Alert: Processed with soy lecithin.

Certified Angus Beef: **seasoning** [**salt**, dextrose, **natural flavors**, **spice**] **natural flavoring**.

Hot Dogs (Hebrew National):

Allergy Alert: Contains soy.

Beef, water, contains 2% or less of: salt, sodium lactate, spice, hydrolyzed soy protein, paprika, sodium diacetate, garlic powder, sodium erythorbate, flavorings, sodium nitrate.

Pepperoni (Hormel):

Pork and beef, **salt**, contains 2% or less of water, dextrose, **spices**, oleoresin of paprika, lactic acid starter culture, garlic powder, sodium nitrate, BHA, BHT, citric acid.

Turkey:

Turkey breast meat, turkey broth, **salt**, dextrose, sodium phosphates, **flavoring**, vegetable oil.

Tuna (Chicken of the Sea):

Allergy Alert: Contains soy.

Tuna: **light tuna**, water, vegetable broth (**contains soy**), **salt**
Mayonnaise & Onion Blend: **Soybean oil**, water, **eggs**, white vinegar, dehydrated onion, high fructose corn syrup, **salt**, **spice**, xanthan gum, potassium sorbate and sodium benzoate (preservative), calcium disodium EDTA (to protect flavor). Bread crumbs: **Bleached wheat flour**, dextrose, **salt**, yeast. Dried vegetables: dehydrated bell peppers, dehydrated celery, dehydrated onion, sodium bisulfite (preservatives).

Vegetables:

Salad Mix:

Shredded Lettuce:

Tomatoes:

Cucumbers:

Onions:

Fresh Baby Carrots:

THE FLYING CARPET OASIS

Bread:

Hot Dog Buns (Country Kitchen):

Allergy Alert: Contains wheat, soybean. Produced in a facility that uses milk products.

Wheat flour (enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast. Contains 2% or less of each of the following: **soybean oil**, maltodextrin, dextrose, corn starch, **salt**, dough conditioners (ethoxylated mono- and diglycerides, sodium stearoyl lactylate), **soy oil**, calcium phosphate, calcium sulfate, calcium iodate, calcium propionate (to retard spoilage), calcium peroxide, **soy flour**.

Sliced Bread (Country Kitchen):

Allergy Alert: Processed in facility that uses egg products.

Wheat flour (enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, **whole wheat flour**, high fructose corn syrup, yeast, contains 2% or less of the following: **wheat gluten**, **soybean oil**, **soy fiber**, **salt**, **whey**, **buttermilk**, dough conditioners (monodiglycerides sodium stearoyl lactylate), calcium peroxide, calcium sulfate, calcium propionate (to retard spoilage).

6" Submarine Roll:

Allergy Alert: Processed in facility that uses milk products.

Wheat Flour (Enriched with: barley malt, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, **wheat gluten**, contains 2% or less of: **soybean oil**, cottonseed, and/or canola oil, sugar, datem, **soy flour**, dough conditioners (monodiglycerides, sodium

stearoyl lactylate), yeast, calcium propionate (to retard spoilage), cornmeal.

Dairy:

American Cheese (Block & Barrel):

Allergy Alert: Contains milk, soy.

Cultured milk and **skim milk**, water, **cream**, sodium citrate, **salt**, sodium phosphate, sorbic acid (preservative), citric acid, acetic acid, enzymes, **soy lecithin**, titanium dioxide (color).

Parmesan Cheese (Arreggo):

Low moisture part skim mozzarella cheese (part skim milk, cheese cultures, salt, enzyme).

Dry/Canned:

BBQ Sauce:

Tomato paste, distilled vinegar, high fructose corn syrup, **salt**, **natural smoke flavoring**, paprika, **soybean oil**, **spices**, mustard flour, **dehydrated soy sauce (soybeans, wheat, salt, maltodextrin)**, dehydrated garlic, guar gum, sodium benzoate (preservative), dehydrated onion, tumeric, **natural flavoring**.

Butter Substitute (Grill-On):

Allergy Alert: Contains soybean.

Liquid and hydrogenated soybean oil, soy lecithin, natural and artificial flavors, beta carotene (color), TBHQ and citric acid added to protect flavor, dimethylpolysiloxane, anti-foaming agent added.

Garlic Powder :

Oil Blend (Arreggio):

Vegetable oil (**soybean** and/or canola oil) and 10% imported olive oil.

Potatoe Chips (Ruffles):

Potatoes, sunflower oil and/or corn oil, **salt**.

Frozen:

Bosco Sticks:

Crust: **Enriched wheat flour** (niacin, iron, thiamin mononitrate, riboflavin, folic acid, enzyme), water, **whole wheat flour**, sugar, corn oil, hydrogenated vegetable oil (**soybean oil**, cottonseed oil, monoglyceride, quality protected with BHA/BHT and methyl silicone), **salt**, yeast, and L-cysteine. Cheese: **low moisture part skim mozzarella cheese** (**part skim milk**, **cheese cultures**, **salt**, enzyme).

Peanut Butter and Grape Jelly Sandwich (Smucker's):

Bread: enriched unbleached flour (**wheat flour**, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) water, **unbleached whole wheat flour**, high fructose corn syrup, yeast, **partially hydrogenated soybean oil and/or soybean oil**, contains 2% or less of the following: **wheat gluten**, **salt**, dough conditioners (may contain one or more of the following: diacetyl tartaric acid esters of mono and diglycerides (datem), mono and diglycerides ethoxylated mono and diglycerides, sodium stearyl lactylate, calcium peroxide, ascorbic acid, azodicarbonamide, L-cysteine), yeast nutrients (may contain one or more of the following: monocalcium phosphate, calcium sulfate, ammonium sulfate), calcium propionate (maintain freshness), cornstarch, **enzymes** (**with wheat**). Peanut Butter: **peanuts**, dextrose, sugar, 2% or less of: partially and fully hydrogenated vegetable oil (**soybean** and/or cottonseed and/or rapeseed) **salt**, molasses, mono and diglycerides, (palm and/or **soybean oil**). Grape Jelly: grape juice, high fructose corn syrup, corn syrup, contains 2% or less of: pectin, citric acid, potassium sorbate (preservative), sodium citrate.

Meat:

Hot Dogs (Hebrew National):

Allergy Alert: Contains soy.

Beef, water, contains 2% or less of: salt, sodium lactate, spice, hydrolyzed soy protein, paprika, sodium diacetate, garlic powder, sodium erythorbate, flavorings, sodium nitrate.

Philly Chicken Pucks:

Contains up to 22% of a solution of water, potassium lactate, dextrose, **seasoning** [**salt**, dehydrated chicken broth (maltodextrin, **natural flavor**), sugar, onion and garlic], sodium phosphate.

Philly Steak Beef Pucks:

Pork, vinegar, sugar, **salt**, **spices**.

Pulled Pork:

Beef containing up to 15% solution of water, **salt**, dextrose, sodium phosphate, **oleoresin of spice**.

Sausage:

Pork, water, **flavoring**, **salt**, corn syrup, potassium lactate, dextrose, sodium diacetate, paprika.

Vegetables:

Green Peppers:

Onions:

Red Bell Peppers:

Pickles:

GUARD HOUSE

Bread:

Pretzels

Bread flour, **salt**, water, **butter oil** for topping with **salt**.

Dry/Canned:

Blue Raspberry (Flavor Magic Gourmet Concentrate-Super 12):

Water, **natural and artificial flavors**, natural and artificial colors (may contain FD&C, Yellow 5 and/or Yellow 6), citric acid, sugar, vegetable gum, sodium benzoate and/or potassium sorbate (0.1% in finished product).

Cherry (Flavor Magic Gourmet Concentrate-Super 12):

Water, **natural and artificial flavors**, natural and artificial colors (may contain FD&C, Yellow 5 and/or Yellow 6), citric acid, sugar, vegetable gum, sodium benzoate and/or potassium sorbate (0.1% in finished product).

Cotton Candy:

Sugar, **artificial flavors**, artificial colors (blue #1, red #40).

Naks Pop Premeasured Popcorn Oil & Seasoning (Gold Medal):

Allergy Alert: Contains soy.

Hydrogenated coconut and cottonseed oils, partially hydrogenated **soybean oil**, beta carotene (color), **natural and artificial flavor**.

Popcorn Flavacol:

Salt, **artificial butter flavor**, yellow #5 lake, yellow #6 lake.

Strawberry (Flavor Magic Gourmet Concentrate-Super 12):

Water, **natural and artificial flavors**, natural and artificial colors (may contain FD&C, Yellow 5 and/or Yellow 6), citric acid, sugar, vegetable gum, sodium benzoate and/or potassium sorbate (0.1% in finished product).

Ice Cream:

Chocolate Chip Ice Cream Sandwich:

Ice Cream: **nonfat milk**, sugar, corn syrup, **whey**, **milkfat**, maltodextrin, propylene glycol monoesters, mono and diglycerides, cellulose gum, locust bean gum, guar gum, carrageenan, cellulose gel,

polysorbate 80, **artificial and natural flavors**, annatto (color).
Cookie: **Bleached wheat flour**, sugar, palm oil, chocolate chips (sugar, chocolate liquor, **cocoa butter**, dextrose, **soy lecithin**, **salt**, vanilla), corn syrup, baking soda, **salt**, molasses, **natural and artificial flavors**, **soy lecithin**, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate). Chocolate Chips: sugar, chocolate liquor, **cocoa butter**, dextrose, **soy lecithin**.

Creamsicle:

Lowfat Ice Cream: **Nonfat milk**, sugar, corn syrup, **milkfat**, **whey**, maltodextrin, high fructose corn syrup, propylene glycol monoesters, mono and diglycerides, cellulose gel, cellulose gum, carob bean gum, guar gum, polysorbate 80, carrageenan, **natural flavor**, vitamin A palmitate. Sherbert: **nonfat milk**, maltodextrin, sugar, corn syrup, high fructose corn syrup, **milk fat**, orange juice (from concentrate), citric acid, malic acid, mono and diglycerides, guar gum, carob bean gum, polysorbate 80, **natural flavor**, annatto (color), ascorbic acid.

Fudgsicle:

Nonfat milk, sugar, corn syrup, high fructose corn syrup, **whey**, cocoa (processed with Alkali), hydrogenated coconut oil, cellulose gum, guar gum, polysorbate 65 & 80, carrageenan, tricalcium phosphate, malt powder, **salt**.

Oreo Ice Cream Bar (Good Humor):

Ice Cream: **nonfat milk**, sugar, **milkfat**. Oreo cookie pieces: (sugar, **enriched wheat flour** [**wheat flour**, niacin, reduced iron, thiamine, mononitrate {vitamin B1} riboflavin {vitamin B2} folic acid], canola and/or palm oil, and/or **soybean oil**, cocoa [processed with alkali] high fructose corn syrup, corn starch, baking soda and/or calcium phosphate, salt, **soy lecithin**, (emulsified), **vanillin**, chocolate, corn syrup, **whey**, high fructose corn syrup, mono and diglycerides, cellulose gum, guar gum, polysorbate 65 and 80, carrageenene, **artificial and natural flavors**. Cookie crunch coating: **enriched wheat flour**, [**bleached wheat flour**, niacin, reduced iron, thiamine mononitrate, (vitamin B1) riboflavin (vitamin B2), folic acid], sugar, cocoa (processed with alkali), partially hydrogenated **soybean oil**, corn flour, corn syrup, **artificial flavor**, canola and/or soybean oil,

salt, leavening (baking soda and/or calcium phosphate), **soy lecithin** (emulsifier) high fructose corn syrup, chocolate, **vanillin**, **soybean oil**, coconut oil, sugar, chocolate liquor, **dry whole milk**, **soy lecithin**, **salt**, **artificial flavor**, blue 2, yellow 5 and 6, red 40.

Popsicle (Lifesaver):

Water, sugar, corn syrup, high fructose corn syrup, **natural and artificial flavors**, citric acid, malic acid, guar gum, locust bean gum, ascorbic acid, Red 40, Yellow 5, Yellow 6, Blue 1.

Reese's Peanut Butter Cup Ice Cream Bar (Good Humor Bar):

Ice Cream: **nonfat milk**, sugar, **milkfat**, reese's peanut butter cup pieces [**milk chocolate** (sugar, cocoa butter, chocolate, **nonfat milk**, **milkfat**, **lactose**, **soy lecithin**, PGPP {polyglycerol polyricinoleate}), **peanut**, sugar, dextrose, **salt**, TBHQ, citric acid, corn syrup, **whey**, high fructose corn syrup, mono and diglycerides, cellulose gum, guar gum, polysorbate 65 & 80, carrageenan, **artificial and natural flavors**. Reese's Peanut Swirl: **peanuts**, sugar, **peanut oil**, dextrose, **salt**, TBHQ, citric acid. Chocolate flavored coating: vegetable oil [coconut and **soybean**], sugar, **whole milk powder** and chocolate liquor [processed with alkali] cocoa powder [processed with alkali], **soy lecithin**, **vanillin** (**artificial flavor**).

Strawberry Shortcake (Good Humor):

Ice Cream: **nonfat milk**, sugar, **milkfat**, corn syrup, high fructose corn syrup, **whey**, monodextrin, propylene glycol monoesters, mono and diglycerides, cellulose gum, guar gum, cellulose gel, carrageenan, vitamin A palmitate, polysorbate 65 and 80, **artificial and natural flavors**. Strawberry Core: water, sugar, corn syrup, strawberries, **natural flavor**, **modified soy protein**, citric acid, cellulose gum, red 40, guar gum, polysorbate 65 and 80, carrageenan. Coating: vanilla crunch [**bleached wheat flour**, sugar, palm oil, red 40, **salt**, **natural and artificial flavors**, **soy lecithin**, baking soda), **soybean oil**, palm oil, red coconut (coconut, sugar, **salt**, red 3, red 40).

HIGH FLYING SNACKS

Bread:

Pretzels:

Bread flour, **salt**, water, **butter oil** for topping with **salt**.

Dry/Canned:

Cotton Candy:

Sugar, **artificial flavors**, artificial colors (blue #1, red #40).

Naks Pop Premeasured Popcorn Oil & Seasoning (Gold Medal):

Allergy Alert: Contains soy.

Hydrogenated coconut and cottonseed oils, partially hydrogenated **soybean oil**, beta carotene (color), **natural and artificial flavor**.

Popcorn Flavacol:

Salt, **artificial butter flavor**, yellow #5 lake, yellow #6 lake.

Ice Cream:

Chocolate Chip Ice Cream Sandwich:

Ice Cream: **nonfat milk**, sugar, corn syrup, **whey**, **milkfat**, maltodextrin, propylene glycol monoesters, mono and diglycerides, cellulose gum, locust bean gum, guar gum, carrageenan, cellulose gel, polysorbate 80, **artificial and natural flavors**, annatto (color).

Cookie: **Bleached wheat flour**, sugar, palm oil, chocolate chips (sugar, chocolate liquor, **cocoa butter**, dextrose, **soy lecithin**, **salt**, vanilla), corn syrup, baking soda, **salt**, molasses, **natural and artificial flavors**, **soy lecithin**, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate). Chocolate Chips: sugar, chocolate liquor, **cocoa butter**, dextrose, **soy lecithin**.

Creamsicle:

Lowfat Ice Cream: **Nonfat milk**, sugar, corn syrup, **milkfat**, **whey**, maltodextrin, high fructose corn syrup, propylene glycol monoesters, mono and diglycerides, cellulose gel, cellulose gum, carob bean gum, guar gum, polysorbate 80, carrageenan, **natural flavor**, vitamin A palmitate. Sherbert: **nonfat milk**, maltodextrin, sugar, corn syrup, high fructose corn syrup, **milk fat**, orange juice (from concentrate), citric acid, malic acid, mono and diglycerides, guar gum, carob bean gum, polysorbate 80, **natural flavor**, annatto (color), ascorbic acid.

Fudgsicle:

Nonfat milk, sugar, corn syrup, high fructose corn syrup, **whey**, cocoa (processed with Alkali), hydrogenated coconut oil, cellulose gum, guar gum, polysorbate 65 & 80, carrageenan, tricalcium phosphate, malt powder, **salt**.

Oreo Ice Cream Bar (Good Humor):

Ice Cream: **nonfat milk**, sugar, **milkfat**. Oreo cookie pieces: (sugar, **enriched wheat flour** [**wheat flour**, niacin, reduced iron, thiamine, mononitrate {vitamin B1} riboflavin {vitamin B2} folic acid], canola and/or palm oil, and/or **soybean oil**, cocoa [processed with alkali] high fructose corn syrup, corn starch, baking soda and/or calcium phosphate, salt, **soy lecithin**, (emulsified), **vanillin**, chocolate, corn syrup, **whey**, high fructose corn syrup, mono and diglycerides, cellulose gum, guar gum, polysorbate 65 and 80, carrageeneen, **artificial and natural flavors**. Cookie crunch coating: **enriched wheat flour**, [**bleached wheat flour**, niacin, reduced iron, thiamine mononitrate, (vitamin B1) riboflavin (vitamin B2), folic acid], sugar, cocoa (processed with alkali), partially hydrogenated **soybean oil**, corn flour, corn syrup, **artificial flavor**, canola and/or soybean oil, **salt**, leavening (baking soda and/or calcium phosphate), **soy lecithin** (emulsifier) high fructose corn syrup, chocolate, **vanillin**, **soybean oil**, coconut oil, sugar, chocolate liquor, **dry whole milk**, **soy lecithin**, **salt**, **artificial flavor**, blue 2, yellow 5 and 6, red 40.

Popsicle (Lifesaver):

Water, sugar, corn syrup, high fructose corn syrup, **natural and artificial flavors**, citric acid, malic acid, guar gum, locust bean gum, ascorbic acid, Red 40, Yellow 5, Yellow 6, Blue 1.

Reese's Peanut Butter Cup Ice Cream Bar (Good Humor Bar):

Ice Cream: **nonfat milk**, sugar, **milkfat**, reese's peanut butter cup pieces [**milk chocolate** (sugar, cocoa butter, chocolate, **nonfat milk**, **milkfat**, **lactose**, **soy lecithin**, PGPP {polyglycerol polyricinoleate}), **peanut**, sugar, dextrose, **salt**, TBHQ, citric acid, corn syrup, **whey**, high fructose corn syrup, mono and diglycerides, cellulose gum, guar gum, polysorbate 65 & 80, carrageenan, **artificial and natural flavors**. Reese's Peanut Swirl: **peanuts**, sugar, **peanut oil**, dextrose, **salt**, TBHQ, citric acid. Chocolate flavored coating: vegetable oil [coconut and **soybean**], sugar, **whole milk powder** and chocolate liquor [processed with alkali] cocoa powder [processed with alkali], **soy lecithin**, **vanillin** (**artificial flavor**).

Strawberry Shortcake (Good Humor):

Ice Cream: **nonfat milk**, sugar, **milkfat**, corn syrup, high fructose corn syrup, **whey**, monodextrin, propylene glycol monoesters, mono and diglycerides, cellulose gum, guar gum, cellulose gel, carrageenan, vitamin A palmitate, polysorbate 65 and 80, **artificial and natural flavors**. Strawberry Core: water, sugar, corn syrup, strawberries, **natural flavor**, **modified soy protein**, citric acid, cellulose gum, red 40, guar gum, polysorbate 65 and 80, carrageenan. Coating: vanilla crunch [**bleached wheat flour**, sugar, palm oil, red 40, **salt**, **natural and artificial flavors**, **soy lecithin**, baking soda), **soybean oil**, palm oil, red coconut (coconut, sugar, **salt**, red 3, red 40).

LIGHTHOUSE SNACKS

Dry/Canned:

Corn Meal (Aunt Jemima):

Degerminated yellow corn meal, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid.

Potatoe Chips (Ruffles):

Potatoes, sunflower oil and/or corn oil, **salt**.

Frozen:

Peanut Butter and Grape Jelly Sandwich (Smucker's):

Bread: enriched unbleached flour (**wheat flour**, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) water, **unbleached whole wheat flour**, high fructose corn syrup, yeast, **partially hydrogenated soybean oil and/or soybean oil**, contains 2% or less of the following: **wheat gluten**, **salt**, dough conditioners (may contain one or more of the following: diacetyl tartaric acid esters of mono and diglycerides (datem), mono and diglycerides ethoxylated mono and diglycerides, sodium stearoyl lactylate, calcium peroxide, ascorbic acid, azodicarbonamide, L-cysteine), yeast nutrients (may contain one or more of the following: monocalcium phosphate, calcium sulfate, ammonium sulfate), calcium propionate (maintain freshness), cornstarch, **enzymes (with wheat)**. Peanut Butter: **peanuts**, dextrose, sugar, 2% or less of: partially and fully hydrogenated vegetable oil (**soybean** and/or cottonseed and/or rapeseed) **salt**, molasses, mono and diglycerides, (palm and/or **soybean oil**). Grape Jelly: grape juice, high fructose corn syrup, corn syrup, contains 2% or less of: pectin, citric acid, potassium sorbate (preservative), sodium citrate.

Pizza (Frescetta):

Enriched flour (**wheat flour**, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), **low moisture part skim mozzarella cheese (cultured pasteurized part skim milk, salt, enzymes)**, tomatoes (water, tomato paste), yeast, **soybean oil**, contains 2% or less of cornmeal, sugar, **salt**, **Romano cheese (pasteurized cultured part-skim cow's milk, salt, enzymes)**, **parmesan cheese (pasteurized cultures part-skim milk, salt, enzymes)**, **wheat gluten**, **spices**, garlic, datem, dextrose, **flavoring (wheat flour, modified starch, artificial flavors)**, dough conditioner (**whey**, ammonium sulfate, L-cysteine), malted barley flour, guar gum, **soy lecithin**, ascorbic acid, enzymes.

Meat:

Pepperoni (Hormel):

Pork and beef, **salt**, contains 2% or less of water, dextrose, **spices**, oleoresin of paprika, lactic acid starter culture, garlic powder, sodium nitrate, BHA, BHT, citric acid.

THE PIXIE KITCHEN

Bread:

Bagel:

Allergy Alert: Contains wheat and soy.

Unbleached enriched flour (**wheat flour**, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, brown sugar, **salt**, **defatted soy flour**, calcium propionate, malted barley extract, enzymes, yeast, **soybean oil**, DATEM, dextrose, canola oil, ascorbic acid, **wheat starch**, azodicarbonamide, L-cysteine.

Burger Rolls (Country Kitchen):

Allergy Alert: Processed in facility that uses milk and egg products.

Wheat flour (enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains 2% or less of each of the following: **soybean oil**, **salt**, **wheat gluten**, calcium peroxide, calcium sulfate, calcium propionate (to retard spoilage) corn starch, dough conditioners (mono diglycerides, sodium stearoyl lactylate), corn flour, **spice** and coloring, **soy lecithin**, **natural flavors**, cornmeal.

Hot Dog Buns (Country Kitchen):

Allergy Alert: Contains wheat, soybean. Produced in a facility that uses milk products.

Wheat flour (enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast. Contains 2% or less of each of the following: **soybean oil**,

maltodextrin, dextrose, corn starch, **salt**, dough conditioners (ethoxylated mono- and diglycerides, sodium stearoyl lactylate), **soy oil**, calcium phosphate, calcium sulfate, calcium iodate, calcium propionate (to retard spoilage), calcium peroxide, **soy flour**.

English Muffin (Country Kitchen):

Allergy Alert: Contains wheat, soybeans, milk products. Produced in a facility that uses egg and sesame seed products.

Wheat flour (enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, yeast. Contains 2% or less of each of the following: **buttermilk**, **wehey**, **salt**, mono and diglycerides, **soybean oil**, calcium sulfate, calcium peroxide, calcium propionate (to retard spoilage), **wheat gluten**, dextrose, high fructose corn syrup, vinegar, corn flour, corn oil, corn meal.

Sliced Bread (Country Kitchen):

Allergy Alert: Processed in facility that uses egg products.

Wheat flour (enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, **whole wheat flour**, high fructose corn syrup, yeast, contains 2% or less of the following: **wheat gluten**, **soybean oil**, **soy fiber**, **salt**, **wehey**, **buttermilk**, dough conditioners (monodiglycerides sodium stearoyl lactylate), calcium peroxide, calcium sulfate, calcium propionate (to retard spoilage).

Dairy:

American Cheese (Block & Barrel):

Allergy Alert: Conatains milk, soy.

Cultured milk and **skim milk**, water, **cream**, sodium citrate, **salt**, sodium phosphate, sorbic acid (preservative), citric acid, acetic acid, enzymes, **soy lecithin**, titanium dioxide (color).

Egg Pattie:

Allergy Alert: Contains egg and soy.

Egg whites, **egg yolks**, modified corn starch, **salt**, xanthan gum, citric acid.

Dry/Canned:

Au Jus:

Beef stock, **salt**, maltodextrin, sugar, autolyzed yeast extract, **natural and artificial flavors**, caramel color, modified corn starch, corn syrup solids, **hydrolyzed soy protein**, citric acid, **beef flavor (contains beef extract)**, disodium inosinate, **natural grill flavor** (from partially hydrogenated **soybean** and cottonseed oil).

Butter Substitute (Grill-On):

Allergy Alert: Contains soybean.

Liquid and hydrogenated soybean oil, **soy lecithin**, **natural and artificial flavors**, beta carotene (color), TBHQ and citric acid added to protect flavor, dimethylpolysiloxane, anti-foaming agent added.

Cinnamon:

Corn Meal (Aunt Jemima):

Degerminated yellow corn meal, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid.

Flour:

Fryer Oil (Wesson):

Cottonseed oil, canola oil, TBHQ (preservative), methylsilicone.

Potato Chips (Ruffles):

Potatoes, sunflower oil and/or corn oil, **salt**.

Powdered Sugar (Domino's):

Sugar, cornstarch.

Oil Blend (Arreggio):

Vegetable oil (**soybean** and/or canola oil) and 10% imported olive oil.

Frozen:

Blueberry Muffin:

Allergy Alert: Contains wheat, egg, and milk. This product is manufactured on equipment exposed to soy, coconut, peanut, pecan, and walnut products.

Sugar, **bleached wheat flour**, **eggs**, **soybean oil**, blueberries, water, modified food starch, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), mono and diglycerides, **natural flavors**, **buttermilk solids**, **salt**, lactic acid, enzyme, xanthan gum.

French Fries (Lamb Weston):

Allergy Alert: Contains milk, wheat.

Potatoes, vegetable oil (may contain one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, **soybean oil**, sunflower oil), disodium dihydrogen pyrophosphate (to promote color retention) dextrose, **natural flavoring** (derived from **milk** and **wheat**).

French Toast Sticks:

Allergy Alert: Contains milk, egg, and wheat.

Bread [**Enriched wheat flour** (**wheat flour**, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, **salt**, yeast, **spices**, sodium stearoyl lactylate, calcium propionate (to preserve freshness), **soybean oil**] water, **enriched bleached wheat flour** (**bleached wheat flour**, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (**soybean** and/or canola), sugar, **enriched wheat flour** (**wheat flour**, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid). Contains 2% or less of **artificial flavor**, dextrose, dried yeast, dried whole egg, ferric orthophosphate, leavening (sodium acid, pyrophosphate, sodium bicarbonate), milk protein concentrate, modified food starch, modified wheat starch, **natural flavors**, **salt**, **wheat starch**, whey, **white whole wheat flour**.

Hash Browns:

Allergy Alert: Contains wheat.

Potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, **soybean oil**), **enriched bleached flour** (**wheat flour**, niacin, iron, thiamin mononitrate, riboflavin, folic acid), **salt**, modified food starch,

spices, corn meal, garlic powder, onion powder, leavening (disodium dihydrogen phosphate, sodium bicarbonate), **natural flavor**, colored with oleoresin paprika, dextrose.

Macaroni and Cheese:

Water, **skim milk**, macaroni (semolina [enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid] and **egg whites**), **cheddar cheese** (**cultured pasteurized milk** and **cream**, **salt**, enzymes, annatto [color]), **pasteurized processed cheddar cheese** (**cheddar cheese** (**pasteurized milk**, **cheese culture**, **salt**, enzymes), water, sodium phosphate, **milkfat**, **salt**, apocarotenal), margarine (liquid and partially hydrogenated **soybean oil**, water, **salt**, **whey**, mono and diglycerides, **soy lecithin**, vitamin A palmitate, beta carotene [color], **artificial flavor**), enriched flour (**wheat flour**, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), **soybean oil**, **salt**, modified food starch, disodium phosphate, annatto extract (color), beta carotene.

Peanut Butter and Grape Jelly Sandwich (Smucker's):

Bread: enriched unbleached flour (**wheat flour**, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) water, **unbleached whole wheat flour**, high fructose corn syrup, yeast, **partially hydrogenated soybean oil and/or soybean oil**, contains 2% or less of the following: **wheat gluten**, **salt**, dough conditioners (may contain one or more of the following: diacetyl tartaric acid esters of mono and diglycerides (datem), mono and diglycerides ethoxylated mono and diglycerides, sodium stearyl lactylate, calcium peroxide, ascorbic acid, azodicarbonamide, L-cysteine), yeast nutrients (may contain one or more of the following: monocalcium phosphate, calcium sulfate, ammonium sulfate), calcium propionate (maintain freshness), cornstarch, **enzymes** (**with wheat**). Peanut Butter: **peanuts**, dextrose, sugar, 2% or less of: partially and fully hydrogenated vegetable oil (**soybean** and/or cottonseed and/or rapeseed) **salt**, molasses, mono and diglycerides, (palm and/or **soybean oil**). Grape Jelly: grape juice, high fructose corn syrup, corn syrup, contains 2% or less of: pectin, citric acid, potassium sorbate (preservative), sodium citrate.

Meat:

Bacon:

Cured with water, **salt**, sugar, **smoked flavoring**, sodium phosphate, sodium erythorbate, sodium nitrite.

Chicken Fingers (Tyson):

Chicken breast tenderloins, water, modified food starch, **salt**, sodium phosphates. Breaded with: **wheat flour**, **salt**, **spices**, garlic powder, extractives of paprika, **natural flavors**. Battered with: water, **bleached wheat flour**, modified corn starch, **salt**, dextrose, spices, xanthan gum, garlic powder, oleoresin paprika, and annatto. Predusted with: **wheat flour**, **wheat gluten**, and **salt**. Breeding set in vegetable oil.

Grilled Chicken Breast (Tyson):

Chicken breast meat with rib meat, water, vegetable oil, **seasoning** (**salt**, **roast chicken flavor** [maltodextrin, autolyzed yeast extract, **soy sauce** {**soybean**, **wheat**, **salt**} tapioca maltodextrin, chicken fat, dextrose, **flavor**] sugar, citric acid) modified potato starch, **salt**, sodium phosphates, modified vegetable gum, **flavoring**.

Hamburgers:

Allergy Alert: Processed with soy lecithin.

Certified Angus Beef: **seasoning** [**salt**, dextrose, **natural flavors**, **spice**] **natural flavoring**.

Hot Dogs (Hebrew National):

Allergy Alert: Contains soy.

Beef, water, contains 2% or less of: salt, sodium lactate, spice, hydrolyzed soy protein, paprika, sodium diacetate, garlic powder, sodium erythorbate, flavorings, sodium nitrate.

Sausage Pork Patty (Hormel):

Pork, water, salt, **spices**, dextrose, sugar, autolyzed yeast, **natural flavor** (corn syrup solids, lime juice solids, **natural flavor**), **flavoring**, TBHQ, BHT, citric acid, lactic acid.

Sausage Pork Patty (SYSCO):

Pork, water, corn syrup solids, **spices**, sugar, dextrose, **flavorings**, BHT, propyl gallate, citric acid.

Vegetables:

Salad Mix:

Tomatoes:

Cucumbers:

Onions:

Fresh Baby Carrots:

SEÑOR MUNCHEROS

Bread:

6” Soft Shell Tortillas:

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 the following: **salt**, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners, (fumaric acid and sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness).

10” Soft Shell Tortillas:

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 the following: **salt**, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners, (fumaric acid

and sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness).

Dairy:

Fancy Shredded Cheddar Jack Cheese (El Pasado):

Colby cheese (pasteurized milk, cheese culture, salt, enzymes, and annatto [color]). **Brick cheese** (pasteurized milk, cheese culture, salt, enzymes), potato starch, powdered cellulose (to prevent caking), natamycin (natural mold inhibitor).

Dry/Canned:

Fryer Oil^{k in a circle} (Wesson):

Cottonseed oil, canola oil, TBHQ (preservative), methylsilicone.

Potatoe Chips^{u in a circle} (Ruffles):

Potatoes, sunflower oil and/or corn oil, salt.

Oil Blend (Arreggio):

Vegetable oil (soybean and/or canola oil) and 10% imported olive oil.

Tortilla Chips (Tostitos):

Whole white corn, vegetable oil, (contains one or more of the following: corn, sunflower, or soybean oil), salt.

Frozen:

French Fries (Lamb Weston):

Allergy Alert: Contains milk, wheat.

Potatoes, vegetable oil (may contain one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), disodium dihydrogen pyrophosphate (to promote color retention) dextrose, natural flavoring (derived from milk and wheat).

Meat:

Beef (Hormel):

Beef, water, textured vegetable protein (**soy protein concentrate**, caramel color), tomatoes, green chilies, **seasoning** (**salt**, **spices**, onion, paprika, garlic, **spice extractives**), onions, jalapeno peppers, sodium phosphate.

Chicken Fingers (Tyson):

Chicken breast tenderloins, water, modified food starch, **salt**, sodium phosphates. Breaded with: **wheat flour**, **salt**, **spices**, garlic powder, extractives of paprika, **natural flavors**. Battered with: water, **bleached wheat flour**, modified corn starch, **salt**, dextrose, spices, xanthan gum, garlic powder, oleoresin paprika, and annatto. Predusted with: **wheat flour**, **wheat gluten**, and **salt**. Breeding set in vegetable oil.

Chicken Tinga (Tyson):

Chicken meat (white and dark chicken meat, water, modified food starch, **salt**, sodium phosphate), tomatoes in tomato puree, onions, tomato paste, contains 2% or less: of modified food starch, garlic (contains high fructose corn syrup), green chilies, olive oil, **salt**, lecithin, sodium phosphates, chipotle pepper powder, **spices**, xanthan gum, citric acid, **flavoring**.

Chili and Beans:

Beef, kidney beans, (kidney beans, water, **salt**, sugar), onion, tomatoes, tomato sauce (tomato paste, water, **spices**, **salt**, dehydrated onions, garlic powder, paprika, hydrogenated cottonseed oil, **soybean oil**, extractives of paprika), celery, green peppers, corn oil, **salt**, garlic, banana peppers (banana peppers, water, vinegar, **salt**, tumeric and calcium chloride).

Corn Dog:

Batter: water, **enriched wheat flour** (niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, enriched corn meal (niacin, iron, thiamin mononitrate, riboflavin, folic acid), contains 2% or less of the following: leavening (sodium acid pyrophosphate, sodium bicarbonate), **modified wheat starch**, **soybean oil**, **salt**, honey

solids (**wheat starch**, calcium stearate), **artificial flavor**, onion powder, **dried whole egg**, **nonfat dry milk**, cooked in **soybean oil**. Frank: meat ingredients (pork and beef), mechanically separated turkey, water corn syrup, **flavorings**, contains 2% or less of the following: dextrose, **salt**, potassium lactate, sodium phosphate, ascorbic acid, sodium diacetate, **natural hickory smoke flavor**, extractives of paprika, sodium nitrate.

Vegetables:

Shredded Lettuce:

Tomatoes:

WHISTLE STOP

Ice Cream:

Chocolate (Oakhurst):

Milk, cream, sugar, **nonfat milk solids**, corn syrup solids, cocoa (processed with alkali), **whey**, mono and diglycerides, guar gum, cellulose gum, tetrasodium phosphate, carrageenan, **natural and artificial vanilla flavor**, vitamin A palmitate.

Vanilla (Oakhurst):

Milk, cream, sugar, **nonfat milk solids**, corn syrup solids, **whey**, mono and diglycerides, guar gum, cellulose gum, tetrasodium phosphate, carrageenan, **natural and artificial vanilla flavor**, and Vitamin A palmitate.

Dry/Canned:

Chocolate Jimmies (Top-it toppings):

Allergy Alert: Contains soy.

Sugar, corn starch, partially hydrogenated vegetable oil (soybean, cottonseed), cocoa, cocoa processed with alkai, soya lecithin,

confectioner's glaze, **natural and/or artificial flavors**, carnauba wax.

Ice Cream Cones (Keebler)

Allergy Alert: Contains wheat and soy ingredients.

Enriched flour (**wheat flour**, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), contains 2% or less of corn starch, **partially hydrogenated soybean oil**, **soy lecithin**, baking soda, **salt**, annatto (for color), vanilla.

Rainbow Sprinkles (Kerry Sprinkle King):

Allergy Alert: Contains soy.

Sugar, corn starch, partially hydrogenated vegetable oil (**soybean**, cottonseed), **soy lecithin**, dextrin, confectioner's glaze, **natural and/or artificial flavors**, red #40 lake, yellow #6 lake, carnauba wax, yellow #5 lake, blue #1 lake, red #3, red #40.

CONDIMENTS

Assorted:

Iodized Salt Packet:

Salt crystals, and potassium iodide.

Ketchup (Heinz):

Tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, **salt**, **spice**, onion powder, **natural flavoring**.

Mayonnaise (Heinz):

Allergy Alert: Contains soybean and egg.

Soybean oil, distilled white vinegar, water, **egg yolks**, **salt**, sugar, mustard flour, onion powder, lemon juice concentrate, calcium disodium EDTA added to protect flavor, **natural flavor**.

Mustard (Heinz):

Distilled vinegar, water, mustard seed, **salt**, mustard bran, turmeric, paprika, **spices**.

Pepper Packet:

Black pepper (bacteria treated).

Relish (Heinz):

Relish stock (cucumbers, cabbage, **salt**, water, calcium chloride, distilled white vinegar), high fructose corn syrup, distilled white vinegar, modified tapioca starch, potassium sorbate and sodium benzoate as preservatives, modified corn starch, xanthan gum, guar gum, alum, dehydrated red bell peppers, extractives of turmeric, FD&C yellow #5 and blue #1, polysorbate 80.

Table Vinegar ^{u in a circle}:

Distilled vinegar diluted with water to 5% acidity.

Breakfast:**Apple Jelly:**

Apple juice (water, apple juice concentrate), corn syrup, high fructose corn syrup, sugar, pectin, citric acid.

Butter Cup:

Allergy Alert: Contains milk.

Pasteurized nonfat milk and milkfat, whey protein concentrate, cheese cultures, salt, whey, guar gum carabean gum, sorbic acid as a preservative, vitamin A palmitate.

Concord Grape Jelly (Knott's):

Concord grape juice, high fructose corn syrup, corn syrup, pectin, citric acid.

Concord Grape Jelly (Smucker's):

Concord grape juice, high fructose corn syrup, corn syrup, fruit pectin, citric acid, sodium citrate.

Cream Cheese (Kraft):

Allergy Alert: Contains milk.

Pasteurized nonfat milk and milkfat, whey protein concentrate, cheese cultures, salt, whey, guar gum carabean gum, sorbic acid as a preservative, vitamin A palmitate.

Grape Jelly:

Grape juice (water, grape juice concentrate), corn syrup, high fructose corn syrup, sugar, pectin, citric acid.

Syrup (House Recipe):

Corn syrup, high fructose corn syrup, water, natural and artificial maple flavor, potassium sorbate as a preservative, caramel color, citric acid.

Orange Marmalade (Knott's):

High fructose corn syrup, corn syrup, orange juice, orange peel, pectin, citric acid.

Orange Marmalade (Smucker's):

High fructose corn syrup, corn syrup, orange peel, orange juice, fruit pectin, citric acid, natural orange flavor.

Peanut Butter (Smucker's):

Roasted peanuts and sugar, contains 2% or less of: molasses, fully hydrogenated vegetable oils (rapeseed and soybean oil mono-and diglycerides, salt.

Strawberry Jam (Smucker's):

Strawberries, high fructose corn syrup, corn syrup, sugar, fruit pectin, citric acid.

Creamer/Sweeteners:**Creamer:**

Allergy Alert: Contains milk.

Milk, cream, DATEM, sodium phosphate, sodium polyphosphate, sodium citrate, carrageenan.

Equal:

Dextrose with maltodextrin, aspartame.

Splenda

Dextrose, maltodextrin, sucralose.

Sugar Packets:

Sugar.

Sweet' N Low Granulated Sugar Substitute:

Nutritive dextrose, 3.6% soluble saccharin (36 mg per packet) cream of tartar, and calcium silicate (an anti-caking agent).

Dipping Sauce:**Baby Carrot Light Ranch Veggie Dip:**

Allergy Alert: Contains egg and milk.

Vegetable oil (**Soybean oil** and/or canola oil), **buttermilk**, water, distilled vinegar, sugar, **egg yolks**, **salt**, garlic juice, contains 2% or less of dried onion, dried garlic, **natural flavor**, lactic acid, xanthan gum, lemon juice concentrate, and chives, **spice**.

Barbecue Sauce (Sweet Baby Rays):

High fructose corn syrup, distilled vinegar, tomato paste, modified food starch, contains less than 2% of: **salt**, pineapple juice concentrate, **natural smoke flavor**, **spices**, caramel color, sodium benzoate as a preservative, molasses, corn syrup, dried garlic, sugar, tamarind, **dried natural flavor**.

Honey Mustard (House Recipe):

Allergy Alert: Contains egg.

Soybean oil, high fructose corn syrup, water, prepared mustard (water, vinegar, mustard seed, **salt**, turmeric, paprika, **spice**, **natural flavor**), honey, vinegar, **egg yolk**, corn syrup contains less than 2% of **salt**, xanthan gum, dried onion, **spice**, **natural and artificial flavors**, sodium benzoate and calcium disodium EDTA (preservatives), caramel color, oleoresin turmeric and paprika.

Marinara Sauce (Arrezzo):

Tomatoes, tomato paste, water, **soybean oil**, corn syrup, **salt**, food starch modified, dehydrated onion, dehydrated garlic, **spices**, dextrose, citric acid, and **natural flavors**.

Nacho Cheese (Gehl's):

Allergy Alert: Contains milk. Processed in facilities that use soy ingredients in other products.

Cheese whey, water, palm oil, modified tapioca starch, modified food starch, **cheddar cheese (milk, cultures, salt, enzymes)**, maltodextrin, sodium phosphate, **salt**, vinegar, sodium stearoyl lactylate, citric acid, , **natural and artificial flavor**, mono & diglycerides, phosphoric acid, annatto color, carotene color, paprika color.

Salsa (Heinz):

Diced tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), water, crushed tomatoes, green bell peppers, jalapeño peppers, onions, dehydrated onions, **salt**, distilled white vinegar, potassium sorbate and sodium benzoate as preservatives, dehydrated garlic, ascorbic acid (Vitamin C).

Sour Cream (Glen View Farms):

Cultured pasteurized milk, cream, nonfat milk, modified corn starch, disodium phosphate, guar gum, sodium citrate, carrageen, locust bean gum, potassium sorbate (preservative), and enzyme.

Sweet 'n Sour (Kraft):

High fructose corn syrup, water, vinegar, pineapple juice concentrate, modified food starch, contains less than 2% of **salt, soybean oil**, dried red bell peppers, dried green bell peppers, **spice**, oleoresin paprika.

Taco Sauce (Casa Solana):

Water, tomato paste, distilled vinegar, corn syrup, modified food starch, **salt, spices including paprika**, citric acid, potassium sorbate and sodium benzoate as preservatives.

Salad Dressing:

Italian (Newman's Own):

Allergy Alert: Contains milk, soybeans, and anchovy.

Vegetable oil (**soybean oil** and/or canola oil), water, vinegar, **Romano cheese** (**pasteurized milk, cheese cultures, salt,** enzymes), **salt**, contains 2% or less of garlic powder, sugar, **spices**, barley malt extract, **anchovies**, citric acid, hydrolyzed **soy protein**, xanthan gum, paprika, molasses, corn syrup, caramel color, onion powder, tamarind, **natural flavor**.

Light Italian (Newman's Own):

Water, red wine vinegar, olive oil, vegetable oil (**soybean oil** and/or canola oil), onion, extra virgin olive oil, **salt**, contains 2% or less of **spice**, distilled vinegar, garlic, lemon juice, xanthan gum, **natural flavor**, turmeric (color).

Ranch (Newman's Own):

Allergy Alert: Contains egg and milk.

Vegetable oil (**Soybean oil** and/or canola oil), **buttermilk**, water, distilled vinegar, sugar, **egg yolks, salt**, garlic juice, contains 2% or less of dried onion, dried garlic, **natural flavor**, lactic acid, xanthan gum, lemon juice concentrate, and chives, **spice**.

Two Thousand Island (Newman's Own):

Allergy Alert: Contains egg.

Vegetable oil (**soybean oil**, canola oil), vinegar (cider, distilled), chili sauce (tomatoes, corn syrup, vinegar, **salt, spices, natural flavors**, garlic powder, onion powder, citric acid), water, sugar, **egg yolk**, bacon (cured with water, **salt, smoke flavoring**), honey, contains less than 2% of **salt**, dried and smoked jalapeño peppers, dried onion, dried garlic, **spices**, tomato paste, xanthan gum, citric acid, **natural flavor**.

DRINKS

Bottled:

Apple (Minute Maid):

Pure filtered water, concentrated apple juice, less than 0.5% of: vitamin C (ascorbic acid), calcium citrate, potassium phosphate.

Chocolate Milk (Oakhurst):

Lowfat milk, high fructose corn syrup, cocoa (processed with alkali), corn starch, **salt**, carrageenan, **vanillin** (**artificial flavor**), vitamin A palmitate, vitamin D3.

Coca-Cola:

Carbonated water, high fructose corn syrup, caramel color, phosphoric acid, **natural flavors**, caffeine.

Coca-Cola Zero:

Carbonated water, caramel color, aspartame, phosphoric acid, potassium benzoate (to protect the taste), **natural flavors**, citric acid, caffeine.

Diet Coke:

Carbonated water, caramel color, aspartame, phosphoric acid, potassium benzoate (to protect the taste), **natural flavors**, citric acid, caffeine.

Dr. Pepper:

Carbonated water, high fructose corn syrup, caramel color, phosphoric acid, **natural and artificial flavors**, sodium benzoate (preservative), caffeine.

Fruit Punch (Minute Maid):

Apple, pear, grape and pineapple juices from concentrate, less than 0.5% of: **natural flavors**, vitamin C (ascorbic acid), vitamin E (alpha-tocopheryl acetate), potassium phosphate, citric acid (provides tartness), grape skin extract (for color).

Grape (Minute Maid):

Apple, grape and pear juices from concentrate, less than 0.5% of: **natural flavors**, vitamin C (ascorbic acid), vitamin E (alpha-tocopheryl acetate), potassium phosphate, citric acid (provides tartness), grape skin extract (for color).

Iced Tea (Nestea):

Water; high fructose corn syrup; tea (**natural tea concentrate from tea leaves and natural tea essence**); citric acid; phosphoric acid; potassium sorbate, sodium benzoate and EDTA (to protect taste); **natural lemon flavors**.

Lemon-Lime (Sprite):

Carbonated water, high fructose corn syrup, citric acid, **natural flavors**, sodium citrate, sodium benzoate (to protect taste).

Milk (Oakhurst):

Pasteurized milk and vitamin D3.

Mixed Berry (Minute Maid):

Apple, grape juices from concentrate, less than 2% of: blackberry and raspberry juices from concentrate, **natural flavors**, vitamin C (ascorbic acid), vitamin E (alpha-tocopheryl acetate), potassium phosphate, citric acid (provides tartness), grape skin extract (for color).

Orange Soda (Sunkist):

Carbonated water, high fructose corn syrup, citric acid, sodium benzoate (preservative), food starch-modified, **natural flavors**, caffeine, ester gum, ascorbic acid (preservative) yellow 6, red 40.

Root Beer (Barq's):

Carbonated water, high fructose corn syrup, caramel color, sodium benzoate (to protect the taste), citric acid, caffeine, **artificial and natural flavors**, acacia.

Vitamin Water Power-C (Glacéau):

Reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: vitamin C (ascorbic acid), citric acid, **natural flavor**, dragonfruit extract, vegetable juice (color), taurine, vitamin B5 (calcium pantothenate), calcium lactate (electrolyte), zinc gluconate, potassium phosphate (electrolyte), vitamin B6 (pyridoxine hydrochloride), vitamin B12, chromium polynicotinate.

Vitamin Water XXX (Glacéau):

Reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: citric acid, vitamin C (ascorbic acid), fruit and vegetable juice (color), **natural flavor**, berry and fruit extracts (apple, pomegranate, acai, blueberry) magnesium lactate (electrolyte), vitamin B3 (niacinamide), vitamin B5 (calcium pantothenate), calcium lactate (electrolyte), potassium phosphate (electrolyte), beta-carotene, vitamin B6 (pyridoxine hydrochloride), vitamin B12, manganese citrate, gum acacia.

Dry Mix:**Breakfast Blend Coffee (New England Coffee):****Cappuccino Mix:**

Allergy Alert: Contains milk.

Sugar, non-dairy creamer (partially hydrogenated coconut oil, corn syrup solids, **sodium caseinate**, sugar, dipotassium phosphate, propylene glycol ester of fatty acids, mono and diglycerides, sodium silicoaluminate, **salt**, **soy lecithin**, carageenan, **artificial flavor** & color), coffee, cocoa (processed with alkali), cellulose gum, sodium citrate, **salt**, **artificial flavor**, silicon dioxide (anticaking agent).

Colombian Decaffeinated Coffee (New England Coffee):**Frozen Pink Lemonade (Thelma's):**

High fructose corn syrup and/or sugar, water and contains 2% or less than each of the following: concentrated lemon juice, citric acid,

sodium benzoate (preservative), **natural flavors**, gum acacia, glycerol ester of wood rosin, brominated vegetable oil and red 40.

Hot Cocoa (Citavo):

Sugar, **sweet dairy whey**, cocoa (pressed with alkali), corn syrup solids, **partially hydrogenated soybean** and/or sunflower oil, **nonfat dry milk**, cellulose gum, **salt**, tricalcium phosphate, silicon dioxide, **sodium caseinate**, dipotassium phosphate, **artificial flavor**, mono and diglycerides.

Tea (Lipton):

Orange pekoe and pekoe cut black tea.

Fountain:

Coca-Cola:

High fructose corn syrup, water, caramel color, phosphoric acid, **natural flavors**, caffeine.

Diet Coke:

Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate (to protect taste), **natural flavors**, citric acid, caffeine, potassium citrate, aspartame, dimethylpolysiloxane.

Lemon Sweetened Iced Tea (Nestea):

Water, high fructose corn syrup, citric acid, **natural tea concentrate from tea leaves**, potassium citrate, sodium benzoate and potassium sorbate (to protect taste), **natural lemon flavor**, acacia.

Lemon-Lime (Sprite):

High fructose corn syrup, water, citric acid, **natural flavors**, sodium citrate, sodium benzoate (to protect taste), dimethylpolysiloxane.

Poppin' Pink Lemonade (Hi-C):

High fructose corn syrup, water, citric acid, sodium citrate, ascorbic acid (vitamin C), potassium benzoate (to protect taste), modified food starch, glycerol ester of wood rosin, **natural and artificial flavors**, brominated vegetable oil, red 40.

Root Beer (Barq's):

Carbonated water, high fructose corn syrup, caramel color, sodium benzoate (to protect the taste), citric acid, caffeine, **artificial and natural flavors**, acacia.