Please Note: Ingredients are not listed in order of quantity and are subject to change. Please check with kitchen staff for any alterations.

Entrees

American Chop Suey

OLIVE OIL, CANOLA OIL, GROUND BEEF, ONIONS, GREEN PEPPERS, TOMATO PASTE, DICED TOMATOES, CRUSHED TOMATOES, BLACK PEPPER, RAW GARLIC, SALT, WATER, **MACARONI, MOZZARELLA CHEESE**

Baked Chicken

Baked Ziti

PASTA (ROTINI OR PENNE), TOMATO SAUCE, DICED TOMATOES, **RICOTTA CHEESE, LIQUID EGG, PARMESAN CHEESE**, BASIL, GARLIC, SALT, PEPPER

BBQ Pulled Pork

FRESH PORK, SALT, BLACK PEPPER, GARLIC, BARBECUE SAUCE, BROWN SUGAR

Beef or Bean Tacos with Lettuce and Tomato

GROUND BEEF OR PINTO BEANS, ONION, GARLIC POWDER, BLACK PEPPER, TOMATO PASTE, WATER, CHILI POWDER, CUMIN, PAPRIKA, ONION POWDER, **CHEDDAR CHEESE**

Café 47 Pizza

DOUGH: **FLOUR,** YEAST, **EGG, MILK**, EXTRA VIRGIN OLIVE OIL, SUGAR, SALT (WHOLE WHEAT CRUST: **WHOLE WHEAT FLOUR,** YEAST**, EGG, MILK,** EXTRA VIRGIN OLIVE OIL, HONEY, SALT)
SAUCE: CRUSHED TOMATOES, ONIONS, GARLIC, CARROTS, CELERY, HONEY, FRESH BASIL, SUGAR, OREGANO, SALT, PEPPER, FRESH PARSLEY
CHEESE: LOW FAST SHARP CHEDDAR, MOZZARELLA
PEPPERONI: BEEF/PORK PEPPERONI

Cheeseburger on Wheat Bun

LETTUCE, TOMATO, 100% LOCALLY-SOURCED, ALL-NATURAL BEEF PATTY, **AMERICAN CHEESE**, **51% WHEAT ROLL**, DILL PICKLE SPEAR

Chicken or Cheese Quesadilla (salsa & sour cream)

TORTILLA, **LOW FAT CHEDDAR OR COLBY CHEESE,** FAJITA CHICKEN STRIPS

Chicken Tenders (Homemade)

LIQUID EGGS, SKIM MILK, PARMESAN CHEESE, SALT, PEPPER, **BREAD CRUMBS**, CHICKEN TENDERS, OIL

Egg Salad on WW Bread

HARD BOILED EGGS, ONION, CELERY, WHITE PEPPER, DRY MUSTARD, **LOW FAT MAYONNAISE, PLAIN SKIM YOGURT,** LETTUCE, **WHOLE WHEAT BREAD**

Fish Sticks

(VIKING SEAFOODS, PRECOOKED KRISPY KRUNCHY ALASKA POLLOCK) 64.11% ALASKA POLLOCK; 19.74% BREADING: **ENRICHED WHEAT FLOUR** (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID) SALT, DEXTROSE, YELLOW CORN FLOUR, YEAST, PARTIALLY HYDROGENATED **SOYBEAN OIL**, OLEORESIN PAPRIKA, NATURAL FLAVOR; 16.15% BATTER: WATER, MODIFIED FOOD STARCH, YELLOW CORN FLOUR, **BLEACHED WHITE FLOUR**, SALT, GRANULAR GARLIC, SPICES, NATURAL FLAVORINGS, **DRY WHOLE EGGS**; FRIED IN **SOYBEAN** AND/OR CANOLA OIL

Grilled Cheddar Cheese on WW Bread

WHOLE WHEAT BREAD SPRAYED WITH PAM, **CHEDDAR CHEESE**

Grilled Chicken Sandwich on WW Roll

LETTUCE, TOMATO, CHICKEN PATTY, **MIXED GRAIN ROLL**, BARBECUE SAUCE, HONEY MUSTARD SAUCE

Ham and Cheese Sandwich

HAM, **AMERICAN CHEESE**, LETTUCE, TOMATO, **100% WHOLE WHEAT BREAD**

Hamburger on Wheat Bun

LETTUCE, TOMATO, 100% LOCALLY SOURCED, ALL NATURAL BEEF PATTY, **51% WHEAT ROLL**

Home Style Pizza

WHOLE WHEAT DOUGH, **REDUCED FAT MOZZARELLA, CHEDDAR CHEESE**, HOMEMADE TOMATO SAUCE

Hot Dog (100% all natural, all beef, from Pineland Farms)

Macaroni and Cheese (Homemade)

BUTTER, BREAD CRUMBS, CHEDDAR CHEESE, PARMESAN CHEESE, FLOUR, SKIM MILK, SALT, PEPPER, **ELBOW MACARONI**

Mama's Meatloaf

GROUND BEEF, RED AND GREEN PEPPER, CORN, PEAS, **EGG,** APPLESAUCE, **BREADCRUMBS,** MUSTARD, KETCHUP, GARLIC, ONIONS, OREGANO, SALT, PEPPER

Meatball Sub on WW Roll

Vegetarian Moussaka

Zucchini, Summer Squash, Diced Tomatoes, Eggplant, Garlic, Red Bliss Potatoes, Onion, Olive Oil, Tomato Paste, Oregano, Black Pepper, Salt, **Bread Crumbs, Egg Whites**, **Low-Fat Cheese Sauce (Flour, Butter, Eggs, Skim Milk, Parmesan Cheese)**

Oven Fried Chicken

Pasta with Plain or Meat Sauce

Whole Wheat Pasta (Penne, Rigatoni, Spaghetti) Tomato Sauce , (Ground Beef for MeatSauce)

Peanut Butter on WW Bread

Smooth Peanut Butter, Grape Jelly, **100% Whole Wheat Bread**

Pineapple Sweet and Sour Chicken

Onion, Green & Red Pepper, Olive Oil, Sweet & Sour Sauce, Canned Pineapple, **Popcorn Chicken**

Pizza, Gluten-Free (Tony's)

Whey, rice flour, food starch (tapioca & Rice), **Liquid egg whites**, yeast, butter flavored shortening (**soybean oil**, palm oil, fully hydrogenated cottonseed oil, mono and diglycerides, **natural butter flavor** and beta carotene), contains 2% or less of: sugar, salt, xanthan gum, garlic powder
Low Moisture part skim mozzarella cheese: cultured pasteurized part skim milk, salt, enzymes
Sauce: tomatoes (water, tomato paste), contains 2% or less of: modified food starch (corn & tapioca), sugar, dextrose, salt, spice, dehydrated onions, **dehydrated romano cheese** (pasteurized cultured cow's milk, salt, enzymes), garlic powder, paprika, citric acid, beet powder

Sunflower Butter on WW Bread

Sunflower Butter, Jelly, **100% Whole Wheat Bread**

Tuna Salad on WW Bread

tuna, onions, celery, **mayonnaise, plain yogurt, 100% whole wheat bread**

Turkey Wrap with (nut-free) Pesto Mayo

Whole Wheat Wrap, Seasoned Roasted Turkey, Lettuce, Tomato, **Mayonnaise**

Turkey Dinner

Turkey, **Gravy, Mashed Potatoes**, Cranberry Sauce, Sautéed Green Beans, **Stuffing**

Vegetarian Chili (Homemade) with Tortilla Chips

olive oil, canola oil, onions, celery, green peppers, carrots, raw garlic, mushrooms, red pepper flakes, ground cumin, dried basil, chili powder, dried oregano, salt, black pepper, tomato juice, **bulgur,** crushed tomatoes, kidney beans, hot sauce, lemon juice, tomato paste, green chiles,

CHEDDAR CHEESE, TORTILLA CHIPS

Veggie Burger on Wheat Bun

(VEGGIELAND ORIGINAL BURGER BRAND)FILTERED WATER, **SOY PROTEIN CONCENTRATE**, CARROTS, BROCCOLI, RED AND GREEN PEPPERS, POTATO, CABBAGE, CANOLA OIL, **ISOLATED SOY PROTEIN**, VEGETABLE GUM, NATURAL FLAVOR, SALT, **WHEAT GLUTEN**, **MALT EXTRACT**, PARSLEY, DRIED ONION, DRIED GARLIC, BLACK PEPPER, SPICES AND TAMARI

Salads

Cinnamon Carrot Salad

CARROT, CINNAMON, **MAYONNAISE**, RAISINS

Chicken Caesar Salad

DICED CHICKEN, CAESAR SALAD DRESSING, ROMAINE LETTUCE, **PARMESAN CHEESE, CROUTONS**

Corn and Black Bean Salad

BLACK BEANS, CORN, RED PEPPER, ONION, CILANTRO, ORANGE JUICE, OLIVE OIL, CUMIN, SALT, BLACK PEPPER, LETTUCE, **WHOLE WHEAT PITA**

Cucumber Apple Salad

OIL, WHITE VINEGAR, HONEY, APPLE JUICE, SALT, BLACK PEPPER, APPLES, LEMON JUICE, CUCUMBERS, RED PEPPER, ONION, DILL

Cucumber Dill Salad

CUCUMBER, DILL, **CREAMY ITALIAN DRESSING**, SALT, PEPPER

Cucumber and Tomato Salad

CUCUMBER, TOMATO, **FETA CHEESE**, BALSAMIC VINEGAR DRESSING, OREGANO

Greek Salad with Mint and Pita Bread

LEMON JUICE, **PARMESAN CHEESE**, MINT LEAVES, GARLIC, OIL, LETTUCE, TOMATOES, ONION, CUCUMBERS, **FETA CHEESE**, OLIVES

Green Bean and Tomato Salad

TOMATOES, GARLIC, PARSLEY, BASIL, OREGANO, SUGAR, SALT, BLACK PEPPER, BALSAMIC VINEGAR, OLIVE OIL, GREEN BEANS, ONION

Hummus, Feta Cheese Salad and Pita Bread

LETTUCE, TOMATO, CUCUMBER, **FETA CHEESE**, BALSAMIC VINEGAR DRESSING, HUMMUS, **WHOLE WHEAT PITA**

Sesame Noodle Salad with Edamame

LINGUINE, GREEN BEANS, CARROTS RED PEPPERS, ONIONS OR SCALLIONS, LIME JUICE, OLIVE OIL, **SOY SAUCE,** BROWN SUGAR, **SESAME OIL,** GARLIC, SALT, LETTUCE

Southwestern Potato Salad

POTATO, CORN, CELERY, ONION, RED PEPPER, CILANTRO, BLACK BEANS, JALAPEÑO PEPPER, LIME JUICE, OLIVE OIL, SALT, PEPPER

Tossed Salad with Assorted Dressings

LETTUCE, SPINACH, GREEN PEPPER, ONION, CUCUMBER, TOMATO

DRESSINGS: KENS LITE ITALIAN, RANCH, LITE RANCH, KRAFT BALSAMIC VINAIGRETTE, CAINS CAESAR

Wheat Berry Salad

WHEAT BERRIES, DRIED CRANBERRIES, SCALLIONS, CELERY, VINEGAR, LEMON, OIL, SALT, PEPPER, SUGAR (NUTS ADDED AT HIGH SCHOOL ONLY)

Breakfast

Breakfast Sandwich

Cereals (assorted)

KELLOGG'S CORN FLAKES, GENERAL MILLS CHERRIOS, KIX, REDUCED SUGAR CINNAMON TOAST CRUNCH, OATMEAL

French Toast

APPLE JUICE, CINNAMON, **EGG, LOW FAT MILK**, VANILLA EXTRACT, **100% WHOLE WHEAT BREAD** (BAKED APPLE: CORNSTARCH, BAKED APPLE OR FRUITY: APPLE JUICE, CORN STARCH, CANNED APPLES, RAISINS)

Omelet with Toast

Pancakes

Scrambled Eggs with English Muffin

EGG, NONFAT MILK, SALT

Waffles

(KRUSTEAZ) WHOLE WHEAT FLOUR, WATER, **SOYBEAN OIL, EGG WHITES, BUTTERMILK,** SUGAR, **WHEY,**

LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE) **LECITHIN,** SALT, ARTIFICAL FLAVOR

Soups, Sides, & Other

Assorted Fresh Fruit

APPLES, PEARS, BANANAS, ORANGES (DEPENDING ON AVAILABILITY)

Assorted Vegetables

(SAUTÉED BROCCOLI (*OIL, SALT*); SAUTÉED GREEN BEANS*(OIL, SALT)*; ROASTED BUTTERNUT SQUASH*(CINNAMON, BROWN SUGAR*); ROASTED RED BLISS POTATOES(*OIL, SALT, BLACK PEPPER, GARLIC)*; ROASTED CARROT STICKS(*OIL, BUTTER, SALT, OREGANO, BLACK PEPPER, GARLIC*); ROASTED SUMMER SQUASH(*OIL, SALT*); ROASTED WINTER VEGETABLES*(POTATOES, RUTABAGA, BUTTERNUT SQUASH, OIL, LEMON JUICE, GARLIC, SALT, PAPRIKA, THYME, BLACK PEPPER, BROTH*); ROASTED GREEN BEANS*(OIL, SALT*); MIXED VEGETABLE; CORN ON THE COB, CARROTS AND PEAS*(OIL, GARLIC, LOW SODIUM VEGETABLE STOCK, SALT, BLACK PEPPER*); HARVEST SQUASH AND POTATOES*(OIL, ONIONS, GREEN AND RED PEPPER, BUTTER, THYME, SALT, GARLIC POWDER, BLACK PEPPER*); BROCCOLI AND LEMON ZEST*(PARMESAN CHEESE, SALT, PEPPER, OIL)*; GLAZED CARROTS(B*UTTER, BROWN SUGAR, SALT*); CORN; ZUCCHINI AND SUMMER SQUASH *(OIL, ONION)*; ROASTED CARROTS AND GREEN BEANS(*OIL, ONION POWDER, GARLIC POWDER, THYME, ROSEMARY, SALT, BLACK PEPPER)*

Bagels (finagle a bagel)

PLAIN, 100% WHOLE WHEAT, CINNAMON RAISIN, EGG, PUMPKIN RAISIN, SESAME, WILD BERRY

Blueberry Crisp

FLOUR, ROLLED OATS, BROWN SUGAR, CINNAMON, SALT, **BUTTER**, FROZEN BLUEBERRIES, CORNSTARCH, WATER

Breadstick

Brown Rice Pilaf

LONG GRAIN BROWN RICE, VEGETABLE BROTH, BLACK PEPPER, ONION, CELERY

Cherry Crisp

FLOUR, ROLLED OATS, BROWN SUGAR, CINNAMON, SALT, **BUTTER**, CANNED OR FROZEN CHERRIES, CORNSTARCH, WATER

Chicken Gumbo Soup

Chicken Noodle Soup

LOW SODIUM CHICKEN BROTH, CELERY, ONION, BLACK PEPPER, POULTRY SEASONING, **EGG NOODLES,** DICED CHICKEN

Couscous

COUSCOUS, VEGETABLE BASE, WATER, GARLIC, OLIVE OIL, SALT, PEPPER

Dinner Roll

Fresh Vegetables with Ranch Dip

CARROT, CELERY, **RANCH DRESSING**

Fried Rice

LONG GRAIN BROWN RICE, CARROTS, VEGETABLE OIL, ONION OR SCALLIONS, PEAS, CANNED PINEAPPLE, **LOW-SODIUM SOY SAUCE**

Fruit Crisp

FLOUR, ROLLED OATS, BROWN SUGAR, CINNAMON, SALT, **BUTTER,** FROZEN MIXED FRUIT, CORNSTARCH, WATER

Garden Vegetable Soup

LOW SODIUM VEGETABLE STOCK, CRUSHED TOMATOES, CELERY, DEHYDRATED ONION FLAKES, CARROTS, BLACK PEPPER, PARSLEY, GARLIC POWDER, CORN, GREEN BEANS, PEAS

Garlic Bread

Garlic Mashed Potatoes

ROASTED GARLIC, POTATOES, **BUTTER, NONFAT MILK,** SALT

Holiday Cookies (whole grain)

Jello (prepackaged mix)

SUGAR, CORN SUGAR, GELATIN, ADIPIC ACID, SODIUM PHOSPHATE, SODIUM CITRATE, NATURAL & ARTIFICIAL FLAVOR, ASCORBIC ACID (ORANGE: YELLOW 6, YELLOW 6 LAKE) (LIME: YELLOW 5, YELLOW 5 LAKE, BLUE 1, BLUE 1 LAKE)

Mashed Red Bliss Potatoes

RED BLISS POTATOES, **BUTTER, NONFAT MILK**, SALT

Minestrone Soup

New England Clam Chowder

CLAM STOCK, POTATO, **CLAMS**, VEGETABLE OIL, POTATO STARCH, **BLEACHED ENRICHED FLOUR** (*WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)* SALT, **SOY PROTEIN CONCENTRATE**, MONOSODIUM GLUTAMATE, MODIFIED FOOD STARCH, SODIUM PHOSPHATE, FLAVORING, SPICES, **COD FLAVORING, CLAM EXTRACT POWDER** (**CLAM MEAT**, SALT, SUGAR, **SOY SAUCE** (*SOYBEANS, WHEAT, SALT,* SUCCINIC ACID

Oven Baked Carrots Fries

Pear Crisp

Flour, Rolled Oats, Brown Sugar, Cinnamon, Salt, **Butter,** Canned or Frozen Pears, Cornstarch, Water

Pudding

Chocolate Pudding Mix, **2% Milk**

Roasted Corn Couscous

Garlic, Corn, Salt, Water, Low-Sodium Vegetable Base, Black Pepper, **Couscous**, Onions or Scallions

Roasted Zucchini, Tomatoes, & Corn

Spanish Rice

Olive Oil, Onion, Green Pepper, Celery, Low-Sodium Vegetable Stock, Chili Powder, Cumin, Paprika, Onion Powder, Long Grain Brown Rice, Salt, Black Pepper, Diced Tomatoes, Tomato Paste

String Cheese

Mozzarella Cheese

Sweet Potato Fries (Oven Baked)

Oil, Black Pepper, Salt, Sweet Potatoes

Tomato Soup

tomato puree (water, tomato paste), water, **wheat flour**, high fructose corn syrup, contains less than 2% of the following: salt, ascorbic acid (added to help retain color), flavoring, citric acid

Yogurt

(Stonyfield Farms) Low Fat Strawberry, Strawberry Banana

Zucchini and Diced Tomatoes

Prepackaged, Canned, Frozen Ingredients

Apricots

(Mission Pride, pelled in light syrup) Apricots, water, corn syrup, sugar

Barbecue Sauce

(Stickney & Poors) WATER, SUGAR, TOMATO PASTE, VINEGAR, MODIFIED FOOD STARCH, SALT, DRIED GARLIC, DRIED ONION, SPICES, SODIUM BENZOATE, NATURAL FLAVORS

Butter

(Cabot) WHEY CREAM (MILK), SALT

Corn Flake Crumbs

(Kellogg's) MILLED CORN, SUGAR, **MALT FLAVORING**, HIGH FRUCTOSE CORN SYRUP, SALT, REDUCED IRON, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, RIBOFLAVIN (VITMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CALCIUM PANTOTHENATE, THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, VITAMIN B12, FOLIC ACID, VITAMIN D (BHT HAS BEEN ADDED TO PACKAGING) ***CONTAINS TRACES OF SOY**

Egg Noodles

(Giovanni Primo) EGG, ENRICHED SEMOLINA

Granola

(Nature's Valley) WHOLE GRAIN OATS, BROWN SUGAR, CRISP RICE (RICE FLOUR, RICE BRAN, SALT, **MALT)** RAISINS, DRIED DATES, DRIED HIGH MALTOSE CORN SYRUP, CORN SURUP SOLIDS, HONEY, REFINERS SYRUP, GLYCERIN, SUNFLOWER OIL, SALT, BAKING SODA, SODIUM ALUMINUM PHOSPHATE, APPLE PUREE CONCENTRATE, **SOY LECITHIN**, CINANMON, CRUSHED ORANGES, DEXTROSE, NATURAL FLAVOR

Honey (Lake Shore)

Homemade Tomato Sauce (Homemade by each school)

ONION, GARLIC, CRUSHED TOMATO, TOMATO SAUCE, BASIL, OREGANO, SALT

Jelly, Grape

(Unipro) CORN SYRUP, GRAPE JUICE (WATER AND GRAPE JUICE CONCENTRATE), FRUIT PECTIN, CITRIC ACID, SODIUM CITRATE

Ketchup

(Farmano's Fancy Tomato) TOMATO CONCENTRATE (WATER, TOMATO PASTE) CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, VINEGAR, SALT, ONION, NATURAL FLAVORINGS, GARLIC

Liquid Eggs

(Sunny Fresh) WHOLE EGGS, SODIUM PHOSPHATE, CITRIC ACID

Macaroni Noodles

(Port Royal) 100% DURAM SEMOLINA ENRICHED PASTA

Mayonnaise (Cains Lite)

Mixed Fruit

(Del Monte, in light syrup) Peaches, water, pears, grapes, corn syrup, sugar

Pastas

(Heartland Penne Rigate; Barilla Spirals; Pasta Sanita Spaghetti) 100% whole grain duram wheat

Pineapple Tidbits

(Lolita, in Natural Juice) Pineapple, pineapple juice

Pizza Dough

(Original Pizza) whole wheat flour, Bleached wheat flour (Flour, Niacin, Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Sugar, Vinegar, Canol Oil, Monoglyceride, Calcium Propionate (used as a preservative), L-Cysteine

Popped Corn Chicken

(Tyson, uncooked chicken breast Diced Fritters with Ribmeat) Up to 20% of a solution of water, salt, & sodium phosphates; Breaded with: **bleached wheat flour**, yellow corn flour, spices (including mustard), leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acidpyrophosphate, monocalcium phosphate) dextrose, corn starch, garlic powder; Battered with: water, **wheat flour**, yellow corn flour, dextrose, salt, spices, leavening (sodium bicarbonate, sodium aluminum phosphate) extractives of paprika; predusted with: **wheat flour**, **wheat gluten**, salt, breading set in vegetable oil

Pudding

(Jell-O, Chocolate) Sugar, modified food starch, cocoa processed with alkali, dextrose, less than 2% disodium phosphate, natural & artificial flavor, salt, mono & diglycerides, **partially hydrogenated soybean oil**, artificial color, **nonfat milk**, calcium sulfate, tetrasodium pyrophosphate, xanthan gum, red 40, yellow 5, blue 1, BHA (preserve freshness)

Rice

Texas Grown Long Grain Milled Rice, enriched, extra fancy

Uncle Bens Brown Rice

Salt, Kosher (Diamond Crystal)

Tomato Sauce (Homemade for Pastas)

Olive Oil, Onions, Garlic, Crushed Tomatoes, Black Pepper, Basil, Oregano, Sugar, Salt

Tomato Sauce with Meat (Homemade for Pastas)

Homemade tomato sauce and ground beef crumble
Or Homemade Tomato Sauce and raw ground beef

Spaghetti Sauce

(Low Sodium – Luigi Giovanni) Tomato puree (water, tomato paste) dextrose and/or high fructose corn syrup, modified potato and/or corn starch, **soybean oil**, citric acid, salt, parsley, natural flavor, **soy lecithin**

Sunflower Butter

Sunflower Seed, sugar, mono-diglycerides to prevent separation, salt, and natural mixed tocopherols to preserve freshness. (Made on equipment that processes **soybeans**. Processed in a peanut and tree nut free facility)

Sweet and Sour Sauce

Water, sugar, distilled vinegar, modified corn starch, salt, pineapple juice, dehydrated red and green bell peppers, colord with oleoresin paprika

Taco Shells

Yellow corn masa flour, vegetable oil (may contain one or more of the following: **soybean oil**, corn oil) water and TBHQ (use as a preservative)

Tomatoes, Crushed

Crushed tomatoes, diced tomatoes, salt, citric acid

Tomatoes, Diced

(Vine-Ripe) tomatoes, tomato juice, salt, citric acid, calcium chloride

Tomato Sauce

(Hanover's Pomodoro) Water, Tomato concentrate, salt, dehydrated onions, dehydrated garlic, spices, and natural flavorings

Tomato Sauce (Low Sodium)

Tomato puree (water, tomato paste) dextrose and/or high fructose corn syrup, natural onion flavor, natural garlic flavor, salt, citric acid

Tostitos Tortilla Chips

Whole white corn, vegetable oil (one or more of: corn, sunflower, or **soybean oil**), salt