



Ingredient List October, 2025 – August, 2026 Breakfast & Snack

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

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

Rice Chex	Whole grain rice, rice, sugar, salt, molasses, Vitamin E, BHT
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Cheese cubes	Pasteurized milk, cheese culture, salt, enzymes, color added
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Strawberry oatmeal bar	Whole grain blend (rolled oats, whole grain wheat flour), enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, invert syrup, corn syrup, raisin paste, canola oil, apple puree (apples, ascorbic acid), apple juice concentrate, fructose, strawberry bits (sugar, soybean oil, whole grain wheat flour, strawberry powder, citric acid, fruit juice extract, natural flavors), soy lecithin, salt, natural flavors, molasses, non-fat dry milk, apple fiber, baking soda
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Cinnamon toasted oats	Whole oat flour, sugar, modified food starch, dehydrated apples, corn syrup, oat fiber, calcium carbonate, salt, trisodium phosphate, cinnamon, tricalcium phosphate, preservative
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Saltines	Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, partially hydrogenated cottonseed oil, sea salt, salt, malted barley flour, baking soda
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Strawberry banana yogurt	Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Strawberries, Bananas, Modified Corn Starch, Whey, Natural Flavors, Purple Carrot Concentrate, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate(For freshness), Citric Acid, Carob Bean Gum, Vitamin D 3
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Cherry vanilla yogurt	Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Purple Carrot Concentrate, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate(For freshness), Citric Acid, Annatto, Carob Bean Gum, Vitamin D 3
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Peach yogurt	Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Peaches, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate(For freshness), Citric Acid, Annatto, Carob Bean Gum, Vitamin D 3
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Blueberry yogurt	Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Blueberry juice concentrate, Whey, Elderberry juice, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Lemon juice concentrate, Potassium Sorbate(For freshness), Citric Acid, Carob Bean Gum, Vitamin D3
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Mango yogurt	Cultured Pasteurized Grade A Nonfat Milk, Sugar, Modified Corn Starch, mango puree, Whey, Tricalcium Phosphate, natural flavors, Gellan Gum, Potassium Sorbate(For freshness), Citric Acid, annatto, Vitamin D3
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Bran muffin	Enriched bleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid). Vegetable oil (soybean, canola), sugar, corn syrup, water, eggs, maltodextrin, apples, glycerin, molasses, contains 2% or less: wheat bran, whole oats, modified food starch, salt baking soda, potassium sorbate, lactic oleate, enzyme, natural flavor, sodium aluminum, phosphate, malic acid, caramel color, mono- and diglycerides, xanthan gum, sodium stearyl lactylate, monocalcium phosphate
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Diced pears	Bartlett pears, pear juice from concentrate, water
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Cereal snack mix	
Goldfish	Unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cheddar cheese (pasteurized cultured milk, salt, enzymes, annatto), vegetable oils (sunflower, canola and/or soybean) salt, yeast, sugar, spices, autolyzed yeast, leavening (monocalcium phosphate, ammonium bicarbonate, baking soda), onion powder
Corn Chex:	Whole grain corn, corn meal, sugar, corn starch, salt, baking soda, brown sugar syrup, yellow corn flour
Apple Cinnamon Toasted Oats:	Whole oat flour, sugar, modified food starch, dehydrated apples, corn syrup, oat fiber, calcium carbonate, salt, trisodium phosphate, cinnamon, tricalcium phosphate, preservative

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

Vanilla Yogurt	Cultured pasteurized grade A rBST free lowfat milk, sugar, corn starch, tapioca starch, natural flavoring (vanilla, pectin).
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Blueberry – peach oatmeal	Blueberries, peaches, rolled oats, brown sugar, canola/olive oil, cinnamon, salt
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Apple slices	Apples, ascorbic acid, calcium carbonate,
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Veggie crackers	Whole grain wheat flour, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), bean powder blend (navy bean flour, pinto bean flour), soybean oil, vegetable blend (carrot, celery, onion, red bell pepper, green bell pepper), buttermilk powder, applesauce, apple fiber, vinegar powder (maltodextrin, white distilled vinegar), soy lecithin, garlic powder, onion powder, spices, parsley, salt, sugar, dextrose, natural flavors, yeast extract, citric acid, dough conditioner (enzymes)
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Whole wheat flakes	Whole wheat, sugar, contains 2% or less of: salt, corn syrup, calcium carbonate, iron (ferric orthophosphate), vitamin C (sodium ascorbate), natural flavor, vitamin A (palmitate), trisodium phosphate, vitamin E (acetate), niacinamide, zinc (zinc oxide), molasses, vitamin B1 (thiamine mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin D (cholecalciferol), vitamin B2 (riboflavin), folic acid, vitamin B12 (cyanocobalamin)
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Wheat thins	Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil (cottonseed and partially hydrogenated soybean oil with tbhq for freshness), wholewheat flour, sugar, whole grain oats, defatted wheat germ, salt, high fructose corn syrup, malted barley flour, turmeric color, annatto extract, soy lecithin
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Cheddar cheese round	Cultured pasteurized milk, salt, enzymes, annatto(color),
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Rice Crispies	Rice, sugar, salt, malt extract, preservative (tocopherols)
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Sweet potato crackers	Whole grain wheat flour, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), granulated sugar, soybean oil, sweet potato puree, apple puree (apples, ascorbic acid), molasses, apple juice concentrate, baking soda, natural flavors, ground cinnamon, sodium ascorbate (vitamin C), salt, soy lecithin, spices, apple fiber
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Toasted oats	Whole oat fiber, modified corn starch, wheat starch, sugar, salt, calcium carbonate oat fiber
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Whole wheat pita pizza w/ cheese	
Pita Bread:	Water, whole wheat flour, wheat flour enriched ([niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), soybean oil, yeast, salt, vital wheat gluten, dough conditioner (mono-diglycerides, calcium sulfate, guar gum, wheat starch, sodium metabisulfite and ascorbic acid), sugar, preservatives (calcium propionate, fumaric acid)
Sauce:	Vine-ripened fresh tomatoes, extra virgin olive oil, sunflower oil, salt, oregano, black pepper, granulated garlic, naturally derived citric acid
Cheese:	Low-moisture mozzarella cheese (cultured pasteurized milk, salt, enzymes), provolone cheese (cultured pasteurized milk, enzymes), anti-caking agent

Whole wheat bagel	Whole wheat flour, water, sugar, yeast, wheat gluten, salt, corn meal, malt extract (corn and barley), vegetable oil (soybean), calcium propionate (preservative), monoglycerides, natural flavors, xanthan gum
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Soft pretzel	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, corn syrup, yeast, bicarbonates, carbonates of soda
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Applesauce	Apples, water and ascorbic acid (vitamin C)
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Apple oatmeal	Apples, rolled oats, brown sugar, canola/olive oil, cinnamon, salt
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Graham Crackers	Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), graham flour (whole grain wheat flour), sugar, soybean oil and/or partially hydrogenated cottonseed oil, honey, leavening (baking soda and/or calcium phosphate), salt, artificial flavor, soy lecithin, cornstarch
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Diced Peaches	Peaches, water, pear juice concentrate
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