

BREAKFAST ITEMS

CINNAMON TOAST CRUNCH BAR – ALLERGENS: milk, wheat

INGREDIENTS: Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Water, Sugar, Neufchatel Cheese (milk, cream, cheese culture, salt, carob bean gum), Soybean Oil. Contains 2% or less of: Yeast, Maltodextrin, Nonfat Milk, Salt, Cinnamon, Corn Starch, Modified Corn Starch, Methylcellulose.

BANANA CHOCOLATE CHIP SNACK BREAD – ALLERGENS: egg, wheat, milk, soy

INGREDIENTS: whole wheat flour, sugar, eggs, soybean oil, water, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla, salt), banana puree, chocolate icing (sugar, partially hydrogenated palm kernel oil, cocoa powder processed with alkali, nonfat milk solids, soy lecithin, salt, artificial flavor), palm oil, buttermilk, artificial flavoring, modified food starch, butter, salt, sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, mono and diglycerides, carboxymethylcellulose.

PANCAKES MINI MAPLE – ALLERGENS: milk, wheat, egg

INGREDIENTS: Water, Whole Wheat Flour, Sugar, Brown Rice Flour, Canola Oil. Contains less than 2% of: Fructose, Glycerin, Leavening (potassium bicarbonate, sodium aluminum phosphate, baking soda, monocalcium phosphate), Maltodextrin, Egg White, Salt, Hydrogenated Cottonseed Oil, Cellulose Gum, Natural Flavor, Butter Acids

To Heat: **FOR OVEN:** Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes. **FOR MICROWAVE:** Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Consume within 6 hours of preparing.

CINNI MINIS – ALLERGENS: milk, wheat

INGREDIENTS: water, whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, vegetable oil (palm, canola, soybean), nonfat milk, yeast. Contains 2% or less of: cinnamon, salt, modified corn starch, natural flavor, tbhq (preservative).

BENEFIT BAR – ALLERGENS: egg, milk, soy, wheat

INGREDIENTS: whole wheat and enriched flour blend (whole wheat flour, wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, oat flour, eggs, interesterified soybean oil, invert syrup, maple syrup, canola oil, whey, natural flavors, xanthan gum, spice, salt, inulin, baking soda, soy lecithin.

APPLE FILLED DONUT – ALLERGENS: WHEAT, SOY, MILK, EGG

INGREDIENTS: Water, Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil And Hydrogenated Soybean Oil, Yeast, Vital Wheat Gluten, Contains Less Than 2% Of: Dextrose, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Food Starch Modified, Sodium Aluminum Phosphate), Mono- And Diglycerides, Defatted Soy Flour, Beta-Carotene (Color), Caramel Color, Dough Conditioner (Ascorbic Acid), Egg, Enzymes, Guar Gum, Gum Arabic, Natural And Artificial Flavor, Polysorbate 80, Sodium Stearoyl Lactylate, Whey, Sugar, Datem. Apple Filling Water, High Fructose Corn Syrup, Sugar, Apples, Ascorbic Acid, Contains Less Than 2% Of: Food Starch Modified, Xanthan Gum, Locust Bean Gum, Guar Gum, Malic Acid, Citric Acid, Cinnamon, Natural And Artificial Flavors, Potassium Sorbate.

CHERRY FRUDEL – ALLERGENS: milk, wheat

INGREDIENTS: water, whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), cherry strudel filling (water, sugar, corn syrup, modified corn starch, cherries, citric acid, sodium citrate, black carrot and black currant juice concentrate added for color, malic acid, salt, sodium benzoate [preservative], gellan gum, xanthan gum, locust bean gum, carrageenan, natural flavor), sugar, palm oil, canola oil, yeast, soybean oil. contains 2% or less of: nonfat milk, salt, natural flavor, tbhq (preservative).

PANCAKES MINI CHOCOLATE CHIP – ALLERGENS: milk, egg, wheat

INGREDIENTS: water, whole wheat flour, enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), sugar, canola oil. Contains less than 2% of: leavening (potassium bicarbonate, sodium aluminum phosphate, baking soda, monocalcium phosphate), nonfat milk, rice syrup, grape juice, modified corn starch, maltodextrin, salt, wheat flour, cocoa processed with alkali, wheat starch, dextrose, egg white, fructose, natural flavor, cocoa powder, citric acid.

To Heat: **FOR OVEN:** Heat frozen pancakes in oven able pouch. Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 10-12 minutes. Consume within 6 hours of preparing.

DUTCH WAFFLE – ALLERGENS: EGGS, SOY, MILK, WHEAT

INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Water, Vegetable Shortening (palm oil and soybean oil), Contains 2% or Less of: Artificial Flavor, Cellulose Gum, Dextrose, Egg Yolk, Leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), Mono & Diglycerides, Nonfat Milk, Salt, Soybean Oil, Soy Flour.

To Heat: FOR OVEN: Preheat oven to 450°F. Remove frozen product from packaging and place on tray, then heat for 3-4 minutes. Sprinkle with powdered sugar or any other topping if desired.

MINI CINNAMON BAGEL – ALLERGENS: milk, wheat

INGREDIENTS: whole wheat flour, water, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), neufchatel cheese (milk, cream, cheese culture, salt, carob bean gum), sugar, maltodextrin, soybean oil. Contains less than 2% of: nonfat milk, yeast, modified corn starch, salt, cinnamon, cream of tartar, methylcellulose.

SNACKIN WAFFLE – ALLERGENS: milk, egg, and wheat

INGREDIENTS: Organic Whole Wheat Flour, Organic Enriched Wheat Flour (Organic Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Beet Sugar, Butter, Whole Eggs, Palm Fruit Oil, Yeast, Non-Fat Milk, Salt, Natural Flavors, Distilled Monoglycerides, Enzymes

To Heat: FOR OVEN: *Keep waffles in individually wrapped bags and place on pans. Pre-heat oven to a maximum of 350° F (220° to 250° is warm enough) and place waffles in oven. Frozen waffles will warm in about 5 to 7 minutes. Refrigerated waffles will take a little less time. Room temperature waffles will warm in about 3 minutes.* FOR MICROWAVE: *open the bag and microwave for about 15 seconds (can finish in toaster). Waffles may be eaten right out of their bags. Waffles may also be warmed or toasted outside their bags for a crisper waffle*

TRIX YOGURT – ALLERGENS: milk

INGREDIENTS: cultured pasteurized grade a low fat milk, sugar, corn starch. Contains less than 1% of: vegetable juice and fruit juice (for color), natural flavor, potassium sorbate added to maintain freshness, vitamin acetate, vitamin d3.

EGG AND CHEESE BREAKFAST SANDWICH – ALLERGENS: EGGS, MILK, SOY, WHEAT

INGREDIENTS: Fully Baked Whole Grain Roll: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Sugar. CONTAINS 2% OR LESS OF: Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Soybean Oil, Salt, Monoglycerides With Ascorbic Acid and Citric Acid (Antioxidants), Fumaric Acid, Calcium Propionate (Preservative), Calcium Sulfate, Enzymes, Wheat Starch, Ascorbic Acid. EGG PATTY: Whole Eggs, Water, Soybean Oil, Modified Food Starch, Whey Solids, Salt, Nonfat Dried Milk, Citric Acid. SHARP PASTEURIZED PROCESS AMERICAN CHEESE: Milk, Water, Cheese Culture, Salt, Sodium Citrate, Cream, Sodium Pyrophosphate, Sodium Phosphate, Sorbic Acid (Preservative), Citric Acid, Enzymes, Color Added, Soy Lecithin.

To Heat: Oven: *From thawed state, leave in oven ready film. Do not open. Preheat oven to 275 degrees F. Bake for 15-17 minutes.*

Microwave: *From thawed state, leave in oven ready film, Do not open. Heat on high for 30-40 seconds*

MINI STRAWBERRY BAGEL – ALLERGENS: milk, wheat

INGREDIENTS: water, whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), neufchatel cheese (milk, cream, cheese culture, salt, carob bean gum), sugar, maltodextrin, soybean oil. Contains less than 2% of: nonfat milk, yeast, modified corn starch, salt, cream of tartar, methylcellulose, strawberry powder, beet powder color, natural and artificial flavor.

APPLE FRUDEL – ALLERGENS: milk, wheat

INGREDIENTS: water, whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), apple strudel filling (water, sugar, corn syrup, modified corn starch, apple pulp, malic acid, palm kernel oil, molasses, sodium citrate, salt, sodium benzoate [preservative], gellan gum, spice, xanthan gum, locust bean gum, carrageenan, natural flavor), sugar, soybean oil. Contains 2% or less of: yeast, nonfat milk, salt.

EGGS WITH BANANA MUFFIN – ALLERGENS: eggs, milk, wheat

INGREDIENTS: MUFFIN - Wheat Flour (Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)), Sugar, Water, Bananas, Vegetable Oil (Soybean, Canola), Eggs, Contains 2% Or Less: Maltodextrin, Modified Corn Starch, Medium Chain Triglycerides, Baking Soda, Salt, Potassium Sorbate (Preservative), Baking Powder (Corn Starch, Sodium Aluminum Phosphate, Sodium Bicarbonate And Monocalcium Phosphate), Mono- And Diglycerides, Sodium Stearoyl Lactylate, Natural Flavor.

GRAHAM SNACKS

SCOOBY GRAHAM CRACKER STICKS – ALLERGENS: wheat, soy

INGREDIENTS: whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), sugar, vegetable oil (soybean and palm oil with tbhq for freshness), honey, contains two percent or less of calcium carbonate, salt, baking soda, cinnamon, maltodextrin, soy lecithin, vitamin a palmitate , bht for freshness.

GRAHAM SNACK continued

BUG BITES GRAHAM SNACKS – ALLERGENS: wheat, soy

INGREDIENTS: whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), sugar, vegetable oil (soybean and palm oil with tbhq for freshness), honey, contains two percent or less of calcium carbonate, salt, baking soda, cinnamon, maltodextrin, soy lecithin, vitamin a palmitate, bht for freshness.

GOLDFISH GRAHAMS – ALLERGENS: wheat

INGREDIENTS: whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean and palm oils, fructose, contains 2% or less of: cinnamon, salt, calcium carbonate, baking soda, cornstarch, ferric orthophosphate, vitamin a palmitate.