**BREAKFAST**

**CEREALS**

**Cheerios:** WHOLE GRAIN OATS, CORN STARCH, SUGAR, SALT, TRIPTASSIUM PHOSPHATE. VITAMIN E (mixed tocopherols),CALCIUM CARBONATE, IRON and ZINC (mineral nutrients), VITAMIN C (sodium ascorbate), A B VITAMIN (niacinamide), VITAMIN B6 (pyridoxine hydrochloride), VITAMIN A (palmitate), VITAMIN B1 (thiamin mononitrate), A B VITAMIN (folic acid), VITAMIN B12, VITAMIN D3.

**Captain Crunch:** CORN FLOUR, SUGAR, OAT FLOUR, BROWN SUGAR, PALM AND/OR COCONUT OIL, SALT, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, RED 40, REDUCED IRON, NIACINAMIDE, YELLOW 5, MALIC ACID, ZINC OXIDE, STRAWBERRY JUICE CONCENTRATE, BLUE 1, YELLOW 6, THIAMIN MONONITRATE, RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE, BHT (preservative), FOLIC ACID, TOCOPHEROLS (preservative),ONE OF THE B VITAMINS.

**Lucky Charms:** WHOLE GRAIN OATS, SUGAR, OAT FLOUR, CORN SYRUP, MODIFIED CORN STARCH, CORN STARCH, DEXTROSE, SALT, GELATIN, TRISODIUM PHOSPHATE, YELLOWS 5 & 6, RED 40, BLUE 1, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN E (mixed tocopherols),CALCIUM CARBONATE, IRON and ZINC (mineral nutrients), VITAMIN C (sodium ascorbate), A B VITAMIN (niacinamide), VITAMIN B6 (pyridoxine hydrochloride), VITAMIN B2 (riboflavin), VITAMIN B1 (thiamin mononitrate), VITAMIN A (palmitate), A B VITAMIN (folic acid), VITAMIN B12, VITAMIN D3.

**Cocoa Puffs:** WHOLE GRAIN CORN, SUGAR, RICE FLOUR, CORN SYRUP, COCOA (processed with alkali), CANOLA AND/OR SUNFLOWER OIL, SALT, COLOR (caramel color and annatto extract), BAKING SODA, NATURAL FLAVOR. VITAMINS AND MINERALS (tricalcium phosphate, calcium carbonate, vitamin C [*sodium ascorbate*], iron and zinc [*mineral nutrients*], A B vitamin [*niacinamide*], vitamin B6 [*pyridoxine hydrochloride*], vitamin B1 [*thiamin mononitrate*], vitamin A [*palmitate*], vitamin B2 [*riboflavin*], A B vitamin [*folic acid*], vitamin B12, vitamin D3. COMMON ALLERGENS PRESENT: MAY CONTAIN: WHEAT.

**Life:** WHOLE GRAIN OAT FLOUR, SUGAR, CORN FLOUR, WHOLE WHEAT FLOUR, RICE FLOUR, SALT, CALCIUM CARBONATE, DISODIUM PHOSPHATE, REDUCED IRON, NIACINAMIDE, ZINC OXIDE, BHT (preservative), YELLOW 5, YELLOW 6, THIAMIN MONONITRATE, RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE, FOLIC ACID, ONE OF THE B VITAMINS.

**Raisin Bran with Granola (Meijer):** WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, RAISINS, RICE, WHEAT BRAN, SUGAR SYRUP, CANE SUGAR, GLYCERINE, LESS THAN 2% OF: GLUCOSE SYRUP (wheat and/or corn), PALM OIL, SALT, BARLEY MALT EXTRACT, HONEY, MONO AND DIGLYCERIDES, CARAMELIZED SUGAR SYRUP, SUNFLOWER OIL, NATURAL FLAVOR, CINNAMON, IRON, VITAMIN C, VITAMIN B3 (Niacin), VITAMIN B6, VITAMIN B2 (riboflavin), VITAMIN B1 (thiamin), VITAMIN A, FOLIC ACID, VITAMIN B12, VITAMIN D.

**Rasin Bran (GFS):** WHOLE GRAIN WHEAT, RAISINS, WHEAT BRAN, SUGAR, BROWN SUGAR SYRUP. CONTAINS 2% OR LESS Of malt flavor, salt. COMMON ALLERGENS PRESENT: Wheat.

**Yogurt**

**Strawberry Yogurt**: CULTURED PASTEURIZED GRADE A LOW FAT MILK, SUGAR, WATER, MODIFIED FOOD STARCH, STRAWBERRIES, NATURAL FLAVOR, CARRAGEENAN, PECTIN, CITRIC ACID, VEGETABLE JUICE AND BETA CAROTENE (color), VITAMIN A PALMITATE, VITAMIN D3.

**Blueberry Yogurt:** CULTURED PASTEURIZED GRADE A LOW FAT MILK, HIGH FRUCTOSE CORN SYRUP, SUGAR, BLUEBERRIES, WHEY,PROTEIN CONCENTRATE, MODIFIED FOOD STARCH, WATER, GELATIN, NATURAL FLAVOR, CALCIUM CHLORIDE, CELLULOSE GUM, CITRIC ACID, FRUIT AND VEGETABLE JUICE (color).

**Greek Plain Yogurt**: CULTURED GRADE A NON FAT MILK. CONTAINS ACTIVE YOGURT CULTURES.

**GRANOLA**

**Honey Granola:** OATS, WHEAT GERM, WALNUTS (may contain pieces of peanuts and tree nuts), COCONUT(coconut [*sodium metabisulfite added to retain color*], sugar, water, propylene glycol, salt), SUNFLOWER SEEDS (sunflower, peanut oil, salt, may contain: traces of peanuts and tree nuts), CINNAMON, CANOLA OIL, HONEY.

**Maple Granola:** SUGAR, BROWN SUGAR (sugar, cane molasses), VANILLA (water, artificial flavor, caramel color, citric acid, sodium benzoate.), MAPLE FLAVORING (water, propylene glycol, caramel color, natural & artificial flavor, maple syrup, contains sulfites), OATS,WALNUTS (may contain pieces of peanuts and tree nuts), COCONUT(coconut [*sodium metabisulfite added to retain color*], sugar, water, propylene glycol, salt), CORN SYRUP (corn syrup, water, potassium sorbate [*preservative*], natural flavor and phosphoric acid) CINNAMON.

**BREADS**

**Plain Bagels:** ENRICHED WHEAT FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), WATER, SUGAR, 2% OR LESS OF EACH OF:SALT, YEAST, VEGETABLE OIL (canola oil or soybean oil), CORNMEAL, RYE FLOUR, PRESERVATIVES (calcium propionate, sorbic acid, potassium sorbate), DOUGH CONDITIONERS (monoglycerides, ascorbic acid, enzymes, calcium sulfate), LACTIC ACID.

**Blueberry Bagels:** ENRICHED WHEAT FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), WATER, ARTIFICIAL BLUEBERRY BITS (sugar, yellow corn flour, corn starch, fructose, canola oil, dextrose, natural and artificial flavor, cellulose gum, blue 2, red 40, green 3, blue 1), DEXTROSE, BLUEBERRIES, SALT, YEAST, WHEAT GLUTEN, CORNMEAL, NATURAL AND ARTIFICIAL FLAVOR, PRESERVATIVES (calcium propionate, potassium sorbate), MALTED BARLEY FLOUR, ENZYMES (dough conditioner).

**English Muffins:** ENRICHED BLEACHED WHEAT FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), WATER, YEAST, CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, DATEM, CITRIC ACID, FUMARIC ACID, ASCORBIC ACID, SALT, WHITE CORN MASA FLOUR, LIME, VINEGAR, CALCIUM PROPIONATE AND POTASSIUM SORBATE (preservatives), AZODICARBONAMIDE.

**Heartland Crusty Grain Artisan Bread:**  ENRICHED WHEAT FLOUR (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), WATER, MIXED GRAINS (rye flakes, wheat flakes, flax seeds, millet), VITAL WHEAT GLUTEN, RYE SOURDOUGH, SALT, YEAST, BEET FIBER, DATEM, ASCORBIC ACID, ENZYMES, LCYSTEINE, POTASSIUM IODATE, OLIVE OIL, SOYBEAN OIL, SOY LECITHIN, VINEGAR, DEXTROSE, CALCIUM PROPIONATE, WHOLE MILK, WHOLE EGG

**JUICES**

**Orange Juice:** CONCENTRATED ORANGE JUICE.

**Apple Juice:** CONCENTRATED APPLE JUICE, WATER, CONTAINS 2% OR LESS OF: ASCORBIC ACID, NATURAL FLAVORS, POTASSIUM CITRATE, CITRIC ACID, CARAMEL COLOR.

**White Cranberry Juice:** WATER, HIGH FRUCTOSE CORN SYRUP, WHITE GRAPE JUICE CONCENTRATE, WHITE CRANBERRY CONCENTRATE, NATURAL FLAVORS, ASCORBIC ACID (vitamin C).