Ingredient Statement
Wayzata High School
Desserts/Snacks

Dessert DuJour
Cooks choice of any one of the following desserts:

All-Sports Bites Cookies
Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, natural vanilla flavor, salt, sodium bicarbonate, monocalcium phosphate, soy lecithin, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron, riboflavin, thiamin mononitrate, maltodextrin). CONTAINS WHEAT, SOY

Animal Crackers (not iced)
Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, vegetable oil (soybean, palm and palm kernel oil with TBHQ added for freshness), high fructose corn syrup, contains 2% or less of the following: salt, calcium carbonate, baking soda, soy lecithin, artificial flavor. CONTAINS WHEAT, SOY

Apple Crisp
Apples, applesauce (apples, water, ascorbic acid), sugar, cinnamon, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), brown sugar (sugar, molasses), instant oats, butter. CONTAINS WHEAT AND MILK

Bug Bite Crackers
Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, whole wheat (graham) flour, vegetable oil (cottonseed, hydrogenated cottonseed, partially hydrogenated soybean and/or cottonseed oil with TBHQ for freshness), honey, high fructose corn syrup, calcium carbonate, salt, baking soda, cinnamon, maltodextrin, soy lecithin. CONTAINS WHEAT, SOY

Cake, White
Sugar, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, leavening (sodium aluminum phosphate, baking soda), dextrose, contains 2% or less of the following: nonfat milk, egg white, modified corn starch, propylene glycol mono- and diesters of fatty acids, salt, dried corn syrup, soy lecithin, mono- and diglycerides, xanthan gum, artificial flavor. CONTAINS WHEAT, MILK, EGG, SOY, PROCESSED IN A PLANT THAT USES PEANUTS AND TREE NUTS.

White Icing: Sugar, palm oil, water, high maltose corn syrup, corn starch, contains less than 2% of the following: hydrogenated palm oil, salt, distilled monoglycerides, yellow #5, yellow #6, other color added, polysorbate 60, potassium sorbate and citric acid (preservatives), sodium stearoyl lactylate, sodium acid pyrophosphate, natural and artificial flavor, nonfat milk. CONTAINS MILK, PROCESSED IN A PLANT THAT USES PEANUTS AND TREE NUTS.

Chocolate Icing: Sugar, palm oil, water, high maltose corn syrup, cocoa processed with alkali, corn starch, contains less than 2% of the following: hydrogenated palm oil, salt, distilled monoglycerides, polysorbate 60, potassium sorbate (preservative), natural and artificial flavor (dairy), citric acid, sodium stearoyl lactylate, sodium acid pyrophosphate. CONTAINS MILK, PROCESSED IN A PLANT THAT USES PEANUTS AND TREE NUTS.

Cheetos
Enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, folic acid), vegetable oil (contains one or more of the following: corn, soybean or sunflower oil), whey, cheddar cheese (milk, cheese cultures, salt, enzymes), salt, sea minerals (calcium carbonate and magnesium carbonate), canola oil, maltodextrin, whey protein concentrate, disodium phosphate, monosodium glutamate, natural and artificial flavors, lactose acid, citric acid, artificial color (yellow #6, yellow #5). CONTAINS MILK

Updated October 18, 2012
Cherry Crisp
Cherries, sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), brown sugar (sugar, molasses), instant oats, butter. CONTAINS WHEAT AND MILK

Churro
Wheat starch, water, partially hydrogenated vegetable shortening (soybean and/or cottonseed oils), yellow corn flour, sodium caseinate, eggs, egg whites, egg yolks, salt, cinnamon, baking powder (sodium acid pyrophosphate, baking soda), guar gum, mono- and diglycerides, sugar propylene glycol, mono- and diesters of fatty acids, corn starch, artificial flavor, soy lecithin. CONTAINS WHEAT, SOY, EGG

Churro, Apple-Filled
DOUGH: Enriched bleached wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, vegetable oil (cottonseed and soybean oils), wheat starch, buttermilk, defatted soy flour, fructose, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), artificial flavors, mono- and diglycerides, eggs, FILLING: Water, high fructose corn syrup, modified food starch, dehydrated apples (preserved with sodium sulfite), citric acid, sugar, sodium benzoate and potassium sorbate (preservatives), natural flavor, malic acid, xanthan gum. CONTAINS WHEAT, MILK, SOY, EGG

Cinnamon Roll, Petite
Enriched bleached wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, high fructose corn syrup, partially hydrogenated soy and/or cottonseed oil (with vegetable mono- and diglycerides, polysorbate 60), yeast, eggs (with sodium and triethyl citrate, sodium silico-aluminate), nonfat dry milk, contains 2% or less of the following: modified corn and wheat starch, salt, artificial color (annatto, turmeric, beta carotene), sodium benzoate, calcium disodium EDTA, soy lecithin, whey solids, vitamin A palmitate, dextrose, dextrin, soy lecithin,xanthan gum, artificial flavor, natural flavor. CONTAINS WHEAT, MILK, EGG, SOY, PROCESSED IN A PLANT THAT USES PEANUTS AND TREE NUTS

Icing: Sugar, palm oil, water, high maltose corn syrup, corn starch, contains less than 2% of the following: hydrogenated palm oil, salt, distilled monoglycerides, yellow #5, yellow #6, other color added, polysorbate 60, potassium sorbate and citric acid (preservatives), sodium stearoyl lactylate, natural and artificial flavor, nonfat milk. CONTAINS MILK, PROCESSED IN A PLANT THAT USES PEANUTS AND TREE NUTS.

Cookie, Chocolate Chip
Enriched wheat flour, sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, artificial flavoring), margarine (palm oil, water, soybean oil, salt, mono- and diglycerides, hydrogenated soybean oil, soy lecithin, sodium benzoate [preserve], artificial flavors, artificially colored with beta carotene, vitamin A palmitate added), whole eggs, shortening (palm oil), invert sugar, vanilla (water, ethyl alcohol, caramel color), sodium bicarbonate, buttermilk powder, salt, monocalcium phosphate. CONTAINS WHEAT, EGG, MILK, SOY. PROCESSED IN A PLANT THAT USES PEANUTS AND TREE NUTS.

Cookie, Chocolate Chip w/ M&M's
Enriched wheat flour, sugar, margarine (palm oil, water, soybean oil, salt, mono- and diglycerides, hydrogenated soybean oil, soy lecithin, sodium benzoate [preserve], artificial flavors, artificially colored with beta carotene, vitamin A palmitate added), chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin added as emulsifier, artificial flavor added), whole eggs, M&M's (milk chocolate [sugar, chocolate, skim milk, cocoa butter, lactose, milkfat, soy lecithin, salt, artificial flavors], sugar, less than 0.5% of the following: cornstarch, corn syrup, coloring [includes yellow #5 lake, red #40 lake, blue #1 lake, yellow #6 lake, blue #2 lake, blue #1, blue #2, red #40, yellow #5, yellow #6], dextrin), shortening (palm oil), vanilla flavor, soda bicarbonate, buttermilk powder, salt, caramel color. CONTAINS WHEAT, EGG, MILK, SOY. MAY CONTAIN PEANUTS AND TREE NUTS.

Cookie, Oatmeal Raisin
Enriched wheat flour, sugar, oats, raisins, whole eggs, shortening (palm oil), margarine (palm oil, water, soybean oil, salt, mono- and diglycerides, soy lecithin, sodium benzoate [preserve], artificial flavors, artificially colored with beta carotene, vitamin A palmitate added), invert sugar, salt, buttermilk powder, vanilla (water, ethyl alcohol, caramel color), soda bicarbonate, cinnamon, caramel color, cloves. CONTAINS WHEAT, EGG, MILK, SOY. PROCESSED IN A PLANT THAT USES PEANUTS AND TREE NUTS.
**Cookie, Snickerdoodle**
Enriched wheat flour, sugar, shortening (palm oil), whole eggs, margarine (palm oil, water, soybean oil, salt, mono- and diglycerides, soy lecithin, sodium benzoate [preservative], artificial flavors, artificially colored with beta carotene, vitamin A palmitate added), salt, vanilla flavor, soda bicarbonate, sodium acid pyrophosphate, starch, natural butter flavor, cinnamon. **CONTAINS WHEAT, EGG, MILK, SOY. PROCESSED IN A PLANT THAT USES PEANUTS AND TREE NUTS.**

**Cookie, Sugar**
Enriched wheat flour, sugar, whole eggs, margarine (palm oil, water, soybean oil, salt, mono- and diglycerides, soy lecithin, sodium benzoate [preservative], artificial flavors, artificially colored with beta carotene, vitamin A palmitate added), shortening (palm oil), invert sugar, buttermilk powder, vanilla (water, ethyl alcohol, caramel color), salt, soda bicarbonate. **CONTAINS WHEAT, EGG, MILK, SOY. PROCESSED IN A PLANT THAT USES PEANUTS AND TREE NUTS.**

**Corn Muffin**
Sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil (soybean and/or cottonseed oils), water, eggs, yellow corn meal, high fructose corn syrup, contains 2% or less of the following: isolated soy protein, baking powder (sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate, calcium sulfate), whey, modified corn starch, salt, potassium sorbate (preservative), soy flour, propylene glycol esters, mono- and diglycerides, xanthan gum, lactyllic stearate. **CONTAINS WHEAT, EGGS, SOY, MILK**

**Dreamsicle**
SHERBET: Water, corn sweeteners, sugar, milkfat and nonfat milk, whey, buttermilk powder, concentrated orange juice, natural flavors, citric acid, orange pulp, guar gum, mono- and diglycerides, carob bean gum, gum arabic, artificial color [yellow #6], ICE CREAM: milkfat and nonfat milk, corn sweeteners, sugar, buttermilk powder, whey, mono- and diglycerides, guar gum, cellulose gum, polysorbate 80, carrageenan, vanilla, vanillin. **CONTAINS MILK**

**Elf Grahams**
**Original:** Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, vegetable oil (partially hydrogenated soybean, cottonseed and hydrogenated cottonseed oil with TBHQ and citric acid for freshness), graham flour, honey, contains 2% or less of calcium carbonate, molasses, salt, baking soda, soy lecithin. **CONTAINS WHEAT, SOY**

**Cinnamon:** Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, vegetable oil (partially hydrogenated soybean, cottonseed and hydrogenated cottonseed oil with TBHQ and citric acid for freshness), graham flour, honey, contains 2% or less of calcium carbonate, molasses, salt, baking soda, cinnamon, soy lecithin. **CONTAINS WHEAT, SOY**

**Fruit Snacks**
Fruit juice puree blend (juices – grape, pear, peach, pineapple; purees – strawberry, raspberry, orange, grape), corn syrup, soluble corn fiber, modified corn starch, sugar, gelatin, citric acid, lactic acid, colors (turmeric, paprika extract, carrot juice, grape juice), natural flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, coconut oil, carnauba wax. **CONTAINS NO ALLERGENS**

**Fortune Cookie**
Flour, sugar, eggs, soybean oil, water, yellow #5, flavor. **CONTAINS WHEAT, EGG**

**Fritos**
Corn, corn oil, salt. **CONTAINS NO ALLERGENS**

**Fudgsicle**
Water, milkfat and nonfat milk, corn syrup, whey, sugar, high fructose corn syrup, cocoa processed with alkali, guar gum, dextrose, mono- & diglycerides, locust bean gum, calcium sulfate, polysorbate 80, vanillin, vanilla. **CONTAINS MILK**
Goldfish Crackers, Vanilla Physedibles
Whole wheat flour, unbleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated vegetable shortening (soybean and cottonseed oils), high fructose corn syrup, contains 2% or less of the following: salt, baking soda, soy lecithin, artificial flavors, ascorbic acid, iron, vitamin A palmitate, niacin, riboflavin, thiamin mononitrate, maltodextrin. **CONTAINS WHEAT**

Goldfish Crackers, Cheddar
Smiles, unbleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, water, salt), vegetable oils (canola, sunflower and/or soybean), contains 2% or less of: salt, yeast, sugar, yeast extract, leavening (baking soda, monocalcium phosphate, ammonium bicarbonate), spices, annatto (color), onion powder. **CONTAINS WHEAT, MILK, MAY CONTAIN SUNFLOWER**

Ice Cream Cup, Vanilla
Cream, sugar, corn syrup, whey, buttermilk, nonfat milk, guar gum, mono- & diglycerides, xanthan gum, polysorbate 80, carrageenan, natural and artificial vanilla, annatto. **CONTAINS MILK**

Ice Cream Sandwich, Mini
Ice Cream (milkfat and non fat milk, sugar, corn syrup, high fructose corn syrup, whey, mono- and diglycerides, guar gum, natural and artificial flavors, calcium sulfate, locust bean gum, sodium bicarbonate, polysorbate 80, carrageenan, caramel color), Wafer (bleached wheat flour, sugar, palm oil, caramel color, dextrose, contains 2% or less: high fructose corn syrup, modified corn starch, baking soda, salt, cocoa, soy lecithin). **CONTAINS MILK, WHEAT, SOY, MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING PEANUTS AND TREE NUTS**

Iced Animal Crackers
Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean oil, high fructose corn syrup, corn syrup, salt, whey, leavening (baking powder, [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate]), cinnamon, natural and artificial flavor, soy lecithin, kosher gelatin, nonfat dry milk, artificial colors. **CONTAINS WHEAT, MILK, SOY, MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING PEANUTS AND TREE NUTS**

Mini Muffin
Blueberry: Water, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, blueberries, eggs, whey, modified tapioca starch, egg white, mono- and diglycerides, sodium aluminum phosphate, salt, baking soda, cellulose gum, maltodextrin, potassium sorbate, BHT, citric acid, xanthan gum, artificial flavor. **CONTAINS WHEAT, EGG, MILK**

Apple Cinnamon: Enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, apple flavor filling (water, high fructose corn syrup, corn syrup, dried apples with sulfure dioxide added to protect color, modified corn starch, natural flavor, citric acid, spice, sodium benzoate, sodium propionate), soybean oil, diced apples, corn syrup solids, dried sour cream (cream, skim milk, cultures, enzymes), eggs, cinnamon, salt, modified tapioca starch, baking soda, corn starch, preserved with sorbic acid, erythorbic acid, citric acid, BHT, spice, xanthan gum, natural and artificial flavor. **CONTAINS WHEAT, MILK, EGG**

Lemon Poppy Seed: Water, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, natural lemon flavored filled (water, sugar, high fructose corn syrup, modified corn starch, lemon juice concentrate, sodium benzoate (preservative), natural flavor, citric acid, colored with artificial color and yellow #5), eggs, poppy seed, whey, modified tapioca starch, egg white, sodium aluminum phosphate, baking soda, salt, modified corn starch, monoglycerides, sorbic acid and citric acid (preservatives), natural and artificial flavor, yellow #, yellow #6. **CONTAINS WHEAT, MILK, EGG**

Chocolate: Enriched bleached wheat flour, water, sugar, soybean oil, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin, artificial flavor), high fructose corn syrup, eggs, cocoa process with alkali, modified corn starch, whey, partially hydrogenated soybean and cottonseed oil, salt, maltodextrin, artificial colors (red #40, blue #1, yellow #5), propylene glycol monoesters of fatty acids, sorbic acid, sodium benzoate, baking soda, sodium aluminum phosphate, monocalcium phosphate monohydrate, mono- and diglycerides, cocoa, sodium stearoyl lactylate, natural and artificial flavor, soy flour. **CONTAINS WHEAT, EGG, MILK AND SOY**
**Pudding, Chocolate**
Nonfat milk, water, sugar syrup, corn syrup, modified food starch, partially hydrogenated soybean oil, cocoa process with alkali, salt, sodium stearoyl lactylate, disodium phosphate, sodium hydroxide, artificial flavor (vanilla). CONTAINS MILK

**Pudding, Vanilla**
Nonfat milk, water, sugar syrup, modified corn starch, partially hydrogenated soybean oil, salt, artificial flavor (vanilla), sodium stearoyl lactylate, sodium hydroxide, yellow #5, yellow #6. CONTAINS MILK

**Punch Slush**
Filtered water, 100% orange juice concentrate, pear concentrate, apple juice concentrate, citric acid, ascorbic acid, natural flavors, red #40, blue #1. CONTAINS NO ALLERGENS

**Rice Crispy Treat**
Crisp rice (rice flour, sugar, whey, salt, malt [malted barley flour, wheat flour, dextrose], yellow #6), corn syrup, sugar, dextrose, palm kernel oil, soybean oil, corn starch, water, contains 2% or less of each of the following: kosher gelatin, modified corn starch, salt, artificial flavors, hydroxylated soy lecithin (emulsifier), whey, egg whites, citric acid, sorbic acid (to retain freshness). CONTAINS MILK, WHEAT, SOY, EGG. MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING PEANUTS AND TREE NUTS.

**Scrabble Cheese Crackers**
Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), soybean oil with TBHQ for freshness, white cheddar cheese (milk, cheese cultures, salt, enzymes), contains 2% or less of the following: salt, paprika, leavening (yeast, baking soda), paprika oleoresin, turmeric extract for color, annatto color, soy lecithin. CONTAINS WHEAT, MILK, SOY

**Shape Up Juice Bar, Cherry**
Apple juice from concentrate, high fructose corn syrup, water, less than 2% of: natural and artificial flavors, citric acid, cellulose, guar and xanthan gums, carob bean gum, ascorbic acid, artificial color. CONTAINS NO ALLERGENS

**Shape Up Juice Bar, Fruit Punch**
Apple juice from concentrate, high fructose corn syrup, water, less than 2% of: natural and artificial flavors, citric acid, cellulose, guar and xanthan gums, ascorbic acid, red #40. CONTAINS NO ALLERGENS

**Sherbet Cup, Orange**
Water, sugar, corn syrup, whey, concentrated orange juice, orange pulp, natural flavor, nonfat milk, cream, citric acid, guar gum, mono- & diglycerides, xanthan gum, polysorbate 80, carrageenan, yellow #6. CONTAINS MILK

**Sherbet Cup, Raspberry**
Water, sugar, corn syrup, whey, red raspberry puree, natural flavors, cream, nonfat milk, locust bean gum, citric acid, guar gum, mono- and diglycerides, xanthan gum, polysorbate 80, carrageenan, red #40, blue #1. CONTAINS MILK

**Sherbet Cup, Lime**
Water, corn syrup, sugar, whey, concentrated lime juice, orange pulp, natural flavor, nonfat milk, cream, citric acid, guar gum, mono- and diglycerides, xanthan gum, polysorbate 80, carrageenan, yellow #5, blue #1. CONTAINS MILK

**Sun Chips**
**Original Flavor:** Whole corn, sunflower oil, whole wheat, whole oat flour, rice flour, sugar, corn bran, salt, natural flavor, and maltodextrin (made from corn). CONTAINS WHEAT, SUNFLOWER OR
Harvest Cheddar Flavor: Whole corn, sunflower oil, whole wheat, whole oat flour, rice flour, sugar, corn bran, maltodextrin (made from corn), salt, cheddar cheese (milk, cheese cultures, salt, enzymes), natural flavors, whey, whey protein concentrate, onion powder, romano cheese (cow’s milk, cheese cultures, salt, enzymes), buttermilk, yeast extract, citric acid, paprika extracts, lactic acid, garlic powder, parmesan cheese (milk, cheese cultures, salt, enzymes), skim milk. CONTAINS WHEAT, MILK, SUNFLOWER OR Garden Salsa Flavor: Whole corn, sunflower oil, whole wheat, whole oat flour, rice flour, sugar, corn bran, tomato powder, salt, natural flavors, maltodextrin (made from corn), cheddar cheese (milk, cheese cultures, salt, enzymes), corn sugar, buttermilk, onion powder, whey, yeast extract, romano cheese (part-skim cow’s milk, cheese cultures, salt, enzymes), whey protein concentrate, corn oil, spices (including jalapeno pepper), citric acid, paprika extracts, lactic acid. CONTAINS WHEAT, MILK, SUNFLOWER

Teddy Grahams
Cinnamon: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, graham flour (whole grain wheat flour), soybean oil and/or partially hydrogenated cottonseed oil, high fructose corn syrup, calcium carbonate, maltodextrin, salt, baking soda, wheat starch, natural flavor, cinnamon, soy lecithin. CONTAINS WHEAT, SOY
Chocolate: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, graham flour (whole grain wheat flour), soybean oil, cocoa (natural and processed with alkali), high fructose corn syrup, partially hydrogenated cottonseed oil, calcium carbonate, maltodextrin, salt, wheat starch, baking soda, natural and artificial flavor, soy lecithin, chocolate. CONTAINS WHEAT, SOY

Whipped Topping
Water, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate, dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, xanthan gum, guar gum, colored with turmeric and annatto extracts. CONTAINS MILK

Culinary Express is subject to product substitutions by our suppliers and formulation changes by manufacturers without notice, therefore we are not able to guarantee 100% accuracy in this ingredient statement.