

## Typical Food Products Served at CODS

*CODS does not serve food containing nuts or pork*

Food Item	Wheat?	Milk?	Soy?	Other	Ingredient List
animal crackers	Yes	<del>Yes</del>	Yes	<del>Yes</del>	enriched flour, high fructose corn syrup, sugar, soybean/palm oil; contains 2% or less of each of the following: salt, calcium carbonate, baking soda, soy lecithin, artificial flavor
apple cider	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	100% juice
bagel, Lender's (whole wheat)	Yes, gluten	<del>Yes</del>	Yes	<del>Yes</del>	whole wheat flour, water, high fructose corn syrup, wheat gluten, yeast; 2% or less of salt, mono & diglycerides, soybean oil, carmel color, guar gum, dough conditioners, yellow cornmeal
bagel, Honey Wheat	Yes, gluten	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, honey, cracked wheat, whet gluten, salt, yeast, malt, diacetyl tartaric acid esters of mono-diglycerides (datem), mono-diglycerides, enzyme, ammonium chloride, ascorbic acid, L. cysteine, cornmeal sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate
baking powder (for cornbread)	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	
beef patty (for hamburgers)	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	100% ground beef
biscuit	Yes	Yes	Yes	<del>Yes</del>	enriched bleached flour, water, soybean and/or cottonseed oil, buttermilk, sodium bicarbonate, sugar, salt, sodium aluminum phosphate, dextrose, whey, sodium acid pyrophosphate, food starch, datem, natural and artificial flavors
black olive	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	water, salt, ferrous gluconate
butter pat	<del>Yes</del>	Yes	<del>Yes</del>	<del>Yes</del>	cream, salt
buttermilk ranch dressing	<del>Yes</del>	Yes	Yes	Egg	vinegar, whey, food starch, natural flavors
Cheerios	Yes	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	whole grain oats, modified corn starch, sugar, oat bran, salt, calcium carbonate, oat fiber, tripotassium phosphate, corn starch, wheat starch, vitamin E. Vitamins & minerals: zinc & iron, niacinamide, vitamin C, vitamin B6, vitamin B2, vitamin B1, vitamin A, folic acid, vitamin B12, vitamin D.
cheese, shredded (Jack/Cheddar)	<del>Yes</del>	Yes	<del>Yes</del>	<del>Yes</del>	natural mold inhibitor, powdered cellulose
cheese, slices (Monterey Jack)	<del>Yes</del>	Yes	<del>Yes</del>	<del>Yes</del>	milk, salt, enzymes
cookies, Chocolate Chunk	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	
cookies, Double Chocolate	Yes	Yes	Yes	Egg	enriched bleached/unbleached wheat flour, semisweet chocolate, sugar, brown sugar, shortening (soybean/cottonseed oil), cocoa, water, eggs, butter, palm oil, whey, sodium caseinate; 2% or less of soybean oil, salt, sodium bicarbonate, emulsifiers, nonfat milk, artificial flavors.
cookies, Oatmeal Raisin	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	enriched bleached/unbleached wheat flour, rolled oats, brown sugar, raisins, shortening, sugar, water, honey, butter, palm oil; 2% or less of eggs, soybean oil, whey & sodium caseinate, leavening, salt, spice, emulsifiers, natural & artificial flavors, non-fat milk
Corn Chex	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	corn meal, whole grain corn, sugar, corn starch, salt, baking soda, brow sugar syrup, BHT. Vitamins & minerals: calcium carbonate, zinc & iron, niacinamide, vitamin C, vitamin B6, vitamin B2, vitamin B1, vitamin A, folic acid.
cornmeal (cornbread)	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	determinated yellow corn meal, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid
country-style potatoes	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	disodium dihydrogen pyrophosphate, dextrose
cream cheese	<del>Yes</del>	Yes	<del>Yes</del>	<del>Yes</del>	milk, cream, cheese culture, salt, carob bean, xanthenes or guar gum, natamycin (mold inhibitor)
eggs (scrambled)	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	Egg	eggs, citric acid, water
flour (cornbread)	Yes	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	bleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid
French toast	Yes	Yes	Yes	Egg	Bread [Enriched flour (wheat flour, barley malt, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, contains 2% or less of the followng: soybean oil, salt, dough coditioners (sodium stearyl lactylate, calcium propionate), spice blend, calcium propionate, cinnamon blend (sugar, cinnamon, cocoa {processed with alkali}), canola or soybean oil, natural and artifical flavors, silicon dioxide), yeast nutrients (monocalcium phosphate, ammonium sulfate), oxidants (ascorbic acid)], water, eggs, sugar, whey, canolar or soybean oil salt natural and artifical flavors, soy lecithin
fruit punch	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	Red 40	pear, pineapple, apple, passion fruit juice, water, citric acid, potassium citrate, ascorbic acid, red 40
Garden Burger patties (Santa Fe style)	Yes	Yes	<del>Yes</del>	<del>Yes</del>	mushrooms, onions, corn, beans, bell peppers, rice, bulgar wheat, oats, mozzarella cheese, nonfat milk, corn
garden vegetable soup with rotini (Moonrose)	Yes	<del>Yes</del>	<del>Yes</del>	Egg	tomato puree, enriched pasta (wheat flour, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), tomatoes, carrots, celery, green beans, onions, modified food starch; 2% or less of salt, sugar, carrot juice, spice, garlic, celery, onions, disodium guanylate, disodium guanylate, disodium inosinate

garlic bread	Yes	Yes	Yes		Sulfites
hamburger bun	Yes				enriched unbleached four/wheat four, malted barley flour, niacin, iron, thiamin mononitrate, folic acid, water, high fructose corn syrup, vegetable oil, ascorbic acid, calcium sulfate, enzymes, calcium propionate, sesame seeds, dough conditioners
hot cocoa		Yes	Yes		sugar, sweet dairy whey, cocoa, partially hydrogenated soybean or sunflower oil, corn syrup solids, cellulose gum, tricalcium phosphate, silicon dioxide, sodium caseinate, salt, dipotassium phosphate, artificial flavor, mono and diglycerides
instant oatmeal					whole grain rolled oats (with oat bran), calcium carbonate, sugar, salt, dextrose, guar gum, carmel color, ferric orthophosphate, niacinamide, vitamin B6, riboflavin, vitamin A palmitate, thiamin mononitrate, folic acid
Italian dressing			Yes		water, high fructose corn syrup, distilled vinegar, salt, soybean oil; 2% or less of xanthan gum, onion, bell pepper, spice, potassium sorbate, calcium disodium EDTA, yellow 5, yellow 6
ketchup					tomato concentrate, high fructose corn syrup, vinegar, corn syrup, salt, onion powder, spices
mayonnaise			Yes	Egg	soybean oil, water, corn syrup, egg yolk, distilled white vinegar, salt, spice, calcium disodium EDTA
mustard					water, mustard seed, mustard bran, salt, tumeric, spices, vinegar
orange juice					water, 100% juice
pan coating (eggs, biscuits)			Yes		vegetable oil blend of: canola, soybean, sunflower oil; phosphate mono and diglycerides, calcium carbonate, silicon dioxide, water, propellant
pickles (dill)					vinegar, natural flavors, sodium benzoate
potato chips					potatoes, sunflower or corn oil, salt
pretzels	Yes				enriched flour: wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid; salt, corn syrup, yeast, baking soda
refried beans					pinto beans, partially hydrogenated corn oil, TBHQ, salt
Romano cheese		Yes			sheep's milk, salt, enzymes
salami (vegetarian)	Yes	Yes	Yes		Processed in a factory that contains milk & eggs
salsa					tomatoes, water, jalapeños, onions, distilled vinegar, salt, garlic, modified food starch, xanthan gum, natural flavorings
season salt (eggs, spaghetti sauce, ground turkey)					tricalcium phosphate, paprika oleoresin
sour cream		Yes			Modified food starch (corn)
soy butter			Yes		roasted soybeans, soybean oil, maltodextrin, cane juice, mono and diglycerides, salt
soy milk (Moonrose)			Yes		water, soybeans, cane sweetener, dipotassium phosphate, canola oil, sodium citrate, natural flavor, sea salt, carrageenan
soybean oil (cornbread)			Yes		also used in water to cook spaghetti
spaghetti noodles	Yes				100% durum semolina, niacin ferrous sulfate, thiamine mononitrate, riboflavin, folic acid
spaghetti sauce (marinara vegetarian or beef)					natural flavors
Spanish rice (Uncle Ben's)			Yes		enriched long grain rice, dried tomato, bell pepper, sugar, salt, potassium chloride, hydrolyzed soy protein, spices, yeast extract, garlic powder, onion powder, citric acid, xanthan gum
strawberry preserve					corn syrup, strawberry puree, sugar, citric acid, pectin, sodium citrate
string cheese		Yes			skim milk, cheese cultures, salt, enzymes
syrup					corn syrup, water, salt, preservatives, potassium sorbate, sodium benzoate, benzoic acid, cellulose gum, natural and artificial flavors
taco seasoning					dextrose, salt, corn flour, chili pepper, cumin, onion powder, oregano, citric acid, paprika
taco shell					masa flour (corn), vegetable oil (may contain safflower, sunflower, corn, or cotton seed oil), trace of lime
tapatio hot sauce					water, red peppers, salt, spices, garlic, acetic acid, xanthan gum, sodium benzoate
tortilla	Yes		Yes		Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Soybean Oil, Hydrogenated Soybean Oil), Contains 2% or Less of the following: Salt, Leavening (Baking Soda, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Calcium Propionate and Sorbic Acid (To Preserve Freshness)
tortilla chips					
turkey (sliced)					turkey, water, salt, sugar
turkey for tacos (ground)					100% ground turkey

turkey sausage link					turkey, water, salt, BHA, BHT, citric acid, dextrose, spices, sugar, made with beef collagen casing
waffle stick (whole grain)	Yes	Yes	Yes	Egg	water, whole wheat flour, enriched flour, sugar, baking powder, dried whey. 2% or less of soybean oil, natural and artificial flavors, dried egg whites, soy lecithin, salt, soy flour
wheat bread	Yes, gluten	Yes	Yes		whole wheat flour, water, vital wheat gluten, high fructose corn syrup, yeast; 2% or less of molasses, salt, vegetable oil (canola or soy), yeast nutrient (ammonium sulfate), dough conditioner (mono & diglycerides, sodium stearoyl actylate, ascorbic acid, azodicarbonamide, monocalcium phosphate), calcium propionate (mold inhibitor), calcium sulfate, enzymes, nonfat dry milk, soy flour
wheat roll	Yes, gluten		Yes		enriched wheat flour, whole wheat flour, whole wheat base, gluten, salt, soybean oil, datem, ascorbic acid, fungal enzymes, water, honey, yeast, caraven; packaged in a facility that processes peanuts/tree nuts
Wheaties	Yes				whole grain wheat, sugar, salt, corn syrup, trisodium phosphate, BHT. Vitamins & minerals: zinc & iron, niacinamide, vitamin C, vitamin B6, vitamin B2, vitamin B1, vitamin A, folic acid, vitamin B12, vitamin D.