

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		Yes		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					100% juice
bagel, Honey Wheat	Yes, gluten	Yes	Yes	Yes	water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), whole wheat flour, sugar, wheat gluten; 2% or less of: yellow corn meal, honey, raisin juice concentrate, malt extract, wheat bran, sea salt, yeast, fermented wheat flour, cultured corn syrup solids, wheat starch, molasses, malted barley flour, vinegar, wheat flour, soybean oil, cultured wheat starch, ascorbic acid, enzymes. Manufactured in a facility that uses milk, egg, soy, wheat, peanut, and tree nut ingredients.
baking powder (for cornbread)					sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate
beef patty (for hamburgers)					100% ground beef
biscuit	Yes	Yes	Yes		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					water, salt, ferrous gluconate
brownie	Yes	Yes	Yes	Egg	sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), cocoa (processed with alkali), partially hydrogenated soybean and cottonseed oils, canola or soybean oil, egg whites, salt, sodium bicarbonate, artificial flavor. Made on equipment that makes products containing wheat, eggs, milk, soy, and tree nuts.
butter (for Spanish rice & French bread)		Yes	Yes		Soybean oil, palm oil, water, butter (cream, salt), salt, non-fat dry milk solids, sodium benzoate (a preservative), soy lecithin, artificial flavor, vitamin A palmitate added, beta carotene (color).
butter pat		Yes			cream, salt
buttermilk ranch dressing		Yes	Yes	Egg	soybean oil, water, vinegar, egg yolk, sugar, salt, whey, garlic juice, dried buttermilk, dried sour cream, non-fat dried milk, modified food starch, xanthan gum, dried parsley, lemon juice concentrate, citric acid, preservatives
cheese, shredded (Jack/Cheddar)		Yes			milk, cheese cultures, salt enzymes, annatto for color, powdered cellulose, potato starch, corn starch, calcium sulfate
cheese, slices (Monterey Jack)		Yes			cultured pasteurized milk, salt, enzyme
Cheerios	Yes				Whole grain oats (includes oat bran), modified corn starch, sugar, salt, tripotassium phosphate, what starch. Vitamin E added to preserve freshness. Vitamins & minerals: Calcium carbonate, iron and zinc, vitamin C, A, B, B2, B1, B12, D3
cookies, Chocolate Chunk (Baker's source brand)	Yes	Yes	Yes	Egg	enriched unbleached and bleached wheat flour (unbleached and bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter soy lecithin, artificial flavor, salt), brown sugar, shortening (partially hydrogenated soybean and cottonseed oils), sugar, eggs, butter (cream, salt), palm oil; 2% or less of invert sugar, soybean oil, non fat milk, leavening (sodium bicarbonate, sodium aluminum phosphate), salt, emulsifiers (mono and diglycerides, soy lecithin), natural and artificial flavors, vitamin A palmitate. Contains: egg, milk, wheat, and soybean products.
Corn Chex					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, vitamin B12, vitamin D.
cornmeal (cornbread)					determinated yellow corn meal, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid
country-style potatoes					potatoes, salt, disodium dihydrogen pyrophosphate, sodium benzoate, dextrose, vegetable oil, garlic powder, black pepper paprika, Lawry's seasoned salt
cream cheese		Yes			milk, cream, cheese culture, salt, carob bean, xanthenes or guar gum, natamycin (mold inhibitor)
croutons	Yes	Yes			Wheat, canola or sunflower oil, garlic, salt, yeast, butter, malted barley flour, citric acid, tocopherols for freshness. Contains milk and wheat.
eggs (scrambled)				Egg	eggs, citric acid, water, black peppe
flour (cornbread)	Yes				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 following: soybean oil, salt, dough conditioners (sodium stearoyl lactylate, calcium propionate), spice blend, calcium propionate, cinnamon blend (sugar, cinnamon, cocoa (processed with alkali), canola or soybean oil, natural and artificial flavors, silicon dioxide), yeast nutrients (monocalcium phosphate, ammonium sulfate), oxidants (ascorbic acid)], water, eggs, sugar, whey, canola or soybean oil, salt, natural and artificial flavors, soy lecithin.
Veggie Melody Garden burger	Yes		Yes		Cooked brown rice (brown rice, water), broccoli, water, carrots, onions, whole kernel corn, rolled oats, brown lentils, red bell peppers, green bell peppers, oat fiber, ground flaxseed, contains two percent or less of canola oil, onion juice concentrate, salt, methylcellulose, natural flavors, soy sauce (fermented soybeans, salt), autolyzed yeast extract, hydrolyzed wheat gluten, evaporated can juice, spices, caramel color, garlic powder, yeast extract, onion powder, soy lecithin. Contains soy and wheat ingredients.
Garlic bread	Yes	Yes	Yes		enriched flour (what flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, yeast, high fructose corn syrup. Contains 2% or less of: salt, vital wheat gluten, soybean oil, xanthan gum, sodium aluminum phosphate, baking soda, corn starch, dough conditioners (datem, ammonium sulfate, calcium sulfate, ascorbic acid, enzymes, potassium iodate, azodicarbonamide, L-cysteine hydrochloride), butter (topping includes: garlic powder, parsley flakes, garlic, paprika). Product was manufactured on production lines that also process items which may contain nut ingredients.
hamburger bun	Yes				enriched unbleached four/wheat flour, 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. Made on equipment that makes products containing poppy & sesame seeds.
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
hummus					chickpeas, water, canola oil, sesame tahini, sea salt, citric acid, spices, natural roasted garlic flavor, sodium benzoate, and potassium sorbate (to preserve freshness)
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, spice
lemonade					high fructose corn syrup, filtered water, lemon juice concentra
mayonnaise			Yes	Egg	soybean oil, water, corn syrup, egg yolk, distilled white vinegar, salt, spice, calcium disodium EDT
minestrone soup	Yes			Egg	Home-made: diced tomatoes, onion, garlic, pinto beans, kidney beans, green beans, carrots, celery, snow-peas, zucchini, regular macaroni or shells, garlic powder, Lawry's season salt, black pepper
mustard					water, mustard seed, mustard bran, salt, turmeric, 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
popsicles, Blue Bunny Push ups		Yes			Water, sugar, whey, high fructose corn syrup, corn syrup, cream, lemon-lime puree, citrus pulp cells, natural flavors, sodium benzoate preservative, yellow 5, blue 1, cherry flavor, vegetable oil, red 40, orange puree, orange juice, orange oil, yellow 6, xanthum gum, citric acid, guar gum, carbohydrate gum, polysorbate 80, yellow 5.
popsicles, non-dairy					water, sugar, high fructose corn syrup, corn syrup, citric acid, malic acid, guar gum, vegetable juice, natural flavors, grape juice concentrate, locust bean gum, ascorbic acid, turmeric, oleoresin, annatto.
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
salsa					tomatoes, water, jalapeños, onions, distilled vinegar, salt, garlic, modified food starch, xanthan gum, natural flavorings
season salt (in eggs, spaghetti sauce, ground turkey)					tricalcium phosphate, paprika oleoresin
sourdough bread	Yes, gluten		Yes		enriched flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, wheat gluten, yeast. Contains 2% or less of each of the following: high fructose corn syrup, salt, vege oil (soybean and/or cottonseed oils). Yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate) corn starch, dough conditioners (may contain one or more of the following: mono and diglycerides, ethoxylated mono and dyglycerides, sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, enzymes), fumaric acid, lactic acid, calcium propionate (preservative), soy flour.
sour cream		Yes			cultured pasteurized milk, food starch (modified corn) sodium phosphate, sodium citrate, guar gum, carrageenan, locust bean gum

soy butter, (I.M. Healthy brand)			Yes		roasted soybeans, soybean oil, maltodextrin, cane juice, mono and diglycerides, salt. Processed in a peanut and tree nut FREE facility.
soy milk			Yes		organic soymilk* (filtered water, whole organic soybeans*), natural cane sweetener, dipotassium phosphate, expeller pressed canola oil, sodium citrate, natural flavor, sea salt, carrageenan
Wesson Canola/Soybean oil (cornbread & spaghetti)			Yes		100% soybean or canola oil
spaghetti noodles	Yes		Yes		100% durum semolina, niacin ferrous sulfate, thiamine mononitrate, riboflavin, folic acid. Canola/Soybean oil used in water to cook noodles. Made in a facility that makes products containing eggs.
spaghetti sauce (marinara vegetarian or turkey)					tomatoes, ground turkey (meat sauce only), parsley, basil, black pepper, garlic, and season salt
Spanish rice (Uncle Ben's)		Yes	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, butter.
strawberry preserve					corn syrup, strawberry puree, sugar, citric acid, pectin, sodium citrate
string cheese (light)		Yes			pasteurized part-skim milk, cheese culture, salt, enzymes, vitamin A Palmita
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					ground corn treated with lime, water, vegetable oil (contains one of more of the following: cottonseed, corn or palm oil), salt
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
wheat bread	Yes, gluten	Yes	Yes		whole wheat flour, water, sugar, wheat gluten, yeast; 2% or less of soybean oil, calcium sulfate, butter (cream, salt), salt, dough conditioners (may contain one or more of the following: mono- and diglycerides, ethoxylated mono- and diglycerides, sodium stearoyl lactylate, calcium peroxide, datem, ascorbic acid, azodicarbonamide, enzymes), calcium propionate (preservative), distilled vinegar, guar gum, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), corn starch, vitamin D3, soy lecithin, soy flour.