

Breakfast:

Everyday:

Cereal:

Rice Krispie: Rice, sugar, contains 2% or less of salt, malt flavor. Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

Raisin Bran: **Whole grain wheat**, raisins, **wheat bran**, sugar, brown sugar syrup. Contains 2% or less of malt flavor, salt.

***contains gluten**

Cheerios: **Whole Grain Oats**, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

***contains gluten**

Yogurt: **rBST Free Milk**, No Preservatives, No Gelatin

***contains dairy**

Non-Dairy Yogurt: Organic Coconutmilk (Filtered Water, Organic Coconut Cream), Rice Starch, Contains 2% or Less of: Pectin, Calcium Phosphate, Dipotassium Phosphate, Live and Active Cultures, Locust Bean Gum, Vitamin D2, Vitamin B12.

Sunbutter: Sunflower seeds, sugar, salt

Strawberry Jelly: fresh organic strawberries, organic sugar, fruit pectin, citric acid

Butter: **milk**

***contains dairy**

Earth Balance-Non dairy butter: Natural Oil Blend (Palm Fruit, Canola, Soybean, Flax and Olive Oils), Filtered Water, Contains Less than 2% of Pure Salt, Natural Flavor (Plant Derived from Corn, No MSG, No Alcohol, No Gluten), Pea Protein, Sunflower Lecithin, Lactic Acid (Non-Dairy), and Naturally Extracted Annatto for Color.

Fruit Salad: orange, apple, banana, grapes

1st Breakfast:

Thomas English Muffins: **Enriched Wheat Flour** [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, Farina, Yeast, Salt, Sugar, Calcium Propionate And Sorbic Acid (to Preserve Freshness), Soybean Oil, **Wheat Gluten**, Grain Vinegar, Soy Lecithin, Soy, **Whey**.

***contains gluten and dairy**

Eggs, with or without **cheese**

***contains dairy**

Heinz Ketchup: TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING.

2nd Breakfast:

Krusteaz Pancakes (with buttermilk): **Enriched bleached flour (wheat flour**, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, dextrose, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), food starch-modified, salt, soybean oil, **egg whites, buttermilk.**

***contains dairy, gluten and eggs**

Krusteaz Honey Wheat Pancakes: **Enriched Bleached Flour (wheat Flour**, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), **Whole Wheat Flour**, Sugar, Dextrose, Leavening (baking Soda, Sodium Aluminum Sulfate, Monocalcium Phosphate), Soybean Oil, Soy Flour, Salt, Honey Powder, Sodium Stearoyl Lactylate.

***contains gluten**

King Arthur Gluten Free Pancakes: WHOLE GRAIN BROWN RICE FLOUR, POTATO STARCH, TAPIOCA STARCH, RICE FLOUR, CANE SUGAR, BAKING POWDER (BAKING SODA, CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVORS, SALT, VITAMIN AND MINERAL BLEND [CALCIUM CARBONATE, NIACINAMIDE (VITAMIN B3), REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2)], XANTHAN GUM.

Bisquick Gluten Free Pancakes: Rice Flour, Sugar, Leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), Modified Potato Starch, Salt, Xanthan Gum.

Syrup: corn syrup, high fructose corn syrup, water, salt, natural and artificial flavors, caramel color, and 1/10 of 1% sodium benzoate

Dinner:

Burritos:

Tortillas: **Flour**

[More info here](#)

***contains gluten**

Rosarita Refried Beans: Cooked Beans, Water, Less than 2% of: **Lard** (Adds a Trivial Amount of Fat), Salt, Distilled Vinegar, Chile Pepper, Onion Powder, Spices, Garlic Powder, Natural Flavor. May contain: soy.

***contains animal product, pork**

Rosarita Vegetarian Beans: Cooked Beans, Water, Less than 2% of: Canola Oil (Adds a Trivial Amount of Fat,), Salt, Distilled Vinegar, Chile Pepper, Onion Powder, Spices, Garlic Powder, Natural Flavor. May Contain: soy.

Lemonade: SUGAR, FRUCTOSE, CITRIC ACID, CONTAINS LESS THAN 2% OF MALTODEXTRIN, SODIUM ACID PYROPHOSPHATE, MAGNESIUM OXIDE, SODIUM CITRATE, ASCORBIC ACID (VITAMIN C), NATURAL FLAVOR. ARTIFICIAL COLOR, YELLOW 5 LAKE, SOY LECITHIN, TOCOPHEROL (PRESERVES FRESHNESS).

Sour Cream: **Cultured Cream, Skim Milk**, Vitamin A Palmitate.

***contains dairy**

Shredded Cheese: Monterey Jack, Medium Cheddar, Queso Quesadilla And Asadero Cheeses (cultured **Pasteurized Milk**, Salt, Enzymes, Annatto [vegetable Color In Cheddar Cheese]), Potato Starch Added To Prevent Caking, Natamycin (a Natural Mold Inhibitor)

***contains dairy**

Lettuce

Guacamole* when available *: avocados

Tomato

Salsa: Organic tomatoes, organic jalapeno peppers, organic onions, water, organic tomato paste, organic cilantro, sea salt, organic sugar, organic vinegar, organic cumin, organic garlic, organic cayenne pepper.

Tortilla Chips: Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), and Salt.

Tapatio: Water, Red Peppers, Salt, Spices, Garlic, Acetic Acid, Xanthan Gum, Sodium Benzoate as a Preservative.

Spaghetti:

Pasta: **Semolina (Wheat), Durum Wheat Flour**, Vitamins/Minerals: Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid.

***contains gluten**

Gluten Free Pasta:

Banza Chickpea: Chickpeas, Pea Starch, Tapioca, Xanthan Gum

Tomato Sauce: vine ripened tomatoes, sea salt, dehydrated onions, dehydrated garlic, spices, natural flavorings, sweet bell pepper, citric acid

Extra Costco Tomato Sauce: organic tomato puree (water, tomato paste), sea salt, organic granulated sugar, citric acid, organic red pepper

Ground Turkey

Onion

Marinated Artichoke Hearts: trimmed artichoke hearts, water, canola oil, distilled vinegar, salt, garlic, spices, citric acid and ascorbic acid to preserve color.

Spinach

(Garlic) French Bread: **Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour**, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, 2% or Less or Each of the Following: Soybean Oil, Enzymes, Ascorbic Acid (Vitamin C), Sea Salt, Yeast.

***contains gluten**

Gluten Free Bread:

Canyon Bakehouse: Water, Brown Rice Flour, Tapioca Flour, Whole Grain Sorghum Flour, Organic Cane Sugar, Potato Flour, Non-GMO Expeller Pressed Canola Oil, Xanthan Gum, **Egg Whites, Eggs**, Yeast, Cultured Brown Rice Flour, Sea Salt, Vinegar (Organic Cane Sugar Vinegar), Sunflower Lecithin, Enzymes.

***contains eggs**

Butter: **milk**

***contains dairy**

Earth Balance-Non dairy butter: Natural Oil Blend (Palm Fruit, Canola, Soybean, Flax and Olive Oils), Filtered Water, Contains Less than 2% of Pure Salt, Natural Flavor (Plant Derived from Corn, No MSG, No Alcohol, No Gluten), Pea Protein, Sunflower Lecithin, Lactic Acid (Non-Dairy), and Naturally Extracted Annatto for Color.

Tomatoes

Lettuce

Black olives: Ripe Manzanilla Olives, Water, Sea Salt, Ferrous Gluconate (To Stabilize Color).

Ranch Dressing: Vegetable Oil (soybean and/or canola oil), water, **egg yolk**, sugar, salt, **cultured nonfat buttermilk**, natural flavors, spices, dried garlic, dried onion, vinegar, phosphoric acid, xanthan gum, modified food starch, MSG, artificial flavors, disodium phosphate, sorbic acid, calcium disodium, preservatives, disodium inosinate
***contains dairy**

Balsamic Dressing:

Newman's: Canola Oil, Water, Balsamic Vinegar (Wine Vinegar, Cooked Grape Must, Caramel Color), Distilled Vinegar, Extra Virgin Olive Oil, Sea Salt, Less Than 2% Of: Garlic, Sugar, Black Pepper, Onion, Red Bell Peppers*, Oregano*, Basil*, Parsley*, Marjoram*, Xanthan Gum (As A Thickener), Green Onion*.

Ken's: Water, High Fructose Corn Syrup, Balsamic Vinegar, Red Wine Vinegar, Vegetable Oil (Soybean And/or Canola), Olive Oil, Contains Less Than 2% Of Salt, Garlic,* Xanthan Gum, Spice, Sodium Alginate, Propylene Glycol Alginate, Calcium Disodium Edta (To Protect Flavor).

Parmesan Cheese: Parmesan Cheese (Pasteurized Part-**Skim Milk**, Cheese Culture, Salt, Enzymes), Cellulose Powder, Potassium Sorbate to Protect Flavor.

***contains dairy**

Lunch:

1st Lunch:

Wheat Thins: **WHOLE GRAIN WHEAT FLOUR**, CANOLA OIL, SUGAR, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA).

***contain gluten**

Mary's Gluten Free Crackers: Whole grain brown rice*, whole grain quinoa*, pumpkin seeds*, sunflower seeds*, brown sesame seeds*, brown flax seeds*, poppy seeds*, minced onion*, garlic powder*, sea salt. *Organic. Manufactured on equipment that produces products containing soy.

Kirkland Monterey Jack Cheese: **Cultured pasteurized milk**, salt, enzymes.

***contains dairy**

Tillamook Medium Cheddar Cheese: **Cultured Milk**, Salt, Enzymes, Annatto (Color).

***contains dairy**

Dairy Free Chao Cheese: Filtered water, coconut oil, modified corn and potato starch, potato starch, fermented chao tofu (soybeans, water, salt, sesame oil, calcium sulfate), sea salt, natural flavor, olive extract (antioxidant used as a preservative) and beta carotene.

Kirkland Turkey: TURKEY BREAST, TURKEY BROTH, VINEGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: MODIFIED FOOD STARCH, SALT, BROWN SUGAR, SODIUM PHOSPHATE.

Field Roast Plant Based Deli Slices: Filtered water, **vital wheat gluten**, expeller pressed safflower oil, barley malt extract, yeast extract (yeast, salt, cane sugar), garlic, granulated garlic, onion powder, wheat flour, lentils, sea salt, cultured cane sugar, vinegar, carrots, organic wheat flakes, lemon juice concentrate, yellow pea flour, spices

***contains gluten**

Nature's Bakery Fig Bars

Fig: **Whole Wheat Flour**, Fig Paste, Cane Sugar, Brown Rice Syrup, Canola Oil, Whole Grain Oats, Glycerin, Fruit Juice (for color), Sea Salt, Citric Acid, Baking Soda.

***contains gluten**

Blueberry: **Whole Wheat Flour**, Cane Sugar, Fig Paste, Brown Rice Syrup, Blueberry Jam (Cane Sugar, Naturally Milled Sugar, Rice Starch, Glycerin, Blueberries, Apple Powder, Natural Flavors, Pectin, Citric Acid, Locust Bean Gum), Canola Oil, Whole Grain Oats, Glycerin, Fruit Juice (for color), Sea Salt, Natural Flavor, Citric Acid, Baking Soda.

***contains gluten**

Raspberry: **Whole Wheat Flour**, Cane Sugar, Fig Paste, Brown Rice Syrup, Raspberry Jam (Naturally Milled Sugar, Organic Cane Sugar, Glycerin, Organic Rice Starch, Raspberries, Apple Powder, Natural Flavor, Pectin, Citric Acid, Locust Bean Gum), Canola Oil, Whole Grain Oats, Glycerin, Fruit Juice (for color), Sea Salt, Natural Flavor, Citric Acid, Baking Soda.

***contains gluten**

Apple or Orange

2nd Lunch:

Bread: **whole wheat flour**, water, yeast, **vital wheat gluten**, sugar, contains 2% or less of each of the following: **wheat bran**, molasses, salt, soybean oil, yeast nutrient (ammonium sulfate), dough conditioners (sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate), calcium propionate (mold inhibitor), calcium sulfate, enzymes.

***contains gluten**

Gluten Free Bread:

Canyon Bakehouse: Water, Brown Rice Flour, Tapioca Flour, Whole Grain Sorghum Flour, Organic Cane Sugar, Potato Flour, Non-GMO Expeller Pressed Canola Oil, Xanthan Gum, **Egg Whites, Eggs**, Yeast, Cultured Brown Rice Flour, Sea Salt, Vinegar (Organic Cane Sugar Vinegar), Sunflower Lecithin, Enzymes.

***contains eggs**

Sunbutter: Sunflower seeds, sugar, salt

Strawberry Jelly: fresh organic strawberries, organic sugar, fruit pectin, citric acid

Honey Maid Graham Crackers: **Unbleached Enriched Flour** (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Graham Flour (**Whole Grain Wheat Flour**), Sugar, Canola Oil, Honey, Leavening (Baking Soda, Calcium Phosphate), Salt, Soy Lecithin, Artificial Flavor.

***contains gluten**

Galbani String Cheese: **Pasteurized Skim Milk**, Cheese Cultures, Salt, Enzymes, And Vitamin A Palmitate

***contains dairy**

Other Snacks:

Goldfish: **ENRICHED WHEAT FLOUR** (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: **NONFAT MILK**, YEAST, SUGAR, BAKING SODA, MONOCALCIUM PHOSPHATE, PAPRIKA, SPICES, CELERY, ONION POWDER.

***contains gluten and dairy**

Rice Krispies: Toasted rice cereal (rice, sugar, salt, malt flavor, niacinamide, reduced iron, vitamin B2 [riboflavin], folic acid), corn syrup, fructose, vegetable oil (soybean and palm oil with TBHQ for freshness), sugar, corn syrup solids. Contains 2% or less of vegetable glycerin, dextrose, gelatin, natural and artificial flavors (**contains milk**), salt, DATEM, acetylated monoglycerides, soy lecithin, BHT for freshness.

***contains dairy**

Rice Krispies Chocolate Chunk: Toasted Rice Cereal (Rice, Sugar, Salt, Malt Flavor, Niacinamide, Reduced Iron, Vitamin B2 Riboflavin, Folic Acid), Sugar, Vegetable Oil (Soybean And Palm Oil With Tbhq For Freshness, Hydrogenated Palm Kernel Oil With Sorbitan Tristearate, Palm Kernel Oil), Corn Syrup, Fructose, Chocolate, Cocoa Processed With Alkali, Corn Syrup Solids. Contains 2% Or Less Of Maltodextrin, Invert Sugar, Vegetable Glycerin, **Nonfat Milk**, Dextrose, **Whey**, Gelatin, Soy Lecithin, Natural And Artificial Flavors, Salt, Polysorbate 60, Acetylated Monoglycerides, Datem, Bht For Freshness.

***contains dairy**