| ©flal ( $\mathscr{H}_{\text {ustain }}$ Ingredients Summary <br> 1/4/2012 |  |  |  |  |  |  |  |
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| Category | Products | - | $\stackrel{\rightharpoonup}{0}$ |  | $\begin{array}{l\|l} c \\ 0 & \\ 0 & \\ \hline \overline{0} & 0 \\ 0 & 0 \\ \hline 0 \end{array}$ |  | Ingredients |
| 聯 | Caramel \& Nut Bar * (n) | X | X |  |  |  | Protein blend (soy protein isolate, hydrolyzed gelatin, whey protein concentrate, acid casein, milk protein isolate, milk protein concentrate), malitol syrup, glycerin, sugar, peanuts, palm and palm kernel oil, water, natural and artificial flavors, malted milk powder (barley malt, wheat, milk, sodium bicarbonate, salt), sorbitol, mom and diglycerides, pectin, vanilla extract, salt, gellan gum, dicalcium phosphate, sodium phosphate, sodium citrate, sucralose, (non-nutritive sweetener), carrageenan, tocopherol (antioxidant). Contains soy, milk, peanuts and wheat. Manufactured in a facility that processes egg, sesame and tree nuts. |
|  | Caramel Crunch Bar* (n) | X | X |  |  |  | Soy nuggets (isolated soy protein, rice starch, salt), brown rice syrup, white coating (malitol, palm kernel oil, calcium carbonate, milk protein concentrate, whey powder, soy lecithin, vanillin) caramel (malitol syrup, palm kernel oil, skim milk powder, whey protein concentrate, water, soy lecithin, disodium phosphate, natural flavor, salt, cream, (cream, milk, cellulose gel, milk solids, carrageenan, cellulose gum), glycerin, salted butter, carrageenan, dextrose), polydextrose, isolated soy protein, dextrose, dexterin, glycerin, high oleic sunflower oil, n\&A caramel toffee flavor, sea salt, soy lecithin. Contains milk and soy, may contain egg, wheat peanut, tree nuts and fish. |
|  | Choco Raspberry Bar * n ) | X | X |  |  |  | Soy nuggets (isolated soy protein, rice starch), chocolate coating (maltitol, fractionated palm kernel oil, cocoa powder, inulin, soy lecithin, acesulfame $K$, vanilla and sucrolose), organic agave syrup, soy protein nuggets (soy protein isolate, rice flour, malt extract and salt), polydextrose, organic brown rice syrup, isolated soy protein, high oleic sunflower oil, natural flavor, dextrose, dextrin, beet juice, soy lecithin (as emulsifier). Contains soy \& milk. May contain traces of: eggs, wheat, peanuts, tree nuts and fish. |
|  | Cookies-N-Cream Bar * (n) | X | X |  |  |  | Soy nuggets (isolated soy protein, rice starch), organic brown rice syrup, white chocolate (maltitol, fractionated palm kernel oil, milk protein isolate, milk fat, soy lecithin, and artificial flavor), isolated soy protein, cookies (enriched flour, sugar, vegetable oil shortening (vegetable oil, coconut oil), cocoa, corn starch, glucose, salt, modified milk ingredient, soya lecithin, natural flavor), organic agave syrup, glycerin, cocoa powder, high oleic sunflower oil, artificial flavor, natural flavors, soy lecithin (as emulsifier). Contains: Wheat, may contain traces of peanuts, tree nuts, eggs and fish |
|  | Cran-Granata Protein Bar * <br> ( $n$ ) | X | X |  |  |  | Protein blend (soy protein isolate, whey protein concentrate (derived from milk)), malitol syrup, malitol, fructooligosaccharide, tapioca starch (wheat), sugar, palm kernel oil, cranberries, glycerin, apple juice concentrate, blueberries, water, natural and artificial flavors, cranberry juice concentrate, pomegranate arils, mono- and diglycerides, canola oil, citric acid, salt, vanilla extract, sunflower oil, sucralose (non-nutritive sweetener), soy lecithin, tocopherol. Contains soy, milk \& wheat. Manufactured in a facility that processes egg, sesame, peanuts and tree nuts. |


|  | Products | $\stackrel{\text { ¢ }}{\sim}$ | - | 言 | ( | O | Ingredients |
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| $\stackrel{\curvearrowleft}{0}$ | Lemon Poppy Seed Bar * <br> ( $n$ ) | X | X |  |  |  | Soy nuggets (isolated soy protein, rice starch), white coating (maltitol, fractionated palm kernel oil, calcium carbonate, milk protein concentrate, whey powder, soy lecithin, vanillin), liquid polydextrose, organic brown rice syrup, organic agave syrup, soy protein nuggets (soy protein isolate, rice flour, malt extract, salt), isolated soy protein, dextrose, dextrin, glycerin, poppy seeds, high oleic sunflower oil, natural flavor, soy lecithin (as emulsifier). contains milk and soy, may also contain egg, wheat, peanuts, tree nuts and fish. |
|  | Peanut Butter Crunch Bar* <br> (n) | X | X |  |  |  | Protein blend (soy protein isolate, whey protein isolate, reduced mineral whey powder, milk protein concentrate), organic cane sugar, peanuts, glycerin, tapioca starch, peanut butter, inulin, water, sugar, palm and palm kernel oil, clarified brown rice syrup, natural and artificial flavors (contain sesame), partially defatted peanut flour, mailto syrup, chia oil (salvia hispanica), malted milk powder (wheat), salt calcium carbonate, soy lecithin, butter, cream, organic agave syrup, sucralose (non-nutritive sweetener), tocopherol, mono-and triglycerides, sodium phosphate, sodium phosphate, sodium citrate, carrageenan. Contains soy, milk, peanut, sesame and wheat. Manufactured in a facility that processes eggs and tree nuts. |
|  | Vanilla Peanut Bar * (n) | X | X |  |  |  | Protein blend (soy protein isolate, whey protein concentrate, milk protein concentrate), malitol syrup, sugar, glycerin, peanuts, fructoligosaccharides, water, fractionated palm and palm kernel oil, organic cane sugar, dairy product solids, partially defatted peanut flour, tapioca starch (contains wheat), peanut oil, natural and artificial flavors, malitol, butter, cream, color, soy lecithin, mono-and diglycerides, salt, pectin, sucralose (non-nutritive sweetener), sodium Phosphate, sodium citrate, calcium carbonate, gellan gum, carrageenan, tocopherol (antioxidant). Contains soy, milk, peanuts \& wheat. Manufactured in a facility that processes egg and tree nuts. |
|  | White Choco-Crispy Bar * <br> (n) | X | X |  |  |  | Soy nuggets (isolated soy protein, rice starch), brown rice syrup, white chocolate coating (sugar, fractionated palm kernel oil, non fat milk powder, whey powder, soy lecithin as emulsifier) vanilla), vanilla layer (malitol syrup, modified vegetable oil (palm oil, palm kernel oil), skim milk powder, whey protein concentrate, color, soy lecithin, natural flavor, salt, disodium phosphate, carrageenan, dextrose), polydextrose, soy protein nuggets (soy protein isolate, rice flour, salt) isolated soy protein, glycerin, high oleic sunflower oil, natural flavor, soy lecithin. Contains milk and soy. May contain eggs, peanut, tree nuts and wheat. |
|  | Choco Peanut Butter Bar * | X | X |  |  |  | Soy nuggets (isolated soy protein, rice starch), dark chocolate coating (sugar, fractionated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin, and vanilla), organic brown rice syrup, chocolate layer (malitol syrup, modified palm kernel oil, skim milk powder, chocolate liquor, water, glycerine, cocoa, soy lecithin, disodium phosphate, slat, carageenan, vanilla extract), polydextrose, soy protein nuggest (soy protein isolate, rice flour and salt), soy protein isolate, organic agave syrup, glycerin, peanut flour, peanut oil, natural \& artifical flavors, organic gum acacia, sea salt, soy lecithin (as emulsifier). Contains milk, peanut and soy. May also contain egg, tree nuts and wheat. |
|  | Double Chocolate Bar * | X | X |  |  |  | Soy nuggets (isolated soy protein, rice starch), organic brown rice syrup, dark chocolate coating (sugar, fractioated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin and vanilla), chocolate layer (malitol syrup, modified palm kernel oil, skim milk powder, chocolate liquor, water, glycerine, cocoa, soy lecithin, disodium phosphate, slat, carageenan, vanilla extract), soy protein nuggets (soy protein isolate, rice flour and salt), soy protein isolate, polydextrose, glycerin, high oleic sunflower oil, cocoa powder, cocoa butter, cocoa extract, natural flavor, sea salt, vanilla extract, soy lecithin (as emulsifier). Contains milk and soy. May also contain egg, peanut, tree nuts and wheat. |
|  | White Choco-Cinnamon Bar * | X | X |  |  |  | Soy nuggets (isolated soy protein, rice starch)., organic brown rice syrup, white chocolate (maltitol, fractionated palm kernel oil, milk protein isolate, milk fat, soy lecithin, and artificial flavor), soy protein nuggets (soy protein isolate, rice flour, malt extract, and salt), isolated soy protein, glycerin, organic agave syrup, high oleic sunflower oil, cinnamon, natural flavor, soy lecithin (as emulsifier). Contains Wheat, may contain traces of peanuts, tree nuts, eggs and fish |
|  | Chocolate Chip Cookie ** | X | X |  |  |  | Milk protein concentrate, soy protein isolate, polydextrose, malitol syrup, chocolate chips (sugar, chocolate liquor, cocoas butter, soy lecithin, vanilla extract), inulin, oils (canola, palm and soybean), glycerin calcium caseinate (milk), whey protein isolate (milk), lactitol, oat flakes (gluten), contains 2 percent of less of natural and artificial flavors, glucono-delta-lactone, sodium bicarbonate, salt, diacetyl tartaric acid esters of mono- and diglycerides, guar gum, potassium sorbate, tocopherols, sucralose (non-nutritive sweetener). Contains gluten (oats), milk and soybeans. |


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| $\begin{aligned} & \text { 气 } \\ & \stackrel{y}{\bar{c}} \end{aligned}$ | Blueberry Cranberry, Pomegranate Drink ( $n$ ) |  |  |  | X |  | Collagen protein, fruit juice powders (blueberry, cranberry, pomegranate), citric acid, natural flavors, malic acid, contains 2 percent or less of acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), calcium gluconate, calcium citrate, silicon dioxide. |
|  | Cappuccino ( n ) | X | X |  |  |  | Milk protein concentrate, whey protein isolate [whey (derived from milk), soy lecithin], skim milk, decaffeinated coffee, natural cappuccino coffee flavor, caramel contains 2 percent or less of sea salt, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), xanthan gum, silicon dioxide. |
|  | Vanilla Drink Mix (n) | X | X |  |  |  | Milk Protein concentrate, whey protein isolate (milk), inulin, contains 2 percent or less of natural and artificial flavors, sea salt, xanthan gum, sucralose (non-nutritive sweetener), soy lecithin, silicon dioxide. Contains milk and soybeans. |
|  | Chocolate Drink (Cocoa) <br> (n) |  | X |  |  |  | Milk protein concentrate, cocoa processed with alkali, skim milk, whey protein isolate (milk), artificial flavor, contains 2 percent or less of chocolate (cocoa, sugar, salt, carrageenan, sodium caseinate, artifical flavor), sea salt xanthan gum sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), silicon dioxide. Contains milk. |
|  | Orange Drink ( n ) | X | X |  |  |  | Whey protein isolate (derived from milk), malic acid, citric acid, natural and artificial orange flavor, contains 2 percent or less of sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), beta-carotene color, caramel color, canthaxanthin color, silicon dioxide, soy lecithin. Contains milk \& soybeans. May also contain fish (coloring). |
|  | Peach Mango Drink (n) | X | X |  |  |  | Whey protein isolate (milk), malic acid, natural flavor, citric acid, contains 2 percent or less of acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), beta-carotene color, caramel color, canthaxanthin color, silicon dioxide, soy lecithin. Contains milk and soybeans. May contain fish (coloring). |
|  | Pina Colada Drink ( n ) | X | X |  |  |  | Whey protein isolate, hydrolyzed gelatin, citric acid, natural and artificial flavors, carrageenan, cellulose, xanthan gum, potassium citrate, silicon dioxide, sucralose and acesulfame-potassium (non-nutritive sweeteners), soy lecithin. Contains milk and soybeans. Manufactured in a facility that processes egg, wheat, sesame and tree nuts. |
|  | Pineapple Banana Drink (n) |  | X |  |  |  | Whey protein isolate (derived from milk), natural pineapple flavor, malic acid, citric acid, contains $2 \%$ or less of natural banana flavor, betacarotene color, acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), silicon dioxide. |
|  | Pink Lemonade ( n ) |  | X |  |  |  | Whey protein isolate (derived from milk), citric acid, natural lemonade flavor contains $2 \%$ or less of acesulfame potassium (non-nutritive sweetener), beet powder color, sucralose (non-nutritive sweetener), malic acid, silicon dioxide. |
|  | Wild Berry Yogurt Drink (n) | X | X | X |  |  | Milk protein concentrate, whey protein isolate (whey protein isolate (milk), soy lecithin), egg whites (egg whites, yeast, citric acid), natural and artificial flavors, ascorbic acid, fruits (raspberry, strawberry and blueberry), contains 2 percent or less of xanthan gum, sea salt, microcistalline cellulose, citric acid, acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), silicon dioxide. Contains milk, soybeans and eggs. |
| $\stackrel{\text { ® }}{\text { ¢ }}$ | Raspberry Jelly (n) |  |  |  | X |  | Hydrolyzed collagen, gelatin, beet powder color, citric acid, natural and artificial flavor, sucralose (non-nutritive sweetener), tricalcium phosphate. |


|  | Products | $\stackrel{7}{0}$ | - |  | (1) | Ingredients |
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| $\begin{aligned} & \frac{n}{5} \\ & 2 \\ & \vdots \\ & i \end{aligned}$ | Garlic \& Onion Soy Nuts * | X |  |  |  | Soybeans, seasoning (salt, sugar, autolysed yeast extract, yeast, onion powder, spices, garlic powder, vegetable oil, silicon dioxide), sunflower oil. May contain milk, wheat, eggs, peanuts and tree nuts |
|  | BBQ Soy Nuts * | X |  |  |  | Soybeans, BBQ seasoning (sugar, salt, yeast, spice, onion powder, tomato powder, garlic powder, citric acid, artificial flavor, silicon dioxide), sunflower oil. May contain milk, wheat, eggs, peanuts and tree nuts. |
| $\begin{aligned} & \text { 苍 } \\ & \text { à } \\ & \text { io } \end{aligned}$ | Apple \& Cinnamon Soy Puffs * ( n ) | X |  |  |  | Soy protein isolate, tapioca flour, sugar, sunflower oil, resistant malt dextrin, oligoofructose (chicory root extract), apple peel powder, calcium carbonate, cinnamon, natural \& artificial flavors, sucralose. Contains soy \& wheat. Made in a facility that processes egg, milk, sesame \& tree nuts. |
|  | Peanut Soy Puffs * (n) | X | X |  |  | Protein blend (soy protein isolate and whey protein isolate, reduced mineral whey powder), sugar, palm, and palm kernel oil, partially defatted peanut flour, tapioca starch, rice flour, natural and artificial flavors, salt soy lecithin, calcium carbonate, citric acid. Contains soy, milk, wheat, peanuts and sesame. Manufactured in a facility that processes tree nuts. |
|  | Chocolate Soy Puffs* (n) | X | X |  |  | Soy puffs (soy protein isolate, tapioca starch, rice flour, cocoa, calcium carbonate, natural flavor), chocolate flavored coating (sugar, palm and palm kernel oils, whey protein isolate (derived from milk), cocoa, soy lecithin, natural and artificial flavors, sucralose. Manufactured on equipment that also processes peanuts, tree nuts, eggs, wheat and barley, contains milk, wheat and soy |
|  | Lemon Soy Puffs* (n) | X | X |  |  | Protein blend (soy protein isolate, whey protein isolate), sugar, palm kernel oil, tapioca starch, rice flour, yogurt powder (cultured non-fat milk solids), citric acid, calcium carbonate, natural flavors, soy lecithin, salt, lemon juice powder, tumeric extract (color), tocopherol. Contains soy and milk. Manufactured in a facility that processes egg, wheat, sesame, tree nuts and peanuts. |
| $\begin{aligned} & \tilde{v} \\ & \underline{u} \\ & \dot{\sim} \end{aligned}$ | Dill Pickle Zippers * n ) | X | X |  |  | Protein blend (soy protein isolate, whey protein isolate (milk) Sodium caseinate), potato flour, sunflower oil, soy flour, potato starch, maltodexterin, sodium diacetate, dextrose, natural and artificial flavors, salt, citric acid, calcium carbonate, dill, malic acid, monodiglycerides, tocopherol, dill oil. Contains soy and milk, manufactured in a facility that processes egg, wheat, sesame and tree nuts. |
|  | White Cheddar Ridges * ( n ) |  | X |  | X | Pea Protein isolate, potato flakes, white cheddar cheese seasoning (whey, derived from milk, cheddar cheese (cultured milk, salt, enzymes), reduced lactose whey (derived from mik), maltodexterin, canola oil, salt, disodium phosphate, blue cheese (cultured milk, salt, enzymes), skim milk, citric acid, silicon dioxide), whey (derived from milk), salt, natural flavor, autolyzed yeast extract, onion, garlic, yeast extract, lactic acid, xanthenes gum, silicon dioxide), potato starch, sunflower oil, salt, calcium carbonate. Contains milk. |
|  | Southwest Cheese Curls* <br> (n) | X | X |  |  | Soy puffs (soy protein isolate, dehydrated potato, potato starch, cheese seasoning [cheddar cheese (milk, salt, bacterial culture, rennet), whey, buttermilk, salt, disodium phosphate], maltodextrin, spices, natural butter flavor, onion, garlic, red bell pepper, yeast extract, lactic acid, FD\&C yellow \#5 \& \#6, silicon dioxide, sunflower oil, calcium carbonate. |
| $\begin{aligned} & \text { © } \\ & \frac{0}{\mathbf{0}} \end{aligned}$ | Sea Salt \& Vinegar Ridges * (n) |  | X |  |  | Whey protein concentrate (derived from milk), wheat, triticale, oat, rye, millet, barley, buckwheat, brown rice, sunflower oil, sea salt, sodium diacetate, vinegar, maltodextrin, malic acid,citric acid, sodium citrate, tricalcium phosphate. Contains milk and wheat. |
|  | BBQ Ridges * | X | X |  |  | Whey protein concentrate (milk), white wheat, tritcale, oat, rye, barley, millet, buckwheat, brown rice, sugar, salt, paprika, maltodextrin, dehydrated garlic, dextrose, tomato powder, dehydrated onion, hydrolyzed soy protein, annatto, natural mesquite smoke flavor, silicon dioxide, sunflower oil. |


|  | Products | - | ¢ <br> $\frac{1}{3}$ | 高 | \| | (\% | Ingredients |
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|  | Crispy Cereal (n) | X | X |  |  |  | Soy crisp (soy protein isolate, rice flour, barley malt extract (gluten), salt), milk protein concentrate, skim milk, whey protein isolate (whey (milk), soy lecithin), sucralose (non-nutritive sweetener), silicon dioxide. Contains milk, soybeans and gluten. |
|  | Fine Herb \& Cheese Omelet | X | X | X |  |  | salt, enzymes), whey (derived from milk), maltodextrin, soybean oil, salt, buttermilk, citric acid, disodium phosphate, natural flavor, lactic acid, silicon dioxide), red bell pepper, green bell pepper, natural cheddar cheese flavor, contains 2 percent or less of onion, garlic, spices, |
|  | Maple Oatmeal * (n) | X | X |  |  |  | Oat flakes, soy protein isolate, milk protein concentrate, whey protein isolate, $2 \%$ or less artificial flavor, sea salt, sodium bicarbonate, xanthenes gum, silicon dioxide, sucralose. Contains milk \& soybeans |
|  | Plain Omelet (n) |  |  | X |  |  | Egg whites (egg whites, yeast, citric acid), eggs, natural flavor, contains 2 percent or less of garlic, spices, autolyzed yeast extract, gums (cellulose, xanthenes, carrageenan), sodium bicarbonate, sea salt, beta-carotene color, silicon dioxide. Contains eggs. |
| $\begin{aligned} & \text { n } \\ & \frac{1}{2} \\ & 0 \end{aligned}$ | Chicken Soup (n) | X |  |  |  |  | Soy protein isolate, artificial flavor, sea salt, potassium chloride, contains $2 \%$ or less of dehydrated vegetables (onion, garlic), autolyzed yeast extract, celery salt, spices, tumeric, beta-carotene color, xanthan gum, sodium bicarbonate, silicon dioxide. May contain milk \& eggs. |
|  | Leek Soup (n) | X |  |  |  |  | Soy protein isolate, sea salt, onion powder, natural leek flavor, leek, potassium chloride, sodium bicarbonate, yeast extract, xanthenes gum, silicon dioxide. |
|  | Mushroom Soup | X | X |  |  |  | Soy protein isolate, milk protein concentrate, whey protein isolate (milk), sea salt, mushroom, natural flavor, xanthan gum, yeast extract, sodium bicarbonate, celery salt, spices mix (turmeric, garlic, mustard, white pepper) silicon dioxide, beta-carotene color, soy lecithin. Contains milk and soybeans. |
|  | Tomato \& Basil Soup (n) | X | X |  |  |  | Protein blend (milk protein isolate, soy protein isolate, hydrolyzed gelatin, sodium caseinate), modified corn starch, natural and artificial flavors, dehydrated vegetables (onion, tomato, garlic), hydrolyzed plant protein (wheat), salt, sunflower oil, maltodextrin, lycopene extract, citric acid, dipotassium phosphate, basil, spices, malic acid, xanthan gum, guar gum, sodium alginate, silicon dioxide, caramel color, monoand diglycerides, tocopherols, soy lecithin, sucralose (non-nutritive sweetener). |
|  | Broccoli \& Cheese Soup (n) | X | X |  |  |  | Milk protein concentrate, cheese powder (cheddar and blue cheese (pasteurized cultured milk, sea salt, annatto extract color, enzyme), whey (milk), skim milk, soybean oil, buttermilk, disodium phosphate, butter (cream, sea salt, water), natural flavor, citric acid, lactic acid, annatto color, yellow 5 lake), whey protein isolate [whey (milk), soy lecithin), broccoli, yeast extract, cheese flavor (dehydrated cheese (pasteurized cultured milk, sea salt, enzymes), sea salt, buttermilk, maltodextrin, calcium silicate (as an anti-caking agent), hydrolyzed casein (milk)], guar gum, potassium chloride. Contains milk and soybeans. |


|  | Products | - | 疮 |  | O | Ingredients |
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|  | Soy Patty Mix ( n ) | X | X |  |  | Textured soy, whey protein concentrate, soy protein isolate, seasoning, salt, dehydrated onion, spices, dehydrated tomato, nat smoke flavor, grill flavor (from partially hydrogenated soybean/cottonseed oil), modified food starch, corn syrup solids, tricalcium phosphate, yeast extract, sugar, dehydrated garlic, artificial flavor (maltodexterin, gum acacia), spice extractive, dehydrated vegetables, gums, autolyzed yeast extract, caramel color. Contains milk, soybeans \& gluten. |
| $\overline{\overline{\bar{\prime}}}$ | Vegetable Chili * | X |  |  |  | Textured soy protein, dehydrated vegetables (red beans, tomatoes, onions, red bell peppers and garlic), modified corn starch, hydrolyzed vegetable proteins (wheat, corn and soy), sunflower oil, sugar, spices, guar gum, citric acid, silicon dioxide, salt, autolyzed yeast extract, caramel color. |
|  | Chocolate Pancake * | X |  |  |  |  |
| is | Strawberry Cake | X |  |  |  |  |


*Ingredients may change due to product advances. If you have specific allergies please look at the actual box

