OMAHA PUBLIC SCHOOLS
LIST OF INGREDIENTS FOR FRUITS AND VEGETABLES

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FRESH FRUITS
- APPLE, RED DELICIOUS, HALF WITH APPLE WHITENER (SALT, VINEGAR & WATER)
- APPLE, RED DELICIOUS, WHOLE
- APPLE, GRANNY SMITH, HALF WITH APPLE WHITENER (SALT, VINEGAR & WATER)
- APPLE, GRANNY SMITH, WHOLE
- BANANA
- KIWI
- ORANGE, SMILES
- ORANGE, WHOLE
- PEAR, WHOLE
- PLUM
- STRAWBERRIES
- WATERMELON

OTHER FRUITS (CANNED OR FROZEN)
APPLE FRUIT POCKET
Crust and Glaze: Wheat flour (whole wheat flour, enriched wheat flour with niacin, iron, thiamin, riboflavin and folic acid), water, hydrogenated soybean and/or cottonseed oil, sugar, chicory root, contains 2% or less of cellulose, maltodextrin, salt, monoglycerides, soybean oil, wheat gluten, corn syrup solids, agar, xanthan gum, calcium carbonate, calcium sulfate, carboxymethyl cellulose gum. Apple filling: Apples, pear juice concentrate, sugar, contains 2% or less of tapioca and corn starch-modified, chicory root, water, cinnamon, nutmeg, locust bean gum, xanthan gum. This product contains wheat and soy.

APPLES, FRESH SLICED
Apples, calcium ascorbate (to maintain freshness and color).

APPLESAUCE
Apples and water, ascorbic acid (to maintain color).

APPLESAUCE CUPS
Apples, water, ascorbic acid (to maintain color).

APPLESAUCE, CINNAMON
Applesauce: Apples, water, ascorbic acid (to maintain color). Other ingredients: Cinnamon.

APRICOT, DICED
Apricots, water, sugar.
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APRICOT CUPS, FROZEN
Apricots, sugar, ascorbic and citric acid.

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BLUEBERRIES, FROZEN
Blueberries, frozen, unsweetened.

CINNAMON APPLES
Apples, sliced, canned: Apples, water, high fructose corn syrup, calcium chloride, erythorbic acid (to maintain color). Apples, frozen: Apples, ascorbic acid, salt, citric acid. Apple juice: Apple juice, apple juice concentrate, ascorbic acid (vitamin C). Lemon juice: Filtered water, lemon juice concentrate, sodium bisulfate (preservative), sodium benzoate (preservative), lemon oil. Brown Sugar: Light brown sugar. Other ingredients: Cornstarch, salt, nutmeg, cinnamon.

CHERRIES, DRIED
Red tart cherries, sugar, sunflower oil.

CHERRIES, CANNED
Red tart pitted cherries, water.

CHERRIES, FROZEN
Red tart cherries.

CHERRY DELIGHT

CRISP, APPLE
Apples, sliced, canned: Apples, water, high fructose corn syrup, calcium chloride, erythorbic acid (to maintain color). Apples, frozen: Apples, ascorbic acid, salt, citric acid. Apple juice: Apple juice, ascorbic acid (vitamin C). Lemon Juice: Filtered water, lemon juice concentrate, sodium bisulfate (preservative), sodium benzoate (preservative), lemon oil. Brown Sugar: Light brown sugar. Other ingredients: Corn starch, salt, nutmeg, cinnamon. Crisp topping: Whole grain rolled oats. Whole wheat flour: 100% hard white whole wheat. Margarine: Vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of nonfat dry milk, soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. Contains milk, soybean.

JUICE, APPLE
Water, apple juice, calcium phosphate, ascorbic acid.
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JUICE, ORANGE
Filtered water, orange juice concentrate.

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JUICE CUP, MIXED BERRY LEMON SWIRL
Pineapple juice from concentrate (micron filtered water and concentrated pineapple juice), apple juice from concentrate (micron filtered water and concentrated apple juice, inulin (vegetable fiber), natural flavors, citric acid, fruit and vegetable juice (for color), guar and xanthan gums, malic acid, calcium hydroxide, ascorbic acid (vitamin C), turmeric (for color), and beta carotene.

MIXED BERRY FRUIT CUP, ICED
Strawberries, blueberries, sugar.

MIXED FRUIT
Peaches, pears, water, grapes, corn syrup, sugar.

MIXED FRUIT, DRIED
Dried apples (apples, sodium sulfite), raisins (raisins, palm oil), dried cranberries (cranberries, sugar, sunflower oil), dried cherries (cherries, sugar, sunflower oil).

PEACH & BERRY MEDLEY

PEACHES, DICED
Peaches, water, sugar.

PEACHES, FROZEN, CUPS
Freestone peaches, sugar, ascorbic and citric acid.

PEACHES, SLICED
Peaches, water, sugar.

PEARS, DICED
Pears, water, high fructose corn syrup, sugar, corn syrup, citric acid.

PEARS, SLICED
Pears, water, sugar.
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PINEAPPLE TIDBITS
Pineapple tidbits, pineapple juice, citric acid.

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SORBET CUP, AMERICAN FLAG
Pineapple juice from concentrate (micron filtered water and concentrated pineapple juice), apple juice concentrate (micron filtered water and concentrated apple juice), inulin (vegetable fiber), beet concentrate (for color), natural flavor, guar and xanthan gums, citric acid, calcium hydroxide, ascorbic acid (vitamin C), and beta carotene.

SORBET CUP, HALLOWEEN
Pineapple juice from concentrate (micron filtered water and concentrated pineapple juice), apple juice from concentrate (micron filtered water and concentrated apple juice, inulin (vegetable fiber), natural flavors, citric acid, guar and xanthan gums, calcium hydroxide, ascorbic acid (vitamin C), annatto, beta carotene, FD&C yellow #5, and FD&C blue #1.

SORBET CUP, ST. PATRICK’S DAY
Pineapple juice from concentrate (micron filtered water and concentrated pineapple juice), apple juice concentrate (micron filtered water and concentrated apple juice, inulin (vegetable fiber), natural flavors, citric acid, guar and xanthan gums, calcium hydroxide, ascorbic acid (vitamin C), turmeric, FD&C yellow #5, and FD&C blue #1.

SORBET CUP, VALENTINE
Pineapple juice from concentrate (micron filtered water and concentrated pineapple juice), apple juice concentrate (micron filtered water and concentrated apple juice, inulin (vegetable fiber), beet concentrate, natural flavor, guar and xanthan gums, citric acid, calcium hydroxide, ascorbic acid (vitamin C), beta carotene.

STRAWBERRIES, SLICED (FROZEN)
Strawberries.

STRAWBERRIES, WHOLE (FROZEN)
Strawberries, sugar.

STRAWBERRY CUPS, FROZEN
Strawberries, sugar.
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FRESH VEGETABLES
- BROCCOLI FLORETTES
- CARROTS, MINI
- CAULIFLOWER FLORETTES
- CELERY STICKS
- CORN ON THE COB
- CUCUMBER COINS
- JICAMA, STICKS
- LETTUCE, ICEBERG AND ROMAINE MIX (FRESH SALAD MIX)
- PEPPER, GREEN
- RADISH
- TOMATO, LARGE OR FLAVORINO (CHERRY)
- SPINACH
- ZUCCHINI, SLICED

OTHER VEGETABLES

BEANS, BAKED
Vegetarian beans: Navy beans, water, sugar, tomato paste, vinegar, salt, calcium chloride and calcium disodium EDTA. Red devil hot sauce: Distilled vinegar (vinegar and water), red cayenne peppers, salt, guar gum, xanthan gum, ascorbic acid (to preserve freshness). Mustard: Distilled vinegar, water, mustard seed, salt, turmeric, paprika and spices. Ketchup: Tomato concentrate from red ripe tomatoes, high fructose corn syrup, distilled vinegar, corn syrup, potassium chloride, salt, spice, onion powder, natural flavoring. Brown sugar: Light brown sugar. Other ingredients: Onions, molasses, and garlic powder.

BEANS, BLACK
Prepared black beans, water, salt, and calcium chloride (firming agent).

BEANS, REFRIED
Refried beans: Cooked beans, water, salt. Salsa: Diced tomatoes: Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid. Salsa mix: Dehydrated onions, garlic, chili peppers, salt, cilantro, chili powder, vinegar powder, citric acid. American cheese: Cultured milk, water, cream, dairy product solids, sodium citrate, salt, potassium citrate, sorbic acid (preservative), artificial color (if colored), enzymes, soy lecithin (non-sticking agent).

BEANS, WESTERN
Prepared pinto beans, water, salt, and calcium chloride (firming agent), calcium disodium EDTA added to promote color retention.
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BLACK BEAN SALSA
Black beans: Black turtle beans, water, calcium chloride, salt, ferrous gluconate, edta. Diced tomatoes: Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid. Salsa mix: Dehydrated onions, garlic, chili peppers, salt, cilantro, chili powder, vinegar powder, citric acid. Other ingredients: Fresh onions, corn, lime juice (water, high fructose corn syrup, concentrated lime juice, natural flavor, sodium benzoate, citric acid, potassium metabisulfite, yellow #5, blue #1.

BUTTERNUT SQUASH, GLAZED
Fresh butternut squash, light brown sugar, cinnamon.

COLLARD GREENS
Collard greens: Collard greens. Smoked turkey: Turkey thigh meat, water, salt, dextrose, brown sugar, lite salt, (sodium and potassium chloride), modified food starch, sodium phosphate, sodium erythorbate, sodium nitrite. Other ingredients: Black pepper, salt, sugar, onions, and vinegar.

FLAMING POTATOES
Russet potatoes. Salsa mix: Dehydrated onions, garlic, chili peppers, salt, cilantro, chili powder, vinegar powder, citric acid. Chili lime seasoning: Chili pepper, rice flour, citric acid, salt, potassium chloride, red pepper, natural flavor, and less than 2% silicon dioxide to prevent caking. Oil: Canola oil and extra virgin olive oil.

PEAS, BLACK-EYED
Black-eyed peas, water, salt, calcium chloride, disodium EDTA (to preserve color). Salsa: Crushed tomatoes: Vine-ripened fresh tomatoes, tomato puree, salt and ascorbic acid. Salsa mix: Dehydrated onions, garlic, chili peppers, salt, cilantro, chili powder, vinegar powder, citric acid. Other ingredients: Onion, green bell pepper, ground thyme, oregano, granulated garlic, and black pepper.

PEPPED-UP POTATOES
Russet potatoes. Pizza seasoning: Sugar, salt, spices, garlic. Oil: Canola oil and extra virgin olive oil.

POTATOES, CHEESY
Potatoes: Idaho potatoes, sunflower oil, nonfat dry milk, salt, monoglycerides, calcium stearoyl lactylate, spice, artificial color, natural and artificial flavors, vitamin C, freshness preserved by sodium acid pyrophosphate, sodium bisulfite, citric acid, and mixed tocopherols. Contains: Milk. American cheese: Cultured milk, water, cream, dairy product solids, sodium citrate, salt, potassium citrate, sorbic acid (preservative), artificial color (if colored), enzymes, soy lecithin (non-sticking agent). Contains: Milk, soy.
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POTATOES, CURLY
Potatoes, vegetable oil (contains one or more of the following: canola, soybean, cottonseed, sunflower, corn), potato starch – modified. Contains 2% or less of annatto (color), corn starch, corn starch - modified, dextrin, dextrose, extractives of capsicum, extractives of paprika (color), garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, paprika (color), potassium chloride, rice flour, salt, sodium acid pyrophosphate added to maintain natural color, spices, tapioca starch – modified, xanthan gum.

POTATOES, EMOJI FRIES
Potatoes, dehydrated potato flakes (potatoes, mono- and diglycerides, sodium acid pyrophosphate (to maintain color), citric acid (to maintain freshness)), vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), contains 2% or less of dextrose, modified cellulose, natural flavors, potassium chloride, potato starch – modified, salt, sodium acid pyrophosphate (added to maintain color).

POTATOES, HASHBROWN ROUNDS
Potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn). Contains 2% or less of dextrose, modified cellulose, natural flavor, salt, sodium acid pyrophosphate added to maintain color.

POTATOES, SCHOOL FRIES
Potatoes: Potatoes, vegetable oil (contains one or more of the following: canola, soybean, cottonseed, sunflower, corn). Contains 2% or less of dextrose, sodium acid pyrophosphate added to maintain natural color.

POTATOES, SEASONED ROASTERS
Potatoes, vegetable oil (contains one or more of the following: canola, soybean, cottonseed, sunflower, corn), corn starch-modified, dehydrated garlic, salt, black pepper, sodium acid pyrophosphate, added to maintain natural color, dextrose, dehydrated onion, rosemary, dehydrated red bell pepper, autolyzed yeast extract, paprika, thyme, celery seed.

POTATOES, SMILES
Potatoes, vegetable oil (contains one or more of the following: canola, soybean, cottonseed, sunflower, corn), dried potatoes, contains 2% or less of: citric acid (to maintain freshness), dextrose, mono & diglycerides, natural flavors, potassium chloride, potato starch-modified, salt, sodium acid pyrophosphate added to maintain natural color.

POTATOES, SWEET
Sweet potatoes, water, corn syrup, sugar, light brown sugar.
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POTATOES, SWEET POTATO FRIES
Sweet potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), corn starch – modified, potato starch - modified. Contains 2% or less of baking soda, dextrin, extractives of paprika and turmeric (color), fiber (pea, corn), molasses powder (refiners syrup, molasses), rice flour, salt, sodium acid pyrophosphate (maintains natural color and leavening), sugar, xanthan gum.

POTATOES, TATER TOTS
Potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn). Contains 2% or less of dextrose, modified cellulose, natural flavor, salt, sodium acid pyrophosphate added to maintain natural color.

POTATOES, WHIPPED
Potatoes: Idaho potatoes, sunflower oil, nonfat dry milk, salt, monoglycerides, calcium stearoyl lactylate, spice, artificial color, natural and artificial flavors, vitamin C, freshness preserved by sodium acid pyrophosphate, sodium bisulfite, citric acid, and mixed tocopherols. Contains: Milk.

SPUDS, RANCH
Potatoes: Potatoes: Idaho potatoes, sunflower oil, nonfat dry milk, salt, monoglycerides, calcium stearoyl lactylate, spice, artificial color, natural and artificial flavors, vitamin C, freshness preserved by sodium acid pyrophosphate, sodium bisulfite, citric acid, and mixed tocopherols. Contains: Milk. Dressing mix: Whey, garlic & onion powder, maltodextrin, dextrose, xanthan gum, spices, natural flavor.

SPUDS, SALSA
Potatoes: Idaho potatoes, sunflower oil, nonfat dry milk, salt, monoglycerides, calcium stearoyl lactylate, spice, artificial color, natural and artificial flavors, vitamin C, freshness preserved by sodium acid pyrophosphate, sodium bisulfite, citric acid, and mixed tocopherols. Contains: Milk. Salsa mix: Dehydrated onions, garlic, chili peppers, salt, cilantro, chili powder, vinegar powder, citric acid.

VEGETABLES, CANNED
- GREEN BEANS (GREEN BEANS, WATER, SALT).
- PEAS (GREEN PEAS, WATER, SUGAR, SALT).

VEGETABLES, FROZEN
- BROCCOLI
- CARROTS
- CORN, GOLDEN
- GREEN BEANS
- PEAS