## Essentials Market:

### Granola Bars
- Balance Yogurt Honey Peanut Bar*
- Clif Bar Chocolate Chip*
- Clif Bar Chocolate Chip Peanut Butter*
- Clif Bar Crunch Peanut Butter*
- EAS Myoplex 3D Chocolate Peanut Butter Bar
- Kashi Go Lean Crisp Chocolate Caramel*
- Kashi Go Lean Crisp Chocolate Caramel*
- Kashi Go Lean Dipped Oatmeal Raisin*
- Kashi Go Lean Dipped Peanut Butter & Chocolate*
- Kind Almond Coconut
- Kind Plus Almond Cashew + Flax
- Kind Plus Cranberry Almond + Antioxidant
- Kind Plus Peanut Butter Dark Chocolate + Protein*
- Luna Nutty Over Chocolate Bar*
- Nature Valley Crunchy Oats 'n Honey Granola Bar
- Nature Valley Crunchy Peanut Butter Granola Bar
- Slim Fast Meal Bar Chewy Chocolate Crisp*
- Slim Fast Meal Bar Sweet & Salty Chocolate Almond**
- Snickers Marathon Energy Bars*
- Zone Perfect Cashew Pretzel*
- Zone Perfect Chocolate Peanut Butter*
- Zone Perfect Fudge Graham Bar*

### Chips/Crackers
- Chez-It Baked Snack Mix*
- Chez-It Crackers, Douz Sharp Cheddar Parmesan, White Cheddar Crackers*
- Food Should Taste Good – Cheddar*
- Food Should Taste Good – Jalapeno
- Food Should Taste Good – Multigrain
- Food Should Taste Good – Sweet Potato
- Fritos Original
- Good & Plenty Crackers
- Keebler Cheese & Cheddar Sandwich Crackers*
- Keebler Toasted Peanut Butter Sandwich Crackers*
- Lay’s BBQ, Classic
- Pringles BBQ, Cheddar Cheese, Pizza, Ranch, Salt & Vinegar, Sour Cream & Onion*
- Pringles Original
- Sun Chips – Original
- Snyder’s Sourdough Nibblers*

### Trail Mix/Nuts
- Chex Mix Bold, Cheddar, Chocolate Peanut Butter, Traditional*
- Corn Nuts – Original
- Corn Nuts – Ranch
- David Sunflower Seeds – Ranch
- Gardetto’s Italian Recipe, Original Recipe, Roasted Garlic Rye Chips*
- Planters Honey Roasted Cashews
- Planters Honey Roasted Peanuts
- Planters Salted Peanuts
- Planters Trail Mix – Fruit & Nut
- Planters Trail Mix – Nut & Chocolate*
- Planters Trail Mix – Sweet & Nutty*

### Other Snacks
- Breakstone’s Cottage Doubles – Peach*
- Dole Mixed Fruit
- Dole Mandarin Oranges
- Go Picnic Hummus and Crackers
- Kozy Snack Smart Gels – Strawberry Fraise
- Sabre Hummus w/ Pretzels – Classic
- Sabre Hummus w/ Pretzels – Roasted Garlic

### Yogurt/Pudding
- Dannon Fruit on the Bottom, Light & Fit*
- Snack Pack Pudding – Butterscotch, Chocolate, Tapioca, Vanilla*
- Yoplait Greek, Greek 100*

### Ice Cream
- Ben & Jerry’s Ice Cream
- Dove Chocolate Bar – Vanilla with Dark Chocolate, with Milk Chocolate*
- Kemps Ice Cream Sandwich*
- M & Ms Ice Cream Sandwich*
- Milky Way Ice Cream*
- Snickers Ice Cream Bar*
- Twix Ice Cream Bar*
Candy/Cookies
• Almond Joy*
• Baby Ruth*
• Butterfinger*
• Butterfinger Crisp*
• Caramello*
• Crunch*
• Famous Amos Chocolate Chip Cookies*
• Hershey's Kisses*
• Hershey's Milk Chocolate*
• Hershey's Milk Chocolate with Almonds*
• Hershey's Miniatures*
• Hershey's Mr. Goodbar*
• Junior Caramels*
• Keebler Sandies Pecan Shortbread Cookie*
• Keebler Soft Batch Chocolate Chip Cookies*
• Keebler Vienna Fingers*
• Kit Kat*
• Knott's Cookies – Blueberry Shortbread*
• M & Ms – Milk Chocolate*
• M & Ms – Peanut*
• M & Ms – Peanut Butter*
• Milk Duds*
• Milky Way*
• Mini Chips Ahoy Cookies*
• Mrs. Fields Oatmeal Raisin with Walnut Cookies, Semi-Sweet Chocolate Chip Cookies, White Chunk Macadamia Cookies, Creme Filled Chocolate Cupcakes*
• Reese's Fast Break*
• Reese's Nutrageous*
• Reese's Peanut Butter Cups*
• Reese's Pieces*
• Snickers*
• Snickers – Almond*
• Snickers – Dark*
• Sugar Babies*
• Take 5*
• Twix*
• Twix Peanut Butter*
• Twizzlers Nibs*
• Twizzlers Twists*
• Whatchamacallit*
• York Peppermint Patties*
• York Pieces*

Drinks
• Dean's Country Fresh Milk Chug*
• Full Throttle
• Fuze – Banana Colada, Peach Mango*
• Fuze – Blueberry Raspberry
• Fuze – Cranberry Raspberry
• Fuze – Pomegranate and Acai Berry
• Fuze – Strawberry Melon
• Fuze – Tropical Punch
• Gold Peak Teas
• Honest Ade Drinks
• Minute Maid juice
• Silk (Vanilla, Chocolate)*
• Simply Orange Juice
• Simply Lemonade
• Simply Lemonade with Raspberry
• Sport Shake Energy Milk Shake – Chocolate, Strawberry, Vanilla*
• Odwalla – Berries Go Mega Super Food
• Odwalla – Blueberry Super Food
• Odwalla – Chocolate Protein Monster, Strawberry, Vanilla Protein Monester*
• Odwalla – Citrus C Monster
• Odwalla – Mango Lime
• Odwalla – Mango Super Protein
• Odwalla – Mango Tango
• Odwalla – Mixed Berry Shuttle
• Odwalla – Mo’ Beta
• Odwalla – Original Super Food
• Odwalla – Original Super Protein
• Odwalla – Perry Berry Lime
• Odwalla – Red Rhapsody
• Odwalla – Strawberry Banana
• Odwalla – Strawberry C Monster
• TruMoo Chocolate Milk*
• V8 – Original, Spicy Hot
• Vitamin Water (all)
• Zico Coconut H2O

Condiments
• Heinz Dijon Mustard
• Heinz French (& Light)
• Heinz Light Italian
• Heinz Mustard
• Heinz Ranch (& Light)*
• Hellmann's Mayonnaise
• Hidden Valley Thousand Island
• Kikkoman Soy Sauce
• Land O Lakes Butter*
• Philadelphia Cream Cheese (all)*
• Smuckers Peanut Butter
Kosher Options on Campus

C3 Markets:
Cereal/Granola Bars
- Apple Jacks
- Cap N Crunch*
- Cheerios
- Cinnamon Toast Crunch*
- Cocoa Krispies
- Cocoa Puffs
- Corn Flakes
- Corn Pops
- Frosted Flakes
- Froot Loops
- Fruity Pebbles
- Grape Nuts
- Honey Comb
- Honey Nut Cheerios
- Kashi Go Lean Oatmeal Raisin
- Kind Almond & Coconut
- Kind Cranberry Almond + Antioxidant
- Kix
- Raisin Bran
- Rice Krispies
- Special K*
- Wheaties*

Chips/Crackers/Pretzels
- Blue Diamond Almond Nut Thins*
- Chester's Cheese, Flamin' Hot,* Original Puffcorn*
- Chex Mix Bold, Cheddar, Traditional*
- Chez-Its*
- Flipz Pretzels*
- Food Should Taste Good – The Works
- Fritos Original
- Funyuns
- Garden of Eatin' Red Hot Blues Corn Tortilla Chips
- Funyuns
- Garden of Eatin' Red Hot Blues Corn Tortilla Chips
- Gardetto's Chipotle Cheddar, Original, Roasted Garlic Rye Chips*
- Honey Maid Graham Crackers*
- Kashi Original 7 Grain Crackers*
- Kashi Toasted Asiago Crackers*
- Keebler Club & Cheddar, Cheese & Cheddar Crackers*
- Lay's Kettle Cooked Original, Sea Salt & Pepper
- Lay's Kettle Cooked BBQ, Jalapeno Sharp Cheddar, Sea Salt & Vinegar*
- Lay's Sour Cream & Onion*
- Lay's Wavy, Classic
- Mary's Gone Crackers
- Premium Saltine Crackers*
- Pringles Original
- Pringles Cheddar Cheese, Sour Cream & Onion, Ranch, BBQ, Pizza, Salt & Vinegar*
- Rold Gold Pretzels
- Ruffles
- Santitas Tortilla Chips
- Snyder's Sourdough Nibblers*
- Townhouse Crackers*
- Triscuits
- Tropical Yogurt Pretzels*

Trail Mix/Nuts
- Blue Diamond Salted Almonds
- Blue Diamond Smokehouse Almonds
- Blue Diamond Wasabi & Soy Sauce Almonds
- Corn Nuts – Original
- Corn Nuts – Ranch
- David's Sunflower Seeds – Original
- David's Sunflower Seeds – Ranch
- Nut Harvest Nut & Fruit Mix
- Nut Harvest Whole Cashews
- Nut Harvest Almonds

* = Contains Dairy

University Dining Services
University of Minnesota
Driven to Discover

www.dining.umn.edu
Drinks
• Crystal Light packets
• Dean’s Country Fresh Milk Chug*
• Foldger’s Classic Roast Coffee Grounds
• Full Throttle
• Fuze – Banana Colada*
• Gold Peak Teas
• Honest Ade Drinks
• Land O Lakes Grip N Go*
• Land O Lakes Milk (gallon)*
• Lipton Tea Bags
• Minute Maid juice
• Odwalla Superfood/Smoothies
• Peace Tea (all)
• Smart Water
• TruMoo*
• V8 – Original
• Vitamin Water (all)
• Zico Coconut H2O – Chocolate
• Zico Coconut H2O – Neutral
• Zico Coconut H2O – Pineapple

Candy/Cookies
• Almond Joy*
• Baby Ruth*
• Butterfinger*
• Carmello*
• Chips Ahoy*
• Crunch*
• Hershey’s Milk Chocolate*
• Hershey’s Milk Chocolate with Almonds*
• Hershey’s Mr. Goodbar*
• Junior Mints*
• Keebler Fudge Stripe Cookies*
• Keebler Soft Batch Chocolate Chip Cookies*
• Kit Kat*
• M & Ms – Milk Chocolate*
• M & Ms – Peanut*
• M & M Snack Mix*
• Milky Way*
• Nilla Wafers*
• Nutter Butters*
• Oreos*
• Reese’s Fast Break*
• Reese’s Peanut Butter Cups*
• Sandies Pecan Shortbread Cookies*
• Snickers*
• Snickers – Almond*
• Twix Peanut Butter*
• Twizzlers Twists
• Whatchamacallit*
• York Peppermint Patties*
• 100 Grand Bar*
• 3 Musketeers*

Condiments
• A1 Sauce
• Coffee Mate*
• French’s Yellow Mustard
• Heinz Tomato Ketchup, Sweet Relish
• Hershey’s Chocolate Syrup*
• Hunt’s Tomato Sauce
• Kraft Miracle Whip
• Kraft Original BBQ Sauce
• Kraft Real Mayo
• Skippy Peanut Butter*
• Smuckers Grape Jelly
• Tabasco
• Vlasic Kosher Dill Pickles, Ovals

Ice Cream
• Ben & Jerry’s (all)*
• Dove Milk Chocolate Ice Cream Bar*
• Snickers Ice Cream Bar*

Other Snacks
• Applesauce
• Creamette Spaghetti Noodles
• Delmonte Kernel Corn
• Delmonte Peaches
• Delmonte Pears
• Dole Mandarin Oranges
• Dole Mixed Fruit
• Eggo Waffles*
• Jello
• Kraft Natural String Cheese*
• OreIda Golden Crinkles
• OreIda Tater Tots
• Sabra Roasted Garlic Hummus
• Sabra Roasted Red Pepper
• Snack Pack Pudding – Chocolate*
• Snack Pack Pudding – Vanilla*
• Starkist Tuna
• SunMaid Raisins

Baking/Cooking Products
• Arm & Hammer Baking Soda
• Betty Crocker Chocolate Frosting*
• Betty Crocker Potato Buds
• Betty Crocker Super Moist Yellow Cake*
• Betty Crocker Super Moist White Cake*
• C & H Sugar
• Cool Whip*
• Gold Medal Flour
• Pam Cooking Spray
• Parkay Spread*
• Philadelphia Regular Cream Cheese*