

Snack Menu Ingredient Report

For additional support or questions, please contact the Patient Dining Call Center. Contact information can be found on the patient menu at your local Mayo Clinic location. Last revised: 10/29/25

Menu Item	Ingredients
Something Crunchy	
Almonds	blue diamond almonds
Goldfish	crackers, goldfish, cheddar, 0.75 oz, pc
Pistachios	pistachios
Baked Potato Chips	chips, potato, baked, 1.12 oz, pc
Pretzels	pretzels, 1 oz, pc
Nuts & Choc Trail Mix	trail mix, nuts & chocolate, planters, 2 oz, pc
Plain Popcorn	popcorn, skinny pop, plain .7 oz, pc
White Cheddar Popcorn	popcorn, white cheddar, smartfood, 1 oz, pc
Oats n' Honey Granola Bar	bar, granola, crunchy, oats 'n honey, nature valley, 1.5 oz, pc
Graham Cracker Bug Bites	crackers, graham, bug bites, 1 oz, pc
Cheerios	cereal, cheerios, bowl, pc
Frosted Mini Wheats	cereal, frosted mini wheats, 1 oz, pc
Raisin Bran	cereal, raisin bran, bowl, 1.25 oz, pc
GF Rice Chex	cereal, rice chex, gf, bowl, pc
Rice Krispies	cereal, rice krispies, .88 oz, pc
Something Sweet	
Apple	apples, red delicious, 125 count, fresh
Applesauce	applesauce, unsweetened, bulk *
Banana	banana, medium, 100-120 ct, fresh
Fruit Cup	honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, capped, halved
Grapes	grapes, red seedless, fresh
Orange	orange, 88 count, fresh
Mandarin Oranges	orange, mandarin sections, juice pack, canned, drained
Peaches	peaches, diced, juice pack, canned, drained
Pears	pears, diced, juice pack, canned, drained
Stewed Prunes	prunes, juice pack, pitted, canned, including liquids
Blueberry Muffin	blueberries, unsweetened, frozen-iqf flour, all purpose water mix muffin low fat variety 6/4.5 lb
Lt Peach Yogurt	yogurt, peach, light, yoplait, 6 oz, pc
LF Strawberry Yogurt	yogurt, strawberry, low fat, bulk

Menu Item	Ingredients
LF Van Yogurt	yogurt, vanilla, low fat, parfait, 64 oz, pouch
Blueberry Greek Yogurt	yogurt, blueberry, greek, chobani, 5.3 oz, pc
Plain FF Greek Yogurt	yogurt, plain, greek, fat free, chobani, bulk
Van Greek Yogurt	yogurt, vanilla, greek, chobani, 5.3 oz, pc
Fruit & Yogurt Parfait	cereal, granola, no raisins, lowfat, bulk seeds, flax seeds, golden, ground honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, halved yogurt, vanilla, low fat, parfait, 64 oz, pouch
Choc Chip Cookie	dough, cookie, chocolate chip, 1.33 oz, frozen
Oatmeal Raisin Cookie	dough, cookie, oatmeal raisin, 1.33 oz, frozen
Shortbread Cookies	cookies, lorna doone, 4 each, pc
GF Snickerdoodle Cookie	cookie snickerdoodle gluten free
Sugar Cookie	dough, cookie, sugar, 1.33 oz, frozen
Choc Pudding	whipped topping, on top pudding, chocolate, canned rtu
Van Pudding	whipped topping, on top pudding, vanilla, rtu
SF Choc Pudding	pudding, chocolate, sugar free, snack pack, 3.25 oz, pc
SF Van Pudding	pudding, vanilla, sugar free, snack pack, 3.25 oz, pc
Cherry Gelatin	gelatin mix, cherry gelatin mix, plain, unflavored water, boiling water, ice cold
Citrus Gelatin	gelatin mix, plain, unflavored gelatin mix, assorted citrus water, boiling water, ice cold
Lemon Gelatin	gelatin mix, lemon gelatin mix, plain, unflavored water, boiling water, ice cold
Lime Gelatin	gelatin mix, lime gelatin mix, plain, unflavored water, boiling water, ice cold
Orange Gelatin	gelatin mix, orange gelatin mix, plain, unflavored water, boiling water, ice cold
SF Citrus Gelatin	gelatin mix, plain, unflavored gelatin mix, diet, assorted citrus water, boiling water, ice cold
Choc Pudding	pudding, chocolate, kozy, 4 oz, pc
Van Pudding	pudding, vanilla, kozy, 4 oz, pc
Choc Ice Cream	ice cream, chocolate, 1/2 cup, pc
Strawberry Ice Cream	ice cream, strawberry, 1/2 cup, pc
Vanilla Ice Cream	ice cream, vanilla, 1/2 cup, pc
Cherry Italian Ice	ice, italian, cherry, arrezzio, 4 oz, pc
Lemon Italian Ice	ice, italian, lemon, arrezzio, 4 oz, pc
Cherry Popsicle	popsicle, cherry, single, pc
Grape Popsicle	popsicle, grape, single, pc
Orange Popsicle	popsicle, orange, single, pc
SF Cherry Popsicle	popsicle, cherry, sugar free, single, pc
SF Grape Popsicle	popsicle, grape, sugar free, single, pc
SF Orange Popsicle	popsicle, orange, sugar free, single, pc
Orange Sherbet	sherbet, orange, 1/2 cup, pc
Something More	

Menu Item	Ingredients
Beef Jerky Tender Bites	beef jerky tender bites
Carrot & Celery Sticks	lettuce, leaf, individual leaf, fresh celery, fresh, sticks, 3" carrots, pre-cut, stick, fresh, sticks
Carrot & Celery w/Ranch	carrots, pre-cut, stick, fresh, sticks celery, fresh, sticks, 3" lettuce, leaf, individual leaf, fresh salad dressing, ranch, ken's, bulk
Cottage Chz	cottage cheese, lowfat, 1%
Hard Boiled Egg (cold)	egg, hard cooked, includes cage free
Choc Chip Cliff Bar	granola bar, cliff bar, chocolate chip
Sliced Pepper Jack Chz	cheese, string, part skim, 1 oz, pc
Chicken Salad	chicken, diced, dark/white, 80/20, low sodium, fc, frozen basil, fresh, chopped parsley, italian, fresh, chopped * vinegar, red wine thyme, fresh, chopped spice, paprika, ground mayonnaise, light, kraft yogurt, plain, fat free, yoplait, 32 oz
Egg Salad	spice, garlic powder salt, kosher spice, pepper, black, ground, fine egg, hard cooked, includes cage free, diced mayonnaise, light, kraft mustard, yellow spice, onion powder
Tuna Salad	fish, tuna, chunk light, fad free, water packed, drained *menu more parsley, italian, fresh, chopped * basil, fresh, chopped oregano, fresh, chopped * vinegar, white wine mayonnaise, light, kraft
Saltine Crackers	crackers, saltine, 2 ct, zesta, pc
Unsalted Crackers	crackers, saltines, unsalted, zesta, 2 ct, pc
Wheat Crackers	crackers, wheat, keebler, 2 ct, pc
Chx Salad on White Bread	chicken, diced, dark/white, 80/20, low sodium, fc, frozen basil, fresh, chopped parsley, italian, fresh, chopped * vinegar, red wine thyme, fresh, chopped spice, paprika, ground mayonnaise, light, kraft yogurt, plain, fat free, yoplait, 32 oz bread, white, slice, 1 oz, local
Tuna on White Bread	fish, tuna, chunk light, fad free, water packed, drained *menu more parsley, italian, fresh, chopped * basil, fresh, chopped oregano, fresh, chopped * vinegar, white wine mayonnaise, light, kraft bread, white, slice, 1.08 oz, bimbo
Egg Salad on White Bread	bread, white, slice, 1.08 oz, bimbo spice, garlic powder salt, kosher spice, pepper, black, ground, fine egg, hard cooked, includes cage free, diced mayonnaise, light, kraft mustard, yellow spice, onion powder
Vegetables & Hummus	hummus, traditional, grecian delight, frozen lettuce, leaf, individual leaf, fresh celery, fresh, sticks, 3" carrots, pre-cut, stick, fresh, sticks cucumber fresh; 1/12 ct 6gm = 1 slice
Peanut Butter	peanut butter, .75 oz, jif, pc
Celery Sticks	celery, fresh, sticks, 3"
Beverages	
Decaf Coffee 6floc	water coffee, decaf, 100% colombian javo liq conc 35x1
Coffee 6floc	water coffee, signature blend liq conc 32x1
Decaf Hot Tea 6floc	tea bag, hot, decaf, pc water, boiling
Hot Tea 6floc	tea bag, hot, pc water, boiling
Green Hot Tea 6floc	water, boiling tea bag, green, pc
Mint Hot Tea 6floc	tea bag, mint, pc water, boiling
Hot Cocoa 6floc	mix, hot cocoa, ind packet, pc water, boiling
SF Hot Cocoa 6floc	mix, hot cocoa, no sugar, ind packet, pc water, boiling
Water 8floc	water, ice cold ice, cubes
Bottled Water	water, bottled, 8 oz, pc

Menu Item	Ingredients
Cool Blue Gatorade 8flox	gatorade, cool blue
Lemon Lime Gatorade 8flox	gatorade, lemon-lime
Fruit Punch Gatorade 8flox	gatorade fruit punch
Orange Gatorade 8flox	gatorade orange
Glac Cherry Gatorade 8flox	gatorade frost glacier cherry
Glac Frz Gatorade 8flox	gatorade glacier freeze
Lime Cucumber Gatorade 8flox	gatorade lime cucumber
Orange Gatorlyte 8flox	gatorlyte orange
Watermelon Gatorlyte 8flox	gatorlyte watermelon
Glac Frz Gatorade Zero 8flox	gatorade c zero glacier freeze
Cherry Gatorade Zero 8flox	gatorade zero cherry
Skim Milk 8flox	milk, skim/nonfat, 8 floz, pc
Skim Milk 4flox	milk, skim/nonfat, 4 floz, pc
2% Milk 8flox	milk, lowfat, 2%, 8 floz, pc
2% Milk 4flox	milk, lowfat, 2 %, 4 floz, pc
Whole Milk 8flox	milk, whole, 8 floz (250 ml), pc
Whole Milk 4flox	milk, whole, 4 floz, pc
Choc Skim Milk 8flox	milk, chocolate, fat free, 22 g sugar, 8 oz, pc
Lact Free Milk 8flox	milk, lactose-free, skim, 8 oz, pc
Lact Free Milk 4flox	milk, lactose-free, skim, 8 oz, pc
Van Almond Milk	milk, almond, vanilla, unsweetened, silk, bulk
Choc Soy Milk 8flox	milk, soy, chocolate, 8 fl oz, pc
Van Soy Milk 8flox	milk, soy, vanilla, 8 fl oz, pc
Apple Juice	water, cold juice base, apple, 100%, concentrate, 5:1 *
Cran Juice	water, cold juice base, cranberry, concentrate, 4:1 *
Grape Juice	juice, grape, 4 oz, pc
Orange Juice	water, cold juice base, orange, concentrate, 4+1, frozen *
Prune Juice	juice, prune, 4 floz, pc
V8 Juice	juice, v-8, low sodium, 5.5 oz, pc
Cherry Bubly	bubly, cherry, 12 oz, pc
Mango Bubly	bubly, mango, 12 oz, pc
Iced Tea 8flox	water, boiling tea bag, iced, 3 oz
Lemon Crystal Lt 8flox	water, cold ice, cubes drink mix, lemonade, crystal light, ind packet, pc
Rasp Crystal Lt 8flox	water, cold drink mix, raspberry, crystal light, ind packet, .08 oz, pc ice, cubes
Coke	soda, coca-cola, can, 7.5 oz, pc
Pepsi	soda, pepsi, 7.5 oz, pc

Menu Item	Ingredients
Diet Coke	soda, coke, diet, can, 7.5 oz, pc
Diet Pepsi	soda, pepsi, diet, 7.5 oz, pc
Caffeine Free Diet Cola	soda, cola, caffeine-free, diet, 8 oz, pc
Ginger Ale	soda, ginger ale, can, 7.5 oz, pc
Shasta Ginger Ale	soda shasta ginger ale 8 oz
Canada Dry Ginger Ale	soda canada dry ginger ale 7.5 oz
Schweppes Ginger Ale	soda schweppes ginger ale 7.5 oz
Diet Ginger Ale	soda, ginger ale, diet, can, 7.5 oz, pc
Shasta Diet Ginger Ale	soda shasta diet ginger ale 8 oz
Canada Dry Zero Ginger Ale	soda canada dry zero sugar ginger ale 7.5 oz
Schweppes Zero Ginger Ale	soda schweppes zero sugar ginger ale 7.5 oz
Sprite	soda, sprite, can, 7.5 oz, pc
Starry	soda, lemon lime, starry, 7.5 oz, pc
Diet Sprite	soda, sprite, zero, can, 7.5 oz, pc