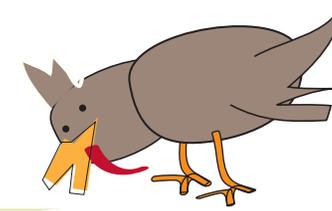
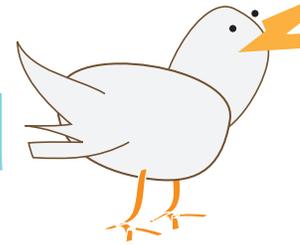


breakfast menu

September 2017



monday	tuesday	wednesday	thursday	friday
				September 1st Granola Bar Fruit Milk
September 4th Turkey Ham & Cheese Breakfast Sandwich Fruit Milk	September 5th Cinnamon Brown Sugar Oatmeal Fruit Milk	September 6th Honey Bagel w/ Cream Cheese Fruit Milk	September 7th Blueberry Muffin Fruit Milk	September 8th Cereal Fruit Milk
September 11th Banana Muffin Fruit Milk	September 12th French Toast Casserole Fruit Milk	September 13th Honey Bagel w/ Cream Cheese Fruit Milk	September 14th Cheesy Omelet English Muffin Fruit Milk	September 15th Cereal Fruit Milk
September 18th Pancake w/ Compote Fruit Milk	September 19th Blueberry Bread Fruit Milk	September 20th Honey Bagel w/ Cream Cheese Fruit Milk	September 21st Scrambled Eggs WG Bread Fruit Milk	September 22nd Cereal Fruit Milk
September 25th Granola Bar Fruit Milk	September 26th Apple Bar Fruit Milk	September 27th Honey Bagel w/ Cream Cheese Fruit Milk	September 28th Pumpkin Muffin Fruit Milk	September 29th Waffle w/ Compote Fruit Milk

Preschool Breakfast Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/ Gluten	Dairy	Fish	Shellfish	Sesame
Apple Bar	Whole wheat flour, rolled oats, egg, butter (Cream, Natural Flavorings), brown sugar, unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), vanilla, baking powder, salt, cinnamon, nutmeg		X	X	X			
Bagel, Honey	Enriched malted wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, brown sugar, honey, triticale, winter rye, hard red spring wheat, barley, salt, yeast, soybean oil, wheat flour, enzymes, semolina flour.	X		X				
Banana Bread/Muffin	Whole wheat flour, enriched all purpose flour, bananas, yogurt (cultured lowfat milk, food starch, Modified Gelatin, Potassium Sorbate (preservative), evaporated cane sugar, eggs, butter, baking soda, salt		X	X	X			
Blueberry Muffin/Bread	Whole wheat flour, enriched all purpose flour, sour cream (cultured milk, cream, why, modified corn starch, sodium phosphate, guar gum, carob bean gum, potassium sorbate (maintains freshness)), blueberries, butter, sugar, baking soda, baking powder, salt, eggs, water		X	X	X			
Breakfast Sandwich	Biscuit: whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as reffours sulfate, thiamine mononitarte, enzyme, riboflavin, folic acid), palm oil, skim milk, leavening (sodium aluminum phosphate, baking soda), matodextrin, contains less than 2% of water, potassium chloride, sugar, modified conrstarch, soybean oil, artifical flavor, salt datem, soy lecithin, michigan turkey, sharp cheddar cheese	X		X	X			

Cereal, Cheerios	Whole grain oats, corn starch, sugar, salt, tripotassium phosphate, vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins & Minerals: calcium carbonate, iron and zinc, vitamin c (sodium ascorbate), AB Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3							
Cereal, Cheerios, Apple Cinnamon	Whole Grain Oats, Sugar, Corn Starch, Oat Bran, Corn Syrup, Canola Oil, Apple Puree Concentrate, Salt, Refiner's Syrup, Cinnamon, Trisodium Phosphate, Sodium Citrate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3							
Cereal, Koala Crisps	Organic brown rice flour, cane sugar, organic cocoa, natural chocolate flavor, sea salt, organic molasses. Warning Label: Produced in a facility that uses peanuts, tree nuts, and soy.	X						
Cinnamon Brown Sugar Oatmeal	Quick oats (may contain gluten), cinnamon, brown sugar, cane sugar			X				
Cheesy Omelet	Cage free eggs, cheddar cheese, salt, pan spray (soybean oil, soy lecithin, sand propellant)	X	X		X			
Cream Cheese	Pasteurized milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums)				X			
Eggs, Scrambled	Cage free eggs, pan spray (soybean oil, soy lecithin, sand propellant)	X	X					

English Muffins	Unbleached enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (B1), riboflavin (B2), folic acid, water, whole wheat flour, modified food starch, farina, wheat gluten, polydextrose, honey, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid) soybean oil, malt, monoglycerides, natural & artificial flavor, xanthan gum, acesulfame potassium sucralose, whey, soy flour, nonfat milk	X		X	X			
French Toast Casserole	Whole grain bread (Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch), liquid eggs, whole milk, white sugar, vanilla extract, ground cinnamon, dark brown sugar	X	X	X	X			
Fruit Compote	Water, sugar, and one of the following: Strawberries, pineapple, apple							
Gorilla Granola Bar	Rolled oats (may contain gluten), brown sugar, raisins, cranberries, honey, butter, vanilla, salt			X	X			
Whole Grain Pancake	Whole wheat flour, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and or canola oil, salt, soy lecithin	X	X	X	X			
Pumpkin Muffin	Whole wheat flour, enriched all purpose flour, dark brown sugar, baking soda, baking powder, egg, canola oil, vanilla extract, pumpkin pie paste, salt, cinnamon		X	X				
Waffle	Whole wheat flour, buttermilk, egg whites, sugar, whey. Contains 2% or less of: leavening (sodium acid pyrophosphate, sodium bicarbonate), soy lecithin, salt, natural and artificial flavors	X	X	X	X			

Yogurt - Strawberry	Cultured pasteurized Grade A lowfat milk and nonfat dry milk, sugar, strawberries, water, modified corn starch, pectin, polydextrose (fiber), natural flavor, red #40, vitamin A palmitate and vitamin D3				X			
Yogurt- Vanilla	Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (for freshness), Citric Acid, Vitamin D				X			

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Fruit & Veggie Sides Ingredients		Allergens						
Veggies	Ingredients	Soy	Egg	Wheat/G luten	Dairy	Fish	Shellfish	Sesame
Baby Carrots	Carrots							
Baja Salad Remix	Black Beans, Corn, Granny Smith Apples, Raw Onion, Cherry Tomatoes, Lime Juice, Sriracha (Red Gold® Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Sugar, Distilled Vinegar, Salt, Less Than 2% Of: Onion Powder, Spices, Natural Flavors), Huy Fong Foods Sriracha Hot Chili Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite as Preservatives, and Xanthan Gum))							
Black Bean Dip	Black Beans, raw garlic, olive oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin							
Black Bean Dip with Salsa	Black Beans, raw garlic, olive oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin, Salsa (Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt)							
Broccoli	Broccoli							
Celery	Celery							
Cherry Tomatoes	Cherry Tomato							
Coined Carrots	Carrots, Sea Salt, Canola Oil							
Corn	Corn							
Cucumbers	Cucumbers							
Edamame	Edamame (shelled soybeans)	X						
Green Beans	Green Beans							
Green Pepper Strips	Green Pepper							
Mashed Potatoes	Potatoes, Milk, Butter, Sea Salt				X			
Mashed Sweet Potatoes	Sweet potatoes, sea salt, dark brown sugar, unsalted butter, whole milk				X			
Pickles	Cucumbers, distilled vinegar, salt, calcium chloride, polysorbate 80, natural spice, turmeric oleoresin							
Snap Peas	Sugar snap peas							
Soy Mashed Potatoes (Dairy Free)	Potatoes, Soy Milk, Sea Salt	X						
Soy Mashed Sweet Potatoes	Sweet potatoes, soy milk, brown sugar, salt	X						
Peas	Peas							

Peas & Carrots	Peas & Carrots							
Peppers & Onions	Green Bell Pepper, Onions, Red Bell Peppers, Yellow Peppers							
Potato Fries	Potatoes, Vegetable Oil (soybean, canola, corn, cottonseed, and/or sunflower), contains 2% or less of: dextrose, disodium dihydrogen pyrophosphate (to maintain natural color).	X						
Oven Glazed Carrots	Carrots, Canola Oil, Brown Sugar.							
Refried Beans	Cooked beans, water, less than 2% of canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor							
Roasted Butternut Squash	Butternut Squash, Canola Oil, Salt							
Roasted Potatoes	Potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), dextrose	X						
Roasted Root Vegetables	Red beets, golden beets, parsnips, canola oil, salt, & pepper							
Roasted Sweet Potatoes	Sweet Potato, Vegetable Oil (Soybean Oil), Olive Oil, Brown Sugar, Sea Salt, Black Pepper	X						
Squash Medley	Yellow Squash, Zucchini Squash, canola oil, salt							
Sweet Potato Fries	Sweet potatoes, vegetable oil (soybean, canola, cottonseed, sunflower), food starch modified, rice flour, dextrin, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, xanthan gum, corn syrup solids, color (annatto powder, oleoresin paprika), disodium dihydrogen pyrophosphate	X						
Three Bean Salad	Garbanzo beans, kidney beans, great northern beans, apple cider vinegar, canola oil, sugar, black pepper, parsley flakes, dried rosemary, onion							
Fruits	Ingredients	Soy	Egg	Wheat/G luten	Dairy	Fish	Shellfish	Sesame
Apple Slices	Apples, Calcium Ascorbate							
Appleberry Sauce	Applesauce (Apples, Water, Erythorbic Acid (to maintain color), Blackberries, Blueberries, Raspberries, Strawberries, Water, .							
Applesauce	Apples, Water, Erythorbic Acid (to maintain color) *May contain Pears							
Banana	Banana							
Cantaloupe	Cantaloupe							

Fruit Salad	2 or more: Watermelon, Cantaloupe, Honeydew, Pineapple, Strawberries, Blueberries							
Honeydew	Honeydew melon							
Orange Slices	Oranges							
Pear Slices	Pears, Calcium Ascorbate							
Pearsauce	Raw pears, water, sugar							
Pineapple	Pineapple							
Watermelon	Watermelon							
Other	Ingredients	Soy	Egg	Wheat/G luten	Dairy	Fish	Shellfish	Sesame
Brown Rice	Whole grain parboiled brown rice							
Hummus	Garbanzo beans, tahini (pure ground sesame seeds), raw garlic, lemon juice, canola oil, ground cumin, sea salt, water							X
Ketchup	Tomato concentrate from red ripe tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring							
Marinara sauce	Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion							
Mayonnaise	Water, Soybean Oil, Corn Syrup, modified food starch, distilled vinegar, egg white, sugar, salt, contains less than 1% of xanthan gum, lemon juice concentrate, cellulose gel and cellulose gum, spice mustard seed, phosphoric acid, sorbic acid and calcium disodium, EDTA (preservative), polysorbate 60, beta-Apo-8-carotenol and extractives of tumeric (color)	X	X					
Mustard	Distilled White Vinegar, Water, Mustard Seed, water, salt, tumeric, natural flavor & spices							
Ranch Dressing	Non fat greek yogurt (cultured skim milk, milk protein concentrate, corn starch, tapioca starch, locust bean gum), canola oil, water, salt, cider vinegar, distilled vinegar, egg yolk, natural flavors, dried garlic, lactic acid, gluconic acid spices, dried onion, acacia gum, xanthan gum, dried chive		X		X			
Salsa	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt							

Sour Cream	Grade A cultured milk and cream, enzymes				X			
	sour cream (cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carob bean gum, potassium sorbate (maintains freshness)), fat free plain yogurt (cultures pasteurized Grade A skim milk and skim milk solids, modified corn starch, polydextrose (fiber), natural flavor, Vitamin A palmitate and Vitamin D3), lemon juice, garlic, olive oil, sea salt, ground black pepper, ground sumac.							
Sumac Sauce					X			
Sunbutter	Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salst and Natural Mixed Tocopherols to preserve freshness							

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Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/ Gluten	Dairy	Fish	Shellfish	Sesame
Brioche Bun	Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, yeast, palm oil, buttermilk powder (whey solids, enzyme-modified butter, maltodextrin, salt, dehydrated butter, guar gum, annatto and turmeric), salt, dough conditioner (wheat flour, datem, contains 2% or less of: soybean oil, enzymes, ascorbic acid, l-cysteine, azodicarbonamide), dry malt, dough extender (wheat flour, monoglycerides, guar gum, corn syrup solids, silicon dioxide, soybean oil, enzymes, calcium sulfate, salt), calcium propionate, dough conditioner (yellow corn flour, colors, natural and artificial flavors), egg wash	X	X	X	X			
Cornbread	Whole grain cornmeal, whole wheat flour, sugar, baking powder, salt, organic whole milk, canola oil, eggs		X	X	X			
Corn Tortilla	Corn, water and lime (calcium hydroxide)							
English Muffin	Whole wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor sodium stearoyl lactylate, mono - and diglycerides, ethoxylated mono- and diglycerides, sucralose, soy lecithin, soy, whey	X		X	X			
Flour tortilla	Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil with monoglycerides), sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate, fumaric acid, mono and diglycerides, calcium propionate			X				

Gluten Free Bread	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
Gluten Free Bun	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder. Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
Hot Dog Bun	Whole wheat flour, water, enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, yeast, contains 2% or less of the following: salt, dough conditioners (monoglycerides, sodium stearoyl lactylate, ascorbic acid, calcium peroxide, enzymes), yeast nutrients (monocalciumphosphate, calcium sulfate, ammonium sulfate).	X		X				
Pita	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate	X		X				

	Whole wheat flour, water, unbleached unbromated enriched flour (Niacin, thiamin, reduced iron, riboflavin, folic acid), soybean oil. Contains 2% or less of: Calcium propionate, caramel color, dextrose, fumaric acid, guar gum, lactic acid, maltodextrin, monocalcium phosphate, natural flavors, salt, sesame flour, sodium bicarbonate, sorbic acid, soy flour, soy protein, concentrate sugar, vegetable l-cysteine, vegetable mono diglycerides, wheat enzymes), wheat gluten, yeast	X		X				X
Pita, WW								
Pizza Dough	Whole wheat flour, yeast, water, salt			X				
	Whole wheat flour, water, enriched wheat flour (wheat flour, barley, malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, contains 2% or less of the following: yeast, salt, dough conditioners, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch	X		X				
Sliced Whole Grain Bread								
	Water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, soybean oil, contains 2% or less of the following: salt, dough conditioners (sodium stearyl lactylate, monoglycerides, ascorbic acid, calcium peroxide, enzymes), potassium sorbate, calcium propionate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate)	X		X				
Whole Grain Hamburger Bun								
	Water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: salt, dough conditioners (calcium stearyl lactylate, mono & diglycerides, datem, ascorbic acid, l-cysteine hydrochloride, calcium peroxide, enzymes), yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate	X		X				
Whole Grain Roll								

Whole Wheat Tortilla

Ingredients: Whole wheat flour, water, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite)

X

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