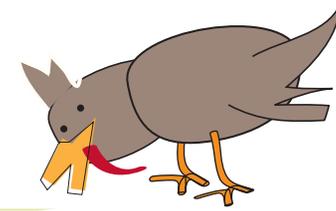
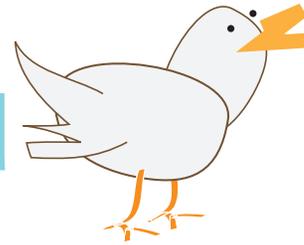


# am snack menu

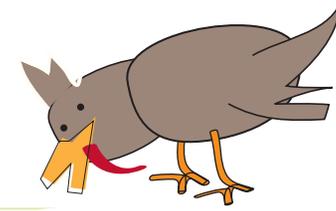
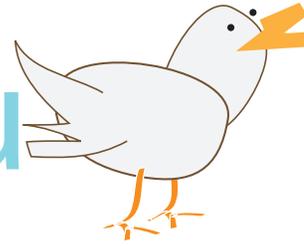
September 2017



monday	tuesday	wednesday	thursday	friday
				<b>September 1st</b> English Muffin Grape Jelly
<b>September 4th</b> Graham Cracker Fruit	<b>September 5th</b> Animal Crackers Fruit	<b>September 6th</b> Banana Bread Fruit	<b>September 7th</b> Bunny Grahams Smoothie	<b>September 8th</b> English Muffin Grape Jelly
<b>September 11th</b> Mini Bagel Cream Cheese	<b>September 12th</b> Animal Crackers Fruit	<b>September 13th</b> Banana Bread Fruit	<b>September 14th</b> Fig Bars Yogurt	<b>September 15th</b> Pretzels Sunbutter
<b>September 18th</b> Hummus Pita	<b>September 19th</b> Animal Crackers Fruit	<b>September 20th</b> Sunbutter & Jelly Sandwich	<b>September 21st</b> Granola Bar Fruit	<b>September 22nd</b> Veggie Stix Fruit
<b>September 25th</b> Cheddar Bunnies Fruit	<b>September 26th</b> Banana Bread Fruit	<b>September 27th</b> Cheese Cubes Crackers	<b>September 28th</b> Graham Cracker Smoothie	<b>September 29th</b> Pretzels Fruit

# pm snack menu

September 2017



monday	tuesday	wednesday	thursday	friday
				<b>September 1st</b> Cinnamon Crisps Fruit
<b>September 4th</b> Mini Bagel Sunbutter	<b>September 5th</b> Turkey Roll-up	<b>September 6th</b> Sunbutter & Jelly Sandwich	<b>September 7th</b> Crackers Cheese Cubes	<b>September 8th</b> Cinnamon Crisps Fruit
<b>September 11th</b> Cheese Cubes Crackers	<b>September 12th</b> Pizza Bread	<b>September 13th</b> Granola Bar Fruit	<b>September 14th</b> Graham Crackers Fruit	<b>September 15th</b> Animal Crackers Fruit
<b>September 18th</b> Cheese Cubes Crackers	<b>September 19th</b> Turkey Roll-up	<b>September 20th</b> Cinnamon Crisps Fruit	<b>September 21st</b> Apple Bread Fruit	<b>September 22nd</b> Graham Crackers Fruit
<b>September 25th</b> Fig Bars Yogurt	<b>September 26th</b> Mini Bagel Cream Cheese	<b>September 27th</b> Pizza Bread	<b>September 28th</b> Pretzels Fruit	<b>September 29th</b> Pita Hummus

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/G luten	Dairy	Fish	Shellfish	Sesame
<b>Apple Bread</b>	Whole wheat flour, enriched all purpose flour, egg, butter, brown sugar, sugar, yogurt ((cultured lowfat milk, food starch, Modified Gelatin, Potassium Sorbate (preservative), applesauce (apples, water, erythorbic acid (to maintain color), baking soda, baking powder, salt, cinnamon		X	X	X			
<b>Animal Crackers</b>	Organic wheat flour, organic cane sugar, organic palm oil, organic cane invert syrup, organic degermified corn flour, organic sunflower oil, baking soda, organic vanilla extract, salt, soy lecithin, cream of tartar, natural flavor, organic spice	X		X				
<b>Appleberry Sauce</b>	Frozen unsweetened strawberries, unsweetened applesauce (apples, water, erythorbic acid (to maintain color))							
<b>Mini Bagel</b>	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, FolicAcid), Water, Brown Sugar, Contains 2% or less of the following: Salt, Sugar, Malted Barley Flour, Calcium Propionate (Preservative), Dough Conditioners (Mono & Diglycerides, Ascorbic Acid, L-cysteine, Azodicarbonamide), Guar Gum, Corn Syrup Solids, Molasses, Yeast Nutrient (Ammonium Chloride), Wheat Gluten, Soybean Oil, Yeast.	X		X				
<b>Banana Bread/Muffin</b>	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			

<b>Blueberry Lemon Crispy Bites</b>	Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, dextrose, blueberry flavored bits (sugar, vegetable oil [palm, palm kernel], enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], natural flavor, malic acid, fruit and vegetable juice for color, soy lecithin, sodium citrate), soy lecithin, natural flavor (contains milk), soluble corn fiber, applesauce (apples, ascorbic acid), salt, baking soda. C							
<b>Bunny Grahams</b>	organic whole grain wheat flour, organic wheat flour, organic cane sugar, expeller-presses sunflower oil, honey, organic corn flour, calcium carbonate, natural flavors (vanilla and graham cracker), baking soda, sea salt, natural vitamin E (to protect flavor). Made on shared equipment that also processes milk and soy	X		X	X			
<b>Cereal, Gorilla Munch</b>	Organic whole grain cornmeal, organic evaporated cane juice, sea salt							
<b>Cheddar Bunnies</b>	Organic wheat flour, expeller pressed sunflower oil, salt, organic cheddar cheese (organic pasteurized milk, cheese culture, salt, enzymes), organic annatto extract (for color), yeast, organic paprika, organic cultured whole milk, organic nonfat whole milk, organic ground celery seed, onion powder, natural vitamin E (to protect flavor)			X	X			
<b>Cheese Cubes</b>	Organic Cultured Unpasteurized, Milk, Salt, Enzymes, annatto color, anticake (potato starch, corn starch, powdered cellulose), natamycin				X			
<b>Cheese Stringles (String Cheese)</b>	Organic cultured pasteurized part skim milk, salt, microbial enzymes				X			
<b>Cinnamon Crisps</b>	Whole wheat tortilla (see bread ingredients), cinnamon, canola oil, white sugar			X				
<b>Cream Cheese</b>	Pasteurized milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums)				X			

<b>English Muffins</b>	Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin 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			
<b>Fig Bars</b>	Fig, corn syrup, unbleached wheat flour, sugar, flaked corn, baking oil (palm, soybean, canola), corn sugar, salt, baking soda, citric acid, vanilla, natural flavor, color	X		X				
<b>Fruit Smoothie</b>	Strawberries, banana, Vanilla Yogurt 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, milk				X			
<b>Goldfish Crackers</b>	Whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), vegetable oils (canola and/or sunflower), cheddar cheese ([cultured milk, salt, enzymes], annatto), salt, contains 2 percent or less of: yeast extract, natural flavor, paprika, spices (celery), baking soda, monocalcium phosphate, dehydrated onions, annatto extract for color.			X	X			
<b>Gorilla Granola Bar</b>	Rolled oats, brown sugar, raisins, cranberries, honey, butter, vanilla, salt			X	X			
<b>Graham Crackers</b>	Organic whole grain wheat flour (organic graham flour), organic wheat flour, organic cane sugar, organic expeller pressed sunflower oil, organic honey, organic molasses, leavening (baking soda, ammonium bicarbonate and cream of tartar), organic vanilla flavor, organic brown sugar flavor, sea salt, organic rosemary extract			X				

<b>Grape Jelly</b>	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic canse sugar, apple pectin, acsorbic acid, citric acid							
<b>House Crackers</b>	Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil, sugar, invert sugar syrup, salt, sodium bicarbonate, ammnium bicarbonate, natural flavor, monocalcium phosphate, enzymes.	X		X				X
<b>Hummus</b>	Chickpeas, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water							X
<b>Hummus Roll-Up</b>	Hummus (Chickpeas, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water), flour tortilla (see bread ingredients)			X				X
<b>Mini Pizza Bread</b>	Dough: Whole wheat flour, yeast, water, salt. Sauce: Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil. Topping: Mozzarella cheese, cheddar cheese.			X	X			
<b>Pita</b>	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				X
<b>Pretzel Bunnies</b>	Organic wheat flour, sea salt, organic expeller pressed vegetable oil (canola and/or soy), organic barley malt	X		X				

<b>Pretzel Sticks</b>	Organic unbleached wheat flour, organic rye flour, organic brown rice syrup, organic sunflower oil, organic barley malt, yeast, salt, sodium bicarbonate								
<b>Pretzel Twists</b>	Organic Unbleached Wheat Flour, Salt, Organic Soybean Oil, Organic Malt	X		X					
<b>Ranch Crisps</b>	Whole wheat tortilla (see bread ingredients), canola oil, ranch powder (organic nonfat dry milk, sea salt, organic cane sugar, organic garlic, organic onion, organic carrot, organic celery seed, xanthan gum, organic parsley, organic black pepper, organic natural butter flavor (organic maltodextrin, organic natural butter flavor, natural flavor) lactic acid powder (lactic acid, calcium lactate, silicon dioxide))			X	X				
<b>Red Pepper Hummus</b>	Garbanzo Beans (Prepared Garbanzo Beans, Water, Salt, Disodium EDTA added to promote color retention), Tahina Tahini (100% ground sesame seeds), Raw Garlic, Lemon Juice, Canola Oil, Ground Cumin, Sea Salt, Water, Red Peppers								X
<b>Round Crackers</b>	Organic enriched flour (organic wheat flour, niacin, reduced iron, thiamin, mononitrate, riboflavin, folic acid) organic palm oil, organic sugar, organic cane syrup, organic malted barley extract, salt, ammonium bicarbonate, sodium bicarbonate, monocalcium phosphate, natural enzymes	X		X					X
<b>Sunbutter</b>	Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt and Natural Mixed Tocopherols to preserve freshness								
<b>Sunbutter &amp; Jelly Sandwich</b>	Sliced grain bread (see bread ingredients), Jelly: Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid. Sunbutter: Roasted sunflower seed, sugar, vegetable to prevent separation (Mono-diglycerides), salt, and Vitamin E (natural mixed tocopherols to preserve freshness)	X		X (bread only)					

<b>Trail Mix</b>	Pumpkin seeds, sunflower seeds, raisins, chocolate chips (Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin (An Emulsifier), Vanillin (An Artificial Flavor))	X			X			
<b>Turkey Rollup</b>	Michigan turkey, flour tortilla (see bread ingredients)	X		X (tortilla only)				
<b>Westminster Crackers</b>	Whole wheat flour, enriched wheat flour (wheat starch, niacin, iron, thiamin mononitrate, tricalcium phosphate, riboflavin, and folic acid), water, canola oil, all natural molasses, salt, corn starch, baking soda			X				
<b>Veggie Stix</b>	Potato starch, dehydrated potato, expeller pressed sunflower or safflower oil, rice flour, salt, Dehydrated vegetables (Garlic, tomato, green pepper, parsley, spinach, celery), vegetable extracts for coloring (Paprika, Tumeric, Radish, Apple, Blackcurrant), potassium chloride, nutrients from a proprietary blend of vegetables (spinach, broccoli, carrot, tomato, beet, shiitake mushroom), sea salt. Warning Label: "May Contain Traces of Wheat. Also, made on shared equipment with items that contain dairy. Made in a nut free facility"			X	X			
<b>Yogurt - Strawberry</b>	Cultured pasteurized Grade A lowfat milk and nonfat dry milk, sugar, strawberries, water, modified corn starch, carrageenan, pectin, polydextrose (fiber), natural flavor, Red #40, Vitamin A palmitate and Vitamin D3.				X			
<b>Yogurt- Vanilla</b>	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							

<b>Peas &amp; Carrots</b>	Peas & Carrots							
<b>Peppers &amp; Onions</b>	Green Bell Pepper, Onions, Red Bell Peppers, Yellow Peppers							
<b>Potato Fries</b>	Potatoes, Vegetable Oil (soybean, canola, corn, cottonseed, and/or sunflower), contains 2% or less of: dextrose, disodium dihydrogen pyrophosphate (to maintain natural color).	X						
<b>Oven Glazed Carrots</b>	Carrots, Canola Oil, Brown Sugar.							
<b>Refried Beans</b>	Cooked beans, water, less than 2% of canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor							
<b>Roasted Butternut Squash</b>	Butternut Squash, Canola Oil, Salt							
<b>Roasted Potatoes</b>	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						
<b>Roasted Root Vegetables</b>	Red beets, golden beets, parsnips, canola oil, salt, & pepper							
<b>Roasted Sweet Potatoes</b>	Sweet Potato, Vegetable Oil (Soybean Oil), Olive Oil, Brown Sugar, Sea Salt, Black Pepper	X						
<b>Squash Medley</b>	Yellow Squash, Zucchini Squash, canola oil, salt							
<b>Sweet Potato Fries</b>	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						
<b>Three Bean Salad</b>	Garbanzo beans, kidney beans, great northern beans, apple cider vinegar, canola oil, sugar, black pepper, parsley flakes, dried rosemary, onion							
<b>Fruits</b>	<b>Ingredients</b>	<b>Soy</b>	<b>Egg</b>	<b>Wheat/G luten</b>	<b>Dairy</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Sesame</b>
<b>Apple Slices</b>	Apples, Calcium Ascorbate							
<b>Appleberry Sauce</b>	Applesauce (Apples, Water, Erythorbic Acid (to maintain color), Blackberries, Blueberries, Raspberries, Strawberries, Water, .							
<b>Applesauce</b>	Apples, Water, Erythorbic Acid (to maintain color) *May contain Pears							
<b>Banana</b>	Banana							
<b>Cantaloupe</b>	Cantaloupe							

<b>Fruit Salad</b>	2 or more: Watermelon, Cantaloupe, Honeydew, Pineapple, Strawberries, Blueberries							
<b>Honeydew</b>	Honeydew melon							
<b>Orange Slices</b>	Oranges							
<b>Pear Slices</b>	Pears, Calcium Ascorbate							
<b>Pearsauce</b>	Raw pears, water, sugar							
<b>Pineapple</b>	Pineapple							
<b>Watermelon</b>	Watermelon							
<b>Other</b>	<b>Ingredients</b>	<b>Soy</b>	<b>Egg</b>	<b>Wheat/G luten</b>	<b>Dairy</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Sesame</b>
<b>Brown Rice</b>	Whole grain parboiled brown rice							
<b>Hummus</b>	Garbanzo beans, tahini (pure ground sesame seeds), raw garlic, lemon juice, canola oil, ground cumin, sea salt, water							X
<b>Ketchup</b>	Tomato concentrate from red ripe tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring							
<b>Marinara sauce</b>	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							
<b>Mayonnaise</b>	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					
<b>Mustard</b>	Distilled White Vinegar, Water, Mustard Seed, water, salt, tumeric, natural flavor & spices							
<b>Ranch Dressing</b>	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			
<b>Salsa</b>	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt							

<b>Sour Cream</b>	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.							
<b>Sumac Sauce</b>					X			
<b>Sunbutter</b>	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
<b>Brioche Bun</b>	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			
<b>Cornbread</b>	Whole grain cornmeal, whole wheat flour, sugar, baking powder, salt, organic whole milk, canola oil, eggs		X	X	X			
<b>Corn Tortilla</b>	Corn, water and lime (calcium hydroxide)							
<b>English Muffin</b>	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			
<b>Flour tortilla</b>	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				

<b>Gluten Free Bread</b>	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							
<b>Gluten Free Bun</b>	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							
<b>Hot Dog Bun</b>	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				
<b>Pita</b>	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
<b>Pita, WW</b>								
<b>Pizza Dough</b>	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				
<b>Sliced Whole Grain Bread</b>								
	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				
<b>Whole Grain Hamburger Bun</b>								
	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				
<b>Whole Grain Roll</b>								

**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

Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue.

\*\*The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.

