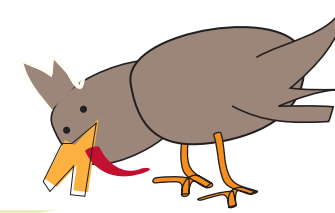
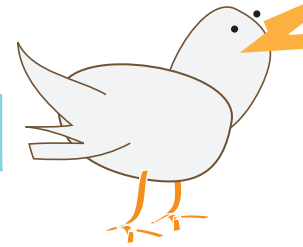


breakfast menu

SEPTEMBER 2018



monday	tuesday	wednesday	thursday	friday
September 3, 2018 Waffle w/ Compote Fruit Milk	September 4, 2018 Whole Wheat Bagel w/ Cream Cheese Fruit Milk	September 5, 2018 French Toast Casserole Fruit Milk	September 6, 2018 Banana Bread Fruit Milk	September 7, 2018 Cereal Fruit Milk
September 10, 2018 Granola Bar Fruit Milk	September 11, 2018 Whole Wheat Bagel w/ Cream Cheese Fruit Milk	September 12, 2018 Cinnamon Brown Sugar Oatmeal Fruit Milk	September 13, 2018 Scrambled Eggs Fruit Milk	September 14, 2018 Cereal Fruit Milk
September 17, 2018 Pancake w/ Compote Fruit Milk	September 18, 2018 Whole Wheat Bagel w/ Cream Cheese Fruit Milk	September 19, 2018 Cheesy Omelet WG Bread Fruit Milk	September 20, 2018 Blueberry Muffin Fruit Milk	September 21, 2018 Cereal Fruit Milk
September 24, 2018 Carrot Muffin Fruit Milk	September 25, 2018 Whole Wheat Bagel w/ Cream Cheese Fruit Milk	September 26, 2018 Breakfast Sandwich Fruit Milk	September 27, 2018 Apple Bread Fruit Milk	September 28, 2018 Cereal Fruit Milk

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Apple Bread	Whole Wheat Flour, Enriched All Purpose Flour, Unsalted Butter (Cream, Natural Flavorings), White Sugar, Dark Brown Sugar, Liquid Eggs, Plain Fat Free Yogurt Cultured pasteurized Grade A skim milk and skim milk solids, modified corn starch, carboxymethyl cellulose, pectin, polydextrose, Vitamin A palmitate and Vitamin D, Baking Soda, Sea Salt, Ground Cinnamon, Baking Powder, Unsweetened Applesauce (apples, water, erythorbic acid (to maintain color))		X	X	X			
Appleberry Muffin	Whole Wheat Flour, Enriched All Purpose Flour, Unsalted Butter (Cream, Natural Flavorings), White Sugar, Eggs, Baking Soda, Salt, Sour Cream (Cultured Milk, Cream, Whey, Food Starch-Modified (corn), Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (a preservative), Baking Powder, Vanilla Extract, Cranberries, Unsweetened Applesauce (Apples, Water, Ascorbic Acid to Maintain Color))		X	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, whey, 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			
Carrot Muffin/Bread	Whole Wheat Flour, Enriched All Purpose Flour, Quick Rolled Oats, Carrots, Vanilla Extract, Liquid Eggs, Dark Brown Sugar, Canola Oil, Sea Salt, Nutmeg, Cinnamon, Baking Soda, White Sugar		X	X				
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						
Cereal, Heart - to - Heart, Kashi	Organic Whole Oat Flour, Organic Degerminated Yellow Cornmeal, Organic Invert Cane Syrup, Organic Oat Fiber, Organic Honey, Salt, Organic Expeller Pressed Canola Oil, Natural Flavor, Mixed Tocopherols (Vitamin E) for Freshness.			X				
Cheerios Cereal	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							
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			
Scrambled Eggs	Cage free eggs, pan spray (soybean oil, soy lecithin, sand propellant)	X	X					
English Muffin	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							
Granola Bar	Rolled oats (may contain gluten), brown sugar, raisins, cranberries, honey, butter, vanilla, salt			X	X			
Turkey Ham & Cheese Breakfast Sandwich	Biscuit: whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as reffours sulfate, thiamine mononitrate, 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 conr starch, soybean oil, artificial flavor, salt date, soy lecithin, michigan turkey, sharp cheddar cheese	X		X	X			

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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			
Whole Grain 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			
Whole Wheat Bagel	White Whole Wheat Flour, water, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), brown sugar, contains 2% or less of each of the following: vital wheat gluten, salt, yeast, malted wheat flour, white vinegar, hydrolyzed wheat gluten, canola oil, ascorbic acid (vitamin C), enzymes, calcium sulfate	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			

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.