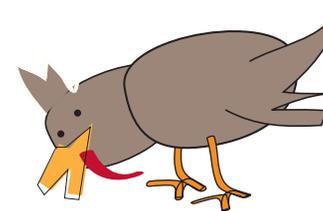
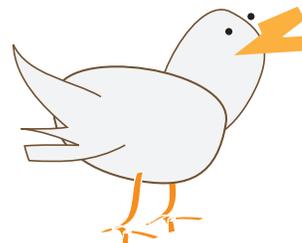


# pm snack menu

June 2019



monday	tuesday	wednesday	thursday	friday
<b>June 3, 2019</b> Bunny Grahams Applesauce	<b>June 4, 2019</b> Pizza Bread	<b>June 5, 2019</b> Pretzels Smoothie	<b>June 6, 2019</b> Hummus Veggie Stix	<b>June 7, 2019</b> Sunbutter & Jelly Sandwich
<b>June 10, 2019</b> Mini Bagel Cream Cheese	<b>June 11, 2019</b> Granola Bar Smoothie	<b>June 12, 2019</b> Banana Bread Apple Slices	<b>June 13, 2019</b> English Muffin & Sunbutter	<b>June 14, 2019</b> Cinnamon Crisps Fruit
<b>June 17, 2019</b> Pretzels Cheese Cubes	<b>June 18, 2019</b> Pita Chips Hummus	<b>June 19, 2019</b> Blueberry Bread Fruit	<b>June 20, 2019</b> Turkey Rollup	<b>June 21, 2019</b> Cinnamon Crisps Fruit
<b>June 24, 2019</b> Cheddar Bunnies Fruit	<b>June 25, 2019</b> Graham Crackers Fruit	<b>June 26, 2019</b> Turkey Rollup	<b>June 27, 2019</b> Ranch Crisps Veggies	<b>June 28, 2019</b> Cheese Cubes House Crackers

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	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>Apple Oat Granola Bar</b>	Gluten free oats, pure honey, dark brown sugar, dried apples, sunflower oil, ground cinnamon							
<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>Applesauce</b>	Apples, Water, Erythorbic Acid (to maintain color) *May contain Pears							
<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 Bread</b>	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			
<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.	X		X	X			
<b>Buffalo Hummus</b>	Garbanzo Beans, Tahini (pure ground sesame seed), Garlic, Lemon Juice, Canola Oil, Cumin, Sea Salt, Water, Hot Sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder.)							X
<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			

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Cinnamon Crisps</b>	Whole wheat tortilla (see bread ingredients), cinnamon, canola oil, white sugar			X				
<b>Cinnamon Goldfish Crackers</b>	Smiles and Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Oils (Soybean, Palm), Fructose, Contains 2% or less of: Cinnamon, Calcium Carbonate, Salt, Baking Soda, Ferric Orthophosphate, Vitamin A Palmitate, Soy Lecithin	X		X				
<b>Cream Cheese</b>	Pasteurized milk and cream, pasteurized skim milk, cheese culture, sodium citrate, salt, guar gum, modified food starch, carob bean gum, xanthan gum, natural flavor, vitamin A palmitate, enzymes.				X			
<b>Chocolate Chip Darlington Bar</b>	Whole grain blend (rolled oats, whole grain wheat flour), enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, invert syrup, soybean oil, corn syrup, raisin paste, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), canola oil, apple puree (apples, ascorbic acid), apple juice concentrate, fructose, eggs, apple fiber, soy lecithin, salt, molasses, cocoa butter, cinnamon, natural flavors (contains milk), baking soda, cocoa (processed with alkali). CONTAINS: EGGS, MILK, SOY, WHEAT	X	X	X	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>English Muffin &amp; Sunbutter Sandwich</b>	<b>English Muffin</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). <b>Sunbutter</b> (Roasted sunflower seed, sugar, vegetable to prevent separation (Mono-diglycerides), salt, and Vitamin E (natural mixed tocopherols to preserve freshness)	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 (may contain gluten), brown sugar, raisins, cranberries, honey, butter, vanilla, salt			X	X			
<b>Graham Crackers</b>	Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Sugar, Canola Oil, Molasses, Honey, Corn Syrup. Contains 2% or Less of Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Salt, Soy Lecithin.	X		X				
<b>Grape Jelly</b>	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid							

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<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, ammonium bicarbonate, natural flavor, monocalcium phosphate, enzymes.			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>Pita, Whole Grain</b>	Whole Wheat Flour, Water, Unbleached Unbromated Enriched Flour [Niacin (B-complex vitamin), Thiamin (B1 vitamin), Reduced Iron, Riboflavin (B2 vitamin), Folic Acid] and Soybean Oil, Contains 2% or less of each of the following ingredients: Calcium Propionate (a preservative), 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 and Diglycerides, Wheat Enzymes, Wheat Gluten and Yeast.	X		X				
<b>Pita Chips</b>	Enriched wheat flour (wheat flour, malted barely flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), high oleic sunflower oil (tocopherols and rosemary extract [to preserve freshness], wheat bran, whole wheat flour, vital wheat gluten, barley flour, sugar cane fiber, sesame seeds, less than 2% of: flaxseed, yeast sugar, rolled oats, yellow corn meal, millet, sea salt, salt.			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			X				
<b>Pretzel Twists</b>	Organic Unbleached Wheat Flour, Salt, Organic Soybean Oil, Organic Malt	X		X				
<b>Pretzel, Heartzels</b>	Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Corn Oil, Salt, Yeast, and Ammonium Bicarbonate.			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

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Strawberry Darlington Bar</b>	Whole grain blend (rolled oats, whole grain wheat flour), enriched wheat flour (bleached flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, invert syrup, soybean oil, corn syrup, canola oil, raisin paste, strawberry bits (sugar, soybean oil, whole grain wheat flour, strawberry powder, citric acid, fruit juice extract, natural flavors), eggs, apple puree (apples, ascorbic acid), apple juice concentrate, fructose, apple fiber, natural flavors, soy lecithin, nonfat dry milk, molasses, cocoa butter, salt, baking soda	X	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 (bread only)				
<b>Trail Mix</b>	Pumpkin seeds, sunflower seeds, raisins, chocolate chips (Sugar, Chocolate Liqueur, 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 (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>Whole Grain Graham Crackers</b>	Graham flour (whole grain wheat flour), unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), sugar, soybean oil, honey, leavening (baking soda and/or calcium phosphate), salt, wheat starch, artificial flavor	X		X				
<b>Whole Grain Saltine Crackers</b>	Whole Grain Wheat Flour, Bleached and Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Soybean Oil, Palm Oil, Refiner's Syrup, Baking Soda, Sea Salt, Salt, Malted Barley Flour, Yeast	X		X				
<b>Wheat Thins</b>	WHOLE GRAIN WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), WHOLE GRAIN BARLEY FLAKES, SOYBEAN OIL, SUGAR, WHOLE GRAIN RYE, WHOLE GRAIN TRITICALE, MOLASSES, WHOLE GRAIN MILLET, WHOLE WHEAT, SALT, WHOLE GRAIN ROLLED OATS, ONION POWDER, SOY LECITHIN, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE). BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS			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, Turmeric, Radish, Apple, Blackcurrant), potassium chloride, nutrients from a proprietary blend of vegetables (spinach, broccoli, carrot, tomato, beet, shiitake mushroom), sea salt.			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 - Strawberry, Cup</b>	Non-Homogenized Grade A pasteurized Milk, Nonfat Dried Milk, Natural Cane Sugar, Natural Strawberry Flavor, Natural Color. Contains Live & Active Cultures, Including L. Acidophilus & Bifidus				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			
<b>GrowYo - Strawberry</b>	Non-homogenized Grade A pasteurized 1% milk. Milk protein concentrate, natural cane sugar, natural strawberry flavor, pectin, live active cultures: L. Acidophilus & Bifidus				X			

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>GrowYo - Peach</b>	Non-homogenized Grade A pasteurized 1% milk. Milk protein concentrate, natural cane sugar, natural peach flavor, pectin, live active cultures: L. Acidophiulus & Bifidus				X			
<b>GrowYo - Vanilla</b>	Non-homogenized Grade A pasteurized 1% milk. Milk protein concentrate, natural cane sugar, natural vanilla flavor, pectin, live active cultures: L. Acidophiulus & Bifidus				X			
<p>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.</p>								

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
<b>Baby Carrots</b>	Carrots							
<b>Baja Salad</b>	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))							
<b>Black Bean Dip</b>	Black Beans, raw garlic, canola oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin							
<b>Black Bean Dip with Salsa</b>	Black Beans, raw garlic, canola 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)							
<b>Broccoli</b>	Broccoli							
<b>Celery</b>	Celery							
<b>Cherry Tomatoes</b>	Cherry Tomato							
<b>Coined Carrots</b>	Carrots, Sea Salt, Canola Oil							
<b>Cold Peas</b>	Peas							
<b>Corn</b>	Corn							
<b>Cucumbers</b>	Cucumbers							
<b>Edamame</b>	Edamame (shelled soybeans)	X						
<b>Green Beans</b>	Green Beans							
<b>Green Pepper Strips</b>	Green Pepper							
<b>Mashed Potatoes</b>	Potatoes, Milk, Butter, Sea Salt				X			
<b>Mashed Sweet Potatoes</b>	Sweet potatoes, sea salt, dark brown sugar, unsalted butter, whole milk				X			
<b>Pickles</b>	Cucumbers, distilled vinegar, salt, calcium chloride, polysorbate 80, natural spice, turmeric oleoresin							
<b>Pickle, Chip</b>	Fresh cucumbers, water, salt, vinegar, contains less than 2% of lactic acid, sodium benzoate (a preservative), natural flavors, polysorbate 80, tumeric extract (color)							
<b>Snap Peas</b>	Sugar snap peas							
<b>GF/DF/EF Mashed Potatoes</b>	Potatoes, Soy Milk, Sea Salt	X						
<b>GF/DF/EF Mashed Sweet Potatoes</b>	Sweet potatoes, soy milk, brown sugar, salt	X						
<b>Peas</b>	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						

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
<b>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, chipotle honey vinaigrette (red wine vinegar, honey, salt, chipotle salsa, cumin, garlic powder, black pepper, canola oil, mustard powder, lime juice)							
	<b>Ingredients</b>	<b>Soy</b>	<b>Egg</b>	<b>Wheat</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>Craisins, Strawberry</b>	Cranberries, sugar, natural strawberry flavor with other natural flavors, citric acid, sunflower oil, elderberry juice concentrate (color)							
<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>Raisins</b>	California sun dried raisins							
<b>Watermelon</b>	Watermelon							
	<b>Ingredients</b>	<b>Soy</b>	<b>Egg</b>	<b>Wheat</b>	<b>Dairy</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Sesame</b>
<b>Brown Rice</b>	Whole grain parboiled brown rice							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
<b>Chipotle Ranch Packet</b>	Water, Soybean Oil, Corn Syrup, Distilled Vinegar, Egg Yolks, Modified FoodStarch, Contains 2% or less of Buttermilk*, Natural Flavors, Potassium Chloride, Salt, Chipotle Pepper, Garlic*, Onion*, Xanthan Gum, Yeast Extract, Lactic Acid, Phosphoric Acid, Whey Powder, Disodium Inosinate & Disodium Guanylate, Potassium Sorbate & Sodium Benzoate (preservatives), Rice Flour, Polysorbate 60, Spice, Parsley*, Calcium Disodium EDTA to protect flavor	X	X		X			
<b>Hummus</b>	Garbanzo beans, tahini (pure ground sesame seeds), raw garlic, lemon juice, canola oil, ground cumin, sea salt, water							X
<b>Jelly, Grape</b>	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic canse sugar, apple pectin, acsorbic acid, citric acid							
<b>Jelly Packet, Grape</b>	Concord Grapes, Sugar, Fruit Pectin, Citric Acid							
<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-carotenal an d 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			
<b>Sumac Sauce</b>	sour cream (cultured milk, cream, whey, modified corn starch, sodium posphate, 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.				X			
<b>Sunbutter</b>	Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salst and Natural Mixed Tocopherols to preserve freshness							
<b>Syrup</b>	Invert sugar, water, contains 2% or less of: molasses, natural flavors, sea salt							
<b>Quinoa</b>	Quinoa, Canola Oil							
<b>Tajin Packet, Low Sodium</b>	Chili Peppers, Salt, Dehydrated Lime Juice, Potassium Chloride, Silicon Dioxide (to Prevent Caking).							

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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, Unsweetened Applesauce		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>Garlic Bread</b>	Whole Wheat 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), Unsalted Butter (cream, natural flavorings), Oregano, Thyme, Garlic, Salt, Pepper	X		X	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>Kid Bun</b>	Unbleached, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Contains 2% or less of the following: Wheat Gluten, Soybean Oil, Salt, Cultured Wheat Flour, Monocalcium Phosphate, Sodium Stearoyl Lactylate, Monoglycerides, Flaxseed, Maltodextrin, Wheat Starch, DATEM, Calcium 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				

Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Whole Wheat Pita</b>	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>Whole Grain Pita</b>	Whole grain pita: (whole grain wheat flour, water, canola oil, yeast, cultured wheat flour, salt, wheat gluten, wheat starch, ascorbic acid).							
<b>Pizza Dough</b>	Whole wheat flour, yeast, water, salt			X				
<b>Whole Grain Biscuit</b>	Whole Wheat Flour, Buttermilk, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid), Palm Oil, Skim Milk, Leavening (Sodium Aluminum Phosphate, Baking Soda), Maltodextrin, Contains Less than 2% of the following: Potassium Chloride, Sugar, Water, Modified Cornstarch, Rice Flour, Soybean Oil, Artificial Flavor, Salt, Datem, Mono & Diglycerides, Soy Lecithin	X		X	X			
<b>Whole Grain Bread</b>	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>Whole Grain Hamburger Bun</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 Roll</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 Wheat Tortilla</b>	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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