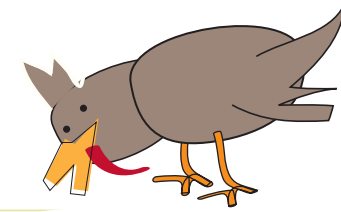
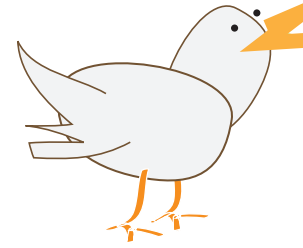


breakfast menu

September 2019



monday	tuesday	wednesday	thursday	friday
September 2, 2019 Pumpkin Muffin Fruit	September 3, 2019 Whole Wheat Bagel Cream Cheese Fruit	September 4, 2019 Cinnamon Brown Sugar Oatmeal Fruit	September 5, 2019 Scrambled Eggs Whole Grain Bread Fruit	September 6, 2019 Cereal Fruit
September 9, 2019 Whole Wheat Bagel w/ Cream Cheese Applesauce	September 10, 2019 Whole Grain Pancake Apple Cinnamon Compote Fruit	September 11, 2019 Los Cabos Burrito Whole Grain Bread Fruit	September 12, 2019 Blueberry Muffin Fruit	September 13, 2019 Cereal Fruit
September 16, 2019 Carrot Muffin Fruit	September 17, 2019 Whole Wheat Bagel Cream Cheese Fruit	September 18, 2019 Apple Bread Fruit	September 19, 2019 Breakfast Sandwich Fruit	September 20, 2019 Cereal Fruit
September 23, 2019 Bannana Bread Fruit	September 24, 2019 Whole Wheat Bagel Cream Cheese Fruit	September 25, 2019 Strawberry Yogurt WG English Muffin Fruit	September 26, 2019 Whole Grain Waffle Strawberry Compote Fruit	September 27, 2019 Cereal Fruit
September 30, 2019 Pumpkin Muffin Fruit				

Breakfast Ingredient List		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			
Apple Bread	Whole Wheat Flour, Enriched All Purpose Flour, Unsalted Butter (Cream, Natural Flavorings), White Sugar, Dark Brown Sugar, Liquid Eggs, Plain Low Fat Yogurt (Non-homogenized Grade A Pasteurized Milk, Nonfat Dry Milk. Contains Live & Active Cultures, Including L Acidophilus & Bifidus), Baking Soda, Sea Salt, Ground Cinnamon, Baking Powder, Unsweetened Applesauce (apples, water, erythorbic acid (to maintain color))		X	X	X			
Apple Oat Granola Bar	Gluten free oats, pure honey, dark brown sugar, dried apples, sunflower oil, ground cinnamon							
Apple Granola Bar	Rolled oats (may contain gluten), Honey, Unsalted butter (Cream, Natural Flavorings), Vanilla Extract, Ground Cinnamon, Sea Salt, Dried Apples, Dark Brown Sugar			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 Grade A Non-Homogenized Pasteurized Milk, Grade A Pasteurized Cream, Milk Protein Concentrate, Enzymes), 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, plain low-fat yogurt (Non-homogenized Grade A Pasteurized Milk, Nonfat Dry Milk. Contains Live & Active Cultures, Including L Acidophilus & Bifidus), evaporated cane sugar, eggs, butter, baking soda, salt		X	X	X			
Blueberry Muffin/Bread	Whole wheat flour, enriched all purpose flour, sour cream (Cultured Grade A Non-Homogenized Pasteurized Milk, Grade A Pasteurized Cream, Milk Protein Concentrate, Enzymes), blueberries, butter, sugar, baking soda, baking powder, salt, eggs, water		X	X	X			
Breakfast Burrito	Tortilla (see bread ingredients), eggs, mild shredded cheddar cheese (pasteurized milk cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent), salsa (diced tomatoes, onion, cilantro, lime juice, sea salt)		X	X (tortilla)	X			
Breakfast Burrito, Los Cabos	Filling: Pre-Cooked Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Corn Starch, Salt, Xanthan Gum, Citric Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Diced Potato (Potatoes, Sodium Acid Pyro Phosphate (To Maintain Color)), Cooked Sausage Crumbles (made with turkey) [Ground Turkey Thigh Meat, Mechanically Separated Turkey, Water, Soy Protein Concentrate, Salt, Spices, Dextrose, Flavoring, Sugar, Disodium Inosinate and Disodium Guanylate], Water, Green Chile Puree (Green Chile Peppers, Water, Citric Acid), Red Sauce Seasoning (Modified Corn Starch, Paprika, Spices, Onion & Garlic Powder, Tomato, Dextrose, Sugar, Autolyzed Yeast Extract, Extractive of Paprika, Guar Gum, Citric Acid, Malic Acid, Xanthan Gum, Ascorbic Acid, Disodium Inosinate & Guanylate, less than 2% Silicon Dioxide to Prevent Caking), Modified Food Starch (Refined From Corn), Vinegar, Salt and Flavorings. Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)]), Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).	X	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				
Cereal, Heritage O's	Whole oat flour*, whole wheat meal*, Kamut® Khorasan wheat flour*, evaporated cane juice*, spelt flour*, barley flour*, barley malt extract*, quinoa flour*, millet flour*, sea salt, honey*. *Organic.			X				

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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			
Compote, Apple Cinnamon	Chunky applesauce (apples, sugar, water, ascorbic acid (Vitamin C) added to maintain color), brown sugar, cinnamon							
Compote, Strawberry	Unsweetened frozen strawberries, white granulated sugar							
Cream Cheese	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			
Scrambled Eggs	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			
Granola	Rolled oats (may contain gluten), raisins, butter, honey dark brown sugar.			X	X			
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 datem, soy lecithin. Turkey Ham: Turkey Thigh Meat, Water, contains 2% or less of Dextrose, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate, Smoke Flavoring). Mild Cheddar Cheese: Cultured Pasteurized milk, salt, enzymes, annatto color	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				
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, Soybean And/or Canola Oil, Sugar, Whey, Less Than 2% Of: Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Soy Lecithin, Natural And Artificial Flavors (Including Milk), Corn Syrup Solids, Caramel Color	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				
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			
String Cheese	Organic cultured pasteurized part skim milk, salt, microbial enzymes				X			

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<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>								