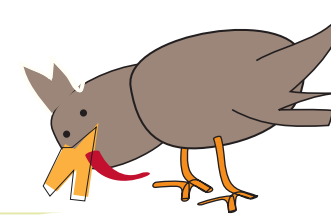
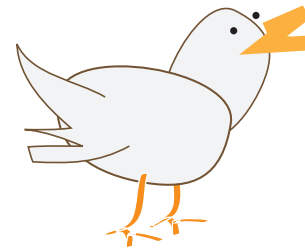


pm snack menu

September 2019



monday	tuesday	wednesday	thursday	friday
September 2, 2019 Turkey Rollup	September 3, 2019 Pita Chips Hummus	September 4, 2019 Blueberry Bread Fruit	September 5, 2019 English Muffin & Jelly	September 6, 2019 Pretzels Cheese Cubes
September 9, 2019 Ranch Crisps Fruit	September 10, 2019 Graham Crackers Fruit	September 11, 2019 Turkey Rollup	September 12, 2019 Cheddar Bunnies Fruit	September 13, 2019 Cheese Cubes House Crackers
September 16, 2019 Bunny Grahams Fruit	September 17, 2019 Sunbutter & Jelly	September 18, 2019 Mini Bagel Cream Cheese	September 19, 2019 Hummus Veggies	September 20, 2019 Pretzels Cheese Cubes
September 23, 2019 Pizza Bread	September 24, 2019 Cinnamon Crisps Applesauce	September 25, 2019 Banana Bread Fruit	September 26, 2019 Granola Bar Smoothie	September 27, 2019 English Muffin & Sunbutter Sandwich
September 30, 2019 Turkey Rollup				

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Apple Bread	Whole wheat flour, enriched all purpose flour, egg, butter, brown sugar, sugar, plain low-fat yogurt (Non-homogenized Grade A Pasteurized Milk, Nonfat Dry Milk. Contains Live & Active Cultures, Including L Acidophilus & Bifidus), applesauce (apples, water, erythorbic acid (to maintain color), baking soda, baking powder, salt, cinnamon		X	X	X			
Apple Oat Granola Bar	Gluten free oats, pure honey, dark brown sugar, dried apples, sunflower oil, ground cinnamon							
Animal Crackers	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				
Applesauce	Apples, Water, Erythorbic Acid (to maintain color) *May contain Pears							
Appleberry Sauce	Frozen unsweetened strawberries, unsweetened applesauce (apples, water, erythorbic acid (to maintain color))							
Mini Bagel	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), 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				
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 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			
Blueberry Lemon Crispy Bites	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			
Buffalo Hummus	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
Bunny Grahams	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			
Cereal, Gorilla Munch	Organic whole grain cornmeal, organic evaporated cane juice, sea salt							
Cheddar Bunnies	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			
Cheese Cubes	Organic Cultured Unpasteurized, Milk, Salt, Enzymes, annatto color, anticake (potato starch, corn starch, powdered cellulose), natamycin				X			

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Cheese Stringles (String Cheese)	Organic cultured pasteurized part skim milk, salt, microbial enzymes				X			
Cinnamon Crisps	Whole wheat tortilla (see bread ingredients), cinnamon, canola oil, white sugar			X				
Cinnamon Goldfish Crackers	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				
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			
Chocolate Chip Darlington Bar	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			
English Muffins	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			
English Muffin & Sunbutter Sandwich	English Muffin (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). Sunbutter (Roasted sunflower seed, sugar, vegetable to prevent separation (Mono-diglycerides), salt, and Vitamin E (natural mixed tocopherols to preserve freshness)	X		X	X			
Fig Bars	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				
Fruit Smoothie	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			
Goldfish Crackers	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			
Gorilla Granola Bar	Rolled oats (may contain gluten), brown sugar, raisins, cranberries, honey, butter, vanilla, salt			X	X			
Graham Crackers	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				
Grape Jelly	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
House Crackers	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
Hummus	Chickpeas, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water							X
Hummus Roll-Up	Hummus (Chickpeas, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water), flour tortilla (see bread ingredients)			X				X
Mini Pizza Bread	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 (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), cheddar cheese.			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				X
Pita, Whole Grain	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				
Pita Chips	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
Pretzel Bunnies	Organic wheat flour, sea salt, organic expeller pressed vegetable oil (canola and/or soy), organic barley malt	X		X				
Pretzel Sticks	Organic unbleached wheat flour, organic rye flour, organic brown rice syrup, organic sunflower oil, organic barley malt, yeast, salt, sodium bicarbonate			X				
Pretzel Twists	Organic Unbleached Wheat Flour, Salt, Organic Soybean Oil, Organic Malt	X		X				
Pretzel, Hartzels	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				
Ranch Crisps	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			
Red Pepper Hummus	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
Round Crackers	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
Strawberry Darlington Bar	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			
Sunbutter	Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt and Natural Mixed Tocopherols to preserve freshness							
Sunbutter & Jelly Sandwich	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)				
Trail Mix	Pumpkin seeds, sunflower seeds, raisins, chocolate chips (Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin (An Emulsifier), Vanillin (An Artificial Flavor))	X			X			
Turkey Rollup	Michigan turkey, flour tortilla (see bread ingredients)			X (tortilla only)				
Westminster Crackers	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				
Whole Grain Graham Crackers	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				
Whole Grain Saltine Crackers	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				
Wheat Thins	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				
Veggie Stix	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				
Yogurt - Strawberry	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			
Yogurt - Strawberry, Cup	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			
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			
GrowYo - Strawberry	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
GrowYo - Peach	Non-homogenized Grade A pasteurized 1% milk. Milk protein concentrate, natural cane sugar, natural peach flavor, pectin, live active cultures: L. Acidophiulus & Bifidus				X			
GrowYo - Vanilla	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>								