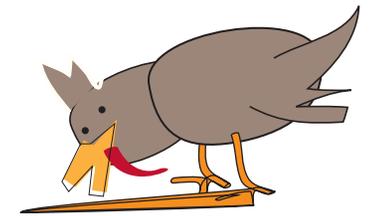
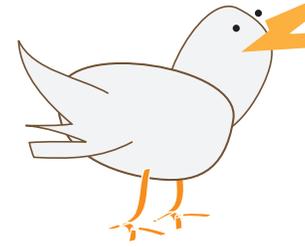


pm snack menu

December 2019



monday	tuesday	wednesday	thursday	friday
December 2, 2019 Mini Bagel & Cream Cheese	December 3, 2019 Rice Cake Vanilla Yogurt	December 4, 2019 Veggie Stix Fruit	December 5, 2019 House Crackers Cheese Cubes	December 6, 2019 Cinnamon Crisps Fruit
December 9, 2019 House Crackers Cheese Cubes	December 10, 2019 Turkey Roll Up	December 11, 2019 WG Animal Crackers Fruit	December 12, 2019 Pretzels Smoothie	December 13, 2019 Graham Crackers & Sunbutter
December 16, 2019 English Muffin & Sunbutter	December 17, 2019 Hummus & Pita	December 18, 2019 Mini Pizza Bread	December 19, 2019 Pretzels Fruit	December 20, 2019 Mini Bagel & Cream Cheese
December 23, 2019 House Crackers Cheese Cubes	December 24, 2019 Mini Pizza Bread	December 25, 2019 Rice Cake & Sunbutter	December 26, 2019 Graham Crackers Fruit	December 27, 2019 Pretzels Fruit
December 30, 2019 Mini Bagel & Cream Cheese	December 31, 2019 Rice Cake Vanilla Yogurt			

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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				
Apple Bread	Whole wheat flour, enriched all purpose flour, unsalted butter (cream, natural flavorings), white sugar, dark brown sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat 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)) Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X	X			
Apple Oat Granola Bar	Gluten free oats, pure honey, dark brown sugar, dried apples, sunflower oil, ground cinnamon							
Appleberry Sauce	Frozen unsweetened strawberries, unsweetened applesauce (apples, water, erythorbic acid (to maintain color))							
Applesauce	Apples, water, erythorbic acid (to maintain color)							
Banana Bread/Muffin	Whole wheat flour, enriched all purpose flour, bananas, plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), evaporated cane sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), butter, baking soda, salt Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	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, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, itric acid added to preserve color) Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	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			
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	Cultured pasteurized milk, salt, enzymes, annatto (color)				X			
Cheese Stringles (String Cheese)	Organic cultured pasteurized part skim milk, salt, microbial enzymes				X			

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Cinnamon Crisps	Whole wheat tortilla (see bread ingredients) cinnamon, canola oil, white sugar			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			
English Muffin, Honey Wheat	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, non-fat milk	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 (non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural vanilla flavor, pectin, live & active cultures: L. Acidophilus & Bifidus				X			
Gorilla Granola Bar	Rolled oats (may contain gluten), brown sugar, raisins, cranberries, honey, butter, vanilla, salt			X	X			
Graham Crackers	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		X				
Grape Jelly	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid							
GrowYo - Peach	Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural peach flavor, pectin, live & active cultures including L. Acidophilus & Bifidus				X			
GrowYo - Plain	Non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures: L. Acidophilus & Bifidus				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			
GrowYo - Vanilla	Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural vanilla flavor, pectin, live & active cultures: L. Acidophilus & Bifidus				X			
Honey Wheat 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 seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)	X		X	X			

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	Chickpeas, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water), flour tortilla (see bread ingredients)			X				X
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				
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) Cheese (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 stearyl lactylate, calcium propionate and potassium sorbate (preservatives)	X		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 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				
Ranch Crisps	Whole grain 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			
Rice Cake	Whole grain brown rice, salt							
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
Sunbutter	Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)							
Sunbutter & Jelly Sandwich	Sliced whole grain bread (see bread ingredients) Jelly (organic grape juice from concentrate (water, organic concord grape juice concentrate), organic canse sugar, apple pectin, ascorbic acid, citric acid) Sunbutter (roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness))			X (bread only)				
Turkey Rollup	Michigan turkey (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate) Flour tortilla (see bread ingredients)			X (tortilla only)				
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, Tumeric, Radish, Apple, Blackcurrant), potassium chloride, nutrients from a proprietary blend of vegetables (spinach, broccoli, carrot, tomato, beet, shiitake mushroom), sea salt			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.