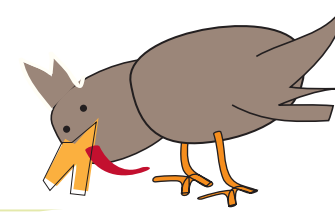
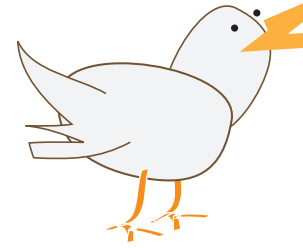


breakfast menu

March 2020



monday March 2nd, 2020	tuesday March 3rd, 2020	wednesday March 4th, 2020	thursday March 5th, 2020	friday March 6th, 2020
WG Pancake Strawberry Compote Fruit	Breakfast Sandwich Fruit	Whole Grain Bagel Cream Cheese Fruit	Banana Muffin Fruit	Cereal Apple Berry Sauce
March 9th, 2020	March 10th, 2020	March 11th, 2020	March 12th, 2020	March 13th, 2020
Chocolate Grow Bar Fruit	Blueberry Muffin Fruit	Peach Yogurt English Muffin Fruit	Scrambled Eggs Whole Grain Bread Fruit	Cereal Applesauce
March 16th, 2020	March 17th, 2020	March 18th, 2020	March 19th, 2020	March 20th, 2020
Whole Grain Pancake Blueberry Compote Fruit	Strawberry Yogurt English Muffin Fruit	Breakfast Sandwich Fruit	Cinnamon Muffin Fruit	Cereal Fruit
March 23rd, 2020	March 24th, 2020	March 25th, 2020	March 26th, 2020	March 27th, 2020
Whole Grain Waffle Strawberry Compote Fruit	Blueberry Muffin Fruit	WG Bagel Cream Cheese Fruit	Scrambled Eggs Whole Grain Bread Fruit	Apple Cinnamon Grownola Fruit

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Apple Bread	Plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), Dark brown sugar, Whole wheat flour, enriched all purpose flour, unsalted butter (cream, natural flavorings), white sugar, unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), cinnamon, baking soda, baking powder, sea salt	X	X	X	X			
Apple Grownola Cereal	Gluten free oats, pure honey, dried apples, sorghum crisps, sunflower oil, dark brown sugar, cinnamon							
Apple Oat Granola Bar	Gluten free oats, pure honey, dried apples, sunflower oil, dark brown sugar, ground cinnamon							
Appleberry Muffin	Whole wheat flour, sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), white sugar, enriched all purpose flour, unsalted butter (cream, natural flavorings), frozen cranberries, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), unsweetened applesauce (apples, water, ascorbic acid added to maintain color), baking powder, baking soda, sea salt, vanilla extract	X	X	X	X			
Banana Bread/Muffin	Bananas, sugar, whole wheat flour, enriched all purpose flour, Butter, Plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), liquid eggs, baking soda, salt, citric acid	X	X	X	X			
Blueberry Muffin/Bread	Sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), blueberries, white sugar, whole wheat flour, enriched all purpose flour, grade A pasteurized cream (milk protein concentrate, enzymes), butter, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, itric acid added to preserve color), baking powder, baking soda, salt	X	X	X	X			
Breakfast Burrito	Tortilla (see bread ingredients) Scrambled eggs whole eggs, citric acid 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	X (tortilla)	X			
Breakfast Burrito, Turkey	Tortilla (see bread ingredients) Scrambled eggs & Turkey Crumbles whole eggs, abf ground turkey, seasoning, citric acid 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	X	X			
Carrot Muffin/Bread	Carrots, Sugar, Dark brown sugar, Rolled Oats, Whole wheat flour, All purpose enriched flour, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), canola oil, baking soda, sea salt, nutmeg, cinnamon, vanilla extract	X	X	X				
Cereal, Heart-to-Heart, Kashi	Whole oat flour*, degerminated yellow cornmeal*, invert cane syrup*, oat fiber*, honey*, expeller pressed canola oil*, salt, natural flavor, mixed tocopherols (vitamin E) for freshness.*Organic			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				
Cereal, Koala Crisps	Organic brown rice flour, cane sugar, organic cocoa, natural chocolate flavor, sea salt, organic molasses **produced in a facility that uses peanuts, tree nuts, and soy	X						
Cheesy Omelet	Liquid eggs, mild cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents))	X	X		X			
Cinnamon Brown Sugar Oatmeal	Quick oats (may contain gluten), brown sugar, cane sugar, cinnamon, salt			X				

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Cinnamon Muffin	Sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), whole wheat flour, all purpose enriched flour, unsalted butter, dark brown sugar, white sugar, unsweetened applesauce, eggs, canola oil, sea salt, baking powder, cinnamon, baking soda		X	X	X			
Compote, Apple Cinnamon	Apples, water, brown sugar, cinnamon, ascorbic acid							
Compote, Strawberry	Strawberries, sugar							
Compote, Blueberry	Blueberries, sugar							
Cream Cheese	Pasteurized milk and cream, salt, cheese cultures, carob bean gum (stabilizer).				X			
English Muffin, Honey Wheat	enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], water, whole wheat flour, farina, honey, wheat gluten, sugar, yeast, salt, calcium propionate and sorbic acid (to preserve freshness), soybean oil, natural flavor, monoglycerides, sucralose, soy lecithin, soy, whey, dextrose, corn cereal.	X		X	X			
French Toast Casserole	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), eggs, whole milk, white sugar, vanilla extract, dark brown sugar, ground cinnamon, citric acid	X	X	X	X			
Granola	Rolled oats (may contain gluten), honey, dark brown sugar, raisins, butter			X	X			
Granola Bar	Rolled oats (may contain gluten), honey, brown sugar, raisins, cranberries, vanilla, salt			X	X			
GrowYo - Peach	Grass-fed milk 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	Grass-fed milk Non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures: L Acidophilus & Bifidus				X			
GrowYo - Strawberry	Grass-fed milk 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	Grass-fed milk Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural vanilla flavor, pectin, live & active cultures: L. Acidophilus & Bifidus				X			
Pumpkin Muffin	Pumpkin paste, Dark brown sugar, Whole wheat flour, enriched all purpose flour, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), canola oil, baking powder, baking soda, vanilla extract, salt, cinnamon	X	X	X				
Scrambled Eggs	Eggs, citric acid		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 constarch, 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			
Whole Grain Pancake	Whole wheat flour, water, 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, dextrose, salt, soy lecithin	X	X	X	X			

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

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.

