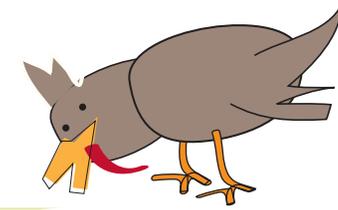
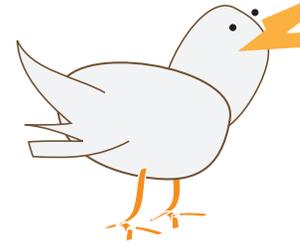


# breakfast menu

JULY 2020



monday	tuesday	wednesday	thursday	friday
		July 1, 2020 Appleberry Muffin Fruit	July 2, 2020 Peach Yogurt English Muffin Fruit	July 3, 2020 Cereal Fruit
July 6, 2020 WG Pancake Blueberry Compote Fruit	July 7, 2020 WG Bagel Cream Cheese Fruit	July 8, 2020 Scrambled Eggs WG Bread Fruit	July 9, 2020 Vanilla Yogurt English Muffin Fruit	July 10, 2020 Cereal Fruit
July 13, 2020 WG Waffle Strawberry Compote Fruit	July 14, 2020 Strawberry Yogurt English Muffin Fruit	July 15, 2020 WG Bagel Cream Cheese Fruit	July 16, 2020 Cinnamon Muffin Fruit	July 17, 2020 Cereal Fruit
July 20, 2020 WG Pancake Blueberry Compote Fruit	July 21, 2020 WG Bagel Cream Cheese Fruit	July 22, 2020 Scrambled Eggs WG Bread Fruit	July 23, 2020 Banana Muffin Fruit	July 24, 2020 Cereal Fruit
July 27, 2020 WG Waffle Strawberry Compote Fruit	July 28, 2020 WG Bagel Cream Cheese Fruit	July 29, 2020 Appleberry Muffin Fruit	July 30, 2020 Peach Yogurt English Muffin Fruit	July 31, 2020 Cereal Fruit

h		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			
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			
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			
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			
Breakfast Burrito	<b>Tortilla (see bread ingredients)</b> <b>Scrambled eggs</b> whole eggs, citric acid <b>Mild shredded cheddar cheese</b> (pasteurized milk cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent) <b>Salsa</b> (diced tomatoes, onion, cilantro, lime juice, sea salt)	X	X	X (tortilla)	X			
Breakfast Burrito, Turkey	<b>Tortilla (see bread ingredients)</b> <b>Scrambled eggs &amp; Turkey Crumbles</b> 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				
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							
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			
Chococrisp GrowBar	100% Whole Grain Oats, Sunbutter (roasted sunflower seeds), Honey, Whole Grain Brown Rice Crispies, Dutch Process Cocoa Powder (Cocoa processed with alkali, Blue Nectar Agave Syrup (Organic Agave Nectar), Salt							
Cinnamon Brown Sugar Oatmeal	Quick oats (may contain gluten), brown sugar, cane sugar, cinnamon, salt			X				

h		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Cinnamon Muffin</b>	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			
<b>Compote, Apple Cinnamon</b>	Apples, water, brown sugar, cinnamon, ascorbic acid							
<b>Compote, Strawberry</b>	Strawberries, sugar							
<b>Compote, Blueberry</b>	Blueberries, sugar							
<b>Cream Cheese</b>	Pasteurized milk and cream, salt, cheese cultures, carob bean gum (stabilizer).				X			
<b>English Muffin, Honey Wheat</b>	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			
<b>French Toast Casserole</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), eggs, whole milk, white sugar, vanilla extract, dark brown sugar, ground cinnamon, citric acid	X	X	X	X			
<b>Granola</b>	Rolled oats (may contain gluten), honey, dark brown sugar, raisins, butter			X	X			
<b>Granola Bar</b>	Rolled oats (may contain gluten), honey, brown sugar, raisins, cranberries, vanilla, salt			X	X			
<b>GrowYo - Peach</b>	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			
<b>GrowYo - Plain</b>	Grass-fed milk Non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures: L. Acidophilus & Bifidus				X			
<b>GrowYo - Strawberry</b>	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			
<b>GrowYo - Vanilla</b>	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			
<b>Pumpkin Muffin</b>	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				
<b>Scrambled Eggs</b>	Eggs, citric acid		X					
<b>Strawberry Grownola Cereal</b>	Gluten Free Whole Grain Oats, Honey, Sunflower Oil, Sorghum Crisps, Dark Brown Sugar, Dehydrated Strawberries (freeze-dried organic strawberries), Strawberry Powder (freeze-dried organic strawberries)							
<b>Turkey Ham &amp; Cheese Breakfast Sandwich</b>	<b>Biscuit</b> (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 conrstarch, soybean oil, artifical flavor, salt, datem, soy lecithin) <b>Turkey ham</b> (Turkey Thigh Meat, Turkey Broth, Contains Less Than 2% Sea Salt, Cane Sugar, Vinegar, Celery Powder, Cherry Powder, Natural Flavor) Mild cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color)	X		X	X			
<b>Whole Grain Pancake</b>	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			

h		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Whole Grain Waffle	Water, Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Milk Solids, Eggs, Less than 2%: Soy Lecithin, Wheat Bran, Sodium Acid Pyrophosphate, Salt, Baking Soda, Monocalcium Phosphate.	X	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.								