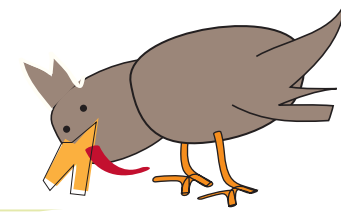
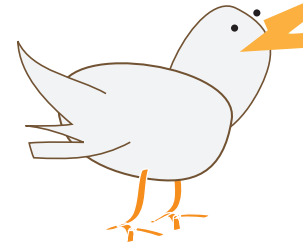


pm snack menu

JULY 2020



monday	tuesday	wednesday July 1, 2020	thursday July 2, 2020	friday July 3, 2020
		Cheese Cubes House Crackers	Animal Crackers Smoothie	Pretzels Fruit
July 6, 2020 Rice Cake Sunbutter	July 7, 2020 Pita Bread Hummus	July 8, 2020 Blueberry Lemon Bites Fruit	July 9, 2020 Veggie Stix Fruit	July 10, 2020 Fig Bar Smoothie
July 13, 2020 Mini Bagel Cream Cheese	July 14, 2020 Animal Crackers Fruit	July 15, 2020 Graham Crackers Sunbutter	July 16, 2020 Cheese Cubes House Crackers	July 17, 2020 Pretzels Fruit
July 20, 2020 Cheddar Bunnies Fruit	July 21, 2020 Graham Crackers Fruit	July 22, 2020 Blueberry Lemon Bites Fruit	July 23, 2020 Ranch Crisps Cucumber Slices	July 24, 2020 Cheese Cubes House Crackers
July 27, 2020 Mini Bagel Cream Cheese	July 28, 2020 Graham Crackers Fruit	July 29, 2020 Cheese Cubes House Crackers	July 30, 2020 Animal Crackers Smoothie	July 31, 2020 Pretzels Fruit

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	Plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), whole wheat flour, enriched all purpose flour, unsalted butter (cream, natural flavorings), unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), 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), ground cinnamon, baking powder, baking soda, salt		X	X	X			
Apple Oat Granola Bar	Gluten free oats, pure honey, dried apples, sunflower oil, dark brown sugar, ground cinnamon							
Appleberry Sauce	Unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), frozen unsweetened strawberries							
Applesauce	Apples, water, erythorbic acid (to maintain color)							
Banana Bread/Muffin	Bananas, white sugar, whole wheat flour, enriched all purpose flour, plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), 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		X	X	X			
Blueberry 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, citric acid added to preserve color), baking powder, baking soda, salt		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, water, tahini (pure ground sesame seed), lemon juice, canola oil, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder), garlic, sea salt, cumin							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			

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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 Stringle (String Cheese)	Organic pasteurized part-skim milk, cheese cultures, salt, enzymes				X			
Cinnamon Crisps	Whole wheat tortilla (see bread ingredients) Cinnamon, canola oil, white sugar			X				
Cream Cheese	Pasteurized milk and cream, pasteurized skim milk, cheese cultures, 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 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	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), strawberries, bananas, whole milk				X			
Gorilla Granola Bar	Rolled oats (may contain gluten), honey, brown sugar, raisins, cranberries, 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	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			

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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 flavor, xanthan gum, acesulfame potassium, sucralose, whey, soy flour, non-fat milk) Sunbutter (roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness))	X		X	X			
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	Garbanzo beans, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water							X
Hummus Roll-Up	Garbanzo beans, 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 ** See marinara ingredients 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 stearoyl 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			X				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							

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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
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 cane 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.