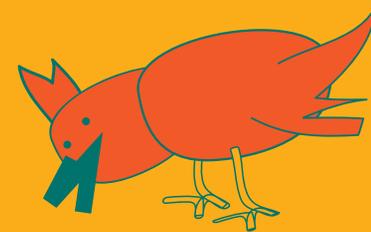
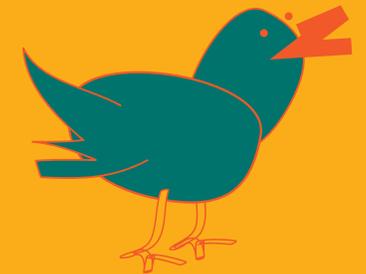


# BREAKFAST MENU

## March 2021



Monday March 1st, 2021	Tuesday March 2nd, 2021	Wednesday March 3rd, 2021	Thursday March 4th, 2021	Friday March 5th, 2021
Cereal Pearsauce	WG Pancake Strawberry Compote Fruit	Chocolate Grow Bar Fruit	WG Bagel Cream Cheese Appleberry Sauce	Peachy Overnight Oats Fruit
March 8th, 2021	March 9th, 2021	March 10th, 2021	March 11th, 2021	March 12th, 2021
Cereal Fruit	WG Waffle Apple Cinnamon Compote Fruit	Cinnamon & Brown Sugar Oatmeal Fruit	Veggie Omelet Fruit	Cinnamon Muffin Fruit
March 15th, 2021	March 16th, 2021	March 17th, 2021	March 18th, 2021	March 19th, 2021
Cereal Fruit	WG Pancake Strawberry Compote Fruit	WG Bagel Cream Cheese Fruit	Vanilla Yogurt English Muffin Fruit	Carrot Muffin Fruit
March 22nd, 2021	March 23rd, 2021	March 24th, 2021	March 25th, 2021	March 26th, 2021
Cereal Fruit	WG Waffle Blueberry Compote Fruit	Peach Yogurt English Muffin Fruit	Banana & Cinnamon Overnight Oats Fruit	Scrambled Eggs WG Bread Fruit
March 29th, 2021	March 30th, 2021	March 31st, 2021		
Cereal Applesauce	WG Pancake Strawberry Compote Fruit	Chocolate Growbar Fruit		



Breakfast		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			
Banana Cinnamon Overnight Oats	Gluten Free Oats, bananas, plain yogurt, milk, cinnamon, dark brown sugar, vanilla extract, sea salt				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> 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	<b>Tortilla (see bread ingredients)</b> 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				
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							

Breakfast		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Cinnamon Brown Sugar Oatmeal</b>	Quick oats (may contain gluten), brown sugar, cane sugar, cinnamon, salt			X				
<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				
<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>Strawberry Muffin</b>	Whole Wheat Flour, All Purpose flour, sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), strawberry compote (strawberries, sugar), sugar, butter, eggs, baking powder, baking soda, sea salt		X	X	X			
<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 conr starch, soybean oil, artificial 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) <b>Mild cheddar cheese</b> (cultured pasteurized milk, salt, enzymes, annatto color)	X		X	X			

Breakfast		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Veggie Omelet	Liquid eggs (Whole eggs, citric acid, water), shredded cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), spinach, red peppers		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			
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	WHOLE WHEAT FLOUR, WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST. CONTAINS 2% OR LESS OF: SALT, SORBIC ACID (PRESERVATIVE), DISTILLED MONOGLYCERIDES, MONO- AND DIGLYCERIDES, SOYBEAN OIL, CALCIUM PROPIONATE (PRESERVATIVE), DOUGH CONDITIONERS (CALCIUM SULFATE, L- CYSTEINE), ENZYMES, WHEAT FLOUR, XANTHAN GUM, YELLOW CORN MEAL.	X		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.</p> <p>**The Information provided following ** is intended to ensure readers consider entire entree items, not a single component. Additional information about specific allergens may also be included in this text.</p> <p><b>This information is subject to change at any time, or when Gourmet Gorilla develops new menu items or modifies existing recipes.</b></p>								