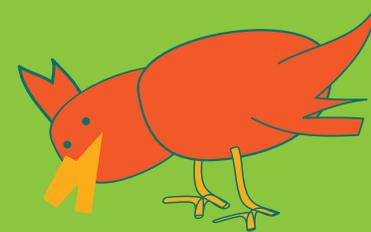
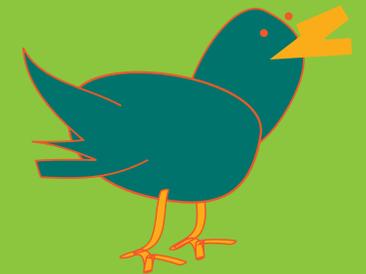


# PM SNACK MENU

## March 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 1st, 2021</b> Cheddar Bunnies Fruit	<b>March 2nd, 2021</b> Blueberry & Lemon Crispy Bites Fruit	<b>March 3rd, 2021</b> Pita Bread & Spinach Dip	<b>March 4th, 2021</b> English Muffin & Sunbutter Sandwich	<b>March 5th, 2021</b> Animal Crackers Vanilla Yogurt
<b>March 8th, 2021</b> Pita Bread & Hummus	<b>March 9th, 2021</b> House Crackers Cheese Cubes	<b>March 10th, 2021</b> Cinnamon Muffin Fruit	<b>March 11th, 2021</b> Steamed Broccoli & Ranch Dip	<b>March 12th, 2021</b> Graham Crackers Peach Yogurt
<b>March 15th, 2021</b> English Muffin & Sunbutter Sandwich	<b>March 16th, 2021</b> Animal Crackers Applesauce	<b>March 17th, 2021</b> Veggie Sticks Fruit	<b>March 18th, 2021</b> Pizza Bread	<b>March 19th, 2021</b> Sunbutter & Jelly Sandwich
<b>March 22nd, 2021</b> Mini Bagel & Cream Cheese	<b>March 23rd, 2021</b> Ranch Crisps Fruit	<b>March 24th, 2021</b> House Crackers Cheese Cubes	<b>March 25th, 2021</b> Cucumber Slices & Hummus	<b>March 26th, 2021</b> Animal Crackers Fruit
<b>March 29th, 2021</b> Cheddar Bunnies Fruit	<b>March 30th, 2021</b> Blueberry & Lemon Crispy Bites Fruit	<b>March 31st, 2021</b> Pita Bread & Spinach Dip		



Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Animal Crackers</b>	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				
<b>Apple Bread</b>	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			
<b>Apple Oat Granola Bar</b>	Gluten free oats, pure honey, dried apples, sunflower oil, dark brown sugar, ground cinnamon							
<b>Appleberry Sauce</b>	Unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), frozen unsweetened strawberries							
<b>Applesauce</b>	Apples, water, erythorbic acid (to maintain color)							
<b>Banana Bread/Muffin</b>	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			
<b>Blueberry Bread</b>	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			
<b>Blueberry Lemon Crispy Bites</b>	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			
<b>Buffalo Hummus</b>	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
<b>Bunny Grahams</b>	ORGANIC WHEAT FLOUR, ORGANIC CANE SUGAR, ORGANIC EXPELLER-PRESSED SUNFLOWER OIL, ORGANIC WHOLE WHEAT FLOUR (GRAHAM FLOUR), ORGANIC CORN FLOUR, ORGANIC HONEY, CALCIUM CARBONATE, BAKING SODA, SEA SALT, NATURAL FLAVOR, MIXED TOCOPHEROLS (VITAMIN E) TO PROTECT FLAVOR. Allergens: CONTAINS WHEAT; MADE ON SHARED EQUIPMENT THAT ALSO PROCESSES MILK AND SOY INGREDIENTS.	X		X	X			

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Cheddar Bunnies</b>	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			
<b>Cheese Cubes</b>	Cultured pasteurized milk, salt, enzymes, annatto (color)				X			
<b>Cheese Stringle (String Cheese)</b>	Organic pasteurized part-skim milk, cheese cultures, salt, enzymes				X			
<b>Cinnamon Crisps</b>	<b>Whole wheat tortilla (see bread ingredients)</b> Cinnamon, canola oil, white sugar			X				
<b>Cottage Cheese</b>	CULTURED PASTEURIZED SKIM MILK AND CREAM, TAPIOCA STARCH, SALT				X			
<b>Cream Cheese</b>	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			
<b>Deli Turkey</b>	Turkey Breast, Turkey Broth and 2% or less of the following: Dextrose, Salt, Sodium Phosphate							
<b>English Muffin, Honey Wheat</b>	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			
<b>Fig Bars</b>	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				
<b>Fruit Smoothie</b>	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			
<b>Gorilla Granola Bar</b>	Rolled oats (may contain gluten), honey, brown sugar, raisins, cranberries, vanilla, salt			X	X			
<b>Graham Crackers</b>	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				
<b>Grape Jelly</b>	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid							
<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			

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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			
Guacamole	Hass avocados, tomatoes, onions, jalapeno puree (white vinegar, jalapeno peppers, & salt), cilantro, salt, granulated garlic, lime juice and serrano peppers							
Honey Wheat English Muffin & Sunbutter Sandwich	<b>English muffin</b> (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) <b>Sunbutter</b> (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				
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), <b>flour tortilla (see bread ingredients)</b>			X				X
Mini Bagel	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Brown Sugar, Dough Conditioner (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid] Hydrolyzed Wheat Gluten And 2% Or Less Of Each Of The Following: Canola Oil, Ascorbic Acid, Enzymes, Salt), Contains Less Than 2% Of Salt, Vinegar, Wheat Gluten, Yeast.			X				
Mini Pizza Bread	<b>Dough</b> (whole wheat flour, yeast, water, salt) <b>Sauce</b> ** See marinara ingredients <b>Cheese</b> (mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), cheddar cheese)			X	X			
Peachy Overnight Oats	Gluten free oats, diced peaches, plain greek yogurt, 1% milk, dark brown sugar, sea salt							
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				
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

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pretzel Twists	Organic unbleached wheat flour, salt, organic soybean oil, organic malt	X		X				
Pumpkin Muffin/Bread	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				
Ranch Crisps	<b>Whole grain tortilla (see bread ingredients)</b> , 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, natura flavor), lactic acid powder (lactic acid, calcium lactate, silicon dioxide))			X	X			
Ranch Dip	Non fat greek yogurt (cultured skim milk protein concentrate, corn starch, tapioca starch, carrageenan gum, locust bean gum), canola oil, water, salt, cider vinegar, distilled vinegar, egg yolk, natural flavors, dried garlic, lactic acid, gluconic acid, spices, dried onion, acacia gum, xanthan gum, dried chive		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
Spinach Dip	Cream Cheese (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, XANTHAN GUM.), plain greek yogurt, spinach, parmesan cheese (IMPORTED PARMESAN CHEESE (PASTEURIZED) PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), garlic				X			
Sunbutter	Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)							
Sunbutter & Jelly Sandwich	<b>Sliced whole grain bread (see bread ingredients)</b> <b>Jelly</b> (organic grape juice from concentrate (water, organic concord grape juice concentrate), organic canse sugar, apple pectin, ascorbic acid, citric acid)) <b>Sunbutter</b> (roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness))			X (bread only)				
Sweet Potato Crackers (WG)	Whole grain wheat flour, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), granulated sugar, soybean oil, sweet potato puree, apple puree (apples, ascorbin acid), molasses, apple juice concentrate, baking soda, natural flavors, ground cinnamon, sodium ascorbate (vitamin C), salt, soy lecithin, spices, apple fiber.	X		X	X			
Turkey Rollup	<b>Michigan turkey</b> (turkey breast, turkey broth, and 2% or less of the following: dextrose, salt, sodium phosphate) <b>Flour tortilla (see bread ingredients)</b>			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, shitake mushroom), sea salt			X				

Snacks Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<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>								