

PM SNACK MENU

December 2023



Monday	Tuesday	Wednesday	Thursday	Friday
Monday, November 27 Strawberry Yogurt Animal Crackers	Tuesday, November 28 Cinnamon Crisps Apple Slices	Wednesday, November 29 Graham Crackers Orange Slices	Thursday, November 30 Hummus Pita Bread	Friday, December 1 House Crackers Mini Cheese Slices
Monday, December 4 Cinnamon Banana Bread Peach Yogurt	Tuesday, December 5 Ranch Crisps Orange Slices	Wednesday, December 6 Hummus Cucumbers	Thursday, December 7 Cheddar Bunnies Melon	Friday, December 8 Blueberry Lemon Bites Vanilla Yogurt
Monday, December 11 Pumpkin Bread Apple Slices	Tuesday, December 12 House Crackers Mini Cheese Slices	Wednesday, December 13 Granola Crispy Bites Orange Slices	Thursday, December 14 Banana Bread Pineapple	Friday, December 15 Graham Crackers Honeydew
Monday, December 18 Blueberry Lemon Bites Orange Slices	Tuesday, December 19 Sunbutter & Jelly Sandwich	Wednesday, December 20 Cinnamon Muffin Apple Slices	Thursday, December 21 Mini Bagel w/ Cream Cheese Melon	Friday, December 22 Animal Crackers Melon
Monday, December 25 Strawberry Yogurt Animal Crackers	Tuesday, December 26 Cinnamon Crisps Apple Slices	Wednesday, December 27 Graham Crackers Orange Slices	Thursday, December 28 Hummus Pita Bread	Friday, December 29 House Crackers Mini Cheese Slices

WG = Whole Grain
CHP = Cantaloupe, Honeydew, Pineapple



GF/DF PM SNACK MENU

December 2023



Monday	Tuesday	Wednesday	Thursday	Friday
Monday, November 27 Apple Chips Applesauce Cup	Tuesday, November 28 Sliced Turkey GF/DF/EF Bread	Wednesday, November 29 GF/DF/EF Pretzels Orange Slices	Thursday, November 30 GF/DF/EF Sunbutter & Jelly	Friday, December 1 GF/DF/EF Rice Cake Sliced Turkey
Monday, December 4 GF/DF Animal Crackers* Applesauce	Tuesday, December 5 Cucumber Slices Hummus	Wednesday, December 6 GF/DF/EF Sunbutter & Jelly	Thursday, December 7 Apple Grow Bar Melon	Friday, December 8 GF/DF/EF Veggie Straws Orange Slices
Monday, December 11 GF/DF/EF Pretzels Apple Slices	Tuesday, December 12 Sliced Turkey GF/DF/EF Bread	Wednesday, December 13 GF/DF Bagel* & Jelly Orange	Thursday, December 14 Apple Chips Pineapple	Friday, December 15 GF/DF/EF Rice Cakes Melon
Monday, December 18 ChocoCrisp Grow Bar Orange Slices	Tuesday, December 19 GF/DF/EF Rice Crackers Hummus	Wednesday, December 20 GF/DF/EF Veggie Straws Apple Slices	Thursday, December 21 Cucumber Slices Hummus	Friday, December 22 GF/DF Zucchini Muffin* Melon
Monday, December 25 Apple Chips Applesauce Cup	Tuesday, December 26 Sliced Turkey GF/DF/EF Bread	Wednesday, December 27 GF/DF/EF Pretzels Orange Slices	Thursday, December 28 GF/DF/EF Sunbutter & Jelly	Friday, December 29 GF/DF/EF Rice Cake Sliced Turkey

* Contains egg

CHP = Cantaloupe, Honeydew, Pineapple



PreK Snack 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				
Bagel, Mini	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				
Banana Bread, WG	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 Lemon Bites, WG	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			
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			
WG Cinnamon Crisps	Whole wheat tortilla (see bread ingredients) Cinnamon, canola oil, white sugar	X		X				
Cinnamon Crispy Bites	Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, dextrose, soy lecithin, soluble corn fiber, natural flavor (contains milk), applesauce (apples, ascorbic acid), spices, baking soda, salt.	X		X	X			
Cinnamon Bread	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			
Cran-Apple Bread	whole wheat flour, all-purpose flour, dark brown sugar, white granulated sugar, plain yogurt (Non-homogenized Grade A Pasteurized Milk, Nonfat Dry Milk. Contains Live & Active Cultures, Including L Acidophilus & Bifidus), baking soda, sea salt, cinnamon, baking powder, unsweetened applesauce (Apples, water. erythorbic acid added to maintain color.), frozen cranberries, unsalted butter (cream, natural flavorings), liquid eggs (Whole eggs, citric acid, water)		X	X	X			
English Muffin, WG & Sunbutter Sandwich w/ Blueberry Compote	Whole Grain English Muffin Whole wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor, sodium stearoyl lactylate, mono and diglycerides, ethoxylated mono and diglycerides, sucralose, soy flour, nonfat milk, whey Sunbutter Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt and Natural Mixed Tocopherols to preserve freshness Blueberry Compote frozen blueberries, honey	X		X	X			

PreK Snack Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Graham Crackers, WG	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				
GrowYo - Peach (Peach Yogurt)	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 - Strawberry (Strawberry Yogurt)	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 (Vanilla Yogurt)	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			
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
Mini Cheese Slices	Cultured Pasteurized milk, salt, enzymes, annatto color				X			
Pita, WG	WATER, WHOLE WHEAT FLOUR, WHEAT FLOUR ENRICHED ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), SOYBEAN OIL, YEAST, SALT, VITAL WHEAT GLUTEN, DOUGH CONDITIONER (MONO-DIGLYCERIDES, CALCIUM SULFATE, GUAR GUM, WHEAT STARCH, SODIUM METABISULFITE AND ASCORBIC ACID), SUGAR, PRESERVATIVES (CALCIUM PROPIONATE, FUMARIC ACID)	X		X				
Pretzels	organic unbleached wheat flour, salt, organic soybean oil, organic malt	X		X				
Ranch Crisps, WG	Whole grain tortilla (see bread ingredients) canola oil Ranch Seasoning parsley flakes, dill weed, garlic powder, onion powder, chopped onion, black pepper, oregano, chives, sea salt	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, WG	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		X				
Granola Crispy Bites	whole oats, corn syrup, sugar, whole grain wheat flour, molasses, soybean oil, applesauce, apple fiber, apple juice concentrate, soybean lecithin, natural flavors (contains milk), baking soda, salt, spices	X		X	X			
Honey-wheat English Muffin and Sunbutter Sandwich	Unbleached enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (B1), riboflavin (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, nonfat milk Sunbutter Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)	X		X	X			

PreK Snack Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pumpkin Bread, WG	whole wheat flour, all purpose flour, pumpkin paste, nutmeg, cinnamon, white sugar, brown sugar, liquid eggs, butter, baking soda, baking powder, sea salt, vanilla extract		X	X	X			
Pumpkin Apple Bread	whole wheat flour, enriched all-purpose white flour, unsalted butter (Cream, natural flavoring), liquid eggs (whole egg, water, citric acid), baking soda, baking powder, sea salt, dark brown sugar, vanilla extract, 100% pure pumpkin, nutmeg, cinnamon, unsweetened applesauce (apples, water, erythorbic acid added to maintain color)		X	X	X			
Zee Zee's WG Strawberry Graham Crackers	whole grain wheat flour, enriched wheat flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Palm Oil, Molasses, red beet juice(color) Salt, Malted Barley Flour, Soy Lecithin, Baking Soda.	X		X				
Zucchini Bread	whole wheat flour, quick rolled oats, baking soda, cinnamon, sea salt, nutmeg, canola oil, zucchini, dark brown sugar, white granulated sugar, liquid eggs (whole egg, citric acid, water), unsweetened applesauce (Apples, water. erythorbic acid added to maintain color), vanilla extract		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.								

PreK Gluten-Free, Dairy-Free Snack Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Animal Crackers, GF/DF	Sugar, Pea Starch, Potato Starch, Palm Fruit Oil (Non Hydrogenated), White Rice Flour, Tapioca Starch, Water, Glucose, Pea Protein, Sodium Carboxy Methylcellulose, Vanilla Flavor, Salt, Pea Fibre, Guar Gum, Inulin, Ammonium Bicarbonate, Sodium Bicarbonate, Soy Lecithin *contains egg	X	X					
Apple Chips	Apples, cinnamon							
Apple Oat GrowBar	Gluten free oats, pure honey, dried apples, sunflower oil, sunbutter, dark brown sugar, ground cinnamon							
Bagel, GF/DF	Water, brown rice flour, tapioca starch, canola oil, egg whites, potato starch, dried cane syrup, tapioca maltodextrin, tapioca syrup, xanthan gum, yeast, salt, cultured corn syrup solids, and citric acid (mold inhibitor), enzymes *contains egg		X					
Banana Bread, GF/DF	Whole grain brown rice flour, rice flour, potato starch, tapioca starch, cellulose, baking powder [baking soda, calcium acid pyrophosphate, monocalcium phosphate], vitamin and mineral blend [calcium carbonate, niacinamide (vitamin B3), reduced iron, thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2)], brown sugar, eggs (whole eggs, citric acid, water), canola oil, bananas, cinnamon, nutmeg *contains egg		X					
Blueberry Muffin, GF/DF	Whole grain brown rice flour, rice flour, potato starch, tapioca starch, cellulose, baking powder [baking soda, calcium acid pyrophosphate, monocalcium phosphate], vitamin and mineral blend [calcium carbonate, niacinamide (vitamin B3), reduced iron, thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2)], blueberries, organic soy milk (water, organic soybeans), organic cane sugar, canola oil, eggs, vanilla extract *contains egg	X	X					
Bread, GF/DF/EF	Filtered water, corn starch, tapioca starch, rice flour, palm fruit oil, safflower oil, tapioca syrup, bamboo fiber, invert sugar, pear juice concentrate, methylcellulose, yeast, salt, applesauce (apples, water), guar gum, xanthan gum, citrus fiber, glucono delta lactone (antioxidant) *produced in a facility that also processes eggs							
Chococrisp GrowBar	Gluten-free oats, organic sunbutter (roasted sunflower seeds), honey, brown rice crisps, all-purpose cocoa, blue agave nectar							
Cucumber Slices	Cucumbers							
Deli Turkey Slice	Turkey breast, turkey broth, and 2% or less of the following: dextrose, salt, sodium phosphate							
English Muffin, GF/DF/EF	Organic brown rice flour, filtered water, organic tapioca flour, potato starch, fresh yeast, organic flax seeds, organic chia seeds, organic sesame seeds, organic sunflower seeds, sea salt, vegetable gum (xanthan, cellulose)							X
Hummus	Garbanzo beans, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water							X
Jelly, Grape	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid							
Jelly Packet, Grape	Concord grapes, sugar, fruit pectin, citric acid							
Pretzels, GF/DF/EF	Corn starch, potato starch, rice flour, soluble corn fiber, palm oil, salt, sugar, cellulose gum, soy lecithin, sodium bicarbonate, yeast extract, sodium acid pyrophosphate, citric acid	X						X
Rice Crackers, GF/DF/EF	Jasmine rice, rice bran oil, sea salt, soybean tocopherols (preservative)	X						
Salted Rice Cake, GF/DF/EF	Whole Grain Brown Rice, Salt							
Sunbutter	Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)							

PreK Gluten-Free, Dairy-Free Snack Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Sunbutter & Jelly Sandwich, GF/DF/EF	GF Bread Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono delta lactone, calcium carbonate & magnesium carbonate), enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D Sunbutter Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness) Grape Jelly Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid							
Veggie Straws, GF/DF/EF	Potato Starch, Potato Flour, Expeller pressed canola oil and/or safflower oil and/or sunflower oil, yellow peas flour, cane sugar, salt, spinach powder, tomato paste, corn starch, sea salt, potassium chloride, for color (tumeric, paprika extract and beetroot powder)							
Waffle, GF/DF/EF	Water, Van's gluten free mix (brown rice flour, potato starch, rice flour, soy flour), Non-GMO expeller pressed canola oil, baking powder (sodium acid pyrophosphate, baking soda, rice flour, monocalcium phosphate), Van's natural fruit juice blend (pineapple, peach, and pear juice concentrates), sea salt, guar gum, soy lecithin	X						
Zucchini Muffin, GF/DF	Whole Grain Brown Rice Flour, Rice Flour, Potato Starch, Tapioca Starch, Cellulose, Baking Powder (baking soda, calcium acid pyrophosphate, monocalcium phosphate), Salt, Xanthan Gum, Vitamin and Mineral Blend [calcium carbonate, niacinamide (vitamin B3), reduced iron, thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2)], organic cane sugar, canola oil, whole eggs, citric acid, water, organic Soymilk (Filtered Water, Whole Organic Soybeans), Organic Cane Sugar, Tricalcium Citrate, Sea Salt, Organic Vanilla Flavor, Carrageenan, Vitamin A Palmitate, Vitamin D2, Riboflavin (B2), Vitamin B12, vanilla extract, zucchini, ground cinnamon. *CONTAINS EGG	X	X					
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