## BREAKFAST MENU October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
				October 1st, 2021
				Cereal Fruit
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
WG Pancake Plum Compote Fruit	Banana Cinnamon Overnight Oats Melon	Chicken Bacon & Cheddar Omelet WG Bread Melon	WG Bagel LF Cream Cheese Fruit	Cereal Fruit
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
WG Waffle Blueberry Compote Fruit	Peach Yogurt HW English Muffin Melon	Carrot Muffin Fruit	Scrambled Eggs WG Bread Fruit	Cereal Fruit
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
WG Pancake Apple Cinnamon Compote Fruit	WG Apple Orchard Growbar Melon	WG Bagel LF Cream Cheese Fruit	Blueberry Overnight Oats Fruit	Cereal Fruit
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
WG Waffle Strawberry Compote Fruit	Pumpkin Muffin Melon	Vanilla Yogurt HW English Muffin Fruit	Cinnamon Brown Sugar Oatmeal Fruit	Cereal Fruit





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	Breakfast				Allergens			
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
	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),							
Apple Bread	cinnamon, baking soda, baking powder, sea salt		х	х	х			
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			
Blueberry Overnight Oats	Gluten Free Oats, blueberries, plain yogurt, milk, cinnamon, dark brown sugar, vanilla extract, sea salt				x			
Breakfast Burrito	Tortilla (see bread ingredients) 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	Tortilla (see bread ingredients) 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				
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	х						
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			

	Breakfast				Allergens			
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Chicken Bacon & Cheddar Omelet	Liquid eggs, mild cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), chicken bacon (Chicken Raised Without Antibiotics, Water, Contains 2% or Less of: Sea Salt, Celery Juice Powder, Vinegar, Onion Powder, Soluable Red Pepper (Salt, Extractives of Red Pepper).)		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				
Cinnamon Chex	Whole Grain Rice, Rice, Sugar, Canola Oil, Salt, Rice Fiber, Cinnamon, Molasses, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.							
Cinnamon Muffin	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			
Compote, Apple Cinnamon	Apples, water, brown sugar, cinnamon, ascorbic acid		^	^	~			
Compote, Strawberry	Strawberries, sugar							
Compote, Blueberry	Blueberries, sugar							
					-			
Compote, Plum Cream Cheese	Plums, Sugar Pasteurized milk and cream, salt, cheese cultures, carob bean gum (stabilizer).				x			
English Muffin, Honey Wheat	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			
French Toast Casserole	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			
Granola	Rolled oats (may contain gluten), honey, dark brown sugar, raisins, butter			X	X			
Granola Bar GrowYo - Peach	Rolled oats (may contain gluten), honey, brown sugar, raisins, cranberries, vanilla, salt 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. Acidophiulus & Bifidus			X	x			
GrowYo - Plain	Grass-fed milk Non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures: L Acidophilus & Bifdus				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. Acidophiulus & 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. Acidophiulus & Bifidus Whole Grain Corn, Corn Meal, Sugar, Salt, Brown Sugar Syrup, Baking Soda, Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.				x			
Kix Cereal								

	Breakfast	Allergens								
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame		
Pumpkin Muffin	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						
Scrambled Eggs	Eggs, citric acid		X	X						
Strawberry Grownola Cereal	Glute Brown Sugar, Dehydrated Strawberries (freeze-dried organic strawberries), Strawberry Powder (freeze-dried organic strawberries)									
Strawberry Muffin	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					
Turkey Ham & Cheese Breakfast Sandwich	Biscuit (whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as reffours sulfate, thiamine mononitarte, 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) Turkey ham (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					
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 mononirtrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophasphate, monocalcium phosphate), soybean oil and/or canola oil, dextrose, salt, soy lecithin	х	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						
Zucchini Muffin	Zucchini, whole wheat flour, quick oats, dark brown sugar, sugar, eggs, unsweetened applesauce (Apples, water. erythorbic acid added to maintain color.), canola oil, baking soda, ground cinnamon, nutmeg,sea salt, 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 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.

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	Fruit & Veggie Sides Ingredients				Allergens			
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Broccoli	Broccoli							
Cauliflower	Cauliflower							
Coined Carrots	Carrots							
Collard Greens	Collard greens, red peppers, onions, canola oil, apple cider vinegar, vegetable base, dark brown sugar, cajun seasoning, garlic							
Cold Peas	Peas							
Corn	Corn							
Cucumbers	Cucumbers							
Cucumber Salad	Cucumbers, water, white wine vinegar, dill weed, sugar, salt, pepper							
Green Beans	Green beans							
Mashed Potatoes	Potatoes, whole milk, butter, sea salt				x			
Mashed Sweet Potatoes	Sweet potatoes, whole milk, unsalted butter, sea salt				x			
Snap Peas	Snap peas							
GF/DF/EF Mashed Potatoes	Potatoes, organic soy milk, sea salt	Х						
GF/DF/EF Mashed Sweet Potatoes	Sweet potatoes, organic soy milk, salt	x						
Peas	Peas							
Peas & Carrots	Peas, carrots							
Peppers & Onions	Green bell pepper, onions, red bell peppers, yellow peppers							
Steamed Carrots	Carrots, sea salt							
Roasted Beets	Beets, canola oil, sea salt							
Roasted Butternut Squash	Butternut squash, canola oil, salt							
Roasted Potatoes	Potatoes, Canola Oil, Parsley, Lawry's Seasoning (Salt, Sugar, Spices (including paprika & tumeric), onion, cornstarch, garlic, tricalcium phosphate (prevents caking), natural flavor, paprika oleoresin (for color).)							
Roasted Sweet Potatoes	Sweet potatoes, canola oil							
Roma Tomatoes	Roma Tomatoes							
Roasted Zucchini	Zucchini, olive oil, sea salt							
Squash Medley	Yellow squash, zucchini squash, canola oil, salt							
	Ingredients							
Apple Slices	Apples, calcium ascorbate							
Appleberry Sauce	Unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), frozen unsweetened strawberries							
Applesauce	Apples, water, erythorbic acid (to maintain color)							
Applesauce, Cinnamon	Apples, water, cinnamon, natural flavor, ascorbic acid (vitamin C)							
Banana	Banana							
Cantaloupe	Cantaloupe							
Craisins, Strawberry	Cranberries, sugar, natural strawberry flavor with other natural flavors, citric acid, sunflower oil, elderberry juice concentrate (color)							
Fruit Salad	2 or more: watermelon, cantaloupe, honeydew, pineapple, strawberries, blueberries							

	Fruit & Veggie Sides Ingredients				Allergens			
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Honeydew	Honeydew							
Kiwi	Kiwi							
Mango	Mango							
Orange Slices	Oranges							
Peaches, Diced	Peaches, Ascorbic Acid (To Promote Color Retention), Citric Acid and Malic Acid.							
Pear Slices	Pears, calcium ascorbate							
Pearsauce	Pears, water, white sugar							
Pineapple	Pineapple							
Pineapple Salsa	Pineapple, red peppers, onion, sea salt, cilantro, lime juice							
Raisins	California sun dried raisins							
Watermelon	Watermelon							
	Ingredients							
Asian Noodles	Wheat Flour, Water, Wheat Gluten, Salt, Soybean Oil	Х		X				
Brown Rice	Whole grain parboiled brown rice							
	Garbanzo beans, tahini (pure ground sesame seed), garlic, lemon juice, olive oil,							×
Hummus	cumin, salt, water							Х
Jelly, Grape	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, acsorbic acid, citric acid							
Jelly Packet, Grape	Concord grapes, sugar, fruit pectin, citric acid							
Ketchup	Muir Glenn Organic Ketchup, Organic Tomato concentrate from red ripe tomatoes, distilled vinegar, sugar, salt, onion powder, spice, onion powder, natural flavoring							
Marinara sauce	Muir Glenn organic tomatoes, Muir Glenn organic tomato juice, sea salt, naturally derived citric acid, calcium chloride, Muir Glenn organic tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder, olive oil, garlic, onions, oregano, basil, sugar, salt							
Ranch Dressing (Bulk)	Soybean oil, cultured nonfat buttermilk, water, distilled vinegar, contains less than 2% of: salt, cultured skim milk, natural flavor, sugar, whey protein concentrate, tamarind and xanthan gum, garlic powder, onion powder, lemon juice concentrate, ground mustard, spice, dried parsley, ground celery	x			x			
Ranch Dressing (Packet)	Water, Soybean Oil, Corn Syrup, Distilled Vinegar, Egg Yolks, Modified Food Starch, Contains 2% or less of Buttermilk, Natural Flavors, Potassium Chloride, Salt, Garlic*, Onion*, Xanthan Gum, Yeast Extract, Lactic Acid, Phosphoric Acid, Whey Powder, Disodium Inosinate & Disodium Guanylate, Potassium Sorbate & Sodium Benzoate (as preservatives), Rice Flour, Polysorbate 60, Spice, Parsley*, Calcium Disodium EDTA to protect flavor	x	x		x			
Salsa	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, lime juice, salt							
Sour Cream (Bulk)	Grass raised milk Cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes				x			
Sumac Sauce	Sour cream see sour cream bulk Greek yogurt (cultured pasteurized grade A nonfat milk), lemon juice, garlic, olive oil, sea salt, ground black pepper, ground sumac				x			

Fruit & Veggie Sides Ingredients		Allergens							
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame	
	Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)								
Quinoa	Quinoa								

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