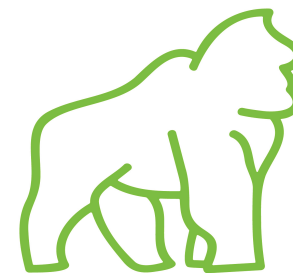


BREAKFAST MENU

October 2021



**GOURMET
GORILLA**

Monday

Tuesday

Wednesday

Thursday

Friday

October 1st, 2021

Cereal
Fruit

October 4, 2021

WG Pancake
Plum Compote
Fruit

October 5, 2021

Banana Cinnamon Overnight
Oats
Melon

October 6, 2021

Chicken Bacon & Cheddar
Omelet
WG Bread
Melon

October 7, 2021

WG Bagel
LF Cream Cheese
Fruit

October 8, 2021

Cereal
Fruit

October 11, 2021

WG Waffle
Blueberry Compote
Fruit

October 12, 2021

Peach Yogurt
HW English Muffin
Melon

October 13, 2021

Carrot Muffin
Fruit

October 14, 2021

Scrambled Eggs
WG Bread
Fruit

October 15, 2021

Cereal
Fruit

October 18, 2021

WG Pancake
Apple Cinnamon Compote
Fruit

October 19, 2021

WG Apple Orchard Growbar
Melon

October 20, 2021

WG Bagel
LF Cream Cheese
Fruit

October 21, 2021

Blueberry Overnight Oats
Fruit

October 22, 2021

Cereal
Fruit

October 25, 2021

WG Waffle
Strawberry Compote
Fruit

October 26, 2021

Pumpkin Muffin
Melon

October 27, 2021

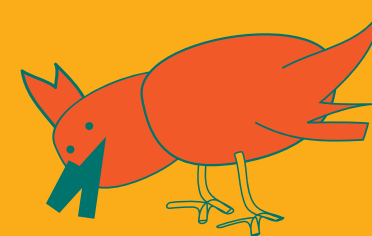
Vanilla Yogurt
HW English Muffin
Fruit

October 28, 2021

Cinnamon Brown Sugar
Oatmeal
Fruit

October 29, 2021

Cereal
Fruit



GourmetGorilla.com

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			
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	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			

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, Soluble 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	Plums, Sugar							
Cream Cheese	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	Rolled oats (may contain gluten), honey, brown sugar, raisins, cranberries, vanilla, salt			X	X			
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			
Kix Cereal	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.							

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	X						
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	X		X				
Brown Rice	Whole grain parboiled brown rice							
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							
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			

