

School Meal Box: Sept 7 – Sept 11, 2020

Breakfast Items

Exact items in each box may vary depending on available items.

French Toast Breakfast Bread

- Whole Grain Wheat Flour, Sugar, Whole Eggs, Water, Soybean Oil, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Non-Fat Dry Milk, Soy Lecithin (emulsifier)), Sanding Sugar (Sugar, Confectioners Glaze, Caranauba Wax) Palm Oil, Dried Buttermilk, Modified Food Starch, Wheat Starch, Cinnamon, Salt, Baking Soda, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Mono & Diglycerides, Carboxymethylcellulose
- **Allergens:** Egg, milk, soy, wheat, gluten
- Carbs: 32g

Strawberry Oatmeal Bar

- Whole Grain Blend (Rolled Oats, Whole Grain Wheat Flour), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Invert Syrup, Soybean Oil, Corn Syrup, Canola Oil, Raisin Paste, Strawberry Bits (Sugar, Soybean Oil, Whole Grain Wheat Flour, Strawberry Powder, Citric Acid, Fruit Juice Extract, Natural Flavors), Eggs, Apple Puree (Apples, Ascorbic Acid), Apple Juice Concentrate, Fructose, Apple Fiber, Natural Flavors, Soy Lecithin, Nonfat Dry Milk, Molasses, Cocoa Butter, Salt, Baking Soda.
- **Allergens:** Egg, milk, soy, wheat, gluten
- Carbs: 23g

Cinnamon & Oat Seed Bar

- 88 Acres Seed and Grain Blend (Gluten Free Certified Oats, Millet, Ground Flax Seed), Brown Rice Syrup, Maple Syrup, Organic Cinnamon, Sea Salt
- **Allergens:** None
- Carbs: 36g

Pancakes with Blueberries

- Pancakes: Whole Wheat Flour, Water, Buttermilk, Sugar, Dextrose, Soybean Oil, Baking Powder, Whole Eggs, Salt
- Blueberries: Unsweetened Wild Blueberries
- **Allergens:** Egg, milk, soy, wheat, gluten
- Carbs: 35g

Yogurt Cup (flavors will vary)

- Cultured Pasteurized Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate, Citric Acid, Vitamin D3
- **Allergens:** Milk
- Carbs: 19g

Cheese Stick (flavors will vary)

- Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes
- **Allergens:** Milk
- Carbs: 0g

Orange Juice

- Filtered Water, Orange Juice from Concentrate
- **Allergens:** None
- Carbs: 15g

Whole Apples

- Carbs: 15g per apple



Lunch Items

Exact items in each box may vary depending on available items.

Turkey & Cheese Sandwich (various types)

- Bread (type will vary): Water, Whole Wheat Flour, Enriched Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Wheat Gluten, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Sulfate, Enzymes), Monocalcium Phosphate, Calcium Propionate
 - o **Allergens:** Gluten, wheat
 - o Carbs: 28g
- Cheese (flavor will vary): Cultured Pasteurized Milk, Salt, Annatto (for color), Enzymes, Natamycin (a natural mold inhibitor), Soy Lecithin (non-sticking agent)
 - o **Allergens:** Milk, soy
 - o Carbs: 1g
- Turkey (type will vary): Turkey Thigh Meat with a Portion of Ground Turkey Thigh Trim Added, Vinegar, Sugar, Contains 2% or less Sea Salt, Cultured Celery Powder, Salt, Potassium Chloride, Baking Soda, Natural Smoke Flavor
 - o **Allergens:** None
 - o Carbs: 2g

Beef Nachos

- Beef Taco Meat with Cheese: Taco Meat (Ground Beef, Chili Powder, Ground Cumin, Granulated Garlic, Granulated Onion, Dried Oregano, Cayenne Pepper, Salt), Cheese Sauce (Maltodextrin, Dehydrated Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Modified Corn Starch, Whey, Salt, Coconut Oil, Less than 2% Natural Flavor, Buttermilk Solids, Cellulose Gum, Yeast Extracts [Contains gluten from barley], Soy Lecithin, Lactic Acid, Sodium Phosphate, Sodium Citrate, Disodium Phosphate, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Extractives of Paprika and Annatto [for color]), Salsa (Tomatoes, Tomato Puree, Fresh or Dried Onions, Green Peppers, Garlic, and Jalapenos)
 - o **Allergens:** Milk, soy, gluten, wheat
 - o Carbs: 8g
- Tortilla Chips: Ground Whole Grain Corn, Vegetable Oil (Contains one or more of the following: Corn, Sunflower, Safflower, or Canola oil), Salt
 - o **Allergens:** None
 - o Carbs: 20g

Grilled Cheese Sandwich

- Whole Grain Bread: Water, Whole Wheat Flour, Enriched Bread Flour, Bread Base (Sugar, Soy Oil, Dextrose, Salt, Wheat Flour, Mono & Diglycerides, Calcium Stearoyl Lactylate, What Gluten, Calcium Sulfate, Diacetyl Tartaric Acid Esters of Mono & Diglycerides, Ammonium Sulfate, Ethoxylated Mono & Mono Diglycerides, Guar Gum, Ascorbic Acid, Monocalcium Phosphate, Potassium Iodite, Enzyme, Calcium Peroxide), Sugar, Yeast, Wheat Gluten, Calcium Propionate, Reduced Sodium, Reduced Fat American Cheese (Cultured Pasteurized Milk and Skim Milk, Milk Fat, Whey Protein Concentrate. Contains <2% of Salt, Sodium Citrate, Potassium Citrate, Guar Gum, Locust Bean Gum, Xanthan Gum, Lactic Acid, Sorbic Acid, APO Carotenal and Beta Carotene, Enzymes, Vitamin A Palmitate, Soy Lecithin and Soybean Oil Blend, Soybean Oil
- **Allergens:** Milk, gluten, wheat, soy
- Carbs per serving: 32g

Hamburger on Bun (beef or turkey)

- Bun: Water, Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast,



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Contains 2% or less of the following: Soybean Oil, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Sulfate, Enzymes), Monocalcium Phosphate, Calcium Propionate

- **Allergens:** Wheat, gluten
- Carbs: 28g
- Beef Hamburger: Ground Beef (no more than 20% fat), Water, Less than 2% of the following: Spices (Mustard Powder, Black Pepper, Herbs), Salt, Natural Flavor, Sodium Phosphate
 - **Allergens:** None
 - Carbs: 0g
- Cheddar Cheese: Cultured Pasteurized Milk, Salt, Annatto, Enzymes, Natamycin (a natural mold inhibitor), Soy Lecithin (non-sticking agent)
 - **Allergens:** Soy
 - Carbs: 0g

Cheese Pizza

- CRUST: Water, Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Malted Barely Flour, Vitamin C, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin), Palm Shortening, Salt, Yeast, Calcium Propionate, L-Cysteine. CHEESE: Low Moisture-Part Skim Mozzarella Cheese (Cultured Pasteurized Part Skim Milk, Salt, Enzymes). SAUCE: Tomatoes (Water, Tomato Paste) 1% or less on Onion, Salt, Spices, Garlic Powder, Soybean Oil, Xanthan Gum
- **Allergens:** Milk, gluten, wheat, soy
- Carbs per serving: 32g

Fruits & Veggies (options will vary)

- **Carrots**
 - *Farm to School item!*
 - Carbs per ½ cup serving: 5g
- **Broccoli**
 - Carbs per ½ cup serving: 2g
- **Green Peppers**
 - *Farm to School item!*
 - Carbs per ½ cup serving: 2g
- **Grape Tomatoes**
 - *Farm to School item!*
 - Carbs per ½ cup serving: 4g
- **Celery**
 - Carbs per ½ cup serving: 2g
- **Potato Wedges**
 - Potatoes, Vegetable Oil (Contains One Or More of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% or less of Annatto (color), Baking Soda, Corn Starch, Corn Starch - Modified, Dextrin, Dextrose, Extractives of Capsicum, Extractives of Paprika (color), Garlic Powder, Onion Powder, Paprika (color), Potassium Chloride, Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color & Leavening), Spices, Tapioca Starch - Modified, Xanthan Gum.
 - **Allergens:** May contain soy
 - Carbs per ½ cup serving: 20g
- **Baked Beans**
 - White Beans, Water, Brown Sugar, Sugar, Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Turmeric, Spices), Modified Corn Starch, Onion Powder, Caramel Color, Spices, Garlic Powder, Natural Flavor
 - **Allergens:** None

If you have nutrition or dietary questions, please contact Ask.Dietitian@mpls.k12.mn.us.



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- Carbs per ½ cup serving: 30
- **Grapes**
 - Carbs per ½ cup serving: 14g
- **Applesauce Cup**
 - Carbs per cup: 14g
- **Plum**
 - Carbs per plum: 8g
- **Orange**
 - Carbs per orange: 11g
- **Frozen Fruit Cup** (flavor will vary)
 - Strawberries, Sugar
 - **Allergens:** None
 - Carbs per cup: 22g

1% Milk (*optional*)

- Carbs per serving: 13g

