

Breakfast & Lunch Meal Box: Nov 16—Nov 22

Breakfast Items

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

Cocoa Cherry Bar

- Flour Blend (Whole Grain Oat Flour, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Sugar, Corn Syrup, Cherries, Soybean Oil, Cocoa (processed with alkali), Palm Oil, Raisin Paste, Icing (Sugar, Palm Kernel Oil, Soy Lecithin, Corn Starch), Baking Soda, Natural Flavors, Salt.
- **Allergens:** Wheat, gluten, soy
- Carbs: 33g

Lemon Poppyseed Breakfast Bread

- Whole Wheat Flour, Water, Sugar, Soybean Oil, Eggs, Nonfat Dry Milk, Natural Flavor, Wheat Starch, Modified Food Starch, Wheat Gluten, Poppy Seeds, Butter, Salt, Baking Powder (Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Baking Soda (Sodium Bicarbonate), Soy Lecithin, Lemon Juice, Mono and Diglycerides, Carboxymethylcellulose
- **Allergens:** Egg, milk, soy, wheat, gluten
- Carbs: 31g

Bagel with Cream Cheese

- 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
 - o **Allergens:** Gluten, wheat
 - o Carbs: 28g
- Cream Cheese: Pasteurized Milk and Cream, Water, Lactose, Salt, Cheese Culture, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums), Potassium Sorbate, Citric Acid
 - o **Allergens:** Milk
 - o Carbs: 2g

Mini Maple Pancakes

- Water, Whole Grain Wheat Flour, Sugar, Buttermilk, Maple Bits (Sugar, Whole Grain Wheat Flour, Soybean Oil, Cellulose Gum, Natural Flavor), Canola Oil, Eggs, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Potassium Bicarbonate, Monocalcium Phosphate), Natural Flavor, Sea Salt, Soy Lecithin
- **Allergens:** Egg, gluten, wheat, milk, soy
- Carbs per serving: 36g

Lunch Items

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

Cheese Enchilada

- Filling: Reduced Fat Monterey Jack Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes). Whole Grain Corn Tortilla: White Whole Grain Corn Flour (White Corn Masa Flour, Propionic Acid, Guar Gum, Cellulose Gum, Phosphoric Acid, Enzymes [To preserve freshness]), Yellow Whole Grain Corn Flour (Yellow Corn Masa Flour, Trace of Lime), Water. Sauce: Tomato Sauce (Tomato Concentrate [Water, Tomato Paste], Salt, Onion Powder, Garlic Powder, Citric Acid, Natural Flavors), Water, Vegetable Base (A Blend of Vegetables [Purees (Carrot, Celery, Onion, Sauteed Onion, Red Bell Pepper), Dehydrated (Tomato, Carrots, Green Bell Pepper, Onion), Juices (Onion, Garlic, Shallot, Carrot)], Sugar, Salt, Yeast Extract, Hydrolyzed Corn Protein, Contains 2% Or Less Of The Following: Maltodextrin, Canola Oil, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Modified Food Starch, Spice, Hydrolyzed Soy Protein, Burgundy Wine Solids), Granulated Onion, Ground Cumin, Chili Powder, Granulated Garlic, Dried Oregano. Cheese: Reduced Fat Cheddar Cheese (Pasteurized Reduced Fat Milk, Salt, Cheese Cultures, Sorbic Acid [a preservative], Color Added, Enzymes), Powdered Cellulose (to prevent caking), Natamycin (a natural mold inhibitor).
- **Allergens:** Milk, soy
- Carbs: 23g

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
- Cheese (flavor will vary): Cultured Pasteurized Milk, Salt, Annatto (for color), Enzymes, Natamycin (a natural mold inhibitor), Soy Lecithin (non-sticking agent)
- 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
- **Allergens:** Gluten, wheat, milk, soy
- Carbs: 31g

Ferndale Turkey Burger with Provolone Cheese

- 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, 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
- Ferndale Turkey Burger: Turkey, Eggs, Breading (Rice Flour, Corn Starch, Raisin Juice Concentrate, Salt, Honey, Canola Oil, Carrageenan, Dehydrated Garlic), Salt, Granulated Garlic, Granulated Onion
 - o *Farm to School local item!*
- Provolone Cheese: Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Natamycin (a natural mold inhibitor), Color Added, Soy Lecithin (for slice separation)
- **Allergens:** Egg, milk, wheat, gluten, soy
- Carbs: 37g

Cheese & Green Chile Tamale

- Masa: Water, Whole Ground White Corn Masa Flour, Canola Oil, Salt, Seasoning (Modified tapioca and corn starch, apple pectin & fiber, xanthan gum, guar gum, methyl cellulose), Baking powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium phosphate), Trace of



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lime; Filling: Cheese (Cultured Milk, Water, Cream, Skim Milk, Sodium Phosphates, Salt, Enzymes), Green Chilies (green chilies, citric acid)

- **Allergens:** Milk
- Carbs: 29g

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 of Onion, Salt, Spices, Garlic Powder, Soybean Oil, Xanthan Gum
- **Allergens:** Milk, gluten, wheat, soy
- Carbs per serving: 32g

Meal Box Fruits & Veggies

Fruits & Veggies (options will vary)

- **Grapes**
 - o Carbs per serving: 11g
- **Applesauce Cup**
 - o Carbs per cup: 14g
- **Variety Whole Fruit Bag**
 - o Apples: 15g carbs
 - o Oranges: 11g carbs
 - o Red Pears: 23g carbs
- **Carrots**
 - o Carbs per serving: 5g
- **Radishes**
 - o *Farm to School local item!*
 - o Carbs per ½ cup serving: 2g
- **Broccoli**
 - o Carbs per ½ cup serving: 2g
- **Carrots**
 - o *Farm to School item!*
 - o Carbs per ½ cup serving: 5g
- **Seasoned Pinto Beans:**
 - o Pinto Beans (Prepared Pinto Beans, Water, Salt, Calcium Chloride [Firming Agent], and Calcium Disodium EDTA [Promotes Color Retention], Canola Oil, Yellow Onion, Green Peppers, Spices (Chili Powder, Cumin, Granulated Garlic, Kosher Salt, Black Pepper, Oregano)
 - o **Allergens:** None
 - o Carbs per serving: 19g
- **Seasoned Black Beans:**
 - o Black Beans (Prepared Black Beans, Water, Sugar, Salt, Calcium Chloride, Ferrous Gluconate), Yellow Onion, Green Pepper, Canola Oil, Chili Powder, Ground Cumin, Granulated Garlic, Kosher Salt, Black Pepper, Dried Oregano
 - o **Allergens:** None
 - o Carbs per serving: 20g

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



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1% Milk (*optional*)

- Carbs per serving: 13g

Super Snack Box Items

Pretzel Goldfish

- Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Canola and/or Sunflower Oil, Salt, Contains 2% of less of Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Cornstarch, Monocalcium Phosphate), Malted Barley Flour, Nonfat Milk
- **Allergens:** Wheat, gluten, milk
- Carbs: 16g

Turkey Stick

- Turkey Breast Meat, Water, Contains 2% or less Vinegar, Salt, Seasoning (Sugar, Salt, Brown Sugar, Spices, Dried Garlic, Dried Onion, Dried Molasses, Dried Chicken Broth, Sunflower Oil, Turkey Fat, Smoke Flavor), Turkey Flavor (Turkey Broth, Turkey Fat, Salt, Flavor, Onion Powder), Rosemary Extract, Baking Soda
- **Allergens:** None
- Carbs: 0g

Cheese Cubes

- Cultured Pasteurized Reduce Fat Milk, Salt, Enzymes, Annatto (color), Vitamin A Palmitate
- **Allergens:** Milk
- Carbs: 0g

Cheez-Its

- Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamine Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), White Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Soybean Oil (with TBHQ for freshness), Contains 2% of less of Salt, Calcium Carbonate, Paprika, Yeast, Paprika Extract Color, Turmeric Extract Color, BHT for freshness, Vitamin A Palmitate, Annatto Extract Color, Soy Lecithin
- **Allergens:** Wheat, gluten, milk, soy
- Carbs: 14g

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

Cheddar Goldfish

- Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Cultured Milk, Salt, Enzymes, Annatto), Canola and/or Sunflower Oil, Salt, Contains 2% or less of: Yeast, Autolyzed Yeast Extract, Paprika, Spices, Celery, Baking Soda, Monocalcium Phosphate, Onion Powder
- **Allergens:** Wheat, gluten, milk
- Carbs: 14g



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Sunwise Sandwich

- Bread (Whole Grain Wheat White Flour, Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Soybean Oil, Yeast, Wheat Gluten, Salt, Malt, Mono & Diglycerides, Calcium Propionate, Dough Conditioners [L-Cysteine, Ascorbic Acid]), Sunflower Seed Butter (Sunflower Seeds, Sugar, Mono & Diglycerides, Salt, Natural Mixed Tocopherols to preserve freshness), Grape Jelly (Corn Syrup, Water, Concord Grape Juice Concentrate, Pectin, Citric Acid, Potassium Sorbate, Sodium Citrate)
- **Allergens:** Wheat, gluten, soy
- Carbs: 33g

Bagel with Cream Cheese

- 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
 - o **Allergens:** Gluten, wheat
 - o Carbs: 28g

Chocolate Chickpea Spread

- Sunflower Oil, Sugar, Roasted Chickpeas, Whey Protein Isolate, Cocoa Powder, Natural Flavor
- **Allergens:** Milk
- Carbs: 14g

Sunbutter Spread

- Roasted Sunflower Seeds, Sugar, Mono-Diglycerides, Salt
- **Allergens:** None
- Carbs: 7g

Tortilla Chips

- Ground Whole Grain Corn, Vegetable Oil (Contains one or more of the following: Corn, Sunflower, Safflower, or Canola oil), Salt
- **Allergens:** None
- Carbs: 20g

Hummus Cup

- **Red Pepper:** Garbanzo Beans, Water, Red Bell Pepper, Pear Juice Concentrate, Contains 2% or less of the following: Olive Oil, Citric Acid, Salt, Lemon Juice Concentrate, Garlic, Spices
- **Plain:** Garbanzo Beans, Water, Lemon Juice Concentrate, Olive Oil, Garlic, Contains 2% or less of the following: Citric Acid, Spice, Salt
- **Allergens:** None
- Carbs: 18g

Roasted Garbanzo Beans

- **Pizza:** Garbanzo Beans, Whey, Extra Virgin Olive Oil, Salt, Tomato, Sugar, Spices, Garlic, Natural Dairy Flavors, Non-Fat Dry Milk, Paprika, Green Pepper, Citric Acid, Parsley
- **Ranch:** Garbanzo Beans, Dried Buttermilk, Salt, Extra Virgin Olive Oil, Onion, Spices, Garlic
- **Allergens:** Milk
- Carbs: 12g

Cheddar Cheese Cup

- Cheddar Cheese (cultured pasteurized milk, salt, enzymes), Whey, Skim Milk, Reduced Fat Cheddar Cheese (cultured Pasteurized reduced fat milk, salt, enzymes), Potassium and Sodium Phosphates, Maltodextrin, Contains Less than 2% of: Glucono-Delta-Lactone, Natural Flavors, Carrageenan, Lactic Acid, Mono and Diglycerides, Sorbic Acid (preservative), Salt, apo-Carotenal (color)
- **Allergens:** Milk
- Carbs: 14g



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Juice (flavors will vary)

- **Gold Rush:** 100% Vegetable Juice (Filtered Water sufficient to reconstitute Sweet Potato, Carrot, Pumpkin, Butternut Squash and Tomato Juice Concentrates), Natural Flavors, Ascorbic Acid (Vitamin C), Citric Acid
 - o Carbs: 10g
- **Power Punch:** 100% Juice from Sweet Potato, Apple, Pear, Jujube Fruit, Grape, Carrot, Passionfruit, Strawberry and Tomato juice concentrates (Filtered Water and Juice Concentrates), Natural Flavors, Citric Acid, Ascorbic Acid (Vitamin C), Vitamin A Palmitate, Vitamin E Acetate
 - o Carbs: 14g
- **Tropical Twist:** 100% Juice from Sweet Potato, Apple, Pear, Grape, Jujube Fruit, Carrot, Beet, Pineapple, Cherry, and Tomato Juice Concentrates (Filtered water and juice concentrates), Natural Flavors, Citric Acid, Ascorbic Acid (vitamin C), Vegetable Color, Vitamin A Palmitate, Vitamin E Acetate
 - o Carbs: 14g

