

Breakfast & Lunch Meal Box: Nov 23—Nov 29

Breakfast Items

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

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
 - o Packaging Disposal Instructions: Please empty, remove the lid, and recycle the cup.

Brekkie Breakfast Round

- Flour (Whole Wheat Flour, Rolled Oats, Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Sugar, Butter, Carrots, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin), Palm Oil, Eggs, Water, Molasses, Ground Flaxseed, Sodium Bicarbonate, Salt, Vanilla Extract
- **Allergens:** Egg, gluten, milk, soy, wheat
- Carbs: 26g

Apple 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, Corn Syrup, Invert Syrup, Soybean Oil, Raisin Paste, Canola Oil, Apple Puree (Apples, Ascorbic Acid), Apple Juice Concentrate, Fructose, Cocoa Butter, Eggs, Soy Lecithin, Molasses, Apple Fiber, Salt, Cinnamon, Natural Flavors (Contains Milk), Baking Soda.
- **Allergens:** Egg, milk, soy wheat, gluten
- Carbs: 46g

Blueberry Waffles

- Water, Whole Wheat Flour, Sugar, Brown Rice Flour, Soybean Oil, Contains less than 2% of: Leavening (Baking Soda, Sodium Aluminum Phosphate, Calcium Acid Pyrophosphate, Potassium Bicarbonate), Whole Grain Corn Flour, Soy Lecithin, Natural Flavor, Salt, Nonfat Milk, Canola Oil, Corn Starch, Dextrose, Fructose, Elderberry, Watermelon and Huito Juices (added for color), Eggs, Cellulose Gum, Sodium Bicarbonate, Tricalcium Phosphate
- **Allergens:** Wheat, gluten, milk, egg, soy
- Carbs: 37g

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

Minneapolis Public Schools Culinary & Wellness Services

(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

Chicken Alfredo Pasta

- Penne Pasta: Water, Whole Wheat Durum Flour
- Alfredo Sauce: Reduced Sodium Alfredo Sauce (Milk, Dehydrated Parmesan Cheese [Pasteurized Part-skim Milk, Cheese Culture, Salt, Enzymes], Dehydrated Romano Cheese made from Cow's Milk [Part-skim Milk, Cheese Culture, Salt, Enzymes], Modified Corn Starch, Buttermilk, Maltodextrin, Sodium Phosphate, Salt, Lactic Acid, Soy Lecithin, Xanthan Gum, Garlic, Spice), Water, Granulated Garlic, Ground White Pepper, Butter
- Chicken: Chicken White and Dark Meat, Water, Modified Food Starch, Salt and Sodium Phosphate
- **Allergens:** Milk, soy, wheat, gluten
- Carbs: 35g

Rotini Pasta with Meat Sauce (Pouch)

- Water, Ground Beef (No more than 20% fat), Rotini (Whole Durum Wheat Flour, Semolina, Egg White, Glycerol Monostearate, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Paste, Contains less than 2% of Sugar, Seasoning (Potassium Chloride, Flavor [Contains Maltodextrin]), Seasoning (Sugar, Onion, Spice, Garlic), Spices, Salt, Dehydrated Garlic, Citric Acid, Dehydrated Parsley.
- **Allergens:** Wheat, gluten, egg
- Carbs: 29g

Chicken Fillet on Bun

- Chicken Fillet: Chicken breast with rib meat, whole wheat flour, water, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, isolated soy protein, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breading set in vegetable oil.
- 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
- **Allergens:** Soy, wheat, gluten
- Carbs: 37g

Beef Hot Dog on Bun

- Hot Dog: 100% Grass Fed Beef, Water, Sea Salt, Natural Spice, Cane Sugar, Mustard, Paprika, Celery Juice, Lactic Acid Starter Culture. (No Nitrites or Nitrates except for the naturally occurring)
- 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: Soybean Oil, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Sulfate, Enzymes), Monocalcium Phosphate, Calcium Propionate
- **Allergens:** Wheat, gluten
- Carbs: 30g



Minneapolis Public Schools Culinary & Wellness Services

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

- **Sliced Apples**
 - o Carbs per ½ cup serving: 11g
- **Variety Whole Fruit Bag**
 - o Apples: 15g carbs
 - o Oranges: 11g carbs
 - o Red Pears: 23g carbs
- **Beets**
 - o *Farm to School item!*
 - o Carbs per ½ cup serving: 6g
- **Broccoli**
 - o Carbs per ½ cup serving: 2g
- **Carrots**
 - o *Farm to School item!*
 - o Carbs per ½ cup serving: 5g
 - o **Allergens:** None
 - o Carbs per serving: 30g

1% Milk (optional)

- Carbs per serving: 13g
- Packaging Disposal Instructions: Please recycle your empty milk carton.

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



Minneapolis Public Schools Culinary & Wellness Services

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

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

Minneapolis Public Schools Culinary & Wellness Services

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

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

