

Breakfast & Lunch Meal Box: Nov. 30—Dec. 6

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

Blueberry Rice Chex Cereal

- Whole Grain Rice, Rice, Sugar, Canola Oil, Blueberry Powder, Salt, Molasses, Natural Flavor
- **Allergens:** None
- Carbs: 46g

Mini Cinnamon Waffles

- Whole Wheat Flour, Water, Sugar, Egg Whites, Vegetable Oil (Soybean, Palm, and/or Canola Oil), contains 2% or less of leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate, Soy Lecithin, Molasses, Cinnamon, Salt, Whey)
- **Allergens:** Egg, milk, gluten, wheat, soy
- Carbs per serving: 35g

Lunch Items

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

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

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)



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- 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

Cheeseburger on Bun

- 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
- 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
- Cheddar Cheese: Cultured Pasteurized Milk, Salt, Annatto, Enzymes, Natamycin (a natural mold inhibitor), Soy Lecithin (non-sticking agent)
- **Allergens:** Wheat, gluten, soy
- Carbs: 28g

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

- **Apples** (whole)
 - o *Farm to School item!*
 - o Carbs per apple: 15g
- **Sliced Apples**
 - o Carbs per ½ cup serving: 11g
- **Carrots**
 - o *Farm to School item!*
 - o Carbs per ½ cup serving: 5g
- **Sugar Snap Peas**
 - o Carbs per 10 pods: 3g

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

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(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

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

Vanilla Yogurt (Tub)

- Non-Homogenized Pasteurized ilk, Nonfat Dry Milk,, Natural Cane Sugar, Natural Vanilla, Cultures
- **Allergens:** Milk, Dairy
- Carbs: 26g (1 Cup)

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

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

Chocolate Bear Grahams

- Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Cocoa (Processed with Alkali), Salt, Sodium Bicarbonate, Natural Flavors, Corn Starch, Monocalcium Phosphate, Added Vitamins and Iron (Ascorbic Acid, Vitamin A Palmitate, Niacinamide, Iron/Electrolytic, Riboflavin, Thiamin Mononitrate, Maltodextrin)

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- **Allergens:** Wheat, gluten
- Carbs per serving: 21g

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

