

Breakfast & Lunch Meal Box: January 4-10

Breakfast Items

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

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

Chocolate Sea Salt Seed Bar

- Gluten Free Certified Oats, 88 Acres Seed Blend (Organic Pumpkin Seeds, Organic Sunflower Seeds, Ground Flax Seed), Brown Rice Syrup, Maple Syrup, Organic Dark Chocolate (Organic Cane Sugar, Organic Chocolate, Organic Cocoa Butter, Organic Vanilla Extract), Sea Salt
- **Allergens:** None
- Carbs per serving: 26g

French Toast Bites

- Whole Wheat Bread (Whole Wheat Flour, Water, Enriched Wheat, Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine, Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Sugar, Wheat Gluten, Yeast. Contains 2% Or Less Of Each Of The, Following: Soybean Oil, Salt, Calcium Propionate (Preservative),, Datem, Soy Lecithin), Water, Whole Wheat Batter (Whole Wheat, Flour, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Iron,, Thiamine, Riboflavin, Folic Acid], Dextrose, Modified Cornstarch., Contains 2% Or Less Of Each Of The Following: Cinnamon, Nutmeg,, Egg, Skim Milk, Salt, Soybean Oil, Natural Flavor, Leavening [Sodium, Bicarbonate], Corn Syrup Solids, Modified Cellulose, Soy Lecithin),, Coating (Enriched Wheat Flour [Wheat Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid], Yellow Corn Flour, Sugar, Soy, Flour, Salt, Dextrose, Leavening [Sodium Bicarbonate, Monocalcium, Phosphate], Yeast), Soybean Oil, Cinnamon Sugar (Sugar, Cinnamon)
- **Allergens:** Wheat, gluten, egg, milk, dairy, soy
- Carbs: 38g

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
- 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

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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

Burrito, Pollo Verde

- Fillings: [Chicken and Fire Roasted Green Chile Salsa: Chicken used is All Natural* No Antibiotics Ever** Fully Cooked Diced Chicken Breast With Rib Meat (Boneless,, Skinless Chicken Breast With Rib Meat, Water, Potato Starch, Salt, Yeast Extract, And Citrus Extract), Water, Fire Roasted Diced Green Chiles (Green Chile Peppers, Salt, Citric Acid., May also contain Water and Calcium Chloride), Light Fire Roasted Green Chile Puree (Green Chile Peppers, Citric Acid. May also contain Water, Salt, and Calcium Chloride), Modified, Food Starch (Refined from Corn), Contains 2% or less of: Jalapeno Peppers (may contain one or more of the following: Water, Salt, Citric Acid, and Calcium Chloride), Crushed, Tomatoes (Tomatoes and Salt. May also contain: Tomato Juice and/or Puree, Citric Acid, Water, and Calcium Chloride), White Vinegar, Diced Onion, Sea Salt, and Garlic Powder., Refried Beans: Water, Pinto Beans [Pinto Beans, Cooked Pinto Beans ([Water, Pinto Beans], and Salt)], Contains 2% or less of: Diced Onion, Soybean Oil, Sea Salt, Garlic, Garlic, Powder and Corn Starch. Pepper Jack Cheese: Monterey Jack Cheese with Jalapeno Peppers (Pasteurized Milk, Cheese Culture, Jalapeno Peppers, Salt, & Enzymes)]. *No Artificial, Ingredients, Minimally Processed **Made From Chicken Raised Without Antibiotics., Whole Wheat Flour Tortilla: Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water,, Vegetable Oil (May Contain Soybean Or Cottonseed Oils), Leavening (Corn Starch, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Rice Flour, Monocalcium Phosphate), Salt,, Guar Gum, Fumaric Acid, L-Cysteine.
- **Allergens:** Wheat, gluten, milk, dairy
- Carbs: 41g

Breakfast Sandwich

- Whole Wheat English Muffin: Water, White Whole Wheat Flour, Yeast, De-germinated Yellow Corn Meal, Contains Less Than 2% Of Each Of The Following: Wheat Gluten, Dextrose, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Corn Starch, Monocalcium Phosphate), Molasses, Honey, Salt, Vinegar, Nonfat Milk, Soybean Oil, Calcium Propionate Preservative, Wheat Flour, Fumaric Acid, Sodium Stearoyl Lactylate, Potassium Sorbate Preservative, Monoglycerides, Ethoxylated Mono- and Diglycerides, Mineral Oil, Enzymes, Partially Hydrogenated Soybean Oil, Ascorbic Acid Added as a Dough Conditioner, Propionic Acid Preservative, Phosphoric Acid Preservative, Microcrystalline Cellulose, Azodicarbonamide, Silicon Dioxide, Tocopherols Preservative, Dicalcium Phosphate.
- Chicken Sausage: Chicken, Water, Salt, Spices, Dextrose, Sugar, Dried Parsley.
- Cheddar Cheese: Cultured Pasteurized Milk, Salt, Annatto, Enzymes, Natamycin (a natural mold inhibitor), Soy Lecithin (non-sticking agent)
- Egg Patty: Whole Egg (Egg Whites, Egg Yolks), Salt, Citric Acid
- **Allergens:** Milk, egg, soy, wheat, gluten
- Carbs: 26g



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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

- **Carrots**
 - o *Farm to School item!*
 - o Carbs per ½ cup serving: 5g
- **Sliced Apples**
 - o Carbs per serving: 10g
- **Pears (whole)**
 - o Carbs per serving: 23g

1% Milk (optional)

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

Super Snack Box Items

Vanilla Yogurt (Tub)

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

Cheese, Cheddar Snack

- Cultured Pasteurized Milk, Salt, Enzymes, Annatto (color)
- **Allergens:** Milk, dairy
- Carbs: 1g

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

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



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

Flatbread, Mini Round

- Whole Wheat Flour, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Ascorbic Acid added as dough conditioner, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Contains less than 2% of the following: Sugar, Nonfat Dry Milk, Salt, Wheat Gluten, Sodium Stearoyl Lactylate, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Guar Gum, Enzymes
- **Allergens:** Wheat, gluten, milk, soy
- Carbs: 13g

Carrots

- o Carbs per serving: 5g

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

1% Milk (optional)

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

