

Breakfast & Lunch Meal Box: Jan. 11—Jan. 17

Breakfast Items

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

Banana Breakfast Bread

- Whole Wheat Flour, Sugar, Eggs, Soybean Oil, Water, Banana Puree, Palm Oil, Buttermilk, Vanilla Extract, Modified Food Starch, Butter, Baking Powder (Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Mono- and Diglycerides, Carboxymethylcellulose
- **Allergens:** Egg, milk, soy, wheat, gluten
- Carbs: 28g

Mini Apple Pancakes

- Whole Wheat Flour, Water, Sugar, Vegetable Oil (Soybean and/, or Canola), Buttermilk, Eggs, Contains 2% or Less of Leavening, (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Fructose, Salt, Soy Lecithin, Cinnamon.
- **Allergens:** Wheat, Gluten, Egg, Milk, Soy
- Carbs: 34g

Blueberry Crisp Cereal

- Gluten Free Rolled Oats, Invert Cane Sugar, Brown Rice Crisps, Sunflower Oil, Natural Flavors, Brown Rice Syrup, Sea Salt
- **Allergens:** None
- Carbs: 44g

Blueberry Rice Chex Cereal

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

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

Mac & Cheese Pasta (Pouch)

- Water, Pasteurized Process Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Water, Cream, Sodium Phosphates and Potassium Phosphates, Seasoning [Potassium Chloride, Flavor (Contains Maltodextrin)], Salt, Paprika Extract, Annatto Extract), Cooked Macaroni

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(Macaroni [Whole Durum Wheat Flour, Enriched Semolina (Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% or less of Egg White, Glycerol Monostearate], Water), Contains less than 2% of Modified Food Starch, Nonfat Dry Milk, Cheese Flavor (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Buttermilk Solids, Butter), Butter Flavoring (Whey Solids, Enzyme-Modified Butter [Butter, Buttermilk Powder, Enzymes], Maltodextrin, Salt, Dehydrated Butter [Butter, Buttermilk Powder], Guar Gum, Annatto and Turmeric [for color]), Sodium Phosphates and Potassium Phosphates.

- **Allergens:** Wheat, gluten, milk, egg
- Carbs: 37g

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

Honey Chipotle Pollock

- Pollock, Wheat Flour, Water, Canola Oil, Modified Food Starch, Corn Flour, Salt, Sugar, Corn Starch, Dextrose, Wheat Gluten, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate, Sodium Acid Pyrophosphate), Yeast, Brown Sugar, Garlic, Maltodextrin, Red Bell Pepper, Eggs, Soy Flour, Parsley, Natural Flavors, Tomato, Onion, Spices, Honey, Chipotle Pepper, Acetic Acid, Silicon Dioxide (To Prevent Caking).
- **Allergens:** Wheat, gluten, fish, egg, soy
- Carbs: 25g

Dinner Rolls

- Flour (Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Palm Oil, Sugar, Nonfat Milk, Wheat Gluten, Dextrose, Yeast, Salt, Yeast Nutrients (enzymes, soybean oil), Eggs, Mono and Diglycerides, Calcium Propionate
- **Allergens:** Wheat, gluten, milk, egg
- Carbs per roll: 16g

Meal Box Fruits & Veggies

- **Radishes**
 - o *Farm to School local item!*
 - o Carbs per ½ cup serving: 2g
- **Sugar Snap Peas**
 - o Carbs per 10 pods: 3g
- **Potato Wedges**
 - o 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.
 - o **Allergens:** May contain soy
 - o Carbs per serving: 20g
- **Applesauce Cup**
 - o Carbs per cup: 14g
- **Grapes**
 - o Carbs per ½ cup serving: 14g
- **Variety Whole Fruit Bag**
 - o Apples: 15g carbs
 - o Oranges: 11g carbs
 - o Red Pears: 23g carbs

1% Milk (optional)

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

Super Snack Box Items

Bagel (whole)

- 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

Honey & Oat Stroopwafel

- Whole Wheat Flour, Safflower Oil, Sugar, Tapioca Syrup, Chickpea Flour, Brown Sugar, Liquid Whole Eggs, Oat Fiber, Vegetable Glycerin, Tapioca starch, Baking soda, Vanilla Extract, Sea Salt, Sunflower Lecithin, Honey,, Monk Fruit Extract
- **Allergens:** Wheat, gluten, egg
- Carbs: 19g



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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 Stick (flavors will vary)

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

Cheddar Crisp Crackers

- Whole Grain Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Cheddar Cheese (Cultured Milk, Salt, Enzymes, Annatto Extract for Color), Applesauce, Apple Fiber, Salt, Yeast.
- **Allergens:** Wheat, gluten, milk, soy
- Carbs: 17g

Churro Crackers

- Whole Wheat Flour, Sugar, Canola Oil, Corn Starch, Contains 2% or less of the following: Cane Molasses, Leavening (Baking Soda, Monocalcium Phosphate), Cinnamon, Salt, Enzymes
- **Allergens:** Wheat, gluten
- Carbs: 21g

Vanilla Yogurt (Tub)

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

Chocolate Chickpea Spread

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

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

Fruits & Veggies (options will vary)

- **Sliced Apples**
 - o Carbs per serving: 10g

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

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- 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
 - Carbs: 14g

1% Milk (*optional*)

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

