

School Meal Box: Sept 14 – Sept 18, 2020

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

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

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: 23g

Blueberry Seed Bar

- 88 Acres Seed & Grain Blend (Gluten Free Certified Oats, Millet), Brown Rice Syrup, Maple Syrup, Blueberries (Blueberries, Apple Juice Concentrate, Sunflower Oil), Blueberry Powder, Sea Salt
- **Allergens:** None
- Carbs: 38g

Pancakes with Blueberries

- Pancakes: Whole Wheat Flour, Water, Buttermilk, Sugar, Dextrose, Soybean Oil, Baking Powder, Whole Eggs, Salt
 - **Allergens:** Egg, milk, soy, wheat, gluten
 - Carbs: 26g
- Blueberries: Unsweetened Wild Blueberries
 - Carbs: 9g

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

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Orange Juice

- Filtered Water, Orange Juice from Concentrate
- **Allergens:** None
- Carbs: 15g

Whole Apples

- *Farm to School item!*
- Carbs per apple: 15g

Cantaloupe

- *Farm to School item!*
- Carbs per serving: 19g

Watermelon

- *Farm to School item!*
- Carbs per serving: 17g

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

Teriyaki Chicken with Brown Rice

- Chicken: Chicken Breast with Rib Meat, Water, Salt, Sodium Phosphates; PREDUSTED & BATTERED WITH: (Whole Wheat Flour, Yellow Corn Flour, Enriched Wheat Flour [Enriched with Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid], Wheat Gluten, Salt, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate], Garlic Powder, Spices, Mustard, Whey), and Water; BREADED WITH: Whole Wheat Flour, Enriched Wheat Flour [Enriched with Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid], Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Garlic Powder, Spices, Dextrose, Corn Starch, Sugar, Yeast, Mustard, Extractives of Paprika; Breeding is set in vegetable oil.
- Brown Rice: Parboiled Brown Rice, Salt
- Teriyaki Sauce: Gluten Free Tamari Soy Sauce (Water, Soybeans, Salt, Sugar, Alcohol, Vinegar, Lactic Acid), Sugar, Water, Orange Juice, Rice Vinegar, Corn Starch, Lemon Juice (Lemon juice from Concentrate, Lemon Oil, Less than 1/50 of 1% of Sodium Meta Bisulfate and Sodium Benzoate as a preservative)
- **Allergens:** Milk, soy, wheat, gluten
- Carbs: 66g

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,

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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. Breeding 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

Mac & Cheese Pasta

- 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 (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

- 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

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

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

Fruits & Veggies (options will vary)

- **Carrots**
 - *Farm to School item!*
 - Carbs per serving: 5g
- **Cucumber**
 - *Farm to School item!*

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- Carbs per serving: 3g
- **Squash**
 - *Farm to School item!*
 - Carbs per serving: 2g
- **Grape Tomatoes**
 - *Farm to School item!*
 - Carbs per serving: 4g
- **Broccoli**
 - Carbs per serving: 2g
- **California Vegetable Blend** (Broccoli, Carrots, & Cauliflower)
 - Carbs per serving: 3g
- **Potato Wedges**
 - 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.
 - **Allergens:** May contain soy
 - Carbs per serving: 20g
- **Baked Beans**
 - White Beans, Water, Brown Sugar, Sugar, Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Turmeric, Spices), Modified Corn Starch, Onion Powder, Caramel Color, Spices, Garlic Powder, Natural Flavor
 - **Allergens:** None
 - Carbs per serving: 30
- **Cantaloupe**
 - *Farm to School item!*
 - Carbs per serving: 19g
- **Watermelon**
 - *Farm to School item!*
 - Carbs per serving: 17g
- **Sliced Apples**
 - Carbs per serving: 10g
- **Grapes**
 - Carbs per serving: 14g
- **Plum**
 - Carbs per plum: 8g
- **Orange**
 - Carbs per orange: 11g
- **Applesauce Cup**
 - Carbs per cup: 14g
- **Frozen Fruit Cup** (flavor will vary)
 - Strawberries or Peaches, Sugar
 - **Allergens:** None
 - Carbs per cup: 22g
- **1% Milk** (*optional*)
 - Carbs per serving: 13g

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