

Breakfast/Lunch & Snack Boxes: July 12-18, 2021

Breakfast Items

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

Breakfast Sandwich

- English Muffin: Water, Whole Wheat Flour, Enriched Flour, Yeast, Wheat Gluten, less than 2% of the following: Soybean Oil, Sugar, Salt, Calcium Propionate, Fumaric Acid, Baking Soda, Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate
- Egg: Whole Egg (Egg Whites, Egg Yolks), Salt, Citric Acid
- Cheese: Cheddar Cheese (Cultured Pasteurized Milk, Salt, Annatto, Enzymes), Natamycin (a natural mold inhibitor), Soy Lecithin (non-sticking agent)
- **Allergens:** Wheat, gluten soy, egg, milk
- Carbs: 26g

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

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

Strawberry 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, Invert Syrup, Soybean Oil, Corn Syrup, Canola Oil, Raisin Paste, Strawberry Bits (Sugar, Soybean Oil, Whole Grain Wheat Flour, Strawberry Powder, Citric Acid, Fruit Juice Extract, Natural Flavors), Eggs, Apple Puree (Apples, Ascorbic Acid), Apple Juice Concentrate, Fructose, Apple Fiber, Natural Flavors, Soy Lecithin, Nonfat Dry Milk, Molasses, Cocoa Butter, Salt, Baking Soda.
- **Allergens:** Egg, milk, soy, wheat, gluten
- 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

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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

Beef Hamburger 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
 - o **Allergens:** Wheat, gluten
 - o Carbs: 28g
- 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
 - o **Allergens:** None
 - o Carbs: 0g

Chili Relleno Burrito

- Fillings: [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. Mexican Style Rice: Brown Rice (Water, Brown Rice), Roasted Poblano Chiles, Water, Tomato Puree (Tomatoes and Citric Acid. May also, contain: Water, Salt and Calcium Chloride), Contains 2% or less of: Tomato Paste, Diced Onion, Soybean Oil, Spices, Sea Salt, White Vinegar, Paprika (for flavor), Garlic Powder, Onion Powder, and Corn Starch. Pepper Jack Cheese: Monterey Jack Cheese with Jalapeno Peppers (Pasteurized Milk, Cheese Culture, Jalapeno Peppers, Salt, & Enzymes)]. 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
- Carbs: 52g

Beef Nachos

- Beef Taco Meat with Cheese: Taco Meat (Ground Beef, Chili Powder, Ground Cumin, Granulated Garlic, Granulated Onion, Dried Oregano, Cayenne Pepper, Salt), Cheese Sauce (Maltodextrin, Dehydrated Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Modified Corn Starch, Whey, Salt, Coconut Oil, Less than 2% Natural Flavor, Buttermilk Solids, Cellulose Gum, Yeast Extracts [Contains gluten from barley], Soy Lecithin, Lactic Acid, Sodium Phosphate, Sodium Citrate, Disodium Phosphate, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Extractives of Paprika and Annatto [for color]), Salsa (Tomatoes, Tomato Puree, Fresh or Dried Onions, Green Peppers, Garlic, and Jalapenos)
 - o **Allergens:** Milk, soy, gluten, wheat
 - o Carbs: 8g

Garden Salsa Sun Chips

If you have nutrition or dietary questions, please contact Ask.Dietitian@mpls.k12.mn.us.



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- Ingredients: Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Tomato Powder, Salt, Natural Flavors, Maltodextrin (Made from Corn), Cheddar Cheese (milk, cheese cultures, salt, enzymes), Dextrose, Buttermilk, Onion Powder, Whey, Yeast Extract, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Corn Oil, Spices (including Jalapeno Pepper), Citric Acid, Paprika Extracts, and Lactic Acid.
- **Allergens:** Wheat, gluten, milk
- Carbs: 18g

GoBanzo 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

Cheese Stick (flavors will vary)

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

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

Chocolate Chip Cookie

- Bleached Enriched Wheat Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Sugar, Butter (Milk), Chocolate Chips (Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Corn Syrup, Water, Eggs, Molasses, Artificial Flavorings, Sodium Bicarbonate, Sodium Pyrophosphate, Wheat Starch
- **Allergens:** Wheat, gluten, egg, soy, milk
- Carbs: 18g

Fruits & Veggies

- **Carrots**
 - o Carbs per ½ cup serving: 5g
- **Sliced Apples**
 - o Carbs per ½ cup serving: 11g
- **Oranges (whole)**
 - o Carbs per orange: 11g
- **Apples (whole)**
 - o Carbs per apple: 15g

1% Milk (optional)

- Carbs: 13g
- **Allergens:** Milk

Orange Juice (optional)

- Filtered Water, Orange Juice from Concentrate
- Carbs: 15g

