

## Breakfast & Lunch Box: July 19-25, 2021

### Breakfast Items

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

#### **Cinnamon Chewy Oat Breakfast Bread**

- Whole Grain Oats, Skim Milk, Brown Sugar, Canola Oil, Baking Powder, Ground Cinnamon, Salt
- **Allergens:** Milk
- Carbs: 22g

#### **Blueberry Rice Chex Cereal**

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

#### **Pancakes**

- Pancakes: Whole Wheat Flour, Water, Buttermilk, Sugar, Dextrose, Soybean Oil, Baking Powder, Whole Eggs, Salt
  - o **Allergens:** Egg, milk, soy, wheat, gluten
  - o Carbs: 13g per pancake

### 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

#### **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



### Shredded Beef Burrito

- Ingredients: Fillings: [Beef Chile Colorado: Cooked Diced Beef With Juices (Beef, Water, Salt), Water, Diced Onion, Modified Food Starch (Refined from Corn), Spices, Contains 2% or, less of: Tomato Paste, Chipotle Puree (Chipotle, Water, and Citric Acid. May also contain Salt), White Vinegar, Garlic Puree, Onion Powder, Garlic Powder, and Sea Salt. 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)]., 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, soy
- Carbs: 41g

### 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

### Pepperoni Pizza

- CRUST: Water, Whole Wheat Flour, Enriched Unbleached Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Canola Oil, Yeast, Salt, Calcium Propionate, L-Cysteine (dough conditioner). CHEESE: Low Moisture-Part Skim Mozzarella Cheese (Pasteurized Part Skim Milk, Cultures, Salt, Enzymes). SAUCE: Tomatoes (Water, Tomato Paste), Contains 1% or Less of: Onion, Salt, Spices, Garlic Powder, Soybean Oil, Xanthan Gum. TURKEY PEPPERONI: Turkey, Salt, contains 2% or Less of Natural Flavors, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Dehydrated Granulated Garlic, Sodium Nitrite, BHA, BHT, Citric Acid.
- Allergens: Milk, gluten, wheat, soy
- Carbs per serving: 32g

### Turkey Coins

- Turkey Breast Meat, Turkey Broth, Contains, 2% Or Less Salt, Sugar, Rosemary Extract, Natural Smoke Flavoring, Baking Soda, Vinegar
- Allergens: None
- Carbs: 0g

### 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 Sun Chips

- Ingredients: Whole corn, sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Maltodextrin (made from corn), Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Natural Flavors, Whey, Whey Protein Concentrate, Onion Powder, Romano Cheese (Cow's Milk, Cheese Cultures, Salt, Enzymes), Buttermilk, Yeast Extract, Citric Acid, Paprika Extracts, Lactic Acid, Garlic Powder, Parmesan Cheese (Milk, Cheese Cultures, Salt, Enzymes), and Skim Milk

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- **Allergens:** Wheat, gluten, milk
- Carbs: 19g

### Fruits & Veggies

- **Grape Tomatoes**
  - o Carbs per ½ cup serving: 4g
- **Salad Mix**
  - o Ingredients: Romaine Lettuce, Iceberg Lettuce, Red Cabbage, Carrot, Radish
  - o Carbs per 2 cups: 3g
- **Grapes**
  - o Carbs per ½ cup serving: 14g
- **Applesauce Cup**
  - o Carbs per cup: 14g
- **Oranges (whole)**
  - o Carbs per orange: 11g
- **Apples (whole)**
  - o Carbs per apple: 15g
- **Frozen Fruit Cups**
  - o Peach (packed in extra light syrup)
    - Carbs per cup: 21g
  - o Mixed Berry (strawberries and blueberries packed in extra light syrup)
    - Carbs per cup: 20g

### **1% Milk (optional)**

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

### **Orange Juice (optional)**

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

