

## Breakfast & Lunch Box: July 26-Aug 1, 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

#### **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

#### **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),, Ditem, 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)

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- 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

### **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

### **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

### **Pollo Verde Burrito**

- 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



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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

### 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

- 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

### Pizza Stromboli

- Reduced Fat Mozzarella Cheese (Pasteurized Part, Skim Milk, Nonfat Milk, Modified Food Starch, Cultures, Salt, Vitamin A, Palmitate, Enzymes) Water, Pizza Sauce ( Tomato Paste, Tomatoes [Diced, Tomatoes, Tomato Juice, Citric Acid], Extra Virgin Olive Oil, Sugar, Salt, Garlic, Powder, Spices), Whole Grain Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Yeast, Sugar, Parmesan Cheese ([Pasteurized Part Skim Cow's Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose Added to Prevent Caking), Non Fat Dry Milk, Natural Flavor, Spices, Salt, Garlic
- **Allergens:** Wheat, gluten, milk, dairy
- Carbs: 34g

## Fruits & Veggies

- **Carrots**
  - o Carbs per ½ cup serving: 5g
- **Green Beans**
  - o *Farm to School item!*
  - o Carbs per ½ cup serving: 3g
- **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

If you have nutrition or dietary questions, please contact [Ask.Dietitian@mpls.k12.mn.us](mailto:Ask.Dietitian@mpls.k12.mn.us).



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- **Allergens:** Milk

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

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

