

## School Meal Box: Oct 5 – Oct 9, 2020

### 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

#### **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

#### **Chocolate Bear Grahams**

- Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Cocoa (Processed with Alkali), Salt, Sodium Bicarbonate, Natural Flavors, Corn Starch, Monocalcium Phosphate, Added Vitamins and Iron (Ascorbic Acid, Vitamin A Palmitate, Niacinamide, Iron/Electrolytic, Riboflavin, Thiamin Mononitrate, Maltodextrin)
- **Allergens:** Wheat, gluten
- Carbs per serving: 21g

#### **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
  - o Packaging Disposal Instructions: Please empty, remove the lid, and recycle the cup.

#### **Orange Juice**

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

#### **Whole Apples**

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

#### **Grapes**

- Carbs per serving: 14g



## 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

### **Ferndale Turkey Burger with Provolone Cheese**

- 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
- Ferndale Turkey Burger: Turkey, Eggs, Breading (Rice Flour, Corn Starch, Raisin Juice Concentrate, Salt, Honey, Canola Oil, Carrageenan, Dehydrated Garlic), Salt, Granulated Garlic, Granulated Onion
  - o *Farm to School local item!*
- Provolone Cheese: Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Natamycin (a natural mold inhibitor), Color Added, Soy Lecithin (for slice separation)
- **Allergens:** Egg, milk, wheat, gluten, soy
- Carbs: 37g

### **Chicken Alfredo Pasta**

- Penne Pasta: Water, Whole Wheat Durum Flour
- Alfredo Sauce: Reduced Sodium Alfredo Sauce (Milk, Dehydrated Parmesan Cheese [Pasteurized Part-skim Milk, Cheese Culture, Salt, Enzymes], Dehydrated Romano Cheese made from Cow's Milk [Part-skim Milk, Cheese Culture, Salt, Enzymes], Modified Corn Starch, Buttermilk, Maltodextrin, Sodium Phosphate, Salt, Lactic Acid, Soy Lecithin, Xanthan Gum, Garlic, Spice), Water, Granulated Garlic, Ground White Pepper, Butter
- Chicken: Chicken White and Dark Meat, Water, Modified Food Starch, Salt and Sodium Phosphate
- **Allergens:** Milk, soy, wheat, gluten
- Carbs: 35g
- Packaging Disposal Instructions: These containers are made from recycled material. Place in the trash when empty.

### **Chicken Tamale**

- Masa (Whole Ground White Corn Masa Flour, Water, Canola Oil, Salt, Seasoning [Modified tapioca and corn starch, apple pectin & fiber, xanthan gum, guar gum, methyl cellulose], Baking Powder [Sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], Trace of Lime), Filling (Chicken Leg Meat [Chicken leg meat, water, salt], Chile Sauce [Water, red chili peppers], Water, Corn [Corn treated with lime water], Contains 2% of less of the following: Jalapeno peppers [Jalapeno peppers, water, vinegar, salt], Salt, Seasoning [Chili pepper, Red pepper, Garlic powder, Salt, Spices])
- **Allergens:** None



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- Carbs per tamale: 26g

### **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

### **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
- Packaging Disposal Instructions: Please remove the lid, rinse, and recycle your yogurt cup.

### **Cheese Stick** (flavors will vary)

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

### **Tortilla Chips**

- Ground Whole Grain Corn, Vegetable Oil (Contains one or more of the following: Corn, Sunflower, Safflower, or Canola oil), Salt
- **Allergens:** None
- Carbs: 20g

### **Fruits & Veggies** (options will vary)

- **Carrots**
  - o *Farm to School item!*
  - o Carbs per ½ cup serving: 5g
- **Kohlrabi**
  - o *Farm to School item!*
  - o Carbs per ½ cup serving: 4g
- **Delicata Squash**
  - o *Farm to School item!*
  - o Carbs per ½ cup serving: 9g
- **Corn**
  - o Carbs per serving: 14g
  - o Packaging Disposal Instructions: The City of Minneapolis does not accept black plastic (any number) as recyclable. Place in the trash when empty.
- **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
  - o Packaging Disposal Instructions: The City of Minneapolis does not accept black plastic (any number) as recyclable. Place in the trash when empty.
- **Baked Beans**

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



## Minneapolis Public Schools Culinary & Wellness Services

- 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
- Packaging Disposal Instructions: The City of Minneapolis does not accept black plastic (any number) as recyclable. Place in the trash when empty.
- **Whole Apples**
  - *Farm to School item!*
  - Carbs per apple: 15g
- **Plum**
  - Carbs per plum: 8g
- **Grapes**
  - Carbs per serving: 14g

### 1% Milk (optional)

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

