

School Meal Box: Oct 12 – Oct 16, 2020

Breakfast Items

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

Brekkie Breakfast Round

- Flour (Whole Wheat Flour, Rolled Oats, Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Sugar, Butter, Carrots, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin), Palm Oil, Eggs, Water, Molasses, Ground Flaxseed, Sodium Bicarbonate, Salt, Vanilla Extract
- **Allergens:** Egg, gluten, milk, soy, wheat
- Carbs: 26g

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

Mixed Berry Animal Crackers

- Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Dextrose, Naturally Flavored Blueberry Bits (Sugar, Soybean Oil, Whole Grain Wheat Flour, Blueberry Powder, Citric Acid, Fruit Juice Extract, Natural Flavors), Naturally Flavored Strawberry Bits (Sugar, Soybean Oil, Whole Grain Wheat Flour, Strawberry Powder, Citric Acid, Fruit Juice Extract, Natural Flavors), Apple Juice Concentrate, Apple Puree (Apples, Ascorbic Acid), Soy Lecithin, Apple Fiber, Natural Flavors (Contains Milk), Baking Soda, Salt, Sodium Ascorbate (Vitamin C).
- **Allergens:** Wheat, gluten, soy, milk
- Carbs: 18g

French Toast Sticks

- Whole Wheat Bread (Whole Wheat Flour, Water, Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Wheat Gluten, Yeast, Soybean Oil, Salt, Monoglycerides, Calcium Propionate (preservative), Datem, Calcium Sulfate, Monocalcium Phosphate, Soy Lecithin, Potassium Iodate), Water, Whole Wheat Batter (Sugar, Whole Wheat Flour, Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Powdered Sugar, Dextrose, Dried Whole Eggs, Yellow Corn Flour, Corn Syrup Solids, Natural Flavor, Modified Cornstarch, Salt, Nonfat Milk, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Spice, Modified Cellulose Gum, Spice Extractive), Coating (Enriched Wheat Flour [Wheat Flour, Niacin, Iron, Thiamine Mononitrate,



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Riboflavin, Folic Acid], Yellow Corn Flour, Sugar, Soy Flour, Salt, Dextrose, Leavening (Sodium Bicarbonate, Monocalcium Phosphate), Yeast), Soybean Oil, Cinnamon Sugar (Sugar, Cinnamon, Silicon Dioxide)

- **Allergens:** Egg, milk, gluten, wheat, soy
- Carbs per serving: 38g

Orange Juice

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

Sliced Apples

- Carbs per ½ cup serving: 11g

Lunch Items

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

Breakfast Sandwich

- Whole Wheat English Muffin: Water, White Whole Wheat Flour, Yeast, De-germinated Yellow Corn Meal, Contains Less Than 2% Of Each Of The Following: Wheat Gluten, Dextrose, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Corn Starch, Monocalcium Phosphate), Molasses, Honey, Salt, Vinegar, Nonfat Milk, Soybean Oil, Calcium Propionate Preservative, Wheat Flour, Fumaric Acid, Sodium Stearoyl Lactylate, Potassium Sorbate Preservative, Monoglycerides, Ethoxylated Mono- and Diglycerides, Mineral Oil, Enzymes, Partially Hydrogenated Soybean Oil, Ascorbic Acid Added as a Dough Conditioner, Propionic Acid Preservative, Phosphoric Acid Preservative, Microcrystalline Cellulose, Azodicarbonamide, Silicon Dioxide, Tocopherols Preservative, Dicalcium Phosphate.
- Chicken Sausage: Chicken, Water, Salt, Spices, Dextrose, Sugar, Dried Parsley.
- Cheddar Cheese: Cultured Pasteurized Milk, Salt, Annatto, Enzymes, Natamycin (a natural mold inhibitor), Soy Lecithin (non-sticking agent)
- Egg Patty: Whole Egg (Egg Whites, Egg Yolks), Salt, Citric Acid
- **Allergens:** Milk, egg, soy, wheat, gluten
- Carbs: 26g

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, 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. Breading 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

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

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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)

- Allergens: Milk, soy, gluten, wheat
- Carbs: 8g
- 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

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
- 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

Turkey Stick

- Turkey Breast Meat, Water, Contains 2% or less Vinegar, Salt, Seasoning (Sugar, Salt, Brown Sugar, Spices, Dried Garlic, Dried Onion, Dried Molasses, Dried Chicken Broth, Sunflower Oil, Turkey Fat, Smoke Flavor), Turkey Flavor (Turkey Broth, Turkey Fat, Salt, Flavor, Onion Powder), Rosemary Extract, Baking Soda
- Allergens: None
- Carbs: 0g

Cheese Stick (flavors will vary)

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

Cheddar Crisp Crackers

- Whole Grain Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Cheddar Cheese (Cultured Milk, Salt, Enzymes, Annatto Extract for Color), Applesauce, Apple Fiber, Salt, Yeast.
- Allergens: Wheat, gluten, milk, soy
- Carbs: 17g

Fruits & Veggies (options will vary)

- **Carrots**
 - *Farm to School item!*
 - Carbs per ½ cup serving: 5g
- **Kohlrabi**
 - *Farm to School item!*

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- Carbs per ½ cup serving: 4g
- **Rutabaga**
 - *Farm to School item!*
 - Carbs per serving: 6g
- **California Vegetable Blend** (Broccoli, Carrots, & Cauliflower)
 - Carbs per serving: 3g
 - Packaging Disposal Instructions: The City of Minneapolis does not accept black plastic (any number) as recyclable. Place in the trash when empty.
- **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
 - Packaging Disposal Instructions: The City of Minneapolis does not accept black plastic (any number) as recyclable. Place in the trash when empty.
- **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: 30g
 - 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

1% Milk (*optional*)

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

