

FSP Hot Packaged Breakfast Ingredient List (Pre-k & K-12)		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Apple Bread	whole wheat flour, enriched all-purpose flour, granulated white sugar, dark brown sugar, unsalted butter (cream, natural flavor), liquid eggs (whole egg, water, citric acid), plain yogurt (Non-homogenized Grade A Pasteurized Milk, Nonfat Dry Milk. Contains Live & Active Cultures, Including L Acidophilus & Bifidus), baking soda, sea salt, cinnamon, baking powder, unsweetened applesauce (apples, water, erythorbic acid added to maintain color)		X	X	X			
Banana Bread	whole wheat flour, banana, plain yogurt (Non-homogenized Grade A Pasteurized Milk, Nonfat Dry Milk. Contains Live & Active Cultures, Including L Acidophilus & Bifidus), sea salt, baking soda, all-purpose flour, liquid eggs (Whole eggs, citric acid, water), white granulated sugar, unsalted butter (cream, natural flavorings)		X	X	X			
Blueberry Bread/Muffin	unsalted butter (cream, natural flavorings), white granulated sugar, liquid eggs (whole egg, water, citric acid), whole wheat flour, baking soda, baking powder, sour cream (Cultured Grade A Non-Homogenized Pasteurized Milk, Grade A Pasteurized Cream, Milk Protein Concentrate, Enzymes), frozen blueberries, sea salt		X	X	X			
Blueberry Compote (Pre-K)	frozen blueberries, white granulated sugar							
Blueberry Lemon Muffin	whole wheat flour, all-purpose flour, dark brown sugar, white granulated sugar, baking powder, canola oil, sea salt, greek yogurt (cultured pasteurized grade A non-fat milk), whole milk (milk, vitamin D6), lemon juice, liquid eggs (whole egg, citric acid), frozen blueberries		X	X	X			
Chocolate Chip Banana Bread	whole wheat flour, enriched all-purpose flour, granulated white sugar, unsalted butter (cream, natural flavoring), liquid eggs (whole egg, citric acid), baking soda, sea salt, plain yogurt (Non-homogenized Grade A Pasteurized Milk, Nonfat Dry Milk. Contains Live & Active Cultures, Including L Acidophilus & Bifidus), banana, semi-sweet chocolate drops (Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin (An Emulsifier), Vanillin (An Artificial Flavor))	X	X	X	X			
Cinnamon Muffin	whole wheat flour, all-purpose flour, baking soda, baking powder, sea salt, cinnamon, unsalted butter (cream, natural flavorings), canola oil, white sugar, dark brown sugar, liquid eggs (Whole eggs, citric acid, water), sour cream (Cultured Grade A Non-Homogenized Pasteurized Milk, Grade A Pasteurized Cream, Milk Protein Concentrate, Enzymes), unsweetened applesauce (Apples, water. erythorbic acid added to maintain color.)		X	X	X			
Cinnamon Oatmeal	quick-rolled oats, water, dark brown sugar, white granulated sugar, ground cinnamon, sea salt			X (possible cross-contamination of oats)				
French Toast casserole	WG bread slice (Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch), Whole Eggs (Whole eggs, citric acid, water), whole milk (organic milk, Vitamin D6), white granulated sugar, imitation vanilla extract, ground cinnamon, dark brown sugar	X	X	X	X			

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Frittata Egg Muffin	liquid eggs (whole eggs, water, citric acid), shredded mild cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)), raw red pepper, frozen spinach, lawry seasoning (Salt, Sugar, Spices (including paprika & tumeric), onion, cornstarch, garlic, tricalcium phosphate (prevents caking), natural flavor, paprika oleoresin (for color)), diced russet potatoes		X		X			
Granola Crumble	Rolled oats (may contain gluten), honey, dark brown sugar, raisins, butter			X	X			
Pancake, WG	Whole wheat flour, water, sugar, vegetable oil (soybean, canola and/or palm), buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), natural flavors, fructose, salt, soy lecithin. Vitamins and Minerals: Reduced iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12.	X	X	X	X			
Pumpkin Apple Bread	whole wheat flour, enriched all-purpose white flour, unsalted butter (Cream, natural flavoring), liquid eggs (whole egg, water, citric acid), baking soda, baking powder, sea salt, dark brown sugar, vanilla extract, 100% pure pumpkin, nutmeg, cinnamon, unsweetened applesauce (apples, water, erythorbic acid added to maintain color)		X	X	X			
Scrambled Eggs	liquid eggs (whole eggs, water, citric acid)		X					
Snack'n Waffle- Blueberry	organic whole wheat flour, organic enriched wheat flour (organic wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), beet sugar, butter whole eggs, blueberry pieces (sugar, wheat flour, canola oil, wheat starch, dextrose, colored with fruit juice, natural flavor, blueberry solids, sodium bicarbonate), palm fruit oil, yeast, non-fat milk, salt, natural flavors, distilled monoglycerides, enzymes.		X	X	X			
Snack'n Waffle- Maple	Organic Whole Wheat Flour, Organic Enriched Wheat Flour (Organic Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Beet Sugar, Butter, Whole Eggs, Palm Fruit Oil, Yeast, Non-Fat Milk, Salt, Natural Flavors, Distilled Monoglycerides, Enzymes.		X	X	X			
Strawberry Compote (Pre-K)	unsweetened frozen strawberries, white granulated sugar							
Strawberry French Toast Casserole	WG bread slice (Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch), Whole Eggs (Whole eggs, citric acid, water), whole milk (organic milk, Vitamin D6), white granulated sugar, imitation vanilla extract, ground cinnamon, dark brown sugar, frozen strawberries	X	X	X	X			
Strawberry Muffin	unsalted butter (cream, natural flavor), white granulated sugar, dark brown sugar, enriched all-purpose flour, baking powder, baking soda, sea salt, frozen strawberries, sour cream (Cultured Milk, Cream, Whey, Food Starch-modified (corn), Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium sorbate (a preservative).		X	X	X			

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Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Syrup	Corn Syrup, Water, Sugar, Natural & Artificial Flavor, Sodium Benzoate (A Preservative), Caramel Color, Citric Acid, Cellulose Gum, Salt.							
Waffle, WG	Water, Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Milk Solids, Eggs, Less than 2%: Soy Lecithin, Wheat Bran, Sodium Acid Pyrophosphate, Salt, Baking Soda, Monocalcium Phosphate.	X	X	X	X			
WG Bread	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch.	X		X				
WG French Toast sticks	bread (whole wheat flour, water, enriches, wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], wheat gluten, sugar, yeast, salt, soybean oil, cultured wheat flour, vinegar, soy lecithin, ascorbic acid, enzyme), water, whole wheat flour, soybean oil, sugar, enriched yellow corn flour (yellow corn flour, niacin, iron as ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) contains 2% or less of each of the following: carrageenan, dextrose, dried yeast, gum arabic, leavening (baking soda, monocalcium phosphate), natural and artificial flavor, salt, soy flour, soy lecithin	X		X				
<p>Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue. **The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.</p>								