

FSP Cold Packaged Breakfast (Pre-K, K-12)		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Apple Bread	whole wheat flour, all-purpose flour, dark brown sugar, white granulated sugar, 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. ), unsalted butter (cream, natural flavorings), liquid eggs (Whole eggs, citric acid, water)		X	X	X			
Apple Oat Grow Bar	gluten-free oats, honey, unsulfured dried apples, sunflower oil, dark brown sugar, cinnamon, sunbutter (Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt and Natural Mixed Tocopherols to preserve freshness)							
Apple Oatmeal Darlington Bar	Whole Grain Blend (Rolled Oats, Whole Grain Wheat Flour), Enriched Wheat Flour (Whole Grain 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, Natural Flavors (Contains Milk), Baking Soda.	X	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 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			
Cherry Apple Crunch Bar	whole grain blend (oat flour, oats), glucose, sugar, enriched wheat flour (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, butter (pasteurized cream), water, apple juice concentrate, brown rice crisps (brown rice flour), cherry pasta, raisin paste, natural flavors, salt, baking soda	X		X	X			
Chocolate Darlington 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, raisin paste, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), canola oil, apple puree (apples, ascorbic acid), apple juice concentrate, fructose, eggs, apple fiber, soy lecithin, salt, molasses, cocoa butter, cinnamon, natural flavors (contains milk), baking soda, cocoa (processed with alkali). CONTAINS: EGGS, MILK, SOY, WHEAT	X	X	X	X			

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Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Cornflakes</b>	Milled corn, sugar, malt flavor, contains 2% or less of salt. Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.			X (malt flavor)				
<b>Cream Cheese</b>	pasteurized milk and cream, cheese culture, salt, guar gum, xanthan gum, carob bean gum				X			
<b>English Muffin, Honey Wheat</b>	Unbleached enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (B1), riboflavin (B2), folic acid, water, whole wheat flour, modified food starch, farina, wheat gluten, polydextrose, honey, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid) soybean oil, malt, monoglycerides, natural flavor, xanthan gum, acesulfame potassium, sucralose, whey, soy flour, nonfat milk	X		X	X			
<b>Granola Crumble</b>	quick-rolled oats, raisins, unsalted butter (Cream, natural flavoring), honey, dark brown sugar			X (possible contamination of oats)	X			
<b>GrowYo - Peach (Peach Yogurt)</b>	Grass-fed milk Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural peach flavor, pectin, live & active cultures including L. Acidophilus & Bifidus				X			
<b>GrowYo- Vanilla</b>	Non-homogenized Grade A pasteurized 1% milk. Milk protein concentrate, natural cane sugar, natural vanilla flavor, pectin, live active cultures: L. Acidophilus & Bifidus.				X			
<b>GrowYo-Strawberry</b>	Non-homogenized Grade A pasteurized 1% milk. Milk protein concentrate, natural cane sugar, natural strawberry flavor, pectin, live active cultures: L. Acidophilus & Bifidus				X			
<b>Strawberry Banana Bread</b>	whole wheat flour, banana, strawberry & 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			
<b>Strawberry Muffin</b>	unsalted butter (cream, natural flavoring), white granulated sugar, liquid eggs (whole egg, citric acid), whole wheat flour, all-purpose enriched flour, baking powder, baking soda, sea salt, sour cream (Cultured Milk, Cream, Whey, Food Starch-modified (corn), Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium sorbate (a preservative)), strawberry compote (frozen strawberries, granulated sugar)		X	X	X			
<b>String Cheese</b>	pasteurized part-skim milk, cheese cultures, salt, enzymes				X			
<b>Toasted Oats</b>	whole oat flour, modified corn starch, wheat starch, sugar. Contains 2% or less of: salt, calcium carbonate, oat fiber, tripotassium phosphate, vitamin C (sodium ascorbate), tocopherols (preservative), reduce iron, vitamin A (palmitate), niacinamide, zinc (zinc oxide), Vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin D (Cholecalciferol), vitamin B1 (thiamine hydrochloride), folic acid, annatto extract (Color), Vitamin B12 (cyanocobalamin)			X				

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Triple Berry Crunch Bar	whole grain blend (oat flour, oats), glucose, sugar, enriched wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] soybean oil, raisin paste, butter [pasteurized cream], water, apple juice concentrate, brown ricecrisps [brown rice flour]	X		X	X			
WG Bagel	whole wheat flour, sugar, vital wheat fluten, 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 cornmeal	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>								