

FSP PM Snack (Pre-K & K-12)		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Apple GrowBar	Gluten-free oats, Pure Honey, Dried Apples, Sunflower Oil, Dark Brown Sugar, Ground Cinnamon							
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 Bites, WG	Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, dextrose, blueberry flavored bits (sugar, vegetable oil [palm, palm kernel], enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], natural flavor, malic acid, fruit and vegetable juice for color, soy lecithin, sodium citrate), soy lecithin, natural flavor (contains milk), soluble corn fiber, applesauce (apples, ascorbic acid), salt, baking soda.	X		X	X			
Buffalo Hummus	tahini (ground sesame seeds), garlic, lemon juice, canola oil, cumin, sea salt, water, hot sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder), garbanzo beans (garbanzo beans, water, salt, and/or disodium EDTA (to promote color retention))							X
Carrot Bread	whole wheat flour, enriched all-purpose flour, quick oats, baking soda, cinnamon, nutmeg, sea salt, canola oil, white granulated sugar, dark brown sugar, liquid eggs (whole egg, citric acid, water), vanilla extract, loose carrots		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			
GrowYo - Strawberry (Strawberry Yogurt)	Grass-fed milk Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural strawberry flavor, pectin, live active cultures: L. Acidophilus & Bifidus				X			
Mini Cheese Slices	Cultured Pasteurized milk, salt, enzymes, annatto color				X			
Pita Bread, WG	water, whole wheat flour, wheat flour enriched ([niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), soybean oil, yeast, salt, vital wheat gluten, dough conditioner (mono-diglycerides, calcium sulfate, guar gum, wheat starch, sodium metabisulfite and ascorbic acid), sugar, preservatives (calcium propionate, fumaric acid)	X		X				
Pretzel Goldfish, WG	Whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oils (canola and/or sunflower), salt, contains 2 percent or less of: baking powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), malted barley flour, nonfat milk			X	X			

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Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Ranch Crisps, WG	Corn Tortilla: corn, water, lime Ranch Seasoning parsley flakes, dill weed, garlic powder, onion powder, chopped onion, black pepper, oregano, chives, sea salt							
Snack Mix	rice chex (Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (Mixed Tocopherols) Added To Preserve Freshness. Vitamins And Minerals: Calcium Carbonate, Iron And Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), A B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), A B Vitamin (Folic Acid), Vitamin B12, Vitamin D3), mini pretzel twists (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Salt, Vegetable Oil (May contain one or more of the following: Canola, Corn, Soybean), Sodium Bicarbonate, Yeast), raisins	X		X				
Strawberry Banana Bread	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			
String Cheese	Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes				X			
Sunbutter	Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt and Natural Mixed Tocopherols to preserve freshness							
WG Animal Crackers	whole wheat flour, sugar, vegetable oil (soybean and palm oil with tbhq for freshness), contains two percent or less of calcium carbonate, salt, baking soda, natural flavor, soy lecithin, wheat starch, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid	X		X				
WG Cheddar Goldfish	whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oils (canola and/or sunflower), cheddar cheese (cultured milk, salt, enzymes, annato), salt, contains 2% or less of: Yeast extract, natural flavor, paprika, spices (Celery), baking soda, monocalcium phosphate, dehydrated onions, annatto extract for color			X	X			
WG Cinnamon Crisps	Corn Tortilla: corn, water, lime Canola Oil, ground cinnamon, white granulated sugar	X		X				
WG Crackers (Crave N Rave)	Whole Grain Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Granulated Sugar, Corn Syrup, Natural Flavors (Contains Milk), Modified Corn Starch, Salt, Soy Lecithin, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Mono Calcium Phosphate).	X		X	X			

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WG Graham Crackers	Organic whole grain wheat flour (organic graham flour), organic wheat flour, organic cane sugar, organic expeller pressed <i>sunflower</i> oil, organic honey, organic molasses, leavening (baking soda, ammonium bicarbonate and cream of tartar), organic vanilla flavor, organic brown sugar flavor, sea salt, organic rosemary extract			X				
WG Sunbutter & Jelly Sandwich	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. Jelly Organic concord grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid Sunbutter Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt and Natural Mixed Tocopherols to preserve freshness	X		X				
Zee Zee's Graham Crackers	Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Palm Oil, Molasses, Salt, Malted Barley Flour, Spices, Soy Lecithin, Baking Soda.	X		X				
Zee Zee's WG Strawberry Graham Crackers	whole grain wheat flour, enriched wheat flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Palm Oil, Molasses, red beet juice(color) Salt, Malted Barley Flour, Soy Lecithin, Baking Soda.	X		X				
Zee Zee's Wheat Crackers, WG	Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Baking Soda, Malt Syrup, Salt, Molasses, Honey, Ammonium Bicarbonate, Onion Powder, Citric Acid, Cream of Tartar, Sodium Acid Pyrophosphate, Honey Flavor, Garlic Powder	X		X				
Zucchini Bread	whole wheat flour, quick rolled oats, baking soda, cinnamon, sea salt, nutmeg, canola oil, zucchini, dark brown sugar, white granulated sugar, liquid eggs (whole egg, citric acid, water), unsweetened applesauce (Apples, water, erythorbic acid added to maintain color), vanilla extract		X	X				
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.								