

SPRING LUNCH MENU

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, April 1 Ravioli w/Alfredo Sauce Mozzarella Cheese Roasted Zucchini Applesauce	Tuesday, April 2 Zesty BBQ Chicken <i>Zesty BBQ Tofu</i> WG Brown Rice Steamed Peas Apple Slices	Wednesday, April 3 Turkey Taco <i>Veggie Taco</i> Flour Tortilla Cheddar Cheese Cucumber & Jicama Relish Pear Slices	Thursday, April 4 Bells & Evans Chicken Nuggets <i>Veggie GF/DF/EF Nuggets</i> WG Bread Broccoli Littles Melon Ketchup	Friday, April 5 Rotini w/Tomato Cream Sauce Mozzarella Cheese Lemon Broccoli Fruit Salad CHP
Monday, April 8 WG Carolina BBQ Chicken Patty <i>Veggie Burger</i> WG Hamburger Bun Mashed Potatoes Orange Slices	Tuesday, April 9 Peri Peri Chicken <i>Peri Peri Tofu</i> WG Spanish Rice Cucumber Salad Pear Slices	Wednesday, April 10 Creamy Mac N Cheese Garlic Green Beans Applesauce	Thursday, April 11 WG Pizza Bread Peas & Carrots Pineapple	Friday, April 12 Turkey Sausage Patties <i>Veggie Sausage Patties</i> WG French Toast Sticks Cauliflower Melon
Monday, April 15 Fajita Chicken <i>Fajita Tofu</i> WG Hamburger Bun Steamed Carrots Orange Slices	Tuesday, April 16 Tortellini w/Marinara Sauce Mozzarella Cheese Steamed Peas Pear Slices	Wednesday, April 17 Black Bean Burger WG Hamburger Bun Roasted Potatoes Apple Slices Ketchup	Thursday, April 18 Teriyaki Chicken <i>Teriyaki Tofu</i> WG Brown Rice Broccoli Melon	Friday, April 19 Chili Cheese Mac N Cheese Steamed Carrots Fruit Salad CHP
Monday, April 22 Mediterranean Meatballs <i>Veggie Meatballs</i> WG Pita Tzatziki Sauce Squash Medley Orange Slices	Tuesday, April 23 Orange Chicken Nuggets <i>GF/DF/EF Veggie Orange Nuggets</i> WG (Not So) Fried Rice Green Beans Appleberry Sauce	Wednesday, April 24 Penne Mostaccioli Peas & Carrots Pear Slices	Thursday, April 25 Jerk Chicken <i>Jerk Tofu</i> WG Arroz Verde Cucumber Slices Melon	Friday, April 26 Pizza Muffins Marinara Sauce Broccoli Fruit Salad CHP
Monday, April 29 Ravioli w/Alfredo Sauce Mozzarella Cheese Roasted Zucchini Applesauce	Tuesday, April 30 Zesty BBQ Chicken <i>Zesty BBQ Tofu</i> WG Brown Rice Steamed Peas Apple Slices	Wednesday, May 1 Turkey Taco <i>Veggie Taco</i> Flour Tortilla Cheddar Cheese Cucumber & Jicama Relish Pear Slices	Thursday, May 2 Bells & Evans Chicken Nuggets <i>Veggie GF/DF/EF Nuggets</i> WG Bread Broccoli Littles Melon Ketchup	Friday, May 3 Rotini w/Tomato Cream Sauce Mozzarella Cheese Lemon Broccoli Fruit Salad CHP

WG= Whole Grain
 CHP= Cantaloupe, Honeydew, Pineapple

SPRING GF/DF/EF LUNCH MENU

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, April 1 GF Penne w/ Marinara Sauce GF/DF/EF Turkey Meatballs Roasted Zucchini Applesauce	Tuesday, April 2 Zesty BBQ Chicken WG Brown Rice Steamed Peas Apple Slices	Wednesday, April 3 Turkey Taco w/ DF Cheddar Cheese Corn Tortilla Cucumber & Jicama Relish Pear Slices	Thursday, April 4 GF/DF/EF Veggie Nugget GF/DF/EF Bread DF Mashed Sweet Potatoes Melon	Friday, April 5 GF/DF/EF Turkey Bolognese w/ GF Penne Pasta Lemon Broccoli Fruit Salad CHP
Monday, April 8 Grilled Chicken GF/DF/EF Hamburger Bun DF Mashed Potatoes Orange Slices	Tuesday, April 9 Peri Peri Chicken WG Spanish Rice Cucumber Salad Pear Slices	Wednesday, April 10 GF/DF/EF Creamy Mac N Cheese GF/DF/EF Turkey Meatballs Garlic Green Beans Applesauce	Thursday, April 11 GF/DF/EF Bean & Cheese Tamale Peas & Carrots Pineapple	Friday, April 12 Turkey Sausage Patties GF/DF/EF Waffle Cauliflower Melon
Monday, April 15 Fajita Chicken GF/DF/EF Hamburger Bun Steamed Carrots Orange Slices	Tuesday, April 16 GF Penne w/Marinara Sauce GF/DF/EF Turkey Meatballs Steamed Peas Pear Slices	Wednesday, April 17 Grilled Chicken GF/DF/EF Hamburger Bun Roasted Potatoes Apple Slices	Thursday, April 18 Teriyaki Chicken WG Brown Rice Broccoli Melon	Friday, April 19 GF/DF/EF Creamy Mac N Cheese GF/DF/EF Turkey Meatballs Steamed Carrots Fruit Salad CHP
Monday, April 22 GF/DF/EF Mediterranean Meatballs GF/DF/EF Bread Squash Medley Orange Slices	Tuesday, April 23 GF/DF/EF Orange Chicken (Not So) Fried Rice Green Beans Appleberry Sauce	Wednesday, April 24 GF/DF/EF Turkey Bolognese w/ GF Penne Pasta Peas & Carrots Pear Slices	Thursday, April 25 Jerk Chicken WG Arroz Verde Cucumber Slices Melon	Friday, April 26 GF/DF/EF Bean & Cheese Tamale Broccoli Fruit Salad CHP
Monday, April 29 GF Penne w/ Marinara Sauce GF/DF/EF Turkey Meatballs Roasted Zucchini Applesauce	Tuesday, April 30 Zesty BBQ Chicken WG Brown Rice Steamed Peas Apple Slices	Wednesday, May 1 Turkey Taco w/ DF Cheddar Cheese Corn Tortilla Cucumber & Jicama Relish Pear Slices	Thursday, May 2 GF/DF/EF Veggie Nugget GF/DF/EF Bread GF/DF/EF Mashed Sweet Potatoes Melon	Friday, May 3 GF/DF/EF Turkey Bolognese w/ GF Penne Pasta Broccoli Fruit Salad CHP

All items on this menu are gluten-free/dairy-free/egg-free.
 CHP = Cantaloupe, Honeydew, Pineapple

SPRING COMFORT LUNCH MENU

April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
Monday, April 1 Penne Pasta Marinara Mozzarella Cheese Roasted Zucchini Orange Slices	Tuesday, April 2 Creamy Mac N Cheese Steamed Peas Apple Slices	Wednesday, April 3 Bell & Evans Chicken Nuggets WG Bread Cucumber & Jicama Relish Pear Slices Ketchup	Thursday, April 4 Penne Pasta Marinara Mozzarella Cheese Broccoli Littles Melon	Friday, April 5 Bell & Evans Chicken Nuggets WG Bread Lemon Broccoli Fruit Salad CHP Ketchup
Monday, April 8 Creamy Mac N Cheese Mashed Potatoes Orange Slices	Tuesday, April 9 Penne Pasta Marinara Mozzarella Cheese Cucumber Salad Pear Slices	Wednesday, April 10 Bell & Evans Chicken Nuggets WG Bread Garlic Green Beans Applesauce Ketchup	Thursday, April 11 Creamy Mac N Cheese Peas & Carrots Pineapple	Friday, April 12 Bell & Evans Chicken Nuggets WG Bread Cauliflower Melon Ketchup
Monday, April 15 Penne Pasta Marinara Mozzarella Cheese Steamed Carrots Orange Slices	Tuesday, April 16 Creamy Mac N Cheese Steamed Peas Apple Slices	Wednesday, April 17 Bell & Evans Chicken Nuggets WG Bread Roasted Potatoes Apple Slices Ketchup	Thursday, April 18 Creamy Mac N Cheese Broccoli Melon	Friday, April 19 Penne Pasta Marinara Mozzarella Cheese Steamed Carrots Fruit Salad CHP Ketchup
Monday, April 22 Bell & Evans Chicken Nuggets WG Bread Squash Medley Orange Slices Ketchup	Tuesday, April 23 Penne Pasta Marinara Mozzarella Cheese Green Beans Appleberry Sauce	Wednesday, April 24 Bell & Evans Chicken Nuggets WG Bread Peas & Carrots Pear Slices Ketchup	Thursday, April 25 Creamy Mac N Cheese Cucumber Slices Melon	Friday, April 26 Bell & Evans Chicken Nuggets WG Bread Broccoli Fruit Salad CHP Ketchup
Monday, April 29 Penne Pasta Marinara Mozzarella Cheese Roasted Zucchini Orange Slices	Tuesday, April 30 Creamy Mac N Cheese Steamed Peas Apple Slices	Wednesday, May 1 Bell & Evans Chicken Nuggets WG Bread Cucumber & Jicama Relish Pear Slices Ketchup	Thursday, May 2 Penne Pasta Marinara Mozzarella Cheese Broccoli Littles Melon	Friday, May 3 Bell & Evans Chicken Nuggets WG Bread Lemon Broccoli Fruit Salad CHP Ketchup

WG= Whole Grain
CHP= Cantaloupe, Honeydew, Pineapple

PreK Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Arroz Verde	whole grain brown rice, black pepper, sea salt, water, garlic powder, cilantro, parsley flakes, fresh spinach							
Brown Rice	long grain parboiled rice							
Carolina BBQ "Crispy" Chicken	Carolina BBQ Sauce mustard, pure honey, dark brown sugar, apple cider vinegar, ketchup, soy sauce, garlic powder, hot sauce, sea salt WG Chicken Patty Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, vinegar), garlic powder, onion powder, natural* chicken broth flavor (chicken broth, natural flavor, salt, onion juice concentrate), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, salt, spice, garlic powder, paprika, leavening (cream of tartar, sodium bicarbonate), celery seed, natural flavors (including extractives of celery seed), extractives of turmeric. Breeding set in vegetable oil WG Hamburger Bun (see bread ingredients)	X		X				
Cheese Ravioli w/ Alfredo Sauce & Mozzarella	Cheese Ravioli (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), whole milk ricotta cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), water, whole egg, romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), parmesan cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), bread crumbs (wheat flour, sugar, canola oil, salt, yeast), parsley, salt, black pepper) Alfredo Sauce whole milk (organic milk, Vitamin D6), parmesan cheese (imported parmesan cheese, part-skim milk, cheese cultures, enzymes), mozzarella cheese (pastuerized milk, cheese cultures, salt, enzymes, potato starch, canola oil and cellulose powder added to prevent caking, natamycin), garlic powder, sea salt, unsalted butter (cream, natural flavors), onion Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)	X	X	X	X			
Chicken Nuggets, Bell & Evans	Chicken Breast Meat, Water, Salt. Breaded with Unbleached Wheat Flour, Water, Salt, Evaporated Cane Juice, Dried Yeast, Spices, Paprika. Flash fried in soybean oil to set breading	X		X				
Chili Cheese Macaroni	Chili sauce canola oil, raw onion, raw green pepper, pinto beans (Prepared Pinto Beans, Water, Salt, Calcium Chloride and Calcium Disodium EDTA added for color retention), red beans (Kidney Beans, Water, Sugar, Dextrose, Salt, Calcium Chloride (Firming Agent), and Disodium EDTA), diced tomatoes, garlic powder, ground red chili pepper, sea salt, paprika, cumin, chili powder, water, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) Cheddar Cheese Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents) Elbow Noodles semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid			X	X			
Creamy Mac 'n Cheese	Elbow Pasta Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid Cheese Sauce 1% milk (Grade A lowfat milk, vitamin A palmitate and vitamin D3), unsalted butter (cream, natural flavoring), rice flour, sea salt, american cheese (Milk, Cheese Cultures, Salt, Enzymes), Water, Cream, Sodium Phosphate, Color Added, Salt, Sorbic Acid Added As A Preservative), cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents))			X	X			
Dr. Praeger Black Bean Burger	Hydrated Textured Soy Protein Concentrate (Water, Soy Protein Concentrate, Caramel Color), Cooked Black Beans (Black Beans, Water), Cooked Brown Rice (Brown Rice, Water), Onions, Expeller Pressed Canola Oil, Corn, Wheat Gluten, Red Peppers, Arrowroot Powder, Jalapeno Peppers, Chili Powder, Vegetarian Natural Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Flaxseed Meal, Garlic, Salt, Cilantro, Black Pepper	X		X				

PreK Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Fajita Chicken	Cooked chicken thigh chicken thigh, canola oil, sea salt Fajita Sauce diced tomatoes (tomatoes, tomato juice, less than 2% of salt, calcium chloride, citric acid), raw onion, sea salt, paprika, chili powder, coriander, garlic powder, black pepper, cumin, cinnamon							
Flour Tortilla	Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and diglycerides, Sodium metabisulphite).			X				
Homemade Pizza Bread	Base whole wheat flour, enriched wheat all-purpose flour, sea salt, water, bakers yeast Toppings part-skim shredded mozzarella (pasteurized milk, cheese cultures, salt, enzymes, potato starch, canola oil and cellulose powder added to prevent caking, natamycin (a natural mold inhibitor), mild shredded cheddar (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)) Marinara Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil			X	X			
Jerk Glaze Chicken	Cooked Chicken Thigh chicken thigh, sea salt, canola oil Jerk Glaze allspice, cumin, onion powder, garlic, nutmeg, red chili pepper, black pepper, sea salt, paprika, cinnamon, thyme, dark brown sugar, orange juice							
Ketchup	Tomato Puree (water, tomato paste), Sugar, Vinegar, Sea Salt, Onion Powder, Natural Flavor, Garlic Powder.							
Mediterranean Meatballs	ground turkey, liquid eggs (whole egg, citric acid, water), mint, cilantro, garlic, cumin, red chili pepper, sea salt, black pepper, green onion, panko bread crumbs (wheat flour, sugar, yeast, salt)		X	X				
Not-So Fried Rice	whole grain brown rice, peas & carrots, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce (Water, soybeans, salt, sugar), garlic powder, ginger, white granulated sugar	X						
Orange Chicken Nugget	Orange Sauce water, orange juice, lemon juice, apple cider vinegar, soy sauce, ground ginger, garlic, xanthan gum, sea salt, dark brown sugar Bell & Evans Chicken Nugget Chicken Breast Meat, Water, Salt. Breaded with Unbleached Wheat Flour, Water, Salt, Evaporated Cane Juice, Dried Yeast, Spices, Paprika. Flash fried in soybean oil to set breading	X		X				
Penne Mostaccioli	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
Peri Peri Chicken	Cooked chicken thigh chicken thigh, sea salt, canola oil peri peri sauce sweet roasted peppers, garlic, canola oil, red wine vinegar, sea salt, smoked paprika							
Pita Bread	Enriched wheat flour, (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono- and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate (preservatives)	X		X				

PreK Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pizza Muffins	all-purpose enriched flour, baking powder, whole milk (organic milk, Vitamin D6), liquid eggs (whole egg, citric acid, water), mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes, potato starch, canola oil and cellulose powder added to prevent caking. Natamycin (a natural mold inhibitor)), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)), basil, garlic powder, oregano.		X	X	X			
Rotini Pasta w/ Tomato Cream Sauce & Mozzarella Cheese	Rotini Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Tomato Cream Sauce Marinara sauce (canola oil, garlic, sea salt, basil, oregano, granulated sugar, tomato sauce), diced tomatoes (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), onion) Half & Half (Milk, cream, dipotassium phosphate) Parmesan Cheese (Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose) Served with mozzarella cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
Spanish Rice	whole grain brown rice, canola oil, garlic powder, water, vegetable base[Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch] xanthan gum, natural flavors, carrot juice concentrate), paprika, tomato paste (tomato paste, citric cid)							
Teriyaki Chicken	Cooked chicken thigh or breast (chicken, sea salt, canola oil) Teriyaki Sauce ginger, soy sauce, dark brown sugar, water, cornstarch, garlic, onion	X						
Tortellini w/ Marinara and Mozzarella	Tortellini Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), Water, Whole Egg, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Dehydrated Potatoes (100% potatoes), Salt, Parsley, Black Pepper Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered	X	X	X	X			
Turkey Sausage	Antibiotic-Free Ground Turkey, Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							
Turkey Taco	ground turkey, taco seasoning (salt, sugar, paprika, onion, garlic, citric acid, natural flavor)							
Tzatziki Sauce	plain yogurt (Non-homogenized Grade A Pasteurized Milk, Nonfat Dry Milk. Contains Live & Active Cultures, Including L Acidophilus & Bifidus), lemon juice, garlic, sea salt, black pepper, cucumber, dill weed				X			
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.	X		X				
WG French Toast Sticks	bread (whole wheat flour, water, enriched 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				
Zesty BBQ Chicken Breast	Cooked chicken breast chicken breast, canola oil, sea salt Zesty BBQ Sauce dark brown sugar, raw onion, garlic, rice vinegar, soy sauce, canola oil, xanthan gum, ginger, chinese five spice blend, maple syrup, miso paste (water, soybeans, rice, salt, alcohol)	X						

PreK Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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.								

PreK Vegetarian Lunch Ingredients List		Allergens							
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame	
Arroz Verde	whole grain brown rice, black pepper, sea salt, water, garlic powder, cilantro, parsley flakes, fresh spinach								
Brown Rice	large grain parboiled brown rice								
Chili Cheese Macaroni	Chili sauce canola oil, raw onion, raw green pepper, pinto beans (Prepared Pinto Beans, Water, Salt, Calcium Chloride and Calcium Disodium EDTA added for color retention), red beans (Kidney Beans, Water, Sugar, Dextrose, Salt, Calcium Chloride (Firming Agent), and Disodium EDTA), diced tomatoes, garlic powder, ground red chili pepper, sea salt, paprika, cumin, chili powder, water, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) Cheddar Cheese Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents) Elbow Noodles semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid			X	X				
Creamy Mac & Cheese	Elbow Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil) Cheese Sauce American cheese (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), whole milk, rice flour, unsalted butter, sea salt			X	X				
Dr. Praeger Black Bean Burger	Hydrated Textured Soy Protein Concentrate (Water, Soy Protein Concentrate, Caramel Color), Cooked Black Beans (Black Beans, Water), Cooked Brown Rice (Brown Rice, Water), Onions, Expeller Pressed Canola Oil, Corn, Wheat Gluten, Red Peppers, Arrowroot Powder, Jalapeno Peppers, Chili Powder, Vegetarian Natural Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Flaxseed Meal, Garlic, Salt, Cilantro, Black Pepper	X		X					
Fajita Sloppy Joe	GF Garden Veggie Crumble Water, Soy Protein Concentrate, Organic Caramel Color, Canola Oil, Organic Cane Sugar, Yeast Extract, Onion Powder, Salt, Garlic Powder, Natural Flavors, Sea Salt, Sugar, Spice Fajita Sauce diced tomatoes (tomatoes, tomato juice, less than 2% of salt, calcium chloride, citric acid), raw onion, sea salt, paprika, chili powder, coriander, garlic powder, black pepper, cumin, cinnamon	X							
French Toast Sticks, WG	bread (whole wheat flour, water, enriched 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					
Hamburger Bun, WG	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate).	X		X					
Homemade Cheese Pizza Bread	enriched all-purpose flour, whole wheat flour, sea salt, water, part-skim mozzarella cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), mild cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)), baker's yeast, marinara sauce (Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil)			X	X				
Jerk Tofu	Tofu Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone Jerk Glaze allspice, cumin, onion powder, garlic, nutmeg, red chili pepper, black pepper, sea salt, paprika, cinnamon, thyme, dark brown sugar, orange juice	X							
Marinara Sauce	Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil								
Not-So Fried Rice	whole grain brown rice, peas & carrots, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce (Water, soybeans, salt, sugar), garlic powder, ginger, white granulated sugar	X							

PreK Vegetarian Lunch Ingredients List		Allergens							
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame	
Orange Veggie Nugget	Orange Sauce water, orange juice, lemon juice, apple cider vinegar, soy sauce, ground ginger, garlic, xanthan gum, sea salt, dark brown sugar GF Chickenless nugget Hydrated Textured Soy Protein (Water, Soyprotein Concentrate), Water, Rice Flour, Canola Oil, Natural Flavor, Contains Less than 2% Of Whole Grain Amaranth Flour, Methyl Cellulose, Isolated Soy Protein, Raisin Juice Concentrate, Cornstarch, Salt, Garlic Powder, Onion Powder, Dextrose, Sunflower Oil, Yeast Extract, White Pepper contains: Soy	X							
Pasta w/ Tomato Cream Sauce & Mozzarella Cheese	Rotini Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Tomato Cream Sauce Marinara sauce (canola oil, garlic, sea salt, basil, oregano, granulated sugar, tomato sauce), diced tomatoes (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), onion Half & Half (Milk, cream, dipotassium phosphate) Parmesan Cheese (Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose) Served with mozzarella cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X				
Penne Mostaccioli	Penne Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X				
Peri Peri Tofu	Tofu Water , Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone) peri peri sauce sweet roasted peppers, garlic, canola oil, red wine vinegar, sea salt, smoke paprika	X							
Pita Bread	Enriched wheat flour, (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono- and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate (preservatives)	X		X					
Pizza Muffin	Enriched all-purpose flour (Lonesome Stone), baking powder, whole milk (organic milk, vitamin B6), liquid eggs (Whole eggs, citric acid, water), Mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)), basil, garlic, oregano		X	X	X				
Ravioli (Cheese) w/ Alfredo Sauce & Mozzarella	Cheese Ravioli (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid))), whole milk ricotta cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), water, whole egg, romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), parmesan cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), bread crumbs (wheat flour, sugar, canola oil, salt, yeast), parsley, salt, black pepper) Alfredo Sauce whole milk (organic milk, Vitamin D6), parmesan cheese (imported parmesan cheese, part-skim milk, cheese cultures, enzymes), mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes, potato starch, canola oil and cellulose powder added to prevent caking, natamycin), garlic powder, sea salt, unsalted butter (cream, natural flavors), onion Mozzarella Cheese Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)	X	X	X	X				
Spanish Rice	whole grain brown rice, canola oil, garlic powder, water, vegetable base [Sautéed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch] xanthan gum, natural flavors, carrot juice concentrate), paprika, tomato paste (tomato paste, citric acid)								
Teriyaki Tofu	Tofu Water , Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone) Teriyaki Sauce ginger, soy sauce, dark brown sugar, water, cornstarch, garlic, onion	X							

PreK Vegetarian Lunch Ingredients List		Allergens							
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame	
Tortellini w/ Marinara & Mozzarella Cheese	Tortellini Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Romano Cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), Water, Whole Egg, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Dehydrated Potatoes (100% potatoes), Salt, Parsley, Black Pepper Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered	X	X	X	X				
Tortilla, Flour	Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and diglycerides, Sodium metabisulphite).			X					
Tzatziki Sauce	plain yogurt (Non-homogenized Grade A Pasteurized Milk, Nonfat Dry Milk. Contains Live & Active Cultures, Including L Acidophilus & Bifidus), lemon juice, garlic, sea salt, black pepper, cucumber, dill weed				X				
Vegan/Gluten-Free Chicken Nuggets	Vegan Filling (Hydrated Textured Soy Protein [Water, Soy Protein Concentrate], Water, Natural Flavor, Methyl Cellulose, Isolated Soy Protein, Onion Powder, Garlic Powder), Breader (Rice Flour, Whole Grain Amaranth Flour, Raisin Juice Concentrate, Cornstarch, Salt, Dextrose, Sunflower Oil, Garlic Powder, Onion Powder, Yeast Extract, White Pepper). Flash Fried in Expeller Pressed Canola Oil	X							
Veggie Burger	Veggie Patty Hydrated textured soy protein (water, soy protein concentrate, caramel color), onions, wheat gluten, soy protein concentrate, arrowroot powder, natural vegan beef flavor (yeast extract, maltodextrin, salt, natural flavoring), flaxseed meal, garlic, salt, black pepper <i>*pre-cooked in expeller pressed canola oil</i> Served on a whole grain hamburger bun (see bread ingredients)	X		X					
Veggie Meatballs	water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methylcellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract	X		X					
Veggie Sausage Patty	water, wheat gluten, soy flour, egg whites, corn oil, soy protein concentrate, sodium caseinate, modified tapioca starch, contains two percent or less of lactose, soybean oil (with tbhq for freshness), soy protein isolate, autolyzed yeast extract, spices, natural and artificial flavors, methylcellulose, sodium tripolyphosphate, salt, hydrolyzed wheat gluten, disodium inosinate, caramel color, modified corn starch, whey, hydrolyzed corn gluten, maltodextrin, onion powder, disodium guanylate, tetrasodium pyrophosphate, tricalcium phosphate, lactic acid, ascorbic acid, brewer's yeast, torula yeast, calcium phosphate, soy lecithin, iron (ferrous sulfate), thiamin mononitrate (vitamin b1), pyridoxine hydrochloride (vitamin b6), riboflavin (vitamin b2), vitamin b12. contains: wheat, soy, egg and milk ingredients.	X	X	X	X				
Veggie Sloppy Joe	Veggie Crumbles Water, Soy Protein Concentrate, Organic Caramel Color, Canola Oil, Organic Cane Sugar, Yeast Extract, Onion Powder, Salt, Garlic Powder, Natural Flavors, Sea Salt, Sugar, Spices.Contains Soy. Sloppy Joe Sauce Red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic Served on a whole grain hamburger bun (see bread ingredients)	X		X (bun)					
Veggie Taco	Veggie crumbles Water, Soy Protein Concentrate, Organic Caramel Color, Canola Oil, Organic Cane Sugar, Yeast Extract, Onion Powder, Salt, Garlic Powder, Natural Flavors, Sea Salt, Sugar, Spices.Contains Soy. Taco seasoning Salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor Served on a flour tortilla (see bread ingredients)	X		X (tortilla)					
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.	X		X					

PreK Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Zesty BBQ Tofu	Tofu Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone) Zesty BBQ sauce dark brown sugar, raw onion, garlic, rice vinegar, soy sauce, canola oil, xanthan gum, ginger, chinese five spice blend, maple syrup, miso paste (water, soybeans, rice, salt, alcohol)	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.								

PreK GF/DF/EF Lunch Ingredients List								
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Arroz Verde	whole grain brown rice, black pepper, sea salt, water, garlic powder, cilantro, parsley flakes, fresh spinach							
Bean & Cheese Tamale, GF/DF/EF	Dry masa corn (white corn cooked with lime-water, cellulose gum, fumaric acid and sodium propionate added to preserve freshness), refried beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), vegan cheddar cheese (Filtered Water, Modified Potato Starch, Palm Oil, Sunflower Oil, Sea Salt, Cellulose Gum, Tapioca Starch, Yeast Extract, Cellulose Gel, Konjac Powder (Thickener), Cultured Dextrose, Citric Acid, Carrageenan, Locust Bean Gum, Natural Flavors, Annatto (Color), Paprika Extract (Color), Probiotic Cultures (Bacillus Subtilis), corn husk (dried corn husks, water with sulphur dioxide)							
Bread, GF/DF/EF	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D <i>*produced in a facility that also processes eggs</i>							
Brown Rice	long grain parboiled brown rice							
Corn Tortilla	whole grain corn, water, contains 2% or less of the following: preservatives (propionic acid, sodium hydroxide, benzoic acid), xanthan gum and traces of food grade lime							
Creamy Mac & Cheese, GF/DF	Gluten-free elbow pasta Organic Rice Flour, Organic Potato Starch, Organic Rice Starch, Organic Soy Flour. Sauce Vegan cheddar cheese:Filtered Water, Modified Potato Starch, Palm Oil, <i>Sunflower</i> Oil, Sea Salt, Cellulose Gum, Tapioca Starch, Yeast Extract, Cellulose Gel, Konjac Powder (Thickener), Cultured Dextrose, Citric Acid, Carrageenan, Locust Bean Gum, Natural Flavors, Annatto (Color), Paprika Extract (Color), Probiotic Cultures (Bacillus Subtilis), soy milk (water, organic soy beans)	X						
Fajita Chicken	Cooked chicken thigh chicken thigh, canola oil, sea salt Fajita Sauce diced tomatoes (tomatoes, tomato juice, less than 2% of salt, calcium chloride, citric acid), raw onion, sea salt, paprika, chili powder, coriander, garlic powder, black pepper, cumin, cinnamon							
GF/DF/EF Hamburger Bun	Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Tapioca Syrup, Guar Gum, Organic Palm Fruit Oil, Salt, Orange Citrus Fiber, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.							
GF/DF/EF Mediterranean Meatballs	ground turkey, mint, cilantro, garlic, cumin, red chili pepper, sea salt, black pepper, green onion							
Grilled Chicken	Antibiotic-free chicken, canola oil, salt, pepper							
Jerk Glazed Chicken	Cooked Chicken Thigh (chicken thigh, sea salt, canola oil) Jerk Glaze allspice, cumin, onion powder, garlic, nutmeg, red chili pepper, black pepper, sea salt, paprika, cinnamon, thyme, dark brown sugar, orange juice							
Not-So Fried Rice	whole grain brown rice, peas & carrots, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce (Water, soybeans, salt, sugar), garlic powder, ginger, white granulated sugar	X						
Orange Chicken	Cooked chicken thigh chicken thigh, canola oil, sea salt Orange Sauce water, orange juice, lemon juice, apple cider vinegar, soy sauce, ground ginger, garlic, xanthan gum, sea salt, dark brown sugar	X						
Pasta, GF w/ Marinara Sauce & GF/DF/EF Turkey Meatballs	Gluten-Free Penne Pasta Organic Rice Flour, Organic Potato Starch, Organic Rice Starch, Organic Soy Flour. Turkey Meatballs Ground turkey, sea salt Marinara Sauce Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water	X						

PreK GF/DF/EF Lunch Ingredients List								
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pasta, GF w/ Turkey Bolognese	Gluten-free penne pasta Organic Rice Flour, Organic Potato Starch, Organic Rice Starch, Organic Soy Flour. Bolognese Sauce Antibiotic-free turkey, diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, carrots, salt, sugar, oregano, basil, water	X						
Peri Peri Chicken	Cooked chicken thigh chicken thigh, sea salt, canola oil peri peri sauce sweet roasted peppers, garlic, canola oil, red wine vinegar, sea salt, smoked paprika							
Spanish Rice	whole grain brown rice, canola oil, garlic powder, water, vegetable base[Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch] xanthan gum, natural flavors, carrot juice concentrate), paprika, tomato paste (tomato paste, citric cid)							
Teriyaki Chicken	chicken thigh or breast (chicken, sea salt, canola oil) Teriyaki Sauce ginger, soy sauce, dark brown sugar, water, cornstarch, garlic, onion	X						
Turkey Meatballs, GF/DF/EF	ground dark turkey meat (antbiotic-free), sea salt							
Turkey Sausage Patty	Antibiotic-Free Ground Turkey, Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							
Turkey Sloppy Joe	Antibiotic-free ground turkey Sloppy Joe Sauce Red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic Served on a gluten free hamburger bun (see bread ingredients)							
Turkey Taco Meat	ground turkey, taco seasoning (salt, sugar, paprika, onion, garlic, citric acid, natural flavor)							
Vegan/Gluten-Free Chicken Nuggets	Vegan Filling (Hydrated Textured Soy Protein [Water, Soy Protein Concentrate], Water, Natural Flavor, Methyl Cellulose, Isolated Soy Protein, Onion Powder, Garlic Powder), Breader (Rice Flour, Whole Grain Amaranth Flour, Raisin Juice Concentrate, Cornstarch, Salt, Dextrose, Sunflower Oil , Garlic Powder, Onion Powder, Yeast Extract, White Pepper). Flash Fried In Expeller Pressed Canola Oil	X						
Waffle, GF/DF/EF	Water, Van's gluten free mix (brown rice flour, potato starch, rice flour, soy flour), Non-GMO expeller pressed canola oil, baking powder (sodium acid pyrophosphate, baking soda, rice flour, monocalcium phosphate), Van's natural fruit juice blend (pineapple, peach, and pear juice concentrates), sea salt, guar gum, soy lecithin	X						
Zesty BBQ Chicken Thigh	Cooked Chicken Thigh antibiotic-free chicken thigh, canola oil, sea salt Zesty BBQ sauce dark brown sugar, raw onion, garlic, rice vinegar, soy sauce, canola oil, xanthan gum, ginger, chinese five spice blend, maple syrup, miso paste (water, soybeans, rice, salt, alcohol)	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.								

Vegan Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Arroz Verde	whole grain brown rice, black pepper, sea salt, water, garlic powder, cilantro, parsley flakes, fresh spinach							
Bean & Cheese Tamale, GF/DF/EF Bread, WG	Dry masa corn (white corn cooked with lime-water, cellulose gum, fumaric acid and sodium propionate added to preserve freshness), refried beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), vegan cheddar cheese (Filtered Water, Modified Potato Starch, Palm Oil, Sunflower Oil, Sea Salt, Cellulose Gum, Tapioca Starch, Yeast Extract, Cellulose Gel, Konjac Powder (Thickener), Cultured Dextrose, Citric Acid, Carrageenan, Locust Bean Gum, Natural Flavors, Annatto (Color), Paprika Extract (Color), Probiotic Cultures (Bacillus Subtilis), corn husk (dried corn husks, water with sulphur dioxide)							
Brown Rice	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				
Creamy Mac & Cheese, GF/DF/EF w/ Veggie "Meat"balls	long grain, parboiled brown rice Elbow Pasta Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil) Sauce Vegan cheddar cheese: Filtered Water, Modified Potato Starch, Palm Oil, Sunflower Oil, Sea Salt, Cellulose Gum, Tapioca Starch, Yeast Extract, Cellulose Gel, Konjac Powder (Thickener), Cultured Dextrose, Citric Acid, Carrageenan, Locust Bean Gum, Natural Flavors, Annatto (Color), Paprika Extract (Color), Probiotic Cultures (Bacillus Subtilis) Soy milk Water, organic soybeans Veggie "Meat"balls Water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract	X		X				
Fajita Sloppy Joe	GF Garden Veggie Crumble Water, Soy Protein Concentrate, Organic Caramel Color, Canola Oil, Organic Cane Sugar, Yeast Extract, Onion Powder, Salt, Garlic Powder, Natural Flavors, Sea Salt, Sugar, Spice Fajita Sauce diced tomatoes (tomatoes, tomato juice, less than 2% of salt, clacium chloride, citric acid), raw onion, sea salt, paprika, chili powder, coriander, garlic powder, black pepper, cumin, cinnamon	X						
Hamburger Bun, WG	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate).	X		X				
Jerk Tofu	Tofu Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone Jerk Glaze allspice, cumin, onion powder, garlic, nutmeg, red chili pepper, black pepper, sea salt, paprika, cinnamon, thyme, dark brown sugar, orange juice	X						
Marinara Sauce	Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil							
Not-So Fried Rice	whole grain brown rice, peas & carrots, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce (Water, soybeans, salt, sugar), garlic powder, ginger, white granulated sugar	X						
Orange Veggie Nugget	Orange Sauce water, orange juice, lemon juice, apple cider vinegar, soy sauce, ground ginger, garlic, xanthan gum, sea salt, dark brown sugar GF Chickenless nugget Hydrated Textured Soy Protein (Water, Soyprotein Concentrate), Water, Rice Flour,Canola Oil, Natural Flavor, Contains Less than 2% Of Whole Grain Amaranth Flour,Methyl Cellulose, Isolated Soy Protein,Raisin Juice Concentrate, Cornstarch, Salt,Garlic Powder, Onion Powder, Dextrose,Sunflower Oil, Yeast Extract, White Pepper contains: Soy	X						

Vegan Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pasta w/ Marinara & Veggie "Meat"balls	Penne/Rotini Pasta Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid Marinara Sauce Diced Tomatoes (Tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), Muir Glenn organic tomato sauce (organic tomato puree, organic tomato juice), sea salt, organic onion powder, naturally derived citric acid, organic garlic powder, olive oil, garlic, onions, oregano, basil, sugar, salt Veggie "Meat"balls Water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract	X		X				
Penne Pasta w/ Veggie Bolognese Sauce	Penne Pasta Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid Veggie Bolognese veggie crumbles (Water, Soy Protein Concentrate, Organic Caramel Color, Canola Oil, Organic Cane Sugar, Yeast Extract, Onion Powder, Salt, Garlic Powder, Natural Flavors, Sea Salt, Sugar, Spices.Contains Soy.), loose carrots, marinara sauce (Diced Tomatoes (Tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), Muir Glenn organic tomato sauce (organic tomato puree, organic tomato juice), sea salt, organic onion powder, naturally derived citric acid, organic garlic powder, olive oil, garlic, onions, oregano, basil, sugar, salt)	X		X				
Peri Peri Tofu	Tofu Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone peri peri sauce sweet roasted peppers, garlic, canola oil, red wine vinegar, sea salt, smoke paprika	X						
Pita Bread	Enriched wheat flour, (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono- and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate (preservatives)	X		X				
Spanish Rice	whole grain brown rice, canola oil, garlic powder, water, vegetable base[Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch] xanthan gum, natural flavors, carrot juice concentrate), paprika, tomato paste (tomato paste, citric cid)							
Teriyaki Tofu	Tofu Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone Teriyaki Sauce ginger, soy sauce, dark brown sugar, water, cornstarch, garlic, onion	X						
Tortilla, Flour	Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and diglycerides, Sodium metabisulphite).			X				
Vegan Sausage Patty	Hydrated Soy Protein (Water, Soy Protein Concentrate, Soy Protein Isolate), Wheat Gluten, Canola Oil, Potato Starch, Methyl Cellulose, Contains less than 2% of Soy Sauce Powder (Soy Sauce [Soybeans, Salt, Sugar], Maltodextrin, Salt), Fruit Juice (for Color), Natural Flavor (Salt, Maltodextrin, Natural Flavors, Disodium Inosinate, Disodium Guanylate, Silicon Dioxide), Salt, Oat Fiber, Yeast Extract, Natural Flavor (Water, Glycerol, Natural Flavors), Black Pepper, Sage, Fennel, Natural Flavor (Water, Glycerol, Propylene Glycol, Natural Flavors), Garlic Powder, Onion Powder	X		X				
Vegan/Gluten-Free Chicken Nuggets	Vegan Filling (Hydrated Textured Soy Protein [Water, Soy Protein Concentrate], Water, Natural Flavor, Methyl Cellulose, Isolated Soy Protein, Onion Powder, Garlic Powder), Breader (Rice Flour, Whole Grain Amaranth Flour, Raisin Juice Concentrate, Cornstarch, Salt, Dextrose, Sunflower Oil, Garlic Powder, Onion Powder, Yeast Extract, White Pepper). Flash Fried In Expeller Pressed Canola Oi	X						

Vegan Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Veggie "Meat"ball	Water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract	X		X				
Veggie Burger	Veggie Patty Hydrated textured soy protein (water, soy protein concentrate, caramel color), onions, wheat gluten, soy protein concentrate, arrowroot powder, natural vegan beef flavor (yeast extract, maltodextrin, salt, natural flavoring), flaxseed meal, garlic, salt, black pepper *pre-cooked in expeller pressed canola oil Served on a whole grain hamburger bun (see bread ingredients)	X		X				
Veggie Sloppy Joe	Veggie Crumbles Water, Soy Protein Concentrate, Organic Caramel Color, Canola Oil, Organic Cane Sugar, Yeast Extract, Onion Powder, Salt, Garlic Powder, Natural Flavors, Sea Salt, Sugar, Spices.Contains Soy. Sloppy Joe Sauce Red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic Served on a whole grain hamburger bun (see bread ingredients)	X		X (bun)				
Veggie Taco	Veggie crumbles Water, Soy Protein Concentrate, Organic Caramel Color, Canola Oil, Organic Cane Sugar, Yeast Extract, Onion Powder, Salt, Garlic Powder, Natural Flavors, Sea Salt, Sugar, Spices.Contains Soy. Taco seasoning Salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor Served on a flour tortilla (see bread ingredients)	X		X (tortilla)				
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				
Zesty BBQ Tofu	Tofu Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone Zesty BBQ sauce dark brown sugar, raw onion, garlic, rice vinegar, soy sauce, canola oil, xanthan gum, ginger, chinese five spice blend, maple syrup, miso paste (water, soybeans, rice, salt, alcohol	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.								

PreK Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Broccoli	Broccoli							
Broccoli Littles	Broccoli, Potatoes, Onions, Potato Flakes, Canola Oil, Egg Whites, Arrowroot Powder, Sea Salt, Garlic		X					
Lemon Broccoli	broccoli, lawry's lemon pepper seasoning (Spices (Including Black Pepper, Mustard, Celery And Paprika), Lemon Peel, Garlic, Onion, Sugar, Citric Acid, Red And Green Bell Pepper, Not More Than 2% Silicon Dioxide Added (As Anticaking Agent) & Natural Flavor)							
Steamed Carrots	Carrot coins, sea salt							
Cauliflower	Cauliflower							
Cucumbers	Cucumbers							
Cucumber Salad	Cucumbers, water, white wine vinegar, dill weed, sugar, salt, pepper							
Green Beans	Green beans							
Greek Cucumber Salad	raw cucumber, water, sea salt, black pepper, red wine vinegar, dry parsley flakes, dry dill weed							
Garlic Green beans	green beans, garlic powder							
Snap Peas	Snap peas							
Peas	Peas							
Peas & Carrots	Peas, carrots							
Peppers & Onions	Green bell pepper, onions, red bell peppers, yellow peppers							
DF Mashed Potatoes	russet potatoes, soy milk (water, organic soy beans), sea salt	X						
DF Mashed Sweet Potatoes	sweet potatoes, sea salt, soy milk (water, organic soybeans)	X						
Mashed Potatoes	russet potatoes, unsalted butter (cream, natural flavoring), sea salt, whole milk (organic milk Vitamin D6)				X			
Roasted Potatoes	Potatoes, Canola Oil, Parsley, Lawry's Seasoning (Salt, Sugar, Spices (including paprika & tumeric), onion, cornstarch, garlic, tricalcium phosphate (prevents caking), natural flavor, paprika oleoresin (for color)							
Roasted Sweet Potatoes	Sweet potatoes, canola oil							
Mashed Sweet Potatoes	sweet potatoes, unsalted butter (cream, natural flavorings), whole milk (organic milk, vitamin B6), sea salt				X			
Jicama & Cucumber Relish	onion, cilantro, sea salt, lime juice, black pepper, jicama, cucumber, paprika, chili powder							
Roasted Zucchini	Zucchini, olive oil, sea salt							
Squash Medley	Yellow squash, zucchini squash, canola oil, salt							
Fruit Items								
Apple Slices	Apples							
Appleberry Sauce	Unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), frozen unsweetened strawberries							
Applesauce	Apples, water, erythorbic acid (to maintain color)							
Applesauce Cup	Apples, Water, and Unsweetened Apple Juice. Ascorbic Acid (Vitamin C) added to maintain color.							
Strawberry Applesauce Cup	apples, water, strawberry puree, natural flavor, natural color, ascorbic acid, malic acid, citric acid							
Banana	Banana							
Cantaloupe	Cantaloupe							
Pineapple	Pineapple, Pineapple Juice, Ascorbic Acid (to Promote Color Retention), and Citric Acid							
Fruit Salad	2 or more: watermelon, cantaloupe, honeydew, pineapple, strawberries, blueberries							
Fruit Salad CH	Cantaloupe, honeydew							
Fruit Salad CHP	Cantaloupe, honeydew, pineapple							

PreK Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Honeydew	Honeydew							
Orange Slices	Oranges							
Pear Slices	Pears, calcium ascorbate							
Pearsauce	Pears, water, white sugar							
Pineapple	Pineapple							
Other Items	Ingredients							
Arroz Verde	long-grain parboiled rice, water, black pepper, sea salt, garlic powder, parsley flakes, spinach, cilantro							
(Not-so) Fried Rice	whole grain brown rice, peas & carrots, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce (Water, soybeans, salt, sugar), garlic powder, ginger, white granulated sugar	X						
Brown Rice	long-grain parboiled rice							
Hummus	Garbanzo beans, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water							X
Jelly, Grape	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid							
Jelly Packet, Grape	Concord grapes, sugar, fruit pectin, citric acid							
Ketchup	tomato puree (water, tomato paste), sugar, vinegar, sea salt, onion powder, natural flavor, garlic powder							
Marinara Sauce	Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil							
Ranch Dressing (Bulk)	Soybean oil, cultured nonfat buttermilk, water, distilled vinegar, contains less than 2% of: salt, cultured skim milk, natural flavor, sugar, whey protein concentrate, tamarind and xanthan gum, garlic powder, onion powder, lemon juice concentrate, ground mustard, spice, dried parsley, ground celery	X			X			
Ranch Dressing (Packet)	Water, Soybean Oil, Corn Syrup, Distilled Vinegar, Egg Yolks, Modified Food Starch, Contains 2% or less of Buttermilk, Natural Flavors, Potassium Chloride, Salt, Garlic*, Onion*, Xanthan Gum, Yeast Extract, Lactic Acid, Phosphoric Acid, Whey Powder, Disodium Inosinate & Disodium Guanylate, Potassium Sorbate & Sodium Benzoate (as preservatives), Rice Flour, Polysorbate 60, Spice, Parsley*, Calcium Disodium EDTA to protect flavor	X	X		X			
Spanish Rice	whole grain brown rice, canola oil, garlic powder, water, vegetable base[Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch] xanthan gum, natural flavors, carrot juice concentrate), paprika, tomato paste (tomato paste, citric cid)							
Salsa	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, lime juice, salt							
Cream Cheese	pasteurized milk and cream, cheese culture, salt, guar gum, xanthan gum, carob bean gum				X			
Tzatziki sauce	plain yogurt (Non-homogenized Grade A Pasteurized Milk, Nonfat Dry Milk. Contains Live & Active Cultures, Including L Acidophilus & Bifidus), lemon juice, garlic, sea salt, black pepper, cucumber, dill weed				X			
Sunbutter	Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)							

PreK Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
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.								

PreK Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Bread, GF/DF/EF	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D **produced in a facility that also processes eggs							
Bread, WG	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				
English Muffin, Honey Wheat	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, non-fat milk	X		X	X			
English Muffin, GF/DF/EF	Organic brown rice flour, filtered water, organic tapioca flour, potato starch, fresh yeast, organic flax seeds, organic chia seeds, organic sesame seeds, organic sunflower seeds, sea salt, vegetable gum (xanthan, cellulose)							X
English Muffin, WG	Whole wheat flour, water, farina, wheat gluten, yeast, salt, perservatives (calcium propionate, sorbic acid), sugar, grain vinegar, sodium stearoyl lactylate, natural flavor (contains milk), mono - and diglycerides, ethoxylated mono- and diglycerides, soy lecithin, soy, sucralose, whey	X		X	X			
Hamburger Bun, GF/DF/EF	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono delta lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid, and vitamin D							
Hamburger Bun, WG	Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Enzymes), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	X		X				
Pancake, WG	Whole wheat flour, water, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and/or canola oil, dextrose, salt, soy lecithin	X	X	X	X			
Pita Bread	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate	X		X				

PreK Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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				
Roll, WG	water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: dalt, dough conditioners (calcium stearoyl lactylate, mono & diglycerides, DATEM, ascorbic acid, L-cystein hydrochloride, calcium peroxide, enzymes), Yeast Nutrients (calcium sulfate, mono calcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate	X		X				
Tortilla, Corn	Corn, water, and lime (calcium hydroxide)							
Tortilla, Flour	Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and diglycerides, Sodium metabisulphite)			X				
Tortilla, WG	Whole Wheat Flour, Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).	X		X				
Waffle, GF/DF/EF	Water, Van's gluten free mix (brown rice flour, potato starch, rice flour, soy flour), non-GMO expeller pressed canola oil, baking powder (sodium acid pyrophosphate, baking soda, rice flour, monocalcium phosphate), Van's natural fruit juice blend (pineapple, peach, and pear juice concentrates), sea salt, guar gum, soy lecithin	X						
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			

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.