

AM & PM Snacks

Snack	Menu Items	Ingredient List
AM	Blueberry Cornbread	<ul style="list-style-type: none"> ● Enrich Whole Grain Flour ● Masa ● Salt ● Baking Powder ● Baking Soda ● Raw Sugar ● Salt ● Blueberry ● Canola oil ● Oat Milk <p>Note: Substitution Gluten Free flour</p>
AM	Red Berries Cereal	<ul style="list-style-type: none"> ● Organic whole wheat meal, organic whole grain rolled oats, organic cane sugar, organic wheat bran, organic flax meal, organic soy oil, organic freeze-dried berry blend (organic freeze-dried strawberries, organic freeze-dried raspberries), organic brown rice flour, organic oat bran, organic flax seeds, organic barley malt extract, natural strawberry flavor, sea salt, organic oat syrup solids (organic oat syrup solids, tocopherols [vitamin E]), tocopherols (vitamin E), organic molasses, organic cinnamon <p>Note: Substitution Gluten free cereal</p>
AM	Low Fat Yogurt & Granola	<ul style="list-style-type: none"> ● Low Fat Yogurt (CULTURED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH. CONTAINS 1 % OR LESS OF: CORN STARCH, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3) ● Granola (Whole Grain Oats, Sugar, Soy Protein Isolate, Canola and/or Sunflower Oil, Honey, Molasses, Rice Starch, Soy Lecithin, Baking Soda, Salt, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness) <p>Note: Substitution Dairy free yogurt / toasted oat</p>
AM	Cucumber Sandwich with Cheese	<ul style="list-style-type: none"> ● Fresh Cucumber ● Whole Grain Bread (Enriched Unbleached Wheat Flour Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin and Folic Acid), Water, Grain and Seed Blend (Steel Cut Wheat, Steel Cut Oats, Oat Flakes, Barley Flakes, Triticale Flakes, Soft White

		<p>Wheat Flakes, Rye Flakes, Amaranth, Flax Seeds, Wheat Germ, Whole Grain Cornmeal), Vital Wheat Gluten, Yeast, Sugar, Brown Sugar, Contains 2% or Less of Each of the Following: Vegetable Oil (Canola and/or Soy), Raisin Paste, Sunflower Seeds, Golden Flax, Cultured Wheat Flour Distilled Vinegar, Xanthan Gum, Salt, Dough Conditioner (Ascorbic Acid, Calcium Sulfate, Enzymes, Nonfat Dry Milk, Soy Flour)</p> <ul style="list-style-type: none"> ● Ricotta cheese low fat (Whey, Milk, Vinegar, and Xanthan Gum, Locust Bean Gum, Guar Gum (Stabilizers) ● Note: Substitution Dairy free yogurt / Gluten free bread
AM	Carrot Muffin	<ul style="list-style-type: none"> ● Flaxseed meal ● Water ● Olive Oil ● Banana ● Apple Sauce ● Raw Sugar ● Salt ● Carrots ● Flour <p>Note: Substitution Gluten free</p>
AM	Apple Cornbread	<ul style="list-style-type: none"> ● Enrich Whole Grain Flour ● Masa ● Salt ● Baking Powder ● Baking Soda ● Raw Sugar ● Salt ● Dried Apple ● Canola oil ● Oat Milk <p>Note: Substitution Gluten Free flour</p>

AM	Cereal (Corn Flakes)	<ul style="list-style-type: none"> ● Corn Flakes - 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
AM	Yogurt Parfait	<ul style="list-style-type: none"> ● Graham Crackers (WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], ● FOLIC ACID) SUGAR, CANOLA OIL, MOLASSES, HONEY, CORN SYRUP. CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, SOY LECITHIN. CONTAINS :WHEAT AND SOY. ● Low Fat Yogurt (CULTURED GRADE A LOW FAT MILK, SUGAR, MODIFIED CORN STARCH. CONTAINS 1 % OR LESS OF: CORN STARCH, NATURAL FLAVOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, VITAMIN A ACETATE, VITAMIN D3) <p>Note: Substitution Dairy free yogurt / toasted oat</p>
AM	Ricotta Peach Wrap	<ul style="list-style-type: none"> ● Tortilla (WHOLE WHEAT FLOUR,,NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, VEGETABLE SHORTENING, PALM OIL, CORN OIL, WHEAT FLOUR, ALUMINUM FREE LEAVENING, SALT, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE, WHEAT PROTEIN, PRESERVATIVES, CALCIUM PROPIONATE, SORBIC ACID, DOUGH CONDITIONER, LECITHIN, FUMARIC ACID, GUM BLEND, MONO AND DIGLYCERIDES, SODIUM METABISULPHITE) ● Ricotta cheese low fat (Whey, Milk, Vinegar, and Xanthan Gum, Locust Bean Gum, Guar Gum (Stabilizers) ● Peach <p>Note: Substitution Dairy free / Gluten free</p>
AM	Raisin Muffin	<ul style="list-style-type: none"> ● Flaxseed meal ● Water ● Olive Oil

		<ul style="list-style-type: none"> ● Banana ● Apple Sauce ● Raw Sugar ● Salt ● Raisin ● Flour <p>Note: Substitution Gluten free</p>
AM	Sweet Potato Oat Bar	<ul style="list-style-type: none"> ● Sweet Potato ● Raw Sugar ● Rolled Oats
AM	Pumpkin Pie Breakfast Bar	<ul style="list-style-type: none"> ● Pumpkin ● Raw Sugar ● Rolled Oats
AM	Bagel Plain Enrich	<ul style="list-style-type: none"> ● Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin and Folic Acid), Water, Sugar, Yeast, Base Mix (Sugar, Sea Salt, Malted Barley Flour, Yeast, Molasses Powder [Molasses, Wheat Starch], Honey Powder [Honey, Maltodextrin], Soy Oil, Hydrolized Wheat Gluten, Natural Flavor, Ascorbic Acid, Enzyme), Contains 2% or Less of Each of the Following: Vital Wheat Gluten, Soybean Oil, Ascorbic Acid, Extract of Corn and/or Malted Barley, Dextrose, Xanthan Gum, Calcium Sulfate, Enzymes, Calcium Propionate (Mold Inhibitor)
AM	Blueberry Bagel Enrich	<p>Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin and Folic Acid), Water, Sugar, Yeast, Contains 2% or Less of Each of the Following: Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Blueberry Flavored Bits (Sugar, Wheat Flour, Corn Cereal, Soybean Oil, Wheat Starch, Natural and Artificial Flavors, Blue 2 and Red 40), Soybean Oil, Vital Wheat Gluten, Salt, Xanthan Gum, Yeast Nutrient (Ammonium Sulfate), Ascorbic</p>

		Acid, Natural and Artificial Blueberry Flavors, FD&C Red 40, Blue 1, Red 3, Enzymes, Calcium Propionate (Mold Inhibitor).
		•
		•
		•
		•
		•
		•
		•