

**Whale Watch Ingredients**

MENU ITEM	INGREDIENTS
<p align="center"><b>Fruit Tray</b></p>	<p align="center">Pineapple, orange, or seasonal fruit</p>
<p align="center"><b>Cinnamon Roll</b></p>	<p>Sugar, potato flakes, yeast, flour, water, egg, salt, oil.                      Icing: Butter, Powdered sugar, condensed milk, lemon extract.</p> <p align="center"><b>AM trips only</b></p>
<p align="center"><b>Muffin</b></p>	<p>Muffin: GF Flour, brown sugar, canola oil, kosher salt, baking powder, baking soda, cinnamon, nutmeg, vanilla extract, and mango or pumpkin or banana</p> <p>Icing: Water &amp; sugar                      Muffin Flavor: Banana, Summer – Mango, Thanksgiving through Christmas – Pumpkin</p> <p>AM substitute for Cinnamon Roll as option for Vegan/Vegetarian &amp; Gluten/Dairy Free                      PM substitute for Cookies option for Vegan/Vegetarian &amp; Gluten/Dairy Free</p>
<p align="center"><b>Vegan Eggplant Wrap</b></p>	<p>Spring mix, clover sprouts, carrots, cucumber, eggplant, onions, salt, pepper, pineapple vinaigrette (pineapple, carrot, ginger, rice wine vinegar, red wine vinegar, sesame oil, garlic, olive oil, salt, brown sugar, gluten free shoyu &amp; cilantro) gluten-free wrap.</p> <p>Vegan/Vegetarian &amp; Dairy/Gluten Free</p> <p align="center"><b>PM whale watch only</b></p>

## Whale Watch Ingredients

<p><b>Turkey Provolone Wrap</b></p>	<p>Spring mix, onion, clover sprout, grilled turkey, provolone cheese, Trilogy Dressing.</p> <p>Wrap: 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, vital wheat gluten, cellulose gum, fumaric acid, calcium propionate and sorbic acid (to maintain freshness). Contains wheat.</p> <p>Dressing: Water, rice vinegar, apple cider vinegar, Italian seasoning, olive oil, canola oil and blue cheese mix (blue cheese (cultured pasteurized milk, salt, enzymes), salt, monosodium glutamate, modified corn syrup, maltodextrin, natural and artificial flavor, onion, spices, garlic, less than 2% of: guar gum, calcium stearate added to reduce caking ,dried. Contains: Milk and Soy).</p> <p><b>PM whale watch only</b></p>
<p><b>Chocolate Chip Cookies</b></p>	<p>Flour, sugar, chocolate chips, cocoa butter, soy lecithin, milk, margarine (palm oil, water), citric acid, eggs, soy, wheat</p> <p><b>PM trips only</b></p>