



Introducing Our Solids Menu: Purees & Semi-Solids

Organic Purees & Semi-Solids for Growing Appetites

View Full Menu Online:

 www.thebrunswickschool.com

Fruits – Seasonal Highlights

Summer

- Strawberries, Blueberries, Raspberries
- Mango, Melon, Pineapple, Peaches

Fall/Winter

- Banana, Apple, Pear
- (+ frozen organic summer fruits as needed)

Spring

- Pineapple, Peaches, Berries
- Banana, Apple, Pear

Vegetables, Legumes & Grains – Year-Round

- Sweet Potato, Carrot, Butternut Squash
- Broccoli, Peas, Spinach
- Black Beans, Chickpeas, Lentils
- Oats