



MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		B: Build Your Own Yogurt Parfait L: Sweet Potato Mac and Cheese with Steamed Vegetables Snack: Savory Muffins with Fruit ED Snack: Chocolate Banana Mousse and Fruit	B: Banana Oat Bread and Fruit L: Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Trail Mix and Fruit ED Snack: Apples and Sun Butter	B: Cereal, Milk and Fruit L: Pizza and Seasonal Vegetables Snack: Apple Cinnamon Cottage Cheese Muffins and Fruit ED Snack: Mozzarella Cheese and Fruit
6 B: Cereal, Milk and Fruit L: Cheese Ravioli in TBS Super Sauce and Steamed Vegetables Snack: Peach Yogurt Dip and Round Crackers ED Snack: Trail Mix and Fruit	7 B: Cinnamon Apple Oatmeal and Fruit L: Turkey Taco with Chips, Cheese & Avocado VL: Lentil Taco with Chips, Cheese, & Avocado Snack: Mozzarella Cheese and Fruit ED Snack: Chocolate Banana Mousse and Fruit	8 B: Cranberry Ricotta Muffins and Fruit L: Brown Rice and Black Beans with Sweet Plantains Snack: Crackers, Cheddar Cheese and Apple Butter ED Snack: Apples and Sunbutter	9 B: Build Your Own Yogurt Parfait L: Chicken Tikka Masala and Basmati Veggie Brown Rice VL: Chickpea Tikka Masala and Basmati Veggie Brown Rice Snack: Trail Mix and Fruit ED Snack: Mozzarella Cheese and Fruit	10 B: Cereal, Milk and Fruit L: Pizza and Seasonal Vegetables Snack: Pumpkin Chocolate Chip Oatmeal Bites and Fruit ED Snack: Yogurt, Berry Compote and Fruit
13 TBS CLOSED	14 B: Cereal, Milk and Fruit L: Turkey with Veggies and Baked Sweet Potato Fries VL: Lentils with Veggies and Baked Sweet Potato Fries Snack: Mozzarella Cheese and Fruit ED Snack: Organic Spelt Pretzels and Fruit	15 B: Build Your Own Yogurt Parfait L: Sweet Potato Mac and Cheese with Steamed Vegetables Snack: Savory Muffins with Fruit ED Snack: Chocolate Banana Mousse and Fruit	16 B: Banana Oat Bread and Fruit L: Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Trail Mix and Fruit ED Snack: Yogurt and Fruit	17 B: Cereal, Milk and Fruit L: Pizza and Seasonal Vegetables Snack: Apple Cinnamon Cottage Cheese Muffins and Fruit ED Snack: Mozzarella Cheese and Fruit
20 B: Cereal, Milk and Fruit L: Cheese Ravioli in TBS Super Sauce and Steamed Vegetables Snack: Peach Yogurt Dip and Round Crackers ED Snack: Trail Mix and Fruit	21 B: Cinnamon Apple Oatmeal and Fruit L: Turkey Taco with Chips, Cheese & Avocado VL: Lentil Taco with Chips, Cheese, & Avocado Snack: Mozzarella Cheese and Fruit ED Snack: Chocolate Banana Mousse and Fruit	22 B: Cranberry Ricotta Muffins and Fruit L: Brown Rice and Black Beans with Sweet Plantains Snack: Crackers, Cheddar Cheese, and Apple Butter ED Snack: Apple & Sunbutter	23 B: Build Your Own Yogurt Parfait L: Chicken Tikka Masala and Basmati Veggie Brown Rice VL: Chickpea Tikka Masala and Basmati Veggie Brown Rice Snack: Trail Mix and Fruit ED Snack: Mozzarella Cheese and Fruit	24 B: Cereal, Milk and Fruit L: Pizza and Seasonal Vegetables Snack: Happy Birthday Cake and Fruit ED Snack: Yogurt, Berry Compote and Fruit
27 B: Cereal, Milk and Fruit L: Egg Fried Rice and Broccoli Snack: Avocado Yogurt Dip and Pita Chips ED Snack: Apples & Sunbutter	28 B: Pancakes, Berry Compote and Fruit L: Turkey with Veggies and Baked Sweet Potato Fries VL: Lentils with Veggies and Baked Sweet Potato Fries Snack: Mozzarella Cheese and Fruit ED Snack: Organic Spelt Pretzels and Fruit	29 B: Build Your Own Yogurt Parfait L: Sweet Potato Mac and Cheese with Steamed Vegetables Snack: Savory Muffins with Fruit ED Snack: Chocolate Banana Mousse and Fruit	30 B: Banana Oat Bread and Fruit L: Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Trail Mix and Fruit ED Snack: Mozzarella Cheese and Fruit	31 B: Cereal, Milk and Fruit L: Pizza and Seasonal Vegetables Snack: Apple Cinnamon Cottage Cheese Muffins and Fruit ED Snack: Mozzarella Cheese and Fruit



FALL 2025 INGREDIENTS & SUBSTITUTIONS LIST OCTOBER 2025

IMPORTANT NOTES: The Ingredients & Substitutions List includes each meal that is served on the monthly menu. Ingredients for each meal are listed along with all the allergies for that meal and the substitution provided in its place.

All ingredients are subject to change based on freshness and availability. Substitutions are coordinated to meet allergy and dietary restrictions. All menu items contain low to trace levels of salt (Himalayan Sea Salt). All infants are fed according to their individual Infant Feeding Plans.

Sugar (including Maple Syrup), Chips & Crackers are all eliminated in the foods served to Young Infants (4 months to 2 years old). Added Sugar (including Maple Syrup) is eliminated in all scratch-made menu items served to Infant -Toddler classrooms (4 months to 2 years old). All other menu items will be substituted with a no added sugar option. We limit the use of added sugar to menu items to < 4 grams per serving for all other age groups when needed for processing and preservation.

The Brunswick School Food is Organic and Plant Forward. We source the highest quality Organic ingredients for all our meals.

The Brunswick School does not use Sesame, Soy, or Shellfish/Seafood in their scratch-made menu items. Any retail items containing these items will be listed in the Ingredients List, and substitutions will be given. Additionally, we do not serve Shellfish or Pork in any meals, and we are a Peanut & Tree Nut-Free facility.

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BREAKFAST ITEMS

CEREAL, MILK & FRUIT

Note: Young Infants do not get Cereal

Natural By Nature Organic Whole & Low-Fat Milk

Natures Path Organic Corn Flakes (Gluten Free): Organic Corn Meal & Yellow Corn Flour, Pear Juice Concentrate, Sea Salt

Natures Path Organic Koala Crisps (Gluten Free): Organic Brown Rice Flour, Fair Trade Cocoa Powder, Cane Sugar, Sea Salt, Molasses. (Pre-K 4 and Up)

Natures Path Organic Heritage O's: Oat Flour, Whole Wheat Meal, Spelt, Barley, Millet, Quinoa, Sea Salt

Natures Path Organic Whole O's (Gluten Free): Organic Brown Rice Flour, Organic Corn Flour, Organic Evaporated Cane Juice, Organic Pomegranate Juice Concentrate

Arrowhead Mills Rice Puffs: Puffed Brown Rice

Oatly Super Basic Oat Milk: Oat Base (Water, Oats), Sea Salt, Citrus Fiber.

Seasonal Fruit

ALLERGIES:	SUBSTITUTIONS
Dairy (Milk)	Oatly Super Basic Oat Milk
Gluten (Whole Wheat Meal: Heritage O's)	Nature's Path Whole O's
Oats (Oat Flour: Heritage O's)	Corn Flakes or Koala Crisps



BUILD YOUR OWN YOGURT PARFAIT

Note: Young Infants-Toddlers receive Rice Puffs instead of Granola

Seven Stars Farm Organic Yogurt, Dark Chocolate and Red Berries Granola, Strawberry Fruit Compote (Strawberries, Arrowroot and Filtered Water), Seasonal Fruit

ALLERGIES	SUBSTITUTIONS
Dairy (Yogurt)	Coconut Yogurt
Dairy & Coconut (Dairy & Coconut Yogurt)	Apple Butter
Coconut and Soy (Granola)	Whole O's

WHOLE GRAIN PANCAKES, BERRY COMPOTE and FRUIT

Whole Grain Pancakes: Whole Wheat Flour, Milk, Eggs, Soybean Oil

Van's Protein Pancakes: Whole Wheat Flour, Rice Flour, Raw Cane Sugar, Pea Protein, Baking Powder, Sunflower Lecithin, Salt, Water

Gluten Free/Sugar Free Vegan Pancakes: **YI-TODDLERS:** Sorghum Flour, Tapioca Starch, Salt, Coconut Milk, Apple Cider Vinegar, Canola Oil, Vanilla Extract, Baking Powder.

Berry Compote: Strawberries and/or Blueberries, Arrowroot and Filtered Water

Seasonal Fruit

ALLERGIES	SUBSTITUTIONS
Dairy (Milk)	Van's Protein Pancakes
Egg	Van's Protein Pancakes
Gluten (Whole Wheat Flour)	Vegan Pancake
Sunflower (Van's Protein Pancakes)	Vegan Pancake
Soy (Soybean Oil)	Van's Protein Pancakes

BANANA OAT BREAD and FRUIT

Bananas, Whole Wheat Flour, Gluten Free Oats, Dates, Eggs, Butter, Yogurt, Cinnamon, Vanilla, and Baking Powder

Allergy Meal: Gluten Free Banana Bread

- Gluten Free Vegan Banana Oat Bread: Teff Flour, Banana, Cinnamon, Vanilla

ALLERGIES	SUBSTITUTIONS
Dairy (Butter & Yogurt)	Allergy Meal
Gluten (Whole Wheat Flour)	Allergy Meal
Egg	Allergy Meal
Oats	Allergy Meal



CRANBERRY RICOTTA MUFFINS and FRUIT

Whole Wheat Flour, Eggs, Butter, Ricotta Cheese, Milk, Cranberries, Fresh Orange Juice, Orange Rind, Vanilla Extract, Raw Sugar

Substitute: **Vegan Oatmeal Muffins:** Gluten Free Flour, Gluten Free Oats, Unsweetened Apple Sauce, Coconut Milk, Apple Sauce, Vanilla Extract, Cinnamon, Blueberries

Seasonal Fruit

ALLERGIES	SUBSTITUTIONS
Gluten (Whole Wheat Flour)	Vegan Muffins
Eggs	Vegan Muffins
Dairy (Milk, Ricotta Cheese and Butter)	Vegan Muffins
Coconut (Coconut Milk in Vegan Muffin)	Oat Milk
Sunflower (Cranberries)	Vegan Muffins

CINNAMON APPLE OATMEAL and FRUIT

Apple, Banana, Pumpkin Puree, Milk, Yogurt, Cinnamon, Vanilla, Gluten Free Oats, Raisin Puree

ALLERGIES	SUBSTITUTIONS
Dairy (Milk & Yogurt)	Coconut or Oat Milk & Coconut Yogurt
Oats	Cereal & Milk
Sunflower (Raisin Puree: Sunflower Oil)	OMIT Raisin Puree



LUNCH ITEMS

BROWN RICE, BLACK BEANS and SWEET PLANTAINS

Rice: Basmati Brown Rice, Olive Oil, Salt, Bay Leaves.

Black Beans: Black Beans, Onion, Green Pepper, Red Pepper, Garlic, Olive Oil, Oregano, Cumin.

Sweet Plantains: Ripened Plantains.

ALLERGIES	SUBSTITUTIONS
No Allergies	

EGG FRIED RICE and BROCCOLI

Basmati Brown Rice, Olive Oil, Salt, Bay Leaves, Peas, Carrots, Onions, Garlic, Ginger, **Coconut Aminos**, **Eggs**.

Just Egg: Mung Bean Protein, Expeller-pressed Canola Oil, Carrot & Turmeric Extractives, **Soy Lechitin**.

ALLERGIES	SUBSTITUTIONS
Eggs	Just Egg
Coconut Aminos	OMIT Coconut Aminos
Egg & Soy (Just Egg)	OMIT Egg & Just Egg

TURKEY TACO with CHIPS, CHEESE and AVOCADO

Turkey Taco: Ground Organic **Turkey**, **TBS Super Sauce**, Organic Taco Seasoning

Avocado: Onions, Green Peppers, Lemon, Lime

Cheese: Glenview Farms **Cheddar Cheese**

Garden of Eatin' Corn Tortilla Chips: Organic Yellow Corn, Expeller Pressed Canola Oil and/or Safflower Oil and/or **Sunflower Oil**, Sea Salt

Organic Sprouted Whole Wheat Bread: Whole Wheat Flour, Cane Sugar, Sea Salt, Yeast, Olive Oil

Follow Your Heart Dairy Free Mozzarella: Potato & Corn Starch, Expeller-pressed Canola Oil, Sea Salt, Beta Carotene

Vegetarian Lunch: **Lentil Taco:** Organic Lentils, Onions, Garlic, Vegetable Broth, Cumin, **TBS Super Sauce**

ALLERGIES	SUBSTITUTIONS
Vegetarian (Turkey)	Vegetarian Lunch
Dairy (Cheddar Cheese)	Follow Your Heart Dairy Free Mozzarella Cheese
Tomato	No'mato Sauce
Sunflower (Sunflower Oil: Chips)	Glutino Gluten Free Crackers

CHEESE RAVIOLI in TBS SUPER SAUCE and STEAMED VEGETABLES

Ravioli: Organic **Whole Milk Ricotta Cheese**, **Fontina Cheese**, **Parmesan Cheese**, Water, Vinegar, **Eggs**, **Organic Semolina Durum Flour**, **TBS Super Pink Sauce**.

ALLERGIES	SUBSTITUTIONS
Dairy (Ravioli)	Whole Wheat Penne and Dairy Free Mozzarella
Egg (Ravioli)	Whole Wheat Penne
Gluten (Flour in Ravioli)	Gluten Free Pasta
Tomato (TBS Super Sauce)	No'Mato Sauce
Beets (TBS Super Sauce)	Plain Tomato Sauce



TURKEY with MIXED VEGGIES and BAKED SWEET POTATO FRIES

Turkey: Ground Turkey, TBS Super Sauce, Chicken Broth, Green Peppers, Onions, Garlic Powder, Oregano, Cumin.

Mixed Vegetables: Carrots, Corn, Green Beans, Peas, Lima Beans.

Sweet Potato Fries: Sweet Potato, Paprika, Salt, Soybean Oil.

Vegetarian Meal: Lentils, Vegetable Broth, Green Peppers, Onions, Garlic Powder, Oregano, Cumin.

Mixed Vegetables: Carrots, Corn, Green Beans, Peas, Lima Beans.

INFANT CLASSROOMS: Turkey & Steamed Diced Sweet Potato

ALLERGIES	SUBSTITUTIONS
Vegetarian (Turkey, Chicken Broth)	Vegetarian Meal
Beets	TBS Super Sauce
Potato (Sweet Potato Fries)	Brown Rice
Soy (Sweet Potato Fries)	Brown Rice
Peas	OMIT Peas

SWEET POTATO MACARONI and CHEESE with STEAMED VEGETABLES

Whole Grain Macaroni: Whole Wheat Flour, Sweet Potato Puree, Cream Cheese, Cheddar Cheese, Carrots, Cauliflower, Broccoli and Butternut Squash, Vegetable Broth, Onions, Celery.

Substitute Meals:

Vegan Mac and Cheese: Sweet Potato Puree, Vegetable Broth, Onion, Carrots, Celery, Broccoli, Cauliflower, Butternut Squash, Nutritional Yeast, Vegan Dairy Free Mozzarella. Macaroni.

Vegan Dairy Free Mozzarella: Potato Starch, Sunflower Oil, Cassava Flour, Oat Fiber, Sea Salt, Tapioca Starch, Konjac Powder

Bio Nature Gluten Free Elbow Macaroni: Organic Brown Rice Flour, White Rice Flour, Lentil Flour

Allergy Meal 1: Vegan Mac and Cheese and Vegetables: Gluten Free Macaroni

ALLERGIES	SUBSTITUTIONS
Gluten (Wheat Flour in Macaroni)	Gluten Free Elbow Macaroni
Dairy (Cream Cheese and Cheddar Cheese)	Vegan Mac and Cheese
Seeds (Sunflower Oil: Vegan Dairy Free Cheese)	OMIT Vegan Dairy Free Cheese
Potato/Sweet Potato (Sauce)	OMIT Sweet Potato

CHICKEN TIKKA MASALA and BASMATI VEGGIE BROWN RICE

Chicken Tikka Masala: Grilled Chicken. Tikka Masala Sauce: Olive Oil, Onions, Green Peppers, Garlic, Ginger, Turmeric, Coriander, Paprika, Garam Masala, Coconut Milk, Tomato Paste, TBS Super Sauce.

Vegan Meal: Chickpea Tikka Masala: Cooked Chickpeas. Tikka Masala Sauce: Olive Oil, Onions, Green Peppers, Garlic, Ginger, Turmeric, Coriander, Paprika, Garam Masala, Coconut Milk, Tomato Paste, TBS Super Sauce.

Basmati Veggie Brown Rice: Carrots, Cauliflower, Butternut Squash, Broccoli, Turmeric, Olive Oil, Bay Leaf, Salt.

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Vegetarian Lunch or Vegan Lunch
Coconut	OMIT Coconut Milk
Chickpeas (Vegan Meal)	Cannellini Beans
Beets (TBS Super Sauce & No'mato Sauce)	OMIT Sauce
Tomato	No'mato Sauce



CHICKEN BITES with STEAMED VEGETABLES

Chicken Bites: Organic White Meat Chicken, Soybean Oil, Carrots, Butternut Squash, Broccoli, Cauliflower, Olive Oil, Garlic, Onion, Sea Salt

Substitute Meal: Vegetarian Lunch: Veggie Bites: Organic Chickpea Flour, Potato Flakes, Water, Carrots, Butternut Squash, Broccoli, Cauliflower, Cheddar Cheese, Olive Oil, Garlic, Onion, Sea Salt

Dairy Free Veggie Bites: Organic Chickpea Flour, Potato Flakes, Water, Carrots, Butternut Squash, Broccoli, Cauliflower, Olive Oil, Garlic, Onion, Sea Salt, Follow Your Heart Dairy Free Mozzarella Cheese

Vegan Dairy Free Mozzarella: Potato Starch, Sunflower Oil, Cassava Flour, Oat Fiber, Sea Salt, Tapioca Starch, Konjac Powder

Steamed Seasonal Organic Vegetables, Olive Oil and Lemon Juice

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Vegetarian Lunch
Vegetarian and Dairy (Cheddar Cheese)	Dairy Free Veggie Bites
Chickpeas (Vegetarian Lunch)	Oat Flour
Soy (Chicken Bites)	Vegetarian Lunch

TBS SUPER SAUCE

Broccoli, Butternut Squash, Carrots, Cauliflower, Celery, Green Peppers, Onions, Tomatoes, Roasted Beets, Olive Oil, Basil, Oregano, Garlic, Cauliflower, Green Peppers, Oregano, Basil, Olive Oil

No'mato Sauce: Carrots, Beets, Onion, Green Peppers, Red Peppers, Vegetable broth, Oregano.

ALLERGIES	SUBSTITUTIONS
Tomato	No'mato Sauce
Beets	Plain Tomato Sauce

PIZZA with BROCCOLI or GREEN BEANS

Crust: Unbleached Wheat Flour, Barley Flour, Soybean Oil. TBS Super Sauce

Gluten Free Crust: Corn Starch, Buckwheat Flour, Potato Starch, Rice Flour, Olive Oil, Yeast

Galbani Mozzarella Cheese: Whole Pasteurized Milk, Cheese Cultures, Enzymes, Cellulose Powder, Natamycin (a natural mold inhibitor)

Vegan Dairy Free Mozzarella: Potato Starch, Sunflower Oil, Cassava Flour, Oat Fiber, Sea Salt, Tapioca Starch, Konjac Powder

Organic Broccoli or Green Beans, Olive Oil, Lemon Juice

ALLERGIES	SUBSTITUTIONS
Gluten (Wheat/Barley Flour: Crust)	Gluten Free Crust
Dairy (Mozzarella Cheese)	Vegan Dairy Free Mozzarella
Soy (Soybean Oil: Crust)	Gluten Free Crust
Seeds: Sunflower (Vegan Dairy Free Mozzarella)	OMIT Vegan Dairy Free Mozzarella
Tomato	No'mato Sauce
Beets	Plain Tomato Sauce

ALLERGY MEAL: Pizza: Gluten Free Crust with No'mato Sauce and Dairy Free Mozzarella Cheese

Allergies: Gluten, Dairy, Tomato, Infant, Soy



SNACK ITEMS

PEACH YOGURT DIP and ROUND CRACKERS

Peach Dip: Peaches, Raisin Puree (Sunflower), Yogurt, Cream Cheese

Back to Nature Classic Round Crackers: Unbleached Wheat Flour, Barley Flour, Safflower Oil, Sea Salt, Soy Lechitin

Mini Rolls: Wheat, Rye Flour, Barley, Extra Virgin Olive Oil, Salt, Yeast

Happy Camper Gluten Free Bread: Millet, Sorghum, Buckwheat, Quinoa, Amaranth, Tapioca, High Oleic Expeller Pressed Sunflower Oil, Pea Protein, Apple Cider Vinegar, Psyllium Husk, Acacia, Yeast, Xanthan Gum, Rowan Berry Fruit Extract.

Lundberg Brown Rice Cakes: Organic Brown Rice, Sea Salt

ALLERGIES	SUBSTITUTIONS
Dairy (Yogurt & Cream Cheese)	Coconut Yogurt
Dairy & Coconut (Dairy & Coconut Yogurt)	Apple Butter
Gluten (Wheat in Round Crackers)	Happy Camper Gluten Free Bread
Soy (Round Crackers)	Brown Rice Cake
Sunflower (Raisin Puree)	OMIT Raisin Puree

AVOCADO YOGURT DIP and PITA CHIPS

Dip: Greek Yogurt, Avocado, Onion, Red Pepper, Green Pepper, Olive Oil, and Lemon Juice

Pita Chips: Wheat Flour, Barley Flour, Soybean Oil

Young Infant - Toddlers: Mini Rolls: Wheat, Rye Flour, Barley, Extra Virgin Olive Oil, Salt, Yeast

Happy Camper Gluten Free Bread: Millet, Sorghum, Buckwheat, Quinoa, Amaranth, Tapioca, High Oleic Expeller Pressed Sunflower Oil, Pea Protein, Apple Cider Vinegar, Psyllium Husk, Acacia, Yeast, Xanthan Gum, Rowan Berry Fruit Extract.

Lundberg Brown Rice Cakes: Organic Brown Rice, Sea Salt

ALLERGIES	SUBSTITUTIONS
Dairy (Yogurt)	Coconut or Oat Yogurt
Gluten (Pita Chips)	Brown Rice Cakes
Soy (Pita Chips)	Brown Rice Cakes

ORGANIC SPELT PRETZELS and FRUIT

Shiloh Farms Organic Spelt Pretzels: Organic Spelt, Organic Sunflower Oil, Salt, Yeast and Soda

Eden Foods Apple Butter: Organic Apples, Organic Apple Juice Concentrate

GLUTINO Gluten Free Pretzels: Corn Starch, Potato Starch, White Rice Flour, Brown Rice Flour, Fava Bean Protein, Canola Oil, Salt, Cane Sugar, Flaxseed Fiber

ALLERGIES	SUBSTITUTIONS
Gluten (Spelt Pretzels)	GLUTINO Gluten Free Pretzels
Sunflower (Spelt Pretzels)	Brown Rice Cake & Apple Butter
Gluten & Seeds (Flaxseed Fiber)	Brown Rice Cake
Fava Bean (GF Glutino Pretzels)	Brown Rice Cakes



CHOCOLATE BANANA MOUSSE and SEASONAL FRUIT

MOUSSE: Cottage Cheese, Banana, Cacao, Vanilla and Maple Syrup

ALLERGIES	SUBSTITUTES
Dairy (Cottage Cheese)	Coconut or Oat Yogurt

APPLES and SUNBUTTER

Organic Apples

Organic Sunflower Butter: Organic Roasted Sunflower Seeds (really, that's it!)

Eden Foods Apple Butter: Organic Apples, Organic Apple Juice Concentrate

GLUTINO Gluten Free Pretzels: Corn Starch, Potato Starch, White Rice Flour, Brown Rice Flour, Fava Bean Protein, Canola Oil, Salt, Cane Sugar, Flaxseed Fiber

ALLERGIES	SUBSTITUTIONS
Gluten (Spelt Pretzels)	GLUTINO Gluten Free Pretzels
Sunflower (Sunbutter & Spelt Pretzels)	Brown Rice Cake & Apple Butter
Gluten & Seeds (Flaxseed Fiber)	Brown Rice Cake
Fava Bean (GF Glutino Pretzels)	Brown Rice Cakes

YOGURT, BERRY COMPOTE and SEASONAL FRUIT

Seven Stars Organic Plain Yogurt, Berry Compote (Berries, Arrowroot and Filtered Water), and Seasonal Fruit (Apples, Blackberries, Cantaloupe, Pears, Peaches) Bananas, Clementines.

ALLERGIES	SUBSTITUTIONS
Dairy (Yogurt)	Coconut Yogurt
Dairy & Coconut Yogurt	Apple Butter
Peach	Banana

EDEN FOODS APPLE BUTTER or GRAPE BUTTER with BROWN RICE CAKES

Apple Butter: Organic Apples, Organic Apple Juice Concentrate

Grape Butter: Organic Concord Grapes

Lundberg's Brown Rice Cakes: Brown Rice, Sea Salt

ALLERGIES	SUBSTITUTIONS
No allergies	

MOZZARELLA CHEESE and FRUIT

Organic Valley Mozzarella Stringles (Organic Cultured Pasteurized Part Skim Milk, Salt, Vegetarian Enzyme)

Fruit: Apples, Pears, Clementines

Daiya Dairy Free Cheddar Cheese: Oat Flour, Oat Cream, Pea Protein, Coconut Oil, Potato Starch, Konjac Fruit and Vegetable Juice, Annatto, Salt.

ALLERGIES	SUBSTITUTIONS
Dairy (Mozzarella Cheese)	Daiya Dairy Free Cheddar Cheese
Coconut (Daiya Dairy Free Cheddar Cheese)	Sunbutter or Apple Butter



CHEDDAR CHEESE, APPLE BUTTER and ROUND CRACKERS

Tillamook Cheddar Cheese: Cultured Milk, Salt, Vegetarian Enzyme, Annatto

Daiya Dairy Free Cheddar Cheese: Oat Flour, Oat Cream, Pea Protein, Coconut Oil, Potato Starch, Corn Starch, Konjac Fruit and Vegetable Juice, Annatto, Salt

Back to Nature Classic Round Crackers: Unbleached Wheat Flour, Barley Flour, Safflower Oil, Sea Salt, Soy Lechitin

Young Infant - Toddlers: Mini Rolls: Wheat, Rye Flour, Barley, Extra Virgin Olive Oil, Salt, Yeast

Happy Camper Gluten Free Bread: Millet, Sorghum, Buckwheat, Quinoa, Amaranth, Tapioca, High Oleic Expeller Pressed Sunflower Oil, Pea Protein, Apple Cider Vinegar, Psyllium Husk, Acacia, Yeast, Xanthan Gum, Rowan Berry Fruit Extract.

Lundberg Brown Rice Cakes: Organic Brown Rice, Sea Salt

Apple Butter: Organic Apples, Organic Apple Juice Concentrate

ALLERGIES	SUBSTITUTIONS
Dairy (Cheddar Cheese)	Daiya Dairy Free Cheddar Cheese
Dairy & Coconut (Daiya Dairy Free Cheddar Cheese)	Sunbutter or Apple Butter
Gluten (Wheat, Rye, Barley in Mini Rolls)	Happy Camper Gluten Free Bread
Gluten (Crackers)	Brown Rice Cake
Soy (Round Crackers)	Brown Rice Cake

SAVORY MUFFINS and FRUIT

Eggs, Milk, Cottage Cheese, Cheddar Cheese, Olive Oil, Gluten Free Oat Flour, Spinach, Salt.

Vegan Muffin: Just Egg (Mung Bean), Dairy Free Mozzarella Cheese, Spinach, Olive Oil, Gluten Free Oat Flour, Salt.

ALLERGIES	SUBSTITUTIONS
Egg	Just Egg
Dairy (Milk and Cottage & Cheddar Cheese)	Vegan Muffin
Sunflower/Seeds (Dairy Free Mozzarella Cheese)	OMIT Dairy Free Mozzarella
Oats (Oat Flour)	Substitute with Yogurt & Fruit

APPLE CINNAMON COTTAGE CHEESE MUFFINS and FRUIT

Whole Wheat Flour, Eggs, Milk, Cottage Cheese, Coconut Oil, Diced Apples, Cinnamon, Raw Sugar.

Seasonal Fruit

Vegan Meal: Gluten Free Apple Cinnamon Oatmeal Muffins: Gluten Free Flour, Gluten Free Oats, Unsweetened Apple Butter, Coconut Milk, Vanilla Extract, Cinnamon, Diced Apples.

ALLERGIES	SUBSTITUTIONS
Gluten (Whole Wheat Flour)	Vegan Muffin
Egg	Vegan Muffin
Dairy (Milk and Cottage Cheese)	Vegan Muffin
Coconut (Coconut Oil)	OMIT Coconut Oil
Gluten and Oats	Substitute with Yogurt & Fruit



PUMPKIN CHOCOLATE CHIP OATMEAL BITES and FRUIT

Whole Wheat Flour, Gluten Free **Oats**, Pumpkin Puree, **Raisin Puree**, Cacao, Unsweetened Vegan Dark Chocolate Chips, **Butter**, Cinnamon, Vanilla Extract, Baking Powder, Raw Sugar, Baking Soda, Salt.

Vegan Bite: Gluten Free Flour, Oats, Oat Milk, Pumpkin Puree, Cacao, Unsweetened Vegan Dark Chocolate Chips, Cinnamon, Vanilla Extract, Baking Powder, Baking Soda, Salt.

ALLERGIES	SUBSTITUTIONS
Gluten (Whole Wheat Flour)	Gluten Free Flour
Dairy (Butter)	Substitute Coconut Oil
Sunflower Oil (Raisin Puree)	OMIT Raisin Puree
Oats	OMIT Oats
Gluten & Oats	Substitute with Yogurt & Fruit

HAPPY BIRTHDAY CAKE and FRUIT

Chocolate Cake: **Whole Wheat Flour**, Cacao, **Yogurt**, **Butter**, Raw Sugar, Baking Powder, Baking Soda.

Vegan Cake: Gluten Free Flour, **Oat Milk**, Vinegar, Cacao, Baking Powder, Baking Soda, Olive Oil, Unsweetened Apple Sauce, Vanilla, Raw Sugar.

Frosting: **Cream Cheese**, Powdered Raw Sugar, Orange Juice.

ALLERGIES	SUBSTITUTIONS
Gluten (Whole Wheat Flour)	Vegan Cake
Dairy (Yogurt & Butter)	Vegan Cake
Oats (Oat Milk in Vegan Cake)	Coconut Milk
Dairy (Frosting)	OMIT Frosting

TRAIL MIX and SEASONAL FRUIT

Gluten Free Cheerio's, **Shiloh Farms Organic Spelt Pretzels**, **Banana Chips**, **Raisins and Cranberries**, Unsweetened Vegan Dark Chocolate Chips

ALLERGIES	SUBSTITUTIONS
Coconut (Coconut Oil: Banana Chips)	OMIT Banana Chips
Gluten (Spelt Pretzels)	GLUTINO Gluten Free Pretzels
Sunflower (Sunflower Oil: Raisins and Cranberries)	OMIT Raisins and Cranberries
Sunflower (Sunflower Oil: Pretzels)	GLUTINO Gluten Free Pretzels