



The Brunswick School Food Program FAQ's

Q: How does TBS differentiate meals for infants?

A: Infants from the age of 4 months to 1 yr. old, have their own criteria for the foods they are served. They follow an Infant Feeding Plan updated through the various stages of their growth prepared by the parents and the teachers which sets the introduction of foods into the child's diet. Young infants are served purees and semi-soft foods throughout the week, and the seasonal puree menu is listed in the monthly newsletter. Infants are not given sugar, milk, citrus, tomato, crackers, or chips. The kitchen prepares their meals separately from the other classrooms when any of the above ingredients are included.

Q: My child refuses to try new meals. How can I help my child transition and adjust to the TBS menu?

A: The menu is received every month in the newsletter, and we encourage everyone to look through the menu and ingredient list to see if there are any foods listed that your child may not have had before. If so, it would be helpful if these items were introduced at home before being served at school. Some children are reluctant to try new foods at school because they are unfamiliar to them. We introduce a variety of foods, but the most underappreciated ones are whole grains such as quinoa and legumes such as chickpeas and lentils. We realize that if we gave the kids mac & cheese and pizza every day that we would hear no complaints, however at TBS we are dedicated to offering healthy balanced nutritious meals that will benefit the health and well-being of each child. **Fun Fact:** We sneak a full serving of vegetables into our mac & cheese and pizza!

Q: How does TBS adapt meals to ensure that all students are eating their daily servings of fruits and vegetables?

A: At TBS we ensure that young infants to the 2nd graders are introduced to many fruits and vegetables. Our recipes are prepared to ensure that the children always receive vegetables in their savory meals and fruit in their snacks. We prepare our own jelly; infuse our seasonal cookies, dips and hummuses with fruit and vegetable purees; and our TBS Super Sauce and broths are loaded with a full serving of vegetables! To trick our finicky eaters who refuse to eat

their vegetables whole, we finely chop up the vegetables and add them to all sauces and broths to ensure that they receive the daily recommended serving.

Q: Why does TBS serve mostly plant-forward meals? Will my child receive the recommended amount of protein and iron?

A: The TBS Food Program is an Organic Plant Forward Food Program. We strive to provide well-rounded nutritionally dense meals to ensure the digestive health of each child. We only use whole grains, organic legumes, seasonal fruits, and vegetables, cultured dairy products, organic eggs and anti-biotic and hormone free lean meats. This provides our students with all the nutrients they need to grow without unwanted preservatives, fillers and sugars that unfortunately make up most of the foods that are readily available for consumption in schools.

Protein is provided not only by animal proteins but also with plant proteins. Whole grains like quinoa are high in protein and legumes such as lentils and chickpeas are also a major source of protein. The Brunswick School is a nut-free facility; we do not use nuts in the kitchen or within the classrooms to prevent cross contamination for those with tree nut allergies. However, Peanuts and tree-nuts are a great source of protein and mono-unsaturated fatty acids and should be added to any healthy eating plan if the child does not have allergies. Below are a list of our most common menu items and the amount of protein and iron found in each food:

FOODS	AMOUNT	PROTEIN (Grams)	IRON (Grams)
Quinoa	1 oz	1 gram	.35 mg
Brown Rice	8 oz	5 grams	.1 mg
Chia Seeds	1 oz	4.43 grams	2.2 mg
Sorghum Flour	1 cup	21.7 grams	8.45mg
Teff Flour (complete protein)	3.5 oz	12.2 grams	37% of DV
Whole Wheat Pasta	1 oz	4 grams	1.03 mg
Oats	1 oz	1.63 grams	1.34 mg
Chickpeas	1 oz	5.4 grams	1.8 mg
Lentils	1 oz	2.5 grams	2.14 mg
Black Beans	1 oz	2.5 grams	1.42 mg
Cannellini Beans	1 oz	1.93 grams	.85 mg
Red Beans	1 oz	2.5 grams	.85 mg
Turkey	1 oz	8 grams	.3 mg
Chicken	1 oz	6 grams	.4 mg
Beef	1 oz	5.21 grams	.7 mg
Cod	1 oz	6.5 grams	.42 mg
Tofu	1 oz	2.5 grams	3.4 mg
Eggs	1 large	6 grams	.6 mg

Sun Butter	1 TBSP	2.8 grams	1.35 mg
Mozzarella Cheese	1 oz	7 grams	-----
Cottage Cheese	1 oz	3.5 grams	-----
Ricotta Cheese	1 oz	2.5 grams	-----
Cheddar Cheese	1 oz	7 grams	-----
Cream Cheese	1 oz	1.7 grams	-----
Yogurt	1 oz	1 gram	-----
Milk	1 oz	1 gram	-----
Nutritional Yeast	1 tsp	1.5 grams	-----

Q: Most plant-based items are high in carbohydrates, is this good for children?

A: Carbohydrates are the body's main energy source and are needed for the brain to stay alert. Complex carbohydrates are nutrient rich, loaded with vitamins, minerals, and dietary fiber. Unprocessed or minimally processed whole grains, vegetables, fruits, lentils, peas and beans are examples of these carbohydrates. Complex carbohydrates are digested more slowly and release glucose into the bloodstream gradually.

We do not use simple carbohydrates at TBS which are digested quickly and spike blood sugar faster and higher and are usually found in ultra processed foods which contain all-purpose white flour and processed white sugar.

CARBOHYDRATE	AMOUNT	FIBER CONTENT (grams)
Brown Rice	1 cup	6.7 grams
Quinoa	1 cup	5 grams
Whole Wheat Pasta	1 cup	28 grams
Oats	1 cup	16.54
Nutritional Yeast	1 tbsp	2 grams
Sweet Potato	1 cup	7 grams
Butternut Squash	1 cup	2.8 grams
Carrots	1 cup	3.6 grams
Broccoli	1 cup	2.4 grams
Cauliflower	1 cup	2.1 grams
Spinach	1 cup	4.32 grams
Green Beans	1 cup	2.7 grams
Peas	1 cup	7 grams
Chickpeas	1 cup	35 grams
Black Beans	1 cup	15 grams
Red Kidney Beans	1 cup	46 grams
Banana	1 medium	3.1 grams
Apples	1 medium	4.4 grams
Blueberry	1 cup	3.6 grams

Strawberry	1 cup	3.04 grams
Mango	1 cup	2.6 grams
Watermelon	1 cup	.6 grams
Clementines	1	1.3 grams

Q: How does TBS use sugar in meals?

A: The Brunswick School Kitchen only uses organic raisin puree, raw sugar, dates or pure maple syrup as sweeteners in a small number of meals. The amount of sweetener used in our recipes is minimal. The recipes are developed to keep the sugar content at less than 4 grams of added sugar per serving. We use only whole grains, organic fruit, and vegetable purees in our baked goods, which are high in fiber. The combination of the whole grains and purees allows for slower absorption of the sugar into the blood stream, which prevents the spikes in insulin that occur when using processed flours and processed sugars. The menu items for young infants (4 months to 2 years old) have no added sugar. The following meals are the only ones containing a sweetener and are only served once a week.

Menu Items	Sweetener
Oatmeal	Raisin Puree
Breakfast Muffin (e.g. Cranberry Ricotta)	Date Sugar
French Toast Bake (biweekly)	Raisin Puree
Birthday Cake & Cookies *(once per month)	Raw sugar
Oat Bars/Balls	Raisin Puree
Chia/Quinoa Energy Balls	Raisin Puree

Q: How does TBS source any food items that are not made in-house by the kitchen team?

A: We source our ingredients from reputable companies that share our goal of providing healthy foods with the healthiest ingredients and cooking methods. The products must be Organic, whole foods, minimally processed, hormone and anti-biotic free, reputably sourced, humane, and environmentally friendly.

Q: What happens if my child does not eat the meals served during the day?

A: At TBS we provide each classroom with snacks that they can keep in their classrooms in case a student does not eat what is being served for the meal. The Head Chef regularly checks in with the teachers to see how the children react to each new menu item. Feedback from the

teachers is crucial for the kitchen staff to make any changes to the recipes for the children to eat their meals. At TBS we do quarterly surveys with the teachers to update any changes to the menu. The Head Chef is always in direct communication with the Directors and teachers to problem solve and adjust the quarterly menus and the substitute snacks that teachers always have on hand in classrooms.

Q: Does TBS provide substitute meals for children with allergies?

A: The TBS Food Program closely monitors and provides substitutions for children with the following major allergens: Gluten, Dairy, Egg, Fish, Sesame, and Soy along with any other Seed, Legume, Fruit, or Vegetable allergies. All children with allergies must have medical documentation from their primary physician along with any medication necessary in case of an allergic reaction (e.g., EpiPen, Benadryl). The Brunswick School also provides Vegetarian meals upon a parent's request during enrollment.

Based on our current kitchen facilities and operational framework, we are unable to accommodate any other requests for meal substitutions that fall outside of the major allergens listed above and/or Vegetarian meals, unless they have been confirmed by your child's physician. We understand that food allergies change and evolve in young children, therefore our School Directors and Head Chef are always available to answer any questions or concerns you may have.

Q: Does The Brunswick School serve processed foods?

A: At The Brunswick School we prepare our meals in-house within the guidelines of unprocessed or minimally processed foods.

We prepare our baked goods and jelly in-house to control sugar and salt and to preserve the fiber content of these items. Breads are also sourced for minimal ingredients and are delivered to us frozen to eliminate unnecessary preservatives found in most bread aisles to extend shelf life. All dips, hummus, and smoothies are made in-house from whole ingredients.

Any packaged product is carefully sourced to also fall within those guidelines. We limit the brands we offer for products such as crackers, chips, and cereals. We guarantee the highest quality of ingredients along with the exclusion of unrecognizable ingredients used by the largest companies that manufacture similar items to preserve and extend the shelf life of items.

All ingredients are provided in our monthly newsletter within our Ingredient List.

Q: I have more questions about the food program or a specific question about my child's diet and/or allergies. Who should I reach out to?

A: The food program model was designed specifically for The Brunswick School and its' student body. Any questions regarding the program or any questions specific to your child can be directed to the Director of each school, and they will forward the questions to the Head Chef.

