



Winter Recess December 22nd-January 2nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 B: Cereal and Milk L: Sweet Potato Mac and Cheese with Steamed Vegetables Snack: Avocado Yogurt Dip with Crackers ED Snack: Apples and Crackers	6 B: Pancakes with Berry Compote L: Turkey Taco with Cheese & Avocado VL: Lentil Taco with Chips, Cheese, & Avocado Snack: Mozzarella Cheese and Fruit ED Snack: Pretzels and Fruit	7 B: Cheese Muffin L: Beef Bolognese over Penne VL: Veggie TBS Sauce over Penne Snack: Cheese, Crackers & Fruit ED Snack: Chocolate Banana Mousse with crackers	8 B: Cereal & Milk L: Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Trail Mix ED Snack: Mozzarella Cheese and Fruit	9 B: Build Your Own Yogurt Parfait L: Pizza and Seasonal Vegetables Snack: Cranberry Chocolate Chip Bites ED Snack: Yogurt with Fruit Compote
12 B: Cereal and Milk L: Chicken Soup with Pasta VL: Vegetable Soup with Pasta Snack: Strawberry Yogurt Dip with Crackers ED Snack: Yogurt and Fruit	13 B: Oatmeal with Fruit L: Turkey and Red Bean Chili with Brown Rice VL: Red Bean Chili and Brown Rice Snack: Mozzarella Cheese and Fruit ED Snack: Chocolate Banana Mousse and Crackers	14 B: Build Your Own Yogurt Parfait L: Tomato Soup with Grilled Cheese Snack: Carrot Pound Cake ED Snack: Mini Rolls, Fruit and Apple Butter	15 B: Banana Oat Bread L: Chicken and Veggie Fried Rice VL: Veggie Fried Rice Snack: Trail Mix and Fruit ED Snack: Mozzarella Cheese and Fruit	16 B: Cereal and Milk L: Pizza and Seasonal Vegetables Snack: Chocolate Brownies ED Snack: Yogurt and Fruit
19 TBS CLOSED	20 B: Pancakes with Berry Compote L: Turkey Taco with Cheese & Avocado VL: Lentil Taco with Chips, Cheese, & Avocado Snack: Mozzarella Cheese and Fruit ED Snack: Pretzels and Fruit	21 B: Cheese Muffin L: Beef Bolognese over Penne VL: Veggie TBS Sauce over Penne Snack: Cheese, Crackers & Fruit ED Snack: Chocolate Banana Mousse with Crackers	22 B: Cereal & Milk L: Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Trail Mix ED Snack: Mozzarella Cheese and Fruit	23 B: Build Your Own Yogurt Parfait L: Pizza and Seasonal Vegetables Snack: Cranberry Chocolate Chip Bites ED Snack: Yogurt with Fruit Compote
26 B: Cereal and Milk L: Chicken Soup with Pasta VL: Vegetable Soup with Pasta Snack: Strawberry Yogurt Dip with Crackers ED Snack: Yogurt and Fruit	27 B: Oatmeal with Fruit L: Turkey and Red Bean Chili with Brown Rice VL: Red Bean Chili and Brown Rice Snack: Mozzarella Cheese and Fruit ED Snack: Chocolate Banana Mousse and Crackers	28 B: Build Your Own Yogurt Parfait L: Tomato Soup and Grilled Cheese Snack: Carrot Pound Cake ED Snack: Mini Rolls, Fruit and Apple Butter	29 B: Banana Oat Bread L: Chicken and Veggie Fried Rice VL: Veggie Fried Rice Snack: Trail Mix and Fruit ED Snack: Mozzarella Cheese and Fruit	30 B: Cereal and Milk L: Pizza and Seasonal Vegetables Snack: Happy Birthday Cake and Fruit ED Snack: Yogurt and Fruit

[Click for Seasonal Puree Offerings](#)



WINTER 2026 INGREDIENTS & SUBSTITUTIONS LIST JANUARY 2026

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

Organic Valley 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
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BUILD YOUR OWN YOGURT PARFAIT

Note: Young Infants do not get Cereal

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, Potato Starch, Salt, Oat Milk, Apple Cider Vinegar, Olive 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	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

CINNAMON BANANA OATMEAL w/SEASONAL FRUIT

Banana, Oats, Milk, Yogurt, Cinnamon, Vanilla, Salt, Maple Syrup

Seasonal Fruit

ALLERGIES	SUBSTITUTIONS
Dairy (Milk	Vegan Carrot Pound Cake

SAVORY CHEESE MUFFINS and FRUIT

Eggs, Milk, Mozzarella Cheese, Flour, Butter, Baking Powder, Raw Sugar, Salt.

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

ALLERGIES	SUBSTITUTIONS
Egg	Vegan Muffin
Dairy (Milk and Mozzarella Cheese)	Vegan Muffin
Sunflower/Seeds (Dairy Free Mozzarella Cheese)	Follow Your Heart Dairy Free Cheddar Cheese
Gluten (Flour)	Vegan Muffin

LUNCH ITEMS

RICE WITH VEGGIES AND CHICKEN

Chicken, Basmati Brown Rice, Olive Oil, Salt, Bay Leaves, Broccoli, Cauliflower, Carrots, , Garlic, Chicken

Vegetarian Lunch: Rice with Veggies

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	OMIT Chicken

TURKEY TACO with WHOLE WHEAT FLOUR TORTILLAS, CHEESE & AVOCADO



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

Avocado: Onions, Green Peppers, Lemon, Lime

Cheese: Glenview Farms Cheddar Cheese

Whole Wheat Flour Tortillas: Organic Whole Wheat Flour, Organic Canola Oil or Palm Oil, Salt, Organic White Distilled Vinegar, Organic Cultured Wheat, Sodium Acid Pyrophosphate, Organic Sugar, Sodium Bicarbonate, and 2% or Less of Each of the Following: Sunflower Lecithin, Enzymes.

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 Ozery Bread)	Gluten Free Bread
Gluten (Ozery Bread)	Gluten Free Bread

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 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

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

Allergies: Gluten, Dairy, Tomato, Soy

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

GRILLED CHEESE SANDWICH and TOMATO SOUP

Sandwich: Organic Sprouted Whole Wheat Bread; Whole Wheat Flour, Cane Sugar, Sea Salt, Yeast, Sesame, Cheddar Cheese, Olive Oil

Tomato Soup: TBS Super Sauce, Cream

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

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

ALLERGIES	SUBSTITUTIONS
Gluten (Whole Wheat Bread)	Gluten Free Bread
Dairy (Cheddar Cheese)	Follow Your Heart Dairy Free Cheese
Dairy (Cream: Soup)	OMIT Cream
Dairy & Coconut (Daiya Dairy Free Cheddar Cheese))	Follow-Your Heart Dairy Free Mozzarella Cheese
Tomato (TBS Super Sauce)	No'mato Sauce
Sesame (Whole Wheat Bread)	Ozery One Buns

TBS Pasta Chicken Soup

Chicken, Onion, Celery, Carrots, Butternut Squash, Cauliflower, Broccoli, Chicken Broth, Bay Leaf, Organic Olive Oil, Pink Himalayan Salt, Oregano, Onion Powder, Garlic Powder, Whole Wheat Pasta

Vegetarian Lunch: Vegetable Soup

ALLERGIES	SUBSTITUTIONS
Gluten (Pasta)	Gluten Free Pasta
Vegetarian (Chicken)	Omit Chicken
Vegetarian (Chicken Broth)	Vegetable Broth

Beef Bolognese with Pasta

Ground Beef, TBS Super Sauce, Chicken Broth, Onion, Celery, Carrots, Butternut Squash, Cauliflower,



Broccoli, Pink Himalayan Salt, Oregano, Onion Powder, Garlic Powder, **Whole Wheat Pasta**

Vegetarian Lunch: Whole Wheat Pasta with TBS Super Sauce

ALLERGIES	SUBSTITUTIONS
Gluten (Pasta)	Gluten Free Pasta
Vegetarian (Ground Beef)	Omit Chicken
Vegetarian (Chicken Broth)	Vegetable Broth
Tomato (TBS Super Sauce)	No'mato Sauce

TURKEY and RED BEAN CHILI with BROWN RICE

Turkey, Red Beans, TBS Super Sauce, Chicken Broth, Carrots, Broccoli, Cauliflower, Butternut Squash, Onion, Garlic, Cumin, Oregano, Salt, Brown Rice

Vegetarian Lunch: Red Bean Chili and Brown Rice Red Beans, TBS Super Sauce, Vegetable Broth, Carrots, Broccoli, Cauliflower, Butternut Squash, Onion, Garlic, Cumin, Oregano, Salt, Brown Rice

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Omit Chicken
Vegetarian (Chicken Broth)	Vegetable Broth
Tomato (TBS Super Sauce)	No'mato Sauce

SNACK ITEMS

STRAWBERRY YOGURT DIP and ROUND CRACKERS

Strawberry Dip: Strawberries, **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



AVOCADO YOGURT DIP and Crackers

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

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

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 (Wheat in Round Crackers)	Brown Rice Cakes
Soy (Round Crackers)	Brown Rice Cakes
Sunflower (Gluten Free Bread)	Omit Gluten Free Bread

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

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

EDEN FOODS APPLE BUTTER or GRAPE BUTTER or 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
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SEASONAL FRUIT, APPLE BUTTER and MINI ROLLS

Mini Rolls: Wheat, Rye Flour, Barley, Extra Virgin Olive Oil, Salt, Yeast **Back to Nature Classic Round Happy Camper Gluten Free Bread:** Millet, Sorghum, Buckwheat, Quinoa, Amaranth, Tapioca, High Oleic Expeller Pressed Sunflower Oil, Pea Protein, Apple Cider Vinegar, Psyllium Hush, Acacia, Yeast, Xanthum Gum, Rowan Berry Fruit Extract.

Lundberg Brown Rice Cakes: Organic Brown Rice, Sea Salt

Apple Butter: Organic Apples, Organic Apple Juice Concentrate

ALLERGIES	SUBSTITUTIONS
Gluten (Wheat, Rye, Barley in Mini Rolls)	Happy Camper Gluten Free Bread
Gluten (Crackers)	Brown Rice Cake
Soy (Round Crackers)	Brown Rice Cake
Sunflower (Gluten Free Bread)	Brown Rice Cake

CARROT POUND CAKE and FRUIT

All Purpose Flour, Eggs, Grated Carrot, Dehydrated Coconut, Coconut Oil, Raisins, Cinnamon, Baking Powder, Baking Soda, Raw Sugar

Substitute: Vegan Carrot Pound Cake: Oat Flour, Baking Soda, Baking Powder, Carrots, Coconut, Apple Butter, Club Soda, Sugar Date, Cinnamon

Seasonal Fruit

ALLERGIES	SUBSTITUTIONS
Gluten (Whole Wheat Flour)	Vegan Carrot Pound Cake
Eggs	Vegan Carrot Pound Cake
Coconut	Omit Coconut
Sunflower	Vegan Carrot Pound Cake

CRANBERRY CHOCOLATE CHIP BITES and FRUIT

Whole Wheat Flour, Oats, Cranberry, Cacao, Unsweetened Vegan Dark Chocolate Chips, **Butter,** Cinnamon, Vanilla Extract, Baking Powder, Raw Sugar, Baking Soda, Salt

ALLERGIES	SUBSTITUTIONS
Gluten (Whole Wheat Flour)	Gluten Free Flour



Dairy (Butter)	Substitute Coconut Oil
Sunflower Oil (Raisin Puree)	OMIT Raisin Puree

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

CACAO BITEES

Sunbutter, Vanilla, Flour, Cacao, Raw Sugar, Eggs, Baking Soda, Chocolate Chips

Vegan Cacao Bites: Oat Flower, Cacao, Club Soda, Baking Powder, Baking Soda, Vanilla, Date Sugar, Oat Milk, Apple Butter

ALLERGIES	SUBSTITUTIONS
Sunflower (Sunbutter)	Vegan Muffin
Gluten (Flour)	Vegan Muffin
Eggs	Vegan Muffin

