



2 B: Cereal Bowl & Milk, Seasonal Fruit L: Chicken Soup with Pasta, Whole Wheat Roll VL: Hearty Veggie Soup with Pasta & Whole Wheat Roll Snack: Avocado Yogurt Dip with Crackers ED Snack: Apples and Sunbutter	3 B: Winter Warm Oatmeal of the Day L: Turkey Taco with Cheese & Guacamole VL: Lentil Taco with Cheese, & Guacamole Snack: Cheddar Cheese and Seasonal Fruit ED Snack: Pretzels and Mixed Fruit Cup	4 B: Cheese & Butter Muffin with Seasonal Fruit L: Beef Bolognese over Whole Wheat Penne VL: Veggie TBS Sauce over Whole Wheat Penne Snack: Hummus Dip & Pita ED Snack: Chocolate Banana Mousse with Crackers	5 B: Cereal Bowl & Milk, Seasonal Fruit L: Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: House Made Trail Mix & Fruit ED Snack: Yogurt with Fruit Compote	6 B: Build Your Own Granola Yogurt Parfait, Seasonal Fruit L: Pizza and Seasonal Vegetables Snack: Cranberry Chocolate Chip Bites ED Snack: Mozzarella Cheese and Seasonal Fruit
9 B: Cereal Bowl & Milk, Seasonal Fruit L: Sweet Potato Mac and Cheese, Steamed Vegetables Snack: Strawberry Yogurt Dip with Crackers ED Snack: Yogurt and Fruit	10 B: Whole Wheat Pancakes with Berry Compote L: Chicken 3 Bean Chili with Brown Rice VL: 3 Bean Chili and Brown Rice Snack: Cheddar Cheese and Seasonal Fruit ED Snack: Chocolate Banana Mousse and Crackers	11 B: Build Your Own Granola Yogurt Parfait, Seasonal Fruit L: Grilled Cheese Sandwich & Creamy Tomato Soup Snack: Carrot & Raisin Pound Cake ED Snack: Mini French Rolls and Apple Butter	12 B: Banana Oat Bread L: Chicken and Veggie Fried Rice VL: Veggie Fried Rice Snack: House Made Trail Mix and Hand Fruit ED Snack: Mozzarella Cheese and Fruit Cup	13 B: Cereal Bowl & Milk, Seasonal Fruit L: Pizza and Seasonal Vegetables Snack: Chocolate Brownie Bites ED Snack: Yogurt and Seasonal Fruit
16 TBS CLOSED	17 B: Winter Warm Oatmeal of the Day L: Turkey Taco with Cheese & Guacamole VL: Lentil Taco with Cheese & Guacamole Snack: Cheddar Cheese and Seasonal Fruit ED Snack: Pretzels and Mixed Fruit Cup	18 B: Cheese & Butter Muffin with Seasonal Fruit L: Beef Bolognese over Whole Wheat Penne VL: Veggie TBS Sauce over Whole Wheat Penne Snack: Ranch Yogurt Dip & Baby Carrots ED Snack: Chocolate Banana Mousse with Crackers	19 B: Cereal Bowl & Milk, Seasonal Fruit L: Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: House Made Trail Mix and Hand Fruit ED Snack: Yogurt with Fruit Compote	20 B: Build Your Own Granola Yogurt Parfait, Seasonal Fruit L: Pizza and Seasonal Vegetables Snack: Pineapple, Coconut, Cottage Cheese Muffin ED Snack: Mozzarella Cheese and Seasonal Fruit
23 B: Cereal Bowl & Milk, Seasonal Fruit L: Chicken Soup with Pasta & Whole Wheat Roll VL: Hearty Veggie Soup with Pasta & Whole Wheat Roll Snack: Strawberry Yogurt Dip with Crackers ED Snack: Yogurt and Fruit	24 B: Whole Wheat Pancakes with Berry Compote L: Turkey 3 Bean Chili with Brown Rice VL: 3 Bean Chili and Brown Rice Snack: Cheddar Cheese and Seasonal Fruit ED Snack: Chocolate Banana Mousse and Crackers	25 B: Build Your Own Granola Yogurt Parfait L: Grilled Cheese Sandwich & Creamy Tomato Soup Snack: Carrot & Raisin Pound Cake ED Snack: Mini French Rolls and Apple Butter	26 B: Banana Oat Bread L: Chicken and Veggie Fried Rice VL: Veggie Fried Rice Snack: House Made Trail Mix and Hand Fruit ED Snack: Mozzarella Cheese and Fruit Cup	27 B: Cereal Bowl & Milk with Seasonal Fruit L: Pizza and Seasonal Vegetables Snack: Happy Birthday Cake and Seasonal Fruit ED Snack: Yogurt and Seasonal Fruit

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WINTER 2026 INGREDIENTS & SUBSTITUTIONS LIST FEBRUARY 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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Pages 1-3: Breakfast Items

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BREAKFAST ITEMS

CEREAL BOWL, 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



BUILD YOUR OWN GRANOLA YOGURT PARFAIT

Note: Young Infants do not get Cereal

Organic Yogurt, Dark Chocolate and Red Berries Granola, Seasonal Fruit Compote (Seasonal Fruit, 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 WHEAT 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

Vegan Pancakes: 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

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

Allergy Meal: 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



WINTER WARM OATMEAL OF THE DAY with SEASONAL FRUIT

Seasonal Fruit (Pear, Berries, Bananas), Oats, **Milk**, **Yogurt**, Cinnamon, Vanilla, Salt, Maple Syrup

Seasonal Fruit

ALLERGIES	SUBSTITUTIONS
Dairy (Milk & Yogurt)	Vegan Oatmeal

CHEESE & BUTTER MUFFIN with SEASONAL FRUIT

Eggs, Milk, **Mozzarella & Cheddar 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

CHICKEN and VEGGIE FRIED RICE

Chicken, Eggs: Basmati Brown Rice, Olive Oil, Salt, Bay Leaves, Broccoli, Cauliflower, Carrots, Garlic, Ginger, Scallions

Vegan Lunch: Veggie Fried Rice: Basmati Brown Rice, Olive Oil, Salt, Bay Leaves, Broccoli, Cauliflower, Carrots, Garlic, Ginger, Scallions, Just Egg (Mung Bean)

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Vegan Lunch
Egg	Vegan Lunch

TURKEY or CHICKEN TACO with FLOUR TORTILLAS, CHEESE & GUACAMOLE

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

Avocado: Onions, Green Peppers, Lemon, Lime

Cheese: Glenview Farms Cheddar Cheese

Flour Tortillas: Organic 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

Vegan 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

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



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: 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



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	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 CREAMY 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 with WHOLE WHEAT ROLL

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**

Whole Wheat Roll: **Wheat Flour**, **Wheat Bran**, Barley, Sugar, Salt, Yeast, **Sunflower** Oil, Canola Oil

Vegetarian Lunch: Hearty Vegetable Soup: Onion, Celery, Carrots, Butternut Squash, Cauliflower, Broccoli, Vegetable Broth, Bay Leaf, Organic Olive Oil, Pink Himalayan Salt, Oregano, Onion Powder, Garlic Powder, **Whole Wheat Pasta**

ALLERGIES	SUBSTITUTIONS
Gluten (Pasta)	Gluten Free Pasta
Vegetarian (Chicken)	Vegetarian Lunch
Vegetarian (Chicken Broth)	Vegetarian Lunch
Gluten (Wheat in Bread Roll)	Gluten Free Bread
Sunflower (Bread Roll)	Gluten Free Bread

BEEF BOLOGNESE over WHOLE WHEAT PENNE

Organic Ground Beef, **TBS Super Sauce**, 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)	Vegetarian Lunch
Tomato (TBS Super Sauce)	No'mato Sauce

TURKEY or CHICKEN 3 BEAN CHILI with BROWN RICE

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

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken, Turkey, Chicken Broth)	Vegetarian Lunch
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 Hush, Acacia, Yeast, Xanthum 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 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 Hush, Acacia, Yeast, Xanthum 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

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

SEASONAL FRUIT, APPLE BUTTER and MINI FRENCH ROLLS

Mini French Rolls: Wheat Flour, Barley Flour, Salt, Water, Yeast

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 in Mini French Rolls)	Happy Camper Gluten Free Bread
Gluten (Crackers)	Brown Rice Cake
Sunflower (Gluten Free Bread)	Brown Rice Cake

RANCH YOGURT DIP and BABY CARROTS

Dip: **Yogurt**, **Cream Cheese**, Onion Powder, Garlic Powder, Lemon Huice

Organic Baby Carrots

ALLERGIES	SUBSTITUTIONS
Dairy (Yogurt & Cream Cheese)	Coconut Yogurt



CARROT & RAISIN POUND CAKE and FRUIT

Organic 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 (Sunflower Oil in Raisins)	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



HOUSE MADE 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

CHOCOLATE BROWNIE BITES

Sunbutter, Vanilla, **Flour**, Cacao, Raw Sugar, **Eggs**, Sweet Potato or Pumpkin Puree, Baking Soda, Chocolate Chips

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

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

PINEAPPLE, COCONUT, COTTAGE CHEESE MUFFINS

Whole Wheat Flour, **Eggs**, **Milk**, **Cottage Cheese**, **Coconut Oil**, Diced Pineapples, Cinnamon, Raw Sugar. Seasonal Fruit

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

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



HUMMUS and PITA CHIPS

Hummus: Chickpeas, Olive Oil, Lemon Juice, Salt

Pita Chips: Wheat Flour, Soybean Oil, Salt

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

ALLERGIES	SUBSTITUTIONS
Chickpeas	Cannellini Beans
Gluten and Soy (Pita Chips)	Glutino GF Pretzels