

The Brunswick School - March 2026 Organic Menu

<p style="text-align: right;">2</p> <p>B: Cold Cereal & Milk and Seasonal Fruit L: Cheese Ravioli in TBS Super Sauce & Steamed Organic Vegetables Snack: Spinach Dip and Pita Chips ED Snack: Organic Yogurt and Seasonal Fruit</p>	<p style="text-align: right;">3</p> <p>B: Organic Maple & Cinnamon Oatmeal with Seasonal Fruit L: Turkey or Chicken Taco with Cheese & Guacamole VL: Lentil Taco with Cheese & Guacamole Snack: Ranch Yogurt Dip with Baby Organic Carrots ED Snack: Organic Spelt Pretzels and SunButter</p>	<p style="text-align: right;">4</p> <p>B: Vegetable and Cheese Egg Frittata with Seasonal Fruit L: Hamburger Mac and Cheese with Steamed Vegetables VL: Mac and Cheese & Season Vegetables Snack: Cocoa Avocado Dip with Sliced Apples ED Snack: Savory Spinach Muffins and Fruit</p>	<p style="text-align: right;">5</p> <p>B: Organic Banana Loaf and Fruit L: Grilled Chicken Bites with Sweet Potato VL: Veggie Bites with Veggie Rice Snack: House Made Organic Trail Mix with Seasonal Fruit ED Snack: Mozzarella Cheese and Fruit</p>	<p style="text-align: right;">6</p> <p>B: Build Your Own Granola Organic Yogurt Parfait L: House Pizza & Seasonal Vegetables Snack: Chickpea Chocolate Baked Squares ED Snack: Organic Spelt Pretzels and SunButter</p>
<p style="text-align: right;">9</p> <p>B: Whole Wheat Mini Bagel with Cream Cheese & Jelly with Seasonal Fruit L: Sweet Potato Mac and Cheese with Steamed Vegetables Snack: Pineapple Yogurt Dip and Round Crackers ED Snack: Trail Mix and Fruit</p>	<p style="text-align: right;">10</p> <p>B: Whole Wheat Pancakes & Berry Compote L: Turkey Meatballs in TBS Sauce with Mini Rolls & Vegetables VL: Cannellini Balls in TBS Sauce with Mini Rolls and Vegetables Snack: Mozzarella Cheese & Fruit ED Snack: Spinach Dip and Pita Chips</p>	<p style="text-align: right;">11</p> <p>B: Cranberry Ricotta Muffins and Fruit L: Organic Grilled Cheese Sandwich & Creamy Tomato Soup Snack: Homemade Hummus & Pita Chips ED Snack: Fruit, Apple Butter, and Mini French Rolls</p>	<p style="text-align: right;">12</p> <p>B: Build Your Own Granola Yogurt Parfait L: Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Chocolate Chip Oatmeal Bites and Fruit ED Snack: Mozzarella Cheese and Fruit</p>	<p style="text-align: right;">13</p> <p>B: Cold Cereal & Milk and Seasonal Fruit L: House Pizza and Seasonal Vegetables Snack: Mix Berry Yogurt Dip with Crackers ED Snack: Organic Yogurt and Berry Compote</p>
<p style="text-align: right;">16</p> <p>B: Cold Cereal & Milk and Seasonal Fruit L: Cheese Ravioli in TBS Super Sauce & Steamed Organic Vegetables Snack: Spinach Dip and Pita Chips ED Snack: Organic Yogurt and Seasonal Fruit</p>	<p style="text-align: right;">17</p> <p>B: Organic Maple & Cinnamon Oatmeal with Seasonal Fruit L: Turkey or Chicken Taco with Cheese & Guacamole VL: Lentil Taco with Chips, Cheese, & Avocado Snack: House Ranch Dip with Baby Organic Carrots ED Snack: Organic Spelt Pretzels and SunButter</p>	<p style="text-align: right;">18</p> <p>B: Vegetable and Cheese Egg Frittata with Seasonal Fruit L: Hamburger Mac and Cheese with Steamed Vegetables VL: Mac and Cheese & Season Vegetables Snack: Cocoa Avocado Dip with Sliced Apples ED Snack: Savory Spinach Muffins and Fruit</p>	<p style="text-align: right;">19</p> <p>B: Organic Banana Loaf and Fruit L: Grilled Chicken Bites with Sweet Potato VL: Veggie Bites with Veggie Rice Snack: House Made Organic Trail Mix with Seasonal Fruit ED Snack: Mozzarella Cheese and Fruit</p>	<p style="text-align: right;">20</p> <p>B: Build Your Own Granola Yogurt Parfait L: House Pizza & Seasonal Vegetables Snack: Chickpea Chocolate Baked Squares ED Snack: Organic Spelt Pretzels and SunButter</p>
<p style="text-align: right;">23</p> <p>B: Whole Wheat Mini Bagel with Cream Cheese & Jam L: Sweet Potato Mac and Cheese with Steamed Vegetables Snack: Pineapple Yogurt Dip and Round Crackers ED Snack: Trail Mix and Fruit</p>	<p style="text-align: right;">24</p> <p>B: Whole Wheat Pancakes & Berry Compote L: Turkey Meatballs in TBS Sauce & Mini Rolls and Vegetables VL: Cannellini Balls in TBS Super Sauce with Mini Rolls and Vegetables Snack: Mozzarella Cheese and Fruit ED Snack: Spinach Dip and Pita Chips</p>	<p style="text-align: right;">25</p> <p>B: Cranberry Ricotta Muffins and Fruit L: Organic Grilled Cheese Sandwich & Creamy Tomato Soup Snack: Homemade Hummus & Pita Chips ED Snack: Fruit, Apple Butter, and Mini French Rolls</p>	<p style="text-align: right;">26</p> <p>B: Build Your Own Granola Yogurt Parfait L: Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Mixed Berry Yogurt Dip and Crackers ED Snack: Mozzarella Cheese and Fruit</p>	<p style="text-align: right;">27</p> <p>B: Cold Cereal & Milk and Seasonal Fruit L: House Pizza and Seasonal Vegetables Snack: Happy Birthday Cake and Fruit ED Snack: Organic Yogurt and Berry Compote</p>
<p style="text-align: right;">30</p> <p>B: Cold Cereal & Milk and Seasonal Fruit L: Cheese Ravioli in TBS Super Sauce & Steamed Organic Vegetables Snack: Spinach Dip and Pita Chips ED Snack: Organic Yogurt and Seasonal Fruit</p>	<p style="text-align: right;">31</p> <p>B: Organic Maple & Cinnamon Oatmeal with Seasonal Fruit L: Turkey or Chicken Taco with Cheese & Guacamole VL: Lentil Taco with Cheese & Guacamole Snack: House Ranch Dip with Baby Organic Carrots ED Snack: Organic Spelt Pretzels and SunButter</p>			

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SPRING 2026 INGREDIENTS & SUBSTITUTIONS LIST MARCH 2026

Revised 2/27/26

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.**

Table of Contents:

Pages 1-3: Breakfast Items

Pages 4-7: Lunch Items

Pages 8-13: Snack Items

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



CRANBERRY RICOTTA MUFFINS and FRUIT

Whole Wheat Flour, Eggs, Butter, Ricotta Cheese, Cranberries, Fresh Orange Juice, Orange Rind, Vanilla Extract, Raw Sugar, Baking Soda, Baking Powder, Salt, Olive Oil

Vegan Muffins: Rice Flour, **Coconut Milk,** Olive Oil, Brown Sugar, Vanilla Extract, Cinnamon, Blueberries, Apple Cider Vinegar, Baking Soda, Baking Powder, Salt

Seasonal Fruit

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

BUILD YOUR OWN ORGANIC YOGURT PARFAIT

Note: Young Infants do not get Cereal

Organic Yogurt, Organic Granola, Seasonal Fruit Compote (Seasonal Fruit, Arrowroot and Filtered Water)

Dark Chocolate and Red Berries Granola: **Whole Grain Oats, Sunflower and/or Soy Oil,** Vegan Dark Chocolate Chunks, **Coconut,** Freeze-Dried Strawberries & Raspberries, Sea Salt.

Seasonal Fruit

ALLERGIES	SUBSTITUTIONS
Dairy (Yogurt)	Coconut or Oat Yogurt
Dairy & Coconut/Oat (Dairy & Coconut or Oat Yogurt)	Apple Butter
Coconut, Sunflower 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: Rice Flour, Salt, Coconut Milk, Apple Cider Vinegar, Olive Oil, Vanilla Extract, Baking Powder, Salt

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
Soy (Soybean Oil)	Van's Protein Pancakes



ORGANIC BANANA LOAF and FRUIT

Bananas, **Whole Wheat Flour**, Brown Sugar, **Eggs, Butter, Sour Cream**, Cinnamon, Vanilla, Baking Soda, Baking Powder, Salt

Vegan Banana Loaf: Rice Flour, Coconut Milk, Vegan Butter (**Sunflower Oil**), Banana, Cinnamon, Vanilla, Baking Powder, Baking Soda, Apple Cider Vinegar, Salt

ALLERGIES	SUBSTITUTIONS
Dairy (Butter & Sour Cream)	Vegan Loaf
Gluten (Whole Wheat Flour)	Vegan Loaf
Egg	Vegan Loaf

ORGANIC MAPLE & CINNAMON OATMEAL

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

Vegan Oatmeal: Seasonal Fruit (Pear, Berries, Bananas), **Oats**, Date Sugar, Apple Butter, Water

ALLERGIES	SUBSTITUTIONS
Dairy (Milk & Yogurt)	Vegan Oatmeal
Oats	Yogurt & Fruit

VEGETABLE & CHEESE EGG FRITTATA and SEASONAL FRUIT

Organic Eggs, Organic Cheddar Cheese, Olive Oil, Salt, Broccoli, Peppers, Cauliflower, Carrots, Scallions

Vegan Frittata: Just Egg substitute (Mung Bean), Olive Oil, Salt, Broccoli, Peppers, Cauliflower, Carrots, Scallions

ALLERGIES	SUBSTITUTIONS
Eggs	Vegan Frittata
Dairy (Cheddar Cheese)	Vegan Frittata



WHOLE WHEAT MINI BAGEL with CREAM CHEESE and JELLY & SEASONAL FRUIT

Whole Wheat Mini Bagel: **Whole Wheat Flour**, Water, Yeast, **Sunflower Oil**

Cream Cheese and Jelly (Apple Butter or Grape Butter)

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 Husk, Acacia, Yeast, Xanthum Gum, Rowan Berry Fruit Extract

Seasonal Fruit: Bananas, Apples, Pears, Clementines

ALLERGIES	SUBSTITUTIONS
Gluten (Whole Wheat Flour)	Happy Camper Gluten Free Bread
Sunflower (Sunflower Oil)	Mini French Roll
Dairy (Cream Cheese)	Sunbutter or Apple Butter



LUNCH ITEMS

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 (Follow Your Heart): Water, Coconut Oil, Potato Starch, Canola Oil, Sea Salt. Organic Broccoli or Green Beans, Olive Oil, Lemon Juice

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
Dairy & Coconut (Dairy Free Cheese)	OMIT Vegan Dairy Free Cheese
Potato/Sweet Potato (Sauce)	OMIT Sweet Potato

HAMBURGER MACARONI and CHEESE with STEAMED VEGETABLES

Whole Grain Macaroni: Whole Wheat Flour, Ground Beef, Carrots, Cauliflower, Broccoli, Butternut Squash, Vegetable Broth, Onions, Celery, Cream Cheese, Milk, Cheddar Cheese

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

Vegan Macaroni: Whole Wheat Flour Macaroni in TBS Super Sauce

ALLERGIES	SUBSTITUTIONS
Vegetarian & Pollotarian (Beef)	Vegan Macaroni
Dairy (Cream Cheese, Milk and Cheddar Cheese)	Vegan Macaroni
Vegetarian & Pollotarian	Vegan Macaroni
Gluten (Wheat Flour in Macaroni)	Gluten Free Elbow Macaroni

Turkey Meatballs in TBS Sauce with Mini Rolls and Vegetables

Meatballs: Turkey, Cauliflower, Broccoli, Carrots and Butternut Squash, Salt, Oregano, Garlic, Chicken Broth and Onion Powder. TBS Super Sauce.

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

Vegetarian Lunch: Cannellini Balls: Cannellini Beans, Cauliflower, Broccoli, Carrots and Butternut Squash, Onions, Garlic, Vegetable Broth, Cumin

Seasonal Vegetables

ALLERGIES	SUBSTITUTE
Vegetarian (Turkey and Chicken Broth)	Vegetarian Lunch
Gluten (Mini Rolls)	Happy Camper Gluten Free Bread



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 Sauce

Vegan Dairy Free Mozzarella (Follow Your Heart): Water, **Coconut Oil**, Potato Starch, Canola Oil, Sea Salt. Organic Broccoli or Green Beans, Olive Oil, Lemon Juice

Whole Wheat Penne: **Whole Wheat Durum Semolina**

Gluten Free Pasta: Brown Rice Flour

ALLERGIES	SUBSTITUTIONS
Dairy (Ravioli)	Whole Wheat Penne and Dairy Free Mozzarella
Egg (Ravioli)	Whole Wheat Penne
Gluten (Flour: Ravioli)	Gluten Free Pasta

TURKEY or CHICKEN TACO with FLOUR TORTILLAS, CHEESE & GUACAMOLE

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

Guacamole: 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

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

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



CHICKEN BITES with STEAMED VEGETABLES

Chicken Bites: Organic White Meat Chicken, Soybean Oil

Vegetarian Lunch: Veggie Bites: Organic Chickpea Flour, Potato Flakes, Water, Carrots, Butternut Squash, Broccoli, Cauliflower, 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
Chickpeas (Vegetarian Lunch)	Oat Flour
Soy (Chicken Bites)	Vegetarian Lunch

GRILLED CHICKEN BITES with SWEET POTATO

Grilled Chicken Bites: Organic White Meat Grilled Chicken

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

Steamed Sweet Potatoes

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Vegetarian Lunch
Sweet Potato	Steamed Vegetables

PIZZA with SEASONAL VEGTABLES

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 (Follow Your Heart): Water, Coconut Oil, Potato Starch, Canola Oil, Sea Salt. 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



GRILLED CHEESE SANDWICH and CREAMY TOMATO SOUP

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

Tomato Soup: TBS Super Sauce, Cream & Cream Cheese

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



SNACK ITEMS

SAVORY SPINACH MUFFINS and FRUIT

Eggs, Milk, Cottage Cheese, Cheddar Cheese, Olive Oil, Maple Syrup, Gluten Free Oat Flour, Baking Powder, 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

CHOCOLATE CHIP OATMEAL BITES and FRUIT

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

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

ALLERGIES	SUBSTITUTIONS
Gluten (Whole Wheat Flour)	Vegan Bite
Dairy (Butter)	Vegan Bite
Oats	OMIT Oats
Gluten & Oats	Substitute with Yogurt & Fruit

PINEAPPLE YOGURT DIP and ROUND CRACKERS

Pineapple Dip: Pineapple, Greek Yogurt, Cream Cheese, Sugar

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, 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
Pineapple	Apple Butter
Soy (Round Crackers)	Brown Rice Cake



COCOA AVOCADO DIP with SLICED APPLES

Dip: Avocado, Banana Puree, **Oat Milk**, Vanilla, Maple Syrup, and Cocoa Powder
Sliced Apples

ALLERGIES	SUBSTITUTIONS
Oat (Oat Milk)	Coconut Milk

SPINACH DIP and PITA CHIPS

Dip: Organic Spinach, **Greek Yogurt**, **Cream Cheese**, Olive Oil, Onion Powder, Salt, Garlic Powder, Lemon
Pita Chips: **Wheat Flour**, **Soybean Oil**, Salt

ALLERGIES	SUBSTITUTIONS
Dairy (Yogurt and Cream Cheese)	Coconut Yogurt
Gluten (Wheat in Pita Chips)	Brown Rice Cakes
Soy (Pita Chips)	Brown Rice Cakes

ORGANIC SPELT PRETZELS and SUNBUTTER

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

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 & Sunflower Oil)	Apple Butter & Brown Rice Cake

MIXED BERRY YOGURT DIP with CRACKERS

Dip: **Greek Yogurt**, **Cream Cheese**, **Maple Syrup**, Berry Compote (Berries, Arrowroot and Filtered Water)

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

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.

ALLERGIES	SUBSTITUTIONS
Dairy (Yogurt and Cream Cheese)	Coconut Yogurt
Gluten (Crackers)	Happy Camper Gluten Free Bread
Soy (Crackers)	Happy Camper Gluten Free Bread



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
Sunflower (Gluten Free Bread)	Brown Rice Cake

HOUSE RANCH DIP with BABY ORGANIC CARROTS

Dip: **Greek Yogurt, Milk, Cream Cheese**, Dill, Salt, Onion Powder, Garlic Powder, Lemon Juice, Olive Oil
Organic Baby Carrots

ALLERGIES	SUBSTITUTIONS
Dairy (Yogurt, Milk & Cream Cheese)	Coconut Yogurt

HAPPY BIRTHDAY CAKE (VEGAN) and FRUIT

Cake: **Wheat Flour, Coconut Milk**, Apple Cider Vinegar, Baking Soda, Baking Powder, Salt, Canola Oil, Sugar, Vanilla

Frosting: **Sweet Potato**, Cacao, Vanilla, Sugar

Vegan Cake: Rice Flour, **Oat Milk**, Apple Cider Vinegar, Sugar, Baking Soda, Baking Powder, Salt

ALLERGIES	SUBSTITUTIONS
Gluten (Wheat Flour)	Vegan Cake
Coconut (Coconut Milk)	Vegan Cake
Sweet Potato (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

CHICKPEA CHOCOLATE BAKED SQUARES

Chickpeas, **Sunbutter**, Vanilla, **Wheat Flour**, Cacao, Raw Sugar, **Eggs**, Baking Soda, Baking Powder, Salt, Unsweetened Vegan Chocolate Chips

Vegan Squares: **Oat Flour, Oat Milk**, Cacao, Club Soda, Baking Powder, Baking Soda, Vanilla, Date Sugar, Apple Butter

ALLERGIES	SUBSTITUTIONS
Sunflower (Sunbutter)	Vegan Squares
Gluten (Flour)	Vegan Squares
Eggs	Vegan Squares
Vegan & Oats	Substitute with Yogurt & Fruit

HUMMUS and PITA CHIPS

Hummus: **Chickpeas**, Olive Oil, Garlic Powder, Onion Powder, Lemon , Salt, Water

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 Gluten Free Pretzels