



March 2026: Organic Menu

<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>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>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>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>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>9 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>10 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>11 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>12 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>13 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>16 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>17 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>18 B: Vegetable and Cheese Egg Frittata with Seasonal Fruit L: Turkey 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>19 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>20 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>23 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>24 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>25 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>26 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>27 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>30 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>31 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>	<p>Click for Seasonal Puree Offerings</p>		



SPRING 2026 INGREDIENTS & SUBSTITUTIONS LIST MARCH 2026

Revised 3/6/26

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

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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



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
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.

Organic Granola: Whole Grain **Oats,** Brown and White Rice Crisps, Maple Syrup, Sea Salt

Seasonal Fruit

ALLERGIES	SUBSTITUTIONS
Dairy (Yogurt)	Coconut or Oat Yogurt
Dairy & Oat (Dairy & Oat Yogurt)	Coconut Yogurt
Oats, Coconut, Sunflower and Soy (Dark Chocolate & Red Berries 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
Soy (Soybean Oil)	Van's Protein Pancakes
Gluten (Whole Wheat Flour)	Vegan Pancake



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

Seasonal Fruit

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

ALLERGIES	SUBSTITUTIONS
Gluten (<i>Whole Wheat Flour</i>)	Happy Camper Gluten Free Bread
Sunflower (<i>Sunflower Oil</i>)	Mini French Roll
Dairy (<i>Cream Cheese</i>)	Apple Butter or Grape Butter



LUNCH ITEMS

SWEET POTATO MACARONI and CHEESE with STEAMED VEGETABLES

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

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

Substitute Meals:

Vegan Lunch: Vegan Mac: Whole Wheat Flour Macaroni, Sweet Potato Puree, Vegetable Broth, Onion, Carrots, Celery, Broccoli, Cauliflower, Butternut Squash, Nutritional Yeast

ALLERGIES	SUBSTITUTIONS
Dairy (Cream Cheese and Cheddar Cheese)	Vegan Lunch
Gluten (Whole Wheat Flour in Macaroni)	Gluten Free Elbow Macaroni
Potato/Sweet Potato (Sauce)	OMIT Sweet Potato

TURKEY MACARONI and CHEESE with STEAMED VEGETABLES

Whole Grain Macaroni: Whole Wheat Flour, Ground Turkey, 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 Lunch: Vegan Mac: Whole Wheat Flour Macaroni in TBS Sauce

ALLERGIES	SUBSTITUTIONS
Vegetarian (Turkey)	Vegan Lunch
Dairy (Cream Cheese, Milk and Cheddar Cheese)	Vegan Lunch
Gluten (Whole Wheat Flour in Macaroni)	Gluten Free Elbow Macaroni

TURKEY MEATBALLS in TBS SAUCE with MINI ROLLS and VEGETABLES

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

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

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

Seasonal Vegetables

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



CHEESE RAVIOLI in TBS SAUCE and STEAMED VEGETABLES

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

Vegan Lunch: Whole Wheat Penne: Whole Wheat Durum Semolina in TBS Sauce

Gluten Free Pasta: Brown Rice Flour

ALLERGIES	SUBSTITUTIONS
Dairy (Filling in Ravioli)	Vegan Lunch
Egg (Ravioli)	Vegan Lunch
Gluten (Whole Wheat Flour: Ravioli)	Gluten Free Pasta

TURKEY or CHICKEN TACO with FLOUR TORTILLAS, CHEESE & GUACAMOLE

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

Guacamole: Avocado, Onions, Green Peppers, Lemon, Lime

Cheese: Glenview Farms Organic 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.

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

ALLERGIES	SUBSTITUTIONS
Vegetarian (Turkey or Chicken)	Vegetarian Lunch
Sunflower (Tortillas)	Housemade Corn Tortilla
Gluten (Tortillas)	Housemade Corn Tortilla

TBS SUPER SAUCE

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

No'mato Sauce: Carrots, Beets, Onion, Green and 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

Steamed Seasonal Organic Vegetables, Olive Oil and Lemon Juice

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Veggie Bites
Soy (Chicken Bites)	Veggie Bites
Vegetarian & Chickpeas (Vegetarian Lunch)	Substitute Oat Flour in Veggie Bites



GRILLED CHICKEN BITES with SWEET POTATO

Grilled Chicken Bites: Organic White Meat Grilled Chicken

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

Steamed Sweet Potatoes, Sunflower Oil

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Veggie Bites
Vegetarian & Chickpeas (Vegetarian Lunch)	Substitute Oat Flour in Veggie Bites
Sweet Potato	Steamed Vegetables
Sunflower (Sunflower Oil in Sweet Potato)	Steamed Vegetables

PIZZA with SEASONAL VEGETABLES

Crust: Unbleached Wheat Flour, Barley Flour, Soybean Oil. TBS 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)

Violife Vegan Mozzarella Shredded Cheese: Water, Coconut Oil, Tapioca & Potato Starch, Sea Salt, Lentil Protein, Rowanberry Extract, Olive Extract

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 Sauce, Cream, Cream Cheese

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

Violife Vegan Mozzarella Shredded Cheese: Water, Coconut Oil, Tapioca & Potato Starch, Sea Salt, Lentil Protein, Rowanberry Extract, Olive Extract

ALLERGIES	SUBSTITUTIONS
Gluten (Whole Wheat Bread)	Gluten Free Bread
Dairy (Cheddar Cheese)	Daiya Dairy Free Cheddar Cheese
Dairy & Oats (Dairy Free Cheddar Cheese)	Violife Vegan Dairy Free Shredded Mozzarella
Dairy (Cream & Cream Cheese: Soup)	No'mato Soup



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), Spinach, Olive Oil, Gluten Free **Oat Flour,** Salt.

ALLERGIES	SUBSTITUTIONS
Egg	Vegan Muffin
Dairy (Milk, Cottage & Cheddar Cheese)	Vegan Muffin
Dairy & Oats	Yogurt & Fruit

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
Dairy & 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**

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
Dairy (Yogurt & Cream Cheese)	Coconut Yogurt
Gluten (Wheat in Round Crackers)	GLUTINO Gluten Free Pretzels
Pineapple	Apple Butter
Soy (Round Crackers)	GLUTINO Gluten Free Pretzels



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

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
Dairy (Yogurt and Cream Cheese)	Coconut Yogurt
Gluten (Wheat in Pita Chips)	GLUTINO Gluten Free Pretzels
Soy (Pita Chips)	GLUTINO Gluten Free Pretzels

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 in Pretzels)	Apple Butter & GLUTINO Gluten Free Pretzels

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**

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
Dairy (Yogurt and Cream Cheese)	Coconut Yogurt
Gluten (Crackers)	GLUTINO Gluten Free Pretzels
Soy (Crackers)	GLUTINO Gluten Free Pretzels



MOZZARELLA CHEESE and FRUIT

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

Fruit: Apples, Pears, Clementines or Seasonal Fruit

Daiya Dairy Free Mozzarella Sticks: Gluten Free **Oat Flour**, **Oat** Cream, Pea Protein, **Coconut Oil**, Potato Starch, Corn Starch, Konjac Flour, Fruit Juice and Vegetable Juice, Xanthan Gum

ALLERGIES	SUBSTITUTIONS
Dairy (Mozzarella Cheese)	Daiya Dairy Free Mozzarella Sticks
Dairy & Oats	Yogurt & Fruit

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

Apple Butter: Organic Apples, Organic Apple Juice Concentrate

Seasonal Fruit

ALLERGIES	SUBSTITUTIONS
Gluten (Wheat in Mini French Rolls)	Happy Camper Gluten Free Bread

HOUSE RANCH DIP with BABY ORGANIC CARROTS

Dip: Organic **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 and FRUIT

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

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

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

ALLERGIES	SUBSTITUTIONS
Gluten (Wheat Flour)	Gluten Free Cake
Coconut (Coconut Milk)	Gluten Free Cake
Sweet Potato (Frosting)	OMIT Frosting



HOUSE MADE TRAIL MIX and SEASONAL FRUIT

Gluten Free **Cheerio's**, **Shiloh Farms Organic Spelt Pretzels (Organic Sunflower Oil)**, **Banana Chips (Coconut Oil)**, **Raisins and Cranberries (Sunflower Oil)**, Rice Puffs, Unsweetened Vegan Dark Chocolate Chips

Gluten Free Cheerio's: Whole Grain **Oats**, Corn Starch, Sugar, 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**

House Made Allergy Free Trail Mix: Gluten Free Cheerio's, GLUTINO Gluten Free Pretzels, Rice Puffs

ALLERGIES	SUBSTITUTIONS
Oats (Cheerios)	OMIT Cheerios from Trail Mix
Coconut (Coconut Oil: Banana Chips)	Allergy Free Trail Mix
Gluten (Spelt Pretzels)	Allergy Free Trail Mix
Sunflower (Sunflower Oil: Raisins, Cranberries, Pretzels)	Allergy Free Trail Mix

CHICKPEA CHOCOLATE BAKED SQUARES

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

Gluten Free Squares: **Oat Flour**, **Oat Milk**, Cacao, Club Soda, Baking Powder, Baking Soda, Vanilla, Date Sugar, Apple Butter, Unsweetened Vegan Chocolate Chips

ALLERGIES	SUBSTITUTIONS
Sunflower (Sunbutter)	Gluten Free Square
Gluten (Wheat Flour)	Gluten Free Square

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 or Soy (Pita Chips)	GLUTINO Gluten Free Pretzels