



April 2026: Organic Monthly Menu

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		<p>1</p> <p>B: Build Your Own Organic Yogurt Parfait & Seasonal Fruit L: Turkey Mac and Cheese with Steamed Vegetables VL: Vegan Mac and Cheese with Steamed Vegetables Snack: Organic Mozzarella Cheese and Round Crackers ED Snack: Apple Butter and Mini French Rolls</p>	<p>2</p> <p>B: Overnight Chia & Oats with Berries L: Grilled Chicken Bites with Sweet Potatoes & Pineapple Sauce VL: Veggie Bites with Sweet Potatoes Snack: Baked Chickpea Chocolate Squares & Fruit ED Snack: Apples Slices and Sunbutter</p>	<p>3</p> <p>TBS CLOSED</p>
<p>6</p> <p>TBS CLOSED</p>	<p>7</p> <p>B: Organic Cereal, Milk & Seasonal Fruit L: Turkey Tacos with Flour Tortilla, Cheese & Guacamole VL: Lentil & Veggie Taco with Tortilla, Guacamole Snack: Organic Spelt Pretzels and SunButter ED Snack: Organic Spinach Dip and Toasted Pita Chips</p>	<p>8</p> <p>B: Organic Cranberry Ricotta Muffins & Seasonal Fruit L: Organic Grilled Cheese Sandwiches and Creamy Tomato Soup Snack: House Made Trail Mix and Seasonal Fruit ED Snack: Round Crackers, Cheddar Cheese, Apple Butter</p>	<p>9</p> <p>B: Build Your Own Organic Yogurt Parfait & Seasonal Fruit L: Baked Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Chocolate Chip Oatmeal Bites ED Snack: Organic Mixed Berry Dip with Round Crackers</p>	<p>10</p> <p>B: Whole Wheat Mini Bagel with Cream Cheese & Jam and Seasonal Fruit L: House Made Cheese Pizza and Steamed Vegetables Snack: Organic House Ranch Dip with Baby Carrots ED Snack: Organic Yogurt and Berry Compote</p>
<p>13</p> <p>B: Organic Cereal, Milk & Seasonal Fruit L: 3 Cheese Tortellini in Pesto Cream Sauce and Steamed Vegetables VL: Pasta with TBS Sauce & Steamed Vegetables Snack: Organic Spinach Dip and Pita Chips ED Snack: Organic Yogurt and Fruit</p>	<p>14</p> <p>B: Organic Pear & Cinnamon Oatmeal L: Organic Tofu, Veggie 3 Bean Chili with Organic Brown Rice Snack: Cheddar Cheese, Round Crackers and Fruit ED Snack: Organic Cottage Cheese & Spinach Muffins and Seasonal Fruit</p>	<p>15</p> <p>B: Build Your Own Organic Yogurt Parfait & Seasonal Fruit L: Turkey Mac and Cheese with Steamed Vegetables VL: Mac and Cheese with Steamed Vegetables Snack: Organic Mozzarella Cheese and Round Crackers ED Snack: Apple Butter and Mini French Rolls</p>	<p>16</p> <p>B: Overnight Oats & Chia with Berries L: Grilled Chicken Bites with Sweet Potatoes & Pineapple Sauce VL: Veggie Bites with Sweet Potatoes Snack: Baked Chickpea Chocolate Squares & Fruit ED Snack: Apples and Sunbutter</p>	<p>17</p> <p>B: Whole Wheat Mini Bagel with Cream Cheese & Jam and Seasonal Fruit L: House Made Cheese Pizza and Steamed Vegetables Snack: House Made Trail Mix and Seasonal Fruit ED Snack: House Hummus and Pita Chips</p>
<p>20</p> <p>B: Organic Cereal, Milk & Seasonal Fruit L: Sweet Potato Mac and Cheese with Steamed Vegetables Snack: Organic Pineapple Yogurt Dip and Round Crackers ED Snack: Trail Mix and Fruit</p>	<p>21</p> <p>B: Organic Whole Wheat Pancakes with Berry Compote L: Chicken Tacos with Flour Tortilla, Cheese & Guacamole VL: Lentil Taco with Tortilla, Guacamole Snack: Organic Spelt Pretzels and SunButter ED Snack: Organic Spinach Dip and Pita Chips</p>	<p>22</p> <p>B: Organic Cranberry Ricotta Muffins & Seasonal Fruit L: Organic Grilled Cheese Sandwiches and Creamy Tomato Soup Snack: Apple Slices with Sunbutter ED Snack: Round Crackers, Cheddar Cheese, and Apple Butter</p>	<p>23</p> <p>B: Build Your Own Organic Yogurt Parfait & Seasonal Fruit L: Baked Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Chocolate Chip Oatmeal Bites ED Snack: Organic Mixed Berry Dip with Round Crackers</p>	<p>24</p> <p>B: Whole Wheat Mini Bagel with Cream Cheese & Jam and Seasonal Fruit L: House Made Cheese Pizza and Steamed Vegetables Snack: Happy Birthday Cake and Fruit ED Snack: Organic Yogurt and Berry Compote</p>
<p>27</p> <p>B: Organic Cereal, Milk & Seasonal Fruit L: Cheese Ravioli in TBS Sauce and Steamed Vegetables VL: Pasta with TBS Sauce and Steamed Vegetables Snack: Organic Spinach Dip and Pita Chips ED Snack: Organic Yogurt and Fruit</p>	<p>28</p> <p>B: Organic Peach & Cinnamon Oatmeal L: Organic Tofu, Veggie 3 Bean Chili with Organic Brown Rice Snack: Organic House Ranch Dip with Baby Carrots ED Snack: Organic Spelt Pretzels and Fruit</p>	<p>29</p> <p>B: Build Your Own Organic Yogurt Parfait & Seasonal Fruit L: Turkey Mac and Cheese with Steamed Vegetables VL: Mac and Cheese with Steamed Vegetables Snack: Organic Mozzarella Cheese and Fruit ED Snack: Apple Butter and Mini French Rolls</p>	<p>30</p> <p>B: Overnight Oats & Chia with Berries L: Grilled Chicken Bites with Sweet Potatoes & Pineapple Sauce VL: Veggie Bites with Sweet Potatoes Snack: Baked Chickpea Chocolate Squares & Fruit ED Snack: Apples and Sunbutter</p>	



SPRING 2026 INGREDIENTS & SUBSTITUTIONS LIST

APRIL 2026

Revised 3/26/26

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 allergies and dietary restrictions.

The Brunswick School Food Program is built on a foundation of integrity, quality, and thoughtful nutrition. We utilize only the healthiest cooking techniques—steaming, braising, and roasting—while never frying, ensuring that every dish maintains its natural flavor and nutritional value. All meals are prepared fresh daily, reflecting our commitment to consistency and excellence.

Our philosophy is rooted in a plant-forward approach, sourcing the highest-quality organic ingredients for every meal we serve. Each menu item is carefully crafted with low levels of Organic Himalayan Sea Salt, supporting balanced and mindful nutrition.

We take great pride in our standards—using exclusively non-refined, minimally processed, and non-GMO ingredients across all categories, including proteins, sweeteners, flours, fruits, vegetables, and spices. Every element of our program is designed to deliver clean, wholesome, and responsibly sourced food to our students.

Sugars: All our retail items have a zero or lower than recommended added sugar content and are fully eliminated for children under the age of 2, per the US Dietary Guidelines and the American Academy of Pediatrics. 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.

Baking & Cooking with Sugars: All our baked goods are only prepared with natural sweeteners such as Fruit Purees, Raisin Puree or Date Paste. Organic Raw Brown Sugar is only used when needed for processing and preservation, on a limited basis.

High Acidity Foods: All our recipes have been tested and adjusted to have lower acidity (PH) than recommended contents according to US Dietary Guidelines for children under the age of 2.

Young Infants – Toddlers: All infants are fed according to their individual Infant Feeding Plans. Added sugars are eliminated in all scratch-made menu items served to Infant - Toddler classrooms (4 months to 2 years old).

The Brunswick School does not use Sesame, Pork, Shellfish, Seafood in our scratch-made menu items or allow any retail items that contain these ingredients. Additionally, we are a Peanut & Tree Nut-Free facility.

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BREAKFAST ITEMS

ORGANIC CEREAL and MILK with SEASONAL FRUIT

Organic Valley Whole Milk & Low-Fat Milk

Natures Path Organic Corn Flakes (Gluten Free): Organic Corn Meal & Yellow Corn Flour, Pear Juice Concentrate, 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

Natures Path Organic Heritage O's: **Oat Flour, Whole Wheat Meal**, Spelt, Barley, Millet, Quinoa, Sea Salt

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 Organic Whole O's OR Corn Flakes
Oats (Oat Flour: Heritage O's)	Nature's Path Organic Whole O's OR Corn Flakes

ORGANIC CRANBERRY RICOTTA MUFFINS with SEASONAL FRUIT

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

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

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 and SEASONAL FRUIT

Note: Young Infants receive Rice Puffs

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

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

Nature's Path Organic Whole O's: Brown Rice Flour, Corn Flour, Sugar, Pomegranate Juice Concentrate, Sea Salt

Arrowhead Mills Rice Puffs: Puffed Brown Rice

ALLERGIES	SUBSTITUTIONS
Dairy (Yogurt)	Coconut or Oat Yogurt
Dairy & Oat (Dairy & Oats in Granola)	Coconut Yogurt



ORGANIC WHOLE WHEAT PANCAKES, BERRY COMPOTE with SEASONAL FRUIT

Whole Wheat Pancakes: Whole Wheat Flour, Buttermilk, 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

ALLERGIES	SUBSTITUTIONS
Dairy (Buttermilk)	Van's Protein Pancakes
Egg	Van's Protein Pancakes
Soy (Soybean Oil: Pancakes)	Van's Protein Pancakes
Gluten (Whole Wheat Flour)	Vegan Pancake

ORGANIC PEACH/PEAR & CINNAMON OATMEAL

Peach or Pears, Oats, Milk, Yogurt, Cinnamon, Vanilla, Salt, Apple Butter

Vegan Oatmeal: Peach or Pears, Oats, Apple Butter, Water

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

WHOLE WHEAT MINI BAGEL with CREAM CHEESE & JAM with SEASONAL FRUIT

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

Cream Cheese and Jam (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 Hush, Acacia, Yeast, Xanthum Gum, Rowan Berry Fruit Extract

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

OVERNIGHT OATS & CHIA with BERRIES

Organic Oats, Unsweetened Oat Milk, Organic Greek Yogurt, Chia Seeds, Cinnamon, Salt, Blueberry Compote, Diced Cooked Pears

ALLERGIES	SUBSTITUTIONS
Dairy (Greek Yogurt)	Coconut Milk/Yogurt
Oats	Omit Oats; Substitute with Yogurt and Berry Compote
Seeds (Chia Seeds)	Omit Chia Seeds



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

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

Steamed Seasonal Organic Vegetables, Olive Oil

ALLERGIES	SUBSTITUTIONS
Dairy (Cream Cheese and Cheddar Cheese)	Vegan Macaroni
Gluten (Whole Wheat Flour: 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 Macaroni: Whole Wheat Flour Macaroni, TBS Sauce

Steamed Seasonal Organic Vegetables, Olive Oil

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

CHEESE RAVIOLI in TBS SAUCE and STEAMED VEGETABLES

Note: Young Infants receive No'Mato Sauce

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

Vegan Whole Wheat Penne: Whole Wheat Durum Semolina, TBS Sauce

Gluten Free Pasta: Brown Rice Flour

Steamed Seasonal Organic Vegetables, Olive Oil

ALLERGIES	SUBSTITUTIONS
Dairy (Cheese Filling: Tortellini)	Vegan Whole Wheat Penne TBS Sauce
Egg (Tortellini)	Vegan Whole Wheat Penne TBS Sauce
Gluten (Whole Wheat Flour: Tortellini)	Gluten Free Pasta



3 CHEESE TORTELLINI IN PESTO CREAM SAUCE & STEAMED VEGETABLES

Tortellini: Organic Whole Milk Ricotta Cheese, Organic Cream, Organic Semolina Flour, Mozzarella Fontina & Romano Cheese, Durum Flour, Organic Whole Eggs

Pesto Cream Sauce: Cream Cheese, Organic Heavy Cream, Pesto (No Nuts), Garlic Powder, Onion Powder

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

TBS SAUCE: Broccoli, Butternut Squash, Carrots, Cauliflower, Celery, Green Peppers, Onions, Tomatoes, Roasted Beets, Olive Oil, Basil, Oregano, Garlic

No'Mato Sauce: Beets, Onions, Garlic, Carrots, Celery, Broccoli, Butternut Squash, Cauliflower, Green Peppers, Oregano, Basil, Olive Oil

Steamed Seasonal Organic Vegetables, Olive Oil

ALLERGIES	SUBSTITUTIONS
Gluten (Tortellini)	Gluten Free Pasta
Dairy (Tortellini & Pesto Cream Sauce)	Whole Wheat Penne (TBS Sauce or No'Mato Sauce)
Eggs (Tortellini)	Whole Wheat Penne

TURKEY or CHICKEN TACO with FLOUR TORTILLAS, CHEESE & GUACAMOLE

Turkey or Chicken Taco: Ground Organic Turkey or Chicken, Peppers, Onion, Celery, Carrots, TBS Sauce

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

Cheese: Glenview Farms Organic Cheddar Cheese

Flour Tortillas: Organic 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: Soybean Oil, Lecithin, Enzymes

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

Corn Tortillas: Corn Masa, Baking Powder, Water, Salt

ALLERGIES	SUBSTITUTIONS
Vegetarian (Turkey or Chicken)	Vegan Lentil Taco
Soy (Soybean Oil: Tortillas)	Homemade Corn Tortilla
Gluten (Tortillas)	Homemade Corn Tortilla

BAKED CHICKEN BITES with STEAMED VEGETABLES

Chicken Bites: Organic White Meat Chicken, Soybean Oil, Rice Flour, Tapioca Starch, Corn Flour, Salt

Vegan 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

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Vegan Veggie Bites
Soy (Soybean Oil: Chicken Bites)	Vegan Veggie Bites
Vegetarian & Chickpeas (Vegan Veggie Bites)	Substitute Oat Flour in Veggie Bites



GRILLED CHICKEN BITES with SWEET POTATOES, PINEAPPLE SAUCE

Grilled Chicken Bites: Organic **White Meat Grilled Chicken**

Pineapple Sauce: Pineapple, Arrow Root, Diced Pineapples, Orange Juice,

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

Steamed **Sweet Potatoes, Soybean Oil**

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Vegan Veggie Bites
Sweet Potato	Steamed Vegetables
Soy (Soybean Oil: Sweet Potatoes)	Steamed Vegetables

HOUSE MADE CHEESE PIZZA with SEASONAL VEGETABLES

Note: Infants receive No'Mato Sauce

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

Steamed Seasonal Organic Vegetables, Olive Oil

ALLERGIES	SUBSTITUTIONS
Gluten (Wheat/Barley Flour: Crust)	Gluten Free Crust
Dairy (Mozzarella Cheese)	Vegan Dairy Free Mozzarella
Soy (Soybean Oil: Crust)	Gluten Free Crust

ORGANIC TOFU AND VEGGIE 3 BEAN CHILI with ORGANIC BROWN RICE

Note: Young Infants receive No'Mato Sauce

Organic Tofu, Red Beans, Black Beans, Cannellini Beans, TBS Sauce, Vegetable Stock, Carrots, Broccoli, Cauliflower, Butternut Squash, Onion, Garlic, Cumin, Oregano, Salt, Brown Rice

**This meal is Dairy Free, Egg Free, and Gluten Free*

ALLERGIES	SUBSTITUTIONS
Soy (Tofu)	Omit Tofu



GRILLED CHEESE SANDWICH and CREAMY TOMATO SOUP

Note: Young Infants receive No'Mato Soup

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

Tomato Soup: TBS Sauce, Onions, Carrots, Celery, Bell Peppers, Garlic, Cream, Cream Cheese

No'Mato Soup: TBS Sauce, Onions, Carrots, Celery, Bell Peppers, Garlic

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

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

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

TBS 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



SNACK ITEMS

ORGANIC COTTAGE CHEESE & SPINACH MUFFINS and SEASONAL 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, Organic Raw Brown Sugar, Unsweetened Vegan Dark Chocolate Chips, Butter, Cinnamon, Vanilla Extract, Baking Powder, Baking Soda, 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

ORGANIC PINEAPPLE YOGURT DIP and ROUND CRACKERS

Pineapple Dip: Pineapple, Organic Greek Yogurt, Cream Cheese

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, Faba Bean Protein, Canola Oil, Salt, Cane Sugar, Flaxseed Fiber

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

ORGANIC HOUSE RANCH DIP with BABY ORGANIC CARROTS

Dip: Organic Greek Yogurt, Milk, Cream Cheese, Dill, Salt, Onion and Garlic Powder, Olive Oil

Organic Baby Carrots

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



ORGANIC SPINACH DIP and PITA CHIPS

Dip: Organic Spinach, Organic **Greek Yogurt**, **Cream Cheese**, Olive Oil, Onion Powder, Salt, Garlic Powder

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
Dairy (Yogurt and Cream Cheese)	Coconut Yogurt
Gluten (Wheat Flour: Pita Chips)	GLUTINO Gluten Free Pretzels
Soy (Soybean Oil: 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, **Faba Bean Protein**, Canola Oil, Salt, Cane Sugar, **Flaxseed Fiber**

ALLERGIES	SUBSTITUTIONS
Gluten (Pretzels)	GLUTINO Gluten Free Pretzels
Sunflower (Sunbutter & Sunflower Oil: Pretzels)	Apple Butter & GLUTINO Gluten Free Pretzels

ORGANIC MIXED BERRY YOGURT DIP with ROUND CRACKERS

Dip: Organic **Greek Yogurt**, **Cream Cheese**, Berry Compote (Seasonal 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, **Faba 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

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, Xanthum Gum, Rowan Berry Fruit Extract

Apple Butter: Organic Apples, Organic Apple Juice Concentrate

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



ORGANIC MOZZARELLA or CHEDDAR CHEESE with SEASONAL FRUIT or ROUND CRACKERS

Organic Valley Mozzarella Stick (Organic **Cultured Pasteurized Part-Skim Milk**, Salt, Vegetarian Enzyme)

Tillamook Cheddar Cheese: **Organic Pasteurized Cultured Milk**, Salt, Vegetarian Enzyme, Annatto

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

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/Cheddar Cheese)	Daiya Dairy Free Mozzarella Sticks
Dairy & Oats (Daiya Dairy Free Mozzarella Sticks)	Yogurt & Fruit
Gluten (Crackers)	GLUTINO Gluten Free Pretzels

HAPPY BIRTHDAY CAKE and SEASONAL FRUIT

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

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

Gluten Free Cake: Rice Flour, **Oat Milk**, Apple Cider Vinegar, Organic Raw Brown 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, Chex Rice Cereal, Unsweetened Vegan Dark Chocolate Chips

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

Gluten Free Chex Cereal: Whole Grain Rice, Salt, Molasses

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

Arrowhead Mills Rice Puffs: Puffed Brown Rice

House Made Allergy & Infant/Toddler Trail Mix: Gluten Free Cheerio's, GLUTINO Gluten Free Pretzels, Chex Cereal, Brown Rice Puffs

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



BAKED CHICKPEA CHOCOLATE SQUARES and SEASONAL FRUIT

Chickpea Flour, Chickpeas, Sunbutter, Vanilla, Organic Cacao Powder, Organic Raw Brown Sugar, Baking Soda, Baking Powder, Salt, Unsweetened Vegan Chocolate Chips

Substitute Bread: **Organic Whole Wheat Bread, Whole Wheat Flour,** Sea Salt, Yeast,

**This meal is Gluten Free, Dairy Free, and Egg Free*

ALLERGIES	SUBSTITUTIONS
Sunflower (Sunbutter)	Whole Wheat Bread & Apple Butter Sandwich
Chickpeas (Chickpeas & Flour)	Whole Wheat Bread & Apple Butter Sandwich

APPLE SLICES with SUNBUTTER

Organic Sunflower Butter: Organic Roasted **Sunflower Seeds** (really, that's it!)

ALLERGIES	SUBSTITUTIONS
Sunflower (Sunbutter)	Apple Butter

ORGANIC YOGURT with BERRY COMPOTE

Organic Low Fat or Whole Milk Yogurt

Berry Compote: Raspberries, Blueberries, Arrow Root, Filtered Water

ALL ERGIES	SUBSTITUTIONS
Dairy (Yogurt)	Coconut Yogurt

HOUSE HUMMUS and PITA CHIPS

Hummus: **Chickpeas,** Olive Oil, Garlic Powder, Onion Powder, 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	Substitute with Cannellini Beans
Gluten (Wheat Flour: Pita Chips)	GLUTINO Gluten Free Pretzels
Soy (Soybean Oil: Pita Chips)	GLUTINO Gluten Free Pretzels