

The Brunswick School Food Program

Expanded Frequently Asked Questions

Q: How does TBS differentiate meals for infants?

A: Infants between 4 months and 12 months follow individualized feeding plans created in collaboration with parents and teachers. These plans guide the gradual and safe introduction of foods appropriate to each developmental stage. Meals are prepared separately from the general menu to ensure full control over ingredients, texture, and nutritional content. We focus on simple, clean, whole foods such as fresh vegetable and fruit purees, with no added sugars, and we carefully limit ingredients that may be difficult for early digestion.

Q: My child refuses to try new meals. How can I help?

A: We understand that many children need time to adapt to new foods. Families are encouraged to review menus in advance and introduce unfamiliar ingredients at home. Our culinary team designs meals that balance familiarity with gentle exposure to new flavors and textures. We also incorporate vegetables into sauces, broths, and blended recipes so children receive proper nutrition even as they build confidence trying new foods.

Q: How does TBS ensure children receive fruits and vegetables daily?

A: Fruits and vegetables are intentionally integrated into every meal and snack. This includes whole servings as well as incorporation into sauces, soups, baked goods, and purees. Our goal is to ensure children consistently receive their daily nutritional needs while also developing a natural acceptance of these foods.

Q: Why does TBS serve plant-forward meals?

A: Our plant-forward approach emphasizes fruits, vegetables, whole grains, and legumes while still including responsibly sourced animal proteins. This approach supports digestion, promotes balanced energy levels, and introduces children to a diverse range of nutrient-rich foods. Protein needs are met through a thoughtful combination of plant-based and animal-based sources.

Q: Are carbohydrates in the menu healthy?

A: Yes. We focus on complex carbohydrates such as whole grains, fruits, vegetables, and legumes. These provide sustained energy, fiber, and essential nutrients. We limit refined sugars and highly processed carbohydrates that can cause energy spikes and crashes.

Q: How does TBS use sugar in meals?

A: We maintain a very low added sugar philosophy. When sweetness is needed, we rely on natural sources such as fruit purees. Recipes are carefully designed to avoid excessive sugar while still being enjoyable for children. Infant meals contain no added sugars.

Q: How are ingredients sourced?

A: We partner with trusted suppliers who align with our standards for quality, transparency, and sustainability. We prioritize minimally processed, responsibly sourced ingredients, including organic and non-GMO options whenever feasible. Our sourcing strategy balances quality, availability, and consistency while continuously improving over time.

Q: What happens if my child does not eat?

A: We ensure that children always have access to alternative snack options throughout the day. Our culinary team works closely with teachers to monitor eating habits and adjust menus when needed. Feedback is regularly incorporated to improve both acceptance and satisfaction.

Q: Does TBS accommodate allergies?

A: Yes. We accommodate medically documented allergies and follow strict food safety and cross-contamination protocols. We work closely with families and school staff to ensure each child's needs are met safely and consistently.

Q: Does TBS serve processed foods?

A: Our program is centered around unprocessed or minimally processed foods. Most items are prepared from scratch in-house, allowing us to control ingredient quality and reduce additives. When packaged products are used, they are carefully selected to meet our standards.

Q: Are meals made from scratch?

A: Yes. A significant portion of our menu is prepared in-house daily, including sauces, baked goods, and snacks. This approach allows us to maintain high standards for nutrition, flavor, and ingredient integrity.

At The Brunswick School, we approach food with care, responsibility, and intention. Our goal is to provide meals that support not only physical growth, but also comfort, focus, and long-term healthy habits.