



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		<p><b>1</b> B: Build Your Own Yogurt Parfait. L: Organic Tofu &amp; Vegetable Fried Rice Snack: House made Trail Mix and Fruit ED Snack: Organic Spelt Pretzels and Sunbutter</p>	<p><b>2</b> B: Organic Cranberry Ricotta Muffin and Fruit L: Baked Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Ranch Dip and Baby Carrots  NO EXTENDED DAY</p>	<p><b>3</b> <b>TBS CLOSED</b></p>
<p><b>6</b> B: Cold Cereal, Organic Milk and Fruit L: 3 Cheese Tortellini in Pesto Cream Sauce with Steamed Vegetables Snack: Spinach Dip and Toasted Pita Chips. ED Snack: Apples Slices and Sunbutter</p>	<p><b>7</b> B: Spanish Egg &amp; Potato Tortilla w/Bread Roll. L: Chicken Salad with Pita Half Moons &amp; Mango Cucumber Salad VL: Garbanzo Salad with Mango Cucumber Salad Snack: Mozzarella Cheese and Fruit ED Snack: Organic Spelt Pretzels and Fruit</p>	<p><b>8</b> B: Organic Overnight Oats &amp; Chia with Berries L: TBS Mac and Cheese with Steamed Mediterranean Vegetables Snack: Cottage Cheese &amp; Spinach Muffins with Fruit ED Snack: Apples and Sunbutter</p>	<p><b>9</b> B: Pear &amp; Cinnamon Organic Oatmeal L: Grilled Chicken Bites with Sweet Potatoes &amp; Pineapple Sauce VL: Veggie Bites with Sweet Potatoes Snack: House Made Trail Mix and Seasonal Fruit ED Snack: Hummus &amp; Pita Chips</p>	<p><b>10</b> B: Build Your Own Yogurt Parfait. L: House Made Pizza and Seasonal Steamed Vegetables. Snack: Pineapple Yogurt Dip and Round ED Snack: Organic Cheddar Cheese &amp; Round Crackers</p>
<p><b>13</b> B: Cold Cereal, Organic Milk and Fruit L: Rainbow Rotini Pasta with Broccoli Alfredo Sauce Snack: Organic Blueberry Yogurt Dip and Round Crackers ED Snack: Organic Cheddar Cheese &amp; Round Crackers</p>	<p><b>14</b> B: Whole Wheat Pancakes, Organic Berry Compote L: Turkey Taco with Cheese &amp; Guacamole VL: Lentil Veggie Taco with Guacamole Snack: Mozzarella Cheese and Fruit ED Snack: Hummus and Toasted Pita Chips</p>	<p><b>15</b> B: Build Your Own Yogurt Parfait. L: Organic Tofu &amp; Vegetable Fried Rice Snack: House made Trail Mix and Fruit ED Snack: Organic Spelt Pretzels and Sunbutter</p>	<p><b>16</b> B: Organic Cranberry Ricotta Muffin and Fruit L: Baked Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Ranch Dip and Baby Carrots ED Snack: Organic Cheddar Cheese &amp; Round Crackers</p>	<p><b>17</b> B: Whole Wheat Mini Bagel with Cream Cheese &amp; Jam and Fruit L: Turkey Bolognese with Whole Wheat Penne and Steamed Vegetables Snack: Chocolate Chip Oatmeal Bites and Fruit ED Snack: Yogurt, Berry Compote and Fruit</p>
<p><b>20</b> B: Cold Cereal, Organic Milk and Fruit L: 3 Cheese Tortellini in Pesto Cream Sauce with Steamed Vegetables Snack: Spinach Dip and Toasted Pita Chips. ED Snack: Apples Slices and Sunbutter</p>	<p><b>21</b> B: Spanish Egg &amp; Potato Tortilla w/Bread Roll. L: Chicken Salad with Pita Half Moons &amp; Mango Cucumber Salad VL: Garbanzo Salad with Mango Cucumber Salad Snack: Mozzarella Cheese and Fruit ED Snack: Organic Spelt Pretzels and Fruit</p>	<p><b>22</b> B: Organic Overnight Oats &amp; Chia with Berries L: TBS Mac and Cheese with Steamed Mediterranean Vegetables Snack: Cottage Cheese &amp; Spinach Muffins with Fruit ED Snack: Apples and Sunbutter</p>	<p><b>23</b> B: Pear &amp; Cinnamon Organic Oatmeal L: Grilled Chicken Bites with Sweet Potatoes &amp; Pineapple Sauce VL: Veggie Bites with Sweet Potatoes Snack: House Made Trail Mix and Seasonal Fruit ED Snack: Hummus &amp; Pita Chips</p>	<p><b>24</b> B: Build Your Own Yogurt Parfait. L: House Made Pizza and Seasonal Steamed Vegetables. Snack: Pineapple Yogurt Dip and Round ED Snack: Organic Cheddar Cheese &amp; Round Crackers</p>
<p><b>27</b> B: Cold Cereal, Organic Milk and Fruit L: Rainbow Rotini Pasta with Broccoli Alfredo Sauce Snack: Organic Blueberry Yogurt Dip and Round Crackers ED Snack: Organic Cheddar Cheese &amp; Round Crackers</p>	<p><b>28</b> B: Whole Wheat Pancakes, Organic Berry Compote L: Turkey Taco with Cheese &amp; Guacamole VL: Lentil Veggie Taco with Guacamole Snack: Mozzarella Cheese and Fruit ED Snack: Hummus and Toasted Pita Chips</p>	<p><b>29</b> B: Build Your Own Yogurt Parfait. L: Organic Tofu &amp; Vegetable Fried Rice Snack: House made Trail Mix and Fruit ED Snack: Organic Spelt Pretzels and Sunbutter</p>	<p><b>30</b> B: Organic Cranberry Ricotta Muffin and Fruit L: Baked Chicken Bites with Steamed Vegetables VL: Veggie Bites with Steamed Vegetables Snack: Ranch Dip and Baby Carrots ED Snack: Organic Cheddar Cheese &amp; Round Crackers</p>	<p><b>31</b> B: Whole Wheat Mini Bagel with Cream Cheese &amp; Jam and Fruit L: Turkey Bolognese with Whole Wheat Penne and Steamed Vegetables Snack: Happy Birthday Cake ED Snack: Yogurt, Berry Compote and Fruit</p>



## SUMMER 2026 INGREDIENTS & SUBSTITUTIONS LIST

**JULY 2026**

Revised 6/24/26

*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

### COLD CEREAL and ORGANIC 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 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



### WHOLE WHEAT PANCAKES, ORGANIC BERRY COMPOTE

**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

### PEAR & CINNAMON ORGANIC OATMEAL

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

**Vegan Oatmeal:** 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



**ORGANIC 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

**SPANISH EGG & POTATO TORTILLA with BREAD ROLL**

Organic Eggs, Potatoes, Onions, Olive Oil, Organic Sea Salt

Vegan Egg & Potato Tortilla: Just Egg Substitute (MUNG BEAN Brand)

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
Egg	Vegan Egg & potato Tortilla
Gluten (Wheat: Mini French Rolls)	Happy Camper Gluten Free Bread



## LUNCH ITEMS

### TBS 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

### ORGANIC TOFU & VEGETABLE FRIED RICE

**Eggs,** Basmati Brown Rice, Tofu, Olive Oil, Salt, Bay Leaves, Broccoli, Cauliflower, Onions, Celery, Carrots, Garlic, Ginger, Scallions, Coconut Aminos (NUTIVA Organic Soy Sauce Substitute)

**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
Egg	Vegan Lunch
Tofu (Soy)	Fried Rice Without Tofu
Organic Coconut tree sap (Coconut Aminos)	Omit Coconut Aminos

### 3 CHEESE TORTELLINI IN PESTO CREAM SAUCE with 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
Dairy (Cheddar Cheese)	Omit Cheese

## RAINBOW ROTINI PASTA with BROCCOLI ALFREDO SAUCE

**Rotini Pasta:** Semolina Flour, Durum Flour

**Broccoli Alfredo Sauce:** Cream Cheese, Parmesan Cheese, Organic Heavy Cream, Broccoli, Garlic, Onion, Celery, Carrots, 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, Beets, Olive Oil, Basil, Oregano, Garlic, Organic Ground Tomatoes

**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 (Rotini Pasta)	Gluten Free Pasta
Dairy (Cheese and Cream in Alfredo Sauce)	Rotini Pasta with TBS Sauce or No'Mato Sauce

## CHICKEN SALAD with PITA HALF MOONS and MANGO CUCUMBER SALAD

**Chicken Salad:** Organic White Meat Chicken, Fabalish Vegan Mayo (Sunflower Oil, Chickpea Water, Apple Cider Vinegar, Lemon Juice, Salt), Diced Celery, Garlic, Onion, Sea Salt

**Vegan Garbanzo Salad:** Organic Garbanzo Beans, Fabalish Vegan Mayo (Sunflower Oil, Chickpea Water, Apple Cider Vinegar, Lemon Juice, Salt), Diced Celery, Garlic, Onion, Sea Salt

**Pita Half Moon:** Wheat, Barley, Yeast

**Cucumber & Mango Salad:** Diced Cucumber and Mango, Olive Oil, Granulated Garlic, Granulated Onion, Organic Sea Salt

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Garbanzo Salad
Sunflower Oil: Fabalish Vegan Mayo)	Chicken Salad NO MAYO
Gluten (Wheat Flour/Barley in Pita Bread)	Glutino Pretzels



## 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



**TURKEY BOLOGNESE with WHOLE WHEAT PENNE and STEAMED VEGETABLES**

**Turkey Bolognese:** Ground Turkey, Tomato Sauce, Diced Tomatoes, Carrots, Green Bell Pepper, White Onion, Garlic, Onion Powder, Paprika, Vegetable Stock, Steamed California Vegetable Blend (Carrots, Broccoli, Cauliflower)

**Whole Wheat Penne Pasta:** Whole Wheat Flour

ALLERGIES	SUBSTITUTIONS
Vegetarian (Ground Turkey)	Omit Turkey, No'Mato Sauce
Gluten (Whole Wheat Penne)	Gluten Free Pasta
Tomato (Tomato Sauce & Diced Tomatoes)	No'Mato Sauce

**TBS SAUCE**

Broccoli, Butternut Squash, Carrots, Cauliflower, Celery, Onions, Crushed 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**

**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

**ORGANIC PINEAPPLE/BLUEBERRY YOGURT DIP and ROUND CRACKERS**

**Pineapple Dip:** Pineapple-Blueberry, 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 Pineapple Dip
Gluten (Wheat: Round Crackers)	GLUTINO Gluten Free Pretzels
Pineapple-Blueberry	Apple Butter
Soy (Round Crackers)	GLUTINO Gluten Free Pretzels



### ORGANIC RANCH DIP with BABY 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 TOASTED 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 MOZZARELLA or CHEDDAR CHEESE with 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: <b>Banana Chips</b> )	House Made Allergy Free Trail Mix
Gluten (Pretzels)	House Made Allergy Free Trail Mix
Sunflower (Sunflower Oil: <b>Raisins, Cranberries, Spelt Pretzels</b> )	House Made Allergy Free Trail Mix

**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

## 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

## CHOCOLATE CHIP OATMEAL BITES and SEASONAL 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, 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

## ORGANIC BLUEBERRY YOGURT DIP and 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 Lecithin

**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