



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 B: Whole Wheat Pancakes, Organic Berry Compote L: Turkey Taco with Cheese & Guacamole VL: Lentil Veggie Taco with Guacamole Snack: Mozzarella Cheese and Fruit ED Snack: Hummus and Toasted Pita Chips	2 B: Build Your Own Yogurt Parfait L: Organic Tofu & Vegetable Fried Rice Snack: Blueberry Lemon Ricotta Pound Cake ED Snack: House Made Trail Mix and Seasonal Fruit	3 B: Organic Banana Bread 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 & Round Crackers	4 B: Whole Wheat Mini Bagel with Cream Cheese & 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
7 TBS CLOSED	8 B: Cold Cereal, Organic Milk and Fruit L: Organic Chicken Chili VL: Vegetarian 3 Bean Chili & Brown Rice Snack: Mozzarella Cheese and Fruit ED Snack: Organic Green Goddess Dip with Baby Carrots	9 B: Organic Overnight Oats & Chia with Berries L: TBS Mac and Cheese with Steamed Mediterranean Vegetables Snack: Pineapple Cottage Cheese and Coconut Muffin ED Snack: Apple Slices and Sunbutter	10 B: Pear & Cinnamon Organic Oatmeal L: Grilled Chicken Bites with Sweet Potatoes & Pineapple Sauce VL: Veggie Bites with Sweet Potatoes Snack: House Made Trail Mix and Seasonal Fruit ED Snack: Hummus and Toasted Pita Chips	11 B: Build Your Own Yogurt Parfait L: House Made Cheese Pizza and Seasonal Steamed Vegetables Snack: Pineapple Yogurt ED Snack: Organic Cheddar Cheese & Round Crackers
14 B: Cold Cereal, Organic Milk and Fruit L: Rainbow Rotini Pasta with Broccoli Alfredo Sauce Snack: Organic Blueberry Yogurt Dip and Mini French Roll ED Snack: Organic Cheddar Cheese & Round Crackers	15 B: Whole Wheat Pancakes, Organic Berry Compote L: Turkey Taco with Cheese & Guacamole VL: Lentil Veggie Taco with Guacamole Snack: Mozzarella Cheese and Fruit ED Snack: Hummus and Toasted Pita Chips	16 B: Build Your Own Yogurt Parfait L: Organic Tofu & Vegetable Fried Rice Snack: Blueberry Lemon Ricotta Pound Cake ED Snack: House Made Trail Mix and Seasonal Fruit	17 B: Organic Banana Bread 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 & Round Crackers	18 B: Whole Wheat Mini Bagel with Cream Cheese & 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
21 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: Apple Slices and Sunbutter	22 B: Spanish Egg & Potato Tortilla w/Bread Roll L: Organic Chicken Chili with Brown Rice VL: Vegetarian 3 Bean Chili & Brown Rice Snack: Mozzarella Cheese and Fruit ED Snack: Organic Green Goddess Dip with Baby Carrots	23 B: Organic Overnight Oats & Chia with Berries L: TBS Mac and Cheese with Steamed Mediterranean Vegetables Snack: Pineapple Cottage Cheese and Coconut Muffin ED Snack: Organic Cheddar Cheese & Round Crackers	24 B: Pear & Cinnamon Organic Oatmeal L: Grilled Chicken Bites with Sweet Potatoes & Pineapple Sauce VL: Veggie Bites with Sweet Potatoes Snack: House Made Trail Mix and Seasonal Fruit ED Snack: Apple Slices and Sunbutter	25 B: Build Your Own Yogurt Parfait L: House Made Cheese Pizza and Seasonal Steamed Vegetables Snack: Happy Birthday Cake ED Snack: Hummus and Toasted Pita Chips
28 B: Cold Cereal, Organic Milk and Fruit L: Rainbow Rotini Pasta with Broccoli Alfredo Sauce Snack: Organic Blueberry Yogurt Dip and Mini French Roll ED Snack: Organic Cheddar Cheese & Round Crackers	29 B: Whole Wheat Pancakes, Organic Berry Compote L: Turkey Taco with Cheese & Guacamole VL: Lentil Veggie Taco with Guacamole Snack: Mozzarella Cheese and Fruit ED Snack: Hummus and Toasted Pita Chips	30 B: Build Your Own Yogurt Parfait L: Organic Tofu & Vegetable Fried Rice Snack: Blueberry Lemon Ricotta Pound Cake ED Snack: House Made Trail Mix and Seasonal Fruit		



SUMMER 2026 INGREDIENTS & SUBSTITUTIONS LIST

SEPTEMBER 2026

Revised 8/20/26

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 BANANA BREAD with SEASONAL FRUIT

Banana Bread: All Purpose Flour, Baking Soda, Salt, Ground Cinnamon, Xanthan Gum, Unsalted Butter, Light Brown Sugar, Eggs, Cream Cheese, Bananas, Vanilla Extract

Gluten Free / Dairy Free / Egg Free Banana Bread (Vegan): Ripe Bananas, Water, Gluten Free Oat Flour, Baking Powder, Soybean Oil, Ground Cinnamon, Vanilla Extract, Salt

ALLERGIES	SUBSTITUTIONS
Dairy (Butter & Cream Cheese)	GF/DF/EF Banana Bread
Egg	GF/DF/EF Banana Bread
Gluten (All Purpose Flour)	GF/DF/EF Banana Bread
Oats (Gluten Free Oat Flour: GF/DF/EF Banana Bread)	Standard Banana Bread
Soy (Soybean Oil: GF/DF/EF Banana Bread)	Standard Banana Bread

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, Banana, 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 Husk, Acacia, Yeast, Xanthan 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, Xanthan 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 TACO with FLOUR TORTILLAS, CHEESE & GUACAMOLE

Turkey Taco: Ground Organic **Turkey**, 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)	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

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



ORGANIC CHICKEN CHILI with BROWN RICE

Chicken Chili: Diced Chicken, Tomato Sauce, Red Beans, Black Beans, Carrots, White Onion, Red Bell Pepper, Green Bell Pepper, Garlic Powder, Paprika

Organic Brown Rice: Organic Long Grain Brown Rice, Filtered Water

Vegan Chili (Chicken Omitted): As above, omitting Diced Chicken and using No'Mato Sauce in place of Tomato Sauce

ALLERGIES	SUBSTITUTIONS
Vegetarian (Diced Chicken)	Omit Chicken, No'Mato Sauce
Tomato (Tomato Sauce)	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

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 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 & 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: 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



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

ALLERGIES	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 MINI FRENCH ROLL

Dip: Organic Greek Yogurt, Cream Cheese, Berry Compote (Seasonal Berries, Arrowroot and Filtered Water)

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

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/Barley: Mini French Roll)	GLUTINO Gluten Free Pretzels
Dairy & Gluten	Coconut Yogurt & GLUTINO Gluten Free Pretzels

BLUEBERRY LEMON RICOTTA POUND CAKE and SEASONAL FRUIT

Blueberry Lemon Ricotta Pound Cake Loaf: White Whole Wheat Flour, Fresh Blueberries, Ricotta Cheese, Granulated Sugar, Unsalted Butter, Eggs, Lemon Zest, Lemon Juice, Vanilla Extract, Baking Powder, Salt

Lemon Glaze: Powdered Sugar, Lemon Juice

Vegan Pound Cake: Vegan Butter, Date sugar, Vanilla ext, Lemon Ext, Oat milk, GF Flour, Baking Powder, Xanthan Gum, Salt, Lemon Zest. Blueberries

ALLERGIES	SUBSTITUTIONS
Dairy (Butter & Ricotta Cheese)	Allergen Pound cake Non Dairy
Egg	Allergen Pound cake No Egg, Egg Substitute
Gluten (White Whole Wheat Flour)	Allergen Pound cake No Gluten Oat Flour

ORGANIC GREEN GODDESS DIP with BABY CARROTS

Dip: Whole Milk Greek Yogurt, Mayonnaise (sunflower Oil, Eggs, Cider Vinegar, Salt), Fresh Parsley, Fresh Tarragon, Fresh Dill, Lemon Juice, Lemon Zest, Extra-Virgin Olive Oil, Garlic, Sea Salt, Ground Black Pepper

Organic Baby Carrots

Vegan Green Goddess: Fabalish Vegan Mayo, Coconut Yogurt, Tarragon, Dill, Lemon Zest, Lemon Juice, Parsley, Olive Oil, Garlic, Salt

ALLERGIES	SUBSTITUTIONS
Dairy (Greek Yogurt)	Coconut Yogurt
Egg	Vegan Mayo Fabalish
Sunflower (Vegan Mayonnaise oil base)	Vegan Mayo Fabalish



COCONUT, PINEAPPLE and COTTAGE CHEESE MUFFINS and SEASONAL FRUIT

Coconut, Pineapple and Cottage Cheese Muffins: All Purpose Flour, Cottage Cheese, Pineapple, Coconut Palm Sugar, Sweetened Shredded Coconut, Eggs, Coconut Oil, Vanilla Extract, Baking Powder, Baking Soda, Salt

Vegan Muffin: Oat milk, olive oil, apple butter, vanilla, salt, GF flour, baking powder/soda, date sugar

ALLERGIES	SUBSTITUTIONS
Dairy (Cottage Cheese)	Vegan Muffin
Egg	Vegan Muffin
Gluten (All Purpose Flour)	Vegan Muffin
Coconut	Vegan Muffin with oat milk omit coconut
Pineapple	Vegan Muffin omit pineapple