The Brunswick School

NOVEMBER 2026

ORGANIC PLANT-FORWARD SCHOOL MENU

To give children a strong start in life through a school community families trust.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **B:** Cold Cereal, Organic Milk and Fruit **L:** Chicken Brown Rice Veggie Bowl **AS:** Brown Rice Veggie Bowl **Snack:** Very Berry Dream Dip with Round Crackers **ED Snack:** Apple Slices and Sunbutter	**3** **B:** Cheesy Garden Vegetables Egg Bake **L:** Cheese Ravioli in TBS Super Sauce and Steamed Vegetables **AS:** Organic Pasta with TBS Super Sauce **Snack:** Mozzarella Cheese and Fruit **ED Snack:** Organic Green Goddess Dip with Baby Carrots	**4** **B:** Organic Overnight Oats & Chia with Berries **L:** Little Garden Chicken Soup with Mini French Rolls **AS:** Little Garden Vegetable Soup with Mini French Rolls **Snack:** House Made Trail Mix and Seasonal Fruit **ED Snack:** Yogurt, Berry Compote and Fruit	**5** **B:** Whole Wheat Pancakes with Organic Berry Compote **L:** Homestyle Beef & Veggie Stew with Brown Rice **AS:** Homestyle Veggie Stew **Snack:** Apple Cinnamon Muffin **ED Snack:** Hummus & Pita Dippers	**6** **B:** Build Your Own Yogurt Parfait **L:** House Made Cheese Pizza & Steamed Vegetables **Snack:** Chocolate Chip Oatmeal Bites and Fruit **ED Snack:** Organic Cheddar Cheese & Round Crackers
9 **B:** Cold Cereal, Organic Milk and Fruit **L:** Kimchi Organic Tofu Fried Rice **AS:** Vegan Kimchi Organic Tofu Fried Rice **Snack:** Spinach Dip with Pita Chips **ED Snack:** Organic Cheddar Cheese & Round Crackers	**10** **B:** Organic Banana Bread and Fruit **L:** Turkey Taco with Cheese & Guacamole **AS:** Lentil Veggie Taco with Guacamole **Snack:** Mozzarella Cheese and Fruit **ED Snack:** Hummus & Pita Dippers	**11** **TBS CLOSED**	**12** **B:** Build Your Own Yogurt Parfait **L:** Baked Chicken Bites with Steamed Vegetables **AS:** Vegan Veggie Bites with Steamed Vegetables **Snack:** Ranch Dip and Baby Carrots **ED Snack:** Organic Cheddar Cheese & Round Crackers	**13** **B:** Whole Wheat Mini Bagel with Cream Cheese and Jam **L:** Sweet Potato Mac and Cheese with Steamed Vegetables **AS:** Organic Pasta with TBS Super Sauce **Snack:** Happy Pumpkin Dip & Crackers **ED Snack:** Yogurt, Berry Compote and Fruit
16 **B:** Cold Cereal, Organic Milk and Fruit **L:** Chicken Brown Rice Veggie Bowl **AS:** Brown Rice Veggie Bowl **Snack:** Very Berry Dream Dip with Round Crackers **ED Snack:** Apple Slices and Sunbutter	**17** **B:** Cheesy Garden Vegetables Egg Bake **L:** Cheese Ravioli in TBS Super Sauce and Steamed Vegetables **AS:** Organic Pasta with TBS Super Sauce **Snack:** Mozzarella Cheese and Fruit **ED Snack:** Organic Green Goddess Dip with Baby Carrots	**18** **B:** Organic Overnight Oats & Chia with Berries **L:** Little Garden Chicken Soup with Mini French Rolls **AS:** Little Garden Vegetable Soup with Mini French Rolls **Snack:** House Made Trail Mix and Seasonal Fruit **ED Snack:** Yogurt, Berry Compote and Fruit	**19** **B:** Whole Wheat Pancakes with Organic Berry Compote **L:** Homestyle Beef & Veggie Stew with Brown Rice **AS:** Homestyle Veggie Stew **Snack:** Apple Cinnamon Muffin **ED Snack:** Hummus & Pita Dippers	**20** **B:** Build Your Own Yogurt Parfait **L:** House Made Cheese Pizza & Steamed Vegetables **Snack:** Happy Birthday Cake and Fruit **ED Snack:** Organic Cheddar Cheese & Round Crackers
23 **B:** Cold Cereal, Organic Milk and Fruit **L:** Kimchi Organic Tofu Fried Rice **AS:** Vegan Kimchi Organic Tofu Fried Rice **Snack:** Spinach Dip with Pita Chips **ED Snack:** Organic Cheddar Cheese & Round Crackers	**24** **B:** Organic Banana Bread and Fruit **L:** Turkey Taco with Cheese & Guacamole **AS:** Lentil Veggie Taco with Guacamole **Snack:** Mozzarella Cheese and Fruit **ED Snack:** Hummus & Pita Dippers	**25** **B:** Organic Pear & Cinnamon Oatmeal and Fruit **L:** Rainbow Rotini Pasta with Broccoli Alfredo Sauce **AS:** Organic Pasta with NoMato Sauce **Snack:** Blueberry Lemon Ricotta Pound Cake **NO EXTENDED DAY**	**26** **TBS CLOSED**	**27** **TBS CLOSED**
30 **B:** Cold Cereal, Organic Milk and Fruit **L:** Chicken Brown Rice Veggie Bowl **AS:** Brown Rice Veggie Bowl **Snack:** Very Berry Dream Dip with Round Crackers **ED Snack:** Apple Slices and Sunbutter				

B = Breakfast | **L** = Lunch | **AS** = Allergy Sub | **Snack** = Snack | **ED** = Extended Day Snack

FALL 2026 INGREDIENTS & SUBSTITUTIONS LIST

NOVEMBER 2026

Revised 10/26/2026

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 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.

Table of Contents:

Pages 2-4: Breakfast Items
Pages 4-10: Lunch Items
Pages 10-13: Snack Items

The Brunswick School

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

The Brunswick School

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
Sunflower (Van's Protein Pancakes)	Regular Whole Wheat Pancakes

ORGANIC PEAR & CINNAMON 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

The Brunswick School

CHEESY GARDEN VEGGIE EGG BAKE with SEASONAL FRUIT

Cheesy Garden Veggie Egg Bake: Eggs, California Vegetable Blend (Carrots, Broccoli, Cauliflower), Cheddar Cheese, Scallions
Garden Veggie Egg Sub Bake: Egg Substitute: Just Egg (Mung Bean), California Vegetable Blend (Carrots, Broccoli, Cauliflower), Scallions
Seasonal Fruit

ALLERGIES	SUBSTITUTIONS
Dairy (Cheddar Cheese)	Garden Veggie Egg Sub Bake
Egg	Garden Veggie Egg Sub Bake
Vegan	Garden Veggie Egg Sub Bake

LUNCH ITEMS

TURKEY TACO with FLOUR TORTILLAS, CHEESE & GUACAMOLE

Turkey Taco: Ground Organic Turkey, Peppers, Onion, Celery, Carrots, TBS Super 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
Lentil Veggie Taco (Vegan): Organic Lentils, Onions, Garlic, Vegetable Broth, Cumin, TBS Super Sauce
Corn Tortillas: Corn Masa, Baking Powder, Water, Salt

ALLERGIES	SUBSTITUTIONS
Vegetarian (Turkey)	Lentil Veggie Taco
Soy (Soybean Oil: Tortillas)	Homemade Corn Tortilla
Gluten (Tortillas)	Homemade Corn Tortilla
Dairy (Cheddar Cheese)	Omit Cheese

The Brunswick School

RAINBOW ROTINI PASTA with BROCCOLI ALFREDO SAUCE

Rotini Pasta (Barilla Tri-Color): Semolina (Wheat), Durum Wheat Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid
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 SUPER SAUCE: Broccoli, Butternut Squash, Carrots, Cauliflower, Celery, Onions, Tomatoes, Roasted Beets, Olive Oil, Basil, Oregano, Garlic, Green and Red Peppers
NoMato Sauce: Carrots, Beets, Onion, Green and Red Peppers, Vegetable Broth, Oregano, Basil, Garlic, Olive Oil
Organic Pasta (Monarch) with NoMato Sauce: Carrots, Beets, Onion, Green and Red Peppers, Vegetable Broth, Oregano, Basil, Garlic, Olive Oil
Steamed Seasonal Organic Vegetables, Olive Oil

ALLERGIES	SUBSTITUTIONS
Gluten (Rotini Pasta)	Gluten Free Pasta
Dairy (Cheese and Cream in Alfredo Sauce)	Organic Pasta with NoMato 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

HOUSE MADE CHEESE PIZZA with SEASONAL VEGETABLES

Note: Infants receive NoMato Sauce
Crust: Unbleached Wheat Flour, Barley Flour, Soybean Oil. TBS Super 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

TBS SUPER SAUCE

Note: Young Infants receive NoMato Sauce
Broccoli, Butternut Squash, Carrots, Cauliflower, Celery, Onions, Tomatoes, Roasted Beets, Olive Oil, Basil, Oregano, Garlic, Green and Red Peppers
NoMato Sauce: Carrots, Beets, Onion, Green and Red Peppers, Vegetable Broth, Oregano, Basil, Garlic, Olive Oil

ALLERGIES	SUBSTITUTIONS
Tomato	NoMato Sauce
Young Infants	NoMato Sauce

The Brunswick School

SWEET POTATO MAC 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
Sweet Potato (Sauce)	Omit Sweet Potato

KIMCHI ORGANIC TOFU FRIED RICE

Tofu Fried Rice: Eggs, Basmati Brown Rice, Organic Tofu, Olive Oil, Salt, Bay Leaves, Broccoli, Cauliflower, Onions, Celery, Carrots, Garlic, Ginger, Scallions, Coconut Aminos (NUTIVA Organic Soy Sauce Substitute)
Kimchi: Water (Chlorine-Free), Brown Sugar, Salt (Non-Iodized), Napa Cabbage, Carrots, Daikon Radish, Green Onion, Ginger, Garlic, Smoked Paprika
Vegan Lunch: Veggie Fried Rice: Basmati Brown Rice, Organic Tofu, Olive Oil, Salt, Bay Leaves, Broccoli, Cauliflower, Carrots, Garlic, Ginger, Scallions, Just Egg (Mung Bean). Served without Kimchi (contains Honey)

ALLERGIES	SUBSTITUTIONS
Egg	Vegan Lunch
Tofu (Soy)	Fried Rice Without Tofu
Organic Coconut Tree Sap (Coconut Aminos)	Omit Coconut Aminos

CHEESE RAVIOLI in TBS SUPER SAUCE with STEAMED VEGETABLES

Ravioli: Organic Whole Milk Ricotta Cheese, Fontina Cheese, Parmesan Cheese, Water, Vinegar, Eggs, Organic Semolina Durum Flour. TBS Super Sauce
Note: Young Infants receive NoMato Sauce
Vegan Whole Wheat Penne: Whole Wheat Durum Semolina, TBS Super Sauce
Gluten Free Pasta: Brown Rice Flour
Steamed Seasonal Organic Vegetables, Olive Oil

ALLERGIES	SUBSTITUTIONS
Dairy (Cheese Filling: Ravioli)	Vegan Whole Wheat Penne with TBS Super Sauce
Egg (Ravioli)	Vegan Whole Wheat Penne with TBS Super Sauce
Gluten (Semolina Durum Flour: Ravioli)	Gluten Free Pasta

ORGANIC PASTA with TBS SUPER SAUCE

Note: Young Infants receive NoMato Sauce
Penne Pasta (Monarch)
Gluten Free Pasta: Brown Rice Flour
TBS Super Sauce: Tomato Sauce (Bianco DiNapoli), Crushed Tomatoes (Bianco DiNapoli), Low Sodium Vegetable Stock (Pacific Foods: Organic Vegetables & Herbs, Organic Tomato Paste, Cider Vinegar), California Blend Vegetables (Broccoli, Cauliflower, Carrots), Tomato Paste, Onion, Celery, Carrots, Green Bell Pepper
Tomato Free Substitute: Penne Pasta (Monarch), NoMato Sauce (Carrots, Beets, Onion, Green and Red Peppers, Vegetable Broth, Oregano, Basil, Garlic, Olive Oil)

ALLERGIES	SUBSTITUTIONS
Tomato (TBS Super Sauce)	NoMato Sauce
Gluten (Wheat: Penne Pasta)	Gluten Free Pasta
Young Infants	NoMato Sauce

CHICKEN BROWN RICE VEGGIE BOWL

Chicken Brown Rice Veggie Bowl: Basmati Brown Rice, Diced Chicken, Red Valley Veg Mix (Carrots, Green Beans, Corn, Green Peas, Potatoes), Onion Powder, Garlic Powder, Smoked Paprika, Green Bell Pepper, Yellow Bell Pepper, Red Bell Pepper, Canola Oil
Brown Rice Veggie Bowl: Basmati Brown Rice, Red Valley Veg Mix (Carrots, Green Beans, Corn, Green Peas, Potatoes), Onion Powder, Garlic Powder, Smoked Paprika, Green Bell Pepper, Yellow Bell Pepper, Red Bell Pepper, Canola Oil

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Brown Rice Veggie Bowl

HOMESTYLE BEEF & VEGGIE STEW with BROWN RICE

Garden Beef Stew: Diced Beef, Diced Potatoes, Peas, Corn, Mirepoix (Onion, Carrot, Celery), Diced Carrots, Tomato Paste, Beef Stock, Water
Homestyle Veggie Stew (Vegan / Gluten Free / Dairy Free / Soy Free): Kidney Beans, Chickpeas, White Beans, Low Sodium Vegetable Stock, Diced Potatoes, Diced Carrots, Corn, Mirepoix (Onion, Carrot, Celery), Peas, NoMato Sauce
Brown Rice: Brown Rice, Water

ALLERGIES	SUBSTITUTIONS
Vegetarian & Pollotarian (Diced Beef & Beef Stock)	Homestyle Veggie Stew
Tomato (Tomato Paste)	Homestyle Veggie Stew (NoMato Sauce)
Chickpeas (Homestyle Veggie Stew)	Omit Chickpeas

The Brunswick School

TERIYAKI CHICKEN & GARDEN BROCCOLI

Grilled Chicken Bites: Organic White Meat Grilled Chicken
Teriyaki Aminos Sauce: Coconut Aminos (NUTIVA Organic Soy Sauce Substitute), Honey, Rice Vinegar, Canola Oil, Garlic, Ginger, Corn Starch (optional)
Vegan Veggie Bites: Organic Chickpea Flour, Potato Flakes, Water, Carrots, Butternut Squash, Broccoli, Cauliflower, Olive Oil, Garlic, Onion, Sea Salt
Steamed Broccoli

ALLERGIES	SUBSTITUTIONS
Vegetarian (Chicken)	Vegan Veggie Bites
Vegan (Honey: Teriyaki Sauce)	Omit Teriyaki Sauce
Coconut (Coconut Aminos: Teriyaki Sauce)	Omit Teriyaki Sauce
Chickpeas (Chickpea Flour: Vegan Veggie Bites)	Grilled Chicken Bites
Infants (Honey: Teriyaki Sauce)	Omit Teriyaki Sauce

LITTLE GARDEN CHICKEN SOUP with MINI FRENCH ROLLS

Little Garden Chicken Soup: Chicken Stock (Pacific Foods: Organic Chicken Stock (Water, Organic Chicken), Organic Onion Powder, Rosemary Extract, Yeast Extract), ABC Pasta (Eden Organic Vegetable Alphabets: Organic Whole Grain Durum Wheat, Organic Golden Amber Durum Wheat Semolina, Organic Beet Powder, Organic Spinach Powder, Organic Carrot Powder, Organic Annatto Powder), Mirepoix (Onion, Carrot, Celery), Diced Chicken, Garlic, Onion Powder
Vegan Substitute: Little Garden Vegetable Soup (See Below)
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
Vegetarian / Vegan (Diced Chicken & Chicken Stock)	Little Garden Vegetable Soup
Gluten (Wheat: Mini French Rolls)	Happy Camper Gluten Free Bread
Gluten (Wheat: Eden ABC Pasta)	Omit the Pasta

LITTLE GARDEN VEGETABLE SOUP with MINI FRENCH ROLLS

Little Garden Vegetable Soup: Low Sodium Vegetable Stock (Pacific Foods: Organic Vegetables & Herbs, Organic Cider Vinegar), California Blend Vegetables (Broccoli, Cauliflower, Carrots), Mirepoix (Onion, Carrot, Celery), ABC Pasta (Eden Organic Vegetable Alphabets: Organic Whole Grain Durum Wheat, Organic Golden Amber Durum Wheat Semolina, Organic Beet Powder, Organic Spinach Powder, Organic Carrot Powder, Organic Annatto Powder) Garbanzo Beans, Red Kidney Beans.
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 (Wheat: Mini French Rolls)	Happy Camper Gluten Free Bread
Garbanzo Beans, Red Kidney Beans	Little Garden Chicken Soup
Gluten (Wheat: Eden ABC Pasta)	Omit the Pasta

SNACK ITEMS

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 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

The Brunswick School

HAPPY BIRTHDAY CAKE with VERY BERRY FROSTING

Happy Birthday Cake: All Purpose Flour, Date Sugar, Salted Butter, Eggs, Buttermilk, Canola Oil, Sour Cream, Vanilla Extract, Baking Powder, Salt
Very Berry Frosting: Cream Cheese, Heavy Cream, Date Sugar, Berry Jam, Vanilla Extract, Salt
Vegan Vanilla Birthday Cake (Gluten Free / Dairy Free / Egg Free): White Rice Flour, Coconut Milk, Sugar In The Raw, Canola Oil, Apple Cider Vinegar, Vanilla Extract, Baking Powder, Baking Soda, Salt
Vegan Chocolate Frosting: Sweet Potato, Brown Rice Syrup, Cocoa Powder, Vanilla Extract

ALLERGIES	SUBSTITUTIONS
Dairy (Butter, Buttermilk, Sour Cream; Cream Cheese & Heavy Cream: Frosting)	Vegan Vanilla Birthday Cake
Egg (Cake)	Vegan Vanilla Birthday Cake
Gluten (All Purpose Flour: Cake)	Vegan Vanilla Birthday Cake
Vegan	Vegan Vanilla Birthday Cake
Coconut (Coconut Milk: Vegan Cake)	Standard Happy Birthday Cake
Sweet Potato (Chocolate Frosting: Vegan Cake)	Standard Happy Birthday Cake

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

The Brunswick School

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 & PITA DIPPERS

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

BLUEBERRY LEMON RICOTTA POUND CAKE and SEASONAL FRUIT

Blueberry Lemon Ricotta Pound Cake Loaf: White Whole Wheat Flour, Fresh Blueberries, Ricotta Cheese, Brown 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: Just Egg (Mung Bean)
Gluten (White Whole Wheat Flour)	Allergen Pound cake No Gluten Oat Flour
Oat Milk (Vegan Pound Cake)	Regular Pound Cake

ORGANIC GREEN GODDESS DIP with BABY CARROTS

Dip: Whole Milk Greek Yogurt, Vegan Mayonnaise (Fabalish: Chickpea Water, Apple Cider Vinegar, Lemon Juice, Salt), Fresh Parsley, Fresh Tarragon, Fresh Dill, Lemon Juice, Lemon Zest, Extra-Virgin Olive Oil, Garlic, Sea Salt,
Organic Baby Carrots

Vegan Green Goddess: Vegan Mayonnaise (Fabalish: Chickpea Water, Apple Cider Vinegar, Lemon Juice, Salt), Coconut Yogurt, Tarragon, Dill, Lemon Zest, Lemon Juice, Parsley, Olive Oil, Garlic, Salt

ALLERGIES	SUBSTITUTIONS
Dairy (Greek Yogurt)	Vegan Green Goddess Dip (EF/DF)
Coconut (Coconut Yogurt: Vegan Dip)	Standard Green Goddess Dip
Chickpea (Chickpea Water: Fabalish Vegan Mayo)	Omit Vegan Mayo (Chickpea)

VERY BERRY DREAM DIP with ROUND CRACKERS

Very Berry Dream Dip: Greek Yogurt, Strawberry Coulis, Cream Cheese, Maple Syrup (Grade B)
Dairy Free Very Berry Dream Dip: So Delicious Coconut Yogurt
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 (Greek Yogurt & Cream Cheese)	Dairy Free Very Berry Dream Dip
Coconut (Coconut Yogurt: Dairy Free Dip)	Standard Very Berry Dream Dip
Gluten (Wheat: Round Crackers)	GLUTINO Gluten Free Pretzels
Soy (Soy Lecithin: Round Crackers)	GLUTINO Gluten Free Pretzels

HAPPY PUMPKIN DIP & CRACKERS

Happy Pumpkin Dip: Pumpkin Puree, Greek Yogurt, Cream Cheese, Vanilla Extract, Ground Cinnamon
Dairy Free Happy Pumpkin Dip (Vegan): Pumpkin Puree, So Delicious Coconut Yogurt, Vanilla Extract, Ground Cinnamon
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 (Greek Yogurt & Cream Cheese)	Dairy Free Happy Pumpkin Dip
Coconut (Coconut Yogurt: Dairy Free Dip)	Standard Happy Pumpkin Dip
Gluten (Wheat: Round Crackers)	GLUTINO Gluten Free Pretzels
Soy (Soy Lecithin: Round Crackers)	GLUTINO Gluten Free Pretzels

APPLE CINNAMON MUFFIN

Apple Cinnamon Muffin: All Purpose Wheat Flour, Brown Sugar, Liquid Eggs, Cottage Cheese, Organic Butter, Baking Powder, Baking Soda, Xanthan Gum, Salt, Vanilla Extract, Ground Cinnamon, Apples, Apple Butter (Eden Organic: Organic Apples, Organic Apple Juice Concentrate)
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
Dairy (Cottage Cheese & Butter)	Vegan Muffins
Egg (Liquid Eggs)	Vegan Muffins
Gluten (All Purpose Wheat Flour)	Vegan Muffins
Vegan	Vegan Muffins
Coconut (Coconut Milk: Vegan Muffins)	Standard Apple Cinnamon Muffin