

REVISED - 1



# Organic Kids

<b>WEEK 1</b>	<b>MONDAY</b>	<b>Whole Grain</b> Cereal with Milk
	<b>TUESDAY</b>	Nutless Clusters with Whole <b>Organic</b> Fruit
	<b>WEDNESDAY</b>	<b>Whole Grain</b> Oatmeal Cookies & Milk
	<b>THURSDAY</b>	Assorted Fruit Yogurt & ALL Natural Cookie Spoon
	<b>FRIDAY</b>	Whole Egg & Whole Wheat Melba Toast

<b>WEEK 2</b>	<b>MONDAY</b>	<b>Whole Grain</b> Cereal with Milk
	<b>TUESDAY</b>	Blueberry Muffins
	<b>WEDNESDAY</b>	Swiss Cheese & Pita Bites
	<b>THURSDAY</b>	Honey Shortbread with Milk
	<b>FRIDAY</b>	Morning Chegg Wrap

<b>WEEK 3</b>	<b>MONDAY</b>	<b>Whole Grain</b> Cereal with Milk
	<b>TUESDAY</b>	Assorted Fruit Yogurt & ALL Natural Cookie Spoon
	<b>WEDNESDAY</b>	Whole Wheat English Muffins & Fruit Preserves
	<b>THURSDAY</b>	Mini Croissants & Cinnamon Cheese Spread
	<b>FRIDAY</b>	Banana Bread

<b>WEEK 4</b>	<b>MONDAY</b>	<b>Whole Grain</b> Cereal with Milk
	<b>TUESDAY</b>	Raisin Bread with Creamy Cheese Spread
	<b>WEDNESDAY</b>	Lemon Cranberry Muffins
	<b>THURSDAY</b>	Whole Grain Pancake Bites & Maple Syrup
	<b>FRIDAY</b>	Cup O Peaches & ALL Natural Cookie Spoon

**Assorted Whole Fruit to Include:**

- |         |   |
|---------|---|
| Apples  | Empire<br>Granny Smith<br>Golden Delicious<br>Red Delicious<br>Royal Gala |
| Bananas |   |
| Oranges | Clementine<br>Mandarin  |
| Pears   | Bartlett<br>Bosc<br>D'anjou<br>Forelle                                    |

**Assorted Vegetables to Include:**

- |                     |               |
|---------------------|---------------|
| Broccoli Florets    | Celery Sticks |
| Cauliflower Florets | Baby Carrots  |

Due to availability some Items subject to change



WEEK 1	MONDAY	Whole Grain Cereal with Milk	<b>cereal:</b> *whole grain cereal grains (77.8%)(whole grain oats, whole grain wheat, whole grain barley, whole grain rice, whole grain maize), *sugar, *partially inverted brown sugar syrup, *wheat starch, *salt
	TUESDAY	Nutless Clusters with Whole Organic Fruit	<b>clusters:</b> brown rice crisps, coconut oil, dates, organic evaporated cane juice, coconut (unsweetened sulfite-free), semi sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract) chocolate liquor, water, rice flour, vanilla, mixed tocopherols, sea salt
	WEDNESDAY	Whole Grain Oatmeal Cookies & Milk	<b>cookie:</b> sugar (glucose-fructose, sugar, brown sugar, dextrose, invert sugar, sorbitol [0.3g/cookie]), enriched wheat flour, rolled oats, soy, palm, modified palm and modified palm kernel margarine, vegetable shortening (modified palm oil, canola oil), liquid whole egg, water, starch mixture (corn syrup solids, propylene glycol, mono-and diesters of fatty acids, stearoyl-2-lactylate, xanthan gum, guar gum, sodium alginate, amylase enzyme), yellow flax, baking powder, salt, artificial flavour, sodium bicarbonate <b>contains:</b> wheat, soy, egg, milk
	THURSDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon	<b>yogurt:</b> milk, sugar, cream, corn & rice starch, culture, lemon juice, locust bean gum & pectin, strawberry, peach
	FRIDAY	Whole Egg & Whole Wheat Melba Toast	<b>cookie spoon:</b> wheat, oats, barley, soybean, corn, chickpeas, salt <b>melba toast:</b> whole wheat flour, wheat flour, oat hull fibre, sugar, sunflower oil, salt, yeast, caramel colour

WEEK 2	MONDAY	Whole Grain Cereal with Milk	<b>cereal:</b> whole grain wheat, sugars, (sugar, brown rice syrup [2% or less]), gelatin <b>contains:</b> wheat
	TUESDAY	Blueberry Muffins	<b>muffin:</b> wheat flour, sugars (sugar, glucose), canola oil and/or soy oil, liquid whole egg, water, blueberries, modified corn starch, modified milk ingredients, baking powder, salt propylene glycol, sodium propionate, potassium sorbate, mono-and di-glycerides, sodium stearoyl lactylate, sorbic acid, natural and artificial flavours, xanthan gum, cellulose gum, beta carotene and soya lecithin
	WEDNESDAY	Swiss Cheese & Pita Bites	<b>contains:</b> wheat, soy, milk, egg <b>cheese:</b> cheddar, swiss, semi-soft cheese (pasteurized cultured milk, part skim milk, salt, enzymes), nonfat milk, whey, ultrafiltered nonfat milk, water, sodium polyphosphate, citric acid, salt
	THURSDAY	Honey Shortbread with Milk	<b>bites:</b> enriched wheat flour, sunflower oil, seasoning (corn maltodextrin, garlic powder, torula yeast, salt, sugar, hydrolyzed soy protein, dehydrated parsley and chive, natural flavour, onion powder, calcium silicate, sunflower oil, spices, turmeric extract), yeast, salt, wheat starch, ascorbic acid <b>contains:</b> soy and wheat <b>may contain:</b> milk
	FRIDAY	Morning Chegg Wrap	<b>shortbread:</b> wheat flour, shortening (palm oil, soy oil, sugars (sugar, glucose, molasses), water, corn and/or potato starch, baking soda, honey salt, buttermilk powder, artificial flavour <b>contains:</b> wheat, soy, milk <b>chegg:</b> egg, shredded cheese, wrap (whole wheat flour, water, margarine (canola and/or palm and/or soy oils), sugar, baking powder, salt, cultured wheat, calcium propionate, rice flour, mono-and di-glycerides, potassium sorbate, guar gum, lactic acid, xanthan gum, fumaric acid, enzymes and modified milk ingredients <b>contains:</b> wheat, soy & dairy

WEEK 3	MONDAY	Whole Grain Cereal with Milk	<b>cereal:</b> *whole grain cereal grains (77.8%)(whole grain oats, whole grain wheat, whole grain barley, whole grain rice, whole grain maize), *sugar, *partially inverted brown sugar syrup, *wheat starch, *salt
	TUESDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon	<b>yogurt:</b> milk, sugar, cream, corn & rice starch, culture, lemon juice, locust bean gum & pectin, strawberry, peach
	WEDNESDAY	Whole Wheat English Muffins & Fruit Preserves	<b>cookie spoon:</b> wheat, oats, barley, soybean, corn, chickpeas, salt <b>english muffin:</b> muffin-whole grain whole wheat flour including the germ, water, wheat gluten*, wheatlets, yeast*, sugar, vegetable oil (canola or soybean), vinegar, salt, calcium propionate, sorbic acid, fumaric acid, citric acid*, potassium sorbate*, rice flour*
	THURSDAY	Mini Croissants & Cinnamon Cheese Spread	<b>preserves:</b> strawberries, glucose-fructose, sugar, citric acid, pectin <b>croissant:</b> unbleached and untreated enriched wheat flour, palm, soy modified palm, modified palm kernel and canola margarine, water, sugar, yeast, mono-and di-glycerides, salt, sorbic acid, calcium propionate, sodium stearoyl lactylate, enzyme dried whole eggs <b>contains:</b> wheat, soy, milk, egg
	FRIDAY	Banana Bread	<b>cinnamon spread:</b> milk, cream, skim milk, salt, guar gum, xanthan gum, locust bean gum, bacterial cultures, sugar, cinnamon <b>bread:</b> sugars (sugar, glucose), wheat flour, liquid whole egg, canola oil and/or soy oil, banana puree, water, sorbitol, modified corn starch, baking powder, buttermilk powder, propylene glycol, wheat starch, salt, sodium propionate, potassium sorbate, glycol mono ester, guar gum, xanthan gum, sodium stearoyl lactylate, mono-glycerides, natural & artificial flavour, soya lecithin <b>contains:</b> wheat, soy milk, egg

WEEK 4	MONDAY	Whole Grain Cereal with Milk	<b>cereal:</b> rice, sugar, contains 2% or less of salt, malt flavour, vitamins and minerals: iron (ferric phosphate), niacinamide, vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin hydrochloride), folic acid, vitamin d3, vitamin b12
	TUESDAY	Raisin Bread with Creamy Cheese Spread	<b>raisin bread:</b> enriched wheat flour, water, raisins, sugar, glucose-fructose, vegetable oil (canola or soybean), yeast, wheat gluten, salt, modified milk ingredients, cinnamon, monoglycerides, sodium stearoyl-2-lactylate, acetylated-tartaric acid esters of mono and diglycerides, calcium propionate, soybean lecithin <b>may contain:</b> sesame seeds
	WEDNESDAY	Lemon Cranberry Muffins	<b>spread:</b> cheese, milk modified milk ingredients, salt, bacterial culture, lactic acid, potassium sorbate, sorbic acid <b>muffin:</b> wheat flour, sugars (sugar, glucose), canola oil and/or soy oil, liquid whole egg, water, lemon, cranberries, modified corn starch, modified milk ingredients, baking powder, salt propylene glycol, sodium propionate, potassium sorbate, mono-and di-glycerides, sodium stearoyl lactylate, sorbic acid, natural and artificial flavours, xanthan gum, cellulose gum, beta carotene and soya lecithin <b>contains:</b> wheat, soy, milk, egg
	THURSDAY	Whole Grain Pancake Bites & Maple Syrup	<b>bites:</b> water, enriched wheat flour, sugar, canola oil, modified milk ingredients, dried whole egg, glycerin, baking soda, salt, sodium acid pyrophosphate, citric acid, soy lecithin, natural flavour (milk)
	FRIDAY	Cup O Peaches & ALL Natural Cookie Spoon	<b>syrup:</b> sugars (corn syrup, glucose-fructose, brown sugar), water, artificial and natural flavour, caramel, potassium sorbate, sodium benzoate <b>peaches:</b> clingstone peaches, white grape juice from concentrate (water, white grape juice concentrate), Lemon juice from concentrate (water, lemon juice concentrate), Natural flavours, Ascorbic acid, Citric acid. <b>cookie spoon:</b> wheat, oats, barley, soybean, corn, chickpeas, salt

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<b>WEEK 1</b>	<b>MONDAY</b>	Baby Carrots & Swiss Cheese
	<b>TUESDAY</b>	Banana Bread
	<b>WEDNESDAY</b>	Tear Drop Dipper & Spinach Ranch Dip
	<b>THURSDAY</b>	Garlic Breadsticks & Tomato Basil Dip
	<b>FRIDAY</b>	Caesar Salad

<b>WEEK 2</b>	<b>MONDAY</b>	<b>Organic</b> Ginger Snaps & ALL Natural Applesauce
	<b>TUESDAY</b>	Fresh/Frozen Fruit Yogurt Bar
	<b>WEDNESDAY</b>	Mixed Fruit Cup & ALL Natural Cookie Spoon
	<b>THURSDAY</b>	Greek Bifteki with Whole Wheat Pita Bread & Tzatziki
	<b>FRIDAY</b>	Cheddar Cheese & <b>Organic</b> Spelt Crackers

<b>WEEK 3</b>	<b>MONDAY</b>	<b>Organic</b> Lemon Snaps & Assorted Seasonal Fruit
	<b>TUESDAY</b>	Stone Baked Margherita Thin Crust Pizza
	<b>WEDNESDAY</b>	Dippable Italian Biscotti with Milk
	<b>THURSDAY</b>	Cheddar Cheese & Celery Sticks
	<b>FRIDAY</b>	Pretzel Bites & Honey Mustard Dip

<b>WEEK 4</b>	<b>MONDAY</b>	Biscoff Cookie & Assorted Seasonal Fruit
	<b>TUESDAY</b>	Samosa Crisps & Hummus Dip
	<b>WEDNESDAY</b>	Oatmeal Cookie & Milk
	<b>THURSDAY</b>	Whole Wheat Roasted Chicken & Cheese Sandwiches
	<b>FRIDAY</b>	Mixed Garden Greens Salad with Feta Cheese Dressing

**Assorted Whole Fruit to Include:**

- Apples
  - Empire
  - Granny Smith
  - Golden Delicious
  - Red Delicious
  - Royal Gala
- Bananas
- Oranges
- Pears
  - Clementine
  - Mandarin
  - Bartlett
  - Bosc
  - D'anjou
  - Forelle

**Assorted Vegetables to Include:**

- Broccoli Florets
- Celery Sticks
- Cauliflower Florets
- Baby Carrots

Due to availability some Items subject to change



WEEK 1	MONDAY	Baby Carrots & Swiss Cheese	<b>cheese:</b> cheddar, swiss, semi-soft cheese (pasteurized cultured milk, part skim milk, salt, enzymes) nonfat milk, whey, ultrafiltered nonfat milk, water, sodium polyphosphate, citric acid, salt
	TUESDAY	Banana Bread	<b>bread:</b> sugars (sugar, glucose), wheat flour, liquid whole egg, canola oil and/or soy oil, banana puree, water, sorbitol, modified corn starch, baking powder, buttermilk powder, propylene glycol, wheat starch, salt, sodium propionate, potassium sorbate, sorbic acid, glycol mono ester, guar gum, xanthan gum, sodium stearoyl lactylate, mono-glycerides, natural & artificial flavour, soya lecithin
	WEDNESDAY	Tear Drop Dipper & Spinach Ranch Dip	<b>contains:</b> wheat, soy milk, egg <b>dipper:</b> enriched wheat flour, water, sugar, salt, yeast, canola oil, oat fibre, vinegar, calcium propionate, enzymes, natural flavour <b>contains:</b> wheat <b>may contain:</b> soy <b>spinach dip:</b> spinach, water, soybean oil, sugar, salt, vinegar, buttermilk powder, modified corn starch, onion and garlic powder, xanthan gum, natural flavour, phosphoric acid, sorbic acid, polysorbate 60, spice, lemon juice concentrate, propylene glycol alginates, yeast extract, parsley, calcium, calcium disodium edta <b>contains:</b> soy, milk
	THURSDAY	Garlic Breadsticks & Tomato Basil Dip	<b>breadsticks:</b> enriched wheat flour, water, sugar, soybean oil, salt, yeast, whey powder, mono- and diglycerides, sunflower oil, microbial enzymes <b>dip:</b> tomatoes, water, salt, sugar, citric acid, garlic powder, onion powder, spices
	FRIDAY	Caesar Salad	<b>salad:</b> romain lettuce, dressing (water, soybean oil, parmesan and romano cheese (contains milk), egg yolks, vinegar, sugar, salt, modified corn starch, garlic, spices and seasonings (contains wheat and soy), anchovy paste, lactic acid (enhances tartness), lemon juice concentrate, dried onions, natural flavour, sorbic acid (maintains quality), xanthan gum (thickener), polysorbate 60 (prevents oil separation), dried garlic, calcium disodium edta maintains flavour

WEEK 2	MONDAY	Organic Ginger Snaps & ALL Natural Applesauce	<b>ginger snaps:</b> wheat flour, brown sugar, organic palm fruit oil, liquid whole egg, canola oil, filtered water, honey, soy lecithin, spices, ground ginger, blackstrap molasses, baking powder, sea salt <b>yogurt bar:</b> skim milk, cream, cane sugar, modified corn starch, milk and whey proteins, fructose, fruit puree (strawberry, banana, raspberry, blueberry, pineapple, cherry) (watermelon juice concentrate) active bacterial culture, natural colours and flavours, agar, guar gum, locust bean gum, vitamin d3 source of calcium and vitamin d, gelatin free
	TUESDAY	Fresh/Frozen Fruit Yogurt Bar	<b>fruit cup:</b> white grape juice from concentrate (water, white grape juice concentrate), pineapple, peaches, pears, mandarin oranges, cherries, acerola juice from concentrate (water, acerola juice concentrate), lemon juice from concentrate (water, lemon juice concentrate)
	WEDNESDAY	Mixed Fruit Cup & ALL Natural Cookie Spoon	<b>cookie spoon:</b> wheat, oats, barley, soybean, corn, chickpeas, salt <b>bifteki:</b> chicken, onion, water, spices (black pepper, cinnamon, cardamom seeds, cloves, coriander powder, cumin powder, cumin seeds, fenugreek, ginger powder, garlic powder, turmeric & carom seeds), salt, wheat flour <b>contains:</b> wheat
	THURSDAY	Greek Bifteki with Whole Wheat Pita Bread & Tzatziki	<b>pita:</b> whole wheat flour, water, canola and/or soy oil, sugar, salt, cultured wheat, wheat bran, yeast, carrot fiber, lactic acid, baking soda, baking powder, buttermilk powder, ascorbic acid <b>contains:</b> wheat, soy, milk <b>tzatziki:</b> yogurt (milk ingredients, modified milk ingredients, modified corn starch, bacterial culture), sour cream (milk ingredients, bacterial culture, microbial enzymes), cucumbers, canola oil, modified corn starch, sea salt, brown sugar, garlic, vinegar, concentrated lemon juice, spices
	FRIDAY	Cheddar Cheese & Organic Spelt Crackers	<b>cheese:</b> pasteurized milk, modified milk, bacterial culture, salt, calcium, chloride, microbial, enzyme <b>crackers:</b> organic whole grain spelt flour, organic evaporated cane sugar, organic flax seeds, organic high oleic sunflower oil, sea salt, organic sunflower oil, organic rosemary extract, filtered water <b>contains:</b> wheat

WEEK 3	MONDAY	Organic Lemon Snaps & Assorted Seasonal Fruit	<b>lemon snaps:</b> organic whole spelt flour, organic evaporated cane sugar, water, organic sunflower lecithin, organic palm fruit oil, organic sunflower oil, organic poppy seeds, organic malt syrup, organic honey, chicory root inulin, organic molasses, organic vanilla extract, natural lemon flavour, salt, sodium bicarbonate, bacillus coagulans gbi-30 6086
	TUESDAY	Stone Baked Margherita Thin Crust Pizza	<b>pizza bun:</b> enriched wheat flour, buttermilk (milk ingredients, bacterial culture), water, soybean oil, sugars (sugar, dextrose rice dextrin), cultured wheat flour, liquid whole egg, baking powder, white vinegar, sea salt, ghee (clarified butter), natural flavour, wheat gluten, carrot fibre, yeast, amylase, tomatoes, water, salt, sugar, citric acid, garlic powder, onion powder, spices, mozzarella cheese
	WEDNESDAY	Dippable Italian Biscotti with Milk	<b>contains:</b> wheat, milk, eggs <b>may contain:</b> sesame seeds, soy <b>biscotti:</b> wheat flour, sugar, liquid whole egg, shortening (palm oil, soy oil), canola and/or soy oil, water, baking powder, soy lecithin, xanthan gum, modified milk ingredients <b>contains:</b> wheat, egg, soy, milk
	THURSDAY	Cheddar Cheese & Celery Sticks	<b>cheese:</b> pasteurized milk, modified milk, bacterial culture, salt, calcium chloride, microbial enzyme <b>bites:</b> enriched flour (wheat, barley), water, palm oil shortening, sugars (malted barley extract), sea salt, yeast, apple cider vinegar, enzyme preparation (enzymes, salt), sodium hydroxide
	FRIDAY	Pretzel Bites & Honey Mustard Dip	<b>dip:</b> distilled vinegar, water, 1 grade mustard seed, salt, turmeric, paprika, spice, natural flavours, garlic powder, honey

WEEK 4	MONDAY	Biscoff Cookie & Assorted Seasonal Fruit	<b>cookie:</b> wheat flour, sugar, vegetable oils (contains one or more of soybean oil, sunflower oil, canola oil, palm oil), brown sugar syrup, sodium bicarbonate (leavening), soy flour, salt, cinnamon <b>crisps:</b> wheat flour, water, canola oil and/or soya oil, baking powder and semolina <b>contains:</b> wheat, soy <b>hummus:</b> cooked chickpeas, tahini (sesame butter), water, canola oil, concentrated lemon juice, sea salt, vinegar, garlic <b>contains:</b> sesame
	TUESDAY	Samosa Crisps & Hummus Dip	<b>cookie:</b> sugar (glucose-fructose, sugar, brown sugar, dextrose, invert sugar, sorbitol (>0.3g/cookie)), enriched wheat flour, rolled oats, soy, palm, modified palm and modified palm kernel margarine, vegetable shortening (modified palm oil, canola oil), liquid whole egg, water, starch mixture (corn syrup solids, propylene glycol, mono and diesters of fatty acids, stearoyl-2-lactylate, xanthan gum, guar gum, sodium alginate, amylase enzyme), yellow flax, baking powder, salt, artificial flavour, sodium bicarbonate <b>contains:</b> wheat, soy, egg, milk
	WEDNESDAY	Oatmeal Cookies & Milk	<b>bread:</b> whole grain whole wheat flour including the germ, water, sugar, yeast*, vegetable oil (canola or soybean), wheat gluten*, vinegar, salt, calcium propionate, sorbic acid*, soybean lecithin <b>ingredients may vary may contain:</b> sesame seeds
	THURSDAY	Whole Wheat Roasted Chicken & Cheese Sandwiches	<b>chicken:</b> chicken, water, glucose and/or dextrose, salt, soy protein concentrate, potassium lactate, sodium diacetate, corn starch and/or potato starch, sodium phosphates, smoke flavour, hydrolyzed plant protein (corn, soy), spice extractives, extractives of garlic and onion <b>cheddar:</b> pasteurized milk, bacterial culture, salt, microbial enzyme, calcium chloride <b>may contain:</b> natural colour
	FRIDAY	Mixed Garden Greens Salad with Feta Cheese Dressing	<b>salad:</b> lettuce, carrot, red cabbage, water, soybean oil, canola oil, white vinegar, olive oil, feta and romano cheese (contains milk), sugar, wine vinegar, garlic, salt, olives, cucumber juice, dried garlic, oregano, spices and herbs, dried onions, lemon juice concentrate, natural flavour, xanthan gum (thickener), phosphoric acid (enhances tartness), potassium sorbate (maintains quality), yeast extract (natural flavour enhancer), calcium disodium edta (maintains flavour, sodium benzoate, silicon dioxide