

REVISED 2



Organic Kids

WEEK 1	MONDAY	Whole Grain Cereal with Milk
	TUESDAY	Nutless Clusters with Whole Organic Fruit
	WEDNESDAY	Whole Grain Oatmeal Cookies & Milk
	THURSDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon
	FRIDAY	Whole Grain Pancake Bites & Maple Syrup

WEEK 2	MONDAY	Whole Grain Cereal with Milk
	TUESDAY	Blueberry Bran Muffins
	WEDNESDAY	Swiss Cheese & Whole Wheat Melba Toast
	THURSDAY	Whole Grain Cereal with Milk
	FRIDAY	Cranberry Orange Morning Round with Maple Cheese Spread

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

WEEK 4	MONDAY	Whole Grain Cereal with Milk
	TUESDAY	Raisin Bread with Creamy Cheese Spread
	WEDNESDAY	Vanilla Bean Ricotta with Pizzelles
	THURSDAY	Nonna's S Biscotti's with Milk
	FRIDAY	Assorted Fruit Yogurt with ALL Natural Cookie Spoon

Assorted Whole Fruit to Include:

- Apples
 - Empire
 - Granny Smith
 - Golden Delicious
 - Red Delicious
 - Royal Gala
- Bananas
- Oranges
 - Clementine
 - Mandarin
- Pears
 - 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	Whole Grain Cereal with Milk	<p>cereal: *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 clusters: brown rice crisps, coconut oil, dates, organic evaporated cane juice, coconut (unsweetened sulfite-free), semi sweet chocolate chips (sugar, unsweetened chocoalte, cocoa butter, soy lecithin, natural vanilla extract) chocolate liquor, water, rice flour, vanilla, mixed tocopherols, sea salt cookie: 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, stearyl-2-lactylate, xanthan gum, guar gum, sodium alginate, amylase enzyme), yellow flax, baking powder, salt, artificial flavour, sodium bicarbonate contains: wheat, soy, egg, milk yogurt: milk, sugar, cream, corn & rice starch, culture, lemon jce, locust bean gum & pectin, strawberry, peach cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt bites: 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) syrup: sugars (corn syrup, glucose-fructose, brown sugar), water, artifical and natural flavour, caramel, potassium sorbate, sodium benzoate</p>
	TUESDAY	Nutless Clusters with Whole Organic Fruit	
	WEDNESDAY	Whole Grain Oatmeal Cookies & Milk	
	THURSDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon	
	FRIDAY	Whole Grain Pancake Bites & Maple Syrup	

WEEK 2	MONDAY	Whole Grain Cereal with Milk	<p>cereal: *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 muffin: whole wheat flour, brown sugar, honey, bran, egg, blueberries, vanilla, cinnamon, vegetable oil, baking powder cheese: cheddar, swiss, semisoft cheese (pasteurized cultured milk, part skim milk, salt, enzymes), nonfat milk, whey, ultrafiltered nonfat milk, water, sodium polyphosphate, citric acid, salt melba toast: whole wheat flour, wheat flour, oat hull fibre, sugar, sunflower oil, salt, yeast, caramel colour cereal: whole grain wheat, sugars, (sugar, brown rice syrup [2% or less]), gelatin contains: wheat round: unbleached wheat flour, filtered wter, whole grain wheat flour & germ, cranberies (cranberries, sugar, sunflower oil), organic cane sugar, orange puree (concentrated orange juice, water, concentrated tangerine juice, orange pulp, ground oranges and orange oil), organic sour dough (organic unbleached wheat flour, filtered water, sea salt, yeast, organic sunflower oil), crushed oranges, yeast, sea salt, sunflower oil contains: wheat maple spread: milk, cream, skim milk, salt, guar gum, xanthan gum, logust bean gum, bacterial cultures, sugars (corn syrup, glucose-fructose, brown sugar), waatr, artifical and natural flavour, caramel, potassium sorbate, sodium benzoate</p>
	TUESDAY	Blueberry Bran Muffins	
	WEDNESDAY	Swiss Cheese & Whole Wheat Melba Toast	
	THURSDAY	Whole Grain Cereal with Milk	
	FRIDAY	Cranberry Orange Morning Round with Maple Cheese Spread	

WEEK 3	MONDAY	Whole Grain Cereal with Milk	<p>cereal: *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 yogurt: milk, sugar, cream, corn & rice starch, culture, lemon jce, locust bean gum & pectin, strawberry, peach cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt english muffin: 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* preserves: strawberries, glucose-fructose, sugar, citric acid, pectin croissant: unbleached and untreated enriched wheat flour, palm, soy modified palm, modified palm kernel and canola margarine, water, sugar, yeast, mono-and diglycerides, salt, sorbic acid, calcium propionate, sodium stearyl lactylate, enzyme dried whole eggs contains: wheat, soy, milk, egg cinnamon spread: milk, cream, skim milk, salt, guar gum, sznthan gum, locust bean gum, bacterial cultures, sugar, cinnamon bread: flour, egg, sugar, salt, vanilla, banana, vegetable oil, butter milk</p>
	TUESDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon	
	WEDNESDAY	Whole Wheat English Muffins & Fruit Preserves	
	THURSDAY	Mini Croissant & Cinnamon Cheese Spread	
	FRIDAY	Banana Bread	

WEEK 4	MONDAY	Whole Grain Cereal with Milk	<p>cereal: *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 raisin bread: enriched wheat flour, water, raisins, sugar, glucose-fructose, vegetable oil (canola or soybean), yeast, wheat gluten, salt, modified milk ingredients, cinnamon, monoglycerides, sodium stearyl-2-lactylate, acetylated-tartaric acid esters of mono and diglycerides, calcium propionate, soybean lecithin may contain: sesame seeds spread: cheese, milk modified milk ingredients, salt, bacterial culture, lactic acid, potassium sorbate, sorbic acid ricotta: pasteurized milk and whey, cream, lactic acid, salt, vanilla, sugar pizzelles: flour, liquid whole egg, sugar, canola oil, natural flavors, soy lecithin, salt, caramel colour, baking powder contains: eggs, soy, wheat biscotti: enriched wheat flour (niacin, benzoyl peroxide, reduced iron, ascorbic acid, thiamine mononitrate, azodicarbonamide, riboflavin, amylase, folic acid), sugars (sugar, icing sugar), water, canola oil, whole eggs, baking powder, modified milk ingredients, salt, sodium propionate, distilled monoglycerides (e471), corn starch, liquid albumer diacetyl tartaric acid ester of mono- and diglycerides, annato colour, lemon flavour (natural and artificial flavours), orange flavour (natural and artificial flavours) artificial vanillin contains: wheat, egg, milk may contain: soy yogurt: milk, sugar, cream, corn & rice starch, culture, lemon jce, locust bean gum & pectin, strawberry, peach cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt</p>
	TUESDAY	Raisin Bread with Creamy Cheese Spread	
	WEDNESDAY	Vanilla Bean Ricotta with Pizzelles	
	THURSDAY	Nonna's S Biscotti's with Milk	
	FRIDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon	

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Organic Kids

WEEK 1	MONDAY	Baby Carrots & Swiss Cheese
	TUESDAY	Banana Bread
	WEDNESDAY	Garlic Naan & Spinach Ranch Dip
	THURSDAY	Whole Wheat Roasted Chicken & Cheese Sandwiches
	FRIDAY	Garlic Breadsticks & Tomato Basil Dip

WEEK 2	MONDAY	Ginger Snaps & Assorted Seasonal Fruit
	TUESDAY	Fresh/Frozen Fruit Yogurt Bar
	WEDNESDAY	Mixed Fruit Cup & ALL Natural Cookie Spoon
	THURSDAY	Italian Pizza Buns
	FRIDAY	Cheddar Cheese & Organic Gluten Free Crackers

WEEK 3	MONDAY	Organic Lemon Snaps & Assorted Seasonal Fruit
	TUESDAY	Hummus & Pita Bread
	WEDNESDAY	Whole Grain Oatmeal Cookie & Milk
	THURSDAY	Cheddar Cheese & Celery Sticks
	FRIDAY	Pretzel Bites & Cheesy Dipper

WEEK 4	MONDAY	Pita Bites & Pico de Gallo Salsa
	TUESDAY	Fresh/Frozen Fruit Yogurt Bar
	WEDNESDAY	Italian Pizza Buns
	THURSDAY	Tzatziki Dip & Charcoal Grilled Chicken Kabobs
	FRIDAY	Swiss Cheese & Assorted Seasonal Fruit

Assorted Whole Fruit to Include:

- Apples
 - Empire
 - Granny Smith
 - Golden Delicious
 - Red Delicious
 - Royal Gala
- Bananas
- Oranges
 - Clementine
 - Mandarin
- Pears
 - 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	cheese: cheddar, swiss, semisoft cheese (pasteurized cultured milk, part skim milk, salt, enzymes) nonfat milk, whey, ultrafiltered nonfat milk, water, sodium polyphos-phate, citric acid, salt banana bread: flour, egg, sugar, salt, vanilla, banana, veg oil, butter milk naan: wheat flour, water, canola and/or soy oil, sugar, minced garlic, salt, cultured wheat, buttermilk powder, yeast, carrot fiber, lactic acid, baking soda, baking powder, parsley flakes, garlic oil, wheat gluten, dough conditioner (ascorbic acid, vegetable monoglycerides & sodium - stearoyl-2-lactylate) contains: wheat, soy, milk may contain: sesame seeds, barley spinach dip: 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 alginate, yeast extract, parsley, calcium, calcium disodium edta contains: soy, milk bread: 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 *ingredients may vary may contain: sesame seeds chicken: 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 cheddar; pasteurized milk, bacterial culture, salt, microbial enzyme, calcium chloride may contain: natural colour breadsticks: enriched wheat flour, water, sugar, soybean oil, salt, yeast, whey powder, mono- and diglycerides, sunflower oil, microbial enzymes dip: tomatoes, water, salt, sugar, citric acid, garlic powder, onion powder, spices
	TUESDAY	Banana Bread	
	WEDNESDAY	Garlic Naan & Spinach Ranch Dip	
	THURSDAY	Whole Wheat Roasted Chicken & Cheese Sandwiches	
	FRIDAY	Garlic Breadsticks & Tomato Basil Dip	

WEEK 2	MONDAY	Ginger Snaps & Assorted Seasonal Fruit	ginger snaps: 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 yogurt bar: 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 fruit cup: 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) cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt pizza bun: flour, yeast, salt, water, tomatoes, water, salt, sugar, citric acid, garlic powder, onion powder, spices, mozzarella cheese cheese: pasteurized milk, modified milk, bacterial culture, salt, calcium, chloride, microbial, enzyme crackers: brown rice, quinoa, flax seeds, sesame seeds, tamari (water, soybeans, salt, vinegar), sea salt contains: soy sesame
	TUESDAY	Fresh/Frozen Fruit Yogurt Bar	
	WEDNESDAY	Mixed Fruit Cup & ALL Natural Cookie Spoon	
	THURSDAY	Italian Pizza Buns	
	FRIDAY	Cheddar Cheese & Organic Gluten Free Crackers	

WEEK 3	MONDAY	Organic Lemon Snaps & Assorted Seasonal Fruit	lemon snaps: organic whole spelt flour, organic evaporated cane juice, 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 hummus: cooked chickpeas, tahini (sesame butter), water, canola oil, concentrated lemon juice, sea salt, vinegar, garlic contains: sesame pita: enriched wheat flour, water, sugar, salt, yeast, canola oil, oat fibre, vinegar, calcium propionate, enzymes, natural flavour contains: wheat may contain: soy cookie: 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 contains: wheat, soy, egg, milk cheese: pasteurized milk, modified milk, bacterial culture, salt, calcium chloride, microbial enzyme bites: enriched flour (wheat, barley), water, palm oil shortening, sugars (malted barley extract), sea salt, yeast, apple cider vinegar, enzyme preparation (enzymes, salt), sodium hydroxide dipper: cheese whey, vegetable oil (contains: sunflower oil, canola oil, soybean oil), modified food starch, cheese (cultured milk, salt and enzymes), salt, sodium phosphate, monosodium glutamate, sodium stearoyl lactylate, mono and diglycerides, vinegar, natural flavour, color added (including caramel color and yellow 5 & 6)
	TUESDAY	Hummus & Pita Bread	
	WEDNESDAY	Whole Grain Oatmeal Cookie & Milk	
	THURSDAY	Cheddar Cheese & Celery Sticks	
	FRIDAY	Pretzel Bites & Cheesy Dipper	

WEEK 4	MONDAY	Pita Bites & Pico de Gallo Salsa	bites: 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 contains: soy and wheat may contain: milk salsa: tomato, onion, salt, cilantro, citric acid, calcium chloride, vinegar, jalapeno pepper, sodium benzoate, spice extract, garlic, dehydrated parsley yogurt bar: 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 pizza bun: flour, yeast, salt, water, tomatoes, water, salt, sugar, citric acid, garlic powder, onion powder, spices, mozzarella cheese tzatziki: 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 kabob: chicken, onion, water, spices (black pepper, cinnamon, cardamom seeds, cloves, corander powder, cumin powder, cumin seeds, fenugreek, ginger powder, garlic powder, turmeric & carom seeds), salt, wheat flour contains: wheat cheese: cheddar, swiss, semisoft cheese (pasteurized cultured milk, part skim milk, salt, enzymes) nonfat milk, whey, ultrafiltered nonfat milk, water, sodium polyphos-phate, citric acid, salt
	TUESDAY	Fresh/Frozen Fruit Yogurt Bar	
	WEDNESDAY	Italian Pizza Buns	
	THURSDAY	Tzatziki Dip & Charcoal Grilled Chicken Kabobs	
	FRIDAY	Swiss Cheese & Assorted Seasonal Fruit	