



Organic Kids

CATERING™

WEEK 1	MONDAY	Whole Grain Cereal with Organic Milk
	TUESDAY	Dateless Nutless Clusters with Whole Organic Fruit
	WEDNESDAY	Banana Bread & Milk
	THURSDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon
	FRIDAY	Whole Organic Fruit & Milk

WEEK 2	MONDAY	Whole Grain Cereal with Organic Milk
	TUESDAY	Whole Fruit & Mary's Organic Gluten Free Crackers
	WEDNESDAY	Blueberry Bran Muffin
	THURSDAY	Whole Banana & Milk
	FRIDAY	Hard Boiled Egg & Whole Wheat Melba Toast

WEEK 3	MONDAY	Whole Grain Cereal with Organic Milk
	TUESDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon
	WEDNESDAY	Multi-Grain Morning Round & Cream Cheese Spread
	THURSDAY	Raisin Scones & Strawberry Preserves
	FRIDAY	Whole Fruit & Milk

WEEK 4	MONDAY	Whole Grain Cereal with Organic Milk
	TUESDAY	Raisin Bread with Creamy Cheese Spread
	WEDNESDAY	Organic Banana Bread with Organic Rice Beverage
	THURSDAY	Whole Grain Oatmeal Raisin Cookie & Milk
	FRIDAY	Assorted Yogurt with ALL Natural Cookie Spoon

Assorted Whole Fruit to Include:

Apples

Bananas

Oranges

Pears

Empire
Granny Smith
Golden Delicious
Red Delicious
Royal Gala

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	Whole Grain Cereal with Organic Milk 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
	TUESDAY	Dateless Nutless Clusters with Whole Organic Fruit clusters: brown rice crisps, coconut oil, 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	Banana Bread & Milk banana bread: flour, egg, sugar, salt, vanilla, banana, veg oil, butter milk, baking powder
	THURSDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon yogurt: skim milk, cane sugar, fruit (Strawberries, raspberries, peach)/vanilla, ultrafiltered skim milk, modified corn starch, water, whey proteins, active bacterial culture, pectin, natural flavour, anthocyanin (for colour), paprika (for colour), vitamin a palmitate, vitamin d3 cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt
	FRIDAY	Whole Organic Fruit & Milk
WEEK 2	MONDAY	Whole Grain Cereal with Organic Milk 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
	TUESDAY	Whole Fruit & Mary's Organic Gluten Free Crackers crackers: organic whole grain rice, organic whole grain quinoa, organic brown flax seed, organic brown sesame seeds, water, sea salt, organic wheat free tamari (water, whole organic soybeans, salt, organic vinegar contains soy & sesame
	WEDNESDAY	Blueberry Bran Muffin muffin: whole wheat flour, brown sugar, honey, bran, egg, blueberries, vanilla, cinnamon, vegetable oil, baking powder
	THURSDAY	Whole Banana & Milk
	FRIDAY	Hard Boiled Egg & Whole Wheat Melba Toast melba toast: whole wheat flour, wheat flour, oat hull fibre, sugar, sunflower oil, salt, yeast, caramel colour
WEEK 3	MONDAY	Whole Grain Cereal with Organic Milk 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
	TUESDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon yogurt: skim milk, cane sugar, fruit (Strawberries, raspberries, peach)/vanilla, ultrafiltered skim milk, modified corn starch, water, whey proteins, active bacterial culture, pectin, natural flavour, anthocyanin (for colour), paprika (for colour), vitamin a palmitate, vitamin d3 cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt
	WEDNESDAY	Multi-Grain Morning Round & Cream Cheese Spread morning round: whole grain wheat flours & germ, filtered water, multigrain mix (cracked wheat, cracked rye, crushed flax seeds, millet meal, cracked triticale, barley grits, sunflower seeds, rolled oats, durum semolina), organic sour dough (organic unbleached wheat flour, filtered water, sea salt, yeast, organic sunflower oil), organic cane sugar, flax seeds, sunflower seeds, millet, yeast, crushed flax seeds, sunflower oil, sea salt, cultured wheat starch, citric acid cheese: milk, modified milk ingredients, salt, bacterial culture, lactic acid, potassium sorbate, sorbic acid
	THURSDAY	Raisin Scones & Strawberry Preserves scone: unbleached wheat flour, sugar, vegetable oil, modified milk, salt, canola, soya, carboxymethyl cellulose, raisins, milk preserves: strawberries, high fructose corn syrup, corn syrup, sugar, fruit pectin, citric acid
	FRIDAY	Whole Fruit & Milk
WEEK 4	MONDAY	Whole Grain Cereal with Organic Milk 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
	TUESDAY	Raisin Bread with Creamy Cheese Spread 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 stearoyl-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
	WEDNESDAY	Organic Banana Bread with Organic Rice Beverage banana loaf: flour, egg, sugar, salt, vanilla, banana, veg oil, butter milk, baking powder rice beverage: filtered water, organic brown rice, organic white rice, organic canola oil, tricalcium phosphate, sea salt, vitamin a acetate, vitamin b2 (riboflavin), vitamin d2, vitamin b12, zinc gluconate, amylase (enzyme)
	THURSDAY	Whole Grain Oatmeal Raisin Cookie & Milk cookie: flour, rolled oats, raisins, sugar, corn syrup, vanilla, salt, vegetable shortening
	FRIDAY	Assorted Yogurt with ALL Natural Cookie Spoon yogurt: skim milk, cane sugar, fruit (Strawberries, raspberries, peach)/vanilla, ultrafiltered skim milk, modified corn starch, water, whey proteins, active bacterial culture, pectin, natural flavour, anthocyanin (for colour), paprika (for colour), vitamin a palmitate, vitamin d3 cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt



Organic Kids

CATERING™

WEEK 1	MONDAY	Organic Gingersnaps & Swiss Cheese
	TUESDAY	Baby Carrots & Ranch Dip
	WEDNESDAY	Fresh/Frozen Fruit Yogurt Bar
	THURSDAY	Whole Grain Oatmeal Raisin Cookie & Assorted Seasonal Fruit
	FRIDAY	Garlic Breadsticks & Tomato Basil Dip

WEEK 2	MONDAY	Italian Pizza Buns
	TUESDAY	Chicken & Cheddar Cheese Wrap
	WEDNESDAY	Fresh/Frozen Fruit Yogurt Bar
	THURSDAY	Cheddar Cheese & Assorted Seasonal Fruit
	FRIDAY	Assorted Vegetables & Creamy Spinach Ranch Dip

WEEK 3	MONDAY	Celery Sticks & Caesar Dip
	TUESDAY	Whole Assorted Fruit
	WEDNESDAY	Whole Grain Oatmeal Raisin Cookie & Milk
	THURSDAY	Herb Focaccia & Swiss Cheese Mini Sandwich
	FRIDAY	Mary's Organic Gluten Free Crackers & Egg Salad Dipper

WEEK 4	MONDAY	Stone Baked Corn Crackers & Salsa
	TUESDAY	Spinach Dip & Mini Pita's
	WEDNESDAY	Broghies & Cheddar Cheese
	THURSDAY	Fresh/Frozen Fruit Yogurt Bar
	FRIDAY	Organic Lemon Snaps & Assorted Seasonal Fruit

Assorted Whole Fruit to Include:

Apples

Bananas

Oranges

Pears

Empire
Granny Smith
Golden Delicious
Red Delicious
Royal Gala

Clementine
Mandarin
Bartlett
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Assorted Vegetables to Include:

Broccoli Florets Celery Sticks
Cauliflower Florets Baby Carrots

Due to availability some Items subject to change



2021/22 SNACK MENU

INGREDIENTS

WEEK 1	MONDAY	Organic Gingersnaps & Swiss Cheese 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 cheese: cheddar, swiss, semisoft cheese (pasteurized cultured milk, part skim milk, salt, enzymes) nonfat milk, whey, ultra filtered nonfat milk, water, sodium polyphosphate, citric acid, salt
	TUESDAY	Baby Carrots & Ranch Dip dip: 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
	WEDNESDAY	Fresh/Frozen Fruit Yogurt Bar yogurt bar: skim milk (skim milk, vitamin d3), sugar, cream, modified corn starch, whey proteins, agar, locust bean gum, carrageenan, guar gum, black carrot extract and beta carotene (for colour), active bacterial culture, natural flavour
	THURSDAY	Whole Grain Oatmeal Raisin Cookie & Assorted Seasonal Fruit cookie: flour, rolled oats, raisins, sugar, corn syrup, vanilla, salt, veg shortening
	FRIDAY	Garlic Breadsticks & Tomato Basil Dip breadsticks: enriched wheat flour, water, sugar, soybean oil, salt, yeast, mono and diglycerides, citric acid, calcium propionate, microbial enzymes, ascorbic acid, dehydrated garlic, natural flavours, salt, modified milk ingredients, dehydrated parsley, dehydrated basil, potassium sorbate, xanthan gum, guar gum, citric acid, colour contains: milk, soy, wheat dip: tomatoes, tomato paste, water, sugar, citric acid, garlic powder, onion powder, oregano, basil, spices
WEEK 2	MONDAY	Italian Pizza Buns bun: wheat, water, vegetable shortening, sugar, yeast, salt, conditioner filling: cheddar cheese, pizza sauce (tomato paste, water, canola oil, sugar, spices, salt, citric acid)
	TUESDAY	Chicken & Cheddar Cheese Wrap wraps: whole wheat flour, water, canola and/or soybean oil (non-hydrogenated), baking powder (sodium bicarbonate, sodium acid pyrophosphate, corn starch, monocalcium phosphate), salt, potassium sorbate, monoglycerides, sodium propionate, sodium stearoyl-2-lactylate, fumaric acid, cellulose gum, corn maltodextrin, carrageenan and/or guar gum and/or xanthan gum, chicken, cheddar cheese
	WEDNESDAY	Fresh/Frozen Fruit Yogurt Bar yogurt bar: skim milk (skim milk, vitamin d3), sugar, cream, modified corn starch, whey proteins, agar, locust bean gum, carrageenan, guar gum, black carrot extract and beta carotene (for colour), active bacterial culture, natural flavour
	THURSDAY	Cheddar Cheese & Assorted Seasonal Fruit cheese: pasteurized milk, modified milk, bacterial culture, salt, calcium, chloride, microbial, enzyme
	FRIDAY	Assorted Vegetables & Creamy Spinach Ranch Dip dip: spinach, soybean oil, water, white vinegar, sugar, salt, buttermilk powder, phosphoric acid, xanthan gum, dehydrated onion, spice, potassium sorbate, dehydrated garlic, autolyzed yeast extract, flavour, propyleneglycol alginate, sodium benzoate, dehydrated parsley, calcium disodium edta, citric acid
WEEK 3	MONDAY	Celery Sticks & Caesar Dip dip: vegetable oil (soybean and/or canola oil), water, vinegar, frozen egg yolk, salt, parmesan and romano cheeses, sugar, dehydrated garlic, spices, modified corn starch, seasonings, xanthan gum, anchovies, potassium sorbate, sodium benzoate, calcium disodium edta, citric acid, contains: milk, egg, fish
	TUESDAY	Whole Assorted Fruit
	WEDNESDAY	Whole Grain Oatmeal Raisin Cookie & Milk cookie: flour, rolled oats, raisins, sugar, corn syrup, vanilla, salt, veg shortening
	THURSDAY	Herb Focaccia & Swiss Cheese Mini Sandwich sandwich: enriched white flour, yeast, salt, rosemary, herbs, swiss cheese
	FRIDAY	Mary's Organic Gluten Free Crackers & Egg Salad Dipper crackers: organic whole grain rice, organic whole grain quinoa, organic brown flax seed, organic brown sesame seeds, water, sea salt, organic wheat free tamar (water, whole organic soybeans, salt, organic vinegar contains: soy & sesame salad: egg, water, soybean oil, sugar, vinegar, modified corn starch, liquid egg yolk, salt, spices, colour, flavour, citric acid, dehydrated garlic, calcium disodium edta, spice extracts, parsley, pepper
WEEK 4	MONDAY	Stone Baked Corn Crackers & Salsa crackers: whole grain corn flour, salt, hydrated lime, tocopherols (plant sourced ingredients to maintain crispness) salsa: tomato, onion, salt, cilantro, citric acid, calcium chloride, vinegar, jalapeno pepper, sodium benzoate, spice extract, garlic, dehydrated parsley
	TUESDAY	Spinach Dip & Mini Pita's dip: spinach, dried vegetables (carrots, onions, tomatoes, celery root, leeks, potatoes, cabbage, peas, broccoli, garlic), potato starch, monosodium glutamate, salt, maltodextrin, canola oil, yeast extract (contains barley gluten), natural & artificial flavour, disodium guanylate, disodium inosinate, natural colour, spice, silicon dioxide, sulphites, pepper, canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice and calcium disodium edta (maintains flavour), cream, milk, modified milk ingredients, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture pita: whole wheat flour and wheat germ, filtered water, organic sour dough (organic unbleached wheat flour, filtered water, yeast, sea salt, organic sunflower oil), organic cane sugar, wheat bran, sea salt, yeast, sunflower oil, cultured wheat starch, citric acid contains wheat may contain sesame seeds
	WEDNESDAY	Broghies & Cheddar Cheese broghies: wheat, soybean, salt, tapioca root
	THURSDAY	Fresh/Frozen Fruit Yogurt Bar yogurt bar: skim milk (skim milk, vitamin d3), sugar, cream, modified corn starch, whey proteins, agar, locust bean gum, carrageenan, guar gum, black carrot extract and beta carotene (for colour), active bacterial culture, natural flavour
	FRIDAY	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