

FINAL



Organic Kids

CATERING™

WEEK 1	MONDAY	Whole Grain Cereal with Milk
	TUESDAY	Dateless Nutless Clusters with Whole Organic Fruit
	WEDNESDAY	Whole Grain Oatmeal Cookies & Milk
	THURSDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon
	FRIDAY	Pineapple Dip & Pizzelles

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	Whole Fruit & Arrowroot Crackers

WEEK 3	MONDAY	Whole Grain Cereal with Milk
	TUESDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon
	WEDNESDAY	Whole Wheat English Muffins & Fruit Preserves
	THURSDAY	Cream Cheese Spread & Whole Grain Rice Saucers
	FRIDAY	Banana Muffins

WEEK 4	MONDAY	Whole Grain Cereal with Milk
	TUESDAY	Raisin Bread with Creamy Cheese Spread
	WEDNESDAY	Whole Seasonal Fruit
	THURSDAY	Whole Grain Cereal 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</p> <p>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</p> <p>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</p> <p>yogurt: milk, sugar, cream, corn & rice starch, culture, lemon jce, locust bean gum & pectin, strawberry, peach</p> <p>cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt</p> <p>dip: cheese, milk, modified milk ingredients, salt, bacterial culture, lactic acid, potassium sorbate, sorbic acid, pineapple</p> <p>pizzelles: flour, sugar, liquid whole egg, canola oil, artificial vanilla flavour, soy lecithin, caramel, baking powder, salt</p>
	TUESDAY	Dateless Nutless Clusters with Whole Organic Fruit	
	WEDNESDAY	Whole Grain Oatmeal Cookies & Milk	
	THURSDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon	
	FRIDAY	Pineapple Dip & Pizzelles	

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</p> <p>muffin: whole wheat flour, brown sugar, honey, bran, egg, blueberries, vanilla, cinnamon, vegetable oil, baking powder</p> <p>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</p> <p>melba toast: whole wheat flour, wheat flour, oat hull fibre, sugar, sunflower oil, salt, yeast, caramel colour</p> <p>cereal: whole grain wheat, sugars, (sugar, brown rice syrup [2% or less]), gelatin contains: wheat</p> <p>cookie: wheat flour, sugar, shortening (vegetable, modified palm), arrowroot flour glucose-fructose, corn starch, salt, glycerol, baking soda, soy lecithin, diammonium phosphate, sodium metabisulphite, natural flavour contains: wheat, soy, sulphites</p>
	TUESDAY	Blueberry Bran Muffins	
	WEDNESDAY	Swiss Cheese & Whole Wheat Melba Toast	
	THURSDAY	Whole Grain Cereal with Milk	
	FRIDAY	Whole Fruit & Arrowroot Crackers	

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</p> <p>yogurt: milk, sugar, cream, corn & rice starch, culture, lemon jce, locust bean gum & pectin, strawberry, peach</p> <p>cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt</p> <p>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*</p> <p>preserves: strawberries, glucose-fructose, sugar, citric acid, pectin</p> <p>cheese: milk modified milk ingredients, salt, bacterial culture, lactic acid, ptassium sorbate, sorbic acid</p> <p>saucers: whole grain brown rice</p> <p>muffin: flour, egg, sugar, skim milk powder, vanilla, salt, mixed berries, vegetable oil</p>
	TUESDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon	
	WEDNESDAY	Whole Wheat English Muffins & Fruit Preserves	
	THURSDAY	Cream Cheese Spread & Whole Grain Rice Saucers	
	FRIDAY	Banana Muffins	

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</p> <p>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</p> <p>spread: cheese, milk modified milk ingredients, salt, bacterial culture, lactic acid, potassium sorbate, sorbic acid</p> <p>cereal: whole grain wheat, sugars, (sugar, brown rice syrup [2% or less]), gelatin contains: wheat</p> <p>yogurt: milk, sugar, cream, corn & rice starch, culture, lemon jce, locust bean gum & pectin, strawberry, peach</p> <p>cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt</p>
	TUESDAY	Raisin Bread with Creamy Cheese Spread	
	WEDNESDAY	Whole Seasonal Fruit	
	THURSDAY	Whole Grain Cereal with Milk	
	FRIDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon	

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WEEK 1	MONDAY	Baby Carrots & Swiss Cheese
	TUESDAY	Banana Bread
	WEDNESDAY	Garlic Naan & Tzatziki
	THURSDAY	Organic Gluten Free Crackers & Assorted Seasonal Fruit
	FRIDAY	Garlic Breadsticks & Tomato Basil Dip

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

WEEK 3	MONDAY	Organic Lemon Snaps & Assorted Seasonal Fruit
	TUESDAY	Pita Bites & Egg Salad Dipper
	WEDNESDAY	Whole Grain Oatmeal Cookie & Milk
	THURSDAY	Mini Assorted Subs
	FRIDAY	Breadsticks & Cheesy Dipper

WEEK 4	MONDAY	Pita Bites & Pico de Gallo Salsa
	TUESDAY	Fresh/Frozen Fruit Yogurt Bar
	WEDNESDAY	Italian Pizza Buns
	THURSDAY	Cheddar Cheese & Celery Sticks
	FRIDAY	Spinach & Chicken Pin Wheels

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 polyphosphosphate, citric acid, salt
TUESDAY	Banana Bread	banana bread: flour, egg, sugar, salt, vanilla, banana, veg oil, butter milk
WEDNESDAY	Garlic Naan & Tzatziki	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
THURSDAY	Organic Glute Free Crackers & Assorted Seasonal Fruit	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
FRIDAY	Garlic Breadsticks & Tomato Basil Dip	crackers: brown rice, quinoa, flax seeds, sesame seeds, tamari (water, soybeans, salt, vinegar), sea salt contains: soy sesame
		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

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
TUESDAY	Fresh/Frozen Fruit Yogurt Bar	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
WEDNESDAY	Mandarin Oranges & ALL Natural Cookie Spoon	mandarin oranges: mandarin oranges, white grape juice from concentrate (water, white grape juice concentrate), acerola juice from concentrate (water, acerola juice concentrate), lemon juice from concentrate (water, lemon juice concentrate)
THURSDAY	Italian Pizza Buns	cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt
FRIDAY	Cheddar Cheese & Organic Gluten Free Crackers	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

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
TUESDAY	Pita Bites & Egg Salad Dipper	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
WEDNESDAY	Whole Grain Oatmeal Cookie & Milk	egg salad: eggs, water, soybean oil, sugar, vinegar, modified corn starch, liquid egg yolk, salt, spices, colour, flavour, citric acid, dehydrated garlic, calcium disodium edta, spice extracts
THURSDAY	Mini Assorted Subs	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
FRIDAY	Breadsticks & Cheesy Dipper	subs: whole grain whole wheat flour including the germ, water, yeast*, sugar, vinegar, wheat gluten, vegetable oil (canola or soybean), salt, calcium propionate, sorbic acid, soybean lecithin, 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, cheese, water, soybean oil, sugar, vinegar, modified corn starch, liquid egg yolk, salt, spices, colour, flavour, citric acid, dehydrated garlic, calcium disodium edta, spice extracts
		breadsticks: wheat flour, sugar, yeast, canola oil, modified palm oil, salt
		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)

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
TUESDAY	Fresh/Frozen Fruit Yogurt Bar	salsa: tomato, onion, salt, cilantro, citric acid, calcium chloride, vinegar, jalapeno pepper, sodium benzoate, spice extract, garlic, dehydrated parsley
WEDNESDAY	Italian Pizza Buns	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
THURSDAY	Cheddar Cheese & Celery Sticks	pizza bun: flour, yeast, salt, water, tomatoes, water, salt, sugar, citric acid, garlic powder, onion powder, spices, mozzarella cheese
FRIDAY	Spinach & Chicken Pin Wheels	cheese: pasteurized milk, modified milk, bacterial culture, salt, calcium, chloride, microbial, enzyme
		pinwheels: spinach, 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, wheat flour, whole wheat flour, water, canola oil, salt, soybean oil, hydrogenated soybean oil, mono- and diglycerides, sodium acid pyrophosphate, calcium propionate, potassium sorbate, potassium bicarbonate, calcium sulfate, fumaric acid, potassium chloride, seasoning (autolyzed yeast, ammonium chloride), guar gum, monocalcium phosphate, l-cysteine hydrochloride, amylase