



Organic Kids

Le "LUXE" Menu

WEEK 1	MONDAY	Whole Grain Cereal with Milk	
	TUESDAY	Nutless Clusters with Whole Organic Fruit	
	WEDNESDAY	Mini Croissants & Cinnamon Cheese Spread	
	THURSDAY	The "PAW" Cookie & Milk	N
	FRIDAY	Folded Western Eggwich	N

WEEK 2	MONDAY	Whole Grain Cereal with Milk	
	TUESDAY	Carrot Muffins	N
	WEDNESDAY	Swiss Cheese & Melba Toast	
	THURSDAY	Honey Shortbread with Milk	
	FRIDAY	Breakfast Burrito	N

WEEK 3	MONDAY	Whole Grain Cereal with Milk	
	TUESDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon	
	WEDNESDAY	Sourdough English Muffins & Fruit Preserves	N
	THURSDAY	Whole Grain Oatmeal Raisin Cookie & Milk	
	FRIDAY	Banana Bread	

WEEK 4	MONDAY	Whole Grain Cereal with Milk	
	TUESDAY	Blueberry Muffins	
	WEDNESDAY	Egg & Cheese Stack on a Sourdough Bagel	N
	THURSDAY	Whole Grain Pancake Bites & Maple Syrup	
	FRIDAY	Fruit Salad & ALL Natural Cookie Spoon	N

N = New

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 & menu subject to change



WEEK 1	MONDAY	Whole Grain Cereal with 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 clusters: brown rice crisps, coconut oil, dates, organic evaporated cane juice, coconut (unsweetened sulfate-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 croissant: 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 contains: wheat, soy, milk, egg spread: milk, cream, skim milk, salt, guar gum, xanthan gum, locust bean gum, bacterial cultures, sugar, cinnamon cookie: wheat flour, sugar/glucose-fructose, chocolate chips (sugar, unsweetened chocolate, dextrose, cocoa butter, soy lecithin, natural flavour), canola oil, liquid whole egg, modified palm oil, fancy molasses, modified wheat starch, cocoa, salt, whey powder, vegetable glycerin, baking soda, natural flavour contains: milk, eggs, soy, wheat eggwich: whole egg, water, onions, red peppers, green peppers, sodium phosphate, cellulose, lactic acid, salt, sorbic acid, citric acid, colour, soybean oil, whole milk powder, modified corn starch, salt, xanthan gum, citric acid contains: egg, milk, soy 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 contains: wheat, soy, dairy
	TUESDAY	Nutless Clusters with Whole Organic Fruit	
	WEDNESDAY	Mini Croissants & Cinnamon Cheese Spread	
	THURSDAY	The "PAW" Cookie & Milk	
	FRIDAY	Folded Western Eggwich	

WEEK 2	MONDAY	Whole Grain Cereal with Milk	cereal: whole grain wheat, sugars, (sugar, brown rice syrup [2% or less]), gelatin contains: wheat carrot muffin: wheat flour, sugars (sugar, glucose), canola oil and/or soy oil, liquid whole egg, water, carrots, modified corn starch, modified milk ingredients, baking powder, salt propylene glycol, sodium propionate, potassium sorbate, nutmeg, allspice, mono-and di-glycerides, sodium stearoyl lactylate, sorbic acid, natural and artificial flavours, xanthan gum, cellulose gum, beta carotene and soya lecithin contains: wheat, soy, milk, egg cheese: cheddar, swiss, semi-soft cheese (pasteurized cultured milk, part skim milk, salt, enzymes), nonfat milk, whey, ultra-filtered nonfat milk, water, sodium polyphosphate, citric acid, salt melba toast: wheat flour, sugar (or cane sugar), salt, sunflower oil (or high oleic sunflower oil), yeast, and caramel colour. may contain: soya and sesame seeds shortbread: 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 contains: wheat, soy, milk breakfast burrito: Egg, red peppers, green peppers, cheddar 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 contains: wheat, soy & dairy
	TUESDAY	Carrot Muffins	
	WEDNESDAY	Swiss Cheese & Melba Toast	
	THURSDAY	Honey Shortbread with Milk	
	FRIDAY	Breakfast Burrito	

WEEK 3	MONDAY	Whole Grain Cereal with 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 cookie spoon: wheat, oats, barley, soybean, corn, chickpeas, salt sourdough: enriched wheat flour, water, wheatlets, yeast, wheat gluten, vegetable oil (canola or soybean), sugar, vinegar, salt, calcium propionate, fumaric acid, sorbic acid, potassium sorbate, citric acid, rice flour, baking powder preserves: strawberries, glucose-fructose, sugar, citric acid, pectin cookie: enriched wheat flour (contains barley), sugars (sugar, invert sugar, blackstrap molasses), raisins, oats, palm oil, liquid whole eggs, palm and soybean oil spread (palm oil, water, soybean oil, salt, mono- and diglycerides, natural flavour (contains milk), citric acid, vitamin a palmitate, beta-carotene [colour]), whey (milk), spices, sodium bicarbonate, artificial flavour, salt contains: barley, eggs, milk, wheat may contain: soy bread: 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, soy lecithin contains: wheat, soy milk, egg
	TUESDAY	Assorted Fruit Yogurt & ALL Natural Cookie Spoon	
	WEDNESDAY	Sourdough English Muffins & Fruit Preserves	
	THURSDAY	Whole Grain Oatmeal Raisin Cookie & Milk	
	FRIDAY	Banana Bread	

WEEK 4	MONDAY	Whole Grain Cereal with Milk	cereal: 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 (thiamine hydrochloride), folic acid, vitamin d3, vitamin b12 muffin: wheat flour, sugars (sugar, glucose), canola oil and/or soy oil, liquid whole egg, water, blueberries, modified corn starch, modified milk ingredients baking powder, malt, 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 soy lecithin contains: wheat, soy, milk, egg stack: liquid whole egg, water, canola oil, modified milk ingredients, dicalcium phosphate, salt, sodium bicarbonate, xanthan gum, citric acid, black pepper extract, natural butter flavour, cheddar cheese bagel: enriched wheat flour, water, yeast, fermented wheat flour, sugar, wheat gluten, fermented rye flour, salt, vegetable oil (canola or soybean), calcium propionate, cornmeal, sorbic acid, potassium chloride, malted barley flour, soybean lecithin, guar gum, potassium sorbate may contain: sesame seed, milk, sulphites 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, artificial and natural flavour, caramel, potassium sorbate, sodium benzoate salad: 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.
	TUESDAY	Blueberry Muffins	
	WEDNESDAY	Egg & Cheese Stack on a Sourdough Bagel	
	THURSDAY	Whole Grain Pancake Bites & Maple Syrup	
	FRIDAY	Fruit Salad & ALL Natural Cookie Spoon	



Organic Kids

Le "LUXE" Menu

WEEK 1	MONDAY	Baby Carrots & Swiss Cheese	
	TUESDAY	Tear Drop Dipper & Grilled Eggplant Dip	N
	WEDNESDAY	Chicken Breast Deluxe on a Bun	N
	THURSDAY	Garlic Breadsticks & Tomato Basil Dip	
	FRIDAY	Caesar Salad	

WEEK 2	MONDAY	Organic Ginger Snaps & ALL Natural Applesauce	
	TUESDAY	Mixed Fruit Cup & ALL Natural Cookie Spoon	N
	WEDNESDAY	Roast Beef Slider with Garlic Aioli in a Brioche Bun	N
	THURSDAY	Greek Chicken & Feta with Tzatziki on a Top-Split Roll	N
	FRIDAY	Cheddar Cheese Torpedo & Organic Spelt Crackers	

WEEK 3	MONDAY	Pretzel Bites & Honey Mustard Dip	N
	TUESDAY	Stone Baked Margherita Thin Crust Pizza	
	WEDNESDAY	Dippable Italian Biscotti with Milk	
	THURSDAY	Chicken Ranch Wrap	N
	FRIDAY	Cheddar Cheese Torpedo with Assorted Seasonal Fruit	

WEEK 4	MONDAY	Assorted Whole Fruit	
	TUESDAY	Stuffed Lavash Sandwich	N
	WEDNESDAY	Whole Grain Oatmeal Raisin Cookie & Milk	
	THURSDAY	Mixed Garden Greens with Italian Vinaigrette	N
	FRIDAY	Tempura Fish Slaw Wrap	N

N = New

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

Cauliflower Florets

Celery Sticks

Baby Carrots

Due to availability some Items & menu subject to change



WEEK 1	MONDAY	Baby Carrots & Swiss Cheese	cheese: cheddar, swiss, semi-soft cheese (pasteurized cultured milk, part skim milk, salt, enzymes) nonfat milk, whey, ultra-filtered nonfat milk, water, sodium polyphosphate, citric acid, salt dipper: enriched wheat flour, water, sugar, salt, yeast, canola oil, oat fibre, vinegar, calcium propionate, enzymes, natural flavour contains: wheat may contain: soy dip: eggplant, olive oil, salt, garlic chicken: chicken, water, toasted wheat crumbs, soy protein, salt, flavour, spice extracts, cultured sugar, vinegar contains: wheat, soy bun: enriched wheat flour, water, sugar, yeast, vegetable oil (canola or soybean), salt, wheat gluten, vinegar, calcium propionate, soybean lecithin, sorbic acid may contain: sesame seeds breadsticks: enriched wheat flour, water, sugar, soybean oil, salt, yeast, whey powder, mono- and di-glycerides, sunflower oil, microbial enzymes dip: tomatoes, water, salt, sugar, citric acid, garlic powder, onion powder, spices salad: romaine 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), poly-sorbate 60 (prevents oil separation), dried garlic, calcium disodium edta maintains flavour
	TUESDAY	Tear Drop Dipper & Grilled Eggplant Dip	
	WEDNESDAY	Chicken Breast Deluxe on a Bun	
	THURSDAY	Garlic Breadsticks & Tomato Basil Dip	
	FRIDAY	Caesar Salad	

WEEK 2	MONDAY	Organic Ginger Snaps & ALL Natural Applesauce	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 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 slider: beef, spices, salt, pepper, honey, mustard bun: flour, water, sugar, milk ingredients, yeast, liquid whole egg, salt, mono and di-glycerides, fermented flour, datem, sodium stearoyl-lactate, calcium carbonate, sunflower oil, amylase, ascorbic acid, protease, b-carotene, xylanase contains: wheat, milk, egg may contain: barley, oats, rye, soy 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 bun: enriched wheat flour, water, sugar, yeast, vegetable oil (canola or soybean), wheat gluten, vinegar, salt, calcium propionate, sorbic acid, soybean lecithin chicken: chicken, processed feta cheese (milk), spinach, salt, modified vinegar, cultured celery juice, spices (mustard), cherry powder (cherry powder, evaporated cane sugar), smoke, collagen casing salad: sour cream, cheese, potatoes, celery, peppers, salt, pepper, granulated garlic, water, soybean oil, sugar, vinegar, modified corn starch, liquid egg yolk, salt, spices, colour, flavour, citric acid, dehydrated garlic, calcium disodium edta, spice extracts contains: egg
	TUESDAY	Mixed Fruit Cup & ALL Natural Cookie Spoon	
	WEDNESDAY	Roast Beef Slider with Garlic Aioli in a Brioche Bun	
	THURSDAY	Greek Chicken & Feta with Tzatziki on a Top-Split Roll	
	FRIDAY	Cheddar Cheese Torpedo & Organic Spelt Crackers	

WEEK 3	MONDAY	Pretzel Bites & Honey Mustard Dip	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 dip: distilled vinegar, water, 1 grade mustard seed, salt, turmeric, paprika, spice, natural flavours, garlic powder, honey pizza bun: 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 contains: wheat, milk, eggs may contain: sesame seeds, soy biscotti: 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 contains: wheat, egg, soy, milk wrap: chicken, unbleached enriched flour, water, sea salt, yeast, malted barley flour, malted wheat flour, ascorbic acid, food enzymes (xylanase, glucose-oxidase, lipase alpha-amylase), soybean oil, sugar, salt, vinegar, buttermilk powder, modified corn starch, onion and garlic powder, xanthan gum, natural flavour, phosphoric acid, sorbic acid, poly-sorbate 60, spice, lemon juice concentrate, propylene glycol alginate, yeast extract, parsley, calcium, calcium disodium edta, whole wheat flour, cultured wheat flour, yeast, salt, canola oil, baking powder, sugar, vinegar, guar gum, mono- and di-glycerides contains: wheat, barley, sesame, soy, milk cheese: pasteurized milk, modified milk, bacterial culture, salt, calcium, chloride, microbial, enzyme
	TUESDAY	Stone Baked Margherita Thin Crust Pizza	
	WEDNESDAY	Dippable Italian Biscotti with Milk	
	THURSDAY	Chicken Ranch Wrap	
	FRIDAY	Cheddar Cheese Torpedo with Assorted Seasonal Fruit	

WEEK 4	MONDAY	Assorted Whole Fruit	chicken: chicken, water, glucose and/or dextrose, salt, soy protein concentrate, potassium lactate, sodium acetate, 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 lavash: cultured wheat flour, yeast, salt, canola oil, baking powder, sugar, vinegar, guar gum, mono- and di-glycerides. contains: wheat, barley cookie: enriched wheat flour (contains barley), sugars (sugar, invert sugar, blackstrap molasses), raisins, oats, palm oil, liquid whole eggs, palm and soybean oil spread (palm oil, water, soybean oil, salt, mono- and di-glycerides, natural flavour (contains milk), citric acid, vitamin a palmitate, beta-carotene [colour]), whey (milk), spices, sodium bicarbonate, artificial flavour, salt contains: barley, eggs, milk, wheat may contain: soy salad: lettuce, dressing (canola and/or soy oil, water, white vinegar, salt, sugar, dehydrated garlic and onion, xanthan gum, citric acid, dehydrated red peppers, spices, calcium disodium edta, colour) wrap: wild alaskan pollock, toasted wheat crumbs, water, canola oil, wheat flour, modified corn starch, yellow corn flour, sugars (tapioca dextrin, sugar), modified palm oil, wheat starch, rice flour, defatted soy flour, baking powder, salt, spices, sunflower oil, guar gum, spice extracts, paprika, cabbage, red cabbage, carrots, vinegar contains: fish, wheat, soy
	TUESDAY	Stuffed Lavash Sandwich	
	WEDNESDAY	Whole Grain Oatmeal Raisin Cookie & Milk	
	THURSDAY	Mixed Gardein Greens with Italian Vinaigrette	
	FRIDAY	Tempura Fish Slaw Wrap	