



# Organic Kids

CATERING™

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

<b>WEEK 2</b>	<b>MONDAY</b>	<b>Whole Grain</b> Cereal with <b>Organic</b> Milk
	<b>TUESDAY</b>	Cheddar Cheese & <b>Organic</b> Gluten Free Crackers
	<b>WEDNESDAY</b>	Blueberry Bran Muffin
	<b>THURSDAY</b>	Whole Banana & Milk
	<b>FRIDAY</b>	Hard Boiled Egg & Whole Wheat Melba Toast

<b>WEEK 3</b>	<b>MONDAY</b>	<b>Whole Grain</b> Cereal with <b>Organic</b> Milk
	<b>TUESDAY</b>	Assorted Fruit Yogurt & ALL Natural Cookie Spoon
	<b>WEDNESDAY</b>	<b>Multi-Grain</b> Morning Round & Cream Cheese Spread
	<b>THURSDAY</b>	Pineapple Muffin with <b>Organic</b> Rice Beverage
	<b>FRIDAY</b>	Seasonal Fruit and Crackers

<b>WEEK 4</b>	<b>MONDAY</b>	<b>Whole Grain</b> Cereal with <b>Organic</b> Milk
	<b>TUESDAY</b>	Raisin Bread with Creamy Cheese Spread
	<b>WEDNESDAY</b>	<b>Organic</b> Banana Bread with <b>Organic</b> Rice Beverage
	<b>THURSDAY</b>	<b>Whole Grain</b> Oatmeal Raisin Cookie & Milk
	<b>FRIDAY</b>	Assorted 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	<b>Whole Grain Cereal with Organic Milk</b> <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	<b>Dateless Nutless Clusters with Whole Organic Fruit</b> <b>clusters:</b> 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	<b>Banana Bread</b> <b>banana bread:</b> flour, egg, sugar, salt, vanilla, banana, veg oil, butter milk, baking powder
	THURSDAY	<b>Assorted Fruit Yogurt &amp; ALL Natural Cookie Spoon</b> <b>yogurt:</b> milk, sugar, cream, corn & rice starch, culture, lemon jce, locust bean gum & pectin, strawberry, peach <b>cookie spoon:</b> wheat, oats, barley, soybean, corn, chickpeas, salt
	FRIDAY	Whole <b>Organic Fruit &amp; Milk</b>

WEEK 2	MONDAY	<b>Whole Grain Cereal with Organic Milk</b> <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	<b>Cheddar Cheese &amp; Organic Gluten Free Crackers</b> <b>cheese:</b> pasteurized milk, modified milk, bacterial culture, salt, calcium, chloride, microbial, enzyme <b>crackers:</b> 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 <b>contains</b> soy & sesame
	WEDNESDAY	<b>Blueberry Bran Muffin</b> <b>muffin:</b> whole wheat flour, brown sugar, honey, bran, egg, blueberries, vanilla, cinnamon, vegetable oil, baking powder
	THURSDAY	Whole Banana & Milk
	FRIDAY	<b>Hard Boiled Egg &amp; Whole Wheat Melba Toast</b> <b>melba toast:</b> whole wheat flour, wheat flour, oat hull fibre, sugar, sunflower oil, salt, yeast, caramel colour

WEEK 3	MONDAY	<b>Whole Grain Cereal with Organic Milk</b> <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	<b>Assorted Fruit Yogurt &amp; ALL Natural Cookie Spoon</b> <b>yogurt:</b> milk, sugar, cream, corn & rice starch, culture, lemon jce, locust bean gum & pectin, strawberry, peach <b>cookie spoon:</b> wheat, oats, barley, soybean, corn, chickpeas, salt
	WEDNESDAY	<b>Multi-Grain Morning Round &amp; Cream Cheese Spread</b> <b>morning round:</b> 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 contains wheat, rye, triticale, barley, oats may contain sesame seeds <b>cheese:</b> milk, modified milk ingredients, salt, bacterial culture, lactic acid, potassium sorbate, sorbic acid
	THURSDAY	<b>Pineapple Muffn with Organic Rice Beverage</b> <b>muffin:</b> flour, egg, sugar, skim milk powder, vanilla, salt, pineapple, vegetable oil, baking powder
	FRIDAY	<b>Seasonal Fruit and Crackers</b> <b>crackers:</b> 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. <b>contains:</b> soy & sesame

WEEK 4	MONDAY	<b>Whole Grain Cereal with Organic Milk</b> <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	<b>Raisin Bread with Creamy Cheese Spread</b> <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, may contain sesame seeds. <b>spread:</b> cheese, milk, modified milk ingredients, salt, bacterial culture, lactic acid, potassium sorbate, sorbic acid
	WEDNESDAY	<b>Organic Banana Bread with Organic Rice Beverage</b> <b>banana loaf:</b> flour, egg, sugar, salt, vanilla, banana, veg oil, butter milk, baking powder <b>rice beverage:</b> 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	<b>Whole Grain Oatmeal Raisin Cookie &amp; Milk</b> <b>cookie:</b> flour, rolled oats, raisins, sugar, corn syrup, vanilla, salt, vegetable shortening
	FRIDAY	<b>Assorted Yogurt with ALL Natural Cookie Spoon</b> <b>yogurt:</b> skim milk, fruit (strawberry, peach, raspberry), modified corn and rice starch, milk and whey proteins, active bacterial culture, natural colours and flavours, pectin, lemon juice concentrate, locust bean gum, sucralose (peach and vanilla; 17mg, strawberry and reaspberry 16mg per 100g), vitamin palmitate, vitamin d3, potassium sorbate, vitamin a & d fortified skim milk <b>cookie spoon:</b> wheat, oats, barley, soybean, corn, chickpeas, salt