



# Organic Kids

CATERING™

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

<b>WEEK 2</b>	<b>MONDAY</b>	Mini Pita's & Roasted Red Pepper Dip
	<b>TUESDAY</b>	Fresh/Frozen Fruit Yogurt Bar
	<b>WEDNESDAY</b>	Pita Bread & Chicken Salad
	<b>THURSDAY</b>	Cheddar Cheese & Assorted Seasonal Fruit
	<b>FRIDAY</b>	Assorted Vegetables & Creamy Spinach Ranch Dip

<b>WEEK 3</b>	<b>MONDAY</b>	Mary's <b>Organic</b> Gluten Free Crackers & Tuna Salad Dipper
	<b>TUESDAY</b>	Italian Pizza Buns
	<b>WEDNESDAY</b>	Celery Sticks & Cheddar Cheese Dunker Melt
	<b>THURSDAY</b>	Whole Assorted Fruit
	<b>FRIDAY</b>	<b>Whole Grain</b> Oatmeal Raisin Cookie & Milk

<b>WEEK 4</b>	<b>MONDAY</b>	Stone Baked Corn Crackers & Salsa
	<b>TUESDAY</b>	Egg Salad & Mini Pita's
	<b>WEDNESDAY</b>	Brogies & Vanilla Bean Ricotta Cheese
	<b>THURSDAY</b>	Fresh/Frozen Fruit Yogurt Bar
	<b>FRIDAY</b>	<b>Organic</b> Lemon Snaps & 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	<b>Organic Gingersnaps &amp; Swiss Cheese</b> <b>ginger snaps:</b> 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 <b>cheese:</b> cheddar, swiss, semisoft cheese (pasteurized cultured milk, part skim milk, salt, enzymes) nonfat milk, whey, ultrafiltered nonfat milk, water, sodium polyphosphate, citric acid, salt
	TUESDAY	<b>Baby Carrots &amp; Ranch Dip</b> <b>dip:</b> 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 <b>contains:</b> soy, milk
	WEDNESDAY	<b>Fresh/Frozen Fruit Yogurt Bar</b> <b>yogurt bar:</b> skim milk, cream, cane sugar, modified corn starch, milk and whey proteins, fructose, blueberry puree, active bacterial culture, natural colours and flavours, agar, guar gum, carrageenan, locust bean gum, vitamin d3, source of calcium and vitamin d, gelatine free
	THURSDAY	<b>Whole Grain Oatmeal Raisin Cookie &amp; Assorted Seasonal Fruit</b> <b>cookie:</b> flour, rolled oats, raisins, sugar, corn syrup, vanilla, salt, veg shortening
	FRIDAY	<b>Tomato Focaccia</b> <b>focaccia:</b> enriched white flour, yeast, salt, tomatoes, herbs, sugar

WEEK 2	MONDAY	<b>Mini Pita's &amp; Roasted Red Pepper Dip</b> <b>pita:</b> 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 <b>dip:</b> roasted red peppers, tofu, vinegar, salt, garlic, canola oil
	TUESDAY	<b>Fresh/Frozen Fruit Yogurt Bar</b> <b>yogurt bar:</b> skim milk, cream, cane sugar, modified corn starch, milk and whey proteins, fructose, blueberry puree, active bacterial culture, natural colours and flavours, agar, guar gum, carrageenan, locust bean gum, vitamin d3 source of calcium and vitamin d gelatine free
	WEDNESDAY	<b>Pita Bread &amp; Chicken Salad</b> <b>pita:</b> 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 <b>salad:</b> chicken, water, soybean oil, sugar, vinegar, modified corn starch, liquid egg yolk, salt, spices, colour, flavour, citric acid, dehydrated garlic, calcium disodium edta, spice extracts, celery, pepper
	THURSDAY	<b>Cheddar Cheese &amp; Assorted Seasonal Fruit</b> <b>cheese:</b> pasteurized milk, modified milk, bacterial culture, salt, calcium, chloride, microbial, enzyme
	FRIDAY	<b>Assorted Vegetables with Creamy Spinach Ranch Dip</b> <b>dip:</b> 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, propylene glycol alginate, sodium benzoate, dehydrated parsley, calcium disodium edta, citric acid

WEEK 3	MONDAY	<b>Mary's Organic Gluten Free Crackers &amp; Tuna Salad Dipper</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 <b>salad:</b> tuna, 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
	TUESDAY	<b>Italian Pizza Buns</b> <b>bun:</b> wheat, water, vegetable shortening, sugar, yeast, salt, conditioner <b>filling:</b> cheddar cheese, pizza sauce (tomato paste, water, canola oil, sugar, spices, salt, citric acid)
	WEDNESDAY	<b>Celery Sticks &amp; Cheddar Cheese Dunker Melt</b> <b>cheese:</b> 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)
	THURSDAY	<b>Whole Assorted Fruit</b>
	FRIDAY	<b>Whole Grain Oatmeal Raisin Cookie &amp; Fruit</b> <b>cookie:</b> flour, rolled oats, raisins, sugar, corn syrup, vanilla, salt, veg shortening

WEEK 4	MONDAY	<b>Stone Baked Corn Crackers &amp; Salsa</b> <b>crackers:</b> whole grain corn flour, salt, hydrated lime, tocopherols (plant sourced ingredients to maintain crispness) <b>salsa:</b> tomato, onion, salt, cilantro, citric acid, calcium chloride, vinegar, jalapeno pepper, sodium benzoate, spice extract, garlic, dehydrated parsley
	TUESDAY	<b>Egg Salad &amp; Mini Pita's</b> <b>salad:</b> 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 <b>pita:</b> 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	<b>Brogies &amp; Vanilla Bean Ricotta Cheese</b> <b>brogies:</b> wheat, soybean, salt, tapioca root <b>ricotta:</b> milk, sugar, vanilla, arrowroot flour, wheat flour, sugar, shortening (vegetable, modified palm), glucose-fructose, corn starch, salt, glycerol, baking soda, soy lecithin, diammonium phosphate, sodium metabisulphite, natural flavour
	THURSDAY	<b>Fresh/Frozen Fruit Yogurt Bar</b> <b>yogurt bar:</b> skim milk, cream, cane sugar, modified corn starch, milk and whey proteins, fructose, blueberry puree, active bacterial culture, natural colours and flavours, agar, guar gum, carrageenan, locust bean gum, vitamin d3, source of calcium and vitamin d, gelatine free
	FRIDAY	<b>Organic Lemon Snaps &amp; Assorted Seasonal Fruit</b> <b>lemon snaps:</b> 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