



Little Munchkin Daycare

Snack Ingredient Schedule



Buckwheat Wildberry Frozen Waffles

Nature's Path

Description: These light and crispy vegan waffles are yeast free, wheat free and made without artificial flavours or colours. Try topping them with fresh fruit and nut butters or yogurt for a complete breakfast.

Ingredients: Water, Corn Starch, Potato Starch, Rice Flour, Organic Buckwheat, Evaporated Cane Juice, Canola Oil, Leavening (Sodium Bicarbonate), Potato Flour, Lecithin, Blueberries, Raspberries, Natural Raspberry Flavour, Salt, Natural Blueberry Flavour, Sodium Alginate, Natural Blueberry Colour.



Cranberry Oatmeal Muffins

Description: The perfect combination of sweet and tart. The cranberries add a wonderful tang.

Ingredients: Unbleached wheat flour, granulated sugar, rolled oats, wheat bran, molasses, honey, sea salt, whole liquid egg, baking powder, cranberries, canola oil



Creamy Butter - Tastes just like peanut butter!

Wow Butter

Description: Wow! It tastes just like peanut butter. Safe 4 School! Wow Butter is made from non-gmo, roasted soy beans and is a great source of Omega 3.

Ingredients: Toasted soy, soy oil, granulated cane sugar, monoglyceride, (from vegetable oil), sea salt.



Mozzarella Style Shreds

Daiya Foods

Description: Daiya is a revolutionary new dairy-free vegan product that shreds, melts, stretches and tastes delicious. The healthy choice for you and our planet, without any compromise. Vegan quesadilla anyone? Does not contain many of the common allergens including; soy, dairy, gluten, egg, peanuts, and tree nuts (excluding coconut).

Ingredients: Filtered Water, Tapioca and/or Arrowroot Flours, Non-GMO Expeller Pressed Canola and/or Non-GMO Expeller Pressed Safflower Oil, Coconut Oil, Pea Protein, Salt, Vegan Natural Flavours, Inactive Yeast, Vegetable Glycerin, Xanthan Gum, Citric Acid



Organic Bananas

Various Growers

Description: Organic and when possible certified Fair Trade.

Ingredients: Organic bananas (approx. 4 to 6 bananas)



Organic Berry Mix

Collin Regehr Farm

Description: Delicious, nutritious and simply the perfect blend for your smoothie or cereal topping, Collin has put together some amazing local organic berries that everyone can enjoy.

Ingredients: Raspberries, Blueberries, Blackberries, Strawberries... All Organic!



Organic Classic Rich Crackers

Late July

Description: Its slightly sweet, toasted taste is the perfect compliment for soup and is a great topping for macaroni and cheese. We also recommend crushing and rolling them to use whenever a recipe calls for breadcrumbs.

Ingredients: Organic wheat flour, organic evaporated cane juice, organic oleic safflower oil and/or organic oleic safflower oil, organic palm oil, sea salt, leavening (baking soda, ammonium bicarbonate, cream of tartar), soy lecithin (an emulsifier).



Organic Cream Cheese

Olympic Dairy

Description: Olympic has done it this time... This cream cheese is organic, spreadable, and probiotic! Fantastic spread on your favorite bagel, a great addition to tomato sauce for a quick and tasty pasta dinner or even just by the spoon.

Ingredients: Organic Cream, Organic Skim milk Powder, Salt, Guar Gum, Locust Bean Gum, Xanthan Gum, Carrageenan and Active Bacterial Cultures



Organic Mango Chunks

Earthbound Farm

Description: Tangy, sweet and ready for anything that needs tropical sunshine.

Ingredients: Organic Mango.



Organic Pancake Syrup

Wholesome Sweeteners

Description: Perfect on pancakes, waffles, crepes, French toast, or drizzled over oatmeal. With all natural ingredients, this is a delicious syrup you can feel good about using and giving your family. So go ahead and pour a little joy to start the day. Wholesome Sweeteners is the first to make a delicious organic syrup using organic sugar rather than high fructose corn syrup. They also eliminated the preservatives and other ingredients they can't pronounce to create a rich, decadent syrup your whole family will enjoy. Kids love the great taste and moms love the clean ingredient statement. This syrup is USDA Organic, Non GMO Project Verified, vegan, and kosher so you can indulge on natural deliciousness.

Ingredients: Organic Invert Sugar Cane Syrup, Natural Flavor (Organic Caramel Color)



Organic Peach Yogurt - 2.9% MF

Olympic Dairy

Description: Olympic yogurt is 100% fruit juice sweetened with no fillers or artificial thickening agents, containing 5 active cultures.

Ingredients: Organic milk ingredients, organic sugar, organic peaches, water, organic tapioca starch, natural flavour, organic lemon juice concentrate, active bacterial culture (streptococcus thermophilus, lactobacillus delbrueckii subsp. bulgaricus & subsp. lactis, lactobacillus acidophilus, bifidobacteria & lactobacillus paracasei subsp. casei)



Organic Pineapple

Bremner Foods
300g



Organic Rice Thins - 5 Rice Blend

Plum.m.Good

Description: A fantastic snack with your favorite spread!

Ingredients: Organically grown whole grain brown rice (short grain brown rice, long grain brown rice, sweet brown, whole grain black, whole grain red or other organic varieties). May contain sesame seeds.



Organic Strawberry Premium Fruit Spread

Crofter's

Description: Not all strawberries are created equal. Some are just right for eating but are too delicate for travel. Some are large and beautiful and able to withstand lengthy transport but perhaps are not quite so sweet or delicately textured. Some varieties are just perfect for jam.

Crofter's primarily uses Senga Sengana berries, a traditional European variety. Deep red and medium-sized, these heritage jam fruits are well suited for organic agricultural practices, as they've been grown on small farms throughout Europe far longer than farmers have been applying synthetic fertilizers to their fields. Senga Sengana plants don't deliver the largest yields, but they do produce a perfect jam berry.

Ingredients: Organic strawberries, organic fair trade cane sugar, natural apple pectin, ascorbic acid (vitamin c), citric acid.



Organic Strawberry Yogurt - 2.6% MF

Avalon Dairy

Description: Avalon Dairy is the oldest operating dairy in BC. Taste the tradition in this creamy, real fruit, probiotic yogurt.

Ingredients: Certified organic milk, (milk, vitamin D3), organic skim milk powder, organic evaporated cane juice, water, organic strawberries, inulin, (chicory fibre), organic rice starch, organic flavour, organic elderberry juice concentrate, citric acid, organic guar gum, active bacterial cultures.



Organic Tortilla Wrap 11 inch

Indian Life

5 Pack

Description: Made with organic flour with no preservatives. Their large size makes them excellent for healthy sandwich wraps and spicy burritos. They are cholesterol and trans fat free and also contain no yeast.

Ingredients: Organic unbleached flour, 100% organic whole wheat flour, water, non-gmo canola oil, baking powder, sea salt and vinegar.



Raisin Bread, Whole Wheat

Uprising Breads

Description: This favourite is made with 100% whole wheat and loaded with raisins for a sweet, hearty mouthful.

Ingredients: WHOLE WHEAT FLOUR, RAISINS, HONEY, YEAST, CANOLA OIL, BLACKSTRAP MOLASSES, SALT, CINNAMON
