

real food for real kids™

enabling & inspiring healthy eating™



the real food promise

real food with real ingredients:

- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites



wild Skipjack tuna & Canadian salmon, sustainably-sourced



whole grains throughout the menu

from Ontario farms:



- pasture-raised beef without added hormones or routine antibiotics*
 - organic chicken meatballs and turkey
- *some exceptions may apply to accommodate religious needs*



focus on fruits, vegetables & products grown & produced locally & sustainably



dairy products & organic tofu



globally inspired dishes



we advocate for mandatory labelling of GMOs

peanut & tree nut free

PREMIER'S AWARD FOR AGRI-FOOD INNOVATION EXCELLENCE



Award Recipient

FOOD IN CANADA'S 2016 LEADERSHIP AWARDS

	monday	tuesday	wednesday	thursday	friday
am snack	2 orange banana muffin	3 granola inf: organic brown rice blossoms milk	4 hard boiled egg croissant	5 organic super O's milk	6 banana vanilla maple yogurt inf: plain yogurt
lunch	chick-a-noodle soup h: beany noodle soup wheat bun green beans inf: steamed green beans pear inf: banana-pear purée	beef bolognese h: lentil bolognese whole grain rotini green peas & carrots apple	black beans in salsa whole wheat wrap inf: multigrain slider sweet corn sour cream banana	chicken & wild rice stew h: loco lima beans quinoa bell peppers inf: apple-mango-beet purée orange	chili w/organic turkey h: chili chili bang bang brown rice cucumber apple
pm snack	applesauce cinnamon-raisin snacking round	melon trail mix inf: organic quinoa crunchies	cucumber organic vegetable crackers red pepper hummus	tortilla crisps inf/tod: organic corn & quinoa cake tomato salsa	carrot matchsticks mini tomatoes creamy parsley-lemon dressing inf/tod: cucumber organic crispbread
am snack	9 granola inf: organic brown rice blossoms milk	10 pear inf: apple-pear purée granola pucks	11 mini whole wheat bagel organic raspberry fruit spread milk	12 organic multigrain squares milk	13 clementine muesli morning round
lunch	bean cassoulet whole wheat roll green peas apple	marinara beef meatballs h: marinara falafel bites whole grain pasta steamed carrots orange	jerk chicken h: texan kidney beans red & white quinoa coleslaw inf: blended coleslaw diced melon	sunshine dahl brown rice veggie rainbow inf: mini broccoli cucumber raita apple	mac chick 'n cheese h: vegan cheese sauce w/rice pasta tiny chopped salad balsamic dressing inf: cauliflower-carrot- coconut purée banana
pm snack	egg cracker stackers rice crackers inf: whole wheat pita mayo w/organic tofu hard boiled egg	apple cheddar bites	veggie roll up whole wheat wrap inf: puffed rice square dill soft cheese cucumber	fruit pizza whole wheat pita cocoa chic' pea spread banana	tomato bruschetta whole wheat garlic baguette

h = herbivore protein **inf/tod** = infant/toddler substitute
fish-free menu to accommodate severe allergies

milk offered with all lunches. water or milk offered with snacks.