real food for real kids

enabling \(\xi\$ 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 accomodate 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





april 2019 menu

Junior Academy

	monday	tuesday	wednesday	thursday	friday
lunch	bean cassoulet whole wheat garlic baguette green peas	marinara beef meatballs v: marinara falafel bites whole grain pasta snow peas & carrots organic strawberry granola bar	paprika chicken v: curried lentils quinoa coleslaw	tomato-spinach frijoles brown rice veggie rainbow shredded cheddar	mac chick 'n cheese v: vegan cheese sauce w/rice pasta tiny chopped salad ranch dressing w/ organic tofu
lunch	mexican beef burrito filling v: bean burrito filling whole wheat wrap sweet corn sour cream	chili w/organic turkey v: chickpea chowder quinoa baby carrots mini organic lemon cookies	chickpea crusted chicken meteorites v: chickpea patty tricolour pasta salad grape tomatoes real food ketchup	jerk chicken v: slow cooked beans multigrain pita bun mini cucumber	12
lunch	sri lankan chicken v: white bean curry brown rice peas & carrots	bean burrito filling whole wheat wrap mini broccoli shredded cheddar diced melon	beef burger v: chickpea patty mulitgrain pita bun samurai carrot salad grape tomatoes real food ketchup	marinara beef meatballs v: slow cooked beans quinoa sweet corn	Good Friday
lunch	Easter Monday	mac chick 'n cheese v: tomato-lentil sauce w/rice pasta baby carrots organic apple-cinnamon granola bar	masala fish v: mushroom quiche yellow rice grape tomatoes	chicken fricassée v: texan kidney beans quinoa green beans	beef & bean chili v: chili chili bang bang red & brown rice tiny chopped salad apple cider vinaigrette

v = vegetarian protein X = non-service day

real food kids for real kids

enabling \(\xi\) 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

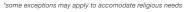


whole grains throughout the menu

from Ontario farms:



 pasture-raised beef without added hormones or routine antibiotics*
 organic chicken meatballs and turkey





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





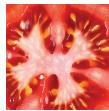
april 2019 menu

Junior Academy

monday		tuesday	wednesday	thursday	friday
	29	30	1	2	3
lunch	bean cassoulet whole wheat garlic baguette green peas	marinara beef meatballs v: marinara falafel bites whole grain pasta snow peas & carrots organic strawberry granola bar	paprika chicken v: curried lentils quinoa coleslaw	tomato-spinach frijoles brown rice veggie rainbow shredded cheddar	mac chick 'n cheese v: vegan cheese sauce w/rice pasta tiny chopped salad ranch dressing w/ organic tofu

v = vegetarian protein X = non-service day Menus may change without notice based on availability of ingredients.







Hey, families!

Want to know what your little one eats every day? Now it's super easy with What's Cookin', the RFRK monthly newsletter!

What's Cookin' includes:

- our monthly menus
- delicious & nutritious recipes & food tips
- · community events

Sign up today at: www.rfrk.com/menu-signup