real food 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

Star Academy

3-day plan: tuesday - thursday

	monday	tuesday	wednesday	thursday	friday
lunch	X	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	.5
lunch	8	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	18
lunch	15	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	23	24	25	26

v = vegetarian protein z = non-service day

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Star Academy

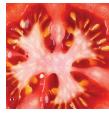
3-day plan: tuesday - thursday

	monday	tuesday	wednesday	thursday	friday
	29	30	1	2	3
lunch		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	

v = vegetarian protein

Menus may change without notice based on availability of ingredients.









Hey, families!

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What's Cookin' includes:

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

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