real food for real kids™

enabling & inspiring a lifetime of healthy eating

june 2023 menu

the real food promise

real food with real ingredients:

- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites
- whole grains used throughout the menu

wild Skipjack tuna & Canadian salmon, sustainably-sourced & MSC-certified

proudly from Ontario:

organic chicken & pasture-raised beef without added hormones or routine antibiotics*

**some exceptions may apply to accommodate religious needs*

dairy products & organic tofu

local fruits & veggies prioritized

- ingredients sourced without GMOs
- commited to reducing the carbon footprint of our menus

globally & culturally inspired dishes

peanut & tree nut free

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	monday	tuesday	wednesday	thursday	friday
local food week — am snack	**5** organic crispy O's inf: organic blossoms milk	**6** applesauce müesli morning round	**7** hard boiled egg brioche bite	**8** banana organic quinoa crunchies	**9** organic multigrain squares milk
local food week — pm snack	apple ginger cookie inf: zucchini muffin milk	**mini pizza** whole wheat focaccia marinara sauce shredded cheddar	apple cheddar bites	cucumber chickpea crisps (new!) inf/tod: whole wheat pita dilly dip	**banana roll up** whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana
am snack	**12** orange apple-cinnamon morning round	**13** granola inf: organic multigrain squares milk	**14** apple whole wheat raisin bread organic blueberry fruit spread	**15** organic blossoms milk	**16** **super smoothie** vanilla maple yogurt inf: plain yogurt strawberry sauce banana
pm snack	baby carrots inf/tod: cucumber cracked wheat crackers red pepper hummus	melon crunchy trail mix inf: organic quinoa crunchies	mini tomatoes inf/tod: kiwi pita crackers inf/tod: multigrain thins avocado bean guacamole	banana cocoa-beet loaf	cucumber puffed rice round (new!) dill soft cheese
am snack	**19** organic multigrain squares milk	**20** applesauce cheddar or mozzarella cheese	**21** apple granola pucks	**22** pineapple melon & orange organic quinoa crunchies	**23** organic crispy O's inf: organic blossoms milk
pm snack	**egg salad wrap** whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	apple whole wheat pita cocoa chic'pea spread	baby carrots inf/tod: cucumber puffed rice round hummus	tomato bruschetta folded basil loaf	banana cracked wheat crackers sunbutter* (new!)
am snack	**26** organic blossoms milk	**27** apple cranberry-orange morning round	**28** organic multigrain squares milk	**29** pear inf: orange banana muffin	**30** **banana roll up** whole wheat wrap inf: multigrain rocket bun apple butter banana
pm snack	baby carrots inf/tod: roasted sweet potato cracked wheat crackers beany basil dip	**yogurt parfait** honey yogurt inf: plain yogurt granola inf: apple-mango-beet purée	orange tortilla crisps inf/tod: multigrain thins avocado bean guacamole	mango sauce cinnamon-raisin snacking round	bell pepper inf: spinach-coconut purée puffed rice round spinach-organic tofu dip

inf/tod = infant/toddler substitute

***** YMCA centres will receive cream cheese

water offered with all snacks

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