

fuelling healthy futures™



gingerbread kids

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 or raised without antibiotics 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
- committed to reducing the carbon footprint of our menus



globally & culturally inspired dishes

peanut & tree nut free

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december 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	2 orange organic multigrain squares milk	3 apple cheddar bites cinnamon bun snacking rounds	4 applesauce apple pie snacking rounds milk	5 pineapple, melon & orange organic quinoa crunchies milk	6 apple organic super O's cereal milk
pm snack	apple cracked wheat crackers cocoa chic'pea spread	egg salad wrap whole wheat wrap inf: whole wheat pita hard boiled egg ranch dressing w/organic tofu	baby carrots inf/tod: cucumber brown rice cakes roasted garlic hummus	tomato bruschetta cheddar or mozzarella cheese roasted red pepper loaf	banana cocoa-zucchini loaf milk
am snack	9 pear inf: apple-banana purée go bananas cereal milk	10 orange cranberry-orange morning round milk	11 apple organic multigrain squares milk	12 applesauce apple cinnamon loaf milk	13 banana roll up whole wheat wrap inf: organic quinoa crunchies apple butter banana milk
pm snack	baby carrots inf/tod: soft carrots brioche bite red pepper hummus	yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: organic quinoa crunchies apple	pineapple tortilla crisps inf/tod: multigrain rocket bun tomato salsa	apple cracked wheat crackers maple soft cheese	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes spinach-organic tofu dip
am snack	16 orange go bananas cereal milk	17 melon organic quinoa crunchies milk	18 hard boiled egg brioche bite milk	19 orange organic multigrain squares milk	20 apple vanilla maple yogurt inf: plain yogurt organic quinoa crunchies
pm snack	apple chocolate chip cookie inf: mini moon biscuit milk	mini pizza frena bun marinara sauce shredded cheddar	banana roll up whole wheat wrap inf: whole wheat pita cocoa chic'pea spread banana	pear inf: apple-banana purée chickpea crisps inf/tod: cracked wheat crackers red pepper hummus	orange cocoa-zucchini loaf milk
am snack	23 orange apple-cinnamon morning round milk	24 apple cinnamon granola inf: organic multigrain squares milk	25 26 Happy Holidays! 		27 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée apple organic quinoa crunchies
pm snack	baby carrots inf/tod: cucumber cracked wheat crackers beany basil dip	holiday treat gingerbread kids inf: mini moon biscuit melon milk			apple cheddar or mozzarella cheese brown rice cakes

inf/tod = infant/toddler substitute

milk and/or water are offered with all snacks