

fuelling healthy futures™



mini cocoa cookies

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

rfrk.com

# february 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	<b>3</b> pear inf: apple-banana purée go bananas cereal milk	<b>4</b> orange cranberry-orange morning round milk	<b>5</b> pear inf: apple-banana purée organic multigrain squares milk	<b>6</b> applesauce apple cinnamon loaf milk	<b>7</b> <b>banana roll up</b> whole wheat wrap inf: organic quinoa crunchies apple butter banana milk
pm snack	baby carrots inf/tod: soft carrots brioche bite red pepper hummus	<b>yogurt parfait</b> honey yogurt inf: plain yogurt cinnamon granola inf: organic quinoa crunchies apple	pineapple tortilla crisps inf/tod: brown rice cakes 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	<b>10</b> orange organic super O's cereal milk	<b>11</b> melon organic quinoa crunchies milk	<b>12</b> hard boiled egg brioche bite milk	<b>13</b> pear inf: apple-banana purée organic multigrain squares milk	<b>14</b> apple muesli morning round milk
pm snack	apple cinnamon bun snacking rounds milk	<b>mini pizza</b> frena bun marinara sauce shredded cheddar	<b>banana roll up</b> whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana	cucumber chickpea crisps inf/tod: cracked wheat crackers dill soft cheese	<b>valentine treat</b> mini cocoa cookies inf: mini-moon biscuit strawberries milk
am snack	<b>17</b> <b>Family Day</b> 	<b>18</b> apple cinnamon granola inf: organic strawberry granola milk	<b>19</b> kiwi whole wheat raisin bread organic raspberry fruit spread milk	<b>20</b> orange go bananas cereal milk	<b>21</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt mango purée banana organic quinoa crunchies
pm snack		melon cinnamon bun snacking rounds milk	apple pita crackers inf/tod: brown rice cakes red pepper hummus	banana cocoa-beet loaf milk	cucumber cracked wheat crackers beany basil dip
am snack	<b>24</b> orange organic multigrain squares milk	<b>25</b> apple cheddar bites cinnamon bun snacking rounds	<b>26</b> applesauce raisin & seed oatie milk	<b>27</b> melon organic quinoa crunchies milk	<b>28</b> orange organic super O's cereal milk
pm snack	apple cracked wheat crackers cocoa chic'pea spread	<b>egg salad wrap</b> whole wheat wrap inf: whole wheat pita hard boiled egg ranch dressing w/organic tofu	mini tomatoes & baby carrots inf/tod: cucumber brown rice cakes roasted garlic hummus	tomato bruschetta cheddar or mozzarella cheese roasted red pepper loaf	banana brioche bite milk

inf/tod = infant/toddler substitute

milk and/or water are offered with all snacks