

# june 2025 menu

## snack club

\*tues &  
thurs  
delivery



### 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 poultry,  
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

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- 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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	monday	tuesday	wednesday	thursday	friday
am snack	<b>2</b> seasonal fruit go bananas cereal milk 2%	<b>3*</b> hard boiled egg brioche bite	<b>4</b> seasonal fruit whole wheat mini bagel cream cheese	<b>5*</b> applesauce cranberry-orange morning round	<b>6</b> seasonal fruit brioche bite
pm snack	<b>mini pizza</b> frena bun marinara sauce w/basil shredded cheddar	seasonal fruit mini cocoa cookies	seasonal fruit raisin & seed oatie	<b>veggie roll up</b> whole wheat wrap carrot matchsticks dill saucy dipz	cucumber chickpea crisps hummus
am snack	<b>9</b> seasonal fruit cinnamon granola milk 2%	<b>10*</b> seasonal fruit vanilla maple yogurt	<b>11</b> seasonal fruit whole wheat raisin bread organic blueberry fruit spread	<b>12*</b> seasonal fruit go bananas cereal milk 2%	<b>13</b> seasonal fruit whole wheat blueberry scone
pm snack	snap peas & carrots organic crispbread crackers red pepper saucy dipz	seasonal fruit cranberry bar	cucumber pita crackers cream cheese	cheddar bites cracked wheat crackers	seasonal fruit whole wheat wrap apple butter
am snack	<b>16</b> seasonal fruit raisin & seed oatie	<b>17*</b> seasonal fruit muesli morning round	<b>18</b> seasonal fruit brown rice cakes cream cheese	<b>19*</b> seasonal fruit cinnamon granola milk 2%	<b>20</b> <b>super smoothie</b> vanilla maple yogurt mango purée seasonal fruit
pm snack	seasonal fruit purple corn popcorn	<b>egg salad wrap</b> whole wheat wrap hard boiled egg dill saucy dipz	bell pepper & baby carrots sourdough crackers red pepper saucy dipz	seasonal fruit apple pie snacking rounds	seasonal fruit lemon cranberry muffin
am snack	<b>23</b> seasonal fruit go bananas cereal milk 2%	<b>24*</b> seasonal fruit cinnamon bun snacking rounds	<b>25</b> seasonal fruit brioche bite	<b>26*</b> seasonal fruit cheddar or mozzarella cheese	<b>27</b> seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit apple-cinnamon loaf	<b>yogurt parfait</b> honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa chic'pea spread	seasonal fruit tortilla crisps red pepper saucy dipz	baby carrots, broccoli & cauliflower brown rice cakes dill saucy dipz

\*Tuesday's delivery includes snacks for Wednesday & Thursday. \*Thursday's delivery includes snacks for Friday, Monday & Tuesday.  
Seasonal fruit rotates between apples, oranges, pears, kiwis, bananas, melons, pineapples & other fruits.

water offered with all snacks