real food kids

august 2025 menu

snack club



fuelling healthy futures"



the real food promise

real food with real ingredients:



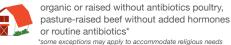
- ° no artificial: colours, flavours or sweeteners
- ° no added nitrates or nitrites
- whole grains used throughout the menu



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

proudly from Ontario:









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



	monday	tuesday	wednesday	thursday	friday
am snack	Civic Holiday	5 * seasonal fruit vanilla maple yogurt	seasonal fruit whole wheat raisin bread organic blueberry fruit spread	seasonal fruit organic blossoms milk 2%	seasonal fruit whole wheat blueberry scone
mď		seasonal fruit cranberry bar	snap peas & carrots pita crackers cream cheese	cheddar or mozzarella cheese cracked wheat crackers	seasonal fruit whole wheat wrap apple butter
am snack	seasonal fruit raisin & seed oatie	seasonal fruit müesli morning round	seasonal fruit brown rice cakes cream cheese	seasonal fruit cinnamon granola milk 2%	super smoothie vanilla maple yogurt blueberry purée seasonal fruit
pm snack	seasonal fruit purple corn popcorn	egg salad wrap 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 whole wheat blueberry scone
am snack	seasonal fruit organic blossoms milk 2%	seasonal fruit cinnamon bun snacking rounds	seasonal fruit brioche bite	seasonal fruit cheddar or mozzarella cheese	seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit gluten free oat & quinoa cococa bar	yogurt parfait 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 hummus
am snack	seasonal fruit go bananas cereal milk 2%	A6* hard boiled egg brioche bite	seasonal fruit whole wheat mini bagel cream cheese	applesauce cranberry-orange morning round	seasonal fruit organic strawberry granola
pm snack	mini pizza frena bun marinara sauce w/basil shredded cheddar	seasonal fruit mini cocoa cookies	seasonal fruit raisin & seed oatie	veggie roll up whole wheat wrap carrot matchsticks dill saucy dipz	cucumber chickpea crisps hummus

^{*}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.