

fuelling healthy futures™



**sundried tomato pasta salad**

**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



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



globally & culturally inspired dishes

**peanut & tree nut free**

**rfrk.com**

# january 2026 menu

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>5</b> pear inf: applesauce organic blossoms milk	<b>6</b> melon muesli morning round milk	<b>7</b> orange go bananas cereal milk	<b>8</b> orange lemon cranberry muffin milk	<b>9</b> pear inf: apple-banana purée hard boiled egg brioche bite
<b>pm snack</b>	apple cheddar or mozzarella cheese cracked wheat crackers	baby carrots inf/tod: kiwi brown rice cakes spinach-organic tofu dip	<b>yogurt parfait</b> honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit apple	apple sourdough crackers inf: organic crispbread crackers beany basil dip	<b>banana roll up</b> whole wheat wrap inf: multigrain pocket bun cocoa hummus banana
<b>am snack</b>	<b>12</b> apple brown rice cakes organic raspberry fruit spread milk	<b>13</b> pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt go bananas cereal	<b>14</b> apple cinnamon granola inf: go bananas cereal milk	<b>15</b> pear inf: apple-banana purée raisin & seed oatie milk	<b>16</b> pear inf: apple-banana purée organic blossoms milk
<b>pm snack</b>	tomato bruschetta cheddar or mozzarella cheese roasted red pepper loaf	apple organic crispbread crackers hummus	orange mini organic lemon cookies inf: mini-moon biscuit milk	apple whole wheat raisin bread maple soft cheese	baby carrots inf/tod: soft carrots tortilla crisps inf/tod: cracked wheat crackers tomato salsa
<b>am snack</b>	<b>19</b> apple whole grain squares milk	<b>20</b> orange brioche bite milk	<b>21</b> pear inf: apple-banana purée go bananas cereal milk	<b>22</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt strawberry purée banana raisin & seed oatie	<b>23</b> apple cranberry-orange morning round milk
<b>pm snack</b>	melon apple pie snacking rounds milk	bell pepper inf: apple-mango-beet purée cracked wheat crackers dill soft cheese	<b>mini pizza</b> frena bun marinara sauce shredded cheddar	apple cocoa-beet loaf milk	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip
<b>am snack</b>	<b>26</b> pear inf: applesauce cheddar or mozzarella cheese brown rice cakes	<b>27</b> kiwi whole wheat raisin bread apple butter milk	<b>28</b> pear inf: apple-banana purée organic blossoms milk	<b>29</b> mango whole wheat blueberry scone milk	<b>30</b> pear inf: apple-banana purée cinnamon granola inf: organic blossoms milk
<b>pm snack</b>	greek salad inf: pumpkin-red lentil purée folded basil loaf milk	<b>egg wrap</b> whole wheat wrap inf: multigrain pocket bun hard boiled egg picklicious spread	apple vanilla maple yogurt inf: plain yogurt apple pie snacking rounds	baby carrots inf/tod: soft carrots cheddar or mozzarella cheese sundried tomato pasta salad	apple whole wheat mini bagel red pepper hummus

inf/tod = infant/toddler substitute

milk and/or water are offered with all snacks