



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

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	monday	tuesday	wednesday	thursday	friday
am snack	4 seasonal fruit cinnamon granola milk 2%	5* hard boiled egg brioche bite	6 seasonal fruit vanilla maple yogurt	7* seasonal fruit go bananas cereal milk 2%	8 seasonal fruit raisin & seed oatie
pm snack	blueberry sauce apple pie snacking rounds	cinco de mayo tortilla crisps tomato salsa seasonal fruit	seasonal fruit mini cocoa cookies	cucumber organic crispbread crackers dill soft cheese	veggie roll up whole wheat wrap carrot matchsticks hummus
am snack	11 seasonal fruit cinnamon granola milk 2%	12* seasonal fruit muesli morning round	13 seasonal fruit whole wheat raisin bread organic blueberry fruit spread	14* seasonal fruit go bananas cereal milk 2%	15 seasonal fruit whole wheat blueberry scone
pm snack	seasonal fruit cranberry bar	cheddar or mozzarella cheese cracked wheat crackers	baby carrots chickpea crisps red pepper saucy dipz	cucumber multigrain pocket bun cream cheese	seasonal fruit whole wheat wrap cocoa hummus
am snack	18 Victoria Day 	19* seasonal fruit go bananas cereal milk 2%	20 seasonal fruit brown rice cakes maple soft cheese	21* seasonal fruit cinnamon granola milk 2%	22 super smoothie vanilla maple yogurt blueberry purée seasonal fruit
pm snack		seasonal fruit apple pie snacking rounds	baby carrots, broccoli & cauliflower pita crackers golden miso dip	applesauce purple corn popcorn	seasonal fruit apple beet loaf
am snack	25 seasonal fruit go bananas cereal milk 2%	26* seasonal fruit cheddar or mozzarella cheese	27 seasonal fruit apple-cinnamon morning round	28* seasonal fruit carrot muffin	29 seasonal fruit whole wheat wrap apple butter
pm snack	mini pizza frena bun marinara sauce shredded cheddar	yogurt parfait honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa hummus	cucumber ginger-soy noodles w/edamame	baby carrots, broccoli & cauliflower brown rice cakes red pepper 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.

water offered with all snacks