

fuelling healthy futures™

# june 2026 menu

## snack club

\*tues & thurs delivery



coconut & chia 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 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
Local food week	<b>1</b> seasonal fruit cinnamon granola milk 2%	<b>2*</b> hard boiled egg brioche bite	<b>3</b> seasonal fruit honey yogurt	<b>4*</b> seasonal fruit go bananas cereal milk 2%	<b>5</b> seasonal fruit raisin & seed oatie
	strawberry-rhubarb sauce apple pie snacking rounds	baby carrots organic crispbread crackers dill soft cheese	seasonal fruit coconut & chia cookies <b>new!</b>	cucumber tortilla crisps tomato salsa	<b>veggie roll up</b> whole wheat wrap carrot matchsticks hummus
am snack	<b>8</b> seasonal fruit cinnamon granola milk 2%	<b>9*</b> seasonal fruit muesli morning round	<b>10</b> seasonal fruit whole wheat raisin bread organic apricot fruit spread <b>new!</b>	<b>11*</b> seasonal fruit go bananas cereal milk 2%	<b>12</b> seasonal fruit whole wheat blueberry scone
pm snack	cucumber multigrain pocket bun cream cheese	seasonal fruit cranberry bar	snap peas & baby carrots chickpea crisps red pepper saucy dipz	cheddar bites cracked wheat crackers	seasonal fruit whole wheat wrap cocoa hummus
am snack	<b>15</b> seasonal fruit go bananas cereal milk 2%	<b>16*</b> seasonal fruit cinnamon & chia oatmeal <b>new!</b>	<b>17</b> seasonal fruit brown rice cakes maple soft cheese	<b>18*</b> seasonal fruit cinnamon granola milk 2%	<b>19</b> <b>super smoothie</b> vanilla maple yogurt mango purée seasonal fruit
pm snack	<b>egg salad wrap</b> hard boiled egg whole wheat wrap picklicious spread	seasonal fruit purple corn popcorn	bell pepper & baby carrots sourdough crackers golden miso dip	applesauce apple pie snacking rounds	seasonal fruit cocoa-zucchini loaf <b>it's back!</b>
am snack	<b>22</b> seasonal fruit go bananas cereal milk 2%	<b>23*</b> cheddar or mozzarella cheese cracked wheat crackers	<b>24</b> seasonal fruit cinnamon granola milk 2%	<b>25*</b> banana-spinach sauce lemon cranberry muffin <b>new!</b>	<b>26</b> seasonal fruit whole wheat wrap apple butter
pm snack	<b>mini pizza</b> frena bun marinara sauce shredded cheddar	<b>yogurt parfait</b> honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa hummus	cucumber sundried tomato pasta salad	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