

Welcome to the Real Food Community



It Takes a Team.

You are now amongst a special group of people who all believe that kids need healthy, whole, REAL food to nourish their growing bodies. We are proud to work with you and do our part in raising smart, healthy and adventurous eaters!

A Growing Family.

We serve delicious hot lunches and snacks to over 15,000 kids daily. Our story started with one tenacious mom who wanted better food for her son, Max and his little friends.

Healthy Catering, For Real!

Our menu changes quarterly, focusing on seasonal and sustainable produce. We work closely with trusted suppliers and growers who share our values. In short, we are determined to make food that kids love, which is minimally processed with no artificial additives.

A Rainbow of Tastes.

Expect to see fresh colourful fruits and veggies, a variety of savoury proteins, hearty grains and diverse flavours to tickle every child's palate.

No Child Left Behind.

We go to great lengths to ensure that kids with special dietary needs feel safe and well fed.

the real food promise



real food with real ingredients



globally inspired dishes



whole grain products used throughout the menu

from Ontario farms or Canadian coastlines:



- pasture-raised beef without added hormones or routine antibiotics*
- organic turkey
- wild caught, Ocean Wise™ salmon & tuna



focus on fruits, vegetables & products grown & produced locally & sustainably



dairy products & organic tofu



no artificial: colours, flavours or sweeteners
no added nitrates or nitrites

we advocate for the mandatory labelling of GMOs

**some exceptions may apply to accommodate religious needs*

peanut & tree nut free



**Sign up for What's Cookin'
RFRK's monthly newsletter!**

You'll receive your child's menus,
parent resources, recipes, and more!

Register today at:
www.rfrk.com/menu-signup

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