



Looking for **healthy, Grab and Go** lunch options for your students? We can help!



What is the Green Heart Lunch Club?

- An affordable, convenient, and healthy farm-to-school lunch program that offers a diverse, seasonal rotating lunch menu, made with fresh-local-real ingredients.
- Access to fresh ingredients from our own farm in Kingsville - Green Heart Farms.
- Vegetarian and non-vegetarian options as well as substitutions for children with allergies and special dietary needs (eg. Gluten Free, Dairy Free, etc.)
- Made fresh daily in our nut-free commercial kitchen, in accordance with Ontario's Ministry of Education PPM 150 Food and Beverage Policy.
- Every menu item is balanced and approved by a Red Seal Chef.
- We use biodegradable/recyclable packaging that is compliant with the Eco-Schools Waste Reduction Strategy.

HOW IT WORKS?

- Parents will receive our order form via email every 4-6 weeks.
- Lunches can always be ordered on our website. Orders must be received the Wednesday before a Green Heart rotation to receive a lunch the next week.
- Easy payment options. Credit Card (online), E-Transfer, Cash or Cheque
- **Our pricing is simple:**
\$7.95 includes entrée, full serving of fruit and veggies
\$5.95 Value Meals - Mac & Cheese OR Chicken Noodle Soup
 Add \$2.00 for Green Heart Baked Good
\$5.95 Smoothies - Two options: Peachango & Banana Berry Burst

Why bring the **Green Heart Lunch Club** to your school?

- 1] We have the best quality ingredients & healthiest menu.
- 2] Our Farm-to-School program includes a serving of fruit & vegetables.
- 3] Minimal involvement for School Administrators.
- 4] We offer a successful fundraising program that will help support your school initiatives.
- 5] Teachers and School Administrators have an exclusive 'Staff' Menu.
- 6] We operate a WECHU inspected commercial kitchen.

Windsor-Essex's healthiest lunch program!



Here's a peek at some of our MENU ITEMS:

- Spaghetti & Meatballs
- Chicken Wrap
- Mac & Cheese
- Chicken Noodle Soup
- Butter Noodles
- Taco Salad
- Turkey Snackable
- Smoothies
- Sushi
- Ham & Cheese Roll Up
- Turkey & Avocado Wrap
- Chicken & Beef Tacos
- Chicken Rainbow Salad

♥ Over 30 menu items PPM 150 approved!

♥ Enjoyed by students (and teachers too!)



Ingredients in the **Green Heart Kitchen:**

- Grass-Fed Beef
- Antibiotic-Free Chicken
- Local Cheeses
- Organic Greens
- Local Vegetables
- Local Fruit



Local Providers:

- Green Heart Farms
- Butcher of Kingsville
- Medel Bros
- Chop Shop
- Mucci Farms
- Simpson Orchards

HEALTH & SAFETY

- We follow Windsor Essex County Health Unit (WECHU) guidelines as well as your respective School Board protocols.
- Green Heart Lunch Club staff will come equipped with gloves and disinfectant wipes to use during lunch setup.
- All meals are made fresh daily in our nut-free commercial kitchen, in accordance with Ontario's Ministry of Education PPM 150 Food and Beverage Policy.
- We operate a WECHU inspected commercial kitchen.

Looking for healthy school fundraising opportunities?
See the **'Fundraising'** section on the other side!



Building a healthier future, one lunch at a time.

Contact Us | 519-712-9329 | hello@greenheartkitchen.ca | www.greenheartkitchen.ca





Green Heart Lunch Box Menu For School Staff

- ♥ A fresh new menu *exclusively* for **school staff!**
- ♥ Lunches are pre-packaged, labeled and ready to Grab and Go.
- ♥ Staff submit order directly on our website. No handling of cash.
- ♥ **\$13.00 PER LUNCH BOX MEAL** ♥ **NEW Value Meals \$5.95**

LUNCH BOX MENU

*Gluten-Free Options available.

BASIL PESTO CHICKEN WRAP BOX

Antibiotic-free Canadian chicken breast with Green Heart pesto and Canadian cheddar on a whole grain tortilla. Served with a whole fruit, garden salad with our Apple Maple Vinaigrette and dairy-free baked good.

AVOCADO TURKEY WRAP BOX

Nitrate-free roasted turkey with Canadian cheddar and avocado on a whole grain tortilla. Served with a whole fruit, garden salad with our Apple Maple Vinaigrette and dairy-free baked good.

CHICKEN SHWARMA FATTOUSH SALAD

Seasoned Chicken on mixed lettuce salad with local cucumbers, cherry tomatoes, red onion and topped with Sumac Spice. Served with our Fattoush Vinaigrette.

CHICKEN QUINOA GREEK SALAD

Local cucumbers, peppers and grape tomatoes on a bed of organic quinoa topped with feta & goat cheese and antibiotic-free Canadian chicken breast. Served with our Green Heart Greek dressing.

VEGGIE BUDDHA BOWL (VEGAN)

Roasted sweet potatoes, green onions, red cabbage, organic corn and shredded carrots on a bed of rice noodles with our Maple Sun Butter dressing.

CITRUS QUINOA BOWL (VEGAN)

Roasted sweet potatoes, black beans, quick pickled cabbage, kale and shredded carrots on a bed of organic quinoa with our Lemon Tahini Dressing.

NEW!

\$5.95 Value Meals - Mac & Cheese OR Chicken Noodle Soup

Green Heart Smoothies

\$5.95 each

12oz

Peachango
peach, mango, banana,
blended with mango juice, & water

Banana Berry Burst
mixed berries, banana, spinach,
blended with mango juice, & water



Healthy Fundraising for Schools



SCHOOL FUNDRAISING OPPORTUNITY

A healthy approach to raising money for your school!

- ♥ Ask us about our monthly fundraiser program!
- ♥ Prices listed below is the cost to students. The school will receive \$1.00 from each item ordered, plus (1) Green Heart team member to stay to help with setup
- ♥ Set up and distribution will be the school's responsibility, one Green Heart team member who will stay to assist
- ♥ Lunches are individually packaged, labeled and ready to Grab and Go.

GREEN HEART FUNDRAISING MENU

- Smoothie Day—Peachango and Banana Berry Burst (\$6.00)
- Mac & Cheese and Chicken Noodle Soup Day (\$6.00)
- Sushi Day - (8) pieces of California Roll and Veggie Roll (\$6.00)
- Wrap Day - Choose from Turkey Avocado, Ham & Cheese, Chicken & Cheese and Veggie Hummus (\$6.00)
- Taco Day - Choose from Chicken, Beef and Bean (\$6.00)
- **Ask about Thanksgiving and Christmas meal days!**

Building a healthier future, one lunch at a time.

Contact Us | 519-712-9329 | hello@greenheartkitchen.ca | www.greenheartkitchen.ca





SCHOOL STAFF CATERING MENU

Healthy options for your staff to enjoy in your school environment.

We have applied a 15% discount on this catering menu - thank you for all you do!

Unless specified anything on the menu below can be individually packaged and ready to Grab and Go.

BREAKFAST PLATTER - \$10/person

Assorted Smoothies, Baked Bread & Cookies & Fruit.

ADD COFFEE and/or TEA - Additional \$2/person

LUNCH BOX MENU

SALAD, BOWLS & WRAP BOX—\$13

AVOCADO TURKEY WRAP

Nitrate-free roasted turkey with Canadian cheddar and avocado on a whole grain tortilla. Served with a whole fruit, garden salad with our Apple Maple Vinaigrette and dairy-free baked good.

BASIL PESTO CHICKEN WRAP

Antibiotic-free Canadian chicken breast with Green Heart pesto and Canadian cheddar on a whole grain tortilla. Served with a whole fruit, garden salad with our Apple Maple Vinaigrette and dairy-free baked good.

MAPLE MUSTARD HAM & CHEDDAR WRAP

Ontario ham with cheddar cheese and maple mustard on a whole grain tortilla. Served with a whole fruit, garden salad with our Apple Maple Vinaigrette and dairy-free baked good.

VEGGIE HUMMUS WRAP (VEGAN)

Green Heart garlic Hummus, pepper & cucumber on a whole grain tortilla. Served with a whole fruit, garden salad with our Apple Maple Vinaigrette and dairy-free baked good.

CHICKEN QUINOA GREEK SALAD (GF)

Local cucumbers, peppers and grape tomatoes on a bed of organic quinoa topped with feta & goat cheese and antibiotic-free Canadian chicken breast. Served with our Green Heart Greek dressing.

CITRUS QUINOA BOWL (VEGAN, GF)

Roasted sweet potatoes, black beans, quick pickled cabbage, kale and shredded carrots on a bed of organic quinoa. Served with our Lemon Tahini Dressing.

LEMON DILL SALMON SALAD (GF)

Baked salmon with lemon and dill on a bed of spinach and mixed greens topped with pickled beets, feta cheese and red onions. Served with our Green Heart Greek Dressing.

SOUTHWEST CHICKEN LIME SALAD (GF)

Baked chicken with taco seasoning, corn, grape tomatoes, garlic black beans, red onions on top of an organic quinoa and spring mix. Served with our Avocado Lime Dressing.

VEGGIE BUDDHA BOWL (VEGAN, GF)

Roasted sweet potatoes, green onions, red cabbage, organic corn and shredded carrots on a bed of rice noodles with our Maple Sun Butter dressing.

DELI SANDWICH - \$13

MAKE IT A LUNCH BOX - \$18

NEW!

The Dave on White

1/4 lb roasted turkey, Monterey jack cheese, organic greens, tomatoes, red onion, pesto mayo, served on our fresh baked Sourdough bread

The Lumberjack

1/4 lb summer sausage, cheddar cheese, red onion, maple mustard, served on our Garlic & Cheddar Focaccia.

The O'Brien

1/4 lb pastrami, Swiss cheese, pickled peppers, mustard micro greens, Maple Sunbutter sauce, served on our fresh baked Caraway Wheat bread.

The Big Pickle (VGN)

Green Heart dill pickle hummus, marinated artichokes, tomato, red onion, pickles, organic greens, served on our Rosemary Tomato Sourdough Focaccia.

* Lunch Boxes come with a Baked Good, full serving of Fruit and Rainbow Salad.

* Served with Green Heart Apple Maple Vinaigrette.

* Lunches are pre-packaged, labeled and ready to Grab and Go.

SEED PLATTER - \$14/person

Green Heart Rainbow Salad
Assorted Wraps **OR**

Deli Sandwiches - Additional \$3/pp

Fruit Tray & Apple Oat Cookies or Sunbutter Bites

SPROUT PLATTER - \$16/person

Homemade Soup

Green Heart Rainbow Salad

Assorted Wraps **OR**

Deli Sandwiches - Additional \$3/pp

Fruit Tray & Apple Oat Cookies or Sunbutter Bites

VERDE PLATTER - \$18/person

Green Heart Rainbow Salad

Baked Marinara Pasta or Basil Pesto Pasta or Mac & Cheese

Assorted Wraps **OR**

Fruit Tray & Apple Oat Cookies or Sunbutter Bites

COEUR PLATTER - \$22/person

Green Heart Rainbow Salad

Baked Marinara Pasta or Basil Pesto Pasta or Mac & Cheese

Rosemary Lime or Honey Garlic Chicken

Fruit Tray

Assorted Desserts

* Coffee or Tea Available for additional \$2/person
* Biodegradable Plates & Cutlery Available if not individually boxed for an additional \$2/person

*ASK ABOUT OUR LARGER PLATES:

Lasagna, Pulled Pork Sliders, Pasta, Chicken & other Hot Food Platters to choose from. Please call or send us an email to find out all options available.

Green Heart Smoothies

\$5.95 each (12oz)

PEACHANGO

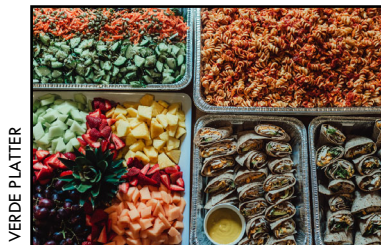
peach, mango, banana, blended with mango juice, & water

BANANA BERRY BURST

mixed berries, banana, spinach, blended with mango juice, & water

*Gluten-Free Options available upon request.

*Special dietary requirements? Please let us know and we will see how we can help!



VERDE PLATTER



RAINBOW SALAD

Building a healthier future, one lunch at a time.

Contact Us | 519-712-9329 | hello@greenheartkitchen.ca | www.greenheartkitchen.ca

