

WHY YoFresh



lifelong healthy eating habits start young



kid friendly food
they'll even eat their veggies



chef prepared



exciting flavors



seasonal menu rotations

PLANT-BASED MEAL INCORPORATED WEEKLY

Plant-based food leads to a more sustainable environment, lower rates of obesity and heart disease



fresh ingredients

limited processed foods utilized in our menu



unitized meals available
for remote learning



meals follow CACFP guidelines

including personalized allergy accommodations



custom online portal

access menus, ingredients, and nutrition information 24/7

Founded on the core values of CARE | EMPOWER | IMPACT

our goal is to make a difference in the Valley

ONE MEAL AT A TIME



local, woman-owned business; husband and wife team

invested in our community, not the bottom dollar



community driven

partnered with organizations such as Second Harvest Food Bank and Inspiring Minds



chef-led cooking experiences

chef will come to your center to work with the kids, hands-on, by request

EAT GOOD | FEEL GOOD | DO GOOD

WWW.YOFRESHFOOD.COM
EAT@YOFRESHFOOD.COM
330-422-FOOD

SAMPLE 10-DAY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Diced Peaches Bagel Grape Jam	Milk Fresh Banana Cheerios	Milk Sliced Apples Frosted Mini Wheats	Milk Pears English Muffin Grape Jam	Milk Pineapple Chunks Corn Flakes
LUNCH	Milk Ham and Cheddar Cheese Sandwich Roasted Corn Diced Pears	Milk Cheese Ravioli Green Beans Sliced Apples Whole Wheat Roll	Milk Turkey and Swiss Cheese Sandwich Peas Pineapple Chunks	Milk Plant Based "Chicken" Nuggets Diced Carrots Applesauce Whole Wheat Roll	Milk Cheese Lasagna Green Beans Mandarin Oranges Whole Wheat Roll
SNACK	Pineapple Chunks Cinnamon Eggo Waffle	Cheese Stick Diced Pears	Vanilla Yogurt Pineapple Chunks	Diced Peaches Cottage Cheese	Applesauce Triscuits
BREAKFAST	Milk Pineapple Chunks Rice Krispies	Milk Diced Pears Blueberry Muffin	Milk Sliced Apples Bagel Grape Jam	Milk Diced Peaches Corn Flakes	Milk Applesauce Frosted Mini Wheats
LUNCH	Milk Turkey and Swiss Cheese Sandwich Green Beans Applesauce	Milk Macaroni and Cheese Green Beans Pineapple Chunks Whole Wheat Roll	Milk Ham and Cheddar Cheese Sandwich Diced Carrots Diced Peaches	Milk Quinoa and Black Beans Roasted Sweet Potatoes Pineapple Chunks Whole Wheat Roll	Milk Egg Salad Sandwich Peas Diced Pears
SNACK	Diced Peaches Goldfish Crackers	Vanilla Yogurt Pineapple Chunks	Pretzels Diced Pears	Cheddar Cheese Cubes Applesauce	Fresh Cucumber and Tomato Slices Pineapple Chunks



MEAL PRICES

PRICE IS PER CHILD, PER DAY

BREAKFAST

\$1.70-\$1.89

LUNCH

\$3.16-\$3.51

SNACK

\$.86-\$.96

PRICES INCLUDE:

- Milk and Milk Substitutes
 - Personalized Allergy Substitutions
 - Condiments
 - Unitized Packaging (if applicable)
 - Delivery to Site(s) as agreed upon
- Unitized Meal packaging or
 - Single Service Ware (cups, plates, napkins, spoons, forks)



LET'S TALK ABOUT
HOW YOFRESH CAN MEET
THE NEEDS OF YOUR
CENTER

email
caroline@yofreshfood.com

join us on our mission to
EAT GOOD | FEEL GOOD | DO GOOD

Chef Don and Caroline
Ritenour, Co-Owners

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